





Elementary Items 18/19	Portion	Carb	Cal	Fat	Sat Fat	Iron (%)	Sodium (mg)	Fiber (g)	Common Allergens Present (as read in the ingredient label of the product)
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	
Banana Pepper Rings	1oz	1g	5	0	0	0	280	1	
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	
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	
Edamame	2 oz	4.7	62	3	3	2	6	2	Soy
Garbanzo Beans	2 oz	8g	53	1	0	0	70	2.5	
Green Beans	2 oz	2g	10	0	0	0	154	1	
Grape Tomatoes	11	3.4							
Kidney Beans	2 oz	11g	26	0	0	0	140	7	
Roasted Red Pepper Hummus	3 oz	15g	182	11	3	12%	349	6	
Roasted Butternut Squash	2 oz	8g	30	1		0%	290	5	
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	
Seasoned Peas	2 oz	5.2g	28	0	0	.67mg	0	1.1	
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/ Marshmallow	2 oz	12.4g	55	0.2	0.04	2	5	1.4	
Tomato Sauce for Pasta	2 oz	3g	13	0	0	1mg	265	0.8	
Stewed Tomatoes	2 oz	3.5g	15	0	0	.74mg	124	0.6	
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	



Elementary Items 18/19	Portion	Carb	Cal	Fat	Sat Fat	Iron (%)	Sodium (mg)	Fiber (g)	Common Allergens Present (as read in the ingredient label of the product)
Zucchini	2 oz	1.7g	10	0	0	0.2mg	0	0.6	
Collard Greens	2 oz	1.75g	9	0	0	.47mg	0	0.9	
<b>Fresh Vegetables</b>									
Romaine Blend	2 oz	1.8	10	0	0	.54mg	0	1.2	
Broccoli	2 oz	3g	17	<1	0	2.5	0	2	
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	
<b>Potato</b>									
Baked Potato (3 oz)	1	18g	80	0	0	.54mg	0	1.8	
Augratin 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	
French Fries	3 oz	27	170	6	0	2	200	2	
Waffle Cut Fries	3 oz	21g	160	8	1	4	550	2	
Hashbrown Potato Rounds	2 ea	16g	100	3.5	0	0	105	1	Soy
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	
Potato Chip Fries	3 oz	21g	160	8	2	2.07mg	230	2	
Potato Wedges	3 oz	19g	120	4	1	4	15	1	
Potato Deli Roasters	3oz	24g	130	4	0	4	150	2	



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Roasted Red Potatoes Rosemary/Garlic	2 oz	12g	64	1.3	0	4	180	2	
Seasoned Crispy Cubes	3 oz	18	130	6	1.5	4	330	2	Wheat, , Milk
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	
<b>Soup</b>									
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
<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	
Blueberries Frozen	2 oz	5	20	0.5	0	0	0.5	1	
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	
Orange (fresh)*	3 slc.	7.2g	29.5	0.2	0	0.06mg	0	0	
Pear Fresh	1 med	27g	101	0	0	0.32mg	0	5.5	
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	



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Watermelon, whole diced	2oz	4g	12	0	0	0	0	0.15	
<b>Fruit</b>									
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	
Pearsauce	2oz	8g	35	0	0	0	0	1	
Pineapple Tidbits	2oz	9g	35	0	0	0	5	0.5	
<b>Frozen Fruit/cooked or thawed</b>									
Blueberries Frozen	2 oz	5	20	0.5	0		1	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	
Strawberries Whole	2oz	2.75g	12	0	0	0.75mg	0	0.75	
<b>Protein Sources: Beef, Poultry, Cheese, Beans, Fish, Egg, Pork</b>									
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	19g	255	5.5	2	0	490	0	Wheat, Milk
Beef Taco Filling	4 oz	6g	144		0.37	11	377	2.8	Soy
BBQ Pulled Pork on Bun	2 oz	33g	110	1.5	0	11	190	2	Pork, Soy, Wheat
Chicken Fajita/Soft Taco 8	3 oz	19g	264	4.6	1.1	1.1	506	0	Wheat
Chicken Fajita	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	



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Rotisserie Chicken Drumstick	2.5	0	160	9	3	4	150	0	
BBQ Chicken Drumstick only	2.5	8g	195	9	3	4	530	0	
Breaded Drumstick (New)	3 oz	6g	220	12	2.5	8	470	1	Wheat
Chicken Pot Pie	80oz	35g	410	24	8	8	910	2	Wheat, Milk, Soy
Curry Chicken only	2.8 oz	4g	110	3.5	1	4	480	0	Wheat, Soy, Citrus
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	32g	310	13	3	10	416	2	Wheat, Soy, Milk
WG Chicken Patty Hot & Spicy	1	12g	200	11	2.5	10	460	1	Wheat
WG Popcorn Chicken	3.08	9.6	173	8.4	1.4	1	349	1	Milk,Wheat, Soy
WG Chicken Patty on bun	1	32g	340	15	3	14	581	2	Wheat, Soy
WG Chicken Patty	3.5 oz	16g	260	15	2.5	10	400	3	Wheat
WGChicken Pot Pie	7oz	36g	480	30	12	10	1050	2	Soy,Milk, Egg, Wheat
WG Chicken Nuggets	5	12g	184	8	2	2	400	1	Milk,Wheat, Soy
<b>Protein Sources: Beef, Poultry, Cheese, Beans, Fish, Egg, Pork</b>									
Nacho Cheese Sauce	1 oz	1	35	3	1	0	255	0	Milk, Soy
Queso Cheese Sauce	2oz	3	100	7	4.5	2	420	0	Milk
Spaghetti (Penne meatsauce, (rotini 8 oz)	4 oz)	33g	212	5	2	6	480	0	Wheat
Chili (meat , spaghetti- 4oz) 1/2 cheese		33g	271	4	2	0	660	0	Soy, Wheat, Milk
Meatballs & Spaghetti Sauce4 Oz spag		35g	177	12	4	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	7	1215	2	Soy, Wheat, Milk
Grilled Ham & Cheese Sandwich	1	26g	279	11	5.6	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	6	580	2	Wheat
Tuna Salad Sandwich	1	22g	193	28	3	9	676	2	Wheat, Soy Eggs Fish Milk



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Mini Corn Dogs	5	25g	200	7.5	0	20	550	0	Wheat, Soy, Dairy
Charbroiled Cheeseburger on Bun	1	24g	337	15	6.5	14	510		Wheat, Milk, Soy
Charbroiled Hamburger on Bun	1	22g	290	6.5	0.5	14	510		Wheat, Milk, soy
Beef Patty	2oz	0	129	9	4	0	40	0	
Fish On Bun	1	36g	300	10	2	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
Grilled Cheese WG Bread	1	26g	352	18	5.6	8	714	2	Wheat, Milk, Soy
Coney Hot Dog On Bun 8/1	1	24g	335	8	2.5	6	908	2	Wheat , Milk, Soy
Hot Dog Turkey on Bun	1	19g	170	3	1.5	6	696	2	Wheat, Milk ,Soy
Turkey Frank	2oz	1	130	11	3	6	700	0	
Macaroni & Cheese (Entrée)	8 oz	23g	350	22	14	6	700	1	Wheat , Milk ,Soy
Macaroni & Cheese Entrée	6 oz	25.5	262	12	5	6	525	1	Wheat , Milk
Meat Balls on Hot Dog Bun	2 oz	21g	238	15	4.8	4	725	2	Wheat, Milk, Soy
Sausage Patty Turkey	2.5 oz	2	110	6	2	6	490	0	Wheat, Soy
Sloppy Jo on Bun	2 oz	20g	260	7.5	2.5	16	835	2	Wheat, Milk, Soy
Turkey Roast	4 oz	0	120	5	1.5	4	640	0	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
Cheddar Cheese Stick	1 stick	0g	90	7	4.5	0	200	0	Milk
Lasagna Roll-up /Meatsauce	1 roll	21g	200	8	5	0	720	0	Milk
Lasagna Roll-up	1 roll	19g	150	4	2.5	6	370	1	Milk
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
Peanut Butter/Jelly Sandwich Homemade	1.00	45g	337	14	2.25	11	405	3.5	Peanuts Wheat, Milk, Soy
Peanut Butter/Jelly Smuckers	2.3 oz	32g	320	17	3.5	0	320	3	Wheat, Peanuts ,Soy
Peanut Butter Cup	1 oz	8g	200	16	3	0	160	2	Peanuts
Grape Jelly	1.75 oz	32g	130	0	0	0	13	0	
<b>Protein Sources: Beef, Poultry, Cheese, Beans, Fish, Egg, Pork</b>									
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



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Pizza Bagel Homemade	1	33g	191	18	8	0	670	0	Wheat Milk
Stuffed Crust Pizza	1 slice	32g	310	11	6	10	760	3	Milk
Stuffed Crust Pizza Pepperoni	1 slice	38g	370	16	7	0	630	3	Milk
Sliced Pepperoni & Cheese Pizza	1 slice	37g	340	12	4	17	267	2	Wheat, Milk
Tony's Pizza	2 slices	34g	290	11	4	15	540	4	Wheat, Milk
Tony's Pizza Pepperoni	2 slices	40g	330	14	7	15	650	2	Wheat, milk
Galaxy Pizza	1	29g	280	12	6	0	440	1	Wheat, Milk
LaRosa Pizza	1 slice	21g	270	14	9	2	450	1	Wheat, Milk
<b>Milk -Dairy</b>									
Carton Fat Free Milk	8 oz	12g	80	0	0	0	125	0	Milk
Carton White Milk (1%)	8 oz	12g	100	2.5	1.5	0	125	0	Milk
Carton Chocolate Milk (nonfat)	8 oz	23g	120	0	0	0	180	0	Milk
<b>Yogurt</b>									
Trix Yogurt Strawbanana	4 oz	15g	80	0.5	0	0	60	0	Milk
Non-Fat Yogurt/Strawberries	2 oz	7g	11	0.4	0.03	0	54	0	Milk
Non-Fat Yogurt/Jello	2 oz	9g	18	0.4	0.28	0	54	0	Milk
<b>Ice Cream - Frozen Juice Cups</b>									
Cotton Candy Reduced Fat Cup	3 oz	15g	80	2	.5g	2	50	0	Milk
Chocolate Ripple Cup	3 oz	16g	80	2	0.5	2	50	0	Milk
Strawberry Crunch Bars	3 oz	23g	130	3.5	1	4	45	0	Wheat, Soy
Chocolate Crunch Bars	3oz	23g	140	3.5	1g	4	60	0	Wheat, Soy
Fudge Frenzy	2.5oz	19g	90	0	0	6	80	0	Milk
Mini Ice Cream Sandwich	2.75	21g	120	2.5	1	2	95	0	Wheat, Soy
Sidekicks Blueraspberry/Lemon	4.4	22g	90				30	0	
Sidekick Kiwi Strawberry	4.4	22g	90				35	0	
Shape Ups Fruit/vegetable Orange	4.4	19g	70			2	5	3	
Shape Ups Fruit/vegetable Cherry lime	4.4	19g	70			2	10	3	
Shape Ups Fruit/vegetable Cherry	4.4	19g	70			2	10	3	
Shape Ups Fruit/vegetable Lemon Lime	4.4	19g	70			2	5	3	
<b>Sauces, Dressings &amp; Gravy</b>									





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BBQ Sauce	1pkt	4g	17	0	0	0	79	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	
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 Low Sodium	1 pkt	3g	10	0	0	0	25	0	
Margarine Cups	1	0	70	8	1.5	0	120	0	Milk
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
Marzetti FF Ranch	1.5 oz	8g	35	0	0	1	220	0	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	
Syrup	1	31g	120	0	0	0	0	0	
Pizza dipping sauce	2 oz	4g	17	0	0	1	260	1	
Ranch Dressing, Mix w/Yogurt	1 oz	3.3g	21	0.3	0.18	0	240	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



**Elementary Items 18/19**

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<b>Sprays and Oils</b>									
Butter Spray	.5 oz	0.15	126	14			0	0	
Garlic Mist	.5 oz	0	0	0	0	0	0	0	
<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	10	0	
Grape 100% Juice	4 oz	18g	80	0	0	0	10	0	
Orange 100 % juice	4 oz	13g	50	0	0	0	10	0	
Fruit Punch 100 % Juice	4 oz	14g	60	0	0	0	10	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	
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	
<b>Dry Snacks</b>									
Baked Cheetos Flamin Hot	1 pkg	14g	90	3.5	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	4	115	0	Milk
Cheez it Reduced Fat	1 pkg	28g	190	6	1.5	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	140	0	Wheat
Reduced Fat Chettos Puffs	1 pkg	14g	90	3.5	0	0	135	0	Milk
Despicable Me	1 pkg	22g	140	4.5	1.5	4	110	2	Wheat, Milk ,Soy
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	150	2	Milk
Reduced Fat Doritos	1 pkg	20g	130	5	0.5	2	200	2	Milk
Reduced Fat Cheetos	1 pkg	14g	90	3.5	0	4	135		Milk





**Elementary Items 18/19**

	Portion	Carb	Cal	Fat	Sat Fat	Iron (%)	Sodium (mg)	Fiber (g)	Common Allergens Present (as read in the ingredient label of the product)
<b>Sides</b>									
Apple Crisp	2 oz	12.5g	64	0	0	0	90	0	Wheat Soy, Milk
Cinnamon Sugar Apples	2 oz	5g	32	0	0	0	0	0	
Pasta Salads / Ranch Dressing	2oz	7.6g	116	7.2	4.6	2	350	0	Milk, Soy
Pumpkin Pie	1 slice	46g	300	11	5	0	318	0	Milk
Fruited Jello (juice)	2 oz	14.4	62	0	0	0	100	0	
Fruited Jello With Fruit	2 oz	14.1	53.4	0	0	0	25	0	
Potato Salad	2 oz	13.5g	110	5.5	1	0	331	0	Wheat, Egg
Pasta Salads / Italian Dressing	2 oz	7.6	110	6	0	0	350	0	Wheat
Pasta Salad/ Oil& Vinegar	2 oz	8.3	86	5	<1	0	186	0.5	Wheat