

Nutritional Analysis

**Disclaimer:** The data contained within this document should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice, due to our bids changing. **Please contact the kitchen manager for specific nutrition labels containing exact nutrients and ingredients.**  
**\*\*Produced in a facility that manufacturer's products that may contain tree nuts**

| Recipe #   | Menu Items  |           | Cal    | Fat gram | Sat Fat gram | Sodium mg | Protein gram | Carb gram | Fiber gram | Gluten | Milk | Wheat | Eggs | Peanuts | Soy |
|--|---|-----------|--------|----------|--------------|-----------|--------------|-----------|------------|--------|------|-------|------|---------|-----|
| <b>Asian Items</b>   |   |           |        |          |              |           |              |           |            |        |      |       |      |         |     |
|  | Chicken Fajita & Orange Sauce (No Rice)                                       | #8 scoop  | 215.00 | 3.59     | 1.03         | 656.22    | 18.48        | 23.50     | 0.00       | X      | X    | X     |      |         |     |
|  | Chicken Fajita & Orange Sauce (No Rice)                                       | #10 scoop | 202.00 | 4.53     | 1.51         | 230.49    | 22.15        | 19.02     | 0.00       | X      | X    | X     |      |         |     |
|  | Chicken Strip & Orange Sauce (No Rice)  | #10 scoop | 202.00 | 4.53     | 1.51         | 230.49    | 22.15        | 19.02     | 0.00       | X      | X    | X     |      |         |     |
|  | Chicken Popcorn & Orange Sauce (No Rice)                                      | 14 pieces | 265.00 | 11.10    | 2.02         | 502.90    | 14.12        | 26.16     | 2.02       | X      | X    | X     |      |         |     |
|  | Chicken Teriyaki (No Rice) - Hibachi (Fajita Strips)                          | #8 scoop  | 155.00 | 3.60     | 1.03         | 698.72    | 18.60        | 9.67      | 0.13       | X      | X    | X     |      |         |     |
|  | Chicken Teriyaki (No Rice) - Regular (Fajita Strips)                          | #8 scoop  | 153.00 | 3.59     | 1.03         | 697.92    | 18.48        | 9.12      | 0.00       | X      | X    | X     |      |         |     |
|  | Chicken Fajita Sesame (No Rice) - Regular                                     | #8 scoop  | 162.00 | 5.51     | 1.24         | 629.13    | 18.48        | 7.16      | 0.00       | X      | X    | X     |      |         |     |
|  | Chicken Fajita Sesame (No Rice) - Hibachi                                     | #8 scoop  | 164.00 | 5.52     | 1.24         | 629.94    | 18.60        | 7.71      | 0.13       | X      | X    | X     |      |         |     |
|  | Chicken Strip Sesame (No Rice)  | #10 scoop | 202.00 | 8.61     | 1.96         | 375.39    | 22.15        | 10.87     | 0.00       | X      | X    | X     |      |         |     |
|  | Chicken Strip Teriyaki (No Rice)  | #10 scoop | 175.00 | 4.53     | 1.51         | 520.30    | 22.15        | 12.68     | 0.00       | X      | X    | X     |      |         |     |
| 001450   | Orange Chicken 2.8 oz. serving (Minh Brand)                                   | 1 serv    | 150.00 | 6.00     | 1.50         | 190.00    | 13.00        | 9.00      | 0.00       | X      | X    | X     |      |         |     |
| <b>Breakfast Items (See also Breakfast 4 lunch - next section)</b> |   |           |        |          |              |           |              |           |            |        |      |       |      |         |     |
|  | Bagel, Blueberry (Bagel Lovers)   | 1 bagel   | 150.00 | 1.00     | 0.00         | 250.00    | 6.00         | 31.00     | 3.00       | X      | X    | X     |      |         |     |
|  | Bagel, Cinnamon Raisin (Bagel Lovers)   | 1 bagel   | 150.00 | 0.50     | 0.00         | 250.00    | 6.00         | 3.00      | 2.00       | X      | X    | X     |      |         |     |
|  | Bagel, Cinnamon Raisin (Lenders)  | 1 bagel   | 170.00 | 1.50     | 0.00         | 150.00    | 7.00         | 33.00     | 5.00       | X      | X    | X     |      |         |     |
|  | Bagel, Long Island (Bagel Lovers)   | 1 bagel   | 150.00 | 1.00     | 0.00         | 260.00    | 6.00         | 30.00     | 3.00       | X      | X    | X     |      |         |     |
|  | Bagel, Plain (Bagel Lovers)   | 1 bagel   | 150.00 | 0.50     | 0.00         | 260.00    | 6.00         | 30.00     | 3.00       | X      | X    | X     |      |         |     |
|  | Bagel, Plain (Lenders)  | 1 bagel   | 140.00 | 1.00     | 0.00         | 180.00    | 6.00         | 29.00     | 4.00       | X      | X    | X     |      |         |     |
|  | Breakfast on a Stick (Sara Lee) 2.5 oz.                                       | 1 each    | 210.00 | 10.00    | 3.00         | 310.00    | 6.00         | 22.00     | 1.00       | X      | X    | X     |      |         |     |
|  | Breakfast on a Stick (Foster Farms) 2.85 oz.                                  | 1 each    | 240.00 | 15.00    | 4.50         | 360.00    | 7.00         | 18.00     | 2.00       | X      | X    | X     |      |         |     |
| 000867   | Breakfast Pizza (Round Par) 8 Cut Ham/Egg/Cheese                              | 1 slice   | 278.00 | 11.03    | 3.70         | 588.27    | 15.98        | 29.41     | 3.25       | X      | X    | X     |      |         |     |
| 001436   | Breakfast Pizza (Round Raw) 8 Cut Ham/Egg/Cheese                              | 1 slice   | 318.00 | 10.53    | 3.70         | 678.27    | 17.98        | 35.41     | 4.25       | X      | X    | X     |      |         |     |
| 001435   | Breakfast Pizza (Round Par) 8 Cut Sausage/Egg/Cheese                          | 1 slice   | 291.00 | 13.22    | 4.39         | 537.02    | 16.23        | 28.41     | 3.25       | X      | X    | X     |      |         |     |
| 000820   | Breakfast Pizza (Round Raw) 8 Cut Sausage/Egg/Cheese                          | 1 slice   | 331.00 | 12.72    | 4.39         | 627.02    | 18.23        | 34.41     | 4.25       | X      | X    | X     |      |         |     |
| 001437   | Breakfast Pizza (Sheet) 16 Cut Par Ham/Egg/Cheese                             | 1 slice   | 305.00 | 10.75    | 3.64         | 632.24    | 17.79        | 35.35     | 3.25       | X      | X    | X     |      |         |     |
| 000672   | Breakfast Pizza (Sheet) 16 Cut Par Sausage/Egg/Cheese                         | 1 slice   | 317.00 | 12.94    | 4.33         | 581.39    | 18.04        | 34.35     | 3.25       | X      | X    | X     |      |         |     |
| 001438   | Breakfast Pizza (Sheet) 20 Cut Par Ham/Egg/Cheese                             | 1 slice   | 244.00 | 8.60     | 2.91         | 506.11    | 14.24        | 28.28     | 2.60       | X      | X    | X     |      |         |     |
| 001018   | Breakfast Pizza (Sheet) 20 Cut Par Sausage/Egg/Cheese                         | 1 slice   | 254.00 | 10.35    | 3.46         | 465.11    | 14.44        | 27.48     | 2.60       | X      | X    | X     |      |         |     |
| 000712   | Breakfast Sandwich: Egg, Ham & Cheese on a Bagel (Lenders)                    | 1 each    | 246.00 | 8.12     | 2.43         | 458.35    | 13.18        | 31.12     | 4.00       | X      | X    | X     |      |         |     |
| 000998   | Breakfast Sandwich: Egg, Ham & Cheese on a Bagel (Bagelovers)                 | 1 each    | 256.00 | 7.62     | 2.43         | 528.35    | 13.18        | 32.12     | 3.00       | X      | X    | X     |      |         |     |
| 001324   | Breakfast Sandwich: Egg, Ham & Cheese Breakfast Wrap 6"                       | 1 each    | 213.00 | 10.76    | 4.17         | 572.63    | 11.61        | 17.46     | 1.00       | X      | X    | X     |      |         |     |
| 001062   | Breakfast Sandwich: Egg, Ham & Cheese Breakfast Wrap 10"                      | 1 each    | 313.00 | 14.26    | 4.67         | 792.63    | 13.61        | 32.46     | 25.00      | X      | X    | X     |      |         |     |
| 001155   | Breakfast Sandwich: Egg, Ham & Cheese on a Biscuit Pillsbury                  | 1 each    | 306.00 | 16.12    | 9.43         | 688.35    | 11.18        | 29.12     | 2.00       | X      | X    | X     |      |         |     |
| 001154   | Breakfast Sandwich: Egg, Ham & Cheese on a English Muffin                     | 1 each    | 236.00 | 8.62     | 2.43         | 478.35    | 13.18        | 26.12     | 3.00       | X      | X    | X     |      |         |     |
| 000669   | Breakfast Sandwich: Egg, Ham & Cheese on a Hamburger Bun                      | 1 each    | 246.00 | 9.12     | 2.43         | 588.35    | 14.18        | 25.12     | 3.00       | X      | X    | X     |      |         |     |
| 000924   | Breakfast Sandwich: Egg, Sausage & Cheese on a Bagel (Lenders)                | 1 each    | 286.00 | 12.12    | 3.73         | 492.35    | 16.38        | 30.32     | 4.00       | X      | X    | X     |      |         |     |
| 001014   | Breakfast Sandwich: Egg, Sausage & Cheese on a Bagel (Bagelovers)             | 1 each    | 296.00 | 11.62    | 3.73         | 562.35    | 16.38        | 31.32     | 3.00       | X      | X    | X     |      |         |     |
| 001325   | Breakfast Sandwich: Egg, Sausage & Cheese Breakfast Wrap 6"                   | 1 each    | 252.00 | 14.75    | 5.47         | 604.69    | 14.77        | 16.64     | 1.00       | X      | X    | X     |      |         |     |
| 001061   | Breakfast Sandwich: Egg, Sausage & Cheese Breakfast Wrap 10"                  | 1 each    | 352.00 | 18.25    | 5.97         | 824.69    | 16.77        | 31.64     | 2.00       | X      | X    | X     |      |         |     |
| 001157   | Breakfast Sandwich: Egg, Sausage & Cheese on a Biscuit Pillsbury              | 1 each    | 346.00 | 20.12    | 10.73        | 722.35    | 14.38        | 28.32     | 2.00       | X      | X    | X     |      |         |     |
| 001156   | Breakfast Sandwich: Egg, Sausage & Cheese on a English Muffin                 | 1 each    | 276.00 | 12.62    | 3.73         | 512.35    | 16.38        | 25.32     | 3.00       | X      | X    | X     |      |         |     |
| 000432   | Breakfast Sandwich: Egg, Sausage & Cheese on a Hamburger Bun                  | 1 each    | 286.00 | 13.12    | 3.73         | 622.35    | 17.38        | 24.32     | 3.00       | X      | X    | X     |      |         |     |
| 001013   | Breakfast Sandwich: Egg & Cheese on a Bagel (Lenders)                         | 1 each    | 226.00 | 7.62     | 2.23         | 342.35    | 10.38        | 30.32     | 4.00       | X      | X    | X     |      |         |     |
| 001004   | Breakfast Sandwich: Egg & Cheese on a Bagel (Bagelovers)                      | 1 each    | 236.00 | 7.12     | 2.23         | 412.35    | 10.38        | 31.32     | 3.00       | X      | X    | X     |      |         |     |
| 001323   | Breakfast Sandwich: Egg & Cheese Breakfast Wrap 6"                            | 1 each    | 192.00 | 10.25    | 3.97         | 454.69    | 8.77         | 16.64     | 1.00       | X      | X    | X     |      |         |     |
| 000152   | Breakfast Sandwich: Egg & Cheese Breakfast Wrap 10"                           | 1 each    | 292.00 | 13.75    | 4.47         | 674.69    | 10.77        | 31.64     | 2.00       | X      | X    | X     |      |         |     |
| 001159   | Breakfast Sandwich: Egg & Cheese on a Biscuit Pillsbury                       | 1 each    | 286.00 | 15.62    | 9.23         | 572.35    | 8.38         | 28.32     | 2.00       | X      | X    | X     |      |         |     |
| 001158   | Breakfast Sandwich: Egg & Cheese on a English Muffin                          | 1 each    | 216.00 | 8.12     | 2.23         | 362.35    | 10.38        | 25.32     | 3.00       | X      | X    | X     |      |         |     |
| 000531   | Breakfast Sandwich: Egg & Cheese on a Hamburger Bun                           | 1 each    | 226.00 | 8.62     | 2.73         | 452.35    | 10.38        | 28.32     | 2.00       | X      | X    | X     |      |         |     |
|  | Cereal, GM Apple Cinnamon Cheerios  | 1 bowl    | 110.00 | 1.50     | 0.00         | 110.00    | 2.00         | 22.00     | 2.00       | X      | X    | X     |      |         |     |
|  | Cereal, GM Apple Jacks  | 1 bowl    | 110.00 | 1.00     | 0.50         | 160.00    | 2.00         | 24.00     | 3.00       | X      | X    | X     |      |         |     |
|  | Cereal, GM Cheerios   | 1 bowl    | 100.00 | 2.00     | 0.50         | 140.00    | 3.00         | 20.00     | 3.00       | X      | X    | X     |      |         |     |
|  | Cereal, GM Cinnamon Toast Crunch  | 1 bowl    | 110.00 | 3.00     | 0.50         | 160.00    | 1.00         | 22.00     | 2.00       | X      | X    | X     |      |         |     |
|  | Cereal, GM Cocoa Puffs  | 1 bowl    | 110.00 | 1.50     | 0.00         | 120.00    | 2.00         | 25.00     | 2.00       | X      | X    | X     |      |         |     |
|  | Cereal, GM Golden Grahams   | 1 bowl    | 100.00 | 1.00     | 0.00         | 220.00    | 1.00         | 24.00     | 1.00       | X      | X    | X     |      |         |     |
|  | Cereal, GM Honey Nut Cheerios   | 1 bowl    | 110.00 | 1.50     | 0.00         | 160.00    | 2.00         | 22.00     | 2.00       | X      | X    | X     |      |         |     |
|  | Cereal, GM Lucky Charms   | 1 bowl    | 110.00 | 1.00     | 0.00         | 180.00    | 2.00         | 23.00     | 2.00       | X      | X    | X     |      |         |     |
|  | Cereal, GM Rice Chex  | 1 bowl    | 100.00 | 0.50     | 0.00         | 250.00    | 2.00         | 24.00     | 1.00       | X      | X    | X     |      |         |     |
|  | Cereal, GM Trix   | 1 bowl    | 110.00 | 1.50     | 0.00         | 140.00    | 1.00         | 24.00     | 1.00       | X      | X    | X     |      |         |     |
|  | Cereal, Kellogg's Frosted Flakes  | 1 bowl    | 100.00 | 0.00     | 0.00         | 160.00    | 2.00         | 24.00     | 3.00       | X      | X    | X     |      |         |     |
|  | Cereal, Kellogg's Frosted Mini Wheats   | 1 bowl    | 100.00 | 0.00     | 0.00         | 0.00      | 3.00         | 24.00     | 3.00       | X      | X    | X     |      |         |     |
|  | Cereal, Kellogg's Fruit Loops   | 1 bowl    | 110.00 | 1.00     | 0.50         | 170.00    | 2.00         | 24.00     | 3.00       | X      | X    | X     |      |         |     |
|  | Cereal, Kellogg's Raisin Bran   | 1 bowl    | 110.00 | 0.50     | 0.00         | 125.00    | 3.00         | 27.00     | 4.00       | X      | X    | X     |      |         |     |
|  | Cereal, Kellogg's Rice Krispies   | 1 bowl    | 100.00 | 0.50     | 0.00         | 170.00    | 2.00         | 23.00     | 1.00       | X      | X    | X     |      |         |     |
|  | Breakfast Break: (Cocoa Puffs, Cheddar Goldfish, 100% juice) (Elmira)         | 1 pkq     | 270.00 | 5.00     | 1.00         | 340.00    | 5.00         | 54.00     | 3.00       | X      | X    | X     |      |         |     |
|  | Breakfast Break: (Cinn. Tst. Crunch, Giant Cinn. Graham, 100% juice) (Elmira) | 1 pkq     | 270.00 | 6.00     | 1.50         | 350.00    | 2.00         | 55.00     | 4.00       | X      | X    | X     |      |         |     |
|  | Breakfast Break: (Trix, Cinn. Giant Graham, 100% juice) Elmira                | 1 pkq     | 270.00 | 4.50     | 1.00         | 290.00    | 2.00         | 56.00     | 2.00       | X      | X    | X     |      |         |     |
|  | Breakfast Break (Lucky Charms, Giant Cinn. Graham, 100% juice) Elmira         | 1 pkq     | 290.00 | 5.00     | 1.00         | 300.00    | 3.00         | 57.00     | 3.00       | X      | X    | X     |      |         |     |
|  | Breakfast Break (HN Cheerios, Animal Crackers, 100% juice) Elmira             | 1 pkq     | 290.00 | 6.00     | 0.00         | 285.00    | 4.00         | 57.00     | 4.00       | X      | X    | X     |      |         |     |
| 001298   | Cinnabar  | 1 each    | 280.00 | 9.00     | 2.00         | 260.00    | 5.00         | 45.00     | 4.00       | X      | X    | X     |      |         |     |
| 000138   | Cinnamon Roll, Hadley Farms   | 1 each    | 230.00 | 7.00     | 1.50         | 240.00    | 4.00         | 38.00     | 3.00       | X      | X    | X     |      |         |     |
| 000414   | Cinnamon Roll, Richs Plain/no topping   | 1 each    | 180.00 | 1.50     | 0.50         | 140.00    | 5.00         | 36.00     | 3.00       | X      | X    | X     |      |         |     |
|  | Cocoa & Crème Bar Hadley Farms 3.4 oz   | 1 bar     | 280.00 | 8.00     | 2.00         | 280.00    | 5.00         | 46.00     | 3.00       | X      | X    | X     |      |         |     |
|  | English Muffin  | 1 each    | 130.00 | 1.50     | 0.00         | 200.00    | 6.00         | 24.00     | 3.00       | X      | X    | X     |      |         |     |
|  | Filled Crescent - Chocolate   | 1 each    | 230.00 | 8.00     | 1.50         | 270.00    | 6.00         | 37.00     | 2.00       | X      | X    | X     |      |         |     |
|  | Filled Crescent - Grape   | 1 each    | 210.00 | 6.00     | 1.00         | 260.00    | 5.00         | 35.00     | 2.00       | X      | X    | X     |      |         |     |
| 000735   | French Toast Sticks   | 3 each    | 310.00 | 13.00    | 2.50         | 310.02    | 7.00         | 39.00     | 4.00       | X      | X    | X     |      |         |     |
| 000455   | Goldfish Graham Crackers  | 1 pkq     | 120.00 | 4.00     | 1.00         | 110.00    | 1.00         | 19.00     | 1.00       | X      | X    | X     |      |         |     |
|  | Muffin Top, Apple Cinnamon  | 1 each    | 160.00 | 5.00     | 0.50         | 130.00    | 2.00         | 26.00     | 1.00       | X      | X    | X     |      |         |     |
|  | Muffin Top, Apple   | 1 each    | 160.00 | 5.00     | 0.50         | 130.00    | 2.00         | 26.00     | 1.00       | X      | X    | X     |      |         |     |
|  | Muffin Top, Banana  | 1 each    | 160.   |          |              |           |              |           |            |        |      |       |      |         |     |

GST BOCES

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**\*\*Produced in a facility that manufacturer's products that may contain tree nuts**

Nutritional Analysis

| Recipe #        | Menu Items  |             | Cal    | Fat gram | Sat Fat gram | Sodium mg | Protein gram | Carb gram | Fiber gram | Gluten | Milk | Wheat | Eggs | Peanuts | Soy |
|-----------------|---|-------------|--------|----------|--------------|-----------|--------------|-----------|------------|--------|------|-------|------|---------|-----|
|                 | Yogurt, Upstate (Straw. Banana)   | 4 oz        | 90.00  | 0.00     | 0.00         | 50.00     | 3.00         | 19.00     | 0.00       | X      | X    |       |      |         |     |
|                 | Yogurt, Upstate (Peach)   | 4 oz        | 90.00  | 0.00     | 0.00         | 50.00     | 3.00         | 19.00     | 0.00       | X      | X    |       |      |         |     |
|                 | Yogurt, Upstate (Strawberry)  | 4 oz        | 90.00  | 0.00     | 0.00         | 50.00     | 3.00         | 19.00     | 0.00       | X      | X    |       |      |         |     |
|                 | Yogurt, Upstate (Raspberr)  | 4 oz        | 90.00  | 0.00     | 0.00         | 50.00     | 3.00         | 19.00     | 0.00       | X      | X    |       |      |         |     |
|                 | Yogurt, Upstate (Blueberry)   | 4 oz        | 90.00  | 0.00     | 0.00         | 50.00     | 3.00         | 19.00     | 0.00       | X      | X    |       |      |         |     |
|                 | Yogurt, Upstate (Cherry Vanilla)  | 4 oz        | 90.00  | 0.00     | 0.00         | 50.00     | 3.00         | 19.00     | 0.00       | X      | X    |       |      |         |     |
|                 | Yogurt, Trix (Straw. Banana Bash)   | 4 oz        | 100.00 | 0.50     | 0.50         | 50.00     | 3.00         | 20.00     | 0.00       | X      | X    |       |      |         |     |
|                 | Yogurt, Trix (Triple Cherry)  | 4 oz        | 100.00 | 0.50     | 0.50         | 50.00     | 3.00         | 20.00     | 0.00       | X      | X    |       |      |         |     |
|                 | Yogurt, Trix (Raspberr Rainbow)   | 4 oz        | 100.00 | 0.50     | 0.50         | 50.00     | 3.00         | 20.00     | 0.00       | X      | X    |       |      |         |     |
| <b>Recipe #</b> | <b>Breakfast 4 Lunch</b>  |             |        |          |              |           |              |           |            |        |      |       |      |         |     |
| 000933          | French Toast Sticks (3 Sticks) & Sausage (2 Patties)  | 1 Serving   | 430.00 | 21.00    | 4.50         | 470.02    | 19.00        | 39.00     | 4.00       | X      | X    | X     | X    | X       | X   |
| 001022          | French Toast Sticks (4 Sticks) & Sausage (2 Patties)  | 1 Serving   | 533.00 | 25.33    | 5.33         | 573.35    | 21.33        | 52.00     | 5.33       | X      | X    | X     | X    | X       | X   |
| 000960          | Mini Pancakes (1 Pkg) & Sausage (2 Patties)   | 1 serv      | 340.00 | 14.00    | 2.50         | 290.00    | 16.00        | 39.00     | 3.00       | X      | X    | X     | X    | X       | X   |
| 000940          | Mini Waffles (1 Pkg) & Sausage (2 Patties)  | 1 serv      | 330.00 | 14.00    | 3.00         | 330.00    | 16.00        | 38.00     | 3.00       | X      | X    | X     | X    | X       | X   |
| 001217          | Pancakes (2) & Sausage (2 Patties)  | 1 serv      | 520.00 | 20.00    | 5.00         | 1500.00   | 28.00        | 58.00     | 6.00       | X      | X    | X     | X    | X       | X   |
| 001217          | Waffles (2) & Sausage (2 Patties)   | 1 serv      | 320.00 | 14.00    | 3.00         | 650.00    | 17.00        | 32.00     | 3.00       | X      | X    | X     | X    | X       | X   |
| <b>Recipe #</b> | <b>Chicken</b>  |             |        |          |              |           |              |           |            |        |      |       |      |         |     |
| 001315          | Oven Roasted Chicken  | 1 serv.     | 164.00 | 10.19    | 3.04         | 575.69    | 14.60        | 3.08      | 0.93       |        |      |       |      |         |     |
| 001131          | Herb Roasted Chicken  | 1 serv.     | 155.00 | 10.13    | 3.02         | 300.37    | 14.06        | 1.06      | 0.87       |        |      |       |      |         |     |
| 000840          | BBQ Roasted Chicken   | 1 serv.     | 188.00 | 10.01    | 3.00         | 622.67    | 14.05        | 9.98      | 0.06       |        |      |       |      |         | X   |
| 001381          | Buffalo Roasted Chicken   | 1 serv.     | 152.00 | 10.00    | 3.00         | 717.78    | 14.00        | 0.44      | 0.00       |        |      |       |      |         |     |
| 001384          | Chicken & Gravy 5 oz.   | 1 serv.     | 168.00 | 4.25     | 0.00         | 311.92    | 14.40        | 13.45     | 0.03       | X      | X    |       |      |         | X   |
| 001384          | Chicken & Gravy 6 oz.   | 1 serv.     | 185.00 | 4.85     | 0.00         | 356.48    | 16.45        | 15.37     | 0.04       | X      | X    |       |      |         | X   |
|                 | Chicken Wings (6 wings) 8.62 oz. No added sauce   | 1 serv      | 240.00 | 17.00    | 4.00         | 300.00    | 16.00        | 3.00      | 0.00       |        |      |       |      |         |     |
|                 | Biscuit   | 1 each      | 200.00 | 9.00     | 7.00         | 410.00    | 4.00         | 27.00     | 2.00       | X      | X    | X     |      |         |     |
| 001223          | Chicken & Waffles   | 1 serv.     | 713.00 | 30.00    | 7.00         | 1684.00   | 50.00        | 59.00     | 9.00       | X      | X    | X     | X    | X       | X   |
| 001021          | Crispy Chicken Nuggets PK-5th   | 4 each      | 173.00 | 9.60     | 1.60         | 320.00    | 11.20        | 10.40     | 1.60       | X      | X    | X     | X    | X       | X   |
| 000556          | Crispy Chicken Nuggets PK-8th   | 5 each      | 216.00 | 12.00    | 2.00         | 400.00    | 14.00        | 13.00     | 2.00       | X      | X    | X     | X    | X       | X   |
| 005146          | Crispy Chicken Nuggets 9th-12th   | 6 each      | 259.00 | 14.40    | 2.40         | 480.00    | 16.80        | 15.60     | 2.40       | X      | X    | X     | X    | X       | X   |
| 001304          | Chicken Poutine   | 1 serv.     | 310.00 | 12.03    | 3.83         | 567.39    | 17.37        | 30.82     | 2.02       | X      | X    | X     | X    | X       | X   |
| 000683          | Corn Dog  | 1 each      | 240.00 | 8.00     | 2.00         | 590.00    | 9.00         | 33.00     | 5.00       | X      | X    | X     | X    | X       | X   |
| 001355          | Homestyle Chicken Bowl  | 1 serv      | 350.00 | 14.79    | 2.55         | 607.51    | 16.10        | 37.28     | 3.11       | X      | X    | X     | X    | X       | X   |
|                 | Homestyle WG Breaded Chicken  | 1 serv.     |        |          |              |           |              |           |            | X      | X    | X     | X    | X       | X   |
|                 | Homestyle WG Breaded Chicken Tenders - New Item   | 3 each      | 202.00 | 9.00     | 1.25         | 382.00    | 18.40        | 11.10     | 1.00       | X      | X    | X     | X    | X       | X   |
| 001077          | Homestyle WG Breaded Chicken Tenders  | 3 each      | 254.00 | 14.00    | 3.00         | 321.00    | 17.00        | 15.00     | 3.00       | X      | X    | X     | X    | X       | X   |
| 001363          | Italian Grill Chicken   | 1 each      | 183.00 | 9.50     | 1.50         | 484.15    | 23.00        | 1.52      | 0.00       |        |      |       |      |         |     |
| 000738          | Popcorn Chicken Bites PK-5th  | 12 bites    | 177.00 | 9.43     | 1.71         | 342.86    | 12.00        | 11.14     | 1.71       | X      | X    | X     | X    | X       | X   |
| 000666          | Popcorn Chicken Bites PK-8th  | 14 bites    | 207.00 | 11.00    | 2.00         | 400.00    | 14.00        | 13.00     | 2.00       | X      | X    | X     | X    | X       | X   |
| 000886          | Popcorn Chicken Bites 9th-12th  | 15 bites    | 222.00 | 11.79    | 2.14         | 428.57    | 15.00        | 13.93     | 2.14       | X      | X    | X     | X    | X       | X   |
| 001204          | Chicken Smackers  | 9 pieces    | 264.00 | 15.30    | 2.70         | 438.30    | 16.20        | 15.30     | 2.70       | X      | X    | X     | X    | X       | X   |
| 001194          | Chicken Smackers 110452   | 10 pieces   | 293.00 | 17.00    | 3.00         | 487.00    | 18.00        | 17.00     | 3.00       | X      | X    | X     | X    | X       | X   |
| 001383          | Sesame Roasted Chicken  | 1 serv.     | 195.00 | 12.25    | 3.25         | 460.00    | 14.00        | 6.00      | 0.00       | X      | X    | X     | X    | X       | X   |
| 001382          | Teriyaki Roasted Chicken  | 1 serv.     | 180.00 | 10.00    | 3.00         | 540.00    | 14.00        | 7.00      | 0.00       | X      | X    | X     | X    | X       | X   |
| <b>Recipe #</b> | <b>Grab -n- Go</b>  |             |        |          |              |           |              |           |            |        |      |       |      |         |     |
|                 | Hummus Roasted Red Pepper flavor (Eva Gourmet)  | 1/2 cup     | 400.00 | 24.00    | 0.00         | 840.00    | 12.00        | 40.00     | 8.00       |        |      |       |      |         |     |
|                 | <b>NOTE FOR YOGURT MENU ITEMS BELOW: If granola topping is not added, it is only a milk allergen &amp; the nutritional info would change.</b> |             |        |          |              |           |              |           |            |        |      |       |      |         |     |
|                 | <b>NOTE: If granola topping is limited, it is only a milk allergen</b>  | 1 each      | 290.00 | 1.91     | 1.00         | 117.16    | 8.05         | 61.48     | 1.85       | X      | X    | X     | X    | X       | X   |
|                 | Fruit & Yogurt Parfait (7 oz yogurt & 1/2 cup fruit-peaches, 1 T Granola)   | 1 each      | 265.00 | 1.73     | 0.88         | 104.40    | 7.18         | 56.61     | 1.85       | X      | X    | X     | X    | X       | X   |
|                 | Yogurt (7oz)  | 7oz         | 226.00 | 2.13     | 1.20         | 115.00    | 6.84         | 44.50     | 0.25       | X      | X    | X     | X    | X       | X   |
|                 | Yogurt (8 oz)   | 8oz         | 255.00 | 2.38     | 1.38         | 135.00    | 7.75         | 50.25     | 0.25       | X      | X    | X     | X    | X       | X   |
|                 | Yogurt - Vanilla Upstate Brand  | 8 oz        | 200.00 | 2.50     | 1.50         | 110.00    | 8.00         | 37.00     | 0.00       | X      | X    | X     | X    | X       | X   |
| <b>Recipe #</b> | <b>Homestyle Entrees</b>  |             |        |          |              |           |              |           |            |        |      |       |      |         |     |
| 000989          | Hot Turkey & Gravy (Turkey Fricasee) ES   | 5oz         | 229.00 | 9.57     | 3.11         | 948.91    | 26.10        | 10.03     | 0.47       | X      | X    | X     | X    | X       | X   |
| 000895          | Hot Turkey & Gravy (Turkey Fricasee) HS   | 6 oz        | 184.00 | 7.15     | 2.30         | 800.94    | 19.64        | 10.10     | 0.44       | X      | X    | X     | X    | X       | X   |
| 005204          | Chili   | 10 oz ladle | 260.00 | 12.70    | 4.10         | 674.30    | 19.40        | 18.00     | 6.70       |        |      |       |      |         |     |
| <b>Recipe #</b> | <b>Pasta</b>  |             |        |          |              |           |              |           |            |        |      |       |      |         |     |
| 001297          | Buffalo Wing Macaroni & Cheese (1 Cup Portion)  | 1 serv      | 422.00 | 21.19    | 9.13         | 773.76    | 24.28        | 32.79     | 3.96       | X      | X    | X     | X    | X       | X   |
| 000487          | Chicken Alfredo (1 Cup Portion)   | 1 Serv      | 338.00 | 21.48    | 6.85         | 875.90    | 21.21        | 13.32     | 1.47       | X      | X    | X     | X    | X       | X   |
| 001436          | Chicken Alfredo (3/4 Cup Portion)   | 1 serv      | 253.00 | 16.11    | 5.14         | 656.93    | 15.91        | 9.99      | 1.10       | X      | X    | X     | X    | X       | X   |
| 000879          | Homemade Macaroni & Cheese (1 Cup Portion)  | 1 serv      | 389.00 | 18.86    | 11.49        | 545.23    | 20.71        | 33.33     | 3.33       | X      | X    | X     | X    | X       | X   |
| 001436          | Homemade Macaroni & Cheese (3/4 Cup Portion)  | 1 serv      | 292.00 | 14.14    | 8.62         | 408.92    | 15.54        | 25.00     | 2.50       | X      | X    | X     | X    | X       | X   |
| 000070          | Macaroni Salad (2/3 Cup Portion)  | 1 serv      | 177.00 | 6.69     | 0.75         | 335.56    | 3.68         | 25.86     | 3.38       | X      | X    | X     | X    | X       | X   |
| 005151          | Mozzarella Sticks w/Marinara Sauce (4 Sticks/3 oz. Sauce)   | 1 serv.     | 321.00 | 14.90    | 5.60         | 573.00    | 16.20        | 33.00     | 3.40       | X      | X    | X     | X    | X       | X   |
| 001414          | Mozzarella Sticks w/Marinara Sauce (5 Sticks/2 oz. Sauce)   | 1 serv      | 395.00 | 18.50    | 7.00         | 655.00    | 20.00        | 40.00     | 4.00       | X      | X    | X     | X    | X       | X   |
| 000515          | Mozzarella Sticks w/Marinara Sauce (5 Sticks/4 oz. Sauce)   | 1 serv      | 395.00 | 18.50    | 7.00         | 655.00    | 20.00        | 40.00     | 4.00       | X      | X    | X     | X    | X       | X   |
| 001232          | Plain Pasta (1 Cup Portion)   | 1 serv      | 200.00 | 1.50     | 0.00         | 10.00     | 7.00         | 41.00     | 6.00       | X      | X    | X     | X    | X       | X   |
| 001162          | Plain Pasta (1/2 Cup Portion)   | 1 serv      | 100.00 | 0.75     | 0.00         | 5.00      | 3.50         | 20.50     | 3.00       | X      | X    | X     | X    | X       | X   |
| 001162          | Plain Pasta (3/8 Cup Portion)   | 1 serv      | 75.00  | 0.56     | 0.00         | 3.75      | 2.63         | 15.38     | 2.25       | X      | X    | X     | X    | X       | X   |
| 005227          | Pasta Salad   | 1/2 cup     | 92.00  | 9.14     | 1.58         | 175.88    | 0.90         | 1.95      | 0.44       | X      | X    | X     | X    | X       | X   |
| 001023          | Pasta w/Marinara Sauce (1 Cup Pasta/4 oz. Sauce/2 oz. Cheese)   | 1 serv      | 368.00 | 7.50     | 4.80         | 884.82    | 25.00        | 53.02     | 10.00      | X      | X    | X     | X    | X       | X   |
| 000716          | Pasta w/Meatballs (1 Cup Pasta + 5 Meatballs)   | 1 serv      | 400.00 | 11.50    | 3.50         | 750.00    | 23.00        | 55.00     | 9.00       | X      | X    | X     | X    | X       | X   |
| 005059          | Pasta w/Meatsauce (1 Cup Pasta/5 oz. Sauce/1 oz. Cheese)  | 1 serv      | 391.00 | 12.70    | 4.87         | 736.62    | 20.99        | 52.51     | 8.20       | X      | X    | X     | X    | X       | X   |
| 000966          | Pasta w/Meatsauce* (1 Cup Pasta/6 oz. Sauce/1 oz. Cheese)   | 1 serv      | 414.00 | 13.75    | 5.14         | 848.96    | 22.40        | 54.73     | 8.65       | X      | X    | X     | X    | X       | X   |
| <b>Recipe #</b> | <b>Pizza</b>  |             |        |          |              |           |              |           |            |        |      |       |      |         |     |
| 001453          | Broccoli & Tomato Garlic Pizza (Round Par Bake) 8 Cut   | 1 Slice     | 351.00 | 19.17    | 9.09         | 604.89    | 18.67        | 29.57     | 3.44       | X      | X    | X     | X    | X       | X   |
| 001454          | Broccoli & Tomato Garlic Pizza (Round Par Bake) 8 Cut - 1.75 MMA  | 1 Slice     | 330.00 | 17.65    | 8.21         | 561.86    | 16.90        | 29.44     | 3.44       | X      | X    | X     | X    | X       | X   |
| 001431          | Broccoli & Tomato Garlic Pizza (Round Raw) 8 Cut  | 1 slice     | 391.00 | 18.67    | 9.09         | 694.89    | 20.67        | 35.57     | 4.44       | X      | X    | X     | X    | X       | X   |
| 001431          | Broccoli & Tomato Garlic Pizza (Round Raw) 8 Cut - 1.75 MMA   | 1 slice     | 370.00 | 17.15    | 8.21         | 651.86    | 18.90        | 35.44     | 4.44       | X      | X    | X     | X    | X       | X   |
| 001451          | Broccoli & Tomato Garlic Pizza (Sheet) 16 Cut   | 1 slice     | 413.00 | 20.42    | 9.09         | 776.14    | 22.92        | 38.32     | 3.19       | X      | X    | X     | X    | X       | X   |
| 001452          | Broccoli & Tomato Garlic Pizza (Sheet) 20 Cut   | 1 slice     | 343.00 | 17.25    | 7.80         | 646.81    | 19.41        | 30.79     | 2.57       | X      | X    | X     | X    | X       | X   |
| 000818          | Buffalo Wing Pizza (Round Par) 8 Cut  | 1 slice     | 320.00 | 13.54    | 5.21         | 1249.32   | 21.07        | 29.49     | 3.00       |        |      |       |      |         |     |

# GST BOCES

**Disclaimer:** The data contained within this document should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice, due to our bids changing. Please contact the kitchen manager for specific nutrition labels containing exact nutrients and ingredients. **\*\*Produced in a facility that manufacturer's products that may contain tree nuts**

## Nutritional Analysis

| Recipe # | Menu Items   |                    | Cal    | Fat gram | Sat Fat gram | Sodium mg | Protein gram | Carb gram | Fiber gram | Gluten | Milk | Wheat | Eggs | Peanuts | Soy |
|----------|--|--------------------|--------|----------|--------------|-----------|--------------|-----------|------------|--------|------|-------|------|---------|-----|
| 001279   | English Muffin Pepperoni 1.75 oz                         | 1                  | 304.00 | 14.11    | 6.87         | 701.05    | 19.70        | 27.39     | 3.50       | X      | X    | X     | X    | X       | X   |
| 001243   | Four Cheese Pizza (Round Par) 8 Cut                      | 1 slice            | 318.00 | 14.82    | 7.78         | 747.77    | 18.42        | 30.93     | 3.50       | X      | X    | X     | X    | X       | X   |
| 000335   | Four Cheese Pizza (Round Raw) 8 Cut                      | 1 slice            | 358.00 | 14.32    | 7.78         | 837.77    | 20.42        | 36.93     | 4.50       | X      | X    | X     | X    | X       | X   |
| 001115   | Four Cheese Pizza (Sheet) 16 Cut                         | 1 slice            | 348.00 | 14.82    | 7.78         | 797.77    | 20.42        | 36.93     | 3.50       | X      | X    | X     | X    | X       | X   |
| 001116   | Four Cheese Pizza (Sheet) 20 Cut                         | 1 slice            | 295.00 | 13.07    | 6.94         | 672.64    | 17.75        | 29.65     | 2.80       | X      | X    | X     | X    | X       | X   |
| 001114   | Four Cheese (Round Par) 1.75 oz                          | 1 slice            | 292.00 | 12.70    | 6.55         | 675.42    | 17.03        | 30.61     | 3.50       | X      | X    | X     | X    | X       | X   |
| 001244   | Four Cheese (Round Raw) 1.75 oz                          | 1 slice            | 332.00 | 12.20    | 6.55         | 765.42    | 19.03        | 36.61     | 4.50       | X      | X    | X     | X    | X       | X   |
| 001105   | Garlic Broccoli Pizza (Round Par) 8 Cut                  | 1 slice            | 351.00 | 19.16    | 9.09         | 605.77    | 18.73        | 29.53     | 3.48       | X      | X    | X     | X    | X       | X   |
| 001106   | Garlic Broccoli Pizza (Round Raw) 8 Cut                  | 1 slice            | 391.00 | 18.66    | 9.09         | 695.77    | 20.73        | 35.53     | 4.48       | X      | X    | X     | X    | X       | X   |
| 001104   | Garlic Broccoli Pizza (Sheet) 20 Cut                     | 1 slice            | 317.00 | 16.24    | 7.80         | 550.43    | 17.64        | 28.50     | 2.78       | X      | X    | X     | X    | X       | X   |
| 001103   | Garlic Broccoli Pizza (Sheet) 16 Cut                     | 1 slice            | 381.00 | 19.16    | 9.09         | 655.77    | 20.73        | 35.53     | 3.48       | X      | X    | X     | X    | X       | X   |
| 001247   | Garlic Broccoli Pizza (Round Par) 8 cut 1.75 oz          | 1 slice            | 331.00 | 17.64    | 8.20         | 562.74    | 16.95        | 29.40     | 3.48       | X      | X    | X     | X    | X       | X   |
| 001248   | Garlic Broccoli Pizza (Round Raw) 8 Cut 1.75 oz          | 1 slice            | 371.00 | 17.14    | 8.20         | 652.74    | 18.95        | 35.40     | 4.48       | X      | X    | X     | X    | X       | X   |
| 000863   | Garlic Pizza (Round Par) 8 Cut                           | 1 slice            | 345.00 | 19.16    | 9.09         | 602.02    | 18.35        | 28.78     | 3.10       | X      | X    | X     | X    | X       | X   |
| 000817   | Garlic Pizza (Round Raw) 8 Cut                           | 1 slice            | 385.00 | 18.16    | 9.09         | 692.02    | 20.35        | 34.78     | 4.10       | X      | X    | X     | X    | X       | X   |
| 005092   | Garlic Pizza (Sheet) 16 Cut                              | 1 slice            | 375.00 | 19.16    | 9.09         | 652.02    | 20.35        | 34.78     | 3.10       | X      | X    | X     | X    | X       | X   |
| 000988   | Garlic Pizza (Sheet) 20 Cut                              | 1 slice            | 313.00 | 16.24    | 7.80         | 547.43    | 17.34        | 27.90     | 2.48       | X      | X    | X     | X    | X       | X   |
| 001245   | Garlic Pizza (Round Raw) 8 Cut 1.75 oz                   | 1 slice            | 365.00 | 17.14    | 8.20         | 648.99    | 18.58        | 34.65     | 4.10       | X      | X    | X     | X    | X       | X   |
| 001246   | Garlic Pizza (Raw Par) 8 Cut 1.75 oz                     | 1 slice            | 325.00 | 17.64    | 8.20         | 558.99    | 16.58        | 28.65     | 3.10       | X      | X    | X     | X    | X       | X   |
| 000429   | Hawaiian Pizza (Round Par) 8 Cut                         | 1 slice            | 299.00 | 11.30    | 5.45         | 695.68    | 17.96        | 35.30     | 3.75       | X      | X    | X     | X    | X       | X   |
| 001034   | Hawaiian Pizza (Round Raw) 8 Cut                         | 1 slice            | 339.00 | 10.80    | 5.45         | 785.68    | 19.96        | 41.30     | 4.75       | X      | X    | X     | X    | X       | X   |
| 001035   | Hawaiian Pizza (Sheet) 16 Cut                            | 1 slice            | 344.00 | 11.30    | 5.45         | 775.68    | 21.46        | 42.05     | 3.75       | X      | X    | X     | X    | X       | X   |
| 001036   | Hawaiian Pizza (Sheet) 20 Cut                            | 1 slice            | 289.00 | 9.94     | 4.89         | 649.05    | 18.37        | 33.79     | 3.00       | X      | X    | X     | X    | X       | X   |
| 001263   | Hawaiian Pizza (Round Par) 8 cut 1.75 oz                 | 1 slice            | 279.00 | 9.80     | 4.58         | 653.18    | 16.21        | 35.18     | 3.75       | X      | X    | X     | X    | X       | X   |
| 001264   | Hawaiian Pizza (Round Raw) 8 Cut 1.75 oz                 | 1 slice            | 319.00 | 9.30     | 4.58         | 743.18    | 18.21        | 41.18     | 4.75       | X      | X    | X     | X    | X       | X   |
| 001030   | Meat Lovers Pizza (Round Par) 8 Cut                      | 1 slice            | 301.00 | 13.00    | 6.12         | 706.38    | 18.57        | 31.16     | 3.62       | X      | X    | X     | X    | X       | X   |
| 005208   | Meat Lovers Pizza (Round Raw) 8 Cut                      | 1 slice            | 252.00 | 5.77     | 2.20         | 605.93    | 12.76        | 36.60     | 4.63       | X      | X    | X     | X    | X       | X   |
| 001144   | Meat Lovers Pizza (Sheet) 16 Cut                         | 1 slice            | 346.00 | 13.00    | 6.12         | 786.38    | 22.07        | 37.91     | 3.62       | X      | X    | X     | X    | X       | X   |
| 001145   | Meat Lovers Pizza (Sheet) 20 Cut                         | 1 slice            | 293.00 | 11.47    | 5.49         | 665.34    | 18.94        | 30.48     | 2.90       | X      | X    | X     | X    | X       | X   |
| 001267   | Meat Lovers Pizza (Round Par) 8 Cut 1.75 oz              | 1 slice            | 281.00 | 11.50    | 5.25         | 663.88    | 16.82        | 31.03     | 3.62       | X      | X    | X     | X    | X       | X   |
| 001268   | Meat Lovers Pizza (Round Raw) 8 Cut 1.75 oz              | 1 slice            | 247.00 | 5.39     | 1.98         | 595.17    | 12.29        | 36.57     | 4.63       | X      | X    | X     | X    | X       | X   |
| 001146   | Meatball Pizza (Round Par) 8 Cut                         | 1 slice            | 300.00 | 13.00    | 6.12         | 640.00    | 18.50        | 31.25     | 3.75       | X      | X    | X     | X    | X       | X   |
| 000660   | Meatball Pizza (Round Raw) 8 Cut                         | 1 slice            | 340.00 | 12.50    | 6.12         | 730.00    | 20.50        | 37.25     | 4.75       | X      | X    | X     | X    | X       | X   |
| 001147   | Meatball Pizza (Sheet) 16 Cut                            | 1 slice            | 345.00 | 13.00    | 6.13         | 720.00    | 22.00        | 38.00     | 3.75       | X      | X    | X     | X    | X       | X   |
| 001148   | Meatball Pizza (Sheet) 20 Cut                            | 1 slice            | 289.00 | 11.30    | 5.43         | 604.50    | 18.80        | 30.55     | 3.00       | X      | X    | X     | X    | X       | X   |
| 001265   | Meatball Pizza (Round Par) 8 Cut 1.75 oz                 | 1 slice            | 280.00 | 11.50    | 5.25         | 597.50    | 16.75        | 31.12     | 3.75       | X      | X    | X     | X    | X       | X   |
| 001266   | Meatball Pizza (Round Raw) 8 Cut 1.75 oz                 | 1 slice            | 320.00 | 11.00    | 5.25         | 687.50    | 18.75        | 37.13     | 4.75       | X      | X    | X     | X    | X       | X   |
| 000864   | Pepperoni Pizza (Round Par) 8 Cut                        | 1 slice            | 324.00 | 15.63    | 7.75         | 744.08    | 19.47        | 30.51     | 3.50       | X      | X    | X     | X    | X       | X   |
| 000816   | Pepperoni Pizza (Round Raw) 8 Cut                        | 1 slice            | 364.00 | 15.13    | 7.75         | 834.08    | 21.48        | 36.51     | 4.50       | X      | X    | X     | X    | X       | X   |
| 000965   | Pepperoni Pizza (Sheet) 16 Cut                           | 1 slice            | 354.00 | 15.63    | 7.75         | 794.08    | 21.47        | 36.51     | 3.50       | X      | X    | X     | X    | X       | X   |
| 005095   | Pepperoni Pizza (Sheet) 20 Cut                           | 1 slice            | 300.00 | 13.76    | 6.87         | 676.55    | 18.40        | 29.29     | 2.80       | X      | X    | X     | X    | X       | X   |
| 001170   | Pepperoni Pizza (Gluten Free)                            | 1 slice            | 363.00 | 15.47    | 7.75         | 1004.33   | 18.14        | 40.52     | 1.83       | X      | X    | X     | X    | X       | X   |
| 001249   | Pepperoni Pizza (Round Par) 8 Cut 1.75 oz                | 1 slice            | 304.00 | 14.11    | 6.87         | 701.05    | 17.70        | 30.39     | 3.50       | X      | X    | X     | X    | X       | X   |
| 001250   | Pepperoni Pizza (Round Raw) 8 Cut 1.75 oz                | 1 slice            | 344.00 | 13.61    | 6.87         | 791.05    | 19.70        | 36.39     | 4.50       | X      | X    | X     | X    | X       | X   |
| 000723   | Philly Steak Pizza (Round Par) 8 Cut                     | 1 slice            | 328.00 | 14.73    | 6.44         | 792.67    | 18.37        | 33.10     | 3.27       | X      | X    | X     | X    | X       | X   |
| 001141   | Philly Cheese Steak Pizza (Round Raw) 8 Cut              | 1 slice            | 368.00 | 14.23    | 6.44         | 882.67    | 20.37        | 39.10     | 4.27       | X      | X    | X     | X    | X       | X   |
| 001142   | Philly Cheese Steak Pizza (Sheet) 16 Cut                 | 1 slice            | 358.00 | 14.73    | 6.44         | 842.67    | 20.37        | 39.10     | 3.27       | X      | X    | X     | X    | X       | X   |
| 001143   | Philly Cheese Steak Pizza (Sheet) 20 Cut                 | 1 slice            | 298.00 | 12.69    | 5.67         | 699.64    | 17.36        | 31.36     | 2.62       | X      | X    | X     | X    | X       | X   |
| 001271   | Philly Cheese Steak Pizza (Round Par) 8 Cut 1.75 oz      | 1 slice            | 309.00 | 13.58    | 6.00         | 741.69    | 16.70        | 32.72     | 3.27       | X      | X    | X     | X    | X       | X   |
| 001272   | Philly Cheese Steak Pizza (Round Raw) 8 Cut 1.75 oz      | 1 slice            | 349.00 | 13.08    | 6.00         | 831.69    | 18.70        | 38.72     | 4.27       | X      | X    | X     | X    | X       | X   |
| 000987   | Pizza Dunkers w/ Dunker Sauce 16 cut (3 Strips)          | 3 strips = 1 slice | 400.00 | 19.66    | 9.09         | 897.02    | 21.35        | 39.78     | 4.10       | X      | X    | X     | X    | X       | X   |
| 005215   | Pizza Dunkers w/ Dunker Sauce 20 cut (3 strips)          | 3 strips = 1 slice | 335.00 | 16.69    | 7.80         | 769.69    | 18.25        | 32.43     | 3.39       | X      | X    | X     | X    | X       | X   |
| 001168   | Pizza Dunkers w/ Dunker Sauce (Gluten Free)              | 1 slice            | 373.00 | 15.82    | 7.75         | 1068.72   | 17.88        | 43.19     | 2.36       | X      | X    | X     | X    | X       | X   |
| 001308   | Pizza Sausage (Round Par) 8 Cut                          | 1 slice            | 312.00 | 14.50    | 6.25         | 718.37    | 18.12        | 30.50     | 3.50       | X      | X    | X     | X    | X       | X   |
| 001309   | Pizza Sausage (Round Par) 8 Cut 1.75 oz                  | 1 slice            | 289.00 | 12.75    | 5.63         | 657.25    | 16.50        | 30.37     | 3.50       | X      | X    | X     | X    | X       | X   |
| 001310   | Pizza Sausage (Round Raw) 8 Cut                          | 1 slice            | 351.00 | 14.00    | 6.25         | 808.38    | 20.13        | 36.50     | 4.50       | X      | X    | X     | X    | X       | X   |
| 001311   | Pizza Sausage (Round Raw) 8 Cut 1.75 oz                  | 1 slice            | 328.00 | 12.25    | 5.63         | 747.25    | 18.50        | 36.38     | 4.50       | X      | X    | X     | X    | X       | X   |
| 001312   | Pizza Sausage (Sheet) 16 Cut                             | 1 slice            | 341.00 | 14.50    | 6.25         | 768.38    | 20.12        | 36.50     | 3.50       | X      | X    | X     | X    | X       | X   |
| 001313   | Pizza Sausage (Sheet) 20 Cut                             | 1 slice            | 356.00 | 15.63    | 6.91         | 800.25    | 21.44        | 36.59     | 3.50       | X      | X    | X     | X    | X       | X   |
| 001281   | Pizza Supreme (Round Par) 8 Cut                          | 1 slice            | 318.00 | 14.64    | 7.34         | 701.85    | 19.09        | 31.87     | 3.83       | X      | X    | X     | X    | X       | X   |
| 001280   | Pizza Supreme (Round Par) 8 Cut 1.75 oz                  | 1 slice            | 298.00 | 13.14    | 6.47         | 659.35    | 17.34        | 31.74     | 3.83       | X      | X    | X     | X    | X       | X   |
| 001282   | Pizza Supreme (Round Raw) 8 Cut                          | 1 slice            | 358.00 | 14.14    | 7.34         | 791.85    | 21.09        | 37.87     | 4.83       | X      | X    | X     | X    | X       | X   |
| 001283   | Pizza Supreme (Round Raw) 8 Cut 1.75 oz                  | 1 slice            | 338.00 | 12.64    | 6.47         | 749.35    | 19.34        | 37.74     | 4.83       | X      | X    | X     | X    | X       | X   |
| 001284   | Pizza Supreme (Sheet) 16 Cut                             | 1 slice            | 368.00 | 14.64    | 7.34         | 791.85    | 23.09        | 38.87     | 3.83       | X      | X    | X     | X    | X       | X   |
| 001285   | Pizza Supreme (Sheet) 20 Cut                             | 1 slice            | 310.00 | 12.79    | 6.47         | 669.71    | 19.75        | 31.24     | 3.06       | X      | X    | X     | X    | X       | X   |
| 001150   | Southern BBQ Pizza (Round Par) 8 Cut                     | 1 slice            | 333.00 | 12.87    | 5.00         | 929.91    | 20.82        | 35.33     | 3.00       | X      | X    | X     | X    | X       | X   |
| 001151   | Southern BBQ Pizza (Round Raw) 8 Cut                     | 1 slice            | 353.00 | 12.87    | 5.00         | 999.91    | 21.82        | 35.33     | 2.00       | X      | X    | X     | X    | X       | X   |
| 001152   | Southern BBQ Pizza (Sheet) 16 Cut                        | 1 slice            | 361.00 | 12.81    | 4.98         | 970.86    | 22.48        | 41.29     | 3.00       | X      | X    | X     | X    | X       | X   |
| 001153   | Southern BBQ Pizza (Sheet) 20 Cut                        | 1 slice            | 300.00 | 11.02    | 4.49         | 807.82    | 19.14        | 33.12     | 2.40       | X      | X    | X     | X    | X       | X   |
| 001259   | Southern BBQ Pizza (Round Par) 8 Cut 1.75 oz             | 1 slice            | 315.00 | 12.34    | 4.85         | 857.52    | 18.11        | 35.03     | 3.00       | X      | X    | X     | X    | X       | X   |
| 001260   | Southern BBQ Pizza (Round Raw) 8 Cut 1.75 oz             | 1 slice            | 335.00 | 12.34    | 4.85         | 927.52    | 19.11        | 35.03     | 2.00       | X      | X    | X     | X    | X       | X   |
| 001227   | Stuffed Crust Pizza (Bosco) - 10 cut, 8 slices per pizza | 1 slice            | 300.00 | 9.00     | 3.00         | 580.00    | 20.00        | 35.00     | 3.00       | X      | X    | X     | X    | X       | X   |
| 001331   | Stuffed Crust Pepperoni Pizza (Bosco) 10 Cut             | 1 slice            | 460.00 | 22.87    | 8.33         | 1198.67   | 26.40        | 35.00     | 3.00       | X      | X    | X     | X    | X       | X   |
|          | Stuffed Crust Round                                      | 1 slice            | 300.00 | 9.00     | 3.00         | 580.00    | 20.00        | 35.00     | 3.00       | X      | X    | X     | X    | X       | X   |
| 000116   | Taco Pizza (Round Par) 8 Cut                             | 1 slice            | 240.00 | 6.67     | 3.32         | 514.28    | 16.58        | 31.92     | 4.99       | X      | X    | X     | X    | X       | X   |
| 001073   | Taco Pizza (Round Raw) 8 Cut                             | 1 slice            | 280.00 | 6.17     | 3.32         | 604.28    | 18.58        | 37.92     | 5.99       | X      | X    | X     | X    | X       | X   |
| 001092   | Taco Pizza (Sheet) 16 Cut                                | 1 slice            | 270.00 | 6.67     | 3.32         | 564.28    | 18.58        | 37.92     | 4.99       | X      | X    | X     | X    | X       | X   |
| 001093   | Taco Pizza (Sheet) 20 Cut                                | 1 slice            | 220.00 | 5.71     | 2.91         | 459.41    | 15.16        | 30.34     | 3.99       | X      | X    | X     | X    | X       | X   |
| 001261   | Taco Pizza (Round Par) 8 Cut 1.75 oz                     | 1 slice            | 227.00 | 6.08     | 3.12         | 481.76    | 15.04        | 31.33     | 4.76       | X      | X    | X     | X    | X       | X   |
| 001262   | Taco Pizza (Round Raw) 8 Cut 1.75 oz                     | 1 slice            | 267.00 | 5.58     | 3.12         | 571.76    | 17.04        | 37.33     | 5.76       | X      | X    | X     | X    | X       | X   |
| 005209   | Veggie Lovers Pizza (Round Par) 8 Cut                    | 1 slice            | 322.00 | 15.04    | 7.73         | 734.10    | 18.16        | 32.45     | 3.95       | X      | X    | X     | X    | X       | X   |
| 000588   | Veggie Lovers Pizza (Round Raw) 8 Cut                    | 1 slice            | 362.00 | 14.54    | 7.73         | 824.10    | 20.16        | 38.45     | 4.95       | X      | X    | X     | X    | X       | X   |
| 001269   | Veggie Lovers Pizza (Round Par) 8 Cut 1.75 oz            | 1 slice            | 302.00 | 13.54    | 6.85         | 691.60    | 16.41        | 32.33     | 3.95       | X      | X    | X     | X    | X       | X   |
| 001270   | Veggie Lovers Pizza (Round Raw) 8 Cut 1.75 oz            | 1 slice            | 342.00 | 13.04    | 6.85         | 781.60    | 18.41        | 38.33     | 4.95       | X      | X    | X     | X    | X       | X   |
| 001067   | Veggie Lovers Pizza (Sheet) 16 Cut                       | 1 slice            | 341.00 | 12.92    | 6.49         | 741.75    | 20.28        | 38.88     | 3.95       | X      | X    | X     | X    | X       | X   |
| 001068   | Veggie Lovers Pizza (Sheet) 20 Cut                       | 1 slice            | 309.00 | 13       |              |           |              |           |            |        |      |       |      |         |     |

**Disclaimer:** The data contained within this document should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice, due to our bids changing. **Please contact the kitchen manager for specific nutrition labels containing exact nutrients and ingredients.**  
**\*\*Produced in a facility that manufacturer's products that may contain tree nuts**

Nutritional Analysis

| Recipe #        | Menu Items  |           | Cal    | Fat gram | Sat Fat gram | Sodium mg | Protein gram | Carb gram | Fiber gram | Gluten | Milk | Wheat | Eggs | Peanuts | Soy |
|-----------------|---|-----------|--------|----------|--------------|-----------|--------------|-----------|------------|--------|------|-------|------|---------|-----|
| 000976          | Sliced Ham on a Roll  | 1 each    | 221.00 | 4.03     | 0.81         | 781.73    | 18.39        | 26.25     | 3.00       | X      | X    | X     | X    | X       | X   |
| 000977          | Hamburger on a Roll   | 1 each    | 290.00 | 13.00    | 4.50         | 570.00    | 19.00        | 23.00     | 3.00       | X      | X    | X     | X    | X       | X   |
|                 | Hamburger Patty (no roll)                                   | 1 each    | 150.00 | 11.00    | 4.50         | 260.00    | 12.00        | 0.00      | 0.00       | X      | X    | X     | X    | X       | X   |
| 005179          | Hot Dog on a Roll (Hot Dog Roll)                            | 1 each    | 300.00 | 19.00    | 7.00         | 920.00    | 13.00        | 25.00     | 3.00       | X      | X    | X     | X    | X       | X   |
|                 | Hot Dog (no roll)   | 1 each    | 293.00 | 24.50    | 8.20         | 1148.00   | 10.50        | 6.80      | 0.00       | X      | X    | X     | X    | X       | X   |
| 000203          | Sloppy Joe on a Roll (#10 scoop) K-12th                     | 1 each    | 377.00 | 14.31    | 4.59         | 708.09    | 21.36        | 44.74     | 2.98       | X      | X    | X     | X    | X       | X   |
| 000869          | Sloppy Joe on a Roll (#12 scoop) K-5th                      | 1 each    | 345.00 | 12.62    | 3.53         | 670.71    | 20.25        | 38.30     | 3.85       | X      | X    | X     | X    | X       | X   |
| 000516          | Texas Hot Dog on a Roll (Hot Dog w/ 2 Tbsp. Meatsauce)      | 1 each    | 335.00 | 20.23    | 7.57         | 911.99    | 14.02        | 29.25     | 3.10       | X      | X    | X     | X    | X       | X   |
| 000381          | Tuna Salad on a Roll  | 1 each    | 345.00 | 13.31    | 1.18         | 881.79    | 25.64        | 30.36     | 3.07       | X      | X    | X     | X    | X       | X   |
|                 | Tuna Salad (no roll)  | #12 scoop | 205.00 | 11.31    | 1.18         | 571.79    | 18.64        | 7.36      | 0.07       | X      | X    | X     | X    | X       | X   |
| 000983          | Turkey & Cheese on a Roll                                   | 1 each    | 276.00 | 9.25     | 3.97         | 858.19    | 23.27        | 25.14     | 3.00       | X      | X    | X     | X    | X       | X   |
| 000501          | Sliced Turkey on a Roll                                     | 1 each    | 252.00 | 6.00     | 2.00         | 848.00    | 25.00        | 25.00     | 3.00       | X      | X    | X     | X    | X       | X   |
| <b>Recipe #</b> | <b>Salads</b>   |           |        |          |              |           |              |           |            |        |      |       |      |         |     |
| 000399          | Meat Chef Salad   | 1 each    | 148.00 | 6.30     | 3.38         | 527.16    | 14.60        | 8.45      | 3.24       | X      | X    | X     | X    | X       | X   |
| 001074          | Vegetarian Chef Salad                                       | 1 each    | 160.00 | 9.86     | 4.14         | 257.96    | 11.03        | 6.77      | 3.24       | X      | X    | X     | X    | X       | X   |
| 000316          | Chicken BLT Salad   | 1 each    | 269.00 | 13.25    | 3.27         | 563.65    | 19.76        | 18.04     | 5.85       | X      | X    | X     | X    | X       | X   |
| 000189          | Chicken Caesar Salad  | 1 serv    | 444.00 | 16.37    | 3.28         | 718.07    | 24.96        | 50.45     | 8.97       | X      | X    | X     | X    | X       | X   |
| 001408          | Grilled Chicken Salad                                       | 1 serv    | 188.00 | 5.14     | 2.18         | 508.73    | 28.59        | 7.00      | 3.24       | X      | X    | X     | X    | X       | X   |
| 001130          | Southwest Taco Salad K-5 & K-8 (Corn Chips)                 | 1 each    | 429.00 | 21.69    | 6.60         | 743.65    | 20.73        | 38.06     | 7.43       | X      | X    | X     | X    | X       | X   |
| 000021          | Southwest Taco Salad 6-8 & 9-12 (Corn Chips)                | 1 each    | 457.00 | 22.91    | 6.81         | 778.08    | 21.14        | 42.11     | 7.83       | X      | X    | X     | X    | X       | X   |
| 001348          | Southwest Taco Salad K-12 (Round Chips)                     | 1 each    | 371.00 | 19.19    | 5.69         | 617.68    | 19.90        | 29.71     | 6.59       | X      | X    | X     | X    | X       | X   |
| 000583          | Egg & Cranberry Spinach Salad                               | 1 serv    | 219.00 | 9.60     | 3.32         | 264.48    | 12.73        | 20.81     | 2.46       | X      | X    | X     | X    | X       | X   |
| 001218          | Turkey BLT Salad  | 1 serv    | 181.00 | 6.65     | 3.17         | 647.15    | 22.06        | 9.14      | 4.25       | X      | X    | X     | X    | X       | X   |
|                 | Toss Salad  | 1/2 cup   | 11.00  | 0.00     | 0.00         | 7.41      | 0.74         | 2.22      | 1.48       | X      | X    | X     | X    | X       | X   |
| <b>Recipe #</b> | <b>Sandwiches</b>   |           |        |          |              |           |              |           |            |        |      |       |      |         |     |
| 001098          | Buffalo Ranch Melt  | 1 Each    | 316    | 13.8     | 5.74         | 638       | 19.65        | 30.59     | 2          | X      | X    | X     | X    | X       | X   |
| 001441          | BBQ Pork Patty Melt   | 1 each    | 410    | 16.87    | 6.01         | 974.69    | 21.93        | 43.77     | 3.01       | X      | X    | X     | X    | X       | X   |
| 000942          | Cheese Sandwich   | 1 Each    | 349.00 | 18.99    | 9.88         | 778.78    | 17.06        | 30.57     | 2.00       | X      | X    | X     | X    | X       | X   |
| 001373          | Chicken Ranch Melt  | 1 Each    | 406.00 | 23.45    | 7.45         | 661.41    | 19.68        | 30.83     | 2.00       | X      | X    | X     | X    | X       | X   |
| 000922          | Egg Salad Sandwich  | 1 Each    | 308.00 | 14.40    | 2.96         | 501.75    | 15.54        | 31.80     | 2.02       | X      | X    | X     | X    | X       | X   |
| 000726          | Hot Beef Sandwich   | 1 Each    | 319.00 | 11.27    | 3.51         | 891.78    | 19.84        | 35.59     | 4.22       | X      | X    | X     | X    | X       | X   |
| 000791          | PBJ Triple Decker   | 1 Each    | 777.00 | 35.00    | 6.00         | 633.33    | 23.00        | 101.33    | 7.00       | X      | X    | X     | X    | X       | X   |
|                 | PBJ w/ Sun Butter   | 1 Each    | 623.00 | 34.00    | 4.00         | 456.67    | 20.00        | 63.67     | 10.00      | X      | X    | X     | X    | X       | X   |
| 005087          | PB & Jelly Sandwich   | 1 Each    | 623.00 | 34.00    | 6.00         | 516.67    | 20.00        | 65.67     | 6.00       | X      | X    | X     | X    | X       | X   |
| 001448          | Pulled Pork Melt #8 Scoop                                   | 1 each    | 405.00 | 14.49    | 5.46         | 1284.90   | 27.32        | 45.14     | 4.06       | X      | X    | X     | X    | X       | X   |
| 000943          | Sliced Ham & Cheese Sandwich                                | 1 Each    | 253.00 | 7.77     | 3.08         | 698.49    | 17.31        | 31.08     | 2.00       | X      | X    | X     | X    | X       | X   |
| 000944          | Sliced Ham Sandwich   | 1 Each    | 221.00 | 4.03     | 0.81         | 671.73    | 17.39        | 31.25     | 2.00       | X      | X    | X     | X    | X       | X   |
| 000947          | Sliced Turkey & Cheese Sandwich                             | 1 Each    | 276.00 | 9.25     | 3.97         | 748.19    | 22.27        | 30.14     | 2.00       | X      | X    | X     | X    | X       | X   |
| 000950          | Sliced Turkey Sandwich                                      | 1 Each    | 252.00 | 6.00     | 2.00         | 738.00    | 24.00        | 30.00     | 2.00       | X      | X    | X     | X    | X       | X   |
| 000586          | Toasted Cheese Sandwich K - 8                               | 1 Each    | 384.00 | 24.07    | 9.07         | 707.42    | 14.30        | 29.93     | 2.00       | X      | X    | X     | X    | X       | X   |
| 000860          | Toasted Cheese Sandwich 9 - 12                              | 1 Each    | 349.00 | 18.99    | 9.88         | 778.78    | 17.06        | 30.57     | 2.00       | X      | X    | X     | X    | X       | X   |
| 000946          | Toasted Ham & Cheese Sandwich                               | 1 Each    | 285.00 | 11.51    | 5.34         | 725.25    | 17.22        | 30.91     | 2.00       | X      | X    | X     | X    | X       | X   |
| 001190          | Tuna Melt   | 1 Each    | 484.00 | 26.89    | 5.31         | 989.82    | 27.41        | 36.00     | 2.07       | X      | X    | X     | X    | X       | X   |
| 000920          | Tuna Sandwich   | 1 Each    | 345.00 | 13.31    | 1.18         | 771.79    | 24.64        | 35.36     | 2.07       | X      | X    | X     | X    | X       | X   |
| <b>Recipe #</b> | <b>Subs</b>   |           |        |          |              |           |              |           |            |        |      |       |      |         |     |
| 001420          | Buffalo Chicken Tender Sub (Sausage Roll)                   | 1 each    | 404.00 | 15.50    | 3.00         | 1051.00   | 23.00        | 42.00     | 6.00       | X      | X    | X     | X    | X       | X   |
| 001193          | Warm Buffalo Ranch Sub (Hot Dog Bun) #8 Scoop               | 1 each    | 348.00 | 14.21    | 4.30         | 785.33    | 26.97        | 24.82     | 3.00       | X      | X    | X     | X    | X       | X   |
| 001233          | Warm Buffalo Ranch Sub (Hot Dog Bun) #10 Scoop Meat         | 1 each    | 255.00 | 7.82     | 1.36         | 600.82    | 19.43        | 24.38     | 3.00       | X      | X    | X     | X    | X       | X   |
| 000163          | Chicken Philly Sub #10 Scoop (Hot Dog Bun) Elem             | 1 each    | 296.00 | 9.24     | 1.27         | 681.92    | 20.65        | 30.82     | 4.25       | X      | X    | X     | X    | X       | X   |
| 001070          | Chicken Philly Sub #8 Scoop (Hot Dog Bun) MS                | 1 each    | 329.00 | 10.79    | 1.43         | 726.10    | 24.57        | 30.91     | 4.28       | X      | X    | X     | X    | X       | X   |
| 001386          | Chicken Philly Sub #8 Scoop (Hot Dog Bun) HS                | 1 each    | 339.00 | 10.29    | 1.43         | 696.10    | 23.57        | 34.91     | 4.28       | X      | X    | X     | X    | X       | X   |
| 001365          | Crispy Chicken Tender Sub (Sausage Roll)                    | 1 each    | 409.00 | 15.50    | 3.00         | 604.33    | 23.33        | 43.00     | 6.33       | X      | X    | X     | X    | X       | X   |
| 001346          | Egg Salad Deli Sub (Sausage Roll)                           | 1 each    | 318.00 | 13.90    | 2.96         | 581.75    | 15.54        | 30.80     | 3.02       | X      | X    | X     | X    | X       | X   |
| 000709          | Egg Salad (Hot Dog Bun)                                     | 1 each    | 308.00 | 14.40    | 2.96         | 611.75    | 16.54        | 26.80     | 3.02       | X      | X    | X     | X    | X       | X   |
| 001336          | Ham & Cheese Deli Sub (Sausage Roll)                        | 1 each    | 266.00 | 7.27     | 3.08         | 780.16    | 17.47        | 30.58     | 3.17       | X      | X    | X     | X    | X       | X   |
| 000507          | Ham & Cheese Deli Sub (Hot Dog Bun)                         | 1 each    | 256.00 | 7.77     | 3.08         | 810.16    | 18.47        | 26.58     | 3.17       | X      | X    | X     | X    | X       | X   |
| 001345          | Ham Deli Sub (Sausage Roll)                                 | 1 each    | 234.00 | 3.53     | 0.81         | 753.40    | 17.55        | 30.75     | 3.17       | X      | X    | X     | X    | X       | X   |
| 000461          | Ham Deli Sub (Hot Dog Bun)                                  | 1 each    | 224.00 | 4.03     | 0.81         | 783.40    | 18.55        | 26.75     | 3.17       | X      | X    | X     | X    | X       | X   |
| 000468          | Italian Meatball Sub (Hot Dog Bun) 3 Mtbl + 1/2 oz. Cheese  | 1 each    | 311.00 | 12.30    | 1.77         | 861.70    | 21.31        | 28.32     | 4.01       | X      | X    | X     | X    | X       | X   |
|                 | Italian Meatballs (3) with 1/2 oz. cheese                   | 3 each    | 148.00 | 9.58     | 1.65         | 307.27    | 13.53        | 0.47      | 0.00       | X      | X    | X     | X    | X       | X   |
| 001019          | Italian Meatball Sub (Hot Dog Bun) 4 Mtbl + 1/2 oz. Cheese  | 1 each    | 355.00 | 14.76    | 1.77         | 1019.54   | 24.96        | 30.03     | 4.36       | X      | X    | X     | X    | X       | X   |
| 001344          | Italian Meatball Sub (Sausage Roll) 4 Mtbl + 1/2 oz. Cheese | 1 each    | 365.00 | 14.26    | 1.77         | 989.54    | 23.96        | 34.03     | 4.36       | X      | X    | X     | X    | X       | X   |
|                 | Italian Meatballs (4) with 1/2 oz. cheese                   | 4 each    | 183.00 | 11.83    | 1.65         | 379.77    | 16.78        | 0.47      | 0.00       | X      | X    | X     | X    | X       | X   |
| 001020          | Italian Meatball Sub (Hot Dog Bun) 5 Mtbl + 1/2 oz. Cheese  | 1 each    | 398.00 | 17.15    | 1.77         | 1173.21   | 28.51        | 31.70     | 4.69       | X      | X    | X     | X    | X       | X   |
| 001337          | Italian Meatball Sub (Sausage Roll) 5 Mtbl + 1/2 oz. Cheese | 1 each    | 408.00 | 16.65    | 1.77         | 1143.21   | 27.51        | 35.70     | 4.69       | X      | X    | X     | X    | X       | X   |
|                 | Italian Meatballs (5) with 1/2 oz. cheese                   | 5 each    | 218.00 | 14.08    | 1.65         | 452.27    | 20.03        | 0.47      | 0.00       | X      | X    | X     | X    | X       | X   |
| 000470          | Philly Cheese Steak Sub K - 12 (Hot Dog Bun) #8 Scoop Meat  | 1 each    | 366.00 | 15.76    | 4.58         | 1188.47   | 21.47        | 34.02     | 4.15       | X      | X    | X     | X    | X       | X   |
| 001343          | Philly Cheese Steak Sub K - 12 (Sausage Roll) #8 Scoop Meat | 1 each    | 376.00 | 15.26    | 4.58         | 1158.47   | 20.47        | 38.02     | 4.15       | X      | X    | X     | X    | X       | X   |
| 000839          | Philly Cheese Steak Sub K - 5 (Hot Dog Bun) #10 Scoop Meat  | 1 each    | 344.00 | 14.28    | 4.09         | 1105.10   | 19.77        | 33.57     | 4.15       | X      | X    | X     | X    | X       | X   |
| 001338          | Tuna Salad Deli Sub (Sausage Roll)                          | 1 each    | 357.00 | 12.81    | 1.18         | 853.45    | 24.81        | 34.86     | 3.24       | X      | X    | X     | X    | X       | X   |
| 000687          | Tuna Salad Deli Sub (Hot Dog Bun)                           | 1 each    | 347.00 | 13.31    | 1.18         | 883.45    | 25.81        | 30.86     | 3.24       | X      | X    | X     | X    | X       | X   |
| 001341          | Turkey Club Sub (Sausage Roll)                              | 1 each    | 336.00 | 12.25    | 5.22         | 981.53    | 25.60        | 30.14     | 3.33       | X      | X    | X     | X    | X       | X   |
| 005187          | Turkey Club Sub (Hot Dog Bun)                               | 1 each    | 326.00 | 12.75    | 5.22         | 1011.53   | 26.60        | 26.14     | 3.33       | X      | X    | X     | X    | X       | X   |
| 001342          | Turkey Deli Sub (Sausage Roll)                              | 1 each    | 264.00 | 5.50     | 2.00         | 819.67    | 24.17        | 29.50     | 3.17       | X      | X    | X     | X    | X       | X   |
| 000023          | Turkey Deli Sub (Hot Dog Bun)                               | 1 each    | 254.00 | 6.00     | 2.00         | 849.67    | 25.17        | 25.50     | 3.17       | X      | X    | X     | X    | X       | X   |
| 000474          | Turkey & Cheese Sub (Hot Dog Bun)                           | 1 each    | 279.00 | 9.25     | 3.97         | 859.86    | 23.43        | 25.64     | 3.17       | X      | X    | X     | X    | X       | X   |
| 001340          | Turkey & Cheese Sub (Sausage Roll)                          | 1 each    | 289.00 | 8.75     | 3.97         | 829.86    | 22.46        | 29.64     | 3.17       | X      | X    | X     | X    | X       | X   |
| 000076          | Turkey/Ham/Cheese Sub (Hot Dog Bun)                         | 1 each    | 271.00 | 8.76     | 3.67         | 843.29    | 21.78        | 25.96     | 3.17       | X      | X    | X     | X    | X       | X   |
| 001339          | Turkey/Ham/Cheese Sub (Sausage Roll)                        | 1 each    | 281.00 | 8.26     | 3.67         | 813.29    | 20.78        | 29.95     | 3.17       | X      | X    | X     | X    | X       | X   |
| <b>Recipe #</b> | <b>Tex-Mex</b>  |           |        |          |              |           |              |           |            |        |      |       |      |         |     |
| 000868          | Steak Quesadilla  | 1 each    | 340.00 | 16.09    | 6.80         | 946.59    | 16.60        | 32.91     | 2.00       | X      | X    | X     |      |         |     |

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**\*\*Produced in a facility that manufacturer's products that may contain tree nuts**

Nutritional Analysis

| Recipe #                                 | Menu Items  |             | Cal    | Fat gram | Sat Fat gram | Sodium mg | Protein gram | Carb gram | Fiber gram | Gluten | Milk | Wheat | Eggs | Peanuts | Soy |
|--|---|-------------|--------|----------|--------------|-----------|--------------|-----------|------------|--------|------|-------|------|---------|-----|
| 001357                                   | Black Beans #16 Scoop (1/4 Cup)                                     | 1 serv      | 62.00  | 0.07     | 0.01         | 124.71    | 3.93         | 11.33     | 4.54       |        |      |       |      |         |     |
| 001328                                   | Black Bean & Corn Salsa #30 Scoop (2 Tbsp)                          | 1 serv      | 20.00  | 0.17     | 0.02         | 14.83     | 0.97         | 4.03      | 1.06       |        |      |       |      |         |     |
| 001356                                   | Brown Rice #16 Scoop (1/4 Cup)                                      | 1 serv      | 44.00  | 0.41     | 0.00         | 23.69     | 1.05         | 9.21      | 0.59       |        |      |       |      |         |     |
|  | Cheese - Great Lakes Shredded Mild Cheddar #30 Scoop (2 Tbsp)       | 1 serv      | 55.00  | 4.50     | 2.50         | 90.00     | 3.50         | 0.00      | 0.00       | X      |      |       |      |         |     |
| 001422                                   | Chicken Fajita Meat #12 Scoop (1/3 Cup)                             | 1 serv      | 104.00 | 3.89     | 1.27         | 162.04    | 18.53        | 0.73      | 0.31       |        |      |       |      |         |     |
|  | Picante Sauce (Pace) #30 Scoop (2 Tbsp)                             | 1 serv      | 10.00  | 0.00     | 0.00         | 250.00    | 0.00         | 3.00      | 1.00       |        |      |       |      |         |     |
| 001329                                   | Pico DeGallo #30 Scoop (2 Tbsp)                                     | 1 serv      | 4.00   | 0.04     | 0.01         | 45.26     | 0.19         | 0.94      | 0.28       |        |      |       |      |         |     |
|  | Shredded Lettuce 1/2 Cup  | 1 serv      | 5.00   | 0.00     | 0.00         | 3.33      | 0.33         | 1.00      | 3.33       |        |      |       |      |         |     |
| 001358                                   | Sour Cream 1/2 oz.  | 1 serv      | 26.00  | 2.11     | 1.47         | 26.35     | 0.50         | 0.97      | 0.00       | X      |      |       |      |         |     |
|  | Tortilla (Wheat) 10" Father Sam's                                   | 1 serv      | 180.00 | 5.00     | 1.00         | 440.00    | 5.00         | 30.00     | 2.00       | X      |      | X     |      |         |     |
| <b>Recipe # Wraps</b>                    |   |             |        |          |              |           |              |           |            |        |      |       |      |         |     |
| 000665                                   | Buffalo Chicken Wrap  | 1 each      | 355.00 | 15.32    | 4.86         | 824.15    | 21.26        | 32.37     | 2.33       | X      | X    | X     |      |         | X   |
| 001072                                   | Buffalo Turkey (Ranch) Wrap   | 1 each      | 380.00 | 17.05    | 5.21         | 1518.60   | 26.32        | 32.20     | 2.33       | X      | X    | X     |      |         | X   |
| 001083                                   | Caesar Turkey Wrap  | 1 each      | 421.00 | 20.85    | 5.85         | 1165.75   | 26.49        | 34.13     | 2.34       | X      | X    | X     |      |         | X   |
| 000775                                   | Chicken Caesar Wrap   | 1 each      | 354.00 | 14.66    | 4.27         | 730.33    | 21.73        | 33.48     | 2.34       | X      | X    | X     |      |         | X   |
| 001389                                   | Chicken Philly Wrap #10 Scoop                                       | 1 each      | 336.00 | 12.24    | 2.27         | 811.92    | 18.65        | 37.82     | 3.25       | X      | X    | X     |      |         | X   |
| 001364                                   | Chicken Philly Wrap #8 Scoop  | 1 each      | 369.00 | 13.79    | 2.43         | 856.10    | 22.57        | 37.91     | 3.28       | X      | X    | X     |      |         | X   |
| 001084                                   | Chicken Ranch Wrap  | 1 each      | 349.00 | 14.16    | 4.13         | 782.05    | 21.80        | 32.87     | 2.33       | X      | X    | X     |      |         | X   |
|  | Crispy Chicken Wrap (10" Wrap, 3 Tenders, 1/2 Cup Shredded Lettuce) | 1 Each      | 356.00 | 13.00    | 3.00         | 841.33    | 20.33        | 40.00     | 4.33       | X      | X    | X     |      |         | X   |
| 000342                                   | Ham & Cheese Deli Wrap  | 1 each      | 298.00 | 10.77    | 4.08         | 941.83    | 16.64        | 34.08     | 2.33       | X      | X    | X     |      |         | X   |
| 000611                                   | Ham Deli Wrap   | 1 each      | 266.00 | 7.03     | 1.81         | 915.07    | 16.72        | 34.25     | 2.33       | X      | X    | X     |      |         | X   |
| 001140                                   | Hummus & Veggie Wrap  | 1 each      | 318.00 | 12.18    | 2.03         | 708.32    | 10.56        | 43.45     | 5.73       | X      | X    | X     |      |         | X   |
| 001391                                   | Philly Cheese Steak Wrap K - 8 (#10 Scoop)                          | 1 each      | 363.00 | 15.21    | 4.74         | 1020.18   | 17.67        | 40.16     | 3.15       | X      | X    | X     |      |         | X   |
| 001390                                   | Philly Cheese Steak Wrap 6 - 12 (#8 Scoop)                          | 1 each      | 383.00 | 16.43    | 5.20         | 1074.02   | 19.43        | 40.57     | 3.15       | X      | X    | X     |      |         | X   |
| 001039                                   | Tuna Salad Deli Wrap  | 1 each      | 390.00 | 16.31    | 2.18         | 1015.12   | 23.98        | 38.36     | 2.41       | X      | X    | X     |      |         | X   |
| 000956                                   | Turkey & Cheese Deli Wrap   | 1 each      | 321.00 | 12.25    | 4.97         | 991.53    | 21.60        | 33.14     | 2.33       | X      | X    | X     |      |         | X   |
| 000398                                   | Turkey, Ham & Cheese Wrap   | 1 each      | 306.00 | 11.26    | 4.38         | 958.39    | 18.29        | 33.77     | 2.33       | X      | X    | X     |      |         | X   |
| 001086                                   | Turkey Ranch Wrap   | 1 each      | 417.00 | 20.26    | 5.67         | 1261.93   | 26.77        | 33.12     | 2.33       | X      | X    | X     |      |         | X   |
| 000005                                   | Turkey Club Wrap  | 1 each      | 366.00 | 15.75    | 6.22         | 1141.53   | 24.60        | 33.14     | 2.33       | X      | X    | X     |      |         | X   |
| 000385                                   | Turkey Deli Wrap  | 1 each      | 297.00 | 9.00     | 3.00         | 981.33    | 23.33        | 33.00     | 2.33       | X      | X    | X     |      |         | X   |
| <b>Recipe # Side - Beans</b>             |   |             |        |          |              |           |              |           |            |        |      |       |      |         |     |
|  | Greens & Beans  | 1/2 Cup     | 114.00 | 3.40     | 1.20         | 435.00    | 6.14         | 14.93     | 4.76       | X      | X    |       |      |         | X   |
|  | Vegetarian Baked Beans  | 1/2 cup     | 110.00 | 0.50     | 0.00         | 440.00    | 6.00         | 22.00     | 4.00       | X      | X    |       |      |         | X   |
| <b>Recipe # Side - Bread/Grain</b>       |   |             |        |          |              |           |              |           |            |        |      |       |      |         |     |
|  | Bagel, White Whole Grain Bagel                                      | 1 each      | 140.00 | 1.00     | 0.00         | 180.00    | 6.00         | 29.00     | 4.00       | X      | X    | X     |      |         | X   |
|  | Breadstick  | 1 each      | 159.00 | 5.00     | 2.00         | 240.00    | 4.00         | 22.00     | 2.00       | X      | X    | X     |      |         | X   |
|  | Biscuit - New Baking Powder; not Cornmeal biscuit                   | 1 each      | 200.00 | 80.00    | 9.00         | 410.00    | 27.00        | 27.00     | 2.00       | X      | X    | X     |      |         | X   |
|  | Cornbread   | 1 each      | 150.00 | 5.00     | 1.00         | 280.00    | 4.00         | 24.00     | 1.00       | X      | X    | X     |      |         | X   |
|  | Country Bread Stuffing  | 1 oz        | 36.00  | 1.65     | 0.24         | 76.00     | 1.20         | 4.90      | 0.64       | X      | X    | X     |      |         | X   |
|  | Dinner Roll   | 1 each      | 90.00  | 1.50     | 0.00         | 180.00    | 4.00         | 17.00     | 1.00       | X      | X    | X     |      |         | X   |
|  | Garlic Breadstick   | 1 slice     | 88.00  | 2.99     | 0.73         | 95.39     | 2.33         | 15.03     | 1.00       | X      | X    | X     |      |         | X   |
|  | Hamburger Bun   | 1 each      | 140.00 | 2.00     | 0.00         | 310.00    | 7.00         | 23.00     | 3.00       | X      | X    | X     |      |         | X   |
|  | Hot Dog Bun   | 1 each      | 140.00 | 2.00     | 0.00         | 310.00    | 7.00         | 23.00     | 3.00       | X      | X    | X     |      |         | X   |
| 005227                                   | Pasta Salad   | 1/2 cup     | 92.00  | 9.14     | 1.58         | 175.88    | 0.90         | 1.95      | 0.44       | X      | X    | X     |      |         | X   |
|  | Pretzel, Whole Grain  | 1 each      | 140.00 | 0.50     | 0.00         | 150.00    | 5.00         | 30.00     | 3.00       | X      | X    | X     |      |         | X   |
|  | Italian Bread   | 1 each      | 79.00  | 3.70     | 0.67         | 147.00    | 1.76         | 10.00     | 0.54       | X      | X    | X     |      |         | X   |
|  | Whole Wheat Bread HS  | 1 oz        | 70.00  | 1.00     | 0.00         | 150.00    | 3.00         | 13.00     | 2.00       | X      | X    | X     |      |         | X   |
| <b>Recipe # Side - Dessert</b>           |   |             |        |          |              |           |              |           |            |        |      |       |      |         |     |
|  | Fruity Jello w/Whipped Topping                                      | 2/3 cup     | 110.00 | 1.00     | 1.00         | 14.00     | 0.10         | 23.08     | 1.14       | X      | X    |       |      |         | X   |
|  | Homemade Fruit Crisp, Frozen Fruit (Blueberries)                    | 2/3 cup     | 246.00 | 6.54     | 1.99         | 43.13     | 2.32         | 45.21     | 4.01       | X      | X    | X     |      |         | X   |
|  | Homemade Fruit Crisp, Canned Fruit (Peaches, Diced)                 | 2/3 Cup     | 233.00 | 4.85     | 0.86         | 42.54     | 1.93         | 47.49     | 2.51       | X      | X    | X     |      |         | X   |
|  | Warm Cinnamon Apple Slices  | 1/2 cup     | 72.00  | 0.01     | 0.00         | 4.00      | 0.04         | 19.02     | 1.28       | X      | X    |       |      |         | X   |
| <b>Recipe # Side - Fruit/Fruit Juice</b> |   |             |        |          |              |           |              |           |            |        |      |       |      |         |     |
|  | Juice, Apple  | 4oz carton  | 60.00  | 0.00     | 0.00         | 15.00     | 0.00         | 14.00     | 0.00       |        |      |       |      |         |     |
|  | Juice, Grape  | 4oz carton  | 80.00  | 0.00     | 0.00         | 15.00     | 1.00         | 18.00     | 0.00       |        |      |       |      |         |     |
|  | Juice, Orange   | 4 oz carton | 50.00  | 0.00     | 0.00         | 15.00     | 1.00         | 12.00     | 0.00       |        |      |       |      |         |     |
|  | Blueberries   | 1/2 cup     | 34.00  | 0.00     | 0.00         | 1.00      | 0.55         | 8.11      | 2.10       |        |      |       |      |         |     |
|  | California Raisins  | 1 box       | 120.00 | 0.00     | 0.00         | 5.00      | 1.00         | 29.00     | 2.00       |        |      |       |      |         |     |
|  | Chilled Applesauce  | 1 cup       | 50.00  | 0.11     | 0.02         | 15.00     | 0.00         | 15.00     | 2.00       |        |      |       |      |         |     |
|  | Chilled Cinnamon Applesauce   | 1/2 cup     | 51.00  | 0.21     | 0.04         | 15.00     | 0.21         | 15.00     | 1.65       |        |      |       |      |         |     |
|  | Chilled Diced Peaches   | 1/2 cup     | 68.00  | 0.04     | 0.00         | 6.00      | 0.56         | 18.26     | 1.63       |        |      |       |      |         |     |
|  | Chilled Diced Pears   | 1/2 cup     | 72.00  | 0.04     | 0.00         | 6.00      | 0.24         | 19.04     | 2.01       |        |      |       |      |         |     |
|  | Chilled Fruit Cocktail  | 1/2 cup     | 80.00  | 0.00     | 0.00         | 5.00      | 0.00         | 18.00     | 1.00       |        |      |       |      |         |     |
|  | Chilled Mandarin Oranges  | 1/2 cup     | 70.00  | 0.00     | 0.00         | 10.00     | 1.00         | 17.00     | 1.00       |        |      |       |      |         |     |
|  | Chilled Mixed Fruit   | 1/2 cup     | 123.00 | 0.23     | 0.03         | 4.00      | 1.78         | 30.29     | 2.38       |        |      |       |      |         |     |
|  | Chilled Pineapple Tidbits   | 1/2 cup     | 63.00  | 0.14     | 0.01         | 1.00      | 0.43         | 16.17     | 0.96       |        |      |       |      |         |     |
|  | Chilled Strawberry Cup  | 1 serv.     | 122.00 | 0.17     | 0.01         | 4.00      | 0.68         | 33.05     | 2.40       |        |      |       |      |         |     |
|  | Cinnamon Applesauce   | 1/2 cup     |        |          |              |           |              |           |            |        |      |       |      |         |     |
|  | Fresh Apple   | 1 each      | 68.00  | 0.22     | 0.04         | 1.00      | 0.34         | 18.12     | 3.16       |        |      |       |      |         |     |
|  | Fresh Banana  | 1 each      | 90.00  | 0.33     | 0.11         | 1.00      | 1.10         | 23.07     | 2.63       |        |      |       |      |         |     |
|  | Fresh Cantaloupe  | 1/2 cup     | 27.00  | 0.15     | 0.04         | 12.00     | 0.66         | 6.36      | 0.70       |        |      |       |      |         |     |
|  | Fresh Grapes  | 1/2 cup     | 31.00  | 0.16     | 0.05         | 1.00      | 0.29         | 7.89      | 0.41       |        |      |       |      |         |     |
|  | Fresh Orange  | 1 each      | 45.00  | 0.12     | 0.02         | 0.00      | 0.90         | 11.28     | 2.30       |        |      |       |      |         |     |
|  | Fresh Pear  | 1 each      | 96.00  | 0.20     | 0.02         | 2.00      | 0.63         | 25.66     | 5.15       |        |      |       |      |         |     |
|  | Fresh Watermelon Slices   | 1/2 cup     | 23.00  | 0.11     | 0.01         | 1.00      | 0.47         | 5.78      | 0.31       |        |      |       |      |         |     |
|  | Frozen Fruit Juice Cup  | 1 each      | 70.00  | 0.00     | 0.00         | 5.00      | 0.00         | 18.00     | 3.00       |        |      |       |      |         |     |
| <b>Recipe # Side - Potato</b>            |   |             |        |          |              |           |              |           |            |        |      |       |      |         |     |
|  | Baked Sweet Potato Wedges   | 1/2 cup     | 100.00 | 4.50     | 1.00         | 170.00    | 1.00         | 15.00     | 2.00       | X      | X    | X     |      |         | X   |
|  | Baked Sweet Potato Waffle Fries                                     | 1/2 cup     | 100.00 | 4.50     | 1.00         | 170.00    | 1.00         | 15.00     | 2.00       | X      | X    | X     |      |         | X   |
|  | Hot Baked Potato  | 1 Each      | 213.00 | 3.26     | 0.58         | 50.00     | 5.05         | 42.72     | 4.44       |        |      |       |      |         |     |
|  | Mashed Potatoes   | 1/2 cup     | 67.00  | 0.77     | 0.14         | 126.00    | 0.00         | 12.99     | 0.00       | X      | X    | X     |      |         | X   |
|  | Mashed Potatoes w/Gravy   | 1 serv      | 92.00  | 0.90     | 0.14         | 330.00    | 0.64         | 17.91     | 0.24       | X      | X    | X     |      |         | X   |
|  | Seasoned Potato Wedges  | 1/2 cup     | 67.00  | 1.82     | 0.91         | 15.00     | 1.21         | 10.93     | 1.21       | X      | X    | X     |      |         | X   |
|  | Seasoned Roasted Potatoes   | 1/2 cup     | 146.00 | 6.09     | 1.10         | 415.00    | 2.54         | 21.57     | 2.75       | X      | X    | X     |      |         | X   |
|  | Sweet Potatoes  | 1/2 cup     | 115.00 | 0.38     | 0.00         | 34.00     | 0.76         | 27.54     | 2.29       | X      | X    | X     |      |         | X   |
|  | Tasty Tater Tots  | 1/2 cup     | 149.00 | 7.47     | 1.07         | 331.00    | 2.13         | 18.14     | 2.13       | X      | X    | X     |      |         | X   |
| <b>Recipe # Side - Rice</b>              |   |             |        |          |              |           |              |           |            |        |      |       |      |         |     |
|  | Mexican Rice  | 1/2 cup     | 135.00 | 2.43     | 0.27         | 154.00    | 3.19         | 24.95     | 1.86       |        |      |       |      |         |     |
|  | Fried Rice  | 1/2 cup     | 146.00 | 4.00     | 1.00         | 203.00    |              | 25.00     | 3.00       |        |      |       |      |         | X   |
|  | Seasoned Rice   | 1/2 cup     | 122.00 | 0.74     | 0.01         | 54.00     | 2.92         | 25.13     | 0.99       |        |      |       |      |         |     |
|  | Steamed Brown Rice  | 1/2 cup     | 82.00  | 0.48     | 0.00         | 283.00    | 1.92         | 16.80     |            |        |      |       |      |         |     |

GST BOCES

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**\*\*Produced in a facility that manufacturer's products that may contain tree nuts**

Nutritional Analysis

| Recipe #        | Menu Items   |            | Cal    | Fat gram | Sat Fat gram | Sodium mg | Protein gram | Carb gram | Fiber gram | Gluten | Milk | Wheat | Eggs | Peanuts | Soy |
|-----------------|--|------------|--------|----------|--------------|-----------|--------------|-----------|------------|--------|------|-------|------|---------|-----|
|                 | Raw Carrots  | 1/2 cup    | 36.00  | 0.00     | 0.00         | 61.00     | 1.00         | 8.00      | 1.00       |        |      |       |      |         |     |
|                 | Raw Cauliflower  | 1/2 cup    | 13.00  | 0.00     | 0.00         | 15.00     | 0.00         | 1.00      | 3.00       |        |      |       |      |         |     |
|                 | Raw Celery   | 1/2 cup    | 8.00   | 0.00     | 0.00         | 41.00     | 0.00         | 2.00      | 1.00       |        |      |       |      |         |     |
|                 | Raw Cucumber Slices                                      | 1/2 cup    | 14.00  | 0.19     | 0.02         | 2.00      | 0.70         | 2.55      | 0.83       |        |      |       |      |         |     |
|                 | Raw Peppers  | 1/2 cup    | 9.00   | 0.00     | 0.00         | 1.00      | 0.00         | 2.00      | 1.00       |        |      |       |      |         |     |
|                 | Spinach Greens   | 1/2 cup    | 33.00  | 0.00     | 0.00         | 192.00    | 3.33         | 3.33      | 3.33       |        |      |       |      |         |     |
|                 | Steamed Broccoli Florets                                 | 1/2 cup    | 15.00  | 0.00     | 0.00         | 10.00     | 1.00         | 2.00      | 1.00       |        |      |       |      |         |     |
|                 | Steamed Peas & Carrots, Frozen                           | 1/2 cup    | 65.00  | 0.57     | 0.10         | 93.00     | 4.20         | 13.77     | 4.22       |        |      |       |      |         |     |
|                 | Sweet Peas, Canned                                       | 1/2 Cup    | 59.00  | 0.30     | 0.05         | 140.00    | 3.76         | 10.69     | 3.50       |        |      |       |      |         |     |
|                 | Sweet Peas, Frozen                                       | 1/2 cup    | 62.00  | 0.22     | 0.04         | 58.00     | 4.12         | 11.41     | 4.40       |        |      |       |      |         |     |
| <b>Recipe #</b> | <b>Milk</b>  |            |        |          |              |           |              |           |            |        |      |       |      |         |     |
|                 | Milk, 1% White Upstate Farms                             | 8oz carton | 110.00 | 2.50     | 1.50         | 125.00    | 8.00         | 13.00     | 0.00       |        | X    |       |      |         |     |
|                 | Milk, Chocolate Fat Free Upstate Farms                   | 8oz carton | 120.00 | 0.00     | 0.00         | 240.00    | 8.00         | 21.00     | 0.00       |        | X    |       |      |         |     |
|                 | Milk, Skim   | 8oz carton | 90.00  | 0.00     | 0.00         | 125.00    | 8.00         | 13.00     | 0.00       |        | X    |       |      |         |     |
| <b>Recipe #</b> | <b>Smart Snacks - Beverages</b>                          |            |        |          |              |           |              |           |            |        |      |       |      |         |     |
|                 | Epic 100% Sparkling Juice - Black Cherry (Purple)        | 1 8 oz can | 120.00 | 0.00     | 0.00         | 10.00     | 0.00         | 29.00     | 1.00       |        |      |       |      |         |     |
|                 | Epic 100% Sparkling Juice - Lemon Lime (Green)           | 1 8 oz can | 120.00 | 0.00     | 0.00         | 10.00     | 0.00         | 28.00     | 1.00       |        |      |       |      |         |     |
|                 | Epic 100% Sparkling Juice - Strawberry Melon (Red)       | 1 8 oz can | 117.00 | 0.00     | 0.00         | 10.00     | 0.00         | 28.00     | 1.00       |        |      |       |      |         |     |
|                 | Epic 100% Sparkling Juice - Passion Fruit Mango (yellow) | 1 8 oz can | 120.00 | 0.00     | 0.00         | 10.00     | 0.00         | 29.00     | 1.00       |        |      |       |      |         |     |
|                 | Switch 100 % Sparkling Juice - Tropical Pineapple        | 1 8 oz can | 120.00 | 0.00     | 0.00         | 10.00     | 0.00         | 30.00     | 0.00       |        |      |       |      |         |     |
|                 | Switch 100 % Sparkling Juice - Kiwi Berry                | 1 8 oz can | 120.00 | 0.00     | 0.00         | 5.00      | 0.00         | 30.00     | 0.00       |        |      |       |      |         |     |
|                 | Switch 100 % Sparkling Juice - Fruit Punch               | 1 8 oz can | 120.00 | 0.00     | 0.00         | 5.00      | 0.00         | 30.00     | 0.00       |        |      |       |      |         |     |
|                 | Switch 100 % Sparkling Juice - Black Cherry              | 1 8 oz can | 120.00 | 0.00     | 0.00         | 5.00      | 0.00         | 30.00     | 0.00       |        |      |       |      |         |     |
|                 | Switch 100 % Sparkling Juice - Watermelon Strawberry     | 1 8 oz can | 120.00 | 0.00     | 0.00         | 5.00      | 0.00         | 29.00     | 0.00       |        |      |       |      |         |     |
|                 | Switch 100 % Sparkling Juice - Grape                     | 1 8 oz can | 120.00 | 0.00     | 0.00         | 5.00      | 0.00         | 30.00     | 0.00       |        |      |       |      |         |     |
|                 | Switch 100 % Sparkling Juice - Orange Tangerine          | 1 8 oz can | 120.00 | 0.00     | 0.00         | 5.00      | 0.00         | 30.00     | 0.00       |        |      |       |      |         |     |
|                 | Switch 100 % Sparkling Juice - Hard Core Apple           | 1 8 oz can | 110.00 | 0.00     | 0.00         | 5.00      | 0.00         | 27.00     | 0.00       |        |      |       |      |         |     |
| <b>Recipe #</b> | <b>Smart Snacks</b>                                      |            |        |          |              |           |              |           |            |        |      |       |      |         |     |
|                 | Baked Lays Potato Crisp Regular                          | 1 Bag      | 100.00 | 1.50     | 0.00         | 115.00    | 2.00         | 20.00     | 2.00       |        |      |       |      |         | X   |
|                 | Baked Lays Potato Crisp Sour Cream and Onion             | 1 Bag      | 100.00 | 2.50     | 0.00         | 140.00    | 2.00         | 18.00     | 1.00       |        | X    |       |      |         | X   |
|                 | Baked Lays BBQ   | 1 Bag      | 110.00 | 2.50     | 0.00         | 170.00    | 2.00         | 19.00     | 2.00       | X      | X    | X     |      |         | X   |
|                 | Baked! Cheetos Fantastix Flamin' Hot                     | 1 Bag      | 130.00 | 5.00     | 1.00         | 200.00    | 2.00         | 20.00     | 2.00       | X      |      |       |      |         | X   |
|                 | Baked! Cheetos Fantastix Chili Cheese                    | 1 Bag      | 130.00 | 5.00     | 1.00         | 200.00    | 2.00         | 19.00     | 2.00       | X      |      |       |      |         | X   |
|                 | Baked! Cheetos Crunchy Cheese                            | 1 Bag      | 120.00 | 4.50     | 1.00         | 200.00    | 2.00         | 17.00     | 1.00       | X      |      |       |      |         | X   |
|                 | Cheetos RF Puffs Cheese Snacks                           | 1 Bag      | 100.00 | 4.00     | 0.00         | 135.00    | 2.00         | 13.00     | -0.10      | X      |      |       |      |         | X   |
|                 | Cheetos RF Puffs Flamin' Hot                             | 1 Bag      | 90.00  | 3.50     | 0.00         | 135.00    | 2.00         | 14.00     | -0.10      | X      |      |       |      |         | X   |
|                 | Doritos Cool Ranch Reduced Fat                           | 1 Bag      | 130.00 | 5.00     | 1.00         | 160.00    | 2.00         | 19.00     | 2.00       | X      |      |       |      |         | X   |
|                 | Doritos Nacho Cheesier Reduced Fat                       | 1 Bag      | 130.00 | 5.00     | 0.50         | 200.00    | 2.00         | 20.00     | 2.00       | X      |      |       |      |         | X   |
|                 | Doritos Spicy Sweet Chili                                | 1 Bag      | 130.00 | 5.00     | 0.50         | 180.00    | 2.00         | 20.00     | 2.00       | X      |      | X     |      |         | X   |
|                 | Fruit Roll Ups   | 1 each     | 50.00  | 1.00     | 0.50         | 55.00     | 0.00         | 11.00     | 2.00       |        |      |       |      |         | X   |
|                 | Goldfish Pretzels WG                                     | 1 Bag      | 90.00  | 1.50     | 0.00         | 200.00    | 2.00         | 16.00     | 1.00       | X      | X    | X     |      |         | X   |
|                 | Goldfish Cheddar Cracker WG                              | 1 Bag      | 100.00 | 4.00     | 0.50         | 170.00    | 2.00         | 14.00     | 1.00       | X      |      |       |      |         | X   |
|                 | Hershey's Bar Low Fat Orange Blossom                     | 1 each     | 70.00  | 1.00     | 0.50         | 50.00     | 1.00         | 14.00     | 0.00       |        | X    |       |      |         | X   |
|                 | Hershey's Bar Polar Blast Fruit Juice                    | 1 each     | 70.00  | 0.00     | 0.00         | 5.00      | 0.00         | 16.00     | 0.00       |        | X    |       |      |         | X   |
|                 | Hershey's Cone Low Fat Chocolate & Vanilla Twist         | 1 each     | 150.00 | 2.00     | 1.50         | 95.00     | 3.00         | 30.00     | 2.00       | X      |      |       |      |         | X   |
|                 | Hershey's Cone Low Fat Cookies N' Cream                  | 1 each     | 120.00 | 1.50     | 1.00         | 100.00    | 2.00         | 25.00     | 4.00       | X      |      |       |      |         | X   |
|                 | Hershey's Twister Cup NF Birthday Cake Twister Cup       | 1 each     | 80.00  | 0.00     | 0.00         | 85.00     | 4.00         | 16.00     | 0.00       | X      |      |       |      |         | X   |
|                 | Hershey's Twister Cup NF Cotton Candy                    | 1 each     | 80.00  | 0.00     | 0.00         | 95.00     | 4.00         | 15.00     | 0.00       | X      |      |       |      |         | X   |
|                 | Hershey's Twister Cup NF Sour Blue Raspberry             | 1 each     | 80.00  | 0.00     | 0.00         | 10.00     | 0.00         | 19.00     | 0.00       | X      |      |       |      |         | X   |
|                 | J&J Baked Cookie - Candy                                 | 1 each     | 193.08 | 5.98     | 2.11         | 163.01    | 2.80         | 33.51     | 2.86       | X      | X    | X     | X    |         | X   |
|                 | J&J Baked Cookie - Sugar                                 | 1 each     | 193.92 | 5.96     | 2.09         | 200.00    | 2.80         | 34.55     | 3.72       | X      | X    | X     | X    |         | X   |
|                 | J&J Baked Cookie - Chocolate Chip                        | 1 each     | 194.41 | 6.07     | 2.16         | 169.50    | 2.99         | 33.51     | 2.82       | X      | X    | X     | X    |         | X   |
|                 | J&J Baked Cookie - Double Chocolate                      | 1 each     | 191.33 | 6.04     | 2.09         | 189.35    | 3.04         | 33.21     | 2.34       | X      | X    | X     | X    |         | X   |
|                 | Perry's Fudgie Bar                                       | 1 each     | 80.00  | 1.00     | 0.50         | 75.00     | 2.00         | 18.00     | 1.00       | X      |      |       |      |         | X   |
|                 | Perry's RF Ice Cream Sandwich - Chocolate                | 1 each     | 140.00 | 2.00     | 1.00         | 135.00    | 3.00         | 29.00     | 2.00       | X      | X    | X     |      |         | X   |
|                 | Perry's RF Ice Cream Sandwich - Vanilla                  | 1 each     | 150.00 | 3.00     | 1.50         | 140.00    | 3.00         | 28.00     | 1.00       | X      | X    | X     |      |         | X   |
|                 | Perry's RF Velvet Ice Cream Dixie Cup - Cotton Candy     | 1 each     | 70.00  | 1.00     | 0.50         | 49.00     | 2.00         | 13.00     | 0.00       | X      |      |       |      |         | X   |
|                 | Perry's RF Velvet Ice Cream Dixie Cup - Orange Sherbert  | 1 each     | 80.00  | 0.50     | 0.00         | 15.00     | 0.00         | 19.00     | 0.00       | X      |      |       |      |         | X   |
|                 | Perry's RF Velvet Ice Cream Dixie Cup - Strawberry       | 1 each     | 70.00  | 1.00     | 0.50         | 49.00     | 2.00         | 13.00     | 0.00       | X      |      |       |      |         | X   |
|                 | Perry's RF Velvet Ice Cream Dixie Cup - Vanilla          | 1 each     | 70.00  | 1.00     | 0.50         | 49.00     | 2.00         | 13.00     | 0.00       | X      |      |       |      |         | X   |
|                 | Perry's RF Velvet Ice Cream Dixie Cup - Chocolate        | 1 each     | 70.00  | 1.00     | 1.50         | 40.00     | 2.00         | 13.00     | 0.00       | X      |      |       |      |         | X   |
|                 | Perry's Sundae Crunch Bar - Chocolate                    | 1 each     | 140.00 | 5.00     | 1.50         | 90.00     | 2.00         | 21.00     | 0.00       | X      | X    | X     |      |         | X   |
|                 | Perry's Sundae Crunch Bar - Strawberry                   | 1 each     | 140.00 | 5.00     | 1.50         | 65.00     | 2.00         | 21.00     | 0.00       | X      | X    | X     |      |         | X   |
|                 | Ruffles Oven Baked Cheddar & Sour Cream                  | 1 Bag      | 100.00 | 3.00     | 0.00         | 200.00    | 1.00         | 17.00     | 1.00       | X      |      | X     |      |         | X   |
|                 | Pretzels Heartzels Whole Grain Rich Rold Gold            | 1 Bag      | 80.00  | 1.50     | 0.00         | 200.00    | 2.00         | 15.00     | 2.00       | X      |      | X     |      |         | X   |
|                 | Smartfood Delight White Cheddar Popcorn                  | 1 Bag      | 70.00  | 2.50     | 0.00         | 110.00    | 2.00         | 9.00      | 2.00       |        | X    |       |      |         | X   |
|                 | Whole Fruit Premium Juice Bar - Apple-licious 2 fl oz    | 1 each     | 40.00  | 0.00     | 0.00         | 5.00      | 0.00         | 10.00     | 2.00       |        |      |       |      |         | X   |
|                 | Whole Fruit Premium Juice Bar - Very Berry 2 fl oz       | 1 each     | 40.00  | 0.00     | 0.00         | 5.00      | 0.00         | 10.00     | 2.00       |        |      |       |      |         | X   |
|                 | Whole Fruit Premium Juice Bar - Wild Cherry 2 fl oz      | 1 each     | 40.00  | 0.00     | 0.00         | 5.00      | 0.00         | 9.00      | 2.00       |        |      |       |      |         | X   |