

2021 - 2022 SCHOOL YEAR							
CARBOHYDRATE, CALORIE, AND FAT CONTENT OF LAUSD MENU ITEMS							
<ul style="list-style-type: none"> Items are categorized by Meal Type and Food Type. Categories include 1) Breakfast; 2) Lunch/Supper; 3) Grain, Snack, Cracker; 4) Fruit - Fresh, Dried, Shelf-Stable; 5) Juice - Refrigerated, Shelf-Stable; 6) Frozen Fruit/Veg - Juice Cup, Slush, and Other; 7) Vegetable - Fresh, Cooked, Shelf-Stable; 8) Shelf-Stable Meal Kits; 9) Milk; and 10) Condiments 							
<ul style="list-style-type: none"> Within each category, items are listed in alphabetical order by the item's common name and NOT by the adjective that describes it. For example, Fiesta Bean & Cheese Burrito is in the Lunch category under, "Burrito," and BBQ Beef Rib Sandwich, is also in the Lunch category, under "Sandwich." Kiwi Strawberry Slush is in the Fruit - Frozen Juice Cup Slush category, under "Slush," whereas Nectarine is in the Fruit - Fresh, Dried category. Ruffle Fries is in the Vegetable category under "Potato, Ruffle Fries." 							
<ul style="list-style-type: none"> Refer to the school menu for help identifying the names of unfamiliar items. For an item whose name is not common or obvious, it may be listed under the name of what the item is filled with. For example, Beef & Cheese Sunrise Stick is in the Breakfast category and Beef & Cheese Chimichanga is in the Lunch category, both under "Beef." 							
<ul style="list-style-type: none"> Have the name and phone number of the Food Service Manager. If the item you need information on does not match the menu, the manager can tell you if there was a menu change and what new item was served. You may also contact your district Nutrition Specialist if you need further assistance finding information. 							
<ul style="list-style-type: none"> Nutrition Specialist Email: NE/NW - Kim Nguyen, duyen.nguyen@lausd.net; East/South - Kayley Drain, kayley.drain@lausd.net; Central - Homa Hashemi, homa.hashemi@lausd.net; West - Ivy Marx, ivy.marx@lausd.net 							
MENU ITEM	FOOD CATEGORY	SERVING SIZE	Total Carbohydrate (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	
BREAKFAST							
BEEF & CHEESE SUNRISE STICK	ENTRÉE	2.4 OZ.	17.00	169.00	7.40	4.00	
BISCUIT, TURKEY SAUSAGE	ENTRÉE	EACH 3 OZ.	25.00	230.00	10.00	4.50	
BURRITO, BEEF, EGG, & CHEESE	ENTRÉE	EACH 3 OZ.	22.31	222.88	10.37	3.86	
BURRITO, FIESTA BEAN & CHEESE	ENTRÉE	EACH 3.25 OZ.	29.95	214.02	6.40	2.21	
CEREAL - BLUEBERRY RICE CHEX	GRAIN	EACH 2 OZ	46.00	240.00	5.00	0.50	
CEREAL - CINNAMON CHEX	GRAIN	EACH 2 OZ	46.00	240.00	5.00	0.50	
CEREAL - CINNAMON TOAST CRUNCH	GRAIN	EACH 2 OZ	44.00	230.00	5.00	0.50	
CEREAL - GRANOLA CHOCOLATE ROCKIN'OLA	GRAIN	EACH 2 OZ	33.00	180.00	4.50	0.50	
CEREAL - HONEY BUNCHES OF OAT VANILLA	GRAIN	EACH 2 OZ	47.00	220.00	3.00	0.00	
CEREAL - RICE CHEX	GRAIN	EACH 2 OZ	48.00	210.00	1.00	0.00	
CHEESE STUFFED POCKET	ENTRÉE	EACH 2.37 OZ	19.00	150.00	5.00	2.50	
COFFEE CAKE, CAFÉ LA IND. WRAPPED	GRAIN	EACH 3.4 OZ.	45.00	310.00	12.00	1.50	
FRENCH TOAST, CINNAMON	ENTRÉE	EACH 2.9 OZ	29.00	210.00	7.00	2.50	
FRENCH TOAST TRIO	ENTRÉE	EACH 2.9 OZ.	25.61	207.77	8.79	2.10	
MUFFIN, BLUEBERRY	GRAIN	EACH 1.8 OZ.	23.00	130.00	3.50	0.00	
OMELET, TURKEY & CHEESE (Individually Wrapped)	ENTRÉE	EACH 3.2 OZ.	13.00	180.00	10.00	4.00	
PAN DULCE, CINNAMON	GRAIN	EACH 2.25 OZ.	33.00	200.00	6.50	1.50	
POP TART (CINNAMON POCKET) 2 per pouch	GRAIN	1 POUCH	73.00	340.00	6.00	2.00	
POP TART (STRAWBERRY POCKET) 2 per pouch	GRAIN	1 POUCH	76.00	350.00	5.00	2.00	
SANDWICH, BEEF SAUSAGE PANCAKE	ENTRÉE	EACH 2.61 OZ.	15.70	140.00	4.70	1.60	
SANDWICH, MORNING BEEF SAUSAGE	ENTRÉE	EACH 3.10 OZ.	26.30	214.00	6.60	2.00	
SCONE, BANANA CHOCOLATE CHIP	GRAIN	EACH 2.8 OZ.	30.20	252.00	8.20	2.80	
SCONE, BERRY	GRAIN	EACH 2.8 OZ.	28.50	243.00	7.30	2.70	
SCONE, PUMPKIN	GRAIN	EACH 2.8 OZ.	41.00	251.00	8.40	2.80	
TURKEY SAUSAGE SQUARE	ENTRÉE	EACH, 3.67 OZ.	31.00	240.00	8.00	3.00	
WAFFLE, BUTTERY MAPLE	GRAIN	EACH 2.4 OZ.	37.00	250.00	9.00	4.00	
LUNCH/SUPPER							
BEAN & CHEESE CHIMICHANGA	ENTRÉE	EACH 5.5 OZ.	43.00	350.00	13.00	5.00	
BEAN & TWO CHEESE DIP	MEAT/MEAT ALT	EACH 3.35 OZ.	16.00	180.00	8.00	4.50	
BEEF DOUBLE DOGS	MEAT/MEAT ALT	EACH 4 OZ.	39.00	370.00	10.50	1.50	
BEEF PHILLY STEAK PINWHEEL	ENTRÉE	EACH 4 OZ.	33.00	320.00	12.00	6.00	
BEEF TERIYAKI DIPPER & RICE (wrapped tray)	ENTRÉE	1 SERVING	74.07	455.26	9.15	3.07	
BEEF TERIYAKI DIPPER & RICE BOWL (recipe)	ENTRÉE	1 SERVING	82.00	492.00	9.00	3.00	
BROWN RICE ONLY (Beef Teriyaki Dipper Bowl)	GRAIN	5.5 OZ. SERVING	62.57	297.19	2.66	0.47	
BEEF TERIYAKI DIPPERS (NO RICE)	MEAT/MEAT ALT	4 PIECES	11.70	159.00	6.50	2.60	
BEEF STEAK WITH GRAVY (IND. WRAPPED)	ENTRÉE	EACH 3.15 OZ.	4.69	137.19	7.17	2.37	
BURGER, ALL AMERICAN, BEEF	ENTRÉE	EACH 4.25 OZ.	29.60	275.10	8.67	2.95	
BURGER, CAFÉ LA, BEEF	ENTRÉE	1 BURGER	26.50	242.00	8.10	2.50	
BURGER, POSSIBLE (vegan)	ENTRÉE	1 BURGER	35.00	280.00	6.50	0.00	
BUN, HAMBURGER for Possible or Cafe LA Burger	GRAIN	1 BUN	26.00	140.00	2.00	0.00	
BURGER, TURKEY	ENTRÉE	1 SANDWICH	29.00	300.00	11.00	2.50	
TURKEY PATTY ONLY - NO BUN	MEAT/MEAT ALT	1 PATTY	0.00	150.00	9.00	2.50	
BUN KNOT ROLL (for turkey burger)	GRAIN	1 BUN	29.00	150.00	2.00	0.00	
BURRITO, BEAN, CHEESE & RICE	ENTRÉE	EACH 6.55 OZ.	44.84	323.16	9.35	3.55	
BURRITO, BEAN & GREEN CHILI (VEGAN)	ENTRÉE	EACH 5.35 OZ	48.00	310.00	7.00	1.00	
BURRITO, BEEF & BEAN (a.k.a. Beefy Bean Burrito)	ENTRÉE	EACH 5.2 OZ	39.00	279.00	8.00	2.00	
BURRITO, BEEF & CHEESE (a.k.a. TACO SNACK)	ENTRÉE	EACH 4.75 OZ.	29.80	293.00	14.00	5.00	
CALZONE, THREE CHEESE	ENTRÉE	EACH 5 OZ.	40.00	320.00	12.00	6.00	
CHALUPA, BEEF ZESTY	ENTRÉE	EACH 3.11 OZ	11.20	244.50	14.00	6.00	
CHEDDAR CHEESE CUP	MEAT/MEAT ALT	EACH 3 OZ.	14.00	190.00	10.00	6.00	
CHEDDAR CHEESE RANCH, PLANK	MEAT/MEAT ALT	EACH 1 OZ.	1.00	100.00	8.00	6.00	
CHEESEBURGER	ENTRÉE	EACH 4.2 OZ	30.00	270.00	9.00	3.50	
CHEESEBURGER SLIDERS	ENTRÉE	EACH 4.55 OZ.	31.10	273.00	8.00	2.90	
CHEESE POCKET, ITALIAN	ENTRÉE	EACH 2.27 OZ.	17.00	160.00	6.00	3.00	
CHEESY FLATBREAD	ENTRÉE	EACH 5.2 OZ	33.00	320.00	11.00	5.79	
CHEESY PILLOWS	ENTRÉE	1 SERVING	29.00	290.00	14.00	5.00	
CHICKEN, CHERRY BLOSSOM (no rice)	ENTRÉE	1 SERVING	25.20	282.00	6.00	1.00	
CHICKEN, YANG'S ORANGE (no rice)	ENTRÉE	1 SERVING	19.00	150.00	3.00	0.50	
CHICKEN & RICE, CHERRY BLOSSOM	ENTRÉE	1 SERVING	69.82	487.00	7.25	1.00	
CHICKEN & RICE, YANG'S ORANGE	ENTRÉE	1 SERVING	63.64	355.09	4.21	0.50	
BROWN RICE FOR CHERRY AND ORANGE CHICKEN	GRAIN	4 OZ. SERVING	44.64	205.09	1.21	0.00	
CARROTS, COOKED, served in sealed tray with cherry or orange chicken (Satellite Kitchen Sites)	VEGETABLE	1/2 CUP	8.00	35.00	0.00	0.00	
CHICKEN DRUMSTICK	MEAT/MEAT ALT	1 EACH	5.86	199.16	11.72	2.93	
CHICKEN DRUMSTICK & RUFFLE FRIES	ENTRÉE	1 SERVING	25.41	309.14	15.38	2.93	
CHICKEN DUMPLINGS	ENTRÉE	6 PIECES	31.00	240.00	7.00	0.50	
CHICKEN FILET, GOLDEN SANDWICH	ENTRÉE	1 SANDWICH	38.00	350.00	11.00	1.50	
CHICKEN FILLET, GOLDEN BREADED (NO BUN)	MEAT/MEAT ALT	1 PATTY	9.00	200.00	9.00	1.50	

MENU ITEM	FOOD CATEGORY	SERVING SIZE	Total Carbohydrate (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)
CHICKEN PATTY, HOT & SPICY BREADED (NO BUN)	MEAT/MEAT ALT	1 PATTY	14.00	210.00	10.00	2.00
CHICKEN, POPCORN	MEAT/MEAT ALT	10 PIECES	17.00	200.00	13.00	3.00
CHICKEN SANDWICH, HOT & SPICY	ENTRÉE	1 SANDWICH	43.00	360.00	12.00	2.00
BUN KNOT ROLL, ONLY (for chicken sandwich)	GRAIN	1 BUN	29.00	150.00	2.00	0.00
CHICKEN TENDERS & TOTS	ENTRÉE	1 SERVING	26.23	323.97	15.70	2.03
CHICKEN TENDERS	MEAT/MEAT ALT	1 SERVING	12.20	233.74	12.20	2.03
CHILI, 3-BEAN (VEGAN)	ENTRÉE	1 SERVING	33.00	180.00	0.50	0.00
CHIK' N NUGGETS (VEGAN)	ENTRÉE	5 NUGGETS	24.00	250.00	11.00	1.50
EGGS, HARD COOKED	MEAT/MEAT ALT	2 EGGS	1.00	140.00	9.00	3.00
FISH, BREADED CHEESE WEDGES	ENTRÉE	3 WEDGES	19.00	230.00	10.00	1.00
FISH FILLET	MEAT/MEAT ALT	1 SERVING	13.00	190.00	11.00	1.50
FISH FILLET & TOTS	ENTRÉE	1 SERVING	27.04	280.23	14.51	1.50
FLATBREAD, CHEESY	ENTRÉE	1 SERVING	33.00	320.00	11.00	5.80
GARLIC BREAD, CHEESY	ENTRÉE	EACH 4.5 OZ.	29.00	395.00	21.71	8.00
HOT DOG, BEEF DOUBLE DOGS	ENTRÉE	EA, 2 (4 oz total)	39.00	370.00	10.50	1.50
HOT DOG, TURKEY ALL STAR	ENTRÉE	1 SERVING	28.00	270.00	12.00	3.00
HOT DOG ONLY, NO BUN	MEAT/MEAT ALT	2 OZ.	1.00	130.00	10.00	3.00
HUMMUS CUP, ZEE ZEE	MEAT/MEAT ALT	EACH 4.5 OZ.	27.00	170.00	3.50	0.00
HUMMUS CUP, ZEE ZEE	MEAT/MEAT ALT	EACH 3.0 OZ.	18.00	110.00	2.00	0.00
LASAGNA, CHEESE ROLL-UP	ENTRÉE	EACH 4.3 OZ	29.00	230.00	7.00	4.00
NACHOBOLI, CHEESE	ENTRÉE	1 EACH. 4.9 OZ	34.00	310.00	13.00	7.00
PASTA, PENNE RIGATI & TURKEY MEATBALLS	ENTRÉE	1 SERVING	76.88	488.28	8.88	1.15
PASTA, PENNE RIGATI ONLY, NO MEATBALLS, 1/2 CUP	GRAIN	1 SERVING	23.00	110.00	1.00	0.00
TURKEY MEATBALLS, ONLY, NO SAUCE	MEAT/MEAT ALT	1 SERVING	4.00	110.00	5.00	1.00
PIZZA, DEEP DISH TURKEY PEPPERONI 5"	ENTRÉE	EACH 4.98 OZ.	31.00	310.00	13.00	6.00
PIZZA, GLUTEN FREE, Mr. Sips	ENTRÉE	EACH, 1	46.00	400.00	16.00	6.00
PIZZA KIT, ITALIANO (cold)	ENTRÉE	1 EACH KIT	34.30	312.12	11.21	6.04
PIZZA, SAUSAGE (TURKEY)	ENTRÉE	EACH 5.2 OZ.	28.00	339.00	16.00	9.00
PIZZA WEDGE, CHEESE	ENTRÉE	EACH 5.24 OZ.	34.58	328.00	13.00	6.00
PIZZA WEDGE, PEPPERONI (TURKEY-BEEF)	ENTRÉE	EACH 4.71 OZ.	31.00	320.00	15.00	7.00
PIZZABOLI	ENTRÉE	1 EACH	34.00	310.00	12.00	6.00
PORK CHOP	MEAT/MEAT ALT	EACH 3.35 OZ.	11.00	260.00	17.00	4.50
PORK CHOP & MASHED POTATOES	ENTRÉE	1 SERVING	29.53	349.35	17.87	4.99
PUPUSA, BEAN & CHEESE	ENTRÉE	EACH 5.5 OZ.	35.00	290.00	11.00	3.50
QUESADILLA, CHEESE	ENTRÉE	EACH 5.15 OZ.	28.00	370.00	20.00	11.00
SANDWICH, BBQ BEEF RIB	ENTRÉE	EACH 4.36 OZ.	32.88	282.29	9.79	3.21
SANDWICH, CHICKEN FILET, GOLDEN	ENTRÉE	1 SANDWICH	38.00	350.00	11.00	1.50
SANDWICH, CHICKEN HOT & SPICY	ENTRÉE	1 SANDWICH	43.00	360.00	12.00	2.00
BUN KNOT ROLL (for chicken sandwich)	GRAIN	1 BUN	29.00	150.00	2.00	0.00
SANDWICH, FIESTADA STUFFED (BEEF & CHEESE)	ENTRÉE	EACH 4.46 OZ.	31.00	320.00	14.00	7.00
SANDWICH, GRILLED CHEESE TOASTED, Ind. Wrapped	ENTRÉE	EACH 4.18 OZ	31.00	306.00	14.00	8.00
SANDWICH, SUNBUTTER & JELLY	ENTRÉE	1 SANDWICH	56.00	610.00	34.00	4.00
SANDWICH, TURKEY BREAST SMOKED	ENTRÉE	1 SANDWICH	29.00	230.00	3.50	0.00
TURKEY BREAST, SLICED ONLY - NO BREAD	MEAT/MEAT ALT	3 OZ. SERVING	0.00	80.00	1.50	0.00
SANDWICH, TURKEY BREAST & CHEESE	ENTRÉE	1 SANDWICH	27.00	330.00	15.00	6.00
SANDWICH, TURKEY HAM, DELI	ENTRÉE	1 SANDWICH	31.00	270.00	8.00	2.00
SANDWICH, TURKEY HAM & CHEESE, DELI	ENTRÉE	1 SANDWICH	32.00	280.00	9.00	3.50
TURKEY HAM ONLY - NO BREAD	MEAT/MEAT ALT	3 OZ. SERVING	3.00	120.00	6.00	1.50
SUBMARINE, SAVORY BEEF	ENTRÉE	1 SANDWICH	29.00	257.00	8.20	2.40
SALAD, CAESAR, CRISPY CHICKEN with CROUTONS	ENTRÉE	1 SALAD	31.00	369.00	21.00	3.00
SALAD, CAESAR, GRILLED CHICKEN	ENTRÉE	1 SALAD	10.00	233.50	14.00	3.00
SALAD, CHEF with CROUTONS	ENTRÉE	1 SALAD	19.50	258.50	14.00	3.00
SALAD, CHINESE CHICKEN w/ CRISPY NOODLES	ENTRÉE	1 SALAD	20.00	277.00	14.00	3.50
SALAD, MEXICALI (VEGETARIAN)	ENTRÉE	1 SALAD	55.00	390.00	14.00	3.00
TURKEY & MASHED POTATO WITH GRAVY	ENTRÉE	1 SERVING	21.69	188.80	2.76	0.99
MASHED POTATO WITH GRAVY ONLY	VEGETABLE	1/2 CUP	21.00	124.00	3.50	1.00
YOGURT, STRAWBERRY	MEAT/MEAT ALT	EACH 8 OZ.	38.00	180.00	0.00	0.00
GRANOLA, ONLY (FIELDSTONE) SERVED W/YOGURT	GRAIN	EACH 1 OZ.	20.00	120.00	3.00	0.50
GRAIN, SNACK, CRACKER						
BAGEL, GLUTEN FREE	GRAIN	EACH, 1	46	300	9	0.5
BISCUIT, HONEY	GRAIN	EACH, 1	30.00	190.00	6.00	2.00
BREAD, GLUTEN FREE, Little Northern Bakery	GRAIN	1 SLICE	17.00	85.00	1.75	0.00
BUN, HAMBURGER (for Possible Burger)	GRAIN	1 BUN	26.00	140.00	2.00	0.00
BUN, HOT DOG (for All Star Turkey Hot Dog)	GRAIN	1 BUN	27.00	140.00	2.00	0.00
BUN KNOT ROLL (for turkey burger, chicken sandwich)	GRAIN	1 BUN	29.00	150.00	2.00	0.00
CHEDDAR CHEESE CUP	MEAT/MEAT ALT	EACH 3 OZ.	14.00	190.00	10.00	6.00
CHEDDAR CHEESE RANCH, PLANK	MEAT/MEAT ALT	EACH 1 OZ.	1.00	100.00	8.00	6.00
CHICKPEAS, CHEDDAR	MEAT/MEAT ALT	EACH 0.83 OZ.	13.00	120.00	5.00	0.50
CHICKPEAS, SEA SALT	MEAT/MEAT ALT	EACH 0.75 OZ.	11.00	100.00	4.50	0.00
CHIPS, FRITOS CORN	GRAIN	EACH 1 OZ.	16.00	160.00	10.00	1.50
CHIPS, SUN - CHEDDAR	GRAIN	EACH 1 OZ.	19.00	140.00	6.00	0.50
CHIPS, SUN - GARDEN SALSA	GRAIN	EACH 1 OZ.	19.00	140.00	6.00	0.50
CRACKER, CHEEZ-IT	GRAIN	EACH 0.75 OZ.	14.00	100.00	3.50	1.00
CRACKER, CHOCOLATE MINI BELLY BEAR GRAHAM	GRAIN	EACH 1 OZ.	20.00	120.00	4.00	0.00
CRACKER, CINNAMON BELLY BEAR GRAHAM	GRAIN	EACH 1 OZ.	21.00	130.00	4.00	0.00
CRACKER, FOOD & NUTRITION	GRAIN	EACH 1 OZ.	22.00	120.00	4.00	0.00
CRACKER, HONEY GRAHAM	GRAIN	EACH 1 OZ.	21.00	110.00	3.00	0.50
CRACKER, HONEY MAID SQUARES	GRAIN	1.06 OZ.	24.00	130.00	3.00	0.00
CRACKER, PRETZEL GOLDFISH	GRAIN	1 BAG	16.00	90.00	1.50	0.00
CRACKER, PRETZEL PETITE	GRAIN	1 BAG, 0.7 OZ.	14.00	70.00	0.50	0.00
CRACKER, STRAWBERRY VANILLA MINIS	GRAIN	1 BAG, 1 OZ.	19.00	191.00	3.00	0.00
COOKIE, CHOCOLATE CHIP WG	GRAIN	EACH 1.2 OZ.	23.80	148.00	5.30	1.60
CORNBREAD	GRAIN	EACH 2.5 OZ.	33.00	190.00	6.00	0.50
CHURRO	GRAIN	EACH 1.48 OZ.	23.00	140.00	4.00	1.50
CROUTONS, BULK (0.8 oz. serving on entrée salad)	GRAIN	0.8 OZ	13.00	112.00	6.40	0.00
GRANOLA (FIELDSTONE)	GRAIN	EACH 1 OZ.	20.00	120.00	3.00	0.50
NOODLE, CRISPY CHINESE	GRAIN	1 BAG, 0.8 OZ	14.00	100.00	4.00	0.50
ROLL, HAWAIIAN	GRAIN	EACH 2 OZ.	28.00	150.00	3.00	0.00

MENU ITEM	FOOD CATEGORY	SERVING SIZE	Total Carbohydrate (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)
PASTA, PENNE RIGATI 1/2 CUP	GRAIN	1 SERVING	23.00	110.00	1.00	0.00
POPCORN, KETTLE	GRAIN	EACH 1 OZ.	22.00	130.00	4.00	0.00
RICE, BROWN (for Beef Teriyaki Dipper Bowl)	GRAIN	5.5 OZ. SERVING	62.57	297.19	2.66	0.47
TURKEY STICK - BBQ, BUFFALO, OR SMOKEHOUSE FLAVORS	MEAT/MEAT ALT	EACH 1.2 OZ.	0.00	40.00	1.00	0.00
WOWBUTTER CUP (snack)	MEAT/MEAT ALT	EACH 1.12 OZ.	8.00	200.00	15.00	3.00
FRUIT - FRESH, DRIED, SHELF-STABLE						
APPLE - FRESH (RED/GREEN)	FRUIT	1 EACH	20.48	87.04	0.00	0.00
APPLE SLICES - FRESH	FRUIT	1 IND. PKG	8.00	34.00	0.00	0.00
APPLE CRISP TREE TOP (DRIED)	FRUIT	EACH 0.34 OZ.	10.00	40.00	0.00	0.00
APPLESAUCE CUP	FRUIT	EACH 4.5 OZ.	14.00	60.00	0.00	0.00
APPLESAUCE CUP, Orange Dreamsicle (Zee Zee)	FRUIT	EACH 4.5 OZ.	18.00	70.00	0.00	0.00
APPLESAUCE CUP, Strawberry-Banana (Zee Zee)	FRUIT	EACH 4.5 OZ.	16.00	60.00	0.00	0.00
BANANA - FRESH	FRUIT	1 EACH	31.06	121.04	0.45	0.15
CHERRIES - DRIED	FRUIT	EACH, 1.26 OZ.	31.00	130.00	0.00	0.00
CRANBERRIES - DRIED (Cherry Flavor)	FRUIT	EACH 1.16 OZ.	27.00	110.00	0.00	0.00
GRAPES - FRESH	FRUIT	1/2 Cup	16.00	63.00	0.00	0.00
KIWI - FRESH	FRUIT	1 EACH	11.14	46.00	0.40	0.02
MIXED FRUIT CUP (NFG)	FRUIT	EACH 4.5 OZ CUP	19.00	80.00	0.00	0.00
MIXED FRUIT CUP (DEL MONTE)	FRUIT	EACH 4 OZ CUP	12.00	50.00	0.00	0.00
MIXED FRUIT MEDLEY, CANNED (1/2 C)	FRUIT	1 SERVING	17.00	60.00	0.00	0.00
NECTARINE - FRESH	FRUIT	1 EACH	11.96	49.90	0.36	0.03
ORANGE - FRESH	FRUIT	1 EACH	9.70	44.50	0.00	0.00
ORANGE, CARA CARA - FRESH	FRUIT	1 EACH	19.00	80.00	0.00	0.00
PEACH - FRESH	FRUIT	1 EACH	10.68	43.68	0.28	0.02
PEACH CUP (NATIONAL)	FRUIT	EACH 4.5 OZ	18.00	70.00	0.00	0.00
PEACH CUP (STRAWBERRY BANANA FLAVOR)	FRUIT	EACH 4 OZ.	12.00	50.00	0.00	0.00
PEACHY PEACHES, CANNED (1/2 C)	FRUIT	1 SERVING	13.91	59.62	0.00	0.00
PEARS - FRESH	FRUIT	1 EACH	15.00	100.00	0.00	0.00
PEARS, PERFECT, CANNED (1/2 C)	FRUIT	1 SERVING	15.59	59.81	0.12	0.00
PERSIMMON - FRESH	FRUIT	1 EACH	21.08	79.38	0.22	0.02
PLUM - FRESH	FRUIT	1 EACH	11.51	46.36	0.28	0.02
PLUOT - FRESH	FRUIT	1 EACH	9.50	40.00	0.00	0.00
RAISINS, DRIED	FRUIT	1 BOX	29.00	116.00	0.00	0.00
STRAWBERRY, FRESH	FRUIT	1/2 CUP	15.00	60.00	0.00	0.00
TANGELO, MINNEOLA - FRESH	FRUIT	1 EACH	13	70	0	0
TANGELO, MURCOTT - FRESH	FRUIT	1 EACH	26	103	0	0
JUICE - REFRIGERATED, SHELF-STABLE						
APPLE JUICE, DRIFTWOOD	FRUIT JUICE	EACH 4 OZ.	15.00	55.00	0.00	0.00
APPLE JUICE, ROCKVIEW	FRUIT JUICE	EACH 4 OZ.	14.00	60.00	0.00	0.00
ORANGE JUICE, DRIFTWOOD	FRUIT JUICE	EACH 4 OZ.	14.00	55.00	0.00	0.00
ORANGE JUICE, ROCKVIEW	FRUIT JUICE	EACH 4 OZ.	13.00	60.00	0.00	0.00
WILDBERRY JUICE DRIFTWOOD	FRUIT JUICE	EACH 4 OZ.	15.00	60.00	0.00	0.00
WILDBERRY JUICE ROCKVIEW	FRUIT JUICE	EACH 4 OZ.	14.00	60.00	0.00	0.00
BERRY, VERY JUICE BOX	FRUIT JUICE	EACH 4.23 OZ.	17.00	60.00	0.00	0.00
FRUIT PUNCH JUICE BOX (SUNCUP)	FRUIT JUICE	EACH 4.23 OZ.	15.00	60.00	0.00	0.00
MANGO SPLASH JUICE BOX (SUNCUP)	FRUIT JUICE	EACH 4.23 OZ.	15.00	60.00	0.00	0.00
ORANGE MEDLEY JUICE BOX	FRUIT	EACH 4.23 OZ.	13.00	50.00	0.00	0.00
PARADISE PUNCH JUICE BOX (SUNCUP)	VEGETABLE JUICE	EACH 4.23 OZ.	14.00	60.00	0.00	0.00
SUN SPLASH VEGETABLE JUICE BOX (SUNCUP)	VEGETABLE JUICE	EACH 4.23 OZ.	15.00	60.00	0.00	0.00
FROZEN FRUIT/VEG - JUICE CUP, SLUSH, AND OTHER						
CUP, BLACK CHERRY JUICE	FRUIT JUICE	EACH 4.4 OZ.	22.00	90.00	0.00	0.00
CUP, CHERRY SMOOTH	VEGETABLE JUICE	EACH 4.4 OZ.	22.00	100.00	0.00	0.00
CUP, SOUR WATERMELON	FRUIT JUICE	1 EACH	20.00	70.00	0.00	0.00
CUP, STRAWBERRY CUP	FRUIT	EACH, 4.5 OZ.	16.00	70.00	0.00	0.00
FRUIT POP, BLUEBERRY PEAR	FRUIT	EACH 3.5 OZ.	21.00	80.00	0.00	0.00
FRUIT POP, PEACH	FRUIT	EACH 4 OZ.	21.00	80.00	0.00	0.00
SLUSH, BERRY BERRY BLUE	VEGETABLE JUICE	EACH 4 OZ.	19.00	80.00	0.00	0.00
SLUSH, HULA COOLER	FRUIT JUICE	EACH 4 OZ.	19.00	70.00	0.00	0.00
SLUSH, KIWI STRAWBERRY	FRUIT JUICE	EACH 4 OZ.	15.00	60.00	0.00	0.00
SLUSH, PARADISE PUNCH	FRUIT JUICE	EACH 4 OZ.	16.00	60.00	0.00	0.00
SLUSH, RASPBERRY PASSION FRUIT	FRUIT JUICE	EACH 4 OZ.	15.00	60.00	0.00	0.00
SLUSH, TROPICAL TRIO	VEGETABLE	EACH 4 OZ.	20.00	80.00	0.00	0.00
STRAWBERRY CREAMSICLE	FRUIT JUICE	EACH 4.4 OZ.	23.00	90.00	0.00	0.00
VEGETABLE - FRESH, COOKED, CUP, CANNED						
BEANS, FIESTA PINTO	VEGETABLE	1/2 CUP	28.00	159.00	0.00	0.00
BROCCOLI, COOKED	VEGETABLE	1/2 CUP	5.00	25.00	0.00	0.00
CARROTS, COOKED or RAW (Petite Baby or Rainbow)	VEGETABLE	1/2 CUP	8.00	35.00	0.00	0.00
CARROTS, PETITE BABY (Individual Bag)	VEGETABLE	EACH 2.5 OZ.	8.00	35.00	0.00	0.00
CARROTS, RAINBOW RAW	VEGETABLE	3/4 CUP	12.00	53.00	0.00	0.00
CELERY STICKS (Individual Bag)	VEGETABLE	EACH 2.3 OZ	2.00	10.00	0.00	0.00
COLESLAW (Individual Bag)	VEGETABLE	EACH 2 OZ.	4.00	20.00	0.00	0.00
CORN, SWEET WHOLE KERNEL	VEGETABLE	1 SERVING	16.07	66.63	0.57	0.08
CUP, MARINARA (RED GOLD)	VEGETABLE	EACH 2.5 OZ.	7.00	40.00	1.00	0.00
CUP, SALSA	VEGETABLE	EACH 3 OZ.	5.00	25.00	0.00	0.00
MIXED VEGETABLE, COOKED	VEGETABLE	1/2 CUP	10.00	35.00	0.00	0.00
POTATOES, CREAMY MASHED	VEGETABLE	1 SERVING	18.53	89.35	0.87	0.49
POTATOES, CREAMY MASHED WITH RANCH	VEGETABLE	1 SERVING	18.53	89.35	0.87	0.49
POTATO RUFFLE FRIES (1/2 C)	VEGETABLE	1 SERVING	19.55	109.98	3.67	0.00
POTATO TOTS, MINI (1/2 C)	VEGETABLE	1 SERVING	14.00	90.00	3.50	0.00
POTATO, WEDGES ROASTED	VEGETABLE	1 SERVING	19.00	140.00	6.00	1.00
SALAD, GARDEN w/tomato and croutons (side)	VEGETABLE	1/2 CUP				
SALAD, ROMAINE (Individual Bag)	VEGETABLE	EACH 2.6 OZ.	4.00	25.00	0.00	0.00
SALAD, CABBAGE & KALE (side)	VEGETABLE	1/2 CUP	4.00	9.00	0.00	0.00
SALAD, ASIAN MANDARIN SALAD w/CRISPY NOODLE (side)	VEGETABLE	1/2 CUP	10.00	79.00	3.50	0.50
SALAD, SPRING GREENS-romaine, spinach, strawb (side)	VEGETABLE	1/2 CUP	6.00	60.00	3.00	0.00
SALAD, TROPICAL ASIAN SESAME CABBAGE SALAD (side)	VEGETABLE	1/2 CUP	8.00	62.50	3.00	0.50
SHELF-STABLE MEAL KITS						
CHEESE STICK MEAL KIT - CHEESE STICK, WHITE CHEDDAR	MEAT/MEAT ALT	EACH 2 OZ.	2.00	200.00	16.00	12.00
MARINARA SAUCE	VEGETABLE	EACH 2.5 OZ.	7.00	40.00	1.00	0.00

MENU ITEM	FOOD CATEGORY	SERVING SIZE	Total Carbohydrate (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	
APPLESAUCE, STRAWBERRY	FRUIT	EACH 4.5 OZ.	15.00	60.00	0.00	0.00	
WHEAT CRACKERS	GRAIN	EACH 1 OZ.	19.00	110.00	0.00	0.50	
CHOCOLATE NO-NUT BUTTER MEAL KIT: NO-NUT BUTTER CUP	MEAT/MEAT ALT	EACH 1 OZ.	14.00	170.00	11.00	1.00	
SUNFLOWER SEEDS	MEAT/MEAT ALT	EACH 1.2 OZ.	11.00	190.00	17.00	1.50	
VEGETABLE JUICE PUNCH	VEGETABLE	EACH 4 OZ.	16.00	60.00	0.00	0.00	
APPLESAUCE CUP, STRAWBERRY	FRUIT	EACH 4.5 OZ.	15.00	60.00	0.00	0.00	
(only 1 of the applesauces) APPLESauce CUP, UNSWEETENED	FRUIT	EACH 4.5 OZ	14.00	50.00	0.00	0.00	
CRACKERS, STRAWBERRY BITES	GRAIN	EACH 1 OZ.	19.00	120.00	4.50	0.00	
(only 1 of the crackers) CRACKER, WHEAT ES	GRAIN	EACH 1 OZ.	19.00	110.00	3.50	0.50	
HUMMUS MEAL KIT - HUMMUS CUP, ROASTED RED PEPPER	MEAT/MEAT ALT	EACH 3 OZ.	12.00	110.00	7.00	0.00	
SUNFLOWER SEEDS, HONEY ROASTED	MEAT/MEAT ALT	EACH 1 OZ.	4.00	190.00	17.00	1.50	
VEGETABLE JUICE PUNCH	VEGETABLE	EACH 4 OZ.	16.00	60.00	0.00	0.00	
RAISINS	FRUIT	EACH 1.33 OZ.	29.00	120.00	0.00	0.00	
CRACKERS, WHEAT ES	GRAIN	EACH 1 OZ.	19.00	110.00	3.50	0.50	
SUNBUTTER MEAL KIT - SUNBUTTER CUP	MEAT/MEAT ALT	EACH 2.2 OZ.	6.00	200.00	17.00	2.00	
VEGETABLE , MANGO JUICE	VEGETABLE	EACH 4 OZ.	13.00	50.00	0.00	0.00	
RAISINS, SUNMAID	FRUIT	EACH 1.34 OZ.	29.00	120.00	0.00	0.00	
CRACKERS, WHEAT MJM	GRAIN	EACH 1 OZ.	21.00	110.00	3.00	0.50	
WOWBUTTER MEAL KIT - WOWBUTTER CUP	MEAT/MEAT ALT	EACH 1.12 OZ.	8.00	200.00	15.00	3.00	
SUNFLOWER SEEDS, HONEY ROASTED	MEAT/MEAT ALT	EACH 1.2 OZ.	11.00	190.00	15.00	1.50	
RAISINS	FRUIT	EACH 1.33 OZ.	29.00	120.00	0.00	0.00	
VEGETABLE JUICE PUNCH	VEGETABLE	EACH 4 OZ.	16.00	60.00	0.00	0.00	
CRACKERS, WHEAT ES	GRAIN	EACH 1 OZ.	19.00	110.00	3.50	0.50	
MILK							
MILK CHOCOLATE FAT-FREE	MILK	EACH 8 OZ.	22.00	120.00	0.00	0.00	
MILK LACTOSE FREE, FAT-FREE	MILK	EACH 8 OZ.	13.00	90.00	0.00	0.00	
MILK SOY VANILLA	SOY MILK	EACH 8 OZ.	18.00	150.00	4.50	0.50	
MILK STRAWBERRY FAT-FREE	MILK	EACH 8 OZ.	20.00	120.00	0.00	0.00	
MILK WHITE LOW FAT 1%	MILK	EACH 8 OZ.	14.00	120.00	2.50	1.50	
MILK WHITE FAT-FREE	MILK	EACH 8 OZ.	12.00	90.00	0.00	0.00	
CONDIMENTS							
CONDIMENT - BBQ SAUCE	CONDIMENT	EACH 1 OZ.	10.00	44.47	0.09	0.01	
CONDIMENT - DRESSING, ASIAN SESAME, gallon, Marzetti	CONDIMENT	EACH 1 OZ.	5.30	120.00	11.00	1.66	
CONDIMENT - DRESSING, ASIAN SESAME, Packet, Marzetti	CONDIMENT	EACH 1.5 OZ.	8.00	180.00	16.00	2.50	
CONDIMENT - DRESSING, CAESAR Packet, Ken's	CONDIMENT	EACH 1.5 OZ.	1.00	210.00	23.00	4.00	
CONDIMENT - DRESSING, RANCH Packet "Salad Fresh"	CONDIMENT	EACH, 12 GM	4.00	21.00	1.00	0.00	
CONDIMENT - DRESSING, RANCH , Gallon, Marzetti	CONDIMENT	1 OZ.	1.00	150.00	16.00	2.50	
CONDIMENT - DRESSING, VINAIGRETTE APPLE, Marzetti	CONDIMENT						
CONDIMENT - KETCHUP HEINZ	CONDIMENT	EACH 9 G	2.61	11.09	0.00	0.00	
CONDIMENT - KETCHUP RED GOLD	CONDIMENT	EACH 9 G	2.00	10.00	0.00	0.00	
CONDIMENT - MUSTARD HEINZ	CONDIMENT	EACH 5.5 G	0.00	0.00	0.00	0.00	
CONDIMENT - TACO SAUCE	CONDIMENT	EACH 9 G	0.00	0.00	0.00	0.00	
CONDIMENT - TAJIN	CONDIMENT	1 EACH	0.00	2.00	0.00	0.00	