

Item	Portion	Carbs (g)	Fiber (g)	Sugar (g)	Contains WHEAT or GLUTEN	Contains SOY	Contains MILK	Contains EGG	Contains PEANUT S	Contains TREE NUTS	Contains SESAME	Contains FOOD DYE	Contains PORK
American Cheese	2 slices	2	0	2		x	x						
Anytimer Pizza Kit	1 kit	41	4	9	x	x	x						
Anytimer Turkey & Cheese Cracker Kit	1 kit	40	1	10	x	x	x						
Anytimer Turkey Pepperoni & Cheese Kit	1 kit	41	1	10	x	x	x	x					
Apple Cinnamon Texas Toast	1 each	45	2	17	x	x	x						
Apple Slices - 2oz Package	1 each	7	1	6									
Apples, diced, cinnamon (Zee Zees)	1 each	22	1	19									
Apple, Fresh	1 small	21	4	15									
Applesauce, Strawberry (Zee Zees)	1 each	17	1	15									
Applesauce, Blue Raspberry (Zee Zees)	1 each	18	1	14									
Applesauce, pre-cupped (Peterson Farms)	1 each	14	1	12									
Applesauce, Canned	1/2 cup	13	2	9									
Bacon Scramble Breakfast Pizza	1 slice	23	2	5	x	x	x	x					
Bacon cheeseburger	1 burger w/ bun	34	5	3	x		x						x
Bagel Sandwich with beef sausage	1 each	26	3	3	x	x	x	x					
Bagels, mini, cinnamon cream cheese	1 package	42	2	13	x		x						
Bagel, mini, strawberry cream cheese	1 package	41	2	13	x		x						
Baked BBQ Lays	1 bag	19	2	3	x	x	x						
Baked Beans	1/2 cup	29	5	12								caramel color	x
Baked Cheddar & Sour Cream Ruffles	1 bag	17	1	2		x	x					yellow	
Baked Crunchy Cheese Cheetos	1 bag	17	0	0			x					yellow	
Baked Original Lays	1 bag	20	2	0		x	x						
Baked Sour Cream & Onion Lays	1 bag	18	1	3		x	x						
Banana Bread Slice (Super Bakery)	1 each	45	2	24	x	x	x	x					
Banana mini loaf (Super Bakery)	1 each	27	1	16	x	x	x	x					
Banana Peppers	1 ounce	1	1	0								yellow	
BBQ Chicken Pizza (Big Daddy's) - 1/8 of pizza	1 slice	42	3	20	x	x	x						
BBQ Pork Sandwich	1 serving	42	3	2	x	x							x
BBQ Pork	1 serving	17	0	16		x							x
BBQ Pork sliders	2 sliders	32	2	2	x	x							x
BBQ Sauce	1 packet	4	0	2									
Bean & Cheese Burrito	1 each	41	8	0	x	x	x					caramel color	
Beef Burrito	1 each	41	8	2	x	x							
Beef Jerky	1 pouch	6	0	6		x							
Berry Berry Blue (Cool Tropics)	1 pouch	19	0	15									
Biscuit (Pillsbury)	1 each	27	2	2	x	x	x						
Black Beans	1/2 cup	24	9	0									
Black Olives, Sliced	1 ounce	1	0	0									
Blueberry Mini loaf (Super Bakery)	1 each	26	1	14	x	x	x	x					
Blueberries, Fresh	1/2 cup	11	2	7									
Bosco stick (serving for Pre-K is 1 stick)	2 each	50	4	4	x		x						
Bread, Ultra-Locho flatbread	1 square	26	3	1	x	x							
Breaded Chicken Drumstick	1 each	5	1	0	x								
Breaded Chicken Patty	1 each	12	3	0	x	x		x					
Breakfast Bagel (Tony's)	1 each	23	2	6	x		x	x					
Breakfast Bar, Berry Apple Crisp (Zee Zees)	1 each	41	3	14	x	x							
Breakfast Bar, Blueberry Lemon (Zee Zees)	1 each	41	3	14	x	x							
Breakfast Bar, Cinnamon Crisp (Zee Zees)	1 each	39	3	13	x	x							
Breakfast Sausage Biscuit	1 each	21	0	0	x		x						
Brown Rice	1/2 cup	17	1	0									
Buffalo Style Stuffed Sandwich	1 each	31	2	4	x	x	x	x					
Buffalo Chicken Pizza	1 slice	35	3	8	x	x	x						
Butter Buds							x						
Butter Spray													
Bun, Hot Dog (Bread Kneads)	1 each	18	0	1	x	x							
Bun, Hamburger (Bread Kneads)	1 each	26	2	3	x	x							
Burrito, Bean and cheese	1 each	40	8	4	x	x	x						
Burrito, Chicken and cheese	1 each	33	4	3	x	x	x						
Burrito, Sausage, egg and cheese	1 each	25	4	2	x	x	x	x					
Burrito Rice Bowl w/ 3 bean chili	1 each	47	8.5	3			x						
California Veggie Blend	1 cup	5	2	3									
Cantaloupe, Fresh	1/2 cup	7	0	6									
Carnitas Pork	1 serving	1	0	1		x							x
Carrot Coins	1 cup	7	2	5									
Cereal, Trix, Bowlpack - 1oz bowl	1 each	24	1	7									
Cereal, Frosted Mini Wheats - 1oz	1 each	24	3	6	x								
Cinnamon Toast Crunch - 1oz Bowl	1 bowl	22	2	8	x	x							
Cheddar Cheese Cubes	1 ounce	0	0	0			x						
Cheddar Cheese Sauce	2 ounce	3	0	0	x		x						
Cheddar Cheese Sauce - 3oz Cup	1 each	15	0	10	x		x						
Cheddar Cheese Stick	1 ounce	0	0	0			x						
Cheddar Cheese, Shredded	1 ounce	1	0	0			x						
Cheddar Cheese, Sliced	2 slices	0	0	0			x						
Cheddar Goldfish Crackers	1 pouch	14	1	0	x		x						

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Cheerios - 10z Bowl	1 bowl	20	3	1									
Cheese Lasagna Rollup (2 rolls) with Marinara	2 rolls	59	4	13	x		x						
Cheese Lasagna Rollup	1 roll	25	2	4	x		x						
Cheesy breadstick (S&F)	1 each	27	3	3	x	x	x						
Cheese Omelet	1 each	1	0	0		x	x	x					
Cheese Pizza - personal (Nardone 5")	1 each	30	3	7	x		x						
Cheese Pizza Slice (HS/MS)	1 slice	34	3	9	x	x	x						
Cheeseburger w/ bun	1 each	22	1	4	x		x						
Cheese Quesadilla wedges (the Max)	3 wedges	31	3	3	x	x	x						
Cheez-It Crackers	1 pouch	14	1	0	x	x	x						
Chex Mix, Cheddar	1 pouch	20	2	4	x	x	x						
Chex Mix, Chocolate Caramel	1 pouch	22	2	7	x								
Chex Mix, Strawberry Yogurt	1 pouch	23	2	6	x	x	x						
Chicken Bites	5 pieces	15	2	1	x		x						
Chicken Bites, sweet BBQ (Jack Links)	1 pouch	7	0	6									
Chicken Fajita Meat	1 serving	1	0	1									
Chicken Gravy	1 serving	3	0	0	x	x						yellow	
Chicken Nuggets	5 pieces	12	3	0	x	x		x					
Chicken, diced	1 serving	1	0	0									
Chicken, grilled filet (Tyson)	1 each	1	0	0		x							
Chicken, Popcorn, reg/spicy	10 pieces	11	3	0	x	x		x					
Chicken slider (Rich Chicks)	1 piece	7	1	0	x	x		x					
Chicken Tenders	2 pieces	16	3	4	x	x		x					
Chicken patty, spicy (Tyson)	1 each	9	1	1		x							
Chicken, Boneless Wings, reg/spicydill	4 pieces	17	2	1	x	x		x					
Chicken filet, WG, Breaded (Rich Chicks) NO BUN	1 each	11	3	4	x	x		x					
Chicken filet, WG spicy breaded (Rich Chicks) NO BUN	1 each	11	3	1	x	x	x						
Chicken, Cherry Blossom (Green Dragon)	3.9oz	27	2	14	x			x					
Chili, Three Bean (in burrito bowl)	4oz	19	5.5										
Chili, Three Bean	8oz	38	11	1									
Chocolate Chip Muffin Top	1 each	29	1	15	x	x	x	x					
Chocolate Chip Cookie (Dough)	1 each	34	3	17	x	x	x	x					
Chopstick Vegetables	1/2 cup	6	2	3									
Cinnamon Bun (Super Bakery)	1 each	40	3	16	x	x	x	x					
Cinnamon Toast Crunch cereal Bar	1 each	30	3	8	x								
Cinnamon Waffles, mini	1 package	46	1	17	x	x	x	x					
Cocoa Cherry Bar	1 each	33	2	16	x	x							
Confetti Pancakes	1 package	36	4	11	x	x	x	x					
Co-Jack Cheese Cubes - 10z Package	1 each	1	0	0			x						
Co-Jack Cheese Stick - 10z	1 each	1	0	0			x						
Cookie, Confetti	1 each	30	2	15	x	x	x	x					
Corn coblette	1 each	14	3										
Corn Dog, mini chicken	4 pieces	20	3	4	x	x		x					
Corn Dog	1 each	30	2	8	x	x		x					
Cracker, vanilla graham, goldfish	1 package	19	1	7	x								
Cracker, Chat Snacks	1 pouch	21	1	8	x	x							
Cracker, Tiger Bites Grahams	1 pouch	21	1	8	x	x							
Craisins - 10z package	1 pouch	28	3	24									
Cream Cheese Cup, Light	1 each	1	0	1			x						
Crunchmania Cinn. Bun grahams	1 package	37	3	12	x	x	x						
Dillicious Chicken Patty (NO BUN)	1 each	14	2	1	x								
Donut Ring (Rich's)	1 each	30	1	3	x	x	x						
Donut, Super	1 each	24	1	11	x	x	x	x					
Donuts, mini powdered	1 package	41	2	21	x	x	x	x					
Doritos, Cool Ranch	1 pouch	19	2	1			x					yellow, red, blue	
Doritos, Nacho Cheese	1 pouch	20	2	0			x					yellow, red	
Doritos, Spicy Sweet Chili	1 pouch	20	2	1	x	x						caramel color	
Double Chocolate Chip Cookie (Bonzers IW)	1 each	27	1.5	14	x	x	x	x					
Double Chocolate Chip Cookie (Dough)	1 each	33	2	18	x	x	x	x					
Dressing Cup, Honey Mustard - 10z	1 each	4	0	4				x					
Dressing Cup, Honey Mustard Light - 1.5oz	1 each	8	0	6			x	x					
Dressing Cup, Jalapeno Ranch - 1.5oz	1 each	2	0	2			x	x					
Dressing Cup, Ranch Lite - 1.5oz	1 each	2	0	1			x	x					
Dressing Cup, Ranch Lite - 10z	1 each	1	0	1			x	x					
Dressing Packet, French	1 each	1	0	0									
Dressing Packet, Ranch Fat Free	1 each	2	0	0			x						
Dressing Pouch, Raspberry Fat Free - 1.5oz	1 each	12	0	10								red, blue	
Dunkin Sticks	1 package	48	3	23	x	x	x	x					
Egg & Cheese Breakfast Wrap/Burrito	1 each	18	2.4	1	x	x	x	x					
Emoticon Fries	5 each	20	2	0									
Fajita Vegetable Blend	1/2 cup	5	1	3									
Flatbread (6x6 - Rich's)	1 each	28	3	2	x	MC	x			MC			
Flamin' Hot Baked Cheetos	1 pouch	18	1	0			x					yellow, red	

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Flamin' Hot Cheeto Puffs	1 pouch	14	1	1			x					yellow, red, blue	
Fortune Cookie	1 each	3	0	1	x	x							
French Bread Pizza	1 each	29	2	2	x		x						
French Toast Bites (Bake Crafters)	1 serving	38	2	12	x	x	x	x					
French Toast Crunch Bar	1 each	42	3	13	x		x						
French Toast Sticks	3 sticks	40	4	8	x	x	x						
French fries, crinkle cut	1 serving (1/2 cu	15	2	0									
Fries, spiral cut	1/2 cup	18	1	0									
Froot Loops Cereal Pouch - 1oz	1 pouch	24	3	8	x	x						yellow, red, blue	
Frosted Flakes Cereal Pouch - 1oz	1 pouch	24	3	7	x	x							
Frozen Blueberries	1/2 cup	13	2	8									
Frozen Broccoli	1/2 cup	2	1	1									
Frozen Corn	1/2 cup	21	2	3									
Frozen Peas	1/2 cup	9	3	5									
Strawberry Fruit Gel	1 each	19											
Orange Fruit Gel	1 each	18											
Cherry Fruit Gel	1 each	22											
Funnel Cake (chicken & waffles)	1 cake	43	3	12	x	x	x	x					
Garlic Spray							x						
Garlic Toast	1 piece	10	1	1	x	x	x						
Garlic Twisted breadstick	1 each	26	0	2	x	x	x						
Gatorade G2, Fruit Punch	1 bottle	7	0	7								red	
Gatorade G2, Glacier Freeze	1 bottle	7	0	7								blue	
Gatorade G2, Grape	1 bottle	7	0	7								red, blue	
Gatorade G2, Lemon Lime	1 bottle	7	0	7								yellow, blue	
Gatorade G2, Mixed Berry	1 bottle	7	0	7									
Gatorade G2, Orange	1 bottle	7	0	7								yellow, red	
Glazed breakfast bites	4 pieces	39	3	15	x	x	x	x					
Golden Grahams - 1oz Bowl	1 bowl	24	1	8	x								
Graham Crackers (cinnamon), Remys	1 pouch	21	1	8	x	x							
Granola Bar (Nature Valley, oats n honey)	1 serving	29	2	11		x							
Granola, Honey Bunches of Oats	1 pouch	21	2	6	x								
Granola, Chocolate	1 pouch	22	2	8	x								
Granola, Cinnamon	1 pouch	21	2	6	x								
Grapes, Fresh	1/2 cup	13	1	11									
Gravy, brown	1/4 cup	3			x	x	x						
Grilled Cheese - Hot off the Grill	1 each	31	3	6.5	x	x	x						
Grilled Chicken Breast Filet	1 each	1	0	0		x							
Ham & Cheese Croissant (Tasty Brands)	1 each	30	3	6	x	x	x						
Ham & Cheese Slider	1 each	28	2	4	x	x	x	x					
Hamburger w/ bun	1 each	30	2	2	x	x							
Hamburger Bun - US Foods	1 each	28	2	4	x								
Hamburger Patty	1 each	1	0	0									
Hard Taco Shells	1 shell	7	1	0									
Hard-Boiled Egg	1 each	1	0	0				x					
Hashbrown rounds	2 pieces	15	1	0									
Honeydew, Fresh	1/2 cup	8	0	7									
Hot Dog, Regular Turkey Frank	1 each	1	0	0									
Hot Dog Bun (regular)	1 each	29	2	3	x								
Hot Honey Beef with tater tots and queso	1 serving	30	2	12			x						
Hot Sauce Packet	1 each	0	0	0									
Ice Cream, Banana Cream Yogurt Twister Cup	1 each	17	0	15			x						
Ice Cream, Birthday Cake Cup	1 each	12	0	12			x						
Ice Cream, Birthday Cake Twister Cup	1 each	16	0	15			x						
Ice Cream, Chocolate & Vanilla Twist Cone	1 each	30	0	20	x	x	x						
Ice Cream, Chocolate Cup	1 each	12	0	11			x						
Ice Cream, Chocolate Scooter Bar	1 each	22	0	17	x	x	x						
Ice Cream, Chocolate Sundae Cup	1 each	16	0	13			x						
Ice Cream, Cookies N Cream Cone	1 each	25	0	14	x		x						
Ice Cream, Cookies N Cream Sandwich	1 each	29	0	13	x	x	x						
Ice Cream, Cotton Candy Cup	1 each	12	0	11			x						
Ice Cream, Cotton Candy Twister Cup	1 each	15	0	15			x						
Ice Cream, Crazy Cone	1 each	24	0	10	x	x	x						
Ice Cream, Fudge-O Bar	1 each	16	0	15			x						
Ice Cream, Lemon Sherbet Cup	1 each	23	0	22			x						
Ice Cream, Mini Vanilla Sandwich	1 each	12	0	10	x	x	x						
Ice Cream, Minty Mint Sandwich	1 each	33	0	20	x		x						
Ice Cream, Orange Blossom Bar	1 each	14	0	13			x						
Ice Cream, Orange Sherbet Cup	1 each	23	0	22			x						
Ice Cream, Polar Blast Fruit Juice Bar	1 each	16	0	12									
Ice Cream, Raspberry Sherbet Cup	1 each	27	0	25			x						
Ice Cream, Raspberry Yogurt Cup	1 each	23	0	20			x						
Ice Cream, Seasonal Cup	1 each	12	0	11			x						
Ice Cream, Sour Apple Twister Cup	1 each	19	0	14			x						

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Ice Cream, Sour Blue Raspberry Twister Cup	1 each	19	0	14			X						
Ice Cream, Strawberry Scooter Bar	1 each	22	0	17	X	X	X						
Ice Cream, Strawberry Sundae Cup	1 each	17	0	16			X						
Ice Cream, Vanilla Cup	1 each	12	0	11			X						
Ice Cream, Vanilla Sandwich	1 each	33	0	20	X	X	X						
Ice Cream, Vanilla Yogurt Cup	1 each	16	0	15			X						
Italian Cheese Sauce	3 ounces	3	0	0	X		X						
Italian Combo Deli Sandwich	1 each	30	3	6	X	X	X						
Italian Combo Deli Wrap	1 each	17	2	2	X	X	X						
Jalapeno Cheese Sauce	2 ounces	3	0	0	X		X						
Juice Alive, Blue Raspberry	8 ounces	29	0	28								blue	
Juice Alive, Cherry	8 ounces	29	0	28								red	
Juice Alive, Cherry Limeade	8 ounces	29	0	28									
Juice Alive, Clear Lemonade	8 ounces	29	0	28									
Juice Alive, Coco Freeze	8 ounces	29	0	28									
Juice Alive, Green Watermelon	8 ounces	29	0	28								yellow, blue	
Juice Alive, Mandarin Orange	8 ounces	29	0	29									
Juice Alive, Peach Mango	8 ounces	29	0	29									
Juice Alive, Pink Lemonade	8 ounces	29	0	29									
Juice Alive, Sour Apple	8 ounces	30	0	29								yellow, red	
Juice Alive, Strawberry Kiwi	8 ounces	29	0	28								red	
Juice, Apple - 4oz	1 each	13	0	12									
Juice, Apple - 6oz	1 each	20	0	17									
Juice, Fruit Punch - 6oz	1 each	21	0	19									
Juice, Grape - 4oz	1 each	19	0	18									
Juice, Grape - 6oz	1 each	29	0	27									
Juice, Orange - 4oz	1 each	12	0	10									
Juice, Orange - 6oz	1 each	20	0	17									
Juice, Orange Pineapple - 4oz	1 each	14	0	12									
Juice Slush -Tropical Trio - Cool Tropics	1 pouch	20	0	17									
Juice Slush - Berry Berry Blue - Cool Tropics	1 pouch	19	0	15									
Ketchup, Dip & Squeeze	1 each	8	0	6									
Ketchup, Packet	1 each	2	0	2									
Kettle Corn (Popcorn Indiana)	1 each	20	3	5									
Macaroni, cooked	1 cup	43	2.5	0	X								
Macaroni & Cheese (LOL) - please add specific chicken info for Buffalo Chicken Mac	6oz	28	2	6	X			X					
Mandarin Oranges (Cup, Zee Zees)	1 each	17	7	17									
Maple Syrup Cup	1 each	13	0	9								caramel color	
Marinara Sauce	1/4 cup	7	1	5		X							
Marinara Sauce - 2.5oz Cup	1 each	8	1	5		X							
Mashed Potatoes	1/2 cup	18	2	1			X						
Mayo Packet, Chipotle Light	1 each	3	0	2				X					
Mayo Packet, Light	1 each	3	0	2		X		X					
Meatloaf (Advance Pierre)	1 slice	4	1	2	X	X	X						
Meat Lover's Pizza	1 slice	36	3	9	X	X	X					caramel color	
Mexican Corn	4.5 oz	16	3	7			X						
Milk, 1% (M&B)	8 oz	12	0	12									
Milk, Chocolate (M&B)	8 oz	24	0	22									
Milk, Strawberry (M&B)	8 oz	23	0	22									
Mini Cinnis	1 pouch	40	2	15	X		X						
Mixed Fruit, Canned	1/2 cup	17	0	11									
Mozzarella Cheese, Shredded	1 ounce	1	0	1			X						
Mozzarella, Light String Cheese - 1oz	1 each	1	0	1	X		X						
Muffin, Blueberry (Otis Spunkmeyer)	1 each	30	2	16	X	X		X					
Muffin, double chocolate	1 each	40	3	19	X	X	X	X					
Mustard Packet, Yellow	1 each	0	0	0									
Nacho Chips, 1oz Tostitos Scoops	1 pouch	19	2	0									
Nacho Chips, 2oz Bag	1 pouch	31	3	0									
Nacho Meat	1 serving	4	1	1		X							X
Nutrigrain Bar, blueberry	1 bar	30	3	14	X	X	X						
Nutrigrain Bar, apple cinnamon	1 bar	30	3	14	X	X	X						
Nutrigrain Bar, Strawberry	1 bar	25	1	12	X	X	X						
Oatmeal Round, apple cinnamon (Nature Valley)	1 each	39	4	15	X	X	X	X					
Oatmeal Chocolate Chip Bar	1 each	47	3	22	X	X	X	X					
Orange, Fresh	1 medium	18	3	12									
Pancake Sandwich	1 each	18	1	6	X	X	X	X					
Pancake Sausage on Stick	1 each	22	2	8	X	X	X	X					
Pancake, confetti	1 package	36	4	11	X	X	X	X					
Pancakes, mini, chocolate chip	1 package	43	3	15	X	X	X	X					
Pasta, Penne (plain)	1/2 cup cooked	21	1	1	X								
Pasta, Penne (plain)	1 cup cooked	42	2	2	X								
Pasta Salad	3/4 cup	17	2	-	X								
Pasta, Penne Alfredo	6 oz	31	0	8	X		X	X					



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Tortilla, Whole Grain 6" (Taco)	1 each	12	2	0	x								
Tuna, Skipjack (3oz drained)	3oz	0	0	0									
Turkey & Cheese Wedge Sandwich	1 each	27	5	3	x	x	x						
Turkey Deli Meat, Italian Combo, Sliced	6 slices	2	0	0									
Turkey Deli Meat, Sliced	6 slices	1	0	0									
Turkey Ham Loaf	1 serving	2	0	0									
Turkey Ham, Sliced	4 slices	2	0	0									
Twisted Breadstick	1 each	28	3	2	x	x	x						
UBR (oatmeal breakfast round - chocolate chip)	1 each	44	5	19									
Uncrustable PB&J	1 each	33	4	14	x	x	x	x	x				
Vanilla Bear Grahams	1 pouch	20	2	6	x								
Waffle Fries	1 serving	17	1										
Waffles, mini maple (Eggo)	1 pouch	36	4	11	x	x	x	x					
Waffles, mini maple (Bake Crafters)	2 each	15	0	3	x	x	x	x					
Waffle Sweet Potatoes	1/2 cup	24	2	7									
Watermelon, Fresh	1/2 cup	6	0	5									
Welch's Fruit Snacks, Mixed Fruit	1 pouch	34	3	15								yellow, red, blue	
Welch's Fruit Snacks, Strawberry	1 pouch	34	3	15								red	
Wheat Bread, Sliced (US Foods)	2 slices	26	2	5	x	x							
Whipped Topping (On Top)	1 ounce	2	0	2			x						
Yogurt, Vanilla - 4oz Cup	1 each	20	0	15			x						
Yogurt, Strawberry - 4oz Cup	1 each	20	0	15			x						
Yogurt, Vanilla (Bulk, for Parfaits)	4 ounces	20	0	17			x						