

# Menu Nutrition Information

The Office of Food & Nutrition Services upholds the highest nutritional standards, consistently meeting and often exceeding USDA guidelines for school meals. The Menu Nutrition Information provides a comprehensive menu list with nutritional values which includes calories, macronutrients, and sodium. This resource is designed to inform families, students and schools of the nutritional values of our menu choices.

Note: Specific product brands may not be specified in the Menu Nutrition Information. Please speak to your school kitchen Manager for additional information if needed.

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

Updated: March 11, 2025

| 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) |
|--------------------|--|-----------------------|----------|----------|---------------|--------------|-------------|----------------|-----------|-----------------|-----------------|-------------|
| Beef               | 100% Beef Burger Patty (no bun)              | Don Lee Farms         | 1 each   | 140      | 9             | 4            | 190         | 1              | 0         | 0               | 0               | 12          |
| Beef               | 100% Beef Hamburger (K8)                     | SDWH-062K8            | 1 each   | 270      | 12            | 5            | 400         | 24             | 2         | 2               | 1               | 15          |
| Beef               | 100% Beef Hamburger (HS)                     | SDWH-062HS            | 1 each   | 289      | 12            | 5            | 440         | 28             | 3         | 2               | 2               | 16          |
| Beef               | 100% Beef Hamburger (Infant-Toddler)         | SDWH-062IT            | 1 each   | 135      | 6             | 2            | 200         | 12             | 1         | 1               | 1               | 8           |
| Beef               | 100% Beef BBQ Burger on Hamburger Bun (HS)   | SDWH-097HS            | 1 each   | 280      | 12            | 4            | 432         | 28             | 3         | 3               | 3               | 15          |
| Beef               | 100% Beef Cheeseburger on Ciabatta           | SDWH-127              | 1 each   | 375      | 15            | 6            | 615         | 36             | 3         | 3               | 2               | 21          |
| Beef               | 100% Beef Cheeseburger on Hamburger Bun (K8) | SDWH-060K8            | 1 each   | 305      | 14            | 6            | 545         | 26             | 2         | 3               | 1               | 18          |
| Beef               | 100% Beef Cheeseburger on Hamburger Bun (HS) | SDWH-060HS            | 1 each   | 325      | 15            | 6            | 585         | 30             | 3         | 3               | 2               | 18          |
| Beef               | Caribbean Style Beef Patty                   | Golden Krust          | 1 each   | 370      | 14            | 6            | 460         | 45             | 3         | 4               | 3               | 14          |
| Beef               | Caribbean Style Beef Patty, Halal            | Golden Krust          | 1 each   | 370      | 14            | 6            | 460         | 45             | 3         | 4               | 3               | 14          |
| Breakfast Sandwich | Egg & Cheese on Ciabatta                     | BK-064                | 1 each   | 275      | 8             | 2            | 535         | 36             | 3         | 3               | 2               | 12          |
| Breakfast Sandwich | Egg & Cheese on a Soft Roll (K-8)            | BK-030K8              | 1 each   | 205      | 7             | 2            | 465         | 26             | 2         | 3               | 1               | 9           |
| Breakfast Sandwich | Egg & Cheese on a Soft Roll (HS)             | BK-030HS              | 1 each   | 225      | 8             | 2            | 504         | 30             | 3         | 3               | 2               | 9           |
| Breakfast Sandwich | Egg & Cheese on a Croissant                  | BK-084                | 1 each   | 228      | 10            | 4            | 447         | 24             | 2         | 4               | 3               | 10          |
| Breakfast Sandwich | Fiesta Egg & Cheese Sandwich                 | BK-087                | 1 each   | 341      | 12            | 5            | 110         | 41             | 5         | 4               | 2               | 18          |
| Breakfast          | Egg, Omelet, Plain USDA                      | USDA (Michaels Foods) | 1.25 oz. | 50       | 3             | 1            | 50          | 1              | 0         | 0               | 0               | 4           |
| Breakfast          | Egg, Omelet, Plain USDA                      | USDA (Cargill Foods)  | 1.25 oz. | 60       | 5             | 1            | 50          | 1              | 0         | 0               | 0               | 4           |
| Cheese             | Cheese Cubes, Colby Jack                     | Bongard's             | 1 each   | 90       | 7             | 4            | 180         | 1              | 0         | 0               | 0               | 7           |

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|-------------------|--|------------------|-----------|----------|------------------|-----------------|----------------|-------------------|-----------|-----------------------|-----------------------|----------------|
| Cheese            | Cheese Stick, Cheddar                    | Bongard's        | 1 each    | 90       | 6                | 4               | 210            | 1                 | 0         | 0                     | 0                     | 8              |
| Cheese            | Cheese Stick, Colby Jack                 | Bongard's        | 1 each    | 90       | 6                | 4               | 210            | 1                 | 0         | 0                     | 0                     | 8              |
| Cheese            | Cheese Stick, Mozzarella String Cheese   | Bongard's        | 1 each    | 60       | 3                | 2               | 200            | 1                 | 0         | 1                     | 0                     | 7              |
| Cheese            | Hard Grated Parmesan Cheese              | Pisa             | 1 Tbsp    | 20       | 1                | 1               | 90             | 1                 | 0         | 1                     | 0                     | 1              |
| Cheese            | Shredded, Mild Cheddar Cheese            | Land O Lakes     | 1 oz      | 110      | 9                | 6               | 190            | 1                 | 0         | 0                     | 0                     | 6              |
| Cheese            | Shredded, Mild Cheddar & Monterey Jack   | Land O Lakes     | 1 oz      | 110      | 9                | 6               | 190            | 1                 | 0         | 1                     | 0                     | 7              |
| Cheese            | Shredded, Mozzarella                     | Bongard's        | 1 oz      | 80       | 6                | 3               | 190            | 2                 | 0         | 1                     | 0                     | 7              |
| Cheese            | Sliced, American White Cheese            | Bongard's        | 2 slices  | 70       | 5                | 3               | 290            | 4                 | 0         | 2                     | 0                     | 5              |
| Cheese            | Sliced, Blended Provolone                | Bongard's        | 2 slices  | 90       | 7                | 4               | 170            | 1                 | 0         | 0                     | 0                     | 6              |
| Cheese            | Sliced, Mild Cheddar Cheese, Reduced Fat | Bongard's        | 2 slices  | 80       | 6                | 4               | 220            | 1                 | 0         | 0                     | 0                     | 7              |
| Cheese            | Sliced, Mozzarella                       | Bongard's        | 3 slices  | 80       | 6                | 4               | 200            | 1                 | 0         | 0                     | 0                     | 6              |
| Cheese            | Sliced, Pepper Jack                      | Bongard's        | 2 slices  | 100      | 8                | 5               | 230            | 1                 | 0         | 0                     | 0                     | 6              |
| Cheese            | Sliced, Swiss Cheese, Reduced Fat        | Bongard's        | 2 slices  | 100      | 7                | 5               | 135            | 1                 | 0         | 0                     | 0                     | 7              |
| Sandwich - Cheese | Cheese Sandwich on Sliced Bread          | SDWH-033         | 1 each    | 260      | 10               | 5               | 830            | 32                | 4         | 6                     | 2                     | 14             |
| Sandwich - Cheese | Classic "Grilled" Cheese Sandwich        | SDWH-001         | 1 each    | 300      | 15               | 5               | 830            | 32                | 4         | 6                     | 2                     | 14             |
| Sandwich - Cheese | Grilled Cheese Sandwich (pre-made)       | Power Up         | 1 each    | 285      | 10               | 5               | 420            | 33                | 3         | 4                     | 2                     | 19             |
| Sandwich - Cheese | Grilled Cheese Sandwich (pre-made)       | Winkle Star      | 1 each    | 300      | 14               | 8               | 420            | 31                | 3         | 6                     | 0                     | 14             |
| Sandwich - Cheese | Three-Cheese Grilled Cheese              | SDWH-163         | 1 each    | 307      | 22               | 7               | 535            | 16                | 3         | 2                     | 1                     | 13             |
| Chicken           | BBQ Chicken Bites                        | CH-129           | 1 serving | 289      | 14               | 3               | 617            | 24                | 2         | 8                     | 8                     | 17             |
| Chicken           | BBQ Roasted Chicken Thigh                | CK-128           | 1 each    | 402      | 27               | 8               | 623            | 10                | 0         | 6                     | 6                     | 27             |
| Chicken           | Chicken Grilled Strips, Dark Meat        | Don Lee Farms    | 3-4 each  | 95       | 2                | 1               | 95             | 1                 | 0         | 0                     |                       | 16             |
| Chicken           | Chicken Fajitas                          | CK-116           | 2 each    | 388      | 9                | 1               | 693            | 51                | 7         | 7                     | 0                     | 26             |
| Chicken           | Chicken Pot Pie                          | CK-123           | 6 oz      | 143      | 3                | 1               | 511            | 9                 | 1         | 3                     | 1                     | 17             |

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|--------------------|--|----------------|-----------|----------|---------------|--------------|-------------|----------------|-----------|-----------------|-----------------|-------------|
| Chicken            | Chicken Quesadilla                       | CK-088         | 1 each    | 421      | 17            | 8            | 546         | 36             | 6         | 5               | 0               | 29          |
| Chicken            | Chicken Roasted Drumstick                | CK-091         | 1 each    | 270      | 16            | 4            | 510         | 1              | 0         | 0               | 0               | 28          |
| Chicken            | Chicken Roasted Thigh                    | CK-092         | 1 each    | 340      | 26            | 7            | 510         | 2              | 0         | 0               | 0               | 24          |
| Chicken            | Chicken Shawarma                         | CK-127         | 4 oz      | 149      | 7             | 1            | 446         | 4              | 1         | 1               | 0               | 17          |
| Chicken            | Chicken Slider                           | Golden Platter | 2 each    | 283      | 3             | 1            | 460         | 39             | 2         | 10              | 10              | 23          |
| Chicken            | Chicken Tenders                          | CK-095         | 3 each    | 220      | 12            | 3            | 460         | 13             | 2         | 1               | 0               | 15          |
| Chicken            | Crispy Chicken Bites                     | Golden Platter | 10 each   | 220      | 12            | 3            | 460         | 13             | 2         | 1               | 1               | 15          |
| Chicken            | Crispy Chicken Bites                     | Winkle Star    | 13 each   | 260      | 12            | 3            | 480         | 23             | 2         | 2               | 1               | 17          |
| Chicken            | Halal Chicken Tenders                    | CK087          | 3 each    | 220      | 12            | 3            | 460         | 13             | 2         | 1               | NA              | 15          |
| Chicken            | Halal Chicken Tenders Fajitas            | CK-117         | 1 each    | 504      | 18            | 3            | 954         | 58             | 11        | 7               | NA              | 24          |
| Chicken            | Hawaiian Grilled Chicken                 | CK-132         | 4 oz      | 180      | 7             | 1            | 445         | 11             | 1         | 9               | 5               | 17          |
| Chicken            | Lemon Pepper Chicken                     | CK-136         | 1 serving | 341      | 26            | 7            | 582         | 2              | 0         | 0               | 0               | 24          |
| Chicken            | Sweet & Sour Chicken Bites               | CK-125         | 8 oz      | 345      | 14            | 3            | 676         | 37             | 3         | 18              | 13              | 18          |
| Chicken            | Tomato Glazed Chicken Thigh              | CK-135         | 1 each    | 443      | 37            | 8            | 590         | 3              | 0         | 0               | 0               | 25          |
| Chicken            | Teriyaki Grilled Chicken                 | CK-134         | 4 oz      | 123      | 2             | 1            | 213         | 6              | 0         | 5               | 5               | 16          |
| Chicken - Sandwich | Chicken Tender Melt (K8)                 | SDWH187K8      | 1 each    | 326      | 13            | 4            | 805         | 36             | 4         | 5               | 1               | 18          |
| Chicken - Sandwich | Chicken Tender Melt (HS)                 | SDWH187HS      | 1 each    | 345      | 14            | 4            | 845         | 40             | 4         | 5               | 2               | 19          |
| Chicken - Sandwich | Chicken Salad Sandwich                   | Golden Platter | 1 each    | 410      | 13            | 3            | 420         | 29             | 2         | 4               | 4               | 24          |
| Chicken - Sandwich | ChimiChurri Chicken Wrap                 | SDWH-171       | 1 each    | 328      | 12            | 2            | 394         | 31             | 3         | 2               | 1               | 23          |
| Chicken - Sandwich | Halal Crispy Chicken Patty Sandwich (K8) | SDWH147K8      | 1 each    | 330      | 13            | 3            | 670         | 36             | 4         | 3               | NA              | 18          |
| Chicken - Sandwich | Halal Crispy Chicken Patty Sandwich (HS) | SDWH147HS      | 1 each    | 350      | 13            | 3            | 710         | 40             | 5         | 3               | NA              | 19          |
| Chicken - Sandwich | Wrap, Chicken Caesar                     | SDWH-106       | 1 each    | 489      | 24            | 4            | 711         | 46             | 7         | 4               | 1               | 23          |
| Chicken - Sandwich | Wrap, Chicken Tender                     | SDWH-087       | 1 each    | 400      | 17            | 4            | 643         | 43             | 5         | 3               | 1               | 22          |

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|--------------------|---|------------------|---------|----------|------------------|-----------------|----------------|-------------------|-----------|-----------------------|-----------------------|----------------|
| Chicken - Sandwich | Wrap, Curried Chicken                       | SDWH-141         | 1 each  | 526      | 29               | 6               | 835            | 49                | 5         | 2                     | 1                     | 22             |
| Chicken - Sandwich | Wrap, Halal Chicken Tender                  | SWDH087HAL       | 1 each  | 399      | 17               | 4               | 642            | 43                | 5         | 3                     | NA                    | 21             |
| Chicken - Sandwich | Wrap, Halal Chicken Caesar                  | SDWH106HAL       | 1 each  | 486      | 24               | 5               | 955            | 49                | 5         | 6                     | NA                    | 22             |
| Fish               | Braised Tuna with Tomato Sauce              | FH-003           | 3 oz    | 105      | 1                | 0               | 571            | 6                 | 1         | 4                     | 1                     | 23             |
| Fish               | Fish Breaded Patty (no bun)                 | High Liner Foods | 1 each  | 160      | 6                | 1               | 250            | 16                | 1         | 1                     | 0                     | 9              |
| Fish               | Fish Sticks                                 | Channel Fish     | 4 each  | 180      | 4                | 0               | 290            | 20                | 2         | 0                     | 0                     | 16             |
| Fish               | Tuna Salad, Classic (No Bread)              | FH-001           | 3 oz    | 121      | 3                | 0               | 444            | 2                 | 0         | 12                    | 1                     | 22             |
| Fish               | Tuna Salad, Healthy (No Bread)              | FH-002           | 3 oz    | 139      | 7                | 0               | 531            | 2                 | 1         | 12                    | 0                     | 23             |
| Fish - Sandwich    | Fish and Cheese Sandwich (K8)               | SDWH-048K8       | 1 each  | 307      | 9                | 2               | 608            | 41                | 3         | 4                     | 1                     | 15             |
| Fish - Sandwich    | Fish and Cheese Sandwich (HS)               | SDWH-048HS       | 1 each  | 327      | 10               | 2               | 648            | 45                | 4         | 4                     | 2                     | 16             |
| Fish - Sandwich    | Tuna "Classic" Salad on Ciabatta Roll       | SDWH-103         | 1 each  | 301      | 4                | 0               | 724            | 35                | 3         | 3                     | 3                     | 28             |
| Fish - Sandwich    | Tuna "Classic" Salad on Sliced Bread        | SDWH-140         | 1 each  | 241      | 4                | 0               | 694            | 26                | 4         | 3                     | 3                     | 26             |
| Fish - Sandwich    | Wrap, Tuna Salad, Classic                   | SDWH-037         | 1 each  | 302      | 7                | 0               | 627            | 32                | 4         | 11                    | 2                     | 29             |
| Pizza              | French Bread Pizza                          | Nardone          | 1 each  | 333      | 16               | 11              | 363            | 28                | 3         | 3                     | 0                     | 22             |
| Pizza              | Garlic French Bread Pizza                   | Nardone          | 1 each  | 380      | 24               | 12              | 405            | 24                | 2         | 1                     | 0                     | 21             |
| Pizza              | Grandma's Pizza                             | CH023            | 1 each  | 405      | 25               | 12              | 466            | 28                | 3         | 4                     | 1                     | 22             |
| Pizza              | Personal Round                              | Nardone          | 1 each  | 343      | 17               | 10              | 457            | 29                | 3         | 6                     | 0                     | 20             |
| Pizza              | Pizza Slice                                 | Nardone          | 1 each  | 336      | 16               | 10              | 435            | 27                | 3         | 6                     | 0                     | 20             |
| Pizza              | Pineapple Pizza                             | CH-024           | 1 each  | 360      | 17               | 10              | 457            | 33                | 3         | 9                     | 0                     | 20             |
| Pizza              | Plant Powered BBQ Pizza (on Sliced Pizza)   | CH-026A          | 1 each  | 404      | 18               | 10              | 614            | 36                | 4         | 8                     | 1                     | 26             |
| Pizza              | Plant Powered Ranch Pizza (on Sliced Pizza) | CH-025A          | 1 each  | 401      | 19               | 10              | 641            | 33                | 4         | 6                     | 0                     | 26             |
| Pizza              | Sicilian Pizza                              | Nardone          | 1 each  | 333      | 16               | 10              | 424            | 27                | 3         | 6                     | 0                     | 20             |
| Pizza              | Vegetable Pizza (on Sliced Pizza)           | CH-028A          | 1 each  | 352      | 17               | 10              | 436            | 30                | 3         | 7                     | 0                     | 21             |

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|------------|--|---------------|---------|----------|---------------|--------------|-------------|----------------|-----------|-----------------|-----------------|-------------|
| Turkey     | Turkey Burger Patty (no bun)             | Maidrite      | 1 each  | 80       | 2             | 0            | 200         | 3              | 0         | 0               | 0               | 14          |
| Turkey     | Turkey Burger (K-8)                      | SDWH-055K8    | 1 each  | 190      | 3             | 1            | 410         | 26             | 2         | 2               | 1               | 17          |
| Turkey     | Turkey Burger (HS)                       | SDWH-055HS    | 1 each  | 210      | 3             | 1            | 450         | 30             | 3         | 2               | 2               | 18          |
| Turkey     | Turkey Cheeseburger (K-8)                | SDWH-084K8    | 1 each  | 225      | 5             | 1            | 555         | 28             | 2         | 3               | 1               | 20          |
| Turkey     | Turkey Cheeseburger (HS)                 | SDWH-084HS    | 1 each  | 245      | 5             | 1            | 595         | 32             | 3         | 3               | 2               | 20          |
| Turkey     | Turkey Chili                             | TK-021        | 4 oz    | 133      | 6             | 2            | 278         | 12             | 3         | 5               | 0               | 10          |
| Turkey     | Turkey Taco Filling                      | USDA          | 2 oz    | 97       | 6             | 1            | 156         | 4              | 0         | 2               | 0               | 9           |
| Turkey     | Soft Turkey Tacos                        | TK-019        | 2 each  | 467      | 23            | 8            | 686         | 44             | 5         | 5               | 0               | 27          |
| Vegetarian | Black Bean & Cheese Empanada             | Winkle Star   | 1 each  | 350      | 13            | 8            | 460         | 42             | 4         | 2               | 2               | 15          |
| Vegetarian | Black Bean & Cheese Empanada             | Buena Vista   | 1 each  | 340      | 13            | 6            | 480         | 45             | 7         | 2               | 2               | 14          |
| Vegetarian | Garlic and Tomato Panini                 | VEG-083       | 1 each  | 200      | 12            | 6            | 205         | 14             | 2         | 2               | 0               | 11          |
| Vegetarian | Manicotti with Marinara Sauce            | GR-059        | 2 each  | 358      | 10            | 6            | 403         | 42             | 6         | 8               | 3               | 18          |
| Vegetarian | Mozzarella Sticks, Breaded               | Highliner     | 5 each  | 400      | 22            | 8            | 380         | 32             | 3         | 3               | 2               | 19          |
| Vegetarian | Quesadilla, Fiesta                       | CH-020        | 1 each  | 426      | 26            | 13           | 654         | 32             | 2         | 2               | 1               | 21          |
| Vegetarian | Quesadilla, Fiesta Mozzarella            | CH-022        | 1 each  | 363      | 19            | 7            | 649         | 34             | 2         | 4               | 1               | 20          |
| Vegetarian | Quesadilla, Seasoned Black Bean & Cheese | VEG-008       | 1 each  | 353      | 15            | 7            | 444         | 39             | 7         | 3               | 0               | 15          |
| Vegetarian | Red, White, & Green Panini (Hot or Cold) | VEG-010       | 1 each  | 359      | 22            | 7            | 783         | 29             | 4         | 5               | 1               | 19          |
| Vegetarian | Southwest Bean and Cheese Burrito        | Cabo Primo    | 1 each  | 310      | 10            | 4            | 420         | 42             | 7         | 3               | 0               | 15          |
| Vegetarian | Sweet Potato Quesadilla Rollup           | VEG-084       | 1 each  | 427      | 22            | 9            | 514         | 42             | 7         | 5               | 0               | 17          |
| Vegetarian | Veggie Cheeseburger (K8)                 | SDWH168K8     | 1 each  | 290      | 15            | 3            | 705         | 31             | 4         | 4               | 2               | 21          |
| Vegetarian | Veggie Cheeseburger (HS)                 | SDWH168HS     | 1 each  | 310      | 16            | 3            | 745         | 35             | 5         | 4               | 3               | 22          |
| Vegetarian | Veggie Cheeseburger (K8), Mushroom Swiss | SDWH192K8     | 1 each  | 294      | 15            | 3            | 568         | 29             | 4         | 4               | 2               | 22          |
| Vegetarian | Veggie Cheeseburger (HS), Mushroom Swiss | SDWH192HS     | 1 each  | 314      | 16            | 3            | 607         | 33             | 5         | 4               | 3               | 22          |

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|-----------------------|--|--------------------|-----------|----------|------------------|-----------------|----------------|-------------------|-----------|-----------------------|-----------------------|----------------|
| Vegetarian            | Fiesta Quesadilla                            | CH-020             | 1 each    | 426      | 25               | 13              | 623            | 32                | 4         | 4                     | 0                     | 20             |
| Sandwich - Vegetarian | Zucchini Parmigiana Hero                     | SDWH-158           | 1 each    | 449      | 20               | 9               | 1097           | 40                | 5         | 7                     | NA                    | 25             |
| Sandwich - Vegetarian | Wrap, Super Hero Spinach                     | VEG-009            | 1 each    | 401      | 19               | 9               | 856            | 34                | 6         | 3                     | NA                    | 23             |
| Vegan                 | Carolina Pinto Beans                         | VE-032             | 4 oz      | 120      | 0                | 0               | 472            | 22                | 8         | 3                     | 0                     | 7              |
| Vegan                 | BBQ Veggie Burger (K-8)                      | SDWH170K8          | 1 each    | 250      | 12               | 1               | 524            | 30                | 4         | 5                     | 4                     | 17             |
| Vegan                 | BBQ Veggie Burger (HS)                       | SDWH170HS          | 1 each    | 269      | 12               | 1               | 563            | 34                | 5         | 5                     | 5                     | 18             |
| Vegan                 | BBQ Veggie Nuggets                           | VE-031             | 1 serving | 160      | 5                | 0               | 466            | 22                | 2         | 7                     | 7                     | 13             |
| Vegan                 | Black-eyed Peas with Tomato & Kale           | VE-026             | 4 oz      | 215      | 4                | 0               | 306            | 29                | 9         | 7                     | 0                     | 9              |
| Vegan                 | Cajun Beans (K8)                             | VE-023             | 1/2 cup   | 110      | 0                | 0               | 217            | 20                | 7         | 2                     | 0                     | 7              |
| Vegan                 | Chickpea Shawarma                            | VE-028             | 4 oz      | 228      | 12               | 2               | 566            | 25                | 10        | 5                     | 0                     | 8              |
| Vegan                 | Big City Bean Taco                           | VE-001             | 1 each    | 401      | 10               | 0               | 700            | 65                | 12        | 7                     | 0                     | 15             |
| Vegan                 | Braised Black Beans with Plantains           | VEG-011            | 3/4 cup   | 342      | 7                | 1               | 436            | 55                | 13        | 18                    | 0                     | 14             |
| Vegan                 | Braised Black Beans with Plantains Rice Bowl | VE-009             | 1 each    | 530      | 12               | 1               | 570            | 91                | 12        | 39                    | 0                     | 13             |
| Vegan                 | Egyptian Chickpeas                           | Ve-027             | 6 oz      | 174      | 4                | 1               | 318            | 26                | 10        | 7                     | 2                     | 8              |
| Vegan                 | Falafel                                      | VE-029             | 1 serving | 330      | 6                | 1               | 320            | 58                | 10        | 5                     | 1                     | 13             |
| Vegan                 | Falafel Nuggets                              | Better Brands      | 4 each    | 210      | 4                | 0               | 360            | 36                | 7         | 4                     | 0                     | 9              |
| Vegan                 | Falafel Nuggets                              | Winkle Star        | 4 each    | 170      | 4                | 0               | 360            | 26                | 7         | 4                     | 0                     | 8              |
| Vegan                 | Guisado Black Beans                          | VE-035             | 1/2 cup   | 248      | 11               | 1               | 336            | 28                | 8         | 7                     | 1                     | 8              |
| Vegan                 | Guisado Kidney Beans                         | VE-022             | 1/2 cup   | 239      | 10               | 1               | 311            | 26                | 8         | 7                     | 0                     | 9              |
| Vegan                 | Hawaiian Veggie Nuggets                      | VEG-087            | 1 serving | 205      | 9                | 1               | 720            | 24                | 3         | 7                     | 5                     | 14             |
| Vegan                 | Hummus, Original                             | Tribe              | 1 each    | 110      | 7                | 1               | 220            | 9                 | 2         | 1                     | 0                     | 3              |
| Vegan                 | Hummus, Original                             | Winkle Star-Hannah | 1 each    | 180      | 14               | 2               | 250            | 11                | 3         | 2                     | 0                     | 4              |
| Vegan                 | Kidney Bean Rajma (K8)                       | VE-020             | 1/2 cup   | 153      | 1                | 0               | 331            | 26                | 6         | 5                     | 2                     | 7              |

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|------------------------|--|------------------|---------|----------|------------------|-----------------|----------------|-------------------|-----------|-----------------------|-----------------------|----------------|
| Vegan                  | Lentil Bolognese                             | VE-036           | 4 oz    | 173      | 4                | 0               | 221            | 26                | 10        | 6                     | 3                     | 8              |
| Vegan                  | Mediterranean Chickpeas                      | VE-002           | 1/2 cup | 240      | 6                | 2               | 336            | 38                | 15        | 10                    | 2                     | 11             |
| Vegan                  | Rainbow Wrap                                 | VE-033           | 1 each  | 427      | 20               | 4               | 583            | 47                | 9         | 4                     | 0                     | 13             |
| Vegan                  | Teriyaki Veggie Nuggets                      | VE-017           | 7 each  | 230      | 5                | 0               | 848            | 37                | 2         | 20                    | 20                    | 15             |
| Vegan                  | Three Bean Chili                             | VE-004           | 6 oz    | 150      | 2                | 0               | 260            | 23                | 7         | 5                     | 1                     | 8              |
| Vegan                  | Veggie Nuggets                               | Golden Platter   | 7 each  | 120      | 5                | 0               | 370            | 13                | 2         | 0                     | 0                     | 13             |
| Vegan                  | Veggie Burger on a Bun (K-8)                 | SDWH167K8        | 1 each  | 240      | 12               | 1               | 500            | 28                | 4         | 2                     | 2                     | 17             |
| Vegan                  | Veggie Burger on a Bun (HS)                  | SDWH167HS        | 1 each  | 260      | 12               | 1               | 540            | 32                | 5         | 3                     | 3                     | 18             |
| Vegan                  | Veggie Burger on a Bun (K-8), Fajita         | SDWH-197K8       | 1 each  | 260      | 12               | 1               | 503            | 32                | 5         | 5                     | 2                     | 18             |
| Vegan                  | Veggie Burger Patty (no bun)                 | Golden Platter   | 1 each  | 130      | 11               | 1               | 290            | 5                 | 1         | 1                     | 1                     | 14             |
| Vegan                  | Veggie Burger Patty (no bun)                 | Don Lee          | 1 each  | 140      | 9                | 1               | 240            | 7                 | 4         | 1                     | 0                     | 10             |
| Vegan                  | White Beans/Rustic White Beans               | VE-014           | 4 oz    | 132      | 1                | 0               | 144            | 24                | 5         | 3                     | 0                     | 5              |
| Vegan                  | Zesty Chickpea Stew                          | VE-007           | 6 oz    | 218      | 6                | 1               | 278            | 33                | 12        | 11                    | 1                     | 9              |
| Sandwich - Vegan       | Peanut Butter & Jelly Sandwich               | SDWH-032         | 1 each  | 531      | 25               | 6               | 447            | 46                | 10        | 18                    | 15                    | 22             |
| Sandwich - Vegan       | Peanut Butter & Jelly Triple Decker Sandwich | SDWH-071         | 1 each  | 722      | 31               | 7               | 621            | 71                | 13        | 30                    | 26                    | 28             |
| Sandwich - Vegan       | Sunflower Seed Butter & Jelly Sandwich       | SDWH-148         | 1 each  | 557      | 35               | 4               | 510            | 48                | 8         | 18                    | 11                    | 18             |
| Sandwich - Vegan       | Wrap, Black Bean                             | VEG-051B         | 1 each  | 306      | 6                | 2               | 521            | 52                | 9         | 6                     | 1                     | 13             |
| Yogurt                 | Yogurt, Cherry Vanilla                       | Upstate Farms    | 4 oz    | 80       | 0                | 0               | 75             | 15                | 0         | 12                    | 7                     | 3              |
| Yogurt                 | Yogurt, Peach                                | Upstate Farms    | 4 oz    | 80       | 0                | 0               | 75             | 15                | 0         | 12                    | 7                     | 3              |
| Yogurt                 | Yogurt, Strawberry                           | Upstate Farms    | 4 oz    | 80       | 0                | 0               | 75             | 15                | 0         | 12                    | 7                     | 3              |
| Yogurt                 | Yogurt, Strawberry Banana                    | Upstate Farms    | 4 oz    | 80       | 0                | 0               | 75             | 15                | 0         | 12                    | 7                     | 3              |
| Yogurt                 | Yogurt, Vanilla                              | Upstate Farms    | 4 oz    | 80       | 0                | 0               | 75             | 15                | 0         | 12                    | 7                     | 3              |
| Vegetable - Additional | Medley, Corn, Peas and Carrots               | VO-022           | 1/2 cup | 86       | 4                | 0               | 212            | 10                | 2         | 5                     | 0                     | 2              |

# Menu Nutrition Information

| Category                          | Menu Item                                 | Recipe/<br>Brand | Portion | Calories | Total Fat<br>(g) | Sat. Fat<br>(g) | Sodium<br>(mg) | Total<br>Carb (g) | Fiber (g) | Total<br>Sugar<br>(g) | Added<br>Sugar<br>(g) | Protein<br>(g) |
|-----------------------------------|---|------------------|---------|----------|------------------|-----------------|----------------|-------------------|-----------|-----------------------|-----------------------|----------------|
| Vegetable - Additional            | Medley, Corn, Peas and Carrots            | VO-022           | 1 cup   | 172      | 9                | 0               | 424            | 20                | 4         | 10                    | 0                     | 4              |
| Vegetable - Beans, Peas & Lentils | Beans, Baked Beans                        | VBPL-035         | 1/2 cup | 152      | 0                | 0               | 282            | 29                | 7         | 10                    | 10                    | 7              |
| Vegetable - Beans, Peas & Lentils | Beans, Baked Beans                        | VBPL-035         | 1 cup   | 304      | 0                | 0               | 564            | 58                | 14        | 20                    | 20                    | 14             |
| Vegetable - Beans, Peas & Lentils | Beans, Balsamic Chickpea Salad            | VBPL-030         | 1/2 cup | 187      | 8                | 2               | 302            | 24                | 9         | 7                     | 2                     | 7              |
| Vegetable - Beans, Peas & Lentils | Beans, Balsamic Chickpea Salad            | VBPL-030         | 1 cup   | 374      | 16               | 4               | 604            | 48                | 18        | 14                    | 4                     | 14             |
| Vegetable - Beans, Peas & Lentils | Beans, BBQ Beans                          | VBPL-009         | 1/2 cup | 155      | 0                | 0               | 255            | 27                | 5         | 9                     | 8                     | 7              |
| Vegetable - Beans, Peas & Lentils | Beans, BBQ Beans                          | VBPL-009         | 1 cup   | 309      | 1                | 0               | 511            | 53                | 11        | 18                    | 16                    | 15             |
| Vegetable - Beans, Peas & Lentils | Beans, Black-eyed Pea                     | USDA             | 1/2 cup | 90       | 0                | 0               | 140            | 14                | 4         | 2                     | 0                     | 5              |
| Vegetable - Beans, Peas & Lentils | Beans, Black Beans LS                     |                  | 1/2 cup | 100      | 0                | 0               | 140            | 18                | 6         | 2                     | 0                     | 7              |
| Vegetable - Beans, Peas & Lentils | Beans, Black Bean and Corn Salad          | VBPL-032         | 1/2 cup | 136      | 3                | 0               | 199            | 21                | 6         | 2                     | 0                     | 7              |
| Vegetable - Beans, Peas & Lentils | Beans, Black Bean and Corn Salad          | VBPL-032         | 1 cup   | 272      | 6                | 0               | 398            | 42                | 12        | 4                     | 0                     | 14             |
| Vegetable - Beans, Peas & Lentils | Beans, Black Bean Salad                   | VBPL-011         | 1/2 cup | 109      | 1                | 0               | 195            | 18                | 6         | 2                     | 0                     | 6              |
| Vegetable - Beans, Peas & Lentils | Beans, Black Bean Salad                   | VBPL-011         | 1 cup   | 218      | 3                | 0               | 390            | 35                | 11        | 3                     | 0                     | 13             |
| Vegetable - Beans, Peas & Lentils | Beans, Black Bean Salsa                   | VBPL-015         | 1/2 cup | 112      | 0                | 0               | 203            | 20                | 6         | 2                     | 0                     | 7              |
| Vegetable - Beans, Peas & Lentils | Beans, Black Bean Salsa                   | VBPL-015         | 1 cup   | 223      | 0                | 0               | 406            | 40                | 12        | 3                     | 0                     | 14             |
| Vegetable - Beans, Peas & Lentils | Beans, Black Beans Seasoned w Sofrito     | VBPL-004         | 1/2 cup | 126      | 2                | 0               | 208            | 20                | 6         | 2                     | 0                     | 7              |
| Vegetable - Beans, Peas & Lentils | Beans, Black Beans Seasoned w Sofrito     | VBPL-004         | 1 cup   | 252      | 4                | 0               | 417            | 39                | 12        | 4                     | 0                     | 14             |
| Vegetable - Beans, Peas & Lentils | Beans, Garbanzo, Canned                   | Furmano's        | 1/2 cup | 110      | 2                | 1               | 140            | 18                | 8         | 3                     | 0                     | 8              |
| Vegetable - Beans, Peas & Lentils | Beans, Garbanzo, Canned                   | USDA             | 1/2 cup | 130      | 2                | 0               | 140            | 21                | 4         | 4                     | 0                     | 5              |
| Vegetable - Beans, Peas & Lentils | Beans, Chickpeas, Roasted                 | VBPL-012         | 1/2 cup | 168      | 6                | 1               | 256            | 22                | 10        | 4                     | 0                     | 7              |
| Vegetable - Beans, Peas & Lentils | Beans, Chickpeas, Roasted                 | VBPL-012         | 1 cup   | 336      | 11               | 3               | 513            | 45                | 20        | 8                     | 0                     | 15             |
| Vegetable - Beans, Peas & Lentils | Beans, Chickpeas Roasted with Basil Pesto | VBPL-005         | 1/2 cup | 174      | 6                | 2               | 221            | 23                | 10        | 4                     | 0                     | 8              |
| Vegetable - Beans, Peas & Lentils | Beans, Chickpeas Roasted with Basil Pesto | VBPL-005         | 1 cup   | 348      | 13               | 4               | 442            | 46                | 20        | 8                     | 0                     | 16             |



# Menu Nutrition Information

| Category                             | Menu Item  | Recipe/<br>Brand | Portion | Calories | Total Fat<br>(g) | Sat. Fat<br>(g) | Sodium<br>(mg) | Total<br>Carb (g) | Fiber (g) | Total<br>Sugar<br>(g) | Added<br>Sugar<br>(g) | Protein<br>(g) |
|--------------------------------------|--|------------------|---------|----------|------------------|-----------------|----------------|-------------------|-----------|-----------------------|-----------------------|----------------|
| Vegetable -<br>Beans, Peas & Lentils | Beans, Chickpeas Roasted with Spinach Cilantro Pesto | VBPL-026         | 1/2 cup | 172      | 6                | 2               | 221            | 23                | 10        | 4                     | 0                     | 8              |
| Vegetable -<br>Beans, Peas & Lentils | Beans, Chickpeas Roasted with Spinach Cilantro Pesto | VBPL-026         | 1 cup   | 344      | 12               | 3               | 442            | 45                | 20        | 8                     | 0                     | 15             |
| Vegetable -<br>Beans, Peas & Lentils | Beans, Chickpea Salad                                | VBPL-010         | 1/2 cup | 163      | 7                | 1               | 161            | 20                | 9         | 4                     | 0                     | 7              |
| Vegetable -<br>Beans, Peas & Lentils | Beans, Chickpea Salad                                | VBPL-010         | 1 cup   | 326      | 14               | 3               | 322            | 40                | 18        | 8                     | 0                     | 0              |
| Vegetable -<br>Beans, Peas & Lentils | Beans, Chickpeas, Seasoned                           | VBPL-020         | 1/2 cup | 138      | 4                | 1               | 201            | 20                | 8         | 4                     | 1                     | 6              |
| Vegetable -<br>Beans, Peas & Lentils | Beans, Chickpeas, Seasoned                           | VBPL-020         | 1 cup   | 276      | 9                | 3               | 402            | 40                | 16        | 9                     | 2                     | 12             |
| Vegetable -<br>Beans, Peas & Lentils | Beans, Cilantro Black Bean Salad                     | VBPL-029         | 1/2 cup | 202      | 3                | 0               | 391            | 33                | 10        | 3                     | 0                     | 12             |
| Vegetable -<br>Beans, Peas & Lentils | Beans, Cilantro Black Bean Salad                     | VBPL-029         | 1 cup   | 404      | 5                | 1               | 782            | 65                | 21        | 6                     | 0                     | 23             |
| Vegetable -<br>Beans, Peas & Lentils | Beans, Gremolata Marinated White Beans               | VBPL-039         | 1/2 cup | 155      | 1                | 0               | 199            | 29                | 5         | 3                     | 0                     | 6              |
| Vegetable -<br>Beans, Peas & Lentils | Beans, Gremolata Marinated White Beans               | VBPL-039         | 1 cup   | 310      | 2                | 0               | 398            | 58                | 10        | 6                     | 0                     | 12             |
| Vegetable -<br>Beans, Peas & Lentils | Beans, Marinated Bean Salad                          | VBPL-025         | 1/2 cup | 126      | 4                | 1               | 247            | 18                | 10        | 3                     | 0                     | 6              |
| Vegetable -<br>Beans, Peas & Lentils | Beans, Marinated Bean Salad                          | VBPL-025         | 1 cup   | 252      | 8                | 2               | 494            | 36                | 20        | 6                     | 0                     | 12             |
| Vegetable -<br>Beans, Peas & Lentils | Beans, Pinto   | Furmano's        | 1/2 cup | 90       | 0                | 0               | 140            | 16                | 6         | 0                     | 0                     | 6              |
| Vegetable -<br>Beans, Peas & Lentils | Beans, Pinto   | Margaret Holmes  | 1/2 cup | 120      | 1                | 0               | 80             | 22                | 7         | 1                     | 0                     | 8              |
| Vegetable -<br>Beans, Peas & Lentils | Beans, Pinto   | USDA             | 1/2 cup | 120      | 1                | 0               | 140            | 22                | 9         | 1                     | 0                     | 5              |
| Vegetable -<br>Beans, Peas & Lentils | Beans, Pinto Beans Seasoned with Sofrito             | VL-002           | 1/2 cup | 126      | 2                | 0               | 205            | 20                | 7         | 1                     | 0                     | 7              |
| Vegetable -<br>Beans, Peas & Lentils | Beans, Pinto Beans Seasoned with Sofrito             | VL-002           | 1 cup   | 252      | 4                | 0               | 409            | 40                | 14        | 2                     | 0                     | 14             |
| Vegetable -<br>Beans, Peas & Lentils | Bean, Great Northern                                 | USDA             | 1/2 cup | 150      | 1                | 0               | 140            | 28                | 5         | 2                     | 0                     | 6              |
| Vegetable -<br>Beans, Peas & Lentils | Beans, White Bean Salad                              | VBPL-016         | 1/2 cup | 149      | 4                | 0               | 211            | 24                | 5         | 3                     | 0                     | 8              |
| Vegetable -<br>Beans, Peas & Lentils | Beans, White Bean Salad                              | VBPL-016         | 1 cup   | 298      | 7                | 0               | 422            | 48                | 11        | 5                     | 0                     | 16             |
| Vegetable -<br>Beans, Peas & Lentils | Fiesta Black Beans                                   | VBPL-028         | 1/2 cup | 109      | 1                | 0               | 195            | 18                | 6         | 2                     | 0                     | 6              |
| Vegetable -<br>Beans, Peas & Lentils | Fiesta Black Beans                                   | VBPL-028         | 1 cup   | 218      | 3                | 0               | 390            | 35                | 11        | 3                     | 0                     | 13             |
| Vegetable -<br>Beans, Peas & Lentils | Beans, Red Kidney                                    | Furmano's        | 1/2 cup | 100      | 0                | 0               | 140            | 16                | 5         | 1                     | 0                     | 7              |

# 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) |
|-----------------------------------|---|-----------------|---------|----------|---------------|--------------|-------------|----------------|-----------|-----------------|-----------------|-------------|
| Vegetable - Beans, Peas & Lentils | Beans, Red Kidney                       | Margaret Holmes | 1/2 cup | 120      | 1             | 0            | 90          | 21             | 7         | 1               | 0               | 8           |
| Vegetable - Beans, Peas & Lentils | Beans, Red Kidney                       | USDA            | 1/2 cup | 120      | 1             | 0            | 140         | 23             | 5         | 1               | 0               | 6           |
| Vegetable - Dark Green            | Broccoli, Chipotle Broccoli             | VDG-028         | 1/2 cup | 45       | 3             | 0            | 59          | 4              | 2         | 2               | 1               | 2           |
| Vegetable - Dark Green            | Broccoli, Chipotle Broccoli             | VDG-028         | 1 cup   | 90       | 5             | 1            | 118         | 8              | 4         | 3               | 1               | 4           |
| Vegetable - Dark Green            | Broccoli, Baked Broccoli                | VDG-015         | 1/2 cup | 69       | 5             | 1            | 75          | 4              | 2         | 1               | 0               | 3           |
| Vegetable - Dark Green            | Broccoli, Baked Broccoli                | VDG-015         | 1 cup   | 137      | 9             | 1            | 149         | 8              | 4         | 3               | 0               | 7           |
| Vegetable - Dark Green            | Broccoli, Fresh Florets                 | VDG-023         | 1/2 cup | 15       | 0             | 0            | 15          | 3              | 1         | 1               | 0               | 1           |
| Vegetable - Dark Green            | Broccoli, Fresh Florets                 | VDG-023         | 1 cup   | 30       | 0             | 0            | 30          | 6              | 2         | 3               | 0               | 3           |
| Vegetable - Dark Green            | Broccoli, Katsu Broccoli                | VDG-030         | 1/2 cup | 25       | 0             | 0            | 106         | 5              | 1         | 2               | 2               | 1           |
| Vegetable - Dark Green            | Broccoli, Katsu Broccoli                | VDG-030         | 1 cup   | 50       | 0             | 0            | 212         | 9              | 2         | 5               | 3               | 3           |
| Vegetable - Dark Green            | Broccoli Salad                          | VDG-024         | 1/2 cup | 88       | 4             | 2            | 129         | 11             | 1         | 7               | 3               | 3           |
| Vegetable - Dark Green            | Broccoli Salad                          | VDG-024         | 1 cup   | 177      | 8             | 4            | 258         | 21             | 2         | 14              | 5               | 6           |
| Vegetable - Dark Green            | Broccoli, Steamed                       | VDG-010         | 1/2 cup | 10       | 0             | 0            | 9           | 2              | 1         | 5               | 0               | 1           |
| Vegetable - Dark Green            | Broccoli, Steamed                       | VDG-010         | 1 cup   | 20       | 0             | 0            | 19          | 4              | 2         | 3               | 0               | 2           |
| Vegetable - Dark Green            | Broccoli, with Roasted Garlic           | VDG-001         | 1/2 cup | 55       | 4             | 0            | 69          | 4              | 2         | 1               | 0               | 3           |
| Vegetable - Dark Green            | Broccoli, with Roasted Garlic           | VDG-001         | 1 cup   | 110      | 7             | 0            | 138         | 9              | 4         | 2               | 0               | 5           |
| Vegetable - Dark Green            | Green Garden Salad                      | VDG-004         | 1 cup   | 7        | 0             | 0            | 7           | 1              | 1         | 0               | 0               | 0           |
| Vegetable - Dark Green            | Green Garden Salad                      | VDG-004         | 2 cups  | 14       | 0             | 0            | 14          | 2              | 2         | 0               | 0               | 0           |
| Vegetable - Dark Green            | Kale, Kid Friendly Kale Salad           | VDG-007         | 1 cup   | 109      | 6             | 1            | 162         | 14             | 2         | 10              | 5               | 2           |
| Vegetable - Dark Green            | Kale, Kid Friendly Kale Salad           | VDG-007         | 2 cups  | 218      | 12            | 2            | 324         | 28             | 4         | 20              | 11              | 4           |
| Vegetable - Dark Green            | Kale Caesar Salad                       | VDG-012         | 1 cup   | 62       | 4             | 1            | 88          | 5              | 2         | 2               | 2               | 3           |
| Vegetable - Dark Green            | Kale Caesar Salad                       | VDG-012         | 2 cups  | 134      | 8             | 2            | 176         | 10             | 2         | 2               | 4               | 6           |
| Vegetable - Dark Green            | Kale Caesar Sald with Buttermilk Caesar | VDG018          | 1 cup   | 137      | 11            | 1            | 355         | 16             | 2         | 2               | 1               | 4           |

# 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) |
|------------------------|---|---------------|---------|----------|---------------|--------------|-------------|----------------|-----------|-----------------|-----------------|-------------|
| Vegetable - Dark Green | Kale Caesar Sald with Buttermilk Caesar | VDG018        | 2 cups  | 274      | 22            | 2            | 710         | 32             | 4         | 4               | 2               | 8           |
| Vegetable - Dark Green | Kale, Sweet and Tangy Braised Kale      | VDG-029       | 1/2 cup | 93       | 10            | 0            | 281         | 14             | 3         | 3               | 1               | 4           |
| Vegetable - Dark Green | Kale, Sweet and Tangy Braised Kale      | VDG-029       | 1 cup   | 185      | 20            | 0            | 562         | 28             | 5         | 5               | 1               | 7           |
| Vegetable - Dark Green | Lemon Arugula Salad                     | VDG-026       | 1 cup   | 90       | 6             | 1            | 108         | 7              | 1         | 5               | 3               | 2           |
| Vegetable - Dark Green | Lemon Arugula Salad                     | VDG-026       | 2 cups  | 180      | 13            | 2            | 216         | 15             | 2         | 10              | 6               | 4           |
| Vegetable - Dark Green | Lettuce, Romaine, Chopped               | Taylor Farms  | 1 cup   | 6        | 0             | 0            | 3           | 1              | 1         | 0               | 0               | 0           |
| Vegetable - Dark Green | Spinach, Parmigiana Spinach             | VDG-008       | 1/2 cup | 73       | 4             | 0            | 212         | 4              | 3         | 2               | 0               | 4           |
| Vegetable - Dark Green | Spinach, Parmigiana Spinach             | VDG-008       | 1 cup   | 146      | 8             | 1            | 424         | 7              | 7         | 4               | 0               | 7           |
| Vegetable - Dark Green | Spinach, Rainbow                        | VDG-031       | 1/2 cup | 48       | 2             | 0            | 458         | 9              | 5         | 4               | 0               | 4           |
| Vegetable - Dark Green | Spinach, Rainbow                        | VDG-031       | 1 cup   | 96       | 4             | 0            | 916         | 17             | 10        | 8               | 0               | 8           |
| Vegetable - Dark Green | Spinach, Super Hero                     | VDG-003       | 1/2 cup | 75       | 4             | 0            | 226         | 4              | 4         | 2               | 0               | 4           |
| Vegetable - Dark Green | Spinach, Super Hero                     | VDG-003       | 1 cup   | 151      | 8             | 0            | 453         | 8              | 8         | 4               | 0               | 8           |
| Vegetable - Dark Green | Sweet & Zesty Garden Greens             | VDG-032       | 1 cup   | 67       | 7             | 1            | 77          | 2              | 1         | 1               | 0               | 1           |
| Vegetable - Dark Green | Sweet & Zesty Garden Greens             | VDG-032       | 2 cups  | 134      | 14            | 2            | 154         | 4              | 2         | 2               | 1               | 2           |
| Vegetable - Dark Green | Tomato Vinaigrette Salad                | VDG-027       | 1 cup   | 71       | 7             | 0            | 48          | 3              | 2         | 2               | 0               | 1           |
| Vegetable - Dark Green | Tomato Vinaigrette Salad                | VDG-027       | 2 cups  | 142      | 13            | 1            | 97          | 7              | 4         | 4               | 0               | 2           |
| Vegetable - Other      | Asian Cucumber Salad                    | VO-048        | 1/2 cup | 57       | 4             | 1            | 153         | 6              | 1         | 4               | 3               | 1           |
| Vegetable - Other      | Asian Cucumber Salad                    | VO-048        | 1 cup   | 114      | 8             | 2            | 306         | 11             | 2         | 5               | 5               | 1           |
| Vegetable - Other      | Cilantro Healthy Coleslaw               | VO-012        | 1/2 cup | 101      | 8             | 0            | 183         | 8              | 2         | 5               | 2               | 1           |
| Vegetable - Other      | Cilantro Healthy Coleslaw               | VO-012        | 1 cup   | 202      | 16            | 1            | 366         | 15             | 4         | 10              | 4               | 2           |
| Vegetable - Other      | Cauliflower, Curried                    | VO-028        | 1/2 cup | 70       | 4             | 0            | 262         | 5              | 2         | 2               | 0               | 1           |
| Vegetable - Other      | Cauliflower, Curried                    | VO-028        | 1 cup   | 140      | 8             | 1            | 524         | 11             | 3         | 5               | 0               | 2           |
| Vegetable - Other      | Cauliflower, Marinated                  | VO-024        | 1/2 cup | 47       | 1             | 0            | 74          | 6              | 2         | 3               | 0               | 1           |

# 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) |
|-------------------|--|---------------|---------|----------|---------------|--------------|-------------|----------------|-----------|-----------------|-----------------|-------------|
| Vegetable - Other | Cauliflower, Marinated                       | VO-024        | 1 cup   | 94       | 2             | 0            | 148         | 12             | 4         | 6               | 0               | 2           |
| Vegetable - Other | Cauliflower, Parmigiana Roasted              | VO-017        | 1/2 cup | 65       | 4             | 0            | 335         | 6              | 2         | 3               | 0               | 3           |
| Vegetable - Other | Cauliflower, Parmigiana Roasted              | VO-017        | 1 cup   | 130      | 8             | 1            | 671         | 12             | 4         | 5               | 0               | 5           |
| Vegetable - Other | Celery, Sticks                               | USDA          | 6 each  | 8        | 1             | 0            | 40          | 2              | 1         | 1               | 0               | 0           |
| Vegetable - Other | Cucumber, Slices                             | VO-014        | 1/2 cup | 11       | 0             | 0            | 2           | 3              | 0         | 5               | 0               | 0           |
| Vegetable - Other | Cucumber, Slices                             | VO-014        | 1 cup   | 22       | 0             | 0            | 3           | 6              | 1         | 3               | 0               | 0           |
| Vegetable - Other | Greek Zucchini Salad                         | VO-006        | 1/2 cup | 42       | 3             | 0            | 100         | 5              | 1         | 3               | 0               | 1           |
| Vegetable - Other | Green Beans, Colorful                        | VO-049        | 1/2 cup | 76       | 4             | 1            | 276         | 10             | 3         | 4               | 2               | 1           |
| Vegetable - Other | Green Beans, Colorful                        | VO-049        | 1 cup   | 155      | 8             | 1            | 552         | 20             | 7         | 9               | 3               | 3           |
| Vegetable - Other | Green Beans, Garlic Teriyaki                 | VO-021        | 1/2 cup | 41       | 0             | 0            | 135         | 9              | 2         | 5               | 4               | 1           |
| Vegetable - Other | Green Beans, Garlic Teriyaki                 | VO-021        | 1 cup   | 83       | 0             | 0            | 270         | 18             | 4         | 9               | 7               | 3           |
| Vegetable - Other | Green Beans, Garlicky                        | VO-003        | 1/2 cup | 56       | 4             | 0            | 146         | 5              | 2         | 1               | 0               | 1           |
| Vegetable - Other | Green Beans, Garlicky                        | VO-003        | 1 cup   | 112      | 8             | 1            | 292         | 10             | 4         | 2               | 0               | 2           |
| Vegetable - Other | Green Beans, Savory                          | VO-004        | 1/2 cup | 50       | 3             | 0            | 65          | 5              | 2         | 1               | 0               | 1           |
| Vegetable - Other | Green Beans, Savory                          | VO-004        | 1 cup   | 100      | 6             | 0            | 130         | 10             | 4         | 2               | 0               | 2           |
| Vegetable - Other | Green Beans, Marinated                       | VO-033        | 1/2 cup | 36       | 1             | 0            | 16          | 6              | 2         | 3               | 0               | 2           |
| Vegetable - Other | Green Beans, Marinated                       | VO-033        | 1 cup   | 71       | 3             | 0            | 32          | 11             | 4         | 5               | 0               | 3           |
| Vegetable - Other | Italian Marinated Cucumber Salad             | VO-018        | 1/2 cup | 45       | 4             | 0            | 9           | 3              | 0         | 1               | 0               | 1           |
| Vegetable - Other | Italian Marinated Cucumber Salad             | VO-018        | 1 cup   | 90       | 8             | 0            | 18          | 6              | 1         | 2               | 0               | 1           |
| Vegetable - Other | Mediterranean Zucchini and Tomato Salad (K8) | VO-029        | 1/2 cup | 86       | 5             | 0            | 255         | 8              | 2         | 5               | 1               | 2           |
| Vegetable - Other | Mediterranean Zucchini and Tomato Salad (HS) | VO-029        | 1 cup   | 172      | 10            | 1            | 510         | 16             | 4         | 10              | 2               | 4           |
| Vegetable - Other | Mushrooms, Fresh                             | USDA          | 1/2 cup | 10       | 0             | 0            | 3           | 3              | 0         | 8               | 0               | 2           |
| Vegetable - Other | Oven Roasted Squash/Summer Squash            | VO-035        | 1/2 cup | 47       | 3             | 0            | 68          | 4              | 1         | 3               | 0               | 1           |

# Menu Nutrition Information

| Category               | Menu Item                         | Recipe/<br>Brand | Portion | Calories | Total Fat<br>(g) | Sat. Fat<br>(g) | Sodium<br>(mg) | Total<br>Carb (g) | Fiber (g) | Total<br>Sugar<br>(g) | Added<br>Sugar<br>(g) | Protein<br>(g) |
|------------------------|-----------------------------------|------------------|---------|----------|------------------|-----------------|----------------|-------------------|-----------|-----------------------|-----------------------|----------------|
| Vegetable - Other      | Oven Roasted Squash/Summer Squash | VO-035           | 1 cup   | 94       | 7                | 0               | 136            | 7                 | 2         | 5                     | 0                     | 3              |
| Vegetable - Other      | Pickle Chips                      | Heinz            | 1 oz    | 0        | 0                | 0               | 250            | 1                 | 0         | 0                     | 0                     | 0              |
| Vegetable - Other      | Roasted Broccoli and Cauliflower  | VO-023           | 1/2 cup | 39       | 2                | 0               | 49             | 5                 | 2         | 2                     | 0                     | 2              |
| Vegetable - Other      | Roasted Broccoli and Cauliflower  | VO-023           | 1 cup   | 78       | 3                | 0               | 98             | 9                 | 4         | 3                     | 0                     | 4              |
| Vegetable - Other      | Roasted Cauliflower               | VO-034           | 1/2 cup | 78       | 6                | 0               | 306            | 6                 | 2         | 2                     | 0                     | 2              |
| Vegetable - Other      | Roasted Cauliflower               | VO-034           | 1 cup   | 156      | 12               | 0               | 612            | 12                | 4         | 4                     | 0                     | 4              |
| Vegetable - Other      | Roasted Zucchini and Tomatoes     | VO-020           | 1/2 cup | 57       | 3                | 0               | 130            | 5                 | 2         | 4                     | 0                     | 2              |
| Vegetable - Other      | Roasted Zucchini and Tomatoes     | VO-021           | 1 cup   | 114      | 6                | 1               | 260            | 10                | 4         | 9                     | 0                     | 3              |
| Vegetable - Other      | Vegetables, "Stir Fry"            | VO-010           | 1/2 cup | 58       | 2                | 0               | 42             | 9                 | 2         | 5                     | 1                     | 2              |
| Vegetable - Other      | Vegetables, "Stir Fry"            | VO-010           | 1 cup   | 116      | 5                | 0               | 84             | 17                | 5         | 9                     | 2                     | 3              |
| Vegetable - Other      | Guacamole                         | Wrinkle Star     | 1 each  | 100      | 9                | 2               | 170            | 5                 | 3         | 0                     | 0                     | 1              |
| Vegetable - Other      | Jollof Cauliflower                | VO-041           | 1/2 Cup | 108      | 7                | 0               | 73             | 9                 | 2         | 5                     | 0                     | 2              |
| Vegetable - Other      | Jollof Cauliflower                | VO-041           | 1 Cup   | 217      | 14               | 2               | 146            | 18                | 5         | 10                    | 1                     | 4              |
| Vegetable - Other      | Zucchini, Roasted                 | VO-001           | 1/2 cup | 44       | 3                | 0               | 125            | 4                 | 1         | 3                     | 0                     | 1              |
| Vegetable - Other      | Zucchini, Roasted                 | VO-001           | 1 cup   | 87       | 6                | 0               | 251            | 7                 | 2         | 6                     | 0                     | 3              |
| Vegetable - Red/Orange | Bruschetta Tomato Salad           | VRO-016          | 1/2 cup | 45       | 2                | 0               | 45             | 7                 | 2         | 4                     | 1                     | 1              |
| Vegetable - Red/Orange | Bruschetta Tomato Salad           | VRO-016          | 1 cup   | 90       | 3                | 0               | 90             | 14                | 3         | 8                     | 2                     | 2              |
| Vegetable - Red/Orange | Sweet Potato Waffle Fries         | VRO-009          | 1/2 cup | 160      | 6                | 1               | 190            | 25                | 1         | 8                     | 1                     | 1              |
| Vegetable - Red/Orange | Sweet Potato Waffle Fries         | VRO-009          | 1 cup   | 320      | 12               | 2               | 380            | 50                | 2         | 16                    | 2                     | 2              |
| Vegetable - Red/Orange | Carrots, Glazed Carrots           | VRO-017          | 1/2 cup | 103      | 4                | 0               | 164            | 15                | 3         | 12                    | 8                     | 1              |
| Vegetable - Red/Orange | Carrots, Glazed Carrots           | VRO-017          | 1 cup   | 206      | 9                | 0               | 328            | 30                | 6         | 24                    | 15                    | 3              |
| Vegetable - Red/Orange | Carrots, Italian Roasted          | VRO-032          | 1/2 cup | 50       | 2                | 0               | 193            | 7                 | 3         | 4                     | 0                     | 1              |
| Vegetable - Red/Orange | Carrots, Italian Roasted          | VRO-032          | 1 cup   | 100      | 4                | 0               | 386            | 15                | 6         | 4                     | 0                     | 2              |

# Menu Nutrition Information

| Category               | Menu Item                          | Recipe/<br>Brand  | Portion | Calories | Total Fat<br>(g) | Sat. Fat<br>(g) | Sodium<br>(mg) | Total<br>Carb (g) | Fiber (g) | Total<br>Sugar<br>(g) | Added<br>Sugar<br>(g) | Protein<br>(g) |
|------------------------|------------------------------------|-------------------|---------|----------|------------------|-----------------|----------------|-------------------|-----------|-----------------------|-----------------------|----------------|
| Vegetable - Red/Orange | Carrot & Lemon Salad               | VRO-010           | 1/2 cup | 50       | 0                | 0               | 166            | 12                | 3         | 6                     | 0                     | 1              |
| Vegetable - Red/Orange | Carrot & Lemon Salad               | VRO-010           | 1 cup   | 100      | 1                | 0               | 331            | 24                | 7         | 11                    | 0                     | 2              |
| Vegetable - Red/Orange | Carrots, Shredded                  | USDA              | 3 oz    | 30       | 0                | 0               | 65             | 7                 | 3         | 4                     | 0                     | 0              |
| Vegetable - Red/Orange | Carrots, Sliced, Canned            | Seneca            | 1/2 cup | 30       | 0                | 0               | 140            | 6                 | 2         | 4                     | 0                     | 0              |
| Vegetable - Red/Orange | Carrots, Sliced, Frozen            | Endico            | 1/2 cup | 25       | 0                | 0               | 40             | 5                 | 2         | 9                     | 0                     | 0              |
| Vegetable - Red/Orange | Carrots, Slow Roasted Baby Carrots | VRO-020           | 1/2 cup | 113      | 5                | 0               | 195            | 19                | 2         | 15                    | 10                    | 1              |
| Vegetable - Red/Orange | Carrots, Slow Roasted Baby Carrots | VRO-020           | 1 cup   | 226      | 10               | 1               | 390            | 38                | 4         | 30                    | 20                    | 2              |
| Vegetable - Red/Orange | Carrot Sticks, Plain, Individual   | Lancaster Farms   | 1 bag   | 30       | 0                | 0               | 0              | 9                 | 2         | 5                     | 0                     | 1              |
| Vegetable - Red/Orange | Carrot Sticks, Plain, Individual   | Bolthouse Farms   | 1 bag   | 30       | 0                | 0               | 35             | 9                 | 2         | 5                     | 0                     | 1              |
| Vegetable - Red/Orange | Carrot Sticks, Plain, Individual   | Fresh Health Kids | 1 bag   | 35       | 0                | 0               | 65             | 8                 | 2         | 5                     | 0                     | 1              |
| Vegetable - Red/Orange | Carrots, Topped Bag, Fresh         | USDA              | 1/2 cup | 45       | 1                | 0               | 87             | 10                | 3         |                       | 0                     | 1              |
| Vegetable - Red/Orange | Carrots, Ranch, Ind                | Bolthouse Farms   | 1/3 cup | 30       | 0                | 0               | 200            | 7                 | 2         | 5                     | 0                     | 1              |
| Vegetable - Red/Orange | Pimentos                           | Ruby              | 1/2 cup | 30       | 0                | 0               | 350            | 6                 | 1         | 4                     | 1                     | 1              |
| Vegetable - Red/Orange | Veg, Tomatoes, Cherry, Fresh       | USDA              | 1 cup   | 26       | 0                | 0               |                | 9                 | 2         | 4                     | 0                     | 1              |
| Vegetable - Red/Orange | Roasted Fresh Tomatoes             | VRO-023           | 1/2 cup | 67       | 6                | 0               | 119            | 2                 | 1         | 1                     | 0                     | 1              |
| Vegetable - Red/Orange | Roasted Fresh Tomatoes             | VRO-023           | 1 cup   | 135      | 13               | 1               | 238            | 5                 | 2         | 3                     | 0                     | 1              |
| Vegetable - Red/Orange | Sweet Potatoes, Honey Diced        | VRO-024           | 1/2 cup | 178      | 5                | 0               | 325            | 33                | 3         | 19                    | 10                    | 2              |
| Vegetable - Red/Orange | Sweet Potatoes, Honey Diced        | VRO-024           | 1 cup   | 355      | 10               | 1               | 649            | 66                | 5         | 38                    | 20                    | 4              |
| Vegetable - Red/Orange | Sweet Potato Wedges                | VRO-011           | 1/2 cup | 200      | 7                | 1               | 230            | 32                | 2         | 10                    | 2                     | 2              |
| Vegetable - Red/Orange | Sweet Potato Wedges                | VRO-011           | 1 cup   | 400      | 14               | 2               | 460            | 64                | 4         | 20                    | 4                     | 4              |
| Vegetable - Red/Orange | Tomatoes, Cherry                   | USDA              | 1/2 cup | 13       | 0                | 0               | 4              | 3                 | 1         | 2                     | 0                     | 1              |
| Vegetable - Red/Orange | Tomatoes, Fresh Diced              | VRO-007           | 1/2 cup | 16       | 0                | 0               | 5              | 4                 | 1         | 2                     | 0                     | 1              |
| Vegetable - Red/Orange | Tomatoes, Roasted Tomato Salsa     | VRO-022           | 1/2 cup | 36       | 0                | 0               | 307            | 6                 | 2         | 3                     | 0                     | 1              |

# 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) |
|------------------------|--|---------------|---------|----------|---------------|--------------|-------------|----------------|-----------|-----------------|-----------------|-------------|
| Vegetable - Red/Orange | Ginger Carrots                                 | VRO-028       | 1/2 Cup | 51       | 3             | 0            | 185         | 6              | 2         | 4               | 1               | 1           |
| Vegetable - Red/Orange | Ginger Carrots                                 | VRO-028       | 1 Cup   | 102      | 5             | 0            | 370         | 12             | 4         | 7               | 1               | 2           |
| Vegetable - Red/Orange | Parmesan Carrot Sticks                         | VRO-033       | 1/2 Cup | 50       | 1             | 0            | 87          | 9              | 2         | 5               | 1               | 1           |
| Vegetable - Red/Orange | Parmesan Carrot Sticks                         | VRO-033       | 1 Cup   | 100      | 2             | 0            | 173         | 17             | 3         | 11              | 2               | 3           |
| Vegetable - Red/Orange | Roasted Carrot Coins                           | VRO-029       | 1/2 Cup | 41       | 1             | 0            | 93          | 6              | 2         | 3               | 0               | 1           |
| Vegetable - Red/Orange | Roasted Carrot Coins                           | VRO-029       | 1 Cup   | 83       | 3             | 0            | 187         | 12             | 5         | 7               | 0               | 2           |
| Vegetable - Red/Orange | Spiced Sweet Potatoes                          | VRO-030       | 1/2 Cup | 120      | 3             | 0            | 109         | 22             | 2         | 8               | 0               | 2           |
| Vegetable - Red/Orange | Spiced Sweet Potatoes                          | VRO-030       | 1 Cup   | 240      | 7             | 0            | 217         | 42             | 5         | 16              | 0               | 4           |
| Vegetable - Red/Orange | Tomatoes, Tomato Salad                         | VRO-021       | 1/2 cup | 45       | 2             | 0            | 45          | 7              | 2         | 4               | 1               | 1           |
| Vegetable - Red/Orange | Tomatoes, Tomato Salad                         | VRO-021       | 1 cup   | 89       | 3             | 1            | 90          | 14             | 3         | 9               | 1               | 2           |
| Vegetable - Starchy    | Cinnamon Plantains                             | VS-011        | 4 each  | 286      | 8             | 1            | 97          | 52             | 2         | 44              | 0               | 2           |
| Vegetable - Starchy    | Cinnamon Plantains                             | VS-011        | 8 each  | 572      | 16            | 2            | 194         | 104            | 4         | 88              | 0               | 4           |
| Vegetable - Starchy    | Corn, Confetti Salad                           | VS-011        | 1/2 cup | 129      | 6             | 0            | 103         | 18             | 2         | 3               | 0               | 0           |
| Vegetable - Starchy    | Corn, Confetti Salad                           | VS-011        | 1 cup   | 259      | 12            | 1            | 206         | 36             | 5         | 5               | 0               | 0           |
| Vegetable - Starchy    | Corn, Hot Confetti                             | VS-012        | 1/2 cup | 128      | 6             | 0            | 103         | 18             | 2         | 2               | 0               | 0           |
| Vegetable - Starchy    | Corn, Hot Confetti                             | VS-012        | 1 cup   | 255      | 12            | 0            | 206         | 36             | 4         | 4               | 0               | 0           |
| Vegetable - Starchy    | Corn, Street Style Corn                        | VS-027        | 1/2 cup | 138      | 3             | 1            | 293         | 22             | 2         | 6               | 1               | 3           |
| Vegetable - Starchy    | Corn, Street Style Corn                        | VS-027        | 1 cup   | 276      | 6             | 1            | 586         | 44             | 4         | 11              | 1               | 6           |
| Vegetable - Starchy    | Curry Potato                                   | VS-037        | 1 cup   | 296      | 13            | 3            | 789         | 45             | 4         | 0               | 0               | 3           |
| Vegetable - Starchy    | Home Fries (using Diced Potatoes)              | VS-024        | 1 cup   | 252      | 12            | 2            | 307         | 36             | 4         | 4               | 0               | 3           |
| Vegetable - Starchy    | Home Fries (using Seasoned Wedge Cut Potatoes) | VS-020        | 1 cup   | 315      | 11            | 1            | 453         | 50             | 6         | 6               | 0               | 5           |
| Vegetable - Starchy    | Marinated Potato Salad                         | VS-026        | 1 cup   | 195      | 10            | 2            | 231         | 27             | 2         | 0               | 0               | 2           |
| Vegetable - Starchy    | Plantains                                      | Big Banana    | 4 each  | 200      | 4             | 1            | 0           | 39             | 2         | 32              | 0               | 1           |

# 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) |
|---------------------|---|---------------|---------|----------|---------------|--------------|-------------|----------------|-----------|-----------------|-----------------|-------------|
| Vegetable - Starchy | Plantains   | Big Banana    | 8 each  | 400      | 8             | 2            | 0           | 78             | 4         | 64              | 0               | 2           |
| Vegetable - Starchy | Potatoes, Seasoned Wedge Cut                      | VS-017        | 1 cup   | 240      | 8             | 0            | 280         | 40             | 4         | 0               | 0               | 2           |
| Vegetable - Starchy | Veg, Corn Canned                                  | Hanover       | 1/2 cup | 100      | 1             | 0            | 100         | 20             | 1         | 5               | 0               | 2           |
| Vegetable - Starchy | Veg, Corn Canned                                  | Libby's       | 1/2 cup | 80       | 1             | 0            | 140         | 17             | 2         | 4               | NA              | 2           |
| Vegetable - Starchy | Basil Corn Salad                                  | VS-028        | 1/2 Cup | 117      | 4             | 0            | 88          | 18             | 2         | 2               | 0               | 0           |
| Vegetable - Starchy | Basil Corn Salad                                  | VS-028        | 1 Cup   | 235      | 9             | 0            | 176         | 37             | 5         | 5               | 0               | 0           |
| Vegetable - Starchy | Herbed Roasted Potatoes                           | VS-031        | 1 cup   | 202      | 9             | 2            | 251         | 31             | 3         | 0               | 0               | 2           |
| Vegetable - Starchy | Seasoned Peas                                     | VS-034        | 1/2 Cup | 94       | 3             | 0            | 179         | 13             | 4         | 5               | 0               | 5           |
| Vegetable - Starchy | Seasoned Peas                                     | VS-034        | 1 cup   | 188      | 6             | 0            | 358         | 26             | 8         | 10              | 0               | 10          |
| Salad Grab & Go     | Grab & Go, Asian Sesame Grilled Chicken Salad     | SAL-035       | 1 each  | 306      | 11            | 2            | 508         | 32             | 5         | 4               | 8               | 22          |
| Salad Grab & Go     | Grab & Go Asian Sesame Crispy Chicken Salad       | SAL-024       | 1 each  | 430      | 20            | 4            | 871         | 44             | 7         | 9               | 5               | 20          |
| Salad Grab & Go     | Grab & Go, Chopped Salad                          | SAL-038       | 1 each  | 368      | 13            | 4            | 639         | 39             | 6         | 4               | 2               | 26          |
| Salad Grab & Go     | Power Protein Garden Greens Salad (HS)            | SAL-041       | 1 each  | 362      | 21            | 13           | 641         | 29             | 5         | 5               | 1               | 19          |
| Salad Grab & Go     | Power Protein Garden Greens Salad (K8)            | SAL-041       | 1 each  | 356      | 21            | 13           | 645         | 27             | 4         | 4               | 1               | 19          |
| Salad Grab & Go     | Chicken Breaded Bite Salad                        | SAL-018       | 1 each  | 394      | 16            | 3            | 787         | 42             | 7         | 5               | 2               | 22          |
| Salad Grab & Go     | Grab & Go, BBQ Crispy Chicken Salad (K8)          | SAL-019       | 1 each  | 400      | 12            | 3            | 806         | 51             | 5         | 13              | 10              | 23          |
| Salad Grab & Go     | Grab & Go, BBQ Halal Crispy Chicken Salad         | SAL-019HAL    | 1 each  | 410      | 15            | 3            | 846         | 50             | 6         | 13              | 10              | 20          |
| Salad Grab & Go     | Grab & Go, Black Bean and Corn Salad              | SAL-014       | 1 each  | 148      | 3             | 0            | 222         | 23             | 7         | 3               | 0               | 8           |
| Salad Grab & Go     | Grab & Go Chicken Caesar Salad with Croutons      | SAL -022      | 1 each  | 475      | 31            | 5            | 821         | 33             | 5         | 2               | 1               | 19          |
| Salad Grab & Go     | Grab & Go, Chicken Caesar Salad with Pita (HS)    | SAL-030       | 1 each  | 441      | 23            | 4            | 824         | 40             | 7         | 3               | 2               | 22          |
| Salad Grab & Go     | Grab & Go, Chicken Caesar Salad with Pita (K8)    | SAL-030       | 1 each  | 435      | 37            | 4            | 821         | 39             | 6         | 3               | 2               | 22          |
| Salad Grab & Go     | Grab & Go, Grilled Chicken Caesar Salad with Pita | SAL-034       | 1 each  | 299      | 12            | 2            | 410         | 26             | 5         | 3               | 1               | 21          |
| Salad Grab & Go     | Grab & Go, Grilled Chicken Salad                  | SAL-036       | 1 each  | 117      | 3             | 1            | 103         | 5              | 2         | 2               | 0               | 17          |



# Menu Nutrition Information

| Category           | Menu Item  | Recipe/<br>Brand           | Portion | Calories | Total Fat<br>(g) | Sat. Fat<br>(g) | Sodium<br>(mg) | Total<br>Carb (g) | Fiber (g) | Total<br>Sugar<br>(g) | Added<br>Sugar<br>(g) | Protein<br>(g) |
|--------------------|--|----------------------------|---------|----------|------------------|-----------------|----------------|-------------------|-----------|-----------------------|-----------------------|----------------|
| Salad<br>Grab & Go | Grab & Go Chicken Salad  | SAL-044                    | 1 each  | 331      | 9                | 1               | 724            | 34                | 6         | 6                     | 3                     | 22             |
| Salad<br>Grab & Go | Grab & Go Balsamic Chicken Salad                                 | SAL-044BC                  | 1 each  | 421      | 16               | 2               | 900            | 41                | 7         | 13                    | 6                     | 22             |
| Salad<br>Grab & Go | Grab & Go, Hummus Salad  | SAL-048K8                  | 1 each  | 421      | 23               | 5               | 763            | 43                | 8         | 3                     | 1                     | 13             |
| Salad<br>Grab & Go | Grab & Go, Hummus Salad  | SAL-048HS                  | 1 each  | 426      | 23               | 5               | 766            | 44                | 9         | 4                     | 1                     | 14             |
| Salad<br>Grab & Go | Grab & Go, Tuna Salad  | SAL-012                    | 1 each  | 145      | 3                | 0               | 452            | 7                 | 2         | 4                     | 2                     | 24             |
| Salad<br>Grab & Go | Southwest Black Bean Cobb Salad                                  | SAL-032                    | 1 each  | 404      | 16               | 8               | 655            | 45                | 10        | 4                     | 1                     | 23             |
| Salad<br>Grab & Go | Halal Crispy Chicken Grab & Go Salad                             | SAL-020HAL                 | 1 each  | 356      | 15               | 3               | 725            | 38                | 6         | 4                     | 1                     | 20             |
| Salad<br>Grab & Go | Grab & Go, Crispy Chicken Pasta Salad                            | SAL-023                    | 1 each  | 617      | 17               | 4               | 519            | 58                | 10        | 5                     | 0                     | 25             |
| Salad<br>Grab & Go | Grab & Go, Italian Veggie Pasta Salad                            | SAL-010                    | 1 each  | 537      | 29               | 3               | 206            | 60                | 15        | 5                     | 0                     | 15             |
| Salad<br>Grab & Go | Mediterranean Chicken Pasta Salad                                | SAL-037                    | 1 each  | 440      | 17               | 2               | 143            | 48                | 6         | 5                     | 0                     | 25             |
| Salad<br>Grab & Go | Sesame Noodle Bowl with Veggie Nuggets                           | SAL-046                    | 1 each  | 471      | 24               | 2               | 879            | 55                | 8         | 19                    | 13                    | 18             |
| Salad Bar          | Caesar Salad   | SB-008                     | 1/2 cup | 48       | 4                | 1               | 79             | 2                 | 1         | 1                     | 0                     | 1              |
| Salad Bar          | Italian Classico   | SB-005                     | 1/2 cup | 79       | 8                | 1               | 21             | 2                 | 1         | 1                     | 0                     | 1              |
| Salad Bar          | Marinated Vegetable Salad  | SB-007                     | 1/2 cup | 80       | 6                | 0               | 179            | 6                 | 1         | 3                     | 0                     | 1              |
| Salad Bar          | Spinach, Tomato, & Roasted Red Pepper Salad                      | SB-002                     | 1/2 cup | 50       | 4                | 0               | 133            | 3                 | 1         | 1                     | 0                     | 2              |
| Salad Bar          | Strawberry Cucumber Salad  | SB-011                     | 1/2 cup | 60       | 4                | 0               | 76             | 6                 | 1         | 4                     | 1                     | 1              |
| Grab & Go          | Grab & Go, Hummus (2 Hummus, 2 Crackers, Indv. Carrot and Apple) | VEG-057                    | 1 each  | 526      | 21               | 1               | 816            | 78                | 12        | 21                    | 4                     | 10             |
| Fruit              | Apples   | NY State                   | 1 each  | 61       | 0                | 0               | 1              | 16                | 3         | 12                    | 0                     | 0              |
| Fruit              | Applesauce, Unsweetened, Canned USDA                             | USDA                       | 1/2 cup | 60       | 0                | 0               | 15             | 15                | 1         | 18                    | 0                     | 0              |
| Fruit              | Applesauce (individual cup)                                      | Knouse-Musselman           | 1/2 cup | 50       | 0                | 0               | 0              | 14                | 2         | 10                    | 0                     | 0              |
| Fruit              | Applesauce (individual cup)                                      | White House                | 1/2 cup | 60       | 0                | 0               | 0              | 14                | 1         | 12                    | 0                     | 0              |
| Fruit              | Applesauce (individual cup)                                      | USDA/ Cherry Central       | 1/2 cup | 50       | 0                | 0               | 0              | 14                | 1         | 12                    | 0                     | 0              |
| Fruit              | Applesauce (individual cup)                                      | Winkle Star Peterson Farms | 1/2 cup | 50       | 0                | 0               | 0              | 14                | 1         | 12                    | 0                     | 0              |

# Menu Nutrition Information

| Category | Menu Item                                      | Recipe/<br>Brand             | Portion   | Calories | Total Fat<br>(g) | Sat. Fat<br>(g) | Sodium<br>(mg) | Total<br>Carb (g) | Fiber (g) | Total<br>Sugar<br>(g) | Added<br>Sugar<br>(g) | Protein<br>(g) |
|----------|--|------------------------------|-----------|----------|------------------|-----------------|----------------|-------------------|-----------|-----------------------|-----------------------|----------------|
| Fruit    | Applesauce (individual cup)                    | National Food Group/ZeeZee's | 1/2 cup   | 50       | 0                | 0               | 0              | 14                | 1         | 12                    | 0                     | 0              |
| Fruit    | Applesauce, Peach (individual cup)             | National Food Group          | 1 each    | 50       | 0                | 0               | 0              | 14                | 1         | 12                    | 0                     | 0              |
| Fruit    | Applesauce, Peach (individual cup)             | Winkle Star                  | 1 each    | 50       | 0                | 0               | 0              | 14                | 1         | 12                    | 0                     | 0              |
| Fruit    | Applesauce, Strawberry Banana (individual cup) | National Food Group          | 1 each    | 50       | 0                | 0               | 0              | 14                | 1         | 12                    | 0                     | 0              |
| Fruit    | Applesauce, Strawberry Banana                  | Winkle Star Peterson Farms   | 1 each    | 50       | 0                | 0               | 0              | 14                | 1         | 12                    | 0                     | 0              |
| Fruit    | Applesauce, Strawberry Banana (individual cup) | Knouse-Musselman             | 1 each    | 60       | 0                | 0               | 10             | 15                | 2         | 12                    | 0                     | 0              |
| Fruit    | Apple Slices (individual bag)                  | Champlain Valley/<br>DOD     | 1 bag     | 30       | 0                | 0               | 0              | 8                 | 1         | 6                     | 0                     | 0              |
| Fruit    | Apple Slices (individual bag)                  | Peterson Farms               | 1 bag     | 30       | 0                | 0               | 0              | 7                 | 1         | 6                     | 0                     | 0              |
| Fruit    | Apple Slices (individual bag)                  | Driscoll                     | 1 bag     | 35       | 0                | 0               | 0              | 8                 | 1         | 7                     | 0                     | 0              |
| Fruit    | Bananas  | PRPR-006                     | 1 each    | 105      | 0                | 0               | 1              | 27                | 3         | 13                    | 0                     | 1              |
| Fruit    | Cantaloupe, Diced                              | USDA                         | 1/2 cup   | 27       | 0                | 0               | 12             | 6                 | 1         | 16                    | 0                     | 1              |
| Fruit    | Cinnamon Apple Topping                         | FR-004                       | 1/2 cup   | 65       | 0                | 0               | 4              | 17                | 2         | 14                    | 2                     | 0              |
| Fruit    | Grapefruit                                     | USDA                         | 1/2 fruit | 40       | 0                | 0               | 0              | 10                | 1         | 16                    | 0                     | 1              |
| Fruit    | Grapes, Green or Red Seedless (about 14 large) | USDA                         | 1/2 cup   | 69       | 0                | 0               | 2              | 18                | 1         | 10                    | 0                     | 1              |
| Fruit    | Honeydew, Diced                                | USDA                         | 1/2 cup   | 59       | 0                | 0               | 27             | 15                | 1         | 13                    | 0                     | 1              |
| Fruit    | Ices, Orange Pineapple                         | J & J Snacks                 | 1 each    | 70       | 0                | 0               | 0              | 20                | 3         | 15                    | 0                     | 0              |
| Fruit    | Ices, Strawberry Pomegranate                   | J & J Snacks                 | 1 each    | 70       | 0                | 0               | 0              | 20                | 3         | 15                    | 0                     | 0              |
| Fruit    | Ices, Wild Cherry                              | J & J Snacks                 | 1 each    | 70       | 0                | 0               | 5              | 19                | 3         | 15                    | 0                     | 0              |
| Fruit    | Ices, Orange Pineapple Cherry Swirl            | J & J Snacks                 | 1 each    | 70       | 0                | 0               | 5              | 20                | 3         | 15                    | 0                     | 0              |
| Fruit    | Mandarin (Clementine)                          | USDA                         | 2 each    | 107      | 0                | 0               | 2              | 27                | 4         | 15                    | 0                     | 2              |
| Fruit    | Nectarines, Small                              | USDA                         | 1 each    | 56       | 0                | 0               | 0              | 13                | 2         | 13                    | 0                     | 1              |
| Fruit    | Oranges, 125 ct                                | USDA                         | 1 each    | 65       | 0                | 0               | 1              | 16                | 3         | 16                    | 0                     | 1              |
| Fruit    | Oranges, 138 ct                                | USDA                         | 1 each    | 61       | 0                | 0               | 1              | 16                | 3         | 14                    | 0                     | 1              |

# Menu Nutrition Information

| Category | Menu Item                      | Recipe/<br>Brand | Portion | Calories | Total Fat<br>(g) | Sat. Fat<br>(g) | Sodium<br>(mg) | Total<br>Carb (g) | Fiber (g) | Total<br>Sugar<br>(g) | Added<br>Sugar<br>(g) | Protein<br>(g) |
|----------|--------------------------------|------------------|---------|----------|------------------|-----------------|----------------|-------------------|-----------|-----------------------|-----------------------|----------------|
| Fruit    | Peaches, Medium                | USDA             | 1 each  | 68       | 0                | 0               | 0              | 17                | 3         | 7                     | 0                     | 2              |
| Fruit    | Peaches, Sliced (canned)       | Port Royal       | 1/2 cup | 70       | 0                | 0               | 0              | 17                | 1         | 16                    | 9                     | 1              |
| Fruit    | Peaches, Sliced (canned)       | Maui Farms       | 1/2 cup | 70       | 0                | 0               | 10             | 17                | 1         | 14                    | 9                     | 1              |
| Fruit    | Peaches, Sliced (canned)       | Dolly            | 1/2 cup | 70       | 0                | 0               | 10             | 17                | 1         | 14                    | 9                     | 1              |
| Fruit    | Pears, Diced (canned)          | Port Royal       | 1/2 cup | 80       | 0                | 0               | 0              | 14                | 2         | 14                    |                       | 1              |
| Fruit    | Pears, Diced (canned)          | Dolly            | 1/2 cup | 80       | 0                | 0               | 5              | 20                | 2         | 14                    | 9                     | 1              |
| Fruit    | Pears, Medium                  | USDA             | 1 each  | 80       | 0                | 0               | 1              | 22                | 4         | 8                     | 0                     | 1              |
| Fruit    | Pineapple Tidbits (canned)     | Port Royal       | 1/2 cup | 70       | 0                | 0               | 0              | 17                | 1         | 14                    | 0                     | 1              |
| Fruit    | Pineapple Tidbits (canned)     | Maui Plantation  | 1/2 cup | 70       | 0                | 0               | 10             | 17                | 1         | 14                    | 0                     | 1              |
| Fruit    | Pineapple Tidbits (canned)     | Dolly            | 1/2 cup | 70       | 0                | 0               | 0              | 17                | 2         | 14                    | 0                     | 0              |
| Fruit    | Plums                          | USDA             | 1 each  | 30       | 0                | 0               | 0              | 8                 | 1         | 11                    | 0                     | 0              |
| Fruit    | Strawberries                   | USDA             | 1/2 cup | 23       | 0                | 0               | 1              | 6                 | 1         | 15                    | 0                     | 0              |
| Fruit    | Watermelon, Seedless           | USDA             | 1 slice | 45       | 0                | 0               | 2              | 44                | 1         | 18                    | 0                     | 1              |
| Juice    | Apple Juice, Box, 4.2 oz       | Juice Bowl       | 1 each  | 70       | 0                | 0               | 5              | 16                | 0         | 13                    | 0                     | 0              |
| Juice    | Apple Juice, Box, 4.2 oz       | Apple & Eve      | 1 each  | 60       | 0                | 0               | 5              | 14                | 0         | 13                    | 0                     | 0              |
| Juice    | Fruit Punch Juice, Box, 4.2 oz | Juice Bowl       | 1 each  | 70       | 0                | 0               | 5              | 17                | 0         | 14                    | 0                     | 0              |
| Juice    | Fruit Punch Juice, Box, 4.2 oz | Apple & Eve      | 1 each  | 60       | 0                | 0               | 5              | 15                | 0         | 13                    | 0                     | 0              |
| Bread    | Bagel, Cinnamon Raisin, 2 oz   | Neri's           | 1 each  | 170      | 1                | 0               | 280            | 37                | 4         | 9                     | 6                     | 6              |
| Bread    | Bagel, Cinnamon Raisin, 3 oz   | Neri's           | 1 each  | 220      | 1                | 0               | 280            | 47                | 6         | 11                    | 8                     | 7              |
| Bread    | Bagel, Plain, 2 oz             | Neri's           | 1 each  | 170      | 1                | 0               | 280            | 35                | 5         | 3                     | 2                     | 7              |
| Bread    | Bagel, Plain, 3 oz             | Neri's           | 1 each  | 210      | 1                | 0               | 280            | 44                | 6         | 3                     | 3                     | 8              |
| Bread    | Bagel, Plain, 2 oz. (IW)       | Neri's           | 1 each  | 150      | 1                | 0               | 180            | 30                | 4         | 3                     | 2                     | 6              |
| Bread    | Biscuit, Buttermilk            | Branson's        | 1 each  | 180      | 6                | 0               | 200            | 27                | 2         | 3                     | 3                     | 4              |

# 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) |
|----------|---------------------------------|-------------------|---------|----------|---------------|--------------|-------------|----------------|-----------|-----------------|-----------------|-------------|
| Bread    | Bread Knot                      | Europastry        | 1 each  | 75       | 1             | 0            | 140         | 16             | 2         | 2               | 2               | 3           |
| Bread    | Bread Knot, Garlic              | GR-029            | 1 each  | 88       | 2             | 0            | 152         | 16             | 2         | 2               | 2               | 3           |
| Bread    | Bread Knot, Seasoned            | GR-058            | 1 each  | 99       | 3             | 0            | 152         | 16             | 2         | 2               | 2               | 3           |
| Bread    | Breadstick, Warm                | GR-025            | 1 each  | 110      | 0             | 0            | 190         | 22             | 3         | 2               | 1               | 4           |
| Bread    | Ciabatta Roll                   | Europastry        | 1 each  | 180      | 2             | 0            | 290         | 35             | 4         | 2               | 2               | 7           |
| Bread    | Crackers, Honey Graham          | MJM               | 1 each  | 110      | 3             | 1            | 140         | 20             | 2         | 6               | 6               | 2           |
| Bread    | Crackers, Whole Grain           | ES Foods          | 1 pack  | 110      | 4             | 0            | 160         | 19             | 2         | 2               | 2               | 2           |
| Bread    | Crackers, Whole Grain           | MJM               | 1 pack  | 80       | 3             | 0            | 190         | 14             | 2         | 2               | 2               | 2           |
| Bread    | Croissant                       | BakeCo            | 1 each  | 130      | 4             | 2            | 180         | 21             | 2         | 3               | 3               | 4           |
| Bread    | Croissant                       | Right Start       | 1 each  | 134      | 6             | 3            | 167         | 17             | 2         | 1               | 1               | 3           |
| Bread    | Croissant, Individually Wrapped | Bake Co.          | 1 each  | 130      | 4             | 2            | 180         | 21             | 2         | 3               | 3               | 4           |
| Bread    | Dinner Roll                     | Wenner Bakery     | 1 each  | 90       | 0             | 0            | 160         | 19             | 2         | 1               | 1               | 3           |
| Bread    | Flat Bread/ Naan Bread          | Toufayan          | 1 each  | 160      | 3             | 0            | 260         | 26             | 4         | 1               | 1               | 6           |
| Bread    | Honey Herb Knot                 | GR-070            | 1 each  | 107      | 3             | 0            | 198         | 18             | 2         | 4               | 4               | 3           |
| Bread    | Whole Grain Wrap 9 inch         | Toufayan          | 1 each  | 170      | 4             | 1            | 150         | 28             | 4         | 1               | 0               | 5           |
| Bread    | Whole Grain Wrap 6.25 inch      | Toufayan          | 1 each  | 110      | 3             | 1            | 105         | 19             | 3         | 0               | 0               | 4           |
| Bread    | Hamburger Bun (K8)              | Rockland /Pechter | 1 each  | 110      | 1             | 0            | 210         | 23             | 2         | 2               | 1               | 3           |
| Bread    | Hamburger Bun (HS)              | Rockland/Pechter  | 1 each  | 130      | 2             | 0            | 250         | 27             | 3         | 2               | 2               | 4           |
| Bread    | Mini Loaf, Apple Cinnamon       | Right Start       | 1 each  | 160      | 5             | 1            | 140         | 25             | 3         | 10              | 10              | 4           |
| Bread    | Mini Loaf, Honey Corn           | Right Start       | 1 each  | 160      | 5             | 1            | 115         | 28             | 2         | 10              | 10              | 2           |
| Bread    | Mini Loaf, Zucchini Carrot      | Wild Kale         | 1 each  | 180      | 9             | 2            | 30          | 21             | 3         | 4               | 3               | 5           |
| Bread    | Muffin, Banana Yogurt           | Right Start       | 1 each  | 160      | 4             | 1            | 125         | 27             | 2         | 12              | 11              | 2           |
| Bread    | Muffin, Blueberry Yogurt        | Right Start       | 1 each  | 150      | 5             | 1            | 135         | 27             | 2         | 10              | 10              | 2           |

# Menu Nutrition Information

| Category  | Menu Item                           | Recipe/<br>Brand         | Portion | Calories | Total Fat<br>(g) | Sat. Fat<br>(g) | Sodium<br>(mg) | Total<br>Carb (g) | Fiber (g) | Total<br>Sugar<br>(g) | Added<br>Sugar<br>(g) | Protein<br>(g) |
|-----------|-------------------------------------|--------------------------|---------|----------|------------------|-----------------|----------------|-------------------|-----------|-----------------------|-----------------------|----------------|
| Bread     | Muffin, Sweet Potato Oatmeal        | Buena Vista              | 1 each  | 260      | 7                | 1               | 210            | 45                | 3         | 20                    | 7                     | 5              |
| Bread     | Sliced Bread                        | Rockland /Pechter        | 1 slice | 60       | 1                | 0               | 125            | 12                | 2         | 1                     | 1                     | 2              |
| Cereal    | Cereal, Frosted Mini-Wheats         | Kellogg's                | 1 each  | 100      | 1                | 0               | 0              | 24                | 3         | 6                     | 6                     | 2              |
| Cereal    | Cereal, Multigrain Toasted Cheerios | General Mills            | 1 each  | 110      | 1                | 1               | 105            | 23                | 2         | 6                     | 6                     | 2              |
| Cereal    | Cereal Toasted Oats                 | Malt-O-Meal/<br>Scooters | 1 each  | 110      | 2                | 1               | 140            | 21                | 3         | 0                     | 0                     | 3              |
| Cereal    | Cereal, Toasted Oats                | Cheerios                 | 1 each  | 100      | 2                | 1               | 140            | 21                | 4         | 1                     | 1                     | 4              |
| Cereal    | Cereal, Granola, Apple Cinnamon     | Right Start              | 1 each  | 125      | 3                | 0               | 0              | 19                | 2         | 5                     | 3                     | 3              |
| Cereal    | Cereal, Granola, Apple Cinnamon     | Teri Nichols             | 1 each  | 120      | 3                | 0               | 0              | 19                | 3         | 5                     | 3                     | 2              |
| Cereal    | Cereal, Granola, Apple Cinnamon     | San Franola              | 1 each  | 110      | 3                | 0               | 0              | 22                | 2         | 6                     | 6                     | 2              |
| Cereal    | Cereal, Granola, Blueberry          | Teri Nichols             | 1 each  | 120      | 3                | 0               | 0              | 19                | 2         | 3                     | 0                     | 2              |
| Cereal    | Cereal, Granola, Blueberry          | San Franola              | 1 each  | 110      | 3                | 0               | 0              | 22                | 2         | 6                     | 6                     | 2              |
| Cereal    | Oatmeal with milk                   | BK-002                   | 3/4 cup | 201      | 3                | 1               | 154            | 35                | 4         | 10                    | 6                     | 8              |
| Cereal    | Oatmeal (vegan)                     | VE-012                   | 3/4 cup | 161      | 2                | 0               | 112            | 30                | 4         | 6                     | 6                     | 6              |
| Breakfast | Omelet, Plain                       | Michael Foods            | 1 each  | 60       | 4                | 1               | 110            | 1                 | 0         | 0                     | 0                     | 3              |
| Breakfast | Pancakes, Buttermilk                | Global Foods             | 2 each  | 150      | 3                | 0               | 45             | 30                | 2         | 6                     | 6                     | 4              |
| Breakfast | Pancakes, Cinnamon Burst            | Global Foods             | 2 each  | 180      | 3                | 0               | 86             | 35                | 2         | 10                    | 10                    | 4              |
| Breakfast | Waffle                              | Global Foods             | 1 each  | 70       | 2                | 0               | 140            | 13                | 2         | 1                     | 1                     | 2              |
| Pasta     | Arugula Pesto Pasta                 | GR-071                   | 1 cup   | 243      | 16               | 1               | 189            | 20                | 3         | 3                     | 1                     | 6              |
| Pasta     | Butternut Squash Mac & Cheese       | GR-067                   | 1/2 cup | 163      | 8                | 5               | 258            | 13                | 1         | 1                     | 1                     | 10             |
| Pasta     | Pasta Marinara                      | GR-050                   | 1 cup   | 203      | 1                | 0               | 143            | 43                | 5         | 4                     | 1                     | 7              |
| Pasta     | Pasta Primavera (K8)                | VE-010                   | 1 cup   | 206      | 4                | 0               | 37             | 37                | 7         | 10                    | 0                     | 7              |
| Pasta     | Pasta Primavera (HS)                | VE-010                   | 2 cups  | 412      | 8                | 1               | 75             | 75                | 14        | 20                    | 0                     | 14             |
| Pasta     | Pasta & Peas                        | GR-068                   | 1/2 cup | 105      | 6                | 0               | 225            | 11                | 2         | 2                     | 0                     | 3              |

# Menu Nutrition Information

| Category  | Menu Item                               | Recipe/<br>Brand    | Portion | Calories | Total Fat<br>(g) | Sat. Fat<br>(g) | Sodium<br>(mg) | Total<br>Carb (g) | Fiber (g) | Total<br>Sugar<br>(g) | Added<br>Sugar<br>(g) | Protein<br>(g) |
|-----------|---|---------------------|---------|----------|------------------|-----------------|----------------|-------------------|-----------|-----------------------|-----------------------|----------------|
| Pasta     | Pasta & Peas                            | GR-068              | 1 cup   | 209      | 12               | 1               | 449            | 22                | 3         | 4                     | 0                     | 6              |
| Pasta     | Penne Bruschetta                        | GR-066              | 6 oz    | 197      | 7                | 0               | 157            | 27                | 4         | 4                     | 0                     | 5              |
| Pasta     | Sesame Noodles                          | GR-008              | 1 cup   | 404      | 14               | 2               | 319            | 62                | 9         | 11                    | 8                     | 11             |
| Pasta     | Southwest Pasta                         | GR-060              | 1 cup   | 164      | 1                | 0               | 95             | 34                | 6         | 4                     | 1                     | 7              |
| Rice      | Brown Rice, Steamed (K8)                | GR-024              | 1/2 cup | 80       | 1                | 0               | 0              | 18                | 1         | 0                     | 0                     | 2              |
| Rice      | Brown Rice, Steamed (HS)                | GR-024              | 1 cup   | 160      | 0                | 0               | 0              | 36                | 2         | 0                     | 0                     | 4              |
| Rice      | Southern Seasoned Brown Rice            | GR069               | 1 cup   | 131      | 2                | 0               | 100            | 22                | 1         | 1                     | 0                     | 2              |
| Rice      | Vegetable Fried Rice                    | MINH                | 1/2 cup | 140      | 2                | 0               | 219            | 27                | 2         | 2                     | 0                     | 3              |
| Rice      | Vegetable Fried Rice                    | MINH                | 1 cup   | 278      | 3                | 0               | 438            | 54                | 4         | 4                     | 0                     | 6              |
| Snack     | Crackers, Animal                        | Nutritional Choices | 1 pkg   | 120      | 5                | 0               | 85             | 21                | 2         | 7                     | 6                     | 2              |
| Snack     | Crackers, Whole Wheat                   | ES Foods            | 1 pkg   | 110      | 4                | 0               | 160            | 19                | 2         | 2                     | 2                     | 2              |
| Snack     | Crackers, Whole Wheat                   | MJM                 | 1 pkg   | 80       | 3                | 0               | 190            | 14                | 2         | 2                     | 2                     | 2              |
| Snack     | Crispy Tortillas                        | Frito Lay           | 1 pkg   | 110      | 3                | 0               | 95             | 19                | 2         | 0                     | 0                     | 2              |
| Snack     | Pretzels, Heart-Shaped                  | Rold Gold           | 1 pkg   | 80       | 1                | 0               | 200            | 16                | 2         | 1                     | 0                     | 2              |
| Snack     | Sunflower Seeds, Honey Roasted          | Sun Opta            | 1 pkg   | 190      | 15               | 2               | 65             | 11                | 3         | 5                     | 4                     | 6              |
| Snack     | Sunflower Seeds, Honey Roasted          | Winkle Star         | 1 pkg   | 190      | 15               | 2               | 55             | 10                | 3         | 4                     | 3                     | 6              |
| Condiment | Cream Cheese, Plain (Individual Packet) | Hahn's              | 1 each  | 60       | 4                | 2               | 90             | 3                 | 0         | 4                     | 0                     | 5              |
| Condiment | Jelly, Grape (individual packet)        | Diamond Crystal     | 1 each  | 40       | 0                | 0               | 0              | 9                 | 0         | 5                     | NA                    | 0              |
| Condiment | Jelly, Grape (individual packet)        | Four in One         | 1 each  | 40       | 0                | 0               | 0              | 9                 | 0         | 6                     | NA                    | 0              |
| Condiment | Ketchup (individual packet)             | Red Gold            | 1 each  | 10       | 0                | 0               | 25             | 2                 | 0         | 2                     | 2                     | 0              |
| Condiment | Ketchup (individual packet)             | Salad Fresh         | 1 each  | 10       | 0                | 0               | 65             | 2                 | 0         | 2                     | 2                     | 0              |
| Condiment | Mayonnaise (individual packet)          | Four in One         | 1 each  | 50       | 5                | 1               | 75             | 2                 | 0         | 8                     | NA                    | 0              |
| Condiment | Mayonnaise (individual packet)          | Winston             | 1 each  | 90       | 10               | 2               | 70             | 0                 | 0         | 0                     | NA                    | 0              |

# Menu Nutrition Information

| Category      | Menu Item                                | Recipe/<br>Brand                 | Portion  | Calories | Total Fat<br>(g) | Sat. Fat<br>(g) | Sodium<br>(mg) | Total<br>Carb (g) | Fiber (g) | Total<br>Sugar<br>(g) | Added<br>Sugar<br>(g) | Protein<br>(g) |
|---------------|--|----------------------------------|----------|----------|------------------|-----------------|----------------|-------------------|-----------|-----------------------|-----------------------|----------------|
| Condiment     | Mayonnaise (Gallon)                      | Four in One                      | 1 Tbsp   | 50       | 3                | 0               | 105            | 2                 | 0         | 1                     | NA                    | 0              |
| Condiment     | Mustard (individual packet)              | Heinz                            | 1 each   | 0        | 0                | 0               | 65             | 0                 | 0         | 0                     | NA                    | 0              |
| Condiment     | Mustard (individual packet)              | Winston                          | 1 each   | 5        | 0                | 0               | 70             | 0                 | 0         | 0                     | NA                    | 0              |
| Condiment     | Mustard (individual packet)              | Four in One                      | 1 each   | 5        | 0                | 0               | 40             | 0                 | 0         | 0                     | NA                    | 0              |
| Condiment     | Mustard (Gallon)                         | Admiration                       | 1 Tsp    | 4        | 0                | 0               | 50             | 0                 |           |                       | NA                    | 0              |
| Condiment     | Mustard (Gallon)                         | Chefler Foods/<br>Mike's Amazing | 1 Tsp    | 0        | 0                | 0               | 50             | 0                 | 0         | 0                     | 0                     | 0              |
| Condiment     | Sweet Relish                             | United Pickle                    | 2 Tbsp   | 5        | 0                | 0               | 340            | 2                 | 0         | 1                     | 0                     | 0              |
| Condiment     | Table Syrup (individual packet)          | Winston                          | 1 each   | 80       | 0                | 0               | 0              | 20                | 0         | 13                    | NA                    | 0              |
| Condiment     | Table Syrup (individual packet)          | Lucky Brand                      | 1 each   | 90       | 0                | 0               | 0              | 22                | 0         | 17                    | 17                    | 0              |
| Condiment     | Tartar Sauce                             | SAU-021                          | 0.80 oz  | 62       | 5                | 1               | 144            | 5                 | 0         | 3                     | 3                     | 0              |
| Condiment     | Peanut Butter Portion Cup                | BK-051                           | 1 oz     | 200      | 17               | 3               | 130            | 6                 | 3         | 0                     | NA                    | 9              |
| Dressing      | Asian Sesame, Gallon                     | Cain's                           | 2 Tbsp   | 130      | 11               | 2               | 290            | 8                 | 0         | 8                     | NA                    | 0              |
| Dressing      | Olive Oil & Balsamic Vinaigrette, Gallon | Mike's Amazing                   | 2 Tbsp   | 105      | 9                | 2               | 240            | 6                 | 0         | 5                     | 4                     | 0              |
| Dressing      | Chipotle Ranch, Gallon                   | Mike's Amazing                   | 2 Tbsp   | 140      | 14               | 2               | 210            | 4                 | 0         | 3                     | 3                     | 0              |
| Dressing      | Chipotle Ranch (individual cup)          | Cain's                           | 1 each   | 110      | 12               | 2               | 210            | 3                 | 0         | 2                     | 2                     | 0              |
| Dressing      | French (individual cup)                  | Cain's                           | 1 each   | 120      | 11               | 2               | 220            | 5                 | 0         | 4                     | 4                     | 0              |
| Dressing      | Honey Mustard (individual cup)           | Diamond Crystal                  | 1 each   | 80       | 5                | 2               | 110            | 9                 | 0         | 4                     | NA                    | 0              |
| Dressing      | Low Fat Ranch, Gallon                    | Cains                            | 2 Tbsp   | 80       | 7                | 1               | 290            | 5                 | 0         | 1                     | NA                    | 0              |
| Dressing      | Ranch (individual cup)                   | Diamond Crystal                  | 1 each   | 70       | 6                | 1               | 120            | 5                 | 0         | 4                     | NA                    | 0              |
| Pizza Topping | Pizza Topping, Bruschetta Tomato         | VRO-012                          | 1 oz     | 16       | 0                | 0               | 84             | 3                 | 1         | 3                     | NA                    | 0              |
| Pizza Topping | Pizza Topping, Margherita Tomato         | VRO-013                          | 2 slices | 10       | 0                | 0               | 3              | 2                 | 1         | 1                     | NA                    | 0              |
| Pizza Topping | Pizza Topping, Pepper & Onion            | VEG065                           | 1 oz     | 13       | 0                | 0               | 4              | 3                 | 0         | 1                     | 0                     | 0              |
| Sauce         | Apple Citrus Pico de Gallo               | SAU-057                          | 2 oz     | 67       | 2                | 0               | 141            | 12                | 1         | 9                     | 0                     | 1              |

# Menu Nutrition Information

| Category | Menu Item                            | Recipe/<br>Brand     | Portion | Calories | Total Fat<br>(g) | Sat. Fat<br>(g) | Sodium<br>(mg) | Total<br>Carb (g) | Fiber (g) | Total<br>Sugar<br>(g) | Added<br>Sugar<br>(g) | Protein<br>(g) |
|----------|--------------------------------------|----------------------|---------|----------|------------------|-----------------|----------------|-------------------|-----------|-----------------------|-----------------------|----------------|
| Sauce    | Marinara Sauce, Herbed               | SAU-004              | 1/4 cup | 34       | 1                | 0               | 61             | 7                 | 1         | 5                     | NA                    | 1              |
| Sauce    | BBQ Sauce                            | Branson's Road House | 2 Tbsp  | 50       | 0                | 0               | 120            | 11                | 0         | 9                     | NA                    | 0              |
| Sauce    | BBQ Sauce (individual cup)           | Diamond Crystal      | 1 oz    | 70       | 0                | 0               | 110            | 18                | 0         | 2                     | NA                    | 0              |
| Sauce    | Gravy, Vegetarian                    | Vanee Foods          | 1/4 cup | 25       | 1                | 0               | 310            | 4                 | 0         | 1                     | 1                     | 0              |
| Sauce    | Peach BBQ Sauce                      | SAU-044              | 1 Tbsp  | 21       | 0                | 0               | 40             | 5                 | 0         | 4                     | NA                    | 0              |
| Sauce    | Salsa Dipping Cup (individual cup)   | Red Gold             | 1 each  | 30       | 0                | 0               | 208            | 6                 | 0         | 11                    | NA                    | 0              |
| Sauce    | Salsa Sauce, Canned                  | USDA                 | 1/2 cup | 35       | 0                | 0               | 140            | 8                 | 1         | 6                     | NA                    | 1              |
| Sauce    | Salsa Sauce, Canned                  | USDA/ Del Monte      | 2 Tbsp  | 10       | 0                | 0               | 30             | 2                 | 1         | 1                     | NA                    | 0              |
| Sauce    | Salsa Sauce, Canned                  | USDA/ Red Gold       | 2 Tbsp  | 10       | 0                | 0               | 70             | 2                 | 0         | 0                     | NA                    | 0              |
| Sauce    | Spaghetti Sauce                      | Alfresco             | 1/2 cup | 70       | 1                | 0               | 125            | 13                | 3         | 9                     | 4                     | 2              |
| Sauce    | Spaghetti Sauce                      | Red Pack             | 1/2 cup | 60       | 1                | 0               | 140            | 12                | 2         | 8                     | 4                     | 2              |
| Sauce    | Taco Sauce, Mild (individual packet) | Ortega               | 1 each  | 5        | 0                | 0               | 65             | 1                 | 0         | 1                     | NA                    | 0              |
| Sauce    | Vinaigrette, Honey Mustard           | SAU-035              | 2 Tbsp  | 113      | 9                | 0               | 62             | 8                 | 0         | 5                     | NA                    | 0              |
| Sauce    | Vinaigrette, Italian                 | SAU-033              | 2 Tbsp  | 128      | 14               | 0               | 28             | 1                 | 0         | 5                     | NA                    | 0              |
| Milk     | Milk, 1% Low fat                     | Upstate Niagara      | 1 each  | 110      | 3                | 0               | 125            | 13                | 0         | 12                    | 0                     | 8              |
| Milk     | Milk, Fat Free                       | Upstate Niagara      | 1 each  | 90       | 0                | 0               | 125            | 13                | 0         | 11                    | 0                     | 8              |
| Milk     | Milk, Fat Free Chocolate             | Upstate Niagara      | 1 each  | 120      | 0                | 0               | 240            | 21                | 0         | 12                    | 9                     | 8              |
| Milk     | Milk, Whole                          | Upstate Niagara      | 1 each  | 150      | 8                | 0               | 125            | 12                | 0         | 4                     | 0                     | 8              |
| Milk     | Milk, UHT, Lactose Free Fat Free     | Natrel               | 1 each  | 80       | 0                | 0               | 130            | 12                | 0         | 1                     | 0                     | 8              |
| Milk     | Milk, UHT, Low Fat 1%                | Natrel               | 1 each  | 100      | 3                | 0               | 130            | 12                | 0         | 2                     | 0                     | 8              |
| Milk     | Milk, UHT, Soymilk                   | Kikkoman             | 1 each  | 130      | 5                | 0               | 110            | 15                | 2         | 8                     | 10                    | 8              |