

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 SHELLFISH	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	X					
Apple Slices - 2oz Package	1 each	7	1	6									
Apple, Fresh	1 small	21	4	15									
Applesauce, Canned	1/2 cup	13	2	9									
Asian Chicken Bites	4 pieces	19	1	4	X	X	X						
Backpacker Bites, oatmeal chocolate chip	1 pouch	24	2	9	X	X	X	X					
Bacon cheeseburger	1 burger w/ bun	34	5		X		X						X
Bacon, Egg & Cheese Pizza	1 each	20	2	4		X	X	X					
Bagel, plain, sliced (SYSCO)	1 each	38	1	5	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							
Baked Sour Cream & Onion Lays	1 bag	18	1	3		X	X						
Banana mini loaf	1 each	28	1	15	X	X	X	X					
Banana Bread Slice	1 slice	44	2	25	X	X		X					
Banana Peppers	1 ounce	1	1	0								yellow	
BBQ Pork	1 serving	17	0	16		X							X
BBQ Pork sliders	2 sliders	32	2		X	X							X
BBQ Sauce	1 packet	4	0	2									
Bean & Cheese Nacho Bites	8 pieces	32	3	1		X	X						
Bean & Cheese Burrito	1 each	41	8	0	X	X	X					caramel color	
Bean & Cheese Chalupa	1 each	21	3	0		X	X						
Beef Burrito	1 each	41	8	2	X	X							
Beef Jerky	1 pouch	6	0	6		X							
Beef Sliders	1 each	28	2	2	X								
Belgian Waffle Sticks	4 sticks	38	5	8	X	X	X	X					
Belly Bears Cinnamon Grahams	1 pouch	21	1	8	X								
Berry Berry Blue (Cool Tropics)	1 pouch	19	0	15									
Biscuit stick	1 each	13	0	1	X		X						
Biscuit (Pillsbury)	1 each	27	2	2	X	X	X						
Bite Size Burgers (inc. bun)	1 each	15	1	1	X								
Black Beans	1/2 cup	19	7	0									
Black Olives, Sliced	1 ounce	1	0	0									
Blueberries, Fresh	1/2 cup	11	2	7									
Blueberry mini loaf	1 each	26	1	14	X	X	X	X					
Blueberry waffles, mini	1 package	35	3	10	X	X	X	X					
Bosco stick (serving for Pre-K is 1 stick)	2 each	50	4	4	X		X						
Breaded Chicken Drumstick	1 each	5	1	0	X								
Breaded Chicken Patty	1 each	12	3	0	X	X		X					
Breaded Mozzarella Sticks	5 pieces	35	3	1	X		X						
Breakfast Sausage Biscuit	1 each	21	0	0	X		X						
Breakfast Toast - bacon, egg & cheese (Nardone)	1 piece	20	2	4	X		X	X					X
Brown Rice	1/2 cup	17	1	0									
Brownie (Buena Vista)	1 each	28	2	16	X	X	X	X					
Brunch Boat	1 serving	20	1	2			X	X					
Buffalo Chicken Pizza	1 slice	35	3	8	X	X	X						
Buffalo Crunchers	4 pieces	40	4	3	X	X	X						
Buffalo Popcorn Chicken	10 pieces	20	2	0	X	X							
Butter Buds							X						
Butter Spray													
Bun, slider (Super Bakery)	1 each	16	2	2	X	X							
Bun, hot dog (Bake Crafters)	1 each	29	2	3	X								
California Veggie Blend	1 cup	5	2	3									
Calzone, Ham & Cheese (S&F)	1 each	32	3	5	X	X	X						

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Cantaloupe, Fresh	1/2 cup	7	0	6									
Carnitas Pork	1 serving	1	0	1		x							x
Carnival Cookie (Bonzers IW)	1 each	27	1	14	x	x	x	x				yellow, red, blue	
Carrot Coins	1 cup	7	2	5									
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						
Cheddar Goldfish crackers, Mickey-mouse	1 package	14	1	0	x		x						
Cheerios - 1oz Bowl	1 bowl	20	3	1									
Cheese Omelet	1 each	1	0	0		x	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						
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	21	2	7	x	x	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, Cherry Blossom	1 serving	27	2	14	x			x					
Chicken Fajita Meat	1 serving	1	0	1									
Chicken filling (Piepers)	2.13 oz	0	0										
Chicken Gravy	1 serving	3	0	0	x	x						yellow	
Chicken, mini, waffle-coated	6 pieces	13	2	2	x								
Chicken, mini, Nashville Hot	10 pieces	15	2	2	x								
Chicken Nuggets	5 pieces	12	3	0	x	x		x					
Chicken nuggets, holiday-shaped	4 pieces	16	3	2	x	x							
Chicken, orange	1 serving	25	2	13	x	x		x					
Chicken, Popcorn, spicy	10 pieces	11	3	0	x	x		x					
Chicken slider (Rich Chicks)	1 piece	7	1	0	x	x		x					
Chicken Smackers (Chicken Parm)	10 pieces	17	3	0	x	x		x					
Chicken Taco with Red Sauce	1 each	29	3	2	x	x	x						
Chicken Tenders	2 pieces	16	3	4	x	x		x					
Chicken tenders, spicy	2 pieces	13	1.5	<1	x								
Chicken, Wings, spicy	4 pieces	17	2	1	x	x		x					
Chicken filet, WG, Breaded (Rich Chicks) NO BUN	1 each	11	3	4	x	x		x					
Chili, 3-bean	4oz	18	13	3									
Chocolate Chip Cookie (Bonzers IW)	1 each	27	1.5	14	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	1 each	37	2	16	x	x	x	x					
Cinnamon Swirl Roll	1 each	22	2	7	x	x	x						
Cinnamon Roll, whole grain	1 each	36	3	10	x	x	x	x					
Cinnamon Toast Crunch soft bar	1 each	40	2	14	x		x						
Cinnamon Toast Crunch - 1oz Bowl	1 bowl	22	2	8	x	x							
Cinnamon Waffles, mini	1 package	46	1	17	x	x	x	x					
Cocoa Bread Slice	1 each	42	2	22	x	x	x	x					
Cocoa Cherry Bar	1 each	33	2	16	x	x							
Cocoa Puff soft bar	1 each	44	3	15	x		x						
Coffee Cake Pancake Bowl	1 each	53	3	25	x	x	x	x					
Confetti Pancakes	1 package	36	4	11	x	x	x	x					
Co-Jack Cheese Cubes - 1oz Package	1 each	1	0	0			x						
Co-Jack Cheese Stick - 1oz	1 each	1	0	0			x						
Cookie, Confetti	1 each	30	2	15	x	x	x	x					
Corn cobette	1 each	14	3										
Corn Dog Pups	6 pieces	30	5	5	x	x		x					
Corn Dog	1 each	30	5	5	x	x		x					

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Cracker, vanilla graham, goldfish	1 package	19	1	7	x								
Cracker, Mickey Mouse Goldfish	1 each (.75 oz ba	14	1	0	x		x						
Craisins - 1oz package	1 pouch	28	3	24									
Craisins, orange-infused	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						
Diced Chicken	1 serving	1	0	0									
Dillicious Chicken Patty (NO BUN)	1 each	14	2	1	x								
Dinner Roll, 1.1oz (Dough)	1 each	15	1	2	x	x	x						
Dinner Roll, 2.2oz (Dough)	1 each	30	3	4	x	x	x						
Donut, Super	1 each	24	1	11	x	x	x	x					
Donut Stix	1 package	48	3	23	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 - 1oz	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 - 1oz	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	
Egg & Cheese Wrap	1 each	14	2	1	x	x	x	x					
Egg & Cheese Tac-Go	1 each	15	2	1	x		x	x					
Fajita Vegetable Blend	1/2 cup	5	1	3									
Flamin' Hot Baked Cheetos	1 pouch	18	1	0			x					yellow, red	
Flamin' Hot Cheeto Puffs	1 pouch	14	1	1			x					yellow, red, blue	
Flatbread, mini 4" (Rich's)	2 flats	25	2	2	x		x						
Fortune Cookie	1 each	3	0	1	x	x							
French Bread Pizza	1 each	29	2	2	x		x						
French Toast Crunch Bar	1 each	42	3	13	x		x						
French Toast Sticks	3 sticks	40	4	8	x	x	x						
Fries, Spiral	1/2 cup	18	1	0									
French fries, crinkle cut	1 serving (1/2 cu	15	2	0									
Frittata, Italian-style	1 each	12	1	<1				x					
Frittata, turkey sausage and cheese	1 each	1	0	0			x	x					
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 - US Foods	1/2 cup	2	1	1									
Frozen Corn - US Foods	1/2 cup	21	2	3									
Frozen Peas - US Foods	1/2 cup	9	3	5									
Frozen Strawberries - US Foods	1/2 cup	6	1	4									
Frudel, Apple	1 Each	36	2	11	x		x						
Fruit Snacks, Scooby Doo	1 pouch	21	5	8									
Fruity Cheerios - 1oz Bowl	1 bowl	25	2	9									
Funnel Cake (chicken & waffles)	1 cake	43	3	12	x	x	x	x					
Garlic Bread, wheat (NY Frozen)	1 piece	16	2	2	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	

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Gatorade G2, Mixed Berry	1 bottle	7	0	7									
Gatorade G2, Orange	1 bottle	7	0	7								yellow, red	
GoGurt	1 pouch	13	0	10			x						
Golden Grahams - 10z 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, 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 Sandwich	1 each	29	2	4	x	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	16	1	0									
Hoagie Sub Roll - US Foods	1 each	26	2	5	x	x							
Honey Bun (Super Bakery)	1 each	34	3	9	x	x	x	x					
Honey Sriracha Chicken	1 serving	24	1	11	x			x					
Honeydew, Fresh	1/2 cup	8	0	7									
Hot Dog, Mini Beef	1 each	0	0	0									
Hot Dog, Regular Turkey Frank	1 each	1	0	0									
Hot Dog Bun (regular)	1 each	29	2	3	x								
Hot Sauce Packet	1 each	0	0	0									
Hush Puppies	3 pieces	22	1	5	x	x	x	x					
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	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						
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	31	3	6	x	x	x						

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Italian Combo Deli Wrap	1 each	17	2	2	x	x	x						
Italian Ice, Good fortune	4.4 ounces	25	0	25									
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									
Ketchup, Dip & Squeeze	1 each	8	0	6									
Ketchup, Packet	1 each	2	0	2									
Lasagna roll-up, turkey & cheese	1 piece	25	2	0	x		x	x					
Lasagna with meat sauce	1 each	47	3	15	x		x						
Lemon Bread Slice	1 each	44	2	16	x	x	x	x					
Macaroni & Cheese (Tabatchnick)	6oz	19	1	5	x	x	x						
Macaroni & Cheese	1 serving	37	2	4	x		x						
Mandarin Oranges, Canned	1/2 cup	15	0	12									
Maple Syrup Cup	1 each	13	0	9								caramel color	
Marinara Penne w/ chicken meatballs (K-8)	1 serving	32	7		x		x						
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, Horseradish Dijon	1 each	3	0	1									
Mayo Packet, Light	1 each	3	0	2		x		x					
Meatball, chicken & cheese (Rich Chicks)	5 meatballs	2.5	0	1			x						
Meatball sub (chicken meatballs)	1 sub	40	4	10	x		x						
Meat Lover's Pizza	1 slice	36	3	9	x	x	x					caramel color	
Mini chocolate chip French Toast bites	1 package	35	4	11	x	x	x	x					
Mini Cinnis	1 pouch	40	2	15	x		x						
Mini Hot Dog Bun	1 each	12	2	1	x								
Mixed Fruit, Canned	1/2 cup	17	0	11									
Morningstar Farms Sausage-style crumbles	1/4 cup	4	2	1	x	x							
Mozzarella Cheese, Shredded	1 ounce	1	0	1			x						
Mozzarella, Light String Cheese - 1oz	1 each	1	0	1	x		x						
Mozzarella sticks, breaded WG	5 sticks	35	3		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, apple cinnamon	1 bar	30	3	14	x	x	x						
Oatmeal Chocolate Chip Bar	1 each	47	3	22	x	x	x	x					
Oatmeal Round (Dough)	1 each	43	6	17	x	x	x	x					
Oatmeal Round (IW)	1 each	44	6	18	x	x	x	x					
Omelette, cheese	1 each	1	0	0			x	x					
Onion Rings	5 pieces	28	3	5	x	x	x						

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Orange, Fresh	1 medium	18	3	12									
Pancake Sausage on Stick	1 each	22	2	8	x	x	x	x					
Pancakes, mini, chocolate chip	1 package	43	3	15	x		x	x					
Pancakes, mini, Maple	1 package	41	3	14	x		x	x					
Pasta Salad	3/4 cup	17	2	-	x								
Peaches, Diced, Canned	1/2 cup	14	0	11									
Pear, Fresh	1 small	23	5	14									
Pears, Diced, Canned	1/2 cup	14	2	11									
Pearsauce Cup	1 each	22	2	19									
Peas & Carrots	1/2 cup	11	3	0									
Pepperjack Cheese, Sliced	2 slices	1	0	0			x						
Pepperoni Pizza Pocket	1 each	31	3	5	x	x	x	x					
Pepperoni Pizza Slice	1 slice	34	3	9	x	x	x						
Pepperoni pull-apart breadsticks	1 each	27	3	3	x	x	x						
Personal Cheese Pizza	1 each	38	4	13	x	x	x						
Personal Pepperoni Pizza	1 each	38	6	7	x	x	x						
Pineapple Tudbits, Canned	1/2 cup	19	0	16									
Pineapple, Fresh	1/2 cup	10	1	8									
Pita Chips	1 pouch	24	2	1	x								
Pizza, breakfast (Wild Mikes)													
Pizza, 4-cheese pepperoni	1 slice	31	3	4	x	x	x						
Pizza, Mexican-style	1 each	43	4	8	x	x	x						
Pizza wedge (Nardone)	1 slice	30	4	7	x	x	x						
Popcorn, Kettle Style	1 pouch	22	2	9		x							
Popcorn, White Cheddar	1 pouch	9	2	0			x						
Pop-Tart, Cinnamon	1 each	37	3	15	x	x							
Pop-Tart, Fudge	1 each	38	3	16	x	x							
Pop-Tart, Strawberry	1 each	38	3	15	x	x						yellow, red, blue	
Potato Roasters	1/2 cup	25	2	0									
Potato Smiles	4 pieces	20	2	0									
Potato Wedges	1/2 cup	15	2	0									
President Smart Cookies	1 pouch	18	2	5	x	x	x						
Pretzel Goldfish Crackers	1 pouch	15	1	0	x		x						
Pullapart, southwest queso	1 each	33	2	5	x		x						
Pullapart, Italian cheese	1 each	32	2	5	x		x						
Pumpkin Bread Slice	1 slice	43	2	24	x	x	x						
Quaker Snack Mix	1 pouch	17	2	2	x		x					yellow	
Quesadilla wedges (the Max)	3 wedges	31	3	3	x	x	x						
Queso Blanco Cheese Sauce (Carnitas Tacos)	1 ounce	1	0	0		x	x						
Raisels	1 box	35	1	27									
Raisins, Box	1 box	29	2	27									
Raspberries, Fresh	1/2 cup	7	4	2									
Rice, Vegetable-Fried	1/2 cup	54	4	3	x	x							
Rice Krispies Treat, Large	1 each	30	0	11	x	x	x						
Rice Krispies Treat, Mini	1 each	9	0	3	x	x	x						
RiPs Fruit Slush, Blue Raspberry	1 each	15	0	12									
RiPs Fruit Slush, Dragon Punch	1 each	16	0	12									
RiPs Fruit Slush, Kiwi Strawberry	1 each	15	0	12									
RiPs Fruit Slush, Sour Apple	1 each	15	0	13									
Rotini Pasta, Whole Grain	1 cup	40	6	2	x								
Salisbury Steak	1 slice (3oz)	4	1	1	x	x	x						
Salsa, Mild, 3oz cup (Red Gold)	1 each	5	1	3									
Salsa - 3oz Cup	1 each	6	0	2									
Salsa, Canned	2 ounces	4	2	2									
Sandwich, Turkey/Cheese (made in-house)	1 each	32	2	4	x		x						
Sauce, Yum Yum	2 Tbsp	4	0	2		x		x					
Sausage, Chicken (Dark Meat)	1 each	0	0	0									
Sausage, Chicken Patty	1 each	1	1	0		x						caramel color	
Seasoned Sweet Potato Fries	1/2 cup	23	4	3									
Sidekick Fruit Cup, All Flavors	1 each	20	0	19								yellow, blue	

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 SHELLFISH	Contains FOOD DYE	Contains PORK
Soft Pretzel	1 each	30	3	1	x								
Soy Milk, Chocolate - 8oz	1 each	19	2	14		x							
Soy Milk, Vanilla - 8oz	1 each	20	1	16		x							
Sparkling Ice, Cherry Limeade	1 bottle	0	0	0								red	
Sparkling Ice, Kiwi Strawberry	1 bottle	0	0	0								yellow, blue	
Sparkling Ice, Orange Mango	1 bottle	0	0	0								yellow	
Spicy Breaded Chicken Patty	1 each	11	3	1	x	x		x					
Spicy Breaded Chicken Sandwich	1 each	40	5	3	x	x		x					
Spiral Fries	1/2 cup	18	1	0									
States & Capitals Smart Cookies	1 pouch	18	2	5	x	x	x						
Strawberries, Fresh	1/2 cup	6	1	3									
Strawberry Sunbutter Sandwich	1 each	32	5	12	x	x							
Sunberry Trail Mix	1 pouch	28	4	21									
Sunbutter - 2oz Cup	1 each	14	8	6									
Swiss Cheese, Sliced	2 slices	1	0	1			x						
Switch Sparkling Juice, All Flavors - 8oz	1 can	30	0	29									
Taco Meat, Beef	1 serving (3oz)	3				x							
Taco Stick, beef and cheese	1 each	32	4	1	x	x	x						
Tater Tots	9 each	19	2	0									
Tartar Sauce, Packet	1 each	2	0	1				x					
Teriyaki Chicken, Gluten Free	1 serving	14	0	14		x						caramel color	
TGIF Cheddar Fries	1 pouch	19	1	1			x					yellow	
TGIF Hot Fries	1 pouch	19	1	1			x					red	
Toast, Apple Cinnamon Texas	1 slice	45	2	17	x	x	x						
Tornado, Maple Egg and Turkey sausage	1 each	24	2	4	x	x	x	x					
Tornado, Beef & Cheese	1 each	22	2	2	x	x	x					caramel color	
Tornado, Sriracha Chicken	1 each	23	2	2	x	x	x						
Tortilla, Whole Grain 10" (Wrap)	1 each	31	2	2	x								
Tortilla, Whole Grain 6" (Taco)	1 each	12	2	0	x								
Tropical Trio - Cool Tropics	1 pouch	20	0	17									
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						
Uncrusstable PB&J	1 each	33	4	14	x				x				
Vanilla Bear Grahams	1 pouch	20	2	6	x								
Vanilla Sugar Cookie (Bonzers IW)	1 each	27	2	14	x	x	x	x					
Waffle ,mini blueberry	1 pouch	36	3	10	x	x	x	x					
Waffle Sweet Potatoes	1/2 cup	15	2	4									
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						
WOW Soybutter & Grape Jelly Sandwich	1 each	28	4	11	x	x	x						
Yogurt, Cherry Vanilla - 4oz Cup	1 each	19	0	16			x						
Yogurt, Peach - 4oz Cup	1 each	19	0	16			x						
Yogurt, Raspberry - 4oz Cup	1 each	19	0	16			x						
Yogurt, Strawberry - 4oz Cup	1 each	19	0	16			x						
Yogurt, Strawberry Banana - 4oz Cup	1 each	19	0	16			x						
Yogurt, Vanilla (Parfaits)	4 ounces	19	0	16			x						
Yum Yum Sauce	1 container	4	0	2		x		x					
Zucchini Bread Slice	1 slice	43	2	25	x	x		x					