

Item	Portion	Carb (g)	Cal	Fat	Sat Fat	Iron (%)	Sodium (mg)	Fiber (g)	Allergens (label)	Category
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
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
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
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
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, Holiday, All	1 ea	30	140	0.5	0		150	3	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
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
PC, Syrup	1 ea	30	120	0	0		20	0		Condiment
Sauce, Marinara	1 oz	3	15	0	0		12	1		Condiment

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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
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, Trix, Strwbry Banana	4 oz	15	80	0.5	0		60	0	Milk	Dairy
Breadsticks, Cheese Filled, Fit 4 Kids	2 ea	30	280	9	2		440	2	Wheat, Soy, Milk	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, Nuggets, 5 ct	5 ea	13	225	12.5	2.5		475	1	Wheat, Soy	Entrée
Chicken, Patty on Bun	1 svg	45	400	16	2.5		680	3	Wheat, Soy	Entrée
Chicken, Patty, Hot & Spicy on Bun	1 ea	46	430	17	3		680	3	Wheat, Soy	Entrée
Chicken, Popcorn, WG	2 oz	14	230	13	2.5		452	2	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
French Toast, Mini Cinn Rush, IW	1 pkg	37	220	7	1		200	2	Wheat, Soy, Egg	Entrée
French Toast, Sticks WG	4 ea	35	280	12	2		290	3	Wheat, Soy	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

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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, with Spaghetti Condiment 4oz Spaghetti	1 svg	30	298	1			400	2	Wheat	Entrée
Mini Cinnis, Cinnamon Roll	1 ea	40	240	8	1.5		270	3	Wheat, Milk	Entrée
Pasta, Spaghetti, Meatballs, Condiment, 4 oz Spag	1 svg	35	177	12	4		1020	0.6	Wheat	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
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
Sausage, Patty, Pork, 1 ea	2 oz									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
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
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 Delicious (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

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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
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, LaRosa's, Elem	1 slice	21	270	14	9		450	1	Wheat, Milk	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
Potato, Baked, (5oz)	1 svg	29	110	0	0		0	2		Potato
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
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
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

Item	Portion	Carb (g)	Cal	Fat	Sat Fat	Iron (%)	Sodium (mg)	Fiber (g)	Allergens (label)	Category
Ice Cream, Bar, Fudge Frenzy	2.5 oz	16	80	0	0		80	0	Milk	Snack
Ice Cream, Cup, Choc Sundae	3 oz	16	80	2	0.5		50	0	Milk	Snack
Ice Cream, Cup, Cotton Candy RF	3 oz	14	70	1	0.5		50	0	Milk	Snack
Ice Cream, Sandwich, Mini	2.75 oz	12	120	2.5	1		70	0	Milk, Wheat, Soy	Snack
Sidekicks, Cup, Fzn, Blue Raspbry Lemon	4.4 oz cup	22	90				30			Snack
Sidekicks, Cup, Fzn, Strawberry	4.4 oz cup	22	90				35			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
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, 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
Tomato, Grape	10 ea	3.4	14					1		Veg