Item	Portion	Carbs (g)	Fiber (g)	Sugar (g)	Contains WHEAT or GLUTEN	Contains SOY	Contains MILK	Contains EGG	Contains PEANUTS	Contains TREE NUTS	Contains SESAME	Contains FOOD DYE	Contains FISH	Contains PORK
Bagel Dots (package of 2)	2 dots	29	2	4	x	MC	x	MC						
Bean & Cheese Empanada	1each	42	4	2	x	x	x	MC						
Apple Fritter	1 each	36	3	12	x	x	x	x						
Banana Bread Slice (Super Bakery)	1 each	45	2	24	x	x	x	x						
Breakfast Egg Roll (Minh)	1 each	18	2	1	x	x	x	x						
Breakfast Flatbread (Nardone's)	1 each	13	1	1	1		x	x						
Brunch Boat (eggs/cheese only)	1 serving	2	0	1			x	x						
Burrito, Breakfast (Fernando's)	1 each	25	4	1	x	x	x	x						
Chicken, Cheezy Hots (5/serving)	5 each	22	2	1	x		x	x						
Croissant (Tasty Brands)	1 each	14	1	2	x		x	x						
Croissant, 2 oz, sliced (Hadley Farms)	1 each	29	3	4	x	x	x	x						
Dave's baking bar (apple)	1 each	49	3	21	x	x	x	x						
Donut, Blueberry	1 each	32	2	17	x	x	x	x						
Donut Holes, Pullapart	1 package	31	2	8	x	x	x	x						
Egg and Cheese tac-go	1 each	9	1	1	x		x	x						
Eggs, bacon and egg scramble (Brunch Boats)	2 oz	1	0	1			x	x						
Funnel Cake (chicken & waffles)	1 cake	43	3	12	x	x	x	x						
Hashbrown Bites	2 each	7	0	2			x	x						
Macaroni & Cheese (JTM Stick Mac-EL)	4oz	19	1.5	2	x		x	x						
Onion Rings (Tasty Brands)	5 each	30	2	6	x	x	x	x						
Pancake, confetti	1 package	36	4	11	x	x	x	x						
Poffitz, Apple Cinnamon (mini Dutch pancakes)	1 package	29	2	13	x	x	x	x						
Pumpkin Bread slice	1 each	44	2	24	x	x	x	x						
Strawberry Pancake Puffs	1 package	33	3	8	x	x	x	x						
Stuffed Breakfast Sandwich with Sausage/Egg/Cheese	1 each	17	2	3	x	x	x	x						
Three Cheese Egg Bite	1 each	2	0	1			x	x						
UBR (oatmeal breakfast round - chocolate chip)	1 each	44	5	19	x	x	x	x						
Chicken, General Tso's	3.6oz	22	0	12	x	x		x						
Chicken, Orange/Mamdarin (Yangs)	3.6oz	19	0	10	x	x		x						
Corn Dog	1 each	30	2	8	x	x		x						
Egg Roll (Vegetable)	1 each	22	4	4	x			x						
Hard-Boiled Egg	1 each	1	0	0				x						
Mayo Packet, Light	1 each	3	0	2		x		x						
Pancake Sausage on Stick - Maple Chicken	1 each	18	3	4	x	x		x						
Rotini Pasta with Meat Sauce	7.44oz	24	2	8	x			x						
Sauce, Chicken Dipping Sauce	1 each	6	0	5		x		x						
Sausage Pancake Bites (4)	4 each	17			x			x						
Spicy Breaded Chicken Sandwich	1 each	40	5	3	x	x		x						
Teriyaki Beef	4.22oz	23	0	17	x	x		x			x			
Bacon cheeseburger	1 burger w/ bun	34	5		x		x							x
Bean & Cheese Burrito	1 each	44	8	0	x	x	x					caramel color		
Burrito, Beef, Bean and cheese	1 each	44	5	3	x	x	x							
Cheese, American	2 slices	2	0	2		x	x							
Caramel Mini Cinnis	1 package	36	2	8	x		x							
Cheddar Cheese Sauce	2 ounce	3	0	0	x		x							
Cheeseburger Sliders (made in house)	2 each	35	2	2	x	x	x							
Cheese sauce cup - Jalapeno (JTM)	4 ounce cup	4	0	0			x							
Cheese sauce cup - Queso Blanco (JTM)	4 ounce cup	3	0	0			x							
Cheese sauce cup - Cheddar (JTM)	4 ounce cup	2	0	0			x							
Cheese quesadilla Wedges (EL)	3 each	31	3	3	x	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							
Cheez-It Crackers	1 pouch	14	1	0	x	x	x							
Chicken Alfredo w/ penne pasta(EL)	1 serving	30	1	6	x		x							
Chicken, Bod Bites, Garlic Parmesan	3 oz	4	0	0			x							
Chicken Chunks/Boneless chicken wings	4 pieces	15	2	1	x		x							
Chicken Meatballs (Rich Chicks)	5 each	2	1	1			x							
Chicken, Sliders, savory breaded (Proview) NO BUNS	2 each	20	2	2	x	x	x							
Chicken patty, crispy, breaded (Proview) NO BUN	1 piece	19	1	0	x		x							
Chicken Parmesan w/ 1 cup Penne Pasta	1 serving	63	4	8	x		x							
Chicken Tenders (Gold Creek)	3 each	14	2	0	x		x							
Cinnamon Toast Crunch Soft Bar	1 each	42	3	12	x		x							
Cinnamon Bun Stick	1 each	31	2	8	x		x							
Croissant Sandwich turkey ham & Cheese (Tasty Brands)	1 each	30	3	5	x	x	x							
Detroit-Style Pizza	1 slice	44	1	4	x	x	x							
Dillicious Chicken Patty (NO BUN-Pro View)	1 each	19	1	2	x	x	x							
Doritos, walking tacos	1 package	27	3				x							

* MC= MAY CONTAIN

Garlic Knot (Bake Crafters)	1 each	**18**	2	3	x	x	x			
Gravy, brown	1/4 cup	**3**			x	x	x			
Grilled Cheese, Bake Crafters	1 each	**27**	4	3	x	x	x			
Jalapeno Cheese Sauce	2 ounces	**3**	0	0	x		x			
Jalapeno Mango Meatballs	5 each	**7**					x			
Mashed Potatoes	1/2 cup	**25**	2	2			x			
Milk, 1% (M&B)	8 oz	**12**	0	12			x			
Milk, Chocolate (M&B)	8 oz	**19**	0	18			x			
Milk, Strawberry (M&B)	8 oz	**23**	0	22			x			
Mozzarella Bites, Breaded mini	12 each	**42**	0	1	x		x			
Mozzarella Cheese, Shredded	1 ounce	**1**	0	1			x			
Mozzarella, Light String Cheese - 1oz	1 each	**1**	0	1	x		x			
Penne with meatballs and sauce (Marinara) - 1/2 cup cooked pasta	1 serving	**31**	2	4	x		x			
Penne with meatballs and sauce (Marinara) - 1cup cooked pasta	1 serving	**52**	5	8	x		x			
Pepperjack Cheese, Sliced	2 slices	**1**	0	0			x			
Pepperoni Pinwheel	1 each	**34**	3	3	x	x	x			
Pizza, Buffalo Chicken	1 slice	**33**	3	8	x	x	x			
Pizza, 4 Meat (Meat lovers), Slice	1 slice	**36**	3	9	x	x	x			caramel color
Pizza Slice, cheese (HS/MS)	1 slice	**34**	3	9	x	x	x			
Pizza, Pepperoni, Slice	1 slice	**35**	3	9	x	x	x			
Pizza Crunchers	4 each	**41**	5	4	x		x			
Pizza, Pepperoni, Personal (tony's)	1 each	**22**	2	1	x	x	x			
Sandwich, Chicken/Turkey, Pepperoni & Mozzarella & Cheese (IW -Tasty Br	1 each	**34**	3	5	x		x		x	
Sandwich, Grilled Cheese (IW- Bake Crafters)	1 each	**27**	4	3	x	x	x			
Sandwich, Italian Combo (IW - Tasty Brands)	1 each	**30**	3	6	x	x	x			
Sandwich, Italian Combo Deli Wrap	1 each	**17**	2	2	x	x	x			
Sauce, Garlic Parmesan	1/2 oz	**1**	0	0		x	x			
Smoothie, Pineapple Mango	1 each	**30**	2	0 added			x			
Smoothie, Strawberry Banana	1 each	**33**	2	0 added			x			
Penne with meatballs and sauce (Marinara) - 1/2 cup cooked pasta	1 serving	**31**	2	4	x		x			
Penne with meatballs and sauce (Marinara) - 1cup cooked pasta	1 serving	**52**	5	8	x		x			
Spicy Taco Stick	1 each	**29**	3	1	x	x	x			
Sunflower Seeds (Zee Zees)	1 package	**8**	4	1	x	x	x			
Sunrise Stick	1 each	**15**	1.6	0.3	x	x	x			
Swiss Cheese, Sliced	2 slices	**1**	0	1			x			
Tater Tots	9 each	**19**	1	1	x	x	x			
Twin pack turkey and cheese sub	1 package	**37**	4	6	x	x	x		x	
Walking Taco with Doritos, nacho meat and cheese sauce	1 serving	**35**	4	3		x	x			
Yogurt, Strawberry - 4oz Cup	1 each	**20**	0	15			x			
Yogurt, Vanilla - 4oz Cup	1 each	**20**	0	15			x			
Apple Cinnamon Roll (HadleyFarms)	1 each	**35**	3	9	x	x				
Apple Slices - 2oz Package	1 each	**7**	1	6						
Apple, Fresh	1 small	**21**	4	15						
Baked Beans	4 oz	**29**	5							
Banana Peppers	1 ounce	**1**	1	0						yellow
BBQ Sauce (1oz cup)	1 each	**10**	0	2						
Beef & Vegetable Dumplings	6 pieces	**31**	3	3	x	x				
Beef sliders (no bun)	2 patties	**2**	0	0		x				
Black Beans	1/2 cup	**20**	9	0						
Black Olives, Sliced	1 ounce	**1**	0	0						
Blueberries, Fresh	1/2 cup	**11**	2	7						
Breaded Chicken Drumstick (Tyson)	1 each	**10**	1	0	x					
Brioche Bun (Alpha Baking Co)	1 each	**30**	3	5	x					
Broccoli, Frozen	1/2 cup	**5**	1	1						
Brown Rice	1/2 cup	**22**	1	0						
Bun, Hamburger (Bread Kneads)	1 each	**26**	2	3	x	x				
Bun, Slider (Bake Crafters)	2 each	**30**	2	2	x					
Burger, Beefy Patty ONLY	1 each	**0**	0							
Bun, Hot Dog (Bread Kneads)	1 each	**18**	0	1	x	x				
Cheerios - 1oz Bowl	1 bowl	**20**	3	1						
Chicken, Bold Bites, Plain, oven-roasted	3 oz	**2**	0	0						
Chicken, Bold Bites, Cajun	3 oz	**3**	0	0						
Chicken Gravy	1 serving	**3**	0	0	x	x				yellow
Chicken Nuggets (Rich Chicks)	5 pieces	**14**	1.5	0	x					
Chicken patty, spicy (Rich Chicks)	1 each	**13**	2	0	x					
Chicken Wings, bone-in (4), no sauce	4 each	**1**	0	0						
Chicken, Boneless Wings, reg/spicy/dill	4 pieces	**15**	2		x					
Chicken, grilled filet (Rich Chicks)	1 each	**1**	0	0						
Chicken, Popcorn HALF PORTION (Rich Chicks)	5 pieces	**7**	0	0	x					
Chicken, Popcorn (Rich Chicks)	10 pieces	**14**	2	0	x					
Chicky Woodles Cup (no chicken and broccoli included	1 each	**32**	3	1	x	x				
Chocolate Chickpea Spread (The Amazing Chickpea)	1 each	**15**	2	8						
Chow Mein Noodles with sauce	2 oz	**34**	4	2	x	x				

Cinnamon Toast Chicken Sausage Roll up	1 each	**15**	0	2	x	x						
Cocoa Cherry Bar	1 each	**33**	2	16	x	x						
Corn cobbette	1 each	**14**	3									
Corn, Frozen	1/2 cup	**17**	2	3								
Cracker, Bug Bites	1 pouch	**21**	1	8	x	x						
Craisins - 1oz package	1 pouch	**27**	3	24								
Crunchables (That's it, dried apple, all flavors)	1 package	**9**	2	0 added								
Dragon's Breath Sub (on Hoagie roll)	1 each	**42**	3	5								
Emoji cup (Cherry Lime)	1 each	**25**	0	25								
Fiesta Black Beans	1/2 cup	**22**	5	1								
French Toast Sticks- Rich's	4 each	**38**	3	9	x	x						
Fries, Sidewinder	2 oz	**15**	1	0	x							
Fries, spiral cut	1/2 cup	**18**	1	0								
Fritos (for Walking Tacos)	1 pouch	**24**	2	0								
Granola, Fieldstone	1 pouch	**21**	2	6	x							
Grapes, Fresh	1/2 cup	**13**	1	11								
Grilled Chicken Breast Filet	1 each	**1**	0	0		x						
Hamburger w/ bun	1 each	**26**	2	2	x	x						
Hashbrown Rounds	4 each	**21**	2	0								
Honeydew, Fresh	1/2 cup	**8**	0	7								
Hot Dog	1 each	**19**										
Hot Dog Bun	1 each	**29**	2	3	x							
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, 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, Packet	1 each	**2**	0	2								
Korean Soy Garlic Sauce	1 Tbsp	**8**	0	6		x						
Maple Syrup Cup	1 each	**30**	0	9					caramel color			
Marinara Sauce	3 oz	**6**	1	5		x						
Marinara Sauce - 2.5oz Cup	1 each	**5**	1	5		x						
Mixed Fruit, Canned	1/2 cup	**19**	0	11								
Mustard Packet, Yellow	1 each	**0**	0	0								
Nacho Chips, 1.45oz (Yellow) Bag	1 pouch	**30**	3	0								
Nacho Chips, 1oz Tostitos Scoops	1 pouch	**19**	2	0								
Nacho Meat	1 serving	**4**	1	1		x						x
Orange, Fresh	1 medium	**17**	3	12								
Oven Roasted Chicken Drumstick	1 each	**5**	0	1								
Pasta, Penne (plain)	1/2 cup cooked	**21**	1		x							
Pasta, Penne (plain)	1 cup cooked	**42**	2		x							
Peaches, Diced, Zee Zees	1 each	**18**	0	11								
Peanut Butter dipping cup (1.1oz) JIF	1 each	**8**	0	2			x					
Pear, Fresh	1 small	**23**	5	14								
Pears, Diced, Zee Zees	1/2 cup	**19**	2	11								
Pepperoni slices	15 slices	**0**	0	0								
Pico De Gallo	1/2 cup	**3**	1	3								
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 Wedges	1/2 cup	**15**	2	0								
Pretzel Nuggets (J&J)	4 each	**27**	2	0	x							
Raisels	1 box	**35**	1	27								
Ramen Soup Base (for Woodles Chicky Cup)	1 1/5 Tbsp	**2**	0	2	x	x						
Raspberry Cinnamon Roll	1 each	**38**	2	10	x	x						
Rice, Brown	1/2 cup	**25**	2									
RiPs Fruit Slush, Blue Raspberry (Cool Tropics)	1 each	**15**	0	12								
RiPs Fruit Slush, Dragon Punch (Cool Tropics)	1 each	**16**	0	12								
RiPs Fruit Slush, Kiwi Strawberry (Cool Tropics)	1 each	**15**	0	12								
Roll, Dinner (Bread Kneads)	1 each	**21**	2	1	x	x						
Roll, Hoagie (Amoroso)	1 each	**31**	3	2	x							
Salsa - 3oz Cup	1 each	**6**	0	2								
Salsa, Canned	2 ounces	**4**	2	2								
Salsa, Mild, 3oz cup (Red Gold)	1 each	**5**	1	3								
Sausage Patty (Gold Creek)	1 patty	**1**	0									
Seasoned Straight Cut Sweet Potato Fries	1/2 cup	**24**	1	0								
Sidekick Fruit Cup, All Flavors	1 each	**23**	0	19					yellow, blue			
S'mores Breakfast Bar	1 each	**42**	2	14	x	x						
Spiral Fries	4 oz	**20**	2	0								
Strawberry Cup	1 each	**15**	2	11								
Strawberries, Fresh (4oz)	1/2 cup	**9**	1	3								
Sweet Potato Cinnamon Roll	1 each	**38**	3	12	x	x						

Sweet Potato Fries	3oz	**24**	1	0				
Texas Ranchero Pinto Beans	4 oz	**20**	5	1				
Tortilla, Whole Grain 10" (Wrap)	1 each	**31**	2	2	x			
Tortilla, Whole Grain 6" (Taco)	1 each	**13**	2	0	x			
Tuna, Skipjack (3oz drained)	3oz	**0**	0	0				
Uncrustable PB&J (assorted flavors)	1 each	**33**	4	14	x			x
Waffle Fries	1 serving	**19**	1	1				
Watermelon, Fresh	1/2 cup	**6**	0	5				
Korean Noodle Bowl (EL)	1 oz noodles	**31**	2	9	x	x		
Korean Noodle Bowl (MD-HS)	2 oz noodles	**49**	6	11	x	x		

Item	Portion
Beef & Vegetable Dumplings	6 pieces
Bosco Stick (2-Secondary Portion)	2 each
Brunch Boat (eggs/cheese only)	1 serving
Buffalo Chicken Pizza	1 slice
Cheese Pizza Slice (HS/MS)	1 slice
Chicken, Cheezy Hots (5/serving)	5 each
Chicken, General Tso's	3.6oz
Chicken Parmesan w/ 1 cup Penne Pasta	1 serving
Chicken Wings, bone-in (4), no sauce	4 each
Chicky Woodles Cup	1 each
Chow Mein Noodles with sauce	2 oz
Detroit-Style Pizza	1 slice
Dragon's Breath Sub (on Hoagie roll)	1 each
Eggs, bacon and egg scramble (Brunch Boats)	2 oz
Egg Roll (Vegetable)	1 each
Funnel Cake (chicken & waffles)	1 cake
Jalapeno Mango Meatballs	5 each
Jalapeno Mozzarella Bites (8)	8 each
Jalapeno Cheese Sauce	2 ounces
Korean Noodle Bowl (MD-HS)	2 oz noodles
Mac & Cheese Bites (MD/HS portion)	5 each
Meatball Sub on Hoagie Roll (MD-HS)	1 each
Meat Lover's Pizza	1 slice
Nacho Chips, 1.45oz Bag	1 pouch
Oven Roasted Chicken Drumstick	1 each
Pepperoni Pizza Slice	1 slice
Pretzel Nuggets (J&J)	4 each
Roll, Hoagie (Amoroso)	1 each
Spicy Breaded Chicken Patty	1 each
Spicy Breaded Chicken Sandwich	1 each
Spiral Fries	4 oz
Tortilla, Whole Grain 10" (Wrap)	1 each
Tostitos for MD/HS (Yellow Bag)	1 package

Carbs (g)	Fiber (g)	Sugar (g)	Contains WHEAT or GLUTEN	Contains SOY	Contains MILK	Contains EGG
31	3	3	x	x		
50	4	4	x		x	
2	0	1			x	x
35	3	8	x	x	x	
34	3	9	x	x	x	
22	2	1	x		x	x
22	0	12	x	x		x
63	4	8	x		x	
1	0	0				
32	3	1	x	x		
34	4	2	x	x		
44	1	4	x	x	x	
42	3	5				
1	0	1			x	x
22	4	4	x			x
43	3	12	x	x	x	x
7					x	
31	3	2	x		x	
3	0	0	x		x	
49	6	11	x	x		
32	3	4	x		x	
42	5	7	x		x	
36	3	9	x	x	x	
31	3	0				
5	0	1				
34	3	9	x	x	x	
27	2	0	x			
31	3	2	x			
11	3	1	x	x		x
40	5	3	x	x		x
20	2	0				
31	2	2	x			
30	3	0				

Contains PEANUTS	Contains TREE NUTS	Contains SESAME	Contains FOOD DYE	Contains FISH	Contains PORK

caramel color