

Menu Items	Manufacturer	Item #	CHO (g)	Serving Size	Egg	Milk	Cheese	Whey	Soy	Soy Oil	Wheat	Whole Wheat	Peanuts	Peanut Oil	Produced in peanut/nut facility	Other nuts	Seeds (e.g. sunflower, sesame)	Pork	Other	Dyes
BREAKFAST ENTREES																				
Bagel, White, WG w/Cream Cheese (ingredients below)																				
Bagel, white WG	Lenders	00074/00075	29	1 bagel		X				X	X	X								
Cream cheese	Driftwood	60501	1	1 oz		X														
Bars Buttermilk , Twin Pkg (2.65 oz)	Dave's Baking Co	WG1001	43	1 pkg	X	X			X	X	X	X					Val			
Beef Sausage Pattie on a whole grain Biscuit (3.10 oz)	Advance Pierre	10577	26.0	1 biscuit		X		X	X		X	X							X	
Biscuit, Buttermilk (2.25 oz)	Bridgeford	6170	28	1 biscuit		X					X									
Biscuit, Honey Whole Wheat	Brideford	6285	30	1 biscuit		X				X	X	X								
Bread, Concha (2.25 oz)	Lupita's	1451	34	1 each	X	X		X	X	X	X									
Bread, Pumpkin (3.4 oz)	Super Bakery	6075	43	1 slice	X				X		X	X								
Breakfast Bar, Oat. Choc. Chip (2.5 oz)	Readi-Bake Benefit	40401	47.0	1 each	X			X	X	X	X	X								
Chicken & Biscuit Sandwich, Breakfast (1.45 oz) (Ingredients below)																				
Chicken patty	Tyson	5778-328	11.0	1 patty					X		X	X								
Biscuit, Buttermilk (2.25 oz)	Bridgeford	6170	28	1 biscuit		X			X		X									
Chocolate Chip Scone	Fat Cat Bakery		54	3 oz		X			X		X	X								
Cinnamon Bun, WG, MS/HS	Super Bakery	6070	38	1 bun	X	X		X	X	X	X	X								
Cinnamon Roll, MS/HS	Elements Food Group	CIN3.5	51g	1 roll	X	X					X	X								*
Donut, Apple-Cinnamon (2.25 oz) w/string cheese (ingredients below)																				
Donut, Apple-Cinnamon (2.25 oz)	JSB Industries	78626	32	1 pack	X	X	X		X	X	X	X								
Cheese , Mozzarella String Portion	Land O Lakes	59701	1	1 oz		X	X													
Donut, WG Goodyring, MS/HS	Super Bakery	18400	29	1 each	X	X		X	X	X	X	X								
Donut, WG Super Donut, MS/HS	Super Bakery	18350	23	1 each	X	X			X	X	X	X								
Egg and cheese on WG bun																				
French Toast, Mini, Triple Berry Blast (2.64oz)	Pillsbury (General Mills)	18000-37308	37	1 pouch	X	X			X	X	X	X								
Frudel, Apple (2.29 oz)	Pillsbury (General Mills)	127852000	36	1 each		X			X	X	X	X								
Frudel, Cherry (2.29 oz)	Pillsbury (General Mills)	127851000	37	1 each		X				X	X	X								
Gramwich, PBJ Bar- Whole Grain Wafer (2.30 oz)	Pierre	A1290	32.0	1 bar					X	X		X	X				X			
Mini Bagels Strawberry Cream Cheese	Pillsbury/General Mills	138413000	41	1 package		X	X			X	X	X								

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Mini Cinni Rolls	Pillsbury/General Mills	133686000	40	1 package		X				X	X	X								
Oatmeal, Coah's Oats	Coach's Oats		27	1/3 dry																
Omelet, cheddar	Michael Foods	46025-14688-00	3	1 omelet	x	x				x										
Pancake & Sausage on a Stick (3 oz)	Don Lee Farms	CNQ71300P	24	1 pancake	X	X			X	X	X							X	X	
Pancakes, Blueberry Eggo Mini's (3.03 oz)	Kellog	38000-92560	35	1 pouch	X	X			X	X	X	X								X
Pancakes, Mini Pillsbury, Maple Burst'n (3.17 oz)	Pillsbury (General Mills)	137732000	39	1 pouch	X	X						X								
Pizza bagel bfast (ingredients below)	Tony Robert	78977	23	1 each		X	X				X	X								
bagel	Tony Robert										X	X								
cheese topping	Tony Robert					X	X													
sauce	Tony Robert					X														
Pizza, WG Turkey Sausage Breakfast Pizza 50/50 (3.31 oz)	Tonys (Schwan Food Co)	63912	26	1 pizza		X	X	X	X	X	X	X						X		
Pizza, Breakfast, Bacon Scramble (2.95 oz)	Tonys (Schwan Food Co)	78353	23	1 each	X	X	X	X	X	X	X	X						X		
Poptart, Frosted Cinnamon, Whole Grain (2 pack)	Kellogg's		74	1 package					X	X	X	X								
Poptart, frosted strawberry, whole grain (2 pack)	Kellogg's	9264	75	1 package					X	X	X	X							X	X
Sausage, Beef Breakfast Patty (1.2 oz.)	Don Lee Farms	78120	0.5	1 patty																
Sausage- Beef Pattie	Advance Pierre	9482	1	1 patty					X											
Smoothie, Orange Dream & Graham						X				X	X	X								
Smoothie, Strawberry & Graham						X				X	X	X								
Yoplait Parfait Pro Vanilla	Yoplait	16632000	39	8 oz		X														
Yoplait Parfait Pro Strawberry	Yoplait	16631000	39	8 oz		X														
Orange Juice	Driftwood		6.5	2 oz																
Applesauce	USDA																			
Maple Waffle Graham, MJM	MJM	408001	20	1 serving						X	X	X								
Sunrise Sandwich - Beef (ingredients below)				1 sandwich		X	X		X	X	X									
Beef Sausage Pattie	Advance Pierre	9482	1	1 patty					X											
English Muffin	Galasso	7110	26	1 muffin					X	X	X									
American cheese	USDA		2	1 slice		X	X													*
Turkey Sausage Patty Sandwich, MS/HS	Michael B's	TSCE49	23	1 each	X	X				X	X	X								*

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Ultimate Breakfast Round, UBR (2.5 oz)	UBR	8733	44	1 round	X	X			X	X		X								
Waffle Stix, Belgian WG	Van's Foodservice		27	2 pieces	X	X		X	X		X	X								
WG Apple Muffin Top (2.5 oz)	Buena Vista Food Prods	63110	33	1 muffin	X	X					X	X								
WG Blueberry Muffin Top (2.5 oz) Elementary	Buena Vista Food Prods	63130	34	1 muffin	X	X					X	X								
WG Choc Chip Muffin Top (2.5 oz)	Buena Vista Food Prods	63210	34	1 muffin	X	X		X	X		X	X								
Whole Wheat Strawberry & Bannana Muffin (3.2 oz)	Sky Blue Foods	WMSTBN248	45	1 each	X	X		X	X	X	X	X								X
WG Blueberry Muffin Top (3.2 oz) MS/HS	Buena Vista Food Prods	63135	42	1 muffin	X	X		X			X	X								
WG Sweet Potato Choc Chip Muffin Top (3.2 oz) MS/HS	Buena Vista Food Prods	63215	43	1 muffin		X		X			X	X								
Yogurt, Greek, Upstate Farms, NF Vanilla MS/HS	Upstate Niagara	9704	14	1 each		X														
Yogurt, Greek, Upstate Farms, NF Strawberry, MS/HS	Upstate Niagara	9702	14	1 each		X														
Yogurt, Greek, Upstate Farms, NF Blueberry, MS/HS	Upstate Niagara	9703	14	1 each		X														
Granola, Fieldstone Bakery, Original 2 oz.	Fieldstone Bakery		42	2 oz.		X			X		X	X			X					
Yogurt, trix w/belly bears (ingredients below)				1 each		X					X	X								
yogurt trix, all flavors (pick one below)																				
Yogurt, Trix, Raspberry Rainbow (4 oz)	Yoplait		20	1 each		X														
Yogurt, Trix, Strawberry Banana (4 oz)	Yoplait		20	1 each		X														
Yogurt, Trix, Strawberry Punch (4 oz)	Yoplait		20	1 each		X														
Yogurt, Trix, Triple Cherry (4 oz)	Yoplait		20	1 each		X														
cracker belly bearw/grain J&J (pick one below)																				
cracker belly bear chocolate graham, WG	J&J	0 56070	20	1 package							X	X								
cracker belly bear honey graham, WG	J&J	0 56071	20	1 package							X	X								
cracker belly bear cinammon graham, WG	J&J	0 56072	21	1 package							X	X								
CEREALS																				
Frosted Mini Spooners	M.O.M Brands	FW-5.0 BB	46	1 bowl								X						X	X	
Raisin Bran	M.O.M Brands	RB-5.3 BB	45	1 bowl							X	X								
Marshmallow Mateys	M.O.M Brands	MAR-5.4 BB	47	1 bowl							X								X	X
Honey Nut Scooters	M.O.M Brands	HNO-5.2 BB	46	1 bowl							X									

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FRUIT AND JUICE																				
Applesauce, canned, unsweetened	USDA Foods	100207	14	1/2 cup																
Fruit, canned, mixed, extra light syrup	USDA Foods	100212	17	1/2 cup																
Peaches	Commodity		17	1/2 cup																
Pears, canned, bartlett, diced	USDA Foods	100225	15	1/2 cup																
Pears, canned, bartlett, diced	Commodity	A434	19	1/2 cup																
Pineapple, Canned, Tidbits	Commodity	A443	16.9	1/2 cup																
FRESH FRUITS																				
Apple with Skin (raw) (3.5oz)			14	1 each																
Banana	Sunrise Produce Co		23	1 each																
Fresh Sliced Fuji Apples in a Bag	Sunmet		8	1/2 cup																
Fresh Sliced Granny Smith Apples in a Bag	Sunmet		7	1/2 cup																
Grape Escape bagged	HMC Marketing		10	1/2 cup																
Grapes	Swift Produce		8	1/2 cup																
Oranges			42	1/2 cup																
Oranges, California, Valencia Raw			12	1 each																
Sliced Apples	HMC Marketing		8	1/2 cup																
JUICE																				
Apple Juice (4oz)			15	1/2 cup																
Fruit Punch (4 oz)	Driftwood	28300	15	1/2 cup																
Orange Juice (4oz)			14	1/2 cup																
Wildberry Juice (4oz)			15	1/2 cup																
MILK																				
1% Lowfat Milk Pouch (8 oz)	Driftwood	13090	14	1 cup		X														
Fat Free Chocolate Milk Pouch (8oz)	Driftwood	16090	26	1 cup		X														
Strawberry Milk, Skim	Driftwood		27	1 cup		X														

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LUNCH																				
CHEESE																				
Nacho Cheese Dip Cups (3 oz)	Land O Lakes	39912	15	1-3 oz cup		X	X	X												
Cheese, Mozzarella String	Land O Lakes	59701	1	1 oz		X	X													
Macaroni & Cheese, Prepared RF 50% 25 % Reduced Sodium w/WG	Land O Lakes	43274	32	6 oz	X	X	X				X									
Roll, WG Mini Dinner Roll 0.9 oz.	Sky Blue Bakery	MWDR5196	12	1 roll	X	X		X		X	X	X								
Grilled Cheese Sandwich (WW)	Integrated	104000	30	3.69 oz.		X	X	X	X	X	X	X								
Cheese Quesadilla	Rose & Shore	W31100	13	4.20 oz.		X	X	X		X	X	X								
CHICKEN																				
Chicken Tenders, Breaded	Tyson	3859-328	12	3 pieces	X				X		X									
Chicken Chunks MS/HS	Tyson	2155-328	14	5 pieces					X	X	X	X								X
Chicken, Double Dogs	Michael B's Food Prods	DD400	31.5	1 each						X	X	X								
Chicken Drumstick & Roll (ingredients below)																				
Tyson Glazed Chicken Drumstick	Tyson	26435-928	2	1 each																
Galasso White Whole Wheat T-Biscuit	Galasso	2228	15	1 each							X	X								
Sweet Baby Rays Sauce			17	2 tbsp																
Drumsticks, Buffalo w/ Rice																				
Rice, brown	USDA		22	1/2 cup																
Drumsticks	Tyson		2	1 piece																
Buffalo powder	Bernard Food Industries		0	1g																
Tortilla Flour 8"	La Reina	08215P3-151	19	1 tortilla							X	X					X			
Hot N Spicy WG Patty, MS/HS (Spicy Chicken Sandwich)	Tyson	5567-928	12	1 patty	X	X			X		X	X								
Chicken, Nuggets (chunks) w/g (3.45 oz)	Tyson	70364-928	16.25	5 pieces					X		X	X								
Chicken Bowl, Orange, HS	Ling's	8-52724-15554-8	10.00	3.6 oz	X				X	X	X	X								X
Chicken Bowl, Sichuan, HS	Ling's	8-52724-15556-2	11.00	2.8 oz					X		X	X								X

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Chicken Bowl, Teriyaki, HS	Ling's	8-52724-15554-8	10.00	2.8 oz					X		X	X								X
Chicken Bowl, Kung Pao Edamame, HS	Ling's	8-52724-15557-9	11.00	3.8 oz	X				X	X	X									X
Rice, Brown Cooked	CK		53.00	1 cup																
Chicken Sandwich-Tyson (ingredients below)																				
Chicken, patty, breaded, tyson (3.40 oz)	Tyson	3857-328	12	1 piece	X	X		X	X	X	X									
Wheat Hamburger Bun 3.5"	Galasso Bakery	2136	28	1 Bun							X	X								
Chicken Sandwich-Tyson, BBQ																				
Tyson Grilled Chicken Filet, Whole Muscle (2.26 oz)	Tyson	70322-928	1	2.26 oz						X										
Sweet Baby Rays Sauce			17	2 tbsp																
Wheat Hamburger Bun 3.5"	Galasso Bakery	2136	28	1 Bun							X	X								
Chicken, Popcorn (3.85 oz)	Tyson	2940-328	14	12 pieces		X			X	X	X									
Chicken Tamales in Red Sauce	Del Real Foods	136	27	1 tamale														X	X	
BEEF																				
Beef Rib BBQ on Bun																				
Beef Rib with Honey BBQ (3.25 oz)	Advance Pierre	3716	13	1 Piece		X			X		X	X								
White Whole Wheat Bun 3.5"	Galasso	2134	28	1 each							X	X								
Sausage- Beef Pattie	Advance Pierre	9482	1	1 patty					X											
Beef Nachos (ingredients below)																				
Taco Meat	Integrated Food Service	C78000B-N78000B	4.25	1.5 oz.					X		X									
Cheese Sauce, ES Foods RS/RF	ES Foods	5812		1.0 oz.		X	X	X												*
Snak King WG Tortilla Chips	Snak King	260529	31	1 bag															X	
Beef Taco Stick (4.6 oz)	Integrated Food Service	270019/C45019	32	1 each		X	X		X		X									
Cheeseburger Mini Twin, Slider	Integrated Food Service	470220	28.2	1 each		X	X		X	X	X	X								
Meatloaf w/cheese & ketchup - 2.9 oz	Advance Pierre	69190	8	1 serving		X	X				X	X								
Beef Hot Dog																				
Hot Dog, Beef	Hoffy	1811	4	1 each		X		X	X		X	X								
Galasso WW Hot Dog Bun	Galasso	2117	31	1 each							X	X								

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Soft Beef Taco (ingredients below)																				
Taco Meat	Integrated Food Service	C78000B-N78000B	5	3 oz					X	X	X				X		X			
Tortilla, La Reina 8" Flour	Moreno Bros	08215P3-151	22	1 each							X	X			X					
Hamburger & Bun (Beef Steak Burger) (ingredients below)																				
Beef Steak Burger (Don Lee Farms)	Don Lee Farms	CNQ163003	0	3 oz																
Hamburger Bun, White Whole Wheat 3.5"	Galasso's Bakery	2139	30	1 bun							X	X								
Cheeseburger & Bun (Beef Steak Burger) (ingredients below)																				
Beef Steak Burger (Don Lee Farms)	Don Lee Farms	CNQ163003	0	3 oz																
Hamburger Bun, White Whole Wheat 3.5"	Galasso's Bakery	2139	30	1 bun							X	X								
American Yellow Cheddar Cheese	Commodity			1 slice		X	X													*
PIZZA ENTREES																				
Pizza, Turkey Pizza Nada	Bell Tasty Foods	pizzanada2B12	32	1 each		X	X	X	X	X	X									X
Pizza, Cheese Crucher	Rich's Foodservice		42	4 each		X	X	X		X	X	X					X			
Pizza, Galaxy, Chs 100% Moz. 4"	Tonys (Schwan Food Co)	78364	29	1 each		X	X	X	X	X	X	X								
Pizza, Galaxy, Pep 100% Moz. 5.00 oz.	Tonys (Schwan Food Co)	78477	32	1 each		X	X		X	X	X							X		
Pizza, Individual Pepperoni Pizza - Bella Rose	Rose & Shore	BSTR500P	33	1 each		X					X								X	
Pizza, WG turkey, ham, cheese rippers	Gold Star		28	1 each	X	X	X	X	X	X	X	X								
Pizza Sticks with marinara sauce (ingredients below)																				
Pizza sticks	Bosco's	703114-1120	28	2 each		X	X		X	X	X	X								
Marinara Sauce 1 oz Dunk Cups	Red Gold	REDNA1Z	3	1 each																
Pizza, Sicillian 8" Pepperoni Wedge	Ardella's	90192	29	1 slice		X				X	X	X							X	
Pizza, Stuffed Crust, Mozz. (4.84 oz)	ConAgra		36	1 each		X	X		X	X	X									
Pizza, Stuffed Crust-Pep	ConAgra	7738712408	35	1 each		X	X		X	X	X								X	
Pizza Sliders- Pepperoni	Ardella's	90630	30	2 each		X	X			X	X	X							X	
Pizza, French bread coin	Ardella's					X	X		X	X	X	X							X	
Mama Lia's Pizzas																				
Sausage & Pepperoni	CK		60	1 slice		X	X				X	X							X	

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Cheese	CK		60	1 slice		X	X				X	X								
Veggie	CK		62	1 slice		X	X				X	X								
Pepperoni & Jalapeno	CK		60	1 slice		X	X				X	X						X		
Sausage	CK		61	1 slice		X	X				X	X								
Pepperoni	CK		60	1 slice		X	X				X	X						X		
Ham & Pineapple	CK		64	1 slice		X	X				X	X								
GRAINS																				
Chip, tortilla (2.0 oz) Corn WG, Mini Rounds	El Rancho	ELR 18-150	28.1	1 Bag						X										
Cracker, Back to Basics	Back to Basics	37501	14	1 package		X					X	X								
Croutons, Whole Grain	Elizabeth's		14	1 package		X			X		X	X								
Biscuit, Buttermilk (2.25 oz)	Bridgeford	6170	28	1 biscuit		X					X									
Biscuit, Honey WW Biscuits (2.25 oz)	Bridgeford	6285	30	1 Biscuit		X				X	X	X								
Granola, Cinnamon (22g or 1/4 cup) Double Portion Served (1/2cup)	MoM Brands		34	1/2 cup					X		X									
Granola, Fieldstone Bakery, Original 2 oz.	Fieldstone Bakery		42	2 oz.		X			X		X	X			X					
Goldfish Bread - Whole Wheat	Campbell's Foodservice	19933	21	1 bread							X	X					X			
Hamburger Bun, White Whole Wheat 4"	Galasso's Bakery	2139	30	1 bun							X	X								
Hamburger Bun, White Whole Wheat 3.5"	Galasso's Bakery	2134	28	1 bun							X	X								
Hot Dog Bun, Whole Wheat 6"	Galasso's Bakery	2117	31	1 bun							X	X								
Muffin, English 100% Whole Wheat	Galasso's Bakery	7114	26	1 muffin							X	X								
Pretzel Nuggets	J&J	30185	21	3 pieces							x	x								
Roll, Hoagie White Whole Wheat 4"	Galasso's Bakery	2133	28	1 roll							X	X								
Roll, White Whole Wheat 6" Steak (Sub Sandwiches)	Galasso's Bakery	2122	32	1 roll							X	X								
Roll, T-Biscuit, White Whole Wheat	Galasso's Bakery	2228	15	1 roll							X	X								
Roll, WG Mini Dinner Roll 0.9 oz.	Sky Blue Bakery	MWDR5196	12	1 roll	X	X		X		X	X	X								
Roll, WG Dinner Roll 1.6 oz	Rotella's	473	20	1 roll							x	x								
Roll, WG Dinner Roll 1.75 oz.	Sky Blue Bakery	WWDR5172	28	1 roll	X	X		X		X	X	X								

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Tortilla, La Colonial 6" Corn Tortilla	La Colonial	341-0123	26	2 servings																
Tortilla, La Reina 8" Flour	Moreno Bros	08215P3-151	22	1 each							X	X								
Tortilla, La Reina 10" Flour	Moreno Bros	1030P3-151	31	1 each							X	X								
OTHER ENTREES																				
Burrito, Fiesta Santa Fe Bean & Cheese	Fiesta Santa Fe Brands	22260WG	59	5.5 oz	X	X	X			X		X								
Burrito, Egg/chs/chorizo (elementary)	Arizona Gold	3550515B/W				x	x		x	x	x	x								
Cheese and Green Chile Tamale	Del Real Foods	766	29	1 tamale		X	X										X		X	
Cheeseburger Sliders on Whole Grain Buns-IW	Intergrated	470220	30	4.35 oz.		X	X	X		X	X	X								
Cheesy-Rito (Double cheese quesadilla)	Arizona Gold	3550515BW	35			x	x		x	x	x	x								
Chili, Vegetarian	Truitt Family Farms		22																	
Corn Dog, Turkey,	Don Lee Farms	CN84072WG	28.3	1 each	X	X			X	X	X	X							X	
Cheese Ravioli w/Roll																				
Cheese Ravioli, Whole Grain Mini	Tasty Brands	00834WG	30	14 pieces	X	X	X	X			X	X								
Roll, WG Mini Dinner Roll 0.9 oz.	Sky Blue Bakery	MWDR5196	12	1 roll	X	X		X		X	X	X								
Enchilada, Green w/cheese, MS/HS																				
WG Cheese Enchilada-Fernandos	Foster Farms	5280	28	2 each		X	X		X	X										
Las Palmas Green Chile Sauce	Las Palmas		3	2 oz					X	X										
Cheese, cheddar, shredded	Land O Lakes	41728	<1	.05 oz		X	X	X												
Habanero Nada	Bell Tasty Foods	HABANADA2B12W	31	4.5 oz		x			x		x	x								
Hummus & Veggie Pack																				
Truitt Family Foods Hummus 1.90 oz. or	Truitt Family Farms		12	1.9 oz		X	X			X										
Truitt Family Foods Yogurt Dip, Fiesta Chili Lime	Truitt Family Farms		11	1.75 oz.		X														
Chip, tortilla (2.0 oz) Corn WG, Mini Rounds	El Rancho	ELR 18-150	28.1	1 Bag						X										
Baby Carrots	Sunrise Produce			1 bag																
Cheese, Mozzarella String	Land O Lakes	59701	1	1 oz		X	X													
Panini, sandwich Turkey-Ham and Cheese			30	1 sandwich		X	X	X	X	X	X	X								
Pretzel w/Nacho Cheese																				

Menu items subject to change and substitions

Menu Items	Manufacturer	Item #	CHO (g)	Serving Size	Egg	Milk	Cheese	Whey	Soy	Soy Oil	Wheat	Whole Wheat	Peanuts	Peanut Oil	Produced in peanut/nut facility	Other nuts	Seeds (e.g. sunflower, sesame)	Pork	Other	Dyes
Soft Pretzel (2.2 oz)	J&J Snack Foods	30120	30								X	X								
Nacho Cheese Cup (Look at cheese subgroup)	Land O Lakes	39912	15	3 oz cup		X	X	X												
Pork, Carnitas-Roasted, Seasoned	Rose & Shore	790	1	2.3 oz															X	
Pork Hot Link, MS/HS											X	X							X	
Louisiana Hot Smoked Pork Sausage, (2oz)	Farmer John	61843	3	2 oz															X	
Roll, White Wheat 6 inch Steak Roll	Galasso	2122	32	1 roll							X	X								
Pulled Pork Sandwich, MS/HS											X	X							X	
Pork, Carnitas-Roasted, Seasoned	Rose & Shore	790	1	2.3 oz															X	
Sweet Baby Rays Sauce			17	2 tbsp																
Hamburger Bun, White Whole Wheat 3.5"	Galasso's Bakery	2139	30	1 bun							X	X								
Quesadilla, Cheese, Whole Grain (4.2 OZ)	Rose and Shore	W31100	13	1 each		X	X	X	X	X	X	X								
Rotini w/Meatsauce	JTM	CP5591	24	8 oz	X					X	X									
Roll, WG Mini Dinner Roll 0.9 oz.	Sky Blue Bakery	MWDR5196	12	1 roll	X	X		X		X	X	X								
Sandwich, Turkey and Cheese on a Bun	Rose and Shore	TDB100WC	30	1 sandwich		X	X	X	X	X	X	X								
SubSand, Turkey Ham and Cheese	AdvancePierre	68124	29	1 sandwich		X	X	X	X	X	X	X								
Spaghetti w/meat sauce	JTM	CP5594	23	8 oz	X					X	X									
Roll, WG Mini Dinner Roll 0.9 oz.	Sky Blue Bakery	MWDR5196	12	1 roll	X	X		X		X	X	X								
SubSand, Combo 6"white wheat roll (ingredients below)						X	X				X	X								
Roll, White Wheat 6 inch, Steak Roll	Galasso	2122	32	1 roll							X	X								
Turkey Breast Meat	Commodity	100121	1	1 oz																
Ham, Turkey, Comm	Commodity	100126	1	1 oz																
Cheese, American	Land O Lakes	46253	2	1 oz		X	X													
Tomatoes, red, ripe	Commodity	900215	4	3 slices																
Iceberg lettuce			2	2 oz																
Taco Nada Pocket-Turkey (4.5 OZ)	Bell Tasty Foods	Taconada2B12	31	1 each		X	X	X	X	X	X	X								X
Taquitos, chicken and cheese	Ruiz Foods	40818	15	2 taquitos		X	X	X			X									
Tasty Nada - Italian Nada Pocket	Bell Tasty Foods	KBTR13	31	1 pocket		X	X	X	X	X	X									
Trout Melts 3.6 oz	Clear Springs Foods	8892	14	1 each		X	X		X	X	X	X								X

Menu items subject to change and substitutions

Menu Items	Manufacturer	Item #	CHO (g)	Serving Size	Egg	Milk	Cheese	Whey	Soy	Soy Oil	Wheat	Whole Wheat	Peanuts	Peanut Oil	Produced in peanut/nut facility	Other nuts	Seeds (e.g. sunflower, sesame)	Pork	Other	Dyes
Turkey & Gravy Meal w/Mashed Potatoes & Biscuit																				
Turkey and Gravy- Precooked	Jennie O	2847-28	2	4 oz					X										X	
Potato Pearls, Excel (1/4 cup dry)	Basic American Foods	76468	17	1/4 cup		X														X
Galasso White Whole Wheat T-Biscuit	Galasso	2228	15	1 each								X								
Turkey Breast Meat	USDA		0.16	3 oz																
Uncrustable PBJ ww, 2.6 oz. Grape, Elem.	Smuckers	5150006960	32	1 each					X	X	X	X	X				X			
Uncrustable PBJ, 4.5 oz., Grape & Soy Protein, MS/HS	Smuckers	5150021029	56	1 each					X	X	X	X	X				X			
Yogurt Parfait w/2 oz. Granola, MS/HS																				
Lowfat Yogurt, 8oz Vanilla	Driftwood		29	8 oz		X		X												
Fieldstone Bakery Granola, 2oz.	Fieldstone Bakery		42	2 oz		X			X			X				X				
Strawberries	USDA		20	2.5 oz																
MS/HS BURRITOS																				
Burrito Taco Ex-Chix & Rice (ingredients below)			81	1 each		X	X	X	X	X	X	X								
Tortilla, La Reina 10" Flour	Moreno Bros	1030P3-151	31	1 each							X	X								
Spanish Rice & Pinto Beans	USDA			1/4 cup																
Lawry's Mexican Rice Seasoning mix	Lawry's		6.00	1 tbsp																
Cheese, cheddar, shredded	Land O Lakes	41728	1	1/8 cup		X	X	X												
Chicken Fiesta Mix (Seasoned Chicken Strips)	Tyson		2	3 oz					X	X										
Bowl, Chicken & Rice (same ingredients as burrito)	CK		81	1 bowl		X	X	X	X	X	X	X								
Burrito , Taco Ex, Carnitas/Bn/Ch (ingredients below)						X	X	X			X	X						X		
Pork carnitas, seasoned & roasted	Rose & Shore	790		1 oz														X		
Refried Beans(vegetarian)	Santiago		14	1/4 cup																
Cheese, cheddar, shredded	Land O Lakes	41728	1	1/8 oz		X	X	X												
Tortilla, La Reina 10" Flour	Moreno Bros	1030P3-151	31	1 each							X	X								
Burrito Taco Ex, Bn/Ch (ingredients below)			49	1 each		X	X	X			X	X								
Tortilla, La Reina 10" Flour	Moreno Bros	1030P3-151	31	1 each							X	X								
Refried Beans(vegetarian)	Santiago		14	1/4 cup																

Menu items subject to change and substitutions

Menu Items	Manufacturer	Item #	CHO (g)	Serving Size	Egg	Milk	Cheese	Whey	Soy	Soy Oil	Wheat	Whole Wheat	Peanuts	Peanut Oil	Produced in peanut/nut facility	Other nuts	Seeds (e.g. sunflower, sesame)	Pork	Other	Dyes	
Cheese, cheddar, shredded	Land O Lakes	41728	1	1 oz		X	X	X													
Sauce, Enchilada, Mild	Delta SpiceWorks, Inc	40-2311		1/2 oz																*	
Burrito, Chili-Cheese (ingredients below)	CK					X	X	X	X		X	X									
Tortilla, La Reina 10" Flour	Moreno Bros	1030P3-151	31	1 each							X	X									
Cheese, cheddar, shredded	Land O Lakes	41728	1	1 oz		X	X	X													
Kettle cook beef taco meat	Integrated Food Service	C78000B-N78000B	7	3 oz					X		X										
Sauce, Enchilada, Mild	Delta SpiceWorks, Inc	40-2311		1/2 oz																*	
Burrito, BRC (ingredients below)						X	X	X			X	X									
Tortilla, La Reina 10" Flour	Moreno Bros	1030P3-151	31	1 each							X	X									
Refried Beans(vegetarian)	Santiago		14	1/4 cup																	
Cheese, cheddar, shredded	Land O Lakes	41728	1	1 oz		X	X	X													
Sauce, Enchilada, Mild	Delta SpiceWorks, Inc	40-2311		1 oz																*	
Rice, Brown Cooked	CK		22.00	1/2 cup																	
Chilito Seasoning			21	1 oz					X											X	
Lawry's Mexican Rice Seasoning mix	Lawrys		6.00	1 tbsp																	
Seasoned Chicken Strips, fully cooked	Tyson	3522-328	2	3 OZ					X	X											
SALADS (See Salad Book for Specs)																					
Asian Salad	CK		84	1 serving					X	X	X	X						X			
Ken's Sesame Oriental Dressing	Ken's	KE0619	12	30g					X												
Crispy Noodles	La Choy		9	1/4 cup							X										
Baja Tostada Salad	CK		58	1 serving	X	X	X		X	X										X	
Tortilla Chips	El Rancho La Vencedora	ELR2-150	31	2 oz. bag						X										X	
Buttermilk Ranch Dressing - Taste Pleasers Gourmet	PPI	78000389	4	1.5 oz.	X	X			X	X											
Yellow Shredded Milk Cheddar Cheese	Land O Lakes	41749	<1	1 oz.		X	X														
Chef Salad - Turkey Ham	CK		47	1 portion	X	X	X		X	X	X	X								X	
Yellow Shredded Milk Cheddar Cheese	Land O Lakes	41749	<1	1 oz.		X	X														
Elizabeth's Whole Grain Garlic Butter Croutons	Elizabeth's Food Company	115b14	14	.75 oz.		X				X	X	X									

Menu items subject to change and substitutions

Menu Items	Manufacturer	Item #	CHO (g)	Serving Size	Egg	Milk	Cheese	Whey	Soy	Soy Oil	Wheat	Whole Wheat	Peanuts	Peanut Oil	Produced in peanut/nut facility	Other nuts	Seeds (e.g. sunflower, seasame)	Pork	Other	Dyes
Cracker	Back to Basics	37501	14	1 each		X				X	X	X								X
Buttermilk Ranch Dressing - Taste Pleasers Gourmet	PPI	78000389	4	1.5 oz.	X	X			X	X										
Chef Salad - Vegetarian	CK		51	1 portion	X						X	X								X
Yellow Shredded Milk Cheddar Cheese	Land O Lakes	41749	<1	1 oz.		X	X													
Elizabeth's Whole Grain Garlic Butter Croutons	Elizabeth's Food Company	115b14	14	.75 oz.		X				X	X	X								
Cracker	Back to Basics	37501	14	1 each		X				X	X	X								X
Buttermilk Ranch Dressing - Taste Pleasers Gourmet	PPI	78000389	4	1.5 oz.	X	X			X	X										
Egg, hard boiled,	Sunny Fresh				1	X														
Chicken Caesar Chef Salad	CK		44	1 portion	X	X			X	X	X									X
Yellow Shredded Milk Cheddar Cheese	Land O Lakes	41749	<1	1 oz.		X	X													
Elizabeth's Whole Grain Garlic Butter Croutons	Elizabeth's Food Company	115b14	14	.75 oz.		X				X	X	X								
Cracker	Back to Basics	37501	14	1 each		X				X	X	X								X
Buttermilk Ranch Dressing - Taste Pleasers Gourmet	PPI	78000389	4	1.5 oz.	X	X			X	X										
Coleslaw w/Sweet Dressing - CK (ingredients below)																				
Coleslaw 3 Way (cabbage)																				
Sweet Dressing	CK		10	0.33oz	X	X				X										
Fiesta Bean & Corn Salsa	CK		14	1/2 cup																
Salad K12 Blend	Sunrise Produce Co		3	1 cup																
Salad, 50/50 Mix																				
Spinach & Romaine w/Ranch, K-5 (Ingredients Below)	CK																			
Ranch Dressing, Plain	CK			.33 oz	X	X				X										
Three bean salad-CK (ingredients below)										X										
Green beans, low sodium, canned	USDA	100307	3	1/2 cup																
Garbanzo chickpeas, canned, low sodium	USDA	100360	27.04	1/2 cup																
Kidney beans, canned, low sodium	USDA	100370	19	1/2 cup																
Italian dressing	Katherine's kitchen	80034	2	2 tbsp						X										
Vegan Salad-CK (Ingredients Below)																				
Spinach & Romaine Mix	CK																			

Menu items subject to change and substiutions

Menu Items	Manufacturer	Item #	CHO (g)	Serving Size	Egg	Milk	Cheese	Whey	Soy	Soy Oil	Wheat	Whole Wheat	Peanuts	Peanut Oil	Produced in peanut/nut facility	Other nuts	Seeds (e.g. sunflower, sesame)	Pork	Other	Dyes
Brown Rice	CK																			
Black Beans	CK																			
Cherry Tomatoes																				
Health Mix	Sunrise Produce Co																			
FRUIT AND JUICE																				
Apple Juice (4oz)	Driftwood		15	1 each																
Apple with skin (raw) (100 g)			14	1 each																
Applesauce, canned, unsweetened			14	1/2 cup																
Applesauce, shlf,stbl, flvrd		A3500-282A	14	1 each																
Banana-regular	Sunrise Produce Co		23	1/2 cup																
Blue Rasp/Cherry Swirl 100% Frz Juice, Birthday theme	J&J Snack Foods Corp	41506	18	1 each																X
Blue Rasp/Cherry Swirl 100% Frz Juice, Flag theme	J&J Snack Foods Corp	41501	18	1 each																X
Cataloupe snack pack	Sunrise Produce	9062	7	1 each																
Cherry 100% Frz Juice Heart Holiday theme	J&J Snack Foods Corp	41504	19	1 each																
Cherry/Lime Swirl 100% Frz Juice Snowman theme	J&J Snack Foods Corp	41505	19	1 each																X
Double Lemon Smooth Fruit Ice Cup (4.4 oz)	J&J Snack Foods Corp	611221	21	1 each																
Fresh Slice Apples in a Bag (Fuji apples)	Sunmet		8	1/2 cup																
Fresh Slice Apples in a Bag (Granny smith apples)	Sunmet		7	1/2 cup																
Fruit , Frozen, blue rasp/cherry swrl	J&J Snack Foods Corp	41506	18	1 each																X
Fruit Punch (4 oz)	Driftwood	28300	15	1 each																
Fruit Punch (8 oz)	Driftwood	28340	29	1 each																
Fruit, canned, mixed, extra light syrup	USDA Foods	100212	17	1/2 cup																
Fruit, Froze, Cup, Berry - Lemon (4.4 oz)	J&J Snack Foods Corp	23060025	19	1 each																
Fruit, Frozen, cup or pineapple (4.4 oz)	J&J Snack Foods Corp	23060010	20	1 each																
Fruit, Frozen, Cup, watermelon (4.4 oz)	J&J Snack Foods Corp	23060015	25	1 each																
Fruit, Frozen, Strawberry - Pomegranate (4.4 oz)	J&J Snack Foods Corp	23060005	19	1 each																
Fruitable Plus Juice	Apple & Eve		14	1 box																

Menu items subject to change and substiutions

Menu Items	Manufacturer	Item #	CHO (g)	Serving Size	Egg	Milk	Cheese	Whey	Soy	Soy Oil	Wheat	Whole Wheat	Peanuts	Peanut Oil	Produced in peanut/nut facility	Other nuts	Seeds (e.g. sunflower, sesame)	Pork	Other	Dyes
Grape Escape	HMC Farms		10	1/2 cup																
Grapes	Swift Produce		8	1/2 cup																
Honeydew snack pack	Sunrise Produce	9064	8	1 each																
Kiwi	Swift Produce		24	2 kiwi																
Lemon/Lime Swirl 100% Frz juice shamrock theme (4.4 oz cup)	J&J Snack Foods Corp	41502	19	1 each																X
Mango/Strwbry 100% Frz juice (4.4 ozcup)	J&J Snack Foods Corp	23060030	18	1 each																
Mixed Berry/Lemon Swirl 100% frzn juice (4.4 oz)	J&J Snack Foods Corp	23060025	19	1 each																
Orange Juice (4oz)	Driftwood		14	1 each																
Orange Pineapple 100% frzn juice (4.4 oz cup)	J&J Snack Foods Corp	23060010	20	1 each																
Orange Pineapple/Cherry Swirl 100% frzn juice (4.4 oz)	J&J Snack Foods Corp	23060020	19	1 each																
Orange/Lime swirl 100% frzn juice Pumpkin theme (4.4 oz)	J&J Snack Foods Corp	41503	19	1 each																X
Oranges (154 g)	Swift Produce		21	1 each																
Oranges, California, Valencia Raw (100 g)			12	1 each																
Peaches	Commodity	2000-01	17	1/2 cup																
Peaches, Frozen, Freestone, Diced (4.4 oz)	USDA Foods	100241	19	1 each																
Pears, canned, bartlett, diced	USDA Foods	100225	15.02	1/2 cup																
Pineapple, Canned, Tidbits	USDA Foods	A443	16.9	1/2 cup																
Raisels sour lemon blast (1.25 oz)	Raisels	CLR111	29	1 each																
Sliced Apples	HMC Marketing		8	1/2 cup																
Strawberries (4 oz)	Swift Produce		7.5	1/2 cup																
Strawberries, Frozen, Diced (4.5 oz)	USDA Foods	100256	22	1 each																
Strawberry Pomegranate Premium 100% frzn juice (4.4 oz cup)	J&J Snack Foods Corp	23060005	19	1 each																
Strawberry/Lemonade Swirl 100% frzn juice sports theme	J&J Snack Foods Corp	41507	19	1 each																
Very Strawberry Smooth Fruit Ice Cup (4.4 oz)	J&J Snack Foods Corp	611203	19	1 each																X
Watermelon snack pack	sunrise produce company	9069	8	1 each																
	J&J Snack Foods Corp	23060015	25	1 each																
Whole Fruit, Mixed Berry & Lemon Swirl Frozen Fruit Cups	Driftwood	23060025	19	1 each																
Whole Fruit Watermelon Frozen Fruit Cups	Driftwood	23060015	25	1 each																

Menu items subject to change and substiutions

Menu Items	Manufacturer	Item #	CHO (g)	Serving Size	Egg	Milk	Cheese	Whey	Soy	Soy Oil	Wheat	Whole Wheat	Peanuts	Peanut Oil	Produced in peanut/nut facility	Other nuts	Seeds (e.g. sunflower, sesame)	Pork	Other	Dyes
Whole Fruit, Strawberry Pomegranate Frozen Fruit Cup	Driftwood	23060005	19	1 each																
Wild Cherry Premium 100% Frzn Juice (4.4 oz)	J&J Snack Foods Corp	23060000	19	1 each																
Wild Watermelon Wipeout Smooth Fruit Ice Cup (4.4 oz)	J&J Snack Foods Corp	611213	19	1 each					X	X						X	X			X
Wildberry Juice (4oz)	Driftwood		15	1 each																
VEGETABLES																				
Baby Carrots/Celery Snack Packs (3 oz)	Field Fresh Foods		2.9	3 oz																
Baked beans (CK Recipe)			29.4	1/2 cup																
Beans, Pinto			24	1/2 cup																
Broccoli Flowerets/Baby Carrots Snack pack (3.5 oz)	Field Fresh Foods		6.7	3.5 oz																
Broccoli, raw				1.75 oz																
Carrot Crisps (2 oz)	Grimmway Farms		5	1 each																
Carrot/Broccoli mix (2.75 oz)	Sunrise Produce Co	9087	6	1 each																
Carrots, Baby (3 oz)	Field Fresh Foods		5.6	3 oz																
Carrots, Baby, Raw (2 oz)				1.75 oz																
Celery, Fresh	USDA Foods		1	1/2 cup																
Corn, whole kernel, low sodium, canned			15	1/2 cup																
Cucumbers	USDA Foods		2	1/2 cup																
Fiesta Corn and Black Bean	USDA Foods		24	1/2 cup																
Green Beans	Commodity		3	1/2 cup																
Harvest Corn Chowder	USDA Foods		31	1 cup																
Jicama			6	1/2 cup																
Potato Pearls, Excel (1/4 cup dry)	Basic American Foods	76468	17	1/4 cup		X														
Potato Smiles (Emoji)	Mccain	3456	25	3oz																
Refried Beans (original smooth)	Santiago	82948	28	1/2 cup															X	
Refried Beans (whole bean)	Santiago		25	1/2 cup															X	
Refried Beans(vegetarian)	Santiago		25	1/2 cup																
Savory Wedges (3 oz)	JR Simplot Product	SKU10071179478010	18	3 oz						X	X									X

Menu items subject to change and substiutions

Menu Items	Manufacturer	Item #	CHO (g)	Serving Size	Egg	Milk	Cheese	Whey	Soy	Soy Oil	Wheat	Whole Wheat	Peanuts	Peanut Oil	Produced in peanut/nut facility	Other nuts	Seeds (e.g. sunflower, sesame)	Pork	Other	Dyes
Summer Squash	USDA Foods		2	1/2 cup																
Taster Pal Oven Crinkle Cuts (all veg) (3 oz)	JR Simplot Product	22C01603	22	3 oz						X										
Tater Gems (~8 Tator Tots)	JR Simplot Product	90004189	14	2.52 oz.																
Tri-Taters (2oz)	JR Simplot Product	2800101a	13	2 oz						X							X			
Vegetarian Beans	Seaside		24	1/2 cup					X		X									
SNACKS																				
All Sports Bites - Vanilla Grahams	MJM	514150	20	1 each						X	X	X								
Baked Ruffles Cheddar and Sour Cream	Frito Lay		24	1 bag		X	X	X	X											X
Baked Lays, Sour Cream & Onion	Frito Lay		21	1 bag		X			X											
Baked Lays, BBQ	Frito Lay		22	1 bag		X			X	X	X									
Baked Lays, Original	Frito Lay		23	1 bag					X											
Baseball Cookie	Kids Kookie Co	3068/9068	13.7	1 each		X					X	X								*
Cheesy Cheese Puffs	Snak King	240183	15	1 bag		X	X	X												
Chocolate Bear Grahams - MJM	MJM	402001	20	1 bag						X	X	X								
Cookie, Ultimate RF Carnival (Snack Bar)	Bonzers	71035	18	1 each	X	X		X	X	X	X	X			X					X
Crunchy Baked Cheetos	Frito Lay		17	1 bag		X	X												X	X
Eco Snackers	Kids Kookie Co	9700	17.8	1 each		X					X	X								*
Festive Tree and Bell Cookie	Kids Kookie Co	3170	12.5	1 each		X					X	X								X
Fiesta Cookie	Kids Kookie Co	3022	16.2	1 each		X					X	X								X
Flamin hot fantastix cheetos	Frito Lay		20	1 bag		X	X	X									X			X
Footbal and Helmet Assortment Cookie	Kids Kookie Co	3075	19.5	1 each		X					X	X								X
Fortune Cookies	C. Pacific	MISC414	4	1 each	X					X	X									X
French Onion Sunchips	Frito Lay		18	1 bag		X	X	X									X		X	
Garden Salsa, sunchip	Frito Lay		18	1 bag		X	X	X									X		X	
Giant Goldfish Grahams - WG 0.9 oz	Campbell's Foodservice	15094	19	1 pack					X	X	X	X								
Ginger Grahams Cookie	Kids Kookie Co	9410	6.25	1 each		X					X	X								
Gingerbread People Cookie	Tasty Brand	22011	19	1 pkg							X	X								*

Menu items subject to change and substiutions

Menu Items	Manufacturer	Item #	CHO (g)	Serving Size	Egg	Milk	Cheese	Whey	Soy	Soy Oil	Wheat	Whole Wheat	Peanuts	Peanut Oil	Produced in peanut/nut facility	Other nuts	Seeds (e.g. sunflower, sesame)	Pork	Other	Dyes
Goldfish Baked Flavor Blasted	Peppridge Farm		14	1 pkg		X	X	X	X	X	X						X			
Goldfish PhysEdibles	Campbell's Foodservice		19	1 pkg					X	X	X	X					X			
Goldfish, Baked Whole Grain, 0.75 oz.	Peppridge Farm		14	1 pkg		X	X			X	X	X								
Goldfish, Colors Baked WG - 0.75 oz.	Campbell's Foodservice	4788	14	1 pkg		X	X			X	X	X								
Goldfish, Whole Grain Pretzel	Campbell's Foodservice		16	1 pkg		X				X	X	X								
Green Egg Cookie	Kids Kookie Co	3027/9027	12.9	1 each		X					X	X								X
Green Egg Cookie, WG (1oz), Linda's	Buena Vista Food Prods	71620	16	1 each	X				X		X	X								X
Happy Birthday Cupcake-Chocolate	Super Bakery	9478	26	1 each	X	X			X	X	X	X								
Harvest Cheddar, sunchips	Frito Lay		19	1 bag		X	X	X				X					X		X	
Holiday Wreath Cookie	Kids Kookie Co	9082	12.5	1 each		X					X	X								X
Jack O Lantern Cookie	Kids Kookie Co	3030/9030	12.5	1 each		X					X	X								X
Jungle Animal Crackers	J & J Snack Foods	39085	20	1 each							X	X								
Keebler Scooby-Doo Graham Cracker Sticks, honey			22	9 crackers					X	X	X									
Mini choc chip	Bonzers	71535	27	1 each	X	X		X	X	X	X	X		X			X			
Mini Choc. Chip	Kids Kookie Co	9780	21	1 each	X	X			X		X	X								
Mini Snickerdoodle Cookie	Kids Kookie Co	9790	19.5	1 each	X						X	X								
Munchies flamin hot backpack mix	Frito Lay		18	1 bag		X	X	X									X			X
Nacho cheese baked doritos (reduced fat)	Frito Lay		16	1 bag		X	X	X											X	X
Original Sunchips	Frito Lay		19	1 bag								X					X			
Red Apple Cookie	Kids Kookie Co	3110/9110	12.5	1 each		X					X	X								X
Reduced Fat Chocolate Chip Cookie (2 oz)	Buena Vista Food Prods	9520/B/W	36.5	1 each																
Reduced Fat Chocolate Chip Cookie (2.6 oz)	Buena Vista Food Prods	9526/B/W	42	1 each																
Reduced Fat oatmeal raisin (1 oz)	Buena Vista Food Prods	OR-10RF/OR-10WRF	21.5	1 each																
Rold Gold Pretzels	Frito Lay		23	1 bag							X	X								
Shamrock Cookie	Kids Kookie Co	3045/9045	12.5	1 each		X					X	X								X
Shamrock Cookie, Linda's WG (1oz)	Buena Vista Food Prods	72920	16	1 each	X				X	X	X	X								X
Shortbread Skeeter Cookies - Nut Free	Skeeter	3180	18	1 bag		X						X								
Smart educational snacks/english & spanish (.88 oz)	Dick & Jane	SC 8803	18	1 pkg		X			X		X	X								

Menu items subject to change and substitions

Menu Items	Manufacturer	Item #	CHO (g)	Serving Size	Egg	Milk	Cheese	Whey	Soy	Soy Oil	Wheat	Whole Wheat	Peanuts	Peanut Oil	Produced in peanut/nut facility	Other nuts	Seeds (e.g. sunflower, sesame)	Pork	Other	Dyes
Smart educational snacks/presidents (.88 oz)	Dick & Jane	SC 8802	18	1 pkg		X			X		X	X								
Smart Educational Snacks/states & capitals (.88oz)	Dick & Jane	SC 8801	18	1 pkg		X			X		X	X								
Spring Egg Cookie	Kids Kookie Co	3012/9012	12.5	1 each		X				X	X	X			X					X
Strawberry delights fruit filled cookies (smiley face)	fieldstone		27	1 each	X	X		X	X	X	X	X								X
Turkey Spice Cookie	Kids Kookie Co	3305/9005	13.8	1 each		X					X	X								X
Valentine Heart Cookie	Kids Kookie Co	3050/9050	12.5	1 each		X					X	X								X
Valentines (pink heart) cookie (1 oz)	Buena Vista Food Prods	73820	16	1 each	X				X		X	X								X
CONDIMENTS																				
Americana Buttermilk Ranch	Heinz	78000846	1	1 each	X	X				X										
Americana Fancy Ketchup (9 g packet)	heinz	78002780	2	1 each																
Americana Fancy Ketchup (2 tsp)	PPI	1540	2	1 each																
Americana mayonnaise (2 tsp)	PPI		0	1 each	X					X										
Americana Syrup Packet (1.5 oz)	heinz	78000842	31	1 each																
Americana Yellow Mustard	Heinz	78000838	<1	1 each																
Barbecue Sauce (1.3 oz)	Ventura Foods	47433	11	1 each																
Barbecue Sauce	Sweet Baby Ray's	SK0440-P	18	37g																
BBQ Sauce (2 tbsp)	Portion PAC	3132032	10	1 each																
Buttermilk Ranch Dressing - Taste Pleasers Gourmet	PPI	78000389	4	1.5 oz.	X	X			X	X										
Buttermilk Ranch Dressing	PPI	47042	2	28 g	X	X			X	X									X	
Commodity Salsa (2 tbsp)	Commodity	2000-01	3	1 each																
Ken's Sesame Oriental Dressing	Ken's	KE0619	12	30g					X											
Italian Dressing	Marzetti	800374	2	2 tbsp						X										X
Italian Dressing (3 tbsp)	Portion PAC	19984	4	1 each						X	X						X			
Light Mayonnaise	Green Boy Foods	PP104	0.7	1 each	X															*
Marinara Sauce 1 oz Dunk Cups	Red Gold	REDNA1Z	3	1 each																
Mustard (1 tsp)	Portion PAC	5280	0	1 each																
Parmesan Cheese, Grated	N'Joy			1 packet		X														

Menu items subject to change and substitutions

Menu Items	Manufacturer	Item #	CHO (g)	Serving Size	Egg	Milk	Cheese	Whey	Soy	Soy Oil	Wheat	Whole Wheat	Peanuts	Peanut Oil	Produced in peanut/nut facility	Other nuts	Seeds (e.g. sunflower, sesame)	Pork	Other	Dyes
Salsa, low sodium canned	USDA Foods	A237	4.4	1/4 cup																
Syrups, table blends, pancakes (1.25 oz)	(USDA facts)		22	1 each																
Taco Sauce	Ventura		1	1 pkg																*
Taco Sauce, Tapatio			0	1 pkg																
Tajin	Tajin			0.05 oz.																

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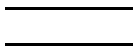
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