

Food Items	Site Specific Items	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
Entrées, Breakfast								
Bacon		2 slices	0	80	500	0	6	6
Bagel, Plain, White Whole Wheat		1 ea	33	170	230	3	7	1
Breakfast Bar	MS, HS	1 ea	47	290	240	3	5	9
Breakfast Bites		1 serving	38	260	190	3	5	10
Burrito, Bean (Vegan)		1 each	44.5	285	640	8	13.5	6
Burrito, Bean & Cheese		1 each	44	320	475	8	16	9
Burrito, Beef & Bean		1 each	41	305	421	7.5	17	8
Burrito, Breakfast		1 ea	37	360	670	4	18	16
Cereal Bar, Cinnamon	MS, HS	1 each	52	260	200	5	4	5
Cereal Bar, Marshmallow	MS, HS	1 each	51	280	170	5	5	6
Cereal, Blueberry Chex		Bowlpack	23	120	180	0	1	2.5
Cereal, Cheerios		Bowlpack	21	100	140	3	4	2
Cereal, Cinnamon Flakes		Bowlpack	24	100	180	2	2	0
Cereal, Cinnamon Toast Crunch		Bowlpack	22	100	160	4	1	2.5
Cereal, Cocoa Puffs		Bowlpack	25	120	125	0	2	1.5
Cereal, Froot Loops		Bowlpack	24	100	170	2	2	0.5
Cheese, String, Lite Mozzarella		1 each	1	60	200	0	7	3
Cinnamon Crumb Cake with Topping	EL, MS	1 each	50.5	336	283	4	6	12
Cinnamon Crumb Cake with Topping	HS	1 each	76	503	424	6	9	18
Cinnamon Roll Without Icing		1 each	36	190	210	1	5	3.5
Cinnamon Roll With Icing		1 each	53	265	210	1	5	4.5
Croissant		1 each	29	170	300	2	6	5
Egg, Patty		Patty	1	70	130	0	4	5
French Toast Sticks with Fruit Dip		1 serving	43	282	303	3	6	10
French Toast Sticks without Fruit Dip		4 Sticks	38	260	300	3	6	10
Fruit Dip		1 serving	4.5	19	0	0.5	0	0
Granola		1/4 cup	26	148	57	2	2.5	4
Muffin		1 each	40	229	125	3	3.5	6
Pan Dulce Concha		1 each	34	200	90	2	5	6
Pancakes, Maple, Mini		1 serving	36	200	210	4	4	6
Pizza Bagel, Cheese		1 each	23	192	388	1.5	11.5	5.5
Pizza Stick		1 each	30	250	510	3	11	9

Food Items	Site Specific Items	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
Sandwich, Bagel, Egg & Cheese		1 each	35	275	565	3	14.5	8
Sandwich, Bagel, Egg, Turkey Ham & Cheese		1 each	35	341	817	3	22.5	11
Sandwich, Bagel, Egg, Sausage & Cheese		1 each	37	346	792	3	19.5	12.5
Sandwich, Biscuit with Sausage, Egg & Cheese		1 each	32	385	971	3	18	20.5
Sandwich, Biscuit with Egg and Cheese		1 each	31	315	730	3	11.5	16
Sandwich, Biscuit with Sausage		1 each	29	280	700	3	11	13.5
Sandwich, Biscuit, Chicken		1 each	37	350	710	4	17	16
Sandwich, Croissant, Egg & Cheese		1 each	31	275	585	2	13.5	12
Sandwich, Croissant, Egg, Turkey Ham & Cheese		1 each	32	341	888	2	21.5	15
Sandwich, Croissant, Egg, Sausage & Cheese		1 each	33	345	811	2	18.5	16.5
Sandwich, Peanut Butter & Jelly Sandwich, 2.6 oz.		1 each	32	300	280	4	9	16
Sausage Patty, Pork		1 patty	1	70	240	0	6	4.5
Smoothie Bowl with Granola	MS, HS	1 serving	60.5	312	121	5	6.5	5.5
Waffle, Blueberry		1 each	37	250	290	2	6	9
Waffle, Cinnamon		1 each	37	250	290	2	6	9
Waffle, Dutch		1 each	43	300	350	3	4	13
Yogurt and Granola, 4 Ounce Yogurt	EL	4 oz./#16	40.5	220	118	2	6.5	4
Yogurt and Granola, 8 Ounce Yogurt	MS, HS	8 oz./#16	66.5	362	164	2	9.5	6
Yogurt Parfait w/Peaches and Granola		1 ea	113	591	253	5.5	12	10.5
Yogurt Parfait w/Strawberries and Granola		1 ea	97.5	525	242	5.5	12	10.5
Yogurt, Strawberry-Banana, 4 oz.		1 ea	12	70	70	0	4	0
Yogurt, Strawberry, 4 oz.		1 ea	12	60	70	0	4	0
Yogurt, Peach, 8 oz.		1 ea	39	210	105	0	7	2
Yogurt, Strawberry-Banana, 8 oz.		1 ea	41	220	105	0	7	2
Yogurt, Strawberry, 8 oz.		1 ea	39	210	105	0	7	2
Yogurt, Vanilla, 8 oz.		1 ea	40	210	110	0	7	2
Entrées, Lunch								
BBQ Turkey Mac & Cheese w/Roll	MS, HS	1 serving	56	457	940	3	23	16
Biscuit, Whole Grain		1 ea	28	210	460	3	5	9
Bowl, Chicken and Mashed Potato w/Biscuit	MS, HS	1 serving	82.5	687	1741	8	32	24
Bread, Cheesy Garlic		1 ea	29	340	550	2	19	16
Bread, Gluten Free (Special Diet)		1 slice	21	130	330	1	3	4.5
Breadsticks, Cheesy		2 ea	30	290	490	2	19	11

Food Items	Site Specific Items	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
Buffalo Chicken Mac & Cheese	MS, HS	1 serving	44.5	449	1560	4	24.5	18.5
Bun, Hamburger		1 ea	30	150	290	3	5	1.5
Bun, Hamburger, Gluten Free (Special Diet)		1 ea	44	240	440	6	5	7
Bun, Hot Dog		1 ea	26	130	250	2	4	1.5
Bun, Slider	MS, HS	1 ea	14	70	160	1	3	0.5
Burger, Southwest Bean, no Bun		1 ea	25	190	270	6	10	7
Burger, Southwest Bean on Bun		1 ea	55	341	479	9	15	8
Burrito, Bean (Vegan)		1 each	45	290	640	8	14	6
Burrito, Bean & Cheese		1 each	44	321	475	8	17	9
Burrito, Bean & Cheese, Ultra Spicy		1 ea	45.0	352	474	8.0	16.5	12.0
Burrito, Beef & Bean		1 each	41	305	421	7.8	17	8.4
Cheese Dip Cup		1 ea	13	180	390	0	10	10
Cheese, Shredded, Cheddar		2 tbsp	0	55	95	0	3	4.5
Cheeseburger on Bun, Elementary and K-8	EL, CS	1 ea	30.5	349	631	3.5	20	15.5
Cheeseburger on Bun, Middle and High	MS, HS	1 ea	30.5	343	854	3	25	12.5
Chicken and Waffle		1 srvg	49	520	880	4	23	26
Chicken Drumstick, Breaded		1 ea	6	220	530	1	19	13
Chicken Filet, Large, Breaded, No Bun		1 filet	9	200	290	3	19	9
Chicken Filet, Small, Breaded, No Bun		1 filet	9	140	250	1	12	7
Chicken, Kung Pao with Rice	MS, HS	1 srvg	57	345	334	2.5	18.5	4.5
Chicken, Kung Pao, No Rice	MS, HS	#8 scoop	10	117	334	0	12.5	2.5
Chicken Nuggets		5 ea	16	240	470	3	13	14
Chicken Nuggets with Cornbread		5 ea/1 ea	42.5	421	764	6	16.5	20.5
Chicken Nuggets with Roll	MS, HS, Avalon	5 ea/1 ea	33	320	595	4	16	15
Chicken Nuggets, Star Shapes		4 ea	16	180	590	3	13	7
Chicken Patty, Grilled, No Bun (Special Diet)		1 patty	0	150	210	0	15	10
Chicken Filet, Spicy, No Bun		1 filet	9	200	330	1	19	10
Chicken Tenders with Biscuit		3 ea/1 ea	44	493	935	5	30	22
Chicken Tenders with Roll	MS, HS	3 ea/1 ea	33	363	600	3	28	14
Chicken Tenders, Gluten Free (Special Diet)		4 ea	16	267	707	0	17	15
Chicken Tenders, No Roll		3 ea	16	283	475	2	25	13
Chicken, Boneless Wings		5 ea	23	270	490	3	22	10
Chicken, Boneless Wings w/Cornbread		5 ea/1 ea	49.5	451	1004	6	25.5	16.5

Food Items	Site Specific Items	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
Chicken, Orange with 1/2 Cup of Rice	EL, CS	1 ea	47.5	296	378	2.5	16	4.5
Chicken, Orange with 3/4 Cup of Rice	MS, HS,Avalon	1 ea	59	350	380	3	17	5.0
Chicken, Orange, No Rice		#8 (1/2 cup)	25	190	380	2	14	4
Chicken, Teriyaki With 1 Cup Rice	MS,HS,Avalon	1 srvg	66	446	968	2.5	32	5
Chicken, Teriyaki With 1/2 Cup Rice	EL,CS	1 srvg	42.9	332	968	1.46	29.31	4
Chicken, Teriyaki with Sauce, No Rice		1 srvg	19	218	968	0	26	3
Chicken, Thai Sweet Chili With 1 Cup Rice	MS, HS	1 srvg	94	564	1557	2.5	32	5.0
Chicken, Thai Sweet Chili with Sauce, No Rice		1 srvg	47	336	1557	0.0	26	3.0
Chili Cheese Dog		1 serving	35	529	1290	4.0	24.5	32.0
Chili with Beans, No Chips or Cheese		1/2 cup	14	210	393	2	16	10
Chips, Tortilla		1 package	27	200	160	2.0	3	9.0
Chips, Tortilla		1 package	31	270	220.0	3	3.0	15.0
Chips, Tortilla with Cheese Dip Cup	Supper	1 serving	45	460	790	3	13	25
Chow Mein, Chicken, A	EL,CS	2/3 cup	23	246	682	2.5	24	5.5
Chow Mein, Chicken, B	MS,HS	1 1/3 cup	45.5	406	1076	5	32.5	9.5
Corn Dog, Chicken		1 ea	30	240	470	2	9	9
Cornbread		1 piece	27.5	181	291	2.0	3.5	6.5
Crackers, PB Cup, & Chocolate Hummus	Supper	1 serving	53	530	415	7	15	31
Flatbread, Mini		1 ea	13	80	150	1	3	2
Granola		1/2 cup	53.5	300	116	4	5	8
Hamburger on Bun	EL, CS	1 ea	19.5	314	476	3.5	16.5	13.5
Hamburger on Bun	MS,HS	1 ea	30	400	750	3	23	20.5
Hamburger Patty, Without Bun	EL, CS	1 ea	0.5	164	196	0.5	11.5	12
Hamburger Patty, Without Bun	MS,HS	1 ea	1	250	470	0	18	19
Hot Dog, Beef, on Bun	EL, CS	1 ea	27	270	650	2	11	13.5
Hot Dog, Beef, on Bun	MS,HS,PP,Avalon	1 ea	29	410	1090	2	14	26.5
Hot Dog, Beef, without Bun	EL, CS	1 ea	1	140	400	0	7	12
Hot Dog, Beef, without Bun	MS HS PP Avalon	1 ea	2	250	770	0	10	22
Kickin' Tenders		3 ea	13	210	340	1	12	13
Kickin' Tenders w/Roll		1 serving	29.5	300	490	1	15.5	13.5
Macaroni and Cheese	EL, CS	2/3 cup	30.5	287	667	2	11.5	12.5
Macaroni and Cheese	MS, HS, Avalon	1 1/3 cup	61	574	1334	4	23	25
Macaroni and Cheese	Preschool	1 cup	46	431	1000	3.5	17.5	18.5

Food Items	Site Specific Items	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
Marinara Cup	Supper	1 ea	3	20	100	1	1	0
Meatballs, Beef, No Sauce		5 ea	2	200	260	0	14	15
Meatballs, Teriyaki with 1 Cup Rice	MS, HS, Avalon	1 ea	61.5	480	453	2.5	19.5	17
Meatballs, Teriyaki with 1/2 Cup of Rice	EL, CS	1 ea	38	366	453	1	16.5	16
Meatballs, with Teriyaki Sauce, No Rice		1 srvg	14.5	252	453	0	14	15
Nacho Cup (without chips)	PP	1 ea	19.5	259	793	2.5	17.5	12
Nachos, Chili Cheese (with Nacho Cheese Sauce)		1 srvg	50.5	529	1013	5.5	20.5	27
Nachos, Chili Cheese (with Shredded Cheddar)		1 srvg	45	536	709	5.5	22.5	29.5
Nachos, Spicy Bean (with Shredded Cheddar)		1 srvg	51	460	602	9.5	15	23
Pancakes, Maple, Mini		1 serving	36	200	210	4	4	6
PB&J Protein Kit	MS, HS	1 serving	48	456	585	5	17	24
Pizza, Cheese, Large (8 slices/pie)		1 slice	34	350	470	3.0	19	17.0
Pizza, Cheese, Round, IW		1 ea	28	280	410	3	15	12
Pizza, Cheese, Slice, Dominos	HS	1 ea	28	240	460	3	21	8
Pizza, Cheese, Slice, Papa John's	HS	1 ea	37	310	640	3	20	10
Pizza, Cheese, Slice, Pizza Depot	HS	1 ea	32	370	440	4	18	14
Pizza, Cheese, Slice, Pizza Hut	HS	1 ea	29	280	520	3	21	9
Pizza, Pepperoni, Large (8 slices/pie)		1 slice	34	350	570	3	19	17
Pizza, Pepperoni, Slice, Dominos	HS	1 ea	28	260	490	3	20	9
Pizza, Pepperoni, Slice, Papa John's	HS	1 ea	37	350	770	3	20	14
Pizza, Pepperoni, Slice, Pizza Depot	HS	1 ea	32	395	460	3	23	15
Pizza, Pepperoni, Slice, Pizza Hut	HS	1 ea	30	300	570	3	21	11
Pupusa, Bean & Cheese		1ea	35	290	480	4	13	11
Quesadilla, Cheese		1 each	25	330	530	2	18	18
Quinoa		1/2 cup	32	169	10	2.7	6.3	2.7
Ravioli, Breaded Cheese, A	EL, CS	6 ea	54.5	309	625	6.0	16	3
Ravioli, Breaded Cheese, B	MS,HS,Avalon	7 ea	64	360	730	7.0	19	4
Rice, Brown, Plain		1/2 cup	18.0	85	0	1.0	2	1.25
Roll, Steak		1 ea	29	150	280	3	5	1.5
Roll, Dinner		1 ea	17	90	150	0	3	2
Salad, BBQ Chicken w/Dressing, without Chips	CS, MS, HS	1 ea	30.5	340	640	5	18.5	16.5
Salad, Chef w/Dressing, without Crackers	Avalon	1 ea	11	308	807	3	15.5	24.5
Salad, Chef w/Dressing, without Crackers	CS, MS, HS	1 ea	8	294	797	1.8	15	24.5

Food Items	Site Specific Items	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
Salad, Chinese, Kickin w/Dressing, w/out Wontons	CS, MS, HS	1 ea	46.5	608	694	5	15	41
Salad, Chinese, Kickin w/Dressing & Wontons	CS, MS, HS	1 ea	60.5	708	874	7.0	17	45.0
Salad, Elementary Entree w/Dressing	EL, CS	1 ea	21	398	771	4	17	29.5
Salad, Greek Chicken w/Dressing, w/out Crackers	CS, MS, HS	1 ea	7.5	378	805	2	21	28.5
Sandwich, BBQ Turkey		1 ea	46	330	577	3	22	6.5
Sandwich, Buffalo BBQ Chicken	MS, HS	1 ea	48	365	1621	3	31.5	4.5
Sandwich, Chicken, Breaded		1 ea	38	350	570	6	24	10.5
Sandwich, Chicken, Spicy		1 ea	38	352	614	4	24	11.5
Sandwich, Chickpea & Strawberry		1 ea	68	550	410	10	15	27
Sandwich, Grilled Cheese		1 ea	32.5	118	558	2.5	18.5	11
Sandwich, Meatball Sub	MS, HS	1 ea	37	445	667	4	23.5	21
Sandwich, Peanut Butter & Jelly Sandwich, 2.6 oz		1 ea	32	300	270	4	9	16
Sandwich, Peanut Butter & Jelly Sandwich, 5.3 oz		1 ea	64	590	530	7	18	32
Sandwich, Tuna	MS, HS	1 ea	29.5	304	601	2	22	11.5
Sandwich, Turkey and Cheese Deli		1 ea	31	279	710	3	21.5	7.0
Sandwich, Turkey Deli		1 ea	29	264	631	3	22.5	6
Sandwich, Turkey Ham and Cheese, Cold		1 ea	31	269	825	3	19	7.5
Sandwich, Turkey Ham and Cheese, Hot	MS, HS	1 ea	30	269	775	2	19	7.5
Sandwich, Turkey Ham Deli		1 ea	29	252	770	3	19	6.5
Sauce, BBQ		3.33 tbsp	13	52	119	0	0	0
Sauce, Buffalo BBQ	MS, HS	3.33 tbsp	10.5	41	504	0	0	0
Sauce, Cayenne	MS, HS	2 tbsp	0	0	538	0	0	0
Sauce, Marinara, Meatless		1/4 cup	4	28	122	0.5	0	0.5
Sauce, Marinara, Meatless		1/3 cup	5	38	163	1	0	1
Sauce, Teriyaki		2 tbsp	6	26	170	0	0	0
Sauce, Teriyaki		3.3 tbsp	10.5	42	283	0	0	0
Sauce, Thai Sweet Chili	MS, HS	2 tbsp	13	54	303	0	0	0
Sausage Patty, Pork		1 ea	1	70	240	0	6	4.5
Sliders, Chicken, Buffalo BBQ	MS, HS	2 sliders	56.5	461	1324	4	30	15
Sliders, Chicken, No Sauce	MS, HS	2 sliders	46	420	820	4	30	15
Sliders, BBQ Turkey		2 sliders	45	320	617	2	23	6
Spaghetti with Meatballs, 1.3 c pasta, 5 meatballs	MS, HS, Avalon	1 svg	55	475	478	6.5	21.5	18.5
Spaghetti with Meatballs, 2/3 c pasta, 4 meatballs	EL,CS	1 svg	30	312	333	3.5	15	14

Food Items	Site Specific Items	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
Supper Pizza Kit (bread, sauce, cheese, carrots)	Supper	1 ea	24	308	671	4	18	14
Taco, Beef, without Pico de Gallo		1 ea	23.79	341	561	2.5	19	18.5
Taco Filling Cup, no cheese (Special Diet)		1 ea	1	145	245	0.5	12	10
Tamale, Chicken in Red Sauce (Del Real)		1 ea	26	290	680	2	11	16
Taquitos, Chicken & Cheese		2 ea	18.0	250	280	3	19	11.0
Tortilla, Corn (Special Diet)		1 ea	8.0	39	20	1	1	0.0
Tortilla, Flour (8")		1 ea	22	140	220	2	4	4
Tortilla, Whole Wheat Flour 10"		1 ea	26	155	237	4	5	5
Thai Sweet Chili Quinoa Bowl		1 serving	71	490	971	3.5	19	15.5
Waffle, Dutch (served with Chicken and Waffle)		1 ea	43	300	350	3	4	13
Yogurt and Granola		8 oz./#8	93.5	512	222	4	12	10
Yogurt Parfait w/Peaches and Granola		1 ea	113	591	253	5.5	12	10.5
Yogurt Parfait w/Strawberries and Granola		1 ea	97.5	525	242	5.5	12	10.5
Yogurt, Peach, 8 oz.		1 ea	38	180	105	0	6	0
Yogurt, Strawberry-Banana, 8 oz.		1 ea	37	180	105	0	6	0
Yogurt, Strawberry, 8 oz.		1 ea	38	180	105	0	6	0
Yogurt, Vanilla, 8 oz.		1 ea	40	210	110	0	7	2
Yogurt, Nonfat, Strawberry, 8 oz. (Upstate Farms)		1 container	38	180	105	0	6	0
Yogurt, Nonfat, Blueberry, 8 oz. (Upstate Farms)		1 container	38	180	105	0	6	0
Yogurt, Nonfat, Peach, 8 oz. (Upstate Farms)		1 container	38	180	105	0	6	0
Yogurt, Nonfat, Cherry Vanilla, 8 oz. (Upstate Farms)		1 container	37	180	105	0	6	0
Yogurt, Nonfat, Strawberry Banana, 8 oz. (Upstate Farms)		1 container	37	180	105	0	6	0
Fruits and Vegetables								
Fruit Cup, Applesauce		1 ea	17	70	0	4	1	0
Fruit Cup, Applesauce, Strawberry Flavor		1 ea	14	60	5	1	0	0
Fruit Cup, Mixed Fruit		1 ea	19	80	0	1	1	0
Fruit Cup, Peach, Frozen		1 ea	17	60	5	2	1	0
Fruit Cup, Strawberry, Frozen		1 ea	21	80	0	2	0	0
Fruit, Apple Pear, Fresh		1 ea	15.5	61	0	5	0.5	0
Fruit, Apple Slices, Fresh		1 package	8	34	0	2	0	0
Fruit, Apple, Fresh		1 ea	20	77	0	3.5	0	0.5
Fruit, Banana, Fresh		1 ea	27	105	2	3	1	0
Fruit, Blueberries, Fresh		1/2 cup	11	49	2	2	0.5	0

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Fruit, Cherries, Fresh		1/2 cup	12.7	50	0	1.7	0.5	
Fruit, Cranberries, Dried		1 package	27	110	0	2	0	0
Fruit, Grapes, Fresh		1 srvg	14.5	57	2	0.5	0.5	0
Fruit, Mandarin Oranges, Canned		1/2 cup	10	50	15	1	1	0
Fruit, Mixed, Canned		1/2 cup	10	43	12	2	0	0
Fruit, Nectarine, Fresh		1 ea	14	60	0	2	1	0
Fruit, Orange, Fresh		1 ea	15.5	62	0	3	1	0
Fruit, Peach, Fresh		1 ea	12	51	0	2	1	0
Fruit, Peaches, Canned		1/2 cup	17	70	8	1	1	0
Fruit, Pears, Fresh		1 ea	21	82	0	3	0.5	0.5
Fruit, Persimmons, Fresh		1 ea	18	68	1	3.5	0.5	0
Fruit, Pineapple, Canned		1/2 cup	17	70	10	1	<1	0
Fruit, Plum, Fresh		1 ea	7.5	30	0	0.5	0.5	0
Fruit, Raisins		1 ea	34	129	11	2	1.5	0
Fruit, Strawberries, Fresh		1/2 cup	5.5	24	0	1.5	0.5	0
Fruit, Tangerine, Fresh		1 ea	12	47	2	2	0.7	0
Fruit, Watermelon, Fresh		1/2 cup	5.5	23	1	0	0.5	0
Vegetables, Beans, BBQ Baked		1/2 cup	30.5	141	404	6	5	1.5
Vegetables, Beans, Southwest with Cheese		1/2 cup	24	151	317	5.5	8.5	2
Vegetables, Beans, Spicy with Cheese		1/2 cup	31	231	467	10	14	7
Vegetables, Bell Peppers, Mini		1/2 cup	2	10	57	1	0.5	0
Vegetables, Broccoli		1/2 cup	3	10	10	1	1	0
Vegetables, Burger Set Up (lettuce, tomato, pickle)	MS, HS, Avalon	1 srvg	4.8	23	734	1.7	1	0
Vegetables, California Mix (broc, caul, carrot)		1/2 cup	5	25	30	2	2	0
Vegetables, Carrot/Broccoli Mix, Fresh		1/2 cup	5.5	23	28	1.5	1	0
Vegetables, Carrot/Celery Mix, Fresh		1/2 cup	5.5	23	49	1.5	0.5	0
Vegetables, Carrots, Diced		1/2 cup	8	30	65	2	1	0
Vegetables, Carrots, Fresh		1/2 cup	6	26	57	2	0.5	0
Vegetables, Cauliflower		1/2 cup	2.5	13	16	1	1	0
Vegetables, Celery		1/2 cup	2	10	52	1	0.5	0.1
Vegetables, Corn		1/2 cup	8	60	10	2	2	1.5
Vegetables, Cucumber		1/2 cup	2.3	14	0	0	0	0
Vegetables, Green Beans		1/2 cup	3	15	120	1	1	0

Food Items	Site Specific Items	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
Vegetables, Guacamole Cup		2 oz	4	100	250	3	1	10
Vegetables, Hominy		1/2 cup	16	80	324	5	3	1
Vegetables, Jalapeno & Tomato Cup		1 ea	1.5	8	366	1	0	0
Vegetables, Jalapeno Cup		1 ea	0.5	4	364	0.7	0	0
Vegetables, Jalapeno Peppers, Canned		100g	5	25	925	3	1	0
Vegetables, Jicama with Tajin		1 ea/1 pkt	6	27	130	3	0	0
Vegetables, Jicama, Plain		1/2 cup	6	25	0	3	0	0
Vegetables, Lettuce & Pickle Cup		1 ea	2	10	369	1	0.5	0
Vegetables, Lettuce, Shredded		1 cup	2	10	7	0.5	0.5	0
Vegetables, Mixed (pea, carrot, corn, grn bean)		1/2 cup	8.4	40	31	2	1.5	0
Vegetables, Potato Rounds		8 ea	16	130	310	2	2	6
Vegetables, Potato Smiles		4 each	20	130	180	2	2	4.5
Vegetables, Potato, Mashed w/Gravy		1/2 cup	21	117	568	1	2	1.5
Vegetables, Potato, Seasoned Wedges		1 svg/8 ea	19	130	590	1	2	6
Vegetables, Roasted Chickpeas Ranch		1 Package	27	180	210	16	9	3.5
Vegetables, Roasted Chickpeas Salt		1 Package	27	180	260	17	9	4
Vegetables, Salad, Arugula		1 cup	0.5	5	5	0	0.5	0
Vegetables, Salad Mixed		1 cup	1.5	9	5	0.5	0.5	0
Vegetables, Snap Peas		1/2 cup	7	39	4	2.5	2.5	0
Vegetables, Sweet Potato Fries		1/2 cup	17	120	180	3	2	4.5
Vegetables, Zucchini		1/2 cup	2	13	13	1	1	0
Beverages								
Juice, Apple		4 oz carton	14	60	0	0	0	0
Juice, Aseptic, Fruit		4 oz carton	14	60	5	0	0	0
Juice, Berry		4 oz carton	14	60	5	0	0	0
Juice, Orange		4 oz carton	13	60	0	0	1	0
Juice, Slush, Berry Berry Blue		4 oz pouch	19	80	11	0	0	0
Juice, Slush, Cool Tropics Tropical Trio		4 oz pouch	20	80	5	0	0	0
Juice, Vegetable		4 oz carton	13	60	10	0	0	0
Milk, 1% Lowfat, White		8 oz carton	12	120	135	0	10	2.5
Milk, Aseptic, 1% Lowfat, White		8 oz carton	12	100	110	0	8	2.5
Milk, Almond, Vanilla (Special Diet)		8 oz carton	13	80	170	0	1	2.5
Milk, Lactaid, Nonfat (Special Diet)		8 oz carton	13	90	125	0	8	0

Food Items	Site Specific Items	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
Milk, Nonfat, Chocolate		8 oz carton	22	120	100	0	8	0
Milk, Aseptic, Nonfat, Chocolate		8 oz carton	25	130	170	1	8	0
Milk, Nonfat, White		8 oz carton	12	90	130	0	9	0
Milk, Aseptic, Nonfat, White		8 oz carton	11	80	110	<1	8	0
Milk, Soy (Special Diet)		8 oz carton	15	124	168	0.5	9	3
Milk, Whole, White (Educare)		8 oz carton	11	150	115	0	8	8
Crackers, Condiments and Sides								
Chickpea Spread, Chocolate		1 each	15	170	35	2	5	10
Chickpea Spread, Apple Cinnamon		1 each	15	170	65	2	5	10
Chips, Doritos Cool Ranch		1 package	20	130	180	2	2	5
Chips, Doritos Nacho Cheese		1 package	20	130	200	2	2	5
Chips, Cheetos Mellow Puffs		1 package	13	90	140	<1	2	3.5
Chips, Fantastix Flamin' Hot		1 package	20	130	200	2	2	5
Chips, Fantastix Chili Cheese		1 package	19	130	200	2	2	5
Condiment, Catsup		1 packet	2	9	75	0	0	0
Condiment, Cream Cheese		1 packet	1	60	105	0	2	5
Condiment, Jalapeno Cup		1 ea	1	9	266	1	1	0
Condiment, Jelly		1 packet	9	35	5	0	0	0
Condiment, Mayonnaise		1 packet	0.5	57	60	0	0	6
Condiment, Mustard		1 packet	0	4	65	0	0	0
Condiment, Pickle Slices		4 ea	0	0	724	0	0	0
Condiment, Pico de Gallo		#20 scoop	2	6	55	0	0	0
Condiment, Sriracha		1 packet	1	5	80	0	0	0
Condiment, Syrup		1 packet	18	70	0	0	0	0
Condiment, Taco Sauce		1 packet	1	5	85	0	0	0
Condiment, Tajin		1 packet	0	0	120	0	0	0
Cookie, Fudge, Whole Grain, a la carte	MS, HS, Avalon	1 ea	32	190	160	2	3	7
Cookie, Candy, Whole Grain, a la carte	MS, HS, Avalon	1 ea	32	190	150	2	3	6
Cookie, Choc Chip, Whole Grain (Menu Cookie)	EL, CS, MS	1 ea	18	100	85	1	1	3.5
Cookie, Choc Chip, Whole Grain, a la carte	MS, HS, Avalon	1 ea	32	190	160	2	2	6
Crackers, Whole Grain		1 package	30	180	250	3.0	3	6.0
Dressing, Italian		1 packet	1	7	99	0	0	0
Dressing, Ranch (House-Made)		2 tbsp	2.5	76	235	0	0.5	8

Food Items	Site Specific Items	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
Dressing, Ranch, Packet		1 packet	1	49	106	0	0	2.0
Fruit Dip		1 serving	2.6	10	0	0.4	0	0
Gravy, Chicken		#20 scoop	4.3	27	158	0	0	1
Peanut Butter Cup		1 ea	8	180	130	2	7	15
Pudding, Chocolate		3/8 cup	31	166	276	1	1	4.5
Ranch Dressing Seasoning		#30 Scoop	2.5	76	234	0	0.5	8
Sunbutter Cup (Special Diet)		1 ea	7	200	130	2	7	17
Wonton Crispy Noodle (Chinese Kickin' Salad)		1 pkg	27	100	180	2	2	4

Site Key

EL = Elementary

CS = Combo School

MS = Middle School

HS = High School

PP = PrePack (Reid, PAAL, and Bancroft)