

Menu Name	Product Fullname	Category	Portion	prod_allergens	Gram Weight	Carbs	Sat Fat	Total Fat	Calories
100% Apple Juice	Juice, Apple, 100%	Beverage	1 Each	None of the 8 major allergens present	113.4	15	0	0	60
100% Orange Juice	Juice, Orange, 100%	Beverage	1 Each	None of the 8 major allergens present	113.4	15	0	0	60
Ambrosia Fruit Salad	Ambrosia Fruit Salad	Sides	1/2 Cup	None of the 8 major allergens present	130.92	20.42	0.6	0.76	85
Apple (Fresh)	APPLES,Fresh	Sides	1 Each	None of the 8 major allergens present	138	19.06	0.04	0.23	72
Apple Cinnamon Graham Bears	Bear, Graham, Apple Cinnamon,	Sides	1 Each	soy, wheat	28.35	20	0.5	3.5	115
Apple Crisp	Apple Crisp, WG, Xtra Fruit	Sides	1/2 Cup	milk, soy, wheat	151.59	31.66	4.75	7.84	200
Apple Frudel	Frudel, Apple	Entrees	1 Each	milk, soy, wheat	65	36	1.5	6	210
Apple Wedges	Apple Wedges	Sides	8 Slices	None of the 8 major allergens present	149	20.58	0.04	0.25	77
Applesauce	APPLESAUCE:cnnnd,unswtnd,+vit C	Sides	1/2 Cup	None of the 8 major allergens present	122	13.75	0.01	0.12	51
Apricots	APRICOTS: canned,light syrup	Sides	1/2 Cup	None of the 8 major allergens present	126.5	20.86	0	0.07	79.5
Baked Beans	Baked Beans	Sides	1/2 Cup	wheat	154.6	36.1	0.11	0.65	158
Baked Fries	French Fries, Gen 7, 3/8 reg	Sides	Serving	None of the 8 major allergens present	85.05	25.31	0.51	6.08	172
Baked Potato, Plain	Potato, Baked	Entrees	1 Each	None of the 8 major allergens present	213	33.46	0.04	0.21	147
Baked Tots	POTATO PUFFS: frozen,cooked	Sides	1/2 Cup	soy	64	17.76	1.17	5.52	121.5
Banana	Banana	Sides	1 Each	None of the 8 major allergens present	118	26.95	0.13	0.39	105
BBQ Beef Sandwich	BBQ Beef Sandwich	Entrees	1 Each	milk, soy, wheat	159.07	36.27	4.1	13.61	354
BBQ Beef Sandwich - 2 oz bun	BBQ Beef Sandwich - 2 oz bun	Entrees	1 Each	milk, soy, wheat	173.25	43.27	4.6	14.61	394
BBQ Pork Sandwich	BBQ Pork Sandwich	Entrees	1 Each	milk, soy, wheat	179.71	36.27	4.2	14.59	389
BBQ Pork Sandwich - 2 oz bun	BBQ Pork Sandwich - 2 oz bun	Entrees	1 Each	milk, soy, wheat	193.89	43.27	4.7	15.59	429
BBQ Sauce	BBQ Sauce - DISTRICT RECIPE	Condiment	2 Ounces	fish, shellfish	90.33	26.99	0.05	0.39	109
BBQ Turkey Sandwich	BBQ Turkey Sandwich	Entrees	1 Each	milk, soy, wheat	157.03	36.94	1.37	7.27	297
BBQ Turkey Sandwich - 2 oz bun	BBQ Turkey Sandwich - 2 oz bun	Entrees	1 Each	milk, soy, wheat	171.21	43.94	1.87	8.27	337
Bean Burrito	Burrito, Bean, Frozen, Posada	Entrees	1 Each	milk, soy, wheat	203	57	3	12	390
Beef & Bean Burrito	Burrito, Beef & Bean, Butcher	Entrees	1 Each	milk, soy, wheat	155.92	40.38	4.5	16.56	368
Biscuit	Biscuits	Sides	1 Each	milk, soy, wheat	124.36	31.25	0.5	3.53	161
Biscuit (1) & Gravy	Biscuits & Gravy	Entrees	Serving	milk, soy, wheat	244.16	38.54	1.42	8.08	234
Black Bean Salad	Black Bean Salad	Sides	1/2 Cup	None of the 8 major allergens present	121.53	14.94	0	0.49	78
Blueberry Muffin w/String Cheese	Blueberry Muffin/String Cheese	Entrees	Serving	milk, egg, soy, wheat	79.38	28	4.5	11	240
Blueberry Muffin Cake	Blueberry Breakfast Cake	Entrees	1 Slice	milk, egg, wheat	138.93	59.8	6.79	11.44	357
Breakfast Bites	Breakfast Bites	Entrees	3 Each	milk, egg, soy, wheat	72	19	3	10	190
Breakfast Burrito	Breakfast Burrito	Entrees	1 Each	milk, egg, soy, wheat	115.2	18.98	4.52	11.5	238
Broccoli Salad	Broccoli Salad - CSD1	Sides	1/2 Cup	egg, soy, wheat	82.85	28.68	0.67	4.7	159
Broccoli w/Cheese Sauce	Broccoli w/Cheese Sauce	Sides	1/2 Cup	milk, soy, wheat	114.76	8.65	0.35	0.85	51
Broccoli, Buttered	Broccoli, Buttered	Sides	1/2 Cup	milk, soy	98.47	5.18	0.83	1.56	39
Broccoli, Raw	BROCCOLI,raw: fresh	Sides	1/2 Cup	None of the 8 major allergens present	45.5	3.02	0.02	0.17	15
Brown Gravy	Brown Gravy	Condiment	2 Ounces	milk, soy, wheat	71.83	3.42	1.83	3.04	43
Brown Rice	Rice, Brown, Long Grain, REG	Sides	1/2 Cup	None of the 8 major allergens present	120.78	21.9	0.17	0.83	105
Brown Sugar Cinnamon Oatmeal	Oatmeal, Brown Sugar/Cinn	Entrees	1 Cup	milk	324.95	56.88	3.28	9.07	356
Cajun Beans & Rice	Beans, Cajun & Rice	Sides	1/2 Cup	soy	126.97	19.11	0.2	0.97	106
Canadian Bacon, turkey	Canadian Bacon	Sides	2 Slices	None of the 8 major allergens present	43.09	0	1	3.5	70
Cantaloupe	Cantaloupe	Sides	1/2 Cup	None of the 8 major allergens present	80	6.53	0.04	0.15	27
Capri Vegetables	Vegetables, Capri	Sides	1/2 Cup	milk, soy	92.42	4.17	0.78	1.23	37
Carrot Sticks	Carrot Sticks	Sides	1/2 Cup	None of the 8 major allergens present	61	5.84	0.02	0.15	25
Carroteenies, package	Carroteenies, 1.6oz bag	Sides	1 Bag	None of the 8 major allergens present	78	7	0	0	30
Carrots & Broccoli, Raw	Carrots & Broccoli	Sides	1/2 Cup	None of the 8 major allergens present	52.5	4.38	0.02	0.15	20
Carrots & Celery Sticks	Carrots & Celery	Sides	1/2 Cup	None of the 8 major allergens present	67.64	4.02	0.03	0.14	18
Carrots, Buttered	Carrots, Buttered	Sides	1/2 Cup	milk, soy	69.09	5.31	0.89	1.67	36
Cauliflower w/Cheese Sauce	Cauliflower w/Cheese Sauce	Sides	1/2 Cup	milk, soy, wheat	114.76	8.58	0.35	0.83	50
Cauliflower, Raw	CAULIFLOWER,raw: fresh	Sides	1/2 Cup	None of the 8 major allergens present	50	2.49	0.03	0.14	12
Celery Sticks	CELERY STICKS	Sides	1/2 Cup	None of the 8 major allergens present	60	1.78	0.025	0.1	9.5
Celery w/Peanut Butter	Celery w/Peanut Butter	Sides	Serving	peanut	130.97	12.84	5.35	28.48	366
Cereal, Berry Berry Kix	Cereal, Berry Berry Kix GM	Entrees	1 Each	None of the 8 major allergens present	24	20	0	1	90
Cereal, Cinnamon Toast Crunch	Cereal, Cinnamon Toast Crunch	Entrees	1 Each	soy, wheat	28.35	22	0.5	3	120
Cereal, Cinnamon Toasters	Cereal, Cinnamon Toasters, Bow	Entrees	1 Each	milk, soy, wheat	28.35	22	0.5	3	120
Cereal, Cocoa Puffs	Cereal, Cocoa Puffs GM	Entrees	1 Each	wheat	24	20	0	1	90
Cereal, Cookie Crisp	Cereal, Cookie Crisp GM	Entrees	1 Each	soy, wheat	21	18	0	1	80
Cereal, Golden Grahams	Cereal, Golden Grahams GM	Entrees	1 Each	wheat	28	23	0	1	110
Cereal, Honey Nut Cheerios	Cereal, Honey Nut Cheerios GM	Entrees	1 Each	tree nuts, wheat	28	22	0	1.5	110
Cereal, Honey Nut Chex	Cereal, Chex Honey Nut, Bowl P	Entrees	1 Each	tree nuts	31	27	0	1	120
Cereal, Kix	Cereal, Kix, Bowlpack, GM	Entrees	1 Each	None of the 8 major allergens present	17	15	0	0.5	60
Cereal, Lucky Charms	Cereal, Lucky Charms GM	Entrees	1 Each	None of the 8 major allergens present	26	21	0	1	100
Cereal, Marshmallow Mateys	Cereal, Marshmallow Mateys, Bo	Entrees	1 Each	soy, wheat	28.35	24	0	1	110
Cereal, Reese's Puffs	Cereal, Reese's Puffs GM	Entrees	1 Each	peanuts, wheat	24	18	0.5	2.5	100
Cereal, Trix	Cereal, Trix GM	Entrees	1 Each	None of the 8 major allergens present	21	18	0	1	80
Cheddar Goldfish	Goldfish, Cheddar .75 oz	Sides	1 Each	milk, soy, wheat	21.26	14	1	3.5	100
Cheese Enchilada	Enchiladas, Cheese, El Pasado	Entrees	2 Each	milk, soy, wheat	142	28	7	13	280
Cheese French Bread Pizza	Pizza, French Bread, Cheese	Entrees	1 Slice	milk, soy, wheat	140	35	5	14	330
Cheese Omelet	Omelet w. Cheese	Entrees	Serving	milk, egg, soy	56.89	0.72	2.82	6.78	97
Cheese Pizza	Pizza, Cheese, Smart, 4x6 Tony	Entrees	1 Slice	milk, soy, wheat	129	37	4	11	300
Cheeseburger 2.15oz	Cheeseburger 2.15oz	Entrees	1 Each	milk, soy, wheat	116.7	21.01	4.77	13.28	275
Cheeseburger 2.15oz - 2oz bun	Cheeseburger 2.15oz - 2oz bun	Entrees	1 Each	milk, soy, wheat	130.87	28.01	5.27	14.28	315
Cheeseburger Mac	Cheeseburger Macaroni, GAGE	Entrees	3/4 Cup	milk, soy, wheat	178.56	21.45	3.95	11.55	280
Chef Salad w/Chicken	Chef Salad, Chicken VARIETY	Entrees	Serving	milk, egg, soy, wheat	175.09	27.62	4.93	20.29	353
Chef Salad w/Ham	Chef Salad, Ham	Entrees	Serving	milk, egg, soy, wheat	241.55	23.74	4.68	17.05	310
Chef Salad w/Turkey	Chef Salad, Turkey	Entrees	Serving	milk, egg, soy, wheat	241.55	23.74	4.43	16.3	306
Cherry Frudel	Frudel, Cherry	Entrees	1 Each	milk, soy, wheat	65	36	1.5	6	210
Chicken Enchilada	Chicken Enchiladas	Entrees	1 Each	milk, soy, wheat	169.46	28.85	5.71	10.67	304

Chicken Gravy	Gravy, Chicken or Turkey	Condiment	2 Ounces	milk, soy, wheat	372.24	6.35	1.83	4.34	63
Chicken Nuggets	Chicken Nuggets	Entrees	5 Each	milk, egg, soy, wheat	93.47	14.06	2.31	11.56	213
Chicken Parmesan	Chicken Parmesan	Entrees	Serving	milk, egg, soy, wheat	436.77	40.78	2.97	13.9	362
Chicken Patty Sandwich	Chicken Patty Sandwich	Entrees	1 Each	milk, egg, soy, wheat	145.43	39.25	2.63	15.75	370
Chicken Patty Sandwich-2oz bun	Chicken Patty Sandwich-2oz bun	Entrees	1 Each	milk, egg, soy, wheat	145.43	39.25	2.63	15.75	370
Chicken Quesadillas	Chicken Quesadillas	Entrees	Serving	milk, soy, wheat	102.6	20.2	5.1	10.57	255
Chicken Soft Tacos	Chicken Soft Tacos	Entrees	2 Each	milk, soy, wheat	146.88	4.33	1.35	4.51	131
Chicken Tenders	Chicken Tenders	Entrees	3 Each	egg, soy, wheat	92.87	14	2.25	12	223
Chili	Chili w/Beans (3/4 cup serv)	Entrees	3/4 Cup	None of the 8 major allergens present	257.49	13.03	5.43	14.24	259
Chocolate Graham Bears	Bear Graham, Chocolate, MJM	Sides	1 Each	soy, wheat	28.35	20	1	3	112
Chopped Onion	Onion, Chopped	Condiment	1 Tablespo	None of the 8 major allergens present	10	0.93	0	0.01	4
Cilantro Lime Rice	Rice, Cilantro Lime	Sides	1/2 Cup	None of the 8 major allergens present	115.78	23.42	0.18	0.92	111
Cinnamon Apples	Cinnamon Apples	Sides	1/2 Cup	None of the 8 major allergens present	118.11	12.73	0	0	49
Cinnamon Bun Crunchmania	Cinnamon Bun Crunchmania PKG	Entrees	1 Each	milk, soy, wheat	50	37	2	7	220
Cinnamon Roll	Cinnamon Roll, WG - 2oz	Entrees	1 Each	milk, soy, wheat	78.72	41.46	1.85	6.23	236
Cinnamon Rush French Toast	Cinnamon Rush French Toast PKG	Entrees	1 Each	milk, egg, soy, wheat	75	34	1	5	190
Cinnamon Streusel Cake	Coffee Cake, WG, GAGE	Entrees	1 Slice	egg, soy, wheat	58.56	30	1	3	156
Cinnamon Streusel Cake 1/2 slice	Coffee Cake, 1/2 Slice	Sides	1/2 Slice	egg, soy, wheat	29.28	15	0.5	1.5	78
Cinnamon Teddy Grahams	Teddy Grahams, Cinnamon	Sides	1 Each	soy, wheat	21	16	0.5	3	90
Cinnamon Toast	Toast, Cinnamon Sugar	Sides	1 Slice	milk, soy, wheat	33.92	13.29	1.69	4.72	107
Cinnamon Waffle	Waffle, Cinnamon	Entrees	1 Each	milk, egg, wheat	62	35	2.5	9	240
Cole Slaw	Cole Slaw, Creamy	Sides	1/2 Cup	milk, egg, soy, wheat	131.6	10.71	0.52	3.49	82
Collard Greens	Collard Greens	Sides	1/2 Cup	milk, soy	185.78	11.88	1.93	3.69	90
Corn	Corn	Sides	1/2 Cup	milk, soy	130.39	11.23	1.21	2.94	78
Corn Dog Nuggets	Corn Dog Nuggets, Turkey	Entrees	6 Each	milk, egg, soy, wheat	114	25.5	3.75	16.5	300
Corn Dog on a Stick	Corn Dog, Turkey, On a Stick	Entrees	1 Each	milk, egg, soy, wheat	113	31	3.5	13	280
Cottage Cheese	Cottage Cheese, 2%, Roberts	Sides	1/4 Cup	milk	56.7	2.49	0.75	1.24	45
Country Fried Steak Nuggets	Country Fried Steak NUGGETS	Entrees	7 Each	milk, egg, soy, wheat	108.01	16	6	19	300
Creamed Turkey w/Mashed Potatoes	Creamed Turkey	Entrees	Serving	milk, soy, wheat	459.06	9.05	3.5	9.42	200
Cucumber	CUCUMBER,RAW	Sides	4 Slices	None of the 8 major allergens present	28.35	0.61	0	0.05	3
Dried Fruit w/Nuts	Fruit & Nut Mix (COMMODITY)	Sides	1/3 Cup	peanut, tree nut	57.28	30.64	0.33	5	180
Easy Beans & Rice	Beans, Easy & Rice	Sides	1/2 Cup	None of the 8 major allergens present	113.78	22.57	0.11	0.59	117
Egg & Cheese Biscuit		Entrees	Each	Egg, Wheat, Soy, Milk		23.57	6.75	15.06	276
Egg Biscuit (no cheese)	Egg Biscuit (NO CHEESE)	Entrees	1 Each	milk, egg, soy, wheat	171.8	31.81	1.99	8.31	231
Egg Roll	Egg Roll, Vegetable, 1.5 oz	Sides	1 Each	egg, soy, wheat	42.52	11.63	0.83	3.32	83
Fish Nuggets	Fish Nuggets, 1 oz Each	Entrees	4 Each	milk, egg, fish, shellfish, soy, wheat	112	21	2	13	260
Fish Sandwich w/cheese	Fish Sandwich w/cheese	Entrees	1 Each	milk, fish, shellfish, soy, wheat	154.87	43.01	3.77	15.28	385
Fish Sandwich w/cheese-2oz bun	Fish Sandwich w/cheese-2oz bun	Entrees	1 Each	milk, fish, shellfish, soy, wheat	154.87	43.01	3.77	15.28	385
Flamin' Hot Cheetos	Cheetos, Flamin Hot, Crunchy	Sides	1 Each	milk, soy	24.81	18	0.5	4.5	120
French Toast Sticks	French Toast Sticks, Farm Rich	Entrees	4 Each	milk, soy, wheat	106	45	2	13	310
Fruit Cocktail	Fruit Cocktail	Sides	1/2 Cup	None of the 8 major allergens present	126	15	0	0	60
Fruited Gelatin	Gelatin, Fruited	Sides	1/2 Cup	None of the 8 major allergens present	131.38	17.64	0	0	74
Garden Salsa Sunchips	Sunchips, Garden Salsa	Sides	1 Each	milk, wheat	28.35	19	1	6	140
Garlic Toast	Garlic Toast	Sides	1 Slice	milk, soy, wheat	33.19	12.58	1.69	4.71	104
Goldfish Pretzels	Goldfish, Pretzel .75 oz	Sides	1 Each	milk, soy, wheat	21.26	17	0	1.5	90
Grapes	Grapes	Sides	1/2 Cup	None of the 8 major allergens present	46	7.89	0.05	0.16	31
Green Beans	Green Beans	Sides	1/2 Cup	milk, soy	121.09	5.47	0.64	1.01	35
Grilled Cheese Sandwich	Grilled Cheese Sandwich	Entrees	1 Each	milk, soy, wheat	89.77	27.02	4.22	10.27	245
Grilled Cheese Sandwich - 2M	Grilled Cheese Sandwich - 2M	Entrees	1 Each	milk, soy, wheat	118.12	29.05	6.75	14.82	315
Ham & Cheese Breakfast Tortilla	Ham/Cheese Breakfast Tortilla	Entrees	1 Each	milk, soy, wheat	99.2	20.36	3.53	8.45	207
Ham & Cheese Deli Sandwich	Ham & Cheese Deli Sandwich RU	Entrees	1 Each	milk, soy, wheat	172.15	29.68	2.53	8.63	255
Ham & Cheese English Muffin	Ham & Cheese English Muffin	Entrees	1 Each	milk, soy, wheat	122.7	28.17	2.23	5.91	219
Ham & Cheese Omelet	Omelet w/Cheese & Ham	Entrees	Serving	milk, egg, soy	76.07	0.68	2.98	8.03	125
Ham & Cheese on Bun	Ham & Cheese on Bun	Entrees	1 Each	milk, soy, wheat	99.22	20.51	2.01	7.52	205
Ham & Cheese on Bun - 2oz bun	Ham & Cheese on Bun - 2oz bun	Entrees	1 Each	milk, soy, wheat	113.4	27.51	2.51	8.52	245
Ham & Cheese Roll	Ham & Cheese Roll-Up (WG)	Entrees	1 Each	milk, soy, wheat	120.1	31.02	2.71	9	259
Ham & Cheese Sandwich	Ham & Cheese Sandwich	Entrees	1 Each	milk, soy, wheat	113.4	26.51	2.01	6.52	225
Ham & Cheese Wrap	Ham & Cheese Wrap	Entrees	1 Each	milk, soy, wheat	157.95	21.68	2.53	7.03	198
Ham & Cheese Wrap	Ham/Cheese Wrap, 10,LOCAL	Entrees	1 Each	milk, egg, soy, wheat	0	33.73	3.5	11.4	299
Hamburger on Bun	Hamburger on Bun	Entrees	1 Each	milk, soy, wheat	111.98	20	4	13	260
Hamburger on Bun - 2oz bun	Hamburger on Bun - 2oz bun	Entrees	1 Each	milk, soy, wheat	111.98	20	4	13	260
Hash Brown Patty	Hash Brown Patty	Sides	1 Each	soy	63	14	2	8	130
Hot Dog (Turkey)	Hot Dog (Turkey)	Entrees	1 Each	milk, soy, wheat	98.52	20	2.5	11	230
Hot Dog (Turkey) - 2oz bun	Hot Dog (Turkey) - 2oz bun	Entrees	1 Each	milk, soy, wheat	112.7	27	3	12	270
Jambalaya	Jambalaya	Entrees	1 Cup	milk, soy	374.1	51.85	3.77	9.67	387
Jelly	JELLY	Condiment	1 Each	None of the 8 major allergens present	21	14.69	0	0	56
Ketchup	KETCHUP: individual	Condiment	1 Each	None of the 8 major allergens present	6	1.51	0	0.02	6
Kiwi	KIWI FRUIT	Sides	1 Each	None of the 8 major allergens present	69	10.12	0.02	0.36	42
Lasagna (homemade)	Lasagna	Entrees	Serving	milk, soy, wheat	230.85	28.26	5.18	8.92	270
Lasagna Casserole	Lasagna, GAGE, Whole Grain	Entrees	3/4 Cup	milk, egg, wheat	169.45	20.75	5.07	9.33	245
Lettuce Leaf & Tomato	LETTUCE & TOMATO:1 leaf,2 slice	Sides	1 Leaf/2 Sli	None of the 8 major allergens present	55	2	0.01	0.1	9
Lite Mayo	Mayo, Light, Packets	Condiment	1 Each	egg, soy, wheat	12.4	0	0.5	4	40
Mandarin Oranges	Mandarin Oranges	Sides	1/2 Cup	None of the 8 major allergens present	140	17	0	0	70
Margarine	Margarine, PC, Parkay	Condiment	1 Each		5	0	0	2	25
Marinara Sauce	Spaghetti Sauce for Dipping	Condiment	2 Ounces	None of the 8 major allergens present	52.53	4.04	0.01	0.05	18
Mashed Potatoes	Mashed Potatoes	Sides	1/2 Cup	milk, soy	111.4	14.39	1.86	2.94	92
Mashed Sweet Potatoes	Sweet Potatoes, Mashed II	Sides	1/2 Cup	milk, soy	124.93	35.1	2.33	4.25	186
Meatball Sub	Meatball Sub	Entrees	1 Each	milk, soy, wheat	190.95	36.35	7.53	20.31	382

Mexican Beans	Mexican Beans	Sides	1/2 Cup	soy, wheat	100.13	23.58	0.13	0.65	128
Mexican Pizza	Pizza, Fiestada (Mexican)	Entrees	1 Slice	milk, soy, wheat	150	52	6	13	410
Milk, Chocolate, Fat Free	Milk, Chocolate, Fat Free	Beverage	1 - 8oz	Cartmilk		25	0	0	130
Milk, Strawberry	Milk, Strawberry, Fat Free	Beverage	1 - 8oz	Cartmilk		23	0	0	130
Milk, White	Milk, White, Fat Free	Beverage	1 - 8oz	Cartmilk		12	0	0	80
Milk, White - 1%	Milk, White, 1% Low Fat	Beverage	1 - 8oz	Cartmilk		12	1.5	2.5	100
Mini Egg Roll	Egg Roll, Vegetable .85 oz	Sides	1 Each	egg, soy, wheat	24	7.25	0.38	1.5	45
Mozzarella Dippers	Mozzarella Dippers	Entrees	1 Each	milk, soy, wheat	89.58	26.01	4.05	8.1	232
Mustard	MUSTARD: individual PC	Condiment	1 Each	None of the 8 major allergens present	5	0.27	0.01	0.2	3
Nacho Cheese Doritos, Baked	Doritos, Nacho Cheese, BAKED	Sides	1 Bag	milk, soy	21.26	16	0.5	3	90
Nachos	Nachos	Entrees	Serving	milk, soy, wheat	115.95	35.27	5.15	11.81	272
Nectarine	NECTARINES,FRESH	Sides	1 Each	None of the 8 major allergens present	142	14.98	0.04	0.45	62
Orange (Fresh)	ORANGES	Sides	1 Each	None of the 8 major allergens present	131	15.39	0.03	0.16	62
Orange Smiles	Orange Wedges	Sides	3 Wedges	None of the 8 major allergens present	98.25	11.54	0.02	0.12	46
Pancakes	Pancakes, WG, Frozen COMM	Entrees	2 Each	milk, egg, soy, wheat	66.33	26	0	3	140
Pasta Salad	Pasta Salad - DISTRICT	Sides	1/2 Cup	soy, wheat	290.72	29.72	1.27	9.06	209
Peach (Fresh)	PEACHES,FRESH	Sides	1 Each	None of the 8 major allergens present	150	14.31	0.03	0.38	59
Peach Yogurt Cup	Yogurt, Peach, NF RS	Sides	1 Each	milk	113.4	19	0	0	90
Peaches	Peaches, Sliced, Canned, COMM	Sides	1/2 Cup	None of the 8 major allergens present	119.07	13.22	0	0.12	50
Peanut Butter & Jelly Sandwich	Peanut Butter & Jelly Sandwich	Entrees	1 Each	milk, peanut, soy, wheat	97.21	38	2.66	16.17	349
Pear (Fresh)	PEARS,FRESH	Sides	1 Each	None of the 8 major allergens present	178	27.52	0.02	0.21	103
Pears, Canned	Pears, Canned	Sides	1/2 Cup	None of the 8 major allergens present	124	15.12	0	0.12	58
Peas	Peas	Sides	1/2 Cup	milk, soy	126.24	16.7	1.66	2.98	116
Pepperoni French Bread Pizza	Pizza, French Bread, Pepperoni	Entrees	1 Slice	milk, soy, wheat	134	33	4.5	12	310
Pepperoni Pizza	Pizza, Pepperoni, 4x6	Entrees	1 Slice	milk, soy, wheat	132	37	5	12	320
Philly Cheese Steak	Philly Cheese Steak	Entrees	1 Each	milk, soy, wheat	153.09	23.99	3.42	8.63	289
Philly Cheese Steak	Philly Cheese Steak - RUSKIN	Entrees	1 Each	milk, soy, wheat	167.26	30.99	3.92	9.63	329
Pickle Relish	Pickle Relish	Condiment	1 Packet	wheat	9	3.1	0	0.05	12
Pickle Slices	Pickle Slices	Condiment	3 Slices		21	0.54	0.01	0.03	3
Pineapple	Pineapple	Sides	1/2 Cup	None of the 8 major allergens present	124.5	19.55	0.01	0.1	75
Pork Lo Mein	Pork Lo Mein	Entrees	3/4 Cup	fish, shellfish, soy, wheat	399.22	26.58	5.56	15.35	381
Potato Salad	POTATO SALAD	Sides	1/2 Cup	egg, soy	72	13.4	0.4	2.2	77
Power Gelatin	Gelatin, Power	Sides	1/2 Cup	None of the 8 major allergens present	131.11	24.74	0.01	0.04	104
Pretzel w/Cheese Sauce	Pretzel w.Cheese	Entrees	Serving	milk, soy, wheat	144.3	45.45	0.59	2.18	229
Raisins	Raisins, Box 1.33oz, COMM	Sides	1 Box	None of the 8 major allergens present	37.7	30.09	0.02	0.17	114
Ranch Doritos	Doritos, Ranch, Reduced Fat	Sides	1 Bag	milk, soy	28.35	19	1	5	130
Ranch Dressing	Ranch Dressing, Lite, Prepared	Condiment	2 Tablespo	milk, egg, soy, wheat	30	1	1.5	10	100
Red Pepper Slices	Red Pepper Slices	Sides	1/2 Cup	None of the 8 major allergens present	46	2.77	0.01	0.14	14
Refried Beans	Refried Beans - DISTRICT	Sides	1/2 Cup	milk, soy	144.31	20.94	0.98	1.54	137
Ribeque	Ribeque	Entrees	1 Each	milk, soy, wheat	134.66	30	4.5	16	330
Ribeque - 2oz bun	Ribeque - 2oz bun	Entrees	1 Each	milk, soy, wheat	148.83	37	5	17	370
Roasted Chicken	Chicken, 8pc BoneIn, Roasted	Entrees	Serving	None of the 8 major allergens present	84	0	3.5	10	170
Roll, Whole Wheat, 1 oz	Hot Roll, Whole Wheat - 1oz	Sides	1 Ounce	milk, soy, wheat	31.69	14.8	0.34	2.19	87
Roll, Whole Wheat, 2 oz	Hot Roll, Whole Wheat - 2oz	Sides	2 Ounces	milk, soy, wheat	63.38	29.6	0.68	4.38	174
Rosy Applesauce	Rosy Applesauce	Sides	1/2 Cup	None of the 8 major allergens present	131.54	22.01	0.01	0.12	86
Salad, no dressing	Salad Mix, Iceberg/Romaine	Sides	1 Cup	None of the 8 major allergens present	55	1.66	0.01	0.09	8
Salisbury Steak w/Mashed Potatoes	Salisbury Steak - DISTRICT	Entrees	Serving	milk, soy, wheat	252.68	18.82	7.68	15.98	275
Salsa	SALSA:COMMUNITY	Condiment	1 Ounce	wheat	28.35	1.98	0.01	0.06	10
Saltine Crackers	Saltines 4pk	Sides	1 Package	soy, wheat	12	9.13	0.19	1.12	49
Santa Fe Mac & Cheese	Santa Fe Mac & Cheese	Entrees	3/4 Cup	milk, soy, wheat	220.58	20.82	3.22	6.93	244
Sausage Biscuit	Sausage Biscuit	Entrees	1 Each	milk, soy, wheat	164.36	31.25	3.5	12.53	271
Sausage English Muffin Sandwich	Sausage English Muffin	Entrees	1 Each	milk, soy, wheat	106	26.66	3.22	10.39	244
Sausage Patty	Sausage Patty, 1.42oz	Sides	1 Each	None of the 8 major allergens present	40	0	3	9	110
Sausage Pizza	Pizza, Sausage, Smart, 4x6 Ton	Entrees	1 Slice	milk, soy, wheat	132	37	3.5	10	290
Scrambled Eggs	Scrambled Eggs	Entrees	1/2 Cup	egg	121.88	1.42	3.81	12.27	180
Shredded Cheese	Cheese, Shredded	Condiment	1 Ounce	milk, soy	28.35	0.5	4	6	90
Shredded Lettuce & Tomato	Lettuce & Tomato for Tacos	Sides	1/2 Cup	None of the 8 major allergens present	58.75	2.17	0.02	0.11	10
Sliced Ham	Ham, Sliced	Entrees	2 Ounces	None of the 8 major allergens present	56.7	0.66	1	2.99	66
Sloppy Joe - HM	Sloppy Joe - HM	Entrees	1 Each	milk, soy, wheat	175.57	28.45	4.63	15	329
Sloppy Joe - RUSKIN	Sloppy Joe - RUSKIN	Entrees	1 Each	milk, soy, wheat	189.75	35.45	5.13	16	369
Sour Cream	Sour Cream	Condiment	1 Tablespo	milk, wheat	15	1	1	1.25	20
Spaghetti w/Meat Sauce	Spaghetti w/Meat Sauce	Entrees	3/4 Cup	soy, wheat	422.56	27.5	4.63	12.14	298
Spicy Black Beans & Rice	Beans, Spicy Black & Rice	Sides	1/2 Cup	soy	190.22	22.81	0.36	2.58	133
Spicy Chicken Fillet Sandwich	Spicy Chicken Fillet Sandwich	Entrees	1 Each	milk, soy, wheat	198.7	51	4	16	460
Spicy Chicken Fillet - RUSKIN	Spicy Chicken Fillet - RUSKIN	Entrees	1 Each	milk, soy, wheat	198.7	51	4	16	460
Spicy Chicken Patty Sandwich	Spicy Chicken Patty Sandwich	Entrees	1 Each	milk, egg, soy, wheat	133.52	31	2.5	14	320
Spicy Sweet Chili Doritos	Doritos, Spicy Sweet Chili, RF	Sides	1 Bag	soy, wheat	28.35	20	0.5	5	130
Spinach, Buttered	Spinach, Buttered	Sides	1/2 Cup	milk, soy	131.34	3.82	1.2	2.36	43
Stir Fry Vegetables	Vegetables, Stir Fry	Sides	1/2 Cup	fish, shellfish, soy	102.19	11.47	0.05	0.27	53
Strawberries (Fresh)	STRAWBERRIES,FRESH	Sides	1/2 Cup	None of the 8 major allergens present	144	5.56	0.01	0.22	23
Strawberry Banana Yogurt Cup	Yogurt, Strawberry Banana, NF	Sides	1 Each	milk	113.4	19	0	0	90
Strawberry Cup	Strawberries, SS Cup, Frozen,	Sides	1 Each	None of the 8 major allergens present	127.57	32.94	0.01	0.17	122
Strawberry Graham Waffle	Grahams, Waffle, Strawberry MJ	Sides	1 Each	soy, wheat	28.35	21	0	3	113
String Cheese	String Cheese, 1oz	Sides	1 Each	milk, soy	28.35	1	3	6	80
Submarine Sandwich	Submarine Sandwich	Entrees	1 Each	milk, soy, wheat	99.22	20.51	2.01	7.52	205
Submarine Sandwich - 2oz bun	Submarine Sandwich - 2oz bun	Entrees	1 Each	milk, soy, wheat	113.4	27.51	2.51	8.52	245
Sunchip Morning Mix	Sunchip Morning Mix	Entrees	1 Each	milk, wheat	42.5	32	0.5	5	190
Sunshine Spinach Salad	Spinach Salad, Sunshine	Sides	1/2 Cup	milk	82.14	7.47	0.03	0.16	33

Sweet Potatoes	Sweet Potatoes	Sides	1/2 Cup	milk, soy	153.52	20.21	3.5	5.52	128
Syrup	Syrup, Pancake, SS 1.5oz Cup,	Condiment	1 Each		56	31	0	0	160
Taco Chips	Taco Chips	Sides	5 chips	None of the 8 major allergens present	14	8.5	1.5	3.5	70
Taco Pie	Taco Pie - HM District	Entrees	Serving	milk, soy, wheat	175.68	24.19	5.42	12.75	295
Taco Salad - DISTRICT	Taco Salad - DISTRICT	Entrees	Serving	milk, soy, wheat	127.6	29.51	10.09	22.43	409
Taco Salad - 2ndary	Taco Salad - 2ndary	Entrees	Serving	milk, soy, wheat	154.75	39.11	12.49	28.19	518
Tangerine (Fresh)	TANGERINES,FRESH	Sides	1 Each	None of the 8 major allergens present	88	11.74	0.03	0.27	47
Tartar Sauce	Tartar Sauce	Condiment	2 Tablespo	egg, soy	31.14	5.2	0.7	4.89	70
Tenderloin Sandwich	Tenderloin Sandwich-2oz bun	Entrees	1 Each	soy, wheat	161.7	44	5	20	420
Teriyaki Chicken Nuggets	Chicken Wonderbites	Entrees	4 Each	soy, wheat	84	9	1	3.5	130
Teriyaki Chicken w/Egg Roll	Teriyaki Chicken w/Egg Roll	Entrees	Serving	egg, fish, shellfish, soy, wheat	340.63	46.49	1.96	7.47	332
Teriyaki Rice	Rice, Teriyaki	Sides	1/2 Cup	fish, shellfish, soy, wheat	137.08	26.12	0.17	0.86	122
Teriyaki Rice Bowl	Teriyaki Chicken Rice Bowl	Entrees	Serving	fish, shellfish, soy, wheat	358.16	61.24	1.34	5.23	374
The Best Beans & Rice	Beans, The Best & Rice	Sides	1/2 Cup	soy	27.71	5.27	0.06	0.36	27
Toast	Toast	Sides	1 Slice	milk, soy, wheat	33.07	12.5	1.69	4.71	104
Tossed Salad w/Ranch Dressing	Salad, Tossed w/Ranch Dressing	Sides	1 Cup	milk, egg, soy, wheat	36.63	1.13	0.43	2.9	33
Trail Mix	Trail Mix, Lunch	Sides	1/2 Cup	milk, tree nut, soy, wheat	69.36	42.73	1.09	7.68	242
Tropical Fruit Salad	Tropical Fruit	Sides	1/2 Cup	None of the 8 major allergens present	140	24	0	0	100
Tuna Casserole	Tuna Noodle Casserole-DISTRICT	Entrees	3/4 Cup	milk, egg, fish, shellfish, soy, wheat	395.46	30.61	2.11	4.66	250
Tuna Salad Sandwich	Tuna Salad Sandwich - DISTRICT	Entrees	1 Each	milk, egg, fish, shellfish, soy, wheat	142.74	31.29	0.58	6.52	264
Tuna Salad Wrap	Tuna Salad Wrap - District	Entrees	1 Each	milk, egg, fish, shellfish, soy, wheat	220.55	38.87	1.6	8.16	306
Turkey & Cheese Deli Sandwich	Turkey/Cheese Deli Sandwich RU	Entrees	1 Each	milk, soy, wheat	172.15	29.68	2.28	7.89	251
Turkey & Cheese on Bun	Turkey & Cheese on Bun	Entrees	1 Each	milk, soy, wheat	99.22	20.51	1.77	6.78	200
Turkey & Cheese on Goldfish Shaped	Turkey & Cheese Fish Bread	Entrees	1 Each	milk, soy, wheat	99.7	22.51	2.27	5.28	180
Turkey & Cheese Sandwich	Turkey & Cheese Sandwich	Entrees	1 Each	milk, soy, wheat	113.4	26.51	1.77	5.78	220
Turkey & Cheese Wrap	Turkey/Cheese Wrap, 10,LOCAL	Entrees	1 Each	milk, soy, wheat	0	33.73	3.25	10.65	294
Turkey & Noodles	Turkey Tetrazzini - GAGE	Entrees	3/4 Cup	milk, egg, soy, wheat	198.45	21	2.9	7.86	237
Turkey Burger	Turkey Burger	Entrees	1 Each	milk, soy, wheat	110	19	1.5	8	230
Turkey Burger - 2oz bun	Turkey Burger - 2oz bun	Entrees	1 Each	milk, soy, wheat	138.35	27.01	3.27	11.28	305
Uncrustable	Uncrustable, 2.8 oz, White	Entrees	1 Each	peanut, soy, wheat	80	33	3.5	16	320
Uncrustable, Whole Wheat	Uncrustable, PBJ, Whole Wheat	Entrees	1 Each	peanut, soy, wheat	82	34	3.5	17	330
Vanilla Graham Bears	Bear Grahams, Vanilla, MJM	Sides	1 Each	soy, wheat	28	20	0.5	3.5	115
Waffles	Waffles, Frozen, Hilltop Heart	Entrees	2 Each	milk, egg, soy, wheat	72	31	1	6	190
Watermelon	Watermelon	Sides	1/2 Cup	None of the 8 major allergens present	76	5.74	0.01	0.11	23
White Gravy	Gravy, Country (White), GAGE	Condiment	2 Ounces	milk, wheat	59.9	3.64	0.46	2.28	36
Winter Mix Vegetables	Vegetables, Winter Mix	Sides	1/2 Cup	milk, soy	79.02	3.67	0.87	1.38	35
Yogurt Parfait w/Blueberries	Yogurt Parfait w/Blueberries	Entrees	1 Each	milk	152.15	23.7	0.02	0.25	110
Yogurt w/Granola Bar	Yogurt & Granola Bar	Entrees	Serving	milk, soy, wheat	149.4	47	1	2.5	230