

Food Items	Site Specific Items	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
Entrées, Breakfast								
Bagel, Blueberry		1 each	35	170	240	3	6	1
Bagel, Cinnamon Raisin		1 each	36	170	230	4	6	1
Bagel, Plain, White Whole Wheat		1 each	33	170	230	3	7	1
Burrito, Bean & Cheese		1 each	40	310	580	9	16	9
Burrito, Beef & Bean		1 each	39	279	403	7.5	15.5	8
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, Fruit Loops, Reduced Sugar		Bowlpack	24	110	170	3	2	1
Cheese, String, Lite Mozzarella		1 each	1	60	200	0	7	3
Cinnamon Crumb Cake with Topping	EL, MS	1 each	51	335	283	4	6	12
Cinnamon Roll With Icing		1 each	54	277	200	1.3	5	4
Coffee Cake with Topping	HS	1 each	76.6	503	424	5.8	9	18
Croissant		1 each	30	220	300	2	6	9
Egg, Patty		Patty	1	70	130	0	4	5
French Toast Sticks		4 each	38	260	300	3	6	10
Granola		1/2 cup	52.5	296	115	4	5	8
Green Eggs & Ham with Flour Tortilla		1 serving	14	191	383	1	15.4	8.8
Green Eggs & Ham with T-Biscuit		1 serving	16	201	398	1	16	8.3
Oatmeal, without Raisins		#8 scoop	17	85	3	1.5	2	1
Pan Dulce Concha		1 each	34	200	90	2	5	6
Pancake Mix, Dry (makes 8-10 pancakes)	G&G	2 cups	167	815	2278	19	29	3.8
Pancakes, Maple, Mini		1 serving	35	210	320	4	4	7
Pizza Bagel (Breakfast), Cheese		1 each	15.5	146	300	2	10.5	4.5
Pizza Stick		1 each	30	250	510	3	11	6
Sandwich, Biscuit with Sausage, Egg & Cheese		1 each	33	375	767	2	18	18.5
Sandwich, Biscuit with Egg and Cheese		1 each	32	305	525	2	11.5	14
Sandwich, Biscuit with Sausage		1 each	31	270	480	2	10.4	11.5
Sandwich, Croissant, Egg & Cheese		1 each	32	325	585	2	13.5	16
Sandwich, Croissant, Egg, Ham & Cheese		1 each	32	376	918	2	22	18.5
Sandwich, Croissant, Egg, Sausage & Cheese		1 each	33	395	827	2.1	20	20.5

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Sandwich, Grilled Cheese		1 each	31.0	280	580	3.0	18.5	10.0
Sandwich, Grilled Cheese, Spicy		1 each	32.0	302	574	3.0	15.5	12.5
Sandwich, Peanut Butter & Jelly Sandwich, 2.6 oz.		1 each	32	300	280	4	9	16
Sausage Patty, Pork		1 Patty	1	70	240	0	6	4.5
Taco, Breakfast, Egg & Cheese		1 each	16	212	245	2	12	11
Taco, Breakfast, Rolled		1 each	17	140	420	1	7	5
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	90.5	477	220	4	11.5	8
Yogurt Parfait w/Fruit and Granola		1 ea	95	542	275	6	16	12
Yogurt, Low Fat Peach, 8 oz		1 each	39	200	125	0	7	2
Yogurt, Low Fat Strawberry-Banana, 8 oz		1 each	41	210	125	0	7	2
Yogurt, Low Fat Strawberry, 8 oz		1 each	39	210	125	0	7	2
Yogurt, Low Fat Vanilla, 8 oz		1 each	40	210	125	0	7	2
Entrées, Lunch								
Biscuit, Whole Grain		1 ea	30	200	240	2	4	7
Bowl, Chicken and Mashed Potato		1 serving	77	593	1281	7	28	22
Bread, Cheesy Garlic		1 ea	28	356	473	2	20	21
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
Bun, Slider	MS, HS	1 ea	14	80	120	1	3	1
Burrito, Bean & Cheese		1 ea	40	310	580	9	16	9
Burrito, Bean & Cheese, Ultra Spicy		1 ea	42.0	323	458	8.0	15	11.5
Burrito, Beef & Bean		1 ea	39	279	403	7.5	15.5	8
Burrito, Wet	EL, CS, MS, HS	1 ea	48	372	886	10	19	11.3
Cheese, Shredded, Cheddar		2 tbsp	0	55	95	0	3	4.5
Cheeseburger on Bun		1 ea	32	348	852	3	27.5	13.5
Cheeseburger, Pepper Jack on Bun		1 ea	31	368	802	3	27	16
Chicken and Waffle		1 srvg	48	490	800	4	20	24
Chicken Drumstick, Breaded		1 ea	5	190	450	1	16	11
Chicken Nuggets		5 ea	16	240	470	3	13	14
Chicken Nuggets with Roll	MS, HS, Avalon	5 ea/1 ea	33	320	595	4	16	15

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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 Tender Strips with Roll		3 ea/1 ea	33	340	515	4	18	16
Chicken Tender Strips, No Roll		3 ea	16	260	390	3	15	15
Chicken Tenders, Gluten Free (Special Diet)		3 ea	13	210	510	1	12	13
Chicken, Boneless Wings		5 wings	14	213	450	2.5	19	10
Chicken, Boneless Wings w/Cornbread		5 ea/1 ea	42	435	695	2.3	26	18
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, Teriyaki With 1 Cup Rice	MS,HS,Avalon	1 srvg	68	455	1189	3	30.6	7.4
Chicken, Teriyaki With 1/2 Cup Rice	EL,CS	1 srvg	44	341	1189	1.5	28	6.3
Chicken, Teriyaki with Sauce, No Rice		1 srvg	21	227	1189	0	25	5.3
Chile Verde with Spanish Rice & Cornbread	MS,PP	#6/#8/1 ea	64.0	518	1215	5.0	28	16.0
Chili and Cheese with Cornbread	MS	#8/#30/1 ea	42.0	451	724	5.0	23	21.0
Chili Cheese Dog A	EL, CS	1 serving	33.0	389	820	4.0	21.8	19.6
Chili Cheese Dog B	MS, HS, Avalon	1 serving	34.0	499	1190	4.2	25	30.0
Chili with Beans, No Chips	Avalon	1/2 cup	13.7	210	334	2.4	16.3	10
Chips, Corn Tortilla		1 package	31.0	270	220	3.0	3	15.0
Chips, Tortilla with Cheese and Salsa	Supper, G&G	1 serving	36	508	705	4	16	33
Chow Mein, Chicken		1 1/3 cup	49	416	1524	5	30	12
Corn Dog, Chicken		1 ea	28	238	690	2	11.5	9
Cornbread		1 piece	27.0	181	295	3.0	3.5	7.0
Granola		1/2 cup	52.5	297	115	4	5	8
Hamburger on Bun		1 ea	30.5	313	697	3	24	11.5
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

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Meatballs, Beef, No Sauce		5 ea	5.0	162	234	1.0	13	10.0
Meatballs, Teriyaki with 1 Cup Rice	MS, HS, Avalon	1 ea	64	441	537	3.9	19	12
Meatballs, Teriyaki with 1/2 Cup of Rice	EL, CS	1 ea	40.5	327	537	2.5	16.5	11
Meatballs, with Teriyaki Sauce, No Rice		1 srvg	17	213	537	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	954	5.4	20	27
Nachos, Chili Cheese (with Shredded Cheddar)		1 srvg	45.2	536	650	5.4	23	30
Nachos, Vegetarian (with Shredded Cheddar)		1 srvg	52.5	460	597	9.5	14.5	22.3
Pancakes, Maple, Mini		1 serving	35	210	320	4	4	6
Pizza, Cheese, Large (10 slices/pie)		1 slice	30	320	420	3.0	17	15.0
Pizza, Cheese, Round		1 ea	31	310	440	3.0	16	13.0
Pizza, Cheese, Slice, Dominos	HS	1 ea	29	260	540	3	20	7
Pizza, Cheese, Slice, Papa John's	HS	1 ea	39	350	930	4	15	15
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 (10 slices/pie)		1 slice	30	330	500	3	17	15
Pizza, Pepperoni, Round		1 ea	38	330	540	4	17	13
Pizza, Pepperoni, Slice, Dominos	HS	1 ea	29	270	570	3	20	9
Pizza, Pepperoni, Slice, Papa John's	HS	1 ea	39	380	1010	4	16	18
Pizza, Pepperoni, Slice, Pizza Depot	HS	1 ea	32	395	470	4	23	15
Pizza, Pepperoni, Slice, Pizza Hut	HS	1 ea	29	290	570	3	21	11
Quesadilla, Cheese		1 ea	29	330	480	0	18	16
Rice, Brown, Plain		1/2 cup	23.5	114	0	1.0	2.5	1.0
Rice, Spanish		1/2 cup	29	140	192	1.9	3.4	1.3
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
Roll, T-Biscuit		1 ea	15.0	80	125	1.0	4	1.0
Salad, BBQ Chicken w/Dressing		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		1 ea	51	642	846	7	21	41.5
Salad, Greek Chicken w/Dressing		1 ea	7	333	1053	2.5	14.8	28
Sandwich, BBQ Pulled Pork	EL, CS	1 ea	38.6	296	499	3.3	20.7	7

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Sandwich, BBQ Rib, Beef		1 ea	32.5	281	546	3	16.5	10
Sandwich, Cheesesteak		1 ea	33	323	819	3	20	12
Sandwich, Chicken, Breaded		1 ea	44.5	395	738	6	21	15
Sandwich, Chicken, Grilled		1 ea	29.5	309	448	3	20.5	14
Sandwich, Chicken, Spicy		1 ea	46.5	425	678	6	22	17
Sandwich, Chicken, Spicy, Pepper Jack		1 ea	21.5	469	731	6	24.1	21.5
Sandwich, Croissant, Cheese	EL, CS	1 ea	32	300	580	2	13	15
Sandwich, Croissant, Turkey Ham and Cheese		1 ea	32	331	880	2	20	15
Sandwich, Grilled Cheese		1 ea	31.0	280	581	3.0	18.5	10.0
Sandwich, Grilled Cheese, Spicy		1 ea	32.0	302	574	3.0	15.5	12.5
Sandwich, Meatball Sub		1 ea	44.0	384	795	6.0	21	15.0
Sandwich, Pastrami & Cheese, Hot		1 ea	30.0	307	1179	3.0	21.5	12.0
Sandwich, Peanut Butter & Jelly Sandwich, 2.6 oz		1 ea	32	300	280	4	9	16
Sandwich, Peanut Butter & Jelly Sandwich, 5.3 oz		1 ea	64	600	530	7	18	33
Sandwich, Sun Jammer		1 ea	44.0	537	451	9.5	16.5	41.5
Sandwich, Tuna		1 ea	30.5	288	571	3.0	24	9.0
Sandwich, Turkey and Cheese Deli		1 ea	32.0	280	826	3.0	24	8.0
Sandwich, Turkey Deli		1 ea	32.5	296	956	3.0	30	7.0
Sandwich, Turkey Ham and Cheese, Cold		1 ea	31.0	253	850	3.0	21.5	7.0
Sandwich, Turkey Ham and Cheese, Hot		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		1 ea	32.3	316	882	3	27	10
Sauce, BBQ		2 tbsp	8	38	80	0	0	0
Sauce, Marinara, Meatless		1/3 cup	6.3	37	153	1.5	0.2	1.1
Sauce, Teriyaki		2 tbsp	6.0	26.0	152.0	0.0	0.0	0.0
Sauce, Teriyaki		3.3 tbsp	10	42	250	0	0.5	0
Sausage Patty, Pork		ea	1	70	240	0.1	6	4.5
Sliders, BBQ Pulled Pork	MS, HS, Avalon	2 sliders	36.7	301	461	2	19.5	7
Spaghetti with Meatballs, 1.3 c pasta, 5 meatballs		1 svg	60	435	582	8.3	20.5	13.5
Spicy Cheese Crunchers		4 ea	40	530	730	4	21	31
Taco, Beef, without Pico de Gallo		1 ea	17	287	321	2	18	16
Taco Cup (without tortilla)		1 ea	2	197	237	0	15	14
Tamale, Bean and Cheese		1 ea	29	315	590	5	13	15

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Tamale, Chicken and Green Chile		1 ea	31	320	650	4	15	16
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
Turkey and Gravy w/WG Biscuit		1 srvg	39	360	1054	2.2	23	13
Waffle, Dutch (served with Chicken and Waffle)		1 ea	43	300	350	3	4	13
Yogurt and Granola		8 oz./#8	90.5	477	220	4	11.5	8
Yogurt Parfait w/Fruit and Granola		1 ea	95	542	275	6	16	12
Yogurt, Nonfat Cherry Vanilla, 8 oz.		1 ea	37	180	105	0	6	0
Yogurt, Nonfat Peach, 8 oz.		1 ea	38	180	105	0	6	0
Yogurt, Nonfat Raspberry, 8 oz.		1 ea	38	180	105	0	6	0
Yogurt, Nonfat Strawberry-Banana, 4 oz.		1 ea	14	70	60	0	4	0
Yogurt, Nonfat Strawberry-Banana, 8 oz.		1 ea	37	180	105	0	6	0
Yogurt, Nonfat Strawberry, 4 oz.		1 ea	14	70	60	0	4	0
Yogurt, Nonfat Strawberry, 8 oz.		1 ea	38	180	105	0	6	0
Yogurt, Nonfat Vanilla, 8 oz.		1 ea	38	180	105	0	6	0
Fruits and Vegetables								
Fruit Cup, Applesauce		1 ea	14	51	2	1	0	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	23	92	1	2	1	0
Fruit, Grapes, Fresh		1 srvg	14.5	57	2	0.5	0.5	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, 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 Tidbits, Canned		1/2 cup	19	80	0	0	0	0
Fruit, Plum, Fresh		1 ea	7.5	30	0	0.5	0.5	0

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Fruit, Raisins		1 ea	29	120	5	2	1	0
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	33.4	227	457	10	13.5	6
Vegetables, Broccoli		1/2 cup	2	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	1.5	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	9	35	45	2	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	4	20	140	2	1	0
Vegetables, Jalapeno & Tomato Cup		1 ea	2.5	13	268	1	1	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	9	48	33	1.5	1.5	0
Vegetables, Peas		1/2 cup	9	52	75	3	3.7	0
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 svg/5 ea	19	130	460	2	2	5
Vegetables, Roasted Chickpeas		1 Package	24	160	360	6	8	4
Vegetables, Salad Mixed		1 cup	1.5	9	5	0.5	0.5	0
Vegetables, Sweet Potato Fries		1/2 cup	19	150	125	3	1	8
Beverages								
Juice, Apple		4 oz carton	15	55	15	0	0	0

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Juice, Orange		4 oz carton	14	55	14	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, Wild Berry		4 oz carton	15	60	15	0	0	0
Milk, 1% Low fat, White		8 oz carton	14	120	150	0	11	2.5
Milk, Almond, Vanilla (Special Diet)		8 oz carton	13	80	170	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	150	0	8	0
Milk, Nonfat, White		8 oz carton	12	90	150	0	9	0
Milk, Soy		8 oz carton	15	124	168	0.5	9	3
Slush, Juice, Blue Raspberry or Kiwi Strawberry		1 ea	15	60	15	0	0	0
Crackers, Condiments and Sides								
Condiment, Catsup		1 packet	2.0	10	65	0.0	0	0.0
Condiment, Cream Cheese		1 packet	1	60	115	0	3	4.5
Condiment, Jalapeno Cup		1 ea	1.4	9	266	1	1	0
Condiment, Mayonnaise		1 packet	1	60	60	0	0	6
Condiment, Mustard		1 packet	0.5	4	64.9	0.1	0.2	0.2
Condiment, Pickle Slices		4 ea	0	0	724	0	0	0
Condiment, Pico de Gallo	HS	#30 scoop	1	4	31	0	0	0
Condiment, Pico de Gallo	EL, CS, MS	#20 scoop	2	6	55	0	0	0
Condiment, Salsa Cup	SUPPER	1.5 oz cup	3	15	100	1	1	0
Condiment, Syrup		1 oz cup	21	80	0	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, Brownie, Whole Grain, a la carte	MS, HS, Avalon	1 ea	31	190	170	2	3	7
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
Cracker, Whole Grain (for salads)	SUPPER	1 ea	30.0	180	250	3.0	3	6.0
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

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Food Items	Site Specific Items	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
Crackers, Maple Sunrise		1 package	20.0	110	115	2.0	2	3.5
Crackers, Pretzel Goldfish		1 package	16	90	200	1	2	1.5
Dressing, Italian		1 packet	1.0	10	109.3	0.0	0	0.6
Dressing, Ranch (CC)		2 tbsp	2.5	76	235	0	0.5	8
Dressing, Ranch, Packet		1 packet	1.0	60	100	0.0	0	7.0
Peanut Butter Cup	SUPPER	1 ea	8	180	130	2	6	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	14	100	180	2	2	4

Site Key

EL = Elementary

CS = Combo School

MS = Middle School

HS = High School

PP = PrePack (Beach HS & Naples)

G&G = Grab & Go Meals

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