

PRODUCT	SERVING SIZE	CALORIES	CARBS	PEANUT	MILK	DAIRY	EGGS	TREE NUTS	FISH	SOY	WHEAT	GLUTEN	CHECKED
American Cheese, Yellow Skim Sliced	2 SLICE	100	1		1	1				1			✓
Animal Crackers	1 PKG	130	21							1	1	1	✓
Bagel, Mini Cinnamon Cream Cheese	1 PKG	240	41		1	1					1	1	✓
Bagel, Mini Strawberry Cream Cheese	1 PKG	230	41		1	1					1	1	✓
Bagel, WW Blueberry	1 EACH	170	35								1	1	✓
Bagel, WW Cinnamon Raisin	1 EACH	170	35								1	1	✓
Bagel, WW White - Plain	1 EACH	170	35								1	1	✓
Beef Taco Stick	1 EACH	345	32		1	1				1	1	1	✓
Benefit Bar, French Toast	1 EACH	289	47		1	1	1			1	1	1	✓
Benefit Bar, Oatmeal Chocolate Chip	1 EACH	289	47		1	1	1			1	1	1	✓
Bread Slice, WG Banana	1 EACH	280	44				1			1	1	1	✓
Bread Slice, WG Blueberry	1 EACH	270	43				1			1	1	1	✓
Bread Slice, WG Pumpkin	1 EACH	270	43				1			1	1	1	✓
Bread Slice, WG Zucchini	1 EACH	270	43				1			1	1	1	✓
Bread, Whole Wheat Roll - Fresh Baked	1 EACH	159	27		1	1					1	1	✓
Breadstick	1 EACH	140	30	possible	possible		possible	possible		1	1	1	✓
Breakfast Round, Oatmeal Chocolate	1 EACH	270	44				1			1	1	1	✓
Breakfast Sandwich, Egg & Cheese	1 EACH	214	22		1	1	1			1	1	1	✓
Breakfast Sandwich, Sausage & Cheese	1 EACH	220	22		1	1				1	1	1	✓
Brownie - Fresh Baked	1 EACH	146	25		1	1	1			1	1	1	✓
Brownie, Low Fat - Prop 49 Snack Program	1 EACH	150	28		1	1	1			1	1	1	✓
Burger, Classic Garden (Vegetarian)	1 EACH	220	34		1	1				1	1	1	✓
Burger, Onion Ring (Western)	1 EACH	514	42		1	1				1	1	1	✓
Burrito, Bean & Cheese (Los Cabos)	1 EACH	291	41		1	1				1	1	1	✓
Burrito, Bean, Cheese & Rice	1 EACH	482	79		1	1					1	1	✓
Burrito, Chicken, Bean & Rice	1 EACH	531	71		1	1				1	1	1	✓
Burrito, Chicken, Cheese & Rice	1 EACH	482	62		1	1				1	1	1	✓
Burrito, Egg & Cheese Breakfast Burrito	1 EACH	154	16		1	1	1			1	1	1	✓
Cereal, Cheerios Gluten Free	1 BOWL	100	20										✓
Cereal, Cinnamon Toast Crunch	1 BOWL	110	22							1	1	1	✓
Cereal, Cocoa Puffs	1 BOWL	110	25										✓
Cereal, Trix	1 BOWL	111	24										✓
Cheese, Cheddar Yellow Shredded	1 OZ	110	1		1	1							✓
Cheese, Mozzarella String Cheese	1 EACH	80	1		1	1							✓
Cheese, Parmesan Shredded	2 TSP	20	2		1	1							✓
Cheeseburger	1 EACH	420	28		1	1				1	1	1	✓
Cheeseburger Sliders	2 SLIDERS = 1 SERVING	272	30		1	1				1	1	1	✓
Cheesy Italian Dunkers	2 STICKS	300	30		1	1	1			1	1	1	✓
Cheesy Italian Dunkers w/ Marinara Sauce	2 STICKS + SAUCE	315	33		1	1	1			1	1	1	✓
Chicken Caesar Salad	1 EACH	349	18		1	1	1	possible	1	1	1	1	✓
Chicken Caesar Salad w/Breadstick	1 EACH	489	47	possible	1	1	1	possible	1	1	1	1	✓
Chicken Caesar Salad w/Roll	1 EACH	508	45	possible	1	1	1	possible	1	1	1	1	✓
Chicken Caesar Wrap	1 EACH	387	27		1	1	1		1	1	1	1	✓
Chicken, Crispy Patty on a Bun	1 EACH	320	39				1			1	1	1	✓
Chicken Drumstick	1 PIECE	190	5								1	1	✓
Chicken Drumstick w/ Mashed Potato & Roll	1 SERVING	461	54		1	1					1	1	✓
Chicken Drumstick w/ Roll	1 SERVING	349	32		1	1					1	1	✓
Chicken, Loaded Potato & Chicken Bowl	1 BOWL	565	71		1	1				1	1	1	✓
Chicken Nuggets	5 NUGGETS	180	12				1			1	1	1	✓
Chicken Patty on a Bun	1 EACH	320	39				1			1	1	1	✓
Chicken Patty, WG Breaded	1 EACH	180	12				1			1	1	1	✓

PRODUCT	SERVING SIZE	CALORIES	CARBS	PEANUT	MILK	DAIRY	EGGS	TREE NUTS	FISH	SOY	WHEAT	GLUTEN	CHECKED
Chicken, Honey Sriracha Boneless Wings	6 WINGS	52	4								1	1	✓
Chicken, Orange Chicken	1 SERVING	316	30							1	1	1	✓
Chicken, Orange Chicken & Rice	1 BOWL	660	104							1	1	1	✓
Chicken, Popcorn Chicken	12 PCS	255	16							1	1	1	✓
Chicken, Spicy Chicken Burger	1 EACH	317	38				1			1	1	1	✓
Chicken, Teriyaki Chicken & Rice	1 SERVING	158	13							1	1	1	✓
Chocolate Cake - Fresh Baked	1 SLICE	183	34		1	1				1	1	1	✓
Cinnamon Rolls - Fresh Baked	1 EACH	333	61		1	1				1	1	1	✓
Cinnamon Roll - IW	1 EACH	240	38		1	1					1	1	✓
Cookie, Chocolate Chip - Fresh Baked	1 EACH	174	29		1	1	1			1	1	1	✓
Cookie, Shamrock - St. Patty's Special	1 EACH	85	12		1	1					1	1	✓
Cookie, Snickerdoodle - Fresh Baked	1 EACH	82	13		1	1	1			1	1	1	✓
Cookie, Turkey Spice - Thanksgiving Special	1 EACH	127	20		1	1					1	1	✓
Cookie, Heart - Valentine's Special	1 EACH	85	12		1	1					1	1	✓
Cookie, Wreath - Winter Special	1 EACH	87	12		1	1					1	1	✓
Corn Dog, Chicken	1 EACH	240	30				1			1	1	1	✓
Crackers, Honey Belly Bears - Prop 49 Snack Program	1 PKG	130	20								1	1	✓
Crackers, Honey Grahams w/ Calcium	1 PKG	90	17							1	1	1	✓
Croutons, Homestyle	6 PIECES	30	5		1	1		possible			1	1	✓
Doritos, Nacho Reduced Fat	1 PKG	130	20		1	1							✓
Doritos, Ranch	1 PKG	130	19		1	1							✓
Enchirito, Bean & Cheese	1 EACH	343	47		1	1				1	1	1	✓
French Toast	1 SLICE	210	35		1		1			1	1	1	✓
Garden Veggie Patty	1 EACH	80	7			1	1			1	1	1	✓
Goldfish, Cheddar Crackers	1 PKG	100	14		1	1					1	1	✓
Goldfish, Colors	1 PKG	100	14		1	1					1	1	✓
Goldfish, Pretzels	1 PKG	90	16		1	1					1	1	✓
Granola, Oats 'N Honey	3/4 CUP	240	38							1		1	✓
Grilled Cheese Sandwich	1 EACH	280	31		1	1				1	1	1	✓
Hamburger	1 EACH	370	27								1	1	✓
Hot Dog (Turkey) With Bun	1 EACH	272	28								1	1	✓
Juice Bar, Frozen Cherry	1 EACH	40	9										✓
Macaroni & Cheese	6 OZ	298	26		1	1					1	1	✓
Macaroni & Cheese w/Breadstick	1 SERVING	438	56	possible	1	1	possible	possible		1	1	1	✓
Mini Cinnis	1 PKG	240	40		1	1					1	1	✓
Mini Loaf, Chocolate Chip	1 EACH	160	26		1		1			1	1	1	✓
Mini Loaf, Crisp Apple	1 EACH	160	27		1		1			1	1	1	✓
Mini Loaf, Tropical Banana	1 EACH	160	26		1		1			1	1	1	✓
Mini Loaf, Wild Blueberry	1 EACH	150	26		1		1			1	1	1	✓
Muffin, Apple Cinnamon	1 EACH	190	30				1			1	1	1	✓
Muffin, WG Banana	1 EACH	190	30				1			1	1	1	✓
Muffin, WG Wild Blueberry	1 EACH	190	30				1			1	1	1	✓
Nachos, Cheese	1 SERVING	415	38		1	1				1			✓
Nachos, Cheese w/ Refried Beans	1 SERVING	415	38		1	1				1			✓
Nachos, Cheese w/ Beef Crumble	1 SERVING	465	42		1	1				1			✓
Nutri-Grain Bar - Prop 49 Snack Program	1 EACH	160	29		1	1				1	1	1	✓
Onion Rings	5 PIECES	200	28		1	1				1	1	1	✓
Pancake, Strawberry Splash	1 PKG	220	40		1	1	1				1	1	✓
Pancake, Mini Blueberry	1 PKG	220	39		1	1	1			1	1	1	✓
Pancakes & Sausage	1 SERVING	340	40		1	1	1				1	1	✓
Pancake & Sausage Wrap (Corndog Style)	1 EACH	200	17				1			1	1	1	✓

PRODUCT	SERVING SIZE	CALORIES	CARBS	PEANUT	MILK	DAIRY	EGGS	TREE NUTS	FISH	SOY	WHEAT	GLUTEN	CHECKED
Parfait, Fruit & Yogurt	1 EACH	398	74		1	1				1		1	✓
Pasta, Alfredo Vegetarian	1 SERVING	322	36		1	1					1	1	✓
Pasta, Alfredo w/ Chicken	1 SERVING	279	30		1	1				1	1	1	✓
Pasta, Rotini	1 CUP	190	40								1	1	✓
Pasta w/ Meat Sauce	1 SERVING	245	27								1	1	✓
Pasta w/ Veggie Sauce	1 SERVING	324	38		1	1					1	1	✓
Pizza, Primo Buffalo Chicken (JHS)	1 SLICE	389	35		1	1				1	1	1	✓
Pizza, Primo Buffalo Chicken (HS)	1 SLICE	519	47		1	1				1	1	1	✓
Pizza, Cheese (ELEM)	1 SLICE	360	34		1	1				1	1	1	✓
Pizza, Cheese (JHS)	1 SLICE	360	36		1	1				1	1	1	✓
Pizza, Cheese (HS)	1 SLICE	480	48		1	1				1	1	1	✓
Pizza, French Bread WG 6"	1 PIECE	290	33		1	1				1	1	1	✓
Pizza, Hawaiian (JHS)	1 SLICE	383	38		1	1				1	1	1	✓
Pizza, Hawaiian (HS)	1 SLICE	510	51		1	1				1	1	1	✓
Pizza, Pepperoni (Turkey) (ELEM)	1 SLICE	365	34		1	1				1	1	1	✓
Pizza, Pepperoni (Turkey) (JHS)	1 SLICE	370	36		1	1				1	1	1	✓
Pizza, Pepperoni (Turkey) (HS)	1 SLICE	494	48		1	1				1	1	1	✓
Potato, Baked Curly Fries	1/4 CUP	91	13										✓
Potato, Baked Tater Tots	1/2 CUP (8 TOTS)	130	16							1			✓
Potato Wedges	1/2 CUP	90	15							1			✓
Potato, Mashed	1/2 CUP	112	21		1	1							✓
Protein Pack w/ String Cheese	1 PKG	470	68		1	1				1	1	1	✓
Raisels	1 PKG (1.5 OZ)	140	35										✓
Rice, Brown	1/2 CUP, COOKED	117	26										✓
Sausage (Turkey) Patty	1 EACH	60	0										✓
Scooby Doo Stix	1 PKG	120	21							1	1	1	✓
Sun Butter & Grape Jelly Sandwich - Made on Site	1 EACH	395	46								1	1	✓
Taco Shells, 6" Yellow Corn	2 SHELLS	170	23										✓
Tortilla Chips, Triangle Unsalted	10 CHIPS	140	17										✓
Tortillas, Flour	1 EACH	170	30								1	1	✓
Tuna Sandwich on Wheat Bread	1 EACH	270	28				1		1	1	1	1	✓
Turkey & Cheese on Hoagie	1 EACH	452	37		1	1				1	1	1	✓
Turkey & Cheese Lavash Wrap	1 EACH	482	28		1	1				1	1		✓
(Turkey) Ham & Cheese Sandwich - IW	1 EACH	286	33		1	1				1	1	1	✓
Veggie Griller	1 EACH	130	5		1	1	1			1	1	1	✓
Veggie Nuggets	4 PIECES	190	19		1	1	1			1	1	1	✓
Veggie Sliders	2 SLIDERS = 1 SERVING	313	40		1	1				1	1	1	✓
Veggie Teriyaki Patty	1 SERVING	151	12							1	1	1	✓
Veggie Teriyaki Patty w/ Rice	1 BOWL	267	38							1	1	1	✓
Waffles, Mini Maple	1 PKG	200	35		1	1	1			1	1	1	✓
Waffles & Sausage	1 SERVING	320	35		1	1	1			1	1	1	✓
Yogurt, Strawberry Cup - Danimals	4 OZ	70	14		1	1							✓
Yogurt, Strawberry Banana Cup - Danimals	4 OZ	70	14		1	1							✓
Yogurt, Strawberry Banana Cup - Yami	4 OZ	110	20		1	1							✓
Yogurt, Low Fat Vanilla	1/2 CUP	110	21.5		1	1							✓

FRUIT (USDA)	SERVING SIZE	CALORIES	CARBS	PEANUT	MILK	DAIRY	EGGS	TREE NUTS	FISH	SOY	WHEAT	GLUTEN	CHECKED
Apples, Fresh	1/2 EACH	36	10										✓
Apples, Sliced	1 PKG	34	8										✓
Applesauce Cup	1 EACH	51	14										✓
Bananas *This item is not domestic*	1/2 EACH	45	17										✓
Four Berry Blend	1/2 CUP	38	9										✓
Fruit Cocktail w/ Pineapples & Cherries	1/2 CUP	46	12										✓
Fruit Cup, Peaches	1 EACH	70	16										✓
Fruit Cup, Pears	1 EACH	70	16										✓
Mandarin Oranges, Whole Segments, Light Syrup	1/2 CUP	90	20										✓
Mixed Fruit in Pear Juice	1/2 CUP	60	13										✓
Oranges	1 EACH	47	12										✓
Oranges, Sliced	1/2 CUP	24	6										✓
Peaches	1/2 CUP	50	12										✓
Pears, Canned	1/2 CUP	58	15										✓
Pears, Fresh	1 CUP / 1 EACH	37	15										✓
Pineapple Tidbits	1/2 CUP	60	15										✓
Tangerines	1/2 CUP	70	17										✓
VEGETABLE	SERVING SIZE	CALORIES	CARBS	PEANUT	MILK	DAIRY	EGGS	TREE NUTS	FISH	SOY	WHEAT	GLUTEN	CHECKED
Bell Pepper Strips	1/2 CUP	20	5										✓
Broccoli	1/2 CUP	34	7										✓
Broccoli, Steamed	1/4 CUP	28	5										✓
Carrot Sticks	1/2 CUP	21	5										✓
Cauliflower	1/2 CUP	25	5										✓
Celery Sticks	1/2 CUP	16	3										✓
Corn	1/2 CUP	80	14										✓
Garbanzo Beans	1/2 CUP	120	20										✓
Green Beans	1/2 CUP	20	4										✓
Kidney Beans	1/2 CUP	104	19										✓
Pinto Beans, Low Sodium Canned	1/2 CUP	98	18										✓
Salad Mix	1/2 CUP	6	1										✓
Salsa	2 TBSP	10	2										✓
Two Bean Salad	1/2 CUP	158	21										✓
CONDIMENT	SERVING SIZE	CALORIES	CARBS	PEANUT	MILK	DAIRY	EGGS	TREE NUTS	FISH	SOY	WHEAT	GLUTEN	CHECKED
BBQ Sauce	1 EACH	15	4										✓
Caesar Dressing by Gallon	2 TBSP	130	1		1	1	1		1	1			✓
Caesar Dressing Packet	1 PACKET	140	2		1	1				1			✓
Cream Cheese, Philadelphia	1 PKG	70	1		1	1							✓
Ketchup	1 EACH	10	3										✓
Maple Syrup	1 PACKET	80	20										✓
Marinara Dunk Cup	1 EACH	15	3										✓
Mayonnaise	1 PACKET	60	0				1			1			✓
Mustard	1 PACKET	0	0										✓
Ranch Dressing Mix	2 TBSP	107	1		1	1	1			1			✓
Ranch Dressing Cup	1 EACH / 1 OZ	120	2		1	1	1			1			✓
Salsa, Low Sodium	1/2 CUP	40	8										✓
Tapatio Hot Sauce	1 PACKET	0	0										✓
FIELD TRIP - LUNCH BAGS	SERVING SIZE	CALORIES	CARBS	PEANUT	MILK	DAIRY	EGGS	TREE NUTS	FISH	SOY	WHEAT	GLUTEN	CHECKED
Sun Butter & Grape Jelly Lunch Bag	1 Bagged Meal	591	71		1	1				1	1	1	✓
Turkey Ham & Cheese Lunch Bag	1 Bagged Meal	478	67		1	1				1	1	1	✓