

2019-2020 MENU ITEM	FOOD CATEGORY	Total Carbohydrate (g)	MENU	GRADE LEVEL	SERVING SIZE	Calories (kcal)	Total Fat (g)
ALL AMERICAN BURGER	ENTRÉE	29.60	LUNCH/SUPPER	GR K-12	1 SERVING	275.10	8.67
ALL STAR TURKEY HOT DOG	ENTRÉE	28.00	LUNCH	GR K-12	1 SERVING	260.00	11.00
ALMOND MILK	MILK	16.00	MILK	SPECIAL DIET	8 OZ CARTON	90.00	2.50
ALOHA ROLL	GRAIN	28.00	LUNCH	ALL	1 ROLL	150.00	3.00
APPLE FRESH (FUJI, GALA, RED DELICIOUS) COMMODITY	FRUIT	27.63	BREAKFAST/LUNCH	GR K-12/EEC	1 EACH	110.51	0.00
APPLE FRESH (RED/GREEN)	FRUIT	20.48	BREAKFAST/LUNCH	GR K-12/EEC	1 EACH	87.04	0.00
APPLE JUICE	FRUIT JUICE	14.50	BREAKFAST/LUNCH	ALL	EACH 4 OZ.	55.00	0.00
APPLE SLICES FRESH	FRUIT	8.00	BREAKFAST/LUNCH	GR K-12/EEC	1 IND. PKG	34.00	0.00
APPLESAUCE CUP	FRUIT	14.00	BREAKFAST/LUNCH	ALL	1 EACH	60.00	0.00
ARTISAN ROLL 1 OZ.	GRAIN	15.00	LUNCH	EEC	1 EACH	80.00	1.00
ARTISAN ROLL 2 OZ.	GRAIN	34.00	LUNCH	GR K-12	1 EACH	160.00	2.00
ASIAN CHICKEN BITES	ENTRÉE	27.00	SUPPER	GR K-12	1 SERVING	310.00	13.00
BANANA FRESH	FRUIT	31.06	BREAKFAST/LUNCH	ALL	1 EACH	121.04	0.45
BEAN & CHEESE CHIMICHANGA	ENTRÉE	43.00	LUNCH	ALL	1 SERVING	350.00	13.00
BEAN & CHEESE PUPUSA	ENTRÉE	35.00	LUNCH	GR K-12	1 SERVING	290.00	11.00
BEEF & CHEESE TACO BURRITO	ENTRÉE	30.00	LUNCH	ALL	1 SERVING	290.00	14.00
BEEF & CHEESE TACO SNACK	ENTRÉE	30.00	LUNCH	ALL	1 SERVING	290.00	14.00
BEEF CORN DOG	ENTRÉE	30.90	SUPPER	ALL	1 EACH	306.00	15.10
BEEF TACO & CHEESE CHIMICHANGA	ENTRÉE	43.00	SUPPER	GR K-12	1 EACH	380.00	12.50
BEEFY WESTERN CHEESEBURGER	ENTRÉE	47.90	LUNCH	GR 6-12	1 BURGER	461.00	20.40
BERRY JUICE BAR	FRUIT JUICE	9.00	SUPPER	ALL	EACH JUICE BAR	40.00	0.00
BLUEBERRY MUFFIN	GRAIN	23.00	SNACK/SUPPER	ALL	1 EACH	130.00	3.50
BREAKFAST SAUSAGE SQUARE	ENTRÉE	31.00	BREAKFAST	ALL	1 SERVING	240.00	8.00
BROCCOLI BUDS (1 C)	VEGETABLE	9.24	LUNCH	MECH SOFT K-12	EACH 1 CUP	48.07	0.00
BROCCOLI BUDS (1/2 C)	VEGETABLE	4.62	LUNCH	ALL	EACH 1/2 CUP	24.04	0.00
BUFFALO CALZONE	ENTRÉE	40.00	LUNCH/SUPPER	ALL	1 EACH	320.00	8.00
BUFFALO CHICKEN BASKET	ENTRÉE	47.26	LUNCH	PILOT SITE 6-12	1 SERVING	626.20	40.23
BUFFALO CHICKEN BITES	ENTRÉE	13.77	LUNCH	GR 6-12	1 SERVING	249.92	13.99
CAFÉ LA BURGER	ENTRÉE	26.50	LUNCH	ALL	1 SERVING	242.00	8.10
CAFÉ LA CHEESEBURGER	ENTRÉE	26.50	LUNCH	GR K-12	1 SERVING	362.00	18.10
CAFÉ LA COFFEE CAKE (CUT 40)	GRAIN	53.49	BREAKFAST	GR 6-12	1 SERVING	360.79	15.01
CAFÉ LA COFFEE CAKE (CUT 72)	GRAIN	29.72	BREAKFAST	GR K-5	1 SERVING	200.44	8.34
CAFÉ LA COFFEE CAKE 2 OZ. IND. WRAPPED	GRAIN	26.00	BREAKFAST	GR K-5	1 IND. WRAPPED	184.00	7.00
CAFÉ LA COFFEE CAKE 3.4 OZ IND. WRAPPED	GRAIN	49.00	BREAKFAST	GR 6-12	1 IND. WRAPPED	310.00	12.00

2019-2020 MENU ITEM	FOOD CATEGORY	Total Carbohydrate (g)	MENU	GRADE LEVEL	SERVING SIZE	Calories (kcal)	Total Fat (g)
CAFÉ LA NACHO DOG	ENTRÉE	29.00	LUNCH	PILOT SITE 6-12	1 SERVING	320.18	15.50
CAFÉ LA STREET DOG	ENTRÉE	29.22	LUNCH	PILOT SITE 6-12	1 SERVING	375.83	22.66
CAFÉ LA TERIYAKI CHEESEBURGER	ENTRÉE	43.93	LUNCH	PILOT SITE 6-12	1 SANDWICH	367.89	12.33
CAFÉ LA WESTERN CHEESEBURGER	ENTRÉE	50.54	LUNCH	PILOT SITE 6-12	1 SANDWICH	426.99	15.53
CAMPFIRE BAKED BEANS (1 C)	VEGETABLE	60.19	LUNCH	MECH SOFT K-12	1 SERVING	280.88	0.00
CAMPFIRE BAKED BEANS (1/2 C)	VEGETABLE	30.09	LUNCH	ALL	1 SERVING	140.44	0.00
CELERY STICKS (1/2 C)	VEGETABLE	2.11	LUNCH	GR K-12	1 SERVING	11.34	0.12
CHEESE BURGER SLIDERS	ENTRÉE	31.10	SUPPER	GR K-12	1 SERVING	273.00	8.00
CHEESE KIT (NOTABLES)	ENTRÉE	63.00	SUPPER	GR K-12	1 KIT	480.00	19.00
CHEESE PLANK (1 OZ.)	DAIRY	1.00	FIELD TRIP	ALL	1 OZ. EACH	100.00	8.00
CHEESE PLANK (2 OZ.)	DAIRY	2.00	SUPPER	GR K-12	EACH 2 OZ.	200.00	16.00
CHEESY BREAD	GRAIN	30.00	LUNCH	GR K-12	1 EACH	240.00	8.00
CHEESY GARLIC BREAD	ENTRÉE	29.00	LUNCH/SUPPER	ALL	1 SERVING	385.00	21.71
CHEESY PILLOWS	ENTRÉE	29.00	LUNCH/SUPPER	ALL	1 SERVING	290.00	14.00
CHEEZ-IT CRACKERS	GRAIN	14.00	SNACK	ALL	1 IND. BAG	100.00	3.50
CHERRY BLOSSOM CHICKEN BOWL	ENTRÉE	69.82	LUNCH	ALL	1 SERVING	416.67	7.25
CHERRY LIMEADE SLUSH	FRUIT JUICE	15.00	LUNCH/SUPPER	ALL	1 EACH	60.00	0.00
CHICKEN & CHEESE BURRITO	ENTRÉE	32.00	SUPPER	GR K-12	1 EACH	290.00	9.00
CHICKEN & CHEESE SLIDERS	ENTRÉE	34.00	LUNCH	ALL	1 SERVING	340.00	14.00
CHICKEN CAESAR SALAD	ENTRÉE	10.48	LUNCH	GR K-12	1 SERVING	135.49	6.37
CHICKEN CAESAR SALAD & CHEESY BREAD	ENTRÉE	40.48	LUNCH	GR K-12	1 SERVING	375.49	14.37
CHICKEN PANCAKE SANDWICH	ENTRÉE	24.00	BREAKFAST	ALL	1 SERVING	200.00	8.00
CHICKEN TENDERS, HOMESTYLE	ENTRÉE	12.20	LUNCH/SUPPER	ALL	3 EACH TENDERS	233.74	12.20
CHIK'N NUGGETS	ENTRÉE	24.72	VEGAN	GR K-12	1 SERVING	247.24	11.13
CHILLED MIXED FRUIT-PEAR MANGO	FRUIT	17.84	LUNCH	GR K-12	1 SERVING	75.24	0.04
CHILLED PINEAPPLE (CANNED)	FRUIT	16.50	LUNCH	ALL	1/2 CUP SERVING	69.28	0.00
CHILLED PINEAPPLE (CANNED)	FRUIT	33.00	LUNCH	MECH SOFT GR 9-12	1 CUP SERVING	138.57	0.00
CHILLED TROPICAL FRUIT (1/2 C)	FRUIT	16.23	LUNCH	GR K-12	1 SERVING	68.29	0.04
CHINESE CHICKEN SALAD	ENTRÉE	14.51	LUNCH	GR K-12	1 SERVING	231.73	9.43
CHOCOLATE CRESCENT	GRAIN	37.00	BREAKFAST	GR K-12	1 SERVING	230.00	8.00
CHOCOLATE GRANOLA	GRAIN	18.00	SUPPER	GR K-12	EACH IND. PKG	120.00	4.00
CINNAMONY PANCAKES	GRAIN	35.00	BREAKFAST	ALL	1 SERVING	220.00	7.00
CLASSIC TUNA SANDWICH	ENTRÉE	31.40	LUNCH	GR K-12	1 SERVING	388.75	20.91
CONDIMENT - GRAPE JELLY	CONDIMENT	9.00	CONDIMENT	ALL	1 EACH	35.00	0.00

2019-2020 MENU ITEM	FOOD CATEGORY	Total Carbohydrate (g)	MENU	GRADE LEVEL	SERVING SIZE	Calories (kcal)	Total Fat (g)
CONDIMENT - KETCHUP	CONDIMENT	2.00	CONDIMENT	ALL	1 EACH	10.00	0.00
CONDIMENT - MAYONNAISE, REDUCED CAL	CONDIMENT	1.00	CONDIMENT	ALL	1 EACH	25.00	2.50
CONDIMENT - MUSTARD	CONDIMENT	0.00	CONDIMENT	ALL	1 EACH	0.00	0.00
CONDIMENT - TACO SAUCE	CONDIMENT	0.00	CONDIMENT	ALL	1 EACH	0.00	0.00
CONDIMENT - TAPATIO HOT SAUCE	CONDIMENT	0.00	CONDIMENT	ALL	1 EACH	0.00	0.00
CONDIMENT-SYRUP	CONDIMENT	20.00	CONDIMENT	ALL	1 EACH	80.00	0.00
CONDIMENT-TAJIN	CONDIMENT	0.00	CONDIMENT	ALL	1 EACH	2.00	0.00
COOKED BABY CARROTS	VEGETABLE	15.57	LUNCH	MECH SOFT K-12	EACH 1 CUP	66.15	0.25
COOKED BABY CARROTS	VEGETABLE	7.95	LUNCH	EEC	EACH 1/2 CUP	33.78	0.13
COOKED SPINACH	VEGETABLE	5.49	LUNCH	MECH SOFT K-12	EACH 1 CUP	34.78	0.59
CORN MUFFIN	GRAIN	33.00	LUNCH	ALL	1 EACH	190.00	6.00
CRANBERRIES, DRIED (1/2 C)	FRUIT	27.00	LUNCH	GR K-12	1 SERVING	110.00	0.00
CREAMY MASHED POTATOES (1 C)	VEGETABLE	37.05	LUNCH	MECH SOFT K-12	1 SERVING	178.69	1.75
CREAMY MASHED POTATOES (1/2 C)	VEGETABLE	18.53	LUNCH	ALL	1 SERVING	89.35	0.87
CRISPY CHICKEN SANDWICH	ENTRÉE	45.00	LUNCH/SUPPER	ALL	1 SANDWICH	420.00	17.00
CRISPY POTATO SMILES	VEGETABLE	20.14	LUNCH	GR K-5/EEC	EACH 1/2 CUP	130.89	4.53
CRUNCHY CEREAL-CHEERIOS	GRAIN	20.00	BREAKFAST/SNACK	ALL	1 EACH	100.00	2.00
CRUNCHY CEREAL-CINNAMON TOAST CRUNCH	GRAIN	22.00	BREAKFAST	ALL	1 EACH	110.00	3.00
CRUNCHY CEREAL-CORN CHEX	GRAIN	24.00	BREAKFAST/SNACK	ALL	1 EACH	100.00	0.50
CRUNCHY CEREAL-RICE CHEX	GRAIN	24.00	BREAKFAST	ALL	1 EACH	100.00	0.50
CRUNCHY CEREAL-RICE CINNAMON CHEX	GRAIN	22.00	BREAKFAST/SNACK	ALL	1 EACH	120.00	2.50
CRUNCHY TORTILLA CHIPS	GRAIN	38.48	LUNCH/SUPPER	GR K-12	2 OZ IND. BAG	283.50	12.15
CUCUMBER COINS (1/2 C)	VEGETABLE	3.09	LUNCH	GR K-12	1 SERVING	12.76	0.09
CURTIDO SLAW (FOR BEAN & CHEESE PUPUSA)	CONDIMENT	0.99	CONDIMENT	ALL	1 SERVING	4.33	0.03
DEEP DISH PEPPERONI PIZZA	ENTRÉE	31.00	LUNCH	ALL	1 EACH	310.00	13.00
DELI CHEESE SANDWICH	ENTRÉE	26.00	LUNCH-DAILY OPTION/FIELD TRIP	ALL	1 SERVING	380.00	22.00
DELI TURKEY & CHEESE SANDWICH	ENTRÉE	29.00	LUNCH	GR K-12	1 SERVING	310.00	12.75
DELI TURKEY & CHEESE SANDWICH #2	ENTRÉE	29.00	LUNCH/SUPPER	GR K-12	1 SANDWICH	280.00	9.75
DELI TURKEY HAM SANDWICH	ENTRÉE	32.00	LUNCH	ALL	1 SANDWICH	270.00	8.00
DRESSING - 1000 ISLAND	CONDIMENT	6.00	CONDIMENT	ALL	1 EACH	25.00	2.90
DRESSING - ASIAN SESAME	CONDIMENT	6.00	CONDIMENT	ALL	1 SERVING	140.00	12.00
DRESSING - CAESAR	CONDIMENT	1.98	CONDIMENT	ALL	1 EACH	138.45	13.85
DRESSING - FRENCH LIGHT	CONDIMENT	3.00	CONDIMENT	ALL	1 EACH	30.00	2.00
DRESSING - ITALIAN FAT FREE	CONDIMENT	3.00	CONDIMENT	ALL	1 EACH	15.00	0.00

2019-2020 MENU ITEM	FOOD CATEGORY	Total Carbohydrate (g)	MENU	GRADE LEVEL	SERVING SIZE	Calories (kcal)	Total Fat (g)
DRESSING - RANCH (SCRATCH MADE)	CONDIMENT	0.80	CONDIMENT	ALL	1 SERVING	100.28	10.36
DRESSING - RANCH PC	CONDIMENT	4.00	CONDIMENT	ALL	1 EACH	21.00	0.60
EGG & CHEESE SANDWICH	ENTRÉE	19.00	BREAKFAST	ALL	1 EACH	160.00	7.00
EGG & CHEESE WRAP	ENTRÉE	14.00	BREAKFAST	ALL	1 EACH	180.00	10.00
FALAFEL FLATBREAD	ENTRÉE	68.00	VEGAN	GR K-12	1 SERVING	406.25	8.75
FIESTA BEAN & CHEESE BURRITO	ENTRÉE	29.95	BREAKFAST	ALL	EACH 3.25 OZ.	214.02	6.40
FIESTA OMELET	ENTRÉE	1.00	LUNCH	ALL	EACH OMELET	120.00	9.00
FIESTA PINTO BEANS	VEGETABLE	27.94	LUNCH	GR K-12/EEC	EACH 1/2 CUP	159.19	0.02
FIESTA PINTO BEANS	VEGETABLE	55.87	LUNCH	MECH SOFT K-12	EACH 1 CUP	318.37	0.04
FIESTA SURPRISE KIT (SUPPER KIT SHELF STABLE (NNC) #1 (Cheese Spread, Sunflower Seeds, Tangy Salsa Cup, Cranberries, Crunchy Tortilla Chips)	SUPPER	77.48	SUPPER	GR K-12	1 EACH KIT	658.50	32.15
FOOD & NUTRITION CRACKERS	GRAIN	22.00	SNACK	ALL	1 IND. BAG	120.00	4.00
FRENCH TOAST TRIO	GRAIN	25.61	BREAKFAST	ALL	1 SERVING	207.77	8.79
FRESH GARDEN SALAD	VEGETABLE	1.41	LUNCH	GR K-12/EEC	EACH 1/2 CUP	7.27	0.13
FROZEN JUICE CUP-LEMON BERRY SWIRL CUP	FRUIT JUICE	19.00	LUNCH	GR K-12/EEC	1 EACH	70.00	0.00
FROZEN JUICE CUP-SOUR LEMON CUP	FRUIT JUICE	20.00	LUNCH	ALL	1 EACH	70.00	0.00
FROZEN JUICE CUP-SOUR WATERMELON CUP	FRUIT JUICE	20.00	LUNCH	ALL	1 EACH	70.00	0.00
FROZEN JUICE SLUSH-CHERRY LIMEADE SLUSH	FRUIT JUICE	15.00	LUNCH/SUPPER	ALL	1 EACH	60.00	0.00
FROZEN JUICE SLUSH-KIWI STRAWBERRY SLUSH	FRUIT JUICE	15.00	SUPPER	GR K-12	1 SERVING	60.00	0.00
FROZEN JUICE SLUSH-PARADISE FRUIT JUICE SLUSH	FRUIT JUICE	16.00	SUPPER	ALL	1 SERVING	60.00	0.00
FROZEN VEGETABLE JUICE (CHERRY SMOOTH CUP)	VEGETABLE	22.00	SUPPER	ALL	1 SERVING	100.00	0.00
FRUIT JUICE BAR-BERRY	FRUIT JUICE	9.00	SUPPER	ALL	EACH JUICE BAR	40.00	0.00
FRUIT JUICE BAR-WILD CHERRY	FRUIT JUICE	9.00	SUPPER	ALL	EACH JUICE BAR	40.00	0.00
GARLIC BREADSTICK	GRAIN	14.00	LUNCH	GR K-5	1 SERVING	90.00	2.00
GARLICKY CHEESE BREAD	ENTRÉE	29.00	LUNCH/SUPPER	ALL	1 SERVING	385.00	21.71
GO BANANAS	FRUIT	31.06	BREAKFAST/LUNCH	ALL	1 EACH	121.04	0.45
GO BIG YOGURT (STRAWBERRY)	YOGURT	18.00	SNACK/SUPPER	ALL	EACH 4 OZ.	100.00	1.50
GOLD FISH PRETZEL	GRAIN	16.00	SNACK	ALL	1 IND. BAG	90.00	1.50
GOLDEN CHICKEN FILET SANDWICH	ENTRÉE	38.00	LUNCH	GR 6-12	1 SANDWICH	350.00	11.00
GOLDEN HASH BROWN PATTIES	VEGETABLE	31.00	LUNCH	GR 6-12	EACH 1/2 CUP	250.00	13.00
GOURMET WAFFLES	GRAIN	28.00	BREAKFAST	ALL	1 EACH PKG	180.00	6.00

Carbohydrate Count Table

Date: 10/18/19

2019-2020 MENU ITEM	FOOD CATEGORY	Total Carbohydrate (g)	MENU	GRADE LEVEL	SERVING SIZE	Calories (kcal)	Total Fat (g)
GRANDE BURGER	ENTRÉE	26.70	LUNCH	GR 6-12	1 BURGER	296.00	13.70
GRANDE CHEESEBURGER	ENTRÉE	26.70	LUNCH	GR 6-12	1 BURGER	341.00	17.20
GRAVY, CHICKEN	CONDIMENT	2.67	CONDIMENT	ALL	1 SERVING	16.69	0.33
GRILLED BEEFY BURGER	ENTRÉE	26.70	LUNCH	GR 6-12	1 BURGER	296.00	13.70
GRILLED BEEFY CHEESEBURGER	ENTRÉE	26.70	LUNCH	GR 6-12	1 BURGER	341.00	17.20
ITALIAN CHEESE PACK	SUPPER	33.41	SUPPER	GR K-12	1 EACH KIT	307.78	11.21
ITALIAN CHEESE POCKET	ENTRÉE	17.00	BREAKFAST	ALL	1 EACH	160.00	6.00
ITALIAN SAUSAGE SUB	ENTRÉE	43.04	VEGAN	GR K-12	1 SANDWICH	274.45	4.81
LEMON BERRY SWIRL CUP	FRUIT JUICE	19.00	LUNCH	GR K-12/EEC	1 EACH	70.00	0.00
LET US TOMATO (1/4 C)	VEGETABLE	1.44	LUNCH	GR 6-12	1 SERVING	7.04	0.07
LETTUCE & TOMATO (1/2 C)	VEGETABLE	2.20	LUNCH	GR K-12	1 SERVING	10.85	0.16
LUNCH BUNCH GRAPES, FRESH (1/2 C)	FRUIT	16.04	LUNCH	GR K-12	1 SERVING	62.78	0.00
MAMA'S MEATBALL SUB	ENTRÉE	38.00	LUNCH	EEC & MECH SOFT	1 SERVING	293.40	8.40
MANGO PEACH APPLESAUCE CUP	FRUIT	14.00	LUNCH	ALL	1 SERVING	50.00	0.00
MARINARA SAUCE CUP	VEGETABLE	7.00	LUNCH/SUPPER	ALL	1 EACH	40.00	1.00
MESQUITE BBQ PORK SANDWICH	ENTRÉE	42.00	LUNCH	ALL	1 SERVING	320.00	8.00
MEXICAN PIZZA	ENTRÉE	31.43	LUNCH	PILOT SITE 6-12	1 SERVING	323.32	15.02
MILK 1 % LOW FAT 1/2 PT	MILK	14.00	MILK	GR K-12	8 OZ.	120.00	2.50
MILK 1% WHITE (6 OZ.)	MILK	10.50	MILK	EEC	6 OZ.	90.00	1.88
MILK 100% LACTOSE FREE 1/2 PT	MILK	13.00	MILK	GR K-12	8 OZ.	90.00	0.00
MILK FAT FREE 1/2 PT	MILK	12.00	MILK	GR K-12	8 OZ.	90.00	0.00
MILK FAT FREE CHOCOLATE 1/2 PT	MILK	22.00	MILK	GR K-12	8 OZ.	120.00	0.00
MILK STRAWBERRY 1/2 PT	MILK	20.00	MILK	GR K-12	8 OZ.	120.00	0.00
MINI CHICKEN CORN DOGS	ENTRÉE	26.67	LUNCH	GR K-12	1 SERVING	315.23	16.97
MINI FRENCH TOAST BITES	ENTRÉE	37.00	BREAKFAST	ALL	1 SERVING	200.00	5.00
MINI POTATO TOTS	VEGETABLE	28.07	LUNCH	MECH SOFT K-12	EACH 1 CUP	180.45	7.02
MINI POTATO TOTS (1/2 C)	VEGETABLE	14.04	LUNCH	ALL	EACH 1/2 CUP	90.23	3.51
MINI TERIYAKI CHICKEN SANDWICH	ENTRÉE	40.00	LUNCH	ALL	1 SERVING	290.00	7.00
MIXED BERRY CUP	FRUIT	20.00	LUNCH	GR K-12	1 SERVING	90.00	0.00
MORNING BEEF SAUSAGE SANDWICH	ENTRÉE	26.30	BREAKFAST	ALL	1 EACH	213.98	6.63
NACHO DIP & CHIPS	ENTRÉE	41.33	LUNCH	GR 6-12	1 SERVING	488.67	25.96
NACHO DIP (TURKEY/CHEESE)	ENTRÉE	2.86	LUNCH	GR 6-12	1 SERVING	205.17	13.81
NNC SHELF STABLE SUPPER KIT 9 (Hummus, Sunflower Seeds, Tangy Salsa Cup, Cranberries, Crunchy Tortilla Chips)	SUPPER	95.48	SUPPER	GR K-12	1 EACH KIT	698.50	28.15

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NNC SHELF-STABLE SUPPER KIT 1 (Cheese Spread, Sunflower Seeds, Tangy Salsa Cup, Cranberries, Crunchy Tortilla Chips)	SUPPER	77.48	SUPPER	GR K-12	1 EACH KIT	658.50	32.15
OATMEAL, HOT CEREAL	GRAIN	38.62	BREAKFAST	MECH SOFT K-12	2-#8 DISHERS	213.69	4.26
ORANGE FRESH	FRUIT	15.45	BREAKFAST/LUNCH	GR K-12/EEC	1 EACH	61.79	0.16
ORANGE JUICE	FRUIT JUICE	14.00	BREAKFAST/LUNCH	ALL	EACH 4 OZ.	55.00	0.00
ORANGE MEATBALL RICE BOWL	ENTRÉE	62.86	LUNCH	ALL	1 SERVING	374.89	6.33
ORANGE MEATBALL RICE BOWL	ENTRÉE	62.86	LUNCH	ALL	1 SERVING	374.89	6.33
ORANGE MEDLEY JUICE	VEGETABLE	13.00	SUPPER	GR K-12	EACH 4.23 OZ	50.00	0.00
ORANGE SORBET JUICE COOLER	FRUIT JUICE	19.00	LUNCH	ALL	1 EACH	70.00	0.00
OVEN FRIED CHICKEN DRUMSTICK	ENTRÉE	7.48	LUNCH	GR K-12	1 EACH	254.49	14.97
OVEN ROASTED TURKEY BREAST SANDWICH	ENTRÉE	29.00	LUNCH	GR K-12	1 SANDWICH	230.00	3.50
PAN DULCE	GRAIN	34.00	BREAKFAST	GR K-12	1 EACH	200.00	6.00
PAPAS LOCO	ENTRÉE	44.45	LUNCH	PILOT SITE 6-12	1 SERVING	479.23	26.02
PARADISE FRUIT JUICE SLUSH	FRUIT JUICE	16.00	SUPPER	ALL	1 SERVING	60.00	0.00
PASTRAMI & CHEESE CROISSANT	ENTRÉE	31.00	LUNCH/SUPPER	GR 6-12	1 SANDWICH	400.00	22.00
PASTRAMI & CHEESE CROISSANT #2	eNTRÉE	31.00	LUNCH/SUPPER	GR K-12	1 SANDWICH	325.00	15.50
PEACH POP	FRUIT	18.54	LUNCH	ALL	1 SERVING	75.07	0.00
PEACHY PEACHES, DICED (CANNED)	FRUIT	16.89	BREAKFAST/LUNCH	ALL	EACH 1/2 CUP	69.56	0.00
PEACHY PEACHES, DICED (CANNED)	FRUIT	33.79	BREAKFAST/LUNCH	MECH SOFT 9-12	EACH 1 CUP	139.13	0.00
PEACHY PEACHES, SLICED (CANNED)	FRUIT	14.00	BREAKFAST/LUNCH	ALL	EACH 1/2 CUP	60.02	0.00
PEACHY PEACHES, SLICED (CANNED)	FRUIT	28.01	BREAKFAST/LUNCH	MECH SOFT 9-12	EACH 1 CUP	120.03	0.00
PEAR FRESH	FRUIT	31.62	LUNCH	GR K-12/EEC	1 EACH	118.64	0.25
PERFECT PEARS, DICED (CANNED)	FRUIT	18.69	BREAKFAST/LUNCH	ALL	EACH 1/2 CUP	78.69	0.00
PERFECT PEARS, DICED (CANNED)	FRUIT	38.19	BREAKFAST/LUNCH	MECH SOFT 9-12	EACH 1 CUP	160.81	0.00
PERFECT PEARS, SLICED (CANNED)	FRUIT	15.00	BREAKFAST/LUNCH	ALL	EACH 1/2 CUP	58.01	0.00
PERFECT PEARS, SLICED (CANNED)	FRUIT	30.01	BREAKFAST/LUNCH	MECH SOFT 9-12	EACH 1 CUP	116.03	0.00
PETITE BABY CARROTS	VEGETABLE	5.84	LUNCH	GR K-12	EACH 1/2 CUP	24.81	0.09
PHILLY CHEESE STEAK SANDWICH	ENTRÉE	29.58	LUNCH	ALL	EACH SANDWICH	325.47	14.22
PHILLY STEAK & CHEESE PINWHEEL	ENTRÉE	33.00	LUNCH/SUPPER	GR K-12/EEC	1 EACH	320.00	12.00
PIZZABOLI (SICILIAN STYLE CHEESE CALZONE)	ENTRÉE	34.00	LUNCH	ALL	1 EACH	310.00	12.00
PLUM, FRESH	FRUIT	11.51	BREAKFAST/LUNCH	GR K-12	1 EACH	46.36	0.28
POSSIBLE BURGER	ENTRÉE	35.00	LUNCH/VEGAN	ALL	1 BURGER	280.00	6.50
PRESIDENTS CRACKERS	GRAIN	22.00	LUNCH	ALL	1 IND. PKG	120.00	4.00
RAINBOW GOLD FISH CHEESE CRACKERS	GRAIN	14.00	SNACK	ALL	1 IND. BAG	100.00	3.50

2019-2020 MENU ITEM	FOOD CATEGORY	Total Carbohydrate (g)	MENU	GRADE LEVEL	SERVING SIZE	Calories (kcal)	Total Fat (g)
RICE MILK	MILK	23.00	MILK	SPECIAL DIET	EACH 8 OZ.	120.00	2.50
RICE, BROWN	GRAIN	22.32	LUNCH	GR 6-12	1-DISHER #8	102.54	0.60
ROASTED POTATO WEDGES	VEGETABLE	18.55	LUNCH	GR K-12/EEC	EACH 1/2 CUP	136.67	5.86
ROASTED POTATO WEDGES	VEGETABLE	37.09	LUNCH	MECH SOFT K-12	EACH 1 CUP	273.33	11.71
RUFFLE FRIES (1/2 C)	VEGETABLE	19.55	LUNCH	ALL	1 SERVING	109.98	3.67
SALISBURY STEAK & MASHED POTATOES	ENTRÉE	23.60	LUNCH	GR K-12/EEC	1 SERVING	220.28	7.08
SALISBURY STEAK WITH GRAVY (PREP)	ENTRÉE	5.08	LUNCH	ALL	1 SERVING	130.94	6.21
SALISBURY STEAK WITH GRAY IND. TRAY (NNC)	ENTRÉE	4.67	LUNCH	GR K-12/EEC	1 IND. TRAY	128.83	6.44
SLICED TURKEY & GRAVY	ENTRÉE	2.99	LUNCH	ALL	1 SERVING	94.88	1.51
SLICED TURKEY & GRAVY WITH STUFFING	ENTRÉE	19.67	LUNCH	ALL	1 SERVING	211.93	5.80
SMOKED TURKEY BREAST SANDWICH	ENTRÉE	29.00	LUNCH	ALL	1 SANDWICH	230.00	3.50
SMOKIN' BBQ RIB SANDWICH	ENTRÉE	37.00	LUNCH	ALL	1 SERVING	330.00	12.00
SOUR LEMON CUP	FRUIT JUICE	20.00	LUNCH	ALL	1 EACH	70.00	0.00
SOUR WATERMELON CUP	FRUIT JUICE	20.00	LUNCH	ALL	1 EACH	70.00	0.00
SOUTHERN BUTTERMILK BISCUIT	GRAIN	25.00	LUNCH	ALL	1 EACH	170.00	6.00
SOY MILK ENRICHED 8 OZ	MILK	12.00	MILK	SPECIAL DIET	8 OZ.	140.00	5.00
STATES & CAPITALS CRACKERS	GRAIN	22.00	SNACK	ALL	1 IND. BAG	130.00	4.00
STREET CORN	VEGETABLE	16.31	LUNCH	PILOT SITE 6-12	1 SERVING	125.21	6.43
STRING CHEESE	ENTRÉE	0.00	SUPPER	GR K-12	1 EACH	80.00	6.00
STUFFING	GRAIN	16.58	LUNCH	ALL	1 SERVING	112.96	3.93
SUNBUTTER KIT (NOTABLES)	ENTRÉE	78.00	SUPPER	GR K-12	1 KIT	360.00	5.50
SUNBUTTER SANDWICH	ENTRÉE	41.77	FIELD TRIP	ALL	1 SANDWICH	533.36	30.13
SUNFLOWER SEEDS	SEEDS	6.00	SUPPER	GR K-12	EACH 1 OZ.	170.00	14.00
SUPREME PIZZA	ENTRÉE	31.56	LUNCH	PILOT SITE 6-12	1 SERVING	329.91	15.42
SWEET CORN	VEGETABLE	16.07	LUNCH	GR K-12	EACH 1/2 CUP	66.63	0.57
TACO BEAN DIP	ENTRÉE	19.70	LUNCH	ALL	1 SERVING	211.65	7.11
TANGERINE CHICKEN WITH BROWN RICE	ENTRÉE	62.14	LUNCH	GR K-12	1 SERVING	571.04	20.30
TANGERINE CHICKEN WITH FRIED RICE BOWL	ENTRÉE	84.07	LUNCH	GR K-12	1 SERVING	698.78	23.41
TANGERINE CHICKEN WITH RICE (EEC)	ENTRÉE	36.32	LUNCH	EEC	1 SERVING	395.31	15.88
TANGY SALSA CUP	VEGETABLE	5.00	LUNCH	GR K-12	1 EACH	25.00	0.00
TERIYAKI BEEF DIPPER RICE BOWL	ENTRÉE	64.14	LUNCH	ALL	1 SERVING	399.57	7.87
TERIYAKI VEGGIE PATTY SANDWICH	ENTRÉE	41.00	VEGAN	GR K-12	1 SANDWICH	300.00	9.00
THREE BEAN VEGAN CHILI	ENTRÉE	33.00	LUNCH	ALL	1 SERVING	180.00	0.50
TOASTED CHEESE SANDWICH	ENTRÉE	31.24	LUNCH	ALL	EACH SANDWICH	305.58	14.21
TOSTITOS LOCOS	ENTRÉE	62.05	LUNCH	PILOT SITE 6-12	1 SERVING	513.70	19.53

2019-2020 MENU ITEM	FOOD CATEGORY	Total Carbohydrate (g)	MENU	GRADE LEVEL	SERVING SIZE	Calories (kcal)	Total Fat (g)
TUNA SALAD PLATE	ENTRÉE	6.03	LUNCH	GR 6-12	1 SERVING	256.26	19.12
TURKEY BURGER	ENTRÉE	26.00	LUNCH	ALL	1 BURGER	290.00	11.00
TURKEY HAM & CHEESE ON HAWAIIAN ROLL	ENTRÉE	28.18	BREAKFAST	ALL	1 EACH	209.42	5.22
TURKEY HAM SANDWICH ON KNOT ROLL	ENTRÉE	31.00	FIELD TRIP	ALL	1 SERVING	270.00	8.00
TURKEY SAUSAGE PIZZA	ENTRÉE	31.00	BREAKFAST	ALL	1 SERVING	240.00	8.00
TURKEY STICK	ENTRÉE	0.00	SUPPER	GR K-12	1 EACH	40.00	1.00
VEGAN BURRITO	ENTRÉE	49.00	VEGAN	GR K-12	1 BURRITO	310.00	7.00
VEGETABLE JUICE SLUSH-TROPICAL TRIO	VEGETABLE	20.00	SUPPER	GR K-12	1 SERVING	80.00	0.00
VEGETABLE JUICE-ORANGE MEDLEY	VEGETABLE	13.00	SUPPER	GR K-12	EACH 4.23 OZ	50.00	0.00
VEGGIE PIZZA	ENTRÉE	35.63	LUNCH	PILOT SITE 6-12	1 SERVING	333.07	12.91
VEGGIE SALAD BOWL	ENTRÉE	20.75	VEGAN	GR K-12	1 SERVING	140.13	2.36
WAFFLE CUT FRIES	VEGETABLE	26.82	LUNCH	GR K-12/EEC	EACH 1/2 CUP	175.38	6.19
WAFFLES (2)	GRAIN	28.00	LUNCH	GR 6-12	1 SERVING	180.00	6.00
WATERMELON CRANBERRIES	FRUIT	28.00	SUPPER	GR K-12	EACH IND. BAG	110.00	0.00
WG HAWAIIAN PIZZA	ENTRÉE	37.46	LUNCH	GR K-12	1 SERVING	348.17	13.29
WG HAWAIIAN PIZZA ROUND	ENTRÉE	28.88	LUNCH	GR 6-12	1 SERVING	300.36	12.44
WG HAWAIIAN PIZZA WEDGE	ENTRÉE	37.46	LUNCH	GR 6-12	1 SERVING	348.17	13.29
WG PEPPERONI PIZZA WEDGE	ENTRÉE	31.00	LUNCH/SUPPER	GR K-12	1 SERVING	320.00	15.00
WHEAT CRACKERS	GRAIN	14.00	SNACK	ALL	0.8 OZ IND. BAG	90.00	2.50
WHEAT, HOT CEREAL	ENTRÉE	39.52	BREAKFAST	MECH SOFT K-12	2-#6 DISHERS	189.00	0.86
WHOLE GRAIN CHEESE PIZZA WEDGE	ENTRÉE	34.58	LUNCH	ALL	1 SERVING	327.81	12.85
WHOLE GRAIN DEEP DISH CHEESE PIZZA	ENTRÉE	26.00	LUNCH	ALL	1 SERVING	280.00	12.00
WHOLE GRAIN PEPPERONI PIZZA IW (ARDELLA)	ENTRÉE	34.10	LUNCH/SUPPER	GR K-12	1 SERVING	330.82	13.26
WHOLESOME GRANOLA	GRAIN	37.00	LUNCH	GR K-12	1 IND. BAG	240.00	9.00
WILD BERRY JUICE	FRUIT JUICE	15.00	BREAKFAST/LUNCH	ALL	EACH 4 OZ.	60.00	0.00
WILD CHERRY JUICE BAR	FRUIT JUICE	9.00	SUPPER	ALL	EACH JUICE BAR	40.00	0.00
YELLOW SUBMARINE SANDWICH #2	ENTRÉE	27.67	LUNCH/SUPPER	GR K-12	1 SANDWICH	326.67	14.50
YELLOW SUBMARINE SANDWICH #5 (LAND O'LAKE CHEESE)	ENTRÉE	27.67	LUNCH/SUPPER	GR K-12	1 SANDWICH	296.67	11.50
YOGURT & GRANOLA	ENTRÉE	75.00	LUNCH-DAILY OPTION/FIELD TRIP	GR K-12	1 SERVING	420.00	9.00
YOGURT 4 OZ. (STRAWBERRY)	ENTRÉE	12.35	BREAKFAST	GR K-12	EACH 4 OZ.	61.73	0.00
YOGURT 8 OZ. (STRAWBERRY)	ENTRÉE	38.00	LUNCH	GR K-12	EACH 8 OZ.	180.00	0.00
YOGURT PARFAIT (BLUEBERRIES)	ENTRÉE	43.91	LUNCH	GR 6-12	1 SERVING	219.63	1.99
YOGURT PARFAIT (CHERRIES)	ENTRÉE	47.98	LUNCH	GR 6-12	1 SERVING	235.74	1.55

2019-2020 MENU ITEM	FOOD CATEGORY	Total Carbohydrate (g)	MENU	GRADE LEVEL	SERVING SIZE	Calories (kcal)	Total Fat (g)
YOGURT PARFAIT (PEACHES)	ENTRÉE	50.58	LUNCH	GR 6-12	1 SERVING	312.66	1.50
YOGURT PARFAIT (STRAWBERRIES)	ENTRÉE	42.54	LUNCH	GR 6-12	1 SERVING	212.66	1.50
ZESTY BEEF CHALUPA	ENTRÉE	11.18	LUNCH	GR K-5	1 SERVING	244.50	13.94
ZESTY BEEF CHALUPA WITH RICE	ENTRÉE	36.62	LUNCH	GR 6-12	1 SERVING	362.64	14.54