

Item Name (Serving Size)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Total Fiber (g)	Protein (g)
<b>Lunch Entrees</b>								
ALT NACHOS - MEAT & CHEESE, ELE/MS IND - LE31-PD ALT ELE/MS (1 each + 1 bag chips) Contains Beef, Corn/Corn Products, Milk, Onion, Rice, Tomatoes.	427.09	21.34	5.89	2.05	856.24	39.10	3.13	22.18
ALT NACHOS - MEAT & CHEESE, IND HS - LE31-PD ALT (1 EACH + 2 BAGS CHIPS) Contains Beef, Corn/Corn Products, Milk, Onion, Rice, Tomatoes.	547.09	25.84	6.39	2.05	956.24	57.10	5.13	24.18
Bacon Cheeseburger - LE1 (1 ea.) Contains Beef, Gluten, Milk, Onion, Sesame, Soy, Turkey, Wheat.	320.50	13.18	4.17	0.00	557.75	28.11	4.00	23.04
Bacon Mac & Cheese Pizza - LE59 (1 slice) Contains Cayenne Pepper, Gluten, Milk, Onion, Soy, Turkey, Wheat.	485.00	20.69	8.71	0	990.05	44.65	3.92	27.92
Beef Soft Tacos - LE65 (1 tacos) Contains Beef, Gluten, Onion, Tomatoes, Wheat.	375.26	21.32	7.29	3.2	282.92	20.86	2.25	25.88
Breaded bone-in Chicken - LE155 (2 ea.) Contains Chicken, Gluten, Soy, Wheat.	468.36	28.51	7.13	0.00	997.82	22.40	2.04	32.58
Breaded Chicken Sandwich - LE54 (1 ea.) Contains Chicken, Corn/Corn Products, Gluten, Milk, Onion, Sesame, Soy, Wheat.	330.00	9.00	1.00	0.00	710.00	40.00	5.00	25.00
Breakfast Taco - LE98 (2 ea.) Contains Egg, Gluten, Milk, Turkey, Wheat. (Breakfast for Lunch)	397.24	17.39	6.66	0	1073.68	34.26	1.14	22.26
BREAKFAST BOWL FOR LUNCH ON-SITE - LE156 (1 ea.) Contains Corn/Corn Products, Egg, Gluten, Milk, Pork, Wheat.	212.27	12.98	4.96	0	534.57	6.44	0.07	15.88
Cheese Enchiladas - LE6 (2 ea.) Contains Chicken, Corn/Corn Products, Gluten, Milk, Onion, Soy, Tomatoes, Wheat. May contain Cayenne Pepper.	356.56	20.49	11.10	0	495.29	25.81	4.05	17.42
Cheese Enchiladas - LE6-PD BASKET (1 ea.) Contains Chicken, Corn/Corn Products, Gluten, Milk, Onion, Soy, Tomatoes, Wheat. May contain Cayenne Pepper.	373.79	21.57	11.61	0	523.31	27.13	4.25	18.03
Cheese Pizza - LE35- ALPHA (1 slice) Contains Gluten, Milk, Soy, Wheat.	340.00	15.00	6.00	0.00	640.00	31.00	3.00	20.00
Cheese Stuffed Breadsticks - LE7 -1 (2 ea.) Contains Gluten, Milk, Wheat.	287.81	10.67	6.31	0.00	489.32	28.00	0.00	18.57
Cheeseburger - LE8 (1 ea.) Contains Beef, Gluten, Milk, Onion, Sesame, Soy, Wheat.	300.50	11.68	4.17	0.00	462.75	28.11	4.00	21.04
CHICKEN & VEGETABLE POT STICKER/DUMPLING - LE136 (6 ea.) Contains Carrot, Chicken, Corn/Corn Products, Gluten, Onion, Soy, Wheat.	298.95	13.60	1.44	0	550.28	31.55	2.04	17.11
Chicken Alfredo - LE57 (1 no. 6 scoop noodles + no. 6 scoop chicken) Contains Chicken, Gluten, Lemon, Milk, Soy, Wheat.	620.96	30.39	18.31	0	2028.66	32.97	2.30	58.10
Chicken Chunks - LE9 (4 3/4 oz.) Contains Chicken, Corn/Corn Products, Gluten, Milk, Soy, Wheat.	273.00	10.11	2.02	0.00	515.67	23.26	3.03	22.24
CHICKEN FAJITAS MEAT - BURRITO LINE - LE 138 (1 #8 scoop) Contains Chicken, Lemon, Soy.	151.18	6.54	1.54	0	466.04	1.24	0.07	21.06
Chicken Verde - BURRITO LINE - LE 138 sub (1 #8 scoop) Contains Chicken, Citrus, Corn/Corn Products, Onion.	110.00	2.00	0.50	0.00	600.00	5.00	0.00	18.00
CHILI & BEANS - LE17 (1 c.) Contains Beans (all kinds), Beef, Citrus, Onion, Tomatoes. May contain Cayenne Pepper.	283.00	9.86	3.24	1.6	556.72	28.72	9.54	18.66
Chili & Cheese Baked Potato - LE81 (1/2 CUP + BAKED POTATO + 1 OZ CHEESE) Contains Beef, Cayenne Pepper, Corn/Corn Products, Gluten, Milk, Onion, Potatoes, Wheat.	542.50	16.79	8.52	1.12	300.28	76.91	7.29	25.17
Chili Cheese Dog - LE16 (1 hot dog + 1 fl oz chili + 1 fl oz cheese) Contains Beef, Cayenne Pepper, Corn/Corn Products, Gluten, Milk, Onion, Potatoes, Wheat.	376.10	23.48	9.48	0.71	794.87	24.82	2.62	16.63
CORN DOG ON A STICK - LE165 (1 ea.) Contains Corn/Corn Products, Egg, Gluten, Milk, Soy, Turkey, Wheat.	230.00	7.00	2.00	0.00	680.00	33.00	2.00	11.00

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CRISPY CHICKEN TENDER TACOS - LE144 (1 tacos) Contains Citrus, Corn/Corn Products, Egg, Gluten, Milk, Onion, Potatoes, Soy, Wheat.	403.31	22.50	7.96	0	772.23	31.04	3.43	20.54
FRITO PIE - GO TEXAN DAY 2020 - LE118 (6 fl oz chili + 2 oz chips) Contains Beans (all kinds), Beef, Citrus, Corn/Corn Products, Onion, Tomatoes. May contain Cayenne Pepper.	490.78	18.41	4.12	1.05	786.83	61.32	9.78	17.17
FRITO PIE - GO TEXAN DAY 2020 - PD - LE118 PD (1 each + 1 bag chips) Contains Beans (all kinds), Beef, Citrus, Corn/Corn Products, Onion, Tomatoes. May contain Cayenne Pepper.	416.65	14.41	3.78	1.38	756.46	49.61	9.59	19.28
Hamburger - LE22 (1 ea.) Contains Beef, Gluten, Onion, Sesame, Soy, Wheat.	260.00	9.40	2.90	0.00	321.00	27.10	4.00	18.00
Holiday Roasted Turkey - LE49 (3 oz.)	110.00	3.00	1.00	0.00	430.00	1.00	0.00	21.00
Homestyle Chicken Tenders - LE14 WM (4 2/3 oz.) Contains Gluten, Milk, Soy, Wheat.	250.05	12.22	2.22	0.00	433.42	20.00	4.45	18.89
Hot Dog - LE50 (1 ea.) Contains Beef, Gluten, Milk, Wheat.	290.00	17.50	6.00	0.50	670.00	22.00	2.00	11.00
Macaroni & Cheese - LE93 (2 #8 scoop) Contains Cayenne Pepper, Gluten, Milk, Onion, Soy, Wheat.	535.05	19.76	10.10	0	1160.45	54.58	3.70	28.69
Meatball Sub - LE27 (1 ea.) Contains Beef, Cayenne Pepper, Corn/Corn Products, Dairy, Gluten, Milk, Onion, Rice, Soy, Tomatoes, Wheat.	299.96	9.48	3.60	0	621.14	33.65	4.62	18.72
NACHO CHEESE SAUCE ONLY - LE134 (1 4 oz solid spoodle) Contains Cayenne Pepper, Gluten, Milk, Onion, Soy, Wheat.	219.11	12.42	6.62	0	770.76	8.90	0.20	13.95
Pre-Dish Nachos - Beef & Cheese - LE31-PD BASKET (1 each + 1 bag chips) Contains Beef, Corn/Corn Products, Milk, Onion, Rice, Tomatoes.	427.09	21.34	5.89	2.05	856.24	39.10	3.13	22.18
Pre-Dish Nachos - Cheese - LE29-PD BASKET (1 each + 1 bag chips) Contains Corn/Corn Products, Milk, Onion, Rice.	361.37	13.04	3.04	0	1494.05	52.13	2.09	12.11
NACHOS COMBO (MEAT AND CHEESE) - LE132 (2 4 oz solid spoodle) Contains Beef, Cayenne Pepper, Gluten, Milk, Onion, Soy, Tomatoes, Wheat. (HS, MS, & TD Elementary)	510.37	32.06	13.07	3.2	863.28	15.21	1.89	37.58
Orange Chicken - LE34 (1 #10 scoop) Contains Egg, Gluten, Oranges/Orange Juice, Soy, Wheat.	131.45	2.63	0.44	0.00	245.37	16.65	0.00	9.64
Popcorn Chicken - LE83 (10 ea.) Contains Corn/Corn Products, Milk, Soy, Wheat.	260.00	13.00	3.00	0.00	550.00	17.00	3.00	19.00
ROTINI & MEATSAUCE - LE123 (2 #8 scoop) Contains Cayenne Pepper, Gluten, Onion, Sulfites, Tomatoes, Wheat.	402.65	6.66	1.09	0	856.38	64.94	13.3	19.41
Soft Tacos - LE 66 PD 2021 (2 Tortillas + 1 ea Taco Meat) Contains Beef, Gluten, Onion, Tomatoes, Wheat.	456.93	22.85	8.08	3.17	472.58	35.37	2.80	27.93
Spaghetti & Meatballs - LE41 2021 (5 meatballs + 1 no. 8 scoop pasta) Contains Beef, Cayenne Pepper, Corn/Corn Products, Dairy, Gluten, Milk, Onion, Rice, Tomatoes, Wheat.	356.94	8.90	3.25	0	542.21	47.72	7.73	20.48
Spaghetti & Meatsauce - LE42 (2 #8 scoop) Contains Cayenne Pepper, Corn/Corn Products, Gluten, Milk, Onion, Soy, Sulfites, Tomatoes, Wheat.	470.02	10.87	3.61	0	1007.95	66.62	13.3	24.46

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Spicy Chicken Chunks - LE149 (4 ea.) Contains Corn/Corn Products, Gluten, Wheat.	210.00	7.00	1.00	0.00	380.00	18.00	2.00	19.00
Spicy Chicken Sandwich - LE43 (1 ea.) Contains Chicken, Corn/Corn Products, Gluten, Sesame, Soy, Wheat.	330.00	8.00	1.00	0.00	620.00	45.00	6.00	24.00
Spicy Chicken Tenders - LE44 WM (4 2/3 oz.) Contains Corn/Corn Products, Gluten, Milk, Onion, Soy, Wheat.	255.61	12.22	1.11	0.00	438.98	20.00	4.45	18.89
Steak Fingers - LE45 (4 ea.) Contains Beef, Gluten, Milk, Soy, Wheat.	240.00	13.00	5.00	0.00	230.00	16.00	3.00	15.20
STRING CHEESE, MOZZARELLA - TR1088 (1 ea.) Contains Milk.	80.00	5.00	3.00	0.00	200.00	1.00	0.00	8.00
TACO MEAT - ONLY - LE135 (1 #8 scoop) Contains Beef, Onion, Tomatoes.	291.26	19.64	6.45	3.2	92.52	6.30	1.69	23.64
SUNBUTTER STRING CHEESE, ON-SITE - LE116 SUN (1 ea.) Contains Citrus, Corn/Corn Products, Gluten, Milk, Soy, Sunflower Seeds. Wheat.	490.00	23.50	6.00	0.00	670.00	48.00	5.00	20.00
SUNFLOWER SEEDS, NOTABLES, IW - TR1102 (1 ea.) Contains Citrus, Corn/Corn Products, Soy, Sunflower Seeds.	211.61	17.82	1.11	0.00	133.65	7.80	2.23	5.57
Sweet n Sour Chicken - LE34 SNS (1 #6 scoop) Contains Egg, Gluten, Soy, Wheat.	141.41	3.03	0.51	0.00	202.02	18.18	0.00	11.11
Yogurt Box Entree - LE51YES (1 ea.) Contains Carrot, Corn/Corn Products, Milk, Strawberries, Sunflower Seeds.	420.00	14.00	4.00	0.00	325.00	56.00	4.00	17.00
<b>Daily Pizzas</b>								
Cheese Pizza - LE35- ALPHA (1 slice) Contains Gluten, Milk, Soy, Wheat.	340.00	15.00	6.00	0.00	640.00	31.00	3.00	20.00
Pepperoni Pizza - LE37- ALPHA (1 slice) Contains Beef, Gluten, Milk, Pork, Soy, Wheat.	375.37	18.24	7.23	0.00	781.25	31.14	3.00	21.35
Sausage Pizza - LE38 (1 slice) Contains Gluten, Milk, Soy, Wheat.	390.00	18.00	6.50	0.00	930.00	32.00	4.00	25.00
MEAT LOVERS PIZZA - LE108 (1 slice) Contains Beef, Gluten, Milk, Pork, Soy, Turkey, Wheat.	387.67	18.43	7.02	0.00	873.07	31.32	3.25	23.55
<b>Featured Pizzas</b>								
BBQ CHICKEN PIZZA - LE104 (1 slice) Contains Cayenne Pepper, Chicken, Citrus, Corn/Corn Products, Gluten, Milk, Onion, Soy, Sulfites, Tomatoes. Wheat.	462.53	17.24	6.79	0	1197.62	47.87	3.6	29.29
Buffalo Chicken Pizza - LE58 (1 slice) Contains Chicken, Citrus, Corn/Corn Products, Egg, Gluten, Milk, Onion, Potatoes, Soy, Wheat.	425.79	18.10	7.25	0.04	1394.54	34.91	3.08	30.52
Cheeseburger Pizza - LE60 (1 slice) Contains Beef, Corn/Corn Products, Cucumber/Pickles, Egg, Gluten, Milk, Onion, Potatoes, Soy, Tomatoes. Wheat.	575.94	32.30	14.26	0.96	1050.78	37.31	3.40	34.06
Chicken Bacon Ranch Pizza - LE158 (1 slice) Contains Cayenne Pepper, Chicken, Citrus, Corn/Corn Products, Egg, Gluten, Milk, Onion, Soy, Turkey. Wheat.	459.12	20.34	7.15	0	1345.14	34.91	3.01	32.05
HAWAIIAN PIZZA - LE103 (1 slice) Contains Gluten, Milk, Pineapple, Soy, Turkey, Wheat.	404.90	17.88	6.86	0	914.57	33.03	3.22	28.09
Taco Pizza - LE67 (1 slice) Contains Gluten, Milk, Soy, Tomatoes, Wheat.	387.76	17.31	6.97	0	800.41	33.08	3.69	24.71

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<b>Monthly Entrée Salads</b>								
Cobb Salad - October 2023 - FPC-SA1105 (1 ea.) Contains Citrus, Corn/Corn Products, Egg, Gluten, Milk, Onion, Potatoes, Soy, Tomatoes, Turkey, Wheat	408.66	28.98	9.31	0	954.77	18.25	1.07	18.39
Buffalo Chicken Salad - FPC-SA653 (1 ea.) Contains Carrot, Chicken, Citrus, Corn/Corn Products, Cucumber/Pickles, Milk, Onion, Potatoes, Tomatoes	314.95	10.76	6.20	0.27	1391.03	22.60	3.83	33.15
BBQ Chicken Salad - 10/pan - FPC-SA903 (1 ea.) Contains Beans (all kinds), Cayenne Pepper, Chicken, Citrus, Corn/Corn Products, Egg, Gluten, Milk, Onion, Potatoes, Soy	625.98	37.94	8.86	0	1443.13	38.8	7.19	35.5
Chef's Salad - FPC-SA300 PAN (1 ea.) Contains Carrot, Citrus, Corn/Corn Products, Egg, Gluten, Milk, Potatoes, Soy, Tomatoes, Turkey, Wheat	419.95	28.32	11.02	0	903.22	22.66	4.90	21.62
Greek Salad November 2023 - FPC-SA_0214 (1 ea.) Contains Cayenne Pepper, Chicken, Citrus, Corn/Corn Products, Cucumber/Pickles, Egg, Milk, Mustard, Olives	374.63	20.31	5.12	0.13	1548.15	23.5	2.15	26.91
House Entree Salad - FPC-SA652 (1 ea.) Contains Carrot, Cayenne Pepper, Chicken, Citrus, Corn/Corn Products, Egg, Gluten, Milk, Onion, Soy, Tomatoes, Wheat	596.94	25.26	1.80	0	1607.35	62.84	4.78	30.21
Southwest Grilled Chicken Salad - FPC-SA260 PAN (1 ea.) Contains Beans (all kinds), Chicken, Citrus, Corn/Corn Products, Egg, Gluten, Milk, Onion, Potatoes, Soy, Sunflower	605.79	38.00	8.76	0	1442.32	32.28	6.20	35.41
<b>Fruit</b>								
Strawberry Apple Chips - TR1001 (1 Bag) Contains Apples, Strawberries.	40.00	0.00	0.00	0.00	0.00	10.00	2.00	0.00
Apple Chips - TR1109 (1 Bag) Contains Apples.	40.00	0.00	0.00	0.00	0.00	10.00	2.00	0.00
APPLE COBBLER - F55 (1 #6 scoop) Contains Apples, Cinnamon, Gluten, Milk, Soy, Wheat.	302.59	7.34	3.25	0	95.98	57.61	5.18	2.21
Apple Juice - TR1055 (1 ea.) Contains Apples.	60.00	0.00	0.00	0.00	15.00	14.00	0.00	0.00
Applesauce Pouch - TR1051 (1 ea.)	50.00	0.00	0.00	0.00	0.00	15.00	1.00	0.00

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Banana - TR1008 (1 ea.) Contains Banana.	121.04	0.45	0.15		1.36	31.06	3.54	1.48
100% JUICE, 6.75 OZ BOX (snack program) - TR1123 (1 ea.) Contains Apples, Berries (all kinds), Citrus, Kiwi.	100.00	0.00	0.00	0.00	15.00	24.00	0.00	0.00
Berry Cobbler - F29 (1 #6 scoop) Contains Berries (all kinds), Cinnamon, Corn/Corn Products, Gluten, Milk, Soy, Wheat.	240.87	7.47	3.29	0	100.00	41.87	0.89	2.27
Clementines - F25 (2 ea.) Contains Citrus, Oranges/Orange Juice.	37.10	0.22	0.03		1.40	9.34	1.26	0.57
Diced Pears - F5 (4 fl oz solid spoodle)	80.03	0.00	0.00	0.00	15.01	19.01	1.00	0.00
Fresh Berries - F4 (1 no.16 scoop blueberries + 1 no. 16 scoop strawberries) Contains Berries (all kinds).	40.37	0.29	0.02		0.91	10.06	2.00	0.64
Fresh Broccoli - V31 (1 #8 scoop) Contains Broccoli.	9.53	0.12	0.02		9.19	1.78		1.01
Fresh Cantaloupe Chunks - F7 (4 fl oz solid spoodle) Contains Melon.	30.84	0.17	0.05		14.52	7.40	0.82	0.76
Fresh Apple Slices - TR1003 (1 ea.) Contains Apples.	29.00	0.10	0.02	0.00	1.00	7.83	1.40	0.15
Fresh Grapes - F19-PD BASKET (1 ea.)	60.78	0.32	0.10		1.81	15.56	0.82	0.57
Fresh Mixed Fruit - F9 (4 fl oz solid spoodle) Contains Cantaloupe.	31.00	0.00	0.00	0.00	13.00	8.00	1.00	1.00
Fresh Orange - TR1020 (1 ORANGE, 138 CT) Contains Citrus, Oranges/Orange Juice.	62.63	0.16	0.02		0.00	15.66	3.20	1.25
Fresh Pineapple - F10 (4 fl oz solid spoodle) Contains Pineapple.	45.36	0.11	0.01		0.91	11.90	1.27	0.49
Fresh Strawberries - F6 (4 fl oz solid spoodle) Contains Berries (all kinds).	29.03	0.27	0.01		0.91	6.97	1.81	0.61
Fruit Cocktail (Mixed Fruit) - F14 (4 fl oz solid spoodle) Contains Peaches, Pineapple.	76.53	0.00	0.00	0.00	12.76	17.86	1.28	0.00
Gala Apple - TR1021 (1 large (3-1/4" dia)) Contains Apples.	116.41	0.38	0.07	0.00	2.45	30.80	5.40	0.58
Granny Smith Apple - commercial - TR1018 (1 large (3-1/4" dia)) Contains Apples.	116.41	0.38	0.07	0.00	2.45	30.80	5.40	0.58
Mandarin Oranges - F12 (4 fl oz solid spoodle) Contains Citrus, Oranges/Orange Juice.	70.00	0.00	0.00	0.00	10.00	17.00	1.00	1.00
ORANGE & GRAPEFRUIT WEDGES, 16/BASKET - F36 PD (1 ea.) Contains Citrus, Grapefruit, Oranges/Orange Juice.	61.58	0.17	0.02	0	0.00	15.45	2.80	1.23
Orange Juice - TR1043 (1 ea.) Contains Oranges/Orange Juice.	60.00	0.00	0.00	0.00	1.00	13.00	0.00	0.00
Orange Smiles - F17 (1 ea.) Contains Citrus, Oranges/Orange Juice.	62.63	0.16	0.02		0.00	15.66	3.20	1.25

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ORANGE/GRAPEFRUIT WEDGES - Farm to School - F36 (1 WEDGE GRAPEFRUIT + 4 ORANGE WEDGES) Contains Citrus, Grapefruit, Oranges/Orange Juice.	70.82	0.19	0.03	0	0.00	17.76	3.27	1.41
Peach Cobbler - F13 (1 #6 scoop) Contains Cinnamon, Corn/Corn Products, Gluten, Milk, Peaches, Soy, Wheat.	221.83	7.35	3.26	0	73.95	37.34	0.46	2.21
Raisins - TR1106 (1 Box)	129.95	0.00	0.00	0.00	10.00	30.99	2.00	1.00
Red Grapes - F15 (1 #8 scoop)	60.78	0.32	0.10		1.81	15.56	0.82	0.57
Sliced Peaches - F16 (4 fl oz solid spoodle) Contains Peaches.	59.96	0.00	0.00	0.00	5.00	13.99	0.00	0.00
SLICED PEARS - F32 (4 fl oz solid spoodle)	38.69	0.00	0.00	0.00	6.45	10.32	1.29	0.00
Watermelon - F18 (1 slice) Contains Melon, Watermelon.	42.36	0.21	0.02		1.41	10.66	0.56	0.86
Watermelon Raisins - 1.33 oz - TR1125 (1 ea.) Contains Sulfites.	112.10	1.94	0.42	0.00	9.50	29.26	1.65	1.22

Vegetable								
Baby Carrots - TR1047 (1 Bag)	29.77	0.11	0.02		66.34	7.01	2.47	0.54
Baked Beans - V2-PD BASKET (1 ea.) Contains Beans (all kinds), Cayenne Pepper, Corn/Corn Products, Gluten, Milk, Onion, Soy, Sulfites, Tomatoes, Turkey.	227.66	1.94	0.5	0	379.21	43.28	7.28	10.04
Baked Beans - V60 (4 fl oz slotted spoodle) Contains Beans (all kinds), Onion, Tomatoes.	162.50	0.54	0.00	0.00	151.67	31.42	6.50	8.67
BAKED POTATO - V41 (1 ea.) Contains Potatoes.	286.13	0.29	0.11	0.00	17.60	65.57	4.79	7.77
BBQ Baked Beans - V2 (4 fl oz slotted spoodle) Contains Beans (all kinds), Cayenne Pepper, Corn/Corn Products, Gluten, Milk, Onion, Sov, Sulfites, Tomatoes, Turkey.	180.39	1.35	0.5	0	331.94	32.64	6.1	7.67
Black Bean Salad - V34-PD (1 ea.) Contains Beans (all kinds), Corn/Corn Products, Onion.	238.84	5.42	0.64	0	377.12	38.74	6.92	9.91
Broccoli - TR1078 (1 ea.) Contains Broccoli.	28.01	0.35	0.05		27.01	5.24		2.98
Broccoli & Cheese Baked Potato - V4 (5 oz spoodle + 1 potato) Contains Cayenne Pepper, Gluten, Milk, Onion, Potatoes, Soy, Wheat.	512.33	12.71	6.73	0	795.45	75.89	5.84	22.56
BROCCOLI & CHEESE, 48/BASKET - V4-PD BASKET (1 ea.) Contains Milk, Onion, Rice.	50.81	1.07	0.32	0	195.00	8.39	2.49	3.74
Broccoli Salad - V52 (1 #6 scoop) Contains Broccoli, Carrot, Citrus, Corn/Corn Products, Egg, Gluten, Milk, Onion, Potatoes, Sov, Sunflower Seeds, Turkey.	160.41	12.46	2.28	0	733.84	10.39	0.65	4.48
Broccoli Salad - V52-PD BASKET (1 ea.) Contains Broccoli, Carrot, Citrus, Corn/Corn Products, Egg, Gluten, Milk, Onion, Potatoes, Sov, Sunflower Seeds, Turkey.	114.80	8.55	1.83	0	561.54	7.31	0.63	4.34
Buffalo Ranch Fava Bean Crisps - TR1124 (1 ea.)	190.00	7.00	0.50	0.00	380.00	22.00	9.00	10.00
California Blend Vegetables - V6 (4 fl oz slotted spoodle) Contains Milk, Onion.	32.19	0.06	0.04	0	68.09	6.51	2.91	1.93
California Blend Vegetables - V6-PD BASKET (1 ea.) Contains Milk, Onion.	31.75	0.07	0.05	0	119.79	6.44	2.80	1.86

<b>Item Name (Serving Size)</b>	<b>Calories (Kcal)</b>	<b>Total Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Sodium (mg)</b>	<b>Carb (g)</b>	<b>Total Fiber (g)</b>	<b>Protein (g)</b>
CANNED SPINACH _ DG SUB - V35 (4 fl oz slotted spoodle) Contains Milk, Onion.	55.39	0.15	0.11	0	362.78	9.13	4.55	8.87
CANNED SPINACH, 48/BASKET - V35-PD (1 ea.) Contains Milk, Onion.	55.39	0.15	0.11	0	362.78	9.13	4.55	8.87
Carrot & Broccoli Slaw - V3 (4 fl oz solid spoodle) Contains Broccoli, Carrot, Citrus.	31.27	0.68	0.11	0	40.12	5.77	0.97	1.18

Item Name (Serving Size)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Total Fiber (g)	Protein (g)
Carrot & Broccoli Slaw - V3-PD BASKET (1 ea.) Contains Broccoli, Carrot, Citrus.	62.54	1.35	0.22	0	80.24	11.53	1.94	2.36
CARROT + BROCCOLI, 1 CUP, 50/CS - TR1076 (1 ea.) Contains Broccoli, Carrot.	37.21	0.14	0.02	0.00	82.92	8.76	3.08	0.68
CARROT + CELERY, 3/4 CUP, 50/CS - TR1077 (1 ea.) Contains Carrot.	37.21	0.14	0.02	0.00	82.92	8.76	3.08	0.68
Carrots - Salad Bar - SB-2 (2 OZ SPOODLE) Contains Carrot.	11.62	0.07	0.01	0.00	19.56	2.72	0.79	0.26
Cole Slaw - V7 (4 fl oz solid spoodle)	52.55	2.85	0.22	0	24.98	7.00	1.49	0.76
Cole Slaw - V7-PD BASKET (1 ea.)	41.60	2.26	0.17	0	19.77	5.54	1.18	0.61
Cucumbers - Salad Bar - SB-5 (2 OZ SPOODLE)	10.63	0.08	0.03		1.42	2.57	0.35	0.46
Cucumbers - V30-PD BASKET (1 ea.) Contains Cucumber/Pickles.	10.08	0.07	0.03	0.00	1.34	2.44	0.34	0.44
Diced Carrots - V8 (4 fl oz slotted spoodle) Contains Carrot, Milk, Onion.	51.59	0.07	0.05	0	155.35	9.09	2.79	1.39
Diced Carrots - V8-CAN (4 fl oz slotted spoodle) Contains Milk, Onion.	41.58	0.35	0.10	0	255.31	9.21	2.35	1.01
DICED CARROTS, 48/BASKET - V8-PD BASKET (1 ea.) Contains Carrot, Milk, Onion.	53.13	0.09	0.07	0	108.56	9.41	2.78	1.42
DICED CARROTS, frozen - TR1116 (2/3 c.) Contains Carrot.	35.00	0.00	0.00	0.00	45.00	6.00	2.00	1.00
Curly Fries - V73 (3 oz.) Contains Corn/Corn Products, Onion, Potatoes, Soy, Sunflower Seeds.	164.48	6.58	0.82	0.00	0.20	24.67	1.65	1.65
Farm to School Red Leaf Salad - PD - V21 fts pd (1 ea.) Contains Cucumber/Pickles, Tomatoes.	11.19	0.13	0.02	0	7.29	2.34	0.70	0.68
Farm to School Red Leaf Salad - V21 FTS (1 no. 8 scoop lettuce + no. 16 scoop tomatoes + 1 slice cucumber) Contains Cucumber/Pickles, Tomatoes.	16.20	0.18	0.03	0	8.30	3.50	0.95	0.91
Farm to School Salad - V22 FTS (8 fl oz solid spoodle) Contains Carrot, Tomatoes.	17.71	0.18	0.03	0	26.60	3.75	1.21	0.93
Fresh Cucumber Slices - V30 (7 slice) Contains Cucumber/Pickles.	7.80	0.06	0.02	0.00	1.04	1.89	0.26	0.34
FRESH CUCUMBERS w/ GRAPE TOMATOES - V49 (4 SLICES + NO. 16 SCOOP TOMATOES) Contains Cucumber/Pickles, Tomatoes.	14.14	0.14	0.03	0	3.11	3.20	0.76	0.66
Garden Fresh Carrot Coin Dippers, ind (48/basket) - V42 PD (1 ea.) Contains Carrot.	26.24	0.15	0.02	0.00	44.16	6.13	1.79	0.60
Garden Fresh Grape Tomato Medley - V54 (1/2 c.) Contains Tomatoes.	15.31	0.17	0.02		4.25	3.31	1.02	0.75
GARDEN FRESH GREEN BEANS MAY 21 - V102 (1/2 c.) Contains Beans (all kinds).	31.75	0.25	0.06	0.00	118.79	7.15	2.90	1.72
Garden Fresh Salad - V21 - COMMERCIAL (1 no. 8 scoop lettuce + no. 16 scoop tomatoes + 1 slice cucumber) Contains Cucumber/Pickles, Tomatoes.	17.03	0.20	0.03	0	4.79	3.71	1.19	0.89
Garden Salad - V22 (8 fl oz solid spoodle) Contains Carrot, Tomatoes.	19.44	0.22	0.03	0	19.26	4.19	1.73	0.89
Mashed Potatoes - V9 (1 #8 scoop) Contains Milk.	92.53	1.24	0.02	0	196.10	18.53	1.23	2.43



<b>Item Name (Serving Size)</b>	<b>Calories (Kcal)</b>	<b>Total Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Sodium (mg)</b>	<b>Carb (g)</b>	<b>Total Fiber (g)</b>	<b>Protein (g)</b>
Mashed Potatoes w/ Gravy - V9-PD BASKET (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	109.94	2.73	0.85	0	265.66	20.40	1.08	2.12
Mixed Vegetables - V10 (4 fl oz slotted spoodle) Contains Milk, Onion.	80.54	0.12	0.09	0	171.23	16.27	4.28	3.17
Potato Wedges - V25 (3 oz.) Contains Soy.	146.66	4.89	0.61	0.00	146.66	23.22	2.44	2.44
Roasted Broccoli - V75 (4 fl oz solid spoodle) Contains Broccoli.	16.16	0.59	0.09	0	85.23	2.35	0.03	1.29
Roasted Corn in a Cup - V62 (4 fl oz slotted spoodle) Contains Corn/Corn Products, Milk.	118.66	1.22	0.06	0	97.34	24.94	1.18	3.44
ROASTED POTATO CUBES - V63 (3 oz.) Contains Potatoes.	132.42	0.27	0.07	0	181.38	30.08	3.23	3.58
ROASTED ROOT VEGGIES - - V66 (1 #8 scoop) Contains Carrot.	49.87	1.74	0.25	0	102.29	8.59	2.40	0.77
ROASTED SWEET POTATOES - V64 (1 #8 scoop) Contains Cinnamon, Milk, Potatoes.	91.10	0.10	0.06	0.00	80.63	21.46	2.68	1.39
SALAD BAR TOMATOES DOD - SB-1 DOD (2 OZ SPOODLE) Contains Tomatoes.	13.60	0.15	0.02		3.78	2.94	0.91	0.67
Seasoned Black Beans - V11 (4 fl oz slotted spoodle) Contains Beans (all kinds), Onion, Tomatoes.	100.73	0.06	0.01	0	167.55	18.09	5.66	6.34

Item Name (Serving Size)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Total Fiber (g)	Protein (g)
Seasoned Green Beans - V14 (4 fl oz slotted spoodle) Contains Beans (all kinds), Milk, Onion.	29.21	0.08	0.06	0	155.39	7.11	2.41	1.25
Seasoned Peas - V15 (4 fl oz slotted spoodle) Contains Milk, Onion, Peas.	89.63	0.52	0.14	0	107.78	16.13	5.00	5.73
Seasoned Pinto Beans - V17 (4 fl oz slotted spoodle) Contains Beans (all kinds), Onion, Tomatoes.	142.68	0.07	0.01	0	150.74	26.11	6.68	7.50
Steamed Broccoli - V5 (4 fl oz slotted spoodle) Contains Milk, Onion.	26.74	0.08	0.06	0.00	64.82	5.47	2.60	2.54
Stir Fried Vegetables - V67 (4 fl oz slotted spoodle) Contains Milk, Onion.	32.19	0.06	0.04	0	44.47	6.51	2.91	1.93
STREET CORN - V68 (4 fl oz slotted spoodle) Contains Citrus, Corn/Corn Products, Egg, Milk, Soy.	200.41	9.52	2.35	0	236.11	25.25	1.26	6.43
Sweet Potato Fries - V20 (3 oz.) Contains Corn/Corn Products, Potatoes.	160.00	7.00	1.00	0.00	190.00	25.00	3.00	1.00
Whole Kernel Corn - V13 (4 fl oz slotted spoodle) Contains Corn/Corn Products, Milk.	118.66	1.22	0.06	0	97.34	24.94	1.18	3.44
<b>HS Side Salads</b>								
EXPRESS SIDE SALAD, IND - FPC-SA202 (1 ea.) Contains Carrot, Cucumber/Pickles, Tomatoes.	29.83	0.33	0.05	0	33.24	6.34	2.40	1.65
ALC Side Salad - FPC-SA100 (1 ea.) Contains Beans (all kinds), Carrot, Corn/Corn Products, Cucumber/Pickles, Mustard, Tomatoes.	134.10	1.84	0.05	0	151.51	25.03	5.64	6.06
<b>Grain</b>								
2G WHITE DINNER ROLL - G32 (1 ea.) Contains Egg, Gluten, Milk, Wheat.	68.58	0.28	0.05	0	68.23	14.53	0.41	2.48
Banana Bread - G1 (1 slice) Contains Banana, Egg, Gluten, Milk, Wheat.	199.99	4.01	1.80	0.02	188.39	37.89	2.65	4.43
Banana Bread, ind - G1-PD (1 ea.) Contains Banana, Egg, Gluten, Milk, Wheat.	199.99	4.01	1.80	0.02	188.39	37.89	2.65	4.43
BREAD DRESSING (THANKSGIVING) - G22 (1 #8 scoop) Contains Chicken, Egg, Gluten, Milk, Onion, Soy, Wheat.	268.21	10.31	4.36	0	508.30	39.09	2.06	5.21
Breadsticks for Entree Salad - G3 LUG (1 ea.) Contains Egg, Gluten, Milk, Wheat.	65.99	1.28	0.53	0.01	11.61	11.45	1.25	2.42
Brown Rice Pilaf - G4 (1 #8 scoop) Contains Chicken, Onion, Rice.	113.08	1.24	0.00	0	109.75	22.77	1.35	2.67
BURRITO : 9 INCH FLOUR TORTILLA - G 56 (1 ea.) Contains Gluten, Wheat.	100.00	2.50	1.00	0.00	250.00	17.00	1.00	3.00
Cheddar Jalapeno Cornbread - G65 (1 slice) Contains Corn/Corn Products, Gluten, Milk, Potatoes, Wheat. May contain Egg, Soy.	203.72	8.28	3.18	0	475.95	28.94	1.69	3.75
Cheez-its - TR1112 (1 Package/Box/Case/Bag) Contains Gluten, Milk, Wheat.	97.86	3.63	0.95	0.02	128.52	14.26	0.55	2.29
Chicken & Waffles - Breakfast for Lunch - LE141 (4 2/3 oz + 1 waffle) Contains Chocolate/Cocoa, Egg, Gluten, Milk, Soy, Wheat.	530.05	26.23	8.22	0.00	753.42	55.00	6.45	23.89
CHIPS ROUND TORTILLA, BULK - TOSTITOS - TR1119 (1 oz.) Contains Corn/Corn Products, Rice, Sunflower Seeds.	141.75	5.06	0.51	0.00	116.44	20.25	2.02	2.02
CHIPS, TOSTITOS, ROUNDS, 0.875 OZ - TR1094 (1 Bag) Contains Corn/Corn Products.	120.00	4.50	0.50	0.00	100.00	18.00	2.00	2.00

Item Name (Serving Size)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Total Fiber (g)	Protein (g)
Cilantro Brown Rice - G11 (1 #8 scoop) Contains Chicken, Onion, Rice.	111.52	1.12	0.00	0	35.60	22.82	1.42	2.73
Cornbread - G5 MILK (1 slice) Contains Gluten, Milk, Wheat. May contain Egg, Soy.	183.70	7.03	2.38	0	441.29	27.86	1.64	2.67
CORNBREAD, CHEDDAR JALAPENO , 2 G 2021 - G69 (1 slice) Contains Corn/Corn Products, Gluten, Milk, Potatoes, Wheat. May contain Egg, Soy.	244.47	9.93	3.82	0	571.14	34.73	2.03	4.50
Cornbread, ind - G5-PD (1 ea.) Contains Gluten, Milk, Soy, Wheat. May contain Egg.	175.77	6.15	2.69	0	450.81	27.71	1.64	2.58
Garlic Breadsticks - G3 - BULK (1 ea.) Contains Egg, Gluten, Milk, Wheat.	123.74	2.40	1.00	0.01	21.76	21.47	2.34	4.54
Goldfish - TR1068 (1 ea.) Contains Gluten, Milk, Wheat.	100.00	3.50	1.00	0.00	170.00	14.00	1.00	3.00
GRANOLA, 2 OZ - TR1082 (1 ea.) Contains Corn/Corn Products, Sunflower Seeds.	260.00	9.00	1.00	0.00	60.00	40.00	4.00	5.00
Lo Mein - G6 (1 #8 scoop) Contains Carrot, Chicken, Citrus, Corn/Corn Products, Gluten, Onion, Peas, Sesame, Soy, Wheat.	124.16	1.10	0.09	0	257.68	24.08	2.14	4.67
Mini Apple Crumble - SCHOOL - G50 (1 ea.) Contains Apples, Cinnamon, Gluten, Milk, Soy, Wheat.	180.07	5.51	2.44	0.00	99.81	31.17	2.40	1.66
Pretzel Bites - LE146 (4 ea.) Contains Gluten, Soy, Wheat.	124.00	1.00	0.20	0.00	131.00	25.00	2.00	3.00
Pumpkin Pie Bite - G40 (1 ea.) Contains Corn/Corn Products, Egg, Gluten, Milk, Soy, Wheat.	130.46	3.92	1.71	0	44.87	22.69	0.25	1.38
SPANISH RICE - G26 (1 #8 scoop) Contains Chicken, Citrus, Onion, Rice, Soy, Tomatoes.	126.00	1.36	0.01	0	134.13	25.19	2.05	3.15
Steamed Rice - G25 (1 #8 scoop) Contains Rice.	117.82	1.10	0.00	0.00	192.47	24.30	1.47	2.94
Stir Fried Rice - G9 (1 #6 scoop) Contains Chicken, Gluten, Rice, Sesame, Soy, Wheat.	145.56	2.27	0.00	0	71.03	27.79	2.42	3.77
Vegetable Egg Roll - G23 (1 ea.) Contains Gluten, Sesame, Soy, Wheat.	140.00	3.50	0.00	0.00	200.00	24.00	3.00	4.00
Wheat Roll - G10 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	149.91	3.50	1.46	0	47.27	25.42	2.48	4.53
<b>Condiments</b>								
Bacon Bits - CON-28 (1 Tbsp.) Contains Turkey.	22.48	1.50	0.38	0.00	119.88	0.00	0.00	1.50
Bacon Bits - Salad Bar - SB-6 (1 Tbsp.) Contains Turkey.	22.48	1.50	0.38	0.00	119.88	0.00	0.00	1.50
Balsamic Dressing - CON-9 (2 fl. oz.) Contains Corn/Corn Products, Sulfites.	185.38	5.42	0.78	0	124.20	34.24	0.04	0.21
BBQ SAUCE - CON-32 (2 fl. oz.) Contains Cayenne Pepper, Corn/Corn Products, Gluten, Milk, Onion, Soy, Sulfites, Tomatoes.	116.1	2.21	1	0	467.96	24.76	0.51	0.11
Brown Gravy - CON-6 (1 fl. oz.) Contains Beef, Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Egg.	0.28	0.00	0.00	0.00	4.08	0.06	0.00	0.01
Burger Sauce - CON-51 (2 fl. oz.) Contains Corn/Corn Products, Cucumber/Pickles, Egg, Onion, Soy, Tomatoes.	154.79	9.60	1.07	0	813.23	18.50	0.04	0.02
CROUTONS - CON-26 (2 Tbsp.) Contains Gluten, Milk, Soy, Wheat.	35.22	1.51	0.00	0.00	55.34	4.03	0.00	1.01
Cy-Fair Sauce - CON-12 (2 fl. oz.) Contains Cayenne Pepper, Citrus, Corn/Corn Products, Egg, Gluten, Milk, Onion, Soy, Sulfites, Tomatoes.	202.28	12.89	1.79	0	591.63	23.83	0.78	0.38

Item Name (Serving Size)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Total Fiber (g)	Protein (g)
Diced Red Onions - CON-27 (2 Tbsp.) Contains Onion.	6.98	0.02	0.01		0.70	1.63	0.30	0.19
Diced Tomatoes - CON-3 (1 Tbsp.) Contains Tomatoes.	2.02	0.02	0.00		0.56	0.44	0.14	0.10
Fresh Cilantro - CON 37 (1 Tbsp.)	0.23	0.01	0.00		0.46	0.04	0.03	0.02
Grape Jelly - TR1030 (1 ea.)	35.00	0.00	0.00	0.00	0.00	9.00	0.00	0.00
Green Onions - CON-29 (1 #30 scoop) Contains Onion.	2.99	0.05	0.01	0.00	1.66	0.64	0.20	0.11
Honey Mustard Dip - TR1026 (1 pkg.) Contains Egg, Soy.	80.00	6.00	1.00	0.00	125.00	7.00	0.00	0.00
Hot Green "Finch Fire" Salsa - CON 45 (1 fl. oz.) Contains Citrus, Onion, Tomatoes.	11.32	0.58	0.05	0	0.92	1.55	0.42	0.26
HOUSE VINAIGRETTE - CON-35 (1 fl. oz.) Contains Mustard, Onion, Sulfites.	152.62	16.81	2.40	0	185.43	1.72	0.07	0.07
Jalapenos - CON-2 (1 #16 scoop)	10.67	0.00	0.00	0.00	320.00	1.07	0.00	0.00
Ketchup - TR1099 (2 pkg.)	20.00	0.00	0.00	0.00	50.00	6.00	0.00	0.00
Key Lime - CON-18 (1 ea.) Contains Citrus.	3.02	0.02	0.00		0.20	1.06	0.28	0.07
Marinara Sauce - CON-7 (2 fl. oz.) Contains Cayenne Pepper, Corn/Corn Products, Onion, Tomatoes.	39.21	0.49	0.07	0	94.82	7.14	2.13	1.11
Mayonnaise - TR1100 (1 ea.) Contains Corn/Corn Products, Egg, Soy.	60.00	6.00	1.50	0.00	60.00	0.00	0.00	0.00
Mustard - TR1012 (1 ea.)	3.86	0.20	0.01	0.00	64.90	0.50	0.17	0.22
Parmesan - CON-36 (1 ea.) Contains Milk.	14.70	0.97	0.54	0.03	63.14	0.49	0.00	1.00
PEPPER FLAKES, RED - TR1060 (1 ea.) Contains Cayenne Pepper.	5.00	0.00	0.00	0.00	0.00	1.00	0.00	0.00
Peppered Gravy - CON- 1-1 (1 fl. oz.) Contains Egg, Gluten, Milk, Soy, Wheat.	23.26	1.33	0.66	0.00	93.05	3.32	0.00	0.00
Pickles - CON-1 (5 ea.)	0.00	0.00	0.00	0.00	150.00	0.00	0.00	0.00
Pico de Gallo - CON-30 (1 Tbsp.) Contains Citrus, Onion, Tomatoes.	4.05	0.03	0.01	0	36.19	0.92	0.23	0.16
Poultry Gravy - CON-20 (2 fl. oz.) Contains Chicken, Gluten, Milk, Onion, Soy, Wheat.	62.60	4.45	1.92	0	111.45	4.85	0.15	0.69
Ranch Dressing - CON-5 (1 fl. oz.) Contains Citrus, Egg, Gluten, Milk, Onion, Soy.	68.42	5.87	0.67	0	258.44	4.63	0.03	0.22
ROASTED PEPPERS & ONIONS FOR FAJITAS - CON-19 (1/4 c.) Contains Onion.	6.25	0.00	0.00	0	96.77	1.56	0.32	0.31
Salsa - CON-8 (2 fl. oz.) Contains Onion, Tomatoes.	34.87	0.19	0.03	0	89.53	6.79	2.13	1.12
Shredded Cheese - CON-25 (1/2 oz.) Contains Corn/Corn Products, Milk, Potatoes.	55.69	4.56	3.04	0.00	91.12	0.00	0.00	3.54

Item Name (Serving Size)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Total Fiber (g)	Protein (g)
Shredded Lettuce - TR1036 (1/4 cup shredded)	2.52	0.03	0.00		1.80	0.54	0.22	0.16
SHREDDED ROMAINE LETTUCE, RAW - TR1062 (1/4 cup shredded)	2.00	0.04	0.01		0.94	0.39	0.25	0.14
Sour Cream - TR1035 (1 ea.) Contains Milk.	54.72	5.59	3.26		13.32	0.82	0.00	0.59
Soy Sauce - TR1037 (1 packet) Contains Gluten, Soy, Wheat.	3.66	0.00	0.00	0.00	223.80	0.41	0.04	0.49
Syrup - TR1024 (1 ea.)	120.00	0.00	0.00	0.00	30.00	30.00	0.00	0.00
Tajin - TR1044 (1 ea.)	2.00	0.00	0.00	0.00	127.00	0.00	0.00	0.00
Tartar Sauce - CON-4 (2 fl. oz.) Contains Cucumber/Pickles, Egg, Onion, Soy.	149.80	11.97	1.33	0	442.49	12.14	0.10	0.10
Thanksgiving Cranberry SAUCE, GAL - FPC-HF242 (1 Bag) Contains Cinnamon, Corn/Corn Products.	6474.65	1.95	1.10	0.01	3002.43	1627.23	7.74	2.79
<b>Breakfast Entrees</b>								
Blueberry Banana Muffin - BE23 PAN (1 ea.) Contains Banana, Berries (all kinds), Egg, Gluten, Milk, Soy, Wheat.	284.40	6.98	3.08	0.03	270.48	52.00	2.90	6.08
Breakfast Bar - TR1107 (1 ea.) Contains Cinnamon, Gluten, Soy, Wheat.	250.00	9.00	2.50	0.00	80.00	39.00	3.00	4.00
Breakfast Pizza - BE52 (1 ea.) Contains Dairy, Gluten, Milk, Turkey, Wheat.	190.00	8.00	3.00	0.00	300.00	18.00	2.00	9.00
Breakfast Tacos - NEW 10/23 - BE007 (1 ea.) Contains Corn/Corn Products, Egg, Gluten, Milk, Pork, Potatoes, Wheat.	513.56	39.60	18.37	0.00	901.11	15.23	0.56	24.28
CHOCOLATE CHIP BANANA MUFFINS PAN - BE-42 (1 ea.) Contains Banana, Egg, Gluten, Milk, Wheat.	359.96	18.48	1.59	0	272.08	45.81	3.10	5.75
Chocolate Chip Waffle - BE41 (1 ea.) Contains Chocolate/Cocoa, Egg, Gluten, Milk, Soy, Wheat.	280.00	14.00	6.00	0.00	320.00	35.00	2.00	5.00
Coffee Cake Muffin - BE46 (1 ea.) Contains Cinnamon, Citrus, Egg, Gluten, Milk, Soy, Wheat.	552.71	26.09	4.67	0	363.88	74.94	4.14	8.19
CONFETTI MUFFINS - 3/24 - BE54 (1 ea.) Contains Citrus, Egg, Gluten, Milk, Wheat.	269.13	9.61	0.81	0	183.21	42.52	2.05	5.14
CRANBERRY ORANGE MUFFIN, 35/PAN - BE55 (1 ea.) Contains Berries (all kinds), Citrus, Egg, Gluten, Milk, Wheat.	290.06	11.15	0.95	0	232.08	45.16	2.39	4.59
French Toast Sticks - BE18 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	240.00	7.00	1.00	0.00	260.00	38.00	2.00	6.00
Maple Waffle - BE40 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	280.00	14.00	5.00	0.00	330.00	35.00	2.00	5.00
Mini Pancakes - BE15 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	200.00	4.00	0.50	0.00	280.00	36.00	4.00	5.00
PUMPKIN MUFFIN, 35/PAN - G12 PAN (1 ea.) Contains Citrus, Egg, Gluten, Milk, Wheat. Processed in a facility that also processes Soy.	344.22	13.38	1.21	0	197.47	52.20	2.89	5.98
Sausage & Cheese Biscuit - BE5-TOTE (1 ea.) Contains Corn/Corn Products, Gluten, Milk, Pork, Wheat.	400.50	26.28	11.77	0.00	771.75	28.01	1.00	13.04
Sausage & Cheese Croissant - BE21 PAN (1 ea.) Contains Corn/Corn Products, Egg, Gluten, Milk, Pork, Soy, Wheat.	400.50	25.28	9.77	0.00	641.75	29.01	3.00	14.04

Item Name (Serving Size)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Total Fiber (g)	Protein (g)
Spiced Apple Muffin - BE56 (1 ea.) Contains Cinnamon, Egg, Gluten, Milk, Soy, Wheat.	434.53	18.54	8.16	0	588.64	62.22	3.23	5.38
Turkey Ham & Cheese Croissant - BE11 PAN (1 ea.) Contains Corn/Corn Products, Egg, Gluten, Milk, Soy, Turkey, Wheat.	270.50	10.78	4.52	0.00	601.75	28.01	3.00	15.04
Whole Wheat Cinnamon Roll - BE9 TOTE (1 ea.) Contains Cinnamon, Gluten, Milk, Soy, Wheat.	576.34	21.47	9.55	0	252.10	87.86	4.04	7.47
Yogurt & Granola - BE17 (1 Yogurt + Granola) Contains Carrot, Corn/Corn Products, Milk, Strawberries, Sunflower Seeds.	340.00	9.00	1.00	0.00	125.00	55.00	4.00	9.00
VERY BERRY MUFFINS PAN - BE44 PAN (1 ea.) Contains Berries (all kinds), Egg, Gluten, Milk, Soy, Wheat.	327.31	7.25	3.25	0.03	307.29	60.99	3.34	6.05
<b>Cereal</b>								
Cocoa Puffs, 2 oz cup - BE67 (1 ea.) Contains Chocolate/Cocoa, Corn/Corn Products.	220.00	3.00	0.00	0.00	230.00	47.00	3.00	3.00
CINNAMON CHEX, 2 G, - BE7-10 (1 ea.) Contains Cinnamon, Rice.	197.53	0.99	0.00	0.00	493.83	47.41	1.98	3.95
Honey Cheerios - BE7-8 (1 ea.) Contains Corn/Corn Products, Oats/Oat Products.	210.00	3.00	0.50	0.00	340.00	44.00	5.00	6.00
TRIX, Reduced Sugar, 2 oz cup - BE57 (1 ea.) Contains Corn/Corn Products.	220.00	3.00	0.50	0.00	320.00	47.00	3.00	3.00