

Elementary Items 20-21	Portion	Carb	Cal	Fat	Sat Fat	Vit A (%)	Iron (%)	Sodium (mg)	Fiber (g)	Common Allergens Present (as read in the ingredient label of the product)
Bread, Pasta & Grain		Grams								
Brown Rice	4oz	22g	108	1	0	0	0	5	2	Wheat
Bagel, wrapped/cheese	1	26g	226	1	0	0	8	880	3	Wheat, Milk, Soy
WG Bagel	1	29g	140	1	0		10	180	4	Wheat
Biscuit	1	27g	200	9	4.5	0	8	640	1	Wheat, Soy Milk
Holiday Pretzels All	1	30g	140	0.5	0		10	150	3	Wheat
Garlic Toast Mini	1 sl	12g	110	6	1.5	0	2	200	1	Wheat, Soy ,Milk
Pasta , White All Variety	8oz	41g	210	1	0	0	10	0	2	
Oyster Crackers	1 pkg	9g	70	2.5	0		2	140	<1	Wheat, Milk, Soy
Zesta Crackers 4 ct	1 pkg	9g	50	1	0		2	180	0	Wheat, Soy
Graham Crackers -3ct	1 pkg	16g	90	2	0		4	115	1	Wheat
World Honey Grahams	1 pkg	21g	130	4	1		4	95	0	Wheat, Soy, Milk
Tortilla Soft 6"	1	14.5g	90	2.5	0.5	0	2	470	1	Wheat
Tortilla Chips	1 bag	18g	120	4.5	0.5	0	2	110	2	Wheat
Hot dog bun- WG	1	26g	140	2	0	0	6	240	2	Wheat , Soy
WG Bun 4" Hamburger	1	25g	140	2	0	0	8	230	2	Wheat, Soy
WG Hoagy Bun 5"	1	28g	156	2	0		10	260	2	Wheat,Soy
Wheat BreadWG	2 slices	26g	135	2	0	0	12	152	2	Wheat
Wheat Dinner Roll WG	1	15g	83	1	0	0	4	137	1	Wheat, Soy
Waffle for Chicken Waffles	2	15g	90					120	0	Egg, Milk, Soy, Wheat
Breadstick, New York Wheat	1	17g	90	1	0	0	0	190	2	Wheat, Milk,Soy,
French Toast Sticks WG(4)	1	35g	280	12	2		10	290	3	Wheat, Soy
Soft Pretzel - J&J 2.2	1	30g	140	1	0	0	0	150	1	Wheat
Mini Pancakes Maple Burst'n	1	39g	220	6	0.5	0	4	130	3	Wheat, Milk , Eggs
Mini Cinnis	1	39g	240	8	2		8	270	2	Wheat, Milk
Otis Blueberry Muffin	1	30g	190	5	2	0	6	130	2	Wheat,Egg, Soy
Otis Choc Muffin	1	32g	200	6	2	0	6	130	2	Wheat, Egg, Soy, Milk
Vegetables										
Beans, Black (canned)	4 oz	18g	100	0.6	0	0	13	140	6	
Beans Refried	4 oz	25g	150	2	0	7		338	4	
Beans, Baked	4 oz	29g	160	1	0	0	14	140	5.4	
Broccoli	4 oz	6g	34	<1	0	46.8	5	0	4	
Carrots & Peas	4 oz	11g	52	0	0	30	4	0	3	

Elementary Items 20-21	Portion	Carb	Cal	Fat	Sat Fat	Vit A (%)	Iron (%)	Sodium (mg)	Fiber (g)	Common Allergens Present (as read in the ingredient label of the product)
Baked Potato (5oz)	1	26g	110	0	0	0	1.1mg	0	2	
French Fries	3 oz	27g	170	6	0	0	2	200	2	
Mashed Potatoes	4 oz	14g	70	0	0	0	0%	340mg	1	Milk
Potato Smiles (6) Emoji	6ea	25g	160	6	1	0	2	45	2	Milk, Soy
Potato Wedges	3 oz	19g	120	4	1	0	4	15	1	
Tater Tots	9	19g	150	7	1	0	2	360	2	
Soup										
Tomato Soup	8oz	20g	90	2	2	16	4	410	4	
Fresh Fruit										
Apple, Golden Delicious (fresh)*	1 med.	16g	96	0.3	0.1	7RE	0.22mg	0	4.1	
Apple, Golden Delicious (fresh)*	3 slc.	8g	40.5	0.3	0.05	3.5RE	0.125mg	0	1.85	
Apple, Red Delicious (fresh)	1 med.	30	125	0	0	1	1mg	0	5	
Apple, Red Delicious (fresh)	2 slc.	9.5g	36	0	0	0.5	0.5mg	0	1.5	
Banana (fresh)* small	1small	23g	90	0	0		12mg	0	2.6	
Cantaloupe	4oz	6g	27	0	0	25	0.3	0	0.5	
Grapes-Red or White	4oz	28g	104	0	0	1	2	0	1.4	
Kiwi	2oz	15g	61	0	0	2.3	.31mg	0	3	
Orange (fresh)*	1 med	17.5	69	0.2	0	28RE	0.18mg	0	3.1	
Orange (fresh)*	3 slc.	7.2g	29.5	0.2	0	14	0.06mg	0	0	
Pear Fresh	1 med	27g	101	0	0	0.5	0.32mg	0	5.5	
Raisins	2oz	32g	123	0.2	0	0	.78mg	0	1.5	
Dried Fruit Mix	2oz	27g	130	0	0	0	0	0	2	
Strawberries	4 oz	5.5g	24	0	0	0	1.5	0	1.5	
Watermelon, whole diced	4 oz	7g	23	0	0	12.7	0	0	0.3	
Fruit										
Apple Slices	4oz	14g	52	0	0	0	1%	0%	0	
Applesauce	4oz	14g	60	0	0	0	.13mg	15.0%	1	
Applesauce Cup	4oz	14g	102					15mg	1	
Apricot Cup	4oz	32g	125	0	0	5	.4mg	2mg%	2	
Peaches cling Diced	4oz	14g	60	0	0	4.5	.4mg	6	0	
Pears Diced	4oz	18g	70	0	0	0	.32mg	6	0.9	
Pears Sliced	4oz	18g	70	0	0	0	1.32mg	6	1.8	
Peaches Sliced	4oz	14g	60	0	0	0	.4mg	6	1.4	

Elementary Items 20-21	Portion	Carb	Cal	Fat	Sat Fat	Vit A (%)	Iron (%)	Sodium (mg)	Fiber (g)	Common Allergens Present (as read in the ingredient label of the product)
Mixed Fruit	4 oz	17g	60					10mg	0	
Frozen Fruit/cooked or thawed										
Blueberries Frozen	4oz	10g	40	1	0			2	2	
Cherries frozen	4oz	12g	52	0.6	0	245	.6mg	4	1.8	
Strawberries Sliced Sweet	4oz	23g	90	0	0	0	.66mg	1	2	
Mixed Berries	4 oz	20g	90						2	
Strawberries Whole	4oz	10g	39	0	0	0	1.5mg	2	2	
Protein Sources: Beef, Poultry, Cheese, Beans, Fish, Egg, Pork										
Asian Chicken w/ Rice	4 oz	45g	316	14	2.5		10	1747	4	Soy, Wheat
Breadsticks New	2	31g	260	8	2.5		10	600	3	Wheat, Soy, Milk
Burrito Beef & Cheese Homemade	1	20g	234	8	2.5	8	0	612	0	Wheat, Milk
Beef Taco Filling	4 oz	6g	144		0.37		11	377	2.8	Soy
Korean Beef BBQ Tacos	2	29g	500	18	7.5	0	0	1400	1	Wheat, Soy, Milk
BBQ Pulled Pork on Bun	2 oz	33g	232	2	2	0	8	432	2	Pork, Soy, Wheat
Pulled Pork Only	2 oz	0g	92					202	0	Pork
Chicken Fajita/Soft Taco 6	3 oz	19g	264	4.6	1.1	0	1.1	506	0	Wheat
Chicken Quesadilla	1	16.5g	290	16	9	2.8	0	1032	0	Milk
Cheese Quesadilla	1	16	250	15	8.5	2.8	0	870	0	Milk
Chicken Fajita Meat only	1 oz	0	40	1.7	0.5		.3mg	162		
Rotisserie Chicken Breast, Wing	2 oz	0g	100	6.6	2		.24mg	200	0	
BBQ Chicken	2 oz	8g	135	6.6	2		.24mg	580	0	
Breaded Drumstick	3 oz	6g	220	12	2.5		8	530	1	Wheat
Roasted Chicken Wings	5	3g	240	17	4	0	2	300	0	
Pierce Homestyle Chicken Tender	3 oz	16g	160	6	1		8	890	1	Soy, Wheat
Roasted Chicken Salads	2 oz	0	82	1	0.5		1.1	349	0	
WG Chicken Breast Filet	2oz	8	108	4	1		1	288	1	Milk, Wheat
Proview WG Chicken Filet only	4 oz	15g	235	9	2		2	435	1	Wheat, Milk, Soy
WG Chicken Patty Hot & Spicy/ Bun	1	42g	167	13	2.5	0	8	630	2	Wheat, Soy, Milk
WG Chicken Patty Hot & Spicy	1	17g	270	11	2.5		10	400	3	Wheat
WG Popcorn Chicken	2 oz	9.6g	349	8.4	1.4	1	1	452	1	Wheat, Soy, Milk
WG Chicken Patty on bun	1	41g	410	17	2.5	1	18	630	3	Wheat, Soy
WG Chicken Patty on Waffle Bun	1	30g	350	15			2	495	3	Wheat, Soy,Egg, Milk

Elementary Items 20-21	Portion	Carb	Cal	Fat	Sat Fat	Vit A (%)	Iron (%)	Sodium (mg)	Fiber (g)	Common Allergens Present (as read in the ingredient label of the product)
WG Chicken Patty	3.5 oz	16g	270	15	2.5		10	400	3	Wheat, Soy
WG Chicken Nuggets	5	12g	200	10	2	2	10	410	1	Wheat, Soy, Milk
WG Seasonal Nuggets	1	4g	73		3		6	350	2	Wheat, Soy
Protein Sources: Beef, Poultry, Cheese, Beans, Fish, Egg, Pork										
Nacho Cheese Sauce	1 oz	1	35	3	1		0	255	0	Milk, Soy
Spaghetti (Penne meatsauce, (rotini 8 oz)	4 oz)	33g	212	5	2	8	6	480	0	Wheat
Chili (meat , spaghetti- 4oz) 1/2 cheese		33g	271	4	2	8	0	660	0	Soy, Wheat, Milk
Meatballs & Spaghetti Sauce4 Oz spag		35g	177	12	4	0	7.8	1020	0.6	Wheat
Meatballs	3 balls	7g	250	20	8		6	540	1	Soy, Wheat, Milk
Hot Ham & Cheese on Bun	1	21g	249	11	1	0	7	1215	2	Soy, Wheat, Milk
Grilled Ham & Cheese Sandwich	1	26g	279	11	5.6	5	8	1294	2	Wheat , Milk, Soy
Ham	1.2oz	2	37	2	1		0	232	0	
Turkey Taco Filling	3.45oz	4	101	1	0.2		2mg	476	2	
Turkey Breast	1.5oz	0	47	1.6	0.8		.65mg	14	0	
Turkey & Cheese Sandwich	1	25g	255	5.6	2.5		12	654	2	Wheat, Soy, Milk
Turkey Wrap Sandwich	1	19g	272	5	1	0	6	580	2	Wheat
Mini Corn Dogs	5	25g	200	7.5	0	20	20	550	0	Wheat, Soy, Dairy
Charbroiled Cheeseburger on Bun	1	26g	337	15	6.5	200	14	510	2	Wheat, Milk, Soy
Charbroiled Hamburger on Bun	1	25g	269	11	0.5	200	8	270	2	Wheat, Milk, soy
Beef Patty	2oz	0	129	9	4		0	40	0	
Fish On Bun	1	39g	300	10	2	0	12	445	2	Fish, Wheat, Soy,Milk, Egg
WG Breaded Fish-only	3.6oz	14g	190	8	2		6	50	2	Fish, Wheat, Soy,Milk, Egg
Fish Sticks	4	17g	200	9	1.5			310	1	Fish, Wheat
Grilled Cheese WG Bread	1	26g	352	18	5.6	0	8	714	2	Wheat, Milk, Soy
Coney Hot Dog On Bun 8/1	1	28g	335	16	4.5	0	6	980	2	Wheat , Milk, Soy
Hot Dog Turkey on Bun	1	27g	270	13	1.5	0	12	940	2	Wheat, Milk ,Soy
Turkey Frank	2oz	1	130	11	3		6	700	0	
Macaroni & Cheese (Entrée)	8 oz	23g	350	22	14	29	6	700	1	Wheat , Milk ,Soy
Macaroni & Cheese Entrée	6 oz	25.5	262	12	5	29	6	525	1	Wheat , Milk
Meat Balls on Hoagie Bun	2 oz	28g	238	15	4.8	0	4	725	2	Wheat, Milk, Soy
Sausage Patty Turkey	2.5 oz	2	110	6	2	0	6	490	0	Wheat, Soy
Sloppy Jo on Bun	2 oz	20g	260	7.5	2.5		16	835	2	Wheat, Milk, Soy

Elementary Items 20-21	Portion	Carb	Cal	Fat	Sat Fat	Vit A (%)	Iron (%)	Sodium (mg)	Fiber (g)	Common Allergens Present (as read in the ingredient label of the product)
Butter Spray	.5 oz	0.15	126	14				0	0	
Garlic Mist	.5 oz	0	0	0	0		0	0	0	
Fresh and Dairy										
On-Top Dairy Topping	2 tbsp	2g	25	2	2	0	0	0	0	Milk
On-Top Dairy Topping(sugar-free)	2 tbsp	2g	25	2	2	0	0	0	0	Milk
Beverages										
Apple 100% Juice	4 oz	14g	60	0	0	0	0	10	0	
Grape 100% Juice	4 oz	18g	80	0	0	0	0	10	0	
Orange 100 % juice	4 oz	13g	50	0	0	0	0	10	0	
Fruit Punch 100 % Juice	4 oz	14g	60	0	0	0	0	10	0	
Juicy Juice Apple	6.75oz	24g	100	0	0	0	0	15	0	
Juicy Juice Fruit Punch	6.75oz	24g	100	0	0	0	0	15	0	
Juicy Juice Kiwi Strawberry	6.75oz	24g	100	0	0	0	0	15	0	
Juicy Juice Grape	6.75oz	25g	100	0	0		0	15	0	
Dry Snacks										
Baked Cheetos Flamin Hot	1 pkg	14g	90	3.5	0	0	4	135	0	Milk
Baked WG Taco Chips	1 pkg	18g	120	4.5	0.5		2	105	0	
Bug Bites - Keebler	1 pkg	21g	120	3.5	1	10	4	115	0	Milk
Cheez it Reduced Fat	1 pkg	28g	190	6	1.5	10	10	150	0	Wheat, Milk, Soy
Cheez it WG	1 pkg	14g	100	3.5	1		4	190	0	Wheat, Milk, Soy
Cinnamon Grahams	1 pkg	20g	110	3	1	10	10	140	0	Wheat
Reduced Fat Chettos Puffs	1 pkg	14g	90	3.5	0	2	0	135	0	Milk
Doritos: Spicy Sweet Chili	1 pkg	20	130	5	0		2	180	2	Wheat, Soy
Reduced Fat Cool Ranch	1 pkg	20g	130	5	0.5	2	2	150	2	Milk
Reduced Fat Doritos	1 pkg	20g	130	5	0.5	2	2	200	2	Milk
Reduced Fat Cheetos	1 pkg	14g	90	3.5	0		4	135		Milk
Baked Funyons	1 pkg	14g	100	3.5	0.5		2	125	<1	Milk
Fruit by the Foot	1 pkg	17g	80	1	0.5	0	0	50	0	
Fruit Roll Up	1 roll	11g	50	1	0.5	0	0	50	0	Wheat, Soy
Gold Fish Crackers WG	1 pkg	14g	100	4	1	0	2	170		Wheat, Milk, Soy
Goldfish Puffs	1pkg	20g	140	6	0.5		4	280	1	Wheat, Milk

Elementary Items 20-21	Portion	Carb	Cal	Fat	Sat Fat	Vit A (%)	Iron (%)	Sodium (mg)	Fiber (g)	Common Allergens Present (as read in the ingredient label of the product)
Nutri-Grain Bars	1 pkg	24g	120	3	0.5	10	10	125		Wheat, Milk, Soy
Pretzels, Heatzels	1 pkg	15g	80	1.5	0	0	4	200		Wheat
Scobby Doo Fruit Snack	1pkg	21g	70	0	0	0	0	30		Wheat, Soy, Milk,
Smart Food Popcorn	1 pkg	9g	130	5	1	0	4	230	4	Milk, Soy
Rice Krispie Treats	1 bar	30g	160	4	1	0	10	140	1	Milk, Soy
Cinnamon Toast Crunch bar	1 pkg	30g	150	3	0.5	0	10	115		Wheat
Baked Lays BBQ	1 pkg	19g	110	3	0	0	0	140	1	Soy, Milk
Baked Lays Sour Cream & Onion	1 pkg	19g	110	3	0	0	0	150	1	Milk, Soy
Baked Lays Plain	1 pkg	19g	110	3	0	0	0	150	1	Soy
Craisin Strawberry,Cherry,Blueberry1.16	1.16oz	28g	110	0	0	0	0	0	0	
Welch Fruit Snacks all Flavors	1.5 oz	33g	130	0	0	0	0	10	3	
Dutch Waffle w/ Powder Sugar	1	52g	320	9	4.5		10	350	1	Eggs, Milk, Soy, Wheat
Otis Spunk Red. Fat Value Zone (1.33oz) Cookies (Elem)										
Carnival	1	16g	110	5	2.5	2	4	100	1	Wheat, Egg, Milk,Soy
Holiday Cookie	1	21g	170	8	4	2	0	70	0	Wheat, Egg, Milk,Soy
Sides										
Apple Crisp	4 oz	25g	128	0	0	0	0	180	0	Wheat Soy, Milk
Cinnamon Sugar Apples	4 oz	10g	64	0	0	0	0	0	0	
Pasta Salads / Ranch Dressing	4 oz	15.2g	232	14	9.2	19.2	4	700	0	Milk, Soy
Fruited Jello With Fruit	4 oz	28.2g	107	0	0	0	0	50	0	
Potato Salad	4 oz	27g	220	11	2	0	0	662	0	Wheat, Egg
Pasta Salads / Italian Dressing	4 oz	15g	220	12	0		0	700	0	Wheat