

GLUTEN FREE NUTRITIONAL INFORMATION

Recipe Description	Portion Size	Cals	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	Fat (g)	Major Ingredients
MILK								
MILK,1% Lowfat	HALF PINT	100	125	0	9	12	3	Milk
MILK,Skim	HALF PINT	80	125	0	8	12	0	Milk
Milk, Chocolate	HALF PINT	140	240	0	8	26	0	Milk, cornstarch, cocoa
MILK,1% Lactose Free	HALF PINT	130	130	0	8	13	5	Milk
Milk, Soy	Box	130	150	1	10	11	4	Soy

DAIRY

CHEESE SLICE	1 Slice	35	151	0	3	1	2	Milk
CHEESE STICK COL/JACK	1 Each	110	200	0	7	0	9	Milk
STRING CHEESE	1 Each	81	192	0	7	0	5	Milk
COTTAGE CHEESE	1/2 cup	80	410	0	14	6	0	Milk
YOGURT, Danimals 4 oz	1 each	80	65	0	4	16	0	Yogurt: milk, corn starch, carrots (Not lactose free)

PLAIN MEATS

HAM STICKS	2 pieces	120	689	0	17	3	4	Turkey or Pork
EGG SALAD FILLING	1/2 cups	362	480	0	14	4	34	egg, mayonnaise(soy ingredients, egg), celery,
EGG, HB	1 EACH	80	70	0	7	1	6	egg
REFRIED BEANS:	1/4 CUP	62	39	4	4	11	0	beans, legumes
BAKED BEANS 1/2 cup	1/2 CUP	161	452	6	7	37	1	Legumes (navy beans), tomato, corn ingredients, onion & garlic powder
TACO FILLING MEAT - Elem	#12 Scoop	144	151	1	13	4	8	Taco crumbles (beef, soy ingredients, wheat), tomato, garlic, onions

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MAIN ENTREES								
Chef Salad - Elementary	1 Serving	153	533	1	17	5	7	Topping: turkey, cheese (milk), tomato, ham (turkey or pork)Salad: lettuce, carrot, red cabbageRanch: mayonnaise: egg, soy, dairy, garlic powder,
NACHO FILLING MEAT & BEAN	# 12 Scoop	126	242	2	14	8	5	beef crumbles (beef, soy ingredients) tomato, garlic, onions, legumes (pinto beans)
NACHO w/Meat	1 Serving	392	287	5	20	34	20	Chips: corn & sunflower oil,(Gluten free) Taco Meat: beef, soy ingredients, tomato, garlic, onions
NACHO CHIPS 2OZ	1 Serving	272	0	2	5	34	14	Chips: corn & sunflower oil,(Gluten free)
CHEESEBURGER GF BUN	1 EACH	365	748	4	17	37	17	Patty: beef, soy protein, Bun: rice & potato flour, corn starch, tapioca, eggs, canola oil, yeast,Nut Free Cheddar cheese: milk
HAMBURGER, GF BUN	1 EACH	340	603	5	17	36	14	Patty: beef, soy protein, Bun: rice & potato flour, corn starch, tapioca, eggs, canola oil, yeast, Nut Free (produced on equipment may have soy)
CHICKEN PATTY GF BUN	1 EACH	305	702	4	20	35	10	Patty: chicken, soy, corn starch, yeast, sunflower oil, (gluten free) GF Bun: rice & potato flour, corn starch, tapioca, eggs, canola oil, yeast, Nut Free (produced on equipment may have soy)
CHICKEN PATTY (UNBREADED)	1 EACH	95	312	0	15	0	4	chicken, soy, corn starch, yeast, sunflower oil, (gluten free)
CHICKEN NUGGETS, GLUTEN FREE	SERVING	170	470	0	16	10	7	chicken, soy, corn protein, yeast,corn flour, garlic, milk, egg

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PIZZA ON GF BUN	1 Serving	399	894	4	20	40	18	Cheese; Dairy, milk GF Bread: rice & potato flour, corn starch, tapioca, eggs, canola oil, yeast, Nut Free (produced on equipment may have soy) Sauce: tomato
TURKEY & GRAVY (gf)	#8 Scoop	101	460	0	16	5	3	Gravy: soy, corn, potato flour, yeast, carrot Meat: turkey
RIB-B-Q SANDWICH GF BUN	Servings	340	750	5	18	35	15	Ingredients: Patty: beef, soy, tomato, honey, molasses, garlic, worcestershire sauce, yeast, corn starch, lemon Bun: rice & potato flour, corn starch, tapioca, eggs, canola oil, yeast, Nut Free (produced on equipment may have soy)
BAKED CHICKEN	1 EACH	170	95	0	19	0	10	chicken
DELI TURKEY & CHEESE SAND GF	1 Sandwich	297	823	4	17	36	9	GF Bread: rice & potato flour, corn starch, tapioca, eggs, canola oil, yeast, (produced on equipment may have soy) Filling: turkey, Cheese: Milk
DELI CHEESE SAND GF	1 Sandwich	352	998	4	17	39	15	GF Bread: rice & potato flour, corn starch, tapioca, eggs, canola oil, yeast, (produced on equipment may have soy) Filling: Cheese: Milk

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BREAD/MUFFINS								
G FREE HAMBURGER ROLL	1 EACH	210	390	4	5	35	6	GF Bread: rice & potato flour, corn starch, tapioca, eggs, canola oil, yeast, Nut Free (produced on equipment may have soy)
G FREE HOT DOG BUN	1 Each	170	330	4	4	29	5	GF Bread: rice & potato flour, corn starch, tapioca, eggs, canola oil, yeast, Nut Free (produced on equipment may have soy)
G FREE BLUEBERRY MUFFIN	1 EACH	210	110	1	2	31	8	eggs, soy, tapioca, canola oil, blueberries, corn starch,
CEREAL, RICE CHEX	1 Each	100	250	1	2	24	1	rice, molasses
CEREAL, RICE KRISPIES	1 Each	100	170	1	2	23	1	Whole Grain rice
RICE,Cooked Brown	1/2 cup	47	8	0	1	9	1	rice, margarine (soy)
NACHO CHIPS 2OZ	1 Serving	272	0	2	5	34	14	Chips: corn & sunflower oil,
QUACKER RICE CAMEL	BAG	100	250	0	1	23	1	Rice, corn, milk, soy, sunflower

DESSERTS

ICE CREAM BAR	1 Each	180	40	0	2	14	13	Ice Cream: milk, sugar, HF corn syrup, buttermilk, butter oil, Coating: Cocoa, coconut oil, sugar, milk (gluten free) Produced in a facility that contains peanuts & tree
ICE CREAM DIXIE	1 Each	80	40	0	1	16	1	milk, HF corn syrup, sugar, buttermilk, cream, orange juice, yellow #6, red dye #40, citrus, vanilla Produced in a facility that contains peanuts & tree nuts
MARSHMALLOW SQUARES	1 EACH	100	50	0	1	16	3	Rice, corn syrup, soy ingredients, milk, (gluten & peanut free)
QUACKER RICE CAMEL	BAG	100	250	0	1	23	1	Rice, corn, milk, soy, sunflower
FRUIT SNACK	1 EACH	80	10	0	1	19	0	strawberry, orange, raspberry, coconut oil, red dye #40, yellow 5, blue 1

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BREAKFAST ITEMS								
SCRAMBLED EGGS	#12 scoop	95	95	0	8	0	6	Eggs
SCRAMBLED EGGS & DICED HAM	#16 Scoop	104	183	0	10	1	6	Scrambled Eggs: eggHam: turkey or pork
EGG, HB	1 EACH	80	70	0	7	1	6	Eggs
STRING CHEESE	1 Each	81	192	0	7	0	5	Milk
CHEESE SLICE	1 Slice	35	151	0	3	1	2	Milk
HAM STICKS 2 pieces	2 pieces	120	689	0	17	3	4	turkey or pork
SAUSAGE LINK 1 each	1 EACH	50	130	2	3	1	4	pork, rice
CEREAL, RICE CHEX	1 Each	100	250	1	2	24	1	rice, molasses
CEREAL, RICE KRISPIES	1 Each	100	170	1	2	23	1	Whole Grain rice
GLUTEN FREE BLUEBERRY MUFFIN	1 EACH	210	110	1	2	31	8	eggs, soy, tapioca, canoloa oil, blueberries, corn starch,
CEREAL, CREAM OF RICE	1 SERVING	170	5	0	3	36	0	rice