

Recipe / Ingredient Number	Serving Per Cont./ Pkg.	Elementary Nutrient Analysis Please check your menu for CHO information Updated: 11/1/18			Carb (g)	Total Calories	Fiber (g)	Protein (g)	Fat (g)	Sodium (mg)
		LUNCH ENTREES								
R-20009	1 serving	Bean & Cheese Enchirito w/ Rice		66	478	10.5	23	15	1139	
		<i>*Bean &amp; Cheese Enchirito</i>		44	370	8.5	20	14	853	
		<i>*Spanish Rice</i>		22	108	2	3	1	286	
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-65917	1 serving	<i>*Potatoes, Crinkled Cut Seasoned</i>		15	88	1	1	3	20	
R-3196D	1 serving	Beef Taco w/ Rice		43	358	5	23	10	832	
		<i>*Beef Taco w/ cheese</i>		21	250	3	20	9	546	
		<i>*Spanish Rice</i>		22	108	2	3	1	286	
R-20704	1 serving	Bosco Cheese Sticks		30	311	2	21	12	528	
R-63930A	1/2 cup	<i>*Marinara Sauce MUSD made</i>		9	48	2	2	1	414	
I-20650	1 ea	Burrito, Bean & Cheese (Los Cabos)		41	291	8	16	8	479	
I-20715	1 ea	Cheesy Bread Puffs		29	290	4.25	15	5	630	
R-11522	4 pieces	Cheese Crunchers		41	420	5	20	20	790	
R-3188	1 each	Cheese Quesadilla		33	382	3	21	21	727	
R-9631A	1 serving	Cheese Cup Meal Deal ( <i>*includes all items below</i> )		39	610	6	15	44	875	
I-10709	2 oz	<i>*Cheese, Cup Bacon Flavor</i>		0	140	0	6	12	520	
I-11138	1 ea/2oz	<i>*Chips, yellow round 2 oz (Hayes Snak King)</i>		31	270	3	3	15	220	
I-11148	1.2 oz	<i>*Sunflower Seeds, Hot (Gluten free)</i>		8	200	3	6	17	135	
R-16879	1 serving	Chicken Bites w/Mac n Cheese		34	527	4	30	30	1219	
	5 each	<i>*Chicken Bites</i>		14	234	2	14	14	479	
	1/2 cup	<i>*Mac n Cheese</i>		20	287	2	16	16	740	
I-20103	1 ea	Chicken Corndog ( <i>*items below are not included</i> )		30	240	5	9	8	390	
R-66168A	1 serving	<i>*Potatoes, Diced Seasoned</i>		20	123	3	2.5	4	844	
R-66175C	1 serving	Chicken Lo Mein ( <i>Served HOT; Does not include fortune cookie</i> )		41	389	4	17	16.6	681	
		<i>*Cookie, Fortune</i>		8	35	0	0	0	5	
R-61747	1 serving	Chicken, Orange w/ Rice & Fortune Cookie		54	433	4	17	15	704	
	1 serving	<i>*Chicken, Orange w/ Rice</i>		46	398	4	17	15	699	
I-11146	1 ea	<i>*Cookie, Fortune</i>		8	35	0	0	0	5	
R-16879B	1 serving	Chicken, Popcorn Smackers ( <i>*items below not included</i> )		17	293	3	18	17	599	
	1 serving	<i>*Potatoes, Garlic Mashed</i>		18.5	115	1	1	5	391	
	1/2 cup	<i>*Roll, WG (1/B)</i>		15	80	1	3	1	140	
R-16879B	1 serving	Chicken, Popcorn Smackers w/ Mac & Cheese ( <i>*Cookie not included</i> )		38	293	5	34	33	1338	
	1 serving	<i>*Chicken, Popcorn Smackers</i>		17	292	3	18	17	599	
	1/2 cup	<i>*Mac n Cheese</i>		11	287	2	16	16	739	
I-21500	1 ea	<i>*Cookie, Happy Birthday 0.90 oz</i>		16	111	2	2	4	76	
R-23646	1 serving	Chicken, Roasted Herb w/WG Roll		29	577	4	45	30	1123	
		<i>*Chicken, Roasted Herb</i>		1	407	0.6	38	27	988	
I-21502	1 ea	<i>*Roll, WW (Rich's - Sysco; 2.5oz/2B)</i>		28	170	3.4	7	3	135	
R-3379A	1 serving	Chicken Taco w/ Rice		40	329	3.33	22	9	718	
		<i>*Chicken Taco w/ cheese</i>		18	221	1.33	19	8	432	
		<i>*Spanish Rice</i>		22	108	2	3	1	286	
R-1699	4 oz/1/2c	Chili Beans Meatless		38	205	10	12	1	434	
R-70195	1 serving	Famous Chicken Potato Corn Bowl w/Biscuit		67	466	7	21	14	1244	
		<i>*Diced Chicken (USDA)</i>		0	74	0	12	2	58	
		<i>*Mashed Potatoes w/ Gravy</i>		22	105	2	2	10	695	
		<i>*Corn, Buttered (USDA)</i>		16	77	2	2	2	1	
		<i>*Biscuit, Hand Split, WG (Rich's)</i>		29	210	3	5	8	490	
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>		31	270	3	3	15	220	
I-11148	1.2 oz	<i>*Sunflower seeds, Hot</i>		8	200	3	6	17	135	
R-1020A	1 ea	Nacho Grande w/ Turkey & Cheese ( <i>*includes chips, cheese, turkey meat</i> )		42	464	5	19	23	637	
I-20722	1 ea	<i>*Cheese, Cheddar Sauce (JTM-EJ)</i>		2	108	0	7	8	395	
		<i>*Turkey Taco Filling Meat</i>		2	86	1	8	5	132	
I-99089	2 oz	<i>*Chips, Tortilla Yellow Round (La Tapatia- Bulk)</i>		38	270	2	4	14	132	
R-3298	2 oz	<i>*Wackamole (Mock Guac-peacamole) made with peas (OPTIONAL)</i>		6	43	2	2	2	136	
I-99179	1 Tbsp	<i>*Fat Free Sour Cream (OPTIONAL)</i>		1	20	0	1	1.25	15	
R-1699	4 oz/1/2c	<i>*Chili Beans Meatless (OPTIONAL)</i>		38	205	10	12	1	434	
R-23592	1 serving	Pancakes & Sausage Meal ( <i>*Does not include Diced Potatoes or Syrup</i> )		38	380	3	16	13	820	
I-21512	1 serving	<i>*Pancakes, Mini Maple Bursts (Pillsbury)</i>		36	220	3	4	1	300	
I-20216	2 each	<i>*Turkey Sausage link</i>		2	160	0	12	12	520	
R-66168A	1 serving	<i>*Potatoes, Diced Seasoned</i>		20	123	3	2.5	4	844	
I-99108	1 ea	<i>*Syrup cup, Maple</i>		31	120	0	0	0	25	
R-23816E	1 serving	Pasta, Beef Marinara		27	348	5	24	17	770	
R-64167A	1 serving	Pasta, Cheesy Pizza Bake		48	343	6	19	8	770	
I-20233	1 ea	Pizza, Anytimers Cheese Pizza Kit (Tasty Brand)		37	330	2	17	13	920	
R-39983	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	

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		<b>LUNCH ENTREES (continued...)</b>								
R-69275	1 each	Sandwich, Chicken Banh Mi w/Sriracha Mayo			32	335	2.6	25	13	658
R-2733	1 each	Sandwich, Chicken Filet			43	380	3	27	12	620
R-64269	1 each	Sandwich, Chicken Homestyle			74	488	8	21	14.5	756
	1 each	<i>*Sandwich, Chicken Homestyle</i>			43	338	4	20	10	636
I-11134	.5 oz	<i>*Chips, Doritos (Fun Size)</i>			9	80	1	1	4.5	115
I-20855	4.4 oz	<i>*Frozen, Whole Fruit Cup</i>			22	70	3	0	0	5
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			32	335	2	23.5	11	905
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-60973	1 serving	Sandwich, Hawaiian BBQ Pulled Pork			43	561	2	38	18	1,202
I-11134	.5 oz	<i>*Chips, Doritos (Fun Size)</i>			9	80	1	1	4.5	115
R-64268	1 serving	Sandwich, Pulled Pork Torta w/ Doritos & Frozen Fruit Cup			63	661	9	41	22	1,394
	1 serving	<i>*Sandwich, Pulled Pork Torta</i>			32	511	5	40	17.5	1,274
I-11134	.5 oz	<i>*Chips, Doritos (Fun Size)</i>			9	80	1	1	4.5	115
I-20855	4.4 oz	<i>*Frozen, Whole Fruit Cup</i>			22	70	3	0	0	5
R-69256	1 each	Sandwich, Tuna Salad on WG Croissant ( <i>does not include chips</i> )			33	361	2.6	28	15	950
I-21542	1 ea	<i>*Tuna Salad Mix</i>			4	188	0.3	22	10	654
		<i>*WG Croissant</i>			28	170	2	5	5	290
I-99233	1 ea	<i>*Lettuce, Green Leaf</i>			1	3	0.3	1	0	6
I-11134	.5 oz	<i>*Chips, Doritos (Fun Size)</i>			9	80	1	1	4.5	115
R-23883	1 each	Sandwich, Turkey & Cheese Deli Sub			29	297	2	23	9	881
R-3429A	1 each	Sandwich, Turkey Ham & Cheese on Hawaiian Roll			32	277	2	22	8	923
R-60955	1 ea/4.6 oz	Sandwich, WOW butter Jammer			55	570	8	19	32	440
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>			38	205	10	12	1	434
R-1297	1 ea	Turkey, Roast & Gravy w/ Potato & roll ( <i>*includes cranberry sauce</i> )			76	512	6	24	10	1334
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-21502	1 ea	<i>*Roll, WW (Rich's - Sysco; 2.5oz/2B)</i>			28	170	3.4	7	3	135
I-10120	1/4 cup	<i>*Cranberry Sauce - Jellied</i>			25	110	1	0.14	0.098	35
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> )			68	502	8	16	20.5	530
I-20719	1 each	<i>*Cheese, String</i>			7	80	1	7	6	210
I-99076	1/2 cup	<i>*Yogurt, strawberry (Crystal)</i>			14.5	94	0	5	2	81
R-43628A	1 serving	<i>*Cherry &amp; Blueberry Mixed</i>			9.5	81	3	1	5	3
R-8083	1 serving	<i>*Granola Cereal Mix</i>			22	117	2	2	3	106
I-11199	1 pkg	<i>*Grahams, Goldfish French Toast</i>			21	130	2	1	4.5	130
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	8 oz	Yogurt Cup			38	200	0	7	2.5	105
<b>PASTA/RICE/BEANS/SALAD Side Dish</b>										
R-2946	3/4 cup	Beans, Pinto Fiesta			52	273	15	15	3	596.5
R-3205	3/4 cup	Bean, Confetti salad (bean mix)			24	127	7	7	1	216
I-21610	1 oz	Eggs, Boiled Diced 1/M (Sunny Fresh)			1	45	0	3	3	70
R-2538	3/4 cup	Pasta Salad, Oriental (Cold)			28	184	3	5	6	183
R-2125	3/4 cup	Pasta, Salad Garden Vegetable (cold)			31.5	170	3	5	2	424
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
R-68148A	1 cup	Salad, Fresh Broccoli w/Cranberry			17	168	1.4	5.5	10	269
3383	1 cup	Salad, Ranch Mixed			6	106	2	6	8	252
R-2991	1 cup	Salad Mix, Romaine/Spinach			2	12	1	1	0	20.5
R-3427	3/4 cup	Salsa, Black Bean			23	119.5	7	6	1	608



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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-bulk)			50	186	21	0	0	2
I-10110	1 ea	Dried Craisins (1.16 oz box)			28	110	3	0	0	0
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-20855	4.4oz	<i>*Fruit cup, Watermelon</i>			22	70	3	0	0	5
I-20867	1 ea	<i>*Fruit cup, Rosati Emoji</i>			25	99	0	0	0	15
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
R-61563A	2 oz	Jalapenos & Carrot Mixed			2	12	0.139	0.059	0.018	654
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-65917	1 serving	Potatoes, Crinkled Cut Seasoned			15	88	1	1	3	20
R-66168	1/2 cup	Potatoes, Diced Seasoned			20	120	2.4	2.3	4.3	613
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			19	84	2	2	0	23
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
R-3298	1 oz	Peacamole (MUSD made)		3	22	1	1	1	68
I-99109	1 ea	Taco Sauce Packet (9 grams)		1	5	0	0	0	95
10903	1 ea	Tapatio Packet (Hot Sauce)		0	0	0	0	0	110
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-10709	2 oz	Cheese, Cup Bacon Flavor		0	140	0	6	12	520
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 (Fun Size)		9	80	1	1	4.5	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)		31	270	3	3	15	220
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
I-11148	1.2 oz	Sunflower Seeds, Hot (Gluten free)		8	200	3	6	17	135
I-11151	1.2 oz	Sunflower Seeds, Salted/Honey (Gluten free)		11	190	3	6	15	100



Recipe / Ingredient Number	Serving Per Cont./ Pkg.	Elementary Nutrient Analysis Please check your menu for CHO information Updated: 11/1/18			Total Calories	Fiber (g)	Protein (g)	Fat (g)	Sodium (mg)
		Carb (g)							
<b>Miscellaneous Specialty Items</b>									
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 PRODUCTS</b>									
I-20709	1oz	Cheese, cubes cheddar (LOL-EJ)	0	90	0	7	7	190	
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	Bar, Mini Honey Whole Wheat	19	120	1	2	3.5	100	
I-21531	1 pkg	BeneFIT Bar (Maple Brown Sugar Oat Bar)	24	140	3	2	4	115	
I-11238	1 each	Breakfast Delight (Apple and strawberry)	27	160	1	2	5	125	
I-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	
I-10709	1 ea	Cheese cup, Bacon	0	140	0	6	12	520	
I-20736	1 ea	Cheese, Colby Stick 1oz	1	80	0	8	5	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	
I-11249	1 each	Chex, Strawberry Yogurt WG	23	120	2	2	0	55	
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 cinnamon giant	19	120	1	1	4	110	
I-11199	1 pkg	Graham, Goldfish French Toast	21	130	2	1	4.5	130	
I-11198	1 pkg	Graham, Jurassic Park	21	130	0	2	4	95	
I-11182	1 pkg	Graham, Minions (Kellogg's)	22	140	2	2	4.5	110	
I-11141	1 pkg	Graham, Scooby Doo	21	120	1	2	3.5	115	
I-11197	1 pkg	Graham, Vanilla Bear	21	110	1	2	3	95	
I-21568	1 each	Muffin, Banana WG	27	160	2	2	5	125	
I-21566	1 each	Muffin, Blueberry Loaf WG	23	140	1	2	4.5	140	
I-21525	1 each	Muffin, Lemon	25	160	0	3	4.5	160	
I-21548	1 each	Muffin, Cornbread WG	23	146	2	2	5	102	
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	