

| 2020-2021 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          |                 | 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 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      |
| BANANA                                            | 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      |
| 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 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 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      |
| 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      |
| 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 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 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      |
| 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      |
| 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 SAUCE CUP KIT (ES FOODS)                   | ENTRÉE        | LUNCH/SUPPER    | GR K-12      | 1 KIT          | 630.00          | 30.70         | 10.00             | 0.00          | 35.00            | 850.00      | 77.00                  | 7.00              | 49.00     | 15.00       | 700.00         | 60.00     | 300.00       | 7.08      |
| CHEESE STICK KIT (NOTABLES)                       | ENTRÉE        | LUNCH/SUPPER    | GR K-12      | 1 KIT          | 480.00          | 19.00         | 12.00             | 0.00          | 50.00            | 790.00      | 63.00                  | 3.00              | 46.00     | 15.00       | 500.00         | 60.00     | 420.00       | 2.16      |
| CHEESY 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 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      |
| 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      |
| 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 NUGGETS & CORN                            | ENTRÉE        | LUNCH           | GR K-12      | EACH TRAY      | 268.5           | 8.6           | 1.6               | 0.0           | 35.0             | 450.0       | 30.5                   | 4.1               | 2.6       | 18.2        | 270.1          | 92.9      | 22.1         | 2.2       |
| 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      |
| 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      |
| CHOCOLATE NO NUT BUTTER KIT (ES FOODS)            | ENTRÉE        | LUNCH/SUPPER    | GR K-12      | 1 KIT          | 580.00          | 29.50         | 3.00              | 0.00          | 0.00             | 360.00      | 74.00                  | 9.00              | 41.00     | 11.00       | 500.00         | 160.00    | 31.00        | 6.30      |
| 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 FRENCH TOAST STICKS                      | ENTRÉE        | BREAKFAST       | ALL          | EACH 2.9 OZ    | 210.0           | 7.0           | 2.5               | 0.0           | 125.0            | 310.0       | 29.0                   | 2.0               | 9.0       | 8.0         | 0.0            | 0.0       | 40.0         | 1.8       |

| 2020-2021 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) |
|------------------------------------------------|---------------|-------------------------------|-------------------|---------------|-----------------|---------------|-------------------|---------------|------------------|-------------|------------------------|-------------------|-----------|-------------|----------------|-----------|--------------|-----------|
| CINNAMON PAN DULCE                             | GRAIN         | BREAKFAST                     | GR K-12/MECH      | 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      |
| 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                         | 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 (1/2 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      |
| 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-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 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      |
| DEEP DISH PEPPERONI PIZZA WG 5"                | ENTRÉE        | LUNCH                         | ALL               | 1 EACH        | 310.00          | 13.00         | 6.00              | 0.00          | 30.00            | 520.00      | 31.00                  | 3.00              | 8.00      | 17.00       | 70.00          | 0.00      | 240.00       | 2.30      |
| 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/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, BLUEBERRY GRANOLA (SAN FRANOLA) | GRAIN         | BREAKFAST                     | GR K-12           | EACH BOWL     | 240.0           | 6.0           | 0.0               | 0.0           | 0.0              | 160.0       | 42.0                   | 4.0               | 12.0      | 6.0         | 0.0            | 0.0       | 20.0         | 1.4       |
| 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, GRANOLA CHOCOLATE ROCKIN'OLA    | GRAIN         | BREAKFAST                     | GR K-12           | EACH BOWL     | 180.0           | 4.5           | 0.5               | 0.0           | 0.0              | 65.0        | 33.0                   | 4.0               | 9.0       | 4.0         | 0.0            | 0.0       | 0.0          | 1.4       |
| DELUXE CEREAL, HONEY BUNCHES OF OAT VANILLA    | GRAIN         | BREAKFAST                     | ALL               | EACH 2 OZ     | 220.0           | 3.0           | 0.0               | 0.0           | 0.0              | 150.0       | 47.0                   | 4.0               | 12.0      | 4.0         | 3000.0         | 0.0       | 0.0          | 18.0      |
| 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      |
| 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 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      |
| FISH NUGGETS & CORN                            | ENTRÉE        | LUNCH                         | GR K-12           | EACH TRAY     | 328.5           | 13.6          | 1.6               | 0.0           | 50.0             | 340.0       | 36.5                   | 3.1               | 2.6       | 17.2        | 170.1          | 2.9       | 2.1          | 1.5       |
| 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      |

| 2020-2021 MENU ITEM                           | FOOD CATEGORY | MENU            | GRADE LEVEL    | SERVING SIZE    | Calories<br>(kcal) | Total<br>Fat (g) | Saturated<br>Fat (g) | Trans<br>Fat (g) | Cholesterol<br>(mg) | Sodium<br>(mg) | Total<br>Carbohydrate<br>(g) | Dietary<br>Fiber (g) | Sugar (g) | Protein (g) | Vitamin A (IU) | Vitamin C | Calcium (mg) | Iron (mg) |
|-----------------------------------------------|---------------|-----------------|----------------|-----------------|--------------------|------------------|----------------------|------------------|---------------------|----------------|------------------------------|----------------------|-----------|-------------|----------------|-----------|--------------|-----------|
| 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      |
| 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      |
| 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      |
| 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 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      |
| 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      |
| HUMMUS CUP                                    | MEAT/MEAT ALT | LUNCH/SUPPER    | ALL            | EACH 3 OZ       | 110.0              | 2.0              | 0.0                  | 0.0              | 0.0                 | 100.0          | 18.0                         | 5.0                  | 3.0       | 6.0         | 0.0            | 0.0       | 34.0         | 2.0       |
| 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      |
| 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      |
| 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      |
| 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 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      |
| MIXED BERRY POP (WAWONA)                      | FRUIT         | LUNCH           | ALL            | EACH 4 OZ.      | 70.00              | 0.00             | 0.00                 | 0.00             | 0.00                | 0.00           | 18.00                        | 2.00                 | 14.00     | 1.00        | 6.67           | 39.00     | 14.00        | 0.00      |
| MIXED FRUIT CUP                               | FRUIT         | BREAKFAST/LUNCH | ALL            | EACH 4.5 OZ CUP | 80.00              | 0.00             | 0.00                 | 0.00             | 0.00                | 0.00           | 19.00                        | 1.00                 | 16.00     | 1.00        | 0.00           | 91.00     | 14.00        | 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      |
| 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 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      |
| 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      |
| PEACH MANGO POP (WAWONA)                      | FRUIT         | LUNCH           | ALL            | EACH 4 OZ.      | 100.00             | 0.00             | 0.00                 | 0.00             | 0.00                | 0.00           | 24.00                        | 1.00                 | 23.00     | 1.00        | 63.33          | 36.00     | 6.00         | 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      |
| 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      |
| 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 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      |
| ROASTED 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      |
| 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 WITH GRAY IND. TRAY           | 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      |
| 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      |

| 2020-2021 MENU ITEM                  | FOOD CATEGORY | MENU                             | GRADE LEVEL  | SERVING SIZE   | Calories<br>(kcal) | Total<br>Fat (g) | Saturated<br>Fat (g) | Trans<br>Fat (g) | Cholesterol<br>(mg) | Sodium<br>(mg) | Total<br>Carbohydrate<br>(g) | Dietary<br>Fiber (g) | Sugar (g) | Protein (g) | Vitamin A (IU) | Vitamin C | Calcium (mg) | Iron (mg) |
|--------------------------------------|---------------|----------------------------------|--------------|----------------|--------------------|------------------|----------------------|------------------|---------------------|----------------|------------------------------|----------------------|-----------|-------------|----------------|-----------|--------------|-----------|
| 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      |
| 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      |
| STRING CHEESE                        | ENTRÉE        | SUPPER                           | GR K-12      | 1 EACH         | 80.00              | 6.00             | 3.50                 | 0.00             | 20.00               | 190.00         | 0.00                         | 0.00                 | 0.00      | 7.00        | 0.00           | 0.00      | 150.00       | 0.00      |
| SUNBUTTER KIT (NOTABLES)             | ENTRÉE        | SUPPER                           | GR K-12      | 1 KIT          | 360.00             | 5.50             | 0.50                 | 0.00             | 0.00                | 320.00         | 78.00                        | 6.00                 | 46.00     | 4.00        | 500.00         | 60.00     | 120.00       | 6.48      |
| 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      |
| 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      |
| TURKEY & CHEESE BURRITO              | ENTRÉE        | LUNCH/SUPPER                     | ALL          | EACH 4.7 OZ    | 292.0              | 10.3             | 3.9                  | 0.0              | 34.0                | 405.4          | 32.4                         | 4.9                  | 1.3       | 17.6        | 566.3          | 0.4       | 144.5        | 3.2       |
| 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 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      |
| 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 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      |
| WG 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      |
| WG 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      |
| WG 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      |
| WOW SOY BUTTER KIT (ES FOODS)        | ENTRÉE        | LUNCH/SUPPER                     | GR K-12      | 1 KIT          | 680.00             | 30.17            | 4.50                 | 0.00             | 0.00                | 370.00         | 83.00                        | 9.00                 | 53.00     | 16.00       | 500.00         | 60.00     | 91.00        | 7.58      |
| YELLOW SUBMARINE SANDWICH            | 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<br>OPTION/FIELD TRIP | GR K-12      | 1 SERVING      | 420.00             | 9.00             | 1.00                 | 0.00             | 5.00                | 160.00         | 75.00                        | 4.00                 | 39.00     | 11.00       | 0.00           | 3.60      | 625.00       | 1.00      |
| YOGURT 4 OZ. (STRAWBERRY)            | ENTRÉE        | BREAKFAST                        | GR K-12      | EACH 4 OZ.     | 61.73              | 0.00             | 0.00                 | 0.00             | 3.53                | 52.91          | 12.35                        | 0.00                 | 8.82      | 3.53        | 0.00           | 0.00      | 132.28       | 0.00      |
| YOGURT 8 OZ. (STRAWBERRY)            | ENTRÉE        | LUNCH                            | GR K-12      | EACH 8 OZ.     | 180.00             | 0.00             | 0.00                 | 0.00             | 5.00                | 105.00         | 38.00                        | 0.00                 | 29.00     | 6.00        | 0.00           | 3.60      | 600.00       | 0.00      |
| YOGURT PARFAIT (PEACHES)             | ENTRÉE        | LUNCH                            | GR K-12      | 1 SERVING      | 247.82             | 1.33             | 0.67                 | 0.00             | 5.34                | 113.54         | 52.94                        | 0.68                 | 40.25     | 7.35        | 1,204.43       | 0.82      | 200.12       | 0.00      |
| YOGURT PARFAIT (PEARS)               | ENTRÉE        | LUNCH                            | GR K-12      | 1 SERVING      | 237.11             | 1.41             | 0.67                 | 0.00             | 5.34                | 108.01         | 51.01                        | 1.28                 | 37.00     | 6.91        | 1,000.00       | 0.00      | 205.22       | 0.15      |
| 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      |