

# SCHOOL YEAR 2020-2021

3/5/21 - VC

| Meal Items  | Recipe Number    | Serving Size | Calories | Carbs | ALLERGENS |      |       |      |           |      |        |     |       |        |   |
|---|------------------|--------------|----------|-------|-----------|------|-------|------|-----------|------|--------|-----|-------|--------|---|
|   |                  |              |          |       | 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      | 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      | 1 |
| Breakfast Pizza, Turkey Sausage                           | SR1167           | 1 SLICE      | 210      | 26    |           | 1    | 1     |      |           |      |        | 1   | 1     | 1      | 1 |
| Breakfast Round, Ultimate Oatmeal Chocolate Chip          |                  | 1 EACH       | 270      | 44    |           | 1    | 1     | 1    |           |      |        | 1   | 1     | 1      | 1 |
| Breakfast Round, Ultimate Oatmeal Cinnamon                |                  | 1 EACH       | 280      | 44    |           | 1    | 1     | 1    |           |      |        | 1   | 1     | 1      | 1 |
| Breakfast Sandwich, Egg & Cheese                          | CAR1274          | 1 EACH       | 225      | 29    |           | 1    | 1     | 1    |           |      |        | 1   | 1     | 1      | 1 |
| Breakfast Sandwich, (Turkey) Ham, Egg & Cheese            | CAR1871          | 1 EACH       | 255      | 29    |           | 1    | 1     | 1    |           |      |        | 1   | 1     | 1      | 1 |
| Brownie, Fresh Baked                                      |                  | 1 EACH       | 146      | 25    |           | 1    | 1     | 1    |           |      |        | 1   | 1     | 1      | 1 |
| Burger Veggie, Classic Garden Burger                      |                  | 1 EACH       | 217      | 34    |           | 1    | 1     |      |           |      |        | 1   | 1     | 1      | 1 |
| Burger, 100% All Beef Cheeseburger on a Bun               |                  | 1 EACH       | 420      | 28    |           | 1    | 1     |      |           |      |        | 1   | 1     | 1      | 1 |
| Burger, Hamburger   |                  | 1 EACH       | 370      | 27    |           |      |       |      |           |      |        |     | 1     | 1      | 1 |
| Burger, Mini Cheeseburger                                 |                  | 1 PACKAGE    | 320      | 35    |           | 1    | 1     |      |           |      |        | 1   | 1     | 1      | 1 |
| Burger, Western Burger                                    |                  | 1 EACH       | 515      | 42    |           | 1    | 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, <b>Purchased Product</b> |                  | 1 EACH       | 160      | 17    |           | 1    | 1     | 1    |           |      |        | 1   | 1     | 1      | 1 |
| Burrito, Breakfast Egg & Cheese, <b>Handmade on Site</b>  | BF1              | 1 EACH       | 358      | 37    |           | 1    | 1     | 1    |           |      |        | 1   | 1     | 1      | 1 |
| Burrito, Chicken & Brown Rice                             |                  | 1 EACH       | 482      | 61    |           | 1    | 1     |      |           |      |        | 1   | 1     | 1      | 1 |
| Burrito, Chicken & White Rice                             |                  | 1 EACH       | 523      | 67    |           | 1    | 1     |      |           |      |        | 1   | 1     | 1      | 1 |
| Cake, Chocolate Cake                                      |                  | 1 SLICE      | 142      | 24    |           | 1    | 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      | 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 <b>JHS/HS</b>                 |                  | 1 SERVING    | 339      | 4     |           |      |       |      |           |      |        |     |       |        |   |
| Chicken, BBQ Chicken Pieces w/Roll <b>JHS/HS</b>          |                  | 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      | 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      | 1 |
| Chicken, Grilled Teriyaki Chicken Fillet Only             |                  | 1 EACH       | 125      | 6     |           |      |       |      |           |      |        | 1   | 1     | 1      | 1 |
| Chicken, Nuggets  | CAR1555          | 5 NUGGETS    | 258      | 16    |           |      |       |      |           |      |        | 1   | 1     | 1      | 1 |
| Chicken, Orange Chicken                                   |                  | 12 PIECES    | 320      | 34    |           |      |       |      |           |      |        | 1   | 1     | 1      | 1 |
| Chicken, Orange Chicken and White Rice                    | CAR1104 & SR2109 | 1 SERVING    | 458      | 64    |           |      |       |      |           |      |        | 1   | 1     | 1      | 1 |

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|---|---------------|------------------|----------|-------|-----------|------|-------|------|-----------|------|--------|-----|-------|--------|
|   |               |                  |          |       | 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 Graham's <b>After School Snack</b> |               | 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 <b>Brkfst/Lunch Item</b>     |               | 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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|---|---------------|-----------------|----------|--------|-----------|------|-------|------|-----------|------|--------|-----|-------|--------|---|
|   |               |                 |          |        | 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     |           |      |       |      |           |      |        |     |       |        |   |
| Roll, Dinner (manufactured pre-made, individually wrapped)    | CAR1021       | 1 EACH          | 160      | 34     |           |      |       |      |           |      |        |     | 1     | 1      | 1 |
| Salad, Caesar Salad <b>Elem Garden Bar:</b>                   | 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          | 352.399  | 8.805  |           | 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 & Cheese                | CAR2253       | 1 EACH          | 260      | 27     |           | 1    | 1     |      |           |      |        |     | 1     |        |   |
| Salad, Mixed Greens   |               | 1 CUP           | 8        | 2      |           |      |       |      |           |      |        |     |       |        |   |
| Salad, Taco Fiesta w/ Pinto Beans(Need to add tortilla chips) | CAR1099       | 1 EACH          | 179.21   | 23.65  |           |      | 1     |      |           |      |        |     | 1     |        |   |
| Salad, Taco Fiesta w/ Black Beans(Need to add tortilla chips) | CAR1099       | 1 EACH          | 187.11   | 25.28  |           |      | 1     |      |           |      |        |     | 1     |        |   |
| 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, Sunbutter and Jelly KIT (portion cups)              | DL01          | 1 KIT EACH      | 640      | 65.346 |           |      |       |      |           |      |        |     |       | 1      | 1 |
| Sandwich, Sunbutter and Jelly (HUB STUDENTS)                  | CAR2287       | 1 SANDWICH      | 640      | 67.346 |           |      |       |      |           |      |        |     |       | 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, Individually Wrapped                          |               | 1 PKG           | 280      | 36     |           |      |       |      |           |      |        |     |       | 1      |   |
| Tortilla Chips, Triangle Unsalted (No Applicable SY2020-21)   |               | 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 |
| Veggie Nuggets  | CAR1957       | 4 PIECES        | 200      | 20     |           |      |       |      |           |      |        |     | 1     | 1      | 1 |
| Waffles, Homestyle  | CAR2020       | 2 EACH          | 186      | 28     |           | 1    | 1     | 1    |           |      |        |     | 1     | 1      | 1 |

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|   |         |         |       |       |  |   |   |  |  |  |   |  |   |   |   |
|---|---------|---------|-------|-------|--|---|---|--|--|--|---|--|---|---|---|
| Wrap, BBQ Tuna  | 103019  | 1 EACH  | 329   | 36    |  |   |   |  |  |  | 1 |  | 1 | 1 | 1 |
| Yogurt Parfait w/ Blueberries                           | CAR1958 | 1 EACH  | 318.6 | 57.45 |  | 1 | 1 |  |  |  |   |  | 1 | 1 | 1 |
| Yogurt Parfait, Fruit & Yogurt Parfait w/ String Cheese |         | 1 EACH  | 386   | 55    |  | 1 | 1 |  |  |  |   |  | 1 | 1 | 1 |
| Yogurt Parfait w/ Peaches                               | SR1503  | 1 EACH  | 337   | 63.82 |  | 1 | 1 |  |  |  |   |  | 1 |   |   |
| Yogurt Parfait w/ Strawberries                          | CAR1958 | 1 EACH  | 369.2 | 71.55 |  | 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 |  |  |  |   |  |   |   |   |

## ALLERGENS

| <u>MILK</u>                         | 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

| <u>FRUIT</u>                                | 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

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| <b>VEGETABLES</b>                       | <b>Recipe Number</b> | <b>Serving Size</b> | <b>Calories</b> | <b>Carbs</b> | <b>Peanut</b> | <b>Milk</b> | <b>Dairy</b> | <b>Eggs</b> | <b>Tree Nuts</b> | <b>Fish</b> | <b>Legume</b> | <b>Soy</b> | <b>Wheat</b> | <b>Gluten</b> |
|---|----------------------|---------------------|-----------------|--------------|---------------|-------------|--------------|-------------|------------------|-------------|---------------|------------|--------------|---------------|
| 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            |               |             |              |             |                  |             |               |            |              |               |

## ALLERGENS

| <b>CONDIMENTS</b>                    | <b>Recipe Number</b> | <b>Serving Size</b> | <b>Calories</b> | <b>Carbs</b> | <b>Peanut</b> | <b>Milk</b> | <b>Dairy</b> | <b>Eggs</b> | <b>Tree Nuts</b> | <b>Fish</b> | <b>Legume</b> | <b>Soy</b> | <b>Wheat</b> | <b>Gluten</b> |
|--------------------------------------|----------------------|---------------------|-----------------|--------------|---------------|-------------|--------------|-------------|------------------|-------------|---------------|------------|--------------|---------------|
| 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

| <b>VEGAN ITEMS</b>                | <b>Recipe Number</b> | <b>Serving Size</b> | <b>Calories</b> | <b>Carbs</b> | <b>Peanut</b> | <b>Milk</b> | <b>Dairy</b> | <b>Eggs</b> | <b>Tree Nuts</b> | <b>Fish</b> | <b>Legume</b> | <b>Soy</b> | <b>Wheat</b> | <b>Gluten</b> |
|-----------------------------------|----------------------|---------------------|-----------------|--------------|---------------|-------------|--------------|-------------|------------------|-------------|---------------|------------|--------------|---------------|
| 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             |