

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)	259.484	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
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/flou r/oil/fiber/pr
CHEF SALAD	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/flou r/oil/fiber/pr, Red Dye
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/flou r/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
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 Sweetner (syrup, md, sugar, dextr), Tomato

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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)
DRESSING - 1000 ISLAND, FAT FREE	1.000 Package	43.000	64.891	.108	407.674	15.837	.142	.284	Eggs, Soy, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Red Dye, Corn (veg/meal/starch/flou r/oil/fiber/pr, Food Dyes (yellow, blue)
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 - CAESAR, LITE	1.000 Package	21.000	50.000	4.500	390.000	2.000	.000	1.000	Dairy, Fish, Soy, Corn Sweetner (syrup, md, sugar, dextr)
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 - FRENCH, FAT FREE	1.000 Package	43.000	40.000	.000	330.000	9.000	.000	.000	Corn Sweetner (syrup, md, sugar, dextr), Tomato, Red Dye, Corn (veg/meal/starch/flou r/oil/fiber/pr
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/flou r/oil/fiber/pr, Food Dyes (yellow, blue)

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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
DRESSING - RANCH, FAT FREE	1.000 Package	43.000	30.000	.000	450.000	7.000	1.000	1.000	Dairy, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flou r/oil/fiber/pr
DRESSING - RANCH, LOW FAT	1.000 Serving (2 Tbsp)	30.598	45.856	3.582	222.734	1.75	0	0.4835	Dairy, Eggs, Soy, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flou r/oil/fiber/pr
FRUIT & YOGURT PARFAIT	1.000 Serving (1 parfait)	342.300	456.047	5.444	281.764	90.220	6.385	14.888	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Oats, Corn (veg/meal/starch/flou r/oil/fiber/pr
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

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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/flour/oil/fiber/pr
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
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
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)	440.669	374.010	11.534	905.578	46.737	4.833	22.053	Eggs, Fish, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Carrots, Corn (veg/meal/starch/flour/oil/fiber/pr
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/flour/oil/fiber/pr