

| Item                                  | Portion  | Carb (g) | Cal | Fat | Sat Fat | Iron (%) | Sodium (mg) | Fiber (g) | Allergens (label)      | Category |
|---------------------------------------|----------|----------|-----|-----|---------|----------|-------------|-----------|------------------------|----------|
| Gatorade Zero, Freeze                 | 20 oz    | 2        | 0   | 0   | 0       |          | 270         | 0         |                        | Beverage |
| Gatorade Zero, Glacier Cherry         | 20 oz    | <1       | 0   | 0   | 0       |          | 160         | 0         |                        | Beverage |
| Gatorade Zero, Lemon Lime             | 20 oz    | <1       | 0   | 0   | 0       |          | 160         | 0         |                        | Beverage |
| Gatorade Zero, Orange                 | 12 oz    | <1       | 30  | 0   | 0       |          | 160         | 0         |                        | Beverage |
| Juice, Box, Juicy Juice, Apple        | 6.75 oz  | 24       | 100 | 0   | 0       |          | 15          | 0         |                        | Beverage |
| Juice, Box, Juicy Juice, Grape        | 6.75 oz  | 25       | 100 | 0   | 0       |          | 15          | 0         |                        | Beverage |
| Juice, Box, Juicy Juice, Kiwi Strwbry | 6.75 oz  | 24       | 100 | 0   | 0       |          | 15          | 0         |                        | Beverage |
| Juice, Box, Juicy Juice, Mxd Berry    | 6.7 5oz  | 24       | 100 | 0   | 0       |          | 15          | 0         |                        | Beverage |
| Juice, Cup, Apple, 100%               | 4 oz     | 14       | 60  | 0   | 0       |          | 15          | 0         |                        | Beverage |
| Juice, Cup, Fruit Punch, 100%,        | 4 oz     | 14       | 60  | 0   | 0       |          | 10          | 0         |                        | Beverage |
| Juice, Cup, Orange, 100%              | 4 oz     | 13       | 60  |     |         |          | 15          | 0         |                        | Beverage |
| Snapple, Juice, Apple                 | 11.5 oz  | 41       | 170 | 0   | 0       |          | 30          | 0         |                        | Beverage |
| Snapple, Juice, Fruit Punch           | 11.5 oz  | 42       | 170 | 0   | 0       |          | 30          | 0         |                        | Beverage |
| Snapple, Juice, Grape                 | 11.5 oz  | 42       | 170 | 0   | 0       |          | 30          | 0         |                        | Beverage |
| Bagel, Plain, 2 oz                    | 1 ea     | 28       | 140 | 1   | 0       |          | 250         | 1         | Wheat, Soy             | Bread    |
| Biscuit, 2.25 oz, 32677               | 1 ea     | 28       | 210 | 9   | 4.5     |          | 290         | 2         | Wheat, Milk            | Bread    |
| Bread, Brk, Banana                    | 1 ea     | 45       | 260 | 8   | 1.5     |          | 240         | 2         | Wheat, Egg, Soy, Milk  | Bread    |
| Bread, Slice, Sandwich, WG, 1292      | 2 slices | 26       | 140 | 2   | 0       |          | 170         | 2         | Wheat, Milk, Soy       | Bread    |
| Breadstick, Garlic, NY, WG, 15021     | 1 ea     | 17       | 110 | 4   | 1       |          | 200         | 2         | Wheat, Milk            | Bread    |
| Breakfast, Super Bun                  | 1 ea     | 34       | 240 | 10  | 3.5     |          | 250         | 3         | Wheat, Egg, Milk, Soy  | Bread    |
| Bun, Buddy Boy, 5", WG, 3737          | 1 ea     | 39       | 200 | 2   | 0       |          | 340         | 2         | Wheat, Soy             | Bread    |
| Bun, Hamburger 4", WG, 3474           | 1 ea     | 29       | 160 | 2   | 0       |          | 240         | 3         | Wheat , Soy            | Bread    |
| Bun, Hot Dog, 6", WG, 3709            | 1 ea     | 24       | 130 | 9   | 4.5     |          | 190         | 2         | Wheat , Soy            | Bread    |
| Croutons, Seasoned, Pkt               | 1 pkg    | 5        | 30  | 1   |         |          | 95          |           | Wheat, Milk            | Bread    |
| Donut, Mini, Chocolate, WG, 7786      | 1 pkg    | 42       | 320 | 16  | 9       |          | 310         | 2         | Wheat, Egg, Soy, Milk  | Bread    |
| Donut, Mini, Cluster, Glazed, WG      | 1 pkg    | 43       | 260 | 8   | 4       |          | 290         | 1         | Wheat, Eggs, Soy, Milk | Bread    |
| Donut, Mini, Pwdr Sugar, WG, 7787     | 1 pkg    | 41       | 270 | 11  | 4.5     |          | 290         | 2         | Wheat, Egg, Soy, Milk  | Bread    |
| Muffin, Blueberry, Otis               | 1 ea     | 30       | 190 | 5   | 2       |          | 130         | 2         | Wheat, Egg, Soy        | Bread    |
| Muffin, Chocolate, Otis               | 1 ea     | 32       | 200 | 6   | 2       |          | 130         | 2         | Wheat, Egg, Soy        | Bread    |
| Noodles, Ramen, No Seasoning          | 1 svg    | 54       | 370 | 14  | 7       |          | 220         | 2         | Wheat, Soy, Milk       | Bread    |
| Pasta, Spaghetti, Plain               | 8 oz     | 15       | 196 | 1   |         |          | 326         | 2         | Wheat                  | Bread    |
| Pasta, White, All Variety             | 8 oz     | 41       | 210 | 1   | 0       |          | 0           | 2         | Wheat                  | Bread    |
| Pretzel, Soft, Hot, 2.2 oz            | 1 ea     | 36       | 140 | 1   | 0       |          | 150         | 1         | Wheat                  | Bread    |
| Rice, Brown                           | 4 oz     | 24       | 114 | 1   | 0.5     | 38       | 1           | 1         |                        | Bread    |
| Roll, Dinner, WG, 3920                | 1 ea     | 16       | 90  | 1   | 0       |          | 140         | 1         | Wheat, Soy             | Bread    |
| Tortilla, Flour, 10"                  | 1 ea     | 37       | 210 | 4   | 1.5     |          | 370         | 1         | Wheat                  | Bread    |

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| Tortilla, Flour, 6"                       | 1 ea    | 15       | 100 | 3    | 0.5     |          | 240         | 1         | Wheat                 | Bread     |
| Dressing, Italian, Small                  | 1 pkt   | 2        | 15  | 0.5  | 0       |          | 550         | 0         | Milk, Soy             | Condiment |
| Dressing, Ranch, FF, Small                | 1 pkt   | 4        | 18  | 0    | 0       |          | 240         | 0         | Milk, Soy             | Condiment |
| Dressing, Ranch, Large                    | 1.5 oz  | 2        | 200 | 22   | 3.5     |          | 320         | 0         | Milk, Egg             | Condiment |
| Dressing, Ranch, Small                    | 1 pkt   | 2        | 90  | 9    | 1.5     |          | 200         | 0         | Milk, Soy             | Condiment |
| Gravy, Chicken                            | 2 oz    | 3        | 20  | 1.5  | 0       |          | 230         | 0         | Soy, Wheat, Milk, Egg | Condiment |
| PC, BBQ, Pkt                              | 1 pkt   | 4        | 15  | 0    | 0       |          | 90          | 0         |                       | Condiment |
| PC, Ketchup                               | 1 pkt   | 3        | 10  | 0    | 0       |          | 95          | 0         |                       | Condiment |
| PC, Mayo Packet                           | 1 pkt   | 1        | 80  | 8    | 1.5     |          | 80          | 0         | Soy, Egg              | Condiment |
| PC, Mustard                               | 1 pkt   | 1        | 10  | 0    | 0       |          | 65          | 0         |                       | Condiment |
| Sauce, General Tso                        | 1 oz    | 9        | 43  | 1    | 0.1     |          | 214         | 0         | Soy                   | Condiment |
| Sauce, Marinara                           | 1 oz    | 3        | 15  | 0    | 0       |          | 12          | 1         |                       | Condiment |
| Sauce, Salsa                              | 2 oz    | 4        | 16  | 0    | 0       |          | 70          | 0         |                       | Condiment |
| Spray, Butter Spray                       | .5 oz   | 0.15     | 126 | 13.9 |         |          | 93          | 4         |                       | Condiment |
| Spray, Garlic Mist                        | .5 oz   | 0.15     | 126 | 13.9 |         |          | 0           |           | Dairy                 | Condiment |
| Cheese, American, Slice                   | 2 sl    | 2        | 100 | 9    | 5       |          | 230         | 0         | Milk                  | Dairy     |
| Cheese, Cheddar, Shredded                 | 1 oz    | 0        | 110 | 9    | 5       |          | 190         | 0         | Milk                  | Dairy     |
| Cheese, Cheddar, Shredded                 | 2 oz    | 0        | 220 | 18   | 10      |          | 380         | 0         | Milk                  | Dairy     |
| Cheese, Cream Cheese, Lite                | 1 pkt   | 1        | 45  | 3    | 2       |          | 80          | 0         | Milk                  | Dairy     |
| Cheese, Mozzarella, Slice                 | 1 oz    | 0        | 90  | 7    | 5       |          | 170         | 0         | Milk                  | Dairy     |
| Cheese, Mozzarella, String                | 1 pkg   | 0        | 90  | 7    | 5       |          | 200         | 0         | Milk                  | Dairy     |
| Cheese, Queso Blanco                      | 2 oz    | 1        | 122 | 10   | 5.5     |          | 437         | 0         | Milk                  | Dairy     |
| Margarine, Cup, 9 gm                      | 1 ea    | 0        | 70  | 8    | 1.5     |          | 120         | 0         | Milk, Soy             | Dairy     |
| Milk, Chocolate, NF                       | 8 oz    | 20       | 120 | 0    | 0       |          | 190         | 0         | Milk                  | Dairy     |
| Milk, White, 1%                           | 8 oz    | 12       | 100 | 2.5  | 1.5     |          | 120         | 0         | Milk                  | Dairy     |
| Milk, White, FF                           | 8 oz    | 12       | 80  | 0    | 0       |          | 120         | 0         | Milk                  | Dairy     |
| Yogurt, Strawberry NF, Upstate            | 4 oz    | 19       | 90  | 0    | 0       |          | 50          | 0         | Milk                  | Dairy     |
| Yogurt, Trix, Strwbry Banana              | 4 oz    | 15       | 80  | 0.5  | 0       |          | 60          | 0         | Milk                  | Dairy     |
| Breadsticks, Cheese Filled, Bosco 7" RF   | 2 ea    | 50       | 420 | 12   | 6       |          | 540         | 4         | Wheat, Milk, Soy      | Entrée    |
| Burrito, Beef & Cheese, Homemade          | 1 ea    | 33       | 430 | 23   | 4       |          | 727         | 0         | Wheat, Milk           | Entrée    |
| Cheese, Mozzarella, Battered, Stick       | 3 ea    | 27       | 310 | 15   | 4.8     |          | 444         | 2.4       | Milk                  | Entrée    |
| Chicken, BBQ on Bun                       | 2 oz    | 33       | 211 | 6.6  | 2       |          | 330         | 0         |                       | Entrée    |
| Chicken, Diced, Plain                     | 2oz     | 0        | 72  | 2    | 0       |          | 56          | 0         |                       | Entrée    |
| Chicken, Drumstick, Breaded               | 1 ea    | 6        | 220 | 13   | 3       |          | 530         | 1         | Wheat                 | Entrée    |
| Chicken, Fajita, with Tortilla Shell, 10" | 3 oz    | 19       | 264 | 4.6  | 1.1     | 1.1      | 506         | 0         | Wheat                 | Entrée    |
| Chicken, General TSO w/Ramen              | 1 svg   | 100      | 670 | 29   | 25      |          | 757         |           |                       | Entrée    |

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| Chicken, Nuggets, 6 ct                        | 6 ea    | 15       | 270 | 15   | 3       |          | 570         | 1         | Wheat, Soy             | Entrée   |
| Chicken, Patty on Bun                         | 1 svg   | 45       | 400 | 16   | 2.5     |          | 680         | 3         | Wheat, Soy             | Entrée   |
| Chicken, Patty, Buffalo on Bun                | 1 ea    | 46       | 475 | 2    | 0       |          | 1110        | 3         | Wheat, Soy             | Entrée   |
| Chicken, Patty, Hot & Spicy on Bun            | 1 ea    | 46       | 430 | 17   | 3       |          | 680         | 3         | Wheat, Soy             | Entrée   |
| Chicken, Patty, Premium on Bun                | 1 svg   | 47       | 380 | 10   | 1.5     |          | 950         | 5         | Wheat, Milk, Soy       | Entrée   |
| Chicken, Popcorn, WG                          | 2 oz    | 14       | 230 | 13   | 2.5     |          | 452         | 2         | Wheat Soy              | Entrée   |
| Chicken, Tenders, Homestyle, Brd, Pierce      | 3 oz    | 16       | 160 | 6    | 1       |          | 890         | 1         | Soy, Wheat             | Entrée   |
| Chicken, Teriyaki Sub Bun                     | 1 svg   | 39       | 434 | 11   |         |          | 566         | 2         | Wheat, Soy, Milk       | Entrée   |
| Chicken, Teriyaki w/Ramen                     | 1 svg   | 76       | 645 | 14   | 25      |          | 672         |           | Wheat, Soy             | Entrée   |
| Chicken, Teriyaki w/Rice                      | 1 svg   | 47       | 329 | 9    | 2.5     |          | 691         | 1         | Wheat, Soy             | Entrée   |
| Chili, Cinci, Mt, Spaghetti 4z/1/2z Chs       | 1 svg   | 33       | 271 | 4    | 2       |          | 660         | 0         | Soy, Wheat, Milk       | Entrée   |
| Corn Dogs, Mini, Tky                          | 6 pc    | 35       | 257 | 10   | 1.8     |          | 362         | 0         | Wheat, Milk, Soy, Egg  | Entrée   |
| Fish, Pollock, Brd, Sq, 3.6z on Bun           | 1 ea    | 45       | 330 | 3    | 0       |          | 501         | 2         | Fish, Wheat, Soy, Milk | Entrée   |
| Grilled Cheese Sandwich, Bread                | 1 ea    | 30       | 240 | 18   | 5       |          | 216         | 2         | Wheat, Milk, Soy       | Entrée   |
| Ham & Cheese, Hot, on Bun                     | 1 ea    | 27       | 249 | 11   | 1       |          |             | 2         | Wheat, Soy, Milk       | Entrée   |
| Ham, or Turkey Ham, Deli                      | 1.2 oz  | 2        | 37  | 2    | 1       |          | 232         | 0         |                        | Entrée   |
| Hamburger, Beef Patty, on Bun                 | 1 ea    | 25       | 269 | 11   | 0.5     |          | 270         | 2         | Wheat, Milk, soy       | Entrée   |
| Hamburger, w/Cheese, on Bun                   | 1 ea    | 26       | 337 | 15   | 6.5     |          | 510         | 2         | Wheat, Milk, Soy       | Entrée   |
| Hot Dog, Coney w/Chili & Chse on Bun          | 1 ea    | 28       | 335 | 16   | 4.5     |          | 980         | 2         | Wheat , Milk, Soy      | Entrée   |
| Hot Dog, Turkey, on Bun                       | 1 ea    | 24       | 330 | 13   | 4.5     |          | 820         | 2         | Wheat, Milk ,Soy       | Entrée   |
| Lasagna Roll-Up                               | 1 roll  | 22       | 170 | 6    | 3       |          | 210         | 1         | Milk                   | Entrée   |
| Meatball, 1 oz ea                             | 3 ea    | 7        | 250 | 20   | 8       |          | 540         | 1         | Soy, Wheat, Milk       | Entrée   |
| Meatball, Sub, (Hoagie Bun)                   | 1 svg   | 50       | 400 | 3    |         |          | 740         |           | Wheat                  | Entrée   |
| Meatball, with Spaghetti (8z Spaghetti)       | 1 svg   | 49       | 396 | 2    | 7       |          | 400         | 2         | Wheat                  | Entrée   |
| Mini Cinnis, Cinnamon Roll                    | 1 ea    | 40       | 240 | 8    | 1.5     |          | 270         | 3         | Wheat, Milk            | Entrée   |
| Pasta, Spaghetti, Meatballs, 8z Spaghetti     | 1 svg   | 53       | 286 | 19   | 7       |          |             | 0         | Wheat                  | Entrée   |
| Pasta, with Meat Condiment, 8 oz              | 4 oz)   | 33       | 212 | 5    | 2       |          | 480         | 0         | Wheat                  | Entrée   |
| Peanut Butter & Jelly, Uncrustable, LG, Grp   | 5.3 oz  | 64       | 600 | 34   | 6       |          | 510         | 7         | Wheat, Peanuts, Soy    | Entrée   |
| Peanut Butter & Jelly, Uncrustable, SM, Grp   | 2.6 oz  | 32       | 301 | 17   | 3.5     |          | 280         | 3         | Wheat, Peanuts, Soy    | Entrée   |
| Peanut Butter & Jelly, Uncrustable, SM, Strwb | 2.6 oz  | 26       | 300 | 17   | 3       |          | 280         |           | Wheat, Peanuts, Soy    | Entrée   |
| Pepperoni                                     | 9 pc    | 0        | 8.8 | 0.08 | 0.25    |          |             | 0         |                        | Entrée   |
| Pork, BBQ, Pulled on Bun                      | 2 oz    | 33       | 232 | 2    | 2       |          | 432         | 2         | Pork, Soy, Wheat       | Entrée   |
| Quesadilla, Cheese, 10"                       | 1 svg   | 16       | 250 | 15   | 8.5     |          | 870         | 0         | Milk                   | Entrée   |
| Quesadilla, Cheese, 6"                        | 1 svg   | 16.5     | 290 | 16   | 9       |          | 1032        | 0         | Milk                   | Entrée   |
| Taco, Beef, 6" Tortilla                       | 1 svg   | 15       | 190 | 3    | 1       |          | 150         | 1         | Wheat, Soy             | Entrée   |
| Taco, Beef, Meat Only                         | 2 oz    | 2        | 124 |      | 413     |          | 390         | 1         |                        | Entrée   |

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| Turkey, Roast                         | 4 oz    | 0        | 120  | 5    | 1.5     |          | 640         | 0         | Milk                  | Entrée   |
| Waffle, Mini, Maple, Eggo, Kellogg    | 2.65 oz | 36       | 190  | 5    | 1.5     |          | 220         | 4         | Wheat, Soy, Egg, Milk | Entrée   |
| Waffle, Mini, Maple, Pillsbury        | 2.5 oz  | 37       | 200  | 5    | 1       |          | 170         | 3         | Wheat, Soy, Egg, Milk | Entrée   |
| Pork, Rib B Que w/Bun                 | 1 svg   | 34       | 330  | 2    | 3.5     | 18       | 660         | 3         | Wheat ,Soy ,Milk      | Entrée   |
| Apple, Crisp                          | 4 oz    | 25       | 128  | 0    | 0       |          | 180         | 0         | Wheat Soy, Milk       | Fruit    |
| Apple, Golden Delicious (fresh)*      | 1 med.  | 16       | 96   | 0.25 | 0.1     |          | 0           | 4.1       |                       | Fruit    |
| Apple, Red Delcious (fresh)           | 3 slc   | 9.5      | 36   | 0    | 0       |          | 0           | 1.5       |                       | Fruit    |
| Apple, Red Delicious (fresh)          | 1 med   | 30       | 125  | 0    | 0       |          | 0           | 5         |                       | Fruit    |
| Apple, Sliced, Cinn Sugar, Hot        | 4 oz    | 16       | 64   | 0    | 0       |          | 10          | 1         |                       | Fruit    |
| Apple, Sliced, Fresh, Pkg             | 4 oz    | 14       | 52   | 0    | 0       |          | 0           | 2         |                       | Fruit    |
| Applesauce, Cup, Unswt.               | 4 oz    | 15       | 60   | 0    | 0       |          | 15          | 1.2       |                       | Fruit    |
| Applesauce, Cup, USDA, Unswt., 4.5 oz | 4.5 oz  | 14       | 60   | 0    | 0       |          | 15          | 1         |                       | Fruit    |
| Apricot, Can                          | 4 oz    | 14       | 60   | 0    |         |          | 10          | 1         |                       | Fruit    |
| Apricot, Cup, Fzn                     | 4 oz    | 32       | 125  | 0    | 0       |          | 3           | 1         |                       | Fruit    |
| Blueberries, Frzn                     | 4 oz    | 9        | 40   | 1    | 0       |          | 2           | 2         |                       | Fruit    |
| Cantaloupe                            | 4 oz    | 9        | 39   | 0    | 0       |          | 180         | 0.5       |                       | Fruit    |
| Cherries, Frozen                      | 4 oz    | 12       | 52   | 0.6  | 0       |          | 2           | 1.8       |                       | Fruit    |
| Craisins, All Flavors, 1.16 oz        | 1.16 oz | 28       | 110  | 0    | 0       |          | 0           | 0         |                       | Fruit    |
| Grapes, Red or Green                  | 1/2 cup | 14       | 52   | 0    | 0       |          | 0           | 1.4       |                       | Fruit    |
| Kiwi                                  | 4 oz    | 17       | 69   | 0    | 0       |          | 0           | 3         |                       | Fruit    |
| Mixed Berries, Cup Fzn                | 4 oz    | 20       | 90   | 0    | 0       |          | 0           | 2         |                       | Fruit    |
| Mixed Fruit, Canned                   | 4 oz    | 17       | 60   | 0    | 0       |          | 10          | 0         |                       | Fruit    |
| Orange, Fresh*                        | 1 med   | 22       | 84   | 0    | 0       |          | 0           | 4         |                       | Fruit    |
| Orange, Fresh*                        | 3 slc.  | 7.2      | 29.5 | 0.2  | 0       |          | 0           | 0         |                       | Fruit    |
| Peach, Cup, Fzn                       | 4.4 oz  | 21       | 90   | 0    | 0       |          | 0           | 2         |                       | Fruit    |
| Peach, Diced, Can                     | 4 oz    | 14       | 60   | 0    | 0       |          | 10          | 0         |                       | Fruit    |
| Peach, Sliced, Can                    | 4 oz    | 14       | 60   | 0    | 0       |          | 10          | 0         |                       | Fruit    |
| Pear, Diced, Cn                       | 4 oz    | 16       | 60   | 0    | 0       |          | 5           | 2         |                       | Fruit    |
| Pear, Fresh                           | 1 med   | 27       | 101  | 0    | 0       |          | 0           | 5.5       |                       | Fruit    |
| Pear, Sliced, Cn                      | 4oz     | 16       | 60   | 0    | 0       |          | 6           | 1         |                       | Fruit    |
| Raisins, Unsweet                      | 2 oz    | 29       | 120  | 0.19 | 0       |          | 0           | 2         |                       | Fruit    |
| Strawberries Whole                    | 4 oz    | 10       | 39   |      |         |          | 2           | 2         |                       | Fruit    |
| Strawberries, Fresh                   | 4 oz    | 8.1      | 36   | 0    | 0       |          | 0           | 2         |                       | Fruit    |
| Strawberries, Slcd, Fzn               | 4 oz    | 10       | 39   | 0    | 0       |          | 0           | 2         |                       | Fruit    |
| Strawberries, Whole, Fzn              | 4 oz    | 10       | 39   | 0    | 0       |          | 2           | 2         |                       | Fruit    |
| Strawberry, Cup, Fzn                  | 4.5 oz  | 37       | 137  | 0    | 0       |          |             | 2         |                       | Fruit    |

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| Watermelon                                | 4 oz    | 46       | 23  | 0   | 0       |          | 3           | 1         |                       | Fruit    |
| Pizza, Cheese, 4x6, Tony's                | 1 slice | 32       | 280 | 11  | 3.5     |          | 430         | 4         | Wheat, milk           | Pizza    |
| Pizza, Cheese, Big Daddy's                | 1 slice | 42       | 400 | 17  | 9       |          | 580         | 2         | Wheat                 | Pizza    |
| Pizza, Cheese, LaRosa's, Sec              | 1 slice | 29       | 360 | 18  | 11      |          | 580         | 2         | Wheat, Milk, Soy      | Pizza    |
| Pizza, Cheese, Stuffed Crust              | 1 slice | 37       | 340 | 12  | 4       |          | 540         | 2         | Wheat, Milk           | Pizza    |
| Pizza, Cheese, Stuffed Crust, 4x6 Nardone | 1 slice | 31       | 320 | 12  | 6       |          | 360         | 4         | Milk, Soy, Wheat      | Pizza    |
| Pizza, Pepperoni, Big Daddy's             | 1 slice | 42       | 410 | 18  | 9       |          | 230         | 2         | Wheat                 | Pizza    |
| Potato, Deli Roasters                     | 3oz     | 21       | 130 | 4   | 0       |          | 150         | 2         | Milk                  | Potato   |
| Potato, Mashed, No Gravy                  | 4 oz    | 14       | 70  | 0   | 0       |          | 340         | 2         | Milk                  | Potato   |
| Potato, Smiles or Emoji (5)               | 5 pc    | 25       | 160 | 6   | 1       |          | 45          | 2         | Milk, Soy             | Potato   |
| Potato, Waffle, Fries, Seasoned           | 3 oz    | 21       | 160 | 8   | 1       |          | 550         | 2         | Wheat                 | Potato   |
| Cereal Bar, Nutri-Grain, Strawbry         | 1 pkg   | 25       | 130 | 3.5 | 0.5     |          | 140         |           | Wheat, Milk, Soy      | Snack    |
| Cheetos, Crunchy, RF                      | 1 pkg   | 14       | 90  | 3.5 | 0       |          | 135         |           | Milk                  | Snack    |
| Chips, Bkd Lays, BBQ                      | 1 pkg   | 19       | 110 | 3   | 0       |          | 140         | 1         | Soy, Milk             | Snack    |
| Chips, Bkd Lays, Plain                    | 1 pkg   | 19       | 110 | 3   | 0       |          | 140         | 1         | Soy, Milk             | Snack    |
| Chips, Bkd Lays, Sr Crm & On              | 1 pkg   | 19       | 110 | 3   | 0       |          | 150         | 1         | Milk, Soy             | Snack    |
| Cookie, Carnival, 1.33 oz                 | 1 ea    | 24       | 160 | 7   | 3.5     |          | 125         | 1         | Wheat, Egg, Soy, Milk | Snack    |
| Cookie, Chocolate Chip, 1.33 oz           | 1 ea    | 24       | 170 | 7   | 4       |          | 120         | 1         | Wheat, Egg, Soy, Milk | Snack    |
| Cookie, Sugar, 1.33 oz                    | 1 ea    | 23       | 160 | 7   | 3.5     |          | 140         | 0         | Wheat, Egg, Soy, Milk | Snack    |
| Cracker, Cheez it, WG                     | 1 pkg   | 14       | 100 | 3.5 | 1       |          | 190         |           | Wheat, Milk, Soy      | Snack    |
| Cracker, Goldfish, Cheddar                | 1 pkg   | 14       | 100 | 4   | 1       |          | 170         |           | Wheat, Milk, Soy      | Snack    |
| Cracker, Graham, 3 ct                     | 1 pkg   | 16       | 90  | 2   | 0       |          | 115         | 1         | Wheat                 | Snack    |
| Cracker, Graham, Cinnamon, MJM            | 1 pkg   | 21       | 120 | 3   | 0.5     |          | 140         | 0         | Wheat, Soy            | Snack    |
| Cracker, Graham, Scooby Doo               | 1 pkg   | 21       | 120 | 3.5 | 1       |          | 115         |           | Wheat , Milk, Soy     | Snack    |
| Doritos, Cool Ranch, RF                   | 1 pkg   | 20       | 130 | 5   | 1       |          | 150         |           | Milk                  | Snack    |
| Doritos, Nacho Cheese, RF                 | 1 pkg   | 20       | 130 | 5   | 0.5     |          | 200         |           | Milk                  | Snack    |
| Doritos, Spicy Sweet Chili, RF            | 1 pkg   | 20       | 130 | 5   | 0       |          | 180         | 2         | Wheat, Soy            | Snack    |
| Fruit Snack, Roll Up, Hot Colors          | 1 pkg   | 17       | 50  | 1   | 0.5     |          | 50          | 0         |                       | Snack    |
| Fruit Snack, Scobby Doo                   | 1 pkg   | 21       | 70  | 0   | 0       |          | 30          |           |                       | Snack    |
| Poptart, Brown Sugar 2 pk                 | 2 ct    | 73       | 340 | 6   | 2       |          | 380         | 5         | Wheat, Soy, Milk      | Snack    |
| Poptart, Fudge, 2 pk                      | 2 ct    | 73       | 340 | 6   | 2       |          | 380         | 5         | Wheat, Soy            | Snack    |
| Poptart, Strawberry, 2 pk                 | 2 ct    | 70       | 370 | 9   | 3       |          | 320         | 1         | Wheat, Soy            | Snack    |
| Rice Krispie Treat                        | 1 bar   | 30       | 160 | 4   | 1       |          | 140         | 1         | Milk, Soy             | Snack    |
| Soup, Tomato                              | 8 oz    | 20       | 90  | 2   | 2       |          | 410         | 4         |                       | Soup     |
| Beans, Baked, Vegetarian                  | 4 oz    | 29       | 160 | <1  | 0       |          | 140         | 5         |                       | Veg      |
| Beans, Black (canned)                     | 4 oz    | 18       | 100 | 0   | 0       |          | 140         | 6         |                       | Veg      |

| Item                       | Portion | Carb (g) | Cal | Fat | Sat Fat | Iron (%) | Sodium (mg) | Fiber (g) | Allergens (label) | Category |
|----------------------------|---------|----------|-----|-----|---------|----------|-------------|-----------|-------------------|----------|
| Beans, Garbanzo            | 4 oz    | 21       | 130 | 2   | 0       |          | 140         | 4         |                   | Veg      |
| Beans, Green, LS           | 4 oz    | 4        | 25  | 0   | 0       |          | 140         | 2         |                   | Veg      |
| Beans, Kidney              | 4 oz    | 23       | 120 | 0   | 0       |          | 140         | 5         |                   | Veg      |
| Broccoli                   | 4 oz    | 5        | 34  | <1  | 0       |          | 22          | 3         |                   | Veg      |
| Carrot, Frozen             | 4 oz    | 6        | 27  | 0   | 0       |          | 43          | 2         |                   | Veg      |
| Carroteenies, 1.6 oz       | 1 pkg   | 4.35     | 19  | 0   | 0       |          |             |           |                   | Veg      |
| Carroteenies, 2.6 oz       | 1 pkg   | 7        | 30  | 0   | 0       |          | 55          | 2         |                   | Veg      |
| Carroteenies, 3 oz         | 1 pkg   | 8        | 35  | 0   | 0       |          | 0           | 2         |                   | Veg      |
| Carrots & Peas             | 4 oz    | 11       | 75  | 3   | 0       |          | 350         | 3         |                   | Veg      |
| Cauliflower                | 4 oz    | 6        | 28  | 0   | 0       |          | 0           | 2.2       |                   | Veg      |
| Celery                     | 4 oz    | 3.5      | 17  | 0   | 0       |          | 96          | 1.8       |                   | Veg      |
| Corn, Fzn                  | 4 oz    | 16       | 67  | 1   | 0       |          | 1           | 2         |                   | Veg      |
| Cucumber                   | 4 oz    | 3        | 14  | 0   | 0       |          | 0           | 0.6       |                   | Veg      |
| Lettuce, Romaine & Iceberg | 4 oz    | 3.6      | 20  | 0   | 0       |          | 0           | 2.4       |                   | Veg      |
| Lettuce, Romaine Blend     | 4 oz    | 3.6      | 20  | 0   | 0       |          | 0           | 2.4       |                   | Veg      |
| Lettuce, Shredded          | 1 oz    | 1        | 3   | 0   | 0       |          | 0           | 0.3       |                   | Veg      |
| Lettuce, Spring Mix        | .5 oz   | 0.5      | 3   | 0   | 0       |          | 0           | 0.3       |                   | Veg      |
| Mixed Vegetable            | 4 oz    | 12       | 60  | 1   | 0       |          | 0           | 2         |                   | Veg      |
| Peas & Carrots             | 4 oz    | 11       | 52  | 0   | 0       |          | 0           | 3         |                   | Veg      |
| Peas, Fzn                  | 4 oz    | 11       | 62  | 0   | 0       |          | 58          | 4         |                   | Veg      |
| Peppers & Onions           | 1 oz    | 2.5      | 0   | 0   | 0       |          | 4           | 0.5       | Peppers           | Veg      |
| Spinach, Frozen            | 4 oz    | 5        | 32  | 0   | 0       |          | 90          | 2.4       |                   | Veg      |
| Spinach, Fresh             | 4 oz    | 4        | 26  | 0   | 0       |          | 0           | 2.4       |                   | Veg      |
| Squash, Butternut          | 4 oz    | 16       | 60  | 2   |         |          | 580         | 10        |                   | Veg      |
| Squash, Yellow             | 4 oz    | 3.4      | 18  | 0   | 0       |          | 0           | 1.2       |                   | Veg      |
| Squash, Zucchini           | 4 oz    | 3.4      | 20  | 0   | 0       |          | 0           | 1.2       |                   | Veg      |
| Stir Fry, Vegetable        | 4 oz    | 5        | 31  | 0   | 0       |          | 22          | 2         | Mushrooms         | Veg      |
| Tomato                     | 1 oz    | 1        | 5   | 0   | 0       |          | 0           | 0.3       |                   | Veg      |
| Tomato, Grape              | 10 ea   | 3.4      | 14  |     |         |          |             | 1         |                   | Veg      |