

| Ingredient | Calories | Carbs | Sodium mg | Total Fat g | Protein g | Fiber | Sugar | Milk | Egg | Fish | Soy | Wheat | Pnut? | Dyes |
|---|----------|-------|-----------|-------------|-----------|-------|-------|------|-----|------|-----|-------|-------|------|
| APPLE CINNAMON TOAST | 260 | 45 | 290 | 6 | 8 | 2 | 17 | yes | | | yes | yes | | |
| APPLES, CINNAMON, WARM 1/2 C | 104 | 25 | 14 | 0.05 | 0.02 | 2.03 | | | | | | | | |
| APPLES, SLICED, POUCH | 29 | 8 | 1 | 0.1 | 0.15 | 1.4 | | | | | | | | |
| APPLESAUCE, CANNED | 50 | 15 | 15 | 0 | 0 | 2.01 | | | | | | | | |
| APPLESAUCE, SHELF STABLE | 70 | 13 | 15 | 0 | 0 | 1 | | | | | | | | |
| BAGEL 1 ea | 130 | 25 | 200 | 1.5 | 4 | 2 | 2 | | | | yes | yes | | |
| BAGEL, PIZZA, MINI 4 ea | 260 | 24 | 560 | 9 | 21 | 4 | | yes | yes | | yes | yes | | |
| BANANA BREAD 1ea | 281 | 44.18 | 221 | 10.04 | 5.02 | 2.01 | 25 | | yes | | yes | yes | | |
| BARBEQUE CHICKEN SANDWICH | 310 | 39.93 | 548 | 7 | 25 | 4 | | | | | yes | yes | | |
| BARBEQUE RIB SANDWICH | 330 | 48 | 810 | 9 | 18.5 | 4 | | | | | | | | |
| Sub roll | 140 | 27 | 270 | 7 | 6 | 3 | | | | | yes | yes | | |
| BBQ beef pattie | 150 | 12 | 500 | 3 | 12 | 1 | | | | | yes | | | |
| Sauce | 40 | 9 | 40 | 2 | 9 | 1 | | | | | yes | yes | | |
| BARBEQUE RIB SANDWICH SPICY | 330 | 48.01 | 817 | 9.01 | 18.52 | 4.01 | | | | | | | | |
| Sub Roll | 140 | 27 | 270 | 7 | 6 | 3 | | | | | yes | yes | | |
| BBQ beef pattie rib shape | 150 | 12 | 500 | 3 | 12 | 1 | | | | | yes | | | |
| BBQ sauce | 0 | 0 | 47.48 | 0 | 12 | 0 | | | | | yes | yes | | |
| BARBEQUE SAUCE | 80 | 18.03 | 81 | 0 | 1 | 0 | | | | | yes | yes | | |
| BEANS, BAKED 1/2 C | 128 | 22.57 | 137 | 0.04 | 6 | 6.87 | | | | | | | | |
| BEANS, BLACK SEASONED | 114 | 20.4 | 301 | 1.25 | 5.48 | 6.5 | | | | | | | | |
| BEEF ALFREDO | 444 | 49 | 670 | 13 | 32 | 4 | | | | | | | | |
| Alfredo beef | 230 | 9 | 670 | 12 | 25 | 0 | | yes | | | | | | |
| Penne Pasta (1 Cup) | 210 | 41 | 0 | 1 | 7 | 4 | | | | | | yes | | |
| BEEF GENERAL TSO'S | 252 | 29 | 420 | 6.25 | 22 | 0 | 25 | | | | yes | yes | | |
| BEEF SOUS VIDE | 126 | 0 | 83 | 4.43 | 22 | 0 | | | | | | | | |
| BISCUIT | 150 | 29 | 170 | 2.5 | 4 | 2 | | | yes | | yes | yes | | |
| BLUEBERRIES (FROZEN) | 62 | 15.03 | 1 | 0.49 | 0.33 | 2.09 | | | | | | | | |
| BLUEBERRIES (FROZEN, NO SUGAR) | 39 | 9.3 | 1 | 0.49 | 0.32 | 2.06 | | | | | | | | |
| BOLOGNA & CHEESE SANDWICH PreK | 171 | 18.53 | 575 | 7.58 | 10.59 | 2 | | | | | | | | |
| Dinner Roll | 80 | 16 | 130 | 1 | 3 | | | | | | yes | yes | | |
| Bologna (turkey) | 56 | 1.52 | 339 | 4.5 | 4.05 | 0 | | | | | | | | |
| Cheese american) | 35 | 1 | 106 | 2 | 3.54 | | | yes | | | yes | | | |
| BREAD STICK, GARLIC | 150 | 26 | 160 | 4 | 5 | 2 | | yes | yes | | yes | yes | | |

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*IW Individually Wrapped

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| Ingredient | Calories | Carbs | Sodium mg | Total Fat g | Protein g | Fiber | Sugar | Milk | Egg | Fish | Soy | Wheat | Pnut? | Dyes |
|--------------------------------------|------------|--------------|------------|-------------|-------------|-------------|-----------|------|-----|------|-----|-------|-------|------|
| BREAD STICK, CHEESY | 150 | 18.01 | 290 | 6 | 8 | 2 | | yes | yes | | yes | yes | | |
| BREAD, WHITE WHEAT, SLICE | 70 | 14 | 130 | 1 | 3 | 1 | | | | | yes | yes | | |
| BREAKFAST BAR, COCOA PUFF | 151 | 30 | 111 | 3.02 | 3.02 | 3.02 | 9 | | | | yes | yes | | |
| BREAKFAST BAR, GOLDEN GRAHAM | 151 | 30 | 106 | 3.52 | 2.01 | 3.02 | 9 | | | | yes | yes | | |
| BREAKFAST BREAK CHEERIOS BAR | 310 | 63 | 236 | 6.5 | 3 | 4 | 27 | | | | | | | |
| Cheerios cereal bar | 150 | 30 | 85 | 3.5 | 2 | 3 | | | | | yes | yes | | |
| Apple juice | 60 | 15 | 5 | 0 | 0 | 0 | | | | | | | | |
| Grahams, cinnamon | 90 | 16 | 95 | 2.5 | 1 | 0 | | | yes | | yes | yes | | |
| BREAKFAST BREAK CIN POP TART | 337 | 69.37 | 337 | 5.45 | 2.97 | 3.96 | | | | | | | | |
| Cinnaman Pop Tart | 180 | 37 | 190 | 2.5 | 2 | 3 | | | | | yes | yes | | |
| Apple juice | 60 | 15 | 5 | 0 | 0 | 0 | | | | | | | | |
| Graham crackers | 90 | 16 | 95 | 2.5 | 1 | 0 | | | | | yes | yes | | |
| BREAKFAST BREAK CIN TST BAR | 330 | 65 | 240 | 7.5 | 2 | 5 | | | | | | | | |
| Cinnamon toast cereal bar | 150 | 30 | 115 | 3 | 3 | 3 | | | | | yes | yes | | |
| Apple juice | 60 | 15 | 5 | 0 | 0 | 0 | | | | | | | | |
| Graham crackers | 90 | 16 | 95 | 2.5 | 1 | 0 | | | yes | | yes | yes | | |
| BREAKFAST BREAK CINNA TST CRU | 270 | 55 | 350 | 6 | 2 | 4 | | | | | | | | |
| Cinnamon toast cereal | 110 | 22 | 200 | 3 | 1 | 3 | | | | | yes | yes | | |
| Apple juice | 60 | 15 | 5 | 0 | 0 | 0 | | | | | | | | |
| Grahams, cinnamon | 90 | 16 | 95 | 2.5 | 1 | 0 | | | yes | | yes | yes | | |
| BREAKFAST BREAK GOLDEN GRAHAM | 310 | 64 | 370 | 5 | 4 | 4 | | | | | | | | |
| Cereal, Golden Grahams | 110 | 24 | 220 | 1 | 1 | 1 | | | | | yes | yes | | |
| Apple juice | 60 | 15 | 5 | 0 | 0 | 0 | | | | | | | | |
| Oat crunch bar | 140 | 25 | 140 | 4 | 3 | 3 | | | | | | yes | | |
| BREAKFAST BUN | 240 | 43 | 230 | 7 | 5 | 3 | 18 | yes | yes | | yes | yes | | |
| BREAKFAST BUN with EGG (IW) | 240 | 43 | 230 | 7 | 5 | 3 | | yes | yes | | yes | yes | | |
| BREAKFAST BURRITO, IW* | 205 | 26 | 400 | 7.8 | 8.4 | 2.3 | | yes | yes | | yes | yes | | |
| BREAKFAST OMELET | 140 | 12 | 330 | 4 | 6 | 1 | | yes | yes | | yes | yes | | |
| BREAKFAST PIZZA | 210 | 26 | 479 | 6.99 | 8.89 | 2 | | yes | | | yes | yes | | |
| BREAKFAST SANDWICH SAUSAGE | 210 | 30 | 210 | 650 | 4 | 2 | 5 | | yes | | yes | yes | | |
| BROCCOLI | 28 | 4.42 | 22 | 0 | 2.2 | 2.2 | | | | | | | | |
| BROCCOLI & CHEESE SAUCE | 72 | 5.79 | 216 | 3.66 | 4.97 | 2.72 | | | | | yes | | | |
| BROTH, BEEF | 0 | 0 | 5 | 0 | 0 | 0 | | | | | | | | |

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| Ingredient | Calories | Carbs | Sodium mg | Total Fat g | Protein g | Fiber | Sugar | Milk | Egg | Fish | Soy | Wheat | Pnut? | Dyes |
|--------------------------------------|------------|--------------|-------------|--------------|--------------|-------------|----------|------|-----|------|-----|-------|-------|------|
| BROTH, CHICKEN | 0 | 0 | 2.12 | 0 | 0 | 0 | | | | | yes | | | |
| BUDDY FRUIT, FRUIT BREAK | 80 | 19 | 5 | 0 | 0 | 1 | | | | | | | | |
| BURRITO BOWL, CHICKEN | 369 | 45.34 | 598 | 8.88 | 26.07 | 2.88 | | | | | | | | |
| Chicken Verde | 176 | 4.51 | 595 | 7.18 | 21.54 | 0.62 | | | | | yes | | | |
| Cilantro Rice | 96 | 20 | 3 | 0.85 | 2.27 | 1 | | | | | | | | |
| BURRITO, CHICKEN | 433 | 51.92 | 947 | 12.53 | 27.81 | 5.75 | | | | | | | | |
| Chicken Verde | 176 | 4.51 | 595 | 7.18 | 21.54 | 0.62 | | | | | yes | | | |
| Tortilla | 190 | 32 | 250 | 4 | 5 | 4 | | | | | | yes | | |
| Cilantro Rice | 96 | 23 | 2 | 1 | 2 | | | | | | | | | |
| CANTELOPE | 27 | 6.53 | 13 | 0.15 | 0.67 | 0.72 | | | | | | | | |
| CARROTS & CHERRY TOMATOES | 23 | 5.3 | 17 | 0.15 | 0.62 | 1.51 | | | | | | | | |
| CARROTS STICKS | 37 | 8.62 | 30 | 0.16 | 0.88 | 2.55 | | | | | | | | |
| CARROTS, BABY | 22 | 5.26 | 50 | 0.08 | 0.41 | 1.85 | | | | | | | | |
| CARROTS, BABY GLAZED | 102 | 20.26 | 62 | 2.48 | 0.68 | 2.81 | | | | | | | | |
| Baby carrots | 31 | 6.7 | 58 | 0.39 | 0.66 | 2.8 | | | | | | | | |
| Brown sugar | 52 | 13.55 | 3.86 | 0 | 0 | 0 | | | | | | | | |
| Butter | 19 | 0 | 0 | 2.09 | 0 | 0 | | | | | | | | |
| CAULIFLOWER | 13 | 2.49 | 15 | 0.14 | 0.96 | 1 | | | | | | | | |
| CELERY, DIP | 109 | 6.38 | 284 | 9.17 | 0.9 | 2 | 1 | | | | | | | |
| Celery | 19 | 4.38 | 104 | 0.17 | 0.9 | 2 | | | | | | | | |
| Ranch Dip | 90 | 2 | 180 | 9 | 0 | 0 | 1 | yes | yes | | yes | | | |
| CEREAL MINI WHEATS 1 OZ | 100 | 24 | 0 | 0 | 3 | 3 | 6 | | | | | yes | | |
| CEREAL CINNAMON FLAKES 1 OZ | 100 | 24 | 170 | 0 | 2 | 3 | 6 | | | | yes | | | |
| CHEDDAR CHEESE DIP | 120 | 0 | 200 | 3 | 5 | 1 | 1 | yes | | | | | | |
| CELERY STICKS | 12 | 2.71 | 65 | 0.1 | 0.56 | 1.26 | | | | | | | | |
| CEREAL BAR, COCOA PUFF | 150 | 30 | 110 | 3 | 3 | 3 | | | | | yes | yes | | |
| CERAL BAR, GOLDEN GRAHAMS | 150 | 30 | 105 | 3.5 | 2 | 3 | | | | | yes | yes | | |
| CEREAL, CHEX CINNAMON | 110 | 23 | 170 | 2 | 1 | 1 | | | | | | | | |
| CEREAL, RICE CHEX | 103 | 23.58 | 265 | 0 | 1.47 | 0 | | | | | | | | |
| CEREAL, RICE KRISPIES | 106 | 23 | 96 | 1 | 2 | 3 | | | | | | yes | | |
| CHEESE SANDWICH | 282 | 33 | 665 | 282 | 20 | 4 | | yes | | | yes | yes | | |
| Cheese (american) | 142 | 4 | 425 | 8.1 | 14 | 0 | | yes | | | yes | | | |
| Roll, Hamburger | 140 | 29 | 240 | 2 | 6 | 4 | | | | | yes | yes | | |

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| Ingredient | Calories | Carbs | Sodium mg | Total Fat g | Protein g | Fiber | Sugar | Milk | Egg | Fish | Soy | Wheat | Pnut? | Dyes |
|---------------------------------------|------------|--------------|------------|--------------|--------------|-------------|----------|------------|-----|------|------------|------------|-------|------|
| CHEESE SANDWICH, GRILLED | 283 | 32 | 685 | 10 | 20 | 2 | | | | | | | | |
| Bread | 140 | 28 | 260 | 2 | 6 | 2 | | | | | yes | yes | | |
| Cheese | 140 | 4 | 425 | 8.1 | 14 | 0 | | yes | | | yes | | | |
| CHEESE SANDWICH, GRILLED, IW* | 280 | 32 | 599 | 10 | 19 | 3 | | yes | | | yes | yes | | |
| CHEESEBURGER | 325 | 32.01 | 486 | 14.03 | 25.54 | 4 | | | | | | | | |
| Bread | 140 | 29 | 240 | 2 | 6 | 4 | | | | | yes | yes | | |
| Burger | 150 | 2 | 140 | 10 | 16 | 0 | | | | | yes | | | |
| Cheese | 35 | 1 | 106 | 2 | 3.5 | 0 | | yes | | | yes | | | |
| CHEESEBURGER W/BACON | 345 | 32 | 581 | 17.03 | 27.54 | 4 | 9 | | | | | | | |
| Hamburger Roll | 140 | 29 | 240 | 2 | 6 | 4 | 9 | | | | yes | yes | | |
| Burger | 150 | 2 | 140 | 10 | 16 | 0 | | | | | yes | | | |
| Cheese | 35 | 1 | 106 | 2 | 3.5 | 0 | | yes | | | yes | | | |
| Bacon | 20 | 0 | 95 | 1 | 2 | 0 | | | | | | | | |
| CHEESEBURGER, NO ROLL | 195 | 2.34 | 259 | 11.33 | 15.5 | 0 | | yes | | | yes | | | |
| CHEESESTEAK SUB | 343 | 36 | 764 | 12 | 21 | 3.98 | | | | | yes | | | |
| Steak/cheese | 190 | 6.5 | 469 | 10 | 14.5 | 1 | | yes | | | yes | | | |
| Sub Roll | 153 | 29 | 295 | 2 | 6.5 | 3 | | | | | yes | yes | | |
| CHEESESTEAK SUB, BUFFALO CHICK | 376 | 31.13 | 917 | 14 | 31.72 | 3.05 | | | | | | | | |
| Sub Roll | 153 | 29 | 295 | 2 | 6.5 | 3 | | | | | yes | yes | | |
| Buffalo Chicken/cheese | 235 | 4 | 618 | 5 | 26 | 0 | | yes | | | yes | | | |
| Tabasco | | | 7 | | | 0 | | | | | | | | |
| CHEESESTEAK SUB, CHICKEN | 375 | 31.05 | 889 | 13.95 | 31.6 | 3 | | | | | | | | |
| Sub Roll | 153 | 29 | 295 | 2 | 6.5 | 3 | | | | | yes | yes | | |
| Chicken/cheese | 235 | 4 | 618 | 5 | 26 | 0 | | yes | | | yes | | | |
| CHICKEN BROTH | 0 | 0 | 6 | 0 | 0 | 0 | | | | | yes | | | |
| CHICKEN ALFREDO WITH BROCCOLI | 512 | 54 | 913 | 15.5 | 36 | 6 | | yes | | | yes | yes | | |
| CHICKEN & WAFFLE | 656 | 89.15 | 746 | 27.87 | 20.1 | 5.96 | | | | | | | | |
| Chicken Nuggets | 263 | 16.19 | 405 | 15.18 | 16.19 | 3.04 | | | | | yes | yes | | |
| Waffle | 293 | 42 | 341 | 12.68 | 4 | 3 | | yes | yes | | | yes | | |
| Syrup | 100 | 31 | 0 | 0 | 0 | 0 | | | | | | | | |
| Bacon | 20 | 0 | 95 | 1 | 2 | 0 | | | | | | | | |
| CHICKEN BREAST GRILLED | 102 | 1.02 | 214 | 3.56 | 15.27 | 0 | | | | | yes | | | |
| CHICKEN BUFFALO WRAP | 498 | 48.45 | 913 | 24.25 | 23.39 | 8.94 | | | | | | | | |

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| Ingredient | Calories | Carbs | Sodium mg | Total Fat g | Protein g | Fiber | Sugar | Milk | Egg | Fish | Soy | Wheat | Pnut? | Dyes |
|-----------------------------------|------------|--------------|------------|--------------|--------------|-------------|-------|------|-----|------|-----|------------|-------|------|
| Tortilla | 190 | 32 | 160 | 4 | 5 | 4 | | | | | | yes | | |
| Chicken Tenders Spicy | 260 | | 390 | 3 | 15 | 3 | | | | | yes | yes | | |
| Lettuce | 4 | | 2.24 | 0 | 0.28 | 0.38 | | | | | | | | |
| Celery | 6 | | 35 | 0 | 0.3 | 1 | | | | | | | | |
| Carrots | 12 | | 10 | 0 | 0.3 | 1 | | | | | | | | |
| Tobasco | | | 30 | | | | | | | | | | | |
| CHICKEN CAESAR WRAP | 302 | 29.38 | 628 | 11.5 | 20.16 | 4.91 | | | | | | | | |
| Grilled chicken patty | 102 | 1.02 | 214 | 3.56 | 15.27 | 0 | | | | | yes | | | |
| Tortilla | 160 | 27 | 350 | 4.5 | 4 | 4 | | | | | | yes | | |
| Caesar dressing | 27 | 0 | 36 | 2.95 | 0.23 | | | yes | yes | yes | | | | |
| Romaine lettuce | 6 | 0 | 3 | 0 | 0.59 | 1 | | | | | | | | |
| Parmesan cheese | 8 | 0 | 28 | 0.48 | 0.32 | | | yes | | | | | | |
| Onions | 1 | 0 | 0 | 0 | 0.03 | | | | | | | | | |
| CHICKEN DRUMSTICK | 190 | 5 | 450 | 11 | 16 | 1 | | | | | | yes | | |
| CHICKEN DRUMSTICK, BUFFALO | 170 | 4 | 300 | 10 | 17 | 0 | | | | | | | | |
| CHICKEN FAJITA | 276 | 30.4 | 591 | 9.2 | 18.21 | 4.56 | | | | | | | | |
| Tortilla | 160 | 27 | 350 | 4.5 | 4 | 4 | | | | | | yes | | |
| Chicken Strips | 107 | 1.33 | 227 | 4.67 | 14 | 0 | | | | | yes | | | |
| Onions | 5 | 1 | 0 | 0 | 0 | 0 | | | | | | | | |
| Peppers | 2 | 1 | 0 | 0 | 0 | 0 | | | | | | | | |
| Salsa | 2 | 0 | 14 | 0 | 0 | 0 | | | | | | | | |
| Mexican seasoning | 0 | 0 | 0 | 0 | 0 | 0 | | | | | | | | |
| CHICKEN GRILLED DRUMMIES | 140 | 7 | 250 | 4.5 | 18 | 1 | | | | | yes | | | |
| CHICKEN KUNG PAO | 210 | 8.63 | 471 | 11.53 | 18.78 | 0 | | | | | yes | yes | | |
| CHICKEN NOODLE BAR | 180 | 5.52 | 675 | 7 | 22 | 0 | | | | | yes | | | |
| CHICKEN NUGGETS | 263 | 16 | 450 | 15 | 16 | 3 | | | | | yes | yes | | |
| CHICKEN NUGGETS, SHAPED | 159 | 13 | 464 | 5 | 14 | 10 | | | | | yes | yes | | |
| CHICKEN NUGGETS, TERIYAKI | 142 | 11.37 | 779 | 3.56 | 15.52 | 1.01 | | | | | | | | |
| Teriyaki nuggets | 130 | 9 | 567 | 3.5 | 15 | 1 | | | | | yes | yes | | |
| Teriyaki sauce | 10 | 2.26 | 212 | 0 | 0.33 | 0 | | | | | yes | yes | | |
| CHICKEN ORANGE | 223 | 14.65 | 278 | 10.12 | 18.21 | 0 | | | | | | | | |
| Dark Breaded Chunks | 172 | 2 | 182 | 10.12 | 18.21 | 0 | | | | | yes | yes | | |
| Orange sauce | 52 | 12.65 | 98 | 0 | 0 | 0 | | | | | yes | yes | | |

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| Ingredient | Calories | Carbs | Sodium mg | Total Fat g | Protein g | Fiber | Sugar | Milk | Egg | Fish | Soy | Wheat | Pnut? | Dyes |
|--------------------------------------|------------|--------------|------------|--------------|--------------|-------------|-------|------|-----|------|------------|------------|-------|------|
| CHICKEN PARMESAN | 276 | 17.57 | 547 | 12.81 | 22.63 | 2.45 | | | | | | | | |
| Chicken Patty (WM) | 240 | 14 | 480 | 11 | 21 | 2 | | | | | yes | yes | | |
| Cheese, mozzarella | 15 | 0.17 | 35 | 1 | 1 | | | yes | | | | | | |
| Marinara sauce | 20 | 3.4 | 31 | 1 | 0.5 | 0.45 | | | | | | | | |
| CHICKEN PARMESAN SANDWICH | 446 | 49.57 | 707 | 14.81 | 22.64 | 6.45 | | | | | | | | |
| Hamburger roll | 140 | 29 | 240 | 7 | 6 | 3 | | | | | yes | yes | | |
| Chicken Patty (WM) | 270 | 17 | 480 | 11 | 21 | 2 | | | | | yes | yes | | |
| Cheese, mozzarella | 15 | 0.17 | 35 | 1 | 1 | | | yes | | | | | | |
| Marinara sauce | 20 | 3.4 | 31 | 1 | 0.5 | 0.45 | | | | | | | | |
| CHICKEN PARMESAN SUB | 376 | 44.57 | 817 | 14.81 | 28.63 | 5.45 | | | | | | | | |
| Hoagie Roll | 140 | 27 | 270 | 7 | 6 | 3 | | | | | yes | yes | | |
| Chicken Patty (WM) | 240 | 14 | 480 | 11 | 21 | 2 | | | | | yes | yes | | |
| Cheese, mozzarella | 15 | 0.17 | 35 | 1 | 1 | | | yes | | | | | | |
| Marinara sauce | 20 | 3.4 | 31 | 1 | 0.5 | 0.45 | | | | | | | | |
| CHICKEN PATTY SANDWICH, SCDRY | 343 | 38 | 534 | 11 | 27.26 | 6.03 | | | | | | | | |
| Hamburger roll | 140 | 29 | 240 | 2 | 6 | 3 | | | | | yes | yes | | |
| Chicken Patty , WM, uniform | 203 | 9 | 480 | 9 | 21 | 2 | | | | | yes | yes | | |
| CHICKEN PATTY SANDWICH, EL | 401 | 45.05 | 641 | 17.05 | 25.24 | 7.01 | | | | | | | | |
| Hamburger roll | 140 | 29 | 240 | 7 | 6 | 3 | | | | | yes | yes | | |
| Crispy Chicken Patty | 260 | 16 | 294 | 15 | 16 | 3 | | | | | yes | yes | | |
| CHICKEN PATTY SANDWICH, SPICY | 410 | 46 | 640 | 22 | 21.3 | 6 | | | | | | | | |
| Hamburger roll | 140 | 29 | 240 | 7 | 6 | 3 | | | | | yes | yes | | |
| Spicy chicken patty | 270 | 17 | 400 | 15 | 15 | 3 | | | | | yes | yes | | |
| CHICKEN POPCORN | 254 | 15 | 386 | 14 | 15 | 3 | | | | | yes | yes | | |
| CHICKEN PULLED BBQ SANDWICH | 353 | 42 | 639 | 9 | 28 | 4 | | | | | | | | |
| BBQ chicken | 213 | 13 | 441 | 2 | 22 | 1 | | | | | yes | yes | | |
| Hamburger roll | 140 | 29 | 240 | 7 | 6 | 3 | | | | | yes | yes | | |
| or Swirl roll | 170 | 28 | 160 | 4 | 5 | 3 | | | | | yes | yes | | |
| CHICKEN STRIPS TERIYAKI | 180 | 5.52 | 675 | 7 | 22 | 0 | | | | | yes | | | |
| CHICKEN STRIPS, SPICY | 264 | 16.23 | 396 | 15.21 | 15.13 | 3.04 | | | | | yes | yes | | |
| CHICKEN STRIPS, SPICY SUB | 400 | 43 | 660 | 17 | 20.92 | 6 | | | | | | | | |
| Sub Roll | 153 | 29 | 295 | 2 | 6.5 | 3 | | | | | yes | yes | | |
| Spicy chicken strips | 264 | 16.23 | 396 | 15.21 | 15.13 | 3.04 | | | | | yes | yes | | |

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| Ingredient | Calories | Carbs | Sodium mg | Total Fat g | Protein g | Fiber | Sugar | Milk | Egg | Fish | Soy | Wheat | Pnut? | Dyes |
|---|------------|--------------|-------------|--------------|--------------|-------------|----------|------|-----|------|-----|-------|-------|-----------------------------|
| CHICKEN STRIPS, SPICY WRAP | 479 | 44.08 | 839 | 24.11 | 22.74 | 7.39 | | | | | | | | |
| Chicken Tenders H & S | 260 | 16 | 390 | 15 | 15 | 3 | | | | | yes | yes | | |
| Lettuce | 4 | 0 | 0 | 0 | 0.28 | 0.39 | | | | | | | | |
| Shredded Cheddar | 56 | 0.51 | 15 | 4.56 | 3.5 | 0 | | yes | | | | | | |
| Tortilla, chipotle | 160 | 27 | 350 | 4.5 | 4 | 4 | | | | | | yes | | |
| CHICKEN TENDERS | 264 | 16 | 396 | 15 | 15 | 3.04 | | | | | yes | yes | | |
| CHICKEN VERDE | 176 | 4.51 | 595 | 7.18 | 21.54 | 0.62 | | | | | yes | | | |
| CHILI, BEEF AND BEAN 4 OZ | 167 | 7 | 236 | 9.95 | 12 | 2 | | | | | yes | yes | | |
| CHILI, BEEF AND BEAN, 1 CUP | 498 | 21 | 701 | 29 | 35 | 6 | | | | | yes | yes | | |
| CHILI DOGS, SECDRY | 654 | 61 | 1230 | 30.67 | 27.06 | 9.47 | | | | | | | | |
| Hot dog roll | 140 | 28 | 230 | 1.5 | 5 | 4 | | | | | yes | yes | | |
| Hot dog | 140 | 1 | 300 | 11 | 6 | 0 | | | | | | | | |
| Chili | 42 | 2 | 83 | 2.5 | 2 | 0.72 | | | | | yes | yes | | |
| CHIPS, BAKED LAY'S, BBQ | 120 | 24 | 210 | 3 | 2 | 2 | | yes | | | yes | yes | | |
| CHIPS, BAKED LAY'S, ORIGINAL | 111 | 22.86 | 171 | 1.71 | 2.29 | 2.29 | | | | | yes | | | |
| CHIPS, BAKED RUFFLES, CHED/SR CR | 100 | 17 | 200 | 3 | 1 | 1 | | yes | | | yes | | | yellow |
| CHIPS, BAKED SOUR CREAM/ONION | 100 | 18 | 140 | 2.5 | 2 | 1 | | yes | | | yes | | | |
| CHIPS, CHEE FNTASTIX FLAMIN HOT | 130 | 20 | 200 | 5 | 2 | 2 | | yes | | | | | | yellow, red |
| CHIPS, CHEETOS PUFFS | 90 | 14 | 135 | 3.5 | 2 | 0 | | yes | | | | | | yellow |
| CHIPS, CHEETOS PUFFS, FLAMIN' HOT | 90 | 14 | 140 | 3.5 | 2 | 1 | | yes | | | | yes | | red, yellow |
| CHIPS, CHEETOS FANTASTIX, CHI CHSE | 130 | 19 | 200 | 5 | 2 | 1 | | yes | | | | | | yellow, red #40 |
| CHIPS, CHEETOS, CRUNCHY | 130 | 20 | 200 | 5 | 2 | 2 | | yes | | | | | | yellow |
| CHIPS, CHEETOS, CRUNCHY HOT | 120 | 18 | 190 | 4.5 | 2 | 0 | | yes | | | | | | yellow |
| CHIPS, DORITOS, NACHO CHEESE RF | 130 | 19 | 220 | 5 | 2 | 2 | | yes | | | | | | yellow, red #40 |
| CHIPS, DORITOS, SPICY SWEET CHILI | 130 | 20 | 180 | 5 | 2 | 2 | | | | | yes | yes | | |
| CHIPS, DORITOS, COOL RANCH, RF | 130 | 19 | 160 | 5 | 2 | 1 | | yes | | | | | | red #40, blue #1, yellow #1 |
| CHIPS, DORITOS, BAKED, RF | 130 | 19 | 220 | 5 | 2 | 2 | | | | | | | | |
| CHOW MEIN NOODLES (PKG) | 100 | 14 | 180 | 4 | 2 | 2 | 0 | | yes | | | yes | | |
| COLD CUT SUB | 289 | 30.54 | 924 | 10.96 | 20.89 | 3 | | | | | | | | |

*PC Portion Controlled

*IW Individually Wrapped

? These products may be manufactured in a plant that has peanut products.

| Ingredient | Calories | Carbs | Sodium mg | Total Fat g | Protein g | Fiber | Sugar | Milk | Egg | Fish | Soy | Wheat | Pnut? | Dyes |
|--|------------|--------------|------------|--------------|--------------|-------------|-------|------|-----|------|-----|-------|-------|------|
| Sub Roll | 153 | 29 | 295 | 2 | 6.5 | 3 | | | | | yes | yes | | |
| Bologna (turkey) | 28 | 0.5 | 169 | 2.2 | 2 | 0 | | | | | | | | |
| Salami (turkey) | 12 | 0.5 | 105 | 0.41 | 1.66 | 0 | | | | | | | | |
| Ham (Turkey) | 33 | 0.5 | 112 | 2 | 2.5 | 0 | | | | | | | | |
| Cheese | 71 | 2.3 | 212 | 4 | 7 | 0 | | yes | | | yes | | | |
| COLESLAW, HOMEMADE | 114 | 9.9 | 188 | 8.09 | 0 | 1.62 | | | yes | | yes | | | |
| COLLARD GREENS | 29 | 5.36 | 91 | 0.51 | 2.39 | 2.56 | | | | | | | | |
| CROISSANT | 110 | 15 | 150 | 4.5 | 3 | 1 | | yes | yes | | yes | yes | | |
| COOKIES, BUTTER CRUNCH, 2 PK | 141 | 22 | 135 | 5.3 | 1.5 | 2 | | | yes | | yes | yes | | |
| COOKIES, BUTTER CRUNCHERS | 150 | 22 | 135 | 5.7 | 2 | 2 | | | yes | | yes | yes | | |
| COOKIES, CHOC CHIP, BONZERS | 165 | 27 | 105 | 6 | 1.5 | 1.5 | | yes | | | yes | yes | ? | |
| COOKIES, CHOCOLATE CHIP, 2 PK | 140 | 22 | 700 | 5.2 | 1.5 | 20 | | | yes | | yes | yes | | |
| COOKIES, CHOCOLATE CHIPPERS | 145 | 22.3 | 90 | 5.5 | 1.5 | 2 | | | yes | | yes | yes | | |
| COOKIES, CHOC CHIP, APPLEWAY | 160 | 28 | 90 | 4.5 | 2 | 2 | | yes | yes | | yes | yes | | |
| COOKIES, FUDGE CHIP, 2 PK | 136 | 20 | 70 | 5.2 | 1.7 | 2 | | | yes | | yes | yes | | |
| COOKIES, OATMEAL RAISIN, 2 PK | 133 | 21 | 87 | 5.1 | 1.8 | 2 | | yes | yes | | yes | yes | | |
| COOKIES, SUGAR, BONZERS | 165 | 27 | 115 | 6 | 2 | 1.6 | | yes | yes | | yes | yes | ? | |
| COOKIES, TRIPLE CHOCOLATE (1) | 200 | 31 | 130 | 7 | 3 | 3 | | yes | yes | | yes | yes | ? | |
| CORN | 51 | 11.86 | 109 | 0.64 | 1.67 | 1.24 | | | | | | | | |
| CORN COBBETTES | 180 | 37 | 10 | 1.2 | 5 | 4 | | | | | | | | |
| CORN DOG | 281 | 31.11 | 662 | 13.05 | 9.03 | 2.01 | | yes | yes | | yes | yes | | |
| CRACKERS CHEEZ-IT | 100 | 14 | 150 | 3.5 | 2 | 1 | | yes | | | yes | yes | | |
| CRAISINS, STRAWBERRY OR CHERRY | 109 | 27.81 | 0 | 0 | 0 | 2.98 | | | | | | | | |
| CROISSANT/FRUIT BOX | 266 | 22.59 | 575 | 12.71 | 17.31 | 1.2 | | | | | | | | |
| Croissant | 110 | 15 | 150 | 4.5 | 3 | 1 | | yes | yes | | yes | yes | | |
| American cheese (4 sl) | 142 | 4 | 425 | 8 | 14 | | | yes | | | yes | | | |
| Grapes | 14 | 3.5 | 0 | 0 | 0.14 | 0.2 | | | | | | | | |
| CROUTONS, HOMEMADE | 54 | 4.27 | 52 | 3.75 | 0.99 | 0.49 | | yes | | | yes | yes | | |
| CRUNCHMANIA | 220 | 36.92 | 230 | 6.99 | 3.99 | 2 | | yes | | | yes | yes | | |
| CUCUMBER SALAD | 33 | 7.66 | 131 | 0.06 | 0.32 | 0.41 | | | | | | | | |
| CUCUMBERS & CHERRY TOMATOES | 8 | 1.8 | 2 | 0.1 | 0.32 | 0.4 | | | | | | | | |
| DONUT HOLES (6) | 287 | 30 | 300 | 16 | 4 | 2 | | yes | | | yes | yes | | |
| DRESSING, CAESAR, PUMP | 113 | 0 | 151 | 12.28 | 0.94 | 0 | | yes | yes | yes | yes | | | |

*PC Portion Controlled

*IW Individually Wrapped

? These products may be manufactured in a plant that has peanut products.

| Ingredient | Calories | Carbs | Sodium mg | Total Fat g | Protein g | Fiber | Sugar | Milk | Egg | Fish | Soy | Wheat | Pnut? | Dyes |
|--|------------|--------------|-------------|--------------|--------------|-------------|----------|------|-----|------|-----|-------|-------|-----------|
| DRESSING, HONEY MUSTARD, PUMP | 49 | 9.71 | 204 | 0.49 | 0 | 0 | | | yes | | | | | yellow #5 |
| DRESSING, ITALIAN LITE, PUMP | 0 | 0 | 0 | 0 | 0 | 0 | | | | | | | | |
| DRESSING, RANCH FF, GAL | 25 | 6 | 380 | 0 | 0 | 0 | | yes | | | | | | |
| DRESSING, RANCH PC | 90 | 2 | 180 | 9 | 0 | 0 | 1 | yes | | | yes | yes | | |
| DRESSING, RANCH, PUMP | 50 | 8 | 320 | 2.5 | 0 | 0 | | yes | | | yes | | | |
| DRESSING, SOUTHWEST HOMEMADE | 56 | 2.02 | 147 | 5.06 | 0 | 0.51 | | | yes | | | | | |
| DRESSING, TERIYAKI HOMEMADE | 9 | 1.88 | 177 | 0.01 | 0.27 | 0 | | | | | yes | yes | | |
| DRESSING, TERIYAKI ORANGE | 175 | 39.36 | 2134 | 0.11 | 4.17 | 0.88 | | | | | yes | | | |
| DRESSING, APPLE VINAGRETTE, GAL | 120 | 6 | 35 | 10 | 0 | 0 | | | | | | | | |
| DRESSING, CAESAR, GAL | 90 | 5 | 290 | 7 | 1 | 0 | | yes | yes | yes | | | | |
| DRESSING, HONEY MUSTARD, GAL | 45 | 10 | 300 | 0 | 0 | 0 | | | | | | | | |
| DRESSING, ITALIAN, GAL | 25 | 3 | 410 | 1.5 | 0 | 0 | | | | | | | | |
| EGG PATTY | 37 | 0.5 | 40 | 2.6 | 3.14 | 0 | | yes | yes | | | | | |
| EGG (2)/CHEESE/BACON/CROISSANT | 239 | 17.15 | 431 | 12.63 | 14.78 | 1 | | | | | | | | |
| Croissant | 110 | 15 | 150 | 4.5 | 3 | 1 | | yes | yes | | yes | yes | | |
| Egg Patty | 74 | 1 | 79 | 5 | 6 | 0 | | yes | yes | | | | | |
| Cheese, american | 35 | 1 | 106 | 1.27 | 3 | 0 | | yes | | | yes | | | |
| Bacon | 20 | 0 | 95 | 1 | 2 | 0 | | | | | | | | |
| EGG ROLL, VEGETABLE | 110 | 24 | 150 | 1 | 4 | 3 | | | | | | yes | | |
| EGG/CHEESE BISCUIT | 289 | 30 | 426 | 11 | 12 | 2 | 5 | | | | | | | |
| Biscuit | 150 | 29 | 170 | 2.5 | 4 | 2 | 5 | | yes | | yes | yes | | |
| Egg Patty | 37 | 1 | 40 | 2.55 | 3.12 | 0 | | yes | yes | | | | | |
| Cheese, american | 35 | 1 | 106 | 1.27 | 3 | 0 | | yes | | | yes | | | |
| EGG/SAUSAGE BISCUIT | 247 | 30 | 420 | 12.55 | 14 | 2 | 5 | | | | | | | |
| Biscuit | 150 | 29 | 170 | 2.5 | 4 | 2 | 5 | | yes | | yes | yes | | |
| Egg Patty | 37 | 0.56 | 0.57 | 2.5 | 6 | 0 | | yes | yes | | | | | |
| Sausage | 60 | 1 | 210 | 4 | 3.12 | 0 | | | | | | | | |
| EGG/SAUSAGE CROISSANT | 207 | 16.57 | 400 | 11.05 | 12.12 | 1 | | | | | | | | |
| Croissant | 110 | 15 | 150 | 4.5 | 3 | 1 | | yes | yes | | yes | yes | | |
| Egg Patty | 37 | 1 | 40 | 2.55 | 3.12 | 0 | | yes | yes | | | | | |
| Sausage | 60 | 1 | 210 | 4 | 3.12 | 0 | | | | | | | | |
| EGG/BACON/CHEESE SWIRL ROLL | 319 | 30.15 | 536 | 13.13 | 18.78 | 3 | | | | | | | | |
| Swirl Roll | 170 | 28 | 160 | 4 | 6 | 3 | | | | | yes | yes | | |

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*IW Individually Wrapped

? These products may be manufactured in a plant that has peanut products.

| Ingredient | Calories | Carbs | Sodium mg | Total Fat g | Protein g | Fiber | Sugar | Milk | Egg | Fish | Soy | Wheat | Pnut? | Dyes |
|---------------------------------------|------------|--------------|------------|--------------|--------------|-------------|----------|------------|------------|------------|------------|------------|-------|-----------------------------|
| Egg Patty | 37 | 1 | 40 | 2.55 | 3.12 | 0 | | yes | yes | | | | | |
| Bacon | 20 | 0 | 95 | 1 | 2 | 0 | | | | | | | | |
| EGG/BACON/CHEESE SLIDERS | 192 | 21.58 | 431 | 7.08 | 11.66 | 0 | | | | | | | | |
| Potato Roll | 63 | 19 | 151 | 0 | 0.66 | | | | | | yes | yes | | |
| Egg Patty | 37 | 1 | 40 | 2.55 | 3.12 | 0 | | yes | yes | | | | | |
| Bacon | 20 | 0 | 95 | 1 | 2 | 0 | | | | | | | | |
| Cheese, american | 35 | 1 | 106 | 1.27 | 3 | 0 | | yes | | | yes | | | |
| EGG/CHEESE BISCUIT | 222 | 31 | 316 | 7 | 10.66 | 2 | 5 | | | | | | | |
| Egg Patty | 37 | 1 | 40 | 2.55 | 3.12 | 0 | | yes | yes | | | | | |
| Cheese | 35 | 1 | 106 | 2 | 3.5 | 0 | | yes | | | yes | | | |
| Biscuit | 150 | 29 | 170 | 2.5 | 4 | 2 | 5 | | yes | | yes | yes | | |
| EGG/CHEESE BUN, IW* | 160 | 22 | 290 | 4.5 | 8 | 0 | | yes | yes | | yes | yes | | |
| EGG/CHEESE ON CROISSANT | 182 | 16.58 | 296 | 9.08 | 9.66 | 1 | | | | | | | | |
| Croissant | 110 | 15 | 150 | 4.5 | 3 | 1 | | yes | yes | | yes | yes | | |
| Egg Patty | 37 | 1 | 40 | 2.55 | 3.12 | 0 | | yes | yes | | | | | |
| Cheese, american | 35 | 1 | 106 | 1.27 | 3 | 0 | | yes | | | yes | | | |
| ELF GRAHAMS | 120 | 21 | 105 | 4 | 2 | 1 | | | | | yes | yes | | |
| FISH FILET W/CHEESE | 357 | 42.83 | 744 | 12.87 | 20.82 | 5.98 | | yes | | yes | yes | yes | | |
| Hamburger roll | 140 | 29 | 240 | 7 | 6 | 3 | | | | | yes | yes | | |
| Fish/cheese pattie | 220 | 14 | 510 | 11 | 15 | 2 | | yes | | yes | yes | yes | | |
| FISH SHAPES TREASURES (TROUT) | 231 | 18.06 | 361 | 10.04 | 16.06 | 2.01 | | | | yes | yes | yes | | |
| FLAPSTICK | 198 | 17 | 307 | 10 | 7 | 3 | | | yes | | yes | yes | | |
| FLAPSTICK, BLUEBERRY | 160 | 18.05 | 381 | 6.02 | 8.02 | 1 | | yes | yes | | yes | yes | | |
| FRENCH TOAST BAR | 290 | 47 | 200 | 9 | 5 | 3 | | yes | yes | | yes | yes | | |
| FRENCH TOAST STCK, EL | 199 | 25.86 | 199 | 8.95 | 4.97 | 1.99 | | yes | | | yes | yes | | |
| FRENCH TOAST STCKS, IW* | 240 | 38.02 | 260 | 7 | 6 | 2 | | yes | yes | | yes | yes | | |
| FRENCH TOAST STICK, SCDRY | 298 | 38.79 | 298 | 13.43 | 7.46 | 2.98 | | yes | | | yes | yes | | |
| FRUIT CUP, PEACHES, FROZEN | 80 | 19 | 0 | 0 | 1 | 1 | | | | | | | | |
| FRUIT CUP, STRAWBERRY, FROZEN | 80 | 19 | 0 | 0 | 1 | 2 | | | | | | | | |
| FRUIT CUP, MIXED, SHELF STABLE | 80 | 19 | 10 | 0 | 0 | 1 | | | | | | | | |
| FRUIT ROLL UPS | 45 | 11 | 55 | 1 | 0 | 2 | | | | | | | | yellow #5, blue #1, red #40 |
| FRUIT RIPS JUICE | 60 | 15 | 25 | 0 | 0 | 0 | | | | | | | | |

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*IW Individually Wrapped

? These products may be manufactured in a plant that has peanut products.

| Ingredient | Calories | Carbs | Sodium mg | Total Fat g | Protein g | Fiber | Sugar | Milk | Egg | Fish | Soy | Wheat | Pnut? | Dyes |
|--|------------|--------------|------------|--------------|--------------|--------------|-------|------|-----|------|-----|-------|-------|------|
| FRUIT SIDE KICKS | 80 | 20 | 45 | 0 | 0 | 0 | | | | | | | | |
| GARLIC BASE | | | | | | | | | | | | | | |
| GINGERBREAD MAN (HOLIDAY MEAL) | 90 | 19 | 60 | 1 | 2 | 1 | | | | | | yes | | |
| GRANOLA CLUSTERS | 220 | 47 | 95 | 2.5 | 5 | 4 | | | | | yes | yes | | |
| GRAPE JUICE | 80 | 20 | 10 | 0 | 0 | 0 | | | | | | | | |
| GRAPEFRUIT HALF | 53 | 13.41 | 0 | 0.17 | 1.05 | 1.83 | | | | | | | | |
| GRAPES | 57 | 14.15 | 0 | 0.45 | 0.55 | 0.8 | | | | | | | | |
| GRAVY, BROWN | 63 | 9.47 | 444 | 1.58 | 0 | 0 | | yes | yes | | yes | yes | | |
| GRAVY, CHICKEN | 25 | 3.01 | 142 | 1 | 1 | 0 | | yes | yes | | yes | yes | | |
| GREEN BEANS | 26 | 5.7 | 263 | 0.13 | 1.47 | 2.44 | | | | | | | | |
| HAM & CHEESE SANDWICH, PreK | 180 | 18 | 461 | 7 | 13 | 2 | | | | | | | | |
| Dinner roll | 80 | 16 | 130 | 2 | 3.2 | 2 | | | | | yes | yes | | |
| Ham (2 sl) | 65 | 1 | 225 | 4 | 6 | 0 | | | | | | | | |
| Cheese, american | 35 | 1 | 106 | 1.27 | 3 | 0 | | yes | | | yes | | | |
| HAM & CHEESE SUB | 301 | 30 | 790 | 12 | 20.6 | 3 | | | | | yes | yes | | |
| HAM & CHEESE SUB (HOT) | 301 | 30 | 790 | 12 | 23.6 | 3 | | | | | | | | |
| Hoagie Roll | 140 | 27 | 270 | 2 | 6 | 3 | | | | | yes | yes | | |
| Ham | 90 | 2 | 337 | 4.5 | 10.5 | 0 | | | | | | | | |
| Cheese, american | 71 | 1 | 212 | 4 | 7 | 0 | | yes | | | yes | | | |
| HAM & CHEESE WRAP | 324 | 31.6 | 902 | 13 | 22 | 4.39 | | | | | | | | |
| Cheese, american | 71 | 1 | 212 | 5 | 7 | 0 | | yes | | | yes | | | |
| Ham | 90 | 2 | 337 | 4.5 | 10 | 0 | | | | | | | | |
| Tortilla | 160 | 32 | 350 | 4.5 | 4 | 4 | | | | | | yes | | |
| HAMBURGER | 290 | 31 | 380 | 12 | 22 | 4 | | | | | | | | |
| Hamburger roll | 140 | 29 | 240 | 7 | 6 | 3 | | | | | yes | yes | | |
| Burger | 150 | 2 | 140 | 10 | 16 | 0 | | | | | yes | | | |
| HAMBURGER, NO ROLL | 150 | 2 | 140 | 10 | 16 | 0 | | | | | yes | | | |
| HAPPY HUMMUS LUNCH | 349 | 32.79 | 433 | 20.42 | 12.09 | 10.65 | | | | | | | | |
| Hummus | 121 | 14 | 344 | 6 | 4 | 4 | | | | | | | | |
| Carrots/tomatoes | 24 | 6.3 | 17 | 0.14 | 2 | 2 | | | | | | | | |
| Sunflower Kernals | 190 | 11 | 65 | 14 | 6 | 3 | | | | | | | | |
| HONEY MUSTARD | 15 | 3 | 23 | 0 | 0 | 0 | | | | | | | | |
| HONEYDEW MELON | 31 | 7.73 | 15 | 0.12 | 0.46 | 0.68 | | | | | | | | |

*PC Portion Controlled

*IW Individually Wrapped

? These products may be manufactured in a plant that has peanut products.

| Ingredient | Calories | Carbs | Sodium mg | Total Fat g | Protein g | Fiber | Sugar | Milk | Egg | Fish | Soy | Wheat | Pnut? | Dyes |
|--|------------|--------------|-------------|--------------|--------------|-------------|-----------|------|-----|------|-----|-------|-------|------------------------|
| HOT DOG, EL | 282 | 29.01 | 534 | 12.67 | 11.07 | 4 | | | | | | | | |
| Hot dog roll | 140 | 28 | 230 | 1.5 | 5 | 4 | | | | | yes | yes | | |
| Hot dog | 140 | 1 | 300 | 11 | 6 | 0 | | | | | | | | |
| HOT DOGS (2), MID & HI | 564 | 58.03 | 1068 | 25.35 | 22.15 | 8 | | | | | yes | yes | | |
| HUMMUS BOX LUNCH | 446 | 60.63 | 932 | 18.27 | 15.99 | 11 | | | | | | | | |
| Hummus | 121 | 14 | 323 | 7 | 4 | 4 | | | | | | | | |
| String cheese | 79 | 0 | 207 | 6 | 7 | 0 | | yes | | | | | | |
| Crackers, wheat | 180 | 30 | 30 | 5 | 4 | 2.4 | | | | | yes | yes | | |
| Carrots | 37 | 7 | 1 | 0.1 | 0.88 | 1.4 | | | | | | | | |
| Apples | 29 | 8 | 1 | 0 | 0.15 | 3 | | | | | | | | |
| ICE CRM BROWNIE BATTER SANDW | 180 | 33 | 140 | 3.5 | 5 | 1 | 20 | yes | | | yes | yes | | |
| ICE CRM CARAMEL BROWNIE BAR | 150 | 23 | 135 | 4.5 | 3 | 0 | 12 | yes | | | yes | yes | | |
| ICE CRM CHOCOLATE SCOOTER BAR | 140 | 22 | 100 | 5 | 1 | 0 | | yes | | | yes | yes | | blue #1, red #40 |
| ICE CRM STRAWBERRY SCOOTER BAR | 140 | 22 | 50 | 5 | 1 | 0 | | yes | | | yes | yes | | red #40 |
| ICE CRM ORANGE BLOSSOM BAR | 70 | 14 | 50 | 1 | 1 | 0 | | yes | | | | | | yellow #6 |
| ICE CRM POLAR BLAST FRUIT PUNCH BAR | 70 | 16 | 5 | 0 | 0 | 0 | | | | | | | | red #40 |
| ICE CRM COOKIE & CREAM CONE | 120 | 16 | 45 | 7 | 2 | 0 | | yes | | | yes | yes | ?* | |
| ICE CRM VAN/CHOC TWIST CONE | 150 | 27 | 100 | 1.5 | 2 | 0 | | yes | | | yes | yes | ?* | |
| ICE CRM MINTY ICE CREAM SANDWICH | 180 | 33 | 150 | 3.5 | 4 | 0 | | yes | | | yes | yes | | yellow #5 & 6, blue #1 |
| ICE CRM VANILLA CUP | 60 | 12 | 45 | 1 | 2 | 0 | | yes | | | | | | |
| ICE CRM CHOCOLATE CUP | 70 | 12 | 50 | 1 | 3 | 0 | | yes | | | | | | |
| ICE CRM COTTON CANDY CUP | 60 | 12 | 45 | 1 | 2 | 0 | | yes | | | | | | red #40, blue #1 |
| ICE CRM STRAWBERRY SUNDAE CUP | 80 | 15 | 60 | 1 | 1 | 0 | | yes | | | | | | red #40 |
| KETCHUP, PUMP | 20 | 4 | 50 | 0 | 0 | 0 | | | | | | | | |
| KIWI | 54 | 12.97 | 3 | 0.46 | 1.01 | 2.66 | | | | | | | | |
| LASAGNA | 303 | 38 | 361 | 9 | 16 | 2 | | yes | | | | yes | | |
| MACARONI & CHEESE | 322 | 34.5 | 1089 | 12 | 19 | 2 | | yes | yes | | | yes | | |
| MARGARINE | 101 | 0.13 | 133 | 11.35 | 0.13 | 0 | | | | | | | | |
| MARINARA SAUCE | 61 | 10.21 | 95 | 2.38 | 1.36 | 1.36 | | | | | | | | |
| MAYONNAISE, GALLON | 51 | 1.01 | 111 | 5.06 | 0 | 0 | | | yes | | yes | | | |
| MAYONNAISE, PUMP | 53 | 4.26 | 144 | 3.73 | 0 | 0 | | | yes | | yes | | | |

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*IW Individually Wrapped

? These products may be manufactured in a plant that has peanut products.

| Ingredient | Calories | Carbs | Sodium mg | Total Fat g | Protein g | Fiber | Sugar | Milk | Egg | Fish | Soy | Wheat | Pnut? | Dyes |
|-----------------------------------|------------|--------------|------------|--------------|--------------|-------------|-------|------|-----|------|-----|-------|-------|------|
| MEATBALL SUB | 295 | 33.82 | 614 | 11.35 | 18.77 | 3.78 | | | | | | | | |
| Hoagie Roll | 140 | 27 | 270 | 7 | 6 | 3 | | | | | yes | yes | | |
| Meatballs | 120 | 1 | 290 | 8 | 12 | 0 | | | | | | | | |
| Marinara | 35 | 27 | 54 | 0 | 0.78 | 0.78 | | | | | | | | |
| MEATBALL SUB W/CHEESE | 340 | 34.33 | 720 | 14.39 | 22.31 | 3.78 | | | | | | | | |
| Hoagie Roll | 140 | 27 | 270 | 7 | 6 | 3 | | | | | yes | yes | | |
| Meatballs (beef) | 120 | 1 | 290 | 8 | 12 | 0 | | | | | | | | |
| Marinara | 35 | 27 | 54 | 0 | 0.78 | 0.78 | | | | | | | | |
| Cheese, mozz | 46 | 0.51 | 106 | 3 | 3.54 | 0 | | yes | | | | | | |
| MEATLOAF | 148 | 11.25 | 390 | 7 | 12.62 | 1.31 | | | | | yes | | | |
| MILK, 1%, WHITE | 110 | 13 | 135 | 2.5 | 8 | 0 | | yes | | | | | | |
| MILK, CHOCOLATE, HOT | 180 | 30 | 125 | 2.5 | 8 | 0 | | yes | | | | | | |
| MILK, FAT FREE, CHOCOLATE | 130 | 23 | 210 | 0 | 8 | 0 | | yes | | | | | | |
| MILK, FAT FREE, STRAWBERRY | 130 | 23 | 130 | 0 | 8 | 0 | | yes | | | | | | |
| MILK, FAT FREE, WHITE | 80 | 13 | 125 | 0 | 9 | 0 | | yes | | | | | | |
| MILK, SHELF STABLE, CHOC | 200 | 30 | 130 | 5 | 8 | 0 | | yes | | | | | | |
| MILK, SHELF STABLE, WHITE | 100 | 12 | 110 | 2.5 | 8 | 0 | | yes | | | | | | |
| MILK, SOY, VANILLA | 140 | 20 | 170 | 3 | 8 | 0 | | | | | yes | | | |
| MINI CINNIS | 240 | 39.93 | 299 | 6.99 | 4.99 | 2 | | yes | | | | yes | | |
| MIXED FRUIT, CANNED | 72 | 18.81 | 8 | 0.09 | 0.5 | 1.39 | | | | | | | | |
| MOZZARELLA DIPPERS | 300 | 32 | 800 | 12 | 16 | 2 | | yes | | | yes | yes | | |
| MUFFIN, BLUEBERRY | 250 | 41 | 180 | 8 | 4 | 2 | | yes | yes | | yes | yes | | |
| MUFFIN, CHOCOLATE | 270 | 49 | 290 | 7 | 6 | 3 | | yes | yes | | yes | yes | | |
| MUFFIN, CORNBREAD | 150 | 23 | 90 | 5 | 3 | 1 | | yes | yes | | yes | yes | | |
| MUSTARD, PACKET | 5 | 0 | 78 | 0 | 0 | 0 | | | | | | | | |
| MUSTARD, HONEY PUMP | 10 | 0.8 | 170 | 0.6 | 0.65 | 0.49 | | | | | | | | |
| NACHO GRANDE, BEEF | 362 | 35.55 | 675 | 16.25 | 18.12 | 5.02 | | | | | | | | |
| Tostitos | 200 | 2 | 180 | 7 | 2 | 3 | | | | | | | | |
| Cheese sauce | 60 | 1.8 | 240 | 4 | 3 | 0 | | yes | | | yes | | | |
| Taco meat | 112 | 5 | 294 | 5 | 13 | 2 | | | | | yes | | | |
| NACHO GRANDE, CHICKEN | 426 | 35.01 | 975 | 17.68 | 26.04 | 3.62 | | | | | | | | |
| Tostitos | 200 | 2 | 180 | 7 | 2 | 3 | | | | | | | | |
| Cheese sauce | 60 | 1.8 | 240 | 4 | 3 | 0 | | yes | | | yes | | | |

*PC Portion Controlled

*IW Individually Wrapped

? These products may be manufactured in a plant that has peanut products.

| Ingredient | Calories | Carbs | Sodium mg | Total Fat g | Protein g | Fiber | Sugar | Milk | Egg | Fish | Soy | Wheat | Pnut? | Dyes |
|--|------------|--------------|-------------|--------------|--------------|-------------|-------|------------|------------|------|------------|------------|-------|------|
| Chicken Verde | 176 | 4.51 | 594 | 7.18 | 21.5 | 0.6 | | | | | yes | | | |
| NACHOS AND CHEESE | 474 | 37.23 | 1277 | 26.2 | 15.72 | 3 | | | | | | | | |
| Tostitos | 200 | 2 | 180 | 7 | 2 | 3 | | | | | | | | |
| Cheese sauce | 100 | 3 | 400 | 7 | 5 | 0 | | yes | | | yes | | | |
| NECTARINE | 57 | 13.61 | 0 | 0.41 | 1.37 | 2.19 | | | | | | | | |
| NOODLES CHOW MEIN (1 PK) | 100 | 14 | 180 | 4 | 2 | 2 | | | yes | | | yes | | |
| NOODLES YAKISOBA (1 CUP)) | 113 | 24 | 25 | 0.5 | 4.81 | 1 | | | | | | yes | | |
| OATMEAL BAR, APPLE | 140 | 24 | 85 | 4 | 2 | 1 | | yes | yes | | yes | yes | | |
| OATMEAL BAR, CHOC CHIP | 130 | 24 | 85 | 4 | 2 | 1 | | yes | yes | | yes | yes | | |
| OATMEAL BAR, STRAWBERRY | 140 | 24 | 85 | 4 | 2 | 1 | | yes | yes | | yes | yes | | |
| OATMEAL CHIP BAR | 290 | 47 | 240 | 9 | 5 | 3 | | yes | yes | | yes | yes | | |
| OMELET IN PITA, IW* | 142 | 12.15 | 33 | 4.05 | 6.08 | 1.01 | | yes | yes | | yes | yes | | |
| ORANGE | 45 | 11.28 | 0 | 0.12 | 0.9 | 2.3 | | | | | | | | |
| ORANGE JUICE, BCPS | 50 | 13 | 0 | 0 | 1 | 0 | | | | | | | | |
| ORANGES, MANDARIN | 71 | 16.8 | 13 | 0 | 0.88 | 0.88 | | | | | | | | |
| P.C. CREAM CHEESE* | 93 | 0.93 | 112 | 9.33 | 1.87 | 0 | | yes | | | | | | |
| P.C. MAYONNAISE* | 70 | 0 | 55 | 7 | 0 | 0 | | | yes | | | | | |
| P.C. JELLY ASST* | 35 | 9 | 0 | 0 | 0 | 0 | | | | | | | | |
| PANCAKE & EGG LUNCH, EL & MID | 232 | 33.1 | 337 | 8.13 | 6.84 | 3.72 | | | | | | | | |
| PANCAKE | 195 | 32.54 | 297 | 5.58 | 3.72 | 3.72 | | yes | yes | | yes | yes | | |
| EGG | 37 | 0.5 | 40 | 2.6 | 3.14 | 0 | | yes | yes | | | | | |
| PANCAKE & EGG LUNCH, HI | 269 | 33.67 | 377 | 10.68 | 9.96 | 3.72 | | | | | | | | |
| PANCAKE | 195 | 32.54 | 297 | 5.58 | 3.72 | 3.72 | | yes | yes | | yes | yes | | |
| EGG (2) | 74 | 1 | 80 | 5.2 | 6.28 | 0 | | yes | yes | | | | | |
| PANCAKES | 195 | 32.54 | 297 | 5.58 | 3.72 | 3.72 | | yes | yes | | yes | yes | | |
| PARMESAN CHEESE | 8 | 0.33 | 30 | 0.5 | 0.33 | 0 | | yes | | | | | | |
| PASTA RAVIOLI, CHEESE, MINI | 338 | 51.66 | 664 | 8.59 | 18.68 | 6.62 | | yes | yes | | | yes | | |
| PASTA W/MARINARA & STR CHEESE | 312 | 42.46 | 374 | 10.99 | 13.5 | 4.78 | | | | | | | | |
| Pasta | 126 | 24.6 | 0 | 0.9 | 4.2 | 2 | | | | | | yes | | |
| String Cheese | 79 | 0 | 207 | 3.5 | 6.9 | 0 | | yes | | | | | | |
| Marinara | 107 | 17.86 | 166 | 4.17 | 2.38 | 2 | | | | | | | | |
| PASTA W/MARINARA & MEATBALL | 314 | 36.38 | 429 | 12.22 | 17.48 | 3.98 | | | | | | | | |
| Pasta (Penne) | 105 | 20.5 | 0 | 0.9 | 4.2 | 2 | | | | | | yes | | |

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| Ingredient | Calories | Carbs | Sodium mg | Total Fat g | Protein g | Fiber | Sugar | Milk | Egg | Fish | Soy | Wheat | Pnut? | Dyes |
|---|------------|--------------|------------|--------------|--------------|-------------|-----------|------|-----|------|-----|-------|-------|----------|
| Meatballs (beef) | 120 | 1 | 290 | 8 | 12 | 0 | | | | | | | | |
| Marinara | 89 | 14.88 | 138 | 3.47 | 2.38 | 2 | | | | | | | | |
| PASTA, SPAGHETTI/MEAT SAUCE | 368 | 32.67 | 559 | 17.31 | 19.28 | 4.24 | | | | | | | | |
| Spaghetti | 115 | 22 | 10 | 0.82 | 4 | 2 | | | | | | yes | | |
| Meat sauce | 246 | 10 | 542 | 16 | 15 | 2 | | | | | | | | |
| PEACH | 51 | 12.4 | 0 | 0.33 | 1.18 | 1.95 | | | | | | | | |
| PEACHES, CANNED | 68 | 18.26 | 6 | 0.04 | 0.56 | 1.63 | | | | | | | | |
| PEACHES, CUP | 70 | 16 | 15 | 0 | 0 | 2 | | | | | | | | |
| PEAR | 95 | 25.28 | 2 | 0.23 | 0.6 | 5.15 | | | | | | | | |
| PEARS, CANNED | 71 | 18.89 | 6 | 0.04 | 0.24 | 1.99 | | | | | | | | |
| PEAS | 70 | 12.36 | 98 | 0.36 | 4.74 | 4.08 | | | | | | | | |
| PENNE PASTA 1 cup | 210 | 41 | 0 | 0 | 3.5 | 4 | 2 | | | | | yes | | |
| PEPPER RINGS, MILD | 5 | 1.01 | 283 | 0 | 0 | 0 | | | | | | | | |
| PICKLE CHIPS | 6 | 1 | 438 | 0 | 0 | 1 | | | | | | | | yellow 5 |
| PINEAPPLE | 41 | 10.82 | 1 | 0.1 | 0.45 | 1.16 | | | | | | | | |
| PINEAPPLE, CANNED | 66 | 16.95 | 1 | 0.15 | 0.45 | 1.01 | | | | | | | | |
| PIZZA, PERSONAL, GLU FREE, PEP | 520 | 59.29 | 504 | 24.71 | 14.43 | 3 | | yes | | | yes | | | |
| PIZZA, PERSONAL, GLU FREE, PLAIN | 480 | 59 | 370 | 21 | 13 | 3 | | yes | | | yes | | | |
| PIZZA, MEATEATERS slice | 351 | 29 | 791 | 16 | 21 | 4 | 3 | yes | | | yes | yes | | |
| PIZZA SLICE, CHEESE (EL) | 300 | 33 | 680 | 12 | 16 | 3 | | yes | | | yes | yes | | |
| PIZZA, STUFF CRUST, PEP | 340 | 32.21 | 861 | 13.79 | 20.07 | 3 | | yes | | | yes | yes | | |
| PIZZA, STUFF CRUST, PLAIN | 310 | 32 | 760 | 11 | 19 | 3 | | yes | | | yes | yes | | |
| PIZZA SUB | 376 | 38.11 | 778 | 16.24 | 21.4 | 4.34 | | yes | | | yes | yes | | |
| PIZZA SUB PEP | 436 | 38.54 | 979 | 21.81 | 23.54 | 4.34 | | yes | | | yes | yes | | |
| PIZZA, 5 TONY'S SCDRY | 340 | 39 | 570 | 13 | 18 | 4 | | yes | | | yes | yes | | |
| PIZZA, 5 TONY'S SCDRY PEP | 370 | 39 | 390 | 36 | 15.79 | 4 | | yes | | | yes | yes | | |
| PIZZA, BUFFALO CHICKEN | 281 | 27.08 | 612 | 11.04 | 19.06 | 3.01 | | yes | | | | yes | | |
| PIZZA, GALAXY ROUND, ELEM | 300 | 32 | 510 | 12 | 16 | 3 | | yes | | | yes | yes | | |
| PIZZA, GALAXY ROUND, ELEM, PEP | 320 | 32.14 | 577 | 13.86 | 16.71 | 3 | | yes | | | yes | yes | | |
| POP-TARTS, 2 PK, STRAWBERRY | 364 | 75.93 | 364 | 4.56 | 4.05 | 6.07 | | | | | yes | yes | | |
| POP-TARTS, SNACK, 1 PK, BR SUG | 180 | 37 | 190 | 2.5 | 2 | 3 | 15 | | | | yes | yes | | |
| POP-TARTS, SNACK, 2 PK, BR SUG | 360 | 74 | 380 | 5 | 4 | 6 | 30 | | | | yes | yes | | |
| POPCORN, KETTLE CORN, VICS | 120 | 21 | 180 | 3.5 | 2 | 2 | | | | | | | | |

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| Ingredient | Calories | Carbs | Sodium mg | Total Fat g | Protein g | Fiber | Sugar | Milk | Egg | Fish | Soy | Wheat | Pnut? | Dyes |
|--------------------------------|----------|-------|-----------|-------------|-----------|-------|-------|------|-----|------|-----|-------|-------|------|
| POPCORN, WHITE CHED, VICS | 80 | 11 | 120 | 3 | 2 | 2 | | | | | | | | |
| POPCORN, WHITE CHED, SMART | 70 | 9 | 110 | 2.5 | 2 | 2 | | yes | | | | | | |
| POTATO, BAKED small | 131 | 29.19 | 15 | 0.42 | 3.45 | 3.04 | | | | | | | | |
| POTATO, MASHED 1/2 C | 70 | 15 | 117 | 0.88 | 1 | 1 | 0 | | | | | | | |
| POTATO WEDGES, W/KETCHUP | 150 | 25 | 200 | 4 | 2 | 2 | | | | | | | | |
| POTATO WEDGES, SEASONED 3 oz | 133 | 21.54 | 154 | 4.1 | 2.05 | 2.05 | | | | | | | | |
| POTATOES, SMILE 4 ea | 133 | 20.43 | 184 | 4.6 | 2.04 | 2.04 | | | | | | | | |
| PRETZEL, STUFFED W/CHEESE 1 ea | 200 | 27 | 230 | 7 | 7 | 3 | | yes | yes | | yes | yes | | |
| PRETZEL, SOFT 1 ea | 143 | 30.55 | 153 | 0.51 | 5.09 | 3.05 | | | | | | yes | | |
| PRETZELS, HEARTZELS | 80 | 15 | 200 | 1.5 | 2 | 2 | | yes | | | | yes | | |
| PUMPKIN BREAD | 270 | 43 | 220 | 10 | 6 | 2 | | | yes | | yes | yes | | |
| PUMPKIN SWIRL ROLL | 219 | 36 | 250 | 7 | 5 | 4 | 11 | yes | | | yes | yes | | |
| QUESADILLAS, CHEESE 3 ea | 270 | 31 | 600 | 10 | 13 | 4 | | yes | | | yes | yes | | |
| RAISINS, AMAZING, SOUR | 110 | 25 | 10 | 0 | 1 | 2 | | | | | | | | |
| RAVIOLI, BEEF CANNED 1C | 250 | 30 | 690 | 8.04 | 16 | 5 | | yes | | | yes | yes | | |
| RAVIOLI, CHEESE SQUARES 8 ea | 415 | 69 | 517 | 10.18 | 20.16 | 8.1 | | yes | yes | | | yes | | |
| REFRIED BEANS 1/2 C | 120 | 18.85 | 536 | 2.06 | 5.95 | 5.95 | | | | | yes | | | |
| RICE, 1 CUP | 201 | 42.52 | 4 | 1.77 | 4.72 | 2.36 | | | | | | | | |
| RICE, 1/2 CUP | 96 | 20.41 | 2 | 0.85 | 2.27 | 1.13 | | | | | | | | |
| RICE KRISPIES SNACK SIZE TREAT | 50 | 9 | 45 | 1 | 0 | 0 | | yes | | | yes | | | |
| RICE KRISPIES TREATS | 160 | 30 | 120 | 4 | 2 | 0 | | yes | | | yes | | | |
| RICE, CILANTRO LIME 1/2 C | 96 | 20.41 | 223 | 0.85 | 2.27 | 1.13 | | | | | | | | |
| RICE CHICKEN SEASONED 1/2 CUP | 116 | 25 | 42 | 0.5 | 2 | 1 | | | | | yes | | | |
| RICE, MEXICAN 1/2 C | 109 | 23.16 | 38 | 0.83 | 2.36 | 1.19 | | | | | | | | |
| RICE, MEXICAN SEASONED | 115 | 24.5 | 216 | 0.56 | 2.22 | 0.71 | | | | | | | | |
| RICE, TERIYAKI, 1 CUP | 209 | 44.43 | 343 | 1.72 | 5.06 | 2.27 | | | | | | | | |
| RICE, TERIYAKI, 1/2 CUP | 105 | 22.22 | 171 | 0.86 | 2.53 | 1.13 | | | | | yes | | | |
| RIPPER, HAM AND CHEESE | 271 | 28 | 592 | 8 | 22 | 3 | | yes | yes | | yes | yes | | |
| ROLL, DINNER 1ea | 80 | 16 | 130 | 1 | 3 | 2 | | | | | yes | yes | | |
| ROLL, HAMBURGER | 140 | 29 | 240 | 2 | 6 | 4 | | | | | yes | yes | | |
| ROLL, HOAGIE | 140 | 27 | 270 | 2 | 6 | 3 | | | | | yes | yes | | |
| ROLL, HOT DOG | 140 | 28 | 230 | 1.5 | 5 | 4 | | | | | yes | yes | | |
| ROLL, PRETZEL | 160 | 29 | 0 | 2.5 | 5 | 3 | | | | | | yes | | |

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|--------------------------------------|------------|--------------|-------------|--------------|--------------|-------------|-------|------|-----|------|-----|-------|-------|----------|
| ROLL, SWEET POTATO | 130 | 20 | 138 | 4.5 | 3 | 3 | | yes | | | yes | yes | | |
| ROLL, SWIRL | 170 | 28 | 160 | 4 | 5 | 3 | | | | | yes | yes | | |
| SALAD, ANTIPASTO | 221 | 9.7 | 1069 | 13.25 | 16.35 | 3.14 | | | | | | | | |
| Salami | 35 | 0.5 | 210 | 1.27 | 5 | 0 | | | | | | | | |
| Pepperoni | 56 | 0 | 227 | 5.57 | 2.14 | | | | | | | | | |
| Cheese, mozz | 91 | 0.51 | 106 | 6 | 7 | 0 | | yes | | | | | | |
| Lettuce | 13 | 1.99 | 6.72 | 0.17 | 1 | 2 | | | | | | | | |
| Peppers | 7 | 1.75 | 0.5 | 0 | 0.24 | 0.4 | | | | | | | | |
| Onions | 7 | 1.55 | 0.5 | 0 | 0.21 | 0.3 | | | | | | | | |
| Pepper rings | 5 | 1.07 | 300 | 0 | | 1 | | | | | | | | yellow 5 |
| SALAD, ASIAN CHICKEN SLAW | 213 | 27.61 | 271 | 3.66 | 17.17 | 4.04 | | | | | | | | |
| Grilled Chicken | 102 | 1.02 | 214 | 3.56 | 15.27 | 0 | | | | | yes | | | |
| Coleslaw with orange | 27 | 7 | 33 | 0 | 1 | 2 | | | yes | | | | | |
| Mandarin oranges | 71 | 17 | 13 | 0 | 0.88 | 1 | | | | | | | | |
| Broccoli | 15 | 3 | 14 | 0.16 | 1.24 | 1 | | | | | | | | |
| Onions | 2 | 0.07 | 0.02 | 0 | 0 | 0 | | | | | | | | |
| SALAD, ASIAN CHICKEN SPINACH | 218 | 29 | 464 | 3.77 | 17.04 | 2.49 | | | | | | | | |
| Grilled Chicken | 102 | 1.02 | 214 | 3.56 | 15.27 | 0 | | | | | yes | | | |
| Spinach | 10 | 1.5 | 1.6 | 0.16 | 1.29 | 1.2 | | | | | | | | |
| Carrots, shredded | 11 | 2.6 | 19 | 0 | 0.26 | 1 | | | | | | | | |
| Celery, diced | 5 | 1 | 26 | 0 | 0.23 | | | | | | | | | |
| Orange sauce/vinegar | 92 | 22.6 | 174 | 0 | 0.27 | | | | | | yes | yes | | |
| SALAD, CHEESE | 254 | 8.28 | 421 | 18.05 | 15.25 | 2.15 | | | | | | | | |
| Carrots | 14 | 3.3 | 31 | 0 | 0.26 | 1.16 | | | | | | | | |
| Lettuce | 20 | 3 | 10 | 0 | 1 | 1 | | | | | | | | |
| Shredded Cheddar | 220 | 2 | 380 | 18 | 14 | | | | | | | | | |
| SALAD, CHEESE & SUNFLOWER | 307 | 18.29 | 297 | 20.01 | 14.35 | 5.27 | | | | | | | | |
| Sunflower Kernals | 190 | 11 | 65 | 14 | 6 | 3 | | | | | | | | |
| String Cheese | 79 | 0 | 207 | 3.5 | 6.9 | 0 | | yes | | | | | | |
| Carrots | 14 | 3.3 | 31 | 0 | 0.26 | 1.16 | | | | | | | | |
| Lettuce | 20 | 3 | 10 | 0 | 1 | 1 | | | | | | | | |
| SALAD, CHEF HAM | 200 | 8.43 | 509 | 509 | 15.95 | 2.2 | | | | | | | | |
| Ham (turkey) | 50 | 7.5 | 265 | 265 | 2.25 | 0 | | | | | | | | |

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| Ingredient | Calories | Carbs | Sodium mg | Total Fat g | Protein g | Fiber | Sugar | Milk | Egg | Fish | Soy | Wheat | Pnut? | Dyes |
|--|------------|-------------|------------|--------------|--------------|-------------|-------|------|-----|------|-----|-------|-------|------|
| Shredded Cheddar | 111 | 7.1 | 192.7 | 192.7 | 7 | 0 | | yes | | | | | | |
| Lettuce | 20 | 3 | 3 | 0 | 1 | 1 | | | | | | | | |
| carrots | 14 | 3.3 | 3 | 0 | 0.26 | 1.16 | | | | | | | | |
| Croutons | 5 | 0.11 | 11 | 0.18 | 0.1.181 | 0.62 | | | | | yes | yes | | |
| SALAD, CHEF TURKEY | 210 | 6.73 | 419 | 11.35 | 22.46 | 2.2 | | | | | | | | |
| Turkey | 90 | 0 | 420 | 0.5 | 18 | 0 | | | | | | | | |
| Shredded Cheddar | 111 | 1 | 192 | 11.6 | 7 | 0 | | yes | | | | | | |
| Lettuce | 20 | 2 | 10 | 0 | 1 | 1 | | | | | | | | |
| Carrots | 14 | 3.3 | 31 | 0 | 0.26 | 1.16 | | | | | | | | |
| Croutons | 5 | 0.63 | 11 | 0.18 | 0.11 | 0 | | | | | yes | yes | | |
| SALAD, CHICKEN | 316 | 5.19 | 688 | 17 | 32 | | | | yes | | yes | | | |
| SALAD, CHICKEN & MOZZARELLA | 167 | 4.42 | 352 | 8.97 | 6.17 | 1.2 | | | | | | | | |
| Grilled Chicken | 102 | 1.02 | 214 | 3.56 | 15.27 | 0 | | | | | yes | | | |
| Lettuce | 20 | 3 | 10 | 0 | 1 | 1 | | | | | | | | |
| Spinach | 3 | 0.52 | 11 | 0 | 0 | 1 | | | | | | | | |
| Cheese, mozzarella | 46 | 0.51 | 106 | 3 | 3.54 | 0 | | yes | | | | | | |
| Croutons | 5 | 0.63 | 11 | 0.18 | 0.11 | 0 | | | | | yes | yes | | |
| SALAD, CHICKEN CAESAR | 189 | 5 | 341 | 10.51 | 17.58 | 1.67 | | | | | | | | |
| Grilled Chicken | 102 | 1.02 | 214 | 3.56 | 15.27 | 0 | | | | | yes | | | |
| Romaine | 9 | 1.33 | 4.5 | 0 | 0.91 | 1 | | | | | | | | |
| Onions | 1 | 0.33 | 0.11 | 0 | 0 | 0 | | | | | | | | |
| Cheese, parmesan | 45 | 0 | 60 | 5 | 0 | 0 | | yes | | | | | | |
| Caesar dressing | 13 | 0.5 | 48 | 0.8 | 0.53 | 0 | | yes | yes | yes | | | | |
| Croutons | 32 | 0.63 | 11 | 0.18 | 0.11 | 0.29 | | | | | yes | yes | | |
| SALAD, GRILLED CHICKEN | 118 | 4.18 | 231 | 3.69 | 16.47 | 2.14 | | | | | | | | |
| Grilled Chicken | 102 | 1.02 | 214 | 3.56 | 15.27 | 0 | | | | | yes | | | |
| Spinach | 3 | 0.52 | 11 | 0 | 0 | 1 | | | | | | | | |
| Romaine | 9 | 1.33 | 4.5 | 0 | 0.91 | 1 | | | | | | | | |
| Carrots | 14 | 3.3 | 31 | 0 | 0.26 | 1.16 | | | | | | | | |
| SALAD, HAM & CHEESE | 178 | 6.7 | 576 | 7.61 | 16 | 2.16 | | | | | | | | |
| Ham (turkey) | 90 | 2 | 337 | 8 | 13 | 0 | | | | | | | | |
| Cheese, american | 71 | 2 | 213 | 4 | 0.43 | 0 | | yes | | | yes | | | |
| Carrots | 6 | 3.3 | 5 | 0 | 0.26 | 1.16 | | | | | | | | |

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| Ingredient | Calories | Carbs | Sodium mg | Total Fat g | Protein g | Fiber | Sugar | Milk | Egg | Fish | Soy | Wheat | Pnut? | Dyes |
|---|------------|--------------|------------|--------------|--------------|-------------|-------|------|-----|------|-----|-------|-------|------|
| Lettuce | 7 | 3 | 10 | 0 | 1 | 1 | | | | | | | | |
| Spinach | 5 | 0.52 | 11 | 0 | 0 | 1 | | | | | | | | |
| SALAD, HAM, CHEESE & SUNFLR, K | 325 | 20.45 | 402 | 18.6 | 16 | 5.32 | | | | | | | | |
| Ham (turkey) | 50 | 0.5 | 265 | 0 | 7.51 | 1 | | | | | | | | |
| Cheese, american | 71 | 2 | 15.16 | 0 | 7.06 | 0 | | yes | | | yes | | | |
| Sunflower Kernals | 190 | 11 | 65 | 14 | 6 | 3 | | | | | | | | |
| Carrots | 14 | 3.3 | 31 | 0 | 0.26 | 1.16 | | yes | | | | | | |
| Lettuce | 20 | 3 | 10 | 0 | 1 | 1 | | | | | | | | |
| SALAD, POLYNESIAN | 242 | 26.4 | 878 | 9.76 | 14.86 | 2.74 | | | | | | | | |
| Ham | 130 | 2 | 450 | 8 | 13 | 0 | | | | | | | | |
| Pineapple | 75 | 19.55 | 19.5 | 0.2 | 0.52 | 2 | | | | | | | | |
| Romaine | 9 | 1.33 | 4.5 | 0 | 0.91 | 1 | | | | | | | | |
| Spinach | 3 | 0.52 | 11 | 0 | 0 | 1 | | | | | | | | |
| Dressing, Italian | 25 | 3 | 410 | 1.5 | 0 | 0 | | | | | | | | |
| SALAD, SIDE, CAESAR | 100 | 5 | 170 | 8.09 | 2.44 | 1.7 | | | | | | | | |
| Romaine | 9 | 1.33 | 4.5 | 0 | 0.91 | 1.45 | | | | | | | | |
| Onions | 1 | 0.33 | 0.11 | 0 | 0 | 0 | | | | | | | | |
| Caesar dressing | 45 | 0 | 60 | 5 | 0 | 0 | | yes | yes | yes | | | | |
| Cheese, parmesan | 13 | 0.5 | 48 | 0.8 | 0.53 | 0 | | | | | | | | |
| Croutons | 32 | 0.63 | 11 | 0.18 | 0.11 | 0.29 | | | | | yes | yes | | |
| SALAD, SIDE, CHOPPED | 13 | 2.51 | 24 | 0.14 | 1.01 | 1.46 | | | | | | | | |
| Spinach | 3 | 0.52 | 11 | 0 | 0 | 1 | | | | | | | | |
| Romaine | 9 | 1.33 | 4.5 | 0 | 0.91 | 1 | | | | | | | | |
| Carrots | 14 | 3.3 | 31 | 0 | 0.26 | 1.16 | | | | | | | | |
| SALAD, SIDE, ROMAINE/SPINACH | 18 | 3 | 37 | 0 | 1 | 1.97 | | | | | | | | |
| SALAD, SIDE, SPINACH | 16 | 2.77 | 49 | 0.26 | 1.85 | 1.79 | | | | | | | | |
| Spinach | 13 | 0.52 | 11 | 0 | 0 | 1 | | | | | | | | |
| Tomatoes | 3 | 2.121 | 0.05 | 0.21 | 0.62 | 0 | | | | | | | | |
| SALAD, SIDE, TOSSED | 13 | 1.99 | 7 | 0 | 0.66 | 0.66 | | | | | | | | |
| SALAD, SOUTHWEST W/SPICY CHICKEN | 342 | 19.93 | 728 | 20.67 | 19.78 | 3.17 | | | | | | | | |
| Spicy chicken patty | 210 | 12 | 470 | 11 | 15 | 1 | | | | | yes | yes | | |
| Lettuce | 20 | 3 | 10 | 0 | 1 | 1 | | | | | | | | |
| Onions | 20 | 3 | 10 | 0 | 1 | 1 | | | | | | | | |

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| Ingredient | Calories | Carbs | Sodium mg | Total Fat g | Protein g | Fiber | Sugar | Milk | Egg | Fish | Soy | Wheat | Pnut? | Dyes |
|--|------------|--------------|------------|-------------|--------------|-------------|-------------|------|-----|------|-----|-------|-------|------|
| Carrots | 14 | 3.3 | 31 | 0 | 0.26 | 1.16 | | | | | | | | |
| Cheese, shredded ched | 111 | 1 | 192 | 11.6 | 2 | 0 | | yes | | | | | | |
| Dressing, Southwest | 56 | 2 | 146 | 5 | 0 | 0 | | | | | | | | |
| SALAD, SPICY CHICKEN & CORN SALSA | 286 | 29 | 692 | 11 | 19 | 6 | 12.2 | | | | | | | |
| Spicy chicken patty | 210 | 12 | 470 | 11 | 15 | 1 | 3 | | | | yes | yes | | |
| Lettuce | 20 | 3 | 4 | 0 | 1 | 1 | 1 | | | | | | | |
| Beans, black | 120 | 7 | 66 | 0.29 | 7 | 2 | 6 | | | | | | | |
| Salsa | 18 | 2 | 76 | 18 | 1 | 1 | 2 | | | | | | | |
| Corn | 30 | 6 | 106 | 0.37 | 0 | 1 | 1.82 | | | | | | | |
| SALAD, SPICY CHICKEN STRIPS | 273 | 17.95 | 273 | 407 | 15.17 | 6 | 4.78 | | | | | | | |
| Chicken strips h & s | 260 | 16 | 390 | 15 | 15 | 3 | | | | | yes | yes | | |
| Spinach | 3 | 0.52 | 11 | 0 | 0 | 1 | | | | | | | | |
| Romaine | 9 | 1.33 | 4.5 | 0 | 0.91 | 1 | | | | | | | | |
| Carrots | 1 | 3.3 | 31 | 0 | 0.26 | 1.16 | | | | | | | | |
| SALAD WITH SUNFLOWER KERNAL | 418 | 29.29 | 155 | 28 | 13 | 8.27 | | | | | | | | |
| SALAD, TERIYAKI CHICKEN | 233 | 33.25 | 583 | 3.66 | 16.78 | 4.69 | | | | | | | | |
| Teriyaki chicken nuggets | 130 | 9 | 560 | 3.5 | 15 | 1 | | | | | yes | yes | | |
| Romaine | 9 | 1.33 | 4.5 | 0 | 0.91 | 1 | | | | | | | | |
| Spinach | 3 | 0.52 | 11.85 | 0 | 0.43 | 0.4 | | | | | | | | |
| Oranges, mandarins | 35 | 8.4 | 6.63 | 0 | 0.44 | 0.4 | | | | | | | | |
| Craisins | 35 | 14 | 0 | 0 | 0.4 | 1.5 | | | | | | | | |
| Dressing, teriyaki | 2 | 3 | 12 | 0 | 0 | 0 | | | | | yes | yes | | |
| SALAD, TUNA | 143 | 2.36 | 470 | 7.38 | 15.73 | 0.46 | | | yes | yes | yes | | | |
| SALAD, TUNA BOX | 177 | 8.63 | 646 | 7.43 | 16.98 | 2.28 | | | | | | | | |
| Tuna Salad | 143 | 2.36 | 470 | 7.38 | 15.73 | 0.46 | | | yes | yes | yes | | | |
| Lettuce | 13 | 1.99 | 6.63 | 0 | 0.66 | 0.66 | | | | | | | | |
| Carrots | 14 | 3.3 | 31 | 0 | 0.3 | 0.26 | | | | | | | | |
| SALAD, TUNA SANDWICH | 283 | 31 | 710 | 9.4 | 22 | 4.5 | 8 | | yes | yes | yes | yes | | |
| SALAD, TURKEY | 126 | 2.3 | 614 | 6.3 | 16 | 0 | 0 | | yes | yes | yes | | | |
| SALAD, TURKEY BOX | 154 | 7.76 | 646 | 6.3 | 17 | 2 | 0 | | | | | | | |
| Turkey Salad | 126 | 2.3 | 614 | 6.3 | 16 | 0 | 0 | | yes | yes | yes | | | |
| Romaine lettuce | 13 | 2 | 7 | 0 | 1 | 1 | | | | | | | | |
| Carrots | 10 | 2 | 23 | 0 | 0 | 1 | | | | | | | | |

*PC Portion Controlled

*IW Individually Wrapped

? These products may be manufactured in a plant that has peanut products.

| Ingredient | Calories | Carbs | Sodium mg | Total Fat g | Protein g | Fiber | Sugar | Milk | Egg | Fish | Soy | Wheat | Pnut? | Dyes |
|-------------------------------------|------------|--------------|------------|-------------|--------------|-------------|-----------|------|-----|------|-----|-------|-------|------|
| Cherry tomatoes | 4 | 1 | 2 | 0 | 0 | 0 | | | | | | | | |
| SALAD, TURKEY SANDWICH | 266 | 31 | 854 | 4.3 | 22 | 4 | | | yes | yes | yes | | | |
| SALISBURY STEAK | 158 | 5 | 314 | 7 | 14 | 0 | | yes | yes | | yes | yes | | |
| SALSA | 30 | 5.92 | 207 | 0 | 0 | 2.96 | | | | | | | | |
| SALSA, BLACK BEAN & CORN | 166 | 32.42 | 682 | 1.56 | 5.46 | 9.94 | | | | | | | | |
| SAUCE, BARBECUE, DISPENSER | 45 | 11 | 75 | 0 | 0 | 0 | | | | | | | | |
| SAUCE, HOT SAUCE, DISPENSER | 0 | 0 | 80 | 0 | 0 | 0 | | | | | | | | |
| SAUCE, GENERAL TSO'S | 69 | 16 | 186 | 1 | 0 | 0 | | | | | yes | yes | | |
| SAUCE, KUNG PAO | 30 | 6 | 260 | 1 | 0 | 0 | | yes | | | yes | yes | | |
| SAUERKRAUT | 63 | 15.63 | 752 | 0.21 | 1.09 | 3.66 | | | | | | | | |
| SAUSAGE LINK, TURKEY | 60 | 0 | 100 | 4.5 | 6 | 0 | | | | | | | | |
| SAUSAGE PATTY, BEEF | 60 | 1 | 210 | 4 | 6 | 0 | | | | | | | | |
| SEAFOOD SEASONING | 0 | 0 | 200 | 0 | 0 | 0 | | | | | | | | |
| SIDE KICKS | 80 | 20 | 45 | 0 | 0 | 0 | | | | | | | | |
| SNACK, BEEF STICK | 30 | 1 | 100 | 1 | 4 | 0 | | | | | | | | |
| SNACK BREAKS ANIMAL CRK/JC | 200 | 45.02 | 110 | 2 | 2 | 2 | | | | | | | | |
| Animal Crackers | 110 | 22 | 90 | 2 | 2 | 2 | | | | | yes | yes | | |
| Fruit Punch | 90 | 23 | 20 | 0 | 0 | 0 | | | | | | | | |
| SNACK BREAKS GOLDFSH/JC | 190 | 37.01 | 185 | 3.5 | 3 | 1 | | | | | | | | |
| Goldfish | 100 | 14 | 170 | 3.5 | 3 | 1 | | yes | | | yes | yes | | |
| Apple juice | 90 | 23 | 15 | 0 | 0 | 0 | | | | | | | | |
| SNACK, FRUIT ROLL-UPS | 45 | 11 | 55 | 1 | 0 | 2 | | | | | | | | |
| SNACK MIX, KIDS MIX | 100 | 17 | 150 | 3 | 3 | 2 | | yes | | | | yes | | |
| SOFT PRETZEL W/MUSTARD | 145 | 30 | 228 | 0.5 | 5 | 3 | | | | | | yes | | |
| SOUP, TOMATO | 83 | 20 | 382 | 0 | 1.84 | 0 | | | | | | yes | | |
| SOY MILK 8 OZ | 130 | 15 | 110 | 4.5 | 8 | 2 | 11 | | | | yes | | | |
| SOY SAUCE, PC* | 2 | 0 | 270 | 0 | 1 | 0 | | | | | yes | | | |
| SPIKERZ | 100 | 16 | 160 | 3 | 2 | 2 | | yes | | | yes | yes | | |
| SPINACH | 58 | 8.16 | 165 | 1.48 | 6.82 | 6.29 | | | | | | | | |
| STARS & MOON COOKIES | 120 | 20 | 100 | 4.5 | 2 | 1 | | yes | | | yes | yes | | |
| STEAK SUB | 270 | 28.3 | 465 | 9.79 | 20.29 | 4.3 | | | | | | | | |
| Hoagie Roll | 140 | 27 | 270 | 7 | 6 | 3 | | | | | yes | yes | | |
| Beef steak slices | 100 | 1 | 150 | 6 | 11 | 1 | | | | | | | | |

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| Ingredient | Calories | Carbs | Sodium mg | Total Fat g | Protein g | Fiber | Sugar | Milk | Egg | Fish | Soy | Wheat | Pnut? | Dyes |
|---|------------|--------------|------------|--------------|--------------|-------------|-------|------|-----|------|-----|-------|-------|------|
| STRAWBERRIES, FRESH | 27 | 6.37 | 1 | 0.25 | 0.56 | 1.66 | | | | | | | | |
| STRAWBERRIES, FROZEN | 53 | 13.8 | 3 | 0.17 | 0.65 | 3.18 | | | | | | | | |
| STRAWBERRY DELIGHT | 51 | 13.19 | 2 | 0.11 | 0.42 | 2.04 | | | | | | | | |
| STRING CHEESE | 80 | 0 | 210 | 6 | 7 | 0 | | yes | | | | | | |
| STRING CHEESE & CRACKERS, PreK | 278 | 21 | 522 | 15.76 | 15.83 | 1 | | | | | | | | |
| STUFFING, 1/3 cup | 138 | 17.13 | 225 | 6.41 | 3.29 | 1.32 | | yes | | | yes | yes | | |
| SUNCHIPS SNACK MIX, CHEDDAR | 110 | 15 | 200 | 4 | 2 | 0 | | yes | | | | yes | | |
| SUNCHIPS SNACK MIX, SALSA | 110 | 15 | 170 | 4 | 2 | 2 | | yes | | | | yes | | |
| SUNSHINE BOX | 370 | 41 | 435 | 19 | 10 | 6 | | | | | | | | |
| Sunbutter | 200 | 7 | 120 | 16 | 7 | 4 | | | | | | | | |
| Sunflower Kernals | 190 | 11 | 65 | 14 | 6 | 3 | | | | | | | | |
| Crackers, wheat | 180 | 30 | 370 | 5 | 4 | 3 | | | | | | yes | | |
| SWEET POTATO, HOLIDAY MEAL | 164 | 40 | 43 | 0.28 | 1.43 | 3.5 | | | | | | | | |
| SWEET POTATO TATER PUFFS | 129 | 24 | 204 | 3.75 | 1.07 | 2.14 | | | | | | | | |
| SWEET POTATO WHOLE BAKED | 204 | 47 | 82 | 0.34 | 4.56 | 7.48 | | | | | | | | |
| SYRUP, PC* | 119 | 31 | 0 | 0 | 0 | 0 | | | | | | | | |
| TABASCO SAUCE | 1 | 0.04 | 30 | 0.04 | 0.06 | 0.03 | | | | | | | | |
| TACO SALAD | 186 | 6.8 | 415 | 10.62 | 17.93 | 2.79 | | | | | | | | |
| Beef taco filling | 111 | 5 | 292 | 5 | 13 | 2 | | | | | yes | | | |
| Cheese, shredded ched | 67 | 0.61 | 115 | 5.4 | 4.25 | 0 | | yes | | | | | | |
| Lettuce | 11 | 1.1 | 1 | 0.1 | 0.56 | 0.77 | | | | | | | | |
| TACO SAUCE, PC* | 5 | 1.07 | 96 | 0.03 | 0.08 | 0.09 | | | | | | | | |
| TACO, BEEF SPICY, SCDRY | 339 | 35.66 | 647 | 13.52 | 21.39 | 6.03 | | | | | | | | |
| Beef taco filling | 111 | 5 | 292 | 5 | 13 | 2 | | | | | yes | | | |
| Tortilla (2) | 180 | 28 | 225 | 5 | 6 | 0 | | | | | | yes | | |
| Cheese, cheddar shredded | 67 | 0.61 | 115 | 5.4 | 4.25 | 0 | | yes | | | | | | |
| Tobasco | 0 | 0 | 32 | 0 | 0 | 0 | | | | | | | | |
| TACO, ELEM | 266 | 21 | 542 | 12.45 | 20.1 | 3 | | | | | | | | |
| Beef taco filling | 111 | 5 | 292 | 5 | 13 | 2 | | | | | yes | | | |
| Lettuce | 11 | 1.1 | 1 | 0.1 | 0.56 | 0.77 | | | | | | | | |
| Cheese | 90 | 14 | 125 | 2.5 | 3 | 0 | | yes | | | | | | |
| TACOS, SCDRY | 388 | 37 | 720 | 17.23 | 24 | 6.02 | | yes | | | yes | yes | | |
| TEAM BCPS BURGER | 330 | 37 | 630 | 14 | 17 | 5 | | yes | | | yes | yes | | |

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| Ingredient | Calories | Carbs | Sodium mg | Total Fat g | Protein g | Fiber | Sugar | Milk | Egg | Fish | Soy | Wheat | Pnut? | Dyes |
|--------------------------------------|------------|--------------|------------|--------------|--------------|-------------|-------|------|-----|------|-----|-------|-------|------|
| Burger | 190 | 8 | 390 | 12 | 11 | 1 | | yes | | | | yes | | |
| Hamburger Roll | 140 | 29 | 240 | 7 | 6 | 3 | | | | | yes | yes | | |
| TERIYAKI BEEF | 329 | 24 | 755 | 16.65 | 16.65 | 11 | | yes | | | yes | yes | | |
| TERIYAKI BEEF DIPPERS | 160 | 5.99 | 440 | 7.99 | 13.99 | 1 | | yes | | | yes | yes | | |
| TORTILLA, SOFT, 10 IN. | 190 | 32 | 160 | 4 | 5 | 4 | | | | | | yes | | |
| TORTILLA, SOFT, 6 IN. | 90 | 14 | 125 | 2.5 | 3 | 1 | | | | | | yes | | |
| TORTILLA, CHIPOTLE, 10" | 160 | 27 | 350 | 4.5 | 4 | 4 | | | | | | yes | | |
| TOSTITOS ROUNDS, IND BAG | 200 | 29 | 180 | 7 | 2 | 3 | | | | | | | | |
| TOSTITOS SCOOPS, IND BAG | 110 | 19 | 110 | 2.5 | 2 | 2 | | | | | | | | |
| TUNA SALAD SANDWICH | 283 | 31.36 | 710 | 9.38 | 21.73 | 4.46 | | | | | | | | |
| Hamburger roll | 80 | 16 | 130 | 1 | 3 | 2 | | | | | yes | yes | | |
| Tuna Salad | 143 | 2.36 | 470 | 7.38 | 15.73 | 0.46 | | | yes | yes | yes | | | |
| TURKEY & CHEESE SAND PreK | 161 | 17 | 449 | 3.28 | 15.67 | 2 | | | | | | | | |
| Roll | 80 | 16 | 130 | 1 | 3 | 2 | | | | | yes | yes | | |
| Turkey | 45 | 0 | 210 | 0.5 | 9 | 0 | | | | | | | | |
| Cheese, american | 35 | 1 | 106 | 1.27 | 3 | 0 | | yes | | | yes | | | |
| TURKEY & CHEESE SUB | 279 | 29.02 | 802 | 6.43 | 26.77 | 3 | | | | | | | | |
| Turkey | 70 | 0 | 305 | 0.5 | 14 | 0 | | | | | | | | |
| Cheese, american | 35 | 1 | 106 | 1.27 | 3 | 0 | | yes | | | yes | | | |
| Hoagie Roll | 140 | 27 | 270 | 7 | 6 | 3 | | | | | yes | yes | | |
| TURKEY & CHEESE WRAP | 303 | 29.6 | 884 | 9 | 25 | 4.39 | | | | | | | | |
| Tortilla | 190 | 32 | 160 | 4 | 5 | 4 | | | | | | yes | | |
| Turkey | 70 | 0 | 305 | 0.5 | 14 | 0 | | | | | | | | |
| Cheese, american | 35 | 1 | 106 | 1.27 | 3 | 0 | | yes | | | yes | | | |
| TURKEY HOLIDAY SLICED ROAST | 80 | 1 | 561 | 1 | 18.05 | 0 | | | | | | | | |
| TURKEY SALAD | 145 | 2.7 | 710 | 7.32 | 18 | 0.22 | | | yes | | yes | | | |
| TURKEY SANDWICH, HOT EL | 164 | 17 | 770 | 2.51 | 21 | 1 | | | | | | | | |
| Turkey | 82 | 1 | 571 | 1 | 18 | 0 | | | | | | | | |
| White wheat bread | 70 | 14 | 130 | 1 | 6 | 1 | | | | | yes | yes | | |
| Chicken gravy | 12 | 1.46 | 69 | 0.5 | 1 | 0 | | yes | | | | | | |
| TURKEY SANDWICH, HOT SEC | 247 | 32 | 974 | 4 | 25 | 2 | | | | | | | | |
| Turkey | 82 | 1 | 571 | 1 | 18 | 0 | | | | | | | | |
| White wheat bread | 140 | 28 | 260 | 2 | 12 | 2 | | | | | yes | yes | | |

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| Ingredient | Calories | Carbs | Sodium mg | Total Fat g | Protein g | Fiber | Sugar | Milk | Egg | Fish | Soy | Wheat | Pnut? | Dyes |
|---|------------|--------------|------------|--------------|--------------|-------------|-------|------|-----|------|-----|-------|-------|------|
| Chicken gravy | 12 | 1.46 | 69 | 0.5 | 1 | 0 | | yes | | | | | | |
| VEG JUICE GOLD RUSH | 40 | 10 | 60 | 0 | 0 | 0 | | | | | | | | |
| VEG/FRUIT BEVJUICE BOWL | 55 | 14 | 15 | 0 | 0 | 0 | | | | | | | | |
| VEGETABLE MEDLEY | 19 | 4.05 | 13 | 0.13 | 0.92 | 1.25 | | | | | | | | |
| VEGETABLES, ASST FRESH | 29 | 5.7 | 46 | 0.29 | 1.94 | 2.1 | | | | | | | | |
| WAFFLE, DUTCH | 293 | 41.96 | 342 | 12.68 | 3.9 | 2.93 | | yes | yes | | yes | yes | | |
| WAFFLES | 200 | 34.93 | 220 | 4.99 | 3.99 | 3.99 | | yes | yes | | yes | yes | | |
| WATERMELON | 24 | 6.04 | 1 | 0.12 | 0.49 | 0.32 | | | | | | | | |
| YOGURT and FRUIT BOX | 429 | 93.83 | 246 | 2.6 | 11.15 | 5.4 | | | | | | | | |
| Vanilla Yogurt | 180 | 39 | 150 | 0 | 6 | | | yes | | | | | | |
| Apple slices | 29 | 7.83 | 1 | 0.1 | 0.15 | 1.4 | | | | | | | | |
| Granola | 220 | 47 | 95 | 2.5 | 5 | 4 | | | | | yes | yes | | |
| YOGURT BOX, EL, GRANOLA CLUSTERS | 389 | 66 | 377 | 8.43 | 14.91 | 4 | | | | | | | | |
| 4 oz Yogurt | 90 | 19 | 75 | 0 | 3 | 0 | | yes | | | | | | |
| Apple slices | 29 | 7.83 | 1 | 0.1 | 0.15 | 1.4 | | | | | | | | |
| Granola | 220 | 47 | 95 | 2.5 | 5 | 4 | | | | | yes | yes | | |
| YOGURT, 4 OZ | 70 | 14 | 62 | 0 | 4 | 0 | | yes | | | | | | |
| YOGURT, 8 OZ | 190 | 39 | 150 | 0 | 6 | 0 | | yes | | | | | | |
| YOGURT CHERRY VANILLA 8 OZ | 180 | 39 | 150 | 0 | 6 | 0 | | yes | | | | | | |
| YOGURT STRAW/BAN 8OZ | 180 | 39 | 150 | 0 | 6 | 0 | | yes | | | | | | |
| YOGURT STRAW/BAN 4 OZ DAN | 70 | 14 | 60 | 0 | 4 | 0 | | yes | | | | | | |
| YOGURT, LUNCH, MID & HI | 320 | 68 | 300 | 0 | 11 | 3 | | yes | | | | | | |

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