

Menu Item	Serving Size	Weight (grams)	Calories	Fat (grams)	Sodium (mg)	Carb (grams)	Fiber (grams)	Protein (grams)	Allergens
APPLE CRISP	1.000 Scoop#8	170.927	314.529	10.590	202.406	55.480	2.062	1.591	Dairy, Soy, Wheat, Oats, Corn (veg/meal/starch/flour/oil/fiber/pr, Cinnamon)
APPLE SLICES	1.000 Serving (1/2 cup)	106.236	42.494	.000	8.945	10.061	1.115	.000	
APPLE, FRESH - FUJI	1.000 Each (apple)	131.476	68.368	.224	1.315	18.157	3.155	.342	
APPLE, FRESH - FUJI	1.000 Each (apple) CORED	119.643	62.214	.203	1.196	16.523	2.871	.311	
APPLE, FRESH - GALA	1.000 Each (apple)	131.476	68.368	.224	1.315	18.157	3.155	.342	
APPLE, FRESH - GALA	1.000 Each (apple) CORED	119.643	62.214	.203	1.196	16.523	2.871	.311	
APPLE, FRESH - GRANNY SMITH	1.000 Each (apple)	122.546	63.724	.208	1.225	16.924	2.941	.319	
APPLE, FRESH - GRANNY SMITH	1.000 Each (apple) CORED	111.517	57.989	.190	1.115	15.400	2.676	.290	
APPLE, FRESH - GRANNY SMITH	1.000 Serving (1/2 c or 6 apple slices)	111.553	58.008	.190	1.116	15.405	2.677	.290	
APPLE, FRESH - RED	1.000 Each (apple)	131.476	68.368	.224	1.315	18.157	3.155	.342	
APPLE, FRESH - RED	1.000 Each (apple) CORED	119.640	62.213	.203	1.196	16.522	2.871	.311	
APPLESAUCE	1.000 Serving (1/2 c)	135.000	90.000	.000	.000	23.000	2.000	.000	Corn Sweetner (syrup, md, sugar, dextr)
APPLESAUCE CUPS	1.000 Container (4.5 oz)	127.573	83.199	.000	13.867	21.263	.925	.000	
APPLESAUCE W/ JELLO - BLUE	1.000 Spoodle 4 oz (1/2 c)	134.579	101.661	.000	39.483	25.528	.945	.288	Corn Sweetner (syrup, md, sugar, dextr), Red Dye, Food Dyes (yellow, blue)
APPLESAUCE W/ JELLO - CHERRY	1.000 Spoodle 4 oz (1/2 c)	134.579	101.654	.000	38.752	25.605	.945	.284	Corn Sweetner (syrup, md, sugar, dextr), Red Dye, Food Dyes (yellow, blue)

Menu Item	Serving Size	Weight (grams)	Calories	Fat (grams)	Sodium (mg)	Carb (grams)	Fiber (grams)	Protein (grams)	Allergens
APPLESAUCE W/ JELLO - CITRUS	1.000 Spoodle 4 oz (1/2 c)	134.579	101.665	.000	40.927	25.613	.944	.283	Corn Sweetner (syrup, md, sugar, dextr)
APPLESAUCE W/ JELLO - LIME	1.000 Spoodle 4 oz (1/2 c)	134.579	101.686	.000	37.827	25.657	.944	.246	Corn Sweetner (syrup, md, sugar, dextr), Red Dye, Food Dyes (yellow, blue)
APPLESAUCE W/ JELLO - STRAWBERRY	1.000 Spoodle 4 oz (1/2 c)	134.579	101.686	.001	40.929	25.670	.945	.228	Corn Sweetner (syrup, md, sugar, dextr), Red Dye, Food Dyes (yellow, blue)
ASIAN FETTUCCHINI 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)
ASIAN STIR FRY VEGETABLE	1.000 Serving (1/2 cup)	54.000	23.625	.000	23.625	4.050	1.350	.675	Carrots
BABY CARROTS	1.000 Serving (1/2 cup)	70.324	24.614	.091	54.853	5.795	2.039	.450	Carrots
BABY CARROTS	1.000 Serving (2 carrots)	20.100	7.035	.026	15.678	1.656	.583	.129	Carrots
BABY CARROTS	1.000 Serving (1/4 c)	35.162	12.307	.046	27.426	2.897	1.020	.225	Carrots
BABY CARROTS & CELERY STICKS	1.000 Serving (1/2 cup)	73.710	18.581	.111	58.254	4.072	1.644	.491	Carrots
BABY CARROTS, IW	1.000 Bag (2.6 oz)	73.709	25.798	.096	57.493	6.074	2.138	.472	Carrots
BAKED BEANS	1.000 Spoodle 4 oz	193.787	247.954	1.081	1,385.356	58.141	7.123	6.781	Soy, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Red Dye, 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
BAKED CINNAMON APPLES	1.000 Scoop#8	98.359	142.898	2.015	117.147	32.437	.919	.219	Dairy, Soy, Corn (veg/meal/starch/flou r/oil/fiber/pr, Cinnamon)
BANANAS & STRAWBERRIES	1.000 Spoodle 4 oz (1/2 c)	122.948	88.752	.278	2.227	22.546	2.465	.917	
BANANAS, FRESH	1.000 Each (1 banana)	168.306	149.792	.555	1.683	38.441	4.376	1.835	
BISCUIT	1.000 Serving (1 biscuit)	64.000	210.000	10.000	370.000	26.000	2.000	4.000	Dairy, Eggs, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flou r/oil/fiber/pr)
BLACKBERRIES, IQF	1.000 Serving (1/2 cup)	113.400	72.576	.488	1.134	17.770	5.670	1.338	
BLUEBERRIES, IQF	1.000 Serving (1/2 cup)	77.000	41.965	.000	1.001	9.856	2.387	.000	
BREADSTICK	1.000 Serving (1 breadstick)	43.000	110.000	1.500	190.000	20.000	2.000	4.000	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr)
BROCCOLI CHEESE SOUP	1.000 Ladle 8 (Oz)	259.334	183.666	7.955	537.730	16.480	1.646	12.247	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flou r/oil/fiber/pr, Poultry)
BROCCOLI CUTS OR FLORETS	1.000 Serving (1/2 cup)	64.150	19.558	.000	15.646	3.129	1.565	1.565	
BROCCOLI FLORETS, FRESH, IW	1.000 Serving (1.5 oz=1/2 c)	42.525	14.458	.157	14.033	2.824	1.106	1.199	
BROCCOLI SPEARS	1.000 Serving (1/2 cup)	77.961	26.279	.000	21.899	3.504	1.752	1.752	
BROCCOLI W/ CHEESE SAUCE - ELEM	1.000 Serving (1/2 cup)	125.303	58.751	1.750	258.000	7.600	2.300	2.300	Dairy, Corn (veg/meal/starch/flou r/oil/fiber/pr, Food Dyes (yellow, blue))
BROCCOLI, CHOPPED	1.000 Serving (1/2 cup)	92.000	26.437	.000	21.149	4.230	2.115	2.115	
CANTALOUPE, FRESH	1.000 Serving (1/2 c cubed)	139.521	47.437	.265	22.323	11.385	1.256	1.172	

Menu Item	Serving Size	Weight (grams)	Calories	Fat (grams)	Sodium (mg)	Carb (grams)	Fiber (grams)	Protein (grams)	Allergens
CARROTS, DICED	1.000 Spoodle 4 oz Perforated (1/2 c)	75.600	31.129	.000	53.365	6.226	1.779	.000	Carrots
CARROTS, SLICED	1.000 Spoodle 4 oz Perforated (1/2 c)	87.317	35.954	.000	61.636	7.191	2.055	.000	Carrots
CHEESE & GARLIC CROUTONS	1.000 Cup	14.030	50.107	1.503	140.300	8.017	1.002	2.004	Dairy, Peanuts, Tree Nuts, Wheat
CHEESE, SLICED, PEPPER JACK	1.000 Slice	14.500	55.238	4.833	96.667	.690	.000	3.452	Dairy
CHEESE, AMERICAN, SLICED, REDUCED FAT	1.000 Slice	14.500	36.250	2.071	160.536	1.036	.000	3.625	Dairy, Soy
CHEESE, AMERICAN, SHREDDED, REDUCED FAT	1.000 Ounce, shredded	28.310	70.775	4.044	313.432	2.022	.000	7.077	Dairy, Soy
CHERRIES, IQF	1.000 Serving (1/2 cup, drained)	90.718	77.759	.000	.000	20.088	.648	1.296	
CHICKEN NOODLE SOUP	1.000 Ladle 8 (Oz)	391.010	122.778	2.398	200.493	18.805	1.888	9.054	Dairy, Eggs, Soy, Wheat, Corn Sweetener (syrup, md, sugar, dextr), Carrots, Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry
CHICKPEAS, RANCH DRESSING	1.000 Serving (4 oz)	147.521	176.468	7.448	504.671	21.309	7.458	7.458	Dairy, Soy, Corn Sweetener (syrup, md, sugar, dextr)
CHILI	1.000 Ladle 1 (oz)	40.000	43.260	1.497	126.452	1.331	.000	5.657	Wheat, Corn Sweetener (syrup, md, sugar, dextr), Tomato, Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry
CILANTRO, FRESH	1.000 Serving (1/4 c)	5.220	1.201	.027	2.401	.192	.146	.111	
COLORFUL FRUIT CUP	1.000 Serving (1/2 cup)	87.711	46.127	.221	3.103	11.594	1.342	.493	Orange
CORN ON THE COB	1.000 Serving (1 cob)	65.000	60.000	.000	.000	19.000	1.000	3.000	Corn (veg/meal/starch/flour/oil/fiber/pr
CORN, WHOLE KERNEL	1.000 Spoodle 4 oz (1/2 c)	83.305	92.561	.926	.000	19.438	.926	2.777	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
CORNBREAD	1.000 Serving (1 piece)	65.790	181.094	4.459	188.607	29.891	1.053	4.726	Dairy, Eggs, Soy, Wheat, Corn (veg/meal/starch/flour/oil/fiber/pr
CORNBREAD DRESSING	1.000 Scoop#8	183.801	261.331	10.745	383.039	34.760	2.091	6.474	Dairy, Eggs, Soy, Wheat, Corn Sweetener (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry
CORNBREAD DRESSING - HS	1.000 Scoop#6	243.869	332.078	12.366	493.512	46.658	2.807	8.689	Dairy, Eggs, Soy, Wheat, Corn Sweetener (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry
COUNTRY GRAVY	1.000 Ladle 1 (Oz)	29.483	19.584	1.119	79.085	2.798	.000	.000	Dairy, Eggs, Soy, Wheat, Corn Sweetener (syrup, md, sugar, dextr)
CRACKERS, SALTINE, WG	1.000 Package (0.375 Grain)	6.520	30.092	.752	90.277	4.514	.000	.502	Soy, Wheat
CRAISINS	1.000 Serving (1/4 c)	32.900	110.000	.000	.000	28.000	3.000	.000	Berries (Strawberry, Raspberry, Blueberr
CRAISINS, BLUEBERRY FLAVORED	1.000 Package	32.900	110.000	.000	.000	28.000	3.000	.000	
CRAISINS, CHERRY FLAVORED	1.000 Package	32.900	110.000	.000	.000	28.000	3.000	.000	
CRAISINS, ORANGE FLAVORED	1.000 Package	32.900	110.000	.000	.000	28.000	3.000	.000	Orange, Berries (Strawberry, Raspberry, Blueberr
CRAISINS, STRAWBERRY FLAVORED	1.000 Package	32.900	110.000	.000	.000	28.000	3.000	.000	Berries (Strawberry, Raspberry, Blueberr
CRAISINS, WATERMELON FLAVORED	1.000 Package	32.900	110.000	.000	.000	28.000	3.000	.000	Berries (Strawberry, Raspberry, Blueberr

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CRANBERRY SAUCE	1.000 Scoop#16	69.246	110.004	.000	10.001	25.001	.000	.000	Corn Sweetner (syrup, md, sugar, dextr), Berries (Strawberry, Raspberry, Blueberry)
CREAM OF TOMATO SOUP	1.000 Ladle 8 (Oz)	253.226	189.310	5.198	533.354	26.845	.987	7.100	Dairy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato
CRINKLE CUT FRENCH FRIES	1.000 Serving (1/2 cup, 2.5 oz)	70.875	123.529	4.632	30.882	19.559	2.059	2.059	Soy, Corn Sweetner (syrup, md, sugar, dextr), Potato
CUCUMBERS, FRESH	1.000 Serving (1/8 c) sliced	18.290	2.743	.020	.366	.664	.091	.119	
CUCUMBERS, FRESH	1.000 Serving (2 slices)	18.500	2.775	.020	.370	.672	.093	.120	
DIPPING SAUCE	1.000 Scoop#10 (3 oz)	74.000	53.280	.888	79.920	7.104	1.184	1.184	Soy, Tomato
EGG ROLL	1.000 Serving (1 egg roll)	42.500	85.000	5.000	430.000	24.000	2.000	4.000	Eggs, Soy, Wheat, Carrots, Sesame
FRENCH FRIES, CURLY	1.000 Serving (1/2 cup, 2.5 oz)	70.875	135.000	4.050	202.500	22.950	1.350	1.350	Soy, Corn Sweetner (syrup, md, sugar, dextr), Potato, Corn (veg/meal/starch/flour/oil/fiber/pr
FRENCH FRIES, SEASONED	1.000 Serving (1/2 cup, 2.5 oz)	70.875	142.941	4.765	160.809	23.824	2.382	1.191	Soy, Corn Sweetner (syrup, md, sugar, dextr), Potato, Corn (veg/meal/starch/flour/oil/fiber/pr
FRESH BELL PEPPER	1.000 Serving (1/8 c sliced)	12.332	2.466	.021	.370	.572	.210	.106	
FRESH BELL PEPPER	1.000 Serving (2 rings)	20.000	4.000	.034	.600	.928	.340	.172	
FRESH CELERY	1.000 Serving (1/2 cup 4" sticks)	61.719	9.875	.105	49.375	1.833	.988	.426	
FRESH CELERY	1.000 Serving (1/4 c 4" sticks)	30.860	4.938	.052	24.688	.917	.494	.213	
FRUIT COCKTAIL	1.000 Serving (1/2 c)	105.736	60.000	.070	6.001	15.680	1.100	.420	

Menu Item	Serving Size	Weight (grams)	Calories	Fat (grams)	Sodium (mg)	Carb (grams)	Fiber (grams)	Protein (grams)	Allergens
FRUIT COCKTAIL & MARASCHINO CHERRIES	1.000 Spoodle 4 oz (1/2 c)	122.936	94.408	.070	6.000	22.561	1.100	.420	Corn Sweetner (syrup, md, sugar, dextr), Red Dye
GARDEN SALAD	1.000 Serving (1/2 cup)	41.219	7.659	.110	18.597	1.363	.704	.782	
GARLIC TOAST	1.000 Slice	24.330	73.601	.920	128.802	13.800	.920	2.760	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr)
GLUTEN FREE BUTTERY TOAST	1.000 Slice	34.270	90.000	2.000	135.000	17.000	1.000	1.000	Dairy, Eggs, Soy, Potato
GLUTEN FREE GARLIC TOAST	1.000 Slice	34.362	90.000	2.000	135.000	17.000	1.000	1.000	Dairy, Eggs, Soy, Potato
GRAPEFRUIT, FRESH	1.000 Serving (1/2 large grapefruit)	226.800	95.256	.318	.000	24.177	3.629	1.746	
GRAPES, FRESH - RED	1.000 Serving (1/2 cup trimmed)	86.400	59.616	.138	1.728	15.638	.778	.622	
GRAPES, FRESH- GREEN	1.000 Serving (1/2 cup trimmed)	86.400	59.616	.138	1.728	15.638	.778	.622	
GREEN BEAN CASSEROLE	1.000 Serving (1/2 cup)	100.865	41.646	1.790	223.233	5.431	1.549	.480	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr
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)
GREEN PEAS	1.000 Spoodle 4 oz (1/2 c)	95.696	75.267	.000	215.047	12.903	4.301	5.376	
HUMMUS	1.000 Serving (1/2 c)	113.400	243.000	14.175	567.000	28.350	8.100	8.100	Soy, Sesame, Corn (veg/meal/starch/flour/oil/fiber/pr
JALAPENOS, SLICED	1.000 Serving (1/8 cup, drained)	19.759	2.500	.000	125.000	2.000	2.000	.000	
JALAPENOS, SLICED	1.000 Serving (1/4 c, drained)	39.518	5.000	.000	250.000	4.000	4.000	.000	

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KING RANCH CHICKEN SOUP	1.000 Ladle 8 (Oz)	272.726	305.350	17.278	871.228	14.448	2.147	24.551	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry
KIWI, FRESH	1.000 Serving (1/2 c chunks peeled)	94.183	57.452	.490	2.825	13.807	2.825	1.074	
KIWI, FRESH	1.000 Each (1 kiwi)	69.000	36.618	.312	1.801	8.800	1.801	.684	
LETTUCE, DARK LEAFY	1.000 Serving (1/2 cup shred)	41.806	6.271	.063	11.706	1.200	.543	.569	
MACARONI & CHEESE	1.000 Scoop#8	139.794	223.349	9.667	523.907	20.808	1.974	15.400	Dairy, Eggs, Soy, Wheat
MANDARIN ORANGES	1.000 Serving (1/2 c)	92.230	59.291	.000	6.588	15.152	.659	.659	Orange
MANDARIN ORANGES & GREEN GRAPES	1.000 Spoodle 4 oz (1/2 c)	90.879	58.725	.070	4.462	14.332	.750	.672	Orange
MANDARIN ORANGES & STRAWBERRIES	1.000 Spoodle 4 oz (1/2 c)	86.852	42.981	.277	5.026	10.156	.918	.641	Orange
MARACHINO CHERRIES	1.000 Serving (1/2 cherry)	2.500	5.000	.000	.000	1.000	.000	.000	Corn Sweetner (syrup, md, sugar, dextr), Red Dye
MASHED POTATOES	1.000 Scoop#8	119.729	73.643	.001	136.873	16.049	1.325	1.320	Dairy, Corn Sweetner (syrup, md, sugar, dextr), Potato
MEXICALI CORN	1.000 Spoodle 4 oz (1/2 c)	81.647	80.750	.897	.000	16.150	.897	1.794	Corn (veg/meal/starch/flour/oil/fiber/pr
MILK, 1%, WHITE, 1/2 PINT	1.000 Serving (1 carton)	240.000	100.000	2.500	125.000	12.000	.000	8.000	Dairy
MILK, SKIM, CHOCOLATE, 1/2 PINT	1.000 Serving (1 carton)	240.000	110.000	.000	100.000	18.000	.000	8.000	Dairy, Corn (veg/meal/starch/flour/oil/fiber/pr
MILK, SKIM, STRAWBERRY, 1/2 PINT	1.000 Serving (1 carton)	240.000	110.000	.000	100.000	18.000	.000	8.000	Dairy, Red Dye, Food Dyes (yellow, blue)
MILK, SKIM, VANILLA, 1/2 PINT	1.000 Serving (1 carton)	240.000	110.000	.000	100.000	19.000	.000	8.000	Dairy, Red Dye, Food Dyes (yellow, blue)

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MILK, SKIM, WHITE, 1/2 PINT	1.000 Serving (1 carton)	240.000	80.000	.000	125.000	12.000	.000	8.000	Dairy
MIXED VEGETABLES (COUNTRY TRIO)	1.000 Serving (1/2 cup)	94.404	68.244	.000	22.748	12.511	2.275	1.138	Carrots, Corn (veg/meal/starch/flour/oil/fiber/pr
NORMANDY BLEND VEGETABLES	1.000 Serving (1/2 cup)	85.585	21.145	.000	26.179	3.021	2.014	2.014	Carrots
OLIVES, BLACK	1.000 Serving (1/8 cup)	16.711	31.333	2.611	146.221	1.044	.000	.000	
ONION, FRESH - RED	1.000 Serving (1/4 c chopped)	42.921	17.168	.043	1.717	4.009	.730	.472	
ONION, FRESH - RED	1.000 Serving (1/8 c sliced)	14.055	5.622	.014	.562	1.313	.239	.155	
ONION, FRESH - RED	1.000 Serving (1/8 c chopped)	21.461	8.584	.021	.858	2.004	.365	.236	
ONION, FRESH - YELLOW	1.000 Serving (1/4 c chopped)	42.921	17.168	.043	1.717	4.009	.730	.472	
ONION, FRESH - YELLOW	1.000 Serving (1/8 c sliced)	14.055	5.622	.014	.562	1.313	.239	.155	
ONION, FRESH - YELLOW	1.000 Serving (1/8 c chopped)	21.461	8.584	.021	.858	2.004	.365	.236	
ORANGES, FRESH	1.000 Each (1 orange)	133.410	62.702	.160	.000	15.676	3.202	1.254	Orange
PANCAKES	1.000 Serving (2 pancakes)	64.667	153.334	4.000	220.001	27.333	2.000	3.334	Dairy, Eggs, Soy, Wheat, Corn Sweetener (syrup, md, sugar, dextr)
PEACH SLICES & STRAWBERRIES	1.000 Spoodle 4 oz (1/2 c)	97.194	49.982	.278	6.545	12.377	.555	.278	Corn Sweetener (syrup, md, sugar, dextr)
PEACHES & MARACHINO CHERRIES	1.000 Spoodle 4 oz (1/2 c)	148.440	91.711	.000	5.078	22.405	1.016	.000	Corn Sweetener (syrup, md, sugar, dextr), Red Dye
PEACHES & PURPLE GRAPES	1.000 Spoodle 4 oz (1/2 c)	102.054	66.277	.070	6.031	16.683	.394	.315	Corn Sweetener (syrup, md, sugar, dextr)
PEACHES, DICED	1.000 Serving (1/2 c drained)	126.532	50.000	.000	5.000	12.000	.000	.000	
PEACHES, SLICED	1.000 Serving (1/2 c)	113.086	70.000	.000	10.000	17.000	.000	.000	Corn Sweetener (syrup, md, sugar, dextr)

Menu Item	Serving Size	Weight (grams)	Calories	Fat (grams)	Sodium (mg)	Carb (grams)	Fiber (grams)	Protein (grams)	Allergens
PEARS & MARACHINO CHERRIES	1.000 Spoodle 4 oz (1/2 c)	123.839	124.228	.000	15.832	28.012	1.055	.000	Corn Sweetner (syrup, md, sugar, dextr), Red Dye
PEARS, DICED	1.000 Serving (1/2 c)	98.480	60.000	.000	10.000	14.000	1.000	.000	
PEARS, FRESH	1.000 Each (1 pear)	134.398	76.607	.188	1.344	20.469	4.166	.484	
PEAS & CARROTS	1.000 Serving (1/2 cup)	83.801	52.184	.000	131.861	9.377	2.982	2.650	Carrots
PEPPERS & ONIONS BLEND	1.000 Serving (1/2 c)	101.190	56.610	1.061	198.134	9.199	3.538	1.415	Soy, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr
PEPPERS & ONIONS BLEND	1.000 Serving (1/4 c)	50.596	28.305	.531	99.069	4.600	1.769	.708	Soy, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr
PICKLE,WHOLE DILL	1.000 Serving (1 pickle)	82.215	9.866	.247	665.119	1.981	.822	.411	Corn Sweetner (syrup, md, sugar, dextr), Food Dyes (yellow, blue)
PICKLES, SLICED	1.000 Serving (1/4 c, 6 slices)	18.660	3.332	.000	306.557	.666	.000	.000	Corn Sweetner (syrup, md, sugar, dextr), Food Dyes (yellow, blue)
PICKLES, SLICED	1.000 Serving (1/8 c, 3 slices)	9.330	1.666	.000	153.279	.333	.000	.000	Corn Sweetner (syrup, md, sugar, dextr), Food Dyes (yellow, blue)
PICO DE GALLO	1.000 Serving (1/8 c)	23.836	6.713	.039	1.173	1.524	.348	.240	Tomato
PICO DE GALLO	1.000 Spoodle 2 oz (1/4 c)	47.620	13.411	.078	2.343	3.044	.696	.479	Tomato
PINEAPPLE & GREEN GRAPES	1.000 Spoodle 4 oz (1/2 c)	102.975	65.735	.135	1.469	17.138	1.163	.617	
PINEAPPLE & MANDARIN ORANGES	1.000 Serving (1/2 cup)	114.439	68.955	.073	4.305	16.882	1.227	.703	Orange
PINEAPPLE & PURPLE GRAPES	1.000 Spoodle 4 oz (1/2 c)	102.975	65.735	.135	1.469	17.138	1.163	.617	

Menu Item	Serving Size	Weight (grams)	Calories	Fat (grams)	Sodium (mg)	Carb (grams)	Fiber (grams)	Protein (grams)	Allergens
PINEAPPLE CHUNKS	1.000 Serving (1/2 c, drained)	115.183	69.110	.127	1.152	17.922	1.497	.587	
PINEAPPLE TIDBITS	1.000 Serving (1/2 c, drained)	114.249	68.549	.091	1.142	17.937	.914	.480	
POTATO WEDGES, SEASONED	1.000 Serving (1/2 cup)	85.050	167.346	5.578	195.237	27.891	2.789	2.789	Soy, Corn Sweetener (syrup, md, sugar, dextr), Potato, Corn (veg/meal/starch/flour/oil/fiber/pr
POULTRY GRAVY	1.000 Ladle 1 (Oz)	32.796	12.920	.000	176.597	2.067	.000	.000	Dairy, Eggs, Soy, Wheat, Corn Sweetener (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry
RAISINS, INDIVIDUAL BOX	1.000 Box (1 sv)	42.524	138.204	.000	10.631	32.956	2.126	1.063	
RANCH STYLE BEANS	1.000 Serving (1/2 c)	130.000	109.999	1.000	530.000	20.000	6.000	6.000	Tomato, Corn (veg/meal/starch/flour/oil/fiber/pr
REFRIED BEANS	1.000 Scoop#6	198.923	216.935	2.901	402.002	33.689	10.890	14.807	Dairy, Soy, Corn Sweetener (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry
ROASTED CARROT PENNIES	1.000 Spoodle 4 oz	89.193	42.591	.673	114.209	7.269	2.077	.000	Soy, Carrots
ROASTED ROSEMARY GARLIC POTATOES	1.000 Serving (1/2 cup, cooked)	88.810	70.644	.505	90.828	14.129	1.009	2.018	Corn Sweetener (syrup, md, sugar, dextr), Potato, Corn (veg/meal/starch/flour/oil/fiber/pr
ROLL, HOMESTYLE	1.000 Serving (1 roll)	61.000	150.000	2.000	230.000	27.000	3.000	6.000	Dairy, Soy, Wheat, Corn Sweetener (syrup, md, sugar, dextr)
SALSA	1.000 Serving (1/8 cup)	56.171	15.475	.009	85.563	3.005	1.295	.496	Tomato

Menu Item	Serving Size	Weight (grams)	Calories	Fat (grams)	Sodium (mg)	Carb (grams)	Fiber (grams)	Protein (grams)	Allergens
SALSA	1.000 Serving (1/4 c)	80.010	22.043	.013	121.877	4.280	1.844	.707	Tomato
SALSA - ROJA NORTENA	1.000 Serving (1/8 cup)	30.000	10.000	.000	260.000	2.000	.000	.000	Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr
SALSA - ROJA NORTENA	1.000 Serving (1/4 c)	60.000	20.000	.000	520.000	4.000	.000	.000	Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr
SALSA - VERDE CILANTRO	1.000 Serving (1/8 cup)	30.000	10.000	.000	260.000	2.000	.000	.000	Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr
SALSA - VERDE CILANTRO	1.000 Serving (1/4 c)	60.000	20.000	.000	520.000	4.000	.000	.000	Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr
SAVORY PINTO BEANS	1.000 Spoodle 4 oz (perforated)	289.414	145.022	.819	275.791	26.615	8.779	9.159	Dairy, Soy, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry
SCALLOPED POTATOES	1.000 Scoop#8	180.841	124.738	1.020	521.808	24.948	2.040	2.040	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Potato, Corn (veg/meal/starch/flour/oil/fiber/pr, Food Dyes (yellow, blue)
SEASONED GREEN BEANS	1.000 Spoodle 4 oz Perforated	78.550	12.966	.001	90.211	2.598	1.297	.003	Tomato, Carrots, Orange
SEASONED RICE	1.000 Spoodle 6 oz (3/4 c)	42.750	157.500	2.250	495.000	31.500	1.500	3.000	Corn Sweetner (syrup, md, sugar, dextr), Carrots, 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
SEASONED RICE	1.000 Spoodle 4 oz (1/2 c)	28.500	105.000	1.500	330.000	21.000	1.000	2.000	Corn Sweetner (syrup, md, sugar, dextr), Carrots, Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry
SONOMA VEGETABLES - ELEM & INTERMEDIATE	1.000 Serving (1/2 cup)	66.000	24.316	.000	31.263	4.169	1.389	.695	Carrots
SONOMA VEGETABLES - MS & HS	1.000 Spoodle 4 oz	67.324	30.780	.681	83.983	4.193	1.397	.699	Soy, Carrots
SOUR CREAM	1.000 Scoop#16 (1/4 c)	60.000	120.000	10.000	100.000	4.000	.000	.000	Dairy, Corn (veg/meal/starch/flour/oil/fiber/pr
SOUTHWEST CHICKEN & RICE SOUP	1.000 Ladle 8 (Oz)	286.730	107.324	1.292	238.553	19.157	2.406	5.074	Dairy, Soy, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry
SPANISH RICE	1.000 Scoop#8	33.919	120.960	.780	248.009	26.590	.992	2.155	Corn Sweetner (syrup, md, sugar, dextr)
SPICY BLACK BEANS	1.000 Scoop#8	136.796	135.566	.997	254.384	25.487	6.333	7.862	Dairy, Soy, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry
STRAWBERRIES, FRESH	1.000 Serving (1/2 c halves)	86.400	27.648	.259	.864	6.636	1.728	.579	
STRAWBERRIES, FRESH	1.000 Serving (1/2 c sliced)	86.400	27.648	.259	.864	6.636	1.728	.579	
STRAWBERRIES, SLICED (IN SUGAR)	1.000 Serving (1/2 cup)	127.771	146.303	1.463	.000	32.187	1.951	.000	
STRAWBERRIES, WHOLE	1.000 Serving (1/2 cup)	77.000	27.500	.550	2.750	7.150	1.100	.550	
STRAWBERRIES & PURPLE GRAPES	1.000 Spoodle 4 oz (1/2 c)	82.764	44.170	.348	2.266	11.554	.950	.594	
STRAWBERRY CUPS	1.000 Serving (1 container)	127.580	90.000	.000	.000	22.000	2.000	1.000	

Menu Item	Serving Size	Weight (grams)	Calories	Fat (grams)	Sodium (mg)	Carb (grams)	Fiber (grams)	Protein (grams)	Allergens
STRING CHEESE	1.000 Serving (1 stick)	28.000	80.000	6.000	200.000	1.000	.000	6.000	Dairy
SUNBUTTER CUPS	1.000 Serving (1 portoin cup)	42.000	270.000	22.000	170.000	9.000	3.000	9.000	
SWEET POTATO CASSEROLE	1.000 Scoop#8	148.146	395.831	17.217	237.912	57.607	1.602	2.936	Dairy, Eggs, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Potato, Cinnamon
TACO SOUP	1.000 Ladle 8 (Oz)	276.892	272.855	12.556	425.771	23.639	4.861	17.520	Dairy, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Corn (veg/meal/starch/flou r/oil/fiber/pr, Beef
TACO MEAT	1.000 Scoop#12	103.580	158.288	10.927	327.568	3.123	.878	12.164	Tomato, Beef
TACO MEAT	1.000 Scoop#16	78.290	119.640	8.259	247.589	2.360	.664	9.194	Tomato, Beef
TATER TOTS	1.000 Serving (1/2 cup, 9 tots)	71.433	142.866	2.101	252.116	15.968	1.681	1.681	Soy, Corn Sweetner (syrup, md, sugar, dextr), Potato, Corn (veg/meal/starch/flou r/oil/fiber/pr
TEXAS TOAST	1.000 Slice	23.929	73.599	.920	128.799	13.800	.920	2.760	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr)
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	85.049	.000	457.141	18.900	.945	1.890	Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato
TOMATO, FRESH	1.000 Tablespoon (Diced)	14.921	2.686	.030	.746	.580	.179	.131	Tomato
TOMATO, FRESH	1.000 Serving (2 Tbsp diced)	29.842	5.372	.060	1.492	1.161	.358	.263	Tomato
TOMATO, FRESH	1.000 Serving (2 slices)	52.138	9.385	.104	2.607	2.028	.626	.459	Tomato
TOMATO, FRESH	1.000 Serving (1/4 c diced)	59.684	10.743	.119	2.984	2.322	.716	.525	Tomato

Menu Item	Serving Size	Weight (grams)	Calories	Fat (grams)	Sodium (mg)	Carb (grams)	Fiber (grams)	Protein (grams)	Allergens
TOMATO, FRESH	1.000 Serving (1/4 c sliced)	52.138	9.385	.104	2.607	2.028	.626	.459	Tomato
TOMATO, FRESH	1.000 Serving (2 Wedges = 1/4 tomato)	40.000	7.200	.080	2.000	1.556	.480	.352	Tomato
TROPICAL FRUIT	1.000 Serving (1/2 c)	122.000	70.000	.000	.000	16.999	2.000	1.000	
TROPICAL FRUIT & PURPLE GRAPES	1.000 Spoodle 4 oz (1/2 c)	105.815	65.004	.156	.892	16.178	1.405	.783	
TUSCAN VEGETABLES - ELEM & INTERMEDIATE	1.000 Serving (1/2 c)	66.000	24.444	.000	28.519	4.889	1.630	.000	Carrots
TUSCAN VEGETABLES - MS & HS	1.000 Spoodle 4 oz	63.341	29.434	.681	79.502	4.622	1.541	.000	Soy, Carrots
VEGETABLE SOUP	1.000 Ladle 8 (Oz)								
VEGGIE DIPPERS (NO RANCH DRESSING)	1.000 Serving (1/2 c)	73.041	18.231	.099	42.988	4.162	1.422	.479	Carrots
WAFFLE FOR CHICKEN & WAFFLES	1.000 Each (1 waffle)	83.000	300.000	13.000	350.000	43.000	3.000	4.000	Dairy, Eggs, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr)
WATERMELON, FRESH	1.000 Serving (1/2 c cubed)	90.719	27.216	.136	.907	6.849	.363	.553	
WATERMELON, FRESH	1.000 Serving - 1 Wedge (1/16 melon)	286.000	85.800	.429	2.860	21.593	1.144	1.745	
YOGURT, VANILLA	1.000 Scoop#16	56.700	50.400	.756	35.280	8.568	.000	2.520	Dairy
ZUCCINI, SLICED	1.000 Serving (1/2 cup)	111.500	20.151	.000	6.717	4.030	.000	.000	