

2019-2020 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)
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	0.00	0.00	0.00	0.00	0.00	47.00	0.00	0.00	1.00	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	110.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
CONDIMENT-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
CURTIDO SLAW (FOR BEAN & CHEESE PUPUSA)	CONDIMENT	CONDIMENT	ALL	1 SERVING	4.33	0.03	0.00	0.00	0.00	18.57	0.99	0.14	0.13	0.19	19.47	7.18	7.67	0.10
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 - ASIAN SESAME	CONDIMENT	CONDIMENT	ALL	1 SERVING	140.00	12.00	2.00	0.00	0.00	440.00	6.00	0.00	6.00	0.00	0.00	0.00	0.00	0.00
DRESSING - CAESAR	CONDIMENT	CONDIMENT	ALL	1 EACH	138.45	13.85	2.47	0.00	4.94	415.36	1.98	0.00	0.99	0.99	0.00	0.00	39.56	0.00
DRESSING - FRENCH LIGHT	CONDIMENT	CONDIMENT	ALL	1 EACH	30.00	2.00	0.00	0.00	0.00	40.00	3.00	0.00	3.00	0.00	0.00	0.00	0.00	0.00
DRESSING - ITALIAN FAT FREE	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
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
CHEESE PLANK (1 OZ.)	DAIRY	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
CHEESE PLANK (2 OZ.)	DAIRY	SUPPER	GR K-12	EACH 2 OZ.	200.00	16.00	12.00	0.00	50.00	720.00	2.00	0.00	0.00	12.00	0.00	0.00	366.00	0.00
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
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
BEAN & CHEESE CHIMICHANGA	ENTRÉE	LUNCH	ALL	1 SERVING	350.00	13.00	5.00	0.00	20.00	510.00	43.00	7.00	2.00	17.00	400.00	2.40	250.00	3.60
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
BEEF & CHEESE TACO BURRITO	ENTRÉE	LUNCH	ALL	1 SERVING	290.00	14.00	5.00	0.00	35.00	530.00	30.00	5.00	1.00	15.00	400.00	0.00	150.00	2.70
BEEF & CHEESE TACO SNACK	ENTRÉE	LUNCH	ALL	1 SERVING	290.00	14.00	5.00	0.00	35.00	530.00	30.00	5.00	1.00	15.00	400.00	0.00	150.00	2.70
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
BREAKFAST SAUSAGE SQUARE	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
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 BASKET	ENTRÉE	LUNCH	PILOT SITE 6-12	1 SERVING	626.20	40.23	5.28	0.05	54.73	1,284.67	47.26	3.75	1.93	21.23	417.51	1.89	81.42	2.30
BUFFALO CHICKEN BITES	ENTRÉE	LUNCH	GR 6-12	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 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 NACHO DOG	ENTRÉE	LUNCH	PILOT SITE 6-12	1 SERVING	320.18	15.50	5.10	0.00	65.50	757.37	29.00	2.00	3.00	16.50	252.75	15.85	203.50	2.52
CAFÉ LA STREET DOG	ENTRÉE	LUNCH	PILOT SITE 6-12	1 SERVING	375.83	22.66	5.01	0.00	56.90	618.56	29.22	2.34	3.37	14.17	221.31	17.38	128.08	2.64
CAFÉ LA TERIYAKI CHEESEBURGER	ENTRÉE	LUNCH	PILOT SITE 6-12	1 SANDWICH	367.89	12.33	4.86	0.00	43.32	890.19	43.93	4.70	11.15	23.62	213.95	9.61	235.31	4.14
CAFÉ LA WESTERN CHEESEBURGER	ENTRÉE	LUNCH	PILOT SITE 6-12	1 SANDWICH	426.99	15.53	5.46	0.00	43.32	970.45	50.54	5.80	10.61	25.14	355.02	12.22	282.67	4.64
CHEESE BURGER SLIDERS	ENTRÉE	SUPPER	GR K-12	1 SERVING	273.00	8.00	2.90	0.00	45.00	339.00	31.10	2.60	3.40	19.70	25.00	0.00	82.00	2.90
CHEESE KIT (NOTABLES)	ENTRÉE	SUPPER	GR K-12	1 KIT	480.00	19.00	12.00	0.00	50.00	790.00	63.00	3.00	46.00	15.00	500.00	60.00	420.00	2.16
CHEESY GARLIC 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
CHEESY PILLOWS	ENTRÉE	LUNCH/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
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	ENTRÉE	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/SUPPER	ALL	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
CHINESE CHICKEN SALAD	ENTRÉE	LUNCH	GR K-12	1 SERVING	231.73	9.43	2.12	0.00	45.83	219.69	14.51	1.59	0.34	21.90	5,675.53	15.44	109.07	2.20
CLASSIC TUNA SANDWICH	ENTRÉE	LUNCH	GR K-12	1 SERVING	388.75	20.91	3.37	0.00	38.60	633.99	31.40	2.16	5.21	19.68	38.89	9.33	42.51	2.06
CRISPY CHICKEN FILET SANDWICH	ENTRÉE	LUNCH/SUPPER	ALL	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
DEEP DISH PEPPERONI PIZZA	ENTRÉE	LUNCH	ALL	1 EACH	310.00	13.00	6.00	0.00	30.00	510.00	31.00	3.00	8.00	17.00	300.00	0.00	240.00	2.20
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

2019-2020 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 TURKEY HAM SANDWICH	ENTRÉE	LUNCH	ALL	1 SANDWICH	270.00	8.00	2.00	0.00	55.00	650.00	32.00	4.00	5.00	19.00	0.00	13.20	80.00	2.52
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
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
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
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
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
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
MEXICAN PIZZA	ENTRÉE	LUNCH	PILOT SITE 6-12	1 SERVING	323.32	15.02	7.00	0.00	40.00	555.90	31.43	3.13	7.22	17.09	242.89	2.45	289.66	1.84
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 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 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
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
NACHO DIP & CHIPS	ENTRÉE	LUNCH	GR 6-12	1 SERVING	205.17	13.81	7.08	0.00	65.09	727.44	2.86	0.13	0.05	16.59	483.53	0.00	258.80	0.56
NACHO DIP (TURKEY/CHEESE)	ENTRÉE	LUNCH	GR 6-12	1 SERVING	205.17	13.81	7.08	0.00	65.09	727.44	2.86	0.13	0.05	16.59	483.53	0.00	258.80	0.56
ORANGE MEATBALL RICE BOWL	ENTRÉE	LUNCH	ALL	1 SERVING	374.89	6.33	1.03	0.00	46.15	509.98	62.86	2.41	13.41	18.33	5.39	0.00	23.81	1.68
ORANGE TURKEY RICE BOWL	ENTRÉE	LUNCH	ALL	1 SERVING	374.89	6.33	1.03	0.00	46.15	509.98	62.86	2.41	13.41	18.33	5.39	0.00	23.81	1.68
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
PAPAS LOCO	ENTRÉE	LUNCH	PILOT SITE 6-12	1 SERVING	479.23	26.02	11.60	0.00	68.00	1,217.70	44.45	4.14	0.00	18.10	926.21	9.33	406.15	0.77
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
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/SUPPER	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
SALISBURY STEAK & MASHED POTATOES	ENTRÉE	LUNCH	GR K-12/EEC	1 SERVING	220.28	7.08	2.86	0.02	23.46	807.43	23.60	2.62	1.26	14.90	20.42	5.07	69.46	2.05
SALISBURY STEAK WITH GRAVY (PREP)	ENTRÉE	LUNCH	ALL	1 SERVING	130.94	6.21	2.37	0.00	21.88	515.02	5.08	0.88	0.63	12.92	2.00	0.19	55.22	1.73
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
SLICED TURKEY & GRAVY	ENTRÉE	LUNCH	ALL	1 SERVING	94.88	1.51	0.50	0.00	35.00	534.20	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	211.93	5.80	2.47	0.00	41.94	1,006.04	19.67	0.75	0.71	19.80	92.57	0.83	20.92	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
STRING CHEESE	ENTRÉE	SUPPER	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
SUNBUTTER KIT (NOTABLES)	ENTRÉE	SUPPER	GR K-12	1 KIT	360.00	5.50	0.50	0.00	0.00	320.00	78.00	6.00	46.00	4.00	500.00	60.00	120.00	6.48
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
SUPREME PIZZA	ENTRÉE	LUNCH	PILOT SITE 6-12	1 SERVING	329.91	15.42	7.13	0.00	43.67	498.85	31.56	3.13	7.35	18.03	186.19	1.51	290.99	1.89
TACO BEAN DIP	ENTRÉE	LUNCH	ALL	1 SERVING	211.65	7.11	3.28	0.01	36.51	510.90	19.70	4.72	1.63	15.61	220.06	0.81	166.59	2.29
TANGERINE CHICKEN WITH BROWN RICE	ENTRÉE	LUNCH	GR 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
TANGERINE CHICKEN WITH FRIED RICE BOWL	ENTRÉE	LUNCH	GR K-12	1 SERVING	698.78	23.41	4.59	0.00	143.20	1,003.79	84.07	3.70	18.02	37.63	4,314.33	4.87	56.48	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
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
TOSTITOS LOCOS	ENTRÉE	LUNCH	PILOT SITE 6-12	1 SERVING	513.70	19.53	7.47	0.00	32.63	816.91	62.05	7.55	3.87	18.51	921.64	5.91	297.18	2.11
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 ON HAWAIIAN ROLL	ENTRÉE	BREAKFAST	ALL	1 EACH	209.42	5.22	1.52	0.00	36.85	642.15	28.18	2.00	4.39	11.75	132.70	4.74	121.95	1.91
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
VEGGIE PIZZA	ENTRÉE	LUNCH	PILOT SITE 6-12	1 SERVING	333.07	12.91	6.10	0.00	36.29	572.59	35.63	3.35	5.62	19.23	665.59	11.43	497.17	1.52

2019-2020 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)
VEGGIE SALAD BOWL	ENTRÉE	VEGAN	GR K-12	1 SERVING	140.13	2.36	0.30	0.00	0.00	90.11	20.75	6.73	1.17	9.56	5,717.11	15.78	80.48	5.83
WG HAWAIIAN PIZZA	ENTRÉE	LUNCH	GR K-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
WG 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
WG 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
WG PEPPERONI PIZZA WEDGE	ENTRÉE	LUNCH/SUPPPER	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
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 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 PEPPERONI PIZZA IW (ARDELLA)	ENTRÉE	LUNCH/SUPPER	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
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
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	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 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 (BLUEBERRIES)	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
YOGURT PARFAIT (CHERRIES)	ENTRÉE	LUNCH	GR 6-12	1 SERVING	235.74	1.55	1.01	0.00	5.00	105.40	47.98	0.84	28.00	7.46	1,075.91	0.40	204.82	0.14
YOGURT PARFAIT (PEACHES)	ENTRÉE	LUNCH	GR 6-12	1 SERVING	312.66	1.50	1.00	0.00	5.00	111.81	50.58	0.68	38.90	7.68	1,204.43	0.00	200.00	0.00
YOGURT PARFAIT (STRAWBERRIES)	ENTRÉE	LUNCH	GR 6-12	1 SERVING	212.66	1.50	1.00	0.00	5.00	105.00	42.54	1.01	30.53	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 WITH RICE	ENTRÉE	LUNCH	GR 6-12	1 SERVING	362.64	14.54	5.92	0.00	44.07	624.73	36.62	1.53	0.56	18.69	504.02	2.73	349.55	1.65
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
APPLE FRESH (FUJI, GALA, RED DELICIOUS)	FRUIT	BREAKFAST/LUNCH	GR K-12/EEC	1 EACH	110.51	0.00	0.00	0.00	0.00	3.45	27.63	3.45	20.72	0.00	0.00	0.00	0.00	0.00
APPLE FRESH (RED/GREEN)	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
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
BANANA FRESH	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
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	68.29	0.04	0.00	0.00	0.00	0.00	16.23	0.90	1.36	0.07	28.57	8.30	16.56	0.33
CRANBERRIES, DRIED (1/2 C)	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
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
GRAPES, FRESH (1/2 C)	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
MANGO PEACH APPLESAUCE CUP	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
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
ORANGE FRESH	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
PEACH POP	FRUIT	LUNCH	ALL	1 SERVING	75.07	0.00	0.00	0.00	0.00	0.04	18.54	1.68	16.77	1.06	378.03	111.29	6.99	0.29
PEACHY PEACHES, DICED (CANNED)	FRUIT	BREAKFAST/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, DICED (CANNED)	FRUIT	BREAKFAST/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
PEACHY PEACHES, SLICED (CANNED)	FRUIT	BREAKFAST/LUNCH	ALL	EACH 1/2 CUP	60.02	0.00	0.00	0.00	0.00	10.00	14.00	0.00	11.00	0.00	0.00	0.00	0.00	0.00
PEACHY PEACHES, SLICED (CANNED)	FRUIT	BREAKFAST/LUNCH	MECH SOFT 9-12	EACH 1 CUP	120.03	0.00	0.00	0.00	0.00	20.01	28.01	0.00	22.01	0.00	0.00	0.00	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
PERFECT PEARS, DICED (CANNED)	FRUIT	BREAKFAST/LUNCH	ALL	EACH 1/2 CUP	78.69	0.00	0.00	0.00	0.00	14.76	18.69	0.98	14.76	0.00	0.00	0.00	0.00	0.00
PERFECT PEARS, DICED (CANNED)	FRUIT	BREAKFAST/LUNCH	MECH SOFT 9-12	EACH 1 CUP	160.81	0.00	0.00	0.00	0.00	30.15	38.19	2.01	30.15	0.00	0.00	0.00	0.00	0.00
PERFECT PEARS, SLICED (CANNED)	FRUIT	BREAKFAST/LUNCH	ALL	EACH 1/2 CUP	58.01	0.00	0.00	0.00	0.00	5.00	15.00	2.00	12.00	0.00	0.00	0.00	0.00	0.00
PERFECT PEARS, SLICED (CANNED)	FRUIT	BREAKFAST/LUNCH	MECH SOFT 9-12	EACH 1 CUP	116.03	0.00	0.00	0.00	0.00	10.00	30.01	4.00	24.01	0.00	0.00	0.00	0.00	0.00
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
WATERMELON CRANBERRIES	FRUIT	SUPPER	GR K-12	EACH 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
APPLE JUICE	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
BERRY 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
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

2019-2020 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 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 FRUIT JUICE SLUSH	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
FRUIT JUICE BAR-BERRY	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
FRUIT JUICE BAR-WILD CHERRY	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
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
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 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
PARADISE FRUIT JUICE SLUSH	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
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
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
ALOHA ROLL	GRAIN	LUNCH	ALL	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
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
BLUEBERRY MUFFIN	GRAIN	SNACK/SUPPER	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
CAFÉ LA COFFEE CAKE (CUT 40)	GRAIN	BREAKFAST	GR 6-12	1 SERVING	360.79	15.01	1.81	0.01	41.44	331.95	53.49	2.38	29.64	5.43	60.21	0.41	64.77	1.42
CAFÉ LA COFFEE CAKE (CUT 72)	GRAIN	BREAKFAST	GR K-5	1 SERVING	200.44	8.34	1.00	0.01	23.02	184.41	29.72	1.32	16.46	3.02	33.45	0.23	35.98	0.79
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 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	0.00	2.00
CHEESY BREAD	GRAIN	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
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
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
CHOCOLATE GRANOLA	GRAIN	SUPPER	GR K-12	EACH IND. PKG	120.00	4.00	0.00	0.00	0.00	85.00	18.00	2.00	7.00	2.00	0.00	0.00	13.00	1.00
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
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
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-CINNAMON TOAST CRUNCH	GRAIN	BREAKFAST	ALL	1 EACH	110.00	3.00	1.00	0.00	0.00	160.00	22.00	3.00	6.00	1.00	400.00	4.80	200.00	3.60
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
FOOD & NUTRITION CRACKERS	GRAIN	SNACK	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	207.77	8.79	2.10	0.11	104.94	281.79	25.61	2.52	11.04	7.66	232.87	0.07	73.15	1.46
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
GOLD FISH PRETZEL	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
GOURMET WAFFLES	GRAIN	BREAKFAST	ALL	1 EACH PKG	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
OATMEAL, HOT CEREAL	GRAIN	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
PAN DULCE	GRAIN	BREAKFAST	GR K-12	1 EACH	200.00	6.00	1.50	0.00	5.00	90.00	34.00	2.00	8.00	5.00	0.00	0.00	40.00	1.80
PRESIDENTS CRACKERS	GRAIN	LUNCH	ALL	1 IND. 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
RAINBOW GOLD FISH CHEESE CRACKERS	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
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
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
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
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
WAFFLES (2)	GRAIN	LUNCH	GR 6-12	1 SERVING	180.00	6.00	0.00	0.00	0.00	320.00	28.00	2.00	2.00	4.00	600.00	0.00	120.00	3.60
WHEAT CRACKERS	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
WHOLESOME GRANOLA	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

2019-2020 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)
ALMOND MILK	MILK	MILK	SPECIAL DIET	8 OZ CARTON	90.00	2.50	0.00	0.00	0.00	160.00	16.00	0.00	15.00	1.00	500.00	0.00	450.00	0.36
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 (6 OZ.)	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	4.00	125.00	13.00	0.00	12.00	8.00	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	4.00	120.00	12.00	0.00	12.00	9.00	500.00	2.40	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 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
RICE MILK	MILK	MILK	SPECIAL DIET	EACH 8 OZ.	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
SOY MILK ENRICHED 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
SUNFLOWER SEEDS	SEEDS	SUPPER	GR K-12	EACH 1 OZ.	170.00	14.00	2.00	0.00	0.00	110.00	6.00	3.00	1.00	6.00	0.00	0.00	20.00	1.08
FIESTA SURPRISE KIT (SUPPER KIT SHELF STABLE (NNC) #1 (Cheese Spread, Sunflower Seeds, Tangy Salsa Cup, Cranberries, Crunchy Tortilla Chips)	SUPPER	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
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
NNC SHELF STABLE SUPPER KIT 9 (Hummus, Sunflower Seeds, Tangy Salsa Cup, Cranberries, Crunchy Tortilla Chips)	SUPPER	SUPPER	GR K-12	1 EACH KIT	698.50	28.15	4.03	0.00	0.00	546.75	95.48	16.05	31.00	17.05	0.00	0.00	128.73	6.10
NNC SHELF-STABLE SUPPER KIT 1 (Cheese Spread, Sunflower Seeds, Tangy Salsa Cup, Cranberries, Crunchy Tortilla Chips)	SUPPER	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
BROCCOLI BUDS (1 C)	VEGETABLE	LUNCH	MECH SOFT K-12	EACH 1 CUP	48.07	0.00	0.00	0.00	0.00	50.20	9.24	5.55	1.85	5.55	0.00	0.00	9.53	0.00
BROCCOLI BUDS (1/2 C)	VEGETABLE	LUNCH	ALL	EACH 1/2 CUP	24.04	0.00	0.00	0.00	0.00	25.10	4.62	2.77	0.92	2.77	0.00	0.00	4.76	0.00
CAMPFIRE BAKED BEANS (1 C)	VEGETABLE	LUNCH	MECH SOFT K-12	1 SERVING	280.88	0.00	0.00	0.00	0.00	742.33	60.19	10.03	24.08	10.03	0.00	0.00	80.25	3.61
CAMPFIRE BAKED BEANS (1/2 C)	VEGETABLE	LUNCH	ALL	1 SERVING	140.44	0.00	0.00	0.00	0.00	371.17	30.09	5.02	12.04	5.02	0.00	0.00	40.13	1.81
CELERY STICKS (1/2 C)	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
COOKED BABY 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 BABY 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
COOKED SPINACH	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
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
CUCUMBER COINS (1/2 C)	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
FIESTA PINTO BEANS	VEGETABLE	LUNCH	GR K-12/EEC	EACH 1/2 CUP	159.19	0.02	0.00	0.00	0.00	223.68	27.94	6.61	1.36	9.43	57.78	2.72	71.63	2.66
FIESTA PINTO BEANS	VEGETABLE	LUNCH	MECH SOFT K-12	EACH 1 CUP	318.37	0.04	0.01	0.00	0.00	447.37	55.87	13.22	2.73	18.87	115.56	5.45	143.26	5.31
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 VEGETABLE JUICE (CHERRY SMOOTH CUP)	VEGETABLE	SUPPER	ALL	1 SERVING	100.00	0.00	0.00	0.00	0.00	30.00	22.00	0.00	19.00	0.00	1,000.00	60.00	80.00	0.00
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
LET US TOMATO (1/4 C)	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
LETTUCE & TOMATO (1/2 C)	VEGETABLE	LUNCH	GR K-12	1 SERVING	10.85	0.16	0.02	0.00	0.00	4.32	2.20	1.11	0.00	0.69	2,499.50	12.43	15.40	0.45
MARINARA SAUCE CUP	VEGETABLE	LUNCH/SUPPER	ALL	1 EACH	40.00	1.00	0.00	0.00	0.00	200.00	7.00	2.00	4.00	1.00	0.00	0.00	19.00	0.00
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 POTATO TOTS (1/2 C)	VEGETABLE	LUNCH	ALL	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
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
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
ROASTED POTATO WEDGES	VEGETABLE	LUNCH	GR K-12/EEC	EACH 1/2 CUP	136.67	5.86	0.98	0.00	0.00	175.71	18.55	0.98	0.49	0.98	0.00	5.86	0.00	0.00
ROASTED POTATO WEDGES	VEGETABLE	LUNCH	MECH SOFT K-12	EACH 1 CUP	273.33	11.71	1.95	0.00	0.00	351.43	37.09	1.95	0.98	1.95	0.00	11.71	0.00	0.00
RUFFLE FRIES (1/2 C)	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
STREET CORN	VEGETABLE	LUNCH	PILOT SITE 6-12	1 SERVING	125.21	6.43	1.34	0.00	3.42	198.90	16.31	2.08	2.56	2.60	171.52	8.23	13.92	0.41
SWEET CORN	VEGETABLE	LUNCH	GR K-12	EACH 1/2 CUP	66.63	0.57	0.08	0.00	0.00	0.00	16.07	2.02	2.56	2.12	165.56	2.83	2.02	0.38
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
VEGETABLE JUICE SLUSH-TROPICAL TRIO	VEGETABLE	SUPPER	GR K-12	1 SERVING	80.00	0.00	0.00	0.00	0.00	5.00	20.00	0.00	17.00	0.00	0.00	72.00	0.00	0.00
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

2019-2020 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)
WAFFLE CUT 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
GO BIG YOGURT (STRAWBERRY)	YOGURT	SNACK/SUPPER	ALL	EACH 4 OZ.	100.00	1.50	1.00	0.00	5.00	70.00	18.00	0.00	12.00	4.00	500.00	0.00	100.00	0.00