

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)
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 TAMALE	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 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/EEC	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/EEC	1 IND. WRAPPED	140.00	5.00	0.50	0.00	15.00	100.00	23.00	1.00	10.00	3.00	0.00	4.80	20.00	0.72
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
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
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
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 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
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
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
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 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

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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 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 - BRQ 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
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
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-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

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)
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
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
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 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
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
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
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
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
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

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)
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
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	1 EACH (1/2 PINT)	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	1 SERVING (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	1 EACH (1/2 PINT)	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	1 EACH (1/2 PINT)	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	1 EACH (1/2 PINT)	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	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
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
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, 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
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, Vegetable Juice, Cranberries, 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, Cranberries, 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
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

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)
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 ROLL	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
PRETZEL ROLL IND. WRAPPED	GRAIN	LUNCH	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
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
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	GRAIN	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
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
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
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
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	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

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)
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 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	310.00	11.50	3.50	0.00	60.00	470.00	29.00	3.00	2.00	22.00	0.00	0.00	20.00	2.52
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 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
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 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 (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
WHOLE GRAIN RICH PEPPERONI PIZZA (BIG DADDY)	ENTRÉE	LUNCH	GR K-12	1 SERVING	360.00	16.00	8.00	0.00	45.00	570.00	35.00	4.00	6.00	19.00	400.00	0.00	316.00	2.00
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
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 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