

Food Items	Site Specific Items	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
Entrées, Breakfast								
Bagel, Plain, White Whole Wheat		1 ea	33	170	230	3	7	1
Breakfast Bar		1 ea	47	290	240	3	5	9
Breakfast Bites		1 serving	38	260	190	3	5	10
Burrito, Bean & Cheese		1 each	40	290	450	8	15	7
Burrito, Beef & Bean		1 each	41	305	421	7.8	17	8.4
Burrito, Vegan		1 each	48	310	530	10	15	7
Cereal Bar, Trix		1 each	29	160	105	3	2	3.5
Cereal, Blueberry Chex		1 each	23	120	180	1	1	2.5
Cereal, Cheerios		Bowlpack	20	100	140	3	3	2
Cereal, Cinnamon Toast Crunch		Bowlpack	22	110	160	3	1	3
Cereal, Cocoa Puffs, Reduced Sugar		Bowlpack	25	110	160	2	2	1.5
Cereal, Frosted Flakes, Reduced Sugar		Bowlpack	24	100	170	2	2	0
Cereal, Fruit Loops, Reduced Sugar		Bowlpack	24	110	160	2	2	1
Cheese, String, Lite Mozzarella		1 each	1	60	200	0	7	3
Cinnamon Crumb Cake with Topping	EL, MS	1 each	51	336	283	4	6	12
Cinnamon Crumb Cake with Topping	HS	1 each	76.6	503	424	5.8	9	18
Cinnamon Roll no Icing		1 each	35	190	200	1	5	3.5
Cinnamon Roll With Icing		1 each	54	277	200	1.3	5	4
Croissant		1 each	29	170	300	2	6	5
Egg, Patty		Patty	1	70	130	0	4	5
French Toast Sticks		4 each	38	260	300	3	6	10
Granola		1/2 cup	52	303	117	4.5	6	8.4
Green Eggs & Ham, w/out Crumb Cake		1 serving	1	120	273	0	12	7
Green Eggs & Ham with Crumb Cake		1 serving	26	288	414	2	15	13
Muffin		1 each	40	229	125	3.1	3.8	6
Pan Dulce Concha		1 each	34	200	90	2	5	6
Pancakes, Maple, Mini		1 serving	35	210	320	4	4	7
Pizza Bagel, Cheese		1 each	15.5	146	300	2	10.5	4.5
Pizza Stick		1 each	30	250	510	3	11	9
Pizza Stick, Cheese		1 each	19	150	230	1	7	5
Sandwich, Bagel, Egg & Cheese		1 each	35	275	565	3	14.5	8

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Sandwich, Bagel, Egg, Turkey Ham & Cheese		1 each	35	326	849	3	23	10.5
Sandwich, Bagel, Egg, Sausage & Cheese		1 each	36	376	817	3	25.5	14
Sandwich, Biscuit with Sausage, Egg & Cheese		1 each	31	415	997	3	23.5	22
Sandwich, Biscuit with Egg and Cheese		1 each	30	315	745	3	12.5	16
Sandwich, Biscuit with Sausage		1 each	29	310	710	3	16	15
Sandwich, Biscuit, Chicken		1 each	34	300	680	4	12	13.5
Sandwich, Croissant, Egg & Cheese		1 each	31	275	585	2	13.5	12
Sandwich, Croissant, Egg, Turkey Ham & Cheese		1 each	31	326	918	2	22	14.5
Sandwich, Croissant, Egg, Sausage & Cheese		1 each	32	375	837	2	24.5	18
Sandwich, Grilled Cheese		1 each	31.0	280	580	3.0	18.5	10.0
Sandwich, Peanut Butter & Jelly Sandwich, 2.6 oz.		1 each	32	300	280	4	9	16
Sausage Patty, Chicken		1 patty	1	100	250	0	11	6
Sausage Patty, Pork		1 patty	1	70	240	0	6	4.5
Taco, Breakfast		1 each	16	212	245	2	12	11
Waffle, Blueberry		1 each	37	250	290	2	6	9
Waffle, Cinnamon		1 each	37	250	290	2	6	9
Waffle, Dutch		1 each	43	300	350	3	4	13
Yogurt and Granola		8 oz./#8	92	516	223	4.5	13	10
Yogurt Parfait w/Peaches and Granola		1 ea	104	566	249	5.5	12.5	11
Yogurt Parfait w/Strawberries and Granola		1 ea	96	528	244	6	12.5	11
Yogurt, Lowfat Peach, 8 oz.		1 ea	39	210	105	0	7	2
Yogurt, Lowfat Strawberry-Banana, 8 oz.		1 ea	41	220	105	0	7	2
Yogurt, Lowfat Strawberry, 8 oz.		1 ea	39	210	105	0	7	2
Yogurt, Lowfat Vanilla, 8 oz.		1 ea	40	210	110	0	7	2
Entrées, Lunch								
Biscuit, Whole Grain		1 ea	28	210	460	3	5	9
Bowl, Chicken and Mashed Potato w/Biscuit		1 serving	80	659	1581	7	27	28
Bread, Cheesy Garlic		1 ea	28	356	473	2	20	21
Bread, Gluten Free (Special Diet)		1 slice	16.5	70	115	2.5	1	1
Breadsticks, Cheesy		2 ea	28	290	500	2	19	11
Bun, Hamburger		1 ea	29.9	155	278	3.1	7.2	2.1
Bun, Hot Dog		1 ea	29	150	270	3	7	2

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Bun, Slider	MS, HS	1 ea	14	80	120	1	3	1
Burrito, Bean & Cheese		1 each	44	321	475	8	17	9
Burrito, Bean & Cheese, Ultra Spicy		1 ea	45.0	352	474	8.0	16.5	12.0
Burrito, Beef & Bean		1 each	41	305	421	7.8	17	8.4
Burrito, Vegan		1 each	48	310	527	9.5	15	7
Cheese, Shredded, Cheddar		2 tbsp	0	55	95	0	3	4.5
Cheeseburger on Bun		1 ea	32	343	854	3	25.4	13
Cheeseburger, Pepper Jack on Bun	MS, HS	1 ea	31	363	804	3	25	15.4
Chicken and Waffle		1 srvg	49	520	880	4	23	26
Chicken Drumstick, Breaded		1 ea	6	220	530	1	19	13
Chicken Nuggets		5 ea	16	240	470	3	13	14
Chicken Nuggets, Star Shapes		4 ea	16	180	590	3	13	7
Chicken Nuggets with Roll	MS, HS, Avalon	5 ea/1 ea	33	320	595	4	16	15
Chicken Patty Breaded, Small, No Bun		1 patty	6	90	220	1	7	4.5
Chicken Patty Breaded, No Bun		1 patty	15	240	460	3	14	13
Chicken Patty, Grilled, No Bun (Special Diet)		1 patty	0	150	210	0	15	10
Chicken Patty, Spicy, No Bun		1 patty	17	270	400	3	15	15
Chicken Tenders with Roll	MS, HS	3 ea/1 ea	33	340	515	4	18	16
Chicken Tenders, No Roll		3 ea	16	260	390	3	15	15
Chicken Tenders, Gluten Free (Special Diet)		4 ea	17.3	280	680	1	16	17
Chicken, Boneless Wings		10 ea	20	269	590	3	18	13
Chicken, Boneless Wings w/Cornbread		10 ea/1 ea	46.5	450	884	6	21.5	19.5
Chicken, Orange with 1/2 Cup of Rice	EL, CS	1 ea	51.7	328	429	3.7	16.84	5.6
Chicken, Orange with 3/4 Cup of Rice	MS, HS,Avalon	1 ea	63.4	385	429	4.4	20	6.1
Chicken, Orange, No Rice		#8 (1/2 cup)	28.2	214	429	2.3	15.8	4.5
Chicken, Popcorn		12 ea	14	230	350	3	14	13
Chicken, Teriyaki With 1 Cup Rice	MS,HS,Avalon	1 srvg	67	470	670	3	27	10
Chicken, Teriyaki With 1/2 Cup Rice	EL,CS	1 srvg	44	356	670	1.5	28	9
Chicken, Teriyaki with Sauce, No Rice		1 srvg	20	242	670	0	21	8
Chicken, Thai Sweet Chili With 1 Cup Rice		1 srvg	86	512	1076	2.5	21.5	8.0
Chicken, Thai Sweet Chili with Sauce, No Rice		1 srvg	39	284	1076	0.0	16	6.0
Chili and Cheese with Cornbread	MS, HS	#8/#30/1 ea	42	451	724	5.0	23	21.0
Chili Cheese Dog A	EL, CS	1 serving	33	389	850	4.0	22	19.6

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Chili Cheese Dog B	MS, HS, Avalon	1 serving	34	499	1190	4.2	25	30.0
Chili with Beans, No Chips	Avalon	1/2 cup	14	210	334	2.4	16.3	10
Chips, Corn Tortilla		1 package	31	270	220	3.0	3	15.0
Chips, Tortilla with Cheese Dip Cup	Supper	1 serving	45	460	790	3	13	25
Chow Mein, Chicken, A	EL,CS	2/3 cup	26	243	569	2.5	15	8
Chow Mein, Chicken, B	MS,HS	1 1/3 cup	40	347	836	4	20	11
Cheese Dip Cup		1 ea	14	190	570	0	10	10
Corn Dog, Chicken		1 ea	30	240	470	2	9	9
Cornbread		1 piece	27.0	181	295	3.0	3.5	7.0
Fiestada Taco Pocket, Beef & Cheese		1 ea	31	320	590	3	18	14
Flatbread, Mini		1 ea	25	150	300	2	5	3.5
Granola		1/2 cup	52.5	297	115	4	5	8
Hamburger on Bun		1 ea	30	308	699	3	21	11
Hamburger, No Bun		1 patty	1	158	419	0	17	9.4
Hot Dog no Bun, Beef	EL, CS	1 ea	1	140	400	0	7	12
Hot Dog no Bun, Beef	MS HS PP Avalon	1 ea	2	250	770	0	10	22
Hot Dog on Bun, Beef	EL, CS	1 ea	30	290	670	3	14	14
Hot Dog on Bun, Beef	MS,HS,PP,Avalon	1 ea	31	400	1040	3	17	24
Macaroni and Cheese	EL, CS	2/3 cup	31	287	667	2.4	11.7	12.6
Macaroni and Cheese	MS, HS, Avalon	1 1/3 cup	61.6	575	1333	4.7	23.5	25.2
Meatballs, Beef, No Sauce		5 ea	2.0	160	110	0.0	14	11.0
Meatballs, Teriyaki with 1 Cup Rice	MS, HS, Avalon	1 ea	61	436	376	3	20	13
Meatballs, Teriyaki with 1/2 Cup of Rice	EL, CS	1 ea	37	323	376	1.5	17	12
Meatballs, with Teriyaki Sauce, No Rice		1 srvg	17	213	376	1	13.5	10
Nacho Cup (without chips)		1 ea	19.5	259	734	2.4	17	12
Nachos, Chili Cheese (with Nacho Cheese Sauce)		1 srvg	50.5	529	1013	5.7	20.5	27
Nachos, Chili Cheese (with Shredded Cheddar)		1 srvg	45	536	710	5.7	23	30
Nachos, Vegetarian (with Shredded Cheddar)		1 srvg	51	460	602	9.5	15	23
Pancakes, Maple, Mini		1 serving	35	210	320	4	4	6
Pizza, Cheese, Large (8 slices/pie)		1 slice	34	350	470	3.0	19	17.0
Pizza, Cheese, Round, Bulk		1 ea	31	310	440	3.0	16	13.0
Pizza, Cheese, Round, Indiv. Wrapped		1 ea	26	280	410	3	15	12
Pizza, Cheese, Slice, Dominos	HS	1 ea	28	240	460	3	21	8

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Pizza, Cheese, Slice, Papa John's	HS	1 ea	37	310	640	3	20	10
Pizza, Cheese, Slice, Pizza Depot	HS	1 ea	32	370	440	4	18	14
Pizza, Cheese, Slice, Pizza Hut	HS	1 ea	29	280	520	3	21	9
Pizza, Pepperoni, Large (8 slices/pie)		1 slice	34	350	570	3	19	17
Pizza, Pepperoni, Round, Bulk		1 ea	38	330	540	4	17	13
Pizza, Pepperoni, Round, Individ. Wrapped		1 ea	31	300	530	3	16	12
Pizza, Pepperoni, Slice, Dominos	HS	1 ea	28	260	490	3	20	9
Pizza, Pepperoni, Slice, Papa John's	HS	1 ea	37	350	770	3	20	14
Pizza, Pepperoni, Slice, Pizza Depot	HS	1 ea	32	395	460	3	23	15
Pizza, Pepperoni, Slice, Pizza Hut	HS	1 ea	30	300	570	3	21	11
Pretzel, Soft		1 each	14	70	100	1	2	0.5
Ravioli, Breaded Cheese, A	EL, CS	6 ea	55.0	309	626	6.0	11	3.4
Ravioli, Breaded Cheese, B	MS,HS,Avalon	7 ea	64.0	360	730	7.0	19	4.0
Rice, Brown, Plain		1/2 cup	23.5	114	0	1.0	2.5	1.0
Roll, 6" Steak		1 ea	29.0	150	280	3.0	5	1.5
Roll, Dinner		1 ea	16.0	80	150	1.0	3	1.0
Salad, BBQ Chicken w/Dressing	MS, HS	1 ea	21.2	262	681	3.5	16.9	13
Salad, Chef w/Dressing	Avalon	1 ea	11.4	333	1064	3	22	26
Salad, Chef w/Dressing	MS, HS	1 ea	8.4	294	888	1.8	16.6	24.5
Salad, Chinese Chicken w/Dressing	MS, HS	1 ea	57	698	985	7	20	44.5
Salad, Greek Chicken w/Dressing	MS, HS	1 ea	7	338	1053	2.5	14.8	28
Salad, Vegan Chinese Chik'n w/Dressing	MS, HS	1 ea	60	636	1034	7.5	15	39.5
Sandwich, BBQ Pulled Pork	EL, CS, MS, HS	1 ea	38	291	501	3	18.5	6.5
Sandwich, Chicken, Breaded		1 ea	44	390	740	6	21	15
Sandwich, Chicken, Spicy		1 ea	46	420	680	6	20	17
Sandwich, Croissant, Cheese	EL, CS	1 ea	29	240	610	2	13	9
Sandwich, Croissant, Turkey Ham and Cheese		1 ea	31	281	880	2	20	11
Sandwich, Grilled Cheese		1 ea	31.0	280	581	3.0	18.5	10.0
Sandwich, Meatball Sub		1 ea	40.0	383	1039	4.0	20	15.0
Sandwich, Peanut Butter & Jelly Sandwich, 2.6 oz		1 ea	32	300	280	4	9	17
Sandwich, Peanut Butter & Jelly Sandwich, 5.3 oz		1 ea	64	600	540	7	18	34
Sandwich, Sun Jammer (Special Diet)		1 ea	44.0	537	451	9.5	16.5	41.5
Sandwich, Tuna	MS, HS	1 ea	31.0	304	652	3.0	22	11.0

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Sandwich, Turkey and Cheese Deli		1 ea	32.0	291	945	3.0	25.5	7.3
Sandwich, Turkey Deli		1 ea	31.5	291	958	3.0	28	6.5
Sandwich, Turkey Ham and Cheese, Cold	SUPPER	1 ea	30.0	249	851	3.0	19.3	7.0
Sandwich, Turkey Ham and Cheese, Hot	MS, HS	1 ea	30.0	264	876	3.0	22	8.0
Sandwich, Turkey Ham Deli		1 ea	29.5	238	825	3.0	21	6.0
Sandwich, Turkey Pepper Jack	MS, HS	1 ea	31.4	311	883	3	25	10
Sandwich, Waffle		1 ea	25	330	660	2	18	18
Sauce, BBQ		2 tbsp	8	38	80	0	0	0
Sauce, Cayenne		5 g	0	0	190	0	0	0
Sauce, Marinara, Meatless		1/4 cup	4.2	28	272	0.5	0.2	1
Sauce, Marinara, Meatless		1/3 cup	5.6	37	362	0.7	0.2	1.1
Sauce, Teriyaki		2 tbsp	6	24	133	0	0.2	0
Sauce, Teriyaki		3.3 tbsp	10	40	219	0	0.3	0
Sauce, Thai Sweet Chili	MS, HS	2 tbsp	13	54	303	0	0	0
Sausage Patty, Pork		1 ea	1	70	240	0	6	4.5
Sausage Patty, Chicken		1 patty	1	100	250	0	11	6
Sliders, BBQ Pulled Pork	MS, HS, Avalon	2 sliders	36.7	301	461	2	19.5	7
Spaghetti with Meatballs, 2/3 c pasta, 4 meatballs	EL,CS	1 svg	30.5	279	631	3	15	11
Spaghetti with Meatballs, 1.3 c pasta, 5 meatballs	MS, HS, Avalon	1 svg	55.6	434	925	5.5	21.5	14.5
Taco, Beef, without Pico de Gallo and Salsa Cup		1 ea	17	287	321	2	18	16
Tamale, Chicken and Green Chile		1 ea	31	320	650	4	15	16
Taquitos, Chicken & Cheese		2 ea	18.0	250	280	3.0	19	11.0
Tortilla, Corn (Special Diet)		1 ea	13.0	64	19	1.0	1	1.0
Tortilla, Flour		1 ea	15	90	84	2	3	2
Tostada Bowl (empty)		1 ea	14	110	5	0	1	5
Tostada, Beef w/Cheese		1 ea	16	307	242	0	16.5	19
Turkey Coins		5 ea	0	50	240	0	10	1
Vegan Burger on Bun		1 ea	37	310	528	7	18	11.5
Vegan Burger Patty (no Bun)		1 ea	7	155	239	4	10.5	11.5
Vegan Nuggets		4 ea	23	209	638	3	12.5	8
Vegan Thai Sweet Chili w/Rice Bowl		1 serving	72	434	1259	4	15	9
Waffle, Dutch (served with Chicken and Waffle)		1 ea	43	300	350	3	4	13
Yogurt and Granola		8 oz./#8	92.5	509	222	4	12.5	10

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Yogurt Parfait w/Peaches and Granola		1 ea	104	566	249	5.5	12.5	11
Yogurt Parfait w/Strawberries and Granola		1 ea	96	528	244	6	12.5	11
Yogurt, Lowfat Peach, 8 oz.		1 ea	39	210	105	0	7	2
Yogurt, Lowfat Strawberry-Banana, 8 oz.		1 ea	41	220	105	0	7	2
Yogurt, Lowfat Strawberry, 8 oz.		1 ea	39	210	105	0	7	2
Yogurt, Lowfat Vanilla, 8 oz.		1 ea	40	210	110	0	7	2
Yogurt, Nonfat Strawberry-Banana, 4 oz.		1 ea	12	70	70	0	4	0
Yogurt, Nonfat Strawberry, 4 oz.		1 ea	12	60	70	0	4	0
Fruits and Vegetables								
Fruit Cup, Applesauce		1 ea	17	70	0	4	1	0
Fruit Cup, Mixed Fruit, Canned		1 ea	19	80	0	1	1	0
Fruit Cup, Peach, Canned		1 ea	18	70	10	1	1	0
Fruit Cup, Peach, Frozen		1 ea	17	60	5	2	1	0
Fruit Cup, Strawberry, Frozen		1 ea	21	80	0	2	0	0
Fruit, Apple Pear, Fresh		1 ea	15.5	61	0	5	0.5	0
Fruit, Apple Slices, Fresh		1 package	8	34	0	2	0	0
Fruit, Apple, Fresh		1 ea	20	77	0	3.5	0	0.5
Fruit, Banana, Fresh		1 ea	27	105	2	3	1	0
Fruit, Cranberries, Dried		1 package	27	110	0	2	0	0
Fruit, Grapes, Fresh		1 srvg	14.5	57	2	0.5	0.5	0
Fruit, Mandarin Oranges, Canned		1/2 cup	10	50	15	1	1	0
Fruit, Mixed, Canned		1/2 cup	12.6	43	12	2	0	0
Fruit, Nectarine, Fresh		1 ea	14	60	0	2	1	0
Fruit, Orange, Fresh		1 ea	15.5	62	0	3	1	0
Fruit, Peach, Fresh		1 ea	12	51	0	2	1	0
Fruit, Peaches, Canned		1/2 cup	17	70	8	1	1	0
Fruit, Pears, Fresh		1 ea	21	82	0	3	0.5	0.5
Fruit, Persimmons, Fresh		1 ea	18	68	1	3.5	0.5	0
Fruit, Pineapple, Canned		1/2 cup	16.5	63	7	1.5	0	0
Fruit, Plum, Fresh		1 ea	7.5	30	0	0.5	0.5	0
Fruit, Raisins		1 ea	34	129	11	2	1.5	0
Fruit, Strawberries, Fresh		1/2 cup	5.5	24	0	1.5	0.5	0

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Fruit, Tangerine, Fresh		1 ea	12	47	2	2	0.7	0
Fruit, Watermelon, Fresh		1/2 cup	5.5	23	1	0	0.5	0
Vegetables, Beans, Southwest with Cheese		1/2 cup	28.5	172	320	6	9	2
Vegetables, Beans, Spicy with Cheese		1/2 cup	32.5	223	468	10	13.5	6
Vegetables, Bell Peppers, Mini		1/2 cup	2	10	57	1	0.5	0
Vegetables, Broccoli		1/2 cup	3	10	10	1	1	0
Vegetables, Burger Set Up (lettuce, tomato, pickle)	MS, HS, Avalon	1 srvg	4.8	23	734	1.7	1	0
Vegetables, California Mix (broc, caul, carrot)		1/2 cup	5	25	30	2	2	0
Vegetables, Carrot/Broccoli Mix, Fresh		1/2 cup	5.5	23	28	1.5	1	0
Vegetables, Carrot/Celery Mix, Fresh		1/2 cup	5.5	23	49	1.5	0.5	0
Vegetables, Carrots, Diced		1/2 cup	8	30	65	2	1	0
Vegetables, Carrots, Fresh		1/2 cup	6	26	57	2	0.5	0
Vegetables, Cauliflower		1/2 cup	2.5	13	16	1	1	0
Vegetables, Celery		1/2 cup	2	10	52	1	0.5	0.1
Vegetables, Corn		1/2 cup	9	60	10	2	2	1.5
Vegetables, Cucumber		1/2 cup	2.3	14	0	0	0	0
Vegetables, Green Beans		1/2 cup	3	15	120	1	1	0
Vegetables, Jalapeno & Tomato Cup		1 ea	1.7	8	366	1	0	0
Vegetables, Jalapeno Cup		1 ea	0.7	4	364	0.7	0	0
Vegetables, Jicama with Tajin		1 ea/1 pkt	6	27	130	3	0	0
Vegetables, Jicama, Plain		1/2 cup	6	25	0	3	0	0
Vegetables, Lettuce & Pickle Cup		1 ea	2	10	369	1	0.5	0
Vegetables, Lettuce, Shredded		1 cup	2	10	7	0.5	0.5	0
Vegetables, Mixed (pea, carrot, corn, grn bean)		1/2 cup	8.4	40	31	2.2	1.8	0.3
Vegetables, Potato Rounds		8 ea	16	130	310	2	2	6
Vegetables, Potato Smiles		4 each	20	130	180	2	2	4.5
Vegetables, Potato, Mashed w/Gravy		1/2 cup	20	97	417	1	2	2
Vegetables, Potato, Seasoned Wedges		1 svrg/5 ea	19	130	460	2	2	5
Vegetables, Roasted Chickpeas		1 Package	27	180	210	16	9	3.5
Vegetables, Salad, Arugula		1 cup	0.7	5	5	0.3	0.5	0
Vegetables, Salad Mixed		1 cup	1.5	9	5	0.5	0.5	0
Vegetables, Snap Peas		1/2 cup	7	39	4	2.5	2.5	0
Vegetables, Sweet Potato Fries		1/2 cup	19	150	125	3	1	8

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Food Items	Site Specific Items	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
Vegetables, Zucchini		1/2 cup	2	13	13	1	1	0
Beverages								
Juice, Apple		4 oz carton	14	60	0	0	0	0
Juice, Berry		4 oz carton	14	60	5	0	0	0
Juice, Orange		4 oz carton	13	60	0	0	1	0
Juice, Orange, Frozen		4 oz carton	15	60	0	0	1	0
Juice, Paradise Punch		4 oz carton	14	60	5	0	0	0
Juice, Power Punch		4 oz carton	13	60	10	0	0	0
Juice, Slush, Cool Tropics Tropical Trio		4 oz pouch	20	80	5	0	0	0
Milk, 1% Lowfat, White		8 oz carton	16	120	135	0	10	2.5
Milk, Almond, Vanilla (Special Diet)		8 oz carton	16	90	160	0	1	2.5
Milk, Lactaid, Nonfat (Special Diet)		8 oz carton	13	90	125	0	8	0
Milk, Nonfat, Chocolate		8 oz carton	22	120	100	0	8	0
Milk, Nonfat, White		8 oz carton	12	90	130	0	9	0
Milk, Soy (Special Diet)		8 oz carton	15	124	168	0.5	9	3
Milk, Whole, White (Educare)		8 oz carton	11	150	115	0	8	8
Crackers, Condiments and Sides								
Chickpea Spread, Chocolate		1 each	15.0	170	35	2.0	5	10.0
Chickpea Spread, Apple Cinnamon		1 each	15.0	170	65	2.0	5	10.0
Condiment, Catsup		1 packet	2.0	9	75	0.0	0	0.0
Condiment, Cream Cheese		1 packet	1	60	105	0	2	5
Condiment, Jalapeno Cup		1 ea	1.4	9	266	1	1	0
Condiment, Mayonnaise		1 packet	0.6	57	60	0	0	6
Condiment, Mustard		1 packet	0.2	4	65	0.0	0.2	0.3
Condiment, Pickle Slices		4 ea	0	0	724	0	0	0
Condiment, Pico de Gallo		#20 scoop	2	6	55	0	0	0
Condiment, Salsa Cup		1.5 oz. cup	3	15	100	1	1	0
Condiment, Sriracha		1 packet	1	5	80	0	0	0
Condiment, Syrup		1 oz cup	13	52	11.5	0	0	0
Condiment, Taco Sauce		1 packet	1	5	95	0	0	0
Condiment, Tajin		1 packet	0	2	127	0	0	0
Cookie, Fudge, Whole Grain, a la carte	MS, HS, Avalon	1 ea	31	190	170	2	3	7

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Food Items	Site Specific Items	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
Cookie, Candy, Whole Grain, a la carte	MS, HS, Avalon	1 ea	32	190	150	2	3	6
Cookie, Choc Chip, Whole Grain (Menu Cookie)	EL, CS, MS	1 ea	18	100	85	1	1	3.5
Cookie, Choc Chip, Whole Grain, a la carte	MS, HS, Avalon	1 ea	33	200	160	2	3	7
Crackers, Cheez-It		1 package	14.0	100	150	1.0	2	3.5
Crackers, Cinnamon Bear		1 package	21.0	130	120	1.0	4	4.0
Crackers, Honey Bear		1 package	20.0	130	100	1.0	2	4.0
Crackers, Jungle		1 package	20.0	130	95	1.0	2	4.0
Crackers, Shortbread		1 package	22.0	120	65	2.0	2	4.0
Crackers, Tiger Bites (Maple)		1 package	21.0	120	105	1.0	2	4.0
Crackers, Whole Grain (for salads)		1 package	30.0	180	250	3.0	3	6.0
Dressing, Italian		1 packet	1.0	7	99	0	0	0.3
Dressing, Ranch (House-Made)		2 tbsp	2.5	76	235	0	0.5	8
Dressing, Ranch, Packet		1 packet	1.5	27	110	0	0	2.0
Peanut Butter Cup		1 ea	8	180	130	2	7	15.0
Pudding, Chocolate		3/8 cup	31.5	166	276	1	1	5
Sunbutter Cup (Special Diet)		1 ea	7	200	130	2	7	17
Wonton Crispy Noodle (Chinese Chicken Salad)		1 pkg	27	100	180	2	2	4

Site Key

EL = Elementary

CS = Combo School

MS = Middle School

HS = High School

PP = PrePack (Reid, PAAL and Bancroft Remote)

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