SCHOOL YEAR 2020-2021

9/2/20 - VC

					ALLERGENS									
Meal Items	**Recipe Number**	**Serving Size**	**Calories**	**Carbs**	**Peanut**	**Milk**	**Dairy**	**Eggs**	**Tree Nuts**	**Fish**	**Legume**	**Soy**	**Wheat**	**Gluten**
Bagel, WW Blueberry		1 EACH	170	35									1	1
Bagel, WW Cinnamon Raisin		1 EACH	170	35									1	1
Bagel, WW White		1 EACH	170	35									1	1
Beef Teriyaki Dippers		4 EACH	160	6								1	1	1
Benefit Bar, Oatmeal Chocolate Benefit Bar		1 EACH	289	47		1	1	1				1	1	1
Bread, Hamburger Bun, WG 4" Wheat		1 BUN	140	27									1	1
Bread, Hot Dog Bun, WG Wheat		1 BUN	140	27									1	1
Bread, Whole Wheat Roll, Fresh Baked		1 EACH	159	27		1	1						1	1
Bread Slice, Banana WG	CAR1338	1 EACH	280	44				1				1	1	1
Breakfast Pizza, Turkey Sausage	SR1167	1 SLICE	210	26		1	1					1	1	1
Breakfast Round, Ultimate Oatmeal Chocolate Chip		1 EACH	270	44		1	1	1				1	1	1
Breakfast Sandwich, Egg & Cheese	CAR1274	1 EACH	225	29		1	1	1				1	1	1
Breakfast Sandwich, (Turkey) Ham, Egg & Cheese	CAR1871	1 EACH	255	29		1	1	1				1	1	1
Brownie, Fresh Baked		1 EACH	146	25		1	1	1				1	1	1
Burger Veggie, Classic Garden Burger		1 EACH	217	34		1	1					1	1	1
Burger, 100% All Beef Cheeseburger on a Bun		1 EACH	420	28		1	1					1	1	1
Burger, Hamburger		1 EACH	370	27									1	1
Burger, Mini Cheeseburger		1 PACKAGE	320	35		1	1					1	1	1
Burger, Western Burger		1 EACH	515	42		1	1					1	1	1
Burrito Bowl, Bean Burrito Bowl, Brown Rice		1 BOWL	348	59		1	1				1			
Burrito Bowl, Bean Burrito Bowl, White Rice	CAR2172	1 BOWL	348	59		1	1				1			
Burrito Bowl, Chicken Burrito Bowl, Brown Rice		1 BOWL	429	61		1	1					1		
Burrito Bowl, Chicken Burrito Bowl, White Rice	CAR2171	1 BOWL	429	61		1	1					1		
Burrito, Bean & Cheese Burrito		1 EACH	291	41		1	1				1	1	1	1
Burrito, Breakfast Egg & Cheese, **Purchased Product**		1 EACH	160	17		1	1	1				1	1	1
Burrito, Breakfast Egg & Cheese, **Handmade on Site**	BF1	1 EACH	358	37		1	1	1				1	1	1
Burrito, Chicken & Brown Rice		1 EACH	482	61		1	1					1	1	1
Burrito, Chicken & White Rice		1 EACH	523	67		1	1					1	1	1
Cake, Chocolate Cake		1 SLICE	142	24		1	1					1	1	1
Cereal, Cheerios Cereal Bowl		1 BOWL	100	20										
Cereal, Cinnamon Toast Crunch Bowl		1 BOWL	110	22								1	1	1
Cereal, Cocoa Puffs Cereal Bowl		1 BOWL	110	25										
Cereal, Trix Cereal Bowl		1 BOWL	110	24										
Cheese, American Cheese, Yellow Skim Sliced		2 SLICES	100	1		1	1					1		
Cheese, Cheddar Cheese, Yellow Shredded		1 OZ	110	1		1	1							
Cheese, Nacho Cheese		1/4 CUP	130	4		1	1							
Cheese, Parmesan Cheese, Shredded		2 TSP	20	2		1	1							
Cheese, String Cheese		1 EACH	80	1		1	1							
Chicken, BBQ Chicken Fillet on a Bun		1 EACH	317	45									1	1
Chicken, BBQ Chicken Pieces JHS/HS		1 SERVING	339	4										
Chicken, BBQ Chicken Pieces w/Roll JHS/HS		1 SERVING	498	31										
Chicken, Drumstick		1 EACH	190	5									1	1
Chicken, Grilled Chicken Fillet on a Bun		1 EACH	290	28		1	1					1	1	1
Chicken, Grilled Chicken Fillet Only		1 EACH	100	1								1		
Chicken, Grilled Teriyaki Chicken Fillet on a Bun		1 EACH	265	33								1	1	1
Chicken, Grilled Teriyaki Chicken Fillet Only		1 EACH	125	6								1	1	1
Chicken, Nuggets	CAR1555	5 NUGGETS	258	16								1	1	1
Chicken, Orange Chicken		12 PIECES	320	34								1	1	1
Chicken, Orange Chicken and White Rice	CAR1104 & SR2109	1 SERVING	458	64								1	1	1

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Meal Items	**Recipe Number**	**Serving Size**	**Calories**	**Carbs**	**Peanut**	**Milk**	**Dairy**	**Eggs**	**Tree Nuts**	**Fish**	**Legume**	**Soy**	**Wheat**	**Gluten**
Chicken, Parmesan Chicken Sandwich	CAR1642	1 EACH	444	45		1	1					1	1	1
Chicken, Patty on a Bun		1 EACH	408	43								1	1	1
Chicken, Patty, WG Breaded (Patty only)		1 EACH	270	16								1	1	1
Chicken, Popcorn Chicken		12 PIECES	250	16								1	1	1
Chicken, Spicy Chicken Burger		1 EACH	408	44								1	1	1
Chicken, Tenders		3 EACH	264	16								1	1	1
Chicken, Teriyaki Chicken & Rice		1 SERVING	296	40								1	1	1
Chips, BBQ Baked		1 BAG	110	19		1	1					1		
Chips, Cheetos Baked		1 BAG	120	17		1	1							
Chips, Cheetos Baked, Flamin Hot		1 BAG	120	17		1	1							
Chips, Cheetos Puffs Flamin Hot		1 BAG	90	14		1	1							
Chips, Cheetos Puffs Wg Rf		1 BAG	90	14		1	1							
Chips, Fantastix Chili Cheese		1 BAG	130	19		1	1							
Chips, Fantastix Flamin Hot		1 BAG	130	20		1	1							
Chips, Cool Ranch Red Fat		1 BAG	130	20		1	1							
Chips, Flamas Reduced Fat		1 BAG	130	20		1	1							
Chips, Funyun Reduced Fat		1 BAG	100	14		1	1							
Chips, Nacho Reduced Fat		1 BAG	130	20		1	1							
Chips, Sweet & Spicy Chili Red Fat		1 BAG	130	20								1	1	1
Chips, Sour Cream Baked		1 BAG	100	18		1	1					1		
Chips, Sun Harvest Cheddar		1 BAG	100	18		1	1					1		
Cinnamon Bun, Packaged		1 EACH	240	38		1	1						1	1
Cinnamon Rolls, Homemade		1 EACH	219	40		1	1					1	1	1
Concha		1 EACH	200	34		1	1	1				1	1	1
Cookie, Chocolate Chip Cookie, Fresh Baked		1 EACH	174	29		1	1	1				1	1	1
Cookie, Dr. Seuss Green Egg Cookie		1 EACH	84	13		1	1						1	1
Cookie, Fiesta Cookie for Cinco de Mayo		1 EACH	111	16		1	1						1	1
Cookie, Grandma's Mini Choc Chip		1 BAG	160	25		1	1					1	1	1
Cookie, Halloween Cookie		1 EACH	86	13		1	1						1	1
Cookie, Holiday Tree & Bell Cookie		1 EACH	87	13		1	1						1	1
Cookie, Red Apple Cookie		1 EACH	85	13		1	1						1	1
Cookie, Shamrock Cookie		1 EACH	85	13		1	1						1	1
Cookie, Snickerdoodle Cookie, Freshly Baked		1 EACH	83	13		1	1	1				1	1	1
Cookie, Spring Cookie		1 EACH	85	13		1	1						1	1
Cookie, St. Patrick's Cookie		1 EACH	85	13		1	1						1	1
Cookie, Turkey Spice Cookie		1 EACH	127	20		1	1						1	1
Cookie, Valentine Cookie		1 EACH	85	13		1	1						1	1
Corn Dog, Chicken Corn Dog		1 EACH	240	30				1				1	1	1
Cracker, Animal Crackers		1 PACKAGE	120	22								1	1	1
Cracker, Cheddar Goldfish		1 PACKAGE	100	14		1	1						1	1
Cracker, Cheezit Crackers		1 PACKAGE	100	14		1	1					1	1	1
Cracker, Chocolate Grahams After School Snack		1 PACKAGE	120	21								1	1	1
Cracker, Cinnamon Goldfish		1 PACKAGE	120	19									1	1
Cracker, Goldfish Pretzels		1 PACKAGE	90	16		1	1						1	1
Cracker, Graham Crackers Brkfst/Lunch Item		1 PACKAGE - 3 CT	90	18								1	1	1
Cracker, Honey Belly Bears Crackers		1 PACKAGE	130	20									1	1
Cracker, Scooby Doo Stix		1 PACKAGE	120	21								1	1	1
Croutons, Homemade		1/4 CUP	44	4		1	1						1	1
Enchiladas, Pepper Jack Cheese	CAR2243	2 EACH	382	25		1	1							

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Meal Items	**Recipe Number**	**Serving Size**	**Calories**	**Carbs**	**Peanut**	**Milk**	**Dairy**	**Eggs**	**Tree Nuts**	**Fish**	**Legume**	**Soy**	**Wheat**	**Gluten**
Enchirito, Bean & Cheese Enchirito		1 EACH	343	47		1	1				1	1	1	1
Granola, Oats 'N Honey Granola		1/4 CUP	83	13								1		
Hot Dog (Turkey) ***NO BUN***		1 EACH	130	1										
Hot Dog (Turkey) on a Bun		1 EACH	272	28									1	1
Hummus, HS A La Carte only		3/8 CUP	192	11							1			
Macaroni & Cheese, WG Pasta		1 SERVING	319	25		1	1						1	1
Macaroni & Cheese, White Pasta		1 SERVING	325	25		1	1						1	1
Mini Cinnis		1 PACKAGE	240	39		1	1						1	1
Mozzarella Filled Bread Sticks		2 EACH	300	30		1	1	1				1	1	1
Mozzarella Filled Bread Sticks w/ Marinara Sauce		2 EACH	300	33		1	1	1				1	1	1
Muffin, Banana Cocoa, Fresh Baked		1 EACH	367	67		1	1	1				1	1	1
Muffin, Banana, Packaged		1 EACH	190	30				1				1	1	1
Nachos, Cheese & Beef Nachos		1 SERVING	465	42		1	1					1	1	1
Nachos, Cheese Nachos		1 SERVING	415	39		1	1					1		
Nachos, Cheese Nachos with Refried Beans		1 SERVING	415	38		1	1				1	1		
Onion Rings		5 RINGS	200	3		1	1					1	1	1
Pasta Alfredo Rotini		1 SERVING	322	36		1	1						1	1
Pasta Alfredo Penne		1 SERVING	330	38		1	1						1	1
Pasta w/ Meat Sauce Rotini		1 SERVING	237	27									1	1
Pasta w/ Meat Sauce Penne		1 SERVING	245	27									1	1
Pasta w/ Veggie Sauce Rotini		1 SERVING	315	38		1	1						1	1
Pasta w/ Veggie Sauce Penne		1 SERVING	327	38		1	1						1	1
Pasta, Chicken Alfredo w/ Pasta Rotini		1 SERVING	279	30		1	1					1	1	1
Pasta, Chicken Penne Alfredo		1 SERVING	286	31		1	1					1	1	1
Pasta, Italian Pasta Bake Elem Rotini		1 SERVING	205	25		1	1						1	1
Pasta, Italian Pasta Bake Elem Penne		1 SERVING	213	25		1	1						1	1
Pasta, Italian Pasta Bake JH/HS Rotini		1 SERVING	411	51		1	1						1	1
Pasta, Italian Pasta Bake JH/HS Penne		1 SERVING	426	50		1	1						1	1
Pasta, Oodles of Noodles Penne		1 SERVING	402	43									1	1
Pasta, Penne Dry		3/4 CUP	200	42									1	1
Pasta, Rotini Dry		1 CUP	190	40									1	1
Pepperoni, Turkey Pepperoni		2 OZ = 30 slices	80	2										
Pizza, BBQ Chicken Pizza		1 SLICE	400	38		1	1					1	1	1
Pizza, Cheese Pizza Elem 4x6		1 EACH	300	33		1	1					1	1	1
Pizza, Cheese Pizza Slice JHS/HS		1 SLICE	360	36		1	1					1	1	1
Pizza, French Bread (Turkey) Pepperoni Pizza		1 EACH	301	33		1	1					1	1	1
Pizza, French Bread Cheese Pizza		1 EACH	290	33		1	1					1	1	1
Pizza, Hawaiian Pizza Slice		1 SLICE	377	38		1	1					1	1	1
Pizza, Pepperoni (Turkey) Pizza Elem 4x6		1 EACH	308	33		1	1					1	1	1
Pizza, Pepperoni (Turkey) Pizza Slice JHS/HS		1 SLICE	370	36		1	1					1	1	1
Potato, Baked Tater Tots		1/2 CUP	130	16		1	1					1		
Potato, Mashed Potatoes		1/2 CUP	89	16		1	1							
Potato, Potato Wedges		1/2 CUP	90	15										
Protein Pack w/ String Cheese:		1 PACK	470	68		1	1					1	1	1
String Cheese		1 EACH	80	1		1	1							
Goldfish Pretzels		1 PACK	90	16		1	1						1	1
Graham Crackers		1 PACK	90	17								1	1	1
Craisins		1 PACK	110	28										
Sunflower Seeds		1 PACK	170	6										

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Meal Items	**Recipe Number**	**Serving Size**	**Calories**	**Carbs**	**Peanut**	**Milk**	**Dairy**	**Eggs**	**Tree Nuts**	**Fish**	**Legume**	**Soy**	**Wheat**	**Gluten**
Quesadilla, Cheese Quesadilla, Mozzarella 6"		1 EACH	362	34		1	1						1	1
Quesadilla, Cheese Quesadilla, Mozzarella 10"		1 EACH	392	38		1	1						1	1
Quesadilla, Pre-Made		2 TRIANGLES	310	32		1	1	1				1	1	1
Rice, White	SR2109	1/2 CUP, COOKED	138	30										
Rice, Spanish White	CAR2169	1/2 CUP	118	24										
Salad, Caesar Salad Elem Garden Bar:	CAR1585	1 CUP	76	5		1	1	1				1	1	1
Creamy Caesar Dressing	CAR1484	2 TBSP	155	2		1	1	1				1		
Homemade Croutons		1/4 CUP	44	4		1	1					1	1	1
Parmesan		2 TSP	20	2		1	1							
Romaine Lettuce		1 CUP	26	4										
Salad, Cheesy Caesar Salad	CAR2272	1 EACH	369	14		1	1	1				1	1	1
Salad, Cheesy Caesar Salad w/ Homemade Roll	CAR1853	1 EACH	528	41		1	1	1				1	1	1
Salad, Chicken Caesar Salad	CAR1446	1 EACH	359	14		1	1	1				1	1	1
Salad, Chicken Caesar Salad w/ Homemade Roll	CAR1324	1 EACH	518	41		1	1	1				1	1	1
Salad, Chopped Romaine Salad		1 CUP	26	4										
Salad, Garden Salad w/ Chicken	CAR2252	1 EACH	255	13		1	1				1			
Salad, Garden Salad w/ Garbanzo Beans	CAR2253	1 EACH	260	27		1	1				1			
Salad, Mixed Greens		1 CUP	8	2										
Sandwich Wrap, Chicken Caesar Wrap WG		1 EACH	498	45		1	1	1				1	1	1
Sandwich Wrap, Chicken Caesar Wrap White		1 EACH	528	52		1	1	1				1	1	1
Sandwich Wrap, Turkey & Cheese Wrap WG		1 EACH	335	33		1	1					1	1	1
Sandwich, Grilled Cheese Sandwich, Packaged		1 EACH	280	31		1	1					1	1	1
Sandwich, Grilled Cheese Sandwich Homemade		1 EACH	340	28		1	1					1	1	1
Sandwich, Sun Butter & Jelly Sandwich, IW (Field Trips)		1 EACH	310	33								1	1	1
Sandwich, Sunbutter and Jelly Sandwich		1 EACH	462	61									1	1
Sandwich, Sunbutter and Jelly Sandwich w/ String Cheese		1 EACH	542	62		1	1						1	1
Sandwich, Tuna Sandwich on Wheat Bread		1 EACH	386	27				1		1		1	1	1
Sandwich, Turkey & Cheese Sandwich	CAR1743	1 EACH	285	27		1	1					1	1	1
Sandwich, Turkey Ham & Cheese Sandwich		1 EACH	300	28		1	1					1	1	1
Sauce, Alfredo Sauce		1/4 CUP	90	5		1	1							
Sauce, Spaghetti Sauce		1/2 CUP	80	10										
Taco, Bean Soft Tacos, White		2 TACOS	410	48		1	1				1		1	1
Taco, Bean Soft Tacos, Whole Grain		2 TACOS	410	48		1	1				1		1	1
Taco, Beef Soft Tacos, White		2 TACOS	323	34		1	1						1	1
Taco, Beef Soft Tacos, Whole Grain		2 TACOS	323	30		1	1						1	1
Taco, Crunchy Bean Taco		2 TACOS	397	42		1	1				1			
Taco, Crunchy Beef Taco		2 TACOS	310	24		1	1							
Tortilla Chips, Triangle Unsalted		10 PIECES	140	17										
Tortillas, Wheat Flour 6"		1 EACH	86	15									1	1
Tortillas, Wheat Flour 10"		1 EACH	170	30									1	1
Tortillas, White Flour 6"	CAI100602	1 EACH	90	16									1	1
Tortillas, White Flour 10"	CAI100603	1 EACH	210	36								1	1	1
Veggie Nuggets	CAR1957	4 PIECES	200	20								1	1	1
Waffles, Homestyle	CAR2020	2 EACH	186	28		1	1	1				1	1	1
Wrap, BBQ Tuna	103019	1 EACH	329	36						1		1	1	1
Yogurt Parfait, Fruit & Yogurt Parfait		1 EACH	305	54		1	1					1	1	1
Yogurt Parfait, Fruit & Yogurt Parfait w/ String Cheese		1 EACH	386	55		1	1					1	1	1
Yogurt, 4 oz Strawberry Banana		4 OZ	80	15		1	1							
Yogurt, Low Fat Vanilla		1/2 CUP	100	20		1	1							

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MILK	**Recipe Number**	**Serving Size**	**Calories**	**Carbs**	**Peanut**	**Milk**	**Dairy**	**Eggs**	**Tree Nuts**	**Fish**	**Legume**	**Soy**	**Wheat**	**Gluten**
Milk, Nonfat Chocolate		8 OZ	120	22		1	1							
Milk, Nonfat Strawberry		8 OZ	120	22		1	1							
Milk, Shelf Stable Nonfat Chocolate		8 OZ	130	25		1	1							
Milk, Shelf Stable White 1%		8 OZ	100	12		1	1							
Milk, White 1%		8 OZ	100	12		1	1							

					ALLERGENS									
FRUIT	**Recipe Number**	**Serving Size**	**Calories**	**Carbs**	**Peanut**	**Milk**	**Dairy**	**Eggs**	**Tree Nuts**	**Fish**	**Legume**	**Soy**	**Wheat**	**Gluten**
Fruit, Apple		1 EACH	48	13										
Fruit, Applesauce		1/2 CUP	52	14										
Fruit, Bananas*		1 EACH	69	17										
Fruit, Blueberries		1/2 CUP	39	9										
Fruit, Canned Pears		1/2 CUP	58	15										
Fruit, Craisins (Dried Cranberries)		1 PACKAGE	110	28										
Fruit, Diced Peaches		1/2 CUP	50	12										
Fruit, Diced Pears		1/2 CUP	60	14										
Fruit, Grapes		1/2 CUP	31	8										
Fruit, Mixed Fruit		1/2 CUP	60	13										
Fruit, Orange		1 EACH	52	13										
Fruit, Orange Smiles		1/2 CUP	63	16										
Fruit, Peaches		1/2 CUP	50	12										
Fruit, Pineapple Tidbits*		1/2 CUP	54	14										
Fruit, Raisins		1/4 CUP	108	29										
Fruit, Sliced Apples		1 PACKAGE	34	8										
Fruit, Sliced Strawberries		1/2 CUP	25	7										
Fruit, Tangerines **(note svg size is 2 each)**		2 EACH	80	18										

					ALLERGENS									
VEGETABLES	**Recipe Number**	**Serving Size**	**Calories**	**Carbs**	**Peanut**	**Milk**	**Dairy**	**Eggs**	**Tree Nuts**	**Fish**	**Legume**	**Soy**	**Wheat**	**Gluten**
Vegetable, Baby Carrots		1/2 CUP	25	6										
Vegetable, Black Beans		1/2 CUP	118	23							1			
Vegetable, Broccoli		1/2 CUP	15	3										
Vegetable, Carrot Sticks		1/2 CUP	25	6										
Vegetable, Carrot, Baby Rainbow Carrots		2.5 OZ Pre-Pack	30	9										
Vegetable, Cauliflower		1/2 CUP	13	3										
Vegetable, Celery Sticks		1/2 CUP	12	2										
Vegetable, Corn		1/2 CUP	92	17										
Vegetable, Cucumber Coins		1/2 CUP	7	1										
Vegetable, Garbanzo Beans		1/2 CUP	143	27							1			
Vegetable, Green Beans		1/2 CUP	18	3										
Vegetable, Pickles		2 TBSP	0	0										
Vegetable, Pinto Beans		1/2 CUP	137	24							1			
Vegetable, Shredded Iceberg Lettuce		1 CUP	3	1										
Vegetable, Sliced Cucumbers*		1/2 CUP	9	2										

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CONDIMENTS	**Recipe Number**	**Serving Size**	**Calories**	**Carbs**	**Peanut**	**Milk**	**Dairy**	**Eggs**	**Tree Nuts**	**Fish**	**Legume**	**Soy**	**Wheat**	**Gluten**
Condiment, BBQ Sauce		1 PACKET	15	4										
Condiment, Caesar Dressing, Homemade	CAR1484	2 TBSP	155	2		1	1	1				1		
Condiment, Ketchup		1 PACKET	10	3										
Condiment, Marinara Dunk Cup		1 PACKET	15	3										
Condiment, Mayonnaise		1 PACKET	60	0				1						
Condiment, Mustard		1 PACKET	0	0										
Condiment, Ranch Dressing		2 TBSP	103	0.4		1	1	1				1		
Condiment, Salsa		1/2 CUP	40	8										
Condiment, Tajin		1/4 TSP	2	0										

					ALLERGENS									
VEGAN ITEMS	**Recipe Number**	**Serving Size**	**Calories**	**Carbs**	**Peanut**	**Milk**	**Dairy**	**Eggs**	**Tree Nuts**	**Fish**	**Legume**	**Soy**	**Wheat**	**Gluten**
Burrito, Black Bean	V1	1 EACH	521	99							1	1	1	1
Burrito, Pinto Bean	V1	1 EACH	510	97							1	1	1	1
Chana Masala w/ 1 Cup Rice	CAR2260	1 BOWL	487	90							1			
Chili, Black Bean	CAR2140	1/2 CUP	136	23							1			
Hummus w/ Flatbread and Veggies	CAR1960	1 PLATE	482	55							1	1	1	1
Black Beans w/ 1 Cup Spanish Rice	V3	1 BOWL	344	68							1			
Pita Veggie Sandwich	V2	1 EACH	435	43							1		1	1