

Menu Item	Serving Size	Weight (grams)	Calories	Fat (grams)	Sodium (mg)	Carb (grams)	Fiber (grams)	Protein (grams)	Allergens
ASIAN FETTUCCHINI NOODLES - ELEM	1.000 Serving (2.06 oz)	58.401	110.000	1.500	25.000	21.000	2.000	3.000	Eggs, Soy, Wheat
ASIAN FETTUCCHINI NOODLES - MS & HS	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 - ELEM	1.000 Spoodle 4 oz	59.228	74.692	1.726	313.452	12.456	.893	2.345	Dairy, Soy, Corn Sweetner (syrup, md, sugar, dextr)
ASIAN RICE - MS & HS	1.000 Spoodle 8 oz	118.456	149.383	3.453	626.905	24.912	1.786	4.690	Dairy, Soy, Corn Sweetner (syrup, md, sugar, dextr)
BACON CHEESEBURGER, ALL BEEF (MS & HS)	1.000 Serving	160.500	396.250	17.572	755.536	27.036	3.000	33.624	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr)
BAKED CHICKEN	1.000 Serving	124.838	267.035	19.744	2,296.529	1.620	.000	19.474	Dairy, Soy, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flou r/oil/fiber/pr
BAKED CHICKEN - DRUMSTICKS	1.000 Serving	132.641	190.788	8.258	1,247.472	1.620	.000	23.990	Dairy, Soy, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flou r/oil/fiber/pr
BAKED POTATO W/ TOPPINGS - HAM, CHEESE, TURKEY BACON BITS	1.000 Serving (1 potato)	332.248	381.492	12.588	1,143.213	44.835	5.114	24.773	Dairy, Soy, Corn Sweetner (syrup, md, sugar, dextr), Potato
BAKED POTATO W/ TOPPINGS - TURKEY, CHEESE, TURKEY BACON BITS	1.000 Serving (1 potato)	332.248	352.259	8.818	1,088.879	44.492	5.114	26.290	Dairy, Soy, Potato, Corn (veg/meal/starch/flou r/oil/fiber/pr
BBQ CHICKEN	1.000 Serving	212.238	335.196	19.474	1,651.026	18.950	.000	19.474	Corn Sweetner (syrup, md, sugar, dextr), Tomato, Red Dye, Corn (veg/meal/starch/flou r/oil/fiber/pr

Menu Item	Serving Size	Weight (grams)	Calories	Fat (grams)	Sodium (mg)	Carb (grams)	Fiber (grams)	Protein (grams)	Allergens
BBQ ON A BUN - ELEM & MS	1.000 Serving (1 sandwich)	147.718	299.312	8.972	818.263	39.693	4.307	15.719	Soy, Wheat, Corn Sweetener (syrup, md, sugar, dextr), Tomato, Corn (veg/meal/starch/flour/oil/fiber/pr
BBQ ON A BUN - HS	1.000 Serving (1 sandwich)	179.727	351.623	11.266	1,001.298	44.409	4.754	19.149	Soy, Wheat, Corn Sweetener (syrup, md, sugar, dextr), Tomato, Corn (veg/meal/starch/flour/oil/fiber/pr
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 Sweetener (syrup, md, sugar, dextr), Potato, Corn (veg/meal/starch/flour/oil/fiber/pr
BEEF ENCHILADAS W/ RANCHERO SAUCE	1.000 Serving (2 enchilada)	331.883	502.120	22.529	1,104.522	52.200	9.475	25.077	Dairy, Soy, Wheat, Corn Sweetener (syrup, md, sugar, dextr), Tomato, Corn (veg/meal/starch/flour/oil/fiber/pr
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 Sweetener (syrup, md, sugar, dextr), Potato, Corn (veg/meal/starch/flour/oil/fiber/pr
BREADED CATFISH STRIP	1.000 Serving (2 strips)	113.398	256.495	16.200	499.491	14.849	4.049	16.200	Fish, Soy, Wheat, 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
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
BREADED CHICKEN SANDWICH	1.000 Serving	155.000	410.000	17.500	700.000	42.000	6.000	22.000	Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Carrots
BUENO CHEESY NACHOS	1.000 Serving	121.529	281.755	13.766	555.126	22.453	2.301	16.766	Dairy, Soy, Tomato, Corn (veg/meal/starch/flour/oil/fiber/pr
BUFFALO BITES	1.000 Serving (10 bites)	174.869	294.325	13.437	1,847.838	23.930	3.101	18.605	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr
BUFFALO CHICKEN	1.000 Serving	210.763	288.227	19.474	2,502.945	6.398	.000	19.474	
BUFFALO TENDER WRAP	1.000 Serving (1 wrap)	314.986	477.839	17.694	2,229.624	51.395	6.901	28.456	Dairy, Eggs, Soy, Wheat, Tomato, Oats, Corn (veg/meal/starch/flour/oil/fiber/pr
CAESAR SALAD W/ DRESSING & CROUTONS - HIGH SCHOOL	1.000 Serving (1 salad)	246.099	278.114	17.101	825.018	14.983	3.328	20.216	Dairy, Fish, Soy, Tree Nuts, Wheat, Corn Sweetner (syrup, md, sugar, dextr)
CAESAR SALAD W/ DRESSING & CROUTONS - MIDDLE SCHOOL	1.000 Serving (1 salad)	245.349	233.114	11.101	915.018	15.733	3.328	20.966	Dairy, Fish, Soy, Tree Nuts, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Carrots, 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
CHEESE STUFFED BREADSTICKS - ELEM & MS	1.000 Serving (2 stix)	110.565	260.000	8.000	600.000	31.000	3.000	17.000	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Potato, Corn (veg/meal/starch/flou r/oil/fiber/pr
CHEESE STUFFED BREADSTICKS - HS	1.000 Serving HS (3 stix)	165.848	390.002	12.001	900.002	46.500	4.499	25.501	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Potato, Corn (veg/meal/starch/flou r/oil/fiber/pr
CHEESEBURGER - ELEM	1.000 Serving	142.049	335.482	14.539	728.869	27.972	3.991	22.573	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr)
CHEESEBURGER, ALL BEEF - MS & HS	1.000 Serving	155.200	375.524	16.540	659.261	26.984	2.994	31.563	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr)
CHEESY BAKED POTATO - NO	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	288.983	510.259	20.570	873.774	54.824	7.234	28.951	Dairy, Eggs, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Pork, Oats
CHEESY LASAGNA	1.000 Serving	521.676	647.072	14.033	867.879	99.283	13.245	34.243	Dairy, Eggs, Soy, Wheat, Tomato
CHEESY QUESADILLA	1.000 Serving (1 triangle)	176.000	359.999	14.001	810.000	42.001	5.000	18.000	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Potato, Corn (veg/meal/starch/flou r/oil/fiber/pr

Menu Item	Serving Size	Weight (grams)	Calories	Fat (grams)	Sodium (mg)	Carb (grams)	Fiber (grams)	Protein (grams)	Allergens
CHICKEN & RICE BURRITO	1.000 Serving (1 burrito)	165.850	273.120	7.960	475.630	33.360	4.490	18.690	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Potato, Corn (veg/meal/starch/flour/oil/fiber/pr
CHICKEN ALFREDO	1.000 Serving	232.563	344.905	11.643	803.742	38.712	3.576	23.793	Dairy, Eggs, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Carrots, Corn (veg/meal/starch/flour/oil/fiber/pr
CHICKEN ENCHILADAS W/ VERDE SAUCE	1.000 Serving (2 enchilada)	257.104	372.173	13.607	1,110.235	40.275	3.001	21.123	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Corn (veg/meal/starch/flour/oil/fiber/pr
CHICKEN FAJITA WRAP	1.000 Serving (1 wrap)	253.260	378.159	16.963	1,015.376	34.219	3.901	23.132	Dairy, Eggs, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Corn (veg/meal/starch/flour/oil/fiber/pr
CHICKEN FRIED STEAK - NO GRAVY	1.000 Serving (1 patty)	107.728	260.001	14.000	790.001	19.000	2.001	16.000	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr
CHICKEN FRIED STEAK SANDWICH	1.000 Serving	164.728	410.000	16.500	1,090.000	45.000	5.000	22.000	Dairy, 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
CHICKEN NUGGETS - ELEM & MS	1.000 Serving (5 nuggets)	85.000	180.000	9.000	420.000	12.000	3.000	12.000	Eggs, Soy, Wheat, Oats, Corn (veg/meal/starch/flour/oil/fiber/pr
CHICKEN NUGGETS - HS	1.000 Serving (7 nuggets, HS)	119.000	252.000	12.600	588.000	16.800	4.200	16.800	Eggs, Soy, Wheat, Oats, Corn (veg/meal/starch/flour/oil/fiber/pr
CHICKEN NUGGETS, GRILLED (UNBREADED)	1.000 Serving (4 nuggets)	66.908	170.000	13.000	310.000	2.000	1.000	11.000	Soy, Corn Sweetener (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr
CHICKEN NUGGETS, HEART SHAPED	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
CHICKEN PARMESAN	1.000 Serving	434.871	483.023	18.355	825.289	57.944	9.955	25.651	Dairy, Soy, Wheat, Corn Sweetener (syrup, md, sugar, dextr), Tomato, Carrots, Oats
CHICKEN SPAGHETTI	1.000 Serving (1 cup)	344.061	343.019	9.645	948.608	38.146	6.069	29.980	Dairy, Soy, Wheat, Corn Sweetener (syrup, md, sugar, dextr), Oats, Corn (veg/meal/starch/flour/oil/fiber/pr
CHICKEN TENDERS	1.000 Serving (2 tender)	112.000	213.000	9.000	298.000	16.000	3.000	18.000	Eggs, Soy, Wheat, Oats, 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
CHILI CHEESE DOG	1.000 Serving (1 dog)	162.850	294.868	14.746	1,224.210	31.482	3.995	12.995	Dairy, Soy, Wheat, Corn Sweetener (syrup, md, sugar, dextr), Tomato, Corn (veg/meal/starch/flour/oil/fiber/pr, Food Dyes (yellow, blue)
CLUB SANDWICH	1.000 Serving (1 sandwich)	211.385	390.479	12.770	1,602.095	40.571	6.075	37.202	Dairy, Soy, Wheat, Corn Sweetener (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr
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
CORN DOG	1.000 Serving (1 corndog)	112.000	240.000	8.000	590.000	33.000	5.000	9.000	Eggs, Soy, Wheat, Corn Sweetener (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr
DELI CROISSANT - HAM	1.000 Serving (1 sandwich)	161.550	332.146	14.448	1,234.964	33.315	3.000	20.977	Dairy, Soy, Tree Nuts, Wheat, Corn Sweetener (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr
DELI CROISSANT - TURKEY	1.000 Serving (1 sandwich)	161.550	288.297	8.794	1,153.463	32.800	3.000	23.252	Dairy, Soy, Tree Nuts, Wheat, Corn Sweetener (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
DELI SANDWICH - HAM	1.000 Serving (1 sandwich)	156.250	273.646	10.473	1,157.839	27.615	4.050	24.077	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr)
DELI SANDWICH - TURKEY	1.000 Serving (1 sandwich)	156.250	229.797	4.819	1,076.338	27.100	4.050	26.352	Dairy, Soy, Wheat, Corn (veg/meal/starch/flour/oil/fiber/pr
DELI WRAP - HAM	1.000 Serving (1 wrap)	226.080	318.273	15.171	1,167.481	26.774	2.902	19.817	Dairy, Eggs, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Corn (veg/meal/starch/flour/oil/fiber/pr
DELI WRAP - TURKEY BREAST	1.000 Serving (1 wrap)	226.080	289.040	11.402	1,113.147	26.431	2.902	21.334	Dairy, Eggs, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Corn (veg/meal/starch/flour/oil/fiber/pr
FISH SANDWICH	1.000 Serving	170.000	370.000	11.500	530.000	44.000	5.000	20.999	Fish, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr
FISH WEDGE	1.000 Each (1 patty)	113.000	210.000	10.000	240.000	17.000	2.000	14.000	Eggs, Fish, Soy, Wheat, Corn (veg/meal/starch/flour/oil/fiber/pr
FRUIT & YOGURT PLATE	1.000 Serving	184.018	301.246	10.125	398.554	43.613	2.064	11.592	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr)



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GENERAL TSO CHICKEN - NO ASIAN NOODLES OR ASIAN RICE	1.000 Serving (4 oz)	113.398	212.621	4.556	536.615	28.349	.000	14.175	Dairy, Eggs, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Sesame, Corn (veg/meal/starch/flou r/oil/fiber/pr
GLUTEN FREE BBQ ON A BUN	1.000 Serving (1 sandwich)	164.718	329.037	10.480	788.389	47.608	3.297	11.720	Eggs, Soy, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Potato, Corn (veg/meal/starch/flou r/oil/fiber/pr
GLUTEN FREE CHEESEBURGER	1.000 Serving	143.457	335.490	15.037	639.088	35.954	2.993	15.590	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 Sweetner (syrup, md, sugar, dextr), Potato
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
GLUTEN FREE HOT DOG	1.000 Serving (1 dog)	94.000	210.000	11.000	765.000	21.000	1.000	8.000	Eggs, Corn Sweetner (syrup, md, sugar, dextr), Potato
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 Sweetner (syrup, md, sugar, dextr), Potato, Pork
GLUTEN FREE SPAGHETTI NOODLES	1.000 Serving (1/2 cup)	67.190	232.111	.611	.000	48.865	4.887	4.887	
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
GRILLED CHICKEN SANDWICH	1.000 Serving	128.000	310.000	14.500	480.000	27.000	3.000	20.000	Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr)

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HAM SANDWICH	1.000 Serving (1 sandwich)	163.013	266.371	9.996	1,188.414	27.149	4.050	23.540	Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr)
HAMBURGER - ELEM	1.000 Serving	127.874	300.000	12.500	570.000	27.000	4.000	19.000	Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr)
HAMBURGER, ALL BEEF - MS & HS	1.000 Serving	141.000	340.000	14.500	500.000	26.000	3.000	27.999	Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr)
HOMEMADE HAM & CHEESE POCKET	1.000 Serving (1 pocket)	149.400	271.915	9.384	1,048.725	28.109	2.000	19.890	Dairy, Eggs, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Sesame
HOMESTYLE CHICKEN TENDERS	1.000 Serving (2 tender)	112.000	213.000	9.000	298.000	16.000	3.000	18.000	Eggs, Soy, Wheat, Oats, Corn (veg/meal/starch/flour/oil/fiber/pr
HONEY SRIRACHA CHICKEN - NO ASIAN NOODLES OR ASIAN RICE	1.000 Scoop#12	110.000	210.000	6.000	480.000	24.000	1.000	12.000	Eggs, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Orange, Corn (veg/meal/starch/flour/oil/fiber/pr
HOT DOG ON A BUN	1.000 Serving (1 dog)	103.000	230.000	11.000	800.000	25.000	3.000	12.000	Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr)
ITALIAN CAVATINI	1.000 Spoodle 8 oz	288.983	510.259	20.570	873.774	54.824	7.234	28.951	Dairy, Eggs, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Pork, Oats

Menu Item	Serving Size	Weight (grams)	Calories	Fat (grams)	Sodium (mg)	Carb (grams)	Fiber (grams)	Protein (grams)	Allergens
ITALIAN STUFFED SANDWICH - NO DIPPING SAUCE	1.000 Serving (1 pocket)	154.554	305.613	12.783	1,083.225	27.589	2.000	20.760	Dairy, Eggs, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Pork, Sesame
ITALIAN SUB SANDWICH - NO DIPPING SAUCE	1.000 Serving (1 sandwich)	200.894	415.207	12.035	1,111.414	48.091	5.780	26.979	Dairy, Eggs, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Oats, Sesame
LASAGNA	1.000 Serving	521.676	647.072	14.033	867.879	99.283	13.245	34.243	Dairy, Eggs, Soy, Wheat, Tomato
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 Sweetner (syrup, md, sugar, dextr), Tomato, Potato, Corn (veg/meal/starch/flou r/oil/fiber/pr
MEATBALL SUB SANDWICH - ELEM	1.000 Serving (1 sandwich)	188.075	344.144	12.605	564.224	40.024	5.203	18.703	Dairy, Eggs, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Oats, Sesame
MEXI TACO QUESADILLA	1.000 Serving (3 triangles)	115.950	239.999	8.001	599.997	29.000	4.000	4.000	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Potato, Corn (veg/meal/starch/flou r/oil/fiber/pr

Menu Item	Serving Size	Weight (grams)	Calories	Fat (grams)	Sodium (mg)	Carb (grams)	Fiber (grams)	Protein (grams)	Allergens
MINI CHEF SALAD - HAM	1.000 Serving (1 salad)	277.271	220.4955	11.7185	1027.658	10.9535	2.46	19.12	Dairy, Eggs, Soy, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Corn (veg/meal/starch/flou r/oil/fiber/pr
MINI CHEF SALAD - TURKEY	1.000 Serving (1 salad)	276.075	196.456	8.577	1,051.991	10.990	2.446	19.760	Dairy, Eggs, Soy, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Corn (veg/meal/starch/flou r/oil/fiber/pr
MINI SUB SANDWICH - HAM	1.000 Serving (1 sandwich)	138.423	252.389	9.911	1,030.823	24.122	3.000	19.938	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr)
MINI SUB SANDWICH - TURKEY	1.000 Serving (1 sandwich)	138.491	208.148	4.288	1,032.927	22.787	.999	22.240	Dairy, Soy, Wheat, Corn (veg/meal/starch/flou r/oil/fiber/pr
ORANGE CHICKEN - NO ASIAN NOODLES OR ASIAN RICE	1.000 Spoodle 6 oz	187.901	419.876	13.777	855.696	54.872	3.187	18.982	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Orange, Sesame, Corn (veg/meal/starch/flou r/oil/fiber/pr
PANCAKES	1.000 Serving (2 pancakes)	66.000	163.299	4.083	265.361	27.897	2.041	3.402	Dairy, Eggs, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr)
PIG IN A BLANKET	1.000 Serving (1 pig in a blanket)	85.500	200.000	10.000	730.000	19.000	2.000	10.000	Dairy, Eggs, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Oats, Sesame

Menu Item	Serving Size	Weight (grams)	Calories	Fat (grams)	Sodium (mg)	Carb (grams)	Fiber (grams)	Protein (grams)	Allergens
PIZZA - CHEESE (ELEMENTARY)	1.000 Slice	132.395	269.999	10.000	799.996	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
PIZZA - PEPPERONI (ELEMENTARY)	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
PIZZA - SAUSAGE (ELEMENTARY)	1.000 Slice	134.377	269.999	10.000	809.999	32.000	4.000	16.000	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Pork, Corn (veg/meal/starch/flour/oil/fiber/pr
PIZZA SANDWICH	1.000 Serving (1 sandwich)	94.106	279.280	14.113	629.246	23.856	3.726	19.202	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Pork
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
PIZZA SANDWICH - MS	1.000 Serving (1 sandwich)	107.147	324.280	17.113	724.246	24.356	3.726	22.702	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Pork

Menu Item	Serving Size	Weight (grams)	Calories	Fat (grams)	Sodium (mg)	Carb (grams)	Fiber (grams)	Protein (grams)	Allergens
PIZZA, JALAPENO CRUST - CHEESE	1.000 Slice	161.000	359.999	15.000	530.001	35.000	2.000	22.001	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Corn (veg/meal/starch/flou r/oil/fiber/pr
PIZZA, JALAPENO CRUST - PEPPERONI	1.000 Slice	168.000	392.499	18.250	660.001	35.000	2.000	23.251	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Pork, Corn (veg/meal/starch/flou r/oil/fiber/pr
PIZZA, PERSONAL PAN - CHEESE	1.000 Serving (1 pizza)	142.000	300.001	9.000	420.000	38.001	4.000	17.000	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Corn (veg/meal/starch/flou r/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/flou r/oil/fiber/pr
PIZZA, PIZZA HUT - CHEESE	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/flou r/oil/fiber/pr

Menu Item	Serving Size	Weight (grams)	Calories	Fat (grams)	Sodium (mg)	Carb (grams)	Fiber (grams)	Protein (grams)	Allergens
PIZZA, PIZZA HUT - PEPPERONI	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, Corn (veg/meal/starch/flour/oil/fiber/pr
PIZZA, STUFFED CRUST - PEPPERONI	1.000 Slice	138.062	330.000	13.999	870.000	35.000	3.000	17.000	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Potato, Pork, Corn (veg/meal/starch/flour/oil/fiber/pr
PIZZA, STUFFED CRUST - CHEESE	1.000 Slice	141.748	310.000	11.000	760.000	32.000	2.999	19.000	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), 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
PIZZA, THIN CRUST CHEESE	1.000 Slice	158.000	360.000	15.001	640.000	33.000	3.000	21.000	Dairy, Soy, Wheat, Tomato, Corn (veg/meal/starch/flour/oil/fiber/pr
POPCORN CHICKEN	1.000 Serving (10 bites)	121.905	269.000	13.000	590.000	20.000	3.000	18.000	Dairy, 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
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
PULLED PORK SANDWICH	1.000 Serving (1 sandwich)	170.400	450.058	19.560	533.825	43.060	3.000	24.064	Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Pork
QUESADILLA, CHEESE	1.000 Serving (1 triangle)	176.000	359.999	14.001	810.000	42.001	5.000	18.000	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	239.999	8.001	599.997	29.000	4.000	4.000	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Potato, Corn (veg/meal/starch/flour/oil/fiber/pr
RAVIOLI, CHEF BOYARDEE	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
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



Menu Item	Serving Size	Weight (grams)	Calories	Fat (grams)	Sodium (mg)	Carb (grams)	Fiber (grams)	Protein (grams)	Allergens
SEAFOOD BASKET - LONG	1.000 Serving	199.590	416.667	19.501	646.666	38.333	6.000	26.000	Dairy, Eggs, Fish, Soy, Wheat, Corn (veg/meal/starch/flour/oil/fiber/pr
SEAFOOD BASKET (HS)	1.000 Serving	177.308	422.661	19.220	709.059	39.693	5.079	20.640	Dairy, Eggs, Fish, Shellfish, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr
SOFT TACOS - NO CHEESE	1 Sv (2 tacos)	163.351	342.727	14.035	496	32.596	4.695	20.716	Wheat, Tomato
SPAGHETTI SAUCE & MEATBALLS	5 meatballs & sauce + 3/4 c noodles	307.167	352.35	8.968	830.388	48.857	9.07	21.428	Dairy, Eggs, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Sesame, Wheat, Oats
SPAGHETTI W/ MEAT SAUCE - ELEM & MS	1 Spoodle 6 oz + 3/4 c noodles	303.058	360.097	10.026	488.349	46.096	7.641	23.7	Soy, Tomato, Wheat, Oats
SPAGHETTI W/ MEAT SAUCE - HS	1 Spoodle 6 oz + 3/4 c noodles	304.349	363.417	10.224	489.501	46.096	7.641	24.057	Soy, Tomato, Wheat, 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

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	155.000	390.000	15.500	1,150.000	40.000	4.000	23.999	Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr
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
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
STEAK FINGERS - ELEM & MS	1.000 Serving (4 stix)	109.000	300.000	19.000	490.000	19.000	3.000	14.999	Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Potato, Corn (veg/meal/starch/flour/oil/fiber/pr
STEAK FINGERS - HS	1.000 Serving - HS (5 stix)	136.250	375.000	23.750	612.500	23.750	3.750	18.749	Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr),
TACO SNACK, BEEF & CHEESE	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
TERIYAKI CHICKEN - NO ASIAN NOODLES OR ASIAN RICE	1.000 Scoop#12	80.790	146.000	2.500	414.000	14.000	.000	15.000	Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Sesame, 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
THAI SWEET CHILI CHICKEN - NO ASIAN NOODLES OR ASIAN RICE	1.000 Scoop#12	80.790	120.000	2.000	330.000	15.000	.000	11.000	Soy, Wheat, Corn Sweetener (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr
TOASTED CHEESE SANDWICH - ELEM & MS	1.000 Serving (1 sandwich)	87.965	219.155	7.999	689.764	25.424	3.726	18.190	Dairy, Soy, Wheat
TOASTED CHEESE SANDWICH - HS	1.000 Serving (1 sandwich)	100.799	254.030	9.992	844.210	26.420	3.726	21.677	Dairy, Soy, Wheat
TURKEY SANDWICH	1.000 Serving (1 sandwich)	169.400	216.667	2.976	1,138.740	26.542	4.033	27.489	Soy, Wheat, Corn (veg/meal/starch/flour/oil/fiber/pr
TURKEY, ROASTED (THANKSGIVING)	1.000 Serving (2 slices)	79.947	90.000	1.000	340.000	.000	.000	19.000	Corn Sweetener (syrup, md, sugar, dextr)
YAKISOBA NOODLES	1.000 Serving (2.06 oz)	58.401	110.000	1.500	25.000	21.000	2.000	3.000	Eggs, Soy, Wheat