

Recipe / Ingredient Number	Serving Per Cont./ Pkg.	Elementary Nutrient Analysis <u>April 2015</u> Please check your menu for CHO information	Carb grms	Total Calories	Fiber	Protein grms	Fat Grams	Sodium mg
<b>Yellow highlights indicate current CHO updates</b>								
<b>LUNCH ENTREES</b>								
2269	1 ea	Bean Dip, Fiesta/Cheese and colored strips	29g	139	7g	8g	2g	675mg
I-000052	2 oz	*Tortilla Chips 1.5oz bag = 1.5/B)	28g	210mg	3g	4g	9g	97mg
R-3298	1 oz	*Wackamole (Mock Guac-peacamole) made with peas	3g	21	1g	1g	1g	177mg
R-3311	1 oz	*Fat Free Sour Cream	4g	21	0	1g	0	40mg
R-3196	1 ea	Beef, Taco Whole Grain tort 6" w/1.5 oz beef	17.5	249	2 g	18g	11g	360mg
R-1607	1/2 oz	*Cheese Shreeded moz/ched mix	0g	38	0g	4g	2.5g	95mg
I-901062	6"	*Whole grain 6" tortilla	14g	90	1g	3g	2.5g	65mg
R-1340	1 1/2 oz	*Seasoned Taco, Beef	0	121	1g	12g	6g	200mg
I-903068	each	Beef Mini cheeseburger sliders (2 ea) WG	35g	337	3g	20g	13g	780mg
2655	1 each	Beef, Mini Cheese Hamburger	17g	168	1.5g	10g	7g	390mg
R-2577	1 each	Beef, Hamburger on wheat bun Deluxe	33g	309	3g	21g	11g	561mg
51057	1 slice	<i>Cheese, American sliced</i>	0	44	0	4g	3g	224mg
R-2276	1 each	Beef BBQ Riblet on a wg HD Bun	41g	338	3g	19g	12g	676mg
2088	1 each	Beef, Mealball Sub in marinara with cheese	40g	354	4g	22g	13g	971mg
R-3288	1 each	Beef Meatloaf "Home-Style" Burger (Sandwich)on WG bun	33g	347	4.5g	26g	11g	924mg
R-3359	1 each	Bean & Cheese Chimichunga WG	42g	359	7g	18g	15g	904mg
R-2594	1 each	Burrito, Bean , Beef, Cheese red chili Los Cabo	44g	360	4g	18g	12g	510mg
I-902953	1 each	Burrito, Southwest Black bean & Cheese Los Cabos WG	41g	298	10g	16g	9.5g	470mg
R-3320	1 each	Burrito, Bean & Cheese WG (Santa Fe)	48g	310	8g	12g	8g	600mg
R-2194	1 each	Burrito, Bean & Cheese green chili WG (Los Cabos)	41g	320	8g	16g	8g	388mg
R-2194	1 ea	Burrito, Bean & Cheese whole grain (Ardella's )	45g	298	9g	14g	7g	457mg
I-901121	1 ea	Burrito, Beef & Bean & Cheese WG	49g	343	8g	16g	10g	498mg
R-3255	1 ea	Burrito, Bowl " grande" (beans, rice corn, cheese)	62g	345	8g	17g	6g	985mg
I-903059	1 each	Burrito, Shredded Chicken & Cheese	33g	330	4g	17g	11g	570mg
I-901117	3 each	Cheese, Chile con Queso Bites Max snac	29g	260	2g	15g	9g	620mg
R-3376	2 each	Cheese Taquitos, SUPER	40g	378	4g	14g	14g	555mg
R-3376	2 each	Cheese Enchalada with green sauce	43g	403	5g	14g	16g	817mg
R-0342	2 Each	Cheese Filled Pizza Stix (Max)	31.8g	328	2g	16.6g	15g	754mg
I-902780	1 ea	Marinara Sauce Dipping Red Gold 1oz	3g	15	1g	1g	0	120mg
R-2083	2 ea	Cheese,Bread Sticks -BOSCO	34g	303	4g	20g	10g	451mg
R-2803	4 each	Cheese, Pizza Crunchers	41g	420	5g	20g	20g	790mg
R-902907	2oz	Cheese, cheddar sauce Gluten Free	2g	108	0	7g	8g	395mg
R-3188	1 ea	Cheese Quesadilla, w/Whole Grain tort(Mozz mix) 8"	21g	256	8.0g	14.82g	11.52g	495mg
R-2657	1 each	Chicken, BBQ in a WG Flat bread	33g	247	3g	13g	7g	587mg
R-1036	1 ea	Chicken Corndog Baked	22g	270	0	8.82	15g	730mg
R-3414	4 each	Chicken Hot Wings	10g	199	3g	16g	8g	257mg
R-1557	1 ea	Chicken Hotdog on Bun (All American)	32g	300	3g	13g	18g	770mg
R-3173	1 ea	Chicken Hotdog w/Chili 4.6oz & Cheese 1/4oz on wg Bun	59g	468	10g	24g	16g	1149mg
902997	1 ea	Chicken Double Hotdog WG	31g	279	3g	15g	11g	641mg
R-1699	4.5 oz/1/2c	Vegeterian *Meatless Chili	27g	149	7g	9g	.73g	330mg
R-1611	1 ea	Chicken "Filet" Sandwich wg Bun	47g	376	5g	26g	10g	846mg
R-2985	1 serving	Chicken, Roasted **serving =1 breast ,1 thigh, 2 legs = 2/M	1g	120	0	12g	7g	209mg
	2 each	Chicken Tenders	14g	220	3g	18g	8g	282mg
R-3407	7 each	Cheese ravioli in red sauce with Parm Cheese	24g	160	3	9	3.5	386mg
902993	7 each	Cheese Ravioli (no sauce)	16g	120	2	8	2.5	260mg
R-2985	see **	Chicken, Baked Herb serving =1 breast ,1 thigh, 2 legs	1g	120	0	12g	7g	209mg
R-2890	3 each	Chicken Taco, mini WG	27g	260	5g	15g	11g	460mg
	3.20oz	Chicken, Teriyaki (11g) Bowl (Rice 1/2 cup 19g CHO)	30g	140	0	14g	4.5g	370
R-3350	1 serving	Chicken, Orange sauce(11 CHO), Rice 1/2 cup	36g	305	1g	17g	9g	449mg
R-2998	1 each	Chicken Taco Grande, on WG Loco bread 1/2oz chez	25g	242	3g	19g	7g	374mg
R-902897	1 ea	Egg Roll Vegetable (1/B & 1/2 cup Veg)	22g	140	2g	4g	4.5g	270mg
902999	1 each	Egg & Cheese WG Flat Bread	17g	150	1g	7g	6g	310mg
R-2009	1 each	Enchirito Green, w/Mozz/ched mix Cheese	57g	396	7g	18g	10g	877mg
R-1717	1 ea	Enchirito Red, w/Mozz/ched mix Cheese	63g	409	9g	21g	10g	880mg
I-901129	1 slice	French Toast Sticks, 1 slice of wg bread scored	28g	190	0	9g	4g	330mg
I-000051	1 ea	<i>*Pork, Sausage Link</i>	0g	85	0	17g	4g	260mg
3415	1 each	Fish, Sandwich on a Kaiser roll BIG Catch	40g	310	5g	18g	8.5g	390mg
R-3050	1.76 oz	Hummus, Wild garden Trad & sun Dried Tom	3g	63	1g	6g	3g	120mg
I-902829	1.5oz	Mini Chips, tortilla	28g	203	5g	10g	7g	130mg
R-1605	1 ea	Nacho, Grande w/ 2oz Cheese & 2 oz chips	40g	398	4g	11g	21g	545mg
I-000052	2 oz	*Tortilla Chips (Approximately 23-23Chips)(2/B)	38g	280g	4g	4g	12g	130mg
R-3298	1 oz	*Wackamole (Mock Guac-peacamole) made with peas	3g	21	1g	1g	1g	177mg
R-3311	1 oz	*Fat Free Sour Cream	4g	21	0	1g	0	40mg
R-3274	1 ea	Chili, WG Bread Bowl with cheese 3.5oz & 1/2oz chz	49g	310	8g	15g	7g	491mg

R-1212	3.5 oz (#10)	*Meatless Chili	21g	112	4.99g	6.72g	.54g	271
R-1699	4.6 oz (#8)	*Meatless Chili	27g	149	7g	9g	.73g	331mg
R-902986	1 each	Pancakes, WG maple flavored	40g	230	3g	5g	7g	270mg
I-903074	1 each	Turkey Sausage	0	60	0	6g	4.5g	100mg
R-2909	1 each	Pizza, BBQ Chicken 10cut	32g	353	1g	23g	15g	787mg
I-903067	1 each	Pizza, Cheese Garlic French Bread WG	30g	330	3g	18g	15g	680mg
902911	1 each	Pizza, pork sausage & Cheese Breakfast (CHO X2 if 2 served)	18g	170	2g	10g	7g	310mg
3114	1 ea	Pizza Cheese, 5" Wg in a little red box	30g	279	2g	18g	9g	650mg
I-000079	1 ea	Pizza Pack, Cheese, Lunchable	46g	420	4.0g	23g	15g	896
R-2409	1 ea	Pizza Whole Grain Cheese "BIG Slice" (10 cut)	27g	290	1g	17g	13g	510mg
R-2034	1 ea	Pizza Whole Grain Turkey Pepperoni "BIG Slice"(10 cut)	27g	290	1	17g	13g	550mg
R-2929	1 each	Pork, Taco with cheese	15g	235	1g	16g	12g	240mg
R-2921	2 each	Potato Skins stuffed-cheese-olives-chives-Turkey bacon	19g	201	3g	10g	8g	367mg
R-2921	2 each	Potato Skins stuffed-cheese-olives-chives	20g	191	3g	9g	7g	312mg
R-2863	1 ea	Potato Wedges with Veg Chili & Cheese (2 oz potatoes)	43g	243	6.18g	9.27g	4.56g	757mg
R-3360	1/2 cup	Polenta, MUSD recipe with cheese & jalapeno	16g	179	2g	7g	9g	286mg
R-1212	3.5 oz (#10)	*Meatless Chili	21g	112	4.99g	6.72g	.54g	271
R-901063	1 ea	Pretzel, Super Whole Grain soft 2.2 oz J & J	30g	141	3g	5g	0	150mg
R-2556	1 ea	Pretzel, Super Whole Grain soft 2. oz w/cheese sauce 2oz	32g	259	3g	12g	10g	565mg
R-3352	1 each	Pretzel Pumpkin WG with 2oz cheddar cheese sauce	32g	259	3g	13g	9g	584mg
902917	1 ea	Pasta, Cheese Lasagna Roll	21g	180	4g	15g	4.5g	270mg
R-2647	1 ea	Pasta, "Spaghetti & Meatballs" 5 Meatballs in Marinara sauce	35g	283	4g	18g	11g	374mg
R-5137	1/2 cup	Pasta Marinara	25g	90	2g	4g	.50g	187mg
R-2340	1/2 cup	Pasta, Macaroni & Cheese WG	28g	158	3g	4g	3g	461mg
R-902902	3.6oz	*Chicken Tenders 3.6oz (4 each wings)	19g	211	1g	17g	8g	452mg
I-901118	8 pies	Pasta, Beef Ravioli Chef boyardee	30g	250	5g	16g	8g	680mg
R-1459	1 ea	*Roll, warm wheat	15g	80	1g	3g	1g	135mg
R-1297	1 ea	Turkey, Roast & Gravy 3/4c w/1/2c Potato mashed instant	17g	186	1g	17g	5g	762mg
R-1454	3/4cup	*Turkey, Roast & Gravy	6g	227	.05g	15g	8g	504mg
R-5151	1/2c	*Potatoes mashed, instant	15g	76	1g	1g	1g	345mg
902998	1 each	Turkey Sausage / egg / Cheese Quiche IW 2 each WG	22g	160	2g	8g	4.5g	290mg
R-3370	1 each	Turkey & Cheese Anytimer Lunch Pak	38g	320	2g	16g	11g	860mg
R-3371	1 each	Turkey Ham & Cheese Anytimer lunch Pak	37g	330	2g	17g	13g	920mg
R-3380	1 each	Veggie Parfait-veggies only	6g	27	2g	1g	0	39mg
		Dressing 2oz	4g	110	0	2g	9g	225mg
		Cheese cubes	0	90	0	7g	7g	190mg
		Sunflower Butter 1oz	6g	130	4g	6g	14g	106mg
<b>Courtesy Meals</b>								
<b>*Note:</b> Each meal includes calories from a variety of fruits and vegetables. Specific fruits and vegetables can be identified by the student.								
R-3044	1 oz	Sunflower seed Butter	6g	177	4g	6g	14g	106mg
R-2690	1 oz	Peanut Butter	6g	171	1.71g	7.12g	14.50g	139
I-051045	1 1/2 oz	American Cheese (3 slices)	1g	159	0	8.24g	13.32g	
I-900002	1 oz	Cheese, String	1g	80		8g	5g	170
R-5093	4 crackers	Crackers, Saltine (2 pks = 4 crackers)	9g	51	.36g	1.11g	1.36g	129mg
I-900142	8 oz	Milk, Chocolate (Producers)	28g	150	0	8g	0.5g	230
I-900140	8 oz	Milk, White (Producers)	16g	130	0	11g	2.5g	160
<b>GECAC Snack Program</b>								
R-900289	1 ea	Cereal Bar Cinnamon Toast Crunch	30g	150	3g	3g	3g	115mg
R-902872	1 ea	Cereal Bar, Fruity Cheerios	30g	150	3g	2g	3g	105mg
I-903069	1 ea	Cereal, Bowl pack Scooby Doo	27g	120	3g	3g	1.5g	110mg
R-900152	1 ea	Cereal Bar, Golden graham	30g	150	3g	2g	3g	110mg
903055	1 ea	Cheese it Atomic	15g	90	1g	2g	3g	190mg
R-902930	1 ea	Chex, Hot N Spicy	21g	120	1g	2g	3g	150mg
R-902867	1 ea	Chex, Strawberry Yogurt	23g	120	2g	2g	3g	55mg
R-902931	1 ea	Cracker, Graham Scooby Doo	22g	130	1g	2g	4g	120mg
R-2086	.75 oz	Crackers, Goldfish Ranch	14g	100	.5g	3g	3g	190
R-2084	.75 oz	Crackers, Goldfish Spicy	14g	100	.5g	3g	3g	190
I-900048	1 pkg	Graham, Goldfish	19g	120	.50g	1g	4g	110
I-900159	6.75oz	Juice, Capri Sun	23g	100	0	0	0	30mg
I-900083	1 oz	Munchies Kids Mix	18g	110	1g	2g	4g	200mg
R-902930	1 ea	Oatmeal Bar Butterscotch Chip	23g	150	2g	2g	5g	120mg
R-902929	1 ea	Oatmeal Bar Chocolate Chip	23g	150	2g	2g	5g	120mg
	1 each	Peanut Butter Pretzel Pocket	17g	160	2g	5g	8g	370mg
	1 each	Popped Crisp BBQ or Sour Cream	16g	90	1g	2g	2.5g	180mg
R-0639	.75 oz	Pretzels, Goldfish	15g	90	1g	2g	2g	300
I-900122	1 oz	Sunflower Seeds, Blaze-In/Hot	5g	170	2.0g	6g	16g	115
I-900067	1 oz	Sunflower Seeds, Lightly Salted	5g	170	2.0g	6g	14g	85

<b>SANDWICHES</b>								
<b>Summer School Box Lunches</b>								
I-901075	NVB500	Turkey & Cheese Hoagie, carrots, gram, orange	74g	471	8.52	20.98	11g	1939mg
I-901106	bxlu turkey 100	Turkey& Chz W sand, carrots, gram,orange	71g	452g	6.60g	16.16g	10.66g	1502mg
I-901077	nv 610	Pizza Pack , orange	59g	423	5.98g	21.74	11.61	852
I-901105	bxlu PBJ 250	PB & J Uncrustable, carrots,cinn gram,orange	89g	757	10.57g	24.71g	32.32g	771mg
R-5274	1 ea	PB & Grape Jelly Bar	30g	290	3g	8g	17g	260mg
3317	1 each	Sandwich Pulled BBQ Pork on a Ciabatta Roll	34g	140	2g	27g	17g	432mg
902944	1 each	Sandwich, Grilled cheese with turkey bacon	30g	291	3g	18g	11g	562mg
I-901079	1 each	Sandwich Grilled Cheese Integrated	31g	370	4.0g	21g	12g	1148mg
R-2895	1 ea	Sandwich, Croissant Turkey and Cheese WG	27g	295	3g	16g	15g	700mg
R-3238	1 ea	Sandwich, Sun Flower seed butter & Grape Jelly	33g	310	5g	10g	17g	250mg
R-3309	1 each	Sandwich Sub, Turkey & Cheese on WG Hoagie	29g	259	2g	22g	5g	926mg
R-3310	1 each	Sandwich Turkey Ham & Cheese on WG pretzel Roll	29g	292	3g	18g	10g	728g
R-3400	1 each	Sandwich, Turkey pastrami & Cheese on pretzel roll wg 2/2	31g	298	3g	19g	11g	851mg
3429	1 each	Sandwich, Ham & Cheese warm on a kaiser roll 2/M 2/B	31g	245	3g	18g	7g	1168mg
R-3415	1 each	Sandwich, Fish Big Catch on WG Ciabatta Roll	41g	330	4g	18g	10g	370mg
<b>WRAPS</b>								
R-0798	1 each	Chicken Ranch Caesar Wrap WG tort	38g	400	2g	22g	19g	828mg
R-2920	1 each	Chicken Teriyaki Wrap WG tort	61g	448	12g	23g	12g	394mg
R-3275	1/2 ea	Southwest, Veggie Wrap	68g	462	17g	22g	9g	747mg
R-2756	1 ea	Turkey Wrap,N' n Roll Ranch WG tort	31g	391	10g	27g	18g	1048mg
R-3152	1 each	Turkey Bacon Club Wrap (Ranch Club house)	22g	341	10g	30g	13g	1334mg
R-3151	1 each	Turkey Ham & cheese wrap	22g	300	8g	17g	16g	920mg
R-2908	1 each	Hawaiian Chicken Crunch Wrap	29g	349	10g	24g	16g	550mg
<b>BREAD</b>								
I-0033	1 ea	Hot dog Bun WG	23g	140	3g	7g	2g	320mg
I-0034	1 ea	Hamburger Bun WG	31g	160	3g	6g	2g	270mg
R-1220	1 ea	Roll, Parmesan Garlic (Rich's Prepared)	15g	83	1.01g	3.22	1.15	143
R-1459	1 ea	Roll, Wheat (Rich's) Prepared	15g	80	1.0g	3g	1g	135
I-902835	1 ea	Roll, WG wrapped	15g	80	1g	2g	2g	110mg
<b>PASTA/RICE Side Dish</b>								
R-2538	1/2 cup	Pasta Salad, Bow tie Oriental Spring (Cold)	21g	148	1g	3g	6g	122mg
R-2840	1/2 cup	Pasta, Rotini Tango Twist (cold)	18g	124	3g	3g	5g	99mg
R-2125	1/2 cup	Pasta, Salad Garden Vegetable (cold)	20g	154	3g	3g	7g	270mg
R-1134	1/2 cup	Simply Ranch Noodles (Hot)	17g	85	1.74g	2.90g	.55g	332mg
R-3157	1/2 cup	Rice, Cheesy brown	25g	135	1g	3g	2g	269mg
R-3216	1/2 cup	Rice, Brown Pilaf	25g	135	1g	3g	2g	269mg
R- 2080	1/2 cup	Rice, Brown Tex-Mex	22g	110	1g	3g	1g	194mg
R-2411	1/2 cup	Rice, Brown California Gold	19g	99	.54g	2.17g	1g	3mg
<b>VEGETABLE Side Dishes</b>								
3392	1 spear	Asparagus, stem/stalk/spear	1g	7	1g	1g	0	2mg
903075	1 oz	Corn, Baby Canned Ears	4g	15	0	0	0	41mg
R-0271	1/4 cup	Corn, Yellow	8g	33	.98g	1.05g	.27g	0
R-1705	1/2 cup	Corn, Yellow	16g	66	1.97g	2.09g	.55g	1
902955	3 each	Onion Rings = .5/B	16g	114	2g	2g	5g	186mg
I-50470	1/2 cup	Beans, Green	3g	14	1.9g	0.81	0.07	169mg
R-3290	1/2 cup	Pea, Salad w/ turkey bacon & cheese	14g	120	5g	10g	2g	305mg
R-2696	1/2 cup	Peas, USDA Frozen	11g	62	4g	4g	0	58g
I-902983	1/2 cup	Potato, rounds 8 each	16g	130	2g	2g	6g	310mg
R-3346	1/2 cup	Potato, Yam Sweet whole baked	32g	134	5g	2g	0	10mg
R-2713	1/2 cup	Potatoes, Whipped, Excell 10	15g	76	1.30g	1.50g	1g	345mg
R-2952	1/2c	Potato Wedges Seasoned (12-14 ea)	20g	104	3g	1.54g	2g	458mg
<b>CONDIMENTS</b>								
I-900115	1 ea	BBQ Sauce Packet (12 grams)	4g	20	0	0g	0g	75
R-2758	1 oz	Cabbage, Jalapeno, cilantro Salsa	1g	7	.25g	.18g	0.29	81mg
902992	1oz	Caramel Dip cup	16g	100	0	0	4g	135mg
I-011935	1 ea	Catsup Packet (12 grams)	3g	10	0	0	0	105mg
I-900098	1 pkg 12g	Dressing, Italian PPI 12g	1g	6	0	0	0.28	340
R-2343	1 Pkt 12 g	Dressing, ranch low fat	1g	68	0	0	7g	161mg
R-1216	1 Tbsp	Dressing, Ranch	1g	44	0	.32g	4.33g	55
I-900259	1 pkg 12g	Dressing, Thousand Island PPI 9g	2g	40	0	.5g	3g	105mg

I-902780	1 ea	Marinara Sauce Dipping Red Gold 1oz	3g	15	1g	1g	0	120mg
I-900074	1 ea	Maple Syrup cup (1.5 oz)	31g	120	0	0g	0g	25
I-900182	1 ea	Mayonnaise Packet (9 grams)	0g	60	0	0g	7g	150
I-083730	1 ea	Mustard Packet (5.5 grams)	.5g	5	0	.5g	0g	50
I-900084	1 ea	Taco Sauce Packet (9 grams)	1g	4.645	.06g	.075g	.043g	94.15
3389	2 oz	Tartar Sauce, Jalapeno MUSD Made	4g	165	0	0	16g	460mg
I-900204	1 ea	Teriyaki Sauce, Kikoman	2g	15	0	1g	0g	610
<b>EXTRAS/Lunch Snack Items/Grahams</b>								
2893	1 bag	Almonds, Dry natural	3g	108	2g	4g	10g	72mg
I-903064	.875oz	Baked Hot Cheetos, Flam Hot	18g	120	0	2g	4.5g	190mg
I-900103	1 oz	Cookie, C C Reduced Fat (Linda's)	16g	118	.26g	1.29g	4.50g	119.75
R-2084	.75 oz	Crackers, Goldfish Ranch	14g	100	.5g	3g	3g	190
	21g	Crackers, Atomic Cheese it	15g	90	1g	2g	3g	190mg
I-902822	1oz	Crackers, Cheese it Scrabble	20g	140	1g	3g	5g	230mg
I-902956	1 ea	Crackers, Savory Herb WG	15g	90	1g	2g	2.5g	199m
I-902957	1 ea	Cracker, Savory Pizza WG	15g	80	2g	2g	2g	180mg
I-902900	1 ea	Crackers, Savory Tomato Basil WG	15g	81	2g	2g	2g	190mg
R-2086	.75 oz	Crackers, Goldfish spicy	14g	100	.5g	3g	3g	190
	22g	Crackers, Popped Crisps	17g	90	1g	1g	2.5g	170mg
R-1190	.5 oa	Chips, Doritos	10g	80	1 g	1g	5g	100 mg
R-1189	.75 oz	Chips, Fritos	12g	120	1g	1g	8g	120mg
I-901090	1oz	Chips, Sunchip Garden Salsa	19g	140	3g	2g	6g	170mg
	1 each	Cup Cake Chocolate Happy Birthday	26g	140	6g	2g	3g	200mg
I-902829	1.5oz	Mini Chips, tortilla	28g	203	5g	10g	7g	0
I-903065	.875oz	Munchies, Flamin Hot	17g	110	2g	2g	3.5g	160mg
R-2038	1 ea	Cookie, Fortune	7g	29	0	0	0	0
I-902901	1 ea	Fruit, whole frozen cup 100% Juice Blue Rasp & Cherry	16g	60g	3g	0	0	5mg
R-2899	1 ea	Fruit, whole frozen cup 100% Juice assorted flavors	19g	77	3g	0	0	7.50mg
902979	1 each	Fruit Juice cup, frozen Holiday Rosati Valentines-St Patty-Dr Seuss	25g	99	0	0	0	15mg
	1 pkg	Graham, Apple Cinn Bear	18g	105	0	1.38g	2.97g	85.15mg
R-0371	1 pkg	Graham, Chocolate Bear .9 oz	18g	103	.38g	1.87g	2.76g	91
R-2726	1 ea	Graham, Sunrise maple Bites	20g	116	1.5g	2g	3g	116mg
R-2246	1 pkg	Graham, Goldfish cinn	19g	120	.50g	1g	4g	110
I-901059	1 pkt/2 ea	Graham, Honey and Oats Whole Grain Goldfish	19	120	2.0g	1	4.5	50
R-1791	1 pkt/2 ea	Graham, Waffle Blueberry MJM	18g	107	.17g	1.38	3.04g	87mg
I-900110	1/3 pkt	Graham, Honey WG MJM	18g	96.39	2.83g	1.29g	3.01g	131.31mg
I-900216	1/3pkt	Graham, cinnamon WG MJM	18g	102.3	1.33g	1.42g	2.90g	134mg
I-901085	1 pkt/2 ea	Graham, Waffle Strawberry MJM	19g	105	1.24g	1.4 g	3.21g	88mg
R-0820	1 ea	Grahams, Sports	19g	110	1.0g	2g	3g	84
I-900214	26gm	Graham, Vanilla Bear	18g	106	.14g	1.41g	3g	85.28
R-2879	1 ea	Grahams, Belly Bears Chocolate J&J	20g	120	2g	2g	4g	85mg
R-2196	1 ea	Grahams, Belly Bears cinn J&J	21g	130	1g	2g	4g	120mg
I-902809	1ea	Grahams, Bug Bites	23g	140	1g	2g	4.5g	130mg
R-3166	1/2 oz	Granola, bulk assorted flavors	11g	62	1g	1g	150g	21mg
902915	4.23oz	Juice, box Fruitable Mixed Berry (Cont 1/2 C Veg)	14g	60	0	0	0	5mg
902916	4.23oz	Juice, box Fruitable Strawberry/Kiwi (Cont 1/2 C Veg)	15g	60	0	0	0	5mg
	1/2 cup	Juice Alive, 100% frozen juice cup strawberry(1/2 C Fruit)	25g	100	0	0	0	35mg
	4oz	Juice, Cool Tropic Rips frozen 100% Kiwi Straw	28g	110	0	0	0	35mg
R-0138	1 oz	Peanuts	5g	165		7.47g	13.98g	2
903058	.70oz	Pretzels, Heartzels (Heart Shape)	15g	80	2g	2g	1.5g	200mg
R-0639	.75 oz	Pretzels, Goldfish	15g	90	1g	2g	2g	300
R-0956	.5 oz	Pretzel Snaps, Royal Gold, .5 oz	12g	50	1g	1g	0g	210
	1 each	Peanut Butter Pretzel Pocket	17g	160	2g	5g	8g	370mg
R-1558	.5 oz	Pretzel Twists, Bulk	11g	52	.47g	1.42g	0g	213
I-902888	1/2oz/1ea	Pop corn, cheese	6g	80	1g	1g	6g	200mg
R-3223	box	Raisels, Orange/lemon flavored white raisins	35g	130	1g	1g	0g	0g
R-0791	1 ea	Raisins, 1.33 oz	30g	130	2.0g	1g	0g	10
R-1047	2.25 oz	Shape Up (Assorted)	15g	60	0	0g	0g	15
I-900110	2oz	Trail Mix, Fruit & Nut Mix	23g	135	3.0g	2.3g	3.8g	0
<b>SPECIALTY ITEMS NOT LISTED ON MENU</b>								
I-902781	.7oz	Almonds, plain 100 cal pack	4g	100	2g	4g	9g	0
R-2889	1/4 cup	Central Valley Harvest Bake (recipe contest side dish)	11g	63	1g	1g	1g	58mg
	1.1 oz	Cookies, Shamrock	19g	140	.31g	1.54g	6.6g	182mg
902904	1 ea	Cookies, Apple Cinnamon sport bite	20g	113	2	2g	3.5g	115mg
	1.1oz	Cookies, Heart Valentine	19g	140	.31g	1.54g	6.6g	182mg
		All Linda's holiday cookies CHO's are the same						
R-2705	1/4 cup	Eggs, green and Turkey ham	1g	107	0	8.41g	7.38g	308mg

R-2706	1/4 cup	Eggs, green	1g	92	0	6.10g	6.72g	154mg
<b>DAIRY PRODUCTS</b>								
I-902985	1oz	Cheese, cubes cheddar	0	90	0	7g	7g	190mg
I-902984	1oz	Cheese, cubes pepper jack	0	110	0	6g	9g	210mg
I-900002	1 oz	Cheese, String	1g	80	0	8g	5g	170
I-900142	8 oz	Milk, Chocolate Fat Free(Foster Farms)	22g	120	0	9g	0	150mg
902885	8oz	Milk, White Fat Free (Foster farms)	13g	90	0	9g	0	130mg
I-900140	8 oz	Milk, White 1% (Foster farms)	16g	130	0	10g	2.5g	160
	8.5oz	Milk, Chocolate Fat Free UHT(shelf stable Box)	25g	130	1g	8g	0	170mg
	8.5oz	Milk, White Fat Free UHT(shelf stable Box)	11g	80	1g	8g	0	110mg
R-3222	1 each	Yogurt, , Fruit Parfait (no granola)	17g	78	0	2g	0	58mg
2883	1oz	Granola for Parfait 1oz	14.5	95	1g	2g	3g	80mg
I-901080	4 oz	Yogurt, Variety Yami cup	20g	102	0	8g	7g	51mg
<b>Salad Bar/Vegetables &amp; Fresh Fruit</b>								
902990	each	Apples, Fresh Bagged Green (2.5oz)	7g	35	1g	0	0	25mg
902914	4oz	Applesauce, Cup Cinnamon	13g	50	1g	0	0	15mg
R-0022	1/2 cup	Apricot Cup (frozen)	30g	118	3g	1g	0	4mg
R-0022	1/4 cup	Baby Carrots	5g	20	2g	1g	.27g	44mg
R-2686	1.6 oz	Baby Carrots bagged Carrotinies 1.6oz	4g	19	1.27g	0.42	.11g	31mg
R-2686	3 oz	Baby Carrots 3 oz	8g	35	2g	1g	0	59mg
R-0022	2.6oz	Baby Carrots bagged 2.6oz	7g	30	2g	1g	0	51mg
R-0022	2oz 1/4 cup	Carrots, Shredded 1/4 cup	5g	20	2g	1g	0	44mg
R-0022	3 sticks	Carrots, sticks	5g	20	2g	1g	0	44mg
R-2946	1/2 cup	Beans, Pinto Fiesta	20g	149	5g	5g	5g	284mg
R-2946	1/4 cup	Beans, Pinto Fiesta	16g	109	5g	5g	2.5g	100mg
R-3205	1/2 cup	Bean, Confetti salad (bean mix)	19g	117	4g	7g	2g	153mg
2700	1/4 cup	Beans, Veggie	12g	65	5g	4g	0	70mg
R--2945	1/4 cup	Beets, canned drained	8g	40	1g	0	0	250mg
R-2739	1/2 oz	Bell Peppers, mixed red, yellow & green	1g	2	0	0g	0	.83mg
R-0256	1/4 cup	Broccoli	1g	6	.46g	.50g	.07g	6mg
3251	1/2 cup	Cantaloupe	7g	27	1g	1g	0	12mg
902945	1/4 cup	Cranberries, canned jelly	27g	104	0	0	0	20mg
R-424	1/2 cup	Canned Green Beans	3g	14	1g	1g	0g	169mg
R-427	1/4 cup	Canned Kidney Beans	9g	54	3.39g	3.34g	.38g	189mg
R-0248	1/2 cup	Canned Fruit, Apricots	21g	80	2g	1g	0g	5mg
R-2211	1/4 cup	Canned Fruit, Apple slices in cinn/sugar	17.04	66	3.05g	0.36g	.47g	1
R-0247	1/2 cup	Canned Fruit, Applesauce	18g	52	2g	1g	0g	6mg
R-0437	1/2 cup	Canned Fruit, Diced Peaches	18g	68	2g	1g	0g	6mg
R-0438	1/2 cup	Canned Fruit, Diced Pears	19g	72	2g	0g	0g	6mg
R-0419	1/2 cup	Canned Fruit, Mixed Fruit	18g	69	1g	0g	0g	7mg
R-264	1/4 cup	Cauliflower, fresh	1g	6	.63g	.50g	.03g	8mg
R-267	1/4 cup	Celery, sticks 3 ea	2g	12	1g	1g	0g	59mg
R-0271	1/4 cup	Corn, Yellow	8g	33	.98g	1.05g	.27g	0
I-900173	1/4 cup	Croutons	5g	30	0	1g	1g	85
900422	1oz	Cilantro, Fresh chopped	1g	7	1g	.5g	0	15mg
R-0377	1/2 cup	Cucumber Slices	1g	7	0g	0g	0g	1mg
902909	1 oz	Eggs, Boiled Diced 1/M	1g	45	0	3g	3g	70mg
R-0064	1 ea	Fresh Fruit, Apple	15g	55	2.54g	.28g	.18g	1mg
R-0068	1 ea	Fresh Fruit, Banana Med	27g	105	3g	1g	0g	1mg
R-2830	1/2 cup	Fresh Fruit, Blueberries	11g	42	2g	1g	0g	1mg
R-1980	1/2 ea	Fresh Fruit, Kiwi	7g	27	1.33g	.50g	.23g	1mg
R-0100	1 ea	Fresh Fruit, Mandarin	9g	37	1.26g	.57g	.22g	1mg
R-2691	1 ea	Fresh Fruit, Nectarine	14g	57	2.19g	1.37g	.41g	0
	1 ea	Fresh Orange, medium 1/2 cup Cara Cara Orange	19g	80	3g	1g	0	0mg
R-1707	1ea	Fresh Fruit, Orange based on 1/2 cup serving	22g	62	3g	1g	0g	0
R-3312	1 ea	Fresh, Peach	14g	59	2g	1g	0	0
R-0100	1 ea	Fresh Fruit, Tangerine large	16g	64	2g	1g	0g	2mg
	2 1/2"	Fresh Fruit, Asian Pear	13g	51	4g	1g	0	0
R-2692	1 ea	Fresh Fruit, Pear	23g	86	4.59g	.56g	.18g	1mg
	1 med	Fresh Pluot	19g	80	3g	1g	0	0
R-2693	1 small	Fresh Fruit, Plum	8g	30	.92g	.46g	.18g	0
R-2694	1/2 cup	Fresh Fruit, Strawberries	6g	23	1.5g	0g	0g	1mg
R-0101	1/2 cup	Fresh Fruit, Watermelon	6g	24	0g	0g	0g	1mg
R-2886	1/4 cup	Fruit, Tropical Blend	14g	57	2g	1g	0	3.27mg
I-900255	1/4 cup	Fruit, Three Berry Blend	14g	60	3.17g	1.33g	0	6.21mg
	2 oz	Grapes, Giggles Bagged 2oz	10g	45	0	0	0	0

I-901110	1 bag	Grapes, Apple Buddies Bagged	10g	40	1g	0	0	0
R-2695	1/2 cup	Grapes, Fresh	8g	31	0g	0g	0g	1mg
R-2266	1/4 cup	Jell-O added to canned fruit by serving of fruit	1g	3	0	.05g	0	4mg
R-2266	1/4 cup	Applesauce with Jello	11g	42	.61g	.14g	.09g	6mg
R1497	1/4 cup	Jell-O, Assorted	10g	39	0	.56g	0g	52mg
R-2578	1/4 cup	Jicama	5g	24	2.99g	0.44	0	0
I-900080	1/4 cup	Jalapenos, pickled peppers	1g	5	0	0	0	350mg
R-1434	1/4 cup	Jicama, Chili Lime	6g	28	3.13g	.63g	.13g	18
11252	1/4 cup	Lettuce, Shredded	.5g	3	0	0	0g	2mg
9159	1oz	Lime, Fresh per 1oz wedge	1.5g	4	.5g	0	0	0
3252	1/2 cup	Melon, Honey Dew	8g	31	1g	.5g	0	15mg
3388	8 each	Olives, Large Black	4g	54	2g	1g	5g	488mg
902145	1oz	Onion, Raw chopped	3g	11	.5g	.5g	0	1mg
R-0638	4 oz	Peach Cup, Frz	26g	106	1.82g	0g	.09g	6mg
R-3347	1/4 cup	Peas, Sugar Snap fresh	4g	20	1g	1g	0	2mg
R-2696	1/2 cup	Peas, Frozen	11g	62	4g	4g	0g	58mg
R-2709	2.7oz	Pineapple,Pals IW spear (HS)	10g	40	1.42g	0.71	0	0
R-2710	1.9oz	Pineapple,Pals IW spear (elem)	7g	28	1g	0.5	0	0
R-2698	1/4 cup	Radishes	1g	5	.46g	.20g	.03g	11mg
3382	1 cup	Salad, Caesar Ranch mixed	5g	80	1g	3g	5g	240mg
R-2991	1 cup	Salad, Romaine/Spinach fresh mix	2g	12	1g	.21g	0g	20mg
R-2271	1/2 cup	Salad Romaine	1g	6	1g	.5g	0	3mg
R-3427	1/2 cup	Salsa, Berni's Black Bean Salsa	13g	83	4g	4g	2g	178mg
R-0756	1/4 cup	Salsa, Cabbage	3g	14	1g	0	0	294mg
R-1550	1/4 cup	Salsa, Commodity	4g	22	.84g	.90g	.12g	258mg
I-902864	1/4 cup	Salsa, peach, Mango, Pineapple	7g	29	1g	.5g	0	77mg
2758	1oz	Salsa, Rock-in Ranch Cabbage salsa	1g	9	.25g	.25g	0.5	24mg
R-2699	1/4 cup	Shredded Lettuce	1g	3	.22g	.16g	.03g	2mg
R-0098	1/4 cup	Strawberries, Frozen (thawed)	5g	19	1g	0	0	1mg
R-0776	1/4 cup	Strawberries, Glazed	8g	31	1g	0	0	18mg
R-2264	1/2 cup	Strawberry, Fruit Cup 4.5 oz	33g	122	2g	1g	0	4mg
I-900067	1 oz	Sunflower Seeds, Lightly Salted	5g	170	2.0g	6g	14g	85
I-011507	1/4 cup	Sweet Potato Sticks	8g	35	0	1g	0	55mg
116693	1/4 cup	Tomatoes, Chopped	2.5g	12	.5g	.5g	0	95mg
R-2887	1/4 cup	Tomatoes, Fresh grape (serving for approx 6 ea)(cherry 3 ea)	1g	7	0g	0g	0g	1mg
I-900110	2oz	Trail Mix, Fruit & Nut Mix	23g	135		2.3g	3.8g	0
	1.33oz	Fruit Snacks, Prize Apricot Sunrise	27g	100	2g	1g	0	0
	1.33oz	Fruit Snacks, Prize Mountain Blend	29g	110	2g	1g	0	0
R-2700	1/4 cup	Beans, Vegetarian AKA:BBQ Beans(Energy Island)	11g	53	3g	3g	0	204mg
<b>Fresh Tossed &amp; Dressed Salads</b>								
R-3416	1 cup	Salad, Fresh Tossed Farmers Market Veggie	4g	21	1g	1g	1g	116mg
R-3382	1 cup	Salad, Frsh Tossed Caesar	5g	80	1.5g	4g	5g	240mg
R-3417	1 cup	Salad, Fresh Tossed Oriental Mixed Greens	4.5g	44g	2g	2g	2.5g	94mg
<b>BREAKFAST ITEMS (BIC &amp; Reg)</b>								
R-3313	1 ea	Cereal, Fruit Loops reduced Sugar WG	17g	73	2g	1g	1g	112mg
	1 each	Apricot Oatmeal Breakfast Bar	43g	260	5g	4g	9g	170mg
	1 each	Cereal, Cinnamon Toast Crunch Crisps	22g	120	1g	1g	3g	160mg
R-900289	1 ea	Cereal Bar Cinnamon Toast Crunch	30g	150	3g	3g	3g	115mg
R-902872	1 ea	Cereal Bar, Fruity Cheerios	30g	150	3g	2g	3g	105mg
R-900152	1 ea	Cereal Bar, Golden graham	30g	150	3g	2g	3g	110mg
R-900813	1 ea	Cereal, Cheerios WG	20g	100	3g	3g	0	140mg
	1 ea	Cheese, Colby Stick 1oz	1g	80	0	8g	5g	170
I-900002	1 oz	Cheese, String	1g	80	0	8g	5g	170
R-902867	1 each	Chex, Strawberry Yogurt WG	23g	120	2g	2g	0	55mg
I-902952	1 each	Fruit Filled Delight WG round Apple and strawberry	27g	160	1g	2g	5g	125mg
R-902928	1 each	Fruit & Grain Nutri	29g	160	3g	2g	4g	150mg
R-900086	1 each	Granola Bar, Oat and Honey(May contain peanut and pecan ing)	29g	190	2g	4g	6g	160mg
R-5083	4 oz	Juice, Apple (Foster Farms)	11g	45	0	0g	0g	0
R-5084	4 oz	Juice, Orange (Foster Farms)	14g	60	0	.5g	0g	0
R-2579	4 oz	Juice, Orange commodity	12g	51	.23g	0.77	0.07	1
I-900140	8 oz	Milk, White 1%(Producers)	16g	130	0	11g	2.5g	25
R-902930	1 each	Oatmeal Butterscotch Bar	23g	150	2g	2g	5g	120mg
R-902929	1 each	Oatmeal Chocolate Chip Bar	23g	150	2g	2g	5g	120mg
	1 each	Pop Tart WG Frosted	38g	180	3g	2g	2.5g	180mg
R-0791	1 ea	Raisins, 1.33 oz	30g	130	2.0g	1g	0g	520mg



**ALA CARTE ITEMS**

R-2702	1 ea	Brownie, Low Fat (Buena Vista)	23g	155	1.88g	3.22g	1.54g	209mg
	1 ea	Chex BBQ	27g	140	2g	2g	3.5g	200mg
I-900103	1 oz	Cookie, C C Reduced Fat (Linda's)	16g	118	0	1.29g	4.50g	119.75
I-900120	1 ea	Fruit by the Foot	16g	80	0	0g	1.5g	35mg
I-900159	6.75oz	Juice, Capri Sun	23g	100	0	0	0	30mg
I-900083	1 oz	Munchies Kids Mix	18g	110	1g	2g	4g	200mg
I-900122	1 oz	Sunflower Seeds, Blaze-In'Hot	5g	170	2.0g	6g	16g	115
I-900067	1 oz	Sunflower Seeds, Lightly Salted	5g	170	2.0g	6g	14g	85