

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	✓	