

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	1		✓
Animal Crackers	1 PKG	130	21								1		✓
Bagel, WW Blueberry	1 EACH	170	35								1		✓
Bagel, WW Cinnamon Raisin	1 EACH	170	35								1		✓
Bagel, WW White - Plain	1 EACH	170	35								1		✓
Beef Taco Stick	1 EACH	345	32		1	1				1	1		✓
Beef Teriyaki Dippers	4 EACH	160	6							1	1		✓
Beef Teriyaki Dippers w/ Rice	1 SERVING	277	32							1	1		✓
Benefit Bar, Oatmeal Chocolate Chip	1 EACH	289	47		1	1	1			1	1		✓
Bread Slice, WG Banana	1 EACH	280	44				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	possible					✓
Breakfast Round, Oatmeal Chocolate	1 EACH	270	44				1			1	1		✓
Breakfast Sandwich, Egg & Cheese	1 EACH	244	28		1	1	1			1	1		✓
Breakfast Sandwich, Sausage & Cheese	1 EACH	250	28		1	1	1			1	1		✓
Brownie - Fresh Baked	1 EACH	146	25		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	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 Bowl, Chicken Burrito Bowl	1 EACH	351	27		1	1	1			1	1		✓
Bowl, Chicken Burrito Bowl	1 BOWL	488	74		1	1	1			1	1		✓
Caesar Salad	1 CUP	56	3		1	1	1			1	1		✓
Cereal, Cheerios Gluten Free	1 BOWL	100	20										✓
Cereal, Cinnamon Toast Crunch	1 BOWL	110	22								1		✓
Cereal, Cocoa Puffs	1 BOWL	110	25								1		✓
Cereal, Trx	1 BOWL	111	24								1		✓
Cheese, Cheddar Yellow Shredded	1 OZ	110	1		1	1	1			1	1		✓
Cheese, Mozzarella String Cheese	1 EACH	80	1		1	1	1			1	1		✓
Cheese, Parmesan Shredded	2 TSP	20	2		1	1	1			1	1		✓
Cheeseburger	1 EACH	420	28		1	1	1			1	1		✓
Cheeseburger, Mini Cheeseburger	2 SLIDERS = 1 SERVING	320	35		1	1	1			1	1		✓
Chef Salad	1 SERVING	217	12		1	1	1			1	1		✓
Crackers, Cheezit	1 PKG	100	14		1	1	1			1	1		✓
Crackers, Cinnamon	1 PKG	120	19		1	1	1			1	1		✓
Goldfish, Pretzels	1 PKG	90	16		1	1	1			1	1		✓
Crackers, Chocolate Grahams	1 PKG	120	20		1	1	1			1	1		✓
Breadsticks, Mozzarella Filled (Cheesy Italian Dunkers)	2 STICKS	300	30		1	1	1			1	1		✓
Breadsticks, Mozzarella Filled (Cheesy Italian Dunkers) w/ Marinara Sauce	2 STICKS + SAUCE	315	33		1	1	1			1	1		✓
Cheesy Casesar Salad w/ Roll (Vegetarian)	1 EACH	518	45	possible	1	1	1			1	1		✓
Chicken Caesar Salad	1 EACH	349	18		1	1	1			1	1		✓
Chicken Caesar Salad w/Breadstick	1 EACH	489	47	possible	1	1	1			1	1		✓
Chicken Caesar Salad w/Roll	1 EACH	508	45	possible	1	1	1			1	1		✓
Chicken, Crispy Chicken Sandwich	1 EACH	410	43		1	1	1			1	1		✓
Chicken Drumstick	1 PIECE	190	5										✓
Chicken Drumstick w/ Mashed Potato & Roll	1 SERVING	461	54		1	1	1			1	1		✓
Chicken Drumstick w/ Roll	1 SERVING	349	32		1	1	1			1	1		✓
Chicken, Loaded Potato & Chicken Bowl	1 BOWL	534	67		1	1	1			1	1		✓
Chicken Nuggets	5 NUGGETS	258	16							1	1		✓
Chicken Patty on a Bun	1 EACH	410	43		1	1	1			1	1		✓
Chicken Patty, WG Breaded	1 EACH	270	16		1	1	1			1	1		✓
Chicken Patty Spicy, WG Breaded	1 EACH	270	17		1	1	1			1	1		✓
Chicken, Honey Sriracha Boneless Wings	6 WINGS	52	4							1	1		✓
Chicken, Orange Chicken	1 SERVING	315	33							1	1		✓

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Chicken, Orange Chicken & Rice	1 BOWL	660	104							1	1	1	✓
Chicken, Popcorn Chicken	12 PCS	255	16							1	1	1	✓
Chicken, Spicy Chicken Sandwich	1 EACH	410	44				1			1	1	1	✓
Chicken Tenders	3 EACH	264	16							1	1	1	✓
Chicken, Teriyaki Chicken & Rice (1/2 Cup Rice)	1 SERVING	296	40				1			1	1	1	✓
Chocolate Cake - Fresh Baked	1 SLICE	183	34							1	1	1	✓
Chocolate Cake - Fresh Baked	1 EACH	333	61				1			1	1	1	✓
Cinnamon Roll - Fresh Baked	1 EACH	240	38				1			1	1	1	✓
Cinnamon Roll - IW	1 EACH	200	34				1			1	1	1	✓
Concha	1 EACH	174	29				1			1	1	1	✓
Cookie, Chocolate Chip - Fresh Baked	1 EACH	85	12				1			1	1	1	✓
Cookie, Shamrock - St. Patty's Special	1 EACH	82	13				1			1	1	1	✓
Cookie, Snickerdoodle - Fresh Baked	1 EACH	86	12				1			1	1	1	✓
Cookie, Turkey Cookie - Jack O Lantern	1 EACH	127	20				1			1	1	1	✓
Cookie, Turkey Spice - Thanksgiving Special	1 EACH	85	12				1			1	1	1	✓
Cookie, Heart - Valentines Special	1 EACH	85	12				1			1	1	1	✓
Cookie, Red Apple	1 EACH	85	12				1			1	1	1	✓
Cookie, Fiesta Cinco de Mayo	1 EACH	111	16				1			1	1	1	✓
Cookie, Assorted Holiday Tree and Bells	1 EACH	85	12				1			1	1	1	✓
Cookie, Green Egg	1 EACH	84	13				1			1	1	1	✓
Cookie, Easter Egg	1 EACH	85	12				1			1	1	1	✓
Cookie, Wreath - Winter Special	1 EACH	85	12				1			1	1	1	✓
Corn Dog, Chicken	1 EACH	240	30							1	1	1	✓
Crackers, Honey Belly Bears - Prop 49 Snack Program	1 PKG	130	20										✓
Crackers, Honey Grahams w/ Calcium	1 PKG	90	17										✓
Croissants, Homestyle	6 PIECES	30	5										✓
Enchirito, Bean & Cheese	1 EACH	343	47				1			1	1	1	✓
Garden Veggie Patty	1 EACH	80	7				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	1	✓
Grilled Cheese Sandwich	1 EACH	280	31				1			1	1	1	✓
Hamburger	1 EACH	370	27							1	1	1	✓
Hot Dog (Turkey) With Bun	1 EACH	272	28										✓
Macaroni & Cheese	5 OZ	319	24				1			1	1	1	✓
Macaroni & Cheese w/Breadstick	1 SERVING	478	51	possible			1			1	1	1	✓
Mini Cinnis	1 PKG	240	40							1	1	1	✓
Muffin, WG Banana	1 EACH	190	30				1						✓
Muffin, Cocoa Banana	1 EACH	385	65				1			1	1	1	✓
Nachos, Cheese	1 SERVING	415	38				1			1	1	1	✓
Nachos, Cheese w/ Refried Beans	1 SERVING	415	38				1			1	1	1	✓
Nachos, Cheese w/ Beef Crumble	1 SERVING	465	42				1			1	1	1	✓
Nutri-Grain Bar - Prop 49 Snack Program	1 EACH	160	29				1			1	1	1	✓
Onion Rings	5 PIECES	200	28										✓
Parfait, Fruit & Yogurt w/ String Cheese	1 EACH	385	55				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	✓
Pasta, Elbow	1 CUP	190	40				1			1	1	1	✓
Pasta, Italian Pasta Bake	10 OZ	424	51				1			1	1	1	✓
Pasta, Rotini	1 CUP	190	40				1			1	1	1	✓
Pasta w/ Meat Sauce	1 CUP	245	27				1			1	1	1	✓
Pasta w/ Veggie Sauce	1 SERVING	324	38				1			1	1	1	✓
Pizza, Primo BQ Chicken (HS/JS)	1 SLICE	399	38				1			1	1	1	✓
Pizza, Cheese (LEEM)	1 SLICE	360	35				1			1	1	1	✓
Pizza, Cheese (HS/JS)	1 SLICE	360	36				1			1	1	1	✓
Pizza, Cheese French Bread WG 6"	1 PIECE	290	33				1			1	1	1	✓

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Pizza, Pepperoni French Bread WG 6"	1 PIECE	300	33		1	1				1	1	1	✓
Pizza, Hawaiian (HS/JHS)	1 SLICE	383	38		1	1				1	1	1	✓
Pizza, Pepperoni (ELEM)	1 SLICE	370	35		1	1				1	1	1	✓
Pizza, Pepperoni (HS/JHS)	1 SLICE	370	36		1	1				1	1	1	✓
Potato, Baked Tater Tots	1/2 CUP (8 TOTS)	130	16							1			✓
Potato Wedges	1/2 CUP	90	15							1			✓
Protein Pack w/ String Cheese	1 PKG	470	68		1	1				1		1	✓
Raisins	1 PKG (1.5 OZ)	140	35										✓
Raisins	1 BOX	132	31										✓
Rice, Spanish Rice	1/2 CUP	145	30										✓
Rice, Brown	1/2 CUP, COOKED	117	26										✓
Salad, Chef Salad	1 EACH	217	12		1	1							✓
Sausage (Turkey) Patty	1 EACH	60	0										✓
Scooby Doo Slix	1 PKG	120	21										✓
Sun Butter & Grape Jelly Sandwich IW	1 EACH	320	35							1	1	1	✓
Taco, Crunchy Beef Taco	2 TACOS	312	25		1	1							✓
Taco, Crunchy Bean/ Taco	2 TACOS	378	42		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										✓
Tuna Sandwich on Wheat Bread	1 EACH	270	28										✓
Turkey & Cheese Sandwich	1 EACH	285	27		1	1				1	1	1	✓
(Turkey) Ham & Cheese Sandwich - IW	1 EACH	286	33		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, Low Fat Vanilla	1/2 CUP	110	21.5		1	1							✓
BEVERAGE													
Juice, Sparking Blackberry Izzie	8 oz	130	31										✓
Juice, Sparking Clementine Izzie	8 oz	90	21										✓
Juice, Sparking Pomegranate Izzie	8 oz	90	22										✓
Juice, Sparking Apple Izzie	8 oz	90	23										✓
Juice, Sparking Peach Izzie	8 oz	90	22										✓
Juice, Apple	6 oz	90	21										✓
Juice, Orange Tangerine	6 oz	100	25										✓
Juice, Very Berry	4 oz	100	24										✓
Juice, Apple	4 oz	60	14										✓
Juice, Fruit Punch	4 oz	60	15										✓
Juice, Orange Tangerine	4 oz	60	15										✓
Juice, White Grape	4 oz	80	20										✓
Milk, Fat Free Chocolate	8 oz	120	22		1	1							✓
Milk, 1% White	8 oz	130	16		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											✓
Blueberries, thawed	1/2 CUP	39	9											✓
Four Berry Blend	1/2 CUP	38	9											✓
Fruit Cup, Apricot	1 EACH	110	25											✓
Fruit Cup, Peaches	1 EACH	80	19											✓
Fruit Cup, Strawberry	1 EACH	90	22											✓
Fruit Cup, Mixed Berry	1 EACH	90	22											✓
Mixed Fruit in Pear Juice	1/2 CUP	60	13											✓
Oranges	1 EACH	47	12											✓
Oranges, Sliced	1/2 CUP	24	6											✓
Peaches, Canned	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											✓
Strawberry, thawed	1/2 CUP	39	10											✓
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											✓
Pickles, Dill Chip	1/2 CUP	118	23											✓
Black Beans	1/2 CUP	98	18											✓
Pinto Beans, Low Sodium Canned	1/2 CUP	6	1											✓
Salad Mix	1/2 CUP	42	8											✓
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											✓
Caesar Dressing Packet	1 PACKET	140	2											✓
Cream Cheese, Philadelphia	1 PKG	70	1											✓
Ketchup	1 EACH	10	3											✓
Maple Syrup	1 PACKET	80	20											✓
Marinara Dunk Cup	1 EACH	15	3											✓
Mayonnaise	1 PACKET	60	0											✓
Mustard	1 PACKET	0	0											✓
Ranch Dressing Mix	2 TBSP	107	1											✓
Ranch Dressing Cup	1 EACH / 1 OZ	120	2											✓
Salsa, Low Sodium	1/2 CUP	40	8											✓
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		✓