

Recipe / Ingredient Number	Serving Per Cont./ Pkg.	Elementary Nutrient Analysis Please check your menu for CHO information Updated: 1/9/18	Carb (g)	Total Calories	Fiber (g)	Protein (g)	Fat (g)	Sodium (mg)
R-32240	1 each	Beef, Twin Pack Mini Cheeseburgers (2 ea) <i>Don Lee</i>	34	287	3	19.5	8	462
R-3306	1 each	Beef, Hamburger on wheat bun Deluxe	31	290	3	17	11	540
I-20716	1 slice	<i>*Cheese, American sliced (reduced sodium)</i>	1	35	0	3.5	2	155
R-2088	1 each	Beef, Meatball Sub Sandwich w/ Cheese	33	297	3	20	11	644
R-32193	1 serving	Beef Salisbury Steak w/ gravy & biscuit	35	346	4	18	14	1087
		<i>*Beef Salisbury Steak w/ gravy</i>	6	136	1	13	6	597
I-21502	1 ea	<i>*Biscuit, Hand split WG (Rich's - Sysco: 2.6oz/2B)</i>	29	210	3	5	8	490
R-2714	1/2c	<i>*Potatoes mashed, instant</i>	18	85	1	1	1	391
R-60962	1 serving	Beef Steak Dippers w/ Mashed Potatoes, Gravy, & Roll	57	387	5	22	8	1,205
		<i>*Beef Steak Dippers w/ gravy</i>	11	126	1	13	4	657
I-24126	1 ea	<i>*Roll, Focaccia</i>	28	176	3	8	3	157
R-2714	1/2c	<i>*Potatoes mashed, instant</i>	18	85	1	1	1	391
R-3196B	1 serving	Beef Taco WG 6" Tortilla w/Cheese & Spanish Rice	48	383	6	24	10	1,132
I-99084	1 each	<i>*Tortilla, 6" WG</i>	14	90	1	3	2.5	65
R-1340B	1 serving	<i>*Beef, Seasoned Taco Meat</i>	12	164.5	3	16.43	5	739
I-20711	1 oz.	<i>*Cheese, Shredded</i>	0.125	20	0	1.75	1.5	43
R-2068	1 serving	<i>*Spanish Rice</i>	22	109	2	2.6	1	286
R-60266	1 serving	Black Bean Burrito Bowl (Fresh)	63	382	10	12	8	991
R-20704	1 serving	Bosco Cheese Sticks	30	311	2	21	12	528
I-10705	1 ea	<i>*Marinara Sauce Dipping Red Pack</i>	3	15	1	1	0	120
I-20631	1 ea	Burrito, Zesty Fiesta Bean & Cheese	42	290	6	15	7	390
R-11522	4 pieces	Cheese Crunchers	41	420	5	20	20	790
R-3188	1 each	Cheese Quesadilla	33	362	3	19	19	684
R-16879	1 serving	Chicken Bites w/Mac n Cheese	36	500	4	35	24	754
	5 each	<i>*Chicken Bites</i>	15	208	2	19	8	15
	1/2 cup	<i>*Mac n Cheese</i>	21	292	2	16	16	739
I-20103	1 ea	Chicken Corndog	30	240	5	9	8	390
R-36152	1 serving	Chicken, Deep Dish Tortilla Bake w/ Green Sauce	49	426	5	20	13	774
R-59061A	1 serving	Chicken Drumsticks w/ Rice	34	342	3	16	15.5	605
I-20102	1 serving	<i>*Chicken Drumsticks</i>	15	240	2	14	14	480
I-3005A	1/2 cup	<i>*Rice, Brown California Gold</i>	19	102	1	2	1.5	125
R-44868	1 each	Chicken Enchirito w/ Green Sauce	36	376	5	19	14	874
R-11008	1 each	Chicken, Grilled Mini Sliders w/ Pepper Jack Cheese	36	320	3	18	11	470
R-23673A	1 serving	Chicken, Orange w/ 5 spice Rice Bowl	44	377	4	17	15	708
R-3379	1 serving	Chicken Taco w/ Rice	40	339	3.5	21	10.5	617
		<i>*Chicken Taco w/ cheese</i>	18	230	2.5	18	9.5	577
		<i>*Spanish Rice</i>	22	109	1	3	1	40
R-57054	1 serving	Chili Cheese Curly Fries w/ Cookie	79	484	13	19	11	602
I-21117	1 serving	<i>*Curly Fries</i>	13	90	2	2	3	25
	1 oz	<i>*Shredded cheese</i>	0.125	20	0	2	1.5	43
R-1699	4 oz/1/2c	<i>*Chili Beans Meatless</i>	40	214	10	13	1	400
I-21532	1 each	<i>*Cookie, Snickerdoodle WG (Danielson)</i>	26	160	1	2	6	140
R-9631	1 each	Hummus Fiesta Meal Deal <i>(*includes all items below)</i>	58	620	12	15	38	765
I-10309	1.9 oz	<i>*Hummus, Chili Lime Cups (Truitt/Hayes)</i>	19	150	6	6	6	410
I-11138	1 ea/2oz	<i>*Chips, yellow round 2 oz (Hayes Snak King)</i>	38	270	4	4	10	110
I-11148	1.2 oz	<i>*Sunflower seeds, Hot</i>	8	200	3	6	17	135
R-51090	1 serving	McFun Burger	37	320	3	17	12	630
	1 serving	<i>*Meatloaf Patty</i>	8	170	1	12	10	390
	1 serving	<i>*Bun, Hamburger WG 2B</i>	29	150	2	5	2	240
R-1020A	1 ea	Nacho Grande w/ Turkey & Cheese	42	464	5	19	23	637
I-20722	1 ea	<i>*Cheese, Cheddar Sauce (JTM-EJ)</i>	2	108	0	7	8	395
I-99089	2 oz	<i>*Chips, Tortilla Yellow Round (La Tapatia- Bulk)</i>	39	270	2	4	14	210
R-3298	2 oz	<i>*Wackamole (Mock Guac-peacamole) made with peas</i>	6	43	2	2	2	136
I-99179	1 Tbsp	<i>*Fat Free Sour Cream</i>	1	20	0	1	1.25	15
R-1699	4 oz/1/2c	<i>*Chili Beans Meatless (OFFERED)</i>	40	216	10	13	1	400
R-23592	1 serving	Pancakes & Sausage Meal <i>(*includes all items below)</i>	39	340	3	16	15	330
I-21512	1 serving	<i>*Pancakes, Mini Maple Bursts (Pillsbury)</i>	39	230	3	4	6	130
I-20216	2 each	<i>*Turkey Sausage link</i>	0	120	0	12	9	200
R-60175	1 serving	Peanut Butter Cup Meal Deal	44	490	5	18	29.5	635
I-20719	1 each	<i>*Cheese, String</i>	1	80	1	7	6	210
I-11195	1 pkg	<i>*Graham, Chocolate Bear (28g)</i>	21	110	2	2	3	105
I-11130	1 pkg	<i>*Crackers, Goldfish Multi Colors</i>	14	100	1	2	4	170
I-20233	1 ea	Pizza, Anytimers Cheese Pizza Kit (Tasty Brand)	37	330	2	17	13	920
I-21211	1 ea	Pizza, Cheese Primo (Schwans-EJ)	27	289	2	17	13	506
I-20772	1 ea	Pizza, Pepperoni Primo (Big Daddy)	27	297	2	17	13	554
R-2733	1 each	Sandwich, Chicken Filet	43	398	3	29	13	650
I-20200	1 each	Sandwich, Grilled Cheese <i>(Integrated)</i>	31	280	3	18.5	10	581
R-3429	1 each	Sandwich, Ham & Cheese on Hawaiian Roll	37	287	2	21	6	1300
I-21308	5.3 oz	Sandwich, PB Uncrustable (2M/2B)	64	630	6	19	33	630
I-21306	1 each	Sandwich, Peanut Butter and Jelly (Welch's)	52	550	7	20	33	480
R-23769	1 serving	Sandwich, Peanut Butter and Grape (MUSD made)	52	552	5	23	34	1,075
R-23791	1 each	Sandwich, Tuna served with Frito	40	395	5	22	18	1,152
	1 each	<i>*Sandwich, Tuna</i>	32	326	3	29	10	913
I-11136	1 ea	<i>*Chips, Fritos (fun size)</i>	12	120	1	1	8	120
I-23702	1 each	<i>*Pickle</i>	0.84	4	0.35	0.175	0.1	283

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<b>LUNCH ENTREES (continued...)</b>								
R-23883	1 each	Sandwich, Turkey & Cheese Deli Sub	29	297	2	23	9	881
R-3310	1 each	Sandwich, Turkey Ham & Cheese on WG pretzel Roll	34	270	3	20	6	896
R-2647	1 ea	Spaghetti w/ beef meatballs in sauce	29	253	5	17	9	441
I-1459	1 each	<i>*Roll, WG</i>	15	80	1	3	1	140
R-1023	1 ea	Turkey Hotdog on Bun (All American)	28	270	2	12	13	920
R-1699	4 oz/1/2c	<i>*Chili Beans Meatless</i>	40	216	10	13	1	400
R-1297	1 ea	Turkey, Roast & Gravy w/ Potato & roll	51	402	5	24	10	1299
R-1454	3/4cup	<i>*Turkey, Roast &amp; Gravy</i>	5	147	0.2	16	6	773.5
R-2714	1/2c	<i>*Potatoes mashed, instant</i>	18	85	1.2	1.2	1.2	390.6
I-21506	1 ea	<i>*Roll, WW (Rich's - Sysco: 2.5oz/2B)</i>	28	170	3.4	7	3	135
R-9766B	1 each	Wrap, Spicy Chicken	47	519	5.4	23	28	1,013
R-3152	1 each	Wrap, Turkey Bacon Club	29.5	492	10	25	29	1,159
R-3208	1 serving	Yogurt Parfait Meal Deal <i>(*includes all items below + Granola mix)</i>	63	462	7	17	18	590
I-20719	1 each	<i>*Cheese, String</i>	1	80	1	7	6	210
I-99076	1/2 cup	<i>*Yogurt, strawberry (Crystal)</i>	14.5	94	0	5	2	71
R-43628A	1 serving	<i>*Cherry &amp; Blueberry Mixed</i>	9.5	81	4	1	5	3
R-8083	1 serving	<i>*Granola Cereal Mix</i>	22	117	2	2	3	106
I-11103	1 serving	<i>*Pretzel, Goldfish</i>	16	90	1	2	1	200
R-8083	1 serving	Granola Cereal Mix Bulk	22	117	2	2	3	106
I-11252	1 serving	<i>*Cereal, Fruit Loops</i>	10	41	1	0.4	0.4	51
I-11245	1 serving	<i>*Granola, Bulk cereal</i>	13	77	1.2	1.5	2	55
R-9619	1 serving	Yogurt Cup Meal Deal <i>(*includes all items below)</i>	61	424	3	15	14	470
I-99079	1 each	<i>*Yogurt, Yami Strawberry/Banana, Nonfat</i>	20	100	0	4	1	60
I-20719	1 each	<i>*Cheese, String</i>	1	80	1	7	6	210
I-11245	1 serving	<i>*Granola, Bulk cereal</i>	13	77	1.2	1.5	2	55
I-11107	1 pkg	<i>*Graham, Goldfish cinn</i>	19	120	1	1	4	110
<b>PASTA/RICE/BEANS Side Dish</b>								
R-2946	1/2 cup	Beans, Pinto Fiesta	14	70	4	3	0	488
R-3205	1/2 cup	Bean, Confetti salad (bean mix)	18	95	5	5	1	177
I-11861	1 cup	Beans (Veggie Express)	118	631	46	35	0	33
I-21610	1 oz	Eggs, Boiled Diced 1/M (Sunny Fresh)	1	45	0	3	3	70
R-2538	1/2 cup	Pasta Salad, Oriental (Cold)	23	153	3	3	5	181
R-2125	1/2 cup	Pasta, Salad Garden Vegetable (cold)	19	102	3	3	1	292
R-9458	1/2 cup	Pasta, Salad WG Veggie Medley	18	97	3	3	1	284
R-8533	1 cup	Rice, Cilantro lime	39	192	2	4	2	0.38
	1 serving	Rice, Spanish	22	108	2	2	1	79
R-3382	1 cup	Salad, Caesar mixed w/ croutons	6	119	2	6	8	374
3383	1 cup	Salad, Ranch Mixed	5.5	106	2	6	8	252
R-2991	1 cup	Salad Mix, Romaine/Spinach	2	12	1	1	0	20.5
R-3427	1/2 cup	Salsa, Black Bean Salsa	21	107	6	6	1	396
R-1550	1/4 cup	Salsa, Commodity	4g	22	.84g	.90g	.12g	258mg

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<b>Fruit</b>									
I-20854	1 pkg	Apples, Fuji Sliced (Rohrer)		8	29	1	0	0	1
I-20863	1 ea	Apples, Gala (Rohrer) small		13	48	2	0	0	1
I-20864	1 ea	Apple, Granny (Rohrer) medium		25	95	4	0.5	0	2
I-20825	each	Apples, Sliced Granny (2 oz)		8	29	1	0	0	1
I-10118	4.5oz	Applesauce, Cup (USDA-EJ)		14	51	1	0	0	2
I-02524	1/2 cup	Cantaloupe, Melon (chopped)		11.5	46	1	1	0	2
I-10120	1/4 cup	Cranberries Sauce, canned jelly		25	110	1	0	0	35
I-10201	1/2 cup	Canned Green Beans (USDA-EJ)		3	16	2	1	0	159
I-10306	1/4 cup	Canned Kidney Beans (USDA)		10	52	4	3	0	70
I-10106	1/2 cup	Canned Fruit, Applesauce (USDA)		14	52	1	0	0	2
I-10125	1/2 cup	Canned Fruit, Diced Peaches (Danielson)		17	70	1	1	0	10
I-10103	1/2 cup	Canned Fruit, Sliced Pears (USDA)		16	60	2	0	0	5
I-10104	1 cup	Canned Fruit, Mixed Fruit (Danco)		22	90	1	0	0	10
I-10131	1/2 cup	Dried Cranberries (USDA)		50	186	21	0	0	2
R-0064	1 ea	Fresh Fruit, Apple		15g	55	2.54g	.28g	.18g	1mg
I-20881	1 ea	Fresh Fruit, Banana Large		31	121	4	1.5	0.5	1
I-99200	1/2 cup	Fresh Fruit, Blueberries (small-medium)		10	39	2	1	0	1
I-20817	1/2 cup	Fresh Fruit, Kiwi (DOD)		12	51	3	1	0.5	3
I-99207	1 ea	Fresh Fruit, Mandarin Oranges (medium)		12	47	2	1	0	2
I-20823	1 ea	Fresh Fruit, Nectarine (medium)		15	62	2	2	0.5	0
I-20833	1 ea	Fresh Orange (DOD)		14	59	3	1	0	0
I-20844	1 ea	Fresh Fruit, Peach (medium)		14	59	2	1	0	0
I-20873	1 ea	Fresh Fruit, Tangerine (large)		16	64	2	1	0	2
I-20852	2 1/2"	Fresh Fruit, Apple Pear		13	51	4	1	0	0
I-20818	1 ea	Fresh Fruit, Pear		27	101	6	1	0	2
I-20849	1/2 cup	Fresh Fruit, Plum		10	42	1	1	0	0
I-20819	1/2 cup	Fresh Fruit, Strawberries		6	23	1	0.5	0	1
I-11863	1/2 cup	Fresh Fruit, Watermelon (Veggie Express)		11.5	46	1	1	0	2
R-2886	1/4 cup	Fruit, Tropical Blend		14	57	2	1	0	3
I-20809	1/4 cup	Fruit, 4 Berry Blend (Wawona)		7	28	2	0	0	0
R-32250	1 ea	Fruit cup, Frozen Fruit Treat		19	80	1	1	0	0
I-20801	1 ea	<i>*Fruit cup, Frozen Peach</i>		19	80	1	1	0	0
I-20896	1 ea	<i>*Fruit cup, Frozen Strawberry</i>		19.5	82	1	1	0	0
I-20894	1 ea	<i>*Fruit cup, Strawberry Pomegrante</i>		19.5	82	1	1	0	0
I-20846	1 ea/ 3oz	Grapes, Bagged 100/3oz		15	57	1	1	0	2
I-99202	1/2 cup	Grapes, Fresh Red Seedless		9	34	0	0	0	1
I-2167	2.7oz	Pineapple, Tidbit		20	80	1	0	0	0
R-0776	1/4 cup	Strawberries, Glazed		8g	31	1g	0	0	18mg
<b>VEGETABLES</b>									
3392	1 spear	Asparagus, stem/stalk/spear		1g	7	1g	1g	0	2mg
I-99039	1/2 cup	Baby Carrots Whole (DOD)		5	22	2	0	0	50
I-99037	1.6 oz	Baby Carrots bagged 1.6oz Whole (DOD)		4	16	1	0	0	35
I-10201	1/2 cup	Beans, Green (USDA)		3	16	2	1	7	159
I-02212	1/2 cup	Broccoli, Florettes		2	10	1	1	0	10
I-20815	2.6oz	Carrots, bagged (2.6oz)		6	26	2	0.5	0	57
I-99218	1/4 cup	Carrots, Shredded		3	11	1	0	0	19
I-9925	1/2 cup	Cauliflower, fresh		3	13	1	1	0	16
I-99041	1/4 cup	Celery (DOD)		1	4	0.4	0	0	20
I-20912	1/4 cup	Corn (USDA)		8	33	1	1.05	1	1
I-10247	1/2 cup	Corn, Baby (Silver Spring)		7	28	2	2	0	311
I-10708	1/4 cup	Jalapenos, sliced peppers		2	9	0	0	0	577
I-3393	1/2 cup	Jicama		5	23	3	0.43	0	2.4
R-1434	1/4 cup	Jicama, Chili Lime		6g	28	3.13g	.63g	.13g	18
I-99233	1 cup	Lettuce Leaf, Shredded		1	5	0.5	0.5	0	10
I-99205	1 ea	Lime, Fresh		7	20	2	0.5	0	1
I-20910	3 each	Onion Rings (Tasty Brand-EJ)		16	114	2	2	5	186
I-10242	1 each	Olives cup		3	38	0	0	4	300
I-10212	1/4 cup	Olives, sliced (Sysco)		1	29	2	0	2	97
I-99236	1/2 cup	Onion, yellow diced		6	25	1	1	0	30
I-20807	1/2 cup	Peas, Sugar Snap fresh (AgLink)		4.5	21	2	2	0	2
I-20901	1/2 cup	Peas, Frozen (USDA)		11	62	4	4	0	58
I-23702	1 spear	Pickle Dill		1	4	0.4	0.2	0.1	283
I-21120	1/2 cup	Potato, Sweet #15		19	120	3	1	4	100
R-10054	1/2 cup	Potatoes, Garlic Mashed, Excell		16	103	1.3	2	4	344
R-2714	1/2 cup	Potatoes, Mashed, Excell		15	74	1.3	1.4	1	344
R-2952	1 serving	Potato Wedges w/Parmesan Cheese & Ranch dressing		15	99	2	3	3	65
I-99241	1 cup	Radish		4	19	2	1	0	45
I-10202	1/4 cup	Tomatoes, Diced		4	60	4	1	0	30

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<b>CONDIMENTS</b>								
I-10707	1 ea	BBQ Sauce Packet (12 grams)	4	15	0	0	0	85
R-14394	1/4 cup	Cottage Cheese Taziki	4	102	0.05	13	4	447
I-10908	1 ea	Ketchup Packet (9 grams)	3	10	0	0	0	85
I-10911	1 pkg 12g	Dressing, Italian (Americana - Sysco)	1	5	0	0	0	95
I-10912	1 pkg 12g	Dressing, Thousand Island (Americana - Sysco)	3	35	0	0	3	105
10915	1 pkg 12g	Dressing, Ranch (Fat Reduced)	3	20	0	0	1	115
I-10705	1 ea	Marinara Sauce Dipping Red Pack	3	15	1	1	0	120
I-99108	1 ea	Maple Syrup cup (1.5 oz cup)	31	120	0	0	0	25
I-10923	1 Tbsp	Mayonnaise lite	1	46	0	0	5	102
I-10920	1 ea	Mustard Packet (5.5 grams)	0	5	0	1	0	78
I-99109	1 ea	Taco Sauce Packet (9 grams)	1	5	0	0	0	95
I-10913	1 ea	Teriyaki Sauce, Kikoman	1	5	0	0	0	229
<b>EXTRAS/Lunch Snack Items/Grahams</b>								
I-11177	.875oz	Baked Hot Cheetos, Flam Hot	18	120	0	2	4.5	190
I-11114	.78 oz	Cheesy Cheese Puffs (Hayes)	68	409	4.5	4.5	13.6	909
I-99096	1 ea	Cookie, Choc Chip WG	19	120	1	2	4.5	105
I-11130	1 pkg	Crackers, Goldfish Multi Colors	14	100	1	2	4	170
I-11111	0.75	Crackers, Goldfish Puffs (Hayes)	65.8	470.3	0	9.4	164.6	941
I-11172	21g	Crackers, Atomic Cheez-it Cheddar	15	90	1	2	3	190
I-11171	1oz	Crackers, Cheez-It Original	14	100	1	2	4	150
I-11104	.75 oz	Crackers, Goldfish Hot n' spicy	14	100	1	2	4	190
R-16873	1/4 cup	Cranberry, sunflower seed mix	13	152	3.1	4	9.7	1.1
I-11134	.5 oz	Chips, Doritos	9	40	1	1	5	115
I-11136	.75 oz	Chips, Fritos	12g	120	1g	1g	8g	120mg
I-99089	2 oz	Chips, Tortilla Yellow Round (La Tapatia- Bulk)	39	270	2	4	14	210
I-11138	1 ea/2oz	Chips, yellow round 2 oz (Hayes Snak King)	38	270	4	4	10	110
I-20824	1.87 oz	Fruit Pocket - Apple	25	40	2.4	2.2	4.14	145
I-11199	1 pkg	Graham, Apple Cinn Bear	21	120	2	1	3.5	100
I-11195	1 pkg	Graham, Chocolate Bear (28g)	21	110	2	2	3	105
I-11107	1 pkg	Graham, Goldfish cinn	19	120	1	1	4	110
I-11182	1 pkt/2 ea	Grahams, HoneyMaid Lil Squares	21	130	1	2	4.5	50
I-11141	1 pkg	Grahams, Scooby Doo Cinn Sticks	21	120	1	2	3.5	115
I-11163	1 pkg	Grahams, cinnamon (Skeeter/Sysco)	21	180	1	2	4.5	50
I-11196	1 pkg	Grahams, Strawberry	21	110	1	2	3	95
I-11180	1 ea	Grahams, Chocolate All-Sports Bites	21	130	1	2	4.5	50
I-11197	1 pkg	Graham, Vanilla Bear	21	110	1	2	3	95
I-11110	1ea	Grahams, Bug Bites Cracker	21	120	1	2	3	115
I-11245	1/2 cup	Granola, cereal (Kellogg's - Hayes)	40	190	3	4	3	125
I-99082	4.23oz	Juice, box Apple (Crystal)	15	60	0	0	0	5
I-99083	4.23oz	Juice, box Orange (Crystal)	15	60	0	0	0	5
I-10062	6.75oz	Juice, Vegetable Fruit Blend (Hayes)	15	60	0	0	0	5
I-11117	.875oz	Munchies, Kids Snack Mix (Frito-Hayes)	17	110	2	3	3.5	160
I-11190	1 oz	Pretzels, Rold Gold Heartzels	15	80	2	2	1.5	200
I-11103	.75 oz	Pretzels, Goldfish (Pepperidge Farms - Hayes)	16	90	1	2	1.5	200
I-902888	1/2oz/1ea	Pop corn, cheese	6g	80	1g	1g	6g	200mg
I-10140	1 ea	Raisins, 1.33 oz (USDA)	30	113	1.4	1	0	4
11120	1 ea	Rice Krispy Treat (WG - Hayes)	9	10	0	0.25	1.1	52.5
I-10070	4 oz	RIPS, Juice Slush 100% (Cool Tropics - Hayes)	15	60	0	0	0	25
	1 ea	Rosati Fruit Freeze Cup	25	99	0	0	0	15
I-21321	1.12 oz	Soy Spread (Wowbutter)	8	200	2	7	15	100

Recipe / Ingredient Number	Serving Per Cont./ Pkg.	Elementary Nutrient Analysis		Carb (g)	Total Calories	Fiber (g)	Protein (g)	Fat (g)	Sodium (mg)
		Please check your menu for CHO information Updated: 1/9/18							
		<b>Miscellaneous Specialty Items</b>							
	1.1 oz	Cookies, Shamrock		19g	140	.31g	1.54g	6.6g	182mg
902904	1 ea	Cookies, Apple Cinnamon sport bite		20g	113	2	2g	3.5g	115mg
	1.1oz	Cookies, Heart Valentine		19g	140	.31g	1.54g	6.6g	182mg
11152	Each	Cookie, Holiday		12.5	84.5	1	1	3	57
		All Linda's holiday cookies CHO's are the same							
R-2705	1/4 cup	Eggs, green and Turkey ham		1g	107	0	8.41g	7.38g	308mg
R-2706	1/4 cup	Eggs, green		1g	92	0	6.10g	6.72g	154mg
		<b>MILK/CHEESE RODUCTS</b>							
I-20709	1oz	Cheese, cubes cheddar (LOL-EJ)		0	90	0	7	7	190
I-902984	1oz	Cheese, cubes pepper jack		0	110	0	6g	9g	210mg
I-20719	1 oz	Cheese, String (LOL-EJ)		1	80	0	7	6	210
I-99172	8 oz	Milk, Chocolate, nonfat, no corn syrup		22	120	0	9	0	150
I-99174	8oz	Milk, White Fat Free		13	90	0	9	0	130
I-11321	8 oz	Milk, soy vanilla flavored		9	63	0.326	4	1.3	75
I-99173	8 oz	Milk, White 1%		16	130	0	10	2.5	160
I-11319	8.5oz	Milk, Chocolate Fat Free (Moo Mates)		25	130	1	8	0	170
I-11320	8.5oz	Milk, White Fat Free (Moo Mates)		11	80	0.5	8	0	110
		<b>BREAKFAST ITEMS (BIC)</b>							
I-21560	1 each	Bagel, Mini Strawberry/Cinnamon (Pillsbury)		41	240	2	6	6	180
I-21507	1 each	Breakfast Bar, Mini WG (Simply Blue)		19	120	1	2	3.5	100
I-11238	1 each	Breakfast Delight (Apple and strawberry)		27	160	1	2	5	125
21508	1 each	Bun, Mini Cini		24	140	2	4	5	210
I-11245	1/2 cup	Cereal; Granola Bulk (Kellogg's/Hayes)		40	190	3	4	3	125
I-11242	1 ea	Cereal, Golden Graham (Kellogg's- Pouch)		24	110	1	1	1	220
I-11229	1 ea	Cereal Bar Cinnamon Toast Crunch		30	150	3	3	3	115
I-11226	1 ea	Cereal Bar Fruity Cheerios		29	150	3	3	3.5	95
R-900152	1 ea	Cereal Bar Golden graham		30g	150	3g	2g	3g	110mg
I-10709	1 ea	Cheese cup, Bacon		0	140	0	6	12	520
20736	1 ea	Cheese, Colby Stick 1oz		1g	80	0	8g	5g	170
I-20709	1 oz	Cheese, Cheddar Cubes		0	90	0	7	7	190
I-20719	1 oz	Cheese, String (LOL-EJ)		1	80	0	7	6	210
	1 each	Chex, Strawberry Yogurt WG		23g	120	2g	2g	0	55mg
I-21528	1 each	Cinnibake Square (Buena Vista)		37	260	2	5	10	370
I-11197	1 each	Crackers, Savory Wheat		14	90	2	2	2.5	160
I-11163	1 pkg	Fun & Fitness Snack Crackers		22	120	2	2	4	65
I-11110	1 each	Graham, Bug Bites		21	120	1	2	3.5	115
I-11123	1 each	Graham, Bunny (Annie's Organic)		26	160	3	3	6	150
I-11107	1 pkg	Graham, Goldfish cinn		19	120	1	1	4	110
I-11182	1 pkg	Graham, Minions (Kellogg's)		22	140	2	2	4.5	110
I-11197	1 pkg	Graham, Vanilla Bear		21	110	1	2	3	95
I-21531	1 pkg	Maple Brown Sugar Oat Bar (BeneFIT Bar)		24	140	3	2	4	115
I-21568	1 each	Muffin, Banana WG		27	160	2	2	5	125
I-21548	1 each	Muffin, Cornbread WG		23	146	2	2	5	102
21525	1 each	Muffin, Top WG Blueberry (Danielson)		33	190	2	3	6	150
I-21567	1 each	Pan Dulce, Mini, WG		15	90	1	2	3	90
I-11240	1 each	Pop Tart WG Frosted- Strawberry		38	180	3	2	2.5	180
I-21571	1 each	Pumpkin Bread		47	280	3	5	8	210
I-10123	1 each	Spread, Soy (Wowbutter- Dan)		8	200	2	7	15	100
I-11253	1 each	Totally Apple Cinnamon Bar		24	140	4	3	3.5	100
I-21509	1 each	Ultimate Breakfast Round (Cinnamon Granola Bar)		44	270	6	5	8	190
I-21614	1 each	Yogurt, Yoplai Go BIG		18	100	0	4	1.5	70
I-21527	1 ea	Zac Omega Strawberry Bar		39	230	5	5	7	50