

Menu Nutrition Information



The Office of Food and Nutrition Services (OFNS) is committed to student health and wellbeing by providing transparent nutrition and allergen information. While we cannot guarantee an allergen-free environment, we identify the nine major food allergens—egg, fish, milk, sesame, shellfish, soy, tree nuts, wheat, and peanuts—in our standardized recipes and basic food items. Information is based on OFNS recipes, USDA data, and manufacturer labels, but may vary due to substitutions, supplier changes, or recipe updates. Please note that meals are prepared in shared spaces where cross-contact is possible.

To search: Windows - press Ctrl + F | Mac - press Command + F

Updated: January 14, 2026

Category	Menu Item	Recipe/ Brand	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Total Carb (g)	Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Allergens
Beef	100% Beef Burger Patty (no bun)	Don Lee Farms	1 each	140	9	4	190	1	0	0	0	12	No Common Allergens
Beef	100% Beef Hamburger (K8)	SDWH-062K8	1 each	270	12	5	400	24	2	2	1	15	Soy, Wheat
Beef	100% Beef Hamburger (HS)	SDWH-062HS	1 each	289	12	5	440	28	3	2	2	16	Soy, Wheat
Beef	100% Beef Hamburger (Infant-Toddler)	SDWH-062IT	1 each	135	6	2	200	12	1	1	1	8	Soy, Wheat
Beef	100% Beef BBQ Burger on Hamburger Bun (HS)	SDWH-097HS	1 each	280	11	4	441	28	3	3	3	16	Soy, Wheat
Beef	100% Beef Cheeseburger on Ciabatta	SDWH-127	1 each	375	15	6	625	38	4	3	2	22	Milk, Soy, Wheat
Beef	100% Beef Cheeseburger on Hamburger Bun (K8)	SDWH-060K8	1 each	309	15	6	551	26	4	2	1	18	Milk, Soy, Wheat
Beef	100% Beef Cheeseburger on Hamburger Bun (HS)	SDWH-060HS	1 each	325	15	6	594	30	3	3	2	19	Milk, Soy, Wheat
Beef	Caribbean Style Beef Patty	Golden Krust	1 each	370	14	6	460	45	3	4	3	14	Wheat
Beef	Caribbean Style Beef Patty, Halal	Golden Krust	1 each	370	14	6	460	45	3	4	3	14	Wheat
Breakfast Sandwich	Breakfast Burrito	BK-088	1 each	396	20	9	501	37	4	2	0	16	Egg, Milk, Soy, Wheat
Breakfast Sandwich	Breakfast Griddle Sandwich	BK-089	1 each	245	9	2	240	33	2	7	6	11	Egg, Milk, Soy, Wheat
Breakfast Sandwich	Breakfast Quesadilla	BK-058	1 each	344	17	8	522	31	4	2	0	15	Egg, Milk, Soy, Wheat
Breakfast Sandwich	Caprese Egg Sandwich on Ciabatta	BK-070A	1 each	323	12	3	562	38	4	3	2	14	Egg, Milk, Soy, Wheat
Breakfast Sandwich	Egg & Cheese on a Bagel	BK-029K8	1 each	265	7	2	103	38	5	4	2	13	Egg, Milk, Sesame, Soy, Whea
Breakfast Sandwich	Egg & Cheese on a Biscuit	BK-022	1 each	275	12	2	455	30	2	4	3	10	Egg, Milk, Soy, Wheat
Breakfast Sandwich	Egg & Cheese on Ciabatta	BK-064	1 each	275	8	2	545	38	4	3	2	12	Egg, Milk, Soy, Wheat
Breakfast Sandwich	Egg & Cheese on a Croissant	BK-084	1 each	228	10	4	446	24	2	4	3	10	Egg, Milk, Soy, Wheat
Breakfast Sandwich	Egg & Cheese on a Soft Roll (K-8)	BK-030K8	1 each	210	8	2	471	26	4	2	1	9	Egg, Milk, Soy, Wheat
Breakfast Sandwich	Egg & Cheese on a Soft Roll (HS)	BK-030HS	1 each	225	8	2	514	30	3	3	2	10	Egg, Milk, Soy, Wheat

Menu Nutrition Information

Category	Menu Item	Recipe/ Brand	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Total Carb (g)	Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Allergens
Breakfast Sandwich	Fiesta Egg & Cheese Sandwich	BK-087	1 each	341	12	5	622	41	5	4	2	18	Egg, Milk, Soy, Wheat
Breakfast Sandwich	Turkey Breakfast Patty & Egg on a Bagel (K8)	BK-033AK8	1 each	365	14	4	745	39	5	5	3	23	Egg, Milk, Soy, Wheat
Breakfast Sandwich	Turkey Breakfast Patty & Egg on a Bagel (HS)	BK-033AHS	1 each	405	14	4	745	48	6	5	4	24	Egg, Milk, Soy, Wheat
Breakfast Sandwich	Turkey Breakfast Patty & Egg on a Buttermilk Biscuit	BK-033B	1 each	375	19	4	665	31	2	5	4	20	Egg, Milk, Soy, Wheat
Breakfast Sandwich	Turkey Breakfast Patty & Egg on a Croissant	BK-033C	1 each	325	17	6	645	25	2	5	4	20	Egg, Milk, Soy, Wheat
Breakfast Sandwich	Turkey Breakfast Patty & Egg on a Soft Roll (K8)	BK-033DK8	1 each	310	14	4	681	27	4	3	2	19	Egg, Milk, Soy, Wheat
Breakfast Sandwich	Turkey Breakfast Patty & Egg on a Soft Roll (HS)	BK-033DHS	1 each	325	14	4	724	31	3	4	3	20	Egg, Milk, Soy, Wheat
Breakfast	Egg, Omelet, Plain USDA	USDA (Papetti's)	1.25 oz.	50	3	1	50	1	0	0	0	4	Egg, Milk
Breakfast	Egg, Omelet, Plain USDA	USDA (Sunny Fresh)	1.25 oz.	60	5	1	50	1	0	0	0	4	Egg, Milk
Cheese	Cheese Cubes, Colby Jack	Bongard's	1 each	90	7	4	180	1	0	0	0	7	Milk
Cheese	Cheese Stick, Cheddar	Bongard's	1 each	90	6	4	210	1	0	0	0	8	Milk
Cheese	Cheese Stick, Colby Jack	Bongard's	1 each	90	6	4	210	1	0	0	0	8	Milk
Cheese	Cheese Stick, Mozzarella String Cheese	Bongard's	1 each	60	3	2	200	1	0	1	0	7	Milk
Cheese	Hard Grated Parmesan Cheese	Pisa	1 Tbsp	20	1	1	90	1	0	1	0	1	Milk
Cheese	Shredded, Mild Cheddar Cheese	Land O Lakes	1 oz	110	9	6	190	1	0	0	0	6	Milk
Cheese	Shredded, Mild Cheddar & Monterey Jack	Land O Lakes	1 oz	110	9	6	190	1	0	1	0	7	Milk
Cheese	Shredded, Mozzarella	Bongard's	1 oz	80	6	3	190	2	0	1	0	7	Milk
Cheese	Sliced, American White Cheese	Bongard's	2 slices	70	5	3	290	4	0	2	0	5	Milk, Soy
Cheese	Sliced, Blended Provolone	Bongard's	2 slices	90	7	4	170	1	0	0	0	6	Milk, Soy
Cheese	Sliced, Mild Cheddar Cheese, Reduced Fat	Bongard's	2 slices	80	6	4	220	1	0	0	0	7	Milk, Soy
Cheese	Sliced, Mozzarella	Bongard's	3 slices	80	6	4	200	1	0	0	0	6	Milk, Soy
Cheese	Sliced, Pepper Jack	Bongard's	2 slices	100	8	5	230	1	0	0	0	6	Milk
Cheese	Sliced, Swiss Cheese, Reduced Fat	Bongard's	2 slices	100	7	5	135	1	0	0	0	7	Milk, Soy
Sandwich - Cheese	Cheese Sandwich on Sliced Bread	SDWH-033	1 each	260	10	5	830	32	4	6	2	14	Milk, Soy, Wheat

Menu Nutrition Information

Category	Menu Item	Recipe/ Brand	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Total Carb (g)	Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Allergens
Sandwich - Cheese	Classic "Grilled" Cheese Sandwich	SDWH-001	1 each	300	15	5	830	32	4	6	2	14	Milk, Soy, Wheat
Sandwich - Cheese	Grilled Cheese Sandwich (pre-made)	Power Up	1 each	285	10	5	420	33	3	4	2	19	Milk, Soy, Wheat
Sandwich - Cheese	Grilled Cheese Sandwich (pre-made)	Winkle Star	1 each	300	14	8	420	31	3	6	0	14	Milk, Soy, Wheat
Sandwich - Cheese	Jalapeno Popper Grilled Cheese	SDWH-189	1 each	361	21	8	678	28	5	3	2	17	Milk, Soy, Wheat
Sandwich - Cheese	Three-Cheese Grilled Cheese	SDWH-163	1 each	307	22	7	523	16	3	2	1	13	Milk, Soy, Wheat
Chicken	Apple Glazed Chicken	CK-138	1 each	406	28	8	576	10	1	6	4	28	No Common Allergens
Chicken	Apple Glazed Grilled Chicken	CK-139	1 serving	117	3	1	116	5	0	4	3	16	No Common Allergens
Chicken	BBQ Chicken Bites	CK-129	10 each	260	12	3	556	22	2	8	8	15	Egg, Milk, Wheat
Chicken	BBQ Roasted Chicken Thigh	CK-128	1 each	402	27	8	623	10	0	6	6	27	No Common Allergens
Chicken	Breaded Chicken Patty, NAE	Golden Platter	1 each	220	12	3	460	13	2	1	1	15	Egg, Wheat
Chicken	Breaded Chicken Patty, NAE	Don Lee Farms	1 each	180	3	1	310	17	2	1	1	22	Milk, Wheat
Chicken	Caribbean Spiced Jerk Chicken	CK-118	1 each	350	26	7	724	3	0	0	0	25	Soy, Wheat
Chicken	Chicken Grilled Strips, Dark Meat	Don Lee Farms	3-4 each	100	3	1	95	1	0	0	0	17	No Common Allergens
Chicken	Chicken Fajitas	CK-116	2 each	407	9	2	713	49	9	7	0	28	Wheat
Chicken	Chicken Paprika	CK-130	1 each	394	30	8	697	4	0	1	1	28	No Common Allergens
Chicken	Chicken Shawarma	CK-127	4 oz	149	7	1	446	4	1	1	0	17	No Common Allergens
Chicken	Chicken Tenders	CK-095	3 each	220	12	3	460	13	2	1	0	15	Egg, Wheat
Chicken	Crispy Chicken Bites	CK-096	10 each	220	12	3	460	13	2	1	1	15	Egg, Milk, Wheat
Chicken	Garlic Parmesan Chicken Bites	CK-137	10 each	278	17	3	616	14	2	2	1	15	Egg, Milk, Wheat
Chicken	Golden Chicken Thigh	CK-146	1 each	455	33	8	722	6	2	0	0	26	No Common Allergens
Chicken	Halal Chicken Tenders	CK087	3 each	220	12	3	460	13	2	1	NA	15	Egg, Wheat
Chicken	Halal Chicken Tenders Fajitas	CK-117	1 each	504	18	3	955	59	11	7	0	24	Egg, Wheat
Chicken	Hawaiian Grilled Chicken	CK-132	4 oz	180	7	1	445	11	1	9	5	17	Sesame, Soy, Wheat
Chicken	Honey Garlic Chicken and Broccoli	CK-131	4 oz	171	3	1	452	16	2	11	10	18	Soy, Wheat

Menu Nutrition Information

Category	Menu Item	Recipe/ Brand	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Total Carb (g)	Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Allergens
Chicken	Honey Glazed Chicken	CK-141	1 serving	185	6	1	355	13	0	10	10	17	Soy, Wheat
Chicken	Lemon Pepper Chicken	CK-136	1 each	341	26	7	498	2	0	0	0	24	No Common Allergens
Chicken	Paprika Grilled Chicken	CK-140	1 serving	111	7	1	58	1	0	0	0	16	No Common Allergens
Chicken	Peri Peri Chicken (roasted chicken thigh)	CK-143	1 each	407	31	8	717	5	1	1	1	28	Soy, Wheat
Chicken	Roasted Chicken Thigh	CK-092	1 each	340	26	7	510	2	0	0	0	24	No Common Allergens
Chicken	"Stir-Fry" Chicken with Peppers	CK-144	4 oz	135	5	1	192	4	1	2	0	16	No Common Allergens
Chicken	Sweet & Sour Chicken Bites	CK-125	10 each	315	12	3	614	35	3	18	13	16	Egg, Fish, Milk, Soy, Wheat
Chicken	Taco Spiced Chicken Bites	CK-145	10 each	243	14	3	530	14	3	1	1	15	Egg, Milk, Wheat
Chicken	Tomato Glazed Chicken Thigh	CK-135	1 each	443	37	8	590	3	0	0	0	25	No Common Allergens
Chicken	Teriyaki Grilled Chicken	CK-134	4 oz	123	2	1	213	6	0	5	5	16	Sesame, Soy, Wheat
Chicken - Sandwich	Balsamic Chicken Salad Wrap	SDWH-165	1 each	447	18	3	721	45	6	12	6	22	Egg, Wheat
Chicken - Sandwich	BBQ Chicken Melt	SDWH-183K8	1 each	287	6	2	512	32	4	8	8	23	Milk, Soy, Wheat
Chicken - Sandwich	BBQ Crispy Chicken Sandwich	SDWH-114K8	1 each	350	10	2	697	42	5	7	6	22	Milk, Soy, Wheat
Chicken - Sandwich	BBQ Crispy Chicken Wrap	SDWH-199	1 each	455	18	4	719	50	8	7	4	23	Egg, Milk, Wheat
Chicken - Sandwich	Chicken Tender Melt (K8)	SDWH-187K8	1 each	330	14	4	812	36	4	5	1	19	Egg, Milk, Soy, Wheat
Chicken - Sandwich	Chicken Tender Melt (HS)	SDWH-187HS	1 each	345	14	4	854	40	4	5	2	19	Egg, Milk, Soy, Wheat
Chicken - Sandwich	Chicken Tender Wrap	SDWH-087	1 each	400	16	4	613	43	7	3	0	21	Egg, Wheat
Chicken - Sandwich	Chicken Salad Sandwich	Golden Platter	1 each	410	13	3	420	29	2	4	4	24	Egg, Sesame, Soy, Wheat
Chicken - Sandwich	Chimichurri Chicken Wrap	SDWH-171	1 each	328	12	2	394	31	3	2	1	23	Wheat
Chicken - Sandwich	Chipotle Chicken Wrap	SDWH-190	1 each	551	31	6	860	48	7	6	3	21	Egg, Milk, Wheat
Chicken - Sandwich	Country Chicken & Gravy Sandwich	SDWH-169	1 each	538	24	6	855	62	6	3	0	25	Egg, Milk, Soy, Wheat
Chicken - Sandwich	Crispy Chicken Caesar Wrap	SDWH-106	1 each	460	20	4	757	48	8	5	1	23	Egg, Milk, Wheat
Chicken - Sandwich	Crispy Chicken Parmigiana Sandwich on Ciabatta	SDWH-096CIA	1 each	447	12	3	825	56	7	6	4	29	Milk, Soy, Wheat
Chicken - Sandwich	Crispy Chicken Snacker	CK-142	1 each	339	14	3	717	35	5	2	1	19	Egg, Soy, Wheat

Menu Nutrition Information

Category	Menu Item	Recipe/ Brand	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Total Carb (g)	Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Allergens
Chicken - Sandwich	Curried Chicken Wrap	SDWH-141	1 each	466	21	4	746	46	8	3	1	23	Egg, Milk, Wheat
Chicken - Sandwich	Fajita Chicken Burger (K8)	SDWH-214K8	1 each	218	4	0	400	28	4	4	2	20	Soy, Wheat
Chicken - Sandwich	Fajita Chicken Burger (HS)	SDWH-214HS	1 each	232	4	0	442	32	4	5	3	21	Soy, Wheat
Chicken - Sandwich	Fajita Crispy Chicken Sandwich (Halal) (K8)	SDWH-209HK8	1 each	360	14	3	680	41	7	4	1	20	Egg, Soy, Wheat
Chicken - Sandwich	Fajita Crispy Chicken Sandwich (Halal) (HS)	SDWH-209HHS	1 each	375	13	3	723	45	6	5	2	21	Egg, Soy, Wheat
Chicken - Sandwich	Greek Lemon Chicken Pita	SDWH-212	1 each	231	6	1	370	24	3	2	2	20	Soy, Wheat
Chicken - Sandwich	Greek Lemon Chicken Pita Deluxe	SDWH-213	1 each	252	6	1	379	29	5	4	2	21	Soy, Wheat
Chicken - Sandwich	Grilled Chipotle Chicken Wrap	SDWH-201	1 each	473	23	7	534	39	5	5	2	27	Egg, Milk, Wheat
Chicken - Sandwich	Halal Crispy Chicken Patty Sandwich (K8)	SDWH147K8	1 each	335	13	3	676	36	6	2	1	18	Egg, Soy, Wheat
Chicken - Sandwich	Halal Crispy Chicken Patty Sandwich (HS)	SDWH147HS	1 each	350	13	3	720	40	5	3	2	19	Egg, Soy, Wheat
Chicken - Sandwich	Halal Chicken Tender Wrap	SWDH087HAL	1 each	400	16	4	613	43	7	3	0	21	Egg, Wheat
Chicken - Sandwich	Halal Chicken Caesar Wrap	SDWH106HAL	1 each	430	18	4	695	46	8	5	0	21	Egg, Milk, Wheat
Fish	Braised Tuna with Tomato Sauce	FH-003	3 oz	105	1	0	571	6	1	4	1	23	Fish
Fish	Fish Breaded Patty (no bun)	High Liner Foods	1 each	160	6	1	250	16	1	1	0	9	Fish, Milk, Wheat
Fish	Fish Nuggets	Channel Fish	4 each	180	4	0	290	20	2	0	0	16	Fish, Wheat
Fish	Fish Sticks	Channel Fish	4 each	180	4	0	290	20	2	0	0	16	Fish, Wheat
Fish	Tuna Salad, Classic (No Bread)	FH-001	3 oz	116	4	1	401	3	0	2	2	22	Egg, Fish
Fish	Tuna Salad, Healthy (No Bread)	FH-002	3 oz	139	7	0	531	2	1	12	0	23	Fish
Fish - Sandwich	Baja Fish Burrito	FH-200	1 each	505	17	7	675	58	8	3	0	29	Fish, Milk, Wheat
Fish - Sandwich	Fish and Cheese Sandwich (K8)	SDWH-048K8	1 each	307	9	2	608	41	3	4	1	15	Fish
Fish - Sandwich	Fish and Cheese Sandwich (HS)	SDWH-048HS	1 each	327	10	2	648	45	4	4	2	16	Fish
Fish - Sandwich	Southwest Fish & Cheese Sandwich (K8)	SDWH-131K8	1 each	335	12	3	653	42	5	4	2	15	Egg, Fish, Milk, Soy, Wheat
Fish - Sandwich	Tangy Tuna Wrap	SDWH-208	1 each	316	9	2	494	35	7	4	0	30	Fish, Wheat
Fish - Sandwich	Tuna "Classic" Salad on Ciabatta Roll	SDWH-103	1 each	296	5	1	691	38	4	4	4	29	Egg, Fish, Wheat

Menu Nutrition Information

Category	Menu Item	Recipe/ Brand	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Total Carb (g)	Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Allergens
Fish - Sandwich	Tuna "Classic" Salad on Sliced Bread	SDWH-140	1 each	236	5	1	651	27	4	4	4	26	Egg, Fish, Soy, Wheat
Fish - Sandwich	Wrap, Tuna Salad, Classic	SDWH-037	1 each	297	8	2	554	33	5	4	2	28	Egg, Fish, Milk, Wheat
Pizza	Bruschetta Pizza (on French Bread Pizza)	CH029B	1 each	371	18	11	429	32	4	6	1	22	Milk, Soy, Wheat
Pizza	Bruschetta Pizza (on Sicilian Slice)	CH029E	1 each	371	18	10	490	31	4	9	1	20	Milk, Soy, Wheat
Pizza	Bruschetta Pizza (on Sliced Pizza)	CH029A	1 each	374	18	10	501	31	4	9	1	20	Milk, Soy, Wheat
Pizza	French Bread Pizza	Nardone	1 each	333	16	11	363	28	3	3	0	22	Milk, Soy, Wheat
Pizza	Garlic French Bread Pizza	Nardone	1 each	380	24	12	405	24	2	1	0	21	Milk, Soy, Wheat
Pizza	Hot Honey Pizza (on Sliced Pizza)	CH-031A	1 each	360	18	10	435	33	3	11	5	20	Milk, Soy, Wheat
Pizza	Grandma's Pizza	CH023	1 each	405	25	12	466	28	3	4	1	22	Milk, Soy, Wheat
Pizza	Pepper & Onion Pizza (on French Bread Pizza)	CH027B	1 each	370	19	11	366	30	4	4	0	22	Milk, Soy, Wheat
Pizza	Pepper & Onion Pizza (on Sicilian Slice)	CH027F	1 each	370	19	10	427	30	4	7	0	20	Milk, Soy, Wheat
Pizza	Pepper & Onion Pizza (on Sliced Pizza)	CH027A	1 each	373	19	10	438	30	4	7	0	20	Milk, Soy, Wheat
Pizza	Personal Round	Nardone	1 each	343	17	10	457	29	3	6	0	20	Milk, Soy, Wheat
Pizza	Pesto Pizza (on French Bread Pizza)	CH030B	1 each	378	20	12	388	28	3	3	0	22	Milk, Soy, Wheat
Pizza	Pesto Pizza (on Sicilian Slice)	CH030E	1 each	378	20	11	448	27	3	6	0	20	Milk, Soy, Wheat
Pizza	Pesto Pizza (on Sliced Pizza)	CH030A	1 each	380	20	11	460	27	3	6	0	20	Milk, Soy, Wheat
Pizza	Pizza Slice	Nardone	1 each	336	16	10	435	27	3	6	0	20	Milk, Soy, Wheat
Pizza	Pineapple Pizza	CH-024	1 each	360	17	10	457	33	3	9	0	20	Milk, Soy, Wheat
Pizza	Plant Powered BBQ Pizza (on Sliced Pizza)	CH-026A	1 each	404	18	10	614	36	4	8	1	26	Milk, Soy, Wheat
Pizza	Plant Powered Ranch Pizza (on Sliced Pizza)	CH-025A	1 each	401	19	10	641	33	4	6	0	26	Egg, Milk, Soy, Wheat
Pizza	Sicilian Pizza	Nardone	1 each	333	16	10	424	27	3	6	0	20	Milk, Soy, Wheat
Pizza	Vegetable Pizza (on Sliced Pizza)	CH-028A	1 each	352	17	10	436	30	3	7	0	21	Milk, Soy, Wheat
Turkey	Fajita Turkey Burger (K8)	SDWH-204K8	1 each	285	11	2	509	28	4	4	2	21	Soy, Wheat
Turkey	Fajita Turkey Burger (HS)	SDWH-204HS	1 each	300	10	2	552	32	4	5	3	23	Soy, Wheat

Menu Nutrition Information

Category	Menu Item	Recipe/ Brand	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Total Carb (g)	Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Allergens
Turkey	Turkey Breakfast Patty	Golden Platter	1 each	100	6	2	270	1	0	1	1	9	No Common Allergens
Turkey	Turkey Chili	TK-021	4 oz	118	4	1	282	12	4	5	0	9	Milk, Sesame, Soy, Wheat
Turkey	Turkey Picadillo	TK-025	6 oz	293	15	4	525	18	5	8	0	20	Milk, Sesame, Soy, Wheat
Turkey	Turkey Taco Filling	USDA	2 oz	97	6	1	156	4	0	2	0	9	Milk, Sesame, Soy, Wheat
Turkey	Turkey Quesadilla	TK-018	1 each	406	20	9	585	35	6	5	0	23	Milk, Sesame, Soy, Wheat
Turkey	Soft Turkey Tacos	TK-019	2 each	467	23	8	686	44	5	5	0	27	Milk, Sesame, Soy, Wheat
Vegetarian	Black Bean Cheeseburger (K-8)	SDWH-211K8	1 each	340	11	2	631	50	10	5	2	16	Milk, Soy, Wheat
Vegetarian	Black Bean Cheeseburger (HS)	SDWH-211HS	1 each	354	10	2	674	54	9	6	3	17	Milk, Soy, Wheat
Vegetarian	Black Bean & Cheese Empanada	Winkle Star	1 each	350	13	8	460	42	4	2	2	15	Egg, Milk, Soy, Wheat
Vegetarian	Black Bean & Cheese Empanada	Bagelinos Tia Maria	1 each	380	9	3	330	64	6	1	0	14	Milk, Soy
Vegetarian	Black Bean & Cheese Empanada	Buena Vista	1 each	420	14	6	430	58	6	3	2	20	Milk, Wheat
Vegetarian	Garlic Parmesan Veggie Nuggets	VEG-086	1 serving	163	9	0	488	13	2	0	0	13	Milk, Soy, Wheat
Vegetarian	Manicotti with Marinara Sauce	GR-059	2 each	358	10	6	403	42	6	8	3	18	Egg, Milk, Wheat
Vegetarian	Mozzarella Sticks, Breaded	Highliner	5 each	400	22	8	380	32	3	3	2	19	Milk, Wheat
Vegetarian	Quesadilla, Cheese	CH-020	1 each	426	25	13	624	32	4	4	0	20	Milk, Wheat
Vegetarian	Quesadilla, Fiesta Mozzarella	CH-022	1 each	363	19	7	618	34	4	4	0	19	Milk, Wheat
Vegetarian	Quesadilla, Seasoned Black Bean & Cheese	VEG-008	1 each	353	15	7	444	39	7	3	0	15	Milk, Wheat
Vegetarian	Three Bean Chili Cheese Fries	VEG-078K8	1 serving	375	13	4	545	49	8	13	2	12	Milk
Vegetarian	Three Bean Chili Cheese Fries	VEG-078HS	1 serving	525	19	5	735	74	9	21	3	13	Milk
Vegetarian	Veggie Cheeseburger (K8)	SDWH168K8	1 each	294	15	3	712	31	6	4	2	21	Milk, Soy, Wheat
Vegetarian	Veggie Cheeseburger (HS)	SDWH168HS	1 each	310	15	3	755	35	5	4	3	22	Milk, Soy, Wheat
Vegetarian	Veggie Burger (K8), Mushroom Swiss	SDWH191K8	1 each	298	16	3	574	29	6	3	2	22	Milk, Soy, Wheat
Vegetarian	Veggie Burger (HS), Mushroom Swiss	SDWH191HS	1 each	314	16	3	617	33	5	4	3	24	Milk, Soy, Wheat
Vegetarian	Fiesta Mozzarella Quesadilla	CH-022	1 each	426	25	13	623	32	4	4	0	20	Milk, Wheat

Menu Nutrition Information

Category	Menu Item	Recipe/ Brand	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Total Carb (g)	Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Allergens
Sandwich - Vegetarian	Caesar Veggie Nugget Wrap	SDWH-193	1 each	336	12	1	623	47	8	3	0	19	Egg, Milk, Soy, Wheat
Sandwich - Vegetarian	Cheese, Lettuce, and Tomato Wrap	SDWH-159	1 each	321	13	6	733	38	5	6	0	16	Milk, Soy, Wheat
Sandwich - Vegetarian	Chipotle Garden Wrap	SDWH-202	1 each	520	24	8	655	60	12	7	2	20	Egg, Milk, Wheat
Sandwich - Vegetarian	Mediterranean Melt	SDWH-207	1 each	305	16	8	743	26	3	2	1	17	Milk, Soy, Wheat
Sandwich - Vegetarian	Red, White, & Green Panini (Hot or Cold)	VEG-010	1 each	359	22	7	783	29	4	5	1	19	Milk, Soy, Wheat
Sandwich - Vegetarian	Southwest Bean and Cheese Burrito	Cabo Primo	1 each	310	10	4	420	42	7	3	0	15	Milk, Soy, Wheat
Sandwich - Vegetarian	Super Hero Spinach Wrap	VEG-009	1 each	390	18	7	790	37	8	6	0	22	Milk, Wheat
Sandwich - Vegetarian	Sweet Potato Quesadilla Rollup	VEG-084	1 each	427	22	9	514	42	7	5	0	17	Milk, Wheat
Sandwich - Vegetarian	Veggie Parmigiana Sandwich on Ciabatta	SDWH-206CIA	1 each	377	16	3	730	46	7	6	4	25	Milk, Soy, Wheat
Vegan	Black Bean Burger (K-8)	SDWH-210K8	1 each	305	8	1	486	48	10	4	2	14	Soy, Wheat
Vegan	Black Bean Burger (HS)	SDWH-210HS	1 each	320	8	1	529	52	9	5	3	15	Soy, Wheat
Vegan	Black Bean Burger Patty (no bun)	Don Lee Farms	1 each	190	7	1	270	25	6	3	1	10	Soy
Vegan	Carolina Pinto Beans	VE-032	4 oz	120	0	0	472	22	8	3	0	7	No Common Allergens
Vegan	BBQ Veggie Burger (K-8)	SDWH170K8	1 each	255	12	1	530	30	6	4	4	18	Soy, Wheat
Vegan	BBQ Veggie Burger (HS)	SDWH170HS	1 each	269	12	1	574	34	5	5	5	19	Soy, Wheat
Vegan	BBQ Veggie Nuggets	VE-031	1 serving	160	5	0	466	22	2	7	7	13	Soy, Wheat
Vegan	Black-eyed Peas with Tomato & Kale	VE-026	4 oz	215	4	0	306	29	9	7	0	9	No Common Allergens
Vegan	Cajun Beans (K8)	VE-023	1/2 cup	110	0	0	217	20	7	2	0	7	No Common Allergens
Vegan	Chickpea Masala	VE-025	4 oz	162	5	1	260	23	9	6	1	7	No Common Allergens
Vegan	Chickpea Shawarma	VE-028	4 oz	228	12	3	566	25	10	5	0	8	No Common Allergens
Vegan	Big City Bean Taco	VE-001	1 each	420	10	0	720	63	14	6	0	17	Wheat
Vegan	Braised Black Beans with Plantains	VEG-011	3/4 cup	342	7	1	436	55	13	18	0	14	Milk, Soy
Vegan	Black Beans and Plantain Rice Bowl	VE-009	1 each	526	12	1	570	90	11	39	0	12	Sesame, Soy, Wheat
Vegan	Egyptian Chickpeas	VE-027	6 oz	174	4	1	318	26	10	7	2	8	No Common Allergens

Menu Nutrition Information

Category	Menu Item	Recipe/ Brand	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Total Carb (g)	Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Allergens
Vegan	Fajita Black Bean Burger (K8)	SDWH-205K8	1 each	328	9	1	489	52	10	6	2	15	Soy, Wheat
Vegan	Fajita Black Bean Burger (HS)	SDWH-205HS	1 each	343	8	1	533	56	10	7	3	16	Soy, Wheat
Vegan	Falafel	VE-029	1 each	330	6	1	320	58	10	5	1	13	Egg, Soy, Wheat
Vegan	Falafel Nuggets	Chow Ciao	4 each	210	4	0	360	36	7	4	0	9	Egg, Soy, Wheat
Vegan	Falafel Nuggets	Winkle Star	4 each	170	4	0	360	26	7	4	0	8	Wheat
Vegan	Guisado Black Beans	VE-035	1/2 cup	248	11	1	336	28	8	7	1	8	No Common Allergens
Vegan	Guisado Kidney Beans	VE-022	1/2 cup	239	10	1	311	26	8	7	0	9	No Common Allergens
Vegan	Hawaiian Veggie Nuggets	VEG-087	1 serving	205	9	1	720	24	3	7	5	14	Sesame, Soy, Wheat
Vegan	Hummus, Original (Bulk)	Winkle Star	2 oz	140	10	2	250	8	2	0	0	4	Sesame, Soy
Vegan	Hummus, Original (Bulk)	Nexus	2 oz	160	10	1	260	12	2	2	0	4	Sesame
Vegan	Hummus, Original (Bulk)	White Camel	2 oz	140	8	0	230	10	4	0	0	4	Sesame
Vegan	Hummus, Original (individual cup)	Tribe	1 each	110	7	1	220	9	2	1	0	3	Sesame
Vegan	Hummus, Original (individual cup)	Winkle Star-Hannah	1 each	180	14	2	250	11	3	2	0	4	Sesame
Vegan	Hummus, Original (individual cup)	Nexus	1 each	160	10	1	260	12	2	2	0	4	Sesame
Vegan	Hummus, Roasted Red Pepper (Bulk)	Winkle Star	2 oz	140	10	2	250	8	2	0	0	4	Sesame, Soy
Vegan	Hummus, Roasted Red Pepper (Bulk)	Nexus	2 oz	160	10	1	260	12	2	2	0	4	Sesame
Vegan	Kidney Bean Rajma (K8)	VE-020	1/2 cup	153	1	0	331	26	6	5	2	8	No Common Allergens
Vegan	Lentil Bolognese	VE-036	4 oz	173	4	0	221	26	10	6	3	8	Soy, Wheat
Vegan	Mediterranean Chickpeas	VE-002	4 oz	240	6	2	336	38	15	10	2	11	No Common Allergens
Vegan	North African Lentils	VE-034	4 oz	148	4	0	263	22	9	1	0	8	No Common Allergens
Vegan	Rockin Chickpeas	VE-037	4 oz	156	3	1	366	28	10	4	0	7	No Common Allergens
Vegan	Taco Spiced Veggie Nuggets	VE-038	7 each	138	7	0	465	1	3	0	0	13	Soy, Wheat
Vegan	Teriyaki Veggie Nuggets	VE-017	7 each	202	5	0	728	31	2	15	15	14	Sesame, Soy, Wheat
Vegan	Three Bean Chili	VE-004	6 oz	151	2	0	269	23	9	5	1	8	No Common Allergens

Menu Nutrition Information

Category	Menu Item	Recipe/ Brand	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Total Carb (g)	Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Allergens
Vegan	Veggie Nuggets	Golden Platter	7 each	120	5	0	370	13	2	0	0	13	Soy, Wheat
Vegan	Veggie Burger on a Bun (K-8)	SDWH167K8	1 each	245	12	1	507	28	6	2	2	18	Soy, Wheat
Vegan	Veggie Burger on a Bun (HS)	SDWH167HS	1 each	260	12	1	550	32	5	3	3	19	Soy, Wheat
Vegan	Veggie Burger on a Bun (K-8), Fajita	SDWH-197K8	1 each	265	13	1	509	32	6	4	2	18	Soy, Wheat
Vegan	Veggie Burger Patty (no bun)	Golden Platter	1 each	130	11	1	290	5	1	1	1	14	Soy
Vegan	White Beans/Rustic White Beans	VE-014	4 oz	132	1	0	126	24	5	3	0	6	No Common Allergens
Vegan	Zesty Chickpea Stew	VE-007	6 oz	218	6	1	278	33	12	11	1	9	Soy, Wheat
Sandwich - Vegan	BBQ Veggie Nugget Wrap	SDWH-198	1 each	326	9	1	583	49	7	7	5	19	Soy, Wheat
Sandwich - Vegan	Black Bean Wrap	VEG-051B	1 each	316	6	1	578	54	11	7	1	13	Wheat
Sandwich - Vegan	Mediterranean Chickpea Wrap	VE-008	1 each	409	12	3	494	62	18	11	0	15	Wheat
Sandwich - Vegan	Peanut Butter & Jelly Sandwich	SDWH-032	1 each	531	25	6	447	46	10	18	15	22	Soy, Wheat, Peanut
Sandwich - Vegan	Peanut Butter & Jelly Triple Decker Sandwich	SDWH-071	1 each	722	31	7	621	71	13	30	26	28	Soy, Wheat, Peanut
Sandwich - Vegan	Rainbow Wrap	VE-033	1 each	425	20	4	581	47	9	4	0	13	Sesame, Soy, Wheat
Sandwich - Vegan	Sunflower Seed Butter & Jelly Sandwich	SDWH-148	1 each	557	35	4	510	48	8	18	11	18	Soy, Wheat
Sandwich - Vegan	Texas Lentil BBQ Sandwich (K-8)	SDWH-203K8	1 each	280	4	0	404	50	13	9	8	11	Soy, Wheat
Sandwich - Vegan	Texas Lentil BBQ Sandwich (HS)	SDWH-203HS	1 each	295	4	0	447	54	12	10	9	12	Soy, Wheat
Yogurt	Yogurt, Cherry Vanilla	Upstate Farms	4 oz	80	0	0	75	15	0	12	7	3	Milk
Yogurt	Yogurt, Peach	Upstate Farms	4 oz	80	0	0	75	15	0	12	7	3	Milk
Yogurt	Yogurt, Strawberry	Upstate Farms	4 oz	80	0	0	75	15	0	12	7	3	Milk
Yogurt	Yogurt, Strawberry Banana	Upstate Farms	4 oz	80	0	0	75	15	0	12	7	3	Milk
Yogurt	Yogurt, Vanilla	Upstate Farms	4 oz	80	0	0	75	15	0	12	7	3	Milk
Yogurt	Yogurt, High Protein, Blueberry	USDA	4 oz	90	0	0	45	13	0	12	8	9	Milk
Yogurt	Yogurt, High Protein, Strawberry	USDA	4 oz	90	0	0	50	12	0	11	8	9	Milk
Yogurt	Yogurt, High Protein, Vanilla	USDA	4 oz	90	0	0	50	12	0	11	8	9	Milk

Menu Nutrition Information

Category	Menu Item	Recipe/ Brand	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Total Carb (g)	Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Allergens
Grab & Go Salad	Asian Sesame Grilled Chicken Salad	SAL-035	1 each	363	15	2	617	36	6	11	8	23	Sesame, Soy, Wheat
Grab & Go Salad	Asian Sesame Crispy Chicken Salad (with Chicken Tenders)	SAL-024	1 each	430	20	4	871	44	7	9	5	20	Egg, Sesame, Soy, Wheat
Grab & Go Salad	Balsamic Chicken Salad Grab & Go	SAL-044BC	1 each	417	18	3	736	43	6	14	7	22	Egg, Soy, Wheat
Grab & Go Salad	BBQ Crispy Chicken Salad (with Chicken Bites)	SAL-019B	1 each	409	15	3	843	50	6	13	10	20	Egg, Soy, Wheat
Grab & Go Salad	BBQ Crispy Chicken Salad (with Chicken Tenders)	SAL-019	1 each	409	15	3	843	50	6	13	10	20	Egg, Soy, Wheat
Grab & Go Salad	BBQ Halal Crispy Chicken Salad	SAL-019HAL	1 each	416	15	3	848	52	7	14	10	20	Egg, Soy, Wheat
Grab & Go Salad	Black Bean and Corn Salad Grab & Go	SAL-014	1 each	270	5	1	493	46	11	4	1	12	Soy, Wheat
Grab & Go Salad	Chicken Breaded Bite Salad	SAL-018	1 each	365	15	3	725	40	7	5	2	20	Egg, Milk, Soy, Wheat
Grab & Go Salad	Chicken Caesar Salad with Pita	SAL-030	1 each	441	23	4	824	40	7	3	2	22	Egg, Milk, Soy, Wheat
Grab & Go Salad	Chopped Salad	SAL-038	1 each	374	13	4	642	40	7	4	2	26	Milk, Soy, Wheat
Grab & Go Salad	Crispy Chicken Pasta Salad (with Chicken Tenders)	SAL-023	1 each	632	35	4	534	61	11	5	0	26	Egg, Wheat
Grab & Go Salad	Falafel Grab & Go Salad	SAL-049	1 each	406	8	2	786	70	12	12	1	18	Egg, Milk, Soy, Wheat
Grab & Go Salad	Gremolata Marinated White Bean Grab & Go Salad	SAL-047	1 each	343	8	1	515	56	10	7	1	13	Soy, Wheat
Grab & Go Salad	Grilled Chicken Caesar Salad with Pita	SAL-034	1 each	286	11	2	397	26	5	2	1	21	Milk, Soy, Wheat
Grab & Go Salad	Grilled Chicken Salad	SAL-036	1 each	238	5	1	361	27	5	3	1	21	Soy, Wheat
Grab & Go Salad	Halal Crispy Chicken Grab & Go Salad	SAL-020HAL	1 each	356	15	3	725	38	6	4	1	20	Egg, Soy, Wheat
Grab & Go Salad	Hummus Salad Grab & Go	SAL-048	1 each	426	23	5	766	44	9	4	1	14	Sesame, Soy, Wheat
Grab & Go Salad	Italian Veggie Pasta Salad	SAL-010	1 each	537	29	3	206	60	15	5	0	15	Wheat
Grab & Go Salad	Lemon & Herb Lentil Grab & Go Salad	SAL-050	1 each	295	7	1	417	48	14	6	2	13	Soy, Wheat
Grab & Go Salad	Mediterranean Chicken Pasta Salad	SAL-037	1 each	369	10	1	143	46	7	5	0	27	Wheat
Grab & Go Salad	Power Protein Garden Greens Salad	SAL-041	1 each	362	21	13	647	29	5	5	1	19	Milk, Soy, Wheat
Grab & Go Salad	Sesame Noodle Bowl with Chicken Tenders	SAL-045	1 each	467	22	4	735	48	8	13	6	20	Egg, Sesame, Soy, Wheat
Grab & Go Salad	Sesame Noodle Bowl with Veggie Nuggets	SAL-046	1 each	368	15	1	647	48	8	12	6	18	Sesame, Soy, Wheat
Grab & Go Salad	Southwest Black Bean Cobb Salad	SAL-032	1 each	410	16	8	658	46	11	6	1	23	Egg, Milk, Soy, Wheat

Menu Nutrition Information

Category	Menu Item	Recipe/ Brand	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Total Carb (g)	Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Allergens
Grab & Go Salad	Taco Spiced Chicken Bites Grab & Go Salad	SAL-051	1 each	401	18	3	841	42	9	5	2	21	Egg, Milk, Soy, Wheat
Grab & Go Salad	Tuna Salad Grab & Go	SAL-012	1 each	264	6	1	670	31	5	6	3	28	Egg, Fish, Soy, Wheat
Salads	Caesar Salad	SB-008	1/2 cup	48	4	1	79	2	1	1	0	1	Milk
Salads	Caprese Salad	SB-021	1/2 cup	101	7	3	296	5	1	3	1	6	Milk, Soy
Salads	Italian Classico	SB-005	1/2 cup	79	8	1	21	2	1	1	0	1	No Common Allergens
Salads	Marinated Vegetable Salad	SB-007	Sal	80	6	0	179	6	1	3	0	1	No Common Allergens
Salads	Spinach, Tomato, & Roasted Red Pepper Salad	SB-002	1/2 cup	53	4	0	154	4	1	2	0	2	Milk
Salads	Strawberry Cucumber Salad	SB-011	1/2 cup	60	4	0	76	6	1	4	1	1	No Common Allergens
Salads	Vegetable Pasta Salad	SB-022	1/2 cup	84	3	7	113	14	2	3	1	2	Wheat
Grab & Go Lunch	Cheese Plate	VEG-079K8	1 each	455	21	9	682	54	4	16	4	19	Milk, Wheat
Grab & Go Lunch	Cheese Plate	VEG-079HS	1 each	510	21	9	683	69	5	29	4	19	Milk, Wheat
Grab & Go Lunch	Grab & Go, Hummus (2 Hummus, 2 Crackers, Indv. Carrot and Apple)	VEG-057K8	1 each	526	21	1	816	78	12	21	4	10	Sesame, Wheat
Grab & Go Lunch	Grab & Go, Hummus (2 Hummus, 2 Crackers, Indv. Carrot and Apple)	VEG-057HS	1 each	551	21	1	871	84	13	24	4	10	Sesame, Wheat
Vegetable - Additional	Medley, Corn, Peas and Carrots (K-8)	VO-022	1/2 cup	86	4	0	205	10	2	5	0	2	No Common Allergens
Vegetable - Additional	Medley, Corn, Peas and Carrots (HS)	VO-022	1 cup	172	9	0	410	20	4	10	0	4	No Common Allergens
Vegetable - Beans, Peas & Lentils	Baked Beans	VBPL-035A	1/2 cup	158	1	0	170	31	7	8	7	8	No Common Allergens
Vegetable - Beans, Peas & Lentils	Baked Beans	VBPL-035A	1 cup	316	1	0	340	61	14	16	14	16	No Common Allergens
Vegetable - Beans, Peas & Lentils	Balsamic Chickpea Salad (K-8)	VBPL-030	1/2 cup	187	8	2	302	24	9	7	2	7	No Common Allergens
Vegetable - Beans, Peas & Lentils	Balsamic Chickpea Salad (HS)	VBPL-030	1 cup	374	16	4	604	48	18	14	4	14	No Common Allergens
Vegetable - Beans, Peas & Lentils	BBQ Beans (K-8)	VBPL-009	1/2 cup	155	0	0	255	27	5	9	8	7	No Common Allergens
Vegetable - Beans, Peas & Lentils	BBQ Beans (HS)	VBPL-009	1 cup	309	1	0	511	53	11	18	16	15	No Common Allergens
Vegetable - Beans, Peas & Lentils	Black Beans	USDA	1/2 cup	100	0	0	140	18	6	2	0	7	No Common Allergens
Vegetable - Beans, Peas & Lentils	Black Bean and Corn Salad (K-8)	VBPL-032	1/2 cup	138	3	0	220	21	6	2	0	7	No Common Allergens
Vegetable - Beans, Peas & Lentils	Black Bean and Corn Salad (HS)	VBPL-032	1 cup	276	6	0	440	42	12	4	0	14	No Common Allergens

Menu Nutrition Information

Category	Menu Item	Recipe/ Brand	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Total Carb (g)	Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Allergens
Vegetable - Beans, Peas & Lentils	Black Bean Salad (K-8)	VBPL-011	1/2 cup	110	1	0	208	18	6	2	0	6	No Common Allergens
Vegetable - Beans, Peas & Lentils	Black Bean Salad (HS)	VBPL-011	1 cup	220	3	0	416	35	11	3	0	13	No Common Allergens
Vegetable - Beans, Peas & Lentils	Black Bean Salsa (K-8)	VBPL-015	1/2 cup	112	0	0	203	20	6	2	0	7	No Common Allergens
Vegetable - Beans, Peas & Lentils	Black Bean Salsa (HS)	VBPL-015	1 cup	223	0	0	406	40	12	3	0	14	No Common Allergens
Vegetable - Beans, Peas & Lentils	Black Beans Seasoned w Sofrito (K-8)	VBPL-004	1/2 cup	126	2	0	208	20	6	2	0	7	No Common Allergens
Vegetable - Beans, Peas & Lentils	Black Beans Seasoned w Sofrito (HS)	VBPL-004	1 cup	252	4	0	417	39	12	4	0	14	No Common Allergens
Vegetable - Beans, Peas & Lentils	Chickpeas, Roasted (K-8)	VBPL-012	1/2 cup	168	6	1	256	22	10	4	0	7	No Common Allergens
Vegetable - Beans, Peas & Lentils	Chickpeas, Roasted (HS)	VBPL-012	1 cup	336	11	3	513	45	20	8	0	15	No Common Allergens
Vegetable - Beans, Peas & Lentils	Chickpeas Roasted with Basil Pesto (K-8)	VBPL-005	1/2 cup	172	6	2	218	23	10	4	0	8	Milk
Vegetable - Beans, Peas & Lentils	Chickpeas Roasted with Basil Pesto (HS)	VBPL-005	1 cup	344	13	4	436	46	20	8	0	16	Milk
Vegetable - Beans, Peas & Lentils	Chickpeas Roasted with Spinach Cilantro Pesto (K-8)	VBPL-026	1/2 cup	172	6	2	221	23	10	4	0	8	Milk
Vegetable - Beans, Peas & Lentils	Chickpeas Roasted with Spinach Cilantro Pesto (HS)	VBPL-026	1 cup	344	12	3	442	45	20	8	0	15	Milk
Vegetable - Beans, Peas & Lentils	Chickpea Salad (K-8)	VBPL-010	1/2 cup	163	7	1	161	20	9	4	0	7	No Common Allergens
Vegetable - Beans, Peas & Lentils	Chickpea Salad (HS)	VBPL-010	1 cup	326	14	3	322	40	18	8	0	14	No Common Allergens
Vegetable - Beans, Peas & Lentils	Chickpeas, Seasoned (K-8)	VBPL-020	1/2 cup	138	4	1	201	20	8	4	1	6	No Common Allergens
Vegetable - Beans, Peas & Lentils	Chickpeas, Seasoned (HS)	VBPL-020	1 cup	276	9	3	402	40	16	9	2	12	No Common Allergens
Vegetable - Beans, Peas & Lentils	Cilantro Black Bean Salad (K-8)	VBPL-029	1/2 cup	202	3	0	391	33	10	3	0	12	No Common Allergens
Vegetable - Beans, Peas & Lentils	Cilantro Black Bean Salad (HS)	VBPL-029	1 cup	404	5	1	782	65	21	6	0	23	No Common Allergens
Vegetable - Beans, Peas & Lentils	Creamy Lima Beans	VBPL-040	1/2 cup	157	3	0	227	27	5	5	1	7	Milk
Vegetable - Beans, Peas & Lentils	Creamy Lima Beans	VBPL-040	1 cup	314	5	1	454	55	9	11	1	14	Milk
Vegetable - Beans, Peas & Lentils	Fiesta Black Beans (K-8)	VBPL-028	1/2 cup	110	1	0	208	18	6	2	0	6	No Common Allergens
Vegetable - Beans, Peas & Lentils	Fiesta Black Beans (HS)	VBPL-028	1 cup	220	3	0	416	35	11	3	0	13	No Common Allergens
Vegetable - Beans, Peas & Lentils	Garbanzo Beans (Chickpeas)	Furmano's	1/2 cup	110	2	1	140	18	8	3	0	8	No Common Allergens
Vegetable - Beans, Peas & Lentils	Garbanzo Beans (Chickpeas)	USDA	1/2 cup	130	2	0	140	21	4	4	0	5	No Common Allergens

Menu Nutrition Information

Category	Menu Item	Recipe/ Brand	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Total Carb (g)	Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Allergens
Vegetable - Beans, Peas & Lentils	Garbanzo Beans & Diced Tomatoes (K-8)	VBPL-022	1/2 cup	130	2	1	240	21	9	5	0	7	No Common Allergens
Vegetable - Beans, Peas & Lentils	Great Northern	USDA	1/2 cup	150	1	0	140	28	5	2	0	6	No Common Allergens
Vegetable - Beans, Peas & Lentils	Gremolata Marinated White Beans (K-8)	VBPL-039	1/2 cup	155	1	0	199	29	5	3	0	6	No Common Allergens
Vegetable - Beans, Peas & Lentils	Gremolata Marinated White Beans (HS)	VBPL-039	1 cup	310	2	0	398	58	10	6	0	12	No Common Allergens
Vegetable - Beans, Peas & Lentils	Italian Chickpeas (K-8)	VBPL-008	1/2 cup	189	4	1	252	28	11	7	2	8	No Common Allergens
Vegetable - Beans, Peas & Lentils	Italian Chickpeas (HS)	VBPL-008	1 cup	378	8	3	504	56	22	14	3	16	No Common Allergens
Vegetable - Beans, Peas & Lentils	Marinated Bean Salad (K-8)	VBPL-025	1/2 cup	130	4	1	274	18	7	2	0	6	No Common Allergens
Vegetable - Beans, Peas & Lentils	Marinated Bean Salad (HS)	VBPL-025	1 cup	260	8	2	548	36	14	4	0	12	No Common Allergens
Vegetable - Beans, Peas & Lentils	Pinto Beans	Furmano's	1/2 cup	90	0	0	140	16	6	0	0	6	No Common Allergens
Vegetable - Beans, Peas & Lentils	Pinto Beans	Margaret Holmes	1/2 cup	120	1	0	80	22	7	1	0	8	No Common Allergens
Vegetable - Beans, Peas & Lentils	Pinto Beans	USDA	1/2 cup	120	1	0	140	22	9	1	0	5	No Common Allergens
Vegetable - Beans, Peas & Lentils	Pinto Bean Salad (K-8)	VBPL-037	1/2 cup	110	2	0	210	18	7	1	0	6	No Common Allergens
Vegetable - Beans, Peas & Lentils	Pinto Bean Salad (HS)	VBPL-037	1 cup	220	4	0	420	36	14	2	0	12	No Common Allergens
Vegetable - Beans, Peas & Lentils	Pinto Beans Seasoned with Sofrito (K-8)	VBPL-002	1/2 cup	126	2	0	208	19	7	1	0	7	No Common Allergens
Vegetable - Beans, Peas & Lentils	Pinto Beans Seasoned with Sofrito (HS)	VBPL-002	1 cup	252	4	0	416	38	14	2	0	14	No Common Allergens
Vegetable - Beans, Peas & Lentils	Red Kidney Beans	Furmano's	1/2 cup	100	0	0	140	16	5	1	0	7	No Common Allergens
Vegetable - Beans, Peas & Lentils	Red Kidney Beans	Margaret Holmes	1/2 cup	120	1	0	90	21	7	1	0	8	No Common Allergens
Vegetable - Beans, Peas & Lentils	Red Kidney Beans	USDA	1/2 cup	120	1	0	140	23	5	1	0	6	No Common Allergens
Vegetable - Beans, Peas & Lentils	Stewed Black Beans (K-8)	VBPL-004	1/2 cup	126	2	0	209	19	6	2	0	7	No Common Allergens
Vegetable - Beans, Peas & Lentils	Stewed Black Beans (HS)	VBPL-004	1 cup	252	4	0	418	38	12	4	0	14	No Common Allergens
Vegetable - Beans, Peas & Lentils	White Bean Salad (K-8)	VBPL-016	1/2 cup	152	3	0	235	24	5	3	0	6	No Common Allergens
Vegetable - Beans, Peas & Lentils	White Bean Salad (HS)	VBPL-016	1 cup	304	7	0	470	48	11	5	0	12	No Common Allergens
Vegetable - Dark Green	Asian Harvest Broccoli Salad (K-8)	VDG-036	1/2 cup	83	4	1	105	11	1	7	3	2	Sesame, Soy, Wheat
Vegetable - Dark Green	Asian Harvest Broccoli Salad (HS)	VDG-036	1 cup	167	9	1	211	21	3	14	5	3	Sesame, Soy, Wheat

Menu Nutrition Information

Category	Menu Item	Recipe/ Brand	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Total Carb (g)	Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Allergens
Vegetable - Dark Green	Broccoli Salad (K-8)	VDG-024	1/2 cup	88	4	2	120	11	1	7	3	3	Egg, Milk
Vegetable - Dark Green	Broccoli Salad (HS)	VDG-024	1 cup	177	8	4	258	21	2	14	5	6	Egg, Milk
Vegetable - Dark Green	Broccoli with Roasted Garlic (K-8)	VDG-001	1/2 cup	55	4	0	69	4	2	1	0	3	No Common Allergens
Vegetable - Dark Green	Broccoli with Roasted Garlic (HS)	VDG-001	1 cup	110	7	0	138	9	4	2	0	5	No Common Allergens
Vegetable - Dark Green	Chipotle Broccoli (K-8)	VDG-028	1/2 cup	59	3	0	59	4	2	2	1	2	Egg, Milk
Vegetable - Dark Green	Chipotle Broccoli (HS)	VDG-028	1 cup	117	6	1	118	8	4	3	1	4	Egg, Milk
Vegetable - Dark Green	Creamy Arugula Salad (HS)	VDG-033	1 cup	58	5	1	40	2	0	1	0	1	Milk
Vegetable - Dark Green	Creamy Arugula Salad	VDG-033	2 cups	116	11	2	80	4	1	2	0	2	Milk
Vegetable - Dark Green	Crispy Broccoli (K-8)	VDG-015	1/2 cup	69	5	1	75	4	2	1	0	3	Milk
Vegetable - Dark Green	Crispy Broccoli (HS)	VDG-015	1 cup	137	9	1	149	8	4	3	0	7	Milk
Vegetable - Dark Green	Fresh Broccoli Florets (K-8)	VDG-023	1/2 cup	15	0	0	15	3	1	1	0	1	No Common Allergens
Vegetable - Dark Green	Fresh Broccoli Florets (HS)	VDG-023	1 cup	30	0	0	30	6	2	3	0	3	No Common Allergens
Vegetable - Dark Green	Green Garden Salad (HS)	VDG-004	1 cup	7	0	0	7	1	1	0	0	0	No Common Allergens
Vegetable - Dark Green	Green Garden Salad	VDG-004	2 cups	14	0	0	14	2	2	0	0	0	No Common Allergens
Vegetable - Dark Green	Kale Caesar Salad (HS)	VDG-012	1 cup	62	4	1	88	5	2	2	2	3	Milk
Vegetable - Dark Green	Kale Caesar Salad	VDG-012	2 cups	134	8	2	176	10	2	2	4	6	Milk
Vegetable - Dark Green	Kale Caesar Sald with Buttermilk Caesar (HS)	VDG018	1 cup	137	11	1	355	16	2	2	1	4	Egg, Milk, Soy, Wheat
Vegetable - Dark Green	Kale Caesar Sald with Buttermilk Caesar	VDG018	2 cups	274	22	2	710	32	4	4	2	8	Egg, Milk, Soy, Wheat
Vegetable - Dark Green	Katsu Broccoli (K-8)	VDG-030	1/2 cup	25	0	0	106	5	1	2	2	1	Soy, Wheat
Vegetable - Dark Green	Katsu Broccoli (HS)	VDG-030	1 cup	50	0	0	212	9	2	5	3	3	Soy, Wheat
Vegetable - Dark Green	Kid Friendly Kale Salad (HS)	VDG-007	1 cup	112	6	1	162	15	2	10	6	2	No Common Allergens
Vegetable - Dark Green	Kid Friendly Kale Salad	VDG-007	2 cups	224	12	2	324	28	4	20	11	4	No Common Allergens
Vegetable - Dark Green	Lemon Arugula Salad (HS)	VDG-026	1 cup	90	6	1	108	7	1	5	3	2	Milk
Vegetable - Dark Green	Lemon Arugula Salad	VDG-026	2 cups	180	13	2	216	15	2	10	6	4	Milk

Menu Nutrition Information

Category	Menu Item	Recipe/ Brand	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Total Carb (g)	Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Allergens
Vegetable - Dark Green	Lettuce, Romaine, Chopped (HS)	Taylor Farms	1 cup	6	0	0	3	1	1	0	0	0	No Common Allergens
Vegetable - Dark Green	Mixed Green Salad (HS)	VDG-019	1 cup	61	3	0	91	9	2	5	1	1	No Common Allergens
Vegetable - Dark Green	Mixed Green Salad	VDG-019	2 cups	122	5	1	182	18	4	11	2	2	No Common Allergens
Vegetable - Dark Green	Parmigiana Spinach (K-8)	VDG-008	1/2 cup	73	4	0	212	4	3	2	0	4	Milk
Vegetable - Dark Green	Parmigiana Spinach (HS)	VDG-008	1 cup	146	8	1	425	7	7	4	0	7	Milk
Vegetable - Dark Green	Rainbow Spinach (K-8)	VDG-031	1/2 cup	76	2	0	260	9	5	4	0	4	No Common Allergens
Vegetable - Dark Green	Rainbow Spinach (HS)	VDG-031	1 cup	152	4	0	520	17	10	9	0	8	No Common Allergens
Vegetable - Dark Green	Ranchy Broccoli (K-8)	VDG-035	1/2 cup	67	4	0	82	7	3	1	0	4	No Common Allergens
Vegetable - Dark Green	Ranchy Broccoli (HS)	VDG-035	1 cup	134	7	1	164	13	5	2	0	7	No Common Allergens
Vegetable - Dark Green	Roasted Broccoli (K-8)	VDG-022	1/2 cup	81	6	1	302	6	3	2	0	3	No Common Allergens
Vegetable - Dark Green	Roasted Broccoli (HS)	VDG-022	1 cup	162	12	1	604	12	5	4	0	6	No Common Allergens
Vegetable - Dark Green	Saag Spinach (K-8)	VDG-034	1/2 cup	43	0	0	189	4	4	2	0	3	No Common Allergens
Vegetable - Dark Green	Saag Spinach (HS)	VDG-034	1 cup	86	1	0	378	8	7	4	0	7	No Common Allergens
Vegetable - Dark Green	Steamed Broccoli (K-8)	VDG-010	1/2 cup	10	0	0	9	2	1	5	0	1	No Common Allergens
Vegetable - Dark Green	Steamed Broccoli (HS)	VDG-010	1 cup	20	0	0	19	4	2	3	0	2	No Common Allergens
Vegetable - Dark Green	Super Hero Spinach (K-8)	VDG-003	1/2 cup	75	4	0	226	4	4	2	0	4	No Common Allergens
Vegetable - Dark Green	Super Hero Spinach (HS)	VDG-003	1 cup	151	8	0	453	8	8	4	0	8	No Common Allergens
Vegetable - Dark Green	Sweet and Tangy Braised Kale (K-8)	VDG-029	1/2 cup	93	10	0	281	14	3	3	1	4	No Common Allergens
Vegetable - Dark Green	Sweet and Tangy Braised Kale (HS)	VDG-029	1 cup	185	20	0	562	28	5	5	1	7	No Common Allergens
Vegetable - Dark Green	Sweet & Zesty Garden Greens (HS)	VDG-032	1 cup	67	7	1	77	2	1	1	0	1	No Common Allergens
Vegetable - Dark Green	Sweet & Zesty Garden Greens	VDG-032	2 cups	134	14	2	154	4	2	2	1	2	No Common Allergens
Vegetable - Dark Green	Tomato Vinaigrette Salad (HS)	VDG-027	1 cup	71	7	0	48	3	2	2	0	1	No Common Allergens
Vegetable - Dark Green	Tomato Vinaigrette Salad	VDG-027	2 cups	142	13	1	97	7	4	4	0	2	No Common Allergens
Vegetable - Other	Adobo Green Beans (K-8)	VO-053	1/2 cup	87	5	0	208	12	4	1	0	2	No Common Allergens

Menu Nutrition Information

Category	Menu Item	Recipe/ Brand	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Total Carb (g)	Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Allergens
Vegetable - Other	Adobo Green Beans (HS)	VO-053	1 cup	142	10	0	416	24	8	2	0	4	No Common Allergens
Vegetable - Other	Asian Cucumber Salad (K-8)	VO-048	1/2 cup	57	4	1	153	6	1	4	3	1	Sesame, Soy, Wheat
Vegetable - Other	Asian Cucumber Salad (HS)	VO-048	1 cup	114	8	2	306	11	2	5	5	1	Sesame, Soy, Wheat
Vegetable - Other	Braised Cabbage (K-8)	VO-054	1/2 cup	37	0	0	171	7	2	3	2	1	No Common Allergens
Vegetable - Other	Braised Cabbage (HS)	VO-054	1 cup	74	1	0	342	14	4	7	3	3	No Common Allergens
Vegetable - Other	Cauli-Crunchers (K-8)	VO-057	1/2 cup	71	3	1	206	7	2	2	0	2	Milk, Soy, Wheat
Vegetable - Other	Cauli-Crunchers (HS)	VO-057	1 cup	141	7	1	412	15	3	5	0	3	Milk, Soy, Wheat
Vegetable - Other	Cauliflower Salad (K-8)	VO-024	1/2 cup	46	1	0	74	6	2	3	0	1	No Common Allergens
Vegetable - Other	Cauliflower Salad (HS)	VO-024	1 cup	92	2	0	147	12	4	6	0	3	No Common Allergens
Vegetable - Other	Celery, Sticks	USDA	6 each	8	1	0	40	2	1	1	0	0	No Common Allergens
Vegetable - Other	Cilantro Healthy Coleslaw (K-8)	VO-012	1/2 cup	101	8	0	183	8	2	5	2	1	No Common Allergens
Vegetable - Other	Cilantro Healthy Coleslaw (HS)	VO-012	1 cup	202	16	1	366	15	4	10	4	2	No Common Allergens
Vegetable - Other	Classic Coleslaw (K-8)	VO-043	1/2 cup	42	2	0	105	5	1	2	2	1	Egg
Vegetable - Other	Classic Coleslaw (HS)	VO-043	1 cup	84	3	0	209	11	2	4	4	2	Egg
Vegetable - Other	Colorful Green Beans (K-8)	VO-049	1/2 cup	78	4	1	276	10	3	4	2	1	No Common Allergens
Vegetable - Other	Colorful Green Beans (HS)	VO-049	1 cup	155	8	1	552	20	7	9	3	3	No Common Allergens
Vegetable - Other	Cucumber, Slices (K-8)	VO-014	1/2 cup	11	0	0	2	3	0	5	0	0	No Common Allergens
Vegetable - Other	Cucumber, Slices (HS)	VO-014	1 cup	22	0	0	3	6	1	3	0	0	No Common Allergens
Vegetable - Other	Curried Cauliflower (K-8)	VO-028	1/2 cup	70	4	0	262	5	2	2	0	1	No Common Allergens
Vegetable - Other	Curried Cauliflower (HS)	VO-028	1 cup	140	8	1	524	11	3	5	0	2	No Common Allergens
Vegetable - Other	Garlic Teriyaki Green Beans (K-8)	VO-021	1/2 cup	41	0	0	135	9	2	5	4	1	Sesame, Soy, Wheat
Vegetable - Other	Garlic Teriyaki Green Beans (HS)	VO-021	1 cup	83	0	0	270	18	4	9	7	3	Sesame, Soy, Wheat
Vegetable - Other	Garlicky Green Beans (K-8)	VO-003	1/2 cup	56	4	0	146	5	2	1	0	1	No Common Allergens
Vegetable - Other	Garlicky Green Beans (HS)	VO-003	1 cup	112	8	1	292	10	4	2	0	2	No Common Allergens

Menu Nutrition Information

Category	Menu Item	Recipe/ Brand	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Total Carb (g)	Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Allergens
Vegetable - Other	Greek Cucumber Salad (K-8)	VO-051	1/2 cup	28	3	0	189	6	1	3	1	1	Soy, Wheat
Vegetable - Other	Greek Cucumber Salad (HS)	VO-051	1 cup	56	5	1	378	12	2	7	2	2	Soy, Wheat
Vegetable - Other	Greek Zucchini Salad (K-8)	VO-006	1/2 cup	42	3	0	100	5	1	3	0	1	No Common Allergens
Vegetable - Other	Greek Zucchini Salad (HS)	VO-006	1 cup	84	5	0	201	10	3	6	0	2	No Common Allergens
Vegetable - Other	Herb Roasted Cauliflower (K-8)	VO-058	1/2 cup	51	3	0	182	4	1	2	0	1	No Common Allergens
Vegetable - Other	Herb Roasted Cauliflower (HS)	VO-058	1 cup	102	6	1	365	8	2	4	0	2	No Common Allergens
Vegetable - Other	Italian Marinated Cucumber Salad (K-8)	VO-018	1/2 cup	45	4	0	9	3	0	1	0	1	No Common Allergens
Vegetable - Other	Italian Marinated Cucumber Salad (HS)	VO-018	1 cup	90	8	0	18	6	1	2	0	1	No Common Allergens
Vegetable - Other	Jollof Cauliflower (K-8)	VO-041	1/2 Cup	108	7	0	73	9	2	5	1	2	No Common Allergens
Vegetable - Other	Jollof Cauliflower (HS)	VO-041	1 Cup	217	14	2	146	18	5	10	1	4	No Common Allergens
Vegetable - Other	Kachumber (K-8)	VO-042	1/2 cup	20	0	0	73	5	1	2	0	1	No Common Allergens
Vegetable - Other	Kachumber (HS)	VO-042	1 cup	40	0	0	145	10	2	5	0	3	No Common Allergens
Vegetable - Other	Mediterranean Zucchini & Tomato Salad (K-8)	VO-029	1/2 cup	86	5	0	255	8	2	5	1	2	Milk
Vegetable - Other	Mediterranean Zucchini & Tomato Salad (HS)	VO-029	1 cup	172	10	1	510	16	4	10	2	4	Milk
Vegetable - Other	Oven Roasted Squash/Summer Squash (K-8)	VO-035	1/2 cup	47	3	0	68	4	1	3	0	1	No Common Allergens
Vegetable - Other	Oven Roasted Squash/Summer Squash (HS)	VO-035	1 cup	94	7	0	136	7	2	5	0	3	No Common Allergens
Vegetable - Other	Parmigiana Roasted Cauliflower (K-8)	VO-017	1/2 cup	65	4	0	335	6	2	3	0	3	Milk
Vegetable - Other	Parmigiana Roasted Cauliflower (HS)	VO-017	1 cup	130	8	1	671	12	4	5	0	5	Milk
Vegetable - Other	Pizzalicious Green Beans (K-8)	VO-056	1/2 cup	52	2	0	206	6	3	1	0	1	No Common Allergens
Vegetable - Other	Pizzalicious Green Beans (HS)	VO-056	1 cup	53	5	0	412	13	5	3	0	2	No Common Allergens
Vegetable - Other	Roasted Broccoli and Cauliflower (K-8)	VO-023	1/2 cup	39	2	0	49	5	2	2	0	2	No Common Allergens
Vegetable - Other	Roasted Broccoli and Cauliflower (HS)	VO-023	1 cup	78	3	0	98	9	4	3	0	4	No Common Allergens
Vegetable - Other	Roasted Cauliflower (K-8)	VO-034	1/2 cup	78	6	0	306	6	2	2	0	2	No Common Allergens
Vegetable - Other	Roasted Cauliflower (HS)	VO-034	1 cup	156	12	0	612	12	4	4	0	4	No Common Allergens

Menu Nutrition Information

Category	Menu Item	Recipe/ Brand	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Total Carb (g)	Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Allergens
Vegetable - Other	Roasted Zucchini (K-8)	VO-001	1/2 cup	48	3	0	68	4	1	3	0	1	No Common Allergens
Vegetable - Other	Roasted Zucchini (HS)	VO-001	1 cup	96	6	0	136	7	2	6	0	3	No Common Allergens
Vegetable - Other	Roasted Zucchini and Tomatoes (K-8)	VO-020	1/2 cup	57	3	0	130	5	2	4	0	2	No Common Allergens
Vegetable - Other	Roasted Zucchini and Tomatoes (HS)	VO-021	1 cup	114	6	1	260	10	4	9	0	3	No Common Allergens
Vegetable - Other	Savory Green Beans (K-8)	VO-004	1/2 cup	50	3	0	65	5	2	1	0	1	No Common Allergens
Vegetable - Other	Savory Green Beans (HS)	VO-004	1 cup	100	6	0	130	10	4	2	0	2	No Common Allergens
Vegetable - Other	Seasoned Green Beans (K-8)	VO-046	1/2 cup	26	0	0	255	6	2	2	0	1	No Common Allergens
Vegetable - Other	Seasoned Green Beans (HS)	VO-046	1 cup	52	0	0	510	12	4	3	0	2	No Common Allergens
Vegetable - Other	Spiced Green Beans (K-8)	VO-052	1/2 cup	46	2	0	254	7	3	2	0	1	No Common Allergens
Vegetable - Other	Spiced Green Beans (HS)	VO-052	1 cup	92	4	0	508	7	5	3	0	2	No Common Allergens
Vegetable - Other	Szechuan Style Zucchini (K-8)	VO-055	1/2 cup	58	4	1	124	5	1	3	0	2	Soy
Vegetable - Other	Szechuan Style Zucchini (HS)	VO-055	1 cup	115	8	1	245	9	3	7	0	3	Soy
Vegetable - Other	Vegetables "Stir Fry" (K-8)	VO-010	1/2 cup	66	3	0	202	8	2	3	0	2	Soy, Wheat
Vegetable - Other	Vegetables "Stir Fry" (HS)	VO-010	1 cup	132	6	0	404	16	4	7	0	4	Soy, Wheat
Vegetable - Other	Zucchini Tomato Parmesan Salad (K-8)	VO-026	1/2 cup	66	3	0	225	9	3	5	1	3	Milk
Vegetable - Other	Zucchini Tomato Parmesan Salad (HS)	VO-026	1 cup	132	5	1	550	18	5	10	1	5	Milk
Vegetable - Red/Orange	Baby Carrots (K-8)	VRO-027	1/2 cup	30	0	0	34	7	2	4	0	1	No Common Allergens
Vegetable - Red/Orange	Baby Carrots (HS)	VRO-027	1 cup	60	0	0	68	14	3	8	0	1	No Common Allergens
Vegetable - Red/Orange	Basil Parmesan Carrots (K-8)	VRO-034	1/2 cup	93	6	1	210	8	3	4	0	1	Milk
Vegetable - Red/Orange	Basil Parmesan Carrots (HS)	VRO-034	1 cup	186	11		420	16	5	9	0	1	Milk
Vegetable - Red/Orange	Bruschetta Tomato Salad (K-8)	VRO-016	1/2 cup	45	2	0	45	7	2	4	1	1	No Common Allergens
Vegetable - Red/Orange	Bruschetta Tomato Salad (HS)	VRO-016	1 cup	90	3	0	90	14	3	8	2	2	No Common Allergens
Vegetable - Red/Orange	Carrots, Ranch, Ind	Bolthouse Farms	1/3 cup	30	0	0	200	7	2	5	0	1	Milk
Vegetable - Red/Orange	Carrots, Shredded	USDA	3 oz	30	0	0	65	7	3	4	0	0	No Common Allergens

Menu Nutrition Information

Category	Menu Item	Recipe/ Brand	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Total Carb (g)	Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Allergens
Vegetable - Red/Orange	Carrots, Sliced, Canned	USDA	1/2 cup	40	0	0	140	10	2	4	0	0	No Common Allergens
Vegetable - Red/Orange	Carrots, Sliced, Frozen	USDA	1/2 cup	30	0	0	40	6	3	4	0	0	No Common Allergens
Vegetable - Red/Orange	Carrots, Topped Bag, Fresh	USDA	1/2 cup	45	1	0	87	10	3		0	1	No Common Allergens
Vegetable - Red/Orange	Carrot Raisin Salad (K-8)	VRO-026	1/2 cup	120	4	1	287	20	2	14	6	1	Egg
Vegetable - Red/Orange	Carrot Raisin Salad (HS)	VRO-026	1 cup	240	9	1	574	40	4	28	11	2	Egg
Vegetable - Red/Orange	Carrot Sticks, Plain, Individual	Lancaster Farms	1 bag	30	0	0	0	9	2	5	0	1	No Common Allergens
Vegetable - Red/Orange	Carrot Sticks, Plain, Individual	Bolthouse Farms	1 bag	30	0	0	35	9	2	5	0	1	No Common Allergens
Vegetable - Red/Orange	Carrot Sticks, Plain, Individual	Fresh Health Kids	1 bag	35	0	0	65	8	2	5	0	1	No Common Allergens
Vegetable - Red/Orange	Cherry Grape Tomatoes (K-8)	VRO-031	1/2 cup	14	0	0	0	3	1	2	0	1	No Common Allergens
Vegetable - Red/Orange	Cherry Grape Tomatoes (HS)	VRO-031	1 cup	28	0	0	0	6	2	4	0	1	No Common Allergens
Vegetable - Red/Orange	Fresh Tomato Salad (K-8)	VRO-021	1/2 cup	45	2	0	45	7	2	4	1	1	No Common Allergens
Vegetable - Red/Orange	Fresh Tomato Salad (HS)	VRO-021	1 cup	89	3	1	90	14	3	9	1	2	No Common Allergens
Vegetable - Red/Orange	Ginger Carrots (K-8)	VRO-028	1/2 Cup	51	3	0	185	6	2	4	1	1	Soy, Wheat
Vegetable - Red/Orange	Ginger Carrots (HS)	VRO-028	1 Cup	102	5	0	370	12	4	7	1	2	Soy, Wheat
Vegetable - Red/Orange	Glazed Carrots (K-8)	VRO-017	1/2 cup	103	4	0	164	15	3	12	8	1	No Common Allergens
Vegetable - Red/Orange	Glazed Carrots (HS)	VRO-017	1 cup	206	9	0	328	30	6	24	15	3	No Common Allergens
Vegetable - Red/Orange	Honey Diced Sweet Potatoes (K-8)	VRO-024	1/2 cup	178	5	0	325	33	3	19	10	2	No Common Allergens
Vegetable - Red/Orange	Honey Diced Sweet Potatoes (HS)	VRO-024	1 cup	355	10	1	649	66	5	38	20	4	No Common Allergens
Vegetable - Red/Orange	Italian Roasted Carrots (K-8)	VRO-032	1/2 cup	50	2	0	193	7	3	4	0	1	No Common Allergens
Vegetable - Red/Orange	Italian Roasted Carrots (HS)	VRO-032	1 cup	100	4	0	386	15	6	4	0	2	No Common Allergens
Vegetable - Red/Orange	Parmesan Carrot Sticks (K-8)	VRO-033	1/2 Cup	50	1	0	87	9	2	5	1	1	Milk
Vegetable - Red/Orange	Parmesan Carrot Sticks (HS)	VRO-033	1 Cup	100	2	0	173	17	3	11	2	3	Milk
Vegetable - Red/Orange	Pimentos	Ruby	1/2 cup	30	0	0	350	6	1	4	1	1	No Common Allergens
Vegetable - Red/Orange	Roasted Carrot Coins (K-8)	VRO-029	1/2 Cup	41	1	0	93	6	2	3	0	1	No Common Allergens

Menu Nutrition Information

Category	Menu Item	Recipe/ Brand	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Total Carb (g)	Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Allergens
Vegetable - Red/Orange	Roasted Carrot Coins (HS)	VRO-029	1 Cup	83	3	0	187	12	5	7	0	2	No Common Allergens
Vegetable - Red/Orange	Roasted Fresh Tomatoes (K-8)	VRO-023	1/2 cup	67	6	0	119	2	1	1	0	1	No Common Allergens
Vegetable - Red/Orange	Roasted Fresh Tomatoes (HS)	VRO-023	1 cup	135	13	1	238	5	2	3	0	1	No Common Allergens
Vegetable - Red/Orange	Roasted Tomato Salsa (K-8)	VRO-022	1/2 cup	36	0	0	307	6	2	3	0	1	No Common Allergens
Vegetable - Red/Orange	Slow Roasted Baby Carrots (K-8)	VRO-020	1/2 cup	113	5	0	195	19	2	15	10	1	No Common Allergens
Vegetable - Red/Orange	Slow Roasted Baby Carrots (HS)	VRO-020	1 cup	226	10	1	390	38	4	30	20	2	No Common Allergens
Vegetable - Red/Orange	Spiced Sweet Potatoes (K-8)	VRO-030	1/2 Cup	120	3	0	109	22	2	8	0	2	No Common Allergens
Vegetable - Red/Orange	Spiced Sweet Potatoes (HS)	VRO-030	1 Cup	240	7	0	217	42	5	16	0	4	No Common Allergens
Vegetable - Red/Orange	Sweet Potato Waffle Fries (K-8)	VRO-009	1/2 cup	160	6	1	190	25	1	8	1	1	No Common Allergens
Vegetable - Red/Orange	Sweet Potato Waffle Fries (HS)	VRO-009	1 cup	320	12	2	380	50	2	16	2	2	No Common Allergens
Vegetable - Red/Orange	Sweet Potato Wedges (K-8)	VRO-011	1/2 cup	200	7	1	230	32	2	10	2	2	No Common Allergens
Vegetable - Red/Orange	Sweet Potato Wedges (HS)	VRO-011	1 cup	400	14	2	460	64	4	20	4	4	No Common Allergens
Vegetable - Red/Orange	Tomatoes, Fresh	USDA	1/2 cup	18	0	0	4	4	1	3	0	1	No Common Allergens
Vegetable - Red/Orange	Tomatoes, Fresh Diced (K-8)	VRO-007	1/2 cup	16	0	0	5	4	1	2	0	1	No Common Allergens
Vegetable - Red/Orange	Veg, Tomatoes, Cherry, Fresh	USDA	1 cup	26	0	0	7	9	2	4	0	1	No Common Allergens
Vegetable - Starchy	Basil Corn Salad (K-8)	VS-028	1/2 cup	117	4	0	88	18	2	2	0	0	No Common Allergens
Vegetable - Starchy	Basil Corn Salad (HS)	VS-028	1 cup	235	9	0	176	37	5	5	0	0	No Common Allergens
Vegetable - Starchy	Cinnamon Plantains (K-8)	VS-039	4 each	286	8	1	97	52	2	44	0	2	No Common Allergens
Vegetable - Starchy	Cinnamon Plantains (HS)	VS-039	8 each	572	16	2	194	104	4	88	0	4	No Common Allergens
Vegetable - Starchy	Citrus & Herb Roasted Potatoes	VS-044	1 cup	209	9	2	223	31	3	1	0	2	No Common Allergens
Vegetable - Starchy	Classic Potato Salad (HS)	VS-030	1 cup	201	8	2	312	30	2	3	2	2	Egg
Vegetable - Starchy	Confetti Corn Salad (K-8)	VS-011	1/2 cup	130	6	0	112	18	2	3	0	0	No Common Allergens
Vegetable - Starchy	Confetti Corn Salad (HS)	VS-011	1 cup	260	12	1	224	36	5	5	0	0	No Common Allergens
Vegetable - Starchy	Curry Potatoes (HS)	VS-037	1 cup	296	13	3	789	45	4	0	0	3	No Common Allergens

Menu Nutrition Information

Category	Menu Item	Recipe/ Brand	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Total Carb (g)	Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Allergens
Vegetable - Starchy	Hashbrowns	VS-033	1/2 cup	95	4	1	62	13	1	1	0	1	No Common Allergens
Vegetable - Starchy	Hashbrowns	VS-033	1 cup	190	8	2	124	26	2	2	0	2	No Common Allergens
Vegetable - Starchy	Herbed Roasted Potatoes	VS-031	1 cup	202	9	2	251	31	3	0	0	2	No Common Allergens
Vegetable - Starchy	Home Fries (using Diced Potatoes)	VS-024	1 cup	252	12	2	307	36	4	4	0	3	No Common Allergens
Vegetable - Starchy	Home Fries (using Seasoned Wedge Cut Potatoes)	VS-020	1 cup	315	11	1	453	50	6	6	0	5	No Common Allergens
Vegetable - Starchy	Hot Confetti Corn (K-8)	VS-012	1/2 cup	129	6	0	112	18	2	3	0	0	No Common Allergens
Vegetable - Starchy	Hot Confetti Corn (HS)	VS-012	1 cup	258	12	0	224	36	4	5	0	0	No Common Allergens
Vegetable - Starchy	Kelewele Style Plantains (K-8)	VS-032	4 each	207	5	1	19	40	2	33	0	2	No Common Allergens
Vegetable - Starchy	Kelewele Style Plantains (HS)	VS-032	8 each	414	10	2	37	79	4	66	0	3	No Common Allergens
Vegetable - Starchy	Marinated Potato Salad (HS)	VS-026	1 cup	195	10	2	231	27	2	0	0	2	No Common Allergens
Vegetable - Starchy	Parmigiana Peas (K-8)	VS-035	1/2 cup	103	3	0	212	14	4	5	0	5	Milk
Vegetable - Starchy	Parmigiana Peas (HS)	VS-035	1 cup	206	6	1	424	28	8	11	0	11	Milk
Vegetable - Starchy	Plantains (K-8)	Big Banana	4 each	200	4	1	0	39	2	32	0	1	No Common Allergens
Vegetable - Starchy	Plantains (HS)	Big Banana	8 each	400	8	2	0	78	4	64	0	2	No Common Allergens
Vegetable - Starchy	Plantains (K-8)	Dona Nina	4 each	260	5	1	0	52	2	44	0	2	No Common Allergens
Vegetable - Starchy	Plantains (HS)	Dona Nina	8 each	520	10	2	0	104	4	88	0	4	No Common Allergens
Vegetable - Starchy	Roasted Dill Potatoes (HS)	VS-042	1 cup	205	9	2	488	32	3	1	0	2	No Common Allergens
Vegetable - Starchy	Seasoned Corn (K-8)	VS-036	1/2 cup	79	1	0	190	16	2	3	0	2	No Common Allergens
Vegetable - Starchy	Seasoned Corn (HS)	VS-036	1 cup	158	1	0	380	32	3	7	0	3	No Common Allergens
Vegetable - Starchy	Seasoned Peas (K-8)	VS-034	1/2 cup	94	3	0	179	13	4	5	0	5	No Common Allergens
Vegetable - Starchy	Seasoned Peas (HS)	VS-034	1 cup	188	6	0	358	26	8	10	0	10	No Common Allergens
Vegetable - Starchy	Seasoned Wedge Cut Potatoes (HS)	VS-017	1 cup	240	8	0	280	40	4	0	0	4	No Common Allergens
Vegetable - Starchy	Street Style Corn (K-8)	VS-027	1/2 cup	138	3	1	293	22	2	6	1	3	Egg, Milk
Vegetable - Starchy	Street Style Corn (HS)	VS-027	1 cup	276	6	1	586	44	4	11	1	6	Egg, Milk

Menu Nutrition Information

Category	Menu Item	Recipe/ Brand	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Total Carb (g)	Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Allergens
Vegetable - Starchy	Veg, Corn Canned	Hanover	1/2 cup	100	1	0	100	20	1	5	0	2	No Common Allergens
Vegetable - Starchy	Veg, Corn Canned	Libby's	1/2 cup	80	1	0	140	17	2	4	0	2	No Common Allergens
Vegetable - Starchy	Veg, Corn Canned	USDA	1/2 cup	60	1	0	10	9	1	2	0	1	No Common Allergens
Vegetable - Starchy	Zesty Corn (K-8)	VS-041	1/2 cup	108	2	0	398	20	2	4	0	2	No Common Allergens
Vegetable - Starchy	Zesty Corn (HS)	VS-041	1 cup	216	3	0	796	40	4	8	0	2	No Common Allergens
Vegetable - Starchy	Zesty Corn Salad (K-8)	VS-043	1/2 cup	108	2	0	398	20	2	4	0	2	No Common Allergens
Vegetable - Starchy	Zesty Corn Salad (HS)	VS-043	1 cup	216	3	0	796	40	4	8	0	2	No Common Allergens
Condiment	BBQ Sauce (individual cup)	Red Gold	1 each	35	0	0	65	8	0	7	7	0	No Common Allergens
Condiment	Cream Cheese, Plain (individual cup)	Hahn's	1 each	60	4	2	90	3	0	4	0	5	Milk
Condiment	Jelly, Grape (individual packet)	Diamond Crystal	1 each	40	0	0	0	9	0	5	NA	0	No Common Allergens
Condiment	Jelly, Grape (individual packet)	Four in One	1 each	35	0	0	0	9	0	9	8	0	No Common Allergens
Condiment	Guacamole	Winkle Star	1 each	100	9	2	170	5	3	0	0	1	No Common Allergens
Condiment	Ketchup (individual packet)	Heinz	1 each	10	0	0	90	2	0	2	2	0	No Common Allergens
Condiment	Ketchup (individual packet)	Red Gold	1 each	10	0	0	25	2	0	2	2	0	No Common Allergens
Condiment	Ketchup (individual packet)	Salad Fresh	1 each	10	0	0	65	2	0	2	2	0	No Common Allergens
Condiment	Mayonnaise (individual packet)	Four in One	1 each	90	9	2	45	1	0	0	0	0	Egg
Condiment	Mayonnaise (individual packet)	Winston	1 each	90	10	2	70	0	0	0	0	0	Egg
Condiment	Mayonnaise (Gallon)	Four in One	2 Tbsp	90	7	1	125	6	0	4	4	0	Egg
Condiment	Mustard (individual packet)	Heinz	1 each	0	0	0	65	0	0	0	0	0	No Common Allergens
Condiment	Mustard (individual packet)	Winston	1 each	5	0	0	70	0	0	0	0	0	No Common Allergens
Condiment	Mustard (individual packet)	Four in One	1 each	5	0	0	40	0	0	0	0	0	No Common Allergens
Condiment	Mustard (Gallon)	Admiration	1 Tsp	4	0	0	50	0	NA	NA	NA	0	No Common Allergens
Condiment	Mustard (Gallon)	Chefler Foods/ Mike's Amazing	1 Tsp	0	0	0	50	0	0	0	0	0	No Common Allergens
Condiment	Pickle Chips	Heinz	1 oz	0	0	0	250	1	0	0	0	0	No Common Allergens

Menu Nutrition Information

Category	Menu Item	Recipe/ Brand	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Total Carb (g)	Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Allergens
Condiment	Sweet Relish	United Pickle	2 Tbsp	5	0	0	340	2	0	1	0	0	No Common Allergens
Condiment	Table Syrup (individual packet)	Winston	1 each	80	0	0	0	20	0	13	NA	0	No Common Allergens
Condiment	Table Syrup (individual packet)	Lucky Brand	1 each	90	0	0	0	22	0	17	17	0	No Common Allergens
Condiment	Tartar Sauce	SAU-021	0.80 oz	62	5	1	144	5	0	3	3	0	Egg
Condiment	Tzatziki Sauce	Nexus	1 each	50	2	1	160	6	0	5	0	3	Milk
Dressing	Asian Sesame, Gallon	Cain's	2 Tbsp	130	11	2	290	8	0	8	8	0	Sesame ,Soy ,Wheat
Dressing	Buttermilk Ranch (individual cup)	Naturally Fresh	1 each	120	13	2	210	1	0	1	0	0	Milk
Dressing	Olive Oil & Balsamic Vinaigrette, Gallon	Mike's Amazing	2 Tbsp	105	9	2	240	6	0	5	4	0	No Common Allergens
Dressing	Chipotle Ranch, Gallon	Mike's Amazing	2 Tbsp	140	14	2	210	4	0	3	3	0	Egg ,Milk
Dressing	Chipotle Ranch (individual cup)	Cain's	1 each	110	12	2	210	3	0	2	2	0	Egg ,Milk
Dressing	French (individual cup)	Cain's	1 each	120	11	2	220	5	0	4	4	0	No Common Allergens
Sauce	Apple Citrus Pico de Gallo	SAU-057	2 oz	67	2	0	141	12	1	9	0	1	No Common Allergens
Sauce	Marinara Sauce, Herbed	SAU-004	1/4 cup	34	1	0	93	6	1	4	2	1	No Common Allergens
Sauce	BBQ Sauce	Branson's Road House	2 Tbsp	50	0	0	120	11	0	9	9	0	No Common Allergens
Sauce	Gravy, Vegetarian	Vanee Foods	1/4 cup	25	1	0	310	4	0	1	1	0	Soy ,Wheat
Sauce	Hot Sauce, Mild (individual packet)	Salad Fresh	1 each	0	0	0	45	0	0	0	0	0	No Common Allergens
Sauce	Taco Sauce (individual packet)	Ortega	1 each	5	0	0	65	1	0	1	NA	0	No Common Allergens
Sauce	Peach BBQ Dipper	SAU-060	2 Tbsp	41	0	0	80	9	0	8	7	0	No Common Allergens
Sauce	Salsa Sauce, Canned	USDA/ Neil Jones	1/2 cup	35	0	0	65	7	2	5	0	2	No Common Allergens
Sauce	Salsa Sauce, Canned	USDA/ Del Monte	2 Tbsp	10	0	0	30	2	1	1	0	0	No Common Allergens
Sauce	Salsa Sauce, Canned	USDA/ Red Gold	2 Tbsp	10	0	0	70	2	0	1	0	0	No Common Allergens
Sauce	Salsa Cup	Red Gold	3 oz	25	0	0	195	5	1	1	0	1	No Common Allergens
Sauce	Spaghetti Sauce	Alfresco	1/2 cup	70	1	0	125	13	3	9	4	2	No Common Allergens
Sauce	Spaghetti Sauce	Red Pack	1/2 cup	60	1	0	140	12	2	8	4	2	No Common Allergens

Menu Nutrition Information

Category	Menu Item	Recipe/ Brand	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Total Carb (g)	Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Allergens
Sauce	Teriyaki Sauce Dipper	SAU-059	1 oz	60	0	0	257	13	0	11	11	1	Sesame ,Soy ,Wheat
Sauce	Vinaigrette, Honey Mustard	SAU-035	1 Tbsp	90	9	0	50	2	0	2	1	0	No Common Allergens
Sauce	Vinaigrette, Italian	SAU-033	1 Tbsp	62	7	1	14	0	0	0	0	0	No Common Allergens
Fruit	Apples	NY State	1 each	61	0	0	1	16	3	12	0	0	No Common Allergens
Fruit	Applesauce, Unsweetened, Canned USDA	USDA	1/2 cup	60	0	0	15	15	1	18	0	0	No Common Allergens
Fruit	Applesauce (individual cup)	Knouse-Musselman	1/2 cup	50	0	0	0	14	2	10	0	0	No Common Allergens
Fruit	Applesauce (individual cup)	White House	1/2 cup	60	0	0	0	14	1	12	0	0	No Common Allergens
Fruit	Applesauce (individual cup)	USDA/ Cherry Central	1/2 cup	50	0	0	0	14	1	12	0	0	No Common Allergens
Fruit	Applesauce (individual cup)	Winkle Star Peterson Farms	1/2 cup	50	0	0	0	14	1	12	0	0	No Common Allergens
Fruit	Applesauce (individual cup)	National Food Group/ZeeZee's	1/2 cup	50	0	0	0	14	1	12	0	0	No Common Allergens
Fruit	Applesauce, Peach (individual cup)	National Food Group	1 each	50	0	0	0	14	1	12	0	0	No Common Allergens
Fruit	Applesauce, Peach (individual cup)	Winkle Star	1 each	50	0	0	0	14	1	12	0	0	No Common Allergens
Fruit	Applesauce, Strawberry Banana (individual cup)	National Food Group	1 each	50	0	0	0	14	1	12	0	0	No Common Allergens
Fruit	Applesauce, Strawberry Banana	Winkle Star Peterson Farms	1 each	50	0	0	0	14	1	12	0	0	No Common Allergens
Fruit	Applesauce, Strawberry Banana (individual cup)	Knouse-Musselman	1 each	60	0	0	10	15	2	12	0	0	No Common Allergens
Fruit	Apple Slices (individual bag)	Champlain Valley/ DOD	1 bag	30	0	0	0	8	1	6	0	0	No Common Allergens
Fruit	Apple Slices (individual bag)	Peterson Farms	1 bag	30	0	0	0	7	1	6	0	0	No Common Allergens
Fruit	Apple Slices (individual bag)	Driscoll	1 bag	35	0	0	0	8	1	7	0	0	No Common Allergens
Fruit	Bananas	PRPR-006	1 each	105	0	0	1	27	3	13	0	1	No Common Allergens
Fruit	Cantaloupe, Diced	USDA	1/2 cup	27	0	0	12	6	1	16	0	1	No Common Allergens
Fruit	Cinnamon Apple Topping	FR-004	1/2 cup	65	0	0	4	17	2	14	2	0	No Common Allergens
Fruit	Grapefruit	USDA	1/2 fruit	40	0	0	0	10	1	16	0	1	No Common Allergens
Fruit	Grapes, Green or Red Seedless (about 14 large)	USDA	1/2 cup	69	0	0	2	18	1	10	0	1	No Common Allergens
Fruit	Honeydew, Diced	USDA	1/2 cup	59	0	0	27	15	1	13	0	1	No Common Allergens

Menu Nutrition Information

Category	Menu Item	Recipe/ Brand	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Total Carb (g)	Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Allergens
Fruit	Mandarin (Clementine)	USDA	2 each	107	0	0	2	27	4	15	0	2	No Common Allergens
Fruit	Nectarines, Small	USDA	1 each	56	0	0	0	13	2	13	0	1	No Common Allergens
Fruit	Oranges, 125 ct	USDA	1 each	65	0	0	1	16	3	16	0	1	No Common Allergens
Fruit	Oranges, 138 ct	USDA	1 each	61	0	0	1	16	3	14	0	1	No Common Allergens
Fruit	Peaches, Medium	USDA	1 each	68	0	0	0	17	3	7	0	2	No Common Allergens
Fruit	Peaches, Sliced (canned)	Port Royal	1/2 cup	70	0	0	0	17	1	16	9	1	No Common Allergens
Fruit	Peaches, Sliced (canned)	Maui Farms	1/2 cup	70	0	0	10	17	1	14	9	1	No Common Allergens
Fruit	Peaches, Sliced (canned)	Dolly	1/2 cup	70	0	0	10	17	1	14	9	1	No Common Allergens
Fruit	Pears, Diced (canned)	Port Royal	1/2 cup	80	0	0	0	14	2	14		1	No Common Allergens
Fruit	Pears, Diced (canned)	Dolly	1/2 cup	80	0	0	5	20	2	14	9	1	No Common Allergens
Fruit	Pears, Medium	USDA	1 each	80	0	0	1	22	4	8	0	1	No Common Allergens
Fruit	Pineapple Tidbits (canned)	Port Royal	1/2 cup	70	0	0	0	17	1	14	0	1	No Common Allergens
Fruit	Pineapple Tidbits (canned)	Maui Plantation	1/2 cup	70	0	0	10	17	1	14	0	1	No Common Allergens
Fruit	Pineapple Tidbits (canned)	Dolly	1/2 cup	70	0	0	0	17	2	14	0	0	No Common Allergens
Fruit	Plums	USDA	1 each	30	0	0	0	8	1	11	0	0	No Common Allergens
Fruit	Strawberries	USDA	1/2 cup	23	0	0	1	6	1	15	0	0	No Common Allergens
Fruit	Watermelon, Seedless	USDA	1 slice	45	0	0	2	44	1	18	0	1	No Common Allergens
Fruit - Frozen Cup	Ices, Orange Pineapple	J & J Snacks	1 each	70	0	0	0	20	3	15	0	0	No Common Allergens
Fruit - Frozen Cup	Ices, Strawberry Pomegranate	J & J Snacks	1 each	70	0	0	0	20	3	15	0	0	No Common Allergens
Fruit - Frozen Cup	Ices, Wild Cherry	J & J Snacks	1 each	70	0	0	5	19	3	15	0	0	No Common Allergens
Fruit - Frozen Cup	Ices, Orange Pineapple Cherry Swirl	J & J Snacks	1 each	70	0	0	5	20	3	15	0	0	No Common Allergens
Fruit Topping	Blueberry Topping	FR-005	1/4 cup	59	0	0	0	14	4	9	3	0	No Common Allergens
Fruit Topping	Cherry Topping	FR-007	1/4 cup	96	0	0	68	24	2	20	3	0	No Common Allergens
Fruit Topping	Strawberry Topping	FR-006	1/4 cup	30	0	0	129	7	1	4	2	0	No Common Allergens

Menu Nutrition Information

Category	Menu Item	Recipe/ Brand	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Total Carb (g)	Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Allergens
Juice	Apple Juice, Box, 4.2 oz	Juice Bowl	1 each	70	0	0	5	16	0	13	0	0	No Common Allergens
Juice	Apple Juice, Box, 4.2 oz	Apple & Eve	1 each	60	0	0	5	14	0	13	0	0	No Common Allergens
Juice	Fruit Punch Juice, Box, 4.2 oz	Juice Bowl	1 each	70	0	0	5	17	0	14	0	0	No Common Allergens
Juice	Fruit Punch Juice, Box, 4.2 oz	Apple & Eve	1 each	60	0	0	5	15	0	13	0	0	No Common Allergens
Bread	Bagel, Cinnamon Raisin, 2 oz	Neri's	1 each	170	1	0	280	37	4	9	6	6	Wheat
Bread	Bagel, Cinnamon Raisin, 3 oz	Neri's	1 each	220	1	0	280	47	6	11	8	7	Soy, Wheat
Bread	Bagel, Plain, 2 oz	Neri's	1 each	170	1	0	280	35	5	3	2	7	Wheat
Bread	Bagel, Plain, 3 oz	Neri's	1 each	210	1	0	280	44	6	3	3	8	Wheat
Bread	Bagel, Plain, 2 oz. (IW)	Neri's	1 each	150	1	0	180	30	4	3	1	6	Wheat
Bread	Bagel Stick, Blueberry	New Yorker Bagel	1 each	75	1	0	70	15	2	2	1	3	Sesame, Wheat
Bread	Bagel Stick, Cranberry	New Yorker Bagel	1 each	80	1	0	55	16	3	2	1	3	Sesame, Wheat
Bread	Bagel Stick, French Toast	New Yorker Bagel	1 each	75	1	0	75	15	2	2	1	3	Soy, Wheat
Bread	Bagel Stick, Multigrain (7 Grain)	New Yorker Bagel	1 each	80	1	0	55	15	3	2	1	3	Sesame, Wheat
Bread	Bagel Stick, Plain	New Yorker Bagel	1 each	80	1	0	80	16	2	2	1	3	Soy, Wheat
Bread	Bagel Stick, Cinnamon Raisin	New Yorker Bagel	1 each	80	1	0	80	17	2	2	1	3	Soy, Wheat
Bread	Biscuit, Buttermilk	Branson's	1 each	180	6	0	200	27	2	3	3	4	Milk, Wheat
Bread	Bread Knot	Europastry	1 each	75	1	0	140	16	2	2	2	3	Wheat
Bread	Bread Knot, Garlic	GR-029	1 each	88	2	0	152	16	2	2	2	3	Milk, Wheat
Bread	Bread Knot, Seasoned	GR-058	1 each	99	3	0	152	16	2	2	2	3	Wheat
Bread	Ciabatta Roll	Europastry	1 each	180	2	0	290	35	4	2	2	7	Wheat
Bread	Crackers, Honey Graham	MJM	1 each	110	3	1	140	20	2	6	6	2	Wheat
Bread	Crackers, Whole Grain	ES Foods	1 pack	110	4	0	160	19	2	2	2	2	Wheat
Bread	Crackers, Whole Grain	MJM	1 pack	80	3	0	190	14	2	2	2	2	Wheat

Menu Nutrition Information



Category	Menu Item	Recipe/ Brand	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Total Carb (g)	Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Allergens
Bread	Croissant	BakeCo	1 each	130	4	2	180	21	2	3	3	4	Milk, Soy, Wheat
Bread	Croissant	Right Start	1 each	134	6	3	167	17	2	1	1	3	Egg, Milk, Soy, Wheat
Bread	Croissant, Individually Wrapped	Bake Co.	1 each	130	4	2	180	21	2	3	3	4	Milk, Soy, Wheat
Bread	Dinner Roll	Wenner Bakery	1 each	90	0	0	160	19	2	1	1	3	Wheat
Bread	Flat Bread/ Naan Bread	Toufayan	1 each	160	3	0	260	26	4	1	1	6	Sesame, Soy, Wheat
Bread	Honey Herb Knot	GR-070	1 each	107	3	0	198	18	2	4	4	3	Wheat
Bread	Whole Grain Wrap 9 inch	Toufayan	1 each	170	4	1	150	28	4	1	0	5	Wheat
Bread	Whole Grain Wrap 6.25 inch	Toufayan	1 each	110	3	1	105	19	3	0	0	4	Wheat
Bread	Hamburger Bun (Small - K8)	Rockland /Pechter	1 each	90	1	0	170	18	3	1	1	3	Soy, Wheat
Bread	Hamburger Bun (Large - HS)	Rockland/Pechter	1 each	130	1	0	260	27	3	2	2	5	Soy, Wheat
Bread	Muffin, Sweet Potato Oatmeal	Buena Vista	1 each	260	8	1	220	45	3	20	7	5	Egg, Milk, Soy, Wheat
Bread	Sliced Bread	Rockland /Pechter	1 slice	60	1	0	125	12	2	1	1	2	Soy, Wheat
Cereal	Cereal, Berry, Toasted Oats, Bowl Pack	San Franola	1 each	110	1	0	90	24	2	6	6	2	No Common Allergens
Cereal	Cereal, Frosted Mini-Wheats	Kellogg's	1 each	100	1	0	0	24	3	6	6	2	Wheat
Cereal	Cereal, Toasted Oats	Malt-O-Meal/ Scooters	1 each	110	2	1	140	21	3	0	0	3	Wheat
Cereal	Cereal, Toasted Oats	Cheerios	1 each	100	2	0	140	21	4	1	1	4	Wheat
Cereal	Cereal, Granola, Apple Cinnamon	Right Start	1 each	125	3	0	0	19	2	5	3	3	No Common Allergens
Cereal	Cereal, Granola, Apple Cinnamon	Teri Nichols	1 each	120	3	0	0	19	3	5	3	2	No Common Allergens
Cereal	Cereal, Granola, Apple Cinnamon	San Franola	1 each	110	3	0	0	22	2	6	6	2	Soy
Cereal	Cereal, Granola, Blueberry	Right Start	1 each	125	3	0	0	19	2	5	3	3	No Common Allergens
Cereal	Cereal, Granola, Blueberry	Teri Nichols	1 each	120	3	0	0	19	2	3	0	2	No Common Allergens
Cereal	Cereal, Granola, Blueberry	San Franola	1 each	110	3	0	0	22	2	6	6	2	Soy
Cereal	Cereal, Granola, Blueberry, Bowl Pack	San Franola	1 each	120	3	0	70	22	2	6	6	2	No Common Allergens

Menu Nutrition Information



Category	Menu Item	Recipe/ Brand	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Total Carb (g)	Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Allergens
Cereal	Cereal, Granola, Cinnamon, Vanilla, Bowl Pack	San Franola	1 each	120	3	0	70	22	2	6	6	2	No Common Allergens
Cereal	Cereal, Whole Grain Cereal with Oat Clusters and Honey	Post	1 each	100	2	0	65	22	2	5	5	2	Wheat
Cereal	Oatmeal with Milk	BK-002	3/4 cup	201	3	1	154	35	4	10	6	8	Milk
Cereal	Oatmeal (vegan)	VE-012	3/4 cup	161	2	0	112	30	4	6	6	6	No Common Allergens
Bread	Breakfast Bread, Apple Cinnamon	Right Start	1 each	160	5	1	140	25	3	10	10	4	Egg, Milk, Soy, Wheat
Bread	Breakfast Bread, Banana Yogurt	Right Start	1 each	160	4	1	125	27	2	12	11	2	Egg, Milk, Soy, Wheat
Bread	Breakfast Bread, Blueberry Yogurt	Right Start	1 each	150	5	1	135	27	2	10	10	2	Egg, Milk, Soy, Wheat
Bread	Breakfast Bread, Honey Corn (Cornbread)	Right Start	1 each	160	5	1	115	28	2	10	10	2	Egg, Milk, Soy, Wheat
Bread	Breakfast Bread, Zucchini Carrot	Wild Kale	1 each	180	9	2	30	21	3	4	3	5	Egg, Soy, Wheat
Breakfast Grains	French Toast Sticks	Right Start	3 each	170	3	1	230	27	2	6	4	8	Egg, Milk, Wheat
Breakfast Grains	Pancakes, Buttermilk	Global Foods	2 each	150	3	0	45	30	2	6	6	4	Egg, Milk, Wheat
Breakfast Grains	Pancakes, Cinnamon Burst	Global Foods	2 each	180	3	0	86	35	2	10	10	4	Egg, Milk, Wheat
Breakfast Grains	Waffle	Global Foods	1 each	70	2	0	140	13	2	1	1	2	Egg, Milk, Soy, Wheat
Pasta	Arugula Pesto Pasta	GR-071	1 cup	370	17	1	181	45	2	6	1	9	Milk, Wheat
Pasta	Butternut Squash Mac & Cheese	GR-067	1/2 cup	163	8	5	258	13	1	1	1	10	Milk, Wheat
Pasta	Garlic Noodles	GR-077	1 cup	177	5	1	311	29	4	3	3	5	Soy, Wheat
Pasta	Island Pasta	GR-076	1 cup	181	6	2	279	24	1	4	0	8	Milk, Wheat
Pasta	Mac & Cheese	GR-072	1 cup	446	21	12	589	39	6	1	0	24	Milk, Wheat
Pasta	Pasta Marinara	GR-050	1 cup	203	1	0	143	43	5	4	1	7	Wheat
Pasta	Pasta Primavera (K8)	VE-010	1 cup	206	4	0	37	37	7	10	0	7	Wheat
Pasta	Pasta Primavera (HS)	VE-010	2 cups	412	8	1	75	75	14	20	0	14	Wheat
Pasta	Pasta & Peas	GR-068	1/2 cup	170	6	0	224	24	1	4	0	5	Milk, Wheat, carbs?
Pasta	Pasta & Peas	GR-068	1 cup	341	13	1	447	48	2	7	0	9	Milk, Wheat

Menu Nutrition Information

Category	Menu Item	Recipe/ Brand	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Total Carb (g)	Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Allergens
Pasta	Penne Bruschetta	GR-066	6 oz	197	7	1	157	27	4	4	0	5	Wheat
Pasta	Sesame Noodles	GR-008	1 cup	402	14	2	319	63	9	11	8	11	Sesame, Soy, Wheat
Pasta	Southwest Pasta	GR-060	1 cup	164	1	0	95	34	6	4	1	7	Wheat
Rice	Brown Rice, Steamed (K8)	GR-024	1/2 cup	80	1	0	0	18	1	0	0	2	No Common Allergens
Rice	Brown Rice, Steamed (HS)	GR-024	1 cup	160	0	0	0	36	2	0	0	4	No Common Allergens
Rice	Fiesta Vegetable Rice	GR-078	1/2 cup	105	0	0	363	23	2	1	0	2	No Common Allergens
Rice	Fiesta Vegetable Rice	GR-078	1 cup	211	0	0	726	46	4	2	0	5	No Common Allergens
Rice	Southern Seasoned Brown Rice	GR-069	1 cup	131	2	0	100	22	1	1	0	2	No Common Allergens
Rice	Spiced Brown Rice	GR-075	1 cup	247	3	0	252	42	3	0	0	4	No Common Allergens
Rice	Vegetable Fried Rice	MINH	1/2 cup	140	2	0	219	27	2	2	0	3	Sesame, Soy, Wheat
Rice	Vegetable Fried Rice	MINH	1 cup	278	3	0	438	54	4	4	0	6	Sesame, Soy, Wheat
Rice	Yellow Rice	GR-073	1 cup	197	3	0	664	36	1	0	0	3	No Common Allergens
Snack	Crackers, Animal	Nutritional Choices	1 pkg	120	5	0	85	21	2	7	6	2	Soy, Wheat
Snack	Crackers, Animal	Global Foods	1 pkg	135	5	1	50	23	2	6	6	2	Wheat
Snack	Crackers, Honey Grahams	Remi's, Safe+Fair	1 pkg	100	3	0	10	19	2	4	3	2	Egg, Milk, Wheat
Snack	Crackers, Honey Graham (crackers)	MJM	1 pkg	110	3	0	140	20	2	6	6	2	Wheat
Snack	Crackers, Whole Wheat	ES Foods	1 pkg	110	4	0	160	19	2	2	2	2	Wheat
Snack	Crackers, Whole Wheat	MJM	1 pkg	80	3	0	190	14	2	2	2	2	Wheat
Snack	Crispy Tortillas	Frito Lay	1 pkg	110	3	0	95	19	2	0	0	2	No Common Allergens
Snack	Pretzels, Heart-Shaped	Rold Gold	1 pkg	80	1	0	200	16	2	1	0	2	Wheat
Snack	Sunflower Seeds, Honey Roasted	Sun Opta	1 pkg	190	15	2	65	11	3	5	4	6	No Common Allergens
Snack	Sunflower Seeds, Honey Roasted	Winkle Star	1 pkg	190	15	2	55	10	3	4	3	6	No Common Allergens
Milk	Milk, 1% Low fat	Mountainside Farms	1 each	110	3	2	125	12	0	13	0	8	Milk

Menu Nutrition Information



Category	Menu Item	Recipe/ Brand	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Total Carb (g)	Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Allergens
Milk	Milk, 1% Low fat	Cream O Land	1 each	100	3	2	130	13	0	12	0	8	Milk
Milk	Milk, Fat Free	Mountainside Farms	1 each	90	0	0	125	12	0	12	0	8	Milk
Milk	Milk, Fat Free	Cream O Land	1 each	90	0	0	130	13	0	12	0	8	Milk
Milk	Milk, Fat Free Chocolate	Mountainside Farms	1 each	120	0	0	150	22	0	21	9	8	Milk
Milk	Milk, Fat Free Chocolate	Cream O Land	1 each	120	0	0	150	22	0	21	9	8	Milk
Milk	Milk, Whole	Mountainside Farms	1 each	150	8	5	120	12	0	11	0	8	Milk
Milk	Milk, Whole	Cream O Land	1 each	150	8	5	125	12	0	12	0	8	Milk
Milk	Milk, UHT, FF Chocolate	Mulu	1 each	130	0	0	220	24	1	21	6	11	Milk
Milk	Milk, UHT, FF Chocolate	Tasty Brands	1 each	110	0	0	180	19	1	18	6	9	Milk
Milk	Milk, UHT, Lactose Free Fat Free	Mulu	1 each	80	0	0	105	12	0	12	0	8	Milk
Milk	Milk, UHT, Low Fat 1%	Mulu	1 each	110	3	0	110	12	0	12	0	8	Milk
Milk	Milk, UHT, Soymilk	Kikkoman	1 each	130	5	0	110	13	2	11	10	8	Soy