

| Menu Item | Serving Size | Weight (grams) | Calories | Fat (grams) | Sodium (mg) | Carb (grams) | Fiber (grams) | Protein (grams) | Allergens |
|---|-----------------------------|----------------|----------|-------------|-------------|--------------|---------------|-----------------|--|
| BROCCOLI CHEESE SOUP | 1.000 Ladle 8 (Oz) | 259.334 | 185.199 | 7.961 | 540.895 | 16.851 | 1.665 | 11.892 | Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry |
| 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 |
| CHEF SALAD (NO DRESSING) | 1 Serving (1 Salad) | | 275.678 | 13.413 | 1205.092 | 15.421 | 4.225 | 27 | Dairy, Soy, Egg, Tomato, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr, Red Dye |
| CHICKEN NOODLE SOUP | 1.000 Ladle 8 (Oz) | 373.433 | 135.122 | 2.467 | 216.231 | 20.721 | 2.424 | 8.361 | Dairy, Eggs, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Carrots, Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry |
| CRACKERS, SALTINE, WG | 1.000 Package (0.375 Grain) | 6.520 | 30.092 | .752 | 90.277 | 4.514 | .000 | .502 | Soy, Wheat |

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| 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 |
| DRESSING - 1000 ISLAND, FAT FREE | 1.000 Package | 42.500 | 50.000 | .000 | 350.000 | 12.000 | .000 | .000 | Eggs, Soy, Corn Sweetener (syrup, md, sugar, dextr), Tomato, Potato, Red Dye, Food Dyes (yellow, blue) |
| DRESSING - BUFFALO RANCH LOW FAT | 1.000 Serving (2 Tbsp) | 32.602 | 46.867 | 4.154 | 211.632 | 1.814 | .000 | .564 | Dairy, Eggs, Soy, Corn Sweetener (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr |
| DRESSING - CAESAR, LITE | 1.000 Package | 21.000 | 50.000 | 4.500 | 390.000 | 2.000 | .000 | 1.000 | Dairy, Fish, Soy, Corn Sweetener (syrup, md, sugar, dextr) |
| DRESSING - FRENCH, FAT FREE | 1.000 Package | 42.500 | 60.000 | .000 | 360.000 | 14.000 | .000 | .000 | Corn Sweetener (syrup, md, sugar, dextr), Tomato, Corn (veg/meal/starch/flour/oil/fiber/pr |
| DRESSING - HONEY MUSTARD | 1.000 Ounce | 28.350 | 122.850 | 10.395 | 198.450 | 6.615 | .000 | .000 | Eggs, Soy, Corn Sweetener (syrup, md, sugar, dextr), Food Dyes (yellow, blue) |
| DRESSING - HONEY MUSTARD | 1.000 Serving (2 Tbsp) | 30.010 | 130.043 | 11.004 | 210.070 | 7.002 | .000 | .000 | Eggs, Soy, Corn Sweetener (syrup, md, sugar, dextr), Food Dyes (yellow, blue) |
| DRESSING - ITALIAN | 1.000 Package | 43.000 | 35.000 | 2.000 | 390.000 | 4.000 | .000 | .000 | Soy, Corn Sweetener (syrup, md, sugar, dextr), Red Dye, Corn (veg/meal/starch/flour/oil/fiber/pr, Food Dyes (yellow, blue) |

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| DRESSING - ITALIAN, FAT FREE | 1.000 Package | 43.000 | 10.000 | .000 | 390.000 | 3.000 | .000 | .000 | Corn Sweetner (syrup, md, sugar, dextr), Red Dye, Corn (veg/meal/starch/flour/oil/fiber/pr, Food Dyes (yellow, blue) |
| DRESSING - JALAPENO RANCH, LOW FAT | 1.000 Serving (2 Tbsp) | 33.201 | 47.178 | 4.154 | 169.907 | 2.064 | .250 | .564 | Dairy, Eggs, Soy, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr |
| DRESSING - RANCH, FAT FREE | 1.000 Package | 43.000 | 50.000 | .000 | 550.000 | 13.000 | 1.000 | .000 | Dairy, Corn Sweetner (syrup, md, sugar, dextr) |
| DRESSING - RANCH, LOW FAT | 1.000 Serving (2 Tbsp) | 30.732 | 46.866 | 4.154 | 154.286 | 1.814 | .000 | .564 | Dairy, Eggs, Soy, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr |
| 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 Sweetner (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 Sweetner (syrup, md, sugar, dextr), Tomato, Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry |
| SOUTHWEST CHICKEN & RICE SOUP | 1.000 Ladle 8 (Oz) | 292.967 | 86.772 | 1.023 | 239.546 | 16.597 | 2.723 | 4.067 | Dairy, Soy, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry |

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| TACO SOUP | 1.000 Ladle 8 (Oz) | 277.342 | 278.487 | 10.455 | 454.145 | 23.639 | 4.861 | 22.702 | Dairy, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Corn (veg/meal/starch/flou r/oil/fiber/pr, Beef |
| 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 |
| 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/flou r/oil/fiber/pr, Food Dyes (yellow, blue) |
| VEGETABLE SOUP | 1.000 Ladle 8 (Oz) | 290.236 | 78.204 | .314 | 124.383 | 15.462 | 3.441 | 2.321 | Dairy, Soy, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Carrots, Corn (veg/meal/starch/flou r/oil/fiber/pr, Poultry |