

Recipe Description	Nutrients						Allergens					Pnut?	Dyes
	Calories	Carbs	Sodium mg	Total Fat g	Protein g	Fiber	Milk	Egg	Fish	Soy	Wheat		
APPLE FRUIT POCKET	250	46	330	8	3	6				yes	yes		
APPLES, CINNAMON	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	130	25	200	1.5	4	2					yes		
BAGEL, PIZZA, MINI	260	24	560	9	21	4	yes	yes		yes	yes		
BANANA BREAD	281	44.18	221	10.04	5.02	2.01		yes		yes	yes		
BARBEQUE BEEF SANDWICH	457	52.64	678	18.11	23.15	4							
Seasoned Beef Tips	233	5	352	16	16	0	yes			yes	yes		
BBQ Sauce	83	19	83	0	0	0							
Sub roll	140	27	270	7	6	3				yes	yes		
BARBEQUE CHICKEN SANDWICH	297	39.93	689	7	22.55	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	128	22.57	137	0.04	5.89	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 BASE										yes	yes		
BISCUIT	180	28	280	6	5	2	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	199	18.53	745	9.86	12.62	2							

\*PC Portion Controlled

\*IW Individually Wrapped

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

Recipe Description		Nutrients						Allergens					Pnut?	Dyes
		Calories	Carbs	Sodium mg	Total Fat g	Protein g	Fiber	Milk	Egg	Fish	Soy	Wheat		
	Dinner Roll	80	16	130	1	3					yes	yes		
	Bologna (turkey)	81	1.52	500	7	6	0							
	Cheese american)	35	1	106	2	3		yes			yes			
<b>BREAD STICK, GARLIC</b>		<b>150</b>	<b>26</b>	<b>160</b>	<b>4</b>	<b>5</b>	<b>2</b>	<b>yes</b>	<b>yes</b>		<b>yes</b>	<b>yes</b>		
<b>BREAD STICK, CHEESY</b>		<b>150</b>	<b>18.01</b>	<b>290</b>	<b>6</b>	<b>8</b>	<b>2</b>	<b>yes</b>	<b>yes</b>		<b>yes</b>	<b>yes</b>		
<b>BREAD, WHITE WHEAT, SLICE</b>		<b>70</b>	<b>14</b>	<b>130</b>	<b>1</b>	<b>3</b>	<b>1</b>				<b>yes</b>	<b>yes</b>		
<b>BREAKFAST BAR, COCOA PUFF</b>		<b>151</b>	<b>30.19</b>	<b>111</b>	<b>3.02</b>	<b>3.02</b>	<b>3.02</b>				<b>yes</b>	<b>yes</b>		
<b>BREAKFAST BAR, GOLDEN GRAHAM</b>		<b>151</b>	<b>30.19</b>	<b>106</b>	<b>3.52</b>	<b>2.01</b>	<b>3.02</b>				<b>yes</b>	<b>yes</b>		
<b>BREAKFAST BREAK CHEERIOS BAR</b>		<b>310</b>	<b>63</b>	<b>236</b>	<b>6.5</b>	<b>3</b>	<b>4</b>							
	Cheerios cereal bar	150	30	85	3.5	2	3				yes	yes		
	Apple juice	60	15	5	0	0	0							
	Graham crackers	90	16	95	2.5	1	0					yes		
<b>BREAKFAST BREAK CIN POP TART</b>		<b>337</b>	<b>69.37</b>	<b>337</b>	<b>5.45</b>	<b>2.97</b>	<b>3.96</b>							
	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		
<b>BREAKFAST BREAK CIN TST BAR</b>		<b>330</b>	<b>65</b>	<b>240</b>	<b>7.5</b>	<b>2</b>	<b>5</b>							
	Cinnamon toast cereal bar	150	30	115	3	3	3		yes		yes	yes		
	Apple juice	60	15	5	0	0	0							
	Graham crackers	90	16	95	2.5	1	0					yes		
<b>BREAKFAST BREAK CINNA TST CRU</b>		<b>270</b>	<b>55</b>	<b>350</b>	<b>6</b>	<b>2</b>	<b>4</b>							
	Cinnamon toast cereal	110	22	200	3	1	3				yes	yes		
	Apple juice	60	15	5	0	0	0							
	Graham crackers	90	16	95	2.5	1	0					yes		
<b>BREAKFAST BREAK GOLDEN GRAHAM</b>		<b>310</b>	<b>64</b>	<b>370</b>	<b>5</b>	<b>4</b>	<b>4</b>							
	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		
<b>BREAKFAST BREAK STRAW OAT BAR</b>		<b>330</b>	<b>62</b>	<b>170</b>	<b>9</b>	<b>4</b>	<b>3</b>				<b>yes</b>	<b>yes</b>		
	Strawberry Bar	270	47	160	9	4	3	yes	yes		yes	yes		
	Apple juice	60	15	5	0	0	0							
<b>BREAKFAST BUN</b>		<b>240</b>	<b>43</b>	<b>230</b>	<b>7</b>	<b>5</b>	<b>3</b>	<b>yes</b>	<b>yes</b>		<b>yes</b>	<b>yes</b>		

\*PC Portion Controlled

\*IW Individually Wrapped

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

**Nutrients/Allergens/Dyes**  
**2016-2017**

Recipe Description	Nutrients						Allergens					Pnut?	Dyes
	Calories	Carbs	Sodium mg	Total Fat g	Protein g	Fiber	Milk	Egg	Fish	Soy	Wheat		
<b>BREAKFAST BURRITO, IW*</b>	<b>205</b>	<b>26</b>	<b>400</b>	<b>7.8</b>	<b>8.4</b>	<b>2.3</b>	yes	yes		yes	yes		
<b>BREAKFAST OMELET</b>	<b>140</b>	<b>12</b>	<b>330</b>	<b>4</b>	<b>6</b>	<b>1</b>	yes	yes		yes	yes		
<b>BREAKFAST PIZZA</b>	<b>210</b>	<b>26</b>	<b>479</b>	<b>6.99</b>	<b>8.89</b>	<b>2</b>	yes			yes	yes		
<b>BROCCOLI</b>	<b>28</b>	<b>4.42</b>	<b>22</b>	<b>0</b>	<b>2.2</b>	<b>2.2</b>							
<b>BROCCOLI &amp; CHEESE SAUCE</b>	<b>72</b>	<b>5.79</b>	<b>216</b>	<b>3.66</b>	<b>4.97</b>	<b>2.72</b>				yes			
<b>BUDDY FRUIT, FRUIT BREAK</b>	<b>80</b>	<b>19</b>	<b>5</b>	<b>0</b>	<b>0</b>	<b>1</b>							
<b>BURRITO BOWL, CHICKEN</b>	<b>369</b>	<b>45.34</b>	<b>598</b>	<b>8.88</b>	<b>26.07</b>	<b>2.88</b>							
Chicken Verde	176	4.51	595	7.18	21.54	0.62				yes			
Cilantro Rice	96	20	3	0.85	2.27	1							
<b>BURRITO, CHICKEN</b>	<b>433</b>	<b>51.92</b>	<b>947</b>	<b>12.53</b>	<b>27.81</b>	<b>5.75</b>							
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								
<b>CANTELOPE</b>	<b>27</b>	<b>6.53</b>	<b>13</b>	<b>0.15</b>	<b>0.67</b>	<b>0.72</b>							
<b>CARROTS &amp; CHERRY TOMATOES</b>	<b>23</b>	<b>5.3</b>	<b>17</b>	<b>0.15</b>	<b>0.62</b>	<b>1.51</b>							
<b>CARROTS STICKS</b>	<b>37</b>	<b>8.62</b>	<b>30</b>	<b>0.16</b>	<b>0.88</b>	<b>2.55</b>							
<b>CARROTS, BABY</b>	<b>22</b>	<b>5.26</b>	<b>50</b>	<b>0.08</b>	<b>0.41</b>	<b>1.85</b>							
<b>CARROTS, BABY GLAZED</b>	<b>102</b>	<b>20.26</b>	<b>62</b>	<b>2.48</b>	<b>0.68</b>	<b>2.81</b>							
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							
<b>CAULIFLOWER</b>	<b>13</b>	<b>2.49</b>	<b>15</b>	<b>0.14</b>	<b>0.96</b>	<b>1</b>							
<b>CELERY STICKS</b>	<b>12</b>	<b>2.71</b>	<b>65</b>	<b>0.1</b>	<b>0.56</b>	<b>1.26</b>							
<b>CEREAL, APPLE JACKS</b>	<b>110</b>	<b>24</b>	<b>160</b>	<b>1</b>	<b>2</b>	<b>3</b>				yes	yes		yellow #6, blue #1, red #40
<b>CEREAL, BAR, BERRY KRISPIES</b>	<b>140</b>	<b>27</b>	<b>105</b>	<b>3</b>	<b>2</b>	<b>3</b>	yes			yes			
<b>CEREAL, BAR, COCOA KRISPIES</b>	<b>158</b>	<b>27</b>	<b>140</b>	<b>4.5</b>	<b>2</b>	<b>3</b>				yes	yes		
<b>CEREAL BAR, COCOA PUFF</b>	<b>150</b>	<b>30</b>	<b>110</b>	<b>3</b>	<b>3</b>	<b>3</b>				YES	YES		
<b>CERAL BAR, GOLDEN GRAHAMS</b>	<b>150</b>	<b>30</b>	<b>105</b>	<b>3.5</b>	<b>2</b>	<b>3</b>				YES	YES		
<b>CEREAL, CHEX CINNAMON</b>	<b>110</b>	<b>23</b>	<b>170</b>	<b>2</b>	<b>1</b>	<b>1</b>							
<b>CEREAL, FROOT LOOPS</b>	<b>110</b>	<b>24</b>	<b>170</b>	<b>1</b>	<b>2</b>	<b>3</b>				yes	yes		yellow #6, blue #2 & #1, red #40

\*PC Portion Controlled

\*IW Individually Wrapped

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

**Nutrients/Allergens/Dyes**  
**2016-2017**

Recipe Description	Nutrients						Allergens					Pnut?	Dyes
	Calories	Carbs	Sodium mg	Total Fat g	Protein g	Fiber	Milk	Egg	Fish	Soy	Wheat		
<b>CEREAL, FROSTED FLAKES</b>	<b>100</b>	<b>24</b>	<b>160</b>	<b>0</b>	<b>2</b>	<b>2</b>				yes	yes		
<b>CEREAL, POUCH, FROZEN</b>	<b>100</b>	<b>24</b>	<b>130</b>	<b>1</b>	<b>2</b>	<b>3</b>					YES		Red #40, Blue 1
<b>CEREAL, POUCH, SMORES</b>	<b>110</b>	<b>21</b>	<b>95</b>	<b>3</b>	<b>2</b>	<b>3</b>	yes			yes	yes		
<b>CEREAL, RICE CHEX</b>	<b>103</b>	<b>23.58</b>	<b>265</b>	<b>0</b>	<b>1.47</b>	<b>0</b>							
<b>CEREAL, RICE KRISPIES</b>	<b>106</b>	<b>23</b>	<b>96</b>	<b>1</b>	<b>2</b>	<b>3</b>					yes		
<b>CHEESE SANDWICH, GRILLED</b>	<b>283</b>	<b>32</b>	<b>685</b>	<b>10</b>	<b>20</b>	<b>2</b>							
Bread	140	28	260	2	6	2				yes	yes		
Cheese	140	4	425	8.1	14	0	yes			yes			
<b>CHEESE SANDWICH, GRILLED, IW*</b>	<b>280</b>	<b>32</b>	<b>599</b>	<b>10</b>	<b>19</b>	<b>3</b>	yes			yes	yes		
<b>CHEESEBURGER</b>	<b>325</b>	<b>32.01</b>	<b>486</b>	<b>14.03</b>	<b>25.54</b>	<b>4</b>							
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			
<b>CHEESEBURGER W/BACON</b>	<b>375</b>	<b>31.01</b>	<b>501</b>	<b>17.03</b>	<b>26.54</b>	<b>3</b>							
Swirl Roll	170	28	160	4	6	3				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							
<b>CHEESEBURGER, DOUBLE, W/BACON</b>	<b>495</b>	<b>34.01</b>	<b>721</b>	<b>25.03</b>	<b>43.54</b>	<b>0</b>	yes			yes	yes		
<b>CHEESEBURGER, NO ROLL</b>	<b>195</b>	<b>2.34</b>	<b>259</b>	<b>11.33</b>	<b>15.5</b>	<b>0</b>	yes			yes			
<b>CHEESESTEAK SUB</b>	<b>290</b>	<b>29</b>	<b>590</b>	<b>11</b>	<b>19</b>	<b>3.98</b>				yes			
Steak/cheese	150	2	319	9	12	1	yes			yes			
Bread	140	27	270	7	6	3				yes	yes		
<b>CHEESESTEAK SUB, BUFFALO CHICK</b>	<b>376</b>	<b>31.13</b>	<b>896</b>	<b>14.02</b>	<b>31.72</b>	<b>3.05</b>							
Bread	140	27	270	7	6	3				yes	yes		
Buffalo Chicken/cheese	235	4	618	5	26	0	yes			yes			
Tabasco			7			0							
<b>CHEESESTEAK SUB, CHICKEN</b>	<b>375</b>	<b>31.05</b>	<b>889</b>	<b>13.95</b>	<b>31.6</b>	<b>3</b>							
Bread	140	27	270	7	6	3				yes	yes		
Chicken/cheese	235	4	618	5	26	0	yes			yes			
<b>CHICKEN CHEESY PASTA</b>	<b>512</b>	<b>54</b>	<b>913</b>	<b>15.5</b>	<b>36</b>	<b>6</b>	yes			yes	yes		

\*PC Portion Controlled

\*IW Individually Wrapped

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

Recipe Description	Nutrients						Allergens					Pnut?	Dyes
	Calories	Carbs	Sodium mg	Total Fat g	Protein g	Fiber	Milk	Egg	Fish	Soy	Wheat		
<b>CHICKEN &amp; WAFFLE</b>	<b>656</b>	<b>89.15</b>	<b>746</b>	<b>27.87</b>	<b>20.1</b>	<b>5.96</b>							
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							
<b>CHICKEN BACON RANCH SANDWICH</b>	<b>290</b>	<b>29</b>	<b>465</b>	<b>8.5</b>	<b>22</b>	<b>3</b>							
Swirl Roll	170	28	160	4	6	3				yes	yes		
Grilled Chicken Patty	100	1	210	3.5	15	0				yes			
Bacon	20	0	95	1	2	0							
<b>CHICKEN BREAST GRILLED</b>	<b>102</b>	<b>1.02</b>	<b>214</b>	<b>3.56</b>	<b>15.27</b>	<b>0</b>				yes			
<b>CHICKEN BUFFALO WRAP</b>	<b>498</b>	<b>48.45</b>	<b>913</b>	<b>24.25</b>	<b>23.39</b>	<b>8.94</b>							
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										
<b>CHICKEN CAESAR WRAP</b>	<b>302</b>	<b>29.38</b>	<b>628</b>	<b>11.5</b>	<b>20.16</b>	<b>4.91</b>							
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								
<b>CHICKEN DRUMSTICK</b>	<b>190</b>	<b>5</b>	<b>450</b>	<b>11</b>	<b>16</b>	<b>1</b>					yes		
<b>CHICKEN DRUMSTICK, BUFFALO</b>	<b>170</b>	<b>4</b>	<b>300</b>	<b>10</b>	<b>17</b>	<b>0</b>							
<b>CHICKEN FAJITA</b>	<b>276</b>	<b>30.4</b>	<b>591</b>	<b>9.2</b>	<b>18.21</b>	<b>4.56</b>							
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							

\*PC Portion Controlled

\*IW Individually Wrapped

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

**Nutrients/Allergens/Dyes**  
**2016-2017**

Recipe Description	Nutrients						Allergens					Pnut?	Dyes
	Calories	Carbs	Sodium mg	Total Fat g	Protein g	Fiber	Milk	Egg	Fish	Soy	Wheat		
Mexican seasoning	0	0	0	0	0	0							
<b>CHICKEN GRILLED DRUMMIES</b>	<b>140</b>	<b>7</b>	<b>250</b>	<b>4.5</b>	<b>18</b>	<b>1</b>				yes			
<b>CHICKEN NUGGETS</b>	<b>263</b>	<b>16</b>	<b>405</b>	<b>15</b>	<b>16</b>	<b>3</b>				yes	yes		
<b>CHICKEN NUGGETS, SHAPED</b>	<b>159</b>	<b>13</b>	<b>464</b>	<b>5</b>	<b>14</b>	<b>10</b>				yes	yes		
<b>CHICKEN NUGGETS, TERIYAKI</b>	<b>142</b>	<b>11.37</b>	<b>779</b>	<b>3.56</b>	<b>15.52</b>	<b>1.01</b>							
Teriyaki nuggets	130	9	567	3.5	15	1				yes	yes		
Teriyaki sauce	10	2.26	212	0	0.33	0				yes	yes		
<b>CHICKEN ORANGE</b>	<b>306</b>	<b>28.04</b>	<b>484</b>	<b>14.23</b>	<b>15.41</b>	<b>3.05</b>							
Popcorn Chicken	263	15.25	386	14.23	15.25	3.04				yes	yes		
Orange sauce	52	12.79	98	0	0	0				yes	yes		
<b>CHICKEN PARMESAN</b>	<b>276</b>	<b>17.57</b>	<b>547</b>	<b>12.81</b>	<b>22.63</b>	<b>2.45</b>							
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							
<b>CHICKEN PARMESAN SANDWICH</b>	<b>416</b>	<b>46.57</b>	<b>787</b>	<b>14.81</b>	<b>28.63</b>	<b>6.45</b>							
Hamburger roll	140	29	240	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							
<b>CHICKEN PARMESAN SUB</b>	<b>416</b>	<b>44.57</b>	<b>817</b>	<b>14.81</b>	<b>28.63</b>	<b>5.45</b>							
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							
<b>CHICKEN PATTY SANDWICH, SCDRY</b>	<b>383</b>	<b>43.17</b>	<b>726</b>	<b>13.14</b>	<b>27.26</b>	<b>6.03</b>							
Hamburger roll	140	29	240	7	6	3				yes	yes		
Chicken Patty (WM)	240	14	480	11	21	2				yes	yes		
<b>CHICKEN PATTY SANDWICH, EL</b>	<b>401</b>	<b>45.05</b>	<b>641</b>	<b>17.05</b>	<b>22.05</b>	<b>7.01</b>							
Hamburger roll	140	29	240	7	6	3				yes	yes		
Crispy Chicken Patty	260	16	400	15	16	3				yes	yes		
<b>CHICKEN PATTY SANDWICH, SPICY</b>	<b>344</b>	<b>41.24</b>	<b>709</b>	<b>13.22</b>	<b>21.3</b>	<b>5.02</b>							
Hamburger roll	140	29	240	7	6	3				yes	yes		

\*PC Portion Controlled

\*IW Individually Wrapped

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

**Nutrients/Allergens/Dyes**  
**2016-2017**

Recipe Description	Nutrients						Allergens					Pnut?	Dyes
	Calories	Carbs	Sodium mg	Total Fat g	Protein g	Fiber	Milk	Egg	Fish	Soy	Wheat		
Spicy chicken patty	210	12	470	11	15	1	yes			yes	yes		
<b>CHICKEN POPCORN</b>	<b>254</b>	<b>15</b>	<b>386</b>	<b>14</b>	<b>15</b>	<b>3</b>				<b>yes</b>	<b>yes</b>		
<b>CHICKEN PULLED BBQ SANDWICH</b>	<b>353</b>	<b>42</b>	<b>639</b>	<b>9</b>	<b>28</b>	<b>4</b>							
BBQ chicken	213	13	441	2	22	1				yes	yes		
Hamburger roll	140	29	240	7	6	3				yes	yes		
<b>CHICKEN STRIPS, SPICY</b>	<b>264</b>	<b>16.23</b>	<b>396</b>	<b>15.21</b>	<b>15.13</b>	<b>3.04</b>				<b>yes</b>	<b>yes</b>		
<b>CHICKEN STRIPS, SPICY SUB</b>	<b>400</b>	<b>43</b>	<b>660</b>	<b>17</b>	<b>20.92</b>	<b>6</b>							
Hoagie roll	140	27	270	7	6	3				yes	yes		
Spicy chicken strips	264	16.23	396	15.21	15.13	3.04				yes	yes		
<b>CHICKEN STRIPS, SPICY WRAP</b>	<b>479</b>	<b>44.08</b>	<b>839</b>	<b>24.11</b>	<b>22.74</b>	<b>7.39</b>							
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		
<b>CHICKEN TENDERS</b>	<b>264</b>	<b>16</b>	<b>396</b>	<b>15</b>	<b>15</b>	<b>3.04</b>				<b>yes</b>	<b>yes</b>		
<b>CHICKEN VERDE</b>	<b>176</b>	<b>4.51</b>	<b>595</b>	<b>7.18</b>	<b>21.54</b>	<b>0.62</b>				<b>yes</b>			
<b>CHILI, BEEF AND BEAN</b>	<b>140</b>	<b>7.81</b>	<b>290</b>	<b>7.68</b>	<b>9.18</b>	<b>2.87</b>				<b>yes</b>			
<b>CHILI DOGS, SECDRY</b>	<b>654</b>	<b>63.6</b>	<b>1230</b>	<b>30.67</b>	<b>27.06</b>	<b>9.47</b>							
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		
<b>CHIPS, BAKED LAY'S, BBQ</b>	<b>120</b>	<b>24</b>	<b>210</b>	<b>3</b>	<b>2</b>	<b>2</b>	<b>yes</b>			<b>yes</b>	<b>yes</b>		
<b>CHIPS, BAKED LAY'S, ORIGINAL</b>	<b>111</b>	<b>22.86</b>	<b>171</b>	<b>1.71</b>	<b>2.29</b>	<b>2.29</b>				<b>yes</b>			
<b>CHIPS, BAKED RUFFLES, CHED/SR CR</b>	<b>100</b>	<b>17</b>	<b>200</b>	<b>3</b>	<b>1</b>	<b>1</b>	<b>yes</b>			<b>yes</b>			yellow
<b>CHIPS, BAKED SOUR CREAM/ONION</b>	<b>100</b>	<b>18</b>	<b>140</b>	<b>2.5</b>	<b>2</b>	<b>1</b>	<b>yes</b>			<b>yes</b>			
<b>CHIPS, CHEE FNTASTIX FLAMIN HOT</b>	<b>130</b>	<b>20</b>	<b>200</b>	<b>5</b>	<b>2</b>	<b>2</b>	<b>yes</b>						yellow, red
<b>CHIPS, CHEETOS PUFFS</b>	<b>90</b>	<b>14</b>	<b>135</b>	<b>3.5</b>	<b>2</b>	<b>0</b>	<b>yes</b>						yellow
<b>CHIPS, CHEETOS PUFFS, FLAMIN' HOT</b>	<b>90</b>	<b>14</b>	<b>140</b>	<b>3.5</b>	<b>2</b>	<b>1</b>	<b>yes</b>				<b>yes</b>		red, yellow
<b>CHIPS, CHEETOS FANTASTIX, CHI CHSE</b>	<b>130</b>	<b>19</b>	<b>200</b>	<b>5</b>	<b>2</b>	<b>1</b>	<b>yes</b>						yellow, red #40
<b>CHIPS, CHEETOS, CRUNCHY</b>	<b>130</b>	<b>20</b>	<b>200</b>	<b>5</b>	<b>2</b>	<b>2</b>	<b>yes</b>						yellow
<b>CHIPS, CHEETOS, CRUNCHY HOT</b>	<b>120</b>	<b>18</b>	<b>190</b>	<b>4.5</b>	<b>2</b>	<b>0</b>	<b>yes</b>						yellow

\*PC Portion Controlled

\*IW Individually Wrapped

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

Recipe Description	Nutrients						Allergens					Pnut?	Dyes
	Calories	Carbs	Sodium mg	Total Fat g	Protein g	Fiber	Milk	Egg	Fish	Soy	Wheat		
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							
<b>CO-JACK BOX</b>	<b>460</b>	<b>42</b>	<b>615</b>	<b>26</b>	<b>17</b>	<b>6</b>							
Cheese Cubes (colby)	90	1	180	7	7	0	yes						
Sunflower Kernals	190	11	65	14	6	3							
Crackers, wheat	180	30	370	5	4	3				yes	yes		
<b>COLD CUT SUB</b>	<b>289</b>	<b>30.54</b>	<b>924</b>	<b>10.96</b>	<b>20.89</b>	<b>3</b>							
Hoagie roll	140	27	270	7	6	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			
<b>COLESLAW, HOMEMADE</b>	<b>114</b>	<b>9.9</b>	<b>188</b>	<b>8.09</b>	<b>0</b>	<b>1.62</b>		yes		yes			
<b>COLLARD GREENS</b>	<b>29</b>	<b>5.36</b>	<b>91</b>	<b>0.51</b>	<b>2.39</b>	<b>2.56</b>							
<b>CRACKER FROZEN GRAHAMS CINNAMON</b>	<b>140</b>	<b>22</b>	<b>110</b>	<b>4.5</b>	<b>2</b>	<b>2</b>	YES			yes	yes		
<b>CROISSANT</b>	<b>110</b>	<b>15</b>	<b>150</b>	<b>4.5</b>	<b>3</b>	<b>1</b>	yes	yes		yes	yes		
<b>COOKIES, BUTTER CRUNCH, 2 PK</b>	<b>141</b>	<b>22</b>	<b>135</b>	<b>5.3</b>	<b>1.5</b>	<b>2</b>		yes		yes	yes		
<b>COOKIES, BUTTER CRUNCHERS</b>	<b>150</b>	<b>22</b>	<b>135</b>	<b>5.7</b>	<b>2</b>	<b>2</b>		yes		yes	yes		
<b>COOKIES, CHOC CHIP, BONZERS</b>	<b>165</b>	<b>27</b>	<b>105</b>	<b>6</b>	<b>1.5</b>	<b>1.5</b>	yes			yes	yes	?	
<b>COOKIES, CHOCOLATE CHIP, 2 PK</b>	<b>140</b>	<b>22</b>	<b>700</b>	<b>5.2</b>	<b>1.5</b>	<b>20</b>		yes		yes	yes		
<b>COOKIES, CHOCOLATE CHIPPERS</b>	<b>145</b>	<b>22.3</b>	<b>90</b>	<b>5.5</b>	<b>1.5</b>	<b>2</b>		yes		yes	yes		
<b>COOKIES, CHOC CHIP, APPLEWAY</b>	<b>160</b>	<b>28</b>	<b>90</b>	<b>4.5</b>	<b>2</b>	<b>2</b>	yes	yes		yes	yes		
<b>COOKIES, FUDGE CHIP, 2 PK</b>	<b>136</b>	<b>20</b>	<b>70</b>	<b>5.2</b>	<b>1.7</b>	<b>2</b>		yes		yes	yes		
<b>COOKIES, OATMEAL RAISIN, 2 PK</b>	<b>133</b>	<b>21</b>	<b>87</b>	<b>5.1</b>	<b>1.8</b>	<b>2</b>	yes	yes		yes	yes		
<b>COOKIES, SUGAR, BONZERS</b>	<b>165</b>	<b>27</b>	<b>115</b>	<b>6</b>	<b>2</b>	<b>1.6</b>	yes	yes		yes	yes	?	
<b>COOKIES, TRIPLE CHOCOLATE (1)</b>	<b>200</b>	<b>31</b>	<b>130</b>	<b>7</b>	<b>3</b>	<b>3</b>	yes	yes		yes	yes	?	
<b>CORN</b>	<b>51</b>	<b>11.86</b>	<b>109</b>	<b>0.64</b>	<b>1.67</b>	<b>1.24</b>							
<b>CORN COBBETTES</b>	<b>180</b>	<b>37</b>	<b>10</b>	<b>1.2</b>	<b>5</b>	<b>4</b>							

\*PC Portion Controlled

\*IW Individually Wrapped

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



Recipe Description	Nutrients						Allergens					Pnut?	Dyes
	Calories	Carbs	Sodium mg	Total Fat g	Protein g	Fiber	Milk	Egg	Fish	Soy	Wheat		
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		
CRACKERS, ANIMAL	127	20.53	108	3.91	1.96	1.96				yes	yes		
CRACKERS, SPIKERZ NACHO	100	16	160	3	2	2	yes			yes	yes		
CRACKERS, SPIKERZ RANCH	100	16	160	3	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		
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)	280	30	300	16	4	2	yes			yes	yes		
DRESSING, CAESAR, PUMP	113	0	151	12.28	0.94	0	yes	yes	yes	yes			
DRESSING, HONEY MUSTARD, PUMP	49	9.71	204	0.49	0	0		yes					
DRESSING, ITALIAN LITE, PUMP	0	0	0	0	0	0							
DRESSING, RANCH FF, GAL	25	6	380	0	0	0	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			

\*PC Portion Controlled

\*IW Individually Wrapped

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

Recipe Description		Nutrients						Allergens					Pnut?	Dyes
		Calories	Carbs	Sodium mg	Total Fat g	Protein g	Fiber	Milk	Egg	Fish	Soy	Wheat		
	Bacon	20	0	95	1	2	0							
<b>EGG ROLL, VEGETABLE</b>		<b>110</b>	<b>24</b>	<b>150</b>	<b>1</b>	<b>4</b>	<b>3</b>				yes	yes		
<b>EGG/CHEESE BISCUIT</b>		<b>289</b>	<b>30</b>	<b>426</b>	<b>11</b>	<b>12</b>	<b>2</b>							
	Biscuit	180	28	280	6	5	2	yes				yes		
	Egg Patty	74	1	79	5	6	0	yes	yes					
	Cheese, american	35	1	106	1.27	3	0	yes			yes			
<b>EGG/SAUSAGE BISCUIT</b>		<b>277</b>	<b>30</b>	<b>530</b>	<b>12.55</b>	<b>14</b>	<b>2</b>							
	Biscuit	180	28	280	6	5	2	yes				yes		
	Egg Patty	37	0.56	0.57	2.5	6	0	yes	yes					
	Sausage	60	1	210	4	3.12	0							
<b>EGG/SAUSAGE CROISSANT</b>		<b>207</b>	<b>16.57</b>	<b>400</b>	<b>11.05</b>	<b>12.12</b>	<b>1</b>							
	Croissant	110	15	150	4.5	3	1	yes	yes		yes	yes		
	Egg Patty	37	0.56	0.57	2.5	6	0	yes	yes					
	Sausage	60	1	210	4	3.12	0							
<b>EGG/BACON/CHEESE SWIRL ROLL</b>		<b>319</b>	<b>30.15</b>	<b>536</b>	<b>13.13</b>	<b>18.78</b>	<b>3</b>							
	Swirl Roll	170	28	160	4	6	3				yes	yes		
	Egg Patty	74	1	79	5	6	0	yes	yes					
	Bacon	20	0	95	1	2	0							
<b>EGG/BACON/CHEESE SLIDERS</b>		<b>192</b>	<b>21.58</b>	<b>431</b>	<b>7.08</b>	<b>11.66</b>	<b>0</b>							
	Potato Roll	63	19	151	0	0.66					yes	yes		
	Egg Patty	74	1	79	5	6	0	yes	yes					
	Bacon	20	0	95	1	2	0							
	Cheese, american	35	1	106	1.27	3	0	yes			yes			
<b>EGG/CHEESE BUN, IW*</b>		<b>160</b>	<b>22</b>	<b>290</b>	<b>4.5</b>	<b>8</b>	<b>0</b>	<b>yes</b>	<b>yes</b>		<b>yes</b>	<b>yes</b>		
<b>EGG/CHEESE ON CROISSANT</b>		<b>182</b>	<b>16.58</b>	<b>296</b>	<b>9.08</b>	<b>9.66</b>	<b>1</b>							
	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			
<b>ELF GRAHAMS</b>		<b>120</b>	<b>21</b>	<b>105</b>	<b>4</b>	<b>2</b>	<b>1</b>				<b>yes</b>	<b>yes</b>		
<b>FALAFEL TOTS</b>		<b>190</b>	<b>28</b>	<b>350</b>	<b>6</b>	<b>6</b>	<b>4</b>					<b>YES</b>		
<b>FISH FILET W/CHEESE</b>		<b>357</b>	<b>42.83</b>	<b>744</b>	<b>12.87</b>	<b>20.82</b>	<b>5.98</b>	<b>yes</b>		<b>yes</b>	<b>yes</b>	<b>yes</b>		
	Hamburger roll	140	29	240	7	6	3				yes	yes		

\*PC Portion Controlled

\*IW Individually Wrapped

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

Recipe Description	Nutrients						Allergens					Pnut?	Dyes
	Calories	Carbs	Sodium mg	Total Fat g	Protein g	Fiber	Milk	Egg	Fish	Soy	Wheat		
Fish/cheese pattie	220	14	510	11	15	2	yes		yes	yes	yes		
<b>FISH SHAPES TREASURES (TROUT)</b>	<b>231</b>	<b>18.06</b>	<b>361</b>	<b>10.04</b>	<b>16.06</b>	<b>2.01</b>			yes	yes	yes		
<b>FLAPSTICK</b>	<b>198</b>	<b>17</b>	<b>307</b>	<b>10</b>	<b>7</b>	<b>3</b>		yes		yes	yes		
<b>FLAPSTICK, BLUEBERRY</b>	<b>160</b>	<b>18.05</b>	<b>381</b>	<b>6.02</b>	<b>8.02</b>	<b>1</b>	yes	yes		yes	yes		
<b>FRENCH TOAST BAR</b>	<b>290</b>	<b>47</b>	<b>200</b>	<b>9</b>	<b>5</b>	<b>3</b>	yes	yes		yes	yes		
<b>FRENCH TOAST STCK, EL</b>	<b>199</b>	<b>25.86</b>	<b>199</b>	<b>8.95</b>	<b>4.97</b>	<b>1.99</b>	yes			yes	yes		
<b>FRENCH TOAST STCKS, IW*</b>	<b>240</b>	<b>38.02</b>	<b>260</b>	<b>7</b>	<b>6</b>	<b>2</b>	yes	yes		yes	yes		
<b>FRENCH TOAST STICK, SCDRY</b>	<b>298</b>	<b>38.79</b>	<b>298</b>	<b>13.43</b>	<b>7.46</b>	<b>2.98</b>							
<b>FRUIT CUP, PEACHES, FROZEN</b>	<b>80</b>	<b>19</b>	<b>0</b>	<b>0</b>	<b>1</b>	<b>1</b>							
<b>FRUIT CUP, STRAWBERRY, FROZEN</b>	<b>80</b>	<b>19</b>	<b>0</b>	<b>0</b>	<b>1</b>	<b>2</b>							
<b>FRUIT CUP, MIXED, SHELF STABLE</b>	<b>70</b>	<b>16.05</b>	<b>15</b>	<b>0</b>	<b>0</b>	<b>1</b>							
<b>FRUIT ROLL UPS</b>	<b>45</b>	<b>11</b>	<b>55</b>	<b>1</b>	<b>0</b>	<b>2</b>							yellow #5, blue #1, red #40
<b>FRUIT RIPS JUICE</b>	<b>60</b>	<b>15</b>	<b>25</b>	<b>0</b>	<b>0</b>	<b>0</b>							
<b>FRUIT SIDE KICKS</b>	<b>80</b>	<b>20</b>	<b>45</b>	<b>0</b>	<b>0</b>	<b>0</b>							
<b>GARLIC BASE</b>													
<b>GINGERBREAD MAN (HOLIDAY MEAL)</b>	<b>90</b>	<b>19</b>	<b>60</b>	<b>1</b>	<b>2</b>	<b>1</b>					YES		
<b>GRAHAMS FROZEN CINNAMON</b>	<b>140</b>	<b>22</b>	<b>110</b>	<b>4.5</b>	<b>2</b>	<b>2</b>	YES			YES	YES		
<b>GRANOLA CLUSTERS</b>	<b>220</b>	<b>47</b>	<b>95</b>	<b>2.5</b>	<b>5</b>	<b>4</b>				yes	yes		
<b>GRANOLA ROUND</b>	<b>270</b>	<b>43</b>	<b>210</b>	<b>8</b>	<b>5</b>	<b>6.04</b>	yes	yes		yes	yes	?	
<b>GRAPE JUICE</b>	<b>80</b>	<b>20</b>	<b>10</b>	<b>0</b>	<b>0</b>	<b>0</b>							
<b>GRAPEFRUIT HALF</b>	<b>53</b>	<b>13.41</b>	<b>0</b>	<b>0.17</b>	<b>1.05</b>	<b>1.83</b>							
<b>GRAPES</b>	<b>57</b>	<b>14.15</b>	<b>0</b>	<b>0.45</b>	<b>0.55</b>	<b>0.8</b>							
<b>GRAVY, BROWN</b>	<b>63</b>	<b>9.47</b>	<b>444</b>	<b>1.58</b>	<b>0</b>	<b>0</b>	yes			yes	yes		
<b>GRAVY, CHICKEN</b>	<b>25</b>	<b>3.01</b>	<b>142</b>	<b>1</b>	<b>1</b>	<b>0</b>	yes						
<b>GREEN BEANS</b>	<b>26</b>	<b>5.7</b>	<b>263</b>	<b>0.13</b>	<b>1.47</b>	<b>2.44</b>							
<b>HAM &amp; CHEESE SANDWICH, PreK</b>	<b>180</b>	<b>18</b>	<b>461</b>	<b>7</b>	<b>13</b>	<b>2</b>							
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			
<b>HAM &amp; CHEESE SUB</b>	<b>308</b>	<b>30.5</b>	<b>820</b>	<b>12</b>	<b>22.84</b>	<b>3</b>				yes	yes		
<b>HAM &amp; CHEESE SUB (HOT)</b>	<b>308</b>	<b>30.5</b>	<b>820</b>	<b>12</b>	<b>22.84</b>	<b>3</b>							

\*PC Portion Controlled

\*IW Individually Wrapped

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

Recipe Description		Nutrients						Allergens					Pnut?	Dyes
		Calories	Carbs	Sodium mg	Total Fat g	Protein g	Fiber	Milk	Egg	Fish	Soy	Wheat		
	Hoagie Roll	140	27	270	7	6	3				yes	yes		
	Ham	130	2	450	8	13	0							
	Cheese, american	35	1	106	1.27	3	0	yes			yes			
<b>HAM &amp; CHEESE WRAP</b>		<b>332</b>	<b>31.6</b>	<b>903</b>	<b>16.6</b>	<b>24.37</b>	<b>4.39</b>							
	Cheese, american	35	1	106	1.27	3	0	yes			yes			
	Ham	100	2	338	6	9.75	0							
	Tortilla	190	32	160	4	5	4					yes		
<b>HAMBURGER</b>		<b>290</b>	<b>31</b>	<b>380</b>	<b>12</b>	<b>22</b>	<b>4</b>							
	Hamburger roll	140	29	240	7	6	3				yes	yes		
	Burger	150	2	140	10	16	0				yes			
<b>HAMBURGER, NO ROLL</b>		<b>150</b>	<b>2</b>	<b>140</b>	<b>10</b>	<b>16</b>	<b>0</b>				<b>yes</b>			
<b>HAPPY HUMMUS LUNCH</b>		<b>349</b>	<b>32.79</b>	<b>433</b>	<b>20.42</b>	<b>12.09</b>	<b>10.65</b>							
	Hummus	121	14	344	6	4	4				yes			
	Carrots/tomatoes	24	6.3	17	0.14	2	2							
	Sunflower Kernals	190	11	65	14	6	3							
<b>HONEY MUSTARD</b>		<b>15</b>	<b>3</b>	<b>23</b>	<b>0</b>	<b>0</b>	<b>0</b>							
<b>HONEYDEW MELON</b>		<b>31</b>	<b>7.73</b>	<b>15</b>	<b>0.12</b>	<b>0.46</b>	<b>0.68</b>							
<b>HOT DOG, EL</b>		<b>282</b>	<b>29.01</b>	<b>534</b>	<b>12.67</b>	<b>11.07</b>	<b>4</b>							
	Hot dog roll	140	28	230	1.5	5	4				yes	yes		
	Hot dog	140	1	300	11	6	0							
<b>HOT DOGS (2), MID &amp; HI</b>		<b>564</b>	<b>58.03</b>	<b>1068</b>	<b>25.35</b>	<b>22.15</b>	<b>8</b>				<b>yes</b>	<b>yes</b>		
<b>HUMMUS BOX LUNCH</b>		<b>446</b>	<b>60.63</b>	<b>932</b>	<b>18.27</b>	<b>15.99</b>	<b>11</b>							
	Hummus	121	14	323	7	4	4				yes			
	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							
<b>ICE CRM CHOCOLATE SCOOTER BAR</b>		<b>140</b>	<b>22</b>	<b>100</b>	<b>5</b>	<b>1</b>	<b>0</b>	<b>yes</b>			<b>yes</b>	<b>yes</b>		blue #1, red #40
<b>ICE CRM STRAWBERRY SCOOTER BAR</b>		<b>140</b>	<b>22</b>	<b>50</b>	<b>5</b>	<b>1</b>	<b>0</b>	<b>yes</b>			<b>yes</b>	<b>yes</b>		red #40
<b>ICE CRM ORANGE BLOSSOM BAR</b>		<b>70</b>	<b>14</b>	<b>50</b>	<b>1</b>	<b>1</b>	<b>0</b>	<b>yes</b>						yellow #6
<b>ICE CRM POLAR BLAST FRUIT PUNCH BA</b>		<b>70</b>	<b>16</b>	<b>5</b>	<b>0</b>	<b>0</b>	<b>0</b>							red #40
<b>ICE CRM COOKIE &amp; CREAM CONE</b>		<b>120</b>	<b>16</b>	<b>45</b>	<b>7</b>	<b>2</b>	<b>0</b>	<b>yes</b>			<b>yes</b>	<b>yes</b>	<b>?*</b>	

\*PC Portion Controlled

\*IW Individually Wrapped

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

**Nutrients/Allergens/Dyes**  
**2016-2017**

Recipe Description	Nutrients						Allergens					Pnut?	Dyes
	Calories	Carbs	Sodium mg	Total Fat g	Protein g	Fiber	Milk	Egg	Fish	Soy	Wheat		
<b>ICE CRM VAN/CHOC TWIST CONE</b>	<b>150</b>	<b>27</b>	<b>100</b>	<b>1.5</b>	<b>2</b>	<b>0</b>	yes			yes	yes	?*	
<b>ICE CRM MINTY ICE CREAM SANDWICH</b>	<b>180</b>	<b>33</b>	<b>150</b>	<b>3.5</b>	<b>4</b>	<b>0</b>	yes			yes	yes		yellow #5 & 6, blue #1
<b>ICE CRM VANILLA CUP</b>	<b>60</b>	<b>12</b>	<b>45</b>	<b>1</b>	<b>2</b>	<b>0</b>	yes						
<b>ICE CRM CHOCOLATE CUP</b>	<b>70</b>	<b>12</b>	<b>50</b>	<b>1</b>	<b>3</b>	<b>0</b>	yes						
<b>ICE CRM COTTON CANDY CUP</b>	<b>60</b>	<b>12</b>	<b>45</b>	<b>1</b>	<b>2</b>	<b>0</b>	yes						red #40, blue #1
<b>ICE CRM STRAWBERRY SUNDAE CUP</b>	<b>80</b>	<b>15</b>	<b>60</b>	<b>1</b>	<b>1</b>	<b>0</b>	yes						red #40
<b>ICED CHILLERS, CARAMEL</b>	<b>28</b>	<b>17</b>	<b>46</b>	<b>0</b>	<b>2</b>	<b>0</b>	yes						
<b>JUMP STARTS, FROOT LOOPS</b>	<b>260</b>	<b>55</b>	<b>270</b>	<b>3.5</b>	<b>3</b>	<b>4</b>							
Cereal, Froot Loops	110	24	170	1	2	3				yes	yes		red #40, blue #2, yellow #6
Apple juice	60	15	5	0	0	0							
Graham crackers	90	16	95	2.5	1	0					yes		
<b>JUMP STARTS, APPLE JACKS</b>	<b>225</b>	<b>48.18</b>	<b>218</b>	<b>3.3</b>	<b>2.34</b>	<b>2.86</b>							
Apple Jacks cereal	70	17	115	0.5	1	2				yes	yes		blue #1, red #40, yellow #6
Apple juice	60	15	5	0	0	0							
Graham crackers	90	16	95	2.5	1	0					yes		
<b>KETCHUP, PUMP</b>	<b>20</b>	<b>4</b>	<b>50</b>	<b>0</b>	<b>0</b>	<b>0</b>							
<b>KIWI</b>	<b>54</b>	<b>12.97</b>	<b>3</b>	<b>0.46</b>	<b>1.01</b>	<b>2.66</b>							
<b>LASAGNA</b>	<b>200</b>	<b>26</b>	<b>290</b>	<b>4.5</b>	<b>14</b>	<b>2</b>	yes	yes			yes		
<b>MACARONI &amp; CHEESE</b>	<b>322</b>	<b>34.44</b>	<b>1089</b>	<b>12.22</b>	<b>18.89</b>	<b>2.22</b>	yes	yes			yes		
<b>MARGARINE</b>	<b>101</b>	<b>0.13</b>	<b>133</b>	<b>11.35</b>	<b>0.13</b>	<b>0</b>							
<b>MARINARA SAUCE</b>	<b>61</b>	<b>10.21</b>	<b>95</b>	<b>2.38</b>	<b>1.36</b>	<b>1.36</b>							
<b>MAYONNAISE, GALLON</b>	<b>51</b>	<b>1.01</b>	<b>111</b>	<b>5.06</b>	<b>0</b>	<b>0</b>		yes		yes			
<b>MAYONNAISE, PUMP</b>	<b>53</b>	<b>4.26</b>	<b>144</b>	<b>3.73</b>	<b>0</b>	<b>0</b>		yes		yes			
<b>MEATBALL SUB</b>	<b>295</b>	<b>33.82</b>	<b>614</b>	<b>11.35</b>	<b>18.77</b>	<b>3.78</b>							
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							
<b>MEATBALL SUB W/CHEESE</b>	<b>340</b>	<b>34.33</b>	<b>720</b>	<b>14.39</b>	<b>22.31</b>	<b>3.78</b>							
Hoagie Roll	140	27	270	7	6	3				yes	yes		
Meatballs (beef)	120	1	290	8	12	0							

\*PC Portion Controlled

\*IW Individually Wrapped

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

**Nutrients/Allergens/Dyes**  
**2016-2017**

Recipe Description		Nutrients						Allergens					Pnut?	Dyes
		Calories	Carbs	Sodium mg	Total Fat g	Protein g	Fiber	Milk	Egg	Fish	Soy	Wheat		
	Marinara	35	27	54	0	0.78	0.78							
	Cheese, mozz	46	0.51	106	3	3.54	0	yes						
<b>MEATLOAF</b>		<b>148</b>	<b>11.25</b>	<b>390</b>	<b>7</b>	<b>12.62</b>	<b>1.31</b>				yes			
<b>MILK, 1%, WHITE</b>		<b>110</b>	<b>13</b>	<b>135</b>	<b>2.5</b>	<b>8</b>	<b>0</b>	yes						
<b>MILK, CHOCOLATE, HOT</b>		<b>180</b>	<b>30</b>	<b>125</b>	<b>2.5</b>	<b>8</b>	<b>0</b>	yes						
<b>MILK, FAT FREE, CHOCOLATE</b>		<b>130</b>	<b>23</b>	<b>210</b>	<b>0</b>	<b>8</b>	<b>0</b>	yes						
<b>MILK, FAT FREE, STRAWBERRY</b>		<b>130</b>	<b>23</b>	<b>130</b>	<b>0</b>	<b>8</b>	<b>0</b>	yes						
<b>MILK, FAT FREE, WHITE</b>		<b>80</b>	<b>13</b>	<b>125</b>	<b>0</b>	<b>9</b>	<b>0</b>	yes						
<b>MILK, SHELF STABLE, CHOC</b>		<b>200</b>	<b>30</b>	<b>130</b>	<b>5</b>	<b>8</b>	<b>0</b>	yes						
<b>MILK, SHELF STABLE, WHITE</b>		<b>100</b>	<b>12</b>	<b>110</b>	<b>2.5</b>	<b>8</b>	<b>0</b>	yes						
<b>MILK, SOY, VANILLA</b>		<b>140</b>	<b>20</b>	<b>170</b>	<b>3</b>	<b>8</b>	<b>0</b>				yes			
<b>MINI CINNIS</b>		<b>240</b>	<b>39.93</b>	<b>299</b>	<b>6.99</b>	<b>4.99</b>	<b>2</b>	yes				yes		
<b>MIXED FRUIT, CANNED</b>		<b>72</b>	<b>18.81</b>	<b>8</b>	<b>0.09</b>	<b>0.5</b>	<b>1.39</b>							
<b>MOZZARELLA DIPPERS</b>		<b>300</b>	<b>32</b>	<b>800</b>	<b>12</b>	<b>16</b>	<b>2</b>	yes			yes	yes		
<b>MUFFIN, BLUEBERRY</b>		<b>250</b>	<b>41</b>	<b>180</b>	<b>8</b>	<b>4</b>	<b>2</b>	yes	yes		yes	yes		
<b>MUFFIN, CORNBREAD</b>		<b>150</b>	<b>23</b>	<b>90</b>	<b>5</b>	<b>3</b>	<b>1</b>	yes	yes		yes	yes		
<b>MUSTARD, PACKET</b>		<b>5</b>	<b>0</b>	<b>78</b>	<b>0</b>	<b>0</b>	<b>0</b>							
<b>MUSTARD, HONEY PUMP</b>		<b>10</b>	<b>0.8</b>	<b>170</b>	<b>0.6</b>	<b>0.65</b>	<b>0.49</b>							
<b>NACHO GRANDE</b>		<b>372</b>	<b>35.85</b>	<b>715</b>	<b>16.25</b>	<b>18.12</b>	<b>5.02</b>							
	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			
<b>NACHO GRANDE, CHICKEN</b>		<b>426</b>	<b>35.01</b>	<b>975</b>	<b>17.68</b>	<b>26.04</b>	<b>3.62</b>							
	Tostitos	200	2	180	7	2	3							
	Cheese sauce	60	1.8	240	4	3	0	yes			yes			
	Chicken Verde	176	4.51	594	7.18	21.5	0.6				yes			
<b>NACHOS AND CHEESE</b>		<b>474</b>	<b>37.23</b>	<b>1277</b>	<b>26.2</b>	<b>15.72</b>	<b>3</b>							
	Tostitos	200	2	180	7	2	3							
	Cheese sauce	100	3	400	7	5	0	yes			yes			
<b>NECTARINE</b>		<b>57</b>	<b>13.61</b>	<b>0</b>	<b>0.41</b>	<b>1.37</b>	<b>2.19</b>							
<b>NOODLES CHOW MEIN</b>		<b>100</b>	<b>14</b>	<b>180</b>	<b>4</b>	<b>2</b>	<b>2</b>		yes			yes		
<b>NOODLES YAKISOBA (2.06 OZ)</b>		<b>110</b>	<b>21</b>	<b>25</b>	<b>0.5</b>	<b>3</b>	<b>2</b>		YES			YES		

\*PC Portion Controlled

\*IW Individually Wrapped

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

Recipe Description	Nutrients						Allergens					Pnut?	Dyes
	Calories	Carbs	Sodium mg	Total Fat g	Protein g	Fiber	Milk	Egg	Fish	Soy	Wheat		
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	334	4.05	6.08	1.01	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							
<b>PANCAKE &amp; EGG LUNCH, EL &amp; MID</b>	<b>232</b>	<b>33.1</b>	<b>337</b>	<b>8.13</b>	<b>6.84</b>	<b>3.72</b>							
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					
<b>PANCAKE &amp; EGG LUNCH, HI</b>	<b>269</b>	<b>33.67</b>	<b>377</b>	<b>10.68</b>	<b>9.96</b>	<b>3.72</b>							
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					
<b>PANCAKES</b>	<b>195</b>	<b>32.54</b>	<b>297</b>	<b>5.58</b>	<b>3.72</b>	<b>3.72</b>	<b>yes</b>	<b>yes</b>		<b>yes</b>	<b>yes</b>		
<b>PARMESAN CHEESE</b>	<b>8</b>	<b>0.33</b>	<b>30</b>	<b>0.5</b>	<b>0.33</b>	<b>0</b>	<b>yes</b>						
<b>PASTA RAVIOLI, CHEESE, MINI</b>	<b>338</b>	<b>51.66</b>	<b>664</b>	<b>8.59</b>	<b>18.68</b>	<b>6.62</b>	<b>yes</b>	<b>yes</b>			<b>yes</b>		
<b>PASTA W/MARINARA &amp; STR CHEESE</b>	<b>312</b>	<b>42.46</b>	<b>374</b>	<b>10.99</b>	<b>13.5</b>	<b>4.78</b>							
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							
<b>PASTA W/MARINARA &amp; MEATBALL</b>	<b>314</b>	<b>36.38</b>	<b>429</b>	<b>12.22</b>	<b>17.48</b>	<b>3.98</b>							
Pasta	126	20.5	0	0.9	4.2	2					yes		
Meatballs (beef)	120	1	290	8	12	0							
Marinara	89	14.88	166	4.17	2.38	2							
<b>PASTA, SPAGHETTI/MEAT SAUCE</b>	<b>368</b>	<b>32.67</b>	<b>559</b>	<b>17.31</b>	<b>19.28</b>	<b>4.24</b>							
Spaghetti	115	22	10	0.82	4	2					yes		
Meat sauce	246	10	542	16	15	2							
<b>PEACH</b>	<b>51</b>	<b>12.4</b>	<b>0</b>	<b>0.33</b>	<b>1.18</b>	<b>1.95</b>							

\*PC Portion Controlled

\*IW Individually Wrapped

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

Nutrients/Allergens/Dyes  
2016-2017

Recipe Description	Nutrients						Allergens					Pnut?	Dyes
	Calories	Carbs	Sodium mg	Total Fat g	Protein g	Fiber	Milk	Egg	Fish	Soy	Wheat		
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	105	20.5	0	0.75	3.5	2					yes		
PEPPER RINGS, MILD	5	1.01	283	0	0	0							
PICKLE CHIPS	6	1	438	0	0	1							
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 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				yes	yes		
POPCORN, KETTLE CORN, VICS	120	21	180	3.5	2	2							
POPCORN, WHITE CHED, VICS	80	11	120	3	2	2							
POPCORN, WHITE CHED, SMART	70	9	110	2.5	2	2	yes						
POTATO, BAKED	131	29.19	15	0.42	3.45	3.04							
POTATO, MASHED	72	14.92	182	0.88	1.49	0.99							
POTATO WEDGES, W/KETCHUP	150	25	200	4	2	2							
POTATO WEDGES, SEASONED	133	21.54	154	4.1	2.05	2.05							
POTATOES, SMILE	133	20.43	184	4.6	2.04	2.04							

\*PC Portion Controlled

\*IW Individually Wrapped

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



Recipe Description	Nutrients						Allergens					Pnut?	Dyes
	Calories	Carbs	Sodium mg	Total Fat g	Protein g	Fiber	Milk	Egg	Fish	Soy	Wheat		
PRETZEL, STUFFED W/CHEESE	200	27	230	7	7	3	yes				yes		
PRETZEL, SOFT	143	30.55	153	0.51	5.09	3.05					yes		
PRETZELS, HEARTZELS	80	15	200	1.5	2	2	yes						
PUMPKIN BREAD	270	43	220	10	6	2		YES		YES	YES		
QUESADILLAS, CHEESE	260	30	600	10	15	4	yes			yes	yes		
RAISINS, AMAZING, SOUR	110	25	10	0	1	2							
RAVIOLI, BEEF CANNED	250	29.99	690	8.04	16	5	yes			yes	yes		
RAVIOLI, CHEESE SQUARES	415	69	517	10.18	20.16	8.1	yes	yes			yes		
REFRIED BEANS	120	18.85	536	2.06	5.95	5.95							
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 TREATS	160	30	120	4	2	0	yes			yes			
RICE, CILANTRO LIME	96	20.41	2	0.85	2.27	1.13							
RICE, MEXICAN	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			
ROLL, DINNER	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		
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

\*PC Portion Controlled

\*IW Individually Wrapped

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

Recipe Description	Nutrients						Allergens					Pnut?	Dyes
	Calories	Carbs	Sodium mg	Total Fat g	Protein g	Fiber	Milk	Egg	Fish	Soy	Wheat		
<b>SALAD, ASIAN CHICKEN SLAW</b>	<b>213</b>	<b>27.61</b>	<b>271</b>	<b>3.66</b>	<b>17.17</b>	<b>4.04</b>							
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							
<b>SALAD, ASIAN CHICKEN SPINACH</b>	<b>218</b>	<b>29</b>	<b>464</b>	<b>3.77</b>	<b>17.04</b>	<b>2.49</b>							
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		
<b>SALAD, CHEESE</b>	<b>254</b>	<b>8.28</b>	<b>421</b>	<b>18.05</b>	<b>15.25</b>	<b>2.15</b>							
Carrots	14	3.3	31	0	0.26	1.16							
Lettuce	20	3	10	0	1	1							
Shredded Cheddar	220	2	380	18	14								
<b>SALAD, CHEESE &amp; SUNFLOWER</b>	<b>307</b>	<b>18.29</b>	<b>297</b>	<b>20.01</b>	<b>14.35</b>	<b>5.27</b>							
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							
<b>SALAD, CHEF HAM</b>	<b>200</b>	<b>8.43</b>	<b>509</b>	<b>509</b>	<b>15.95</b>	<b>2.2</b>							
Ham (turkey)	50	7.5	265	265	2.25	0							
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		
<b>SALAD, CHEF TURKEY</b>	<b>205</b>	<b>8.43</b>	<b>419</b>	<b>11.35</b>	<b>16.45</b>	<b>2.2</b>							
Turkey	90	0	420	0.5	18	0							
Shredded Cheddar	111	1	192	11.6	7	0	yes						
Lettuce	20	3	10	0	1	1							
Carrots	14	3.3	31	0	0.26	1.16							

\*PC Portion Controlled

\*IW Individually Wrapped

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

Recipe Description		Nutrients						Allergens					Pnut?	Dyes
		Calories	Carbs	Sodium mg	Total Fat g	Protein g	Fiber	Milk	Egg	Fish	Soy	Wheat		
	Croutons	5	0.63	11	0.18	0.11	0				yes	yes		
<b>SALAD, CHICKEN &amp; MOZZARELLA</b>		<b>163</b>	<b>3.82</b>	<b>345</b>	<b>8.92</b>	<b>15.73</b>	<b>1.2</b>							
	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		
<b>SALAD, CHICKEN CAESAR</b>		<b>186</b>	<b>4.58</b>	<b>339</b>	<b>10.47</b>	<b>17.23</b>	<b>1.67</b>							
	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							
	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		
<b>SALAD, GRILLED CHICKEN</b>		<b>118</b>	<b>4.18</b>	<b>231</b>	<b>3.69</b>	<b>16.47</b>	<b>2.14</b>							
	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							
<b>SALAD, HAM &amp; CHEESE</b>		<b>139</b>	<b>5.77</b>	<b>499</b>	<b>6.49</b>	<b>16.07</b>	<b>2.16</b>							
	Ham (turkey)	130	2	450	8	13	0							
	Cheese, american	71	2	213	4	0.43	0	yes			yes			
	Carrots	14	3.3	31	0	0.26	1.16							
	Lettuce	20	3	10	0	1	1							
	Spinach	3	0.52	11	0	0	1							
<b>SALAD, HAM, CHEESE &amp; SUNFLR, K</b>		<b>330</b>	<b>20.45</b>	<b>422</b>	<b>20.11</b>	<b>17.52</b>	<b>5.32</b>							
	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							
<b>SALAD, POLYNESIAN</b>		<b>242</b>	<b>26.4</b>	<b>878</b>	<b>9.76</b>	<b>14.86</b>	<b>2.74</b>							

\*PC Portion Controlled

\*IW Individually Wrapped

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

Recipe Description		Nutrients						Allergens					Pnut?	Dyes
		Calories	Carbs	Sodium mg	Total Fat g	Protein g	Fiber	Milk	Egg	Fish	Soy	Wheat		
	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							
<b>SALAD, SIDE, CAESAR</b>		<b>103</b>	<b>5.09</b>	<b>170</b>	<b>8.09</b>	<b>2.51</b>	<b>1.71</b>							
	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		
<b>SALAD, SIDE, CHOPPED</b>		<b>13</b>	<b>2.51</b>	<b>24</b>	<b>0.14</b>	<b>1.01</b>	<b>1.46</b>							
	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							
<b>SALAD, SIDE, SPINACH</b>		<b>16</b>	<b>2.77</b>	<b>49</b>	<b>0.26</b>	<b>1.85</b>	<b>1.79</b>							
	Spinach	13	0.52	11	0	0	1							
	Tomatoes	3	2.121	0.05	0.21	0.62	0							
<b>SALAD, SIDE, TOSSED</b>		<b>13</b>	<b>1.99</b>	<b>7</b>	<b>0</b>	<b>0.66</b>	<b>0.66</b>							
	Lettuce	20	3	10	0	1	1							
<b>SALAD, SOUTHWEST W/SPICY CHICKEN</b>		<b>342</b>	<b>19.93</b>	<b>728</b>	<b>20.67</b>	<b>19.78</b>	<b>3.17</b>							
	Spicy chicken patty	210	12	470	11	15	1	yes			yes	yes		
	Lettuce	20	3	10	0	1	1							
	Onions	20	3	10	0	1	1							
	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							
<b>SALAD, SPICY CHICKEN &amp; CORN SALSA</b>		<b>286</b>	<b>29</b>	<b>692</b>	<b>11</b>	<b>19</b>	<b>6</b>							
	Spicy chicken patty	210	12	470	11	15	1	yes			yes	yes		
	Lettuce	20	3	4	0	1	1							
	Beans, black	120	7	66	0.29	7	2							

\*PC Portion Controlled

\*IW Individually Wrapped

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

**Nutrients/Allergens/Dyes**  
**2016-2017**

Recipe Description		Nutrients						Allergens					Pnut?	Dyes
		Calories	Carbs	Sodium mg	Total Fat g	Protein g	Fiber	Milk	Egg	Fish	Soy	Wheat		
	Salsa	18	2	76	18	1	1							
	Corn	30	6	106	0.37	0	1							
<b>SALAD, SPICY CHICKEN STRIPS</b>			<b>16.27</b>	<b>273</b>	<b>407</b>	<b>15.17</b>	<b>6</b>							
	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	14	3.3	31	0	0.26	1.16							
<b>SALAD, TERIYAKI CHICKEN</b>		<b>233</b>	<b>33.25</b>	<b>583</b>	<b>3.66</b>	<b>16.78</b>	<b>4.69</b>							
	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		
<b>SALAD, TUNA</b>		<b>143</b>	<b>2.36</b>	<b>470</b>	<b>7.38</b>	<b>15.73</b>	<b>0.46</b>		yes	yes				
<b>SALAD, TUNA BOX</b>		<b>171</b>	<b>7.64</b>	<b>508</b>	<b>7.43</b>	<b>16.65</b>	<b>2.28</b>							
	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							
<b>SALISBURY STEAK</b>		<b>158</b>	<b>5</b>	<b>370</b>	<b>7</b>	<b>13</b>	<b>0</b>	yes			yes	yes		
<b>SALSA</b>		<b>30</b>	<b>5.92</b>	<b>207</b>	<b>0</b>	<b>0</b>	<b>2.96</b>							
<b>SALSA, BLACK BEAN &amp; CORN</b>		<b>166</b>	<b>32.42</b>	<b>682</b>	<b>1.56</b>	<b>5.46</b>	<b>9.94</b>							
<b>SAUCE, BARBECUE, DISPENSER</b>		<b>45</b>	<b>11</b>	<b>75</b>	<b>0</b>	<b>0</b>	<b>0</b>							
<b>SAUCE, HOT SAUCE, DISPENSER</b>		<b>0</b>	<b>0</b>	<b>80</b>	<b>0</b>	<b>0</b>	<b>0</b>							
<b>SAUCE, GENERAL TSO'S</b>		<b>69</b>	<b>16</b>	<b>186</b>	<b>1</b>	<b>0</b>	<b>0</b>				yes	yes		
<b>SAUCE, KUNG PAO</b>		<b>30</b>	<b>6</b>	<b>260</b>	<b>1</b>	<b>0</b>	<b>0</b>	yes			yes	yes		
<b>SAUERKRAUT</b>		<b>63</b>	<b>15.63</b>	<b>752</b>	<b>0.21</b>	<b>1.09</b>	<b>3.66</b>							
<b>SAUSAGE LINK, TURKEY</b>		<b>60</b>	<b>0</b>	<b>100</b>	<b>4.5</b>	<b>6</b>	<b>0</b>							
<b>SAUSAGE PATTY, BEEF</b>		<b>60</b>	<b>1</b>	<b>210</b>	<b>4</b>	<b>6</b>	<b>0</b>							
<b>SEAFOOD SEASONING</b>		<b>0</b>	<b>0</b>	<b>200</b>	<b>0</b>	<b>0</b>	<b>0</b>							
<b>SNACK, BEEF STICK</b>		<b>30</b>	<b>1</b>	<b>100</b>	<b>1</b>	<b>4</b>	<b>0</b>							
<b>SNACK BREAKS ANIMAL CRK/JC</b>		<b>200</b>	<b>45.02</b>	<b>110</b>	<b>2</b>	<b>2</b>	<b>2</b>							

\*PC Portion Controlled

\*IW Individually Wrapped

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

Recipe Description		Nutrients						Allergens					Pnut?	Dyes
		Calories	Carbs	Sodium mg	Total Fat g	Protein g	Fiber	Milk	Egg	Fish	Soy	Wheat		
	Animal Crackers	110	22	90	2	2	2	yes			yes	yes		
	Fruit Punch	90	23	20	0	0	0							
<b>SNACK BREAKS GOLDFISH/JC</b>		<b>190</b>	<b>37.01</b>	<b>185</b>	<b>3.5</b>	<b>3</b>	<b>1</b>							
	Goldfish	100	14	170	3.5	3	1	yes			yes	yes		
	Apple juice	90	23	15	0	0	0							
<b>SNACK, FRUIT ROLL-UPS</b>		<b>45</b>	<b>11</b>	<b>55</b>	<b>1</b>	<b>0</b>	<b>2</b>							
<b>SNACK MIX, KIDS MIX</b>		<b>100</b>	<b>17</b>	<b>150</b>	<b>3</b>	<b>3</b>	<b>2</b>	yes				yes		
<b>SOFT PRETZEL W/MUSTARD</b>		<b>145</b>	<b>30</b>	<b>228</b>	<b>0.5</b>	<b>5</b>	<b>3</b>					yes		
<b>SOUP, TOMATO</b>		<b>83</b>	<b>19.36</b>	<b>382</b>	<b>0</b>	<b>1.84</b>	<b>0</b>					yes		
<b>SOY SAUCE, PC*</b>		<b>2</b>	<b>0</b>	<b>270</b>	<b>0</b>	<b>1</b>	<b>0</b>				yes			
<b>SPIKERZ</b>		<b>100</b>	<b>16</b>	<b>160</b>	<b>3</b>	<b>2</b>	<b>2</b>	yes			yes	yes		
<b>SPINACH</b>		<b>58</b>	<b>8.16</b>	<b>165</b>	<b>1.48</b>	<b>6.82</b>	<b>6.29</b>							
<b>STARS &amp; MOON COOKIES</b>		<b>120</b>	<b>20</b>	<b>100</b>	<b>4.5</b>	<b>2</b>	<b>1</b>	yes			yes	yes		
<b>STEAK SUB</b>		<b>270</b>	<b>28.3</b>	<b>465</b>	<b>9.79</b>	<b>20.29</b>	<b>4.3</b>							
	Hoagie Roll	140	27	270	7	6	3				yes	yes		
	Beef steak slices	100	1	150	6	11	1							
<b>STRAW/GUAVA FLIP, IW*</b>		<b>231</b>	<b>37.15</b>	<b>231</b>	<b>8.03</b>	<b>5.02</b>	<b>5.02</b>	yes	yes		yes	yes		
<b>STRAWBERRIES, FRESH</b>		<b>27</b>	<b>6.37</b>	<b>1</b>	<b>0.25</b>	<b>0.56</b>	<b>1.66</b>							
<b>STRAWBERRIES, FROZEN</b>		<b>53</b>	<b>13.8</b>	<b>3</b>	<b>0.17</b>	<b>0.65</b>	<b>3.18</b>							
<b>STRAWBERRY BAGEL POCKET</b>		<b>230</b>	<b>40.98</b>	<b>180</b>	<b>6</b>	<b>6</b>	<b>2</b>	yes				yes		
<b>STRAWBERRY DELIGHT</b>		<b>51</b>	<b>13.19</b>	<b>2</b>	<b>0.11</b>	<b>0.42</b>	<b>2.04</b>							
<b>STRING CHEESE</b>		<b>80</b>	<b>0</b>	<b>210</b>	<b>6</b>	<b>7</b>	<b>0</b>	yes						
<b>STRING CHEESE &amp; CRACKERS, PreK</b>		<b>285</b>	<b>20.53</b>	<b>522</b>	<b>15.76</b>	<b>15.78</b>	<b>1.96</b>							
<b>STUFFING</b>		<b>122</b>	<b>15.18</b>	<b>200</b>	<b>5.67</b>	<b>2.92</b>	<b>1.17</b>				yes	yes		
<b>SUNCHIPS SNACK MIX, CHEDDAR</b>		<b>110</b>	<b>15</b>	<b>200</b>	<b>4</b>	<b>2</b>	<b>0</b>	yes				yes		
<b>SUNCHIPS SNACK MIX, SALSA</b>		<b>110</b>	<b>15</b>	<b>170</b>	<b>4</b>	<b>2</b>	<b>2</b>	yes				yes		
<b>SUNSHINE BOX</b>		<b>370</b>	<b>41</b>	<b>435</b>	<b>19</b>	<b>10</b>	<b>6</b>							
	Sunbutter	200	7	120	16	7	4							
	Sunflower Kernals	190	11	65	14	6	3							
	Crackers, wheat	180	30	370	5	4	3					yes		
<b>SWEET POTATO, HOLIDAY MEAL</b>		<b>164</b>	<b>40</b>	<b>43</b>	<b>0.28</b>	<b>1.43</b>	<b>3.5</b>							
<b>SWEET POTATO SWIRL ROLL</b>		<b>128</b>	<b>20</b>	<b>138</b>	<b>4.45</b>	<b>2.96</b>	<b>2.96</b>	yes			yes	yes		

\*PC Portion Controlled

\*IW Individually Wrapped

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

Recipe Description	Nutrients						Allergens					Pnut?	Dyes
	Calories	Carbs	Sodium mg	Total Fat g	Protein g	Fiber	Milk	Egg	Fish	Soy	Wheat		
<b>SWEET POTATO TATER PUFFS</b>	<b>129</b>	<b>23</b>	<b>204</b>	<b>3.75</b>	<b>1.07</b>	<b>2.14</b>							
<b>SWEET POTATO WAFF FRIES, SEAS</b>	<b>141</b>	<b>23</b>	<b>317</b>	<b>5.02</b>	<b>1</b>	<b>3.01</b>							
<b>SWEET POTATO WAFFLE FRIES</b>	<b>141</b>	<b>23</b>	<b>231</b>	<b>5.02</b>	<b>1</b>	<b>3.01</b>							
<b>SWEET POTATO WHOLE BAKED</b>	<b>204</b>	<b>47</b>	<b>82</b>	<b>0.34</b>	<b>4.56</b>	<b>7.48</b>							
<b>SYRUP, PC*</b>	<b>119</b>	<b>31</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>							
<b>TABASCO SAUCE</b>	<b>1</b>	<b>0.04</b>	<b>30</b>	<b>0.04</b>	<b>0.06</b>	<b>0.03</b>							
<b>TACO SALAD</b>	<b>186</b>	<b>6.8</b>	<b>415</b>	<b>10.62</b>	<b>17.93</b>	<b>2.79</b>							
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							
<b>TACO SAUCE, PC*</b>	<b>5</b>	<b>1.07</b>	<b>96</b>	<b>0.03</b>	<b>0.08</b>	<b>0.09</b>							
<b>TACO, BEEF SPICY, SCDRY</b>	<b>339</b>	<b>35.66</b>	<b>647</b>	<b>13.52</b>	<b>21.39</b>	<b>6.03</b>							
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				yes		
Tobasco	0	0	32	0	0	0							
<b>TACO, ELEM</b>	<b>266</b>	<b>20.89</b>	<b>542</b>	<b>12.45</b>	<b>20.1</b>	<b>4.1</b>							
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	1	yes						
<b>TACO, SCDRY</b>	<b>383</b>	<b>36.06</b>	<b>717</b>	<b>17.16</b>	<b>24.21</b>	<b>6.02</b>	<b>yes</b>				<b>yes</b>		
<b>TERIYAKI BEEF</b>	<b>329</b>	<b>24</b>	<b>755</b>	<b>16.65</b>	<b>16.65</b>	<b>11</b>	<b>yes</b>			<b>yes</b>	<b>yes</b>		
<b>TERIYAKI BEEF DIPPERS</b>	<b>160</b>	<b>5.99</b>	<b>440</b>	<b>7.99</b>	<b>13.99</b>	<b>1</b>	<b>yes</b>			<b>yes</b>	<b>yes</b>		
<b>TORTILLA, SOFT, 10 IN.</b>	<b>190</b>	<b>32</b>	<b>160</b>	<b>4</b>	<b>5</b>	<b>4</b>					<b>yes</b>		
<b>TORTILLA, SOFT, 6 IN.</b>	<b>90</b>	<b>14</b>	<b>125</b>	<b>2.5</b>	<b>3</b>	<b>1</b>					<b>yes</b>		
<b>TORTILLA, CHIPOTLE, 10"</b>	<b>160</b>	<b>27</b>	<b>350</b>	<b>4.5</b>	<b>4</b>	<b>4</b>					<b>yes</b>		
<b>TOSTITOS ROUNDS, IND BAG</b>	<b>200</b>	<b>29</b>	<b>180</b>	<b>7</b>	<b>2</b>	<b>3</b>							
<b>TOSTITOS SCOOPS, IND BAG</b>	<b>110</b>	<b>19</b>	<b>110</b>	<b>2.5</b>	<b>2</b>	<b>2</b>							
<b>TUNA SALAD SANDWICH</b>	<b>283</b>	<b>31.36</b>	<b>710</b>	<b>9.38</b>	<b>21.73</b>	<b>4.46</b>							
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			
<b>TURKEY &amp; CHEESE SAND PreK</b>	<b>161</b>	<b>17</b>	<b>490</b>	<b>3.52</b>	<b>15.54</b>	<b>2</b>							

\*PC Portion Controlled

\*IW Individually Wrapped

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

Recipe Description		Nutrients						Allergens					Pnut?	Dyes
		Calories	Carbs	Sodium mg	Total Fat g	Protein g	Fiber	Milk	Egg	Fish	Soy	Wheat		
	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			
<b>TURKEY &amp; CHEESE SUB</b>		<b>279</b>	<b>29.02</b>	<b>798</b>	<b>6.55</b>	<b>23</b>	<b>3</b>							
	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		
<b>TURKEY &amp; CHEESE WRAP</b>		<b>324</b>	<b>29.6</b>	<b>985</b>	<b>9.1</b>	<b>29.37</b>	<b>4.39</b>							
	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			
<b>TURKEY HOLIDAY SLICED ROAST</b>		<b>80</b>	<b>1</b>	<b>561</b>	<b>1</b>	<b>18.05</b>	<b>0</b>							
<b>TURKEY SALAD</b>		<b>145</b>	<b>2.7</b>	<b>710</b>	<b>7.32</b>	<b>18</b>	<b>0.22</b>		<b>YES</b>		<b>YES</b>			
<b>TURKEY SANDWICH, HOT EL</b>		<b>164</b>	<b>16.48</b>	<b>770</b>	<b>2.51</b>	<b>25</b>	<b>1</b>							
	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						
<b>TURKEY SANDWICH, HOT SEC</b>		<b>247</b>	<b>32</b>	<b>974</b>	<b>4</b>	<b>25</b>	<b>2</b>							
	Turkey	82	1	571	1	18	0							
	White wheat bread	140	28	260	2	12	2				yes	yes		
	Chicken gravy	12	1.46	69	0.5	1	0	yes						
<b>VEG JUICE GOLD RUSH</b>		<b>40</b>	<b>10</b>	<b>60</b>	<b>0</b>	<b>0</b>	<b>0</b>							
<b>VEG/FRUIT BEVJUICE BOWL</b>		<b>55</b>	<b>14</b>	<b>15</b>	<b>0</b>	<b>0</b>	<b>0</b>							
<b>VEGETABLE MEDLEY</b>		<b>19</b>	<b>4.05</b>	<b>13</b>	<b>0.13</b>	<b>0.92</b>	<b>1.25</b>							
<b>VEGETABLES, ASST FRESH</b>		<b>29</b>	<b>5.7</b>	<b>46</b>	<b>0.29</b>	<b>1.94</b>	<b>2.1</b>							
<b>WAFFLE, DUTCH</b>		<b>293</b>	<b>41.96</b>	<b>342</b>	<b>12.68</b>	<b>3.9</b>	<b>2.93</b>	<b>yes</b>	<b>yes</b>		<b>yes</b>	<b>yes</b>		
<b>WAFFLES</b>		<b>200</b>	<b>34.93</b>	<b>220</b>	<b>4.99</b>	<b>3.99</b>	<b>3.99</b>	<b>yes</b>	<b>yes</b>		<b>yes</b>	<b>yes</b>		
<b>WATERMELON</b>		<b>24</b>	<b>6.04</b>	<b>1</b>	<b>0.12</b>	<b>0.49</b>	<b>0.32</b>							
<b>YOGURT and FRUIT BOX</b>		<b>429</b>	<b>93.83</b>	<b>246</b>	<b>2.6</b>	<b>11.15</b>	<b>5.4</b>							
	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		

\*PC Portion Controlled

\*IW Individually Wrapped

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



**Nutrients/Allergens/Dyes**  
**2016-2017**

Recipe Description	Nutrients						Allergens					Pnut?	Dyes
	Calories	Carbs	Sodium mg	Total Fat g	Protein g	Fiber	Milk	Egg	Fish	Soy	Wheat		
<b>YOGURT BOX, EL, GRANOLA CLUSTERS</b>	<b>389</b>	<b>66</b>	<b>377</b>	<b>8.43</b>	<b>14.91</b>	<b>4</b>							
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		
<b>YOGURT, 4 OZ</b>	<b>90</b>	<b>19</b>	<b>75</b>	<b>0</b>	<b>3</b>	<b>0</b>	<b>yes</b>						
<b>YOGURT BLUEBERRY, 8 OZ</b>	<b>190</b>	<b>39</b>	<b>150</b>	<b>0</b>	<b>6</b>	<b>0</b>	<b>yes</b>						
<b>YOGURT CHERRY VANILLA 8 OZ</b>	<b>180</b>	<b>39</b>	<b>150</b>	<b>0</b>	<b>6</b>	<b>0</b>	<b>yes</b>						
<b>YOGURT PEACH, 4 OZ</b>	<b>90</b>	<b>19</b>	<b>75</b>	<b>0</b>	<b>3</b>	<b>0</b>	<b>yes</b>						

\*PC Portion Controlled

\*IW Individually Wrapped

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