

GPISD Nutrition Facts and Allergens SY 2016-2017

Generated 10/10/2016

Item Name (Serving Size)	FE (Kcal)	Fat (g)	Sfat (g)	TFat (g)(1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)
Apple Frudel Strudel -(1 pkg.)Contains Milk, Wheat.	210.00	6.00	1.50	0.00	0.00	280.00	36.00	2.00	1.00	5.00	1.08	0.00	0.00	0.00
Apple Pear, Fresh - (1 ea.)	51.00	0.00	0.00	0.00	0.00	0.00	13.00	4.00	9.00	1.00	0.00	0.00	0.00	4.80
Apple, Fresh Red Delicious - (1 medium (3 dia)"	68.62	0.22	0.04	0.00	0.00	1.45	18.15	3.18	(M)	0.34	0.16	7.94	70.79	6.07
Apple, Fresh Slices, Ready to eat pouch -(1 pouch)	29.00	0.10	0.02	0.00	0.00	1.00	7.83	1.40	(M)	0.15	0.07	3.00	31.00	2.60
Apple, Gala Fancy - (1 Apple)	110.00	0.36	0.06	0.00	0.00	2.00	29.28	5.10	22.03	0.55	0.25	13.00	75.00	9.80
Apple, Gold, Fresh - (1 Apple)	72.00	0.23	0.04	0.00	0.00	1.00	19.06	3.30	14.34	0.36	0.17	8.00	75.00	6.30
Apple, Granny Smith, Fresh - (1 Apple)	110.00	0.36	0.06	0.00	0.00	2.00	29.28	5.10	22.03	0.55	0.25	13.00	75.00	9.80
Apple, Granny Smith, Fresh - (1 ea.)	72.00	0.23	0.04	0.00	0.00	1.00	19.06	3.30	14.34	0.36	0.17	8.00	75.00	6.30
Apple, Granny Smith, Fresh 125ct - (1 Apple)	110.00	0.36	0.06	0.00	0.00	2.00	29.28	5.10	22.03	0.55	0.25	13.00	114.00	9.80
Apples, Gala, raw, with skin - 9 (1 ea.)	75.77	0.25	0.04	0.00	0.00	1.60	20.05	3.51	(M)	0.38	0.17	8.77	78.16	6.71
Apples, Green slices, Fresh, 2 oz pouch (sack lunch) - (1 pkg.)	29.00	0.10	0.02	0.00	0.00	1.00	7.83	1.40	(M)	0.15	0.07	3.00	31.00	2.60
Applesauce, unsweetened, 4.5 oz portion cup - 1 (1 ea.)	53.58	0.13	0.01	(M)	0.00	2.55	14.38	1.40	11.98	0.22	0.29	5.10	37.00	1.28
Baby Carrots & Pickle Stick - (1/2 c.)	18.71	0.00	0.00	0.00	0.00	229.10	4.82	0.96	2.39	0.48	0.00	9.55	6445.90	2.87
Baby Carrots, Fresh - (1/2 c.)	25.00	0.00	0.00	0.00	0.00	55.00	6.00	2.00	3.00	0.00	0.72	20.00	9500.00	2.40
Baby Carrots, IW, (sack lunch) - (1 pouch)	30.00	0.10	0.02	0.00	0.00	66.00	6.93	2.46	(M)	0.54	0.77	27.00	11727.00	2.25
Bacon Bits Packet, Imitation (High) - (1 pkg.)Contains Soy.	15.00	0.00	0.00	0.00	0.00	55.00	1.00	0.00	0.00	1.00	0.00	0.00	0.00	0.00
Banana Muffin - (1 muffin)Contains Egg, Wheat, Soy.	170.00	5.00	2.00	0.00	35.00	120.00	29.00	2.00	16.00	3.00	0.72	150.00	100.00	0.00
Banana, Fresh - (1 medium banana)	89.00	0.33	0.11	0.00	0.00	1.00	22.84	2.60	12.23	1.09	0.26	5.00	64.00	8.70
Barbecue Sauce - (2 tablespoon, fluid)	25.00	0.00	0.00	0.00	0.00	230.00	6.00	0.00	3.00	0.00	0.00	0.00	0.00	0.00
BBQ Beef Baked Potato- Elem/Middle -5 (1 potato medium)Contains Milk, Soy.	343.69	11.38	6.09	0.00(M)	38.58	639.29	44.75	3.55	10.41	17.21	2.85	150.08	287.23	10.49
BBQ Beef Baked Potato- High - (1 potato medium)Contains Milk, Soy.	377.65	11.41	6.10	0.00(M)	38.58	641.44	52.52	4.11	10.68	18.13	3.22	155.67	287.65	12.94
BBQ Chicken - (3 Ounces)	162.50	9.90	3.00	0.00	54.90	415.00	3.00	0.00	1.50	13.95	0.36	0.00	0.00	0.00
BBQ Mesquite Chicken - (1 piece)Contains Milk.	151.88	8.10	2.02	0.00	75.94	313.88	3.04	0.00	0.00	17.21	1.09	20.25	202.50	1.22
BBQ Pork Rib Sandwich - (1 sandwich)Contains Milk, Wheat, Gluten. May contain Soy.	320.00	12.50	4.00	0.00	30.00	670.00	37.00	4.00	10.00	19.00	2.88	120.00	100.00	2.40
BBQ Pork Rib Sandwich (SUMMER)-Elem/Middle -(1 sandwich)Contains Wheat, Soy.	280.00	11.50	3.50	0.00	30.00	620.00	33.00	4.00	7.00	16.00	2.52	100.00	100.00	2.40
BBQ Sauce Dip Cup - (1 Container)	30.00	0.00	0.00	0.00	0.00	95.00	8.00	0.00	3.00	0.00	0.00	0.00	0.00	0.00
Bean Dip - (1/2 c.)	125.55	0.33	0.05	0.00(M)	0.00	344.81	22.88	6.12	1.24	7.84	2.29	48.92	766.66	3.74
Beans, Ranch Style Beans - (1/2 c.)	110.00	1.00	0.00	0.00	0.00	530.00	20.00	6.00	2.00	6.00	1.80	40.00	300.00	0.00

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Beans, Sweet Baked Beans (vegetarian) - (1/2 c.)	140.00	1.00	0.00	0.00	0.00	550.00	29.00	5.00	12.00	6.00	1.80	40.00	0.00	6.00
Beef Chili - (4 oz.)	222.14	16.45	5.46	0.00(M)	54.40	408.53	5.94	1.20	3.01	15.36	2.35	43.67	594.75	8.03
Beef Chili w/Seasoned Beef Crumbles - (4 oz.)Contains Soy.	161.86	8.05	3.98	0.00(M)	43.62	572.96	9.90	3.18	3.01	13.65	0.88	16.48	594.75	8.03
Beef Lasagna (Homemade) - (7 1/3 oz.)Contains Milk, Wheat, Soy.	290.80	11.30	6.68	0.00	41.70	400.99	29.35	3.53	5.03	16.47	4.20	270.10	937.67	7.30
Beef Meatballs (5 each) - (5 ea.)Contains Milk, Soy, Gluten.	150.00	9.00	3.50	0.00	35.00	250.00	4.00	1.00	1.00	14.00	1.80	40.00	100.00	1.20
Beef Steak Fingers, Breaded - (4 Fingers)Contains Wheat, Soy.	260.00	16.00	4.00	0.00	30.00	180.00	16.00	3.00	1.00	15.00	2.70	40.00	100.00	1.20
Biscuit, Whole Grain Biscuit - (1 biscuit)Contains Milk, Wheat.	180.00	8.00	5.00	0.00	0.00	390.00	20.00	2.00	2.00	4.00	1.80	20.00	0.00	0.00
Biscuit, Whole Grain Buttermilk Biscuit - (1 ea.)Contains Milk, Wheat, Soy.	220.00	11.00	6.00	0.00	0.00	300.00	26.00	3.00	1.00	4.00	1.44	40.00	0.00	0.00
Biscuit, Whole Grain EZ Split Biscuit - (1 biscuit)Contains Milk, Wheat, Soy. May contain Egg.	170.00	5.00	2.00	0.00	0.00	460.00	25.00	2.00	4.00	4.00	1.44	40.00	1000.00	0.00
Black Bean & Corn Relish - (1/2 c.)May contain Gluten.	120.40	1.61	0.16	0.00	0.00	408.77	20.08	4.91	2.99	5.24	3.06	32.44	492.85	19.12
Black Bean & Corn Salad - (1/2 c.)May contain Gluten.	105.44(M)	1.30(M)	0.16(M)	0.00(M)	0.00(M)	275.08(M)	18.73(M)	4.97(M)	1.75(M)	5.30(M)	3.56(M)	32.44(M)	492.85(M)	19.03(M)
Blueberry Muffin -(1 muffin)Contains Egg, Wheat, Soy.	190.00	6.00	2.00	0.00	40.00	130.00	30.00	2.00	16.00	3.00	1.08	20.00	100.00	0.00
Border Beans - (1/2 c.)Contains Wheat, Soy.	126.56	1.05	0.22	0.00	0.00	368.49	23.50	6.21	2.81(M)	6.46	2.07(M)	59.18(M)	83.33(M)	1.95(M)
Breaded Chicken Drumstick - (1 piece)Contains Wheat.	190.00	11.00	2.50	0.00	50.00	450.00	5.00	1.00	0.00	16.00	1.08	20.00	100.00	0.00
Breaded Mozzarella Cheese Sticks - (5 Sticks)Contains Milk, Wheat.	380.00	18.00	7.00	0.00	30.00	410.00	35.00	3.00	1.00	19.00	2.00	458.00	428.00	0.52
Breakfast Pizza, Turkey, Sausage & Cheese - (1 square)Contains Milk, Wheat, Soy.	210.00	7.00	2.00	0.00	15.00	480.00	26.00	2.00	9.00	9.00	1.80	100.00	200.00	0.00
Breakfast Sausage Patty - (1 patty)Contains Soy.	85.00	6.50	2.25	0.00	17.50	175.00	0.50	0.50	0.00	6.00	0.54	20.00	50.00	0.00
Breakfast Taco Eggstravaganza -(1 taco)Contains Milk, Egg, Wheat, Soy.	200.63	10.55	3.52	0.00	196.03	521.43	14.01	1.00	1.00	10.04	1.44	100.32	402.12	0.00
Breakfast Turkey Sausage Link - (2 links)	86.67	7.33	2.00	0.00	40.00	306.67	0.67	0.00	0.67	8.67	0.96	26.67	66.67	0.80
Breakfast Wrap, Egg/Cheese/Potato/Sausage - (1 ea.)Contains Milk, Egg, Wheat, Soy.	151.47	6.30	2.65	0.01	46.91	198.40	16.72	2.51	0.00	7.87	1.28	88.70	233.50	3.07
Broccoli, Steamed - (1/2 c.)Contains Milk.	69.66	0.00	0.00	0.00	0.00	115.17	18.38	8.89	0.00	0.00	0.00	44.58	1111.77	66.71
Brown Gravy -(1 fl. oz.)Contains Milk, Wheat, Soy.	0.23	0.00	0.00	0.00	0.00	4.88	0.05	0.00	0.00	0.00	0.00	1.13	0.00	0.00
Brownie, Fudge - (1 brownie)Contains Milk, Egg, Wheat, Soy.	190.00	7.00	2.00	0.00	30.00	150.00	30.00	2.00	18.00	3.00	1.80	20.00	0.00	0.00
Burger Salad - LR100229 (1/2 c.)	4.76	0.07	0.01	0.00(M)	0.00	128.55	0.94	0.52	0.41	0.29	0.23	9.52	2058.68	0.94
Burger Salad w/Iceberg (summer - LR100501 (1/2 c.)	4.76	0.04	0.01	0.00(M)	0.00	129.52	1.01	0.36	0.69	0.26	0.12	6.89	154.90	0.80
Burger Salad w/Tomato - (1/2 c.)	12.06	0.07	0.02	0.00(M)	0.00	130.59	2.54	1.01	1.48	0.65	0.35	12.84	2390.48	6.12
Burger Salad w/Tomato & Iceberg (summer) - (1/2 c.)	12.06	0.04	0.02	0.00(M)	0.00	131.56	2.61	0.86	1.76	0.62	0.24	10.21	486.70	5.97

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Burrito, Beef, Bean & Cheese Burrito - (1 burrito)Contains Milk, Wheat, Soy, Gluten.	360.00	15.00	7.00	0.00	25.00	460.00	40.00	5.00	3.00	16.00	1.44	100.00	400.00	1.20
Burrito, Beef/Bean/Cheese - (5 Ounces)Contains Milk, Wheat, Soy, Gluten.	360.63	15.03	7.01	0.00	25.04	460.81	40.07	5.01	3.00	16.03	1.44	100.18	400.70	1.20
Burrito, Beef/Bean/Cheese (indiv. wrapped) - (1 burrito)Contains Milk, Wheat, Soy, Gluten.	360.00	15.00	7.00	0.00	25.00	460.00	40.00	5.00	3.00	16.00	1.44	100.00	400.00	1.20
Burrito, Egg, Sausage, & Cheese Breakfast Burrito - (3 1/2 Ounces)Contains Milk, Egg, Wheat, Soy, Gluten.	220.00	9.00	4.00	0.00	40.00	310.00	25.00	4.00	2.00	10.00	1.80	100.00	500.00	15.00
Buttered Texas Toast -3 (1 slice)Contains Wheat.	136.67	2.83	0.33	0.50	0.00	238.33	22.00	2.00	3.00	5.00	1.44	60.00	83.33	0.00
Buttered Toast - (1 slice)Contains Milk, Wheat, Gluten. May contain Soy.	96.67	2.83	0.33	0.50	0.00	158.33	15.00	1.00	2.00	3.00	0.72	40.00	83.33	0.00
Buttermilk Ranch Packet - (1 packet)Contains Milk, Egg, Soy.	120.00	12.00	1.50	0.00	10.00	250.00	2.00	0.00	2.00	0.00	0.00	0.00	0.00	0.00
Calico Fruit Cup - (1/2 c.)	92.34	0.03	0.01	0.00	0.00	11.88	21.93	1.38	16.08	0.06	0.03	0.91	191.06	1.32
Cantaloupe, Fresh - (1/2 c.)	27.20	0.15	0.04	(M)	0.00	12.80	6.53	0.72	6.29	0.67	0.17	7.20	2705.60	29.36
Carnival Cookie - (1 cookie)Contains Milk, Egg, Wheat, Soy.	168.12	4.95	1.48	0.00	9.89	98.89	27.69	1.98	13.85	1.98	1.07	0.00	0.00	0.00
Carrots & Pickle Stix - (1/2 c.)	18.71	0.00	0.00	0.00	0.00	229.10	4.82	0.96	2.39	0.48	0.00	9.55	6445.90	2.87
Carrots and Jicama Stix - (1/2 c.)	29.27	0.04	0.01	0.00	0.00	18.03	6.74	2.74	2.76	0.69	0.24	12.93	5565.02	10.37
Cereal Bar, Cinnamon Toast Crunch, WG - (1 bar (1 oz))Contains Wheat.	150.00	3.00	0.50	0.00	0.00	115.00	30.00	3.00	8.00	2.00	1.80	200.00	0.00	0.00
Cereal Bar, Nutri-Grain Apple Cinnamon - (1 Bar)Contains Milk, Wheat, Soy.	120.00	3.00	0.50	0.00	0.00	110.00	24.00	3.00	12.00	2.00	1.80	200.00	750.00	0.00
Cereal Bar, Nutri-Grain Blueberry - (1 fl. oz.)Contains Milk, Wheat, Soy.	120.47	3.01	0.50	0.00	0.00	110.43	24.09	3.01	12.05	2.01	1.81	200.79	752.95	0.00
Cereal Bar, Nutri-Grain Strawberry - (1 Bar)Contains Milk, Wheat, Soy.	119.55	2.99	0.50	0.00	0.00	124.53	23.91	2.99	10.96	1.99	1.79	199.24	747.16	0.00
Cereal, Cheerios - (1 bowl)Contains Wheat.	100.00	2.00	0.00	0.00	0.00	140.00	20.00	3.00	1.00	3.00	8.10	100.00	500.00	6.00
Cereal, Cinnamon Toast Crunch Reduced Sugar - (1 bowl)Contains Wheat, Soy.	110.00	3.00	0.50	0.00	0.00	160.00	22.00	2.00	8.00	1.00	3.60	80.00	400.00	4.80
Cereal, Frosted Flakes, Multi-Grain & Reduced Sugar - (1 bowl)Contains Wheat, Soy.	100.00	0.50	0.00	0.00	0.00	190.00	24.00	1.00	8.00	1.00	6.30	150.00	500.00	4.80
Cereal, Frosted Mini-Wheats - (1 bowl)Contains Wheat.	100.00	0.00	0.00	0.00	0.00	0.00	24.00	3.00	6.00	3.00	8.10	0.00	0.00	0.00
Cereal, Golden Grahams, Whole Grain - (1 bowl)Contains Wheat.	110.00	1.00	0.00	0.00	0.00	220.00	24.00	1.00	9.00	1.00	3.60	80.00	400.00	4.80
Cereal, Honey Nut Cheerios - (1 bowl)Contains Tree nuts, Wheat.	110.00	1.50	0.00	0.00	0.00	160.00	22.00	2.00	9.00	2.00	4.50	100.00	500.00	6.00
Cereal, Honey Nut Chex, Whole Grain - (1 bowl)	120.00	0.50	0.00	0.00	0.00	190.00	27.00	1.00	9.00	2.00	4.50	100.00	500.00	6.00
Cereal, Lucky Charms, Whole Grain - (1 bowl)Contains Wheat.	110.00	1.00	0.00	0.00	0.00	180.00	23.00	2.00	10.00	2.00	4.50	100.00	500.00	6.00
Cereal, Raisin Bran - (1 bowl)Contains Tree nuts, Wheat.	100.00	0.50	0.00	0.00	0.00	110.00	25.00	3.00	10.00	2.00	10.80	600.00	300.00	0.00

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Cereal, Scooby Doo, Whole Grain - (1 bowl)Contains Wheat.	110.00	1.00	0.00	0.00	0.00	95.00	24.00	2.00	5.00	2.00	7.20	0.00	400.00	12.00
Cereal, Trix, Whole Grain - (1 bowl)	110.00	1.00	0.00	0.00	0.00	160.00	24.00	1.00	9.00	1.00	3.60	80.00	400.00	4.80
Cheese Enchilada - (1 enchilada)Contains Milk.	9.65	30.60	2.28	0.00	15.19	159.47	13.98	0.72	0.00	3.38	0.65	181.60	228.00	0.00
Cheese Enchilada Sauce - (1 fl. oz.)	7.22	0.00	0.00	0.00	0.00	177.38	1.63	0.18	0.36	0.00	0.13	0.56	162.47	0.43
Cheese Filled Breadsticks - (2 stick.)Contains Milk, Wheat, Soy.	300.00	12.00	7.00	0.00	40.00	580.00	36.00	4.00	2.00	16.00	2.88	300.00	400.00	0.00
Cheese Pizza - 4 (1 slice)Contains Milk, Wheat, Soy.	391.13	14.04	7.02	0.00	15.04	772.23	46.13	7.02	0.00	20.06	0.72	300.87	0.00	1.20
Cheese Roll (Elem/Middle) - (1 roll.)Contains Milk, Wheat, Gluten.	103.48	2.99	0.83	0.04	3.50	153.90	15.75	1.56	4.33	3.47	2.92	41.27	33.22	2.52
Cheese Roll (High) - (1 roll.)Contains Milk, Wheat, Gluten.	206.96	5.99	1.65	0.09	7.01	307.80	31.50	3.11	8.65	6.94	5.85	82.53	66.43	5.04
Cheese Roll- 1 oz (Wheat Blend) Elem/Middle -(1 roll.)Contains Milk, Wheat, Gluten.	104.28	3.13	0.83	0.04	3.50	151.50	16.02	1.56	3.80	3.47	2.25	41.27	33.22	2.52
Cheese Roll, 2 oz (Wheat Blend) - (1 roll.)Contains Milk, Wheat, Gluten.	208.56	6.25	1.65	0.09	7.01	303.01	32.04	3.11	7.59	6.94	4.51	82.53	66.43	5.04
Cheese Sauce - (2 fl. oz.)Contains Milk.	8.70	0.39	0.19	0.00	0.97	65.48	1.16	0.00	0.39	0.19	0.00	9.60	0.00	0.00
Cheese Sauce - (6 fl. oz.)Contains Milk, Soy.	260.00	18.00	12.00	0.00	60.00	1100.00	8.00	0.00	0.00	16.00	0.00	600.00	600.00	0.00
Cheeseburger (Elem) - (1 burger)Contains Milk, Wheat, Soy, Gluten.	305.00	9.50	3.75	0.00	42.50	760.00	31.00	4.00	5.50	24.50	3.60	200.00	250.00	1.20
Cheeseburger (Middle) - (1 burger)Contains Milk, Wheat, Gluten. May contain Soy.	355.00	15.50	6.25	0.00	57.50	590.00	30.00	3.00	5.50	24.50	3.24	180.00	150.00	1.20
Cheeseburger (Summer)- Elementary - (1 burger)Contains Milk, Wheat, Soy.	245.00	8.00	2.75	0.00	32.50	650.00	27.00	4.00	2.50	18.50	2.88	180.00	150.00	1.20
Cheesy Chicken Sandwich - (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	455.00	19.50	4.25	0.00	32.50	890.00	46.00	6.00	6.50	26.50	3.60	220.00	250.00	1.20
Cheesy Nachos- Elem/Middle -(1 serv.)Contains Milk, Soy.	410.20	23.71	12.97	0.00	62.35	1304.71	30.39	2.00	0.00	18.63	1.11	643.53	415.69	0.00
Cheesy Nachos- High - (1 serv.)Contains Milk, Soy.	553.70	30.61	13.61	0.00	62.35	1346.87	46.68	3.97	0.00	22.86	0.95	680.23	415.69	0.00
Cheetos, Cheese Crunchy Baked - (1 Bag)Contains Milk.	120.00	4.50	1.00	0.00	0.00	200.00	17.00	1.00	1.00	2.00	0.36	0.00	0.00	0.00
Cheetos, Flamin' Hot Baked, WG - (1 Bag)Contains Milk.	120.00	4.50	0.50	0.00	0.00	200.00	17.00	1.00	0.00	2.00	0.72	100.00	0.00	0.00
Chef Salad w/corn salsa - (1 salad)Contains Milk, Egg, Wheat. May contain Gluten.	401.08	11.39	3.23	0.00(M)	145.53	1367.10	49.61	8.47(M)	5.61	21.93	6.03	216.79	12907.36	27.03
Chef Salad w/Turkey Ham- High - (1 salad)Contains Milk, Egg, Wheat.	340.87	10.58	3.15	0.00(M)	145.53	1162.72	39.57	6.01(M)	4.12	19.31	4.50	200.57	12660.94	17.47
Chef Salad with Black Bean Corn Salsa & Crackers - (1 salad)Contains Milk, Egg, Wheat. May contain Gluten.	400.17	10.48	2.87	0.00(M)	92.78	1332.48	52.40	11.53(M)	5.93	22.22	7.47	255.69	25299.08	32.07
Chef Salad with corn salsa & crackers - (1 salad)Contains Milk, Egg, Wheat. May contain Gluten.	395.65	12.31	4.33	0.00(M)	97.84	1179.74	46.95	8.03(M)	4.25	20.22	6.02	180.77	10213.88	26.09
Cherry Frudel Strudel - (1 ea.)Contains Milk, Wheat.	210.00	6.00	1.50	0.00	0.00	280.00	36.00	2.00	1.00	5.00	1.08	0.00	0.00	0.00
Chex Mix, Chocolate Caramel, Simply Chex -(1 ea.)Contains Milk, Wheat, Soy.	120.83	4.03	1.01	0.00	0.00	65.45	21.14	2.01	7.05	2.01	1.09	0.00	0.00	0.00

GPISD Nutrition Facts and Allergens SY 2016-2017

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Item Name (Serving Size)	FE (Kcal)	Fat (g)	Sfat (g)	TFat (g)(1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)
Chex Mix, Hot n Spicy WG - (1 ea.)Contains Milk, Wheat, Soy.	110.00	3.50	0.50	0.00	0.00	160.00	19.00	2.00	2.00	2.00	0.72	0.00	0.00	0.00
Chicken "Round Ups" - (5 nuggets)Contains Wheat, Soy.	240.00	14.00	2.50	0.00	40.00	360.00	12.00	1.00	1.00	17.00	1.44	20.00	100.00	0.00
Chicken & Rice Soup - (1 c.)Contains Milk.	106.11	1.89	0.18	0.00(M)	19.83	1264.11	15.94	1.14(M)	0.89(M)	5.94	0.50(M)	22.24(M)	1052.11(M)	1.84(M)
Chicken and Turkey Sausage Roll - (1 sausage roll)Contains Milk, Wheat, Soy.	220.00	7.00	2.00	0.00	25.00	280.00	32.00	3.00	7.00	10.00	4.50	80.00	750.00	3.60
Chicken and Waffle Breakfast Sandwich - (1 ea.)Contains Milk, Egg, Wheat, Soy.	170.00	7.00	0.00	0.00	0.00	31.00	25.00	2.00	4.00	10.00	1.80	60.00	0.00	0.00
Chicken Corn Dog - (1 corn dog)Contains Egg, Wheat, Soy, Gluten.	240.00	8.00	2.50	0.00	40.00	390.00	30.00	5.00	5.00	9.00	1.80	80.00	0.00	0.00
Chicken Egg Rolls - (2 egg roll)Contains Milk, Egg, Wheat, Soy.	320.00	10.00	2.00	0.00	60.00	820.00	40.00	6.00	6.00	20.00	3.60	80.00	1500.00	12.00
Chicken Fajita Quesadilla - 1 each quesadilla)Contains Milk, Wheat.	329.03	11.32	3.80	0.60(M)	54.24	899.44	28.38	2.51	3.78	24.12	3.78	291.32	600.60	9.37
Chicken Fajita Salad - (1 salad)Contains Milk, Egg, Soy. May contain Gluten.	255.54	11.87	4.99	0.00(M)	160.69	561.20	19.24	5.35(M)	5.93	19.17	3.17	172.71	7845.11	26.74
Chicken Gumbo - (6 oz.)Contains Milk, Wheat.	287.04	12.31	2.06	0.00(M)	56.27	1244.42	23.80	7.93(M)	6.35(M)	22.49	2.16(M)	84.16(M)	1538.92(M)	39.42(M)
Chicken Nuggets - (5 nuggets)Contains Wheat, Soy.	210.00	12.00	2.00	0.00	20.00	320.00	13.00	2.00	1.00	13.00	1.80	20.00	100.00	0.00
Chicken Parmesan - (1 serv.)Contains Milk, Wheat, Soy.	269.54	15.64	2.90	0.00	26.67	449.02	16.33	3.11	1.00	16.72	1.83	61.67	117.37	0.00
Chicken Parmesan w/Spaghetti - LR100344 (1 serv.)Contains Milk, Wheat, Soy.	497.07	17.13	2.90	0.00	26.67	519.02	61.84	7.07	7.47	24.64	4.14	71.67	2617.37	30.00
Chicken Salad - LR100299 (1/2 c.)	144.15	5.79	1.17	0.00(M)	58.52(M)	247.44	4.84	0.32	3.75	17.93	0.79(M)	6.46(M)	53.46(M)	0.88(M)
Chicken Smackers - LR100029 (10 ea.)Contains Milk, Wheat, Gluten. May contain Soy.	297.90	14.40	3.32	0.00	66.44	653.38	22.15	3.32	0.00	19.93	2.21	18.83	186.05	1.11
Chicken Tenders w/TX Toast - LR100343 (1 serv.)Contains Wheat, Soy.	396.67	17.83	2.83	0.50	25.00	628.33	38.00	5.00	4.00	20.00	3.24	100.00	183.33	0.00
Chicken Trazzini - (9 5/8 oz.)Contains Milk, Wheat.	296.74	10.29	2.47	1.44(M)	59.42	423.88	27.37	2.37(M)	7.03(M)	24.32	6.75(M)	104.78(M)	537.02(M)	1.52(M)
Chili Mac Casserole - (3/4 c.)Contains Milk, Wheat, Soy.	265.77	9.68	4.74	0.00(M)	47.18	839.19	26.65	5.15	4.18	18.77	1.43	69.71	524.52	7.24
Chili Mac Casserole w/Seasoned Ground Beef - (3/4 c.)Contains Milk, Wheat.	323.73	17.93	6.15	0.00(M)	57.20	670.97	22.61	3.13	4.18	20.27	2.90	96.91	524.52	7.24
Chilled Apricot Cup - (1/2 c.)	110.00	0.00	0.00	0.00	0.00	5.00	25.00	2.00	(M)	1.00	0.36	12.00	200.00	102.00
Chilled Fruit Cocktail - (1/2 c.)	80.00	0.00	0.00	0.00	0.00	10.00	19.00	2.00	13.00	0.00	0.00	0.00	200.00	1.20
Chilled Pears - (1/2 c.)	80.00	0.00	0.00	0.00	0.00	15.00	19.00	1.00	15.00	0.00	0.00	0.00	0.00	0.00
Chilled Pineapple Slices - (1/2 c.)	70.00	0.00	0.00	0.00	0.00	10.00	17.00	1.00	14.00	1.00	0.72	20.00	100.00	9.00
Chilled Pineapple Tidbits - (1/2 c.)	70.00	0.00	0.00	0.00	0.00	10.00	17.00	1.00	14.00	1.00	0.72	20.00	100.00	9.00
Chilled Sweet Peach Cup - (4 1/2 Ounces)	80.00	0.00	0.00	0.00	0.00	0.00	19.00	1.00	(M)	1.00	0.36	0.00	300.00	162.00
Chillin' Bat Italian Ice - (1 portion cup)	99.00	0.00	0.00	0.00	0.00	15.00	25.00	0.00	25.00	0.00	0.00	0.00	0.00	0.00
Chips, Baked, BBQ, LARGE - (1 Bag)Contains Milk, Wheat, Soy.	141.04	3.53	0.50	0.00	0.00	221.63	24.18	2.02	4.03	2.02	0.36	0.00	100.74	1.21

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Chips, Cheetos Fantastixs Chili Cheese - (1 ea.)Contains Milk.	131.63	5.06	1.01	0.00	0.00	202.50	19.24	2.02	1.01	2.02	0.73	0.00	0.00	0.00
Chips, Multigrain Original Sunchips - (1 ea.)Contains Wheat.	141.75	6.08	1.01	0.00	0.00	121.50	18.23	3.04	2.02	2.02	0.37	0.00	0.00	0.00
Chips, Sunchips, Garden Salsa - (1 Bag)Contains Milk, Wheat.	110.00	4.00	0.00	0.00	0.00	170.00	15.00	2.00	1.00	2.00	0.36	0.00	100.00	0.00
Chocolate Brownie Cookie - (1 cookie)Contains Milk, Egg, Wheat, Soy.	150.00	4.50	1.50	0.00	10.00	115.00	26.00	2.00	12.00	2.00	3.60	20.00	500.00	0.00
Chocolate Chip Cookie - (1 cookie)Contains Milk, Egg, Wheat, Soy.	160.00	5.00	1.50	0.00	10.00	100.00	26.00	2.00	12.00	2.00	2.70	0.00	500.00	0.00
Chocolate Chip Muffin - (1 muffin)Contains Milk, Egg, Wheat, Soy.	190.00	6.00	2.00	0.00	45.00	130.00	32.00	2.00	17.00	4.00	1.44	40.00	100.00	0.00
Chocolate Pudding Dessert - (1/2 c.)Contains Milk. Processed in a facility that also processes Soy.	172.50	4.88	1.63	0.00	0.00	146.25	30.17	1.08	22.67	2.17	0.78	65.00	108.33	0.00
Chocolate Sports Grahams - (1 serving 1 pouch)Contains Wheat.	10.00	3.00	0.50	0.00	1.00	100.00	20.00	2.00	7.00	2.00	2.70	20.00	300.00	3.60
Cinnamon Roll Glaze - (2 tsp.)	51.87	0.00	0.00	0.00(M)	0.00	0.57	13.30	0.00	13.04	0.00	0.01	0.47	0.00	0.00
Colby Cheese Omelet - (1 omelet)Contains Milk, Egg, Soy.	110.00	8.00	3.00	0.00	195.00	210.00	1.00	0.00	0.00	8.00	0.72	80.00	400.00	0.00
Confetti Cole Slaw - (1/2 c.)Contains Egg, Soy.	82.72	4.85	0.56	0.00(M)	5.29	171.93	9.16	1.94	6.98	0.95	0.35(M)	29.77(M)	1344.60(M)	27.22(M)
Cookie, Yellow Star, (seasonal) - (1 cookie)Contains Egg, Wheat, Soy.	120.00	6.00	1.50	0.00	0.00	75.00	16.00	1.00	8.00	1.00	0.36	0.00	0.00	0.00
Combread - (1 5/8 oz.)Contains Milk, Egg, Wheat, Soy.	118.15	2.80	0.44	0.00	8.59	238.46	20.85	1.51	7.54	3.19	4.76	84.57	13.09	0.00
Combread Stuffing - (2 5/8 oz.)Contains Milk, Egg, Wheat, Soy.	189.50	7.20	1.30	1.26(M)	4.83	477.03	26.64	1.98(M)	5.28(M)	4.51	3.40(M)	88.82(M)	257.33(M)	0.83(M)
Country Fried Steak - (1 ea.)Contains Milk, Wheat, Soy.	305.02	18.70	4.92	0.00	34.44	314.86	18.70	2.95	0.98	15.74	1.77	39.36	0.00	0.00
Country Fried Steak - (3 7/8 Ounces)Contains Milk, Wheat, Soy.	242.00	11.60	4.20	0.00	38.00	410.00	18.40	3.20	1.70	17.40	3.00	50.00	69.00	0.00
Country Gravy - (1 fl. oz.)Contains Milk, Wheat, Soy. May contain Egg.	3.01	0.00	0.00	0.00	0.00	29.48	0.69	0.00	0.17	0.09	0.00	2.97	0.00	0.00
Country Steak Sandwich -(1 sandwich)Contains Milk, Wheat, Soy, Gluten.	402.00	14.10	4.7	0.00	38.00	690.00	47.40	6.20	6.70	24.40	4.80	130.00	69.00	1.20
Cowboy Combread - (2 oz.)Contains Milk, Egg, Wheat, Soy.	129.37	4.67	0.98	0.00	8.89	318.57	18.91	1.81	3.99	3.56	1.73	86.21	66.78	1.39
Crackers, Cheez it Cheddar whole grain - (1 ea.)Contains Milk, Wheat, Soy.	100.00	3.50	1.00	0.00	5.00	150.00	14.00	1.00	0.00	2.00	0.72	100.00	500.00	0.00
Crackers, Whole Grain Animal Crackers - (1 pkg.)Contains Wheat, Soy.	130.00	4.00	1.00	0.00	0.00	110.00	21.00	2.00	8.00	2.00	1.08	100.00	0.00	0.00
Craisins, Blueberry - (1 ea.)	109.95	0.00	0.00	0.00	0.00	0.00	27.99	3.00	23.99	0.00	0.00	0.00	0.00	0.00
Craisins, Cherry - (1 ea.)	109.95	0.00	0.00	0.00	0.00	0.00	27.99	3.00	23.99	0.00	(M)	(M)	(M)	0.00
Craisins, Strawberry - (1 ea.)	109.95	0.00	0.00	0.00	0.00	0.00	27.99	3.00	23.99	0.00	(M)	(M)	(M)	0.00
Cranberry Sauce - (1/4 c.)	110.00	0.00	0.00	0.00	0.00	10.00	25.00	(M)	21.00	0.00	0.00	0.00	0.00	0.00
Creole Sauce - (1/8 c.)	14.09(M)	0.29(M)	0.04(M)	0.00(M)	0.00(M)	52.85(M)	2.53(M)	0.36(M)	1.73(M)	0.48(M)	0.17(M)	7.84(M)	104.14(M)	3.79(M)
Crinkle Cut French Fries - (3 Ounces)	120.00	4.50	1.50	0.00	0.00	30.00	19.00	2.00	0.00	2.00	0.72	0.00	0.00	6.00

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Crispy Beef Taco - (1 #12 scoop)Contains Soy.	365.67	18.08	5.26	0.00(M)	41.16	217.73	35.47	5.57	1.37(M)	15.13	1.03	34.25	384.64	2.94
Crispy Beef Taco w/Seasoned Ground Beef - (1 #12 scoop)	429.66	26.60	6.85	0.00(M)	53.33	64.47	31.73	3.70	1.37(M)	17.23	2.47	60.92	384.64	2.94
Crispy Chicken Tenders - (3 strips)Contains Wheat, Soy.	260.00	15.00	2.50	0.00	25.00	390.00	16.00	3.00	1.00	15.00	1.80	40.00	100.00	0.00
Crispy French Fries (straight cut) - (1/2 c.)	110.00	3.50	0.50	0.00	0.00	130.00	18.00	1.00	0.00	2.00	0.36	0.00	0.00	3.60
Crunchy Catfish Strips - (4 Ounces)Contains Fish, Wheat. May contain Soy, Gluten.	255.34	16.09	3.42	0.00	46.24	496.61	14.68	4.02	0.14	16.09	0.02	0.00	0.00	0.00
Crunchy Fish Nuggets - (4 pieces)Contains Fish, Wheat, Soy.	220.00	9.00	1.00	0.00	50.00	230.00	18.00	2.00	1.00	14.00	1.08	0.00	100.00	0.00
Crustless PB & Grape Jelly sandwich - (1 sandwich)Contains Wheat, Peanuts, Soy.	320.00	16.00	2.50	0.00	0.00	320.00	34.00	4.00	13.00	11.00	2.70	40.00	0.00	0.00
Daisy Sour Cream packet - (1 packet)Contains Milk.	60.75	5.06	3.54	0.00	20.25	15.19	1.01	0.00	1.01	1.01	0.00	0.00	202.50	1.22
Dill Pickle Slices (4 slices) - (4 slices)	1.14	0.00	0.00	0.00	0.00	187.65	0.25	0.03	0.19	0.00	0.00	2.61	17.53	0.00
Donut, Glazed Cake, Whole Grain - (1 donut)Contains Milk, Egg, Wheat, Soy.	330.00	13.00	6.00	0.00	30.00	320.00	49.00	2.00	23.00	5.00	1.80	200.00	500.00	18.00
Donut, Glazed Whole Grain - (1 donut)Contains Milk, Egg, Wheat, Soy.	230.00	11.00	4.00	0.00	0.00	260.00	29.00	2.00	6.00	5.00	1.44	100.00	0.00	6.00
Donut, Powdered, Whole Grain -(1 donut)Contains Milk, Egg, Wheat, Soy.	340.00	13.00	6.00	0.00	30.00	320.00	50.00	2.00	23.00	5.00	1.80	150.00	500.00	0.00
Doritos Nacho Cheese, Reduced Fat (Sandwich box) - (1 pkg.)May contain Milk.	128.40	44.44	0.49	0.00	0.00	197.53	19.75	1.98	0.00	1.98	0.36	0.00	98.77	0.00
Doritos, Cool Ranch, Reduced Fat - (1 pkg.)Contains Milk.	130.00	5.00	1.00	0.00	0.00	160.00	19.00	2.00	1.00	2.00	0.36	40.00	0.00	0.00
Double Meat Cheeseburger - (1 burger)Contains Milk, Wheat, Soy, Gluten.	377.50	13.75	4.75	0.00	57.50	845.00	32.00	5.00	5.75	32.00	4.77	264.00	45.00	1.20
Double Meat Cheeseburger #2 - (1 burger)Contains Milk, Wheat, Gluten. May contain Soy.	457.50	20.75	7.75	0.00	97.50	695.00	30.00	3.00	5.75	40.00	4.77	224.00	45.00	1.20
Double Meat Hamburger - (1 burger)Contains Milk, Wheat, Soy, Gluten.	340.00	11.50	3.50	0.00	50.00	700.00	31.00	5.00	5.00	29.00	4.68	120.00	0.00	1.20
Double Meat Hamburger #2 - (1 burger)Contains Milk, Wheat, Gluten. May contain Soy.	420.00	18.50	6.50	0.00	90.00	550.00	29.00	3.00	5.00	37.00	4.68	80.00	0.00	1.20
Double stuffed Cheese Pizza - (3 3/4 Ounces)Contains Milk, Wheat, Soy.	240.00	7.00	4.00	0.00	20.00	550.00	28.00	3.00	3.00	17.00	2.70	260.00	400.00	0.00
Dressing, 1000 island, cup, FFree - (1 packet)Contains Egg.	59.34	0.00	0.00	0.00	0.00	395.58	14.83	0.00	10.88	0.00	0.00	0.00	0.00	0.00
Dressing, Italian Cream, Cup - (1 packet)	34.61	1.98	0.00	0.00	0.00	385.69	3.96	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Dressing, Jalapeno Ranch cup - (1 packet)Contains Milk, Egg.	70.88	6.08	1.01	0.00	5.06	131.63	5.06	0.00	3.04	0.00	0.00	20.25	101.25	0.00
Dressing, Raspberry Vinaigrette - (1 packet)	120.00	0.00	0.00	0.00	0.00	630.00	28.50	1.50	21.00	0.00	0.00	0.00	0.00	0.00
Eggs Extravaganza w/Bacon & Cheese - (2 Ounces)Contains Milk, Egg, Soy.	120.64	9.05	3.52	0.00	196.03	271.43	1.00	0.00	0.00	8.04	0.72	60.32	402.12	0.00

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Fiesta Rice - (1/2 c.)	117.66	2.03	0.17	0.00(M)	0.00	74.45	22.75	1.73	1.56	3.00	0.79	17.85	248.37	10.00
Fish Wedge Sandwich - (1 sandwich)Contains Milk, Fish, Wheat, Soy, Gluten.	380.00	11.50	1.50	0.00	50.00	510.00	47.00	5.00	6.00	22.00	2.88	80.00	100.00	1.20
Footlong Turkey Hot Dog - (1 serving (1 hot dog))Contains Wheat, Soy.	480.19	26.02	9.01	0.00	40.04	920.64	48.00	4.00	8.00	14.01	2.46	69.81	0.00	1.20
French Bread Pepperoni Pizza - (1 portion)Contains Milk, Wheat, Soy.	350.00	16.00	8.00	0.00	45.00	680.00	35.00	4.00	5.00	18.00	2.70	300.00	750.00	9.00
French Toast Sticks, WG - (3 Sticks)Contains Egg, Wheat.	170.00	4.00	1.00	0.00	115.00	310.00	26.00	3.00	5.00	9.00	1.70	87.00	174.00	3.50
French Toast, Mini, Eggo - (1 pkg.)Contains Egg, Wheat, Peanuts, Soy.	210.00	5.00	1.50	0.00	0.00	240.00	37.00	4.00	13.00	4.00	2.70	100.00	500.00	6.00
Fresh Broccoli Florets (sack lunch) - (1 pkg.)	14.96	0.16	0.02	(M)	0.00	14.52	2.92	1.14	0.75	1.24	0.32	20.68	274.12	39.25
Fresh Celery and Carrot Stix - (1/2 c.)	17.76	0.05	0.01	0.00	0.00	53.36	3.98	1.52	1.95	0.22	0.43	22.88	4952.58	2.20
Fresh Celery Sticks - (3 oz.)	13.61	0.14	0.04	(M)	0.00	68.04	2.53	1.36	1.14	0.59	0.17	34.02	381.88	2.64
Fresh Celery Sticks - (1/2 c.)	10.37	0.11	0.03	0.00	0.00	51.84	1.93	1.04	0.87	0.45	0.13	25.92	290.95	2.01
Fresh Cucumber Slices - (1/2 c.)	11.34	0.08	0.03	(M)	0.00	1.51	2.74	0.38	1.26	0.49	0.21	12.10	79.38	2.12
Fresh Garden Salad - (1 c.)	18.47	0.06	0.01	0.00(M)	0.00	21.56	4.40	0.60	3.39	0.39	0.72	38.95	2708.35	8.90
Fresh Grape and Melon Fruit Mix - (1/2 c.)	51.06	0.24	0.07	0.00(M)	0.00	22.94	12.67	1.18	11.70	0.92	0.27	10.27	1908.16	34.48
Fresh Jicama Sticks, IW - (1 pkg.)	25.00	0.00	0.00	0.00	0.00	0.00	6.00	3.00	1.00	0.00	0.36	0.00	0.00	15.00
Fresh Jicama Stix - (8 Sticks)	43.09	0.10	0.02	0.00	0.00	4.54	10.00	5.56	2.04	0.82	0.68	13.61	23.81	22.91
Fresh Melon Berry Mix - (1/2 c.)	45.76	0.31	0.03	0.00(M)	0.00	4.25	10.93	1.11	4.82	0.92	0.29	16.37	1253.36	32.28
Fresh Tuna Salad - (1/2 c.)Contains Egg, Fish.	157.07	7.23	1.08	0.00(M)	75.14(M)	546.26	4.73	0.46(M)	3.67	17.20	1.10(M)	12.73(M)	81.47(M)	1.24(M)
Fresh Veggie Stix - (1/2 c.)	18.17	0.06	0.02	0.00(M)	0.00	31.33	4.04	1.11	2.27	0.62	0.11	19.07	4422.91	3.25
Fresh Veggie Stix w/Baby Carrots - (1/2 c.)	19.56	0.06	0.02	0.00(M)	0.00	46.16	4.50	1.48	2.19	0.30	0.47	22.72	4886.29	2.54
Frito Burrito - (1 burrito)Contains Milk, Wheat.	463.82	26.40	10.42	0.00(M)	69.03	517.35	35.33	4.87	1.95(M)	22.70	2.56	163.10	547.66	4.37
Fruit, Fresh Blueberries - (1/2 c.)	42.18	0.24	0.02	(M)	0.00	0.74	10.72	1.78	7.37	0.55	0.21	4.44	39.96	7.18
Garbanzo Beans - (1/4 c.)	55.00	0.00	0.00	0.00	0.00	175.00	10.00	3.50	0.00	3.50	0.90	20.00	50.00	0.00
Garlic Bread Stick - (1 stick.)Contains Milk, Wheat, Soy.	100.00	3.50	1.00	0.00	0.00	150.00	15.00	2.00	1.00	3.00	1.08	0.00	0.00	0.00
Garlic Wheat Roll - 1 oz - (1 roll.)Contains Milk, Wheat, Gluten.	90.50	2.16	0.35	0.05	1.14	113.99	15.10	0.48	4.05	2.56	2.77(M)	25.52(M)	9.59(M)	2.52(M)
Garlic Wheat Roll (High) - (1 roll.)Contains Milk, Wheat, Gluten.	181.01	4.32	0.71	0.09	2.29	227.98	30.19	0.96	8.09	5.12	5.54(M)	51.03(M)	19.19(M)	5.04(M)
Garlic Wheat Roll- 1 oz (Wheat Blend) Elem/Middle - (1 roll.)Contains Milk, Wheat, Gluten.	94.06	2.41	0.35	0.05	1.14	114.24	15.41	1.49	3.80	2.82	2.23(M)	25.52(M)	9.59(M)	2.52(M)
Garlic Wheat Roll- 2 oz (Wheat Blend) - (1 roll.)Contains Milk, Wheat, Gluten.	188.12	4.83	0.71	0.09	2.29	228.48	30.82	2.97	7.59	5.64	4.45(M)	51.03(M)	19.19(M)	5.04(M)
Golden Tater Gems (tots) - (8 tots)	120.00	5.00	1.00	0.00	0.00	260.00	18.00	2.00	0.00	2.00	0.36	20.00	0.00	0.00

GPISD Nutrition Facts and Allergens SY 2016-2017

Generated 10/10/2016

Item Name (Serving Size)	FE (Kcal)	Fat (g)	Sfat (g)	TFat (g)(1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)
Golden Tator Tots - (1 serv.)Contains Soy.	141.92	8.35	1.25	0.00	0.00	250.44	15.86	1.67	0.00	1.67	0.30	0.00	0.00	4.01
Goldfish Cheddar, Whole Grain - (1 ea.)Contains Milk, Wheat.	100.00	3.50	1.00	0.00	5.00	170.00	14.00	1.00	0.00	3.00	0.36	20.00	0.00	0.00
Goldfish Vanilla Grahams - (1 pkg.)Contains Wheat.	120.02	4.00	1.00	0.00	0.00	95.02	19.00	1.00	6.00	2.00	1.44	100.02	200.04	2.40
Goldfish, Pretzel - (1 ea.)Contains Milk.	91.13	1.52	0.00	0.00	0.00	202.50	16.20	1.01	0.00	2.02	0.73	0.00	0.00	0.00
Grahams, Apple Cinnamon Bear - (1 pkg.)Contains Wheat.	109.35	3.19	0.46	0.00	0.00	91.13	19.14	1.82	6.38	0.91	1.64	18.23	273.38	3.28
Grahams, Bunny Chocolate Chip, Annie's - (1 ea.)Contains Wheat. Processed in a facility that also processes Milk, Soy.	160.00	6.00	0.50	0.00	0.00	150.00	26.00	3.00	8.00	3.00	0.72	250.00	0.00	0.00
Grahams, Cinnamon Bug Bites, WG - (1 pkg.)Contains Wheat, Soy.	120.00	3.50	1.00	0.00	0.00	115.00	21.00	1.00	8.00	2.00	0.72	100.00	500.00	0.00
Grahams, Elf Chocolate Grahams - (1 ea.)Contains Wheat, Soy.	121.50	4.05	1.01	0.00	0.00	126.56	20.25	2.02	7.09	2.02	1.09	101.25	506.25	0.00
Grapefruit, Fresh - (1/2 c.)	79.36	0.27	0.04	(M)	0.00	0.00	20.14	3.02	13.02	1.46	0.15	41.57	2172.96	58.95
Grapes, Red Seedless - (1/2 c.)	30.82	0.16	0.05	(M)	0.00	0.92	7.89	0.41	7.47	0.29	0.13	6.44	46.00	1.84
Grapes, White seedless - (1/2 c.)	30.82	0.16	0.05	(M)	0.00	0.92	7.89	0.41	7.47	0.29	0.13	6.44	46.00	1.84
Grilled Cheese Sandwich- Elem/Middle - (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	273.33	8.92	3.92	0.25	22.50	919.17	33.00	2.00	5.50	16.50	1.44	380.00	491.67	0.00
Grilled Cheese Sandwich- High - (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	316.67	11.83	5.33	0.50	30.00	1138.33	34.00	2.00	6.00	20.00	1.44	480.00	683.33	0.00
Hamburger (Elem) - (1 ea.)Contains Milk, Wheat, Soy, Gluten.	270.00	7.50	2.50	0.00	35.00	550.00	30.00	4.00	5.00	21.00	3.60	100.00	100.00	1.20
Hamburger (Middle) - (1 ea.)Contains Milk, Wheat, Gluten. May contain Soy.	320.00	13.50	5.00	0.00	50.00	380.00	29.00	3.00	5.00	21.00	3.24	80.00	0.00	1.20
Happy Birthday Cake w/Whipped Topping - (1 piece)Contains Milk, Egg, Wheat, Soy.	258.32	11.84	5.67	2.80	19.93	164.83	35.85	1.42	23.04	2.85	1.17	37.32	28.11	0.00
Happy Birthday Chocolate Cake - (1 piece)Contains Milk, Egg, Wheat.	325.99	12.12	2.39	3.72(M)	16.02	233.60	53.48	3.31	40.22	4.08	2.81	75.51	74.06	0.00
Happy Birthday Vanilla Cupcake - (1 cupcake)Contains Milk, Egg, Wheat. Processed in a facility that also processes Tree nuts, Peanuts.	140.00	2.50	0.50	0.00	20.00	170.00	27.00	6.00	7.00	2.00	0.72	100.00	0.00	0.00
Happy New Year Italian Ice - (4 1/2 fl. oz.)	103.17	0.00	0.00	0.00	0.00	15.63	26.05	0.00	26.05	0.00	0.00	208.43	0.00	0.00
Holiday Tree Cookie - (1 cookie)Contains Egg, Wheat, Soy.	159.05	8.95	1.99	0.00	0.00	59.64	17.89	0.00	8.95	0.99	0.36	0.00	0.00	0.00
Homemade Brownie - (1 brownie)Contains Milk, Wheat.	162.49	6.68	1.39	1.96	25.41	139.13	24.57	1.66	16.70(M)	2.58	0.44	20.73	36.93	0.00
Homemade Chili Pie - (1 serv.)	362.14	22.45	6.46	0.00(M)	54.40	578.53	25.94	3.20	3.01	17.36	2.71	63.67	594.75	8.03
Homemade Cinnamon Roll - (1 roll.)Contains Milk, Wheat, Gluten.	270.96	5.46	0.82	0.12(M)	2.04	346.94	50.83	3.33	26.75	5.57	5.57	53.24	23.91	3.54
Homemade Cinnamon Rolls (Wheat Blend) - (1 roll.)Contains Milk, Wheat, Gluten.	272.60	5.74	0.82	0.12(M)	2.04	342.01	51.38	3.33	25.66	5.57	4.19	53.24	23.91	3.54
Homestyle Meatloaf - (3 5/8 oz.)Contains Milk, Egg, Wheat, Soy.	223.62	15.93	5.24	0.00(M)	61.58	155.46	7.76	1.22	1.46	14.54	2.76	41.72	138.33	1.74
Honey Lemon Chicken - (1 serving (3 oz))	211.28(M)	10.00(M)	3.50(M)	0.00(M)	100.00(M)	244.94(M)	11.17(M)	0.03(M)	11.13(M)	19.04(M)	0.78(M)	1.61(M)	0.00(M)	0.07(M)

GPISD Nutrition Facts and Allergens SY 2016-2017

Generated 10/10/2016

Item Name (Serving Size)	FE (Kcal)	Fat (g)	Sfat (g)	TFat (g)(1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)
Honey packet - (1 packet)	25.00	0.00	0.00	0.00	0.00	0.00	7.00	0.00	7.00	0.00	0.00	0.00	0.00	0.00
Honeydew Melon, Fresh - (1/2 c.)	40.82	0.16	0.04	0.00	0.00	20.41	10.31	0.91	9.21	0.61	0.19	6.80	56.70	20.41
hot dog sauce - (1/4 c.)Contains Wheat, Soy.	70.00	2.50	1.00	0.00	4.00	400.00	9.00	2.00	1.00	2.00	1.08	20.00	400.00	0.00
House Blend Lite Ranch Dressing - (1 OZ package)Contains Milk, Egg, Soy.	70.00	6.00	1.00	0.00	5.00	130.00	5.00	0.00	3.00	0.00	0.00	20.00	0.00	0.00
ISS- Sandwich with Turkey Ham & Cheese - (1 sandwich)Contains Milk, Wheat, Gluten. May contain Soy.	255.00	6.25	2.00	0.00	26.25	797.50	32.50	2.00	4.50	17.00	1.71	180.00	150.00	0.00
Italian Ice Cup - (1 dessert cup)	99.00	0.00	0.00	0.00	0.00	15.00	25.00	0.00	25.00	0.00	0.00	0.00	0.00	12.00
Jalapeno Cheese Cup - (3 Ounces)Contains Milk.	190.00	10.00	6.00	0.00	30.00	560.00	15.00	0.00	10.00	10.00	0.00	300.00	300.00	0.00
Jalapeno Nacho Cheese Sauce - (6 fl. oz.)Contains Milk, Soy.	259.85	17.99	11.99	0.00	59.97	1139.33	9.99	0.00	0.00	15.99	0.72	599.65	399.76	0.00
Jalapeno Slices - (1/4 c.)	5.00	0.00	0.00	0.00	0.00	250.00	0.00	0.00	0.00	0.00	0.00	0.00	100.00	0.00
Jelly packet, assorted - (1 packet)	35.00	0.00	0.00	0.00	0.00	0.00	9.00	0.00	6.00	0.00	0.00	0.00	0.00	0.00
Juice, 100% Pure Apple Juice, 4 oz - (4 Ounces)	60.00	0.00	0.00	0.00	0.00	5.00	14.00	0.00	12.00	0.00	3.24	100.00	0.00	0.00
Juice, 100% Pure Orange Juice, 4 oz - (4 Ounces)	60.00	0.00	0.00	0.00	0.00	0.00	13.00	0.00	12.00	1.00	0.00	0.00	0.00	36.00
Juice, Apple Cherry 100%, 4 oz - (1 Carton)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Juice, Apple, 100% 6 oz carton -(1 carton (6 oz))	90.00	0.00	0.00	0.00	0.00	7.50	21.00	0.00	18.00	0.00	0.18	10.00	0.00	0.00
Juice, Fruit Punch, 4 oz carton - (1 Carton)	60.00	0.00	0.00	0.00	0.00	15.00	15.00	0.00	14.00	0.00	0.00	20.00	0.00	0.00
Juice, Fruitable Vegetable Juice, Power Punch - (1 Carton)	60.00	0.00	0.00	0.00	0.00	15.00	14.00	0.00	0.00	0.00	0.00	0.00	500.00	6.00
Juice, Fruitable, Tropical Twist (vegetable juice) - (1 Carton)	60.00	0.00	0.00	0.00	0.00	15.00	14.00	0.00	0.00	0.00	0.00	0.00	500.00	6.00
Juice, Grape Juice, 4 oz, 100% - (1 Carton)	80.00	0.00	0.00	0.00	0.00	5.00	19.00	1.00	18.00	0.00	0.36	20.00	0.00	0.00
Juice, Orange, 100%, 6 oz carton - (1 carton (6 oz))	90.00	0.00	0.00	0.00	0.00	0.00	19.50	0.00	18.00	1.50	0.00	0.00	0.00	54.00
Juice, Pineapple Orange, 100%, 4 oz, Kpak - (4 fl. oz.)	60.00	0.00	0.00	0.00	0.00	20.00	13.00	0.00	12.00	1.00	0.00	0.00	0.00	30.00
Ketchup packet - (1 packet)	10.00	0.00	0.00	0.00	0.00	25.00	3.00	0.00	2.00	0.00	0.00	0.00	0.00	0.00
Kiwi, Fresh - (1/2 CUP, sliced)	54.90	0.47	0.03	0.00	0.00	2.70	13.19	2.70	8.09	1.03	0.28	30.60	78.30	83.43
Land O'Lakes Macaroni & Cheese - (2/3 c.)Contains Milk, Egg, Wheat.	290.00	11.00	6.00	0.00	30.00	980.00	31.00	2.00	6.00	17.00	1.08	400.00	750.00	0.00
Lasagna with Seasoned Ground Beef (Homemade) - (7 1/3 oz.)Contains Milk, Wheat. Processed in a facility that also processes Egg.	281.29	14.55	7.37	0.00	47.20	344.93	20.91	2.72	4.63	16.77	4.40	280.50	937.67	7.30
Lay's Oven Baked Original Potato Chips - (1 Bag)Contains Soy.	100.03	1.50	0.00	0.00	0.00	115.03	20.00	2.00	2.00	2.00	0.00	0.00	0.00	1.20
Lemon Juice Packet - (1 packet)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	1.20
Macaroni & Cheese - (1/2 c.)Contains Milk, Wheat.	148.54	3.90	2.16	0.00(M)	8.65	537.57	18.42	2.19	2.65(M)	8.69	0.79(M)	175.70(M)	259.46(M)	0.00(M)
Macaroni & Cheese w/Milk - (1/2 c.)Contains Milk, Wheat.	168.19	4.56	2.31	0.16(M)	10.02	583.07	21.00	2.19	5.22(M)	9.46	3.40(M)	203.78(M)	289.11(M)	0.00(M)

GPISD Nutrition Facts and Allergens SY 2016-2017

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Item Name (Serving Size)	FE (Kcal)	Fat (g)	Sfat (g)	TFat (g)(1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)
Mandarin Orange Chicken - (3 5/8 oz.)Contains Egg, Wheat, Soy.	150.00	3.00	0.50	0.00	40.00	280.00	19.00	0.00	10.00	11.00	0.72	0.00	0.00	1.20
Maple Brown Sugar Granola Bar - (1 Bar)Contains Milk, Wheat, Soy. May contain Tree nuts, Peanuts.	140.00	2.50	1.00	0.00	120.00	28.00	28.00	1.00	9.00	2.00	0.72	100.00	0.00	0.00
Maple French Toast Sticks - (3 Sticks)Contains Milk, Egg, Wheat, Soy.	207.96	8.78	2.10	0.11	104.94	268.49	25.64	2.39	11.23	7.65	1.37	70.54	154.15	0.02
Margarine Spread - (1 ea.)	20.00	2.00	0.00	0.00	0.00	30.00	0.00	0.00	0.00	0.00	0.00	0.00	200.00	0.00
Marinara Sauce Dip Cup - (2 1/2 oz.)	40.00	0.00	0.00	0.00	0.00	220.00	8.00	2.00	4.00	2.00	0.00	14.00	362.00	6.00
Mashed Potatoes with added Vit. C - (1/2 c.)Contains Milk.	41.20	0.46	0.00	0.00	0.00	150.62	7.78	0.46	0.00	0.92	0.33	13.73	0.00	13.73
Mayonniase, Reduced Fat packet - (1 packet)Contains Egg.	45.00	35.00	0.00	0.00	0.00	75.00	3.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Meatball Sandwich- Elem/Middle - (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	271.94	8.27	3.60	0.00	28.50	367.70	32.54	3.08	7.77	16.13	3.82	148.81	1363.70	16.36
Meatball Sub Sandwich- High - (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	373.75	12.64	5.04	0.00	42.94	564.00	44.17	4.83	11.67	23.24	5.10	168.63	2232.50	26.79
Milk, 1% White Milk 11 oz - (1 bottle (11 fl oz))Contains Milk.	138.00	3.50	2.00	0.00	14.00	170.00	17.00	0.00	15.00	11.00	0.00	400.00	750.00	3.60
Milk, 1% White Milk, 8oz, carton - (1 Carton)Contains Milk.	100.00	2.50	0.00	0.00	10.00	125.00	12.00	0.00	12.00	8.00	0.00	300.00	500.00	2.40
Milk, Chocolate Fat Free, 8 oz carton - (1 Carton)Contains Milk.	110.00	0.00	0.00	0.00	5.00	100.00	19.00	0.00	18.00	8.00	0.00	300.00	500.00	18.00
Milk, Fat Fee Chocolate, 8 oz, plastic bottle - (1 bottle.)Contains Milk.	110.00	0.00	0.00	0.00	5.00	100.00	19.00	0.00	18.00	8.00	0.00	300.00	500.00	18.00
Milk, Fat Free Chocolate Milk 11oz - (1 bottle (11 fl oz))Contains Milk.	150.00	0.00	0.00	0.00	5.00	140.00	27.00	0.00	25.00	11.00	0.00	400.00	750.00	3.60
Milk, Fat Free Strawberry Milk 8oz - (1 bottle.)Contains Milk.	120.00	0.00	0.00	0.00	5.00	125.00	22.00	0.00	22.00	8.00	0.00	300.00	500.00	2.40
Milk, Fat Free Strawberry Milk, 11oz - (1 bottle (11 fl oz))Contains Milk.	150.00	0.00	0.00	0.00	5.00	135.00	25.00	0.00	25.00	11.00	0.00	400.00	750.00	3.60
Milk, Fat Free Vanilla, 8 oz plastic bottle - (1 bottle.)	110.00	0.00	0.00	0.00	5.00	100.00	19.00	0.00	18.00	8.00	0.00	300.00	500.00	2.40
Milk, FF Skim White Milk, 8 oz - (1 bottle.)	80.00	0.00	0.00	0.00	0.00	125.00	12.00	0.00	12.00	8.00	0.00	300.00	500.00	2.40
Milk, Strawberry FF, 8oz, carton - (1 Carton)Contains Milk.	120.00	0.00	0.00	0.00	5.00	125.00	22.00	0.00	22.00	8.00	0.00	300.00	500.00	2.40
Milk, White 1% Milk, 8oz, plastic - (1 bottle.)Contains Milk.	100.00	2.50	0.00	0.00	10.00	125.00	12.00	0.00	12.00	8.00	0.00	300.00	500.00	2.40
Milk, White Fat Free, 8 oz carton - (1 Carton)Contains Milk.	80.00	0.00	0.00	0.00	5.00	125.00	12.00	0.00	12.00	8.00	0.00	300.00	500.00	2.40
Mini Chicken Corn Dogs - (4 1/8 oz.)Contains Egg, Wheat, Soy, Gluten.	270.00	12.00	3.75	0.00	37.50	420.00	30.00	4.50	6.00	10.50	2.16	150.00	0.00	0.00
Mini Cinnamon Rolls, Whole Grain - (1 pouch)Contains Milk, Wheat.	240.00	7.00	2.00	0.00	0.00	300.00	40.00	2.00	15.00	5.00	1.44	20.00	0.00	0.00
Mini Maple Pancakes - (1 pouch)Contains Milk, Egg, Wheat.	230.17	7.00	1.00	0.00	10.01	270.20	40.03	3.00	14.01	5.00	0.72	60.05	0.00	0.00
Mini Maple Waffles - (1 pkg.)Contains Milk, Egg, Wheat, Soy.	210.00	6.00	1.00	0.00	0.00	170.00	38.00	3.00	13.00	4.00	0.72	20.00	0.00	0.00
Mini Turkey Corn Dogs - (4 corndog mini)Contains Milk, Egg, Wheat, Soy.	160.00	5.00	1.00	0.00	20.00	590.00	22.00	2.00	6.00	8.00	1.08	0.00	0.00	0.00
Mixed Fruit Cocktail in light syrup - (1/2 c.)	68.00	0.10	0.03	0.00	0.00	8.00	17.88	1.60	(M)	0.52	0.37	6.00	11.99	3.81
Mixed Vegetables, 5 way blend, Seasoned - (1/2 c.)	80.14	0.00	0.00	0.00(M)	0.00	196.25	15.00	4.01	5.34(M)	4.00	0.49	26.89	1334.12	6.41

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Item Name (Serving Size)	FE (Kcal)	Fat (g)	Sfat (g)	TFat (g)(1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)
Muffin, Apple Cinnamon Muffin - (1 muffin)Contains Egg, Wheat, Soy.	170.00	5.00	2.00	0.00	35.00	120.00	28.00	2.00	15.00	3.00	1.08	150.00	100.00	2.40
Muffin, Homemade Applesauce Muffin - (1 muffin)Contains Egg, Wheat.	201.51	5.22	1.00	0.00	24.21	150.62	35.71	1.46	(M)	3.56	2.35	28.50	275.50	0.10
Mustard packet - (1 packet)	5.00	0.00	0.00	0.00	0.00	70.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Oatmeal- Sweet Vanilla - (3/4 c.)	101.12	1.15	0.23	0.00	0.00	5.54	21.39	1.85	9.22	2.31	0.83	6.15	0.00	0.00
Oatmeal with Cinnamon & Brown Sugar - (3/4 c.)	103.40	1.17	0.23	0.00	0.00	9.15	22.07	2.12	9.56	2.33	1.21	19.23	0.00	0.14
Oatmeal, Brown Sugar with Cinnamon Sprinkle - (3/4 c.)Contains Milk.	125.55	1.74	0.23	0.00	2.31	35.77	24.55	1.94	12.32	4.16	1.07	81.54	115.39	0.60
Onion Rings, with Whole Grain Breading - (5 pieces)Contains Milk, Wheat, Soy.	200.00	8.00	1.50	0.00	0.00	230.00	28.00	3.00	5.00	3.00	1.08	10.00	0.00	2.40
Orange Smiles (Fresh Orange) - (1 ea.)	47.00	0.12	0.05	0.00	0.00	0.00	11.75	2.40	9.35	0.94	0.18	40.00	250.00	53.40
Oranges, Mandarin, chilled - (1/2 c.)	68.48	0.00	0.00	0.00	0.00	8.56	15.41	0.86	13.70	0.86	0.00	0.00	171.21	10.27
Oven Baked Tortilla Scoops - (1 pkg.)	110.00	2.50	0.00	0.00	0.00	125.00	19.00	2.00	0.00	2.00	0.36	20.00	0.00	0.00
Pancake and Pork Sausage Wrap - (1 pancake wrap)Contains Egg, Wheat, Soy, Gluten.	190.00	8.00	2.50	0.00	25.00	300.00	20.00	4.00	4.00	9.00	1.80	20.00	0.00	0.00
Pancake on a Stick - (2 7/8 Ounces)Contains Egg, Wheat, Soy, Gluten.	198.03	9.90	2.48	0.00	24.75	306.94	16.83	2.97	3.96	6.93	1.78	19.80	0.00	0.00
Peach Amazing Raisins - (1 pkg.)	110.00	0.00	0.00	0.00	0.00	10.00	25.00	2.00	22.00	1.00	0.72	20.00	0.00	0.00
Peach Halves in light syrup -(1/2 c.)	70.00	0.00	0.00	0.00	0.00	10.00	17.00	1.00	13.00	1.00	0.00	0.00	300.00	1.20
Peach, Fresh - (1 ea.)	49.75	0.32	0.02	(M)	0.00	0.00	12.17	1.91	10.70	1.16	0.32	7.65	415.88	8.42
Peaches Diced in Light Syrup - (1/2 c.)	70.00	0.00	0.00	0.00	0.00	10.00	17.00	0.00	13.00	0.00	0.00	0.00	300.00	1.20
Peaches Sliced in Light Syrup - (1/2 c.)	70.00	0.00	0.00	0.00	0.00	10.00	17.00	1.00	16.00	1.00	0.00	0.00	0.00	0.00
Pear Halves in Light Syrup - (1/2 c.)	80.00	0.00	0.00	0.00	0.00	5.00	20.00	2.00	14.00	0.00	2.00	0.00	0.00	2.00
Pear Slices in light syrup - (1/2 c.)	62.00	0.09	0.00	0.00	0.00	5.00	16.05	2.00	0.00	0.42	0.36	11.00	0.00	2.00
Pear, Bartlett, Fresh - (1 ea.)	86.13	0.21	0.03	(M)	0.00	1.51	23.01	4.68	14.73	0.54	0.27	13.60	37.78	6.50
Picante Sauce packet - (1 packet)	0.00	0.00	0.00	0.00	0.00	140.00	1.00	0.00	0.00	0.00	0.00	0.00	100.00	1.20
Pickle Spear (1 spear) - (1 Pickle)	2.00	0.00	0.00	0.00	0.00	210.00	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Pineapple Cole Slaw - (1/2 c.)Contains Egg.	58.39	3.60	0.49	0.00(M)	4.80	137.47	6.89	1.17	4.06(M)	0.68	0.35	23.92	70.15	24.30
Pineapple Dessert - 1/2 c.)	89.25	0.00	0.00	0.00	0.00	12.04	21.46	1.20	17.35	1.20	0.87	24.07	120.36	10.83
Pizza, Alpha Bake to Rise Pepperoni Pizza - (1 slice)Contains Milk, Wheat, Soy.	450.00	19.00	9.00	0.00	35.00	650.00	47.00	4.00	8.00	25.00	2.70	400.00	500.00	6.00
Pizza, Cheese Pizza, Big Daddy's - (1 slice)Contains Milk, Wheat, Soy.	340.00	15.00	7.00	0.00	35.00	670.00	36.00	4.00	6.00	18.00	1.80	35.00	400.00	0.00
Pizza, Jalapeno Pepperoni Pizza - (1 slice)Contains Milk, Wheat, Soy.	360.94	8.00	3.50	0.00	20.00	956.88	46.00	9.00	1.00	26.00	1.80	350.00	18.75	0.00
Pizza, Pepperoni Pizza (Alpha) - (1 slice)Contains Milk, Wheat, Soy.	418.99	16.83	8.09	0.00	20.40	885.81	46.13	7.02	0.00	21.13	0.80	300.87	0.00	1.20

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Pizza, Pepperoni Pizza Strip (Breakfast) - (1 serv.)Contains Milk, Egg, Wheat, Soy.	210.00	6.00	3.00	0.00	20.00	390.00	27.00	3.00	4.00	12.00	1.80	100.00	200.00	0.00
Pizza, Pepperoni Pizza Wedge, Tony's - (1 slice)Contains Milk, Wheat, Soy.	300.00	12.00	5.00	0.00	25.00	660.00	35.00	4.00	14.00	16.00	2.70	200.00	400.00	0.00
Pizza, Pepperoni Thin Pizza (Alpha) - (1 slice)Contains Milk, Wheat, Soy.	310.00	7.00	3.00	0.00	15.00	770.00	39.00	7.00	1.00	22.00	1.44	300.00	0.00	0.00
Pizza, Personal 5" Pepperoni - (1 ea.)Contains Milk, Wheat, Soy.	340.00	16.00	8.00	0.00	40.00	670.00	31.00	3.00	4.00	19.00	1.80	400.00	750.00	24.00
Pizza, Personal, 5" Cheese - (1 ea.)Contains Milk, Wheat, Soy.	330.00	16.00	8.00	0.00	35.00	590.00	31.00	3.00	4.00	19.00	1.80	450.00	750.00	4.80
Pizza, Sausage Slice - (1 slice)Contains Milk, Wheat, Soy.	435.00	18.00	7.00	0.00	30.00	690.00	46.00	4.00	8.00	25.00	2.70	400.00	10.00	6.00
Pizza, Stuffed Crust Pizza (Max's) - (4 7/8 oz.)Contains Milk, Wheat, Soy.	330.00	14.00	4.50	0.00	30.00	870.00	35.00	3.00	4.00	17.00	1.80	250.00	300.00	0.00
Pop Tart, Cinnamon, Whole Grain (1 Piece/Portion/Unit/Item/Serving)Contains Wheat, Soy.	180.00	3.00	1.00	0.00	0.00	190.00	37.00	3.00	15.00	2.00	1.80	100.00	500.00	0.00
Pop Tart, Strawberry, Whole Grain - (1 Piece/Portion/Unit/Item/Serving)Contains Wheat, Soy.	180.00	2.35	0.90	0.05	0.00	181.00	37.65	2.85	(M)	2.15	1.80	100.00	500.00	0.00
Popcorn Chicken - (12 pieces)Contains Wheat, Soy.	250.91	14.18	2.73	0.00	21.82	370.91	15.27	2.18	1.09	15.27	1.96	43.64	109.09	0.00
Popcorn Chicken Salad - (1 salad)Contains Milk, Wheat, Soy.	356.02	18.62	5.74	0.00(M)	36.75	570.65	25.06	6.73	2.04	22.89	6.56	313.32	22869.85	63.41
Pork & Beef Sausage Roll (Kolache) - (1 sausage roll)Contains Egg, Wheat.	170.00	9.00	3.00	0.00	25.00	360.00	16.00	1.00	4.00	6.00	1.08	40.00	500.00	0.00
Pork & Vegetable Egg Rolls - (2 egg roll)Contains Milk, Egg, Wheat, Soy.	170.00	14.00	4.00	0.00	60.00	740.00	40.00	6.00	6.00	18.00	3.60	120.00	1500.00	12.00
Pork Tamales - (2 tamale)Contains Wheat, Soy.	266.00	14.47	3.26	0.15	21.08	519.40	25.59	5.10	0.85	10.64	2.13	78.20	114.50	1.87
Pork Tamales w/ Cheese- Middle - (2 tamale)Contains Milk, Wheat, Soy.	389.71	23.15	9.23	0.15	50.78	1060.12	28.90	4.96	0.83	18.42	2.07	379.00	414.26	1.82
Pork Tamales-High School -(3 tamale)Contains Wheat, Soy.	399.00	21.70	4.90	0.23	31.62	779.10	38.39	7.66	1.27	15.96	3.19	117.30	171.75	2.81
Potato Smiles -(4 pieces)	130.00	4.50	0.50	0.00	0.00	180.00	20.00	2.00	0.00	2.00	0.36	0.00	0.00	2.40
Potato Smiles- Middle/High - (5 pieces)	162.50	5.63	0.63	0.00	0.00	225.00	25.00	2.50	0.00	2.50	0.45	0.00	0.00	3.00
Potato, Crispy Potato Cubes - (3 Ounces)Contains Wheat.	109.94	4.00	0.50	0.00	0.00	349.79	16.99	2.00	0.00	2.00	0.00	0.00	0.00	1.20
Pudding, Chocolate Pudding Cup, Fat Free - (1 pudding cup)Contains Milk.	100.23	0.00	0.00	0.00	0.00	140.32	20.05	0.00	15.03	2.00	0.00	0.00	0.00	0.00
Quaker Snack Munchie Mix - (1 pkg.)Contains Milk, Wheat.	100.00	3.00	0.00	0.00	0.00	150.00	17.00	2.00	2.00	3.00	2.70	40.00	100.00	0.00
Quick Confetti Cole Slaw - (1/2 c.)Contains Egg.	54.76	4.00	0.55	0.00(M)	5.33	151.29	5.20	1.16	2.49(M)	0.61	0.28	23.69	63.50	25.70
Raisins - (1 Box)	112.66	0.17	0.02	0.00	0.00	4.11	29.86	1.39	22.32	1.16	0.70	18.28	0.00	0.82
Ranch Dressing, portion cup - (1 portion cup)Contains Milk, Egg.	60.00	3.50	0.50	0.00	5.00	370.00	7.00	0.00	3.00	0.00	0.00	0.00	0.00	0.00
Refried Beans -(1/2 c.)Contains Soy.	49.85	0.78	0.31	0.00	0.00	152.97	8.41	2.49	0.31	2.80	0.84	16.27	0.00	0.00

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Refried Pinto Beans - (1/2 c.)	110.00	0.00	0.00	0.00	0.00	120.00	20.00	5.00	1.00	7.00	1.80	40.00	0.00	2.40
Relish, Sweet, Packet - (1 packet)	10.00	0.00	0.00	0.00	0.00	55.00	2.00	0.00	2.00	0.00	0.00	0.00	0.00	0.00
Rice Krispie Treat, WG Square - (1 ea.)Contains Milk, Soy.	159.89	4.00	1.00	0.00	0.00	149.90	30.98	0.00	10.99	2.00	1.80	0.00	299.80	0.00
Rice Krispies Mini-Size Treat - (1 bar, miniature)Contains Milk, Soy.	50.00	1.00	0.00	0.00	0.00	45.00	9.00	0.00	3.00	0.00	0.36	0.00	0.00	0.00
Salad dressing packet - (1 packet)Contains Egg.	40.00	4.00	0.50	0.00	5.00	90.00	2.00	0.00	1.00	0.00	0.00	0.00	0.00	0.00
Salsa Dip Cup (Spicy Salsa) - (3 Ounces)	29.33	0.00	0.00	0.00	0.00	205.29	5.87	0.00	2.93	0.00	1.06	0.00	293.28	7.04
Salsa, Mild - (1/2 c.)	43.99	0.24	0.04	0.00	0.00	140.00	8.68	1.80	0.00	1.86	2.78	14.00	682.00	5.00
Salsa, Mild - (1 1/2 oz.)	13.61	0.00	0.00	0.00	0.00	95.26	0.00	1.36	1.36	0.00	0.49	27.22	680.40	8.16
Saltine Crackers, Whole Grain, packet - (6 pack)Contains Wheat.	180.00	3.00	0.00	0.00	0.00	540.00	30.00	3.00	0.00	3.00	2.16	0.00	0.00	0.00
Sandwich on Bun, Turkey Ham & Cheese (sack lunch) - (1 sandwich)Contains Milk, Wheat, Gluten. May contain Soy.	275.44	7.53	2.77	0.00	32.59	902.63	32.01	3.00	5.51	20.54	2.16	181.25	151.88	1.20
Sandwich with Sliced Turkey & Cheese - (1 sandwich)Contains Milk, Wheat, Soy.	264.21	8.72	3.53	0.00	45.19	958.58	28.69	4.00	3.01(M)	21.75	1.68	242.50	303.75	3.20
Sandwich with Turkey Ham & Cheese - (1 sandwich)Contains Milk, Wheat, Gluten. May contain Soy.	275.00	7.00	2.25	0.00	32.50	900.00	33.00	2.00	4.50	19.50	1.80	180.00	150.00	0.00
Sandwich, Mini Chicken Slider Sandwich - (2 ea.)Contains Egg, Wheat, Soy.	380.00	11.00	2.00	0.00	20.00	780.00	50.00	8.00	8.00	20.00	3.96	160.00	0.00	0.00
Sandwich, Turkey & Cheese on Bun (Sack lunch sandwich) - (1 ea.)Contains Milk, Wheat, Soy.	290.00	11.00	4.50	0.00	40.00	750.00	32.00	3.00	6.00	21.00	1.80	300.00	200.00	0.00
Sandwich, Turkey Ham & Cheese on Hoagie (sack lunch sandwich) - (1 ea.)Contains Milk, Wheat, Soy.	350.00	16.00	7.00	0.00	55.00	1090.00	33.00	3.00	6.00	20.00	1.44	350.00	200.00	0.00
Sausage & Cheese Biscuit - (1 biscuit)Contains Milk, Wheat, Soy. May contain Egg.	263.75	12.00	4.56	0.00	19.38	687.50	25.75	2.50	4.13	10.88	1.98	85.00	1087.50	0.00
Sausage Biscuit -(1 biscuit)Contains Milk, Wheat, Soy. May contain Egg.	255.00	11.50	4.25	0.00	17.50	635.00	25.50	2.50	4.00	10.00	1.98	60.00	1050.00	0.00
Sausage Roll Kolache, Pork & Beef, WG 2 oz -(1 sausage roll)Contains Wheat, Soy.	160.00	8.00	3.00	0.00	125.00	360.00	15.00	1.00	3.00	6.00	1.44	20.00	500.00	0.00
Sausage, Egg & Cheese Biscuit - (1 biscuit)Contains Milk, Egg, Wheat, Soy.	334.63	17.67	5.80	0.00	129.23	731.80	26.81	2.50	4.48	14.06	2.49	106.26	1229.25	21.26
Seasoned Curly Fries - (3 Ounces)Contains Wheat.	160.00	8.00	2.00	0.00	0.00	430.00	20.00	2.00	1.00	2.00	1.08	0.00	0.00	6.00
Seasoned Green Beans - (1/2 c.)Contains Wheat, Soy.	16.32	0.08	0.02	0.00(M)	0.00	222.51	3.45	1.42	0.02(M)	0.94	0.67(M)	19.75(M)	318.51(M)	3.52(M)
Seasoned Green Peas - (1/2 c.)Contains Milk.	79.00	0.00	0.00	0.00(M)	0.00	281.75	13.58	4.44	4.44(M)	4.44	1.20	0.17	443.73	6.66
Seasoned Pinto Beans - (1/2 c.)	121.31	0.00	0.00	0.00(M)	0.00	701.89	19.78	7.61(M)	0.04(M)	6.52	1.57(M)	43.67(M)	0.00(M)	0.07(M)
Seasoned Potato Wedges - (2 7/8 Ounces)	120.52	4.02	0.50	0.00	0.00	140.60	20.09	2.01	0.00	2.01	0.36	0.00	100.43	3.62
Seasoned Salad Croutons - (1 packet)Contains Milk, Wheat. Processed in a facility that also processes Tree nuts.	30.38	1.01	0.00	0.00	0.00	96.19	5.06	0.00	1.01	1.01	0.00	0.00	0.00	0.00

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Seasoned Spaghetti Sauce - (1/2 c.)	65.06	1.08	0.00	0.00	0.00	151.67	13.08	2.17	9.75	2.17	1.18	21.67	5416.67	65.00
Shredded American Cheese - (1 oz.)Contains Milk.	70.00	4.00	2.50	0.00	10.00	390.00	1.00	0.00	2.00	6.00	0.00	200.00	300.00	0.00
Shredded Mild Cheddar - (1/4 c.)Contains Milk.	110.00	9.00	6.00	0.00	30.00	190.00	0.00	0.00	0.00	7.00	0.36	200.00	300.00	0.00
Smucker's PB & Grape Uncrustable Sandwich - (1 ea.)Contains Wheat, Peanuts.	320.00	17.00	3.50	0.00	0.00	320.00	32.00	3.00	13.00	10.00	0.00	0.00	0.00	0.00
Smuckers PB & Grape Uncrustable Sandwich - (1 sandwich)Contains Wheat, Peanuts.	320.00	17.00	3.50	0.00	0.00	320.00	32.00	3.00	13.00	10.00	1.08	20.00	0.00	0.00
Soft Beef Taco w/Seasoned Ground Beef - (2 tacos)Contains Wheat.	519.57	32.19	9.71	0.00(M)	96.97	605.92	29.23	2.70	3.37(M)	29.14	4.55	132.74	384.64	2.94
Soft Beef Tacos - (2 tacos)Contains Wheat, Soy.	305.97	10.90	3.92	0.00(M)	42.90	726.35	33.13	4.65	3.37(M)	16.60	1.93	84.25	384.64	2.94
Sour Lemon Amazing Raisins - (1 packet)	110.00	0.00	0.00	0.00	0.00	10.00	25.00	2.00	22.00	1.00	0.72	20.00	0.00	0.00
Spaghetti and Meatballs - (3/4 c.)Contains Milk, Wheat, Soy, Gluten.	324.12	10.71	3.58	0.00	35.00	317.41	37.94	4.08	6.74	19.89	3.59	49.63	2507.41	30.09
Spaghetti Beef Meatsauce - (3/4 c.)Contains Soy.	195.24	8.97	3.96	0.00	43.62	361.70	16.45	4.06	9.36	13.98	1.12	20.80	5200.00	62.40
Spaghetti Meatsauce w/Ground Beef - (3/4 c.)	266.89	18.32	5.76	0.00	57.60	200.32	12.48	2.08	9.36	16.48	2.68	49.60	5200.00	62.40
Spaghetti Noodles - (1 serv.)Contains Wheat.	158.33	0.79	0.00	0.00	0.00	0.00	31.67	2.38	1.58	5.54	1.43	0.00	0.00	0.00
Spaghetti Sauce - (1/2 c.)	60.00	1.00	0.00	0.00	0.00	140.00	12.00	2.00	9.00	2.00	1.08	20.00	5000.00	60.00
Spicy Boneless Wings -(5 Wings)Contains Wheat, Soy.	237.50	10.00	1.88	0.00	50.00	487.50	15.00	1.25	1.25	21.25	1.35	25.00	125.00	0.00
Spicy Chicken Nuggets - (5 ea.)Contains Egg, Wheat, Soy.	177.00	9.00	2.00	0.00	28.00	470.00	11.00	3.00	1.00	13.00	1.62	40.00	100.00	0.00
Spicy Chicken Sandwich - (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	430.00	17.50	3.50	0.00	25.00	680.00	46.00	6.00	6.00	22.00	4.50	120.00	100.00	1.20
Steamed Brown Rice - (1/2 c.)Contains Milk, Soy.	180.46	2.44	0.17	0.25	0.00	307.92	36.45	2.02	0.00	4.05	0.73	4.17	41.67	0.00
Steamed Carrots - (1/2 c.)Contains Milk.	33.13	0.40	0.04	0.00	0.00	163.15	7.24	2.88	4.15	0.68	0.38	31.50	12395.49	2.18
Steamed Corn (Can) - (1/2 c.)	86.89	1.08	0.00	0.00(M)	0.00	466.36	18.72	2.19	4.33(M)	2.17	0.01	0.20	0.00	3.92
Steamed Corn (Frzn) - (1/2 c.)	62.27	0.45	0.00	0.00(M)	0.00	153.90	18.00	2.68	1.77(M)	2.67	1.29	0.26	0.00	4.27
Steamed Spinach - (1/2 c.)	65.81	0.00	0.00	0.00	0.00	931.43	6.58	2.02(M)	0.00(M)	4.03	1.45(M)	161.48(M)	5040.00(M)	2.42(M)
Strawberries, Fresh - 1 (1/2 CUP, whole)	23.04	0.22	0.01	0.00	0.00	0.72	5.53	1.44	3.52	0.48	0.30	11.52	8.64	42.34
Submarine Sandwich w/Turkey Breast (Elem/Middle) - (1 sandwich)Contains Milk, Wheat, Soy.	274.21	7.22	3.53	0.00	45.19	838.58	29.69	2.00	6.01(M)	21.75	1.32	222.50	303.75	2.00
Submarine Sandwich with Turkey Breast- (High) - (1 sandwich)Contains Milk, Wheat, Soy.	285.88	7.05	3.28	0.00	37.69	830.25	37.52	3.00	8.01(M)	20.09	1.62	222.50	303.75	0.60
Submarine Sandwich with Turkey Ham- (Elem/Middle) - (1 sandwich)Contains Milk, Wheat, Soy.	285.00	8.00	3.50	0.00	40.00	880.00	31.00	2.00	6.50	20.00	1.62	308.00	90.00	1.20
Submarine Sandwich with Turkey Ham (High) - (1 sandwich)Contains Milk, Wheat, Soy.	310.88	8.05	3.53	0.00	40.19	1065.25	39.02	3.00	8.01	22.09	1.80	222.50	303.75	0.00

GPISD Nutrition Facts and Allergens SY 2016-2017

Generated 10/10/2016

Item Name (Serving Size)	FE (Kcal)	Fat (g)	Sfat (g)	TFat (g)(1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)
Submarine Turkey Breast Sandwich Box- Elem/Middle - (1 serv.)Contains Milk, Egg, Wheat, Soy.	452.37	55.73	4.53	0.00(M)	50.19	1324.66	52.38	4.49	7.42(M)	24.02	1.91	232.02	2461.20	2.94
Submarine Turkey Breast Sandwich Box- High - (1 serv.)Contains Milk, Egg, Wheat, Soy.	335.64	11.12	3.79	0.00(M)	42.69	1118.80	40.47	3.52	9.42(M)	20.38	1.85	232.02	2362.43	1.54
Submarine Turkey Ham Sandwich Box- Elem/Middle - (1 serv.)Contains Milk, Egg, Wheat, Soy.	464.76	17.07	5.01	0.00(M)	45.00	1328.55	52.94	4.52	8.91	22.29	2.21	357.52	2148.68	2.14
Submarine Turkey Ham Sandwich Box- High - (1 serv.)Contains Milk, Egg, Wheat, Soy.	489.03	56.56	4.53	0.00(M)	45.19	1551.33	61.72	5.49	9.42	24.35	2.39	232.02	2461.20	0.94
Sugar Cookie - (1 cookie (average weight of 1 cookie))Contains Milk, Egg, Wheat, Soy.	159.47	4.46	1.28	0.00	10.63	127.58	27.64	2.13	12.76	2.13	2.87	0.00	531.56	0.00
Sunshine Salad - (1 c.)	22.76	0.24	0.04	0.00(M)	0.00	33.50	4.56	1.65	2.59	1.56	1.37	86.28	6484.62	12.50
Sweet & Sour Sauce Packet - (1 packet (0.5 oz))	19.33	0.00	0.00	0.00	0.00	90.20	5.16	0.00	5.16	0.00	0.00	0.00	0.00	0.00
Sweet Potato Casserole - (1/2 c.)Contains Milk, Soy.	160.17	0.69	0.13	0.18	0.00	37.40	38.17	1.88	25.46	0.11	1.06	19.60	6470.98	10.20
Sweet Potato Casserole (w/frzn s.potato) - (1/2 c.)	160.71	2.05	0.37	0.52	0.00	31.88	34.59	2.03	9.37(M)	1.80	0.73	40.83	20667.03	9.09
Sweet Potato Fries - (3 Ounces)	180.00	8.00	0.50	0.00	0.00	120.00	25.00	3.00	7.00	2.00	0.36	20.00	3250.00	3.60
Sweet Potato Tater Puffs - (3 Ounces)	128.40	3.46	0.00	0.00	0.00	256.79	22.72	1.98	7.90	0.99	0.36	19.75	2962.96	3.56
Sweet Strawberry Cup - (1/2 c.)	122.00	0.17	0.01	0.00	0.00	4.01	33.05	2.41	(M)	0.68	0.76	14.00	31.00	52.80
Syrup Packet - (1 packet)	80.00	0.00	0.00	0.00	0.00	20.00	21.00	0.00	14.00	0.00	0.00	0.00	0.00	0.00
Taco Salad w/Tomato - (1/2 c.)	11.29	0.07	0.02	0.00(M)	0.00	3.92	2.37	0.99	1.35	0.65	0.35	11.07	2378.65	6.12
Taco Sauce - (1 packet)	5.00	0.00	0.00	0.00	0.00	95.00	1.00	0.00	1.00	0.00	0.00	0.00	0.00	0.00
Taco Sauce packet - (1 packet)	5.00	0.00	0.00	0.00	0.00	95.00	1.00	0.00	1.00	0.00	0.00	0.00	0.00	0.00
Taco Shells - (1 serv.)	225.00	10.50	1.50	0.00	0.00	0.00	28.50	3.00	0.00	3.00	0.54	30.00	0.00	0.00
Taco Snack, Beef & Cheese - (1 taco snack)Contains Milk, Wheat, Soy.	295.69	13.99	5.31	0.00	33.94	534.55	29.76	2.13	0.00	15.37	2.94	126.70	368.50	0.21
Taco Snack, Beef & Cheese - (1 taco snack)Contains Milk, Wheat, Soy, Gluten.	350.00	15.00	7.00	0.00	25.00	560.00	38.00	5.00	3.00	16.00	1.44	100.00	400.00	1.20
Tajin Fruit & Veggie Seasoning, low sodium - (1 packet)	2.00	0.00	0.00	0.00	0.00	127.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	5.40
Tartar Sauce - (1 packet)	20.00	1.50	0.00	0.00	0.00	85.00	1.00	0.00	1.00	0.00	0.00	0.00	0.00	0.00
Thanksgiving Turkey Breast Steak - (2 slices)	80.00	1.50	0.50	0.00	35.00	370.00	0.00	0.00	0.00	18.00	0.36	0.00	0.00	0.00
Tony's Pepperoni Stuffed Sandwich - (1 serving (1 hot pocket))Contains Milk, Egg, Wheat, Soy.	300.00	12.00	5.00	0.00	45.00	830.00	32.00	3.00	8.00	17.00	2.70	200.00	400.00	0.00
Tortilla Chips for Bean Dip - (3/4 oz.)	108.00	4.54	0.43	0.00	0.00	61.78	13.82	1.51	0.00	2.38	0.08	21.60	0.00	0.00
Turkey and Dressing Supreme - (1 portion)Contains Milk, Wheat.	282.04	13.43	2.71	2.16(M)	35.76	823.50	25.39	1.97(M)	2.10(M)	13.71	2.40(M)	58.97(M)	384.01(M)	1.68(M)
Turkey Ham & Cheese Melt - (1 sandwich)Contains Milk, Wheat. Processed in a facility that also processes Egg. May contain Soy.	267.00	7.00	3.00	0.00	40.00	669.00	31.00	3.00	3.00	20.00	2.16	240.00	300.00	0.00

GPISD Nutrition Facts and Allergens SY 2016-2017

Generated 10/10/2016

Item Name (Serving Size)	FE (Kcal)	Fat (g)	Sfat (g)	TFat (g)(1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)
Turkey Hot Dog - (1 ea.)Contains Milk, Wheat.	240.00	10.50	3.00	0.00	35.00	840.00	25.00	2.00	5.00	12.00	1.44	80.00	0.00	2.40
Turkey Shaped Cookie -(1 cookie)Contains Egg, Wheat, Soy.	160.00	9.00	2.00	0.00	0.00	60.00	18.00	0.00	9.00	1.00	0.36	0.00	0.00	0.00
Vanilla Pudding Cup - (1 pudding cup)Contains Milk.	80.18	0.00	0.00	0.00	0.00	140.32	18.04	0.00	14.03	1.00	0.00	0.00	0.00	0.00
Vanilla Pudding Dessert - (1/2 c.)Contains Milk. Processed in a facility that also processes Soy.	183.33	4.88	1.63	0.00	0.00	184.17	31.25	0.00	23.75	2.17	0.00	65.00	0.00	1.30
Vanilla Sports Grahams - (1 serving 1 pouch)Contains Wheat.	110.00	3.00	1.00	0.00	0.00	91.00	19.00	1.00	6.00	2.00	0.36	20.00	300.00	3.60
Vegetable Beef Soup - (1 c.)Contains Wheat, Soy.	99.69	4.60	1.38	0.00(M)	13.80	901.91	9.10	2.05	3.98(M)	5.68	1.13	42.41	713.51	10.70
Vegetable Dip -(1 oz.)Contains Milk, Egg, Soy.	53.37	4.39	0.56	0.00(M)	5.34	257.56	2.62	0.00	2.62	0.51	0.01	17.75	7.19	0.15
Vegetable Juice, Power Punch - (1 container (4 oz))	60.00	0.00	0.00	0.00	0.00	15.00	14.00	0.00	12.00	0.00	0.00	0.00	500.00	60.00
Vegetable Juice, Tropical Twist - (1 container (4 oz))	60.00	0.00	0.00	0.00	0.00	15.00	14.00	0.00	12.00	0.00	0.00	0.00	500.00	60.00
Vicky's Pickle Pops - (2 oz.)	6.80	0.17	0.05	0.00	0.00	458.70	1.37	0.57	0.61	0.28	0.15	32.32	70.88	1.30
Waffle Sticks - (2 waffles)Contains Milk, Egg, Wheat, Soy.	140.00	2.00	0.00	0.00	0.00	250.00	27.00	2.00	5.00	4.00	1.08	20.00	0.00	0.00
Water Chestnuts - (1/4 c.)	20.00	0.00	0.00	0.00	0.00	10.00	4.50	0.50	1.00	0.50	0.90	0.00	0.00	0.60
Watermelon, Seedless, Fresh - (1 slice)	45.00	0.28	0.02	0.00	0.00	0.00	10.70	0.50	2.20	0.85	0.25	14.00	750.00	9.00
Wheat Roll (Elem/Middle) - (1 roll (1 oz))Contains Milk, Wheat, Gluten.	90.50	2.16	0.35	0.04	1.14	113.99	15.07	0.48	4.05	2.56	2.77(M)	25.52(M)	9.59(M)	2.52(M)
Wheat Roll (High) - (1 roll.)Contains Milk, Wheat, Gluten.	181.01	4.32	0.71	0.09	2.29	227.97	30.15	0.96	8.09	5.12	5.54(M)	51.03(M)	19.18(M)	5.04(M)
Wheat Roll- 1 oz (Wheat Blend) - (1 roll.)Contains Milk, Wheat, Gluten.	94.06	2.41	0.35	0.04	1.14	114.24	15.39	1.49	3.80	2.82	2.23(M)	25.52(M)	9.59(M)	2.52(M)
Wheat Roll- 2 oz (Wheat Blend) - (1 roll.)Contains Milk, Wheat, Gluten.	188.12	4.83	0.71	0.09	2.29	228.48	30.78	2.97	7.59	5.64	4.45(M)	51.03(M)	19.18(M)	5.04(M)
White Wheat Flour Tortilla - (1 tortilla medium (approx 6" dia))Contains Wheat.	80.00	1.50	0.00	0.00	0.00	250.00	13.00	1.00	1.00	2.00	0.72	40.00	0.00	0.00
Whole Grain Pancake - (1 pancake)Contains Egg, Wheat, Soy.	76.67	2.00	0.33	0.00	3.33	110.00	13.33	1.00	1.67	1.67	0.60	0.00	0.00	0.00
Yogurt- Strawberry Banana Danimals - (4 Ounces)Contains Milk.	79.72	0.00	0.00	0.00	4.98	64.77	15.94	0.00	12.95	3.99	0.00	149.47	0.00	0.00
Yogurt, Gogurt Strawberry - (1 ea.)Contains Milk.	80.00	0.00	0.00	0.00	5.00	65.00	16.00	0.00	13.00	4.00	0.00	150.00	0.00	0.00
Yogurt, Raspberry Rainbow - (1 ea.)Contains Milk.	100.00	0.50	0.50	0.00	5.00	50.00	20.00	0.00	14.00	3.00	0.00	100.00	500.00	0.00
Yogurt, Strawberry Banana, Yoplait 4 oz - (1 ea.)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Zesty Tomato Soup - (1 c.)Contains Wheat, Soy.	320.00	0.00	0.00	0.00	0.00	1360.00	38.00	2.00	14.00	4.00	1.44	0.00	800.00	96.00