

Menu Item	Serving Size	Weight (grams)	Calories	Fat (grams)	Sodium (mg)	Carb (grams)	Fiber (grams)	Protein (grams)	Allergens
ASIAN FETTUCCINI NOODLES	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	1.000 Spoodle 8 oz	163.039	205.605	4.752	862.849	34.288	2.458	6.455	Dairy, Soy, Corn Sweetner (syrup, md, sugar, dextr)
ASIAN RICE - ELEM	1.000 Spoodle 4 oz	81.519	102.803	2.376	431.425	17.144	1.229	3.227	Dairy, Soy, Corn Sweetner (syrup, md, sugar, dextr)
BACON CHEESEBURGER, SECONDARY	1.000 Serving	161.575	416.250	22.571	705.536	29.036	4.000	31.625	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Beef, Poultry
BAKED CHICKEN	1.000 Serving	148.262	310.983	23.228	2,695.483	1.270	.000	23.545	Dairy, Soy, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flou r/oil/fiber/pr, Poultry
BAKED CHICKEN - DRUMSTICKS	1.000 Serving	133.826	188.098	8.270	1,242.116	1.080	.000	24.540	Dairy, Soy, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flou r/oil/fiber/pr, Poultry
BAKED CHICKEN ALFREDO	1.000 Spoodle 8 oz (1 cup)	246.888	431.343	19.806	970.787	31.383	2.995	35.757	Dairy, Eggs, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flou r/oil/fiber/pr, Poultry
BAKED POTATO W/ TOPPINGS - HAM, CHEESE, TURKEY BACON BITS	1.000 Serving (1 potato)	332.040	380.973	12.558	1,140.914	44.821	5.114	24.722	Dairy, Soy, Corn Sweetner (syrup, md, sugar, dextr), Potato, Poultry
BAKED POTATO W/ TOPPINGS - TURKEY, CHEESE, TURKEY BACON BITS	1.000 Serving (1 potato)	332.040	351.740	8.789	1,086.580	44.477	5.114	26.238	Dairy, Soy, Potato, Corn (veg/meal/starch/flou r/oil/fiber/pr, Poultry

Menu Item	Serving Size	Weight (grams)	Calories	Fat (grams)	Sodium (mg)	Carb (grams)	Fiber (grams)	Protein (grams)	Allergens
BBQ CHICKEN	1.000 Serving	249.692	394.349	22.910	1,942.385	22.294	.000	22.910	Corn Sweetner (syrup, md, sugar, dextr), Tomato, Red Dye, Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry
BBQ ON A BUN - ELEM, INTERMEDIATE, MS	1.000 Serving (1 sandwich)	156.500	301.821	9.036	722.857	32.690	5.173	17.554	Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Corn (veg/meal/starch/flour/oil/fiber/pr, Beef
BBQ ON A BUN - HS	1.000 Serving (1 sandwich)	180.727	341.623	10.766	861.297	33.844	5.461	20.149	Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Corn (veg/meal/starch/flour/oil/fiber/pr, Beef
BEEF & BEAN BURRITO - ELEM	1.000 Serving (1 burrito)	147.420	280.680	8.120	404.010	39.119	7.700	15.780	Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Potato, Corn (veg/meal/starch/flour/oil/fiber/pr, Beef
BEEF ENCHILADAS W/ RANCHERO SAUCE	1.000 Serving (2 enchilada)	332.838	499.511	21.977	1,115.857	52.783	9.888	25.427	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry
BEEFY CHEESE TACO SNACK	1.000 Serving (1 taco)	134.660	292.690	13.990	534.550	29.760	5.131	15.370	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Potato, Corn (veg/meal/starch/flour/oil/fiber/pr, Beef

Menu Item	Serving Size	Weight (grams)	Calories	Fat (grams)	Sodium (mg)	Carb (grams)	Fiber (grams)	Protein (grams)	Allergens
BONELESS CHICKEN CHUNKS	1.000 Serving (5 chunks, 3.75 oz)	106.320	200.000	7.000	480.000	16.000	2.000	17.000	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry
BREADED CHICKEN FILET SANDWICH - MS & HS	1.000 Serving	171.000	356.000	10.000	736.000	44.000	6.000	27.000	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry
BREADED CHICKEN SANDWICH	1.000 Serving	157.000	410.000	17.000	560.000	44.000	7.000	23.000	Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Carrots, Poultry
BUENO CHEESY NACHOS	1.000 Serving	126.784	294.249	15.019	469.280	22.741	2.428	16.554	Dairy, Soy, Tomato, Corn (veg/meal/starch/flour/oil/fiber/pr, Beef
BUFFALO CHICKEN	1.000 Serving	247.957	301.457	22.910	3,546.803	.000	.000	22.910	Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry
BUFFALO TENDER WRAP	1.000 Serving (1 wrap)	291.934	354.650	8.322	2,553.097	46.869	5.900	24.797	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry
BUILD YOUR OWN NACHOS - FAJITA	2 oz (28 chips), 2 oz cheese sauce, 3 oz fajitas	204	490	22.68	1035.88	45.12	4.06	23.38	Dairy, Soy, Corn (veg/meal/starch/flour/oil/fiber/pr, Corn Sweetner (syrup, md, sugar, dextr), Poultry, Food Dyes (yellow, blue)
BUILD YOUR OWN NACHOS - TACO MEAT	2 oz (28 chips), 2 oz cheese sauce, 1/3 c taco meat	223.977	513.129	24.703	981.431	46.011	4.871	23.376	Beef, Dairy, Soy, Tomato, Corn (veg/meal/starch/flour/oil/fiber/pr, Food Dyes (yellow, blue)

Menu Item	Serving Size	Weight (grams)	Calories	Fat (grams)	Sodium (mg)	Carb (grams)	Fiber (grams)	Protein (grams)	Allergens
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/flou r/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/flou r/oil/fiber/pr, Poultry
CHEESE PIZZA - ELEM	1.000 Slice	132.395	269.999	10.000	799.997	32.000	4.000	15.000	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Potato, Corn (veg/meal/starch/flou r/oil/fiber/pr
CHEESE STUFFED BREADSTICKS - ELEM, INTERMEDIATE, MS	1.000 Serving (2 stix)	111.000	282.545	9.082	605.455	30.273	2.018	18.164	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Potato, Corn (veg/meal/starch/flou r/oil/fiber/pr
CHEESE STUFFED BREADSTICKS - HS	1.000 Serving Secondary (3 stix)	166.000	422.545	13.582	905.455	45.273	3.018	27.164	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Potato, Corn (veg/meal/starch/flou r/oil/fiber/pr
CHEESEBURGER - ELEM, INTERMEDIATE	1.000 Serving	136.290	294.250	11.171	635.536	29.636	4.100	23.325	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Beef
CHEESEBURGER - MS, HS	1.000 Serving	156.500	396.250	21.071	610.536	29.036	4.000	29.625	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Beef

Menu Item	Serving Size	Weight (grams)	Calories	Fat (grams)	Sodium (mg)	Carb (grams)	Fiber (grams)	Protein (grams)	Allergens
CHEESY BAKED POTATO - NO CRACKERS	1.000 Serving (1 potato)	275.026	285.399	6.289	485.147	43.698	4.882	15.406	Dairy, Soy, Potato
CHEESY ITALIAN PASTA BAKE	1.000 Spoodle 8 oz	283.139	431.331	22.422	853.608	37.971	5.537	22.995	Dairy, Eggs, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Pork, Oats, Beef
CHEESY LASAGNA	1.000 Serving	303.273	547.395	14.128	587.705	81.454	8.675	26.662	Dairy, Eggs, Soy, Wheat, Tomato, Beef
CHERRY BLOSSOM CHICKEN - NO ASIAN NOODLES OR ASIAN RICE	1.000 Serving (4 oz)	113.398	206.178	4.124	360.812	27.834	2.062	13.402	Eggs, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Orange, Corn (veg/meal/starch/flou r/oil/fiber/pr
CHICKEN ENCHILADAS W/ VERDE SAUCE	1.000 Serving (2 enchilada)	257.255	340.047	14.402	945.361	31.429	3.980	21.823	Dairy, Eggs, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Corn (veg/meal/starch/flou r/oil/fiber/pr, Poultry
CHICKEN FAJITA WRAP	1.000 Serving (1 wrap)	252.915	377.297	16.914	1,007.798	34.194	3.901	23.109	Dairy, Eggs, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Corn (veg/meal/starch/flou r/oil/fiber/pr, Poultry
CHICKEN FRIED STEAK	1.000 Serving (1 patty)	90.000	230.000	13.000	170.000	16.000	2.000	14.000	Soy, Wheat, Potato, Corn (veg/meal/starch/flou r/oil/fiber/pr, Beef
CHICKEN FRIED STEAK SANDWICH	1.000 Serving	148.000	370.000	15.000	330.000	44.000	6.000	21.000	Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Potato, Corn (veg/meal/starch/flou r/oil/fiber/pr, Beef

Menu Item	Serving Size	Weight (grams)	Calories	Fat (grams)	Sodium (mg)	Carb (grams)	Fiber (grams)	Protein (grams)	Allergens
CHICKEN NUGGETS - ELEM, INTERMEDIATE, MS	1.000 Serving (5 nuggets)	88.000	230.000	13.000	440.000	15.000	3.000	12.000	Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry
CHICKEN NUGGETS - HS	1.000 Serving (7 nuggets, HS)	125.024	326.767	18.469	625.120	21.311	4.262	17.049	Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry
CHICKEN NUGGETS, GRILLED	1.000 Serving (5 nuggets)	83.750	212.500	16.250	387.500	2.500	1.250	13.750	Soy, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry
CHICKEN NUGGETS, HEART SHAPED	1.000 Serving (3 nuggets)	94.000	250.000	14.000	350.000	15.000	2.000	14.000	Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry
CHICKEN NUGGETS, ZOO SHAPED	1.000 Serving (3 nuggets)	93.555	220.000	14.000	350.000	12.000	2.000	14.000	Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry, Garlic

Menu Item	Serving Size	Weight (grams)	Calories	Fat (grams)	Sodium (mg)	Carb (grams)	Fiber (grams)	Protein (grams)	Allergens
CHICKEN SPAGHETTI	1.000 Serving (1 cup)	345.212	371.238	11.722	858.885	43.756	5.451	30.860	Dairy, Eggs, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Oats, Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry
CHILI CHEESE BURRITO	1 burrito, 1 oz cheese sauce, 1 oz chili	218.42	374.88	13.437	806.212	43.321	7.77	21.167	Soy, Beef, Wheat, Dairy, Potato, Corn (veg/meal/starch/flour/oil/fiber/pr, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Poultry, Food Dyes (yellow, blue),
CHILI CHEESE DOG	1.000 Serving (1 dog)	159.050	284.868	12.996	894.211	29.482	2.995	12.995	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Corn (veg/meal/starch/flour/oil/fiber/pr, Food Dyes (yellow, blue), Beef, Poultry
CHILI CHEESE NACHOS - ELEM, INTERMEDIATE	1.000 Serving	162.809	295.300	12.148	592.577	25.795	2.144	19.271	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry
CHILI CHEESE NACHOS - MS	1.5 oz (21 chips), 2 oz cheese sauce, 3/8 c chili	199	378.62	16.135	889.991	36.951	3.045	18.008	Dairy, Soy, Wheat, Tomato, Poultry, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr, Food Dyes (yellow, blue)

Menu Item	Serving Size	Weight (grams)	Calories	Fat (grams)	Sodium (mg)	Carb (grams)	Fiber (grams)	Protein (grams)	Allergens
CHILI CHEESE NACHOS - HS	2 oz (28 chips), 2 oz cheese sauce, 3/8 c chili	213.5	451.12	19.18	931.461	46.231	4.06	19.603	Dairy, Soy, Wheat, Tomato, Poultry, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flou r/oil/fiber/pr, Food Dyes (yellow, blue)
CLUB SANDWICH	1.000 Serving (1 sandwich)	230.571	449.958	13.282	1,822.593	48.448	3.000	36.139	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flou r/oil/fiber/pr, Poultry
COLBY CHEESE OMELET	1.000 Serving (1 omelet)	59.534	110.000	8.000	210.000	1.000	.000	8.000	Dairy, Eggs, Soy, Corn (veg/meal/starch/flou r/oil/fiber/pr
CORN DOG, WG	1.000 Serving (1 corndog)	112.000	240.000	8.000	390.000	30.000	5.000	9.000	Eggs, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flou r/oil/fiber/pr, Poultry
DELI CROISSANT (HAM)	1.000 Serving (1 sandwich)	161.205	299.188	11.793	1,195.781	31.849	3.000	20.271	Dairy, Soy, Tree Nuts, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flou r/oil/fiber/pr, Poultry
DELI CROISSANT (TURKEY)	1.000 Serving (1 sandwich)	161.205	285.336	8.799	1,142.882	32.565	3.000	22.529	Dairy, Soy, Tree Nuts, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flou r/oil/fiber/pr, Poultry
DELI SANDWICH (HAM)	1.000 Serving (1 sandwich)	155.205	279.188	7.793	1,165.781	31.849	2.000	21.271	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Poultry

Menu Item	Serving Size	Weight (grams)	Calories	Fat (grams)	Sodium (mg)	Carb (grams)	Fiber (grams)	Protein (grams)	Allergens
DELI SANDWICH (TURKEY)	1.000 Serving (1 sandwich)	155.205	265.336	4.799	1,112.882	32.565	2.000	23.528	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry
DELI WRAP (HAM)	1.000 Serving (1 wrap)	227.300	295.495	13.839	1,062.055	25.830	2.924	19.311	Dairy, Eggs, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry
DELI WRAP (TURKEY BREAST)	1.000 Serving (1 wrap)	227.300	286.260	11.843	1,026.789	26.307	2.924	20.816	Dairy, Eggs, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry
FISH SANDWICH	1.000 Serving	171.000	360.000	11.000	390.000	46.000	6.000	22.000	Fish, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr
FRUIT & YOGURT PLATE	1.000 Serving	212.676	310.672	9.967	388.529	45.303	3.745	11.028	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Cinnamon
GENERAL TSO CHICKEN - NO ASIAN NOODLES OR ASIAN RICE	1.000 Serving (4 oz)	113.398	206.178	4.124	556.681	26.803	2.062	14.432	Dairy, Eggs, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Sesame, Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry

Menu Item	Serving Size	Weight (grams)	Calories	Fat (grams)	Sodium (mg)	Carb (grams)	Fiber (grams)	Protein (grams)	Allergens
GLUTEN FREE BBQ ON A BUN	1.000 Serving (1 sandwich)	172.500	341.821	11.035	832.857	38.691	3.173	12.554	Eggs, Soy, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Potato, Corn (veg/meal/starch/flou r/oil/fiber/pr, Beef
GLUTEN FREE CHEESEBURGER	1.000 Serving	143.437	335.387	15.022	636.716	36.011	3.000	15.539	Dairy, Eggs, Soy, Potato
GLUTEN FREE DELI SANDWICH	1.000 Serving (1 sandwich)	146.924	329.764	12.394	1,100.691	37.591	2.000	17.485	Dairy, Eggs, Soy, Corn Sweetner (syrup, md, sugar, dextr), Potato, Poultry
GLUTEN FREE GRILLED CHICKEN SANDWICH	1.000 Serving	152.000	310.000	10.999	600.000	36.000	2.000	17.000	Eggs, Potato
GLUTEN FREE HAMBURGER	1.000 Serving	129.282	300.000	13.000	480.000	35.000	3.000	12.000	Eggs, Soy, Potato
GLUTEN FREE HOT DOG	1.000 Serving (1 dog)	93.700	200.000	11.000	435.000	19.000	1.000	8.000	Eggs, Corn Sweetner (syrup, md, sugar, dextr), Potato, Poultry
GLUTEN FREE PIZZA SANDWICH	1.000 Serving (1 sandwich)	114.195	347.500	16.250	685.000	35.500	2.000	13.750	Dairy, Eggs, Soy, Corn Sweetner (syrup, md, sugar, dextr), Potato, Pork, Beef
GLUTEN FREE TOASTED CHEESE SANDWICH	1.000 Serving (1 sandwich)	108.560	288.750	10.214	751.607	37.107	2.000	12.875	Dairy, Eggs, Soy, Potato
GREEN EGGS	1.000 Scoop#16	44.170	51.584	3.426	57.381	1.243	.000	4.160	Dairy, Eggs, Food Dyes (yellow, blue)
GRILLED CHICKEN NUGGETS	1.000 Serving (5 nuggets)	83.750	212.500	16.250	387.500	2.500	1.250	13.750	Soy, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flou r/oil/fiber/pr, Poultry
GRILLED CHICKEN SANDWICH (HS)	1.000 Serving	121.000	240.000	5.500	370.000	29.000	4.000	22.000	Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Carrots, Corn (veg/meal/starch/flou r/oil/fiber/pr, Poultry

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HAM SANDWICH	1.000 Serving (1 sandwich)	162.313	264.751	6.714	1,191.334	31.048	2.000	20.665	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Poultry
HAMBURGER - ELEM, INTERMEDIATE	1.000 Serving	121.790	258.000	9.100	475.000	28.600	4.100	19.700	Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Beef
HAMBURGER - MS, HS	1.000 Serving	142.000	360.000	19.000	450.000	28.000	4.000	26.000	Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Beef
HEART SHAPED CHICKEN NUGGETS	1.000 Serving (3 nuggets)	94.000	250.000	14.000	350.000	15.000	2.000	14.000	Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flou r/oil/fiber/pr, Poultry
HOMESTYLE CHICKEN TENDERS	1.000 Serving (3 tender)	123.400	202.000	9.000	382.000	11.100	1.000	18.400	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flou r/oil/fiber/pr, Poultry
HOT DOG ON A BUN	1.000 Serving (1 dog)	99.700	230.000	10.500	510.000	23.000	2.000	12.000	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Poultry
ITALIAN CAVATINI	1.000 Spoodle 8 oz	283.139	431.331	22.422	853.608	37.971	5.537	22.995	Dairy, Eggs, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Pork, Oats, Beef
ITALIAN SUB SANDWICH	1.000 Serving (1 sandwich)	200.894	467.457	18.114	1,129.024	49.203	5.780	26.112	Dairy, Eggs, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Oats, Sesame, Poultry

Menu Item	Serving Size	Weight (grams)	Calories	Fat (grams)	Sodium (mg)	Carb (grams)	Fiber (grams)	Protein (grams)	Allergens
MACHO CHILI CHEESE BURRITO	1.000 Serving (1 burrito)	147.420	320.899	14.979	438.140	32.009	5.630	17.120	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Potato, Corn (veg/meal/starch/flour/oil/fiber/pr, Beef
MINI CHEF SALAD - HAM	1.000 Serving (1 salad)	283.544	207.339	11.349	1,026.929	10.245	2.407	18.319	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	197.671	9.301	990.815	10.688	2.392	19.853	Dairy, Eggs, Soy, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry
MINI CORN DOGS	1.000 Serving (6 mini corndogs)	112.000	270.000	12.000	410.000	30.000	5.000	10.000	Eggs, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry
MINI SUB SANDWICH (HAM)	1.000 Serving (1 sandwich)	135.312	232.691	7.007	1,037.178	22.793	2.000	19.342	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Poultry
MINI SUB SANDWICH (TURKEY)	1.000 Serving (1 sandwich)	142.399	225.821	4.327	1,045.031	23.579	2.000	22.577	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry

Menu Item	Serving Size	Weight (grams)	Calories	Fat (grams)	Sodium (mg)	Carb (grams)	Fiber (grams)	Protein (grams)	Allergens
ORANGE CHICKEN - NO ASIAN NOODLES OR ASIAN RICE	1.000 Spoodle 6 oz	187.991	449.427	17.557	763.982	51.816	3.098	18.590	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Orange, Sesame, Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry
PIG IN A BLANKET	1.000 Serving (1 pig in a blanket)	85.200	190.423	10.005	400.529	17.079	2.011	10.016	Dairy, Eggs, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Oats, Sesame, Poultry
PIZZA HUT CHEESE PIZZA	1.000 Slice	119.000	280.000	9.000	520.000	29.000	3.000	21.000	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Corn (veg/meal/starch/flour/oil/fiber/pr
PIZZA HUT PEPPERONI PIZZA	1.000 Slice	119.000	290.000	11.000	570.000	29.000	3.000	21.000	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Pork, Corn (veg/meal/starch/flour/oil/fiber/pr, Beef
PIZZA SANDWICH - ELEM, INTERMEDIATE	1.000 Serving (1 sandwich)	93.513	317.199	15.607	688.264	29.100	1.840	15.920	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Pork, Beef
PIZZA SANDWICH - HS	1.000 Serving (1 sandwich)	106.554	362.198	19.107	788.264	29.600	1.840	18.920	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Pork, Beef
PIZZA SANDWICH - MS	1.000 Serving (1 sandwich)	106.554	362.198	19.107	788.264	29.600	1.840	18.920	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Pork, Beef

Menu Item	Serving Size	Weight (grams)	Calories	Fat (grams)	Sodium (mg)	Carb (grams)	Fiber (grams)	Protein (grams)	Allergens
PIZZA, 4 CHEESE	1.000 Slice	145.000	360.000	16.000	490.000	35.000	4.000	18.000	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Corn (veg/meal/starch/flour/oil/fiber/pr
PIZZA, BUFFALO CHICKEN	1.000 Slice	136.000	1,487.125	52.769	2,638.448	167.901	9.594	86.349	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Potato, Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry
PIZZA, JALAPENO CRUST CHEESE	1.000 Slice	161.000	360.000	15.000	530.000	35.000	2.000	22.000	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Orange, Corn (veg/meal/starch/flour/oil/fiber/pr
PIZZA, JALAPENO CRUST PEPPERONI	1.000 Slice	168.000	395.000	18.267	660.667	35.000	2.000	23.400	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Pork, Orange, Corn (veg/meal/starch/flour/oil/fiber/pr, Beef
PIZZA, MEXICAN	1.000 Slice	205.000	480.000	20.000	770.000	47.000	4.000	27.000	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Potato, Pork, Orange, Corn (veg/meal/starch/flour/oil/fiber/pr, Food Dyes (yellow, blue)
PIZZA, PEPPERONI - ELEM	1.000 Serving (1 slice)	137.645	296.250	12.450	898.000	32.000	4.000	16.050	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Potato, Pork, Corn (veg/meal/starch/flour/oil/fiber/pr, Beef

Menu Item	Serving Size	Weight (grams)	Calories	Fat (grams)	Sodium (mg)	Carb (grams)	Fiber (grams)	Protein (grams)	Allergens
PIZZA, PERSONAL PAN CHEESE	1.000 Serving (1 pizza)	142.000	300.000	9.000	440.000	39.000	4.000	17.000	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Corn (veg/meal/starch/flour/oil/fiber/pr
PIZZA, PERSONAL PAN PEPPERONI	1.000 Serving	149.000	335.000	12.267	570.667	39.000	4.000	18.400	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Pork, Corn (veg/meal/starch/flour/oil/fiber/pr, Beef
PIZZA, THIN CRUST CHEESE	1.000 Slice	158.000	360.000	15.000	640.000	33.000	3.000	21.000	Dairy, Soy, Wheat, Tomato, Corn (veg/meal/starch/flour/oil/fiber/pr
PIZZA, THIN CRUST PEPPERONI	1.000 Slice	164.689	394.291	18.237	769.406	32.935	2.995	22.358	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Pork, Corn (veg/meal/starch/flour/oil/fiber/pr, Beef
POPCORN CHICKEN	1.000 Serving (10 bites)	122.000	293.000	17.000	487.000	17.000	3.000	18.000	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry
POPCORN SHRIMP	1.000 Serving (4 oz, 20 shrimp)	114.000	271.428	12.214	380.000	23.071	1.357	10.857	Dairy, Eggs, Shellfish, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr

Menu Item	Serving Size	Weight (grams)	Calories	Fat (grams)	Sodium (mg)	Carb (grams)	Fiber (grams)	Protein (grams)	Allergens
QUESADILLA, CHEESY CON	1.000 Serving (3 triangles)	113.967	260.000	10.000	600.000	30.000	3.000	14.000	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Potato, Corn (veg/meal/starch/flour/oil/fiber/pr
QUESADILLA, MEXI TACO	1.000 Serving (3 triangles)	115.950	259.999	9.000	579.998	30.000	4.000	14.000	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Potato, Corn (veg/meal/starch/flour/oil/fiber/pr, Beef
RAVIOLI, CHEF BOYARDEE BEEF	1.000 Serving (8 pies)	235.585	250.000	8.000	689.999	29.999	4.999	16.001	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Carrots, Beef
SEA SHAPED FISH STICKS	1.000 Serving (4 sticks)	113.000	200.000	9.000	230.000	19.000	2.000	12.000	Fish, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr
SPAGHETTI w/ MEAT SAUCE - ELEM, INTERMEDIATE, MS	1.000 Spoodle 6 oz + 3/4 c noodles	303.197	381.741	12.919	458.043	50.396	7.439	20.248	Soy, Tomato, Beef, Wheat, Egg, Oats
SPAGHETTI w/ MEAT SAUCE - HS	1.000 Spoodle 6 oz + 3/4 c noodles	304.488	386.774	11.2	487.558	50.296	7.344	25.065	Soy, Tomato, Beef, Wheat, Egg, Oats
SPAGHETTI w/ MEATBALLS	5 meatballs & sauce + 3/4 c noodles	308.212	426.5	16.455	637.045	52.995	8.196	23.115	Dairy, Soy, Wheat, Tomato, Beef, Egg, Oats
SPICY BREAST FILET & PEPPER JACK SANDWICH	1.000 Serving	185.500	411.238	14.833	790.667	44.690	7.000	30.452	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry

Menu Item	Serving Size	Weight (grams)	Calories	Fat (grams)	Sodium (mg)	Carb (grams)	Fiber (grams)	Protein (grams)	Allergens
SPICYBONELESS CHICKEN WINGS, HONEY SRIRACHA	1.000 Serving (6 wings)	144.000	290.000	13.000	370.000	22.000	2.000	22.000	Wheat, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry
SPICY BREAST FILET SANDWICH	1.000 Serving	171.000	356.000	10.000	694.000	44.000	7.000	27.000	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry
SPICY CHICKEN SANDWICH	1.000 Serving	149.000	350.000	13.000	630.000	40.000	5.000	22.000	Dairy, Eggs, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry
SPICY GUAJILLO CHICKEN TENDERS	1.000 Serving (3 tender)	123.400	180.000	1.000	480.000	21.000	3.000	22.000	Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry
STEAK FINGER BITES	1.000 Serving (7 nuggets)	108.000	300.000	20.000	460.000	16.000	2.000	15.000	Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Potato, Corn (veg/meal/starch/flour/oil/fiber/pr, Beef, Poultry
STEAK FINGERS - ELEM, INTERMEDIATE, MS	1.000 Serving (4 stix)	104.000	290.000	18.000	510.000	16.000	2.000	16.000	Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Potato, Corn (veg/meal/starch/flour/oil/fiber/pr, Beef

Menu Item	Serving Size	Weight (grams)	Calories	Fat (grams)	Sodium (mg)	Carb (grams)	Fiber (grams)	Protein (grams)	Allergens
STEAK FINGERS - HS	1.000 Serving - Secondary (5 stix)	130.000	362.500	22.500	637.500	20.000	2.500	20.000	Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Potato, Corn (veg/meal/starch/flour/oil/fiber/pr, Beef
STREET TACOS	1.000 Serving (3 tacos)	172.960	388.356	16.930	629.159	26.995	2.000	33.151	Corn Sweetner (syrup, md, sugar, dextr), Tomato, Pork, Corn (veg/meal/starch/flour/oil/fiber/pr, Beef, Poultry
STUFFED CRUST PIZZA, CHEESE	1.000 Slice	141.748	360.000	12.000	860.000	43.000	4.000	21.000	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Corn (veg/meal/starch/flour/oil/fiber/pr
STUFFED CRUST PIZZA, PEPPERONI	1.000 Slice	138.062	330.000	14.000	870.000	35.000	4.000	17.000	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Potato, Pork, Red Dye, Corn (veg/meal/starch/flour/oil/fiber/pr, Beef
TAMALES, PORK - HS	1.000 Serving (3 tamale)	169.500	360.000	16.500	615.000	42.000	6.000	10.500	Soy, Pork, Corn (veg/meal/starch/flour/oil/fiber/pr
TAMALES, PORK - MS	1.000 Serving (2 tamale)	113.000	240.000	11.000	410.000	28.000	4.000	7.000	Soy, Pork, Corn (veg/meal/starch/flour/oil/fiber/pr
TOASTED CHEESE SANDWICH - ELEM, INT, MS	1.000 Serving (1 sandwich)	86.679	252.691	7.868	724.772	30.614	1.840	16.069	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr)
TOASTED CHEESE SANDWICH - HS	1.000 Serving (1 sandwich)	108.141	288.011	10.806	917.991	29.783	3.680	21.441	Dairy, 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
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/flour/oil/fiber/pr, Food Dyes (yellow, blue)
TURKEY, ROASTED, THANKSGIVING	1.000 Serving (1 slice)	97.240	100.000	.500	450.000	2.000	.000	20.000	Corn Sweetner (syrup, md, sugar, dextr), Poultry
TURKEY SANDWICH	1.000 Serving (1 sandwich)	169.400	253.264	3.036	1,181.554	32.073	2.000	24.653	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry
ZOO SHAPED CHICKEN NUGGETS	1.000 Serving (3 nuggets)	93.555	220.000	14.000	350.000	12.000	2.000	14.000	Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry, Garlic