

| 2017-18 MENU ITEM                                                                                                         | FOOD CATEGORY | MENU            | GRADE LEVEL    | SERVING SIZE   | Calories<br>(kcal) | Total<br>Fat (g) | Saturated<br>Fat (g) | Trans<br>Fat (g) | Cholesterol<br>(mg) | Sodium<br>(mg) | Total<br>Carbohydrate<br>(g) | Dietary<br>Fiber (g) | Sugar (g) | Protein (g) | Vitamin A (IU) | Vitamin C | Calcium (mg) | Iron (mg) |
|---------------------------------------------------------------------------------------------------------------------------|---------------|-----------------|----------------|----------------|--------------------|------------------|----------------------|------------------|---------------------|----------------|------------------------------|----------------------|-----------|-------------|----------------|-----------|--------------|-----------|
| ALL AMERICAN BURGER                                                                                                       | ENTRÉE        | LUNCH/SUPPER    | GR K-12        | 1 SERVING      | 275.10             | 8.67             | 2.95                 | 0.00             | 31.13               | 438.01         | 29.60                        | 3.14                 | 3.09      | 19.92       | 2.19           | 0.00      | 185.64       | 3.32      |
| ALL STAR TURKEY HOT DOG                                                                                                   | ENTRÉE        | LUNCH           | GR K-12        | 1 SERVING      | 260.00             | 11.00            | 2.50                 | 0.00             | 50.00               | 470.00         | 28.00                        | 2.00                 | 3.00      | 13.00       | 0.00           | 15.00     | 100.00       | 2.52      |
| ALMOND MILK                                                                                                               | MILK          | MILK            | SPECIAL DIET   | 8 OZ CARTON    | 90.00              | 2.50             | 0.00                 | 0.00             | 0.00                | 150.00         | 16.00                        | 1.00                 | 15.00     | 1.00        | 500.00         | 0.00      | 450.00       | 0.72      |
| ALOHA ROLL                                                                                                                | GRAIN         | LUNCH           | GR 6-12        | 1 ROLL         | 150.00             | 3.00             | 0.00                 | 0.00             | 0.00                | 160.00         | 28.00                        | 2.00                 | 4.00      | 4.00        | 0.00           | 2.40      | 60.00        | 1.44      |
| APPLE JUICE 4 OZ.                                                                                                         | FRUIT JUICE   | BREAKFAST/LUNCH | ALL            | EACH 4 OZ.     | 55.00              | 0.00             | 0.00                 | 0.00             | 0.00                | 15.00          | 14.50                        | 0.00                 | 14.50     | 0.00        | 0.00           | 30.00     | 0.00         | 0.00      |
| APPLE SLICES, FRESH                                                                                                       | FRUIT         | BREAKFAST/LUNCH | GR K-12/EEC    | 1 IND. PKG     | 34.00              | 0.00             | 0.00                 | 0.00             | 0.00                | 0.00           | 8.00                         | 2.00                 | 6.00      | 0.00        | 50.00          | 123.60    | 10.00        | 0.18      |
| APPLESAUCE CUP                                                                                                            | FRUIT         | BREAKFAST/LUNCH | ALL            | 1 EACH         | 60.00              | 0.00             | 0.00                 | 0.00             | 0.00                | 0.00           | 14.00                        | 2.00                 | 12.00     | 0.00        | 0.00           | 66.00     | 0.00         | 0.00      |
| ARTISAN ROLL 1 OZ.                                                                                                        | GRAIN         | LUNCH           | EEC            | 1 EACH         | 80.00              | 1.00             | 0.00                 | 0.00             | 0.00                | 125.00         | 15.00                        | 2.00                 | 1.00      | 2.00        | 0.00           | 3.60      | 20.00        | 0.72      |
| ARTISAN ROLL 2 OZ.                                                                                                        | GRAIN         | LUNCH           | GR K-12        | 1 EACH         | 160.00             | 2.00             | 0.00                 | 0.00             | 0.00                | 270.00         | 34.00                        | 5.00                 | 3.00      | 5.00        | 0.00           | 4.80      | 40.00        | 1.80      |
| ASIAN CHICKEN BITES                                                                                                       | ENTRÉE        | SUPPER          | GR K-12        | 1 SERVING      | 310.00             | 13.00            | 2.50                 | 0.00             | 55.00               | 520.00         | 27.00                        | 2.00                 | 5.00      | 22.00       | 100.00         | 0.00      | 0.00         | 1.80      |
| ASIAN CUCUMBER SALAD                                                                                                      | VEGETABLE     | LUNCH           | GR K-12        | 1 SERVING      | 24.72              | 0.00             | 0.00                 | 0.00             | 0.00                | 0.00           | 4.94                         | 0.00                 | 2.97      | 0.99        | 0.00           | 0.00      | 12.86        | 0.00      |
| AWESOME APPLE                                                                                                             | FRUIT         | BREAKFAST/LUNCH | GR K-12/EEC    | 1 EACH         | 87.04              | 0.00             | 0.00                 | 0.00             | 0.00                | 0.00           | 20.48                        | 5.12                 | 15.36     | 0.00        | 128.00         | 316.42    | 25.60        | 0.46      |
| BAGEL WITH CREAM CHEESE                                                                                                   | GRAIN         | BREAKFAST       | ALL            | 1 EACH         | 210.00             | 6.50             | 4.00                 | 0.00             | 20.00               | 225.00         | 32.00                        | 3.00                 | 5.00      | 5.00        | 6.00           | 1.00      | 40.00        | 4.00      |
| BEAN & CHEESE BOWL                                                                                                        | ENTRÉE        | LUNCH           | ALL            | 1 IND. TRAY    | 170.00             | 10.00            | 5.00                 | 0.00             | 30.00               | 340.00         | 13.00                        | 4.00                 | 1.00      | 10.00       | 300.00         | 0.00      | 200.00       | 0.00      |
| BEAN & CHEESE PUPUSA                                                                                                      | ENTRÉE        | LUNCH           | GR K-12        | 1 SERVING      | 290.00             | 11.00            | 3.50                 | 0.00             | 15.00               | 580.00         | 35.00                        | 4.00                 | 1.00      | 13.00       | 200.00         | 1.20      | 250.00       | 1.44      |
| BEAN TAMALES                                                                                                              | ENTRÉE        | VEGAN           | GR 9-12        | 1 SERVING      | 347.00             | 8.00             | 3.00                 | 0.00             | 15.00               | 150.00         | 56.00                        | 5.50                 | 0.00      | 18.50       | 200.00         | 0.00      | 258.00       | 2.96      |
| BEEF CHORIZO & CHEESE WRAP                                                                                                | ENTRÉE        | BREAKFAST       | ALL            | 1 EACH         | 168.83             | 7.44             | 3.92                 | 0.00             | 21.55               | 299.46         | 16.84                        | 2.03                 | 0.71      | 9.36        | 104.32         | 3.30      | 156.84       | 1.47      |
| BEEF CORN DOG                                                                                                             | ENTRÉE        | SUPPER          | GR K-12        | 1 SERVING      | 306.00             | 15.10            | 5.00                 | 0.00             | 39.00               | 565.00         | 30.90                        | 1.90                 | 9.80      | 12.90       | 0.00           | 0.00      | 22.00        | 2.20      |
| BEEF TACO & CHEESE CHIMICHANGA                                                                                            | ENTRÉE        | SUPPER          | GR K-12        | 1 EACH         | 380.00             | 12.50            | 4.00                 | 0.00             | 42.00               | 472.00         | 43.00                        | 6.00                 | 2.00      | 24.00       | 700.00         | 5.00      | 253.00       | 3.20      |
| BEEF TACO STICK                                                                                                           | ENTRÉE        | LUNCH/SUPPER    | GR K-12        | 1 SERVING      | 345.01             | 12.82            | 8.35                 | 0.00             | 52.41               | 630.69         | 31.87                        | 3.85                 | 0.81      | 20.07       | 251.90         | 6.37      | 328.78       | 2.77      |
| BEEFY BEAN BURRITO                                                                                                        | ENTRÉE        | LUNCH/SUPPER    | GR K-12        | 1 EACH         | 278.76             | 8.06             | 2.23                 | 0.00             | 15.74               | 402.91         | 38.80                        | 7.50                 | 1.41      | 15.71       | 320.02         | 1.02      | 69.99        | 3.59      |
| BLUEBERRY MUFFIN                                                                                                          | GRAIN         | SNACK           | ALL            | 1 EACH         | 130.00             | 3.50             | 0.00                 | 0.00             | 15.00               | 125.00         | 23.00                        | 1.00                 | 10.00     | 2.00        | 0.00           | 0.00      | 11.00        | 1.00      |
| BROCCOLI BUDS                                                                                                             | VEGETABLE     | LUNCH           | ALL            | EACH 1/2 CUP   | 27.79              | 0.00             | 0.00                 | 0.00             | 0.00                | 30.17          | 4.45                         | 2.22                 | 1.11      | 2.22        | 555.88         | 40.02     | 30.17        | 0.40      |
| BROCCOLI BUDS                                                                                                             | VEGETABLE     | LUNCH           | MECH SOFT K-12 | EACH 1 CUP     | 55.58              | 0.00             | 0.00                 | 0.00             | 0.00                | 60.35          | 8.89                         | 4.45                 | 2.22      | 4.45        | 1,111.77       | 80.05     | 60.35        | 0.80      |
| BUFFALO CALZONE                                                                                                           | ENTRÉE        | LUNCH/SUPPER    | ALL            | 1 EACH         | 320.00             | 8.00             | 1.00                 | 0.00             | 5.00                | 620.00         | 40.00                        | 0.00                 | 2.00      | 23.00       | 0.00           | 0.00      | 146.00       | 3.00      |
| BUFFALO CHICKEN BITES                                                                                                     | ENTRÉE        | SUPPER          | GR K-12        | 1 SERVING      | 249.92             | 13.99            | 1.49                 | 0.05             | 44.29               | 616.92         | 13.77                        | 1.45                 | 0.35      | 18.08       | 301.87         | 0.92      | 16.60        | 1.47      |
| CAFÉ LA BETTER WAY KIT (SUPPER KIT SHELF STABLE (NNC) #2 - Cheese Stick, Wheat Crackers, Vegetable Juice, Applesauce Cup) | SUPPER KIT    | SUPPER          | GR K-12        | 1 EACH KIT     | 400.00             | 18.50            | 12.00                | 0.00             | 50.00               | 930.00         | 44.00                        | 2.00                 | 26.00     | 14.00       | 500.00         | 120.00    | 386.00       | 3.60      |
| CAFÉ LA BURGER                                                                                                            | ENTRÉE        | LUNCH           | ALL            | 1 SERVING      | 242.00             | 8.10             | 2.50                 | 0.00             | 36.00               | 403.00         | 26.50                        | 2.10                 | 3.20      | 15.00       | 0.00           | 6.00      | 45.00        | 2.54      |
| CAFÉ LA CHEESEBURGER                                                                                                      | ENTRÉE        | LUNCH           | GR K-12        | 1 SERVING      | 362.00             | 18.10            | 8.50                 | 0.00             | 66.00               | 583.00         | 26.50                        | 2.10                 | 3.20      | 22.00       | 400.00         | 6.00      | 245.00       | 2.54      |
| CAFÉ LA COFFEE CAKE                                                                                                       | GRAIN         | BREAKFAST       | GR 6-12        | 1 SERVING      | 244.06             | 8.12             | 0.80                 | 0.01             | 34.53               | 126.37         | 46.28                        | 2.55                 | 19.31     | 4.52        | 60.22          | 0.11      | 35.50        | 2.66      |
| CAFÉ LA COFFEE CAKE                                                                                                       | GRAIN         | BREAKFAST       | GR K-5         | 1 SERVING      | 162.71             | 5.41             | 0.53                 | 0.01             | 23.02               | 84.24          | 30.85                        | 1.70                 | 12.87     | 3.02        | 40.15          | 0.08      | 23.67        | 1.77      |
| CAFÉ LA COFFEE CAKE 2 OZ. IND. WRAPPED                                                                                    | GRAIN         | BREAKFAST       | GR K-5         | 1 IND. WRAPPED | 184.00             | 7.00             | 1.00                 | 0.00             | 25.00               | 170.00         | 26.00                        | 1.00                 | 13.00     | 3.00        | 0.00           | 0.00      | 38.00        | 1.00      |
| CAFÉ LA COFFEE CAKE 2.9 OZ. IND. WRAPPED                                                                                  | GRAIN         | BREAKFAST       | GR 6-12        | 1 IND. WRAPPED | 210.00             | 7.00             | 1.00                 | 0.00             | 20.00               | 140.00         | 33.00                        | 2.00                 | 15.00     | 4.00        | 0.00           | 6.00      | 40.00        | 1.44      |
| CAFÉ LA COFFEE CAKE 3.4 OZ IND. WRAPPED                                                                                   | GRAIN         | BREAKFAST       | GR 6-12        | 1 IND. WRAPPED | 310.00             | 12.00            | 1.50                 | 0.00             | 30.00               | 290.00         | 49.00                        | 1.00                 | 25.00     | 5.00        | 0.00           | 0.00      | 35.00        | 2.00      |
| CALIFORNIA CHICKEN WRAP                                                                                                   | ENTRÉE        | LUNCH           | GR K-12        | EACH WRAP      | 439.50             | 21.14            | 3.84                 | 0.00             | 49.18               | 555.24         | 41.15                        | 2.37                 | 9.48      | 20.17       | 1,249.63       | 6.32      | 24.51        | 2.42      |
| CANTALOUPE ZING                                                                                                           | FRUIT         | LUNCH           | GR K-12        | 1 SERVING      | 26.14              | 0.15             | 0.04                 | 0.00             | 0.00                | 12.30          | 6.27                         | 0.69                 | 6.15      | 0.65        | 2,600.13       | 28.22     | 6.92         | 0.16      |
| CELERY STICKS                                                                                                             | VEGETABLE     | LUNCH           | GR K-12        | 1 SERVING      | 11.34              | 0.12             | 0.03                 | 0.00             | 0.00                | 56.70          | 2.11                         | 1.13                 | 0.00      | 0.49        | 318.23         | 2.20      | 28.35        | 0.14      |
| CHEESE BURGER SLIDERS                                                                                                     | ENTRÉE        | SUPPER          | GR K-12        | 1 SERVING      | 273.00             | 8.00             | 2.90                 | 0.00             | 45.00               | 339.00         | 31.00                        | 2.60                 | 3.40      | 19.70       | 25.00          | 0.00      | 82.00        | 2.90      |
| CHEESE ENCHILADA IND. TRAY                                                                                                | ENTRÉE        | LUNCH           | GR K-12/EEC    | 1 IND. TRAY    | 345.00             | 10.24            | 6.50                 | 0.00             | 42.00               | 544.00         | 31.00                        | 5.00                 | 2.00      | 17.00       | 976.00         | 7.00      | 272.00       | 7.40      |
| CHEESE KIT (NOTABLES)                                                                                                     | ENTRÉE        | SUPPER          | GR K-12        | 1 KIT          | 415.00             | 19.00            | 12.00                | 0.00             | 50.00               | 800.00         | 49.00                        | 2.00                 | 33.00     | 14.00       | 500.00         | 120.00    | 400.00       | 1.08      |
| CHEESE OMELET                                                                                                             | ENTRÉE        | LUNCH           | ALL            | 1 EACH         | 120.00             | 9.00             | 3.50                 | 0.00             | 175.00              | 280.00         | 1.00                         | 0.00                 | 0.00      | 8.00        | 400.00         | 0.00      | 100.00       | 0.72      |
| CHEESE RAVIOLI                                                                                                            | ENTRÉE        | LUNCH           | ALL            | 1 SERVING      | 251.67             | 6.17             | 2.50                 | 0.00             | 25.00               | 440.00         | 32.33                        | 3.67                 | 7.00      | 16.67       | 483.50         | 9.40      | 211.34       | 1.69      |
| CHEESY BREAD                                                                                                              | LUNCH         | LUNCH           | GR K-12        | 1 EACH         | 240.00             | 8.00             | 4.00                 | 0.00             | 10.00               | 360.00         | 30.00                        | 3.00                 | 3.00      | 12.00       | 200.00         | 0.00      | 250.00       | 1.80      |
| CHEESY PILLOWS                                                                                                            | SUPPER        | SUPPER          | ALL            | 1 SERVING      | 290.00             | 14.00            | 5.00                 | 0.00             | 30.00               | 630.00         | 29.00                        | 0.00                 | 0.99      | 15.00       | 136.56         | 0.48      | 243.23       | 0.54      |
| CHEESY PRETZEL SANDWICH                                                                                                   | ENTRÉE        | LUNCH           | GR K-12        | 1 SANDWICH     | 400.00             | 22.50            | 13.00                | 0.00             | 60.00               | 400.00         | 29.00                        | 3.00                 | 2.00      | 19.00       | 800.00         | 0.00      | 420.00       | 1.80      |
| CHEESY VEGGIE BURGER SLIDERS                                                                                              | ENTRÉE        | LUNCH           | ALL            | 1 SERVING      | 353.00             | 12.10            | 3.50                 | 0.00             | 57.00               | 577.00         | 44.80                        | 4.50                 | 5.40      | 18.10       | 1,300.00       | 0.00      | 200.00       | 3.00      |

| 2017-18 MENU ITEM                           | FOOD CATEGORY | MENU            | GRADE LEVEL        | SERVING SIZE    | Calories (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrate (g) | Dietary Fiber (g) | Sugar (g) | Protein (g) | Vitamin A (IU) | Vitamin C | Calcium (mg) | Iron (mg) |
|---------------------------------------------|---------------|-----------------|--------------------|-----------------|-----------------|---------------|-------------------|---------------|------------------|-------------|------------------------|-------------------|-----------|-------------|----------------|-----------|--------------|-----------|
| CHEEZ-IT CRACKERS                           | GRAIN         | SNACK           | ALL                | 1 IND. BAG      | 100.00          | 3.50          | 1.00              | 0.00          | 4.00             | 150.00      | 14.00                  | 1.00              | 0.00      | 3.00        | 500.00         | 0.00      | 110.00       | 0.72      |
| CHICKEN & CHEESE BURRITO                    | ENTRÉE        | SUPPER          | GR K-12            | 1 EACH          | 290.00          | 9.00          | 3.00              | 0.00          | 45.00            | 460.00      | 32.00                  | 5.00              | 1.00      | 20.00       | 100.00         | 0.00      | 100.00       | 2.70      |
| CHICKEN & CHEESE SLIDERS                    | ENTRÉE        | LUNCH           | ALL                | 1 SERVING       | 340.00          | 14.00         | 5.00              | 0.00          | 65.00            | 550.00      | 34.00                  | 3.00              | 7.00      | 19.00       | 0.00           | 0.00      | 109.00       | 2.00      |
| CHICKEN CAESAR & CHEESY BREAD               | ENTRÉE        | LUNCH           | GR K-12            | 1 SERVING       | 375.49          | 14.37         | 4.74              | 0.00          | 32.45            | 573.25      | 40.48                  | 6.25              | 3.00      | 22.16       | 3,495.55       | 14.09     | 274.66       | 2.65      |
| CHICKEN CAESAR SALAD                        | LUNCH         | LUNCH           | GR K-12            | 1 SERVING       | 135.49          | 6.37          | 0.74              | 0.00          | 22.45            | 213.25      | 10.48                  | 3.25              | 0.00      | 10.16       | 3,295.55       | 14.09     | 24.66        | 0.85      |
| CHICKEN PANCAKE SANDWICH                    | ENTRÉE        | BREAKFAST       | ALL                | 1 SERVING       | 200.00          | 8.00          | 2.00              | 0.00          | 45.00            | 310.00      | 24.00                  | 1.00              | 6.00      | 9.00        | 100.00         | 0.00      | 40.00        | 1.80      |
| CHICKEN TENDERS, HOMESTYLE                  | ENTRÉE        | LUNCH           | EEC/MECH SOFT K-12 | 3 EACH TENDERS  | 233.74          | 12.20         | 2.03              | 0.00          | 45.73            | 335.37      | 12.20                  | 2.03              | 2.03      | 20.33       | 0.00           | 0.00      | 0.00         | 1.83      |
| CHILE CHEESE FLAUTAS                        | ENTRÉE        | LUNCH/SUPPER    | GR K-12            | 1 SERVING       | 338.00          | 10.50         | 5.50              | 0.00          | 31.00            | 383.00      | 31.00                  | 3.00              | 0.00      | 19.00       | 390.00         | 2.80      | 574.00       | 6.00      |
| CHILE CHEESE TAMALE (PREP)                  | ENTRÉE        | LUNCH           | ALL                | 1 SERVING       | 389.00          | 10.00         | 6.00              | 0.00          | 38.00            | 463.00      | 47.50                  | 0.35              | 0.00      | 20.30       | 279.00         | 7.00      | 447.00       | 2.19      |
| CHILE CHEESE TAMALE IND. TRAY (NNC)         | ENTRÉE        | LUNCH           | ALL                | 1 SERVING       | 409.00          | 11.00         | 6.00              | 0.00          | 20.00            | 658.00      | 51.60                  | 1.00              | 6.60      | 22.00       | 1,024.00       | 7.00      | 270.00       | 8.50      |
| CHILLED MIXED FRUIT-PEAR MANGO              | FRUIT         | LUNCH           | GR K-12            | 1 SERVING       | 75.24           | 0.04          | 0.00              | 0.00          | 0.00             | 12.84       | 17.84                  | 1.01              | 14.27     | 0.08        | 30.00          | 3.83      | 1.12         | 0.00      |
| CHILLED PINEAPPLE (CANNED)                  | FRUIT         | LUNCH           | ALL                | 1/2 CUP SERVING | 69.28           | 0.00          | 0.00              | 0.00          | 0.00             | 0.00        | 16.50                  | 0.85              | 0.00      | 0.00        | 0.00           | 5.22      | 17.35        | 0.36      |
| CHILLED PINEAPPLE (CANNED)                  | FRUIT         | LUNCH           | MECH SOFT GR 9-12  | 1 CUP SERVING   | 138.57          | 0.00          | 0.00              | 0.00          | 0.00             | 0.00        | 33.00                  | 1.70              | 0.00      | 0.00        | 0.00           | 10.44     | 34.70        | 0.73      |
| CHILLED TROPICAL FRUIT (1/2 C)              | FRUIT         | LUNCH           | GR K-12            | 1 SERVING       | 65.93           | 0.03          | 0.00              | 0.00          | 0.00             | 0.00        | 15.67                  | 0.87              | 1.31      | 0.07        | 27.59          | 8.02      | 15.99        | 0.31      |
| CHINESE CHICKEN SALAD                       | ENTRÉE        | LUNCH           | GR 6-12            | 1 SERVING       | 147.39          | 5.41          | 1.45              | 0.00          | 45.83            | 143.84      | 6.52                   | 1.22              | 0.07      | 17.02       | 3,598.53       | 6.85      | 36.20        | 1.15      |
| CHOCOLATE CRESCENT                          | GRAIN         | BREAKFAST       | GR K-12            | 1 SERVING       | 230.00          | 8.00          | 1.50              | 0.00          | 0.00             | 270.00      | 37.00                  | 2.00              | 10.00     | 6.00        | 0.00           | 0.00      | 20.00        | 1.44      |
| CINNAMONY PANCAKES                          | GRAIN         | BREAKFAST       | ALL                | 1 SERVING       | 220.00          | 7.00          | 1.50              | 0.00          | 10.00            | 260.00      | 35.00                  | 2.00              | 11.00     | 4.00        | 0.00           | 0.00      | 10.00        | 8.00      |
| CLASSIC TUNA SANDWICH                       | ENTRÉE        | LUNCH           | GR K-12            | 1 SERVING       | 388.78          | 20.91         | 3.37              | 0.00          | 38.60            | 633.99      | 31.40                  | 2.16              | 5.21      | 19.38       | 39.03          | 9.33      | 42.50        | 2.06      |
| CONDIMENT - BBQ SAUCE                       | CONDIMENT     | CONDIMENT       | ALL                | 1 EACH          | 25.00           | 0.00          | 0.00              | 0.00          | 0.00             | 50.00       | 7.00                   | 0.00              | 4.00      | 0.00        | 0.00           | 0.00      | 0.00         | 0.00      |
| CONDIMENT - GRAPE JELLY                     | CONDIMENT     | CONDIMENT       | ALL                | 1 EACH          | 35.00           | 0.00          | 0.00              | 0.00          | 0.00             | 0.00        | 9.00                   | 0.00              | 6.00      | 0.00        | 0.00           | 0.00      | 0.00         | 0.00      |
| CONDIMENT - KETCHUP                         | CONDIMENT     | CONDIMENT       | ALL                | 1 EACH          | 10.00           | 0.00          | 0.00              | 0.00          | 0.00             | 25.00       | 2.00                   | 0.00              | 2.00      | 0.00        | 0.00           | 0.00      | 0.00         | 0.00      |
| CONDIMENT - MAYONNAISE, REDUCED CAL         | CONDIMENT     | CONDIMENT       | ALL                | 1 EACH          | 25.00           | 2.50          | 0.00              | 0.00          | 0.00             | 105.00      | 1.00                   | 0.00              | 0.00      | 0.00        | 0.00           | 0.00      | 0.00         | 0.00      |
| CONDIMENT - MUSTARD                         | CONDIMENT     | CONDIMENT       | ALL                | 1 EACH          | 0.00            | 0.00          | 0.00              | 0.00          | 0.00             | 65.00       | 0.00                   | 0.00              | 0.00      | 0.00        | 0.00           | 0.00      | 0.00         | 0.00      |
| CONDIMENT - TACO SAUCE                      | CONDIMENT     | CONDIMENT       | ALL                | 1 EACH          | 5.00            | 0.00          | 0.00              | 0.00          | 0.00             | 95.00       | 0.00                   | 0.00              | 0.00      | 0.00        | 0.00           | 0.00      | 0.00         | 0.00      |
| CONDIMENT - TAPATIO HOT SAUCE               | CONDIMENT     | CONDIMENT       | ALL                | 1 EACH          | 0.00            | 0.00          | 0.00              | 0.00          | 0.00             | 154.00      | 0.00                   | 0.00              | 0.00      | 0.00        | 0.00           | 0.00      | 0.00         | 0.00      |
| CONDIMENT-TABLE SYRUP                       | CONDIMENT     | CONDIMENT       | ALL                | 1 EACH          | 80.00           | 0.00          | 0.00              | 0.00          | 0.00             | 10.00       | 20.00                  | 0.00              | 10.00     | 0.00        | 0.00           | 0.00      | 0.00         | 0.00      |
| CONDIMENT-TAJIN                             | CONDIMENT     | CONDIMENT       | ALL                | 1 EACH          | 2.00            | 0.00          | 0.00              | 0.00          | 0.00             | 127.00      | 0.00                   | 0.00              | 0.00      | 0.00        | 0.00           | 5.40      | 0.00         | 0.00      |
| COOKED CARROTS                              | VEGETABLE     | LUNCH           | MECH SOFT K-12     | EACH 1 CUP      | 66.15           | 0.25          | 0.04              | 0.00          | 0.00             | 149.19      | 15.57                  | 5.48              | 11.11     | 1.21        | 26,063.10      | 4.91      | 62.25        | 1.68      |
| COOKED CARROTS                              | VEGETABLE     | LUNCH           | EEC                | EACH 1/2 CUP    | 33.78           | 0.13          | 0.02              | 0.00          | 0.00             | 76.18       | 7.95                   | 2.80              | 5.67      | 0.62        | 13,308.82      | 2.51      | 31.79        | 0.86      |
| CORN MUFFIN                                 | GRAIN         | LUNCH           | ALL                | 1 EACH          | 190.00          | 6.00          | 0.50              | 0.00          | 15.00            | 170.00      | 33.00                  | 1.00              | 11.00     | 3.00        | 0.00           | 0.00      | 18.00        | 1.00      |
| CRACKERS, GOLD FISH CHEESE RAINBOW          | GRAIN         | SNACK           | ALL                | 1 IND. BAG      | 100.00          | 3.50          | 0.50              | 0.00          | 0.00             | 170.00      | 14.00                  | 1.00              | 0.00      | 2.00        | 200.00         | 0.00      | 20.00        | 0.72      |
| CRACKERS, WHEAT WG                          | GRAIN         | SNACK           | ALL                | 0.8 OZ IND. BAG | 90.00           | 2.50          | 0.00              | 0.00          | 0.00             | 180.00      | 14.00                  | 1.00              | 2.00      | 2.00        | 0.00           | 0.00      | 20.00        | 3.60      |
| CRANBERRIES, DRIED                          | FRUIT         | LUNCH           | GR K-12            | 1 SERVING       | 110.00          | 0.00          | 0.00              | 0.00          | 0.00             | 0.00        | 27.00                  | 2.00              | 24.00     | 0.00        | 0.00           | 0.00      | 0.00         | 0.00      |
| CREAMY MASHED POTATOES (1 C)                | VEGETABLE     | LUNCH           | MECH SOFT K-12     | 1 SERVING       | 178.69          | 1.75          | 0.98              | 0.05          | 3.17             | 584.81      | 37.05                  | 3.47              | 1.25      | 3.95        | 36.84          | 9.75      | 28.49        | 0.65      |
| CREAMY MASHED POTATOES (1/2 C)              | VEGETABLE     | LUNCH           | ALL                | 1 SERVING       | 89.35           | 0.87          | 0.49              | 0.02          | 1.58             | 292.41      | 18.53                  | 1.74              | 0.63      | 1.98        | 18.42          | 4.88      | 14.25        | 0.32      |
| CRINKLE CUT POTATOES                        | VEGETABLE     | LUNCH           | ALL                | 1 SERVING       | 106.99          | 3.57          | 0.00              | 0.00          | 0.00             | 136.71      | 16.64                  | 0.00              | 0.00      | 1.19        | 0.00           | 2.85      | 0.00         | 0.43      |
| CRISPY CHICKEN FILET SANDWICH               | ENTRÉE        | SUPPER          | GR K-12            | 1 SANDWICH      | 420.00          | 17.00         | 2.50              | 0.00          | 25.00            | 610.00      | 45.00                  | 5.00              | 4.00      | 21.00       | 100.00         | 9.00      | 80.00        | 3.24      |
| CRISPY WAFFLE                               | GRAIN         | LUNCH           | ALL                | 1 EACH          | 180.00          | 6.00          | 1.00              | 0.00          | 4.00             | 320.00      | 28.00                  | 3.00              | 3.00      | 4.00        | 500.00         | 0.00      | 100.00       | 3.60      |
| CRUNCHY CEREAL (CHEERIOS) WITH YOGURT       | ENTRÉE        | BREAKFAST       | GR K-12            | 1 SERVING       | 161.73          | 2.00          | 0.50              | 0.00          | 3.53             | 192.91      | 32.35                  | 3.00              | 9.82      | 6.53        | 500.00         | 6.00      | 232.28       | 8.10      |
| CRUNCHY CEREAL (CINNAMON CHEX) WITH YOGURT  | ENTRÉE        | BREAKFAST       | GR K-12            | 1 SERVING       | 181.73          | 2.50          | 0.00              | 0.00          | 3.53             | 222.91      | 34.35                  | 1.00              | 14.82     | 4.53        | 400.00         | 4.80      | 212.28       | 7.20      |
| CRUNCHY CEREAL (CORN CHEX) WITH YOGURT      | ENTRÉE        | BREAKFAST       | GR K-12            | 1 SERVING       | 161.73          | 0.50          | 0.00              | 0.00          | 3.53             | 252.91      | 36.35                  | 1.00              | 11.82     | 5.53        | 500.00         | 4.80      | 212.28       | 7.20      |
| CRUNCHY CEREAL (MULTI-CHEERIOS) WITH YOGURT | ENTRÉE        | BREAKFAST       | GR K-12            | 1 SERVING       | 161.73          | 1.00          | 0.00              | 0.00          | 3.53             | 162.91      | 35.35                  | 3.00              | 14.82     | 5.53        | 500.00         | 4.80      | 212.28       | 16.20     |
| CRUNCHY CEREAL (RICE CHEX) WITH YOGURT      | ENTRÉE        | BREAKFAST       | GR K-12            | 1 SERVING       | 161.73          | 0.50          | 0.00              | 0.00          | 3.53             | 302.91      | 36.35                  | 1.00              | 10.82     | 5.53        | 500.00         | 6.00      | 232.28       | 9.00      |
| CRUNCHY CEREAL-CHEERIOS                     | GRAIN         | BREAKFAST/SNACK | ALL                | 1 EACH          | 100.00          | 2.00          | 0.50              | 0.00          | 0.00             | 140.00      | 20.00                  | 3.00              | 1.00      | 3.00        | 500.00         | 6.00      | 100.00       | 8.10      |

| 2017-18 MENU ITEM                                                                                                                            | FOOD CATEGORY | MENU                          | GRADE LEVEL    | SERVING SIZE  | Calories (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrate (g) | Dietary Fiber (g) | Sugar (g) | Protein (g) | Vitamin A (IU) | Vitamin C | Calcium (mg) | Iron (mg) |
|----------------------------------------------------------------------------------------------------------------------------------------------|---------------|-------------------------------|----------------|---------------|-----------------|---------------|-------------------|---------------|------------------|-------------|------------------------|-------------------|-----------|-------------|----------------|-----------|--------------|-----------|
| CRUNCHY CEREAL-CHEERIOS MULTI-GRAIN                                                                                                          | GRAIN         | BREAKFAST/SNACK               | ALL            | 1 EACH        | 100.00          | 1.00          | 0.00              | 0.00          | 0.00             | 110.00      | 23.00                  | 3.00              | 6.00      | 2.00        | 500.00         | 4.80      | 80.00        | 16.20     |
| CRUNCHY CEREAL-CINNAMON TOAST CRUNCH                                                                                                         | ENTRÉE        | BREAKFAST                     | GR K-12        | 1 SERVING     |                 |               |                   |               |                  |             |                        |                   |           |             |                |           |              |           |
| CRUNCHY CEREAL-CORN CHEX                                                                                                                     | GRAIN         | BREAKFAST/SNACK               | ALL            | 1 EACH        | 100.00          | 0.50          | 0.00              | 0.00          | 0.00             | 200.00      | 24.00                  | 1.00              | 3.00      | 2.00        | 500.00         | 4.80      | 80.00        | 7.20      |
| CRUNCHY CEREAL-RICE CHEX                                                                                                                     | GRAIN         | BREAKFAST                     | ALL            | 1 EACH        | 100.00          | 0.50          | 0.00              | 0.00          | 0.00             | 250.00      | 24.00                  | 1.00              | 2.00      | 2.00        | 500.00         | 6.00      | 100.00       | 9.00      |
| CRUNCHY CEREAL-RICE CINNAMON CHEX                                                                                                            | GRAIN         | BREAKFAST/SNACK               | ALL            | 1 EACH        | 120.00          | 2.50          | 0.00              | 0.00          | 0.00             | 170.00      | 22.00                  | 1.00              | 6.00      | 1.00        | 400.00         | 4.80      | 80.00        | 7.20      |
| CRUNCHY TORTILLA CHIPS                                                                                                                       | GRAIN         | LUNCH/SUPPER                  | GR K-12        | 2 OZ IND. BAG | 283.50          | 12.15         | 2.03              | 0.00          | 0.00             | 141.75      | 38.48                  | 4.05              | 0.00      | 4.05        | 0.00           | 0.00      | 58.73        | 2.03      |
| CUCUMBER COINS                                                                                                                               | VEGETABLE     | LUNCH                         | GR K-12        | 1 SERVING     | 12.76           | 0.09          | 0.03              | 0.00          | 0.00             | 1.70        | 3.09                   | 0.43              | 0.00      | 0.55        | 89.30          | 2.38      | 13.61        | 0.24      |
| CURTIDO SLAW (FOR BEAN & CHEESE PUPUSA)                                                                                                      | CONDIMENT     | CONDIMENT                     | ALL            | 1 SERVING     | 4.17            | 0.03          | 0.00              | 0.00          | 0.00             | 18.60       | 0.95                   | 0.14              | 0.10      | 0.19        | 28.58          | 7.17      | 7.79         | 0.10      |
| DEEP DISH CHEESE FLATBREAD                                                                                                                   | ENTRÉE        | LUNCH                         | GR K-12        | 1 SERVING     | 280.00          | 12.00         | 6.00              | 0.00          | 30.00            | 440.00      | 29.00                  | 3.00              | 9.00      | 15.00       | 300.00         | 0.00      | 250.00       | 1.80      |
| DELI CHEESE SANDWICH                                                                                                                         | ENTRÉE        | LUNCH-DAILY OPTION/FIELD TRIP | ALL            | 1 SERVING     | 380.00          | 22.00         | 12.00             | 0.00          | 60.00            | 570.00      | 26.00                  | 2.00              | 3.00      | 18.00       | 800.00         | 6.00      | 440.00       | 1.44      |
| DELI TURKEY & CHEESE SANDWICH                                                                                                                | ENTRÉE        | LUNCH                         | GR K-12        | 1 SERVING     | 310.00          | 12.75         | 6.00              | 0.00          | 47.50            | 600.00      | 29.00                  | 2.00              | 3.00      | 21.00       | 400.00         | 9.00      | 240.00       | 1.62      |
| DRESSING - 1000 ISLAND                                                                                                                       | CONDIMENT     | CONDIMENT                     | ALL            | 1 EACH        | 25.00           | 2.90          | 0.00              | 0.00          | 0.00             | 135.00      | 6.00                   | 0.00              | 1.00      | 0.00        | 0.00           | 0.00      | 0.00         | 0.00      |
| DRESSING - CAESAR                                                                                                                            | CONDIMENT     | CONDIMENT                     | ALL            | 1 EACH        | 210.00          | 23.00         | 3.50              | 0.00          | 0.00             | 390.00      | 2.00                   | 0.00              | 1.00      | 1.00        | 200.00         | 0.00      | 20.00        | 0.00      |
| DRESSING - ITALIAN                                                                                                                           | CONDIMENT     | CONDIMENT                     | ALL            | 1 EACH        | 15.00           | 0.00          | 0.00              | 0.00          | 0.00             | 350.00      | 3.00                   | 0.00              | 2.00      | 0.00        | 0.00           | 0.00      | 0.00         | 0.00      |
| DRESSING - RANCH (SCRATCH MADE)                                                                                                              | CONDIMENT     | CONDIMENT                     | ALL            | 1 SERVING     | 100.28          | 10.36         | 1.93              | 0.00          | 5.32             | 152.18      | 0.80                   | 0.00              | 0.80      | 0.53        | 10.27          | 0.16      | 18.72        | 0.00      |
| DRESSING - RANCH PC                                                                                                                          | CONDIMENT     | CONDIMENT                     | ALL            | 1 EACH        | 21.00           | 0.60          | 0.00              | 0.00          | 0.00             | 126.00      | 4.00                   | 0.00              | 1.00      | 0.00        | 0.00           | 0.00      | 0.00         | 0.00      |
| DRESSING - SESAME GINGER                                                                                                                     | CONDIMENT     | CONDIMENT                     | ALL            | 1 EACH        | 50.00           | 4.00          | 0.50              | 0.00          | 0.00             | 190.00      | 5.00                   | 0.00              | 4.00      | 0.00        | 0.00           | 0.00      | 0.00         | 0.00      |
| EGG & CHEESE SANDWICH                                                                                                                        | ENTRÉE        | BREAKFAST                     | ALL            | 1 EACH        | 160.00          | 7.00          | 2.50              | 0.00          | 70.00            | 280.00      | 19.00                  | 2.00              | 4.00      | 6.00        | 300.00         | 9.00      | 80.00        | 1.08      |
| EGG & CHEESE WRAP                                                                                                                            | ENTRÉE        | BREAKFAST                     | ALL            | 1 EACH        | 180.00          | 10.00         | 4.00              | 0.00          | 170.00           | 410.00      | 14.00                  | 2.00              | 1.00      | 10.00       | 300.00         | 0.00      | 100.00       | 0.72      |
| EGG & CHEESY TACO                                                                                                                            | ENTRÉE        | BREAKFAST                     | ALL            | 1 SERVING     | 140.00          | 5.00          | 1.50              | 0.00          | 70.00            | 400.00      | 15.00                  | 1.00              | 1.00      | 7.00        | 100.00         | 0.00      | 80.00        | 1.08      |
| EGG, CHEESE & TURKEY SAUSAGE WRAP                                                                                                            | ENTRÉE        | BREAKFAST                     | ALL            | 1 EACH        | 180.00          | 9.00          | 3.50              | 0.00          | 175.00           | 410.00      | 14.00                  | 2.00              | 1.00      | 10.00       | 310.05         | 0.01      | 101.06       | 0.88      |
| ENERGIZER BOX KIT                                                                                                                            | SUPPER        | SUPPER                        | GR K-12        | 1 EACH KIT    | 570.00          | 28.00         | 8.00              | 0.00          | 25.00            | 610.00      | 69.00                  | 4.00              | 44.00     | 15.00       | 0.00           | 0.00      | 318.00       | 4.00      |
| FALAFEL FLATBREAD                                                                                                                            | ENTRÉE        | VEGAN                         | GR K-12        | 1 SERVING     | 406.25          | 8.75          | 0.00              | 0.00          | 0.00             | 716.25      | 68.00                  | 9.75              | 7.13      | 17.38       | 0.00           | 0.00      | 69.00        | 5.59      |
| FIESTA BEAN & CHEESE BURRITO                                                                                                                 | ENTRÉE        | BREAKFAST                     | ALL            | EACH 3.25 OZ. | 214.02          | 6.40          | 2.21              | 0.00          | 9.09             | 330.49      | 29.95                  | 4.36              | 0.52      | 9.16        | 176.77         | 0.91      | 91.97        | 1.51      |
| FIESTA OMELET                                                                                                                                | ENTRÉE        | LUNCH                         | ALL            | EACH OMELET   | 120.00          | 9.00          | 3.50              | 0.00          | 175.00           | 280.00      | 1.00                   | 0.00              | 0.00      | 8.00        | 400.00         | 0.00      | 100.00       | 0.72      |
| FIESTA PINTO BEANS                                                                                                                           | VEGETABLE     | LUNCH                         | GR K-12/EEC    | EACH 1/2 CUP  | 159.25          | 0.02          | 0.00              | 0.00          | 0.00             | 223.59      | 27.94                  | 6.62              | 1.35      | 9.44        | 62.14          | 2.83      | 71.54        | 2.65      |
| FIESTA PINTO BEANS                                                                                                                           | VEGETABLE     | LUNCH                         | MECH SOFT K-12 | EACH 1 CUP    | 318.51          | 0.04          | 0.01              | 0.00          | 0.00             | 447.17      | 55.88                  | 13.23             | 2.69      | 18.87       | 124.29         | 5.67      | 143.08       | 5.31      |
| FIESTA SURPRISE KIT (SUPPER KIT SHELF STABLE (NNC) #1 (Cheese Spread, Sunflower Seeds, Tangy Salsa Cup, Cranberries, Crunchy Tortilla Chips) | SUPPER KIT    | SUPPER                        | GR K-12        | 1 EACH KIT    | 658.50          | 32.15         | 8.03              | 0.00          | 20.00            | 706.75      | 77.48                  | 11.05             | 28.00     | 14.05       | 750.00         | 0.00      | 244.73       | 4.10      |
| FLAVOR SNAPPING JICAMA                                                                                                                       | VEGETABLE     | LUNCH                         | GR K-12        | 1 SERVING     | 32.32           | 0.00          | 0.00              | 0.00          | 0.00             | 3.40        | 7.50                   | 4.17              | 0.26      | 0.61        | 17.86          | 17.18     | 10.21        | 0.51      |
| FLUFFY MASHED POTATOES                                                                                                                       | VEGETABLE     | LUNCH                         | GR K-12/EEC    | EACH 1/2 CUP  | 114.24          | 3.63          | 1.04              | 0.00          | 0.00             | 353.10      | 18.69                  | 2.08              | 0.00      | 2.08        | 0.00           | 6.23      | 20.77        | 0.37      |
| FLUFFY MASHED POTATOES                                                                                                                       | VEGETABLE     | LUNCH                         | MECH SOFT K-12 | EACH 1 CUP    | 231.20          | 7.36          | 2.10              | 0.00          | 0.00             | 714.61      | 37.83                  | 4.20              | 0.00      | 4.20        | 0.00           | 12.61     | 42.04        | 0.76      |
| FOOD & NUTRITION CRACKERS                                                                                                                    | GRAIN         | LUNCH                         | ALL            | 1 IND. BAG    | 120.00          | 4.00          | 0.00              | 0.00          | 0.00             | 65.00       | 22.00                  | 2.00              | 6.00      | 2.00        | 0.00           | 0.00      | 4.00         | 1.00      |
| FRENCH TOAST TRIO                                                                                                                            | GRAIN         | BREAKFAST                     | ALL            | 1 SERVING     | 213.24          | 8.78          | 2.11              | 0.11          | 105.06           | 287.35      | 26.46                  | 1.59              | 11.16     | 7.62        | 229.97         | 0.07      | 59.04        | 1.44      |
| FRESH GARDEN SALAD                                                                                                                           | VEGETABLE     | LUNCH                         | GR K-12/EEC    | EACH 1/2 CUP  | 7.27            | 0.13          | 0.02              | 0.00          | 0.00             | 3.42        | 1.41                   | 0.90              | 0.00      | 0.53        | 2,484.96       | 10.27     | 14.12        | 0.42      |
| FROZEN JUICE BAR (VERY BERRY JUICE BAR)                                                                                                      | FRUIT         | SUPPER                        | ALL            | 2 FL OZ       | 40.00           | 0.00          | 0.00              | 0.00          | 0.00             | 5.00        | 9.00                   | 2.00              | 7.00      | 0.00        | 500.00         | 60.00     | 60.00        | 0.00      |
| FROZEN JUICE BAR (WILD CHERRY JUICE BAR)                                                                                                     | FRUIT         | SUPPER                        | ALL            | 2 FL OZ       | 40.00           | 0.00          | 0.00              | 0.00          | 0.00             | 5.00        | 9.00                   | 2.00              | 7.00      | 0.00        | 500.00         | 60.00     | 60.00        | 0.00      |
| FROZEN JUICE CUP (LEMON BERRY SWIRL CUP)                                                                                                     | FRUIT JUICE   | LUNCH                         | GR K-12/EEC    | 1 EACH        | 70.00           | 0.00          | 0.00              | 0.00          | 0.00             | 5.00        | 19.00                  | 3.00              | 16.00     | 0.00        | 200.00         | 60.00     | 80.00        | 0.36      |
| FROZEN JUICE CUP (SOUR LEMON CUP)                                                                                                            | FRUIT JUICE   | LUNCH                         | ALL            | 1 EACH        | 70.00           | 0.00          | 0.00              | 0.00          | 0.00             | 10.00       | 20.00                  | 3.00              | 15.00     | 0.00        | 0.00           | 60.00     | 0.00         | 0.00      |
| FROZEN JUICE CUP (SOUR WATERMELON CUP)                                                                                                       | FRUIT JUICE   | LUNCH                         | ALL            | 1 EACH        | 70.00           | 0.00          | 0.00              | 0.00          | 0.00             | 10.00       | 20.00                  | 3.00              | 15.00     | 0.00        | 0.00           | 60.00     | 80.00        | 0.00      |
| FROZEN JUICE SLUSH (CHERRY LIMEADE SLUSH)                                                                                                    | FRUIT JUICE   | LUNCH/SUPPER                  | ALL            | 1 EACH        | 60.00           | 0.00          | 0.00              | 0.00          | 0.00             | 15.00       | 15.00                  | 0.00              | 12.00     | 0.00        | 500.00         | 60.00     | 0.00         | 0.36      |
| FROZEN JUICE SLUSH (KIWI STRAWBERRY SLUSH)                                                                                                   | FRUIT JUICE   | SUPPER                        | GR K-12        | 1 SERVING     | 60.00           | 0.00          | 0.00              | 0.00          | 0.00             | 15.00       | 15.00                  | 0.00              | 12.00     | 0.00        | 500.00         | 60.00     | 0.00         | 0.36      |
| FROZEN JUICE SLUSH (PARADISE PUNCH)                                                                                                          | FRUIT JUICE   | SUPPER                        | ALL            | 1 SERVING     | 60.00           | 0.00          | 0.00              | 0.00          | 0.00             | 15.00       | 16.00                  | 0.00              | 12.00     | 0.00        | 500.00         | 60.00     | 0.00         | 0.36      |

| 2017-18 MENU ITEM                                                                                                    | FOOD CATEGORY | MENU            | GRADE LEVEL     | SERVING SIZE  | Calories (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrate (g) | Dietary Fiber (g) | Sugar (g) | Protein (g) | Vitamin A (IU) | Vitamin C | Calcium (mg) | Iron (mg) |
|----------------------------------------------------------------------------------------------------------------------|---------------|-----------------|-----------------|---------------|-----------------|---------------|-------------------|---------------|------------------|-------------|------------------------|-------------------|-----------|-------------|----------------|-----------|--------------|-----------|
| FROZEN VEGETABLE JUICE (CHERRY SMOOTH CUP)                                                                           | VEGETABLE     | SUPPER          | ALL             | 1 SERVING     | 110.00          | 0.00          | 0.00              | 0.00          | 0.00             | 25.00       | 27.00                  | 0.00              | 22.00     | 0.00        | 1,000.00       | 60.00     | 80.00        | 0.00      |
| GARLIC BREADSTICK                                                                                                    | GRAIN         | LUNCH           | GR K-5          | 1 SERVING     | 90.00           | 2.00          | 0.00              | 0.00          | 0.00             | 180.00      | 14.00                  | 1.00              | 2.00      | 3.00        | 0.00           | 2.40      | 40.00        | 0.72      |
| GARLICKY CHEESE BREAD                                                                                                | ENTRÉE        | LUNCH/SUPPER    | ALL             | 1 SERVING     | 385.00          | 21.71         | 8.00              | 0.00          | 35.00            | 460.00      | 29.00                  | 2.00              | 3.00      | 20.50       | 535.00         | 0.00      | 424.00       | 2.11      |
| GO BANANAS                                                                                                           | FRUIT         | BREAKFAST/LUNCH | ALL             | 1 EACH        | 121.04          | 0.45          | 0.15              | 0.00          | 0.00             | 1.36        | 31.06                  | 3.54              | 16.63     | 1.48        | 87.04          | 11.83     | 6.80         | 0.35      |
| GOLD FISH PRETZEL CRACKERS                                                                                           | GRAIN         | SNACK           | ALL             | 1 IND. BAG    | 90.00           | 1.50          | 0.00              | 0.00          | 0.00             | 200.00      | 16.00                  | 1.00              | 0.00      | 2.00        | 0.00           | 0.00      | 0.00         | 0.72      |
| GOLDEN CHICKEN FILET SANDWICH                                                                                        | ENTRÉE        | LUNCH/SUPPER    | ALL             | EACH SANDWICH | 380.00          | 12.00         | 2.00              | 0.00          | 50.00            | 670.00      | 43.00                  | 4.00              | 4.00      | 27.00       | 0.00           | 9.00      | 60.00        | 2.88      |
| GOLDEN HASH BROWN PATTIES                                                                                            | VEGETABLE     | LUNCH           | GR 6-12         | EACH 1/2 CUP  | 250.00          | 13.00         | 2.00              | 0.00          | 0.00             | 550.00      | 31.00                  | 2.00              | 0.00      | 3.00        | 0.00           | 0.00      | 0.00         | 0.80      |
| GRANOLA, CINNAMON                                                                                                    | GRAIN         | LUNCH           | GR K-12         | 1 IND. BAG    | 240.00          | 5.00          | 0.50              | 0.00          | 0.00             | 0.00        | 42.00                  | 4.00              | 11.00     | 5.00        | 0.00           | 0.00      | 10.00        | 1.52      |
| GRANOLA, CRUNCHY                                                                                                     | GRAIN         | LUNCH           | GR K-12         | 1 SERVING     | 240.00          | 5.00          | 0.50              | 0.00          | 0.00             | 0.00        | 42.00                  | 4.00              | 11.00     | 5.00        | 0.00           | 0.00      | 10.00        | 1.52      |
| GRANOLA, WHOLESOME                                                                                                   | GRAIN         | LUNCH           | GR K-12         | 1 IND. BAG    | 240.00          | 9.00          | 1.00              | 0.00          | 0.00             | 55.00       | 37.00                  | 4.00              | 10.00     | 5.00        | 0.00           | 0.00      | 25.00        | 1.00      |
| GRAPE CRESCENT                                                                                                       | GRAIN         | BREAKFAST       | ALL             | 1 EACH        | 210.00          | 6.00          | 1.00              | 0.00          | 0.00             | 260.00      | 35.00                  | 2.00              | 9.00      | 5.00        | 0.00           | 0.00      | 20.00        | 1.08      |
| GRAPES, FRESH                                                                                                        | FRUIT         | LUNCH           | GR K-12         | 1 SERVING     | 62.78           | 0.00          | 0.00              | 0.00          | 0.00             | 10.46       | 16.04                  | 0.70              | 13.95     | 0.00        | 0.00           | 0.84      | 13.95        | 0.00      |
| GRAVY, CHICKEN                                                                                                       | CONDIMENT     | CONDIMENT       | ALL             | 1 SERVING     | 16.69           | 0.33          | 0.00              | 0.00          | 0.00             | 194.74      | 2.67                   | 0.00              | 0.00      | 0.00        | 0.00           | 0.00      | 3.80         | 0.00      |
| HAWAIIAN PIZZA ROUND                                                                                                 | ENTRÉE        | LUNCH           | GR 6-12         | 1 SERVING     | 300.36          | 12.44         | 6.15              | 0.00          | 34.07            | 441.11      | 28.88                  | 3.14              | 8.15      | 16.04       | 60.00          | 0.95      | 284.35       | 1.91      |
| HAWAIIAN PIZZA WEDGE                                                                                                 | ENTRÉE        | LUNCH           | GR 6-12         | 1 SERVING     | 348.17          | 13.29         | 6.25              | 0.00          | 40.36            | 601.73      | 37.46                  | 3.17              | 5.36      | 19.85       | 433.75         | 9.57      | 498.21       | 1.51      |
| ITALIAN CHEESE PACK                                                                                                  | SUPPER        | SUPPER          | GR K-12         | 1 EACH KIT    | 307.78          | 11.21         | 6.04              | 0.00          | 36.29            | 630.87      | 33.41                  | 4.04              | 5.23      | 19.20       | 594.29         | 19.26     | 508.55       | 1.52      |
| ITALIAN SAUSAGE SUB                                                                                                  | ENTRÉE        | VEGAN           | GR K-12         | 1 SANDWICH    | 274.45          | 4.81          | 0.00              | 0.00          | 0.00             | 579.60      | 43.04                  | 7.39              | 7.55      | 19.42       | 387.10         | 15.19     | 127.74       | 5.48      |
| LET US TOMATO                                                                                                        | VEGETABLE     | LUNCH           | GR 6-12         | 1 SERVING     | 7.04            | 0.07          | 0.01              | 0.00          | 0.00             | 6.66        | 1.44                   | 0.53              | 0.00      | 0.47        | 1,649.32       | 6.43      | 9.37         | 0.23      |
| LOCAL FARM ORANGE                                                                                                    | FRUIT         | BREAKFAST/LUNCH | GR K-12/EEC     | 1 EACH        | 61.79           | 0.16          | 0.03              | 0.00          | 0.00             | 0.00        | 15.45                  | 3.16              | 11.83     | 1.24        | 295.83         | 69.95     | 52.59        | 0.13      |
| MAMA'S MEATBALL SUB                                                                                                  | ENTRÉE        | LUNCH           | EEC & MECH SOFT | 1 SERVING     | 293.40          | 8.40          | 1.00              | 0.00          | 45.00            | 697.20      | 38.00                  | 3.40              | 5.20      | 19.40       | 238.14         | 8.86      | 69.53        | 2.67      |
| MANDARIN ORANGE CUP                                                                                                  | FRUIT         | LUNCH           | ALL             | 1 EACH        | 60.00           | 0.00          | 0.00              | 0.00          | 0.00             | 0.00        | 20.00                  | 1.00              | 12.00     | 0.00        | 750.00         | 27.00     | 0.00         | 0.36      |
| MANGO PEACH APPLESAUCE                                                                                               | FRUIT         | LUNCH           | ALL             | 1 SERVING     | 50.00           | 0.00          | 0.00              | 0.00          | 0.00             | 15.00       | 14.00                  | 1.00              | 12.00     | 0.00        | 0.00           | 60.00     | 0.00         | 0.00      |
| MARINARA SAUCE CUP                                                                                                   | VEGETABLE     | LUNCH           | ALL             | 1 EACH        | 40.00           | 1.00          | 0.00              | 0.00          | 0.00             | 230.00      | 7.00                   | 1.00              | 4.00      | 1.00        | 0.00           | 0.00      | 0.00         | 0.00      |
| MESQUITE BBQ PORK SANDWICH                                                                                           | ENTRÉE        | LUNCH           | ALL             | 1 SERVING     | 320.00          | 8.00          | 2.10              | 0.00          | 44.00            | 777.00      | 42.00                  | 4.00              | 12.00     | 22.00       | 371.00         | 14.00     | 77.00        | 2.44      |
| MILK 1 % LOW FAT 1/2 PT                                                                                              | MILK          | MILK            | GR K-12         | 8 OZ.         | 120.00          | 2.50          | 1.50              | 0.00          | 10.00            | 150.00      | 14.00                  | 0.00              | 14.00     | 11.00       | 500.00         | 2.40      | 300.00       | 0.00      |
| MILK 1% WHITE (EEC)                                                                                                  | MILK          | MILK            | EEC             | 6 OZ.         | 90.00           | 1.88          | 1.13              | 0.00          | 7.50             | 112.50      | 10.50                  | 0.00              | 10.50     | 8.25        | 375.00         | 1.80      | 225.00       | 0.00      |
| MILK 100% LACTOSE FREE 1/2 PT                                                                                        | MILK          | MILK            | GR K-12         | 8 OZ.         | 90.00           | 0.00          | 0.00              | 0.00          | 5.00             | 130.00      | 13.00                  | 0.00              | 12.00     | 9.00        | 500.00         | 0.00      | 500.00       | 0.00      |
| MILK FAT FREE 1/2 PT                                                                                                 | MILK          | MILK            | GR K-12         | 8 OZ.         | 90.00           | 0.00          | 0.00              | 0.00          | 5.00             | 120.00      | 12.00                  | 0.00              | 12.00     | 9.00        | 500.00         | 18.00     | 300.00       | 0.00      |
| MILK FAT FREE CHOCOLATE 1/2 PT                                                                                       | MILK          | MILK            | GR K-12         | 8 OZ.         | 120.00          | 0.00          | 0.00              | 0.00          | 5.00             | 150.00      | 22.00                  | 0.00              | 20.00     | 8.00        | 500.00         | 1.80      | 300.00       | 0.00      |
| MILK SOY 8 OZ                                                                                                        | MILK          | MILK            | SPECIAL DIET    | 8 OZ.         | 140.00          | 5.00          | 0.50              | 0.00          | 0.00             | 150.00      | 12.00                  | 1.00              | 8.00      | 10.00       | 500.00         | 0.00      | 300.00       | 1.80      |
| MILK STRAWBERRY 1/2 PT                                                                                               | MILK          | MILK            | GR K-12         | 8 OZ.         | 120.00          | 0.00          | 0.00              | 0.00          | 5.00             | 115.00      | 20.00                  | 0.00              | 20.00     | 9.00        | 750.00         | 0.00      | 250.00       | 0.00      |
| MINI CHICKEN CORN DOGS                                                                                               | ENTRÉE        | LUNCH           | GR K-12         | 1 SERVING     | 315.23          | 16.97         | 3.64              | 0.00          | 48.50            | 497.09      | 26.67                  | 2.42              | 6.06      | 13.34       | 0.00           | 0.00      | 24.25        | 1.75      |
| MINI DOUBLE DOGS                                                                                                     | ENTRÉE        | LUNCH/SUPPER    | GR K-12         | 1 SERVING     | 323.00          | 11.00         | 3.00              | 0.00          | 30.00            | 420.00      | 41.00                  | 2.00              | 6.00      | 15.00       | 55.00          | 0.02      | 10.00        | 2.30      |
| MINI FRENCH TOAST BITES                                                                                              | ENTRÉE        | BREAKFAST       | ALL             | 1 SERVING     | 200.00          | 5.00          | 1.50              | 0.00          | 0.00             | 240.00      | 37.00                  | 3.00              | 13.00     | 4.00        | 1,000.00       | 0.00      | 260.00       | 3.60      |
| MINI POTATO TOTS                                                                                                     | VEGETABLE     | LUNCH           | GR K-5/EEC      | EACH 1/2 CUP  | 90.23           | 3.51          | 0.00              | 0.00          | 0.00             | 170.43      | 14.04                  | 1.00              | 0.00      | 1.00        | 0.00           | 0.60      | 0.00         | 0.36      |
| MINI POTATO TOTS                                                                                                     | VEGETABLE     | LUNCH           | MECH SOFT K-12  | EACH 1 CUP    | 180.45          | 7.02          | 0.00              | 0.00          | 0.00             | 340.85      | 28.07                  | 2.01              | 0.00      | 2.01        | 0.00           | 1.20      | 0.00         | 0.72      |
| MINI TERIYAKI CHICKEN SANDWICH                                                                                       | ENTRÉE        | LUNCH           | ALL             | 1 SERVING     | 290.00          | 7.00          | 2.00              | 0.00          | 35.00            | 440.00      | 40.00                  | 4.00              | 11.00     | 17.00       | 0.00           | 0.00      | 55.00        | 3.00      |
| MIXED BERRY CUP                                                                                                      | FRUIT         | LUNCH           | GR K-12         | 1 SERVING     | 90.00           | 0.00          | 0.00              | 0.00          | 0.00             | 0.00        | 20.00                  | 2.00              | 16.00     | 0.00        | 0.00           | 0.00      | 0.00         | 0.00      |
| MORNING BEEF SAUSAGE SANDWICH                                                                                        | ENTRÉE        | BREAKFAST       | ALL             | 1 EACH        | 213.98          | 6.63          | 1.94              | 0.00          | 29.70            | 488.56      | 26.30                  | 2.08              | 4.11      | 12.58       | 13.57          | 3.59      | 25.89        | 2.34      |
| MOZZARELLA CHEDDAR CHEESE                                                                                            | ENTRÉE        | FIELD TRIP      | ALL             | 1 OZ. EACH    | 100.00          | 8.00          | 6.00              | 0.00          | 25.00            | 360.00      | 1.00                   | 0.00              | 0.00      | 6.00        | 0.00           | 0.00      | 183.00       | 0.00      |
| NNC SHELF-STABLE SUPPER KIT 1 (Cheese Spread, Sunflower Seeds, Tangy Salsa Cup, Cranberries, Crunchy Tortilla Chips) | SUPPER KIT    | SUPPER          | GR K-12         | 1 EACH KIT    | 658.50          | 32.15         | 8.03              | 0.00          | 20.00            | 706.75      | 77.48                  | 11.05             | 28.00     | 14.05       | 750.00         | 0.00      | 244.73       | 4.10      |
| NNC SHELF-STABLE SUPPER KIT 2 (Cheese Plank/Stick, Wheat Crackers, Vegetable Juice, Applesauce Cup)                  | SUPPER KIT    | SUPPER          | GR K-12         | 1 EACH KIT    | 400.00          | 18.50         | 12.00             | 0.00          | 50.00            | 930.00      | 44.00                  | 2.00              | 26.00     | 14.00       | 500.00         | 120.00    | 386.00       | 3.60      |

| 2017-18 MENU ITEM                                                                                                     | FOOD CATEGORY | MENU            | GRADE LEVEL    | SERVING SIZE   | Calories (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrate (g) | Dietary Fiber (g) | Sugar (g) | Protein (g) | Vitamin A (IU) | Vitamin C | Calcium (mg) | Iron (mg) |
|-----------------------------------------------------------------------------------------------------------------------|---------------|-----------------|----------------|----------------|-----------------|---------------|-------------------|---------------|------------------|-------------|------------------------|-------------------|-----------|-------------|----------------|-----------|--------------|-----------|
| NNC SHELF-STABLE SUPPER KIT 3 (Wowbutter Soy, Sunflower Seeds, Wheat Crackers, Vegetable Juice, Pineapple Cup)        | SUPPER KIT    | SUPPER          | GR K-12        | 1 EACH KIT     | 590.00          | 31.50         | 5.00              | 0.00          | 0.00             | 420.00      | 59.00                  | 7.00              | 35.00     | 15.00       | 1,000.00       | 63.00     | 60.00        | 5.68      |
| NNC SHELF-STABLE SUPPER KIT 4 (Hummus, Sunflower Seeds, Vegetable Juice, Cranberries, Crunchy Tortilla Chips)         | SUPPER KIT    | SUPPER          | GR K-12        | 1 EACH KIT     | 723.50          | 28.15         | 4.03              | 0.00          | 0.00             | 381.75      | 103.47                 | 15.05             | 39.00     | 16.05       | 1,000.00       | 36.00     | 112.73       | 5.11      |
| NNC SHELF-STABLE SUPPER KIT 5 (Cheese Spread, Sunflower Seeds, Tangy Salsa Cup, Raisins, Crunchy Tortilla Chips)      | SUPPER KIT    | SUPPER          | GR K-12        | 1 EACH KIT     | 667.65          | 32.42         | 8.23              | 0.00          | 20.00            | 714.06      | 78.47                  | 10.26             | 30.92     | 15.19       | 750.00         | 0.09      | 257.96       | 5.26      |
| NNC SHELF-STABLE SUPPER KIT 6 (Hummus, Sunflower Seeds, Vegetable Juice, Raisins, Crunchy Tortilla Chips)             | SUPPER KIT    | SUPPER          | GR K-12        | 1 EACH KIT     | 732.65          | 28.42         | 4.23              | 0.00          | 0.00             | 389.07      | 104.47                 | 14.26             | 41.92     | 17.19       | 1,000.00       | 36.09     | 125.96       | 6.26      |
| NNC SHELF-STABLE SUPPER KIT 7 (Cheese Plank/Stick, Sunflower Seeds, Wheat Crackers, Vegetable Juice, Applesauce Cup)  | SUPPER KIT    | SUPPER          | GR K-12        | 1 EACH KIT     | 470.00          | 24.50         | 8.00              | 0.00          | 25.00            | 680.00      | 48.00                  | 6.00              | 26.00     | 14.00       | 1,000.00       | 102.00    | 223.00       | 4.68      |
| NNC SHELF-STABLE SUPPER KIT 8 (Cheese Plank/Stick, Sunflower Seeds, Tangy Salsa Cup, Raisins, Crunchy Tortilla Chips) | SUPPER KIT    | SUPPER          | GR K-12        | 1 EACH KIT     | 697.65          | 34.42         | 10.23             | 0.00          | 25.00            | 814.06      | 79.47                  | 10.26             | 30.92     | 18.19       | 0.00           | 0.09      | 290.96       | 5.25      |
| OATMEAL, HOT CEREAL                                                                                                   | ENTRÉE        | BREAKFAST       | MECH SOFT K-12 | 2-#8 DISHERS   | 213.69          | 4.26          | 0.71              | 0.00          | 0.00             | 10.25       | 38.62                  | 5.90              | 0.00      | 7.10        | 1.27           | 0.02      | 14.53        | 2.59      |
| ORANGE JUICE                                                                                                          | FRUIT JUICE   | BREAKFAST/LUNCH | ALL            | EACH 4 OZ.     | 55.00           | 0.00          | 0.00              | 0.00          | 0.00             | 14.00       | 14.00                  | 0.00              | 14.00     | 1.00        | 100.00         | 30.00     | 10.00        | 0.00      |
| ORANGE MEDLEY JUICE                                                                                                   | VEGETABLE     | SUPPER          | GR K-12        | EACH 4.23 OZ   | 50.00           | 0.00          | 0.00              | 0.00          | 0.00             | 30.00       | 13.00                  | 0.00              | 11.00     | 0.00        | 1,000.00       | 36.00     | 0.00         | 0.00      |
| ORANGE SORBET JUICE COOLER                                                                                            | FRUIT JUICE   | LUNCH           | ALL            | 1 EACH         | 70.00           | 0.00          | 0.00              | 0.00          | 0.00             | 5.00        | 19.00                  | 3.00              | 15.00     | 0.00        | 3,000.00       | 60.00     | 60.00        | 0.36      |
| OVEN FRIED CHICKEN DRUMSTICK                                                                                          | ENTRÉE        | LUNCH           | GR K-12        | 1 EACH         | 254.49          | 14.97         | 3.74              | 0.00          | 112.27           | 703.58      | 7.48                   | 0.00              | 0.00      | 20.96       | 0.00           | 0.00      | 29.94        | 1.62      |
| OVEN ROASTED TURKEY BREAST SANDWICH                                                                                   | ENTRÉE        | LUNCH           | GR K-12        | 1 SANDWICH     | 230.00          | 3.50          | 0.50              | 0.00          | 35.00            | 590.00      | 29.00                  | 2.00              | 3.00      | 22.00       | 0.00           | 9.00      | 40.00        | 1.80      |
| PASTRAMI & CHEESE CROISSANT                                                                                           | ENTRÉE        | LUNCH           | GR 6-12        | 1 SERVING      | 400.00          | 22.00         | 10.25             | 0.00          | 70.00            | 710.00      | 31.00                  | 2.00              | 6.00      | 20.00       | 450.00         | 0.60      | 230.00       | 0.36      |
| PEACH APPLESAUCE CUP                                                                                                  | FRUIT         | LUNCH           | ALL            | 1 EACH CUP     | 50.00           | 0.00          | 0.00              | 0.00          | 0.00             | 15.00       | 14.00                  | 1.00              | 12.00     | 0.00        | 0.00           | 0.00      | 0.00         | 0.00      |
| PEACHY PEACHES (CANNED)                                                                                               | FRUIT         | LUNCH           | ALL            | EACH 1/2 CUP   | 69.56           | 0.00          | 0.00              | 0.00          | 0.00             | 9.94        | 16.89                  | 0.99              | 15.90     | 0.99        | 298.13         | 1.19      | 0.00         | 0.00      |
| PEACHY PEACHES (CANNED)                                                                                               | FRUIT         | LUNCH           | MECH SOFT 9-12 | EACH 1 CUP     | 139.13          | 0.00          | 0.00              | 0.00          | 0.00             | 19.88       | 33.79                  | 1.99              | 31.80     | 1.99        | 596.25         | 2.39      | 0.00         | 0.00      |
| PEAR, FRESH                                                                                                           | FRUIT         | LUNCH           | GR K-12/EEC    | 1 EACH         | 118.64          | 0.25          | 0.01              | 0.00          | 0.00             | 2.05        | 31.62                  | 6.34              | 19.43     | 0.78        | 46.95          | 8.59      | 18.41        | 0.35      |
| PEPPERONI WEDGE                                                                                                       | ENTRÉE        | LUNCH           | ALL            | 1 SERVING      | 320.00          | 15.00         | 7.00              | 0.00          | 40.00            | 470.00      | 31.00                  | 3.00              | 7.00      | 17.00       | 61.00          | 0.00      | 288.00       | 1.80      |
| PEPPERONI WEDGE IND. WRAPPED (ARDELLA)                                                                                | ENTRÉE        | LUNCH           | ALL            | 1 IND. WRAPPED | 330.82          | 13.26         | 6.14              | 0.00          | 37.78            | 625.21      | 34.10                  | 2.98              | 5.13      | 19.20       | 420.11         | 8.62      | 470.93       | 1.38      |
| PERFECT PEARS (CANNED)                                                                                                | FRUIT         | LUNCH           | ALL            | EACH 1/2 CUP   | 77.05           | 0.00          | 0.00              | 0.00          | 0.00             | 14.45       | 18.30                  | 0.96              | 14.45     | 0.00        | 0.00           | 0.00      | 0.00         | 0.00      |
| PERFECT PEARS (CANNED)                                                                                                | FRUIT         | LUNCH           | MECH SOFT 9-12 | EACH 1 CUP     | 154.11          | 0.00          | 0.00              | 0.00          | 0.00             | 28.90       | 36.60                  | 1.93              | 28.90     | 0.00        | 0.00           | 0.00      | 0.00         | 0.00      |
| PETITE BABY CARROTS                                                                                                   | VEGETABLE     | LUNCH           | GR K-12        | EACH 1/2 CUP   | 24.81           | 0.09          | 0.02              | 0.00          | 0.00             | 55.28       | 5.84                   | 2.06              | 4.17      | 0.45        | 9,773.66       | 1.84      | 22.68        | 0.63      |
| PHILLY CHEESE STEAK SANDWICH                                                                                          | ENTRÉE        | LUNCH           | ALL            | EACH SANDWICH  | 325.47          | 14.22         | 6.79              | 0.26          | 46.11            | 695.34      | 29.58                  | 2.00              | 2.06      | 19.86       | 310.03         | 6.00      | 295.31       | 1.97      |
| PHILLY STEAK & CHEESE PINWHEEL                                                                                        | ENTRÉE        | LUNCH           | GR K-12/EEC    | 1 EACH         | 320.00          | 12.00         | 6.00              | 0.00          | 30.00            | 730.00      | 33.00                  | 4.00              | 2.00      | 21.00       | 200.00         | 9.00      | 300.00       | 2.70      |
| PLUM, FRESH                                                                                                           | FRUIT         | BREAKFAST/LUNCH | GR K-12        | 1 EACH         | 46.36           | 0.28          | 0.02              | 0.00          | 0.00             | 0.00        | 11.51                  | 1.41              | 10.00     | 0.71        | 347.71         | 9.57      | 6.05         | 0.17      |
| PORK EGG ROLLS                                                                                                        | ENTRÉE        | LUNCH           | ALL            | 1 SERVING      | 340.00          | 14.00         | 4.00              | 0.00          | 50.00            | 600.00      | 40.00                  | 6.00              | 6.00      | 18.00       | 2,000.00       | 18.00     | 120.00       | 3.60      |
| POWER UP KIT                                                                                                          | SUPPER        | SUPPER          | GR K-12        | 1 EACH KIT     | 690.00          | 37.00         | 3.00              | 0.00          | 0.00             | 350.00      | 81.00                  | 8.00              | 51.00     | 16.00       | 0.00           | 0.00      | 164.00       | 4.00      |
| PRESIDENTS CRACKERS                                                                                                   | GRAIN         | LUNCH           | ALL            | 1 PKG.         | 120.00          | 4.00          | 0.00              | 0.00          | 0.00             | 65.00       | 22.00                  | 2.00              | 6.00      | 2.00        | 0.00           | 0.00      | 4.00         | 1.00      |
| PRETZEL ROLL IND. WRAPPED                                                                                             | GRAIN         | LNCH            | GR 6-12        | 1 IND. WRAPPED | 140.00          | 0.50          | 0.00              | 0.00          | 0.00             | 150.00      | 30.00                  | 3.00              | 1.00      | 5.00        | 0.00           | 1.20      | 20.00        | 1.80      |
| RAINBOW CARROTS                                                                                                       | VEGETABLE     | LUNCH           | GR K-12        | 1 SERVING      | 29.17           | 0.00          | 0.00              | 0.00          | 0.00             | 54.17       | 6.67                   | 1.67              | 4.17      | 0.83        | 5,000.00       | 8.33      | 23.33        | 0.33      |
| RANGE FREE BURGER                                                                                                     | ENTRÉE        | VEGAN           | GR K-12        | 1 SERVING      | 210.00          | 3.00          | 0.00              | 0.00          | 0.00             | 420.00      | 31.00                  | 5.00              | 3.00      | 16.00       | 200.00         | 15.00     | 100.00       | 4.14      |
| RICE MILK                                                                                                             | MILK          | MILK            | SPECIAL DIET   | 8 OZ CARTON    | 120.00          | 2.50          | 0.00              | 0.00          | 0.00             | 100.00      | 23.00                  | 0.00              | 10.00     | 1.00        | 500.00         | 0.00      | 300.00       | 0.72      |
| RICE, BROWN                                                                                                           | GRAIN         | LUNCH           | GR 6-12        | 1-DISHER #8    | 102.54          | 0.60          | 0.00              | 0.00          | 0.00             | 0.84        | 22.32                  | 1.21              | 0.03      | 2.41        | 0.00           | 0.00      | 0.84         | 0.43      |
| ROASTED POTATO WEDGES                                                                                                 | VEGETABLE     | LUNCH           | GR K-12/EEC    | EACH 1/2 CUP   | 121.53          | 4.05          | 0.51              | 0.00          | 4.05             | 141.78      | 20.25                  | 2.03              | 0.00      | 2.03        | 0.00           | 3.65      | 0.00         | 0.36      |
| ROASTED POTATO WEDGES                                                                                                 | VEGETABLE     | LUNCH           | MECH SOFT K-12 | EACH 1 CUP     | 243.06          | 8.10          | 1.01              | 0.00          | 8.10             | 283.57      | 40.51                  | 4.05              | 0.00      | 4.05        | 0.00           | 7.29      | 0.00         | 0.73      |
| RUFFLE FRIES                                                                                                          | VEGETABLE     | LUNCH           | ALL            | 1 SERVING      | 109.98          | 3.67          | 0.00              | 0.00          | 0.00             | 219.96      | 19.55                  | 1.22              | 0.00      | 1.22        | 0.00           | 0.00      | 12.22        | 0.49      |

| 2017-18 MENU ITEM                                                                                                                   | FOOD CATEGORY   | MENU       | GRADE LEVEL    | SERVING SIZE  | Calories (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrate (g) | Dietary Fiber (g) | Sugar (g) | Protein (g) | Vitamin A (IU) | Vitamin C | Calcium (mg) | Iron (mg) |
|-------------------------------------------------------------------------------------------------------------------------------------|-----------------|------------|----------------|---------------|-----------------|---------------|-------------------|---------------|------------------|-------------|------------------------|-------------------|-----------|-------------|----------------|-----------|--------------|-----------|
| SALISBURY STEAK & MASHED POTATOES                                                                                                   | ENTRÉE          | LUNCH      | GR K-12/EEC    | 1 SERVING     | 244.38          | 9.84          | 3.41              | 0.00          | 21.88            | 835.54      | 23.61                  | 2.96              | 0.63      | 15.00       | 2.00           | 6.41      | 61.17        | 2.05      |
| SALISBURY STEAK WITH GRAVY (PREP)                                                                                                   | ENTRÉE          | LUNCH      | MECH SOFT K-12 | 1 SERVING     | 130.14          | 6.21          | 2.37              | 0.00          | 21.88            | 482.44      | 4.92                   | 0.88              | 0.63      | 12.92       | 2.00           | 0.18      | 40.40        | 1.68      |
| SALISBURY STEAK WITH GRAY IND. TRAY (NNC)                                                                                           | ENTRÉE          | LUNCH      | GR K-12/EEC    | 1 IND. TRAY   | 128.83          | 6.44          | 2.37              | 0.00          | 21.87            | 361.30      | 4.67                   | 0.88              | 1.59      | 12.91       | 0.00           | 0.18      | 26.00        | 1.68      |
| SALTINE MINI CRACKERS WG                                                                                                            |                 | SNACK      | ALL            | 1 PKG.        | 50.00           | 1.50          | 0.00              | 0.00          | 0.00             | 60.00       | 7.00                   | 0.00              | 0.00      | 1.00        | 500.00         | 0.00      | 20.00        | 0.40      |
| SAVORY SAUSAGE FLATBREAD (DISCONTINUED)                                                                                             | ENTRÉE          | LUNCH      | GR K-12        | 1 SERVING     | 290.00          | 10.00         | 4.50              | 0.00          | 25.00            | 470.00      | 33.00                  | 5.00              | 9.00      | 16.00       | 200.00         | 0.00      | 200.00       | 2.70      |
| SHANGHAI CHINESE CHICKEN SALAD                                                                                                      | ENTRÉE          | LUNCH      | GR 6-12        | 1 SERVING     | 160.76          | 5.73          | 0.95              | 0.00          | 27.50            | 105.01      | 10.72                  | 3.49              | 0.64      | 16.12       | 3,655.23       | 9.85      | 70.22        | 2.95      |
| SLICED TURKEY & GRAVY                                                                                                               | ENTRÉE          | LUNCH      | ALL            | 1 SERVING     | 94.89           | 1.51          | 0.50              | 0.00          | 35.00            | 534.34      | 2.99                   | 0.06              | 0.02      | 17.03       | 0.00           | 0.00      | 2.86         | 0.40      |
| SLICED TURKEY & GRAVY WITH STUFFING                                                                                                 | ENTRÉE          | LUNCH      | ALL            | 1 SERVING     | 208.34          | 5.44          | 2.47              | 0.00          | 41.94            | 955.71      | 19.67                  | 0.75              | 0.71      | 19.80       | 92.57          | 0.83      | 18.04        | 1.39      |
| SMOKED TURKEY BREAST SANDWICH                                                                                                       | ENTRÉE          | LUNCH      | ALL            | 1 SANDWICH    | 230.00          | 3.50          | 0.00              | 0.00          | 35.00            | 630.00      | 29.00                  | 2.00              | 3.00      | 23.00       | 0.00           | 9.00      | 40.00        | 1.80      |
| SMOKIN' BBQ RIB SANDWICH                                                                                                            | ENTRÉE          | LUNCH      | ALL            | 1 SERVING     | 330.00          | 12.00         | 3.50              | 0.00          | 40.00            | 640.00      | 37.00                  | 3.00              | 8.00      | 18.00       | 200.00         | 7.20      | 60.00        | 2.52      |
| SOUTHERN BUTTERMILK BISCUIT                                                                                                         | GRAIN           | LUNCH      | ALL            | 1 EACH        | 170.00          | 6.00          | 4.00              | 0.00          | 0.00             | 320.00      | 25.00                  | 2.00              | 3.00      | 4.00        | 0.00           | 0.00      | 40.00        | 1.30      |
| SOY MILK ENRICHED 8 OZ                                                                                                              | MILK            | MILK       | SPECIAL DIET   | EACH 8 OZ     | 140.00          | 5.00          | 0.50              | 0.00          | 0.00             | 150.00      | 12.00                  | 1.00              | 8.00      | 10.00       | 500.00         | 0.00      | 300.00       | 1.80      |
| SPINACH, COOKED                                                                                                                     | VEGETABLE       | LUNCH      | MECH SOFT K-12 | EACH 1 CUP    | 34.78           | 0.59          | 0.10              | 0.00          | 0.00             | 128.52      | 5.49                   | 3.33              | 0.00      | 4.32        | 14,178.02      | 42.49     | 158.76       | 4.10      |
| STATES & CAPITALS CRACKERS                                                                                                          | GRAIN           | SNACK      | ALL            | 1 IND. BAG    | 130.00          | 4.00          | 1.00              | 0.00          | 0.00             | 95.00       | 22.00                  | 1.00              | 8.00      | 2.00        | 0.00           | 0.00      | 0.00         | 1.80      |
| STRING CHEESE                                                                                                                       | ENTRÉE          | BREAKFAST  | GR K-12        | 1 EACH        | 80.00           | 6.00          | 3.50              | 0.00          | 20.00            | 190.00      | 0.00                   | 0.00              | 0.00      | 7.00        | 0.00           | 0.00      | 150.00       | 0.00      |
| STUFFING                                                                                                                            | GRAIN           | LUNCH      | ALL            | 1 SERVING     | 112.96          | 3.93          | 1.97              | 0.00          | 6.94             | 415.95      | 16.58                  | 0.69              | 0.69      | 2.76        | 92.57          | 0.83      | 15.14        | 0.99      |
| SUNBUTTER KIT (NOTABLES)                                                                                                            | ENTRÉE          | SUPPER     | GR K-12        | 1 KIT         | 605.00          | 34.50         | 4.50              | 0.00          | 0.00             | 400.00      | 62.00                  | 11.00             | 38.00     | 16.00       | 800.00         | 123.60    | 150.00       | 4.50      |
| SUNBUTTER SANDWICH                                                                                                                  | ENTRÉE          | FIELD TRIP | ALL            | 1 SANDWICH    | 533.36          | 30.13         | 3.93              | 0.00          | 0.00             | 475.68      | 41.77                  | 7.93              | 7.90      | 19.77       | 0.00           | 0.00      | 139.00       | 4.39      |
| SUPPER KIT HUMMUS (SUPPER KIT SHELF STABLE (NNC) #4 (Hummus, Sunflower Seeds, Vegetable Juice, Cranberries, Crunchy Tortilla Chips) | SUPPER KIT      | SUPPER     | GR K-12        | 1 EACH KIT    | 723.50          | 28.15         | 4.03              | 0.00          | 0.00             | 381.75      | 103.47                 | 15.05             | 39.00     | 16.05       | 1,000.00       | 36.00     | 112.73       | 5.11      |
| SUPPER KIT SHELF STABLE (NNC) #3 (Wowbutter Soy, Sunflower Seeds, Wheat Crackers, Vegetable Juice, Pineapple Cup)                   | SUPPER KIT      | SUPPER     | GR K-12        | 1 EACH KIT    | 590.00          | 31.50         | 5.00              | 0.00          | 0.00             | 420.00      | 59.00                  | 7.00              | 35.00     | 15.00       | 1,000.00       | 63.00     | 60.00        | 5.68      |
| SWEET CORN                                                                                                                          | VEGETABLE       | LUNCH      | GR K-12        | EACH 1/2 CUP  | 72.85           | 0.65          | 0.10              | 0.00          | 0.00             | 2.48        | 17.14                  | 1.74              | 2.07      | 2.50        | 161.42         | 5.30      | 3.31         | 0.35      |
| TACO BEAN DIP                                                                                                                       | ENTRÉE          | LUNCH      | ALL            | 1 SERVING     | 211.65          | 7.11          | 3.28              | 0.01          | 36.51            | 510.90      | 19.87                  | 4.72              | 1.63      | 15.77       | 220.06         | 0.81      | 166.59       | 2.41      |
| TANGERINE CHICKEN WITH FRIED RICE BOWL                                                                                              | ENTRÉE          | LUNCH      | GR K-12        | 1 SERVING     | 698.78          | 23.41         | 4.59              | 0.00          | 143.20           | 1,004.12    | 84.07                  | 3.70              | 18.02     | 37.63       | 4,314.33       | 4.87      | 56.80        | 3.18      |
| TANGERINE CHICKEN WITH RICE (EEC)                                                                                                   | ENTRÉE          | LUNCH      | EEC            | 1 SERVING     | 395.31          | 15.88         | 3.18              | 0.00          | 114.56           | 369.98      | 36.32                  | 1.21              | 11.46     | 26.60       | 0.00           | 1.53      | 26.30        | 2.27      |
| TANGERINE CHICKEN WITH RICE (MECH SOFT K-12)                                                                                        | ENTRÉE          | LUNCH      | MECH SOFT K-12 | 1 SERVING     | 571.04          | 20.30         | 3.98              | 0.00          | 143.20           | 463.11      | 62.14                  | 2.41              | 14.32     | 35.06       | 0.00           | 1.91      | 33.51        | 3.16      |
| TANGY SALSA CUP                                                                                                                     | VEGETABLE       | LUNCH      | GR K-12        | 1 EACH        | 25.00           | 0.00          | 0.00              | 0.00          | 0.00             | 195.00      | 5.00                   | 1.00              | 3.00      | 1.00        | 0.00           | 0.00      | 16.00        | 1.00      |
| TERIYAKI BEEF DIPPER RICE BOWL                                                                                                      | ENTRÉE          | LUNCH      | ALL            | 1 SERVING     | 399.57          | 7.87          | 2.67              | 0.00          | 40.00            | 514.13      | 64.14                  | 3.03              | 16.14     | 18.95       | 50.26          | 0.00      | 16.32        | 2.57      |
| TERIYAKI BEEF DIPPER SANDWICH                                                                                                       | ENTRÉE          | LUNCH      | GR K-12        | 1 SANDWICH    | 334.48          | 8.67          | 2.67              | 0.00          | 40.00            | 752.45      | 46.50                  | 2.62              | 17.14     | 19.12       | 50.26          | 6.00      | 54.63        | 3.14      |
| TERIYAKI VEGGIE PATTY SANDWICH                                                                                                      | ENTRÉE          | VEGAN      | GR K-12        | 1 SANDWICH    | 300.00          | 9.00          | 0.50              | 0.00          | 0.00             | 680.00      | 41.00                  | 5.00              | 7.00      | 15.00       | 100.00         | 9.00      | 100.00       | 3.24      |
| THREE BEAN VEGAN CHILI                                                                                                              | ENTRÉE          | LUNCH      | ALL            | 1 SERVING     | 180.00          | 0.50          | 0.00              | 0.00          | 0.00             | 760.00      | 33.00                  | 11.00             | 3.00      | 10.00       | 300.00         | 15.00     | 60.00        | 2.70      |
| TOASTED CHEESE SANDWICH                                                                                                             | ENTRÉE          | LUNCH      | ALL            | EACH SANDWICH | 305.58          | 14.21         | 7.74              | 0.00          | 44.00            | 421.33      | 31.24                  | 3.00              | 5.67      | 14.22       | 638.62         | 1.80      | 310.70       | 1.69      |
| TORTILLA CHIPS (1 G)                                                                                                                | GRAIN           | SUPPER     | GR K-12        | 1 OZ. PKG     | 140.00          | 6.00          | 1.00              | 0.00          | 0.00             | 70.00       | 19.00                  | 2.00              | 0.00      | 2.00        | 0.00           | 0.00      | 29.00        | 1.00      |
| TROPICAL TWIST JUICE                                                                                                                | VEGETABLE JUICE | SUPPPER    | GR K-12        | 4.23 FL OZ.   | 60.00           | 0.00          | 0.00              | 0.00          | 0.00             | 15.00       | 14.00                  | 0.00              | 12.00     | 0.00        | 500.00         | 60.00     | 0.00         | 0.00      |
| TUNA SALAD PLATE                                                                                                                    | ENTRÉE          | LUNCH      | GR 6-12        | 1 SERVING     | 256.26          | 19.12         | 3.40              | 0.00          | 38.60            | 441.67      | 6.03                   | 1.77              | 2.21      | 15.41       | 4,849.75       | 23.48     | 27.13        | 1.15      |
| TURKEY BURGER                                                                                                                       | ENTRÉE          | LUNCH      | ALL            | 1 BURGER      | 290.00          | 11.00         | 2.50              | 0.00          | 60.00            | 640.00      | 26.00                  | 2.00              | 3.00      | 21.00       | 0.00           | 6.00      | 40.00        | 2.16      |
| TURKEY HAM & CHEESE MELT                                                                                                            | ENTRÉE          | LUNCH      | GR K-12        | 1 SANDWICH    | 320.00          | 15.00         | 7.00              | 0.00          | 57.50            | 630.00      | 28.00                  | 2.00              | 2.00      | 19.00       | 400.00         | 6.60      | 250.00       | 1.80      |
| TURKEY HAM SANDWICH ON KNOT ROLL                                                                                                    | ENTRÉE          | FIELD TRIP | ALL            | 1 SERVING     | 270.00          | 8.00          | 2.00              | 0.00          | 55.00            | 630.00      | 31.00                  | 2.00              | 5.00      | 19.00       | 0.00           | 10.20     | 60.00        | 2.16      |
| TURKEY SAUSAGE PIZZA                                                                                                                | ENTRÉE          | BREAKFAST  | ALL            | 1 SERVING     | 240.00          | 8.00          | 3.00              | 0.00          | 20.00            | 330.00      | 31.00                  | 3.00              | 5.00      | 11.00       | 200.00         | 2.00      | 183.00       | 1.90      |
| TURKEY STICK                                                                                                                        | ENTRÉE          | SUPPER     | GR K-12        | 1 EACH        | 40.00           | 1.00          | 0.00              | 0.00          | 20.00            | 190.00      | 0.00                   | 0.00              | 0.00      | 8.00        | 0.00           | 0.00      | 0.00         | 0.00      |
| VEGAN BURRITO                                                                                                                       | ENTRÉE          | VEGAN      | GR K-12        | 1 BURRITO     | 310.00          | 7.00          | 1.00              | 0.00          | 0.00             | 520.00      | 49.00                  | 9.00              | 2.00      | 15.00       | 100.00         | 27.00     | 80.00        | 4.50      |
| VEGAN CHILI                                                                                                                         | ENTRÉE          | VEGAN      | GR K-5/EEC     | 1 SERVING     | 206.18          | 7.27          | 1.27              | 0.00          | 0.00             | 474.55      | 32.73                  | 23.64             | 5.45      | 10.91       | 378.18         | 0.00      | 101.82       | 5.45      |
| VEGAN CHILI                                                                                                                         | ENTRÉE          | VEGAN      | GR 6-12        | 1 SERVING     | 252.00          | 8.89          | 1.56              | 0.00          | 0.00             | 580.00      | 40.00                  | 28.89             | 6.67      | 13.33       | 462.22         | 0.00      | 124.44       | 6.67      |

| 2017-18 MENU ITEM                             | FOOD CATEGORY | MENU                             | GRADE LEVEL    | SERVING SIZE   | Calories<br>(kcal) | Total<br>Fat (g) | Saturated<br>Fat (g) | Trans<br>Fat (g) | Cholesterol<br>(mg) | Sodium<br>(mg) | Total<br>Carbohydrate<br>(g) | Dietary<br>Fiber (g) | Sugar (g) | Protein (g) | Vitamin A (IU) | Vitamin C | Calcium (mg) | Iron (mg) |
|-----------------------------------------------|---------------|----------------------------------|----------------|----------------|--------------------|------------------|----------------------|------------------|---------------------|----------------|------------------------------|----------------------|-----------|-------------|----------------|-----------|--------------|-----------|
| VEGETABLE FRIED RICE                          | GRAIN         | LUNCH                            | GR K-12        | 2-DISHERS #6   | 332.82             | 4.31             | 0.62                 | 0.00             | 0.00                | 542.70         | 66.56                        | 3.70                 | 3.70      | 7.40        | 4,314.33       | 2.96      | 24.98        | 0.89      |
| VEGETABLE JUICE (ORANGE MEDLEY)               | VEGETABLE     | SUPPER                           | GR K-12        | EACH 4.23 OZ   | 50.00              | 0.00             | 0.00                 | 0.00             | 0.00                | 30.00          | 13.00                        | 0.00                 | 11.00     | 0.00        | 1,000.00       | 36.00     | 0.00         | 0.00      |
| VEGGIE MEDLEY                                 | VEGETABLE     | LUNCH                            | GR K-12/EEC    | EACH 1/2 CUP   | 68.00              | 0.00             | 0.00                 | 0.00             | 0.00                | 22.67          | 12.47                        | 2.27                 | 4.53      | 1.13        | 1,133.41       | 2.72      | 0.00         | 0.00      |
| VEGGIE SALAD BOWL                             | ENTRÉE        | VEGAN                            | GR K-12        | 1 SERVING      | 146.88             | 2.35             | 0.05                 | 0.00             | 0.00                | 90.45          | 22.30                        | 7.00                 | 1.74      | 10.17       | 5,774.23       | 19.21     | 89.57        | 6.98      |
| VERY BERRY JUICE BAR                          | FRUIT         | SUPPER                           | ALL            | 2 FL OZ        | 40.00              | 0.00             | 0.00                 | 0.00             | 0.00                | 5.00           | 9.00                         | 2.00                 | 7.00      | 0.00        | 500.00         | 60.00     | 60.00        | 0.00      |
| WAFFLE FRIES                                  | VEGETABLE     | LUNCH                            | GR K-12/EEC    | EACH 1/2 CUP   | 175.38             | 6.19             | 1.03                 | 0.00             | 0.00                | 588.04         | 26.82                        | 2.06                 | 0.00      | 2.06        | 0.00           | 0.00      | 0.00         | 1.03      |
| WATERMELON CRANBERRIES                        | FRUIT         | SUPPER                           | GR K-12        | 1 IND. BAG     | 110.00             | 0.00             | 0.00                 | 0.00             | 0.00                | 0.00           | 28.00                        | 3.00                 | 24.00     | 0.00        | 0.00           | 0.00      | 0.00         | 0.00      |
| WHEAT, HOT CEREAL                             | ENTRÉE        | BREAKFAST                        | MECH SOFT K-12 | 2-#6 DISHERS   | 189.00             | 0.86             | 0.00                 | 0.00             | 0.00                | 172.30         | 39.52                        | 5.15                 | 0.00      | 6.87        | 0.00           | 0.00      | 524.53       | 15.46     |
| WHOLE GRAIN CHEESE PIZZA WEDGE                | ENTRÉE        | LUNCH                            | ALL            | 1 SERVING      | 327.81             | 12.85            | 6.10                 | 0.00             | 36.29               | 570.62         | 34.58                        | 3.03                 | 5.21      | 18.81       | 433.75         | 8.62      | 493.86       | 1.40      |
| WHOLE GRAIN CHICKEN PEPPERONI PIZZA           | ENTRÉE        | LUNCH                            | GR K-12        | 1 SERVING      | 320.00             | 13.00            | 5.67                 | 0.00             | 25.00               | 670.00         | 33.00                        | 3.00                 | 4.00      | 19.00       | 0.00           | 0.00      | 0.00         | 0.00      |
| WHOLE GRAIN DEEP DISH CHEESE PIZZA            | ENTRÉE        | LUNCH                            | ALL            | 1 SERVING      | 280.00             | 12.00            | 6.00                 | 0.00             | 30.00               | 410.00         | 26.00                        | 3.00                 | 8.00      | 15.00       | 60.00          | 0.00      | 280.00       | 1.80      |
| WHOLE GRAIN RICH PEPPERONI PIZZA              | ENTRÉE        | LUNCH                            | GR K-12        | 1 SERVING      | 320.00             | 15.00            | 7.00                 | 0.00             | 40.00               | 470.00         | 31.00                        | 3.00                 | 7.00      | 17.00       | 61.00          | 0.00      | 288.00       | 1.80      |
| WHOLE GRAIN RICH PEPPERONI PIZZA IW (ARDELLA) | ENTRÉE        | LUNCH                            | GR K-12        | 1 SERVING      | 330.82             | 13.26            | 6.14                 | 0.00             | 37.78               | 625.21         | 34.10                        | 2.98                 | 5.13      | 19.20       | 420.11         | 8.62      | 470.93       | 1.38      |
| WILD BERRY JUICE                              | FRUIT JUICE   | BREAKFAST/LUNCH                  | ALL            | EACH 4 OZ.     | 60.00              | 0.00             | 0.00                 | 0.00             | 0.00                | 15.00          | 15.00                        | 0.00                 | 15.00     | 0.00        | 0.00           | 30.00     | 0.00         | 0.00      |
| WILD CHERRY JUICE BAR                         | FRUIT JUICE   | SUPPER                           | ALL            | EACH JUICE BAR | 40.00              | 0.00             | 0.00                 | 0.00             | 0.00                | 5.00           | 9.00                         | 2.00                 | 7.00      | 0.00        | 500.00         | 60.00     | 60.00        | 0.00      |
| WOWIE WATERMELON                              | FRUIT         | LUNCH                            | GR K-12        | 1 SERVING      | 27.22              | 0.14             | 0.01                 | 0.00             | 0.00                | 0.91           | 6.85                         | 0.36                 | 0.00      | 0.55        | 516.20         | 7.35      | 6.35         | 0.22      |
| YELLOW SUBMARINE SANDWICH #2 (TURKEY HAM)     | ENTRÉE        | LUNCH                            | GR K-12        | 1 SANDWICH     | 326.67             | 14.50            | 6.67                 | 0.00             | 60.00               | 700.00         | 27.67                        | 2.00                 | 1.67      | 22.67       | 400.00         | 6.40      | 246.67       | 1.80      |
| YELLOW SUBMARINE SANDWICH #3 (TURKEY SALAMI)  | ENTRÉE        | LUNCH                            | GR K-12        | 1 SANDWICH     | 326.67             | 14.50            | 6.50                 | 0.00             | 65.00               | 713.33         | 27.00                        | 2.00                 | 1.00      | 22.67       | 433.33         | 6.40      | 260.00       | 1.80      |
| YOGURT & GRANOLA                              | ENTRÉE        | LUNCH-DAILY<br>OPTION/FIELD TRIP | GR K-12        | 1 SERVING      | 420.00             | 9.00             | 1.00                 | 0.00             | 5.00                | 160.00         | 75.00                        | 4.00                 | 39.00     | 11.00       | 0.00           | 3.60      | 625.00       | 1.00      |
| YOGURT 4 OZ. (STRAWBERRY)                     | ENTRÉE        | BREAKFAST/SNACK                  | GR K-12        | EACH 4 OZ.     | 61.73              | 0.00             | 0.00                 | 0.00             | 3.53                | 52.91          | 12.35                        | 0.00                 | 8.82      | 3.53        | 0.00           | 0.00      | 132.28       | 0.00      |
| YOGURT 4 OZ. (STRAWBERRY/BANANA)              | ENTRÉE        | SNACK                            | ALL            | EACH 4 OZ.     | 100.00             | 0.50             | 0.50                 | 0.00             | 5.00                | 50.00          | 20.00                        | 0.00                 | 13.00     | 3.00        | 500.00         | 0.00      | 100.00       | 0.00      |
| YOGURT 8 OZ. (STRAWBERRY)                     | ENTRÉE        | LUNCH                            | GR K-12        | EACH 8 OZ.     | 180.00             | 0.00             | 0.00                 | 0.00             | 5.00                | 105.00         | 38.00                        | 0.00                 | 29.00     | 6.00        | 0.00           | 3.60      | 600.00       | 0.00      |
| YOGURT PARFAIT                                | ENTRÉE        | LUNCH                            | GR 6-12        | 1 SERVING      | 219.63             | 1.99             | 1.00                 | 0.00             | 5.00                | 105.49         | 43.91                        | 0.98                 | 31.43     | 7.00        | 1,000.00       | 0.00      | 200.00       | 0.00      |
| ZESTY BEEF CHALUPA                            | ENTRÉE        | LUNCH                            | GR K-5         | 1 SERVING      | 244.50             | 13.94            | 5.92                 | 0.00             | 44.07               | 404.03         | 11.18                        | 0.32                 | 0.56      | 16.28       | 296.12         | 0.24      | 347.14       | 0.84      |
| ZESTY BEEF CHALUPA AND RICE                   | ENTRÉE        | LUNCH                            | GR 6-12        | 1 SERVING      | 362.04             | 14.54            | 5.92                 | 0.00             | 44.07               | 636.33         | 37.50                        | 1.53                 | 0.56      | 18.69       | 595.98         | 0.24      | 349.55       | 1.27      |