

	DESCRIPTION	PORTION	CALS	CARBS	FIBER
Bars	Benefit, Ban Chocolate	1 each	280	48	3
	Benefit, French Toast	1 each	290	47	3
	Benefit, Oat Chocolate	1 each	290	47	3
	Benefit, Oat Raisin	1 each	290	48	3
	ZeeZee, S'mores (1.3 oz)	1 each	150	24	1
	ZeeZee, Strawberry (1.3 oz)	1 each	150	24	1
	Pillsbury, Mini Bagel, Strawberry	1 each	240	41	2
Cereal	Cheerios Multigrain	1 bowl	100	23	3
	Chex, Cinnamon	1 bowl	110	22	1
	Chex, Rice	1 bowl	100	24	1
	Cinn Toast Crunch	1 bowl	110	22	3
	Frosted Mini Wheat	1 bowl	100	24	3
	Granola (parfait)	1/4 cup	90	17	1
	Lucky Charms	1 bowl	110	23	2
	Rice Krispies	1 bowl	100	23	0
Entrees	Apple Cinnamon Texas Toast	1 each	260	45	2
	Bagel	1 each	170	33	3
	Bagel, Blueberry	1 each	170	33	3
	Choc Chip Muffin (3.6oz)	1 each	310	52	3
	Cinn Toast Crunch Bar	1 each	260	41	3
	Dutch Waffle	1 each	300	43	3
	Dutch Waffle w/powdered sugar	1 each	302	43.5	0
	Omelet, Cheese	1 each	130	1	0
	Pancake	1 each	70	13	1
	Pancake on a Stick	1 each	200	17	3
	Pancake and Sausage Minis	3 each	180	15	3
	Parfait, Fruit, Yogurt, Granola	1 each	268	55	4
	Pumpkin Bread	1 slice	270	43	2
	Toast	1 slice	98	15	1
Waffles	2 each	180	28	2	
Yogurt	Yami, Raspberry	4 oz	100	19	0
	Yami, Strawberry	4 oz	100	19	0
	Yami, Strawberry Banana	4 oz	110	20	0
	Yoplait, Strawberry, Bulk	4 oz	100	19.5	0
	Yoplait, Vanilla, Bulk	4 oz	100	19.5	0
Breakfast Sandwiches	English Muffin	1 each	110	22	2
	Bagel	1 each	170	33	3
	Cheese, American	1 slice	100	2	0
	Sausage, Patty	1 each	100	1	0
	Ham, Slices	2 slices	33	0.3	0
	Egg, Patty	1 each	45	1	0
	English Muffin, Egg, Cheese	1 each	255	25	2

B	English Muffin, Sausage, Egg, Cheese	1 each	355	26	2
	Bagel, Ham, Egg, Cheese	1 each	298	35	3

DESCRIPTION	PORTION	CALS	CARBS	FIBER
Burger				
Bun, Gluten Free	1 each	250	40	2
Beef Patty	1 each	165	1	1
Cheese, American	1 slice	100	2	0
Chicken Patty				
Bun, Gluten Free	1 each	250	40	2
Chicken Patty	1 each	130	2	0
Breakfast Sandwich, Gluten Free				
Bun, Gluten Free	1 each	250	40	2
Omelet, Cheese	1 each	130	1	0
Sausage, Patty	1 each	100	1	0
Hummus and Chips				
	1 each	220	13	6
Tortilla Chips	2 oz	240	30	2
Hummus	3.5 oz	245	14.5	6.75
Chicken Strips, Gluten Free				
	3 each	210	13	1
Pizza Pocket, Gluten Free				
	1 each	310	39	1

	DESCRIPTION	PORTION	CALS	CARBS	FIBER
Dressing	Caesar	1 pkt	130	3	0
	Italian	1 pkt	40	10	0
	Ranch Dressing	1 pkt	60	3	0
	Ranch, Homemade	1 oz	60	1.5	0
Other	BBQ Sauce	1 oz	40	10	0
	Cream Cheese, Plain	1 oz pkt	80	1	0
	Cream Cheese, Strawberry	0.75 oz pkt	70	4	0
	Jelly	1 pk	25	6	0
	Ketchup	1 pkt	10	3	0
	Mayo PC	1 pkt	100	0	0
	Mustard PC	1 pkt	5	0	0
	Picante Sauce	1 pkt	5	1	0
	Salsa, Fire Roasted	1/4 cup	20	4	1
	Sour Cream	1 pkt	25	4	0
	Syrup	1.5 oz pk	120	31	0

	DESCRIPTION	PORTION	CALS	CARBS	FIBER
Milk	Milk, non fat choc	8 oz	130	26	0
	Milk, 1% white	8 oz	110	11	0
	Milk, Lactose Free	8 oz	110	13	0

	DESCRIPTION	PORTION	CALS	CARBS	FIBER
Vegetables	Baked Beans	1/2 cup	160	32	7
	Broccoli	1/2 cup	15	3	1
	Carrots	1/2 cup	40	8	3
	Cauliflower	1/2 cup	27	5	2
	Coleslaw	1/2 cup	56	7	1.5
	Corn	1/2 cup	66	15	2
	Cucumbers	1/2 cup	8	2	0
	Edamame	1/2 cup	95	15	8
	French Fries (ES)	1/2 cup	100	15	1
	French Fries (MS/HS)	1 cup	300	30	2
	Garbanzo Beans	1/2 cup	143	27	5
	Green Beans	1/2 cup	20	4	2
	Kale Chips	1/2 cup	19	4	2
	Peas, Green	1/2 cup	55	10	3
	Potato, Tater Tots (ES)	1/2 cup	120.5	14	1
	Potato, Tater Tots (MS/HS)	1 cup	241	28	2
	Potatoes - Roasted	1/2 cup	91	16	2
	Potatoes, Au Gratin	1/2 cup	163	30	1
	Potatoes, Mashed	1/2 cup	44	8	0.5
	Potatoes, Mashed	2/3 cup	61	11.5	0.5
	Power Salad	1 cup	11	2	1
	Radish	1/2 cup	11	2.5	1
	Red Peppers	1/2 cup	19	4.5	1.5
	Refried Beans	1/2 cup	167	24	9
Stir Fry Veggies	1/2 cup	18	3	1	

	DESCRIPTION	PORTION	CALS	CARBS	FIBER
Juice	Juice, Apple	4 oz	60	14	0
	Juice, Grape	4 oz	80	19	0
	Juice, Orange	4 oz	50	14	0
Fresh Fruit	Apples, Slices	1/2 cup	32	8.5	1.5
	Apple, Whole (138ct)	1 each	95	25	4.5
	Banana	each	89	23	2.5
	Blueberries	1/2 cup	40	9	3
	Grapes	1/2 cup	60	15	1
	Kiwi	1 ea	42	10	2
	Orange Wedge	1/2 cup	45	11	2
	Pluot, fresh	1 each	30	7.5	1
	Watermelon	1/2 cup	23	5.5	0
Frozen or Canned Fruit	Applesauce , bulk	4 oz	60.5	15	2
	Applesauce cup, TreeTop	4.5 oz	70	17	2
	Applesauce cup, Other Brand	4.5 oz	60	14	1
	Mandarin Orange	1/2 cup	50	13	1
	Peaches, Cnd	1/2 cup	60	14	1
	Pears, Cnd	1/2 cup	60	16	2
	Pineapple	1/2 cup	80	20	1
	Strawberries as fruit option-HS/MS	1/2 cup	25	7	2
	Strawberries for Parfait	1/2 cup	25	7	2
	Strawberries for Waffles	1/2 cup	25	7	2
	Strawberry Cup	4.5 oz	80	21	2
	Craisin, Any Flavor	1.6 oz (1/2 cup)	110	27	2

	DESCRIPTION	PORTION	CALS	CARBS	FIBER		
Entrees	Burger						
		Bun	1 each	150	26	2	
		Beef Patty	1 each	165	1	1	
		Veggie Patty	1 each	140	9	3	
		Cheese, American	1 slice	100	2	0	
		Beef Teriyaki Dippers (ES)	4 each	160	6	1	
		Beef Teriyaki Dippers (MS/HS)	6 each	240	9	1.5	
		Cheese Omelet	1 each	130	1	0	
		Chicken Alfredo (ES)	1 serving	383	36.5	3	
			Sauce	1/2 cup	226	5.75	0
			Pasta	3/4 cup	157	30.75	3
		Chicken Alfredo (MS/HS)	1 serving	506	49	3	
			Sauce	3/4 cup	296	8	0
			Pasta	1 cup	210	41	4
		Chicken Fajitas (MS)	1 each	349	26.89	5	
			Tortilla	1 each	120	21	3
			Chicken	2.5 oz	109	2	0
			Veggies	2 oz	10	5.3	2
			Cheese	1 oz	110	1	0
		Chicken Fajitas (HS)	1 each	442	38	5	
			Tortilla	1 each	180	29	3
			Chicken	3.25 oz	142	2.6	0
			Veggies	2 oz	10	5.3	2
			Cheese	1 oz	110	1	0
		Chicken, Nuggets (ES)	5 each	184	13	2	
		Chicken, Nuggets (MS)	6 each	222	16	2.5	
		Chicken, Nuggets (HS)	7 each	259	18	3	
		Chicken Patty, Regular or Spicy					
			Bun	1 each	150	26	2
			Patty, Regular	1 each	184	13	2
			Patty, Spicy	1 each	188	13	1
		Chicken, Popcorn	10 each	269	20	3	
		Chicken, Strips	3 each	185	13	2	
		Grilled Cheese (ES)	1 each	310	33	2	
		Grilled Cheese (MS/HS)	1 sandwich	360	34	2	
		Hummus and Chips	1 each	220	13	6	
			Tortilla Chips	2 oz	240	30	2
			Hummus	3.5 oz	245	14.5	6.75
		Nachos (ES)	1 each	398	29	1.7	
			Cheese Sauce	2 oz	92	2	0
			Taco Meat	2.25oz	103	1.5	0.5
			Chips, Bulk (nacho)	1.5 oz	180	22.5	1.5

	Nachos (MS)	1 each	423	29	1.7
	Cheese Sauce	2 oz	92	2	0
	Taco Meat	2.75 oz	126	2	1
	Chips, Bulk (nacho)	1.5 oz	180	22.5	1.5
	Nachos (HS)	1 each	491	38	2
	Cheese Sauce	2 oz	92	2	0
	Taco Meat	2.75 oz	126	2	1
	Chips, Bulk (nacho)	2 oz	240	30	2
	Spaghetti/Meat Sauce (ES/MS)	1 each	330	45	5
	Sauce	3/4 cup	161	14	2
	Pasta	1.5 oz	158	31	3
	Parmesan	1 tsp	11	0	0
	Spaghetti/Meat Sauce (HS)	1 each	382	55	6
	Sauce	3/4 cup	161	14	2
	Pasta	2 oz	210	41	4
	Parmesan	1 tsp	11	0	0
Entree Components	Turkey Gravy	4 oz	130	2	0
	Cinnamon Roll	1 each	220	39	3
	Brown Rice (ES)	1/2 cup	112	22.5	2
	Brown Rice (MS/HS)	1 cup	224	45	4
	Tomato Soup	1 cup	85	19	1
	Chili	1 cup	200	20.5	6
	Chicken Noodle Soup	1 Cup	81	12	1
	Cheese Stick 1 oz	1 each	80	0	0
	French Toast Stick (Bakecrafters)	1 each	120	19	1
	Omelet, Cheese	1 each	130	1	0
Salads	Dinner Roll, Large	1 each	140	22	3
	Dinner Roll, Small (Tea Roll)	1 each	70	12	1
	Tortilla Chips	18 chips	180	22.5	1.5
	Chicken Caesar Salad (no roll)	1 each	328	16.5	2
	Chef Salad (no roll)	1 each	249	19.5	1
	Fruit & Yogurt Salad (no roll)	1 each	345	43	2
	Taco Salad (no chips)	1 each	334	21.5	3.5
Sandwiches	Uncrustable, Strawberry or Grape	1 each	600	64	7
	Hoagie, Ham/Cheese	1 each	293	30	2
	Hoagie, Turkey/Cheese	1 each	351	31	2
	Hoagie, Italian	1 each	383	33	2
	Hoagie, Tuna Salad	1 each	356	31	2
	Hamburger bun, Ham/Cheese	1 each	333	29	2
	Hamburger bun, Turkey/Cheese	1 each	341	28	2
aps	Wrap, Caesar	1 each	267	24	3.5
	Wrap, Turkey Ranch	1 each	305	23	3
	Wrap, Buffalo Chicken	1 each	461	34	3

Wr	Wrap, Turkey Ranch	1 each	409	32	3
	Wrap Turkey Chipotle	1 each	411	32	3
	Wrap Turkey Cranberry	1 each	442	44	3