

Menu Item	Serving Size	Weight (grams)	Calories	Fat (grams)	Sodium (mg)	Carb (grams)	Fiber (grams)	Protein (grams)	Allergens
BROCCOLI CHEESE SOUP	1.000 Ladle 8 (Oz)	259.334	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
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
CHEF SALAD (NO DRESSING)	1 Serving (1 Salad)		275.678	13.413	1205.092	15.421	4.225	27	Dairy, Soy, Egg, Tomato, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flou r/oil/fiber/pr, Red Dye
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 Sweetner (syrup, md, sugar, dextr), Carrots, Corn (veg/meal/starch/flou r/oil/fiber/pr, Poultry
CRACKERS, SALTINE, WG	1.000 Package (0.375 Grain)	6.520	30.092	.752	90.277	4.514	.000	.502	Soy, Wheat

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CREAM OF TOMATO SOUP	1.000 Ladle 8 (Oz)	253.226	189.310	5.198	533.354	26.845	.987	7.100	Dairy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato
DRESSING - 1000 ISLAND, FAT FREE	1.000 Package	42.500	50.000	.000	350.000	12.000	.000	.000	Eggs, Soy, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Potato, Red Dye, Food Dyes (yellow, blue)
DRESSING - BUFFALO RANCH LOW FAT	1.000 Serving (2 Tbsp)	32.602	46.867	4.154	211.632	1.814	.000	.564	Dairy, Eggs, Soy, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flou r/oil/fiber/pr
DRESSING - CAESAR, LITE	1.000 Package	21.000	50.000	4.500	390.000	2.000	.000	1.000	Dairy, Fish, Soy, Corn Sweetner (syrup, md, sugar, dextr)
DRESSING - FRENCH, FAT FREE	1.000 Package	42.500	60.000	.000	360.000	14.000	.000	.000	Corn Sweetner (syrup, md, sugar, dextr), Tomato, Corn (veg/meal/starch/flou r/oil/fiber/pr
DRESSING - HONEY MUSTARD	1.000 Ounce	28.350	122.850	10.395	198.450	6.615	.000	.000	Eggs, Soy, Corn Sweetner (syrup, md, sugar, dextr), Food Dyes (yellow, blue)
DRESSING - HONEY MUSTARD	1.000 Serving (2 Tbsp)	30.010	130.043	11.004	210.070	7.002	.000	.000	Eggs, Soy, Corn Sweetner (syrup, md, sugar, dextr), Food Dyes (yellow, blue)
DRESSING - ITALIAN	1.000 Package	43.000	35.000	2.000	390.000	4.000	.000	.000	Soy, Corn Sweetner (syrup, md, sugar, dextr), Red Dye, Corn (veg/meal/starch/flou r/oil/fiber/pr, Food Dyes (yellow, blue)

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DRESSING - ITALIAN, FAT FREE	1.000 Package	43.000	10.000	.000	390.000	3.000	.000	.000	Corn Sweetner (syrup, md, sugar, dextr), Red Dye, Corn (veg/meal/starch/flour/oil/fiber/pr, Food Dyes (yellow, blue)
DRESSING - JALAPENO RANCH, LOW FAT	1.000 Serving (2 Tbsp)	33.201	47.178	4.154	169.907	2.064	.250	.564	Dairy, Eggs, Soy, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr
DRESSING - RANCH, FAT FREE	1.000 Package	43.000	50.000	.000	550.000	13.000	1.000	.000	Dairy, Corn Sweetner (syrup, md, sugar, dextr)
DRESSING - RANCH, LOW FAT	1.000 Serving (2 Tbsp)	30.732	46.866	4.154	154.286	1.814	.000	.564	Dairy, Eggs, Soy, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr
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
MINI CHEF SALAD - HAM	1.000 Serving (1 salad)	283.544	230.808	12.618	1,127.191	11.631	2.516	18.703	Dairy, Eggs, Soy, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry
MINI CHEF SALAD - TURKEY	1.000 Serving (1 salad)	282.348	200.636	8.752	1,071.535	11.232	2.501	20.249	Dairy, Eggs, Soy, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry

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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
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/flour/oil/fiber/pr, Beef
TOMATO NOODLE SOUP	1.000 Ladle 8 (Oz)	254.089	110.142	.128	443.151	24.241	1.906	3.014	Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Oats
TOMATO SOUP	1.000 Ladle 8 (Oz)	231.692	85.049	.000	457.141	18.900	.945	1.890	Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato
TUNA SALAD	1.000 Serving (1 salad)	435.557	375.924	12.100	1,131.689	41.932	4.846	21.163	Eggs, Fish, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Carrots, Corn (veg/meal/starch/flour/oil/fiber/pr, Food Dyes (yellow, blue)
VEGETABLE SOUP	1.000 Ladle 8 (Oz)	290.236	80.965	.314	109.344	15.034	3.511	2.961	Dairy, Soy, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Carrots, Corn (veg/meal/starch/flour/oil/fiber/pr, Poultry