

Secondary Items 20-21	Portion	Carb	Cal	Fat	Sat Fat	Iron (%)	Sodium	Fiber (g)	Common Allergens Present (as read in the ingredient label of the product)
<b>Breads, Pasta &amp; Grain</b>									
Brown Rice	4z	22g	108	1	0		5	2	Wheat
WG Bagel	1	29g	140	1	0	10	180	4	Wheat, Soy
Biscuit	1	27g	200	9	4.5	8	640	1	Wheat ,Milk, Soy
Garlic Toast	1 sl	12g	110	6	1.5	2	200	1	Wheat Milk
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
Soft Pretzel - J&J	1	38g	180	1	0	0	150	1	Wheat
Pretzel Bun	2.7	39g	200	3	2	10		1	Wheat

Secondary Items 20-21	Portion	Carb	Cal	Fat	Sat Fat	Iron (%)	Sodium	Fiber (g)	Common Allergens Present (as read in the ingredient label of the product)
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	30g	190	5	2	6	130	2	Wheat, Egg, Soy
Chocolate Muffin Otis	1	32g	201	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
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
Ramen Noodles	1	52g	380	14	7	16	220	2	Wheat, Soy
<b>Vegetables</b>									
Beans, Black (canned)	4 oz	18g	100	0	0	0	140	6	
Beans Refried	4 oz	25g	150	2	0	0	140	4	
Beans, Baked	4 oz	29g	160	<1	0	7	140	5	
Broccoli	4 oz	6g	34	<1	0	47	0	4	
Carrots & Peas	4 oz	11g	52	0	0	30	4	3	
Carrots, frozen	4 oz	8g	36	0	0	0%	192mg	2	
Glazed Carrots	4 oz	14g	108	4.7	2.2	0%	192mg	3	
Garbanzo Beans	4 oz	21g	130	0	0	0%	140mg	4	
Corn frz	4 oz	16g	67	1	0	0	1mg	2	
Butternut Squash Roasted	4 oz	16g	60	2	0	0	580	10	
Green Beans	4 oz	4g	20	0	0	0	280	2	
Kidney Beans	4 oz	23g	120	0	0		140	5	
Mixed Veg	4 oz	12g	60	1	0	2	0	2	
Spinach	4 oz	4g	26	0	0	2	0	2.4	
Peas	4 oz	<b>11g</b>	62	0	0	0	58mg	4	
Winter Blend (Caulifl.&Broccoli)	4 oz	5g	32	0	0	0	0	4	
Zucchini	4 oz	3.4g	20	0	0	0.4mg	0	1.2	
Yellow Squash	4 oz	3.4g	20	0	0	.5mg	0	1.2	
<b>Fresh Vegetables</b>									
Romaine Blend	4 oz	3.6	20	0	0	1.08	0	2.4	

Secondary Items 20-21	Portion	Carb	Cal	Fat	Sat Fat	Iron (%)	Sodium	Fiber (g)	Common Allergens Present (as read in the ingredient label of the product)
Broccoli	4oz	6g	34	0	0	1		0	
Carroteenies	1 pkg	3g	12	0	0	10	0	1	
Carrot Sticks	4 oz	10g	46	0	0	0.24	0	4	
Cauliflower	4 oz	6g	28	0	0	.48mg	0	2.2	
Celery	4 oz	3.2	9	0	0	.11mg	0	0.9	
Cucumber	4 oz	3.8g	16	0	0	.30mg	0	0.6	
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	
<b>Potato</b>									
Potato Deli Roasters	3oz	24g	130	4	0	4	150	2	Milk
French Fries	3 oz	27g	170	6	0	2	200	2	
Mashed Potatoes	4 oz	14g	70	0.8	0	2%	340	1	Milk
Potato Smiles (6)	4	25g	160	6	1	2	45	2	Milk, Soy
Red Potatoes	3.5 oz	16g	70	0	0	4	5	2	Milk, Soy
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
Tater Tots	9	19g	150	7	1	2	360	2	
<b>Soup</b>									
Tomato Soup	4 oz	10g	45	1	1	2	205	2	
<b>Fresh Fruit</b>									
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	4 oz	6g	27	0	0	.15mg	0	0.5	

Secondary Items 20-21	Portion	Carb	Cal	Fat	Sat Fat	Iron (%)	Sodium	Fiber (g)	Common Allergens Present (as read in the ingredient label of the product)
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	
Raisins	2oz	29g	120	0.2	0	.78mg	0	2	
Dried Fruit Mix	2oz	27g	130	0	0	0	0	2	
Strawberries	4 oz	5.5g	24	0	0	1.5	0	1.5	
Watermelon, whole diced	4 oz	7g	23	0	0	0	1	0.3	
<b>Fruit in Syrup</b>									
Apple Slices	4 oz	14g	52	0	0	1%	0%	2	
Applesauce	4 oz	14g	60	0	0	0.0%	15mg	1	
Apricot Cup	4 oz	32g	125	0	0	.22mg	500%	2	
Fruit Mix	4 oz	17g	60	0	0	1.5%	10mg	0	
Peaches cling Diced	4 oz	14g	60	0	0	.4mg	10	0	
Pears Diced	4 oz	18g	70	0	0	.32mg	6	0.9	
Pears Sliced	4 oz	18g	70	0	0	.16mg	3	0.9	
Peaches Sliced	4 oz	14g	60	0	0	.2mg	10	0	
<b>Frozen Fruit/cooked or thawed</b>									
Peach Cup	4 oz	29g	117	0	4	2			
Strawberry Cup	4.5 oz	37g	137	0	0	4		0	
Frozen Blueberries	4 oz	10g	40	1	0	0	1	2	
Cherries frozen	4 oz	12g	52	0.6	0	.6mg	2	1.8	
Strawberries , Sliced	4 oz	23g	90	0	0		1	2	
Strawberries Whole	4 oz	10g	39				2	2	
Mixed Berries	4 oz	20g	90	0	0	0	0	2	
<b>Protein Sources: Beef, Poultry, Cheese, Beans, Fish, Egg, Pork</b>									
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
Chicken Drumstick	1	6g	220	12	2.5	8	470	1	Wheat

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Chicken and Waffle Sandwich	1	31g	350	19	2.5	10.7	520		Egg, Milk , Soy, Wheat
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
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
Buffalo Chicken Patty on Bun	1	46g	475	2	0	8			
Roasted Chicken Wings	5 pc	3g	240	17	4	4	300	0	
Roasted Chicken Wings BBQ	5pc	7g	257				379	0	
Roasted Chicken Wings Hot Sauce	5pc	3g	240	17	4	4	760	0	
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	27g	249	11	1	7		2	Wheat,Soy, Milk
Chicken Curry	2.8	4g	110	3.5	1	4	480	0	Wheat , Soy, Citrus
Soft Taco (6 Soft taco Shell)	1	17.5	290	9.5	5	2	309	1	Wheat
Fish	3.6	14g	190	8	2	6%	50%	2	Fish, Wheat, Soy,Milk, Egg
Fish Sticks	4	17g	200	9	1.5		310%	1	Fish, Wheat
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

Secondary Items 20-21	Portion	Carb	Cal	Fat	Sat Fat	Iron (%)	Sodium	Fiber (g)	Common Allergens Present (as read in the ingredient label of the product)
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						
Shredded Cheddar Cheese-	1 oz	1	80	6	4	0	200	0	Milk
Hot dog bun- WG	1	25g	140	2	0	8	230	2	Wheat , Soy,Milk
Macaroni & Cheese (Entrée)	8 oz	23g	350	22	14	6		1	
Macaroni & Cheese Entrée	6 oz	25.5	262	12	5	6		1	Wheat Milk Soy
Meatballs	3 balls	7g	250	20	8	6	540	1	
Buddy Boy Bun	1	35g	180	2.5	0	6	550	0	Wheat, Soy
Mozzarella Cheese Bites	5	35g	350	15	0	2	675	1	Wheat, Soy, Milk
Turkey Roast	4 oz	0	120	5	1.5	4	640	c	Milk
Mozz cheese sliced*	1oz	0	90	7	5	0	170	0	Milk
Mozz String Cheese*	1 pkg	0	80	6	3	0	200	0	Milk
Nacho Cheese Sauce	1 oz	1g	35	3	1		255	0	Milk, Soy
Reduced Cheddar Stick	1pkg	0	90	7	4.5	0	200	0	Milk
Salami	1oz	0	110	10	4	2	450	0	
Pepperoni	9	0	8.8	0.1	0.25	0		0	
Yellow Cheese sliced (American)	1	3	68	4	2.5	0.06mg	450	0	Milk
Mozzarella Cheese Sticks, battered	3	19.8g	264	13	4.8	1.32mg	444	2.4	Milk
Shredded Cheddar Cheese-	1 oz	1	80	6	4	0	200	0	Milk
Shredded Cheddar Cheese-	2 oz	2	160	12	8	0	400	0	Milk
Pizza Bagel Homemade	1	33g	191	18	8	0		0	Wheat, Milk
Steak Hoagie Only	1	2g	140	11	0	8	380	1	Soy
Marinara	1 oz	4g	15	0	0	0	140	0	
Buddy Boy Bun	1	35g	180	2.5	0	6	550	0	Wheat, Soy

<b>Secondary Items 20-21</b>	<b>Portion</b>	<b>Carb</b>	<b>Cal</b>	<b>Fat</b>	<b>Sat Fat</b>	<b>Iron (%)</b>	<b>Sodium</b>	<b>Fiber (g)</b>	<b>Common Allergens Present (as read in the ingredient label of the product)</b>
Stuffed Crust Pizza	1 slice	32g	310	11	6	10	760	3	Milk , Soy Wheat
Stuffed Crust Pizza Pepperoni	1 slice	38g	370	16	7	0	630	3	Wheat Milk, Soy
Sliced Pepperoni & Cheese Pizza	1	37g	340	12	4	15	540	2	Wheat, Milk
Tony's Pizza	1 slices	34g	290	11	4	15	540	4	Wheat,milk
Tony's Pizza Pepperoni	slices	40g	330	14	7	15	650	2	Wheat, milk
LaRosa Pizza	1 slice	29g	360	18	11	2	580	2	Wheat, Milk, Soy
Real Slice Pizza	2 slices	32g	260	7	4	15	267	5	Wheat, Milk
Vegetarian Spicy Black Bean/Bun	1	33g	220	5.5	0.5	12	520	6	Wheat, Soy, Egg Whites, Milk
Lasagna Roll-up	1 roll	19g	150	4	2.5	6	370	1	Wheat, Milk
Sausage Patty Turkey	2.5 oz	2	110	6	2	6	490	0	
Asian Chicken with Rice	4 oz	45g	316	14	2.5	110	10	1747	Wheat, Soy
Big Daddy Cheese Pizza	1	44g	380	14	7	15		2	Wheat
Chinese Special : Meat /Sauce		46g	289	14	3.1	10	516	2	Soy Wheat
Eggroll Chicken/Veg	1	20g	160	5	1	10	410	3	Wheat, Milk Egg Soy
<b>Noodle Bar 1 portion</b>									
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
<b>MEXICAN BAR</b>									
Diced Chicken	2oz	0	72	2	0	0	56	0	
Taco Meat	2oz	2g	124		413	2	287	1	
Queso Blanco Sauce	1 oz	2g	53	2	2	0	215	0	Milk
Flour Tortilla 10"	1	32g	190	5	1.5	10	520	1	Wheat
Red/Peppers /Onions	1 oz	2.5	0	0	0		4	0.5	Peppers
<b>Milk</b>									
Carton Fat Free Milk	8 oz	12g	80	0	0	0	120	0	Milk



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<b>Fresh and Dairy</b>									
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
<b>Beverages</b>									
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 Zero Glacier Cherry	20 oz	<1	0	0	0	0	160	0	
Gatorade Zero Lemon/Lime	20 oz	<1	0	0	0	0	160	0	
Gatorade Zero Freeze	12 oz	2g	0	0	0	0	270	0	
Gatorade Zero Orange	12 oz	<1	30	0	0	0	160	0	
Juicy Juice Apple	6.75oz	24g	0	0	0	0	15	0	
Juicy Juice Fruit Punch	6.75oz	24g	100	0	0	0	15	0	
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	
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	
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	
<b>Dry Snacks</b>									
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



