

NUTRITIONAL INFORMATION

SCHOOL YEAR 11-12

Updated:5/1/2012

| | Calories | Carb g | Chol mg | Sodium mg | Total Fat g | Sat Fat g | Protein g | Fiber g |
|----------------------------------|----------|-----------|------------|--------------|----------------|--------------|--------------|------------|
| ANDY CAPP HOT FRIES | 150 | 17 | 0 | 240 | 7 | 3 | 2 | 0 |
| APPLE, FRESH | 72 | 19.06 | 0 | 1 | 0.23 | 0.04 | 0.36 | 3.31 |
| APPLE CRISP | 208 | 36.92 | 0 | 82 | 5.8 | 0.95 | 1.32 | 1.98 |
| APPLE JUICE, BCPS | 60 | 14 | 0 | 5 | 0 | 0 | 0 | 0 |
| APPLES SLICED POUCH | 29 | 7.83 | 0 | 1 | 0.1 | 0.02 | 0.15 | 1.4 |
| APPLESAUCE CANNED | 50 | 12.05 | 0 | 15 | 0 | 0 | 0 | 2.01 |
| APPLESAUCE CUP | 70 | 13 | 0 | 15 | 0 | 0 | 0 | 1 |
| ASIAN GINGER CHICKEN | 105 | 5.9 | 51 | 459 | 2.55 | 0.51 | 13.26 | 0.25 |
| BAGEL CREAM CHEESE | 243 | 31.93 | 33 | 432 | 9.33 | 0 | 7.87 | 1 |
| BAGEL MARGARINE | 180 | 31 | 0 | 320 | 2.5 | 0.5 | 6 | 1 |
| BAGEL PLAIN | 150 | 31 | 0 | 320 | 0 | 0 | 6 | 1 |
| BAKED BEANS | 151 | 30.12 | 0 | 241 | 1 | 0 | 6.02 | 10.04 |
| BANANA | 105 | 26.95 | 0 | 1 | 0.39 | 0.13 | 1.29 | 3.07 |
| BARBEQUE CHICKEN SANDWICH | 263 | 32.6 | 40 | 773 | 6 | 2 | 19 | 2 |
| BARBEQUE RIB SNDWCH ELEM | 304 | 39.52 | 32 | 873 | 9.9 | 2.9 | 14.2 | 1.4 |
| BARBEQUE RIB SNDWCH SCDRY | 374 | 54.52 | 32 | 1003 | 9.9 | 2.9 | 17.2 | 2.4 |
| BARBEQUE RIB SNDWCH SPICY | 374 | 54.52 | 32 | 1061 | 9.9 | 2.9 | 17.2 | 2.4 |
| BARBEQUE SAUCE | 320 | 72 | 0 | 1605 | 0 | 0 | 0 | 0 |
| BARBEQUE SAUCE PC | 15 | 4 | 0 | 85 | 0 | 0 | 0 | 0 |
| BEAN & CHEESE BURRITO | 335 | 49.39 | 8 | 812 | 8.93 | 4.35 | 15.33 | 8.96 |
| BISCUIT, HEAT & SERVE | 209 | 25.3 | 0 | 737 | 9.9 | 5.5 | 4.4 | 2.2 |
| BLACK BEAN & CORN SALSA | 120 | 23.64 | 0 | 671 | 0.27 | 0.04 | 5.02 | 5.81 |
| BLUEBERRY MUFFIN (SINGLE) | 260 | 44 | 65 | 320 | 8 | 1.5 | 6 | 3 |
| BOLOGNA & CHEESE SAND pre-k | 257 | 26.05 | 53 | 1116 | 11.11 | 4.3 | 13.62 | 2 |
| BREAD, WHEAT SLICED | 70 | 13 | 0 | 130 | 0.5 | 0 | 3 | 1 |
| BREAD, WHITE | 70 | 15 | 0 | 140 | 0.5 | 0 | 2 | 0 |
| BREAKFAST BUN | 190 | 33.03 | 0 | 180 | 6.01 | 1 | 4 | 4 |
| BREAKFAST BREAK-BLUEBERRY MUFFIN | 350 | 67 | 35 | 320 | 8 | 2 | 4 | 4.1 |
| BROCCOLI AND CHEESE SAUCE | 70 | 5.75 | 11 | 216 | 3.44 | 2.16 | 5.38 | 2.72 |
| BROCCOLI FRESH | 15 | 3.01 | 0 | 15 | 0.17 | 0.01 | 1.28 | 1.18 |
| BROCCOLI FROZEN | 24 | 4.34 | 0 | 22 | 0.26 | 0.04 | 2.55 | 2.72 |
| BROCCOLI SALAD | 53 | 3.49 | 5 | 79 | 3.68 | 0.99 | 2.8 | 0.96 |
| CANTELOPE | 27 | 6.53 | 0 | 12.8 | 0.15 | 0.04 | 0.67 | 0.72 |
| CARROT AND RAISIN SALAD | 163 | 27.39 | 12 | 159 | 6.3 | 0.64 | 1.34 | 2.93 |
| CARROTS BABY BAG 1.5 OZ | 18 | 4.31 | 0 | 15 | 0.08 | 0.01 | 0.44 | 1.28 |
| CARROTS BABY GLAZED | 102 | 20.28 | 0 | 87 | 2.53 | 0.39 | 0.7 | 2.81 |
| CARROTS FRESH | 38 | 8.91 | 0 | 31 | 0.17 | 0.03 | 0.91 | 2.64 |
| CELERY STICKS | 12 | 2.71 | 0 | 65 | 0.1 | 0.03 | 0.56 | 1.26 |
| CEREAL BAR, COCOA KRISPIES | 151 | 26.23 | 0 | 141 | 4.54 | 1.01 | 2.02 | 3.03 |
| CEREAL BOWL, BERRY BERRY KIX | 70 | 16 | 0 | 100 | 1 | 0 | 1 | 1 |
| CEREAL BOWL, CINN TOAST CRUNCH | 121 | 22.27 | 0 | 202 | 3.04 | 0.51 | 1.01 | 1.01 |
| CEREAL BOWL, GOLDN GRAHMS | 110 | 24 | 0 | 260 | 1 | 0 | 1 | 0 |
| CEREAL CUP, APPLE JACKS, UNIV | 150 | 35 | 0 | 230 | 1 | 0 | 3 | 4 |
| CEREAL CUP, CINN TST CR, UNIV | 230 | 45 | 0 | 400 | 6 | 1 | 3 | 3 |
| CHEESE SALAD BOX | 168 | 7.25 | 30 | 201 | 9.21 | 6.04 | 15 | 1.38 |
| CHEESE AMERICAN SLICED | 71 | 2.03 | 15 | 213 | 4.05 | 2.53 | 7.09 | 0 |
| CHEESE CHEDDAR SHREDDED | 71 | 1.01 | 15 | 91 | 4.56 | 3.04 | 7.09 | 0 |
| CHEESE CHEDDAR SLICED | 45 | 0 | 10 | 80 | 3.5 | 2.25 | 3.5 | 0 |
| CHEESE PEPPER JACK SLICED | 55 | 0.5 | 12.5 | 105 | 4.5 | 3 | 3 | 0 |
| CHEESE PEPPER JACK STICK | 100 | 0 | 30 | 170 | 8 | 4.5 | 7 | 0 |
| CHEESEBURGER | 330 | 24.31 | 56 | 725 | 17.73 | 7.37 | 19.64 | 2.5 |
| CHEESEBURGER DOUBLE | 631 | 45.63 | 111 | 1341 | 34.45 | 14.23 | 37.29 | 3 |
| CHEESESTEAK SUB ELEM | 319 | 27.75 | 56 | 722 | 15.01 | 6.85 | 19.6 | 1 |
| CHEESESTEAK SUB SCDRY | 389 | 42.75 | 56 | 852 | 15.01 | 6.85 | 22.6 | 2 |

NUTRITIONAL INFORMATION

SCHOOL YEAR 11-12

Updated:5/1/2012

| | Calories | Carb g | Chol mg | Sodium mg | Total Fat g | Sat Fat g | Protein g | Fiber g |
|--------------------------------|----------|-----------|------------|--------------|----------------|--------------|--------------|------------|
| CHEETOS, BAKED | 110 | 17 | 17 | 210 | 4.5 | 0.5 | 0 | 0 |
| CHEETOS, FLAMIN' HOT | 120 | 17 | 0 | 210 | 4.5 | 0 | 2 | 0 |
| CHEEZ-IT CRACKERS, RF | 192 | 28.35 | 0 | 354 | 6.08 | 1.52 | 6.08 | 0 |
| CHEF SALAD BOX, HAM | 159 | 7.4 | 45.26 | 482 | 7.45 | 3.88 | 15.69 | 1.43 |
| CHEF SALAD BOX, TURKEY | 164 | 7.57 | 45 | 517 | 6.62 | 3.46 | 18.86 | 2.1 |
| CHEX MIX, BOLD | 210 | 35 | 0 | 330 | 7 | 1.5 | 4 | 2 |
| CHEX MIX, CHEDDAR | 210 | 35 | 0 | 610 | 6 | 1 | 4 | 2 |
| CHEX MIX, TRADITIONAL | 208 | 36.64 | 0 | 589 | 4.9 | 0.73 | 4.33 | 1.91 |
| CHICKEN BREAKFAST SANDWICH | 279 | 30.89 | 15 | 926 | 12.45 | 5.99 | 10.9 | 2 |
| CHICKEN CAESAR BOX | 168 | 5.84 | 40 | 604 | 8.33 | 2.64 | 17.21 | 1.58 |
| CHICKEN CAESAR WRAP | 331 | 37.06 | 40 | 977 | 10.92 | 4.06 | 22.16 | 4.91 |
| CHICKEN CRISPY BAKED | 220 | 7 | 65 | 380 | 14 | 4 | 17 | 0 |
| CHICKEN NUGGETS | 219 | 15.79 | 57 | 647 | 12.15 | 2.43 | 18.22 | 0 |
| CHICKEN NUGGETS TERIYAKI | 187 | 13.27 | 47 | 894 | 6.8 | 2 | 18 | 0.88 |
| CHICKEN OVEN ROASTED | 110 | 1 | 51 | 169 | 6 | 2 | 11 | 0 |
| CHICKEN OVEN ROASTED BBQ | 209 | 7.85 | 104 | 338 | 9.82 | 3.27 | 19.64 | 0 |
| CHICKEN PARMESAN | 273 | 14.24 | 68 | 523 | 16.52 | 4.39 | 16.31 | 0.22 |
| CHICKEN PARMESAN SANDWICH | 393 | 36.24 | 68 | 773 | 18.52 | 4.89 | 20.31 | 2.22 |
| CHICKEN PATTY DELI LINE | 218 | 10.8 | 63 | 324 | 13.5 | 3.1 | 13.5 | 0 |
| CHICKEN PATTY SANDWICH | 339 | 32.83 | 63 | 575 | 15.53 | 3.61 | 17.53 | 2 |
| CHICKEN PATTY SANDWICH, SPICY | 309 | 34 | 46 | 547 | 13 | 2.5 | 18 | 3 |
| CHICKEN POPCORN | 232 | 17.17 | 30 | 1010 | 12.12 | 3.03 | 13.13 | 1.01 |
| CHICKEN STRIPS SPICY | 241 | 15.24 | 59 | 382 | 13.21 | 3.05 | 18.29 | 1.02 |
| CHICKEN STRIPS SPICY WRAP | 397 | 45.08 | 46 | 809 | 16 | 5.53 | 21.82 | 5.05 |
| CHILI, W/BEANS | 170 | 7 | 35 | 480 | 10 | 4 | 13 | 3 |
| CHILI DOGS, SCDRY | 585 | 53.5 | 107 | 1320 | 28 | 9 | 26.5 | 3.5 |
| CHILI, SOUTHWEST | 238 | 26.09 | 12 | 662 | 8.85 | 3.09 | 13.83 | 8.5 |
| CHIPS AHOY MINI PKG | 170 | 24 | 0 | 115 | 8 | 2 | 2 | 1 |
| CINNAMON APPLES | 104 | 24.95 | 0 | 14 | 0.01 | 0 | 0.02 | 2.03 |
| CINNAMON ROLL | 420 | 68 | 10 | 440 | 12 | 6 | 10 | 4 |
| CLUX DELUX SANDWICH | 323 | 39.54 | 40 | 1209 | 8.03 | 1.51 | 22.13 | 3.23 |
| COLD CUT SUB | 377 | 43.04 | 83 | 1529 | 12.61 | 4.29 | 25.13 | 2 |
| COLLARD GREENS | 34 | 2.38 | 0 | 54 | 1.14 | 0.19 | 1.6 | 1.56 |
| COOKIES, BUTTER CRUNCH 2 PK | 140 | 23 | 10 | 135 | 5 | 2 | 1 | 1 |
| COOKIES, CHOCOLATE CHIP, 2 PK | 150 | 21 | 5 | 160 | 6 | 1.5 | 2 | 1 |
| COOKIES, CHOCOLATE CHIPPERS | 168 | 22 | 5 | 160 | 6.5 | 1.8 | 2 | 2 |
| COOKIES, FUDGE CHIP, 2 PK | 150 | 20 | 15 | 70 | 7 | 2 | 2 | 0 |
| COOKIES, LEMON 2 PK | 150 | 21 | 10 | 115 | 6 | 1.5 | 2 | 0 |
| COOKIES, OATMEAL RAISIN, 2 PK | 142 | 21 | 10 | 75 | 5.4 | 1.5 | 2 | 2 |
| COOKIES, READIBAKE, CANDY | 110 | 17.85 | 9 | 117 | 3.65 | 1.2 | 1.53 | 0.96 |
| COOKIES, READIBAKE, CHOC CHIP | 110 | 18.02 | 9 | 120 | 3.68 | 1.21 | 1.65 | 0.96 |
| COOKIES, READIBAKE, SUGAR | 110 | 17.89 | 7 | 120 | 3.67 | 1.06 | 1.45 | 0.85 |
| CORN DOG | 234 | 29.2 | 27 | 743 | 8.9 | 2.2 | 9.2 | 1.7 |
| CORN FROZEN | 80 | 18.79 | 0 | 3 | 0.71 | 0.11 | 2.74 | 1.91 |
| CORNBREAD LOAF | 200 | 28 | 30 | 210 | 8 | 1.5 | 3 | 0 |
| CRACKERS, GOLDFISH CHEDDAR | 100 | 14 | 3 | 170 | 3.5 | 1 | 3 | 1 |
| CRACKERS, JUNGLE ANIMAL | 121 | 22.27 | 0 | 61 | 3.04 | 0 | 2.03 | 0 |
| CRACKERS, SALTINES | 25 | 4 | 0 | 75 | 0.5 | 0 | 0 | 0 |
| CRANBERRY SAUCE | 52 | 13.47 | 0 | 10 | 0.05 | 0 | 0.07 | 0.35 |
| CREAM CHEESE, PC | 94 | 0.94 | 33 | 113 | 9.45 | 0 | 1.89 | 0 |
| CUCUMBER SALAD | 33 | 7.66 | 0 | 133 | 0.06 | 0.02 | 0.32 | 0.41 |
| DORITOS, COOL RANCH, RF | 130 | 19 | 0 | 160 | 5 | 0 | 2 | 1 |
| DORITOS, NACHO CHEESE, RF | 130 | 19 | 0 | 220 | 5 | 1 | 2 | 2 |
| DORITOS, SPICY SWEET CHILI, RF | 130 | 20 | 0 | 180 | 5 | 0.5 | 2 | 2 |

NUTRITIONAL INFORMATION
SCHOOL YEAR 11-12

Updated:5/1/2012

| | Calories | Carb g | Chol mg | Sodium mg | Total Fat g | Sat Fat g | Protein g | Fiber g |
|--------------------------------|----------|-----------|------------|--------------|----------------|--------------|--------------|------------|
| DRESSING, CAESAR LITE, PUMP | 70 | 3 | 0 | 550 | 6 | 1 | 1 | 0 |
| DRESSING, HONEY MUSTARD, BTL | 130 | 8 | 10 | 90 | 10 | 1.5 | 0 | 0 |
| DRESSING, HONEY MUSTARD, PUMP | 140 | 5 | 10 | 180 | 13 | 2 | 1 | 0 |
| DRESSING, ITALIAN LITE, BTL | 10 | 2 | 0 | 460 | 0 | 0 | 0 | 0 |
| DRESSING, ITALIAN LITE, PUMP | 15 | 2 | 0 | 470 | 1 | 0 | 0 | 0 |
| DRESSING, RANCH LITE, BTL | 80 | 4 | 5 | 220 | 7 | 1 | 0 | 0 |
| DRESSING, RANCH LITE, PUMP | 66 | 1.89 | 5 | 123 | 6.61 | 0.94 | 0.94 | 0 |
| DRESSING, RASPBRY VING, PUMP | 24 | 6.61 | 0 | 170 | 0 | 0 | 0 | 0 |
| EGG, HARD BOILED, SALAD BOX | 183 | 6.37 | 373 | 145 | 10.82 | 3.3 | 13.58 | 1.38 |
| EGG SALAD | 242 | 4.42 | 523 | 427 | 18.83 | 4.81 | 16.09 | 0.08 |
| EGG SALAD BOX | 271 | 9.67 | 523 | 447 | 19.04 | 4.85 | 17.09 | 1.46 |
| EGG SALAD SANDWICH | 362 | 26.42 | 523 | 677 | 20.83 | 5.31 | 20.09 | 2.08 |
| EGG/CHE ON BISCUIT | 270 | 25.01 | 123 | 896 | 14.52 | 7.27 | 10.54 | 2 |
| EGG/CHE ON ENG MUFFIN | 220 | 31.01 | 123 | 456 | 6.53 | 2.27 | 11.54 | 1 |
| EGG/CHE/CAN BACON ON BISCUIT | 295 | 25.51 | 138 | 1051 | 15.77 | 7.77 | 13.54 | 2 |
| EGG/CHE/CAN BACON ON ENG MUFFN | 245 | 31.51 | 138 | 611 | 7.78 | 2.77 | 14.54 | 1 |
| EGG/SAUSAGE ON BISCUIT | 311 | 24.4 | 140 | 942 | 17.7 | 7.8 | 13.6 | 2 |
| EGG/SAUSAGE ON ENG MUFFIN | 261 | 30.4 | 140 | 502 | 9.7 | 2.8 | 14.6 | 1 |
| FANTASTIX, CHILI CHEESE | 130 | 19 | 0 | 200 | 5 | 1 | 2 | 1 |
| FISH & STAR NUGGETS | 221 | 20.07 | 55 | 341 | 8.03 | 0 | 15.05 | 1 |
| FISH HOAGIE W/CHEESE, ELEM | 413 | 47.41 | 52 | 772 | 15.84 | 2.95 | 19.86 | 2.12 |
| FISH HOAGIE W/CHEESE, SCDRY | 483 | 62.41 | 52 | 902 | 15.84 | 2.95 | 22.86 | 3.12 |
| FLAPSTICK | 202 | 24.5 | 24 | 420 | 8 | 2.7 | 8.1 | 1.8 |
| FRENCH TOAST STCK ELEM | 243 | 31.85 | 15 | 394 | 10.62 | 2.28 | 4.55 | 0 |
| FRENCH TOAST STCK SCDRY | 324 | 42.47 | 20 | 526 | 14.16 | 3.03 | 6.07 | 0 |
| FRITATTA OMELET | 230 | 23 | 190 | 640 | 11 | 4.5 | 11 | 3 |
| FUNNEL CAKE | 280 | 45 | 30 | 360 | 9 | 2 | 5 | 1 |
| GARDENBURGER CLASSIC | 211 | 26.05 | 0 | 564 | 4.53 | 0.5 | 16.15 | 6.05 |
| GENERAL TSO'S BEEF | 321 | 35.38 | 45 | 1217 | 15.23 | 5.05 | 14.19 | 1.81 |
| GRAHAMS, GOLDFISH | 120 | 19 | 0 | 110 | 4 | 1 | 1 | 1 |
| GRAPE JUICE, BCPS | 80 | 20 | 0 | 10 | 0 | 0 | 0 | 0 |
| GRAPES | 57 | 14.15 | 0 | 0 | 0.45 | 0 | 0.55 | 0.8 |
| GRAVY, BROWN | 25 | 4 | 0 | 332 | 1 | 0 | 1 | 0 |
| GRAVY, CHICKEN | 25 | 4 | 5 | 322 | 1 | 0 | 1 | 0 |
| GREEN BEANS, CANNED | 20 | 4.97 | 0 | 268 | 0.1 | 0.02 | 0.99 | 1.99 |
| GREEN BEANS, FROZEN | 21 | 4.84 | 0 | 7 | 0.12 | 0.03 | 1.13 | 2.22 |
| GRILLED CHEESE SANDWICH | 302 | 36.05 | 30 | 745 | 10.1 | 5.06 | 18.17 | 0 |
| HAM & CHEESE SANDWICH | 266 | 28.52 | 45 | 832 | 7.55 | 3.28 | 20.59 | 2 |
| HAM & CHEESE SANDWICH pre-k | 210 | 23.51 | 37.59 | 716 | 6.52 | 2.52 | 15.04 | 2 |
| HAM & CHEESE SUB (HOT) | 316 | 41.52 | 45.19 | 942 | 8.05 | 3.28 | 21.59 | 2 |
| HAM & CHEESE WRAP | 329 | 37.1 | 45.19 | 1085 | 11.6 | 5.29 | 20.87 | 4.39 |
| HAMBURGER | 295 | 23.3 | 48 | 619 | 15.7 | 6.1 | 16.1 | 2.5 |
| HONEY MUSTARD, PC | 30 | 6 | 0 | 45 | 0 | 0 | 0 | 0 |
| HOT DOG - ELEM | 252 | 25.01 | 45.56 | 543 | 11.62 | 3.54 | 10.07 | 1 |
| HOT DOGS 2 - SCDRY | 503 | 50.03 | 91.12 | 1087 | 23.25 | 7.09 | 20.15 | 2 |
| ICE CREAM CHOCOLATE SHORTCAKE | 101 | 23.52 | 6 | 17 | 1.12 | 0 | 1.12 | 0 |
| ICE CREAM CONE, CRUM COOKIE | 170 | 31 | 5 | 105 | 3.5 | 1.5 | 3 | 0.5 |
| ICE CREAM CUP, BIRTHDAY CAKE | 70 | 13 | 3 | 40 | 1 | 0.5 | 2 | 0 |
| ICE CREAM CUP, CHOC RIPPLE, LF | 100 | 15 | 10 | 50 | 3 | 2 | 2 | 0 |
| ICE CREAM CUP, CHOC, LF | 70 | 15 | 5 | 60 | 1.5 | 1 | 2 | 1 |
| ICE CREAM CUP, COTTN CANDY, LF | 90 | 14 | 10 | 35 | 3.5 | 2 | 2 | 0 |
| ICE CREAM CUP, STRW RIPPL, LF | 100 | 15 | 10 | 50 | 3 | 2 | 1 | 0 |
| ICE CREAM CUP, VAN/CHOC, LF | 100 | 15 | 10 | 55 | 3.5 | 2 | 2 | 0 |
| ICE CREAM CUP, VANILLA, LF | 70 | 14 | 5 | 60 | 1.5 | 1.5 | 2 | 0.5 |

NUTRITIONAL INFORMATION
SCHOOL YEAR 11-12

Updated:5/1/2012

| | Calories | Carb g | Chol mg | Sodium mg | Total Fat g | Sat Fat g | Protein g | Fiber g |
|--------------------------------|----------|-----------|------------|--------------|----------------|--------------|--------------|------------|
| ICE CREAM FUDGE FRENZY | 80 | 19 | 0 | 75 | 0.5 | 0 | 3 | 3 |
| ICE CREAM PUSH-UP, COTN CNDY | 90 | 14 | 10 | 35 | 3.5 | 2 | 2 | 0 |
| ICE CREAM PUSH-UP, ORANGE JCE | 101 | 23.52 | 6 | 17 | 1.12 | 0 | 1.12 | 0 |
| ICE CREAM PUSH-UP, VAN FUDGE | 80 | 16 | 5 | 50 | 1 | 0.5 | 2 | 0 |
| ICE CREAM RAINBOW POLAR POLE | 70 | 16 | 10 | 25 | 1 | 0.5 | 0 | 1 |
| ICE CREAM SANDWICH RF | 160 | 30 | 5 | 95 | 3 | 1 | 3 | 0.5 |
| ICE CREAM STRAW SHORTCAKE | 130 | 23 | 5 | 45 | 3.5 | 1 | 1 | 0 |
| JUMP STARTS - APPLE JACKS RS | 286 | 62.49 | 0 | 280 | 3.9 | 0.65 | 2.6 | 2.6 |
| JUMP STARTS - FRSTED FLAKES RS | 250 | 55.01 | 0 | 260 | 2.5 | 0.5 | 3 | 3 |
| JUMP STARTS - RICE KRISPIES | 360 | 75.02 | 0 | 275 | 5 | 1.5 | 3 | 2 |
| KETCHUP, PUMPABLE, 1 TBS | 15 | 4 | 0 | 190 | 0 | 0 | 0 | 0 |
| KID'S SNACK MIX | 110 | 18 | 0 | 200 | 4 | 1 | 2 | 1 |
| KIWI FRUIT | 54 | 12.97 | 0 | 2 | 0.46 | 0.03 | 1.01 | 2.65 |
| MACARONI & CHEESE | 277 | 24.62 | 41 | 379 | 12.31 | 8.2 | 15.38 | 1.03 |
| MARINARA SAUCE, CANNED | 49 | 6.2 | 0 | 310 | 1.99 | 0.22 | 0.89 | 0.44 |
| MAYONNAISE, PC | 70 | 0 | 5 | 55 | 7 | 1 | 0 | 0 |
| MAYONNAISE, PUMPABLE, 1 TBS | 51 | 1.01 | 10 | 111 | 5.06 | 0.51 | 0 | 0 |
| MEATBALL SUB | 411 | 53.29 | 25 | 1101 | 14.66 | 4.32 | 19.03 | 3.76 |
| MEATBALL SUB, SWEET & SOUR | 534 | 82.89 | 25 | 1799 | 17.86 | 4.6 | 17.43 | 2.96 |
| MILK, 1%, WHITE | 110 | 13 | 15 | 135 | 2.5 | 1.5 | 8 | 0 |
| MILK, FAT FREE, CHOCOLATE | 130 | 23 | 5 | 210 | 0 | 0 | 8 | 0 |
| MILK, FAT FREE, STRAWBERRY | 130 | 23 | 5 | 130 | 0 | 0 | 8 | 0 |
| MILK, FAT FREE, WHITE | 90 | 13 | 5 | 135 | 0 | 0 | 9 | 0 |
| MILK, SHELF STABLE, CHOC | 200 | 30 | 15 | 130 | 5 | 3 | 8 | 0 |
| MILK, SHELF STABLE, WHITE | 100 | 12 | 20 | 110 | 2.5 | 1.5 | 8 | 0 |
| MILK, SOY, VANILLA | 130 | 19 | 0 | 120 | 3.5 | 0.5 | 6 | 1 |
| MIXED FRUIT, CANNED | 72 | 18.81 | 0 | 8 | 0.09 | 0.01 | 0.5 | 1.39 |
| MOZZARELLA DIPPERS | 355 | 41 | 10 | 1090 | 14.25 | 4.25 | 15 | 4.5 |
| MUFFIN, BLUEBERRY, INDIVIDUAL | 260 | 44 | 65 | 320 | 8 | 1.5 | 6 | 3 |
| MUSTARD, PC | 5 | 0 | 0 | 50 | 0 | 0 | 0 | 0 |
| MUSTARD, PUMPABLE, 1 TBS | 10 | 0.8 | 0 | 170 | 0.6 | 0.04 | 0.65 | 0.49 |
| NACHO CHEESE SAUCE | 87 | 2.67 | 20 | 367 | 6 | 4 | 5.33 | 0 |
| NACHO GRANDE | 322 | 28.07 | 57.19 | 819.4 | 14.49 | 6.67 | 20.87 | 3.94 |
| OATMEAL CHIP BAR | 290 | 47 | 20 | 240 | 9 | 3 | 5 | 3 |
| ORANGE CHICKEN | 142 | 19 | 32 | 284 | 2.84 | 0.71 | 9.22 | 0 |
| ORANGE JUICE, BCPS | 50 | 13 | 0 | 0 | 0 | 0 | 1 | 0 |
| ORANGES | 45 | 11.28 | 0 | 0 | 0.12 | 0.02 | 0.9 | 2.3 |
| OREO MINI PKG | 130 | 20 | 0 | 135 | 5 | 1.5 | 1 | 0 |
| PANCAKE & EGG LUNCH | 360 | 59 | 230 | 525 | 13 | 2 | 12 | 6 |
| PANCAKE & SAUSAGE LUNCH | 390 | 57 | 60 | 485 | 15 | 2 | 18 | 6 |
| PANCAKES, 3 PACK | 270 | 57 | 0 | 285 | 6 | 0 | 6 | 6 |
| PANCAKES, MINI | 200 | 33.98 | 10 | 300 | 5 | 1 | 4 | 3 |
| PASTA SALAD - BROCCOLI | 63 | 10.06 | 1 | 51 | 2.11 | 0.26 | 1.96 | 1.83 |
| PASTA, ROTINI, PLAIN | 100 | 20.5 | 0 | 0 | 0.75 | 0 | 3.5 | 3 |
| PEACH CRISP | 228 | 38.88 | 0 | 107 | 8.41 | 1.38 | 1.91 | 1.96 |
| PEACH CUP, DEL MONTE | 60 | 14 | 0 | 0 | 0 | 0 | 1 | 1 |
| PEACHES, CANNED | 50 | 12 | 0 | 10 | 0 | 0 | 0 | 1 |
| PEACHES, FRESH | 30 | 7.35 | 0 | 0 | 0.19 | 0.01 | 0.7 | 1.16 |
| PEARS, CANNED | 71 | 18.89 | 0 | 6 | 0.04 | 0 | 0.24 | 1.99 |
| PEARS, FRESH | 41 | 10.82 | 0 | 0.7 | 0.08 | 0.01 | 0.27 | 2.17 |
| PEAS, FROZEN | 70 | 12.36 | 0 | 98 | 0.36 | 0.06 | 4.74 | 4.08 |
| PEPPER JACK BOX LUNCH | 421 | 62.71 | 30 | 966 | 10.77 | 4.54 | 14.03 | 8.81 |
| PEPPERONI | 24 | 0.6 | 7 | 162 | 1.4 | 0.4 | 2 | 0 |
| PINEAPPLE, CANNED | 66 | 16.95 | 0 | 1 | 0.15 | 0.01 | 0.45 | 1.01 |

NUTRITIONAL INFORMATION

SCHOOL YEAR 11-12

Updated:5/1/2012

| | Calories | Carb g | Chol mg | Sodium mg | Total Fat g | Sat Fat g | Protein g | Fiber g |
|------------------------------------|----------|-----------|------------|--------------|----------------|--------------|--------------|------------|
| PIZZA 16" ROUND PEP (A LA CARTE) | 477 | 52.9 | 33 | 853 | 18.8 | 9.69 | 25.66 | 4.99 |
| PIZZA 16" ROUND PLAIN (A LA CARTE) | 330 | 31.97 | 30 | 559 | 13.98 | 7.99 | 20.98 | 3 |
| PIZZA 4x6 PEP ELEM | 409 | 40.5 | 38 | 947 | 18.59 | 9.64 | 20.78 | 2.02 |
| PIZZA 4x6 PLAIN ELEM | 395 | 40.5 | 35 | 891 | 17.21 | 9.11 | 20.25 | 2.02 |
| PIZZA 4x6 WG HAM/PNAPL SCDRY | 423 | 50.93 | 38 | 720 | 15.23 | 7.06 | 21.76 | 4.25 |
| PIZZA 4x6 WG PEP SCDRY | 415 | 46.12 | 38 | 721 | 16.41 | 7.55 | 21.58 | 4.01 |
| PIZZA 4x6 WG ONION/GR PEP SCDRY | 409 | 47.98 | 35 | 691 | 15.04 | 7.01 | 21.27 | 4.47 |
| PIZZA 4x6 WG PLAIN SCDRY | 401 | 46.12 | 35.09 | 691 | 15.04 | 7.02 | 21.05 | 4.01 |
| PIZZA BREAKFAST | 220 | 24 | 10 | 570 | 10 | 4 | 9 | 1 |
| PIZZA STUFF CRUST PEP | 394 | 40.05 | 22 | 836 | 16.42 | 5.04 | 19.55 | 5.01 |
| PIZZA STUFF CRUST PLAIN | 380 | 40.05 | 20 | 781 | 15.02 | 4.51 | 19.02 | 5.01 |
| PIZZA SUB | 456 | 51.77 | 30 | 1158 | 17.06 | 7.47 | 22.72 | 2.91 |
| PIZZA SUB W/PEPP | 480 | 52.37 | 37 | 1320 | 18.46 | 7.87 | 24.71 | 2.91 |
| PIZZABURGER | 350 | 26.74 | 53 | 818 | 18.72 | 7.39 | 18.91 | 2.72 |
| POP-TART, FR CINN, 1 PACK | 210 | 34.5 | 0 | 170 | 7 | 2.25 | 2.5 | 0.5 |
| POP-TART, FR STRAW, 1 PACK | 200 | 37 | 0 | 170 | 5 | 1.5 | 2 | 1 |
| POPCORN, KETTLE CORN, J RAPPS | 120 | 21 | 0 | 180 | 3.5 | 0 | 2 | 2 |
| POPCORN, WHITE CHED, J RAPPS | 80 | 11 | 0 | 120 | 3 | 0.5 | 2 | 2 |
| POPCORN, WHITE CHED, SMARTFD | 65 | 9 | 0 | 125 | 3 | 0.5 | 1.5 | 1.5 |
| POPCORNER, CHEESY JALAPENO | 150 | 22 | 0 | 135 | 6 | 0.5 | 3 | 0 |
| POPCORNER, KETTLE | 140 | 23 | 0 | 110 | 4 | 0 | 2 | 0 |
| POPPED CHIPS, BBQ | 70 | 13 | 0 | 170 | 1.5 | 0 | 1 | 1 |
| POPPED CHIPS, SEA SALT | 70 | 12 | 0 | 140 | 2 | 2 | 1 | 1 |
| POTATO BAKED | 128 | 29.19 | 0 | 14 | 0.18 | 0.06 | 3.45 | 3.04 |
| POTATO BROCCOLI & CHEESE | 364 | 44.88 | 44 | 832 | 13.5 | 8.84 | 17.44 | 5.35 |
| POTATO CHESAPEAKE | 90 | 20.74 | 0 | 226 | 0 | 0 | 1.73 | 1.73 |
| POTATO CHILI | 283 | 33.69 | 32.5 | 343 | 9.68 | 5.05 | 16.95 | 4.54 |
| POTATO CHIPS, BAKED LAY'S | 111 | 22.86 | 0 | 171 | 1.71 | 0 | 2.29 | 2.29 |
| POTATO CHIPS, BAKED LAY'S, BBQ | 105 | 19.25 | 0 | 184 | 2.62 | 0 | 1.75 | 1.75 |
| POTATO CHIPS, SR CRM/CHED RUFF | 140 | 13.13 | 4 | 201 | 8.75 | 0.87 | 1.75 | 0.87 |
| POTATO CRINKLES | 51 | 11.14 | 0 | 132 | 0.51 | 0 | 1.01 | 1.01 |
| POTATO MASHED | 66 | 13.93 | 0 | 253 | 0.72 | 0.13 | 1.61 | 1.17 |
| POTATO ROASTED | 143 | 25.48 | 0 | 163 | 3.57 | 0.51 | 2.04 | 2.04 |
| POTATO SALAD | 176 | 17.6 | 10 | 664 | 10.4 | 1.6 | 2.4 | 1.6 |
| POTATO WEDGES | 89 | 14.87 | 0 | 30 | 2.48 | 0 | 1.98 | 1.98 |
| PRETZEL, SOFT, WHEAT | 170 | 35 | 0 | 150 | 1 | 0 | 6 | 4 |
| PRETZELS, HEARTZELS | 120 | 23 | 0 | 200 | 1.5 | 0 | 2 | 2 |
| PRETZELS, TINY TWISTS | 111 | 23.29 | 0 | 456 | 1.01 | 0 | 2.03 | 1.01 |
| QUESADILLAS, CHEESE | 260 | 29 | 10 | 620 | 9 | 2.5 | 15 | 4 |
| RAISELS (LEMON & ORANGE) | 90 | 24 | 0 | 0 | 0 | 0 | 1 | 1 |
| RAISINS, IND BOX | 129 | 34.05 | 0 | 5 | 0.2 | 0.03 | 1.32 | 1.59 |
| RAVIOLI, BEEF | 271 | 32.49 | 32 | 747 | 8.66 | 3.79 | 17.33 | 5.41 |
| REFRIED BEANS W/CHEESE | 150 | 17.68 | 8 | 341 | 4.19 | 2.47 | 10.22 | 5.73 |
| RICE KRISPIES TREATS | 151 | 28.48 | 0 | 176 | 3.77 | 1.26 | 0.84 | 0 |
| RICE, ASIAN | 184 | 39.21 | 0 | 106 | 1.47 | 0.23 | 3.73 | 1.2 |
| RICE, BROWN | 167 | 36.02 | 0 | 8 | 0.93 | 0.18 | 3.73 | 1.2 |
| RICE, CHICKEN | 168 | 36.04 | 0 | 30 | 0.93 | 0.18 | 3.75 | 1.2 |
| RICE, MEXICAN | 187 | 39.01 | 0 | 228 | 1.5 | 0.24 | 4.01 | 1.83 |
| RICE, TERIYAKI | 196 | 43.11 | 0 | 405 | 0.93 | 0.18 | 3.73 | 1.2 |
| ROLL, DINNER | 80 | 16 | 0 | 130 | 0.5 | 0 | 3 | 1 |
| ROLL, HAMBURGER, WHOLE GR WHITE | 130 | 27 | 0 | 220 | 1.5 | 0 | 6 | 4 |
| ROLL, HOT DOG | 120 | 24 | 0 | 240 | 1.5 | 0 | 4 | 1 |
| ROLL, SUB | 190 | 39 | 0 | 370 | 1.5 | 0 | 7 | 2 |
| SALAD BOX, TOSSED (NO PROTEIN) | 28 | 5.25 | 0 | 21 | 0.21 | 0.04 | 1 | 1.38 |

NUTRITIONAL INFORMATION
SCHOOL YEAR 11-12

Updated:5/1/2012

| | Calories | Carb g | Chol mg | Sodium mg | Total Fat g | Sat Fat g | Protein g | Fiber g |
|--------------------------------|----------|-----------|------------|--------------|----------------|--------------|--------------|------------|
| SALAD, CHOPPED W/CHEESE | 179 | 5.32 | 30 | 257 | 10.8 | 6.61 | 15.44 | 1.9 |
| SALAD, CHOPPED W/CHICKEN | 126 | 5.38 | 40 | 354 | 4.31 | 1.55 | 17.42 | 3.11 |
| SALAD, CHOPPED W/CHICKEN & CHE | 164 | 3.94 | 35 | 329 | 9.17 | 4.49 | 15.71 | 1.13 |
| SALAD, CHOPPED W/HAM & CHEESE | 141 | 5.28 | 45 | 593 | 6.7 | 3.3 | 15.74 | 1.64 |
| SALAD, SIDE, CAESAR | 42 | 3.13 | 0 | 163 | 2.73 | 0.67 | 1.24 | 0.82 |
| SALAD, SIDE, CHOPPED | 10 | 1.91 | 0 | 17 | 0.09 | 0.01 | 0.57 | 0.92 |
| SALAD, SIDE, TOSSED | 7 | 0.99 | 0 | 3 | 0 | 0 | 0.33 | 0.33 |
| SALISBURY STEAK | 195 | 7.55 | 47 | 857 | 12.25 | 4.47 | 14.15 | 0.21 |
| SAUERKRAUT | 63 | 15.63 | 0 | 752 | 0.21 | 0.05 | 1.09 | 3.66 |
| SAUSAGE LINKS | 120 | 0 | 60 | 200 | 9 | 2 | 12 | 0 |
| SAUSAGE PATTIES | 152 | 0.8 | 50 | 304 | 10.4 | 3.6 | 13.2 | 0 |
| SIMPLY FRUIT TWISTS GRPE/RASP | 70 | 16 | 0 | 15 | 0 | 0 | 0 | 1 |
| SLICED CHEE & CRACKRS pre-k | 206 | 19.04 | 23 | 619 | 8.08 | 3.8 | 10.63 | 0 |
| SNACK BREAKS ANIMAL CRK/JC | 190 | 41.01 | 0 | 155 | 3 | 1 | 1 | 1.1 |
| SNACK BREAKS GOLDFSH/JC | 190 | 37.01 | 0 | 185 | 3.5 | 1 | 3 | 1 |
| SOUP, CHICKEN NOODLE | 101 | 17.24 | 15 | 808 | 2.53 | 1.01 | 4.06 | 1.01 |
| SOUP, TOMATO | 90 | 20 | 0 | 484 | 0 | 0 | 2 | 1 |
| SOUTHWESTERN SALAD | 308 | 36.6 | 39 | 802 | 8.81 | 2.02 | 21.03 | 8.1 |
| SOY SAUCE, PC | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| SPAGHETTI W/MEAT SAUCE | 369 | 39.34 | 57 | 816 | 14.51 | 5.1 | 22.34 | 5.87 |
| SPECIAL K BAR, STRAWBERRY | 92 | 17.71 | 0 | 94 | 1.68 | 0.81 | 1.43 | 0.37 |
| SPINACH, FROZEN | 58 | 8.16 | 0 | 165 | 1.48 | 0.27 | 6.82 | 6.29 |
| STRAWBERRY CUPS | 122 | 33.05 | 0 | 4 | 0.17 | 0.01 | 0.68 | 2.41 |
| STRING CHEESE | 80 | 0 | 15 | 210 | 6 | 3.5 | 7 | 0 |
| STRING CHEESE & CRACKERS pre-k | 280 | 22.27 | 30 | 476 | 14.89 | 6.91 | 15.85 | 0 |
| STUFFED SHELLS | 337 | 33.74 | 48 | 1060 | 11.34 | 4.79 | 22.38 | 1.8 |
| STUFFING | 147 | 16.92 | 0 | 617 | 7.96 | 1.15 | 2.89 | 0.94 |
| SUN MORNING MIX-UPS | 192 | 32.39 | 0 | 127 | 5.06 | 0.51 | 4.05 | 3.04 |
| SWEET POTATO CASSEROLE | 265 | 46.42 | 0 | 181 | 7.62 | 1.26 | 3.67 | 2.62 |
| SWEET POTATO STICKS | 112 | 20.43 | 0 | 163 | 3.06 | 0.51 | 0 | 2.04 |
| SWEET POTATO WHOLE BAKED | 204 | 46.97 | 0 | 82 | 0.34 | 0.08 | 4.56 | 7.48 |
| SWEET POTATO WHOLE CANNED | 164 | 39.62 | 0 | 64 | 0.28 | 0.06 | 1.43 | 3.54 |
| SWEET POTATOES & APPLES | 158 | 38.01 | 0 | 54 | 0.21 | 0.04 | 1.03 | 3.57 |
| SYRUP, PC | 120 | 31 | 0 | 25 | 0 | 0 | 0 | 0 |
| TACO SALAD BOX | 155 | 5.69 | 42.91 | 344.16 | 7.43 | 3.35 | 17.22 | 2.79 |
| TACO SAUCE, PC | 5 | 0 | 0 | 95 | 0 | 0 | 0 | 0 |
| TACO SOFT SHELL TORTILLA | 267 | 26.54 | 42.91 | 659.21 | 10.32 | 4.83 | 20.66 | 5.02 |
| THREE BEAN SALAD | 132 | 14.53 | 0 | 351 | 6.54 | 0.5 | 3.96 | 3.77 |
| TOMATOES & CUCUMBERS | 10 | 2.25 | 0 | 4 | 0.14 | 0.02 | 0.41 | 0.52 |
| TORTILLA, SOFT, WG, 10" | 510 | 1.8 | 5 | 2 | 6 | 34 | 4 | 180 |
| TORTILLA, SOFT, WG, 8" | 320 | 1.08 | 3 | 1.5 | 4 | 22 | 3 | 100 |
| TOSTITOS SCOOPS, BULK | 120 | 22 | 0 | 130 | 3 | 0.5 | 2 | 2 |
| TOSTITOS SCOOPS, IND BAG | 110 | 19 | 0 | 110 | 2.5 | 0 | 2 | 2 |
| TUNA SALAD | 143 | 2.36 | 49 | 470 | 7.38 | 0.68 | 15.73 | 0.46 |
| TUNA SALAD BOX | 172 | 7.61 | 43 | 359 | 8.19 | 0.72 | 16.73 | 1.84 |
| TUNA SALAD SANDWICH | 263 | 24.36 | 43 | 589 | 9.97 | 1.18 | 19.73 | 2.46 |
| TURKEY & CHEESE SAND pre-k | 215 | 23.68 | 38 | 750 | 5.69 | 2.1 | 18.21 | 2.67 |
| TURKEY & CHEESE SANDWICH | 251 | 24.69 | 45 | 856 | 7.72 | 3.36 | 21.75 | 2.67 |
| TURKEY & DUMPLINGS | 281 | 33.01 | 76 | 1011 | 8.64 | 3.76 | 19.1 | 4.2 |
| TURKEY SALAD | 148 | 2.55 | 62 | 810 | 6.73 | 0.98 | 19.52 | 1.49 |
| TURKEY SALAD BOX | 177 | 7.8 | 61.9 | 830 | 6.94 | 1.02 | 20.52 | 2.87 |
| TURKEY SALAD SANDWICH | 268 | 24.55 | 61.9 | 1060 | 8.73 | 1.48 | 23.52 | 3.49 |
| TURKEY SANDWCH, DICED, ELEM | 182 | 18.63 | 51 | 975 | 3.81 | 0.53 | 19.71 | 1.07 |
| TURKEY SANDWCH, DICED, SCDRY | 252 | 33.63 | 51 | 1115 | 4.31 | 0.53 | 21.71 | 1.07 |

NUTRITIONAL INFORMATION
SCHOOL YEAR 11-12

Updated:5/1/2012

| | Calories | Carb g | Chol mg | Sodium mg | Total Fat g | Sat Fat g | Protein g | Fiber g |
|--------------------------------|-----------------|-------------------|--------------------|----------------------|------------------------|----------------------|----------------------|--------------------|
| TURKEY W/GRAVY, DICED | 112 | 3.63 | 51 | 835 | 3.31 | 0.53 | 17.71 | 1.07 |
| VEGETABLE MEDLEY | 19 | 4.05 | 0 | 13 | 0.13 | 0.02 | 0.92 | 1.25 |
| VEGETABLES, CAESAR | 33 | 4.04 | 0 | 153 | 1.64 | 0.27 | 1.12 | 1.15 |
| VEGETABLES, CALIF BLND, CHEESY | 38 | 4.61 | 2 | 46 | 0.75 | 0.5 | 2.95 | 1.78 |
| VEGETABLES, CALIF BLND, PLAIN | 27 | 4.45 | 0 | 31 | 0 | 0 | 1.78 | 1.78 |
| VEGETABLES, FRESH COMBO | 20 | 3.9 | 0 | 33 | 0.2 | 0.04 | 0.99 | 1.34 |
| VEGETABLES, STIR-FRY | 22 | 4.45 | 0 | 9 | 0 | 0 | 1.78 | 1.78 |
| VEGETARIAN SUB, ELEM | 265 | 28.62 | 30 | 668 | 9.65 | 5.07 | 18.45 | 1.39 |
| VEGETARIAN SUB, SCDRY | 332 | 43.05 | 30 | 795 | 9.6 | 5.06 | 21.17 | 2 |
| WAFFLE | 190 | 22.05 | 20 | 210 | 7.02 | 2 | 3.01 | 3.01 |
| WATERMELON | 24 | 6.04 | 0 | 0.8 | 0.12 | 0.01 | 0.49 | 0.32 |
| WELCH'S FRUIT SNACKS, MIX FRU | 207 | 49.43 | 0 | 24 | 0 | 0 | 1.59 | 0 |
| WELCH'S FRUIT SNACKS, STRAW | 207 | 52.62 | 0 | 24 | 0 | 0 | 1.59 | 0 |
| WHEAT THINS, VEGGIE CHIPS | 233 | 34.42 | 0 | 516 | 9.11 | 1.52 | 3.04 | 1.01 |
| YOGURT & GOLDFISH GRAHMS pre-k | 220 | 39 | 4 | 160 | 4.5 | 1.5 | 4 | 1 |
| YOGURT BOX LUNCH (Grahams) | 400 | 61.38 | 19 | 392 | 10.58 | 4.98 | 11.15 | 2.51 |
| YOGURT BOX LUNCH (Berry Kix) | 350 | 58.38 | 19 | 382 | 7.58 | 3.98 | 11.15 | 2.51 |
| YOGURT BREAKFAST (Trix) | 100 | 20 | 4 | 50 | 0.5 | 0.5 | 3 | 0 |
| YOGURT LUNCH (8 oz.) | 180 | 36 | 5 | 150 | 0 | 0 | 6 | 0 |
| YOGURT PARFAIT | 180 | 41.86 | 0 | 94 | 0.34 | 0 | 3.97 | 1.66 |