

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