

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 & CHERRIES	FRUIT	LUNCH	GR K-12	1 SERVING	166.45	0.83	0.00	0.00	0.00	8.38	39.12	4.16	31.63	0.83	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 & 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 CHERRY	FRUIT	LUNCH/SUPPER	ALL	1 SERVING	47.03	0.00	0.00	0.00	0.00	7.84	11.76	1.57	9.41	0.00	0.00	47.03	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
APPLESAUCE ORANGE DREAMSICLE	FRUIT	LUNCH/SUPPER	ALL	1 SERVING	70.00	0.00	0.00	0.00	0.00	0.00	18.00	1.00	13.00	0.00	0.00	0.00	8.00	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 BREAD	ENTRÉE	BREAKFAST	GR K-12	1 SERVING	310.00	9.00	1.50	0.00	40.00	210.00	51.00	3.00	26.00	5.00	0.00	0.00	22.00	2.00
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
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
BEANS, CHEESE & RICE BURRITO	ENTRÉE	LUNCH	ALL	1 BURRITO	336.67	9.28	3.36	0.18	10.19	499.19	47.65	8.87	2.72	16.29	363.14	25.26	158.35	3.90
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 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	ENTRÉE	LUNCH	GR 6-12	1 SERVING	321.49	24.12	6.89	0.00	132.04	310.01	6.89	0.00	0.00	18.37	0.00	0.00	11.48	0.57
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
BUTTERY MAPLE WAFFLE	ENTRÉE	BREAKFAST	ALL	1 SERVING	250.00	9.00	4.00	0.00	44.00	290.00	37.00	2.00	15.00	6.00	0.00	0.00	30.00	1.44
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

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)
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
CARROTS DICED, COOKED	VEGETABLE	LUNCH	SOFT DIET GR 9-12	1 SERVING	69.90	2.59	0.00	0.00	0.00	113.11	15.53	5.18	7.77	0.00	31,974.66	4.66	79.45	0.93
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
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 & 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 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 NUGGETS & RUFFLE FRIES (NNC)	ENTRÉE	LUNCH	ALL	1 SERVING	309.98	11.67	1.50	0.00	35.00	669.96	33.55	3.22	0.00	17.00	100.00	90.00	32.22	2.29
CHICKEN NUGGETS (NNC)	ENTRÉE	LUNCH	ALL	1 SERVING	200.00	8.00	1.50	0.00	35.00	450.00	14.00	2.00	0.00	16.00	100.00	90.00	20.00	1.80
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-HONEY	CONDIMENT	CONDIMENT	GR K-12	1 EACH	25.00	0.00	0.00	0.00	0.00	0.00	7.00	0.00	7.00	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	EFC	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

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)
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
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	0.99	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
DELUXE CEREAL, SHREDDED WHEAT BLUEBERRY	GRAIN	BREAKFAST	GR K-12/MECH SOFT	2 OZ BOWL	200.00	1.00	0.00	0.00	0.00	5.00	46.00	6.00	11.00	5.00	0.00	0.00	0.00	12.60
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
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
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

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)
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
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	0.00
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
HOMESTYLE CHICKEN SADWICH (NNC)	ENTRÉE	LUNCH	ALL	1 SANDWICH	351.09	10.04	1.51	0.00	35.19	662.45	43.08	4.01	3.00	21.09	100.54	99.49	60.11	3.25
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
HOT & SPICY CHICKEN SANDWICH	ENTRÉE	LUNCH	GR 9-12	1 SANDWICH	340.00	10.00	1.50	0.00	35.00	670.00	41.00	3.00	3.00	20.00	1,000.00	9.00	60.00	2.88
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	20.00	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
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

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)
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
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
PEARS (DICED) & 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
PEARS (DICED) & 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
PEARS (SLICED) & 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
PEARS (SLICED) & 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
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	22.68	0.63
PHILLY CHEESE STEAK SANDWICH	ENTRÉE	LUNCH	ALL	EACH SANDWICH	325.47	14.22	6.79	0.26	46.11	695.34	29.58	2.00	2.06	19.86	310.03	6.00	295.31	1.97
PHILLY STEAK & CHEESE PINWHEEL	ENTRÉE	LUNCH/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 CHICKEN	ENTRÉE	LUNCH	GR K-12	1 SERVING	249.12	15.57	3.89	0.00	140.13	498.23	3.11	0.00	0.00	24.91	0.00	0.00	14.01	1.56
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 GRAY (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
SAVORY BEEF SUBMARINE	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
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

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)
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
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 BREADED PORK CHOP & GRAVY	ENTRÉE	LUNCH	ALL	1 SERVING	274.03	17.00	4.50	0.00	40.00	555.55	13.81	2.00	1.00	16.00	0.00	0.01	69.19	2.05
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

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)
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 SPANISH 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