

# SCHOOL YEAR 2021-2022

10/7/21 - VC

Meal Items	Recipe Number	Serving Size	Calories	Carbs	ALLERGENS										
					Peanut	Milk	Dairy	Eggs	Tree Nuts	Fish	Legume	Soy	Wheat	Gluten	
Bagel, WW Blueberry	CAR1260	1 EACH	170	35										1	1
Bagel, WW Cinnamon Raisin	CAR1261	1 EACH	170	35										1	1
Bagel, WW White	CAR1259	1 EACH	170	35										1	1
Bar, Oatmeal Apple	CAR2293	1 EACH	280	46		1	1	1				1	1	1	1
Bar, Oatmeal Strawberry	CAR2294	1 EACH	280	46		1	1	1				1	1	1	1
Beef Teriyaki Dippers	CAR1018	4 EACH	160	6								1	1	1	1
Benefit Bar, Oatmeal Chocolate Benefit Bar	CAR1300	1 EACH	289	47		1	1	1				1	1	1	1
Bread, Hamburger Bun, WG 4" Wheat	CAR1227	1 BUN	140	27										1	1
Bread, Hot Dog Bun, WG Wheat	CAI100000	1 BUN	140	27										1	1
Bread, Whole Wheat Roll, Fresh Baked	CAR1345	1 EACH	159	27		1	1							1	1
Bread Slice, Banana WG	CAR1338	1 EACH	260	45				1				1	1	1	1
Breakfast Pizza, Turkey Sausage	SR1167	1 SLICE	210	27		1	1					1	1	1	1
Breakfast Round, Ultimate Oatmeal Chocolate Chip	SR1173	1 EACH	270	44		1	1	1				1	1	1	1
Breakfast Round, Ultimate Oatmeal Cinnamon	SR1976	1 EACH	270	44		1	1	1				1	1	1	1
Breakfast Sandwich, Egg & Cheese	CAR1274	1 EACH	260	28.5		1	1	1	1			1	1	1	1
Breakfast Sandwich, (Turkey) Ham, Egg & Cheese	CAR1871	1 EACH	280	29		1	1	1				1	1	1	1
Brownie, Fresh Baked	CAR1337	1 EACH	146	25		1	1	1				1	1	1	1
Burger Veggie, Classic Garden Burger	CAR1306	1 EACH	220	34		1	1					1	1	1	1
Burger, 100% All Beef Cheeseburger on a Bun	CAR1265	1 EACH	420	28		1	1					1	1	1	1
Burger, Hamburger	CAR1266	1 EACH	370	27										1	1
Burger, Western Burger	CAR1251	1 EACH	515	42		1	1					1	1	1	1
Burrito Bowl, Bean Burrito Bowl, Brown Rice	CAR1947	1 BOWL	341	57.9		1	1					1			
Burrito Bowl, Bean Burrito Bowl, White Rice	CAR2172	1 BOWL	341	57.9		1	1					1			
Burrito Bowl, Chicken Burrito Bowl, Brown Rice	CAR1380	1 BOWL	429	63.4		1	1								
Burrito Bowl, Chicken Burrito Bowl, White Rice	CAR2171	1 BOWL	422.9	59.3		1	1								
Burrito, Bean & Cheese Burrito	CAR1378	1 EACH	401	55		1	1					1	1	1	1
Burrito, Breakfast Egg & Cheese, <b>Purchased Product</b>	CAR1049	1 EACH	160	17		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	CAR1333	1 EACH	488	62.78		1	1					1	1	1	1
Burrito, Chicken & White Rice	CAR2176	1 EACH	523	66		1	1					1	1	1	1
Cake, Chocolate Cake	CAR1440	1 SLICE	142	24		1	1					1	1	1	1
Cereal, Cheerios Cereal Bowl	CAR1297	1 BOWL	100	24											
Cereal, Cinnamon Toast Crunch Bowl	CAR1295	1 BOWL	110	22								1	1	1	1
Cereal, Cocoa Puffs Cereal Bowl	CAR1296	1 BOWL	110	25											
Cereal, Trix Cereal Bowl	CAR1294	1 BOWL	111	24											
Cheese, American Cheese, Yellow Skim Sliced		2 SLICES	100	1		1	1						1		
Cheese, Cheddar Cheese, Yellow Shredded	CAR1822	1 OZ	110	1		1	1								
Cheese, Nacho Cheese	CAR1332	1/4 CUP	131	4		1	1								
Cheese, Parmesan Cheese, Shredded	SI100505	2 TSP	20	2		1	1								
Cheese, String Cheese	SR1146	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>	CAR1479	1 SERVING	495	14.9											
Chicken, BBQ Chicken Pieces w/Roll <b>JHS/HS</b>	CAR1479, CAR1345	1 SERVING	653	41.9											
Chicken, Drumstick	CAR1271	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	281	18.7									1	1	1
Chicken, Orange Chicken		12 PIECES	321	33.3									1	1	1
Chicken, Orange Chicken and Brown Rice	CAR1104 & SR1098	1 SERVING	433	57.5									1	1	1

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Chicken, Parmesan Chicken Sandwich	CAR1642	1 EACH	444	45		1	1					1	1	1
Chicken, Patty on a Bun	CAR1082	1 EACH	380	43								1	1	1
Chicken, Patty, WG Breaded (Patty only)	SI100495	1 EACH	240	16								1	1	1
Chicken, Popcorn Chicken	SI100299	12 PIECES	230	14								1	1	1
Chicken, Spicy Chicken Burger	CAR1083	1 EACH	410	44								1	1	1
Chicken, Tenders	CAR1124	3 EACH	257	16								1	1	1
Chicken, Teriyaki Chicken & Rice		1 SERVING	296	40								1	1	1
Chips, BBQ Baked	CAR2073	1 BAG	110	19		1	1					1		
Chips, Cheetos Baked	CAR2078	1 BAG	120	16		1	1							
Chips, Cheetos Baked, Flamin Hot	GS208586	1 BAG	120	16		1	1							
Chips, Cheetos Puffs Flamin Hot	SR3033	1 BAG	90	13		1	1							
Chips, Cheetos Puffs Wg Rf	GS203217	1 BAG	90	13		1	1							
Chips, Fantastix Chili Cheese	CAR2069	1 BAG	130	19		1	1							
Chips, Fantastix Flamin Hot	CAR2071	1 BAG	130	20		1	1							
Chips, Cool Ranch Red Fat	CAR1198	1 BAG	130	20		1	1							
Chips, Flamas Reduced Fat	GS239220	1 BAG	130	20		1	1							
Chips, Funyun Reduced Fat	CAR2083	1 BAG	100	14		1	1							
Chips, Nacho Reduced Fat	CAR1205	1 BAG	130	20		1	1							
Chips, Sweet & Spicy Chili Red Fat	CAR2075	1 BAG	130	20								1	1	1
Chips, Sour Cream Baked	CAR2074	1 BAG	100	17		1	1					1		
Cinnamon Bun, Packaged	CAR1046	1 EACH	240	38		1	1						1	1
Cinnamon Rolls, Homemade	CAR1879	1 EACH	219	40		1	1					1	1	1
Concha	CAR1403	1 EACH	200	34		1	1	1				1	1	1
Cookie, Chocolate Chip Cookie, Fresh Baked	CAR1255	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	CAR1354	1 EACH	240	30				1				1	1	1
Corn Dog, Chicken Corn Dog, Jumbo IW (individually wrapped)		1 EACH	238	27.8		1	1	1				1	1	1
Cracker, Animal Crackers	SR2431	1 PACKAGE	120	22								1	1	1
Cracker, Cheddar Goldfish	SR2426	1 PACKAGE	100	14		1	1						1	1
Cracker, Cheezit Crackers	CAR1520	1 PACKAGE	100	14		1	1					1	1	1
Cracker, Chocolate Grahams <b>After School Snack</b>	CAR1519	1 PACKAGE	120	20								1	1	1
Cracker, Cinnamon Goldfish	SR2334	1 PACKAGE	120	19									1	1
Cracker, Goldfish Pretzels	GS200270	1 PACKAGE	90	16		1	1						1	1
Cracker, Graham Crackers <b>Brkfst/Lunch Item</b>	CAR1371	1 PACKAGE - 3 CT	90	17								1	1	1
Cracker, Scooby Doo Stix	GS202676	1 PACKAGE	120	21								1	1	1
Croutons, Homemade	CAR1854	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	CAR1797	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, 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)	SR3115	1 EACH	310	33									1	1	1
Sandwich, Sunbutter and Jelly Sandwich (2 MMA 2 G)	CAR2295	1 EACH	646.6	67										1	1
Sandwich, Sunbutter and Jelly Sandwich (1 MMA 2 G)	CAR1150	1 EACH	460	60.5		1	1							1	1
Sandwich, Sunbutter and Jelly Sandwich w/ String Cheese	CAR1515	1 EACH	540	61.5		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 Pocket, Turkey (Taco Nada)	CAR1914	1 PKG	250	32		1	1						1	1	1
Tortilla Chips, Individually Wrapped		1 PKG	280	36									1		
Tortillas, White Flour 6" (Mission Foods)	CAI100602	1 EACH	90	16										1	1
Tortillas, White Flour 10" (Mission Foods)	CAI100603	1 EACH	210	36									1	1	1
Tortillas, White Flour 6" (Ole Brand)	GS#252891	1 EACH	90	14										1	1
Tortillas, White Flour 10" (Ole Brand)	GS#252892	1 EACH	200	34									1	1	1
Veggie Nuggets	CAR1957	4 PIECES	200	20									1	1	1



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

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

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