

<b>Product Name</b>	<b>Fullname</b>	<b>Category</b>	<b>Allergens</b>	<b>Carbs</b>	<b>Portion Size</b>
1% White Milk	Milk - 1% Unflavored, 8oz	Beverage	Dairy	16	8 FL OZ
100% Apple Juice	Juice - 100% Apple, 4oz	Beverage		14	4 FL OZ
100% Orange Juice	Juice - 100% Orange, 4oz	Beverage		13	4 FL OZ
100% Very Berry Juice	Juice - 100% Very Berry, 4oz	Beverage		15	4 FL OZ
Fat Free Chocolate Milk	Fat Free Chocolate Milk	Beverage	Dairy	23	1 EACH
BBQ Sauce	BBQ Sauce, 12g pkt	Condiment		6	12g PKT
Belly Bear Cinnamon Graham Crackers	Crackers - Belly Bears,Cinnamn	Condiment	WHEAT	21	1 G/B PACKAGE
Belly Bear Graham Crackers	Crackers - Belly Bears, Graham	Condiment	WHEAT	20	1 G/B PACKAGE
Cinnamon Graham Crackers	Crackers -Cinn.Graham(Keebler)	Condiment	WHEAT	16	1 G/B PACKAGE
Honey Fiber Graham Crackers	Crackers - MJM Honey Grahams	Condiment	WHEAT	18.1	1 G/B PACKAGE
Honey Graham Crackers	Crackers -HoneyGraham(Keebler)	Condiment	Wheat, Soy	16	1 G/B PACKAGE
Italian Salad Dressing	ITALIAN SALAD DRESSING CK	Condiment	Soy	0.51	TBSP
Ketchup	Ketchup, 9g pkt (Red Gold)	Condiment		3	9g PKT
Lite Italian Dressing	Italian Dressing, Lite, 1oz	Condiment	Soy	2	1 OZ
Maple Syrup	-SYRUP MAPLE 1.25 OZ	Condiment		21.78	1.25 OZ
Mayonnaise	Mayonnaise, 12g pkt (PPI)	Condiment	Egg, Soy	1	12g PKT
Mustard	Mustard, 5.5g pkt (PPI)	Condiment		0.5	5.5g PKT
Ranch Dressing	Ranch Dressing (12g pkt)	Condiment	Egg, Dairy	1	12g PKT
Ranch Salad Dressing	RANCH SALAD DRESSING CK	Condiment	Egg, Dairy	1.04	TBSP
Syrup	Syrup, 1 oz pouch	Condiment		21	1 OZ PKT
Taco Sauce	Taco Sauce, 9g pkt (PPI)	Condiment		1	9g PKT
Ketchup Pkt	Ketchup Pkt	Condiment		2	1 Pkt
BBQ Pkt	BBQ Pkt	Condiment		4	1 Pkt (12 gr)
Fat Free Buttermilk Ranch Dressing	Fat Free Buttermilk Ranch Dressing	Condiment	Dairy, Soy, Egg	2	1 Pkt (12 gr)

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BBQ Pulled Pork Sandwich	PULLED PORK SANDWICH	Entrees	SOY, WHEAT	42	1 EA
Berry Blast French Toast	FRENCH TOAST - BERRY BLAST	Entrees	Wheat, Gluten, Dairy, Egg, Soy	37	1 Pouch
Breakfast Bar - WG	BREAKFAST BAR	Entrees	WHEAT, EGG, SOY, MILK, DAIRY	19	1 EACH
Breakfast Bun - WG	BREAKFAST BUN WG	Entrees	WHEAT, EGG, SOY, MILK, DAIRY	39	1 EA
Breakfast Pizza Bagel	PIZZA BAGEL BREAKFST	Entrees	Soy, Wheat, Dairy	23.16	1 EACH
Build Your Own Deli Sandwich	Deli Sandwich	Entrees	Wheat, Dairy, Soy	29.8	1 Serving
Buttermilk Pancakes - WG	Pancakes, Whole Grain	Entrees	Wheat, Eggs, Soy	28	2 pancakes
Cheerios Cereal	-CEREAL CHEERIOS BOWL PAK 19G	Entrees	Gluten, Wheat, Nuts	14	1 EACH
Cheese Calzone	3 Cheese Calzone	Entrees	Wheat, Dairy, Sesame, Eggs, Soy	35	1 Calzone
Cheese Nachos w/Jalapeno's	NACHOS W/ JALAPENO'S	Entrees	Soy, Dairy	43.64	2 oz chips, 3 oz chs cup
Cheeseburger Twins- WG	Cheeseburger Twins, WholeGrn	Entrees	Wheat, Dairy, Soy	30	TWIN PACK
Chicken Nuggets	ChickenNuggets - Pilgrims Pride	Entrees	Wheat, Dairy	15	5 ea .75oz
Crispy Chicken Sandwich on Whole Grain Bun	Chicken Patty on WG Bun	Entrees	Soy, Wheat, Dairy, Egg	45	1 Sandwich
Chicken Tenders	Chicken Tenderloins-WG	Entrees	SOY, WHEAT	15	3 EACH
Cinnamon Toast Crunch Cereal	CEREAL CINN TST 1OZ	Entrees	Wheat, Soy	22	1 EACH
Cocoa Puffs Cereal	CEREAL COCOA PUFFS 1 OZ	Entrees		25	1 EACH
Crispy Chicken Sandwich	CRISPY CHICKEN SANDWICH	Entrees	Soy, Wheat	47.92	1 ea
Crispy Chicken Sandwich w/Oven Potatoes	Chicken Sandwich on WW Bun	Entrees	Soy, Wheat, Dairy, Egg	77.71	1 Patty + 1/2 cup potatoes
Fish Sticks	Pollock NUGGET	Entrees	Wheat	21	4 NUGGETS 1oz
Frosted Flakes Cereal (General Mills)	FROSTED FLAKES 1 OZ	Entrees	Wheat, Soy	24	1 EACH
Frudel - Apple	APPLE FRUDEL	Entrees	Wheat, Dairy	36	1 ea
Frudel - Cherry	CHERRY FRUDEL	Entrees	Wheat, Dairy	37	1 ea
Grilled Cheese Sandwich	Sandwich - Grilled Cheese	Entrees	Soy, Dairy, Gluten, Wheat	32	1 EACH
Grilled Chicken Sandwich	GRILLED CHICKEN SANDWICH	Entrees	Sunflower Oil, Dairy, Gluten, Wheat	35	1 Ea
Grilled Chicken Sandwich w/Oven Potatoes	Grilled Chicken Sandwich on WW Bun	Entrees	Sunflower Oil, Dairy, Gluten, Wheat	65.02	1 Patty w/ 1/2 cup potatoes

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Hamburger Bun	Hamburger Bun	Entrees	Soy, Wheat	32	1 EACH
Hamburger on Whole Wheat Bun	Hamburger (2.2oz) on WW Bun	Entrees	Soy, Wheat	30	1 EACH
Hamburger Sliders	BEEF SLIDERS	Entrees	Dairy, Soy, Wheat	26	2 SLIDERS
Honey Nut Cheerios Cereal	CEREAL HONEY NUT CHEERIOS	Entrees	Nuts, Wheat	22	1 EACH
Lean Grilled Hamburger w/ Oven Potatoes	Grilled Hamburger on Bun	Entrees	Wheat, Soy, Dairy	55	1 patty + 1/2 cup potatoes
Mac & Cheese + WG Roll	Mac & Cheese + WG Roll	Entrees	Wheat, Soy, Dairy, Eggs	48	2/3 cup
MAC & CHEESE-WG	Mac 'N Chz, Red.Fat Land o lakes	Entrees	Wheat, Soy, Dairy, Eggs	31	2/3 Cup
Mini Cheese Ravioli - WG	RAVIOLI - cheese	Entrees	Wheat, Dairy, Eggs	15	7 ea
Mini Cinnis - WG	Mini Cinnis	Entrees	Wheat, Dairy, Eggs	40	1 PKG
Mini Waffles	MINI WAFFLES - EGGO	Entrees	Wheat, Dairy, Eggs, Soy	35	1 Pouch
Multi Grain Cheerios	Cereal - Multi Grain Cheerios	Entrees	Wheat	15	1 G/B SERVING
Nacho Cheese Cup	LAND O LAKES 3 OZ	Entrees	Dairy	4	1 EACH
Orange Chicken & Rice RECIPE:001404	Orange Chicken & Rice	Entrees	Eggs, Soy, Wheat	41	3.6 OZ + 1/2 c Rice
Pasta & Marinara Sauce	Pasta & Marinara Sauce	Entrees	Wheat, Soy, Dairy	58	6 oz Serving
PB & J Thinwich	PB & Strawberry 2.4 oz	Entrees	Dairy, Nuts, Soy, Wheat	28	1 EACH
PB & J Thinwich - WG	PB & J THIN SANDWICH 4.3 OZ - MS	Entrees	Dairy, Nuts, Soy, Wheat	47.2	1 EA
Pick-up Stix Rice Bowl	Chicken w/ White & Brown Rice	Entrees	Soy, Wheat, Eggs	58	1 Bowl
Pizza Bage!l	Pizza Bage!l	Entrees	Milk, Wheat	23.16	1 EA
Pizza Crunchers	Pizza Crunchers Richs	Entrees	Dairy, Wheat	20	2 ea
Popcorn Chicken-WG	Popcorn Chicken-WG	Entrees	Dairy, Wheat, Soy	17	15 PIECES
Red. Sugar Cinn. Toast Crunch Cereal	Cereal - CinnToastCrunch(1G/B)	Entrees	Wheat, Soy	22	1 G/B SERVING
Slice of Brick Oven Hawaiian Pizza	Ham, Pineapple & Cheese Pizza	Entrees	Wheat, Soy, Dairy, Sesame Seeds, Eggs	36	1 slice
Slice of Brick Oven Pepperoni Pizza	Pepperoni & Cheese Pizza	Entrees	Wheat, Soy, Dairy, Sesame Seeds, Eggs	32.4	1 slice
Slice of Brick Oven Stuffed Crust Cheese Pizza	Stuffed Crust Cheese Pizza	Entrees	Wheat, Soy, Dairy, Sesame Seeds, Eggs	32.9	1 slice

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Slice of Brick Oven Veggie Pizza	Veggie & Cheese Pizza	Entrees	Wheat, Soy, Dairy, Sesame Seeds, Eggs	34	1 slice
Turkey Soft Taco	Turkey Soft Taco	Entrees	Soy, Wheat, Dairy	18.42	1 Taco
Spaghetti w/ Marinara	Spaghetti w/Marinara	Entrees	Wheat, Soy, Dairy	69.48	1 cup + roll
Spiral Rotini with Meat Sauce	Rotini w/ Meat Sauce (JTM)	Entrees	Wheat, Soy, Dairy	24	1 EACH
String Cheese - Light	Light String Cheese	Entrees	Dairy	1	1 SERVING
Sunbutter & Jelly Sandwich	SUNBUTTER & GRAPE JELLY SANDWICH	Entrees	Soy, Wheat	33	2.8 OZ
Sweet&Sour Chicken w/Rice Bowl	Sweet&Sour Chicken w/Rice Bowl	Entrees	Wheat, Eggs, Soy	40	Ckn (3.6 oz)+1/2 C Rice
Teriyaki Chicken & Rice Bowl RECIPE:000822	Chicken Bowl - Lings	Entrees	Soy, Nuts, Wheat	32	2.8 oz chicken +1/2 cup rice
Teriyaki Chicken Bowl	TERIYAKI CHICKEN BOWL MS	Entrees	Soy, Nuts, Wheat	57.82	3/8 cup + 1 cup rice
Twice Grilled Quesadilla	Grilled QUESADILLA 4 oz	Entrees	Soy, Wheat, Dairy	30.68	1 EACH
Whole Grain Apple Cinnamon Muffin	Muffin-WG AppleCinn,3oz	Entrees	Dairy, Wheat, Eggs	33.28	3 OZ
Whole Grain Banana Muffin	Muffin-WG Banana,3oz	Entrees	Dairy, Wheat, Eggs	35.58	3 OZ
Whole Grain Belgian Waffle Sticks	Waffle - WG Belgian Stix, 2 ea	Entrees	Dairy, Wheat, Eggs	27	2 EACH
Whole Grain Blueberry Muffin	Muffin-WG Blubrry,3oz	Entrees	Eggs, Dairy, Wheat	35.98	3 OZ
Wild Mikes Cheese Pizza	WILD MIKES CHS PIZZA	Entrees	Soy, Wheat, Dairy	34	1 slice
Wild Mike's Pepperoni Pizza	Pizza - WG Fire-Bkd Pepperoni	Entrees	Soy, Wheat, Dairy	34	1 Slice
Lings of Fire w/ Oven Potatoes	CHICKEN WINGS (4)	Entrees	Wheat, Dairy, Soy	40	4 wings Celery bag
Yogurt - Strawberry	Yogurt - Strawberry	Entrees	Dairy	20	4 OZ
Yogurt -Vanilla	Yogurt - Vanilla	Entrees	Dairy	20	4 OZ
Yogurt & Berry Parfait	Yogurt & Berry Parfait	Entrees	Soy, Wheat, Dairy	40	4 oz
Ultra Bread Slice/Banana	Banana BREAD	Entrees	Wheat, Eggs, Soy	44	1 EA
Build Your Own Yogurt Parfait	Yogurt Parfait (build your own)	Entrees	Dairy, Wheat, Soy	39	4 oz Cup
Breakfast Burrito-WG	Breakfast Burrito-WG	Entrees	Soy, Wheat, Egg, Dairy	16	1 EA
Pancake on a Stick-WG	Pancake on a Stick-WG	Entrees	Wheat, Soy, Egg, Milk	18	1Serving
Breakfast Sliders-WG	Breakfast Sliders-WG	Entrees	Soy, Wheat, Egg, Dairy	21	2 Pieces

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Breakfast Sandwich	Breakfast Sandwich-WG	Entrees	Soy, Wheat, Egg, Dairy	28	1 Sandwich
French Toast Sticks-WG	French Toast Sticks-WG	Entrees	Wheat, Soy,	36	3 Pieces
Mini Chocolate Chip Pancakes-WG	Mini Chocolate Chip Pancakes-WG	Entrees	Wheat, Eggs, Dairy	39	9 Pancakes
Bagel White Wheat-WG	Bagel White Wheat-WG	Entrees	Wheat, Gluten, Dairy	34	1 Serving
Blueberry Oatmeal Muffin-WG	Blueberry Oatmeal Muffin-WG	Entrees	Wheat, Gluten, Dairy, Eggs	51	1 Muffin
Chocolate Chip Muffin-WG	Chocolate Chip Muffin-WG	Entrees	Wheat, Egg, Dairy	40	1 Muffin
Cream Cheese LT Cup	Cream Cheese LT Cup	Entrees	Dairy	2	1 oz
Breakfast Pizza WG	Breakfast Pizza WG	Entrees	Soy, Wheat, Dairy	27	1 Piece
Domino's WG Chs Pizza	Domino's WG Chs Pizza	Entrees	Soy, Wheat, Dairy	31	1 Slice
Domino's WG Pepp Pizza	Domino's WG Pepp Pizza	Entrees	Soy, Wheat, Dairy	32	1 Slice
Cheeseburger	Cheeseburger	Entrees	Soy, Dairy, Wheat	31	1 EA
Stuffed Cheese Sticks	Cheese Stuffed Sticks	Entrees	Dairy, Soy, Wheat, Eggs	30	2 Sticks
Crispy Chicken Sandwich + Ranch Dressing	Crispy Chicken Sandwich + Ranch Dressing	Entrees	Soy, Wheat, Egg, Dairy	48	1 ea

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Grilled Chicken Sandwich + Lt.Ranch Dressing	Grilled Chicken Sandwich + Lt.Ranch Dressing	Entrees	Sunflower Oil, Dairy, Gluten, Wheat	31	1 ea
Mac N Cheese + WG Bread Stick	Mac N Cheese + Bread Stick	Entrees	Wheat, Soy, Dairy, Eggs	49	1 ea
Cheese Hamburger	Cheese Hamburger	Entrees	Soy, Wheat, Dairy	43.5	1 ea
Corn Dog	Corn Dog	Entrees	Wheat, Soy, Egg	30	1 ea
Country Chicken Bowl + WG Dinner Roll	Country Chicken Bowl + WG Dinner Roll	Entrees	Soy, Wheat, Dairy, Egg	45.4	1 ea
Hot 'N' Spicy Ling's	Hot 'N' Spicy Ling's	Entrees	Nuts, Wheat, Eggs, Soy, Dairy	33.82	1 ea
Chicken Tenderloins Strips + WG Bread Stick	Chicken Terderloin Strips + WG Bread Stick	Entrees	SOY, WHEAT	35	1 ea
Mini Corn Dogs	Mini Corn Dogs	Entrees	Wheat, Eggs, Soy	30	6 PC (4oz)
Deli Turkey Sandwich	Deli Turkey Sandwich	Entrees	Wheat, Soy, Dairy	40.8	1 ea
Signature Salad-Fiesta Chicken+WG Bread Stick	Signature Salad-Fiesta Chicken	Entrees	Dairy, Soy, Wheat, Eggs	57	1 ea
Signature Salad-Caesar Chicken+WG Roll	Signature Salad-Caesar Chicken	Entrees	Dairy, Soy, Wheat, Eggs	22	1 ea
Stuffed Cheese Sticks with Marinara Sauce	Stuffed Cheese sticks w/Marinara sauce	Entrees	Dairy, Soy, Wheat, Eggs	39	2 PC + 1/4 Cup Marinara Sauce

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Orange Chicken	Orange Chicken	Entrees	Eggs, Soy, Wheat	19	3.6 oz
Zesty Lemon Chicken	Lemongrass Chicken	Entrees	Eggs, Soy, Wheat	19	3.6 oz
Turkey Taco Boat	Turkey Taco Boat	Entrees	Soy, Wheat, Dairy	25	1 ea
Bean & Cheese Burrito	Bean & Cheese Burrito	Entrees	Wheat, Soy, Dairy	40	1 ea
Grilled Cheese Sandwich	Grilled Cheese Sandwich	Entrees	Soy, Dairy, Wheat	31	1 ea
Breakfast Burrito/Egg & Cheese	Breakfast Burrito	Entrees	Soy, Wheat, Egg, Dairy	31	1 each
Breakfast Bagel Sandwich/Turkey Bacon & Egg	Breakfast Bagel Sandwich/Turkey Bacon & Egg	Entrees	Dairy, Wheat, Eggs, Soy	35	1 ea
Breakfast Bagel Sandwich/Egg & Cheese	Breakfast Bagel Sandwich/Egg & Cheese	Entrees	Milk, Wheat	36	1 ea
Fruit & Yogurt Parfait	Fruit & Yogurt Parfait	Entrees	DAIRY, MILK	67	1 ea
White Wheat Bagel w/Cream Cheese	White Wheat Bagel w/Cream Cheese	Entrees	Dairy, Wheat	36	1 ea
White Wheat Cinn Raisin Bagel w/Cream Cheese	White Wheat Cinn Raisin	Entrees	Dairy, Wheat	38	1 ea
Chocolate Chip Muffin	Chocolate Chip Muffin	Entrees	Wheat, Egg, Dairy	51	1 ea
Breakfast Burrito/Egg & Turkey Bacon	Breakfast Burrito/Egg & Turkey Bacon	Entrees	Soy, Wheat, Egg, Dairy	31	1 ea
Whole Wheat Breakfast Bun	Whole Wheat Breakfast Bun	Entrees	Wheat, Eggs, Soy, Dairy	39	1 ea
Mini Cinnis	Mini Cinnis	Entrees	Wheat, Dairy,	40	1 pkg
Whole Wheat Breakfast Bar	Whole Wheat Breakfast Bar	Entrees	Wheat, Eggs, Soy, Dairy	39	1 pkg
Ultra Bread Slice/Banana	Banana Slice Bread	Entrees		44	1 ea
Ultra Bread Slice/Blueberry	Ultra Bread Slice-Blueberry	Entrees	Soy, Wheat, Eggs	43	1 ea
Ultra Bread Slice/Zucchini	Ultra bread Slice/Zucchini	Entrees	Soy, Wheat, Eggs	43	1 ea
Breakfast Sandwich/Sunny Side Up	Breakfast Sandwich/Sunny Side Up	Entrees	Soy, Wheat, Egg, Dairy	27	1 ea
Breakfast Pizza	Breakfast Pizza	Entrees	Soy, Wheat, Dairy	26	1 ea
French Toast Stix & Sausage	French Toast w/Sausage	Entrees	Wheat, Soy	27	1 serv
Belgian Waffle & Sausage	Belgian Waffle & Sausage	Entrees	Soy, Wheat, Eggs, Dairy	26	1 serving
Pancakes & Syrup	Pancakes w/Syrup	Entrees	Wheat, Soy, Egg	51	1 serving
WG Blueberry Oatmeal Muffin	WG Blueberry Oatmeal Muffin	Entrees	Eggs, Dairy, Wheat	50	1 ea

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Hot & Spicy Buffalo Bowl	Hot & Spicy Buffalo Bowl	Entrees	Nuts, Wheat, Eggs, Soy, Dairy	76	1 Serving
Buffalo Chicken Bowl	Buffalo Chicken Bowl	Entrees	Soy, Wheat, Dairy, Nuts, Eggs	49	1 Serving
Chicken Tenderloin Strips w/Tots	Tenderloin Strips w/Tots	Entrees	Wheat, Soy	34	1 Serving
Pulled Pork Sandwich with Oven Potatoes	Pulled Pork Sandwich	Entrees	Dairy, Soy, Wheat	61	1 Serving
Spicy Chicken Sandwich w/Oven Potatoes	Spicy Chicken Sandwich w/Oven Potatoes	Entrees	Soy, Wheat	70	1 Serving
Hot & Spicy Lings w/Tater Tots/Bread Stick	Hot & Spicy Lings w/Tater Tots	Entrees	Nuts, Wheat, Eggs, Soy, Dairy	50	1 Serving
Hot & Spicy Chicken Sandwich w/Oven Potatoes	Hot & Spicy Chicken Sandwich w/Oven Potatoes	Entrees	Wheat, Soy, Dairy	65	1 Serving
Grilled Cheese Sandwich w/Oven Potatoes	Grilled Cheese Sandwich w/Oven Potatoes	Entrees	Soy, Dairy, Gluten, Wheat	55	1 Serving
Sweet & Sour Chicken w/Chow Mein	Sweet & Sour Chicken w/Chow Mein	Entrees	Wheat, Eggs, Soy	61	1 Serving
BBQ Chicken Teriyaki w/Brown Rice	BBQ Chicken Teriyaki w/Brown Rice	Entrees		62	1 Serving
BBQ Teriyaki Chicken w/Chow Mein	BBQ Teriyaki Chicken w/Chow Mein	Entrees	SOY, WHEAT, EGG	47	1 Serving
Mandarin Orange Chicken w/Brown Rice	Mandarin Orange Chicken w/Brown Rice	Entrees	Wheat, Soy, Eggs	60	1 Serving
Mandarin Orange Chicken w/Chow Mein	Mandarin Orange Chicken w/Chow Mein	Entrees	Wheat, Soy, Eggs	62	1 Serving
Lemongrass Chicken w/Chow Mein	Lemongrass Chicken w/Chow Mein	Entrees	Eggs, Soy, Wheat	62	1 Serving
Lemongrass Chicken w/Brown Rice	Lemongrass Chicken w/Brown Rice	Entrees	Eggs, Soy, Wheat	60	1 Serving
Beef Bowl	Beef Bowl	Entrees	DAIRY, MILK	69	1 Serving
Chicken Fajita Bowl	Chicken Fajita Bowl	Entrees	Wheat, Dairy	72	1 Serving
Wet Bean & Cheese Burrito with Spanish Rice	Wet Bean & Cheese Burrito	Entrees	Wheat, Soy, Dairy	64	1 Serving
Tostada with Spanish Rice	Tostada with Spanish Rice	Entrees	Soy, Dairy	46	1 ea
Chicken Tostada with Spanish Rice	Chicken Tostada with Spanish Rice	Entrees	SOY, DAIRY, MILK	46	1 Serving
Cheese Quesadilla with Spanish Rice	Cheese Quesadilla with Spanish Rice	Entrees	Soy, Dairy	55	1 Serving
Chicken Quesadilla with Rice	Chicken Quesadilla with Rice	Entrees	Wheat, Dairy	55	1 Serving
Cheese Nachos with Ground Beef and Spanish Rice	Cheese Nachos with Ground Beef and Spanish Rice	Entrees	Soy, Dairy	60	1 Serving
Soft Chicken Taco with Rice and Beans	Soft Chicken Taco with Rice and Beans	Entrees	Dairy, Soy	85	1 Serving
Beef Taco with Rice and Beans	Beef Taco with Rice and Beans	Entrees	Soy, Dairy	93	1 Serving

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Turkey & Cheese Sandwich with Oven Potatoes	Turkey & Cheese Sandwich	Entrees	Soy, Wheat, Dairy	58	1 ea
Tuna Sandwich with Oven Potatoes	Tuna Sandwich	Entrees		43	1 ea
Ham & Cheese Sandwich with Oven Potatoes	Ham & Cheese Sandwich with Oven Potatoes	Entrees	Dairy, Soy, Wheat	57	1 ea
Roast Beef Sandwich with Oven Potatoes	Roast Beef Sandwich with Oven Potatoes	Entrees	Soy, Wheat, Dairy	62	1 ea
Cobb Salad with WG Bread Stick	Cobb Salad with WG Bread Stick	Entrees	DAIRY, MILK, WHEAT, SOY	39	1 ea
Caesar Chicken Salad with WG Bread Stick	Caesar Chicken Salad with WG Bread Stick	Entrees	WHEAT, EGG, SOY, MILK, DAIRY	45	1 ea
Fiesta Chicken Salad with WG Bread Stick	Fiesta Chicken Salad with WG Bread Stick	Entrees	DAIRY, SOY, WHEAT	55	1 ea
PB & J with Cheese Stick	PB & J with Cheese Stick	Entrees	Dairy, Nuts, Soy, Wheat	70	1 ea
Sweet & Sour Chicken	Sweet & Sour Chicken	Entrees	Wheat, Eggs, Soy	18	3.6 oz
WG Cheesy Cornbread Muffin	WG Cheesy Cornbread	Entrees	Soy, Wheat, Dairy, Eggs	39	1 each
Breakfast Pizza (WG)	Breakfast Pizza (WG)	Entrees	Soy, Wheat, Dairy	26	1 Pizza
Trix Cereal	Trix Cereal	Entrees		24	1 oz bowl
Apple Cinnamon Cheerios	APPLE CINNAMON CHEERIOS	Entrees	Wheat	23	1 Bowl
Golden Grahams	GOLDEN GRAHAMS	Entrees	Wheat	24	1 Bowl
Sliced Turkey-Ham/Cheese on a WG Bun	Sliced Turkey-Ham/Cheese on a WG Bun	Entrees	WHEAT, DAIRY, MILK	30	1 EA
Chicken Tenderloins	Chicken Tenderloins	Entrees	SOY, WHEAT	15	3 Strips
Mini Blueberry Pancakes	Mini Blueberry Pancakes	Entrees	Wheat, Dairy, Eggs	42	1 Pouch (8 pancakes)
String Cheese-LT	STRING CHEESE-LT	Entrees	Dairy	1	1 EA
Bagel + Cream Cheese(WG)	Bagel + Cream Cheese(WG)	Entrees	Wheat, Gluten, Dairy	35	1 Bagel + Cream Cheese
Rotini with Marinara Sauce & Bread Stick	Rotini with Marinara Sauce & Bread Stick	Entrees	Wheat, Soy, Dairy	73	1 Serving + 1 Bread Stick
Chicken Fajita Wrap	Chicken Fajita Wrap	Entrees	Wheat, Dairy	20	1 Wrap
Seasoned Fajita Strips	Seasoned Fajita Strips	Entrees	Dairy	1	1.7 oz
Tortilla 6	Tortilla 6	Entrees	Wheat	14	1 Tortilla
Chicken Nuggets-Golden Brown	Chicken Nuggets-Golden Brown	Entrees	Wheat,	15	5 Pieces
Turkey Ham & Cheese Deli Sandwich	Turkey Ham & Cheese Deli Sandwich	Entrees	Dairy, Wheat, Soy	30	1 Sandwich

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Tornado-Chicken	Tornado-Chicken	Entrees	Wheat, Soy, Dairy	44	1Serving
Tornado--Beef	Tornado--Beef	Entrees	Wheat, Dairy, Soy	44	1Serving
Sunbutter Sandwich	Sunbutter Sandwich	Entrees	Contains:Wheat, soy.	33	1 EA
OAT MEAL WITH APPLE SLICES	OAT MEAL WITH APPLE SLICES	Entrees		61	1 SERVING
Chicken Drumstick	Chicken Drumstick	Entrees	WHEAT	5	1 PC
Turkey Chili	Turkey Chili	Entrees		24	3/4 Cup
Apple	Apple - fresh, raw	Sides		4	1 EACH
Bag of Apples (slices)	Apple Bag	Sides		8	1 bag (2oz) (1/2 cup)
Apple Slices	Apple Slices, 2oz pkg	Sides		7.83	2 OZ PKG
Applesauce Cup	Applesauce Cup	Sides		14	1 Cup
Dino Bites Cookies (WG)	Dino bites wg MJM	Sides	Wheat	20	1 G/B PACKAGE
Banana	BANANA	Sides		23	1 EACH
Breadstick - WG	BREADSTICK - WG	Sides	Soy, Wheat	16	1 EACH
Broccoli (steamed)	Broccoli	Sides		5	1/2 Cup
Broccoli	Broccoli	Sides		5	1/2 Cup
Broccoli & Carrots	-BROCCOLI & CARROTS 3.5 OZ	Sides		6.68	1 EACH
Brown Rice	RICE BROWN LONG GRAIN	Sides		22	1/2 CUP
Carrot Bag	Carrot Bag - 3 oz	Sides		8	3 OZ BAG/ 1/2 CUP
Carrots (sweet), Steamed	Carrots(sweet),Steamed	Sides		4	1/2 Cup
Celery Stick Bag	Celery Sticks - 3 oz	Sides		3	3 oz - 1/2 cup
Celery Sticks	CELERY STICKS	Sides		3.56	1 CUP
Cheddar Goldfish Crackers	Crackers - Goldfish Cheddar	Sides	Dairy, Wheat	14	1 G/B PACKAGE
Cinnamon Applesauce	Applesauce - Cinnamon, 4oz	Sides		16	4 OZ
Cookie (Shamrock,Festive)	Cookie	Sides	WHEAT, EGG	12.46	1 Cookie (20 gr)

<b>Product Name</b>	<b>Fullname</b>	<b>Category</b>	<b>Allergens</b>	<b>Carbs</b>	<b>Portion Size</b>
Corn (sweet)	Corn, whole kernel, canned	Sides		15	1/2 CUP
Corn	Corn	Sides		14.57	1/2 CUP
Cornbread - WG	Cornbread Muffin	Sides	Wheat, Soy, Dairy, Eggs	36.8	15 EACH
Diced Peaches	Diced Peaches	Sides		13.69	3/8 CUP
Pears (diced,sweet)	Pears (diced,sweet)	Sides		20	1/2 CUP
Dried Cranberries	Cranberries (dried; 1/4c=1/2c)	Sides		24.96	1/4 CUP
Dried Fruit Mix	Fruit Mix, DRIED, Peanut-Free	Sides		23	1/4 CUP
Fresh Banana	Fresh Banana	Sides		18.5	1 EACH
Fresh Broccoli	BROCCOLI,raw: fresh	Sides		6.04	1 CUP
Fresh Grapes	-GRAPES FRESH 1/4C LUNCH BUNCH	Sides		4	1/4 CUP
Fresh Sliced Apples	-APPLES SLICED 2 OZ BAG ASR	Sides		8	1 EACH
Fresh Strawberries	Fresh Strawberries	Sides		5.53	1/2 CUP
Garbanzo Beans	GARBANZO BEANS	Sides		27.14	1/2 CUP
Grape Tomatoes	-TOMATOES GRAPE SNAK PAK 2OZ	Sides		3	1 EACH
Grapes	Grapes (2oz pkg = 1/2 cup)	Sides		10	2 OZ PKG
Green Beans	Green Beans	Sides		3	1/2 CUP
Peas (green)	Peas, Green (frozen w/low salt)	Sides		11	1/2 CUP
Kidney Beans	KIDNEY BEANS: canned,drained	Sides		37.12	1 CUP
KIWI	KIWI	Sides		15	1 EACH
Lettuce & Tomato	LETTUCE &TOMATO:1 leaf,2 slice	Sides		2	1 lf,2 slc
Lettuce and Cheese Cup	Lettuce and Cheese Cup	Sides	Dairy	0.71	1 EACH
Lettuce and Pickle Cup	Lettuce and Pickle Cup	Sides		1.08	1 EACH
Mandarin Oranges	Mandarin Oranges	Sides		17	3/8 CUP
Mango Pieces	Mango Pieces	Sides		17	1/2 CUP
Marinara Dipping Sauce	Marinara Dipping Sauce	Sides		8	1/4 CUP (71 gr)

<b>Product Name</b>	<b>Fullname</b>	<b>Category</b>	<b>Allergens</b>	<b>Carbs</b>	<b>Portion Size</b>
Mashed Potatoes	MASHED POTATOES	Sides	Dairy	17	1/2 CUP
Mixed Fruit Cup (FRUIT CUP)	Mixed Fruit - Canned, LiteSyrp	Sides		15	1/2 CUP
Nectarine	Nectarine (size 88-96)	Sides		14.98	1 EACH
Orange	Orange, fresh	Sides		12	1 EACH
Peach	Peach, fresh (size 80)	Sides		14.31	1 EACH
Pear	Pear, fresh (150 ct)	Sides		12.99	1 EACH
Pear Fruit Cup	Fruit Cup - Pear, Frzn, 4oz	Sides		20.29	1 EACH
Pickle Slice	Pickle Slice	Sides		0	1 Slice
Pineapple	#NAME?	Sides		33.89	1 CUP
Pineapple Chunks	Pineapple - Canned,NaturlJuice	Sides		19	1/2 CUP
Pineapple Pals	-PINEAPPLE PALS 2.7 OZ	Sides		9	1 EACH
Pinto Beans	Pinto Beans	Sides		18	1/2 Cup
Plain Applesauce	Applesauce - Plain, 4oz	Sides		16	4 OZ
Plum	Plum, fresh (size 45 or 50)	Sides		7.54	1 EACH
Potato Wedges L	Potato Wedges	Sides		19.45	1/2 CUP
Potato Wedges S	Potato Wedges	Sides		19	1/2 cup
Pudding cup Zerts	Zerts pudding cup IW 3 oz	Sides	Dairy, Soy	19	1 ea
Pudding cup	Zerts pudding cup IW 3 oz	Sides	Dairy, Soy	19	1 ea
Raisins	Raisins, 1.33oz = 1/2c fruit	Sides		30	1.33 OZ (1/2 CUP)
Salad Mix	-LETTUCE MIX 3WAY FRESH INNOV*	Sides		4	3/4 CUP
Salsa La Victoria	Salsa La Victoria	Sides		2	1 oz
Strawberry Yogurt (4 oz)	-YOGURT STRAWBERRY 4OZ YAMI	Sides	Dairy, Soy	19	1 EACH
Sun Chips	CHIPS - SUNCHIPS - 1 OZ	Sides	Wheat	19	EACH
Tangerine	Tangerine	Sides		11.74	1 EACH
Tator Tots	Potato - Tator Tots, 8pcs	Sides	Soy	16	1 SERVING (8 PC)

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Tortilla Chips	Chips - Tortilla	Sides	Soy	19.32	1 OZ
Tortilla Chips	-CHIPS TORTILLA ROMERO'S 10Z	Sides	Soy	19	1 EACH
Baked Tostitos Chips	CHIPS TOSTITOS Chips - .875 oz	Sides	Soy	19	1 Pkg .875 oz
Tri-Color Bell Peppers	Tri-Color Bell Peppers	Sides		0.94	2 OUNCES
Vegetarian Beans	Vegetarian Beans	Sides		20.14	3/8 CUP
Whole Grain Cheddar Goldfish Crackers	Crackers - WG Cheddar Goldfish	Sides	Dairy	14	1 G/B PACKAGE
Whole Grain Roll	DINNER ROLL - WG	Sides	Soy, Wheat, Dairy	17	1 EA
Peas & Carrots	Peas & Carrots	Sides		6.95	1/2 Cup
Mott's Apple Sauce	Mott's Apple Sauce	Sides		24	1/2 Cup
Pudding Chocolate HUNTS	Pudding Chocolate HUNTS	Sides	Dairy, Soy	20	1 Cup
Pudding Vanilla HUNTS	Pudding Vanilla HUNTS	Sides	Dairy, Soy	18	1 Cup
Pudding Chocolate ConAgra	Pudding Chocolate ConAgra	Sides	Dairy, Soy	22	1 Cup
Pudding Vanilla ConAgra	Pudding Vanilla ConAgra	Sides	Dairy, Soy	22	1 Cup
TROLL COOKIES	TROLL COOKIES	Sides	Wheat	21	1 BAG
X-Mas Cookies	X-Mas Cookies	Sides	Wheat	21	1 oz Bag
Salad Bar	Salad Bar	Sides		36	1 ea
Buttermilk Ranch Dressing Pkt	Buttermilk Ranch (FF) Pkt	Sides	Dairy	1	1 Pkt (12gr)
Tropical Treats Cookies	Tropical Treats Cookies	Sides	Wheat	20	1 bag
Light Ranch Dressing	LIGHT RANCH DRESSING	Sides	Dairy	9	1 Pkt
Aloha Dinner Roll (WG)	Aloha Dinner Roll (WG)	Sides	Soy, Wheat	17	1 ea
Peaches LT Syrup	PEACHES LT SYRUP	Sides		14	1/2 CUP
Beans w/Cheese	Beans w/Cheese	Sides	DAIRY	15	1/2 Cup
PB & J 2.6 OZ + Cheese Stick	PB & J + Cheese Stick	Sides	Dairy, Nuts, Soy, Wheat	33	1 Sandwich + Chs stick
ABC Cookies-Dr. Seuss	ABC Cookie	Sides	Wheat	21	1 oz Bag
Festive Cookies	Festive Cookies	Sides	Wheat	21	1 oz Bag
Delightful Mixed Fruit	Delightful Mixed Fruit	Sides		15	1/2 Cup
Fruit Cup	Fruit Cup	Sides		15	1/2 Cup
Oven Potatoes	Oven Potatoes	Sides		19	1/2 Cup
GREEN PEAS & CARROTS MEDLEY	PEAS & CARROTS MEDLEY	Sides		7.5	1/2 CUP
BROCCOLI	BROCCOLI (SUNRISE)	Sides		4	1/2 CUP
HUMMUS & CARROTS	HUMMUS & CARROTS	Sides		11	1/4 CUP
Corn Confetti Rice	Corn Confetti Rice	Sides		9.79	1/2 Cup
CHICKEN FAJITA	CHICKEN FAJITA			1	1.7 OZ
BFL Pancakes & Sausage	BFL Pancakes & Sausage	Entrees	WHEAT, EGG, SOY, MILK, DAIRY	26	2 pancakes/1 sausage
Soft Chicken Tacos	Soft Chicken Tacos	Entrees		30	(Chicken w/2 Tortillas)
Beef Teriyaki Dunkers	Beef Teriyaki Dunkers	Entrees	Soy, Wheat	11.7	4 ea
Brown Rice	RICE BROWN LONG GRAIN	Sides		22	1/2 CUP
Celebration Cookie	Celebration Cookie	Sides	Eggs, Wheat	23.9	1 ea
Choc Chip Cookie	Choc Chip Cookie	Sides	Eggs, Wheat	24.3	1 ea
Emoji Fries	Emoji Fries	Sides	Soy	20	4 ea
Cheese Ravioli	Cheese Ravioli	Entrees	Egg, Dairy, Wheat	15	7 ea
Breadstick - WG	Breadstick - WG	Sides	Soy, Wheat	15	1 ea

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Spider Web Fries	Waffle/Cross Trax Fries	Sides	Wheat	22	4-6 ea
Pumpkin Cookie	Pumpkin Cookie	Sides	Egg, Soy, Wheat	16	1 ea
Oatmeal Choc Chip Breakfast Bar	Oatmeal Choc Chip Breakfast Bar	Entrees	WHEAT, EGG, SOY, MILK, DAIRY	47	1 ea
WG Corn Bread	Mini Corn Bread	Sides	WHEAT, EGG, SOY, MILK, DAIRY	23	1 ea
Banana Choc Chip Breakfast Bar	Banana Choc Chip Breakfast Bar	Entrees	WHEAT, EGG, SOY, MILK, DAIRY	48	1 ea
French Toast Breakfast Bar	French Toast Breakfast Bar	Entrees	WHEAT, EGG, SOY, MILK, DAIRY	47	1 ea
WG Celebration Cupcake, Chocolate	WG Celebration Cupcake, Chocolate	Sides	WHEAT, EGGS, MILK & SOY	26	1 ea
WG Celebration Cupcake, Vanilla	WG Celebration Cupcake, Vanilla	Sides	WHEAT, EGGS, MILK & SOY	27	1 ea
Heart-Shaped Chicken Nuggets	Heart-Shaped Chicken Nuggets	Entrees	WHEAT & SOY	12	3 ea
WG Heart Cookie	WG Heart Cookie	Sides	WHEAT, EGG & SOY	16	1 ea
Rip & Dip Cheesy Bread	Rip & Dip Cheesy Bread	Entrees	WHEAT, EGGS, MILK & SOY	32	1 ea
Chicken Smackers	Chicken Smackers	Entrees	WHEAT, MILK & SOY	17	10 ea
Turkey & Cheese Sandwich	Turkey & Cheese Sandwich	Entrees	WHEAT, MILK & SOY	32	1 ea
BFL Cinnamon French Toast Slice	BFL Cinnamon French Toast Slice	Entrees	WHEAT, MILK & SOY	45	1 ea
Lean Beef Sausage	Lean Beef Sausage	Sides	None	1	1 ea