

| 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) |
|---|---------------|-----------------|-------------------|----------------|-----------------|---------------|-------------------|---------------|------------------|-------------|------------------------|-------------------|-----------|-------------|----------------|-----------|--------------|-----------|
| 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 | 160.00 | 16.00 | 0.00 | 15.00 | 1.00 | 500.00 | 0.00 | 450.00 | 0.36 |
| 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 |
| APPLE FRESH (FUJI, GALA, RED DELICIOUS) COMMODITY | 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 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 |
| 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 & STRAWBERRIES | FRUIT | LUNCH | ALL | 1 SERVING | 111.86 | 0.00 | 0.00 | 0.00 | 0.00 | 11.57 | 27.62 | 2.93 | 22.37 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| APPLESAUCE & STRAWBERRIES | FRUIT | LUNCH | SOFT DIET GR 9-12 | 1 SERVING | 234.90 | 0.00 | 0.00 | 0.00 | 0.00 | 24.30 | 58.00 | 6.16 | 46.98 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| 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 |
| 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 |
| 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 CORN DOG | ENTRÉE | SUPPER | ALL | 1 EACH | 306.00 | 15.10 | 5.00 | 0.00 | 39.00 | 565.00 | 30.90 | 1.90 | 9.80 | 12.90 | 0.00 | 0.00 | 22.00 | 2.20 |
| BEEF SAUSAGE PANCAKE SANDWICH | ENTRÉE | BREAKFAST | ALL | 1 EACH | 140.32 | 4.69 | 1.57 | 0.00 | 17.75 | 327.48 | 15.70 | 1.79 | 3.91 | 9.07 | 0.00 | 0.10 | 44.85 | 1.39 |
| 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 |
| BEEFY HOT SANDWICH | ENTRÉE | LUNCH | ALL | 1 SANDWICH | 256.91 | 8.21 | 2.37 | 0.00 | 21.88 | 529.47 | 29.27 | 2.88 | 1.63 | 17.92 | 2.00 | 6.18 | 66.03 | 3.12 |
| BEEFY WESTERN CHEESEBURGER | ENTRÉE | LUNCH | GR 6-12 | 1 BURGER | 461.00 | 20.40 | 7.65 | 0.00 | 57.00 | 638.00 | 47.90 | 3.40 | 13.00 | 20.40 | 150.00 | 6.96 | 187.00 | 3.07 |
| 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 |
| BLOOD ORANGE | FRUIT | LUNCH | ALL | 1 EACH | 69.42 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 16.47 | 2.54 | 12.13 | 0.87 | 1,299.94 | 77.91 | 17.33 | 0.00 |
| 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 |
| BLUEBERRY PANCAKE MINI BITES | ENTRÉE | BREAKFAST | ALL | 1 SERVING | 210.00 | 6.00 | 1.00 | 0.00 | 10.00 | 310.00 | 35.00 | 4.00 | 11.00 | 4.00 | 1,000.00 | 0.00 | 69.85 | 4.19 |
| 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 |
| 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 |
| 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 |
| BUFFALO WINGS & CHEESY BREAD | ENTRÉE | LUNCH | GR 6-12 | 1 SERVING | 561.49 | 32.11 | 10.89 | 0.00 | 142.04 | 670.01 | 36.89 | 3.00 | 3.00 | 30.37 | 200.00 | 0.00 | 261.48 | 2.37 |
| 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 (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 | 35.00 | 2.00 |
| 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 |
| 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 |
| CARA CARA ORANGE | FRUIT | LUNCH | ALL | 1 EACH | 58.48 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 13.87 | 2.14 | 10.22 | 0.73 | 1,095.19 | 65.64 | 14.60 | 0.00 |
| CARA-BLOOD ORANGE HALVES | FRUIT | LUNCH | ALL | 1 SERVING | 63.95 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 15.17 | 2.34 | 11.18 | 0.80 | 1,197.57 | 71.77 | 15.97 | 0.00 |
| 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 |
| 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 |

| 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) |
|--------------------------------------|---------------|-----------------|-------------------|-----------------|-----------------|---------------|-------------------|---------------|------------------|-------------|------------------------|-------------------|-----------|-------------|----------------|-----------|--------------|-----------|
| 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 |
| 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 |
| 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 |
| 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 BLOSSOM CHICKEN BOWL | ENTRÉE | LUNCH | ALL | 1 SERVING | 416.67 | 7.25 | 1.01 | 0.00 | 50.38 | 364.40 | 69.82 | 3.42 | 14.11 | 16.92 | 0.00 | 2.42 | 21.84 | 1.59 |
| 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 & 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 SALAD-PREP | 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 CAESAR SALAD & 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-NNC | ENTRÉE | LUNCH | GR K-12 | 1 SERVING | 191.82 | 8.54 | 1.39 | 0.00 | 46.28 | 267.42 | 10.92 | 3.25 | 0.00 | 17.96 | 3,295.55 | 14.61 | 24.66 | 1.16 |
| CHICKEN PANCAKE SANDWICH | ENTRÉE | BREAKFAST | ALL | 1 SERVING | 210.00 | 8.00 | 1.50 | 0.00 | 50.00 | 310.00 | 24.00 | 1.00 | 7.00 | 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 |
| CHIK'N NUGGETS | ENTRÉE | VEGAN | GR K-12 | 1 SERVING | 247.24 | 11.13 | 1.85 | 0.00 | 0.00 | 457.39 | 24.72 | 3.71 | 2.47 | 14.83 | 0.00 | 0.00 | 37.09 | 2.10 |
| 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 | 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 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 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 |
| 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 |
| 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 |
| CHRISPY POTATO SMILES | VEGETABLE | LUNCH | ALL | 1 SERVING | 130.89 | 4.53 | 0.50 | 0.00 | 0.00 | 181.24 | 20.14 | 2.01 | 0.00 | 2.01 | 0.00 | 2.41 | 0.00 | 0.36 |
| CINNAMON PAN DULCE | GRAIN | BREAKFAST | GR K-12/MECH SOFT | 1 SERVING | 200.00 | 6.50 | 1.50 | 0.00 | 5.00 | 98.00 | 33.00 | 2.00 | 8.00 | 5.00 | 0.00 | 0.00 | 10.00 | 1.80 |
| 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 | 388.75 | 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 |
| COCOA BAR | GRAIN | SUPPER | GR K-12 | 1 EACH | 200.00 | 7.00 | 2.00 | 0.00 | 0.00 | 40.00 | 34.00 | 2.00 | 17.00 | 2.00 | 0.00 | 0.00 | 12.00 | 1.00 |
| CONDIMENT - GRAPE JELLY | CONDIMENT | CONDIMENT | ALL | 1 EACH | 35.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 9.00 | 0.00 | 6.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| CONDIMENT - KETCHUP | CONDIMENT | CONDIMENT | ALL | 1 EACH | 10.00 | 0.00 | 0.00 | 0.00 | 0.00 | 25.00 | 2.00 | 0.00 | 2.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| CONDIMENT - MAYONNAISE, REDUCED CAL | CONDIMENT | CONDIMENT | ALL | 1 EACH | 25.00 | 2.50 | 0.00 | 0.00 | 0.00 | 105.00 | 1.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| CONDIMENT - MUSTARD | CONDIMENT | CONDIMENT | ALL | 1 EACH | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 65.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| CONDIMENT - TACO SAUCE | CONDIMENT | CONDIMENT | ALL | 1 EACH | 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 |
| 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 |
| 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 |
| CRANBERRIES, DRIED | FRUIT | LUNCH | GR K-12 | 1 SERVING | 110.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 27.00 | 2.00 | 24.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| CREAMY MASHED POTATOES (1 C) | VEGETABLE | LUNCH | MECH SOFT K-12 | 1 SERVING | 178.69 | 1.75 | 0.98 | 0.05 | 3.17 | 584.81 | 37.05 | 3.47 | 1.25 | 3.95 | 36.84 | 9.75 | 28.49 | 0.65 |
| CREAMY MASHED POTATOES (1/2 C) | VEGETABLE | LUNCH | ALL | 1 SERVING | 89.35 | 0.87 | 0.49 | 0.02 | 1.58 | 292.41 | 18.53 | 1.74 | 0.63 | 1.98 | 18.42 | 4.88 | 14.25 | 0.32 |
| CRISPY CHICKEN 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 |
| CRISPY POTATO SMILES | VEGETABLE | LUNCH | GR K-5/EEC | EACH 1/2 CUP | 130.89 | 4.53 | 0.50 | 0.00 | 0.00 | 181.24 | 20.14 | 2.01 | 0.00 | 2.01 | 0.00 | 2.42 | 0.00 | 0.36 |
| CRUNCHY CEREAL-CHEERIOS | GRAIN | BREAKFAST/SNACK | ALL | 1 OZ BOWL | 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 OZ BOWL | 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 OZ BOWL | 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 OZ BOWL | 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 OZ BOWL | 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 |

| 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) |
|--|---------------|-------------------------------|-------------------|----------------|-----------------|---------------|-------------------|---------------|------------------|-------------|------------------------|-------------------|-----------|-------------|----------------|-----------|--------------|-----------|
| 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 |
| CURTIDO SLAW (FOR BEAN & CHEESE PUPUSA) | CONDIMENT | CONDIMENT | ALL | 1 SERVING | 4.33 | 0.03 | 0.00 | 0.00 | 0.00 | 18.57 | 4.99 | 0.14 | 0.13 | 0.19 | 19.47 | 7.18 | 7.67 | 0.10 |
| 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 |
| 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 |
| DELI TURKEY & CHEESE SANDWICH #2 | ENTRÉE | LUNCH/SUPPER | GR K-12 | 1 SANDWICH | 280.00 | 9.75 | 4.50 | 0.00 | 37.50 | 610.00 | 29.00 | 2.00 | 3.00 | 21.00 | 300.00 | 9.00 | 240.00 | 1.62 |
| 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 |
| DELUXE CEREAL, CINNAMON CHEX | GRAIN | BREAKFAST | GR K-12/MECH SOFT | 2 OZ BOWL | 240.00 | 5.00 | 0.50 | 5.00 | 0.00 | 340.00 | 46.00 | 3.00 | 12.00 | 3.00 | 500.00 | 6.00 | 150.00 | 14.40 |
| DELUXE CEREAL, CINNAMON TOAST CRUNCH | GRAIN | BREAKFAST | GR K-12/MECH SOFT | 2 OZ BOWL | 230.00 | 5.00 | 0.50 | 0.00 | 0.00 | 320.00 | 44.00 | 6.00 | 11.00 | 3.00 | 1,000.00 | 9.00 | 400.00 | 8.10 |
| DICED PEARS & CHERRIES | FRUIT | LUNCH | GR K-12 | 1 SERVING | 136.04 | 0.00 | 0.00 | 0.00 | 0.00 | 10.50 | 31.49 | 2.88 | 25.05 | 0.73 | 0.00 | 0.00 | 0.00 | 0.00 |
| DICED PEARS & STRAWBERRIES | FRUIT | LUNCH | GR K-12 | 1 SERVING | 63.40 | 0.00 | 0.00 | 0.00 | 0.00 | 10.51 | 15.37 | 1.29 | 11.98 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| 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 | 0.00 | 39.56 |
| 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 |
| 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 |
| 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 |
| 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 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 |
| FISH NUGGETS | ENTRÉE | LUNCH | ALL | 1 SERVING | 260.00 | 13.00 | 1.50 | 0.00 | 50.00 | 340.00 | 20.00 | 1.00 | 0.00 | 15.00 | 0.00 | 0.00 | 0.00 | 1.08 |
| 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 |
| 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 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 |
| FROZEN 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 |
| 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 |
| 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 |
| GARLIC BREADSTICK | GRAIN | LUNCH | GR K-5 | 1 SERVING | 90.00 | 2.00 | 0.00 | 0.00 | 0.00 | 180.00 | 14.00 | 1.00 | 2.00 | 3.00 | 0.00 | 2.40 | 40.00 | 0.72 |
| GARLICKY CHEESE BREAD | ENTRÉE | LUNCH/SUPPER | ALL | 1 SERVING | 385.00 | 21.71 | 8.00 | 0.00 | 35.00 | 460.00 | 29.00 | 2.00 | 3.00 | 20.50 | 535.00 | 0.00 | 424.00 | 2.11 |
| GO BANANAS | FRUIT | BREAKFAST/LUNCH | ALL | 1 EACH | 121.04 | 0.45 | 0.15 | 0.00 | 0.00 | 1.36 | 31.06 | 3.54 | 16.63 | 1.48 | 87.04 | 11.83 | 6.80 | 0.35 |
| 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 |
| 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 |
| GOLDEN CHICKEN FILET SANDWICH | ENTRÉE | LUNCH | GR 6-12 | 1 SANDWICH | 350.00 | 11.00 | 1.50 | 0.00 | 45.00 | 500.00 | 38.00 | 5.00 | 3.00 | 24.00 | 0.00 | 9.00 | 40.00 | 2.52 |

| 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) |
|--|---------------|-----------------|-----------------|--------------|-----------------|---------------|-------------------|---------------|------------------|-------------|------------------------|-------------------|-----------|-------------|----------------|-----------|--------------|-----------|
| 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 |
| 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 |
| GRANDE BURGER | ENTRÉE | LUNCH | GR 6-12 | 1 BURGER | 296.00 | 13.70 | 4.80 | 0.00 | 47.00 | 398.00 | 26.70 | 2.20 | 3.00 | 15.70 | 0.00 | 6.00 | 47.00 | 2.64 |
| GRANDE CHEESEBURGER | ENTRÉE | LUNCH | GR 6-12 | 1 BURGER | 341.00 | 17.20 | 7.05 | 0.00 | 57.00 | 493.00 | 26.70 | 2.20 | 3.00 | 19.20 | 150.00 | 6.00 | 147.00 | 2.64 |
| 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 |
| GRILLED BEEFY BURGER | ENTRÉE | LUNCH | GR 6-12 | 1 BURGER | 296.00 | 13.70 | 4.80 | 0.00 | 47.00 | 398.00 | 26.70 | 2.20 | 3.00 | 15.70 | 0.00 | 6.00 | 47.00 | 2.64 |
| GRILLED BEEFY CHEESEBURGER | ENTRÉE | LUNCH | GR 6-12 | 1 BURGER | 341.00 | 17.20 | 7.05 | 0.00 | 57.00 | 493.00 | 26.70 | 2.20 | 3.00 | 19.20 | 150.00 | 6.00 | 147.00 | 2.64 |
| HORCHATA YOGURT | YOGURT | SUPPER/SNACK | ALL | 1 SERVING | 100.00 | 0.50 | 0.00 | 0.00 | 4.00 | 60.00 | 20.00 | 0.00 | 14.00 | 3.00 | 110.00 | 0.00 | 120.00 | 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 CHEESE POCKET | ENTRÉE | BREAKFAST | ALL | 1 EACH | 160.00 | 6.00 | 3.00 | 0.00 | 20.00 | 250.00 | 17.00 | 2.00 | 2.00 | 10.00 | 41.00 | 0.00 | 175.00 | 1.10 |
| 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 |
| 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 (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 |
| LUNCH BUNCH 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 |
| MAC N' CHEESE | ENTRÉE | LUNCH | GR K-5 | 1 SERVING | 230.00 | 25.45 | 15.76 | 25.45 | 78.79 | 1,103.00 | 27.88 | 2.42 | 3.64 | 20.60 | 909.09 | 0.00 | 484.85 | 1.31 |
| MAC N' CHEESE & BEEFY LINKS | ENTRÉE | LUNCH | GR 6-12 | 1 SERVING | 211.52 | 21.16 | 11.49 | 0.61 | 57.46 | 828.56 | 15.14 | 1.21 | 2.42 | 14.52 | 454.55 | 10.84 | 254.47 | 1.09 |
| 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 |
| 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 |
| 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 |
| MASHED POTATO CORN N' GRAVY | VEGETABLE | LUNCH | GR K-12 | 1 SERVING | 96.48 | 1.09 | 0.29 | 0.01 | 0.79 | 361.88 | 20.26 | 1.88 | 1.60 | 2.05 | 91.99 | 3.85 | 12.30 | 0.35 |
| 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 |
| MEXICALI SALAD | ENTRÉE | LUNCH | GR 6-12 | 1 SERVING | 298.87 | 9.40 | 5.70 | 0.00 | 28.11 | 322.39 | 41.30 | 8.68 | 4.50 | 15.93 | 5,345.21 | 21.82 | 211.14 | 3.37 |
| 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 |
| 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 |
| 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 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 |
| MINI TERIYAKI CHICKEN SANDWICH | ENTRÉE | LUNCH | ALL | 1 SERVING | 290.00 | 7.00 | 2.00 | 0.00 | 35.00 | 440.00 | 40.00 | 4.00 | 11.00 | 17.00 | 0.00 | 0.00 | 55.00 | 3.00 |
| MIXED BERRY CUP | FRUIT | LUNCH | GR K-12 | 1 SERVING | 90.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 20.00 | 2.00 | 16.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| MORNING BEEF SAUSAGE SANDWICH | ENTRÉE | BREAKFAST | ALL | 1 EACH | 213.98 | 6.63 | 1.94 | 0.00 | 29.70 | 488.56 | 26.30 | 2.08 | 4.11 | 12.58 | 13.57 | 3.59 | 25.89 | 2.34 |
| NACHO DIP & CHIPS | ENTRÉE | LUNCH | GR 6-12 | 1 SERVING | 488.67 | 25.96 | 9.10 | 0.00 | 65.09 | 869.19 | 41.33 | 4.18 | 0.05 | 20.64 | 483.53 | 0.00 | 317.53 | 2.59 |
| 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 |
| NACHO PRETZEL POCKET | ENTRÉE | LUNCH | ALL | 1 SERVING | 360.00 | 15.99 | 8.00 | 0.00 | 50.00 | 500.00 | 38.00 | 3.00 | 3.00 | 19.00 | 0.00 | 0.00 | 368.99 | 2.00 |
| 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 |
| 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 |
| 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 |
| 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 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 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 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 |

| 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) |
|---|---------------|-----------------|-----------------|---------------|-----------------|---------------|-------------------|---------------|------------------|-------------|------------------------|-------------------|-----------|-------------|----------------|-----------|--------------|-----------|
| 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 |
| 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 |
| PASTRAMI & CHEESE CROISSANT | ENTRÉE | LUNCH/SUPPER | GR 6-12 | 1 SANDWICH | 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 |
| PASTRAMI & CHEESE CROISSANT #2 | eNTRÉE | LUNCH/SUPPER | GR K-12 | 1 SANDWICH | 325.00 | 15.50 | 6.50 | 0.00 | 50.00 | 625.00 | 31.00 | 2.00 | 6.00 | 16.50 | 200.00 | 0.60 | 130.00 | 0.36 |
| 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, 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, 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 |
| 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 |
| 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 | 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, 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, 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 |
| 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 |
| 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 | 226.68 | 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/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 |
| PIZZABOLI (SICILIAN STYLE CHEESE CALZONE) | ENTRÉE | LUNCH | ALL | 1 EACH | 310.00 | 12.00 | 6.00 | 0.00 | 35.00 | 640.00 | 34.00 | 0.00 | 6.00 | 14.00 | 0.00 | 0.00 | 339.00 | 2.00 |
| 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 |
| POSSIBLE BURGER | ENTRÉE | LUNCH/VEGAN | ALL | 1 BURGER | 280.00 | 6.50 | 0.00 | 0.00 | 0.00 | 630.00 | 35.00 | 5.00 | 6.00 | 20.00 | 0.00 | 6.00 | 100.00 | 2.88 |
| 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 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 |
| 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 CORN | VEGETABLE | LUNCH | GR K-12 | 1 SERVING | 84.01 | 2.37 | 0.22 | 0.00 | 0.00 | 0.00 | 16.58 | 2.12 | 2.65 | 2.20 | 234.75 | 2.91 | 2.38 | 0.42 |
| 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 |
| 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 |
| 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 |
| 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 PEARS & CHERRIES | FRUIT | LUNCH | GR K-12 | 1 SERVING | 122.19 | 0.00 | 0.00 | 0.00 | 0.00 | 3.63 | 29.09 | 3.63 | 23.27 | 0.72 | 0.00 | 0.00 | 0.00 | 0.00 |
| SLICED PEARS & STRAWBERRIES | FRUIT | LUNCH | GR K-12 | 1 SERVING | 49.55 | 0.00 | 0.00 | 0.00 | 0.00 | 3.63 | 12.97 | 2.04 | 10.20 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| 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 |
| 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 | 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 |
| 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 |
| 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 |
| STREET CORN | VEGETABLE | LUNCH | GR K-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 | 0.40 |
| 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 |
| 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 | 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 |
| 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 |
| 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 |
| 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 |
| 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 |

| 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) |
|---|---------------|-------------------------------|-----------------|-----------------|-----------------|---------------|-------------------|---------------|------------------|-------------|------------------------|-------------------|-----------|-------------|----------------|-----------|--------------|-----------|
| 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 |
| TANGY SALSA CUP | VEGETABLE | LUNCH | GR K-12 | 1 EACH | 25.00 | 0.00 | 0.00 | 0.00 | 0.00 | 195.00 | 5.00 | 1.00 | 3.00 | 1.00 | 0.00 | 0.00 | 16.00 | 1.00 |
| TERIYAKI BEEF DIPPER RICE BOWL | ENTRÉE | LUNCH | ALL | 1 SERVING | 399.57 | 7.87 | 2.67 | 0.00 | 40.00 | 514.13 | 64.14 | 3.03 | 16.14 | 18.95 | 50.26 | 0.00 | 16.32 | 2.57 |
| TERIYAKI BEEF SANDWICH | ENTRÉE | LUNCH | GR K-12 | 1 SANDWICH | 377.16 | 11.73 | 4.13 | 0.61 | 48.65 | 887.21 | 45.37 | 2.00 | 16.97 | 21.11 | 23.11 | 9.00 | 52.16 | 2.76 |
| 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 & MASHED POTATO BOWL | ENTRÉE | LUNCH | ALL | 1 SERVING | 188.80 | 2.76 | 0.99 | 0.03 | 36.58 | 888.04 | 21.69 | 1.80 | 0.65 | 19.01 | 18.42 | 4.88 | 20.06 | 0.72 |
| TURKEY & PROVOLONE CHEESE SANDWICH | ENTRÉE | LUNCH | GR K-12 | 1 SERVING | 300.00 | 10.75 | 5.00 | 0.00 | 42.50 | 670.00 | 30.00 | 2.00 | 3.00 | 21.99 | 300.00 | 9.00 | 290.00 | 1.62 |
| 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 |
| 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 |
| 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 |
| 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 |
| 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 |
| 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 |
| 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 |
| 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/SUPPER | 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 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 |
| 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 |
| WHOLE GRAIN STRAWBERRY POCKET | GRAIN | BREAKFAST | GR K-12 | 1 SERVING | 350.00 | 5.00 | 2.00 | 0.00 | 0.00 | 370.00 | 76.00 | 6.00 | 30.00 | 4.00 | 0.00 | 0.00 | 260.00 | 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 |
| 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 | ENTRÉE | LUNCH/SUPPER | 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 #5 (LAND O'LAKE CHEESE) | ENTRÉE | LUNCH/SUPPER | GR K-12 | 1 SANDWICH | 296.67 | 11.50 | 5.17 | 0.00 | 50.00 | 710.00 | 27.67 | 2.00 | 1.67 | 22.67 | 300.00 | 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 HORCHATA | YOGURT | SUPPER/SNACK | ALL | 1 SERVING | 100.00 | 0.50 | 0.00 | 0.00 | 4.00 | 60.00 | 20.00 | 0.00 | 14.00 | 3.00 | 110.00 | 0.00 | 120.00 | 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 |