

Menu Item	Portion Size	Calories	Protein	Carbs	Total Fat	Sat Fat	Fiber	Sodium	Sugar	Allergens
Alpha bits cereal	1 bowl	110	2g	23g	1.5g	0	2g	120mg	9g	wheat
Kix Cereal GF	1 bowl	70	1g	14g	0	0	1g	100mg	2g	
Cocoa Krispies Cereal GF	1 bowl	130	1g	28g	1g	0.5g	0	125mg	12g	
Golden Grahams Cereal	1 bowl	160	2g	34g	1g	0	2g	300mg	12g	wheat
Trix Cereal, less sugar GF	1 bowl	110	1g	24g	1.5g	0	1g	140mg	7g	
Frosted Flakes less sugar cereal	1 bowl	100	2g	24g	0	0	2g	170mg	7g	wheat
Fruity Cheerios cereal GF	1 bowl	120	3g	25g	1.5g	0	2g	140mg	9g	
Mini Wheats Cereal	1 bowl	100	2g	24g	0.5g	0	3g	0	6g	wheat
Lucky Charms, cereal GF	1 bowl	110	2g	23g	1g	0	2g	180mg	10g	
English Muffin Sandwich, Egg & Cheese	1 ea	255	16g	27g	11g	4.5g	3g	610mg	2g	wheat,egg,dairy,soy
Croissant Sandwich, Egg & Cheese	1 ea	315	16g	27g	18g	39.5g	4g	560mg	2g	wheat,egg,dairy ,soy
Bacon Round, Farmland	1 each	45	3g	.5g	3.5g	1.25g	0	230mg	.5g	
Cocoa Puffs Cereal Bar	1 bar	160	3g	30g	3.5g	0	3g	105mg	9g	wheat,soy
Golden Grahams Cereal Bar	1 bar	160	2g	30g	3.5g	0	3g	115mg	9g	wheat,soy,milk
Cinnamon Toast Crunch Cereal Bar	1 bar	150	2g	30g	3.5g	0	3g	155mg	9g	wheat,soy
Trix Cereal Bar	1 bar	160	29g	29g	3.5g	.5g	3g	105mg	9g	wheat,soy
Team Cheerio Cereal Bar w/strawberry	1 bar	150	2g	30g	3.5g	.5g	3g	85mg	9g	wheat,soy
Donut, Richs whole grain glazed, sprinkled	1 ea	310	5g	35.5g	17g	7g	3g	300mg	9.4g	wheat, dairy,soy
Nutrigrain Bar, Apple	1 bar	150	2g	30g	3.5g	.5g	3g	135mg	14g	wheat,soy,dairy
Nutrigrain Bar, Blueberry	1 bar	150	2g	30g	3.5g	.5g	3g	135mg	14g	wheat,soy,dairy
Nutrigrain Bar, Strawberry	1 bar	150	2g	30g	3.5g	.5g	3g	150mg	14g	wheat,soy,dairy
Poptart, Kelloggs WG Blueberry	1 ea	170	2g	36g	3g	1g	3g	180mg	14g	wheat,soy
Poptart, Kelloggs WG Cinnamon	1 ea	170	2g	36g	3g	1g	3g	190mg	15g	wheat,soy
Poptart, Kelloggs WG Strawberry	1 ea	170	2g	36g	2.5g	1g	3g	180mg	14g	wheat,soy
Poptart, Kelloggs WG Fudge	1 ea	170	2g	36g	3g	1g	3g	190mg	15g	wheat,soy
dinner roll, Calise Classic	1 ea	90	4g	18g	1g	0	1g	15mg	0	wheat
Pretzel, WG baked soft	1 pretzel	100	5g	30g	1g	0	3g	140mg	1g	wheat
whole wheat breadstick	1 ea	110	4g	21g	1g	0	3g	210mg	4g	wheat
Hamburger Roll, wheat Calise	1 ea	150	6g	27g	0	0	2g	270mg	4g	wheat,sesame in facility
Croissant, WG Hadley	1 ea	190	5g	26g	8g	35g	2g	230mg	3g	wheat,egg,dairy,soy
Whole Wheat Tortilla Shell, 8"	1 ea	120	3g	21g	3g	1.5g	2g	220mg	1g	wheat
Pita Bread, Joseph's	1/2 pita	90	4g	18g	1g	0	2g	115mg	1g	wheat

Menu Item	Portion Size	Calories	Protein	Carbs	Total Fat	Sat Fat	Fiber	Sodium	Sugar	Allergens
Greenbeans	1/2 cup	19	1g	4g	0	0	2g	1mg	1g	
Carrots	1/2 cup	27	0	6g	1g	0	2g	43mg	3g	
Peas & Carrots	1/2 cup	47	2g	8.5g	.5g	0	3g	50.5mg	3.5g	
Mixed Veg, carrots, greenbean, corn, peas	1/2 cup	45.2	2.2g	9g	0	0	3g	18.5mg	2.2g	
Cali Blend Veg, Broc, Cauliflower, Carrot	1/2 cup	72	3g	6g	0	0	3g	25mg	1.5g	
Summer Squash Medley, Fresh	1/2 cup	20	1g	4g	0	0	2g	0	2g	
Oriental Blend Vegetable	1/2 cup	81	3g	6g	0	0	3g	15mg	1.5g	
Cucumber Wheels, Fresh Cucumber	1/2 cup	10	1g	2g	0	0	1g	0	1g	
Carrots, Fresh Baby	1 (2.5oz) pkg	30	1g	9g	0	0	2g	35mg	5g	
Onion Rings, Tasty Brand	3 each	200	3g	28g	8g	1.5g	3g	200mg	5g	dairy,wheat,soy
Beans, Vegetarian- low sodium	1/2 cup	110	7g	20g	1g	0	5g	140mg	5g	
Beans, Garbanzo- low sodium	1/2 cup	106	6g	16g	2g	0	5g	140mg	3g	
Beans, Black Turtle- low sodium	1/2 cup	110	8g	19g	1g	0	7g	140mg	2g	
String Cheese, Bongards	1 oz package	80	8g	1g	5g	3g	0	200mg	0	dairy
Hummus, school made, SESAME FREE (2 oz)	1 portion cup	120	4g	9g	7g	1g	2g	240mg	0	soy
Sunbutter, Sunflower Seed Butter	2 Tablespoons	200	7g	7g	17g	2g	4g	120mg	3g	
Gravy, Trio Chicken	2 oz	35	0	7g	.5g	0	0	240mg	0	wheat
Rice Pilaf, Near East	1/2 cup	120	2.5g	22g	3g	2g	.5g	410mg	0	wheat, milk, soy
Rice, Fiesta	1/2 cup	175	6.5g	32g	3.5g	0	3.5g	480mg	1g	wheat, milk, soy
Potatoes, Mashed Idahoan	1/2 cup	80	2g	17g	0.5g	0	1g	340mg	0	milk
Fruit & Yogurt Parfait w/Granola	1 parfait	299	7g	64g	0	0	4g	108mg	40g	wheat,soy,dairy
Chicken Caesar Salad Entrée	1 salad	227	19.65g	13g	10.75g	6g	4.75	456mg	7.25g	wheat,soy,dairy
Garden Salad Entrée	1 salad	74	3g	10g	0	0	3.25g	61mg	6g	
Garden Salad Entrée w/ pepperjack cheese	1 salad, 2 oz ch	294	15g	12g	18g	10g	3.25g	431mg	6g	milk
Salad Dressing, Kens Ranch, 1.5 oz pouch	1 pouch	190	1g	2g	20g	3g	0g	270mg	1g	egg, milk
Salad Dressing, Kens Caesar, 1.5 oz pouch	1 pouch	210	1g	1g	23g	4g	0	400mg	1g	fish,milk
Caesar Side Salad w/ <small>lite caesar & garbanzo croutons</small>	1 salad	251	8g	21g	14g	2.5g	6g	755mg	6g	soy, fish, milk
Yogurt, Upstate Farms All Flavors	1 (4oz) cup	90	3g	19g	0	0	0	50mg	1g	dairy
Chicken Breast Nugget, Proview Foods	5 each	160	14g	13g	6g	1.5g	1g	380mg	1g	wheat,soy,milk
Turkey Taco Filling	2 oz	100	9g	3g	6g	1.5g	1g	150mg	1g	soy
Hamburger, USDA (without bun)	1 each	120	12g	0g	7g	3g	0	200mg	0	

Menu Item	Portion Size	Calories	Protein	Carbs	Total Fat	Sat Fat	Fiber	Sodium	Sugar	Allergens
Hamburger in a Bun	1 sandwich	270	18g	27g	7g	3g	2g	470mg	4g	wheat, sesame in facility
Cheeseburger, USDA (without bun)	1 each	160	15.5g	1g	10g	4.75g	0	340mg	0.5g	
Cheeseburger in a Bun	1 sandwich	310	21.5g	28g	10g	4.75g	2g	610mg	4.5g	wheat, sesame in facility
Bacon Cheeseburger in a bun	1 sandwich	355	24.5g	28.5g	13.5g	6g	2g	840mg	5g	wheat, sesame in facility
Double Cheeseburger in a bun	1 sandwich	470	37g	29g	20g	9.5g	2g	950mg	5g	wheat, sesame in facility
Chicken Cutlet, Grilled	1 each	100	20g	0	2.5g	0	0	220mg	0	
Chicken Tender, Tyson	3 each	260	15g	16g	15g	2.5g	3g	390mg	1g	wheat, soy
Chicken Patty, spicy Pierre (without bun)	1 each	200	15g	11g	10g	2.5g	3g	390mg	1g	wheat,soy
Spicy Chicken Patty in a Bun	1 sandwich	350	21g	42g	10g	2.5g	5g	660mg	5g	wheat,soy,sesame in facility
Chicken Dipper, Teriyaki	4 each	140	15g	8g	4.5g	1.5g	1g	360mg	5g	wheat,soy
Chicken Patty,Tyson Breaded(without bun)	1 each	270	16g	16g	15g	2.5g	3g	400mg	1g	wheat, soy
Breaded Chicken Patty in a bun	1 sandwich	420	22g	43g	15g	2.5g	5g	670mg	5g	wheat,soy,sesame in facility
Popcorn Chicken WG, Tyson	15 pieces	230	12g	14g	14g	2.5g	2g	240mg	0	wheat, soy
Popcorn Chicken Bowl	1 bowl	412	16g	54g	16g	2.5g	5g	820mg	13g	wheat, milk, soy
Chicken Giggles, Brakebush	2 each	250	16g	14g	15g	3g	2g	410mg	1g	wheat, soy
Hot Dog, Kayem low sodium (without bun)	1 each	160	7g	2g	14g	5g	0	360mg	1g	
Hot Dog in a Bun	1 sandwich	270	11g	22g	16g	5g	2g	560g	3g	
Meatballs, Advanced Foods	6 each	230	13g	6g	17g	6g	2g	270mg	2g	wheat,milk,soy
Meatball Sub	1 sub	510	22g	43g	20g	6g	6g	690mg	12g	wheat, sesame, milk, soy
Pasta, cooked in unsalted water	1 cup	200	7g	41g	1g	0	2g	0g	2g	wheat
Buttery Egg Noodles	1/2 cup	160	3.63g	21g	7.16g	3g	1g	54mg	.32g	dairy, soy
Macaroni & Cheese	1 cup	412	18g	50.5g	18g	10g	2g	268.5mg	2.5g	wheat,dairy,soy
Spaghetti / Marinara Sauce	1/2 cup	50	2g	10g	1g	0	2g	140mg	6g	
Chicken Parmesan Calzone, school made	1 each	650	40g	74g	20.5g	8.5g	4g	1400mg	8g	wheat, milk
Cuban Sandwich, school made	1 each	522	32g	54g	21g	105g	1039	1039g		wheat, dairy
Spicy Pork & Cheese Empanada, school made	1 each	650	25g	38g	44g	27g	0	825mg	2g	Wheat, milk
Chicken & Broccoli Alfredo w/ pasta	1 Cup, 2oz chix	467	24g	62g	14g	8g	5g	785mg	11g	wheat,milk,soy
Popcorn Chicken, Tyson	15 pieces	250	15g	17g	18g	3.5g	2g	290mg	0g	wheat, soy
Wild Mike's Cheese Bites	4 each	280	16g	28g	12g	4g	4g	540mg	0	wheat,soy,milk
Pizza Crunchers, Rich's	4 each	269	12.65g	26.08g	12.68g	4.95g	2.89g	490.86mg	2.38g	wheat, dairy
The Max Cheese Pizza (ind round)	1 each	340	16g	38g	13g	5g	5g	640mg	5g	wheat,dairy,soy
The Max Cheese Pizza (4 X 6)	1 slice	260	15g	34g	8g	2.5g	5g	620mg	4g	wheat, dairy, soy

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Pizza, Dominos Smart Slice Pepperoni	1 slice	350	16g	35g	16g	8g	2g	1100mg	3g	wheat,milk,soy
Pizza, Dominos Smart Slice Cheese	1 slice	340	16g	35g	15g	8g	3g	790mg	4g	wheat,milk,soy
Pizza, Sal's slice	1 slice	220	13g	27g	8g	4g	3g	570mg	2g	wheat,milk
Pizza, school made cheese slice	1 slice	295	20g	32g	9.5g	4.5g	2g	655mg	4g	wheat, milk,soy
French Bread Pizza, Nardone	1 each	310	23g	33g	11g	6g	3g	380mg	4g	wheat,milk,soy
French Bread Pizza, Tony's	1 each	290	17g	33g	11g	4g	0	440mg	2g	dairy, soy, wheat
Pizza, GF Mr. Sips	1 each	480	13g	59g	21g	9g	3g	370mg	0	dairy, soy
The Max Stuffed Crust Pizza	1 slice	330	15g	35g	12g	4g	3g	640mg	4g	wheat,dairy,soy
Pizza Taco Triangles, The Max	3 triangles	240	14g	30g	8g	2.5g	4g	480g	2g	dairy, soy, wheat
Pancakes, USDA	2 each	140	4g	26g	4g	0	2g	270mg	6g	wheat,eggs,milk,soy
French Toast Sticks, Rich's	2 sticks	170	4g	24g	6g	1g	2g	200mg	5g	soy,wheat
Turkey Bacon, Jennio-O	2 Strips	50		5g	3g	1g	0	270mg	0	
Bacon Round, Farmland	1 round	90	6g	1g	7g	2.5g	0	460mg	1g	
Turkey Sausage Patty, Jennio-O	1 patty	60	6g	0g	4g	1g	0g	100mg	0g	
Cheese, USDA sliced white or yellow	2 slices	110	5g	2g	9g	5g	0	270mg	1g	milk
Cheese, Mozz Shredded, Low M,part skim	1 oz	90	6g	1g	7g	5g	0	170mg	1g	milk
Ham, USDA sliced	2 oz	74	10g	4g	4g	2g	0	464mg	2g	
Turkey, USDA sliced	2 oz	70	12g	1g	1g	0	0	360mg	0	
Chicken, USDA w/ light mayonaise	2 oz	112	12g	1g	2g	0	0	95mg	0	egg, soy
Chicken, USDA w/Franks Red Hot Original	2 oz	72	12g	0	2g	0	0	0	0	
Tuna, USDA w/light mayonaise	2 oz	100	6g	1g	49g	0	0	225mg	0	egg, soy, fish
Drumstick, Chicken Tyson WG Breaded	1 each	190	16g	5g	11g	2.5g	1g	450mg	0	wheat
Grilled Cheese, IW Integrated Foods	1 sandwich	280	18.5g	31g	10g	5.5g	3g	581mg	6g	wheat,milk,soy
Mini Corn Dog Nuggets	4 nuggets	170	7g	21g	6g	1g	1g	420mg	5g	wheat,egg,milk,soy
Toasted Cheese Sandwich (school made)	1 each	345	14.8g	27.2g	19.5g	11.2g	1.3g	1336mg	0	wheat, milk, soy
Turkey Sandwich	1 sandwich	190	18g	13g	3g	0	2g	660mg	2g	wheat, soy
Smiley Fries / Emoticons McCain	6 pieces	160	2g	25g	6g	1g	2g	230mg	0	soy
Oven Fries	1/2 cup	130	2g	20g	3g	0	2g	30mg	0	soy
Sweet Potato Fries	1/2 cup	150	1g	19g	8g	2g	3g	125mg	3g	soy
Potato Gem, Tater Tot	1/2 cup (10 pc)	170	2g	19g	9g	1.5g	1g	230mg	0	soy
Potato, seasoned wedge	1/2 cup	130	2g	19g	5g	5g	2g	590mg	0	wheat, soy

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Potato, skin on hash brown cubes McCain	1/2 cup	110	2g	20g	1g	0	1g	440mg	1g	wheat, soy
Baby Potato Pancakes, McCain	4 pieces	140	1g	16g	8g	1g	1g	370mg	1g	soy
Oven Roasted Potato Wedge, seasoned	1/2 cup	84	2g	19g	0	0	2g	100mg	1g	wheat,soy
Hash Brown Patty, Oreida	1 patty	130	1g	15g	7g	0.5g	2g	240mg	0	soy
Baby Potato Pancake										
Sweet Potato gems	1/2 cup	120	1g	17g	5g	1g	3g	260mg	8g	soy
Potato, Baby Bakers Simplot	4 pc	90	3g	15g	1.5g	0	1g	160mg	0	
Graham Crackers, Nabisco	1 package	119	2g	21g	2.8g	.4g	1g	185mg	6g	wheat,soy
Otis Cookie, Chocolate chip	1 each	130	1g	17g	6g	3g	0	100mg	10g	wheat,eggs,milk,soy
Otis Cookie, Carnival	1 each	110	1g	18g	3.5g	1g	1g	85mg	8g	wheat,eggs,milk,soy
Cream Cheese, light portion cup	1 portion cup	60	2g	2g	5g	3g	0	105mg	1g	milk
Grated Parmesan Cheese, 1 packet	1 packet	15	1g	0	1g	0.5g	0	65mg	0	milk
Table Syrup	1 portion cup	120	0	30g	0	0	0	20mg	22g	
BBQ Sauce portion cup 1 oz	1 portion cup	45	0	10g	0	0	0	10mg	9g	
Ketchup, portion packet 7gm	1 packet	10	0	2g	0	0	0	80mg	1g	
Mustard, yellow portion packet 4.5gm	1 packet	5	1g	1g	0	0	0	86mg	0	
Mayonaise, light portion packet	1 packet	30	0	1g	2g	0	0	82mg	0	soy,egg
Relish, portion packet 7gm	1 packet	10		3g	0	0	0	55mg	2g	
Honey Mustard, Lite cup	1 portion cup	80	0	7g	6g	1g	0	125mg	5g	soy,egg
Sweet & Sour Sauce portion cup 1 oz	1 portion cup	50	0	11g	0	0	0	160mg	10g	soy
Dill Pickle, krinkle cut chips	6 slices	4	0	1g	0	0	0	400mg	0	
Dressing, Caesar Kens	1 packet	210	1g	1g	23g	4g	0	400mg	1g	fish,dairy
Dressing, Greek Kens	1 packet	220	0	1g	24g	4g	0	190mg	0	dairy, soy
Dressing, Ranch Kens	1 portion cup	130	0	1g	14g	2	0	180mg	1g	dairy, eggs, soy
Dressing, Italian light Kens	1 packet	60	0	3g	5g	.5g	0	310mg	2g	soy
Salsa, low sodium	1/2 cup	40	0	8g	0	0	4g	140mg	4g	
Croutons, garbanzo school made	1/8 cup	166	6g	16g	9g	1.5g	5g	140mg	3g	soy
Croutons, WG Fresh Gourmet	1 packet	60	2g	9g	2g	0	1g	150mg	1g	wheat,dairy
Pita Chips, Kangaroo	1 bag	150	4g	24g	4.5g	0	2g	190mg	<1g	wheat
Potato Chips, Cape Cod RF Fun Size	1 (0.5 oz) Bag	70	1g	9g	3g	0	1g	6mg	0	
Pretzels, Rold Gold Fun Size	1 (0.5 oz) Bag	60	1g	11g	.5g	0	0	230mg	1g	wheat

