

## Lunch Menu Items

		Nutrients / Equivalent						Allergens							
		Calories	Saturated Fat (g)	Sodium (mg)	Meat/Meat Alt	Grain Equivalent	Carbs (g)	Wheat	Gluten	Peanuts	Tree Nuts	Soy	Sea Food	Dairy	Eggs
Item Description	Serving Size														
<b>ENTRÉE</b>															
Beef Vegetable Soup	8 oz	216.00	4.50	610 mg	1.00	0.00	15g								
Chicken Finger Sandwich	1 Sandwich	514	5	1027 mg	2	2	53 g	x	x			x			x
Chicken Tenders (proview)	3 pcs	180	0	590 mg	2	1	21g	x	x			x			
Chili	6 oz	367	7.6g	326mg	2	0	22g								
Pimento Cheese Prepack (Sunflower seeds/Apple/Carrots/Ranch Dressing)	1 Meal	583	7		2	1.5	55 g	x	x			x		x	
Loaded Baked Potato	1 Medium Potato	602	9		2		52g							x	
Pulled Chicken Sub	1 Sandwich	336	3.94	758 mg	2	2	36 g	x	x					x	
Beef Steak w/Gravy	Steak & 2 oz sauce	219	4.6	773 mg	2		10 g	x	x			x			
Fish Burger	1 Sandwich	230	0	600 mg	1.75	2	30 g	x	x			x	x		
Fish & Grits	5 Nuggets & 4 oz Grits	376	1.8g	999mg	2	2.5	42.6g	x	x			x	x		
Fish Portion	1 Piece	160	1g	300mg	2	1	15g	x	x			x	x		
Black Bean Quinoa Quesadilla	1 each	426	6.8		2	1	63 g	x	x			x		x	
Baked Mac & Cheese/Chorizo	5 oz Mac & Cheese/2 oz Turkey	365	8.25	594 mg	2	1	52 g	x	x			x		x	x
Ham & Cheese Croissant	1 Sandwich	385	9.5	1415	2	2	27.4g	x	x			x		x	x
Inside Burrito	8 oz	285	1.5	320	2	1	53.7g	x	x			x		x	
Cheesy Bean Supreme	6 oz.	368	4		1	1	60 g							x	
All American Dog	1 Sandwich	342	4.8		2	2	39 g	x	x			x			
Chicken Lettuce Wrap	1 Wrap	209	1.6		2		22 g	x	x			x			
Beef, Jalapeno Wrap	2 each	410.00	8.00	720.00	2.00	2.00	46.00	x	x			x		x	
PPJ Uncrustable	1 Pkg	310.00	2.50	310.00	1.00	1.00	34g	x	x	x		x			
Meat Combo Pizza	1 Pizza	310	5g	590mg	2	2	30g	x	x			x		x	
BBQ Plate Served with texas toast not included in nutrient)	3 oz	246.00	4.8g	720mg	2.00	0.00	13g		x						
Bean & Cheese Nachos	2 oz beans/1.5 oz chips	520.00	6g	450mg	2.00	2.00	56g							x	
Beef Steak w/Gravy	2.6 oz	212.00	5.00	1195mg	2.00	0.00	6g	x	x			x			x
Chicken Chunks	5 pcs	190.00	1.5g	620 mg	2.00	0.00	14g	x	x			x			
Cheese Jumbo Ravioli	3 pieces	206.00	1.50	596.00	2.00	1.75	24.00	x	x					x	x
Chicken & Waffles	3 piece/1 waffle	459.00	3.9g	637 mg	2.00	2.00	64g	x	x			x		x	
Chicken Buffalo Pizza	1 slice	290.00	6.00	920.00	2.00	2.00	27.00	x	x					x	
Chicken Nuggets Breaded	5 pieces	140.00	1.00	<480mg	2.00	0.75	13g	x	x			x		x	

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Chicken Pot Pie	6 oz sauce 2 oz crust	520 kcal	3g	1140mg	2.00	1.00	32g	x	x			x		x	
Chicken Salad	3 oz chic	109.00	.4g	204.00	2.00	0.00	3g					x		x	x
Chickpea Hummus	2.5 oz	188.00	1g	339mg	1.00	0.00	24.5g								
Corndogs	1 each	240.00	2g	590mg	2.00	2.00	33g	x	x			x			x
Corndogs, Mini	6 each	330.00	4.50	760.00	2.00	2.00	28.00	x	x			x			x
Fish Nuggets	4 pieces	230.00	1.5g	320mg	2.00	1.50	23g	x	x			x	x	x	
Hamburger (w/o bun)	1 patty	128.00	3.3g	210 mg	2.00	0.00	2g					x			
Hummus Plate	1 entrée	236.00	.8g	372mg	1.00	2.00	41g	x	x						
Hummus, Cheese, Fruit	2.5 oz hummus	236.00	.8g	372 mg	1.00	2.00	41g	x	x						
Mac & Cheese (meatless entrée)	6 oz	452.00	16.8g	569 mg	2.00	2.00	24g	x	x			x		x	
Meatloaf w/salsa sauce	2 oz	201.00	4.5g	655 mg	2.00	0.00	11g					x			
Pizza, Inhouse Pepperoni	1 Sl.	360.00	6.50	579.00	2.00	2.00	36.70	x	x			x		x	x
Oven Roasted Chicken	2 oz meat eq.	200.00	3g	480mg	2.00	0.00	5g	x	x			x			
Rib B Q Sandwich	1 sandwich	405.00	6.5g	850mg	2.00	2.00	38g	x	x			x		x	
Seafood basket (shrimp/fish)	2 oz	353.00	3g	1143mg	0.00	0.00	28g	x	x			x	x		
Spaghetti w/meat sauce	6 oz	255.00	2.3g	345mg	2.00	2.00	28.00	x	x			x			x
Spaghetti w/meatless sauce	6 oz	315.00	13.80	879mg	2.00	2.00	38.00	x	x			x		x	x
Super Beef Nachos	2 oz meat/1.5 oz chips	357.00	5.7g	477mg	2.00	1.50	30g					x			
Sandwich, Chicken Salad															
Croissant	3 oz salad 1 bun	309.00	3.90	507.00	2.00	2.00	29g	x	x			x		x	x
Sandwich, Grilled Cheese	1 Sandwich	280.00	6.00	442.00	1.00	1.50	28.00	x	x					x	
Sandwich, Ham Slider	1 Sandwich	172.00	1.00	690.00	1.00	1.00	20g	x	x						
Stew, Brunswick	8 oz	147.00	0.00	597.00	1.00	0.00	19g								
Sunflower Seeds, Ind.	1 oz. (28.35 g)	170.00	1.6 g	110 mg	1.00	0.00	6 g								
Turkey Hoagie	1 sandwich	303.00	3.00	851.00	2.00	2.00	38.00	x	x			x		x	
Veggie Chicken Patty	patty	140.00	5.00	485mg	1.00	1.00	16g	x	x			x		x	x
Veggie chicken patty w/ bun	1 sandwich	290.00	0.00	680 mg	1.00	2.50	47g	x	x			x			
WW Buffalo Chicken Pizza	1 slice	290.00	6g	920mg	2.00	2.00	27g	x	x					x	
Yogurt Plate*	1 meatless entrée	562.00	4g	371mg	2.00	2.00	49g	x	x			x		x	
Meat Calzone	4.69 oz	250.00	2.00	430mg	2.00	2.00	33g	x	x			x		x	
Cheese Calzone	4.69 oz	250.00	2.00	420mg	2.00	2.00	33g	x	x			x		x	
Mozzarella Sticks	2 each	300.00	7.00	580mg	2.00	2.00	36g	x	x			x		x	
California Dreamin Burger	1 sandwich	372	7 g	955 mg	2.5	2	18 g	x	x			x		x	
Potato Wedge Nachos*	1 entrée	337	6 g		2		35 g							x	
Grilled Chicken Ceasar Salad*	1 entrée	422	2.5 g	917 mg	2	2	43 g	x	x			x		x	
Sriracha Chicken Pizza	1 slice	377	6 g	539 mg	2	2	41 g	x	x			x		x	
Pork Carnitas	4 oz	355	6 g	755 mg	2	2	35 g	x	x						

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Pulled Chicken Plate*	4 oz	140	0 g	935 mg	2		16 g								
Very Veggie Croissant	1 sandwich	376	11	549	1	2	32g	x	x					x	
Curry Chicken w/Rice& Pita*	4 oz Chicken/4 oz Rice & 1/2 Pita	365	1g	198 mg	0	2	58g	x	x					x	
Curry Chicken	4 oz	109.00	1g	100 mg	2.00	0.00	4.5g	x	x			x		x	x
Chicken Salad Sub	1 bun 3 oz salad	243.00	0.40	493.00	2.00	2.00	29.8g	x	x					x	
In House Pepperoni Pizza	1 slice	360.00	6.5g	580mg	2.00	2.00	36.7g	x	x			x		x	
Asian Chicken Bowl w/Rice and Noodles	1 meal	426.00	.8g	1532mg	2.00	2.00	67g	x	x			x			
Roasted Turkey w/Cornbread Dressing	2 oz turkey, 2 oz gravy w/dressing	351.00	6.3g	1141 mg	2.00	0.00	16g	x	x			x		x	x
Scrambled Dog	1 Hotdog w/bean chili	338.00	4.7g	1186.00	2.00	2.00	34g	x	x			x			
BYO Fruit Pizza	1 pita/yogurt/peaches & peanut butter Pk	436.00	2.60	327.00	2.00	2.00	57g	x	x	x				x	
Chicken Drum	1 drumstick	160.00	2.50	320 mg	2.50	0.00	2g								
Lasagna w/meatsauce	6 oz	431.00	11g	992mg	2.00	1.00	34.50	x	x					x	
Lasagna w/meatless sauce	6 oz	306.00	6g	1228.00	2.00	1.00	42.40	x	x					x	
CK Fajita Chicken Salad	1 meal	487.00	3g	1190 mg	2.00	2.00	56.8g	x	x					x	
Cheese Pizza w/Chorizo	1 Sl.	375.50	6.50	572.00	2.00	2.00	37.00	x	x			x		x	
BBQ Chicken Sandwich		289.00	1.6g	1171mg	2.00	2.00	31g	x	x						
<b>GRAIN</b>															
Bread Bowl	1 bowl	160.00	.5g	125mg	0.00	2.00	28g	x	x			x		x	x
Bread sticks	1	205.00	<1	325mg	0.00	2.00	34.00	x	x					x	x
Brown Rice	4 oz	191.70	0.00	28.60	0.00	1.00	41g							x	
Cornbread	1oz	190.00	1g	439mg	0.00	1.00	27g	x	x			x		x	x
Cornbread dressing	4 oz	114.00	1.00	420.00	0.00	0.50	11.00	x	x					x	x
Flatbread squares	6"x5" square	130.00	0.00	140 mg	0.00	2.00	26g	x	x			x			
Garden Pasta Salad	4 oz	28.00		30mg			6g	x	x			x			
Hamburger bun	1 bun	160.00	0.00	270mg	0.00	2.00	31g	x	x			x			
Jalapeno Cornbread	1 oz							x	x					x	x
Roll	2 oz eq.	116.00	.4g	10mg	0.00	2.00	19g	x	x					x	x
Croissant Bun	1 oz	110.00	2g	150mg	0.00	1.00	15g	x	x			x		x	x
Croissant Bun	2 oz	190.00	3.5g	270mg	0.00	2.00	26g	x	x			x		x	x
Bun, Sub Roll	2.5 oz	200.00	0 g	330 mg			36 g	x	x						
Bun, Sub Roll Dough	106.3 g	250.00	1 g	370 mg			44 g	x	x						
Crotons	7 g	30.00	0 g	55 mg			4 g	x	x			x			
Tortilla, Flour 6"	50 g	130.00	0 g	5 mg			25 g	x	x						
Tortilla, Flour10"	57 g	170.00	3 g	147 mg			30 g	x	x						

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Graham Crackers Chocolate	1 package (28 g)	120.00	0 g	85 mg		1.00	20 g	x	x						
Graham Crackers	1 package (28 g)	130.00	0 g	95 mg		1.00	20 g	x	x						
Granola, Ind	1 package (17 g)	70.00	0 g	55 mg			13 g	x	x		x	x			
Texas Toast	1 sl.	100.00	1.5g	180mg		1.00	14g	x	x			x		x	
Pretzel, Rods, Soft	1 oz.	70.00	0 g	65 mg			14 g	x	x						
Taco, Shell Pieces	28 g	140.00	3 g	15 mg			17 g								
Pasta, Elbow	2 oz.	180.00	0 g	0 mg			39 g	x	x						
Pasta, Lasagna	2 oz.	160.00	0 g	0 mg			35 g	x	x						
Pasta, Penne	2 oz.	180.00	0 g	0 mg			39 g	x	x						
Pasta, Rotini	2 oz.	180.00	0 g	0 mg			39 g	x	x						
Pasta, Spaghetti	2 oz.	180.00	0 g	0 mg			39 g	x	x						
<b>VEGETABLE</b>															
Baked Beans	4oz	188.00	0.00	564mg	0.00	0.00	36g					x			
Baked Potato	1 medium	110.00	0.00	8mg	0.00	0.00	24g								
Black Bean Salsa	4 oz	168.00	0.00	388.00	0.00	0.00	18.5g								
Black Eye Peas & Corn Salad	4 oz	135.50	0.00	422mg	0.00	0.00	27g								
Cheese Broccoli	4 oz	70.00	1g	297mg			9g							x	
Broccoli Salad	4 oz	157.00	.9g	198 mg			21g								
Creamed Corn	4 oz	88.00					22g							x	
Kale Apple & Quinoa Salad	4 oz	43	0 g	15 mg			6 g				x				
Leaf Lettuce w/Tomatoes	4 oz	12	0	8mg			2.5								
Carrots w/ranch dip	4 oz	101.00	1.25	344 mg	0.00	0.00	9g					x		x	x
Coleslaw	4 oz	118.00	1.25	264.00	0.00	0.00	17g							x	
Collards	4 oz	73.00	0.00	275.00	0.00	0.00	8.80					x			
Corn, Buttered	4 oz	97.00	0.00	409mg	0.00	0.00	22g							x	
Cucumber Pineapple Salad	4 oz	37.00	0.00	5 mg	0.00	0.00	8.8g								
Roasted Califlower Blend	4 oz	45	0 g	43 mg			6 g								
Garbanzo Bean Salad	4 oz	147	0	140mg			28g								
Corn on the Cob	1 piece	93.00	0.00	33mg	0.00	0.00	20g							x	
Corn Salad w/peppers	4 oz	97.00	0.00	67mg	0.00	0.00	13.6g							x	
English Peas	4 oz	108.00	0.00	426.00mg	0.00	0.00	20g							x	
French Fries	4 oz	80.00	0.00	20.00	0.00	0.00	14g								
Green Beans	4 oz	47.00	0.00	128mg	0.00	0.00	9g					x			
Lettuce, Tomatoes/Pickles	1/2 cup	9.00	0.00	369mg	0.00	0.00	2g								
Lima Beans	4 oz	126.00	0.00	192mg	0.00	0.00	22.7g					x			
Mexican Bean Salad	4 oz	255.00	0.00	376 mg	0.00	0.00	35g								
Pickles and Onions	4 oz	7.00	0.00	266 mg	0.00	0.00	0.00								

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Potato Wedge	4 oz	160.00	0.00	262mg	0.00	0.00	22.6g					x			
Potato Creamed	4 oz	79.00	0.00	3mg			17g							x	
Potato Sweet, Baked	1/2 cup	67.00	0.00	43mg			16g								
Roasted Broccoli	4 oz	44.80		199.7mg			8.9g								
Roasted Squash & Onions	4 oz	43.00	0.00	5 mg			9g								
Romaine Salad	4oz	20.00	0.00	14mg	0.00	0.00	3g							x	
Shredded Lettuce/Tomatoes	4oz	8.00	0.00	7mg	0.00	0.00	2g								
Shredded Lettuce/Tomatoes/O	4 oz	7.00	0.00	5mg	0.00	0.00	2g								
Steamed Broccoli	4 oz	38.00	0.00	261.00	0.00	0.00	8g							x	
Steamed Carrots	4 oz	19.00	0.00	150mg	0.00	0.00	4g							x	
Sweet Potato Puffs	4 oz	170.00	0.00	340.00	0.00	0.00	30g								
Tomato Cucumber Salad	4 oz	33.00		85mg			5g								
Tossed Salad	4 oz	9.00	0.00	4mg	0.00	0.00	2g								
Tossed Salad w/Spinach	4 oz	20.00	0.00	32 mg	0.00	0.00	4g								
Turnip Greens	4 oz	34.00	0.00	56mg	0.00	0.00	4g							x	
Glazed Carrots	4 oz	22	0	83 mg	0	0	6g							x	
Roasted Squash	4 oz	43	0	5 mg			9 g								
Roasted Veggie Melody	4 oz	45		43 mg			6g								
Blackeye Peas & Corn Salad	4 oz	175	0.5	424 mg			29 g								
Potato Tots	1/2 c	140.74	2.24 g	282.9 mg			15.86 g					x			
Eggplant Fries	14 pieces (100 g)	100.00	1 g	170 mg			12 g	x	x			x			
Zucchini Fries	14 pieces (100 g)	90.00	1 g	170 mg			10 g	x	x			x			
Loaded Mashed Potato	4 OZ	108	1				19g							x	
Yams Candied	4 oz	235.00	2.00	84.00	0.00	0.00	48g							x	
Edamame Succotash	4 oz	132.00	0.00	6.40	0.00	0.00	12g								
Raisin Carrot Salad	4 oz	86.00	0.30	94.00	0.00	0.00	15.4g							x	
Seasoned Field Peas	4 oz	133.00		56.00	0.00	0.00	22g								
<b>FRUIT</b>															
Apple	1 small	55.00	0.00	0.00	0.00	0.00	15g								
Banana	1 medium	80.00	0.00	0.00	0.00	0.00	20g								
Pear	1 medium	103.00	0.00	2mg	0.00	0.00	28g								
Grapes	about 16	54.00	0.00	2mg	0.00	0.00	14g								
Baked Apple Crumble	4 oz	76.00	0.00	35mg	0.00	0.00	15g	x	x					x	
Strawberries	1/2 cup	25.00	0.00	1mg	0.00	0.00	5g								
<b>BREAKFAST</b>															
Bacon, Turkey Sl.	15 g	30.00	0 g	110 mg			0 g					x			

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Bagel, Mini Cinnamon	69 g	240.00	2.5 g	180 mg			41 g	x	x					x	
Cereal, Bulk, Cinn Toast	31 g	130.00	0.5 g	180 mg			25 g	x	x			x			
Cereal, Bulk Honey Nut	28 g	110.00	0 g	160 mg			22 g		x		x				
Cereal Ind, Coco Puffs	28 g	100.00	0 g	105 mg			23 g	x	x			x			
Cereal, Ind. Frost Mini Wheats	30 g	110.00	0 g	120 mg		1.00	25 g	x	x						
Cereal, Ind. Frosted Flakes	28 g	100.00	0 g	0 mg			24 g	x	x						
Cereal, Ind Fruit Loops	28 g	110.00	.5g	170mg			24 g	x	x						
Cereal, Apple Jacks	28g	107.70	.5g	167mg	0.00	1.00	24.5f	x							
Cereal, Cinnamon Flakes	28g	101.00	0.00	174 mg	0.00	1.00	24.50	x							
Chicken Fillet, Brk.	57 g	100.00	0.5 g	240 mg			7 g	x	x			x		x	
Chicken, Patty, Brk.	45 g	80.00	0.5 g	220 mg	0.00		7 g	x	x			x		x	
Crossiant, WGR	1.25 oz	110.00	2 g	150 mg			15 g	x	x			x		x	x
Egg & Turkey Wrap	1	200.00	4g	290 mg	1.00	1.00	17g	x	x			x		x	x
Frittata, Ham & Cheese	1 oz pc	37.00	1.00	68mg	1.00	0.00	.8g							x	x
Frittata, Cheese	1 oz pc	42.00	1.30	69.00	1.00	0.00	.7g							x	x
Frudle, IW Apple	65 g	210.00	1.5 g	280 mg		2.00	36 g	x	x					x	
Frudle, IW, Cherry.	65 g	210.00	1.5 g	280 mg		2.00	36 g	x	x					x	
Grits, Cheese	6 oz	221.00	3.60	192.00	1.00	1.00	30g								
Gravy w/Chorizo	2 oz	36.00	.6g	305mg	0.50	0.00	3.8g	x	x			x			
Juice, Apple	4 fl. oz.	50.00	0 g	10 mg			13 g								
Juice, Apple Cherry	4 fl. oz.	60.00	0 g	0 mg			15 g								
Juice, Grape	4 fl. oz.	80.00	0 g	20 mg			19 g								
Juice, Orange	4 fl. oz.	60.00	0 g	0 mg			13 g								
Juice, Orange Pinapple	4 fl. oz.	60.00	0 g	0 mg			14 g								
Muffin BB CK	2 oz	263.00	2.00	177.00	0.00	1.00	33g	x	x					x	x
Muffin, Spice	1 muffin	228.00	1.5g	201mg	0.00	1.00	35g	x	x					x	x
Muffin, Apple Cinn.	1 muffin	260.00	2g	174mg	0.00	1.00	32g	x	x					x	x
Muffin, Cherry	1 muffin	247.00	1.8g	161mg	0.00	1.00	32.8g	x	x			x		x	x
Pancake, Banana	1 pkg	190.00	0.00	230 mg	0.00	2.00	34.00	x	x					x	x
Pancake Pup IW	71 g	210.00	3 g	390 mg			20 g	x	x			x		x	x
Pancake Pup IW Blueberry	82 g	220.00	3 g	450 mg	1.00	1.25	25 g	x	x			x		x	x
Pancake Pup IW, Mini Cinn-Maple	3 oz.	230.00	0.5 g	350 mg			37 g	x	x			x		x	x
Pizza, Brk. Sausage	94 g	210.00	2 g	480 mg			26 g	x	x			x		x	
Pizza Brk, Turkey Gravy	94 g	210.00	2 g	480 mg			26 g	x	x			x		x	
Proballs, Cinn Footballs	1 each	100.00	0.5 g	150 mg			17 g	x	x			x		x	x
Proball, Glazed Basketballs	1 each	100.00	0.5 g	150 mg			17 g	x	x			x		x	x

## Lunch Menu Items

Item Description	Serving Size	Calories	Saturated Fat (g)	Sodium (mg)	Meat/Meat Alt	Grain Equivalent	Carbs (g)	Wheat	Gluten	Peanuts	Tree Nuts	Soy	Sea Food	Dairy	Eggs
Sausage, Turkey Link	56 g	130.00	3 g	450 mg			1 g								
Sausage, Turkey Patty	71 g	150.00	3 g	400 mg			1 g								
Biscuit, 2 oz	1 biscuit	180.00	7 g	430 mg		1.75	24 g	x	x			x		x	
Bun, Danish, Brk.	1 twist (44 g)	160.00	2 g	130 mg		1.00	24 g	x	x			x		x	x
Donut, Super Fortified	1 each	150.00	1.5 g	190 mg		1.00	23 g	x	x			x		x	x
Oatmeal, Quick	1/2 c (45 g)	170.00	0.5 g	0 mg			31 g		x						
Pop-Tart, Cinn Iced	50 g	180.00	1 g	190 mg			37 g	x	x			x			
Pop-Tart, Strawberry Iced	50 g	180.00	1 g	180 mg			38 g	x	x			x			
Waffle, Dutch, WG	83 g	300.00	3 g	350 mg		2.00	43 g	x	x			x		x	x
Waffle, Mini	1 pkg	210.00	1.00	170.00	0.00	2.00	38g	x	x					x	x
Yogurt, Greek, Honey Vanilla	113 g	100.00	0 g	40 mg			17 g							x	
Yogurt, Greek, Plain Bulk	227 g	120.00	0 g	90 mg			10 g							x	
Yogurt Ind. Raspberry	113 g	180.00	0 g	60 mg			18 g							x	
Yogurt, Ind. Strawberry	113 g	110.00	0 g	40 mg			15 g							x	
Yogurt Ind.Tube	64 g	60.00	0 g	30 mg			12 g							x	
Potatoes, Harshbrowns	3/8 c (2 oz.)	90.72	1.21 g	195.61 mg			11.34 g					x			
<b>CONDIMENTS</b>															
Dressing, Caesar, lite	30 g	120.00	3 g	160 mg			0 g					x	x	x	x
Dressing Gal, Chipotle Ranch	30 g	140.00	2 g	230 mg			4 g					x		x	x
Dressing, Gal Italian	30 g	40.00	0.5 g	270 mg			2 g					x			
Dressing, Ind. Honey Mustard	30 ml	70.00	1 g	180 mg			5 g					x		x	x
Dressing, Ind. Italian Creamy Lite	30 g	10.00	0 g	460 mg			2 g								x
Dressing, Ind, Oriental Sesame	30 g	90.00	1 g	340 mg			11 g	x	x			x			
Dressing, Ind. Ranch	30 g	80.00	1 g	230 mg			2 g	x	x			x		x	x
Dressing, PC Ranch	12 g	60.00	1 g	90 mg			0 g							x	
Ketchup, PC	9 g	10.00	0 g	85 mg			3 g								
Sauce, Boom Boom	30 g	170.00	2.5 g	270 mg			3 g					x			x
Sauce, Hot	5 g	0.00	0 g	140 mg			0 g								
Sauce, Picante	29 g	10.00	0 g	70 mg			2 g								
Sauce, Salsa	29 g	10.00	0 g	70 mg			2 g								
Sauce, Spaghetti, Marinara	125 g	60.00	0 g	140 mg			12 g					x			
Sauce, Teriyaki	15 ml	15.00	0 g	320 mg			3 g	x	x			x			
Sauce, Worchesteshire	33 g	25.00	0 g	270 mg			6 g								
Jelly	1 pack	35.00	0.00	0.00	0.00	0.00	5g								

## Lunch Menu Items

Item Description	Serving Size	Calories	Saturated Fat (g)	Sodium (mg)	Meat/Meat Alt	Grain Equivalent	Carbs (g)	Wheat	Gluten	Peanuts	Tree Nuts	Soy	Sea Food	Dairy	Eggs
Syrup	1 pack	110.00	0.00	10mg	0.00	0.00	27g								
Sour Cream, Ind.	28 g	60.00	4 g	15 mg			1 g							x	
Dressing, French	2 Tbsp (30 g)	120.00	1.5 g	310 mg			5 g					x			
Dressing, Gal, Jalapeno Ranch	28g	107.00	1.70	302 mg			1.5g					x		x	x
<b>SNACK</b>															
Snack Mix Cheddar	49 g	210.00	1 g	370 mg		1.00	36 g	x	x			x		x	
Snack, Cheddar Simply Chex	26 g	110.00	0.5 g	135 mg		1.00	20 g	x	x			x		x	
Snack, Chocolate Carmel Simply Chex	29 g	120.00	1 g	65 mg		1.00	21 g	x	x			x		x	
Snack, Strawberry Yogurt Simply Chex	29 g	120.00	1 g	55 mg		1.00	23 g	x	x			x		x	
Chips, Pop Chili Cheese	1 bag (23 g/17 chips)	100.00	0 g	160 mg			15 g							x	
Chips, Pop, Sea Salt	1 pouch (20 g)	80.00	0 g	150 mg		1.00	15 g	x	x			x		x	
Crackers, Cheese Mini	21 g	100.00	1 g	150 mg			14 g	x	x			x		x	
Pretzels, Heartzels	19.8 g	80.00	0 g	200 mg			15 g	x	x						
Graham, Cinn.	28 g	120.00	1 g	115 mg			21 g	x	x			x			
Chips, Cheese Puffs	19.8 g	100.00	0 g	135 mg			13 g							x	
Chips, Harvest Chadder Snack	28.3 g	140.00	1 g	210 mg			18 g	x	x					x	
Chips, Nacho Cheese, Ind.	1 oz (1 package)	130.00	0.5 g	200 mg			20 g							x	
Chips, Potato Baked, Ind.	24.8 g	100.00	0 g	115 mg			20 g					x			
Chips Sun, Orig	1 oz (1 package)	140.00	1 g	120 mg			18 g	x	x						
Cookies, President Stamped	0.88 oz (1 package)	100.00	1 g	70 mg			18 g	x	x			x		x	
Cookie, Chocolate Chip CK	1 cookie	59.00	2.90	73mg	0.00	0.00	20g	x	x					x	x
Cookie, Sugar CK	1 cookie	133.00	2.00	54.00	0.00	0.00	18.50	x	x					x	x
Graham, Snack Squares	30 g	130.00	0 g	150 mg			24 g	x	x			x			

**Note:** \* Indicates grain carbs included in the entree database, however in some cases students may refuse the grain or not eat the grain so adjust accordingly.

**Note 2; Sandwiches and wraps also include the grams of carbs in database. Students may refuse grain or may not eat grain offered so adjust accordingly.**