



Secondary Items 18/19

	Portion	Carb	Cal	Fat	Sat Fat	Iron (%)	Sodium	Fiber (g)	Common Allergens Present (as read in the ingredient label of the product)
Breads, Pasta & Grain									
Brown Rice	2 oz	11g	54	0.5	0		2.5	1	Wheat
WG Bagel	1	29g	140	1	0	10	180	4	Wheat, Soy
WG Biscuit	1	28g	200	9	4.5	6	330	2g	Wheat ,Milk
Garlic Toast	1 sl	12g	110	6	1.5	2	200	1	Wheat Milk
Ciabatta Bun	1	30g	160	3.5	0.5	8	170	3	Wheat
1/8" Curly Noodles	2 oz	42g	210	1	0	12	0	2g	Wheat
Macaroni, Elbow (plain)	2 oz	9.5g	49.5	1	0	6	0	0	Wheat
Rotini, Plain White	8oz	42g	200	1	0	10	0	2	
Spaghetti, Plain White	8 oz	42	210	1	0.25	10	326	2.5	
Penne Pasta Wheat Plain	2 oz	9.5g	43.5	0.5	0	0		0	Wheat
Oyster Crackers	1 pkg	9g	70	2.5	0	2	140	<1	Wheat, Milk, Soy
Saltine Crackers	1 pkg	9 g	50	1	0	2	180	0	Wheat, Soy
Tortilla 6WG	1	14g	85	2.5	0.5	3	170	1	Wheat
Tortilla Soft 8WG	1	18g	110	2.5	0.4	1.15		1.2	Wheat, Soy
Tortilla Soft 10 (Wraps)WG	1	31g	190	5	1	6	380	2	Wheat, Soy
Hot dog bun- WG	1	25g	140	2	0	8	230	2	Wheat , Soy
Wheat Bread	2 slices	21g	110	1	0	6	250	1	Wheat, Milk, Soy
Wheat Dinner Roll	1	14g	70	1	0	4	140	1	Wheat, Soy
Buddy Boy Bun	1	35g	180	2.5	0	6	550	0	Wheat, Soy
Breadstick, New York Wheat	1	16g	80	1	0	2%	190	2g	Wheat, Soy, Milk
Breadstick, Klosterman	1	16g	90	2	0	6	160	1	Wheat
Hamburger Bun	1	25g	140	2	0	8	230	2	Wheat , Soy
Mini Bun	1	15g	80	1	0	4	135	1	Wheat, Soy
Super Bun	1	34g	240	10	3.5	10	250	3	Wheat, Egg, Milk, Soy
Banana Bread	1	44g	280	10	2	6	220	2	Wheat, Egg, Soy
Cinnamon Bread	1	44g	270	10	2	2	190	2	Wheat, Egg, Soy, Milk
Breakfast Sausage on a bun	2.7	21g	240	4.5	0	8	390	2	Wheat, Egg, Soy, Milk
Whole Grain Donut-Choc	1 pkg	41g	320	15	7	10	270	2	Wheat, Egg, Soy, Milk
Whole Grain Donut- Powdered	1 pkg	41g	90	11	3		230	2	Wheat, Egg, Soy, Milk
Stuffing Mix	1	24g	120	1	0	6	550	1	Wheat



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Soft Pretzel - J&J	1	38g	180	1	0	0	150	1	Wheat
Pretzel Bun	2.7	39g	200	3	2	10		1	Wheat
Pretzel	2.2	29g	160	2.5	0	10	0%	3	Wheat
Flatbread Plain	1	22g	125	2	1	8		1	Wheat, Milk, Soy
Blueberry Muffin Otis	1	29g	170	5	2	2		2	Wheat, Egg, Soy
Chocolate Muffin Otis	1	32g	190	6	2	6	130	2	Wheat, Egg , Soy ,Milk
Brown Sugar Poptart	2 ct	75g	366	5.5	1.9	20	385	1	Wheat, Soy, Milk
Blueberry Poptart	2ct	76g	360	5	2	20	360	6	Wheat, Soy
Strawberry, Poptart	2 ct	75g	400	10	3	20	340	1	Wheat, Soy
Fudge Poptart	2ct	76g	358	6.1	2	20	386	5	Wheat, Soy
Stacys Pita Chips Parmesan	1 pkg	28g	200	8	1	6	400	2	Wheat , Milk
Waffles Maple Burst'n	1	15g	90	3	0	4%	130	1	Wheat, Egg Soy , Milk
Mini Pancakes Maple Burst'n	1	39g	220	6	0.5	4	130	3	Wheat, Milk , Egg
Mini Cinni	1	39g	240	7	1.5	8	270	2	Wheat, Milk
Mini Bagel Cream Cheese	1	41g	240	6	2.5	8	180	2	Wheat, Milk
WG Ciabatta Bread	1	30g	160	3.5	0.5	8	170	3	Wheat, Soy, Milk
WG Panini Bread	1	15g	80	2	0	4	100	1	Wheat , Milk, Soy
WG Croissant	1	30g	220	9	3.5	10	300	2	Wheat , Milk, Soy
Yakisoba Noodles WG	1	40g	190	1	0	0	220	4	Wheat , Soy
Ramen Noodles	1	52g	380	14	7	16	220	2	Wheat, Soy
Vegetables									
Beans, Black (canned)	2 oz	4g	23	0.3	0	6.5	244	2	
Beans Refried	2 oz	9g	58	1	0		169	2.7	
Beans, Baked	2 oz	12g	62	<1	0	7	200	2.7	
Broccoli	2 oz	3g	17	<1	0	2.5	0	2	
Brussel Sprouts	3 sprouts	5g	25	0	0	1.5	0	1.5	
Cal.Blend-Broc.,Calif.,Carrots	2oz.	2g	7.5	0	0	<1	0	0.5	
Carrots & Peas	2 oz	5.5g	26	0	0	2	0	1.5	
Carrots, frozen	2 oz	4g	18	0	0	1%	0%	1	
Glazed Carrots	2 oz	7g	78	4.7	2.2	0%	96mg	1.5	
Garbanzo Beans	2 oz	8g	53	1	0	0%	70%	2.5	
Cauliflower	2 oz	2.7g	14	0	0	1	0	1	
Cole Slaw (Vinegar, Oil)	2 oz	1.6g	9	0	0	<1	97	0.5	
Coleslaw Amish Prepared	2 oz	9g	14	2	0	0	97	0	
Corn on the Cob	1	28g	120	1	0	0	0	3	
Corn frz	2 oz	12g	54	0	0	1	0	1.3	



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Butternut Squash Roasted	2 oz	8g	30	0.5	0	0	290	5	
Edamame	2 oz	4.7g	62	3	3	2	6	2	Soy
Green Beans	2 oz	2g	10	0	0	0	154	1	
Hummus Homemade	1 oz	6g	52	2.6	0.4	0		0	
Kidney Beans	2 oz	9.5g	52	0	0		140	7	
Green Beans & Potatoes	2 oz	6g	20	0	0	0		0	
Mixed Veg	2 oz	6g	30	0.5	0	1	0	1	
Baby Lima Beans	2 oz	14g	74	0.3	0	1.24mg	0	3.4	
Spinach	2 oz	2g	13	0	0	1.52mg	0	1.2	
Succotash	2 oz	11g	55	0.6	0	1.2mg	0	2.1	
Sweet Potatoes w/ Marshmellow	2 oz	12.4	55	0.2	0.04	2		1.4	
Peas	2 oz	5.5g	31	0	0	7		4	
Tomato Sauce for Pasta	2 oz	3g	13	0	0	1mg	265	0.8	
Winter Blend (Caulifl.&Broccoli)	2 oz	2.5g	16	0	0	0	0	2	
Yellow Squash	2 oz	1.7g	9	0	0	.5mg	0	0.6	
Stewed Tomatoes	2 oz	3.5g	15	0	0	.74mg	124	0.6	
Collard Greens	2 oz	1.75g	9	0	0	.47mg	0	0.9	
Sliced Potatoes with onions	2 oz	8g	40	0	0	0		0	
Fresh Vegetables									
Romaine Blend	2 oz	1.8	10	0	0	.54mg	0	1.2	
Broccoli	2 oz	1g	6	0	0	1		0	
Carroteenies	1 pkg	3g	12	0	0	10	0	1	
Carrot Sticks	2 oz	5.4g	23	0	0	.17mg	0	1.6	
Cauliflower	2 oz	2.9g	14	0	0	.24mg	0	1.1	
Celery	2 oz	1.6g	9	0	0	.11mg	0	0.9	
Cucumber	2 oz	1.9	8	0	0	.15mg	0	0.3	
Green Peppers	2 oz	2.6g	11	0	0	.19mg	0	1	
Leaf Lettuce	1 oz	.8g	4	0	0	.24mg	0	0.4	
Shredded Carrot	1 oz	2.7g	12	0	0	.12mg	0	0.7	
Shredded Lettuce	1 oz	1g	3	0	0	.12mg	0	0.3	
Spring Mix Lettuce	.5 oz	0.5g	3	0	0	.12mg	0	0.3	
Onions, Red	2 oz	4.2g	18	0	0	.15mg	0	0.5	
Red Peppers	2 oz	3.4g	17	0	0	.24mg	0	1.2	
Tomato	1 oz	1g	5	0	0	0	0	0.3	
Pickles	1 oz	.67g	3	0	0	0	227	0.3	
Broccoli	2 oz	3g	17	<1	0	2.5	0	2	



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Potato									
Baked Potato (3 oz)	1	18g	80	0	0	.54mg	0	1.8	
Au gratin Potatoes - Basic American	2 oz	10g	75	1.3	0.5	8	285	6	Wheat ,Soy, Milk
Baked Sweet Potato Fries	2 oz	16g	92	2	0.5	6	130	1	
Potato Deli Roasters	3oz	24g	130	4	0	4	150	2	Milk
French Fries	3 oz	27	170	6	0	2	200	2	
Hashbrown Potato	3 oz	16g	70	0	0	4	20	2	
Mashed Potatoes	2 oz	8.5g	45	0.8	0	2%	410	1	Milk
Potato Smiles (3)	4	19g	130	5	1	2	180	2	Milk, Soy
Red Potatoes	3.5 oz	16g	70	0	0	4	5	2	Milk,Soy
Scalloped Potatoes	2 oz	11g	62	2	0.5	6		6	Wheat, Soy, Milk
Potato Wedges	3 oz	19g	120	4	1	4	15	1	Wheat , Milk
Waffle Cut Fries	3 oz	21g	160	8	1	4	550	2	Wheat
Saratoga Chips	3 oz	21g	160	8	2	2.07mg	230	2	
Seasoned Crispy Cubes	3 oz	18	130	6	1.5	4	330	2	Wheat, Milk
Seasoned Sweet Potatoes Sticks	2 oz	22g	160	5	1	2	160	2	
Sweet Potatoes Tots	3 oz	23	130	0	0	2	200	2	
Yukon Gold 1 med potato	1 med	26	100	0	0	6	0	3	
Tater Tots	9	19g	150	7	1	2	360	2	
Sliced Potatoes	3.5 oz	21	90	0	0	0	45	2	
Soup									
Broccoli Soup	2 oz	5.5g	105	7	2.5	1	210	0.5	Milk
Homemade Chicken Noodle Soup	8 oz	12	98	2.2	0.55	.87mg	207	0.7	
Homemade Chicken Tortilla Soup	2oz	7g	52	0	0	2	220	0.5	
Tomato Soup	4 oz	10g	45	1	1	2	205	2	
Cream of Potato Soup	2 oz	5.5g	105	1	0	0	232	0	Milk
Fresh Fruit									
Apple, Golden Delicious (fresh)*	1 med.	16g	96	0.3	0.1	0.22mg	0	4.1	
Apple, Golden Delicious (fresh)*	3 slc.	8g	40.5	0.3	0.05	0.125mg	0	1.85	
Apple, Red Delicious (fresh)	1 med.	30	125	0	0	1mg	0	5	
Apple. Red Delcious (fresh)	2 slc.	9.5g	36	0	0	0.5mg	0	1.5	
Banana (fresh)* small	1small	23g	90	0	0	12mg	0	2.6	
Cantaloupe	2oz	4.5	19	0	0	.15mg	0	0.5	
Grapes-Red or White	1/2 cup	14g	52	0	0	0.5mg	0	0.7	
Kiwi	2oz	15g	61	0	0	.31mg	0	3	
Orange (fresh)*	1 med	17.5	69	0.2	0	0.18mg	0	3.1	
Pear Fresh	1 med	27g	101	0	0	0.32mg	0	5.5	



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Raisins	2oz	32g	123	0.2	0	.78mg	0	1.5	
Dried Fruit Mix	2oz	27g	130	0	0	0	0	2	
Strawberries	2oz	2.75g	12	0	0	0.75mg	0	0.75	
Watermelon, whole diced	2oz	4g	12	0	0	0	0	0.15	
Fruit in Syrup									
Apple Slices	2oz	7g	26	0	0	1%	0%	0	
Applesauce	2oz	6g	49	0	0	.13mg	1mg	0.6	
Flavored Applesauce	2oz	12.5g	46.5	0	0	1.5%	0.0%	1	
Apricot	2oz	9.23g	35	0	0	.22mg	1mg	0.9	
Fruit Mix	2oz	9g	34	0	0	1.5%	0.0%	0.5	
Mandarin Oranges	2oz	9g	34	0	0	.21mg	0	0.4	
Peaches cling Diced	2oz	8g	30	0	0	.2mg	3	0.7	
Pears Diced	2oz	9g	35	0	0	.16mg	3	0.9	
Pears Sliced	2oz	9g	35	0	0	.16mg	3	0.9	
Peaches Sliced	2oz	8g	30	0	0	.2mg	3	0.7	
Strawberries ,Mandarin , Banana	2oz	12g	40	1	0	0	0	0	
Strawberries, Mandarin Oranges	2oz	11g	36	0	0	0	0	0	
Pineapple Tidbits	2oz	9g	35	0	0	0	5	0.5	
Frozen Fruit/cooked or thawed									
Peach Cup	4 oz	29g	117	0	4	2			
Strawberry Cup	4.5 oz	37g	137	0	0	4		0	
Frozen Blueberries	2 oz	5	20	0.5	0	0	0.5	1	
Cherries frozen	2oz	6g	26	0.3	0	.3mg	1	0.9	
Strawberries Sliced Sweet	2oz	15g	54	0	0	.33mg	0	1.1	
Protein Sources: Beef, Poultry, Cheese, Beans, Fish, Egg, Pork									
Burrito Beef & Cheese Homemade	1	19g	255	5.5	2	0		0	Wheat ,Milk
Bosco Cheese Sticks	2	28g	230	3.5	0	10	310	2	Wheat, Milk, Soy
Marinara	1 oz	4g	15	0	0	0	140	0	
BBQ Chicken only	4 oz	6g	61	1	0	0	458	0	
Hamburger Bun	1	25g	140	2	0	8	230	2	Wheat , Soy
BBQ Rib only	1	10g	140	11	3	18	490	1	Wheat ,Soy ,Milk
Buddy Boy Bun	1	35g	180	2.5	0	6	550	0	Wheat, Soy
BBQ Pork on Bun	1	33g	280	7.5	2.1	7	756	4	Wheat, Soy, Milk
Hamburger Bun	1	25g	140	2	0	8	230	2	Wheat , Soy
Chicken Quesadilla	1	18g	310	14	7	5.1		1.2	Wheat, Milk



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Chicken Fajita/Soft Taco	3 oz	18g	196	5.1	1	5.1		1.2	Wheat, Soy
WG Proview Chicken Patty only	1	15g	235	8	2.5	8	435	1	Wheat, Soy, Milk
Hamburger Bun	1	25g	140	2	0	8	230	2	Wheat , Soy
Grilled Chicken Sandwich	1	21g	210	5	1	10	400	2	Wheat, Soy, Milk
Hamburger Bun	1	25g	140	2	0	8	230	2	Wheat , Soy
WG Chicken Patty Hot & Spicy/ Bun	1	32g	310	13	3	10	416	2	Wheat
Hamburger Bun	1	25g	140	2	0	8	230	2	Wheat , Soy
WG Chicken Patty only	3.5 oz	16g	260	15	2.5	10	400	3	Wheat, Soy Milk
Hamburger Bun	1	25g	140	2	0	8	230	2	Wheat , Soy
WGChicken Pot Pie	7oz	36g	480	30	12	10	1050	2	Soy,Milk, Egg, Wheat
Homestyle Chicken Tenders	3.5 oz	19g	160	6	1	8	890	1	Soy, Wheat
WG Chicken Nuggets	5	11g	260	16	3	8	350	1	Soy,Milk, Wheat
WG Popcorn Chicken	2 oz	14g	230	13	2.5	10	452	2	Wheat Soy
Hot Ham & Cheese on Bun	1	21g	249	11	1	7		2	Wheat,Soy, Milk
Tostitos Chips	1.4 oz	28g	190	7	1	2	160	3	
Nacho Cheese Cup	3 oz	14g	140	10	6	0	560	0	Milk
Chicken Curry	2.8	4g	110	3.5	1	4	480	0	Wheat , Soy, Citrus
Brown Rice	2 oz	11g	54	0.5	0		2.5	1	Wheat
Chicken Chipotle Wrap	1	35g	407	37	9	9.5		3.2	Wheat , Milk, Soy
Fish	3.6	14g	190	8	2	6%	50%	2	Fish, Wheat, Soy,Milk, Egg
Hamburger Bun	1	25g	140	2	0	8	230	2	Wheat , Soy
Spaghetti (Penne meatsauce, (rotini 8 oz)		45g	238	4	2	0		0	Wheat
Chili (meat , spaghetti- 8oz)		45g	271	4	2	0		0	Wheat, Soy
Meatballs & Spaghetti Sauce8 Oz spag		53g	286	19	7	0		0	Wheat
Grilled Ham & Cheese Sandwich	1	26g	279	11	5.6	8		2	Wheat ,Soy, Milk
Ham	1.2oz	2	37	2	1	0	232	0	
Deli Turkey Sub	1	29g	306	5.5	0.5	16		3	Wheat,Soy, Milk
Turkey Wrap Sandwich	1	32g	236	5	1	6		2	Wheat , Milk
Mini Corn Dogs	5	25g	200	7.5	0	20	550	0	Wheat, Milk, Soy Egg
Beef Patty	2.6 oz	0	129	9	4	0	40	0	
Yellow Cheese sliced (American)	1	3	68	4	2.5	0.06mg	450	0	Milk
Hamburger Bun	1	25g	140	2	0	8	230	2	Wheat , Soy
Grilled Cheese WG Bread	1	25g	352	18	5.6	8%		2	Wheat, , Milk, Soy
Hot Dog Turkey	1	1g	130	3	1.5	6	700	0	Wheat, Soy
Chili	1 oz	1g	39						



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Ramen Noodles	1	52g	380	14	7	16	220	2	
WG Popcorn Chicken	2 oz	14g	230	13	2.5	10	452	2	Wheat Soy
Japenese Vegetables	4 oz	5g	31	0	0	0	22mg	2	Mushrooms
Chili Garlic Sauce	1 oz	10g	54	1	0	0	696		Wheat, Soy
General Tso Sauce	1 oz	16g	35	1	0	0	305		Wheat, Soy
Teriyaki Sauce	1 oz	8g	45	1	0	0	330	0	Wheat, Soy
Peanut Butter only	1 oz	8g	200	16	3.5	0	160	2	Peanut
Smuckers Peanut Butter	2.3	32g	320	3.5	0	8	30	3	Wheat, Peanut, Soy
Peanut Butter Sandwich	1	51g	370	3.5	0	8	580	3	Wheat, Peanut, Soy, Milk
Milk									
Carton Fat Free Milk	8 oz	12g	80	0	0	0	120	0	Milk
Carton White Milk (1%)	8 oz	12g	100	2.5	1.5	0	120	0	Milk
Carton Chocolate Milk (nonfat)	8 oz	23g	120	0	0	0	240	0	Milk
Yogurt									
Trix Yogurt Strawbanana	1	20g	100	0.5	0.5	0	50	0	Milk
Non-Fat Yogurt/Strawberries	2 oz	7g	11	0.4	0.027	0		0	Milk
Yogurt Parfait	4oz	14g	43	1	0.5	1		0	Milk
Sauces, Dressings & Gravy									
BBQ Sauce	1oz	8g	35	0	0	0	380	0	
Chicken Gravy	1 oz	6g	45	1.5	0	0	630	0	Soy, Wheat, Milk, Eggs
Cranberry Sauce	2 oz	5g	20	0	0	0	15	0	
Cream Cheese Lite	1 pkt	2	45	3	2	0	100	0	Milk
French Dressing Small	1 pkt	2g	45	4	1	0	75	0	Soy
Italian Dressing Small	1 pkt	2	15	0.5	0	0	550	0	Milk, Soy
Ranch Dressing Small	1pkt	2	90	9	1.5	0	200	0	Milk, Soy
Fat Free Ranch	1 pkt	4g	18	0	0	0	240	0	Milk, Soy
Ketchup	1 pkt	3g	10	0	0	0	85	0	
Margarine Cups	1	0	70	8	1.5	0	120	0	Milk, Soy
Marzetti Apple Vinaigrette	1.5oz	8g	140	12	2	0	40	0	
Marzetti Caesar	1.5 oz	2g	180	19	3	0	278	0	Egg, Anchovies, Milk, Soy
Marzetti FF Italian	1.5 oz	4g	20	0	0	0	720	0	
Marzetti Honey Mustard	1.5 oz	8g	180	16	2.5	0	135	0	Egg
Marzetti Lite Italian	1.5 oz	2g	20	1	0	0	720	0	
Marzetti Ranch	1.5 oz	2g	200	22	3.5	0	320	0	Milk,Egg
Marzetti FF Honey Dijon	1.5 oz	13g	50	0	0	0	218	0	Milk, Egg
Marzetti Lite Ranch	1.5 oz	9g	60	2.5	0	0	220	0	Milk, Egg



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Marzetti FF Ranch	1.5 oz	8g	35	0	0	1	220	0	Wheat, Milk, Egg
Marzetti FF California French	1.5 oz	10g	40	0	0	0	113	1	
Poppy Seed Dressing	1 oz	11g	130	10	1.5	0	233	0	Milk, Egg
Mustard	pkt	1g	10	0	0	0	65	0	
Ranch Cup	1 oz	1g	150	16	3	0		0	Milk, Egg
Montgomery Inn Sauce	1 oz	12g	50	0	0	0	240	2	
Ranch Dressing, Mix w/Yogurt	1 oz	3.3g	21	0.3	0.18	0		0	Milk
Parmesan Cheese	1 oz	1g	110	8	4	0		0	Milk
Salsa	2 oz	2g	10	0	0	0	120	0	
Taco Sauce	1 pkt	1	5	0	0	0	95	0	
Tartar Sauce	1 pkt	2g	37	3	1	0	100	0	Soy,Egg
Marinara Sauce	2 oz	7g	30	0	0	0	250	1	
Mayo Packet	1 pkt	1	80	9	1.5	0	70	0	Soy, Egg
General Tso's Sauce	1oz	16g	69	1	0.1	0	186	0	Soy, Wheat
Teriyaki Sauce	1 oz	4g	32	0	0	0	1290	0	Soy
Chile Garlic Sauce	1 oz	8g	45	1	0	0	580	0	Soy, Wheat
Montgomery Inn Sauce	1 oz	12g	50	0	0	0	240	2	
Sprays and Oils									
Butter Spray	.5 oz	0.15	126	14			0		Dairy
Garlic Mist	.5 oz	0	0	0	0	0	0	0	Dairy
Fresh and Dairy									
On-Top Dairy Topping	2 tbsp	2g	25	2	2	0	0	0	Milk
On-Top Dairy Topping(sugar-free)	2 tbsp	2g	25	2	2	0	0	0	Milk
Beverages									
Apple 100% Juice	4 oz	14g	60	0	0	0		0	
Grape 100% Juice	4 oz	18g	80	0	0	0		0	
Orange 100 % juice	4 oz	13g	50	0	0	0		0	
Fruit Punch 100 % Juice	4 oz	14g	60	0	0	0		0	
Gatorade G2 Glacier Freeze	12 oz	7g	30	0	0	0		0	
Gatorade G2 Lemon/Lime	12 oz	7g	30	0	0	0		0	
Gatorade G2 Clear	12 oz	7g	30	0	0	0		0	
Gatorade G2 Purple	12 oz	7g	35	0	0	0		0	
Gatorade G2 Orange	12 oz	7g	30	0	0	0		0	
Gatorade G2 Fruit Punch	12 oz	7g	30	0	0	0		0	
Juicy Juice Apple	6.75oz	24g	100	0	0	0	15	0	
Juicy Juice Fruit Punch	6.75oz	24g	100	0	0	0	15	0	



Secondary Items 18/19

	Portion	Carb	Cal	Fat	Sat Fat	Iron (%)	Sodium	Fiber (g)	Common Allergens Present (as read in the ingredient label of the product)
Juicy Juice Kiwi Strawberry	6.75oz	24g	100	0	0	0	15	0	
Juicy Juice Mixed Berry	6.75oz	24g	100	0	0	0	15	0	
Juicy Juice Grape	6.75oz	25g	100	0	0	0	15	0	
Juicy Juice Orange Tangerine	6.75oz	27g	110	0	0	0	15	0	
Powerade Zero	12 oz	1g	0	0	0	0	150	0	
Diet Snapple Iced Tea Peach	16 oz	1g	10	0	0	0	15	0	
Diet Snapple Iced Tea 1/2 & 1/2	16 oz	51g	210	0	0	0	10	0	
V-8 Smoothie Watermelon	12 oz	43g	180	0	0	4	80	2	
V-8 Smoothie Strawberry	12 oz	40g	180	0	0	4	105	0	
V-8 Strawberry/Banana	12oz	40g	160	0	0	4	105	0	
V-8 Blueberry/Pomegranate	12 oz	38g	150	0	0	4	100	0	
Snapple Grape Juice	11.5 oz	42g	170	0	0	6	30	0	
Snapple Apple Juice	11.5 oz	41g	170	0	0	6	30	0	
Snapple Fruit Punch	11.5 oz	42g	170	0	0	6	30	0	
Crystal Light Lemonade	17 oz	0	10	0	0	0	0	0	
Crystal Light Iced Tea	17 oz	0	10	0	0	0	0	0	
Soy Milk	8 oz	25g	150	3	0	0		0	
Dry Snacks									
Tostitos Crispy Rounds	1 pkg	28g	190	7	1	2	160	3	
Funyuns	1 pkg	14g	100	3.5	0.5	2	125	<1	Milk
Baked Cheetos Flamin Hot	1 pkg	14g	90	3.5	0	4	135		Milk
Baked WG Taco Chips	1 pkg	18g	120	4.5	0.5	2	105		
Bug Bites - Keebler	1 pkg	21g	120	3.5	1	4	115		Milk
Cheez it Reduced Fat	1 pkg	28g	190	6	1.5	10	150		Wheat, Milk, Soy
Cheez it WG	1 pkg	14g	100	3.5	1	4	190		Wheat, Milk, Soy
Scooby Doo Snacks Grahams	1 pkg	21g	120	3.5	1	4	115		Wheat , Milk, Soy
Despicable Me	1 pkg	21g	130	4	1	4	95	1	Wheat, Milk, Soy
Cinnamon Grahams	1 pkg	20g	110	3	1	10	140	1	Wheat
Elf Grahams	1 pkg	20g	120	4	1	8	125	2	Wheat, Soy
Reduced Fat Chettos Puffs	1 pkg	14g	90	3.5	0	0	135		Milk
Reduced Fat Cool Ranch	1 pkg	20g	130	5	1	2	150		Milk
Reduced Fat Doritos	1 pkg	20g	130	5	0.5	2	200		Milk
Reduced Fat Cheetos	1 pkg	14g	90	3.5	0	4	135		Milk
Fortune Cookies	1 pkg	6g	30	0	0	0		0	
Fruit by the Foot	1 pkg	17g	80	1	0.5	0	50	0	
Fruit Roll Up	1 roll	11g	50	1	0.5	0	50	0	Wheat, Soy



Secondary Items 18/19

	Portion	Carb	Cal	Fat	Sat Fat	Iron (%)	Sodium	Fiber (g)	Common Allergens Present (as read in the ingredient label of the product)
Granola	.75oz	26g	150	4	0.5	6		2	Wheat, Soy Some Tree Nuts
Gold Fish Crackers WG	1 pkg	14g	100	4	1	2	170		Wheat, Milk, Soy
Goldfish Puffs	1pkg	20g	140	6	0.5	4	280	1	Milk
Cheddar Gold Fish	1 pkg	14g	100	3.5	1	2	170		Wheat, Milk, Soy
Gold Fish Giant Graham Chocolate	1 pkg	19g	110	3.5	1	6	140	2	Wheat, Soy
Gold Fish Giant Graham Cinnamon	1 pkg	19g	120	4	1	5	110	1	Wheat, Soy
Nutri-Grain Bars	1 pkg	24g	120	3	0.5	10	125		Wheat, Milk, Soy
Pretzels, Heatzels	1 pkg	15g	80	1.5	0	4	200		Wheat
Scobby Doo Fruit Snack	1pkg	21g	70	0	0	0	30		Wheat, Soy, Milk,
Sunchips (Cheddar)	1 pkg	15g	110	4	0	2	200		Wheat, Milk
Sunflower Seeds , Lightly Salted	1 pkg	4g	170	16	2	10	110		Wheat
Sunflower Seeds Honey Roasted	1 pkg	8g	160	14	1	6	55		Wheat
Smart Food Popcorn	1 pkg	9g	70	2.5	1	4	100	2	Milk
Vanilla Wafers	8	21g	140	6	1.5	4		0	Wheat, Milk, Eggs
Rice Krispie Treats	1 bar	17g	90	2	0.5	2	105	0	Milk, Soy
Cinnamon Toast Crunch bar	1 pkg	30g	150	3	0.5	10	290		Wheat
Trix Cereal Bar	1 pkg	30g	150	3	0.5	10	110		Wheat
Baked Natural Cracker Chips	1 oz	22g	130	4	0.5	2	210		Wheat, Soy
Baked Lays BBQ	1 pkg	24g	140	2.5	0	0	180	2	Wheat, Soy, Milk
Baked Lays Sour Cream & Onion	1 pkg	24g	140	3.5	0.5	0	190	2	Milk, Soy
Baked Lays Plain	1 pkg	24g	140	1.5	0	0	115	2	Soy
Crainraisin Strawberry,Cherry,Blueberry1.16	1.16oz	28g	110					3	
Cereal-									
Fruit Loops	1	24g	110	1	0.5	20	170	3	Wheat, Soy
Apple Jacks	1	16g	70	0.5	0	15	85	2	Wheat, Soy
Mini Cinnis	1	40g	240	8	2	8	300	2	Wheat
Apple Frudel	1	36g	210	6	1.5	6	280	2	Wheat
Wheat Thins Crackers	1	34g	230	9	1.5	10	450	1	Wheat, Milk
Welch Mixed Fruit Snack All Flavors	1.5 oz	33g	130	0	0	0	20	3	
Otis Spunk Red. Fat Value Zone (1.33oz) Cookies									
Carnival	1	24g	160	7	3.5	4	125	1	Wheat, Egg, Soy, Milk
Chocolate Chip	1	24g	170	7	4	4	120	1	Wheat, Egg, Soy, Milk
Red White Blue Cookie	1.85	35g	190	5	2	6	180	4	Wheat, Egg, Soy, Milk
Sugar	1	23g	160	7	3.5	4	140	0	Wheat, Egg, Soy, Milk

