

Menu Item	Serving Size	Weight (grams)	Calories	Fat (grams)	Sodium (mg)	Carb (grams)	Fiber (grams)	Protein (grams)	Allergens
APPLE SLICES	1.000 Serving (1/2 cup)	106.236	37.937	.074	16.201	9.253	1.594	.000	
APPLES, FRESH - GOLDEN	1.000 Each (apple)	131.476	68.368	.224	1.315	18.157	3.155	.342	
APPLES, FRESH - GRANNY SMITH	1.000 Each (apple)	131.476	68.368	.224	1.315	18.157	3.155	.342	
APPLES, FRESH - RED	1.000 Each (apple)	131.476	68.368	.224	1.315	18.157	3.155	.342	
APPLESAUCE	1.000 Serving (1/2 c)	138.000	89.999	.000	15.001	23.000	1.000	.000	
APPLESAUCE W/ JELLO - BLUE	1.000 Spoodle 4 oz (1/2 c)	134.576	101.563	.000	39.311	25.506	.945	.286	
APPLESAUCE W/ JELLO - CHERRY	1.000 Spoodle 4 oz (1/2 c)	134.577	101.557	.000	38.586	25.583	.945	.282	
APPLESAUCE W/ JELLO - CITRUS	1.000 Spoodle 4 oz (1/2 c)	134.577	101.568	.000	40.745	25.591	.945	.281	
APPLESAUCE W/ JELLO - LIME	1.000 Spoodle 4 oz (1/2 c)	134.577	101.589	.000	37.667	25.635	.945	.244	
APPLESAUCE W/ JELLO - STRAWBERRY	1.000 Spoodle 4 oz (1/2 c)	134.577	101.589	.001	40.747	25.648	.945	.226	
ASIAN FETTUCCINI NOODLES - ELEMENTARY	1.000 Serving (2.06 oz)	58.401	110.000	1.500	25.000	21.000	2.000	3.000	Eggs, Soy, Wheat
ASIAN FETTUCCINI 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 - ELEMENTARY	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)
ASIAN STIR FRY VEGETABLES	1.000 Serving (1/2 cup)	69.000	30.188	.000	30.188	5.175	1.725	.863	Carrots
BABY CARROTS	1.000 Serving (1/2 cup)	70.324	24.614	.091	54.853	5.795	2.039	.450	Carrots

Menu Item	Serving Size	Weight (grams)	Calories	Fat (grams)	Sodium (mg)	Carb (grams)	Fiber (grams)	Protein (grams)	Allergens
BABY CARROTS & CELERY STICKS - NO RANCH DRESSING	1.000 Serving (1/2 cup)	73.710	18.581	.111	58.254	4.072	1.644	.491	Carrots
BACON BITS - TURKEY	1.000 Serving (0.5 oz)	14.175	52.288	3.922	294.118	.654	.000	4.575	
BACON BITS, IMITATION	1.000 Tablespoon	7.000	30.000	1.000	125.000	2.000	.000	3.000	Soy, Corn Sweetner (syrup, md, sugar, dextr), Red Dye
BACON STRIP - TURKEY	1.000 Slice	5.000	20.000	1.000	95.000	.000	.000	2.000	
BAKED BEANS	1.000 Spoodle 4 oz	193.546	250.763	1.009	1,373.511	55.319	7.025	6.691	Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Red Dye, Corn (veg/meal/starch/flour/oil/fiber/pr
BAKED CINNAMON APPLES	1.000 Scoop#8	132.593	147.240	1.856	131.185	33.156	1.590	.018	Dairy, Soy, Corn (veg/meal/starch/flour/oil/fiber/pr
BANANAS & STRAWBERRIES	1.000 Spoodle 4 oz (1/2 c)	122.948	88.752	.278	2.227	22.546	2.465	.917	
BANANAS, FRESH	1.000 Each (1 banana)	168.306	149.792	.555	1.683	38.441	4.376	1.835	
BEANS, PINTO	1.000 Serving (1/2 c)	85.500	122.265	.556	.855	22.418	7.695	7.704	
BISCUIT	1.000 Serving (1 biscuit)	64.000	210.000	10.000	370.000	26.000	2.000	4.000	Dairy, Eggs, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr
BLACKBERRIES	1.000 Serving (1/2 cup)	113.400	72.581	.000	.000	17.770	5.670	1.340	
BLACK-EYED PEAS	1.000 Serving (1/2 cup)	98.276	65.511	.000	319.398	12.285	2.457	4.088	
BLUEBERRIES, IQF	1.000 Serving (1/2 cup)	77.000	26.950	.000	3.850	5.390	3.850	.000	

Menu Item	Serving Size	Weight (grams)	Calories	Fat (grams)	Sodium (mg)	Carb (grams)	Fiber (grams)	Protein (grams)	Allergens
BREADSTICK, GARLIC	1.000 Serving (1 breadstick)	43.000	110.000	1.500	190.000	20.000	2.000	4.000	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr)
BROCCOLI CHEESE SOUP	1.000 Ladle 8 (Oz)	259.484	180.982	8.073	532.441	15.783	1.667	11.428	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flou r/oil/fiber/pr
BROCCOLI CUTS	1.000 Serving (1/2 cup)	96.330	26.972	.116	10.596	5.154	2.890	2.986	
BROCCOLI FLORETS, FRESH	1.000 Serving - 1/2 cup florets	92.517	31.456	.342	30.531	6.143	2.405	2.609	
BROCCOLI SPEARS	1.000 Serving (1/2 cup)	77.961	26.279	.000	21.899	3.504	1.752	1.752	
BROCCOLI W/ CHEESE SAUCE - ELEM	1.000 Serving (1/2 cup)	124.851	66.138	3.112	285.269	7.994	2.801	2.894	Dairy, Soy, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flou r/oil/fiber/pr, Food Dyes (yellow, blue)
BROCCOLI, CHOPPED	1.000 Serving (1/2 cup)	92.000	27.057	.000	21.638	4.324	2.162	2.162	
CANTALOUPE, FRESH	1.000 Serving (1/2 c cubed)	139.521	47.437	.265	22.323	11.385	1.256	1.172	
CARROTS, DICED	1.000 Spoodle 4 oz Perforated (1/2 c)	75.600	27.216	.348	51.408	5.972	2.495	.590	Carrots
CARROTS, SLICED	1.000 Spoodle 4 oz Perforated (1/2 c)	87.317	32.307	.594	51.517	6.750	2.881	.506	Carrots
CELERY, FRESH	1.000 Serving (1/2 cup 4" sticks)	61.719	9.875	.105	49.375	1.833	.988	.426	

Menu Item	Serving Size	Weight (grams)	Calories	Fat (grams)	Sodium (mg)	Carb (grams)	Fiber (grams)	Protein (grams)	Allergens
CHEESE SAUCE	1.000 Ladle 1 (oz)	31.500	40.000	3.000	275.000	3.000	.000	.000	Dairy, Soy, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr, Food Dyes (yellow, blue)
CHEESE, AMERICAN - SLICED OR SHREDDED	1.000 Slice or 1/2 oz Shredded	14.500	36.250	2.071	160.536	1.036	.000	3.625	Dairy, Soy
CHEESE, AMERICAN WHITE - SLICED	1.000 Slice	14.175	50.624	4.050	237.933	1.013	.000	2.531	Dairy, Soy
CHEESE, PEPPER JACK - SLICED	1.000 Slice	14.500	56.964	4.661	108.750	.518	.000	3.107	Dairy
CHERRIES, IQF	1.000 Serving (1/2 cup, drained)	90.718	76.802	.000	.000	19.840	.644	1.279	
CHICKEN NOODLE SOUP	1.000 Ladle 8 (Oz)	371.447	125.486	2.031	199.613	19.669	2.752	7.635	Dairy, Eggs, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Carrots, Corn (veg/meal/starch/flour/oil/fiber/pr
CHILI	1.000 Ladle 1 (oz)	33.063	34.933	1.006	113.870	1.425	.000	5.045	Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Corn (veg/meal/starch/flour/oil/fiber/pr
COCKTAIL SAUCE - MILD	1.000 Ounce	29.952	34.791	.000	281.436	8.681	.000	.000	Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato
COCKTAIL SAUCE - SPICY	1.000 Ounce	30.496	34.791	.000	296.668	8.681	.000	.000	Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Red Dye, Food Dyes (yellow, blue)
COLORFUL FRUIT CUP	1.000 Serving (1/2 cup)	87.710	46.001	.092	2.725	11.906	1.251	.152	Orange

Menu Item	Serving Size	Weight (grams)	Calories	Fat (grams)	Sodium (mg)	Carb (grams)	Fiber (grams)	Protein (grams)	Allergens
CORN ON THE COB	1.000 Serving (1 cob)	65.000	60.000	.000	31.000	13.000	2.000	2.000	Corn (veg/meal/starch/flour/oil/fiber/pr
CORNBREAD	1.000 Serving (1 piece)	65.491	179.457	4.596	201.709	29.711	1.054	4.349	Dairy, Eggs, Soy, Wheat, Corn (veg/meal/starch/flour/oil/fiber/pr
CORNBREAD DRESSING - ELEMENTARY & MS	1.000 Scoop#8	183.802	237.443	10.825	613.002	30.867	3.265	7.124	Dairy, Eggs, Soy, Wheat, Corn Sweetener (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr
CORNBREAD DRESSING - HS	1.000 Scoop#6	246.285	318.161	14.505	821.390	41.361	4.375	9.546	Dairy, Eggs, Soy, Wheat, Corn Sweetener (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr
COUNTRY GRAVY	1.000 Ladle 1 (Oz)	29.483	20.143	.895	117.132	2.686	.000	.000	Dairy, Soy, Wheat, Corn Sweetener (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr
CRACKERS, SALTINE, WG	1.000 Package (0.375 Grain)	6.250	30.000	.750	90.000	4.500	.000	.500	Soy, Wheat
CRAISINS - BLUEBERRY FLAVORED	1.000 Package	32.900	110.000	.000	.000	28.000	3.000	.000	
CRAISINS - CHERRY FLAVORED	1.000 Package	32.900	110.000	.000	.000	28.000	3.000	.000	
CRANBERRY SAUCE	1.000 Scoop#16	69.246	110.004	.000	10.001	25.001	.000	.000	
CREAM OF TOMATO SOUP	1.000 Ladle 8 (Oz)	253.226	186.467	5.196	518.744	26.210	.947	7.035	Dairy, Wheat, Corn Sweetener (syrup, md, sugar, dextr), Tomato

Menu Item	Serving Size	Weight (grams)	Calories	Fat (grams)	Sodium (mg)	Carb (grams)	Fiber (grams)	Protein (grams)	Allergens
CROUTONS	1.000 Cup	7.000	30.000	1.000	90.000	5.000	.000	1.000	Dairy, Tree Nuts, Wheat, Corn Sweetner (syrup, md, sugar, dextr)
CUCUMBERS, FRESH	1.000 Serving (1/2 c), sliced	73.161	10.974	.080	1.463	2.656	.366	.476	
DILUTED SOUR CREAM	1.000 Serving (1/8 cup)	35.726	59.208	4.731	50.348	2.256	.000	.249	Dairy, Corn (veg/meal/starch/flou r/oil/fiber/pr
DIPPING SAUCE	1.000 Scoop#10 (3 oz)	74.000	53.280	2.072	82.880	8.880	1.184	1.184	Soy, Tomato
DRESSING - BUFFALO RANCH LOW FAT	1.000 Serving (2 Tbsp)	32.468	46.48	3.582	270.1065	1.874	0	0.4835	Dairy, Eggs, Soy, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flou r/oil/fiber/pr
DRESSING - CILANTRO RANCH	1.000 Serving (2 Tbsp)	30.649	42.769	3.248	232.068	1.834	.000	.445	Dairy, Eggs, Soy, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flou r/oil/fiber/pr
DRESSING - JALAPENO RANCH, LOW FAT	1.000 Serving (2 Tbsp)	33.0675	46.5225	3.605	264.002	1.867	0.064	0.5065	Dairy, Eggs, Soy, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flou r/oil/fiber/pr
DRESSING - NORTENA RANCH	1.000 Serving (2 Tbsp)	23.0285	32.135	2.4405	174.366	1.378	0	0.3345	Dairy, Eggs, Soy, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flou r/oil/fiber/pr
EGG ROLL	1.000 Serving (1 egg roll)	42.524	83.055	3.322	21.594	11.628	.665	1.994	Eggs, Soy, Wheat, Carrots, Sesame

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FRENCH FRIES	1.000 Serving (1/2 cup, 2.5 oz)	74.059	103.740	3.890	208.335	16.426	1.729	1.729	Soy, Corn Sweetner (syrup, md, sugar, dextr), Potato, Corn (veg/meal/starch/flou r/oil/fiber/pr
FRESH BELL PEPPER	1.000 Serving (2 rings)	20.000	4.000	.034	.600	.928	.340	.172	
FRUIT COCKTAIL	1.000 Serving (1/2 c)	105.736	60.000	.070	6.001	15.680	1.100	.420	
FRUIT SAUCE	1.000 Serving (1 oz)	29.794	39.068	.234	13.829	7.997	.016	.779	Dairy
GARDEN SALAD	1.000 Serving (1/2 cup)	38.556	7.797	.107	19.586	1.413	.709	.745	
GARLIC TEXAS TOAST	1.000 Slice	30.682	80.000	1.500	160.000	14.000	2.000	4.000	Dairy, Soy, Wheat
GARLIC TEXAS TOAST WEDGE	1.000 Serving	15.341	40.000	.750	80.000	7.000	1.000	2.000	Dairy, Soy, Wheat
GARLIC TOAST	1.000 Slice	24.317	55.889	.931	107.120	11.178	1.863	3.726	Dairy, Soy, Wheat
GLUTEN FREE BISCUITS	1.000 Serving (1 biscuit)	192.561	666.769	35.865	1,492.658	69.586	3.313	9.941	Soy, Corn (veg/meal/starch/flou r/oil/fiber/pr
GLUTEN FREE BUTTERY TOAST	1.000 Slice	34.270	90.000	2.000	135.000	17.000	1.000	1.000	Dairy, Eggs, Soy, Potato
GLUTEN FREE GARLIC TOAST	1.000 Slice	34.362	90.000	2.000	135.000	17.000	1.000	1.000	Dairy, Eggs, Soy, Potato
GLUTEN FREE SPAGHETTI NOODLES	1.000 Serving (1/2 cup)	67.190	232.111	.611	.000	48.865	4.887	4.887	
GOLDFISH - CHEDDAR	1.000 Package	21.262	100.001	3.500	170.001	14.000	1.000	3.000	Dairy, Soy, Wheat
GRAHAMS, BEAR - APPLE CINNAMON	1.000 Package	28.000	115.000	3.500	100.000	20.000	2.000	1.000	Soy, Wheat
GRAHAMS, CINNAMON	1.000 Package	28.000	112.000	3.000	140.000	20.000	1.000	1.000	Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr)
GRAHAMS, ELF - CHOCOLATE	1.000 Package	28.000	120.000	4.000	125.000	20.000	2.000	2.000	Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr)

Menu Item	Serving Size	Weight (grams)	Calories	Fat (grams)	Sodium (mg)	Carb (grams)	Fiber (grams)	Protein (grams)	Allergens
GRAHAMS, GOLDFISH - CHOCOLATE	1.000 Package	25.515	110.000	3.500	120.000	19.000	1.000	2.000	Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr)
GRAHAMS, GOLDFISH - CINNAMON	1.000 Package	25.515	120.000	4.000	110.000	19.000	1.000	1.000	Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr)
GRAPEFRUIT, FRESH	1.000 Serving (1/2 large grapefruit)	226.800	72.576	.227	.000	18.325	2.495	1.429	
GRAPES, FRESH - GREEN	1.000 Serving (1/2 cup trimmed)	86.400	57.888	.302	1.728	14.818	.778	.544	
GRAPES, FRESH - RED	1.000 Serving (1/2 cup trimmed)	86.400	57.888	.302	1.728	14.818	.778	.544	
GREEN BEAN CASSEROLE	1.000 Serving (1/2 cup)	100.375	41.200	1.780	236.291	5.237	1.539	1.709	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr
GREEN BEANS	1.000 Spoodle 4 oz Perforated	78.168	12.947	.001	297.487	2.592	1.295	1.292	Corn (veg/meal/starch/flour/oil/fiber/pr
GREEN PEAS	1.000 Spoodle 4 oz (1/2 c)	95.696	74.643	.258	68.901	13.646	5.263	4.928	
HUMMUS	1.000 Serving (1/2 c)	120.000	280.000	16.000	640.000	32.000	8.000	12.000	Soy, Sesame, Corn (veg/meal/starch/flour/oil/fiber/pr
JALAPENOS, SLICED	1.000 Serving (1/8 cup, drained)	19.757	5.334	.186	330.139	.936	.514	.182	
KIWI, FRESH	1.000 Each (1 kiwi)	69.000	36.618	.312	1.801	8.800	1.801	.684	
LETTUCE, DARK LEAFY	1.000 Serving (1/2 cup shred)	41.806	6.271	.063	11.706	1.200	.543	.569	
MACARONI & CHEESE	1.000 Scoop#8	140.079	323.726	9.611	532.478	41.648	4.081	19.430	Dairy, Eggs, Soy, Wheat
MANDARIN ORANGES	1.000 Serving (1/2 c)	92.230	56.260	.000	5.534	14.757	.922	.000	Orange

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MANDARIN ORANGES & GREEN GRAPES	1.000 Spoodle 4 oz (1/2 c)	91.058	58.152	.152	3.726	15.069	.867	.274	Orange
MANDARIN ORANGES & STRAWBERRIES	1.000 Spoodle 4 oz (1/2 c)	87.034	43.281	.000	4.280	11.043	.759	.000	Orange
MARACHINO CHERRIES	1.000 Serving (1/2 cherry)	2.500	5.000	.000	.000	1.000	.000	.000	
MASHED POTATOES - NO GRAVY	1.000 Scoop#8	151.657	93.253	.001	173.379	20.322	1.676	1.670	Dairy, Corn Sweetner (syrup, md, sugar, dextr), Potato
MEXICALI CORN	1.000 Spoodle 4 oz (1/2 c)	81.647	67.239	.480	9.606	14.408	1.921	1.921	Corn (veg/meal/starch/flour/oil/fiber/pr
MILK, 1%, WHITE, 1/2 PINT	1.000 Serving (1 carton)	240.000	109.999	2.501	130.001	13.001	.000	7.999	Dairy
MILK, SKIM, CHOCOLATE, 1/2 PINT	1.000 Serving (1 carton)	240.000	130.001	.000	199.999	24.000	.000	7.999	Dairy, Corn (veg/meal/starch/flour/oil/fiber/pr
MILK, SKIM, STRAWBERRY, 1/2 PINT	1.000 Serving (1 carton)	240.000	130.001	.000	124.999	22.999	.000	7.999	Dairy, Red Dye, Food Dyes (yellow, blue)
MILK, SKIM, WHITE, 1/2 PINT	1.000 Serving (1 carton)	240.000	90.000	.000	130.001	13.001	.000	7.999	Dairy
MIXED NORMANDY VEGETABLES	1.000 Serving (1/2 cup)	85.585	30.206	.000	35.240	5.034	2.014	2.014	Carrots
MIXED VEGETABLES	1.000 Serving (1/2 cup)	94.404	68.244	.000	22.748	12.511	2.275	1.138	Carrots, Corn (veg/meal/starch/flour/oil/fiber/pr
NORMANDY VEGETABLES	1.000 Serving (1/2 cup)	85.585	30.206	.000	35.240	5.034	2.014	2.014	Carrots
OLIVES, BLACK	1.000 Serving (1/8 cup)	16.711	26.111	2.610	120.110	1.044	.000	.000	
ONION, FRESH - RED	1.000 Serving (1/8 c chopped)	21.461	8.584	.021	.858	2.004	.365	.236	
ONION, FRESH - YELLOW	1.000 Serving (1/8 c chopped)	21.461	8.584	.021	.858	2.004	.365	.236	
ORANGES, FRESH	1.000 Each (1 orange)	133.410	63.143	.160	.000	15.676	3.162	1.254	Orange

Menu Item	Serving Size	Weight (grams)	Calories	Fat (grams)	Sodium (mg)	Carb (grams)	Fiber (grams)	Protein (grams)	Allergens
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 Sweetener (syrup, md, sugar, dextr)
PEACH CUP	1 Serving (1 container)	124.94	80	0	0	19	1	1	
PEACH SLICES & STRAWBERRIES	1.000 Spoodle 4 oz (1/2 c)	97.199	49.372	.087	5.503	12.461	.689	.355	
PEACHES & MARACHINO CHERRIES	1.000 Spoodle 4 oz (1/2 c)	148.441	91.711	.000	5.078	22.405	1.016	.000	
PEACHES & PURPLE GRAPES	1.000 Spoodle 4 oz (1/2 c)	102.059	64.792	.241	4.989	16.630	.805	.630	
PEACHES, DICED	1.000 Serving (1/2 c drained)	126.532	50.212	.000	5.021	14.059	1.005	.000	
PEACHES, SLICED	1.000 Serving (1/2 c)	113.084	68.809	.170	7.978	17.701	.797	.688	
PEARS & MARACHINO CHERRIES	1.000 Spoodle 4 oz (1/2 c)	123.839	99.037	.031	5.197	23.727	1.663	.197	
PEARS, DICED	1.000 Serving (1/2 c)	98.474	56.130	.030	4.924	14.939	1.576	.187	
PEARS, FRESH	1.000 Each (1 pear)	134.398	77.951	.161	1.344	20.778	4.166	.511	
PEAS & CARROTS	1.000 Serving (1/2 cup)	83.304	49.593	.295	58.514	9.550	3.776	2.689	Carrots
PEPPERS & ONIONS BLEND	1.000 Serving (1/2 c)	101.190	69.213	2.769	235.325	11.074	4.153	1.384	Soy, Corn Sweetener (syrup, md, sugar, dextr), Corn (veg/meal/starch/flou r/oil/fiber/pr
PICKLE, WHOLE DILL	1.000 Serving (1 pickle)	89.363	15.956	.000	1,468.106	3.190	.000	.000	
PICKLES, SLICED	1.000 Slice	6.817	.818	.010	59.649	.177	.075	.041	
PICO DE GALLO	1.000 Serving (1/8 c)	23.810	6.705	.039	1.171	1.522	.348	.239	Tomato

Menu Item	Serving Size	Weight (grams)	Calories	Fat (grams)	Sodium (mg)	Carb (grams)	Fiber (grams)	Protein (grams)	Allergens
PINEAPPLE & GREEN GRAPES	1.000 Spoodle 4 oz (1/2 c)	102.972	64.856	.219	1.469	16.720	1.163	.578	
PINEAPPLE & MANDARIN ORANGES	1.000 Serving (1/2 cup)	114.619	69.254	.073	3.558	18.047	1.345	.339	Orange
PINEAPPLE & PURPLE GRAPES	1.000 Spoodle 4 oz (1/2 c)	102.972	64.856	.219	1.469	16.720	1.163	.578	
PINEAPPLE CHUNKS	1.000 Serving (1/2 c, drained)	115.183	69.110	.127	1.152	17.922	1.497	.587	
PINEAPPLE TIDBITS	1.000 Serving (1/2 c, drained)	114.247	68.548	.091	1.142	17.937	.914	.480	
PORK & BEANS	1.000 Serving (1/2 c)	130.000	120.000	1.500	599.999	22.000	5.000	6.000	Tomato, Pork
POTATO WEDGES - ELEMENTARY	1.000 Serving (1/2 cup)	76.235	101.886	3.396	12.736	16.132	.849	1.698	Soy, Corn Sweetner (syrup, md, sugar, dextr), Potato, Corn (veg/meal/starch/flou r/oil/fiber/pr
POTATO WEDGES - MS & HS	1.000 Serving (1/2 cup)	58.024	108.253	3.609	176.388	17.140	.902	1.804	Soy, Corn Sweetner (syrup, md, sugar, dextr), Potato, Corn (veg/meal/starch/flou r/oil/fiber/pr
POULTRY GRAVY	1.000 Ladle 1 (Oz)	32.796	10.336	.258	155.926	2.067	.000	.517	Dairy, Eggs, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flou r/oil/fiber/pr
RAISINS, INDIVIDUAL BOX	1.000 Box (1 sv)	42.524	138.204	.000	10.631	32.956	2.126	1.063	

Menu Item	Serving Size	Weight (grams)	Calories	Fat (grams)	Sodium (mg)	Carb (grams)	Fiber (grams)	Protein (grams)	Allergens
RANCH DRESSING, LOW FAT	1.000 Serving (2 Tbsp)	30.732	46.866	3.655	228.592	1.814	.000	.501	Dairy, Eggs, Soy, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flou r/oil/fiber/pr
RANCH STYLE BEANS	1.000 Serving (1/2 c)	130.000	109.999	1.000	530.000	20.000	6.000	6.000	Tomato, Corn (veg/meal/starch/flou r/oil/fiber/pr
REFRIED BEANS	1.000 Scoop#6	198.720	268.936	3.416	1,143.462	41.766	13.834	17.387	Dairy, Soy, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flou r/oil/fiber/pr
RELISH, DILL	1.000 Serving (1/8 cup)	30.000	.000	.000	500.000	2.000	.000	.000	
ROASTED ROSEMARY GARLIC POTATOES	1.000 Serving (1/2 cup)	83.942	94.435	1.574	146.898	17.838	2.099	2.099	Corn Sweetner (syrup, md, sugar, dextr), Potato, Corn (veg/meal/starch/flou r/oil/fiber/pr
ROLL, WHOLE WHEAT	1.000 Serving (1 roll)	61.000	160.000	2.000	280.000	29.000	3.000	6.000	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr)
SALSA	1.000 Serving (1/8 cup)	30.478	10.510	.000	147.135	2.102	1.051	.000	Tomato
SALSA - PC PACK	1.000 Package	14.175	5.000	.000	139.998	1.000	.000	.000	Tomato
SALSA - ROJA NORTENA	1.000 Serving (1/8 cup)	30.000	10.000	.000	260.000	2.000	.000	.000	Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flou r/oil/fiber/pr
SALSA - VERDE CILANTRO	1.000 Serving (1/8 cup)	30.000	10.000	.000	260.000	2.000	.000	.000	Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flou r/oil/fiber/pr
SALSA, HOMEMADE	1.000 Serving (1/8 c)	56.171	11.085	.039	127.259	2.669	.985	.496	Tomato

Menu Item	Serving Size	Weight (grams)	Calories	Fat (grams)	Sodium (mg)	Carb (grams)	Fiber (grams)	Protein (grams)	Allergens
SAVORY PINTO BEANS	1.000 Spoodle 4 oz (perforated)	288.740	144.867	.816	542.450	26.225	8.760	8.779	Dairy, Soy, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr
SCALLOPED POTATOES	1.000 Scoop#8	180.841	119.938	1.210	520.772	24.752	1.540	2.400	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Potato, Corn (veg/meal/starch/flour/oil/fiber/pr, Food Dyes (yellow, blue)
SEASONED GREEN BEANS	1.000 Spoodle 4 oz Perforated	78.168	12.947	.001	297.487	2.592	1.295	1.292	Corn (veg/meal/starch/flour/oil/fiber/pr
SEASONED RICE	1.000 Spoodle 4 oz (1/2 c)	26.610	102.239	1.401	200.742	18.674	.933	2.802	Soy
SONOMA VEGETABLES - ELEM	1.000 Serving (1/2 cup)	66.000	24.316	.000	31.263	4.169	1.389	.695	Carrots
SONOMA VEGETABLES - MS & HS	1.000 Spoodle 4 oz	67.324	30.780	.681	83.983	4.193	1.397	.699	Soy, Carrots
SOUTHWEST CHICKEN & RICE SOUP	1.000 Ladle 8 (Oz)	304.135	87.485	1.090	715.167	15.859	2.602	4.249	Dairy, Soy, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Corn (veg/meal/starch/flour/oil/fiber/pr
SPAGHETTI NOODLES	1.000 Serving (3/4 cup)	102.745	127.054	.583	205.019	27.161	4.527	5.408	Wheat, Oats
SPANISH RICE	1.000 Scoop#8	55.181	70.257	.447	265.725	15.441	.893	1.280	Corn Sweetner (syrup, md, sugar, dextr)
STRAWBERRIES, FRESH	1.000 Serving (1/2 c halves)	86.400	27.648	.259	.864	6.636	1.728	.579	
STRAWBERRIES, SLICED (IN SUGAR)	1.000 Serving (1/2 cup)	127.771	122.000	.170	4.001	33.051	2.400	.680	
STRAWBERRIES, WHOLE	1.000 Serving (1/2 cup)	77.000	27.500	.000	2.750	6.600	.550	.000	
STRAWBERRY CUPS	1 Serving (1 container)	127.58	90	0	0	22	2	1	

Menu Item	Serving Size	Weight (grams)	Calories	Fat (grams)	Sodium (mg)	Carb (grams)	Fiber (grams)	Protein (grams)	Allergens
STRING CHEESE	1.000 Serving (1 stick)	28.000	79.012	5.926	207.407	.988	.000	6.913	Dairy
SWEET GREEN PEAS	1.000 Spoodle 4 oz (1/2 c)	95.696	74.643	.258	68.901	13.646	5.263	4.928	
SWEET POTATO CASSEROLE	1.000 Scoop#8	189.096	432.790	19.323	230.643	66.383	2.347	3.340	Dairy, Eggs, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Potato
SYRUP - BULK	1.000 Tablespoon	15.041	60.163	.000	12.534	15.291	.000	.000	Corn Sweetner (syrup, md, sugar, dextr)
SYRUP - PORTION PACK	1.000 Pouch	42.525	123.106	.000	1.208	31.277	.000	.004	Corn Sweetner (syrup, md, sugar, dextr)
TACO SOUP	1.000 Ladle 8 (Oz)	276.610	263.085	10.418	563.064	21.067	4.894	21.945	Corn Sweetner (syrup, md, sugar, dextr), Tomato, Corn (veg/meal/starch/flour/oil/fiber/pr
TATER TOTS	1.000 Serving (1/2 cup)	71.433	142.866	2.101	252.116	15.968	1.681	1.681	Soy, Corn Sweetner (syrup, md, sugar, dextr), Potato, Corn (veg/meal/starch/flour/oil/fiber/pr
TEXAS TOAST WEDGE	1.000 Serving	15.295	40.000	.750	80.000	7.000	1.000	2.000	Dairy, Soy, Wheat
TEXAS TOAST, BUTTERY	1.000 Slice	30.590	80.000	1.500	160.000	14.000	2.000	4.000	Dairy, Soy, Wheat
TOAST, BUTTERY	1.000 Slice	24.225	55.889	.931	107.120	11.178	1.863	3.726	Dairy, Soy, Wheat
TOMATO NOODLE SOUP	1.000 Ladle 8 (Oz)	254.089	110.142	.128	443.151	24.241	1.906	3.014	Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Oats
TOMATO SOUP	1.000 Ladle 8 (Oz)	231.692	82.305	.000	442.509	18.290	.914	1.829	Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato

Menu Item	Serving Size	Weight (grams)	Calories	Fat (grams)	Sodium (mg)	Carb (grams)	Fiber (grams)	Protein (grams)	Allergens
TOMATO, FRESH	1.000 Tbsp Diced or 1 Slice	14.921	2.686	.030	.746	.585	.179	.131	Tomato
TROPICAL FRUIT	1.000 Serving (1/2 c)	122.000	70.000	.000	.000	16.999	2.000	1.000	
TROPICAL FRUIT & PURPLE GRAPES	1.000 Spoodle 4 oz (1/2 c)	105.839	65.001	.155	.888	16.176	1.406	.783	
TUSCAN VEGETABLES - ELEM	1.000 Serving (1/2 c)	66.000	24.444	.000	28.519	4.889	1.630	.000	Carrots
TUSCAN VEGETABLES - MS & HS	1.000 Spoodle 4 oz	63.341	29.434	.681	79.502	4.622	1.541	.000	Soy, Carrots
VEGETABLE SOUP	1.000 Ladle 8 (Oz)	290.236	76.860	.473	562.528	13.757	3.245	2.093	Dairy, Soy, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Carrots, Corn (veg/meal/starch/flou r/oil/fiber/pr
VEGGIE DIPPERS - NO RANCH DRESSING OR HUMMUS	1.000 Serving (1/2 c)	73.041	18.231	.099	42.988	4.162	1.422	.479	Carrots
WATERMELON, FRESH	1.000 Serving (1/2 c cubed)	90.719	27.216	.136	.907	6.849	.363	.553	
WHIPPED TOPPING	1.000 Tablespoon (whipped)	3.375	9.375	.750	.000	.750	.000	.000	Soy, Corn Sweetner (syrup, md, sugar, dextr)
WHOLE KERNEL CORN	1.000 Spoodle 4 oz (1/2 c)	83.305	67.477	.558	.833	16.078	1.999	2.124	Corn (veg/meal/starch/flou r/oil/fiber/pr
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