

Menu Item	Serving Size	Weight (grams)	Calories	Fat (grams)	Sodium (mg)	Carb (grams)	Fiber (grams)	Protein (grams)	Allergens
ASIAN FETTUCCHINI NOODLES	1.000 Cup	167.488	221.748	.824	893.813	43.721	4.577	11.184	Eggs, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr)
ASIAN RICE	1.000 Spoodle 8 oz	163.039	205.605	4.752	862.849	34.288	2.458	6.455	Dairy, Soy, Corn Sweetner (syrup, md, sugar, dextr)
ASIAN RICE - ELEM	1.000 Spoodle 4 oz	81.519	102.803	2.376	431.425	17.144	1.229	3.227	Dairy, Soy, Corn Sweetner (syrup, md, sugar, dextr)
BACON CHEESEBURGER, SECONDARY	1.000 Serving	160.575	426.250	23.071	845.536	27.036	3.000	30.625	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Beef, Poultry
BAKED CHICKEN	1.000 Serving	148.262	314.158	23.228	2,701.834	1.905	.000	22.910	Dairy, Soy, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry
BAKED CHICKEN - DRUMSTICKS	1.000 Serving	133.826	190.922	8.338	846.650	1.051	.000	24.514	Dairy, Soy, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry
BAKED CHICKEN ALFREDO	1.000 Spoodle 8 oz (1 cup)	260.356	614.774	20.749	972.225	71.472	9.928	44.695	Dairy, Eggs, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry
BAKED POTATO W/ TOPPINGS - HAM, CHEESE, TURKEY BACON BITS	1.000 Serving (1 potato)	332.040	380.973	12.558	1,140.914	44.821	5.114	24.722	Dairy, Soy, Corn Sweetner (syrup, md, sugar, dextr), Potato, Poultry
BAKED POTATO W/ TOPPINGS - TURKEY, CHEESE, TURKEY BACON BITS	1.000 Serving (1 potato)	332.040	351.740	8.789	1,086.580	44.477	5.114	26.238	Dairy, Soy, Potato, Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry

Menu Item	Serving Size	Weight (grams)	Calories	Fat (grams)	Sodium (mg)	Carb (grams)	Fiber (grams)	Protein (grams)	Allergens
BBQ CHICKEN	1.000 Serving	249.692	394.349	22.910	1,942.385	22.294	.000	22.910	Corn Sweetner (syrup, md, sugar, dextr), Tomato, Red Dye, Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry
BBQ ON A BUN - ELEM, INTERMEDIATE, MS	1.000 Serving (1 sandwich)	155.500	311.821	9.536	862.857	30.690	4.173	16.553	Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Corn (veg/meal/starch/flour/oil/fiber/pr, Beef
BBQ ON A BUN - HS	1.000 Serving (1 sandwich)	179.727	351.623	11.266	1,001.299	31.844	4.461	19.149	Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Corn (veg/meal/starch/flour/oil/fiber/pr, Beef
BEEF & BEAN BURRITO - ELEM	1.000 Serving (1 burrito)	147.420	280.680	8.120	404.010	39.119	7.700	15.780	Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Potato, Corn (veg/meal/starch/flour/oil/fiber/pr, Beef
BEEF ENCHILADAS W/ RANCHERO SAUCE	1.000 Serving (2 enchilada)	332.838	497.666	21.920	1,075.017	52.469	9.512	25.132	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry
BEEFY CHEESE TACO SNACK	1.000 Serving (1 taco)	134.660	292.690	13.990	534.550	29.760	5.131	15.370	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Potato, Corn (veg/meal/starch/flour/oil/fiber/pr, Beef
BONELESS CHICKEN CHUNKS	1.000 Serving (4 chunks, 4.18 oz)	118.503	210.000	8.000	297.000	15.000	3.000	19.000	Eggs, Soy, Wheat, Oats, Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry

Menu Item	Serving Size	Weight (grams)	Calories	Fat (grams)	Sodium (mg)	Carb (grams)	Fiber (grams)	Protein (grams)	Allergens
BREADED CHICKEN FILET SANDWICH - MS & HS	1.000 Serving	169.000	375.000	10.500	556.000	36.000	6.000	26.000	Eggs, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Oats, Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry
BREADED CHICKEN SANDWICH	1.000 Serving	156.000	412.645	17.613	704.516	42.271	6.038	22.142	Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Carrots, Poultry
BUENO CHEESY NACHOS	1.000 Serving	126.784	294.463	14.325	564.251	23.685	2.470	17.527	Dairy, Soy, Tomato, Corn (veg/meal/starch/flour/oil/fiber/pr, Beef
BUFFALO CHICKEN	1.000 Serving	247.957	339.091	22.910	2,944.647	7.527	.000	22.910	Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry
BUFFALO TENDER WRAP	1.000 Serving (1 wrap)	314.641	476.976	17.645	2,225.803	51.370	6.901	28.370	Dairy, Eggs, Soy, Wheat, Tomato, Oats, Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry
BUILD YOUR OWN NACHOS - FAJITA	2 oz (28 chips), 2 oz cheese sauce, 3 oz fajitas	204	490	22.68	1035.88	45.12	4.06	23.38	Dairy, Soy, Corn (veg/meal/starch/flour/oil/fiber/pr, Corn Sweetner (syrup, md, sugar, dextr), Poultry, Food Dyes (yellow, blue)
BUILD YOUR OWN NACHOS - TACO MEAT	2 oz (28 chips), 2 oz cheese sauce, 1/3 c taco meat	223.977	513.129	24.703	981.431	46.011	4.871	23.376	Beef, Dairy, Soy, Tomato, Corn (veg/meal/starch/flour/oil/fiber/pr, Food Dyes (yellow, blue)

Menu Item	Serving Size	Weight (grams)	Calories	Fat (grams)	Sodium (mg)	Carb (grams)	Fiber (grams)	Protein (grams)	Allergens
CAESAR SALAD W/ DRESSING & CROUTONS - HIGH SCHOOL	1.000 Serving (1 salad)	297.857	408.141	13.852	1,230.095	44.738	5.579	26.217	Dairy, Fish, Peanuts, Soy, Tree Nuts, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Carrots, Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry
CAESAR SALAD W/ DRESSING & CROUTONS - MIDDLE SCHOOL	1.000 Serving (1 salad)	241.857	238.141	10.852	860.095	15.737	3.579	21.217	Dairy, Fish, Peanuts, Soy, Tree Nuts, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Carrots, Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry
CHEESE PIZZA - ELEM	1.000 Slice	132.395	269.999	10.000	799.997	32.000	4.000	15.000	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Potato, Corn (veg/meal/starch/flour/oil/fiber/pr
CHEESE STUFFED BREADSTICKS - ELEM, INTERMEDIATE, MS	1.000 Serving (2 stix)	111.000	282.545	9.082	605.455	30.273	2.018	18.164	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Potato, Corn (veg/meal/starch/flour/oil/fiber/pr
CHEESE STUFFED BREADSTICKS - HS	1.000 Serving Secondary (3 stix)	166.000	422.545	13.582	905.455	45.273	3.018	27.164	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Potato, Corn (veg/meal/starch/flour/oil/fiber/pr
CHEESEBURGER - ELEM, INTERMEDIATE	1.000 Serving	141.500	334.186	14.482	726.052	27.864	3.975	22.486	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Beef

Menu Item	Serving Size	Weight (grams)	Calories	Fat (grams)	Sodium (mg)	Carb (grams)	Fiber (grams)	Protein (grams)	Allergens
CHEESEBURGER - MS, HS	1.000 Serving	155.500	406.250	21.571	750.536	27.036	3.000	28.625	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Beef
CHEESEBURGER MEATLOAF	1.000 Serving (1 patty)	81.000	170.000	10.000	390.000	8.000	1.000	12.000	Dairy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Corn (veg/meal/starch/flour/oil/fiber/pr, Beef
CHEESY BAKED POTATO - NO CRACKERS	1.000 Serving (1 potato)	275.366	286.249	6.338	488.912	43.676	5.114	15.421	Dairy, Soy, Potato
CHEESY ITALIAN PASTA BAKE	1.000 Spoodle 8 oz	289.344	500.897	20.816	859.734	54.919	8.653	29.473	Dairy, Eggs, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Pork, Oats, Beef
CHEESY LASAGNA	1.000 Serving	303.437	547.286	12.416	590.425	81.360	8.545	29.386	Dairy, Eggs, Soy, Wheat, Tomato, Beef
CHERRY BLOSSOM CHICKEN - NO ASIAN NOODLES OR ASIAN RICE	1.000 Serving (4 oz)	113.398	206.178	4.124	360.812	27.834	2.062	13.402	Eggs, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Orange, Corn (veg/meal/starch/flour/oil/fiber/pr
CHICKEN ENCHILADAS W/ VERDE SAUCE	1.000 Serving (2 enchilada)	257.255	340.047	14.402	945.361	31.429	3.980	21.823	Dairy, Eggs, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry
CHICKEN FAJITA WRAP	1.000 Serving (1 wrap)	252.915	377.297	16.914	1,007.798	34.194	3.901	23.109	Dairy, Eggs, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry

Menu Item	Serving Size	Weight (grams)	Calories	Fat (grams)	Sodium (mg)	Carb (grams)	Fiber (grams)	Protein (grams)	Allergens
CHICKEN FRIED STEAK	1.000 Serving (1 patty)	90.000	230.000	13.000	170.000	16.000	2.000	14.000	Soy, Wheat, Potato, Corn (veg/meal/starch/flour/oil/fiber/pr, Beef
CHICKEN FRIED STEAK SANDWICH	1.000 Serving	147.000	380.000	15.500	470.000	42.000	5.000	20.000	Soy, Wheat, Corn Sweetener (syrup, md, sugar, dextr), Potato, Corn (veg/meal/starch/flour/oil/fiber/pr, Beef
CHICKEN NUGGETS - ELEM, INTERMEDIATE, MS	1.000 Serving (5 nuggets)	88.000	230.000	13.000	440.000	15.000	3.000	12.000	Soy, Wheat, Corn Sweetener (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry
CHICKEN NUGGETS - HS	1.000 Serving (7 nuggets, HS)	125.024	326.767	18.469	625.120	21.311	4.262	17.049	Soy, Wheat, Corn Sweetener (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry
CHICKEN SPAGHETTI	1.000 Serving (1 cup)	345.212	343.343	10.405	858.891	39.843	6.062	29.919	Dairy, Soy, Wheat, Corn Sweetener (syrup, md, sugar, dextr), Oats, Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry
CHILI CHEESE BURRITO	1 burrito, 1 oz cheese sauce, 1 oz chili	218.42	374.88	13.437	806.212	43.321	7.77	21.167	Soy, Beef, Wheat, Dairy, Potato, Corn (veg/meal/starch/flour/oil/fiber/pr, Corn Sweetener (syrup, md, sugar, dextr), Tomato, Poultry, Food Dyes (yellow, blue),

Menu Item	Serving Size	Weight (grams)	Calories	Fat (grams)	Sodium (mg)	Carb (grams)	Fiber (grams)	Protein (grams)	Allergens
CHILI CHEESE DOG	1.000 Serving (1 dog)	162.050	277.435	13.665	846.750	29.658	3.457	12.915	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Pork, Corn (veg/meal/starch/flour/oil/fiber/pr, Food Dyes (yellow, blue), Beef, Poultry
CHILI CHEESE NACHOS - ELEM, INTERMEDIATE	1.000 Serving	162.809	295.300	12.148	592.577	25.795	2.144	19.271	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry
CHILI CHEESE NACHOS - MS	1.5 oz (21 chips), 2 oz cheese sauce, 3/8 c chili	199	378.62	16.135	889.991	36.951	3.045	18.008	Dairy, Soy, Wheat, Tomato, Poultry, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr, Food Dyes (yellow, blue)
CHLI CHEESE NACHOS - HS	2 oz (28 chips), 2 oz cheese sauce, 3/8 c chili	213.5	451.12	19.18	931.461	46.231	4.06	19.603	Dairy, Soy, Wheat, Tomato, Poultry, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr, Food Dyes (yellow, blue)
CLUB SANDWICH	1.000 Serving (1 sandwich)	225.197	447.508	15.191	1,729.594	46.100	6.000	36.979	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry
COLBY CHEESE OMELET	1.000 Serving (1 omelet)	59.534	110.000	8.000	210.000	1.000	.000	8.000	Dairy, Eggs, Soy, Corn (veg/meal/starch/flour/oil/fiber/pr

Menu Item	Serving Size	Weight (grams)	Calories	Fat (grams)	Sodium (mg)	Carb (grams)	Fiber (grams)	Protein (grams)	Allergens
CORN DOG, WG	1.000 Serving (1 corndog)	112.000	240.000	8.000	390.000	30.000	5.000	9.000	Eggs, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry
DELI CROISSANT (HAM)	1.000 Serving (1 sandwich)	161.205	331.284	14.399	1,231.145	33.290	3.000	20.891	Dairy, Soy, Tree Nuts, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry
DELI CROISSANT (TURKEY)	1.000 Serving (1 sandwich)	161.205	287.434	8.745	1,149.644	32.775	3.000	23.166	Dairy, Soy, Tree Nuts, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry
DELI SANDWICH (HAM)	1.000 Serving (1 sandwich)	165.205	311.283	11.399	1,241.144	31.290	4.000	23.890	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Poultry
DELI SANDWICH (TURKEY)	1.000 Serving (1 sandwich)	165.205	267.434	5.745	1,159.643	30.775	4.000	26.166	Dairy, Soy, Wheat, Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry
DELI WRAP (HAM)	1.000 Serving (1 wrap)	227.300	316.892	15.077	1,156.179	26.800	2.924	19.724	Dairy, Eggs, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry



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DELI WRAP (TURKEY BREAST)	1.000 Serving (1 wrap)	227.300	287.659	11.307	1,101.845	26.456	2.924	21.241	Dairy, Eggs, Soy, Wheat, Corn Sweetener (syrup, md, sugar, dextr), Tomato, Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry
FISH SANDWICH	1.000 Serving	170.000	370.000	11.500	530.000	44.000	5.000	20.999	Fish, Soy, Wheat, Corn Sweetener (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr
FRUIT & YOGURT PLATE	1.000 Serving	212.676	310.672	9.967	388.529	45.303	3.745	11.028	Dairy, Soy, Wheat, Corn Sweetener (syrup, md, sugar, dextr), Cinnamon
GENERAL TSO CHICKEN - NO ASIAN NOODLES OR ASIAN RICE	1.000 Serving (4 oz)	113.398	206.178	4.124	556.681	26.803	2.062	14.432	Dairy, Eggs, Soy, Wheat, Corn Sweetener (syrup, md, sugar, dextr), Sesame, Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry
GLUTEN FREE BBQ ON A BUN	1.000 Serving (1 sandwich)	172.500	341.821	11.035	832.857	38.691	3.173	12.554	Eggs, Soy, Corn Sweetener (syrup, md, sugar, dextr), Tomato, Potato, Corn (veg/meal/starch/flour/oil/fiber/pr, Beef
GLUTEN FREE CHEESEBURGER	1.000 Serving	143.437	335.387	15.022	636.716	36.011	3.000	15.539	Dairy, Eggs, Soy, Potato
GLUTEN FREE DELI SANDWICH	1.000 Serving (1 sandwich)	146.924	329.764	12.394	1,100.691	37.591	2.000	17.485	Dairy, Eggs, Soy, Corn Sweetener (syrup, md, sugar, dextr), Potato, Poultry
GLUTEN FREE GRILLED CHICKEN SANDWICH	1.000 Serving	152.000	310.000	10.999	600.000	36.000	2.000	17.000	Eggs, Potato
GLUTEN FREE HAMBURGER	1.000 Serving	129.282	300.000	13.000	480.000	35.000	3.000	12.000	Eggs, Soy, Potato

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GLUTEN FREE HOT DOG	1.000 Serving (1 dog)	93.700	200.000	11.000	435.000	19.000	1.000	8.000	Eggs, Corn Sweetener (syrup, md, sugar, dextr), Potato, Poultry
GLUTEN FREE PIZZA SANDWICH	1.000 Serving (1 sandwich)	114.195	347.500	16.250	685.000	35.500	2.000	13.750	Dairy, Eggs, Soy, Corn Sweetener (syrup, md, sugar, dextr), Potato, Pork, Beef
GLUTEN FREE TOASTED CHEESE SANDWICH	1.000 Serving (1 sandwich)	108.560	288.750	10.214	751.607	37.107	2.000	12.875	Dairy, Eggs, Soy, Potato
GREEN EGGS	1.000 Scoop#16	44.170	51.584	3.426	57.381	1.243	.000	4.160	Dairy, Eggs, Food Dyes (yellow, blue)
GRILLED CHICKEN NUGGETS	1.000 Serving (5 nuggets)	83.750	212.500	16.250	387.500	2.500	1.250	13.750	Soy, Corn Sweetener (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry
GRILLED CHICKEN SANDWICH (HS)	1.000 Serving	120.000	250.000	6.000	510.000	27.000	3.000	21.000	Soy, Wheat, Corn Sweetener (syrup, md, sugar, dextr), Carrots, Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry
HAM SANDWICH	1.000 Serving (1 sandwich)	172.313	304.871	10.971	1,275.539	30.849	4.000	23.440	Soy, Wheat, Corn Sweetener (syrup, md, sugar, dextr), Poultry
HAMBURGER - ELEM, INTERMEDIATE	1.000 Serving	127.000	297.950	12.415	566.105	26.816	3.973	18.870	Soy, Wheat, Corn Sweetener (syrup, md, sugar, dextr), Beef
HAMBURGER - MS, HS	1.000 Serving	141.000	370.000	19.500	590.000	26.000	3.000	25.000	Soy, Wheat, Corn Sweetener (syrup, md, sugar, dextr), Beef
HEART SHAPED CHICKEN NUGGETS	1.000 Serving (3 nuggets)	94.000	250.000	14.000	350.000	15.000	2.000	14.000	Soy, Wheat, Corn Sweetener (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry

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HOMESTYLE CHICKEN TENDERS	1.000 Serving (2 tender)	141.750	269.578	11.391	377.156	20.250	3.797	22.781	Eggs, Soy, Wheat, Oats, Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry
HOT DOG ON A BUN	1.000 Serving (1 dog)	102.700	220.000	11.000	470.000	23.000	3.000	12.000	Soy, Wheat, Corn Sweetener (syrup, md, sugar, dextr), Poultry
ITALIAN CAVATINI	1.000 Spoodle 8 oz	289.344	500.897	20.816	859.734	54.919	8.653	29.473	Dairy, Eggs, Soy, Wheat, Corn Sweetener (syrup, md, sugar, dextr), Tomato, Pork, Oats, Beef
ITALIAN SUB SANDWICH	1.000 Serving (1 sandwich)	200.894	415.207	12.035	1,111.413	48.091	5.780	26.978	Dairy, Eggs, Soy, Wheat, Corn Sweetener (syrup, md, sugar, dextr), Oats, Sesame, Poultry
MACHO CHILI CHEESE BURRITO	1.000 Serving (1 burrito)	147.420	320.899	14.979	438.140	32.009	5.630	17.120	Dairy, Soy, Wheat, Corn Sweetener (syrup, md, sugar, dextr), Tomato, Potato, Corn (veg/meal/starch/flour/oil/fiber/pr, Beef
MINI CHEF SALAD - HAM	1.000 Serving (1 salad)	283.544	230.808	12.618	1,127.191	11.631	2.516	18.703	Dairy, Eggs, Soy, Corn Sweetener (syrup, md, sugar, dextr), Tomato, Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry
MINI CHEF SALAD - TURKEY	1.000 Serving (1 salad)	282.348	200.636	8.752	1,071.535	11.232	2.501	20.249	Dairy, Eggs, Soy, Corn Sweetener (syrup, md, sugar, dextr), Tomato, Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry

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MINI SUB SANDWICH (HAM)	1.000 Serving (1 sandwich)	138.312	252.111	9.896	1,029.593	24.114	3.000	19.910	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Poultry
MINI SUB SANDWICH (TURKEY)	1.000 Serving (1 sandwich)	145.399	217.920	4.773	1,011.795	23.789	3.000	23.214	Dairy, Soy, Wheat, Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry
ORANGE CHICKEN - NO ASIAN NOODLES OR ASIAN RICE	1.000 Spoodle 6 oz	187.901	424.644	13.437	870.455	54.880	3.101	18.605	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Orange, Sesame, Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry
PHILLY CHEESESTEAK	1.000 Serving (1 sandwich)	229.944	464.943	12.600	841.516	54.987	7.549	31.330	Dairy, Eggs, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Oats, Sesame, Corn (veg/meal/starch/flour/oil/fiber/pr, Beef
PIG IN A BLANKET	1.000 Serving (1 pig in a blanket)	85.200	190.423	10.005	400.529	17.079	2.011	10.016	Dairy, Eggs, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Oats, Sesame, Poultry
PIZZA HUT CHEESE PIZZA	1.000 Slice	119.000	280.000	9.000	520.000	29.000	3.000	21.000	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Corn (veg/meal/starch/flour/oil/fiber/pr
PIZZA HUT PEPPERONI PIZZA	1.000 Slice	119.000	290.000	11.000	570.000	29.000	3.000	21.000	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Pork, Corn (veg/meal/starch/flour/oil/fiber/pr, Beef

Menu Item	Serving Size	Weight (grams)	Calories	Fat (grams)	Sodium (mg)	Carb (grams)	Fiber (grams)	Protein (grams)	Allergens
PIZZA SANDWICH - ELEM, INTERMEDIATE	1.000 Serving (1 sandwich)	101.977	314.699	15.010	709.397	27.260	3.680	19.110	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Pork, Beef
PIZZA SANDWICH - HS	1.000 Serving (1 sandwich)	119.876	372.500	18.250	830.000	30.000	4.000	23.250	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Pork, Beef
PIZZA SANDWICH - MS	1.000 Serving (1 sandwich)	115.018	359.698	18.010	804.397	27.760	3.680	22.610	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Pork, Beef
PIZZA, BUFFALO CHICKEN	1.000 Slice	136.000	1,487.125	52.769	2,638.448	167.901	9.594	86.349	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Potato, Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry
PIZZA, JALAPENO CRUST CHEESE	1.000 Slice	161.000	360.000	15.000	530.000	35.000	2.000	22.000	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Orange, Corn (veg/meal/starch/flour/oil/fiber/pr
PIZZA, JALAPENO CRUST PEPPERONI	1.000 Slice	168.000	395.000	18.267	660.667	35.000	2.000	23.400	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Pork, Orange, Corn (veg/meal/starch/flour/oil/fiber/pr, Beef
PIZZA, PEPPERONI - ELEM	1.000 Serving (1 slice)	137.645	294.375	12.437	897.499	32.000	4.000	15.938	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Potato, Pork, Corn (veg/meal/starch/flour/oil/fiber/pr, Beef

Menu Item	Serving Size	Weight (grams)	Calories	Fat (grams)	Sodium (mg)	Carb (grams)	Fiber (grams)	Protein (grams)	Allergens
PIZZA, PERSONAL PAN CHEESE	1.000 Serving (1 pizza)	142.000	300.000	9.000	440.000	39.000	4.000	17.000	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Corn (veg/meal/starch/flour/oil/fiber/pr
PIZZA, PERSONAL PAN PEPPERONI	1.000 Serving	149.000	332.501	12.250	550.001	38.001	4.000	18.250	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Pork, Corn (veg/meal/starch/flour/oil/fiber/pr, Beef
PIZZA, THIN CRUST CHEESE	1.000 Slice	158.000	360.000	15.000	640.000	33.000	3.000	21.000	Dairy, Soy, Wheat, Tomato, Corn (veg/meal/starch/flour/oil/fiber/pr
PIZZA, THIN CRUST PEPPERONI	1.000 Slice	164.689	391.791	18.221	768.740	32.935	2.995	22.208	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Pork, Corn (veg/meal/starch/flour/oil/fiber/pr, Beef
POPCORN CHICKEN	1.000 Serving (10 bites)	122.000	269.210	13.010	590.460	20.016	3.002	18.014	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry
POPCORN SHRIMP	1.000 Serving (4 oz, 20 shrimp)	114.000	271.428	12.214	380.000	23.071	1.357	10.857	Dairy, Eggs, Shellfish, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr

Menu Item	Serving Size	Weight (grams)	Calories	Fat (grams)	Sodium (mg)	Carb (grams)	Fiber (grams)	Protein (grams)	Allergens
QUESADILLA, CHEESY	1.000 Serving (1 triangle)	176.000	320.000	12.000	810.000	39.000	4.000	15.000	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Potato, Corn (veg/meal/starch/flour/oil/fiber/pr
QUESADILLA, MEXI TACO	1.000 Serving (3 triangles)	115.950	259.999	9.000	579.998	30.000	4.000	14.000	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Potato, Corn (veg/meal/starch/flour/oil/fiber/pr, Beef
RAVIOLI, CHEF BOYARDEE BEEF	1.000 Serving (8 pies)	235.585	250.000	8.000	689.999	29.999	4.999	16.001	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Carrots, Beef
SEA SHAPED FISH STICKS	1.000 Serving (4 sticks)	113.000	220.000	9.000	300.000	19.000	2.000	15.000	Fish, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr
SPAGHETTI w/ MEAT SAUCE - ELEM, INTERMEDIATE, MS	1.000 Spoodle 6 oz + 3/4 c noodles	303.197	358.194	9.837	485.242	46.718	7.884	23.992	Soy, Tomato, Beef, Wheat, Oats
SPAGHETTI w/ MEAT SAUCE - HS	1.000 Spoodle 6 oz + 3/4 c noodles	304.933	362.66	10.103	486.791	46.718	7.884	24.473	Soy, Tomato, Beef, Wheat, Oats
SPAGHETTI w/ MEATBALLS	5 meatballs & sauce + 3/4 c noodles	308.212	401.241	15.29	635.881	49.417	8.736	22.4	Dairy, Soy, Wheat, Tomato, Beef, Oats
SPICY BREAST FILET & PEPPER JACK SANDWICH	1.000 Serving	183.500	446.964	18.161	798.750	41.518	6.000	29.107	Dairy, Eggs, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Oats, Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry

Menu Item	Serving Size	Weight (grams)	Calories	Fat (grams)	Sodium (mg)	Carb (grams)	Fiber (grams)	Protein (grams)	Allergens
SPICY BREAST FILET SANDWICH	1.000 Serving	169.000	390.000	13.500	690.000	41.000	6.000	26.000	Eggs, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Oats, Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry
SPICY CHICKEN SANDWICH	1.000 Serving	148.000	350.000	13.500	760.001	38.000	4.000	21.000	Dairy, Eggs, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry
SPICY CHICKEN TENDERS	1.000 Serving (2 tender)	112.000	240.000	11.000	390.000	15.000	3.000	20.000	Eggs, Soy, Wheat, Oats, Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry
STEAK FINGER BITES	1.000 Serving (7 nuggets)	108.000	300.000	20.000	460.000	16.000	2.000	15.000	Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Potato, Corn (veg/meal/starch/flour/oil/fiber/pr, Beef, Poultry
STEAK FINGERS - ELEM, INTERMEDIATE, MS	1.000 Serving (4 stix)	104.000	290.000	18.000	510.000	16.000	2.000	16.000	Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Potato, Corn (veg/meal/starch/flour/oil/fiber/pr, Beef
STEAK FINGERS - HS	1.000 Serving - Secondary (5 stix)	130.000	362.500	22.500	637.500	20.000	2.500	20.000	Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Potato, Corn (veg/meal/starch/flour/oil/fiber/pr, Beef
STREET TACOS	1.000 Serving (3 tacos)	172.960	388.356	16.930	629.159	26.995	2.000	33.151	Corn Sweetner (syrup, md, sugar, dextr), Tomato, Pork, Corn (veg/meal/starch/flour/oil/fiber/pr, Beef, Poultry



Menu Item	Serving Size	Weight (grams)	Calories	Fat (grams)	Sodium (mg)	Carb (grams)	Fiber (grams)	Protein (grams)	Allergens
STUFFED CRUST PIZZA, CHEESE	1.000 Slice	141.748	360.000	12.000	860.000	43.000	4.000	21.000	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Corn (veg/meal/starch/flour/oil/fiber/pr
STUFFED CRUST PIZZA, PEPPERONI	1.000 Slice	138.062	330.000	14.000	870.000	35.000	4.000	17.000	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Potato, Pork, Red Dye, Corn (veg/meal/starch/flour/oil/fiber/pr, Beef
TAMALES, PORK - HS	1.000 Serving (3 tamale)	169.500	360.000	16.500	615.000	42.000	6.000	10.500	Soy, Pork, Corn (veg/meal/starch/flour/oil/fiber/pr
TAMALES, PORK - MS	1.000 Serving (2 tamale)	113.000	240.000	11.000	410.000	28.000	4.000	7.000	Soy, Pork, Corn (veg/meal/starch/flour/oil/fiber/pr
TOASTED CHEESE SANDWICH	1.000 Serving (1 sandwich)	95.254	252.992	8.805	762.909	28.783	3.680	17.939	Dairy, Soy, Wheat
TUNA SALAD	1.000 Serving (1 salad)	435.557	375.924	12.100	1,131.689	41.932	4.846	21.163	Eggs, Fish, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Carrots, Corn (veg/meal/starch/flour/oil/fiber/pr, Food Dyes (yellow, blue)
TURKEY SANDWICH	1.000 Serving (1 sandwich)	179.400	256.062	3.964	1,230.570	30.352	4.000	27.502	Soy, Wheat, Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry