

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, 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	✓
Beef Teriyaki Dippers	4 EACH	160	6							1	1	1	✓
Beef Teriyaki Dippers w/ Rice	1 SERVING	277	32							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, 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	225	28		1	1	1			1	1	1	✓
Breakfast Sandwich, Sausage & Cheese	1 EACH	250	28		1	1				1	1	1	✓
Breakfast Sandwich, Turkey Ham	1 EACH	255	29		1	1				1	1	1	✓
Brownie - Fresh Baked	1 EACH	146	25		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 (Los Cabos)	1 EACH	351	27		1	1	1			1	1	1	✓
Bowl, Chicken Burrito Bowl	1 BOWL	488	74		1					1	1	1	✓
Caesar Salad	1 CUP	65	5		1	1	1		1				✓
Caesar Salad Cheesy w/Roll	1 EACH	476	39		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, Mini Cheeseburger	2 SLIDERS = 1 SERVING	320	35		1	1				1	1	1	✓
Chef Salad	1 SERVING	217	12		1	1							✓
Crackers, Cheezit	1 PKG	100	14		1	1				1	1	1	✓
Goldfish, Cinnamon	1 PKG	120	19							1	1	1	✓
Goldfish, Pretzels	1 PKG	90	16							1	1	1	✓
Croutons, Homamade	1/4 CUP	44	4			1					1	1	✓
Crackers, Chocolate Grahams	1 PKG	120	20							1	1	1	✓
Breadsticks, Mozzarella Filled (Cheesy Italian Dunkers)	2 STICKS	300	30		1	1	1			1	1	1	✓
Breadsticks, Mozzarella Filled (Cheesy Italian Dunkers) w/ Marinara Sauce	2 STICKS + SAUCE	315	33		1	1	1			1	1	1	✓
Cheesy Casesar Salad w/ Roll (Vegetarian)	1 EACH	475	39	possible	1	1	1	possible	1	1	1	1	✓
Chicken Caesar Salad	1 EACH	307	12		1	1	1	possible	1	1	1	1	✓
Chicken Caesar Salad w/Roll	1 EACH	465	39	possible	1	1	1	possible	1	1	1	1	✓
Chicken, Crispy Chicken Sandwich	1 EACH	410	43				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	534	67		1	1				1	1	1	✓
Chicken Nuggets	5 NUGGETS	258	16				1			1	1	1	✓
Chicken Patty on a Bun	1 EACH	410	43				1			1	1	1	✓
Chicken Patty, WG Breaded	1 EACH	270	16				1			1	1	1	✓
Chicken Patty Spicy, WG Breaded	1 EACH	270	17				1			1	1	1	✓

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Chicken, Honey Sriracha Boneless Wings	6 WINGS	52	4								1	1	✓
Chicken, Orange Chicken	1 SERVING	320	34							1	1	1	✓
Chicken, Orange Chicken & Rice (1/2 Cup rice)	1 BOWL	437	60							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	1	✓
Chicken, Teriyaki Chicken & Rice (1/2 Cup Rice)	1 SERVING	296	40							1	1	1	✓
Cinnamon Rolls - Fresh Baked, A La Carte	1 EACH	198	36		1	1				1	1	1	✓
Cinnamon Rolls - Fresh Baked	1 EACH	219	40		1	1				1	1	1	✓
Cinnamon Roll - IW	1 EACH	240	38		1	1					1	1	✓
Concha	1 EACH	200	34		1	1	1			1	1	1	✓
Cookie, Chocolate Chip - Fresh Baked, A La Carte, HS	1 EACH	198	33		1	1	1			1	1	1	✓
Cookie, Chocolate Chip - Fresh Baked, A La Carte, JH	1 EACH	170	28		1	1	1			1	1	1	✓
Cookie, Sugar - Fresh Baked, A La Carte, JH	1 EACH	160	27		1	1	1			1	1	1	✓
Cookie, Chocolate Chip - Fresh Baked, Elementary	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, Halloween Cookie - Jack O Lantern	1 EACH	86	12		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, 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	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	✓
Enchirito, Bean & Cheese	1 EACH	343	47		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	✓
Macaroni & Cheese	5 OZ	319	24		1	1	possible				1	1	✓
Mini Cinnis	1 PKG	240	40		1	1					1	1	✓
Muffin, WG Banana	1 EACH	190	30				1			1	1	1	✓
Muffin, Cocoa Banana	1 EACH	385	65		1	1	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	1 EACH	160	29		1	1				1	1	1	✓
Onion Rings	5 PIECES	200	28		1	1				1	1	1	✓
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	1	✓
Pasta, Elbow	1 CUP	190	40								1	1	✓
Pasta, Italian Pasta Bake, JH/HS	1 SERVING	427	52		1	1					1	1	✓
Pasta, Italian Pasta Bake, Elementary	1 SERVING	213	26		1	1					1	1	✓
Pasta, Rotini	1 CUP	190	40								1	1	✓
Pasta w/ Meat Sauce	1 SERVING	240	27								1	1	✓

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Pasta w/ Veggie Sauce	1 SERVING	327	39		1	1					1	1	✓
Pizza, Primo BBQ Chicken (HS/JHS)	1 SLICE	399	38		1	1				1	1	1	✓
Pizza, Cheese (ELEM)	1 SLICE	360	35		1	1				1	1	1	✓
Pizza, Cheese (HS/JHS)	1 SLICE	360	36		1	1				1	1	1	✓
Pizza, Cheese French Bread WG 6"	1 PIECE	290	33		1	1				1	1	1	✓
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 (Turkey) (ELEM)	1 SLICE	370	35		1	1				1	1	1	✓
Pizza, Pepperoni (Turkey) (HS/JHS)	1 SLICE	370	36		1	1				1	1	1	✓
Potato, Baked Tater Tots	1/2 CUP (8 TOTS)	130	16							1			✓
Potato, Mashed (Signature)	1/2 CUP	85	16		1								✓
Potato, Mashed (WHIPP)	1/2 CUP	89	16		1					1			✓
Potato Wedges	1/2 CUP	90	15							1			✓
Protein Pack w/ String Cheese	1 PKG	470	68		1	1				1	1	1	✓
Raisels	1 PKG (1.5 OZ)	140	35										✓
Raisins	1 BOX	132	31										✓
Rice, Spanish Rice	1/2 CUP	117	24										✓
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 Stix	1 PKG	120	21							1	1	1	✓
Sun Butter & Grape Jelly Sandwich IW	1 EACH	320	35							1	1	1	✓
Sun Butter & Grape Jelly Sandwich	1 EACH	466	61								1	1	✓
Sun Butter & Grape Jelly Sandwich w/ String Cheese	1 EACH	545	62								1	1	✓
Taco, Crunchy Beef Taco	2 TACOS	312	25		1	1					1	1	✓
Taco, Crunchy Bean Taco	2 TACOS	378	42		1	1							✓
Taco, Crunchy Chicken Taco	2 TACOS	315	25		1	1					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 Sandwich	1 EACH	285	27		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	SERVING SIZE	CALORIES	CARBS	PEANUT	MILK	DAIRY	EGGS	TREE NUTS	FISH	SOY	WHEAT	GLUTEN	CHECKED
Juice, Sparking Blackberry Izzie	8 oz	130	31										✓
Juice, Sparking Clementine Izzie	8 oz	90	21										✓
Juice, Sparking Pomegrante 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 EACH	52	14										✓
Apples, Sliced	1 PKG	29	8										✓
Applesauce, Canned	1/2 CUP	50	15										✓
Bananas, Petite *This item is not domestic*	1 EACH, SMALL	90	23										✓
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	20										✓
Mixed Fruit, Canned	1/2 CUP	60	17										✓
Oranges	1 EACH	47	12										✓
Oranges, Sliced	1/2 CUP	24	6										✓
Peaches, Canned	1/2 CUP	60	14										✓
Pears, Canned	1/2 CUP	60	16										✓
Pineapple Tidbits	1/2 CUP	60	15										✓
Strawberry slices, 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										✓
Cucumber	1/2 CUP	8	2										✓
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	19	4										✓
Black Beans	1/2 CUP	118	23										✓
Pinto Beans, Low Sodium Canned	1/2 CUP	98	18										✓
Mixed Greens	1/2 CUP	9	1										✓
Salad Mix	1/2 CUP	6	1										✓
Salsa	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 Mix	2 TBSP	103	0.4		1	1	1			1			✓
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							✓
Ketchup	1 EACH	10	3										✓
Marinara Dunk Cup	1 EACH	15	3										✓
Mayonnaise	1 PACKET	60	0				1			1			✓
Mustard	1 PACKET	0	0										✓
Ranch Dressing Mix	2 TBSP	103	0.4		1	1	1			1			✓
Taco Sauce	1 EACH	5	1										✓
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	1	✓