

# Menu Item Nutrient Report

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	FIBER (g)
Aioli Sauce - LR1112 (1/4 oz.)Contains Milk, Egg.	50.12	0.00	0.00
Animal Crackers, WG 1.1 oz. - LR1168 (1 Package (1.1 oz))	120.00	20.00	2.00
Apple Wedges, Fresh - LR1387 (3 wedge)	47.50	12.57	2.20
Apples w/ caramel dip - LR1754 (1 ea.)Contains Milk.	229.92	42.26	3.43
Apples w/ peanut butter - LR1755 (1 ea.)Contains Peanuts, Soy.	353.06	26.22	6.09
Applesauce - LR1386 (1/2 c.)	56.87	14.91	2.55
Appleways Blueberry Lemon Crispy Bites - LR1185 (1 ea.)Contains Milk, Wheat, Soy.	120.00	21.00	2.00
Appleways Crispy Bites Variety - LR1186 (1 ea.)Contains Milk, Wheat, Soy.	119.26	20.87	1.99
Asian Chicken Breast Bites - LR1591 (4 piece)Contains Wheat, Soy, Gluten.	233.44	28.42	1.01
Asian Fresh Green Beans - LR1525 (1/2 c.)Contains Soy.	63.90	16.03	3.06
Au Gratin Potatoes, Basic American - LR1745 (1/2 c.)Contains Milk, Wheat, Soy.	26.86	0.63	0.06
Bacon & Cheese Eggstravaganza - LR1139 (1/2 c.)Contains Milk, Egg, Soy.	221.09	1.88	0.00
Bacon Cheeseburger - LR1010 (1 ea.)Contains Milk, Wheat, Soy, Gluten, Pork, Yeast.	416.63	29.51	3.00
Bacon Cheeseburger Bistro Pizza - LR1606 (1 slice)Contains Milk, Wheat, Soy, Gluten, Pork, Seeds (any kind).	606.35	33.31	3.09
Bacon, Egg & Cheese Biscuit - LR1022 (1 ea.)Contains Milk, Egg, Wheat, Soy, Pork.	340.63	25.51	0.00
Bacon, Egg & Cheese Biscuit (Breakfast) - LR1133 (1 ea.)Contains Milk, Egg, Wheat, Soy, Pork.	340.63	25.51	0.00
Bacon, Egg & Cheese on Ciabatta Roll - LR1134 (1 ea.)Contains Milk, Egg, Wheat, Soy, Gluten, Pork.	205.31	16.25	1.50
Bacon, Egg, and Cheese Bosco - LR1553 (1 Breadstick)Contains Milk, Egg, Wheat.	170.00	17.00	2.00
Bagel w/ Cream Cheese - LR1128 (1 ea.)Contains Wheat, Gluten.	200.00	28.00	4.00
Bagel, Blueberry, Sliced 2oz - LR1661 (1 bagel)Contains Wheat.	170.00	35.00	1.00
Bagel, Mini, Cinnamon, 2.43 oz. - LR1175 (1 pkg.)Contains Milk, Wheat.	240.00	41.00	2.00
Bagel, Mini, Strawberry - LR1172 (1 pkg.)Contains Milk, Wheat.	230.00	41.00	2.00
Bagel, Sliced, Plain, Lenders, 2oz - LR1315 (1 ea.)Contains Wheat, Gluten.	140.00	26.00	4.00
Baked Beans - LR1064 (1/2 c.)	175.58	37.48	6.34
Baked Chips, Sour Cream and Onion - LR1686 (1 Bag)Contains Milk, Soy.	110.00	19.00	1.00
Baked Regular Chips - LR1246 (1 Bag)Contains Soy.	100.00	20.00	2.00
Baked Ruffles Chips, Cheddar Sour Cream - LR1248 (1 Bag)Contains Milk, Soy.	100.00	17.00	1.00
Balsamic Vinaigrette, 1.5 oz. - LR1499 (1 pkg.)	130.00	5.00	0.00
Banana Pudding - LR1385 (1/2 c.)Contains Milk, Wheat, Gluten. May contain Soy.	166.12	31.88	1.09
Banana, Fresh, Raw - LR1388 (1 ea.)	105.02	26.95	3.07
Bangin' Cajun Pasta-Middle/High - LR1736 (1 c.)Contains Milk, Egg, Wheat, Gluten.	450.40	40.53	1.60
Batter Bites, Classic - LR1004 (1/2 c.)Contains Wheat.	160.00	21.00	3.00
Bavarian Pretzel Stick - LR1592 (1 pretzel)Contains Milk, Wheat, Soy, Gluten.	234.25	34.89	1.00
BBQ Chicken Bistro Pizza - LR1596 (1 slice)Contains Milk, Wheat, Soy, Gluten, Seeds (any kind).	592.41	45.30	2.96

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	FIBER (g)
BBQ Chicken Pizza on pita bread - LR1402 (1/2 ea.)Contains Milk, Soy, Gluten.	222.52	19.25	1.50
BBQ Chicken Strips, Elementary - LR1536 (3 1/2 oz.)Contains Carrageenan.	214.00	28.65	0.40
BBQ Chicken Strips-Middle/High - LR1061 (4 oz.)Contains Carrageenan.	267.50	35.81	0.49
BBQ Pork Sub - LR1403 (1 ea.)Contains Wheat, Gluten, Yeast. Processed in a facility that also processes Milk.	470.06	51.06	1.00
BBQ Sauce, 12 gm Packet - LR1500 (12 grams 1 serving)	15.00	4.00	0.00
BBQ Teriyaki Chicken Flatbread Pizza - LR1583 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	417.73	44.49	3.53
Beans with Smoked Pork Soup - LR1692 (10 oz.)	400.00	62.50	25.00
Beef Gyro on Flatbread - Elementary/Middle - LR1073 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	430.01	36.24	4.09(M)
Beef Gyro on Flatbread - High - LR1077 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	492.27	37.61	4.29(M)
Beef 'n Cheddar - LR1585 (1 sandwich)Contains Milk, Wheat, Soy, Gluten, Yeast.	328.33	33.29	2.00
Beef Soft Taco - Middle/High - LR1146 (1 ea.)Contains Milk, Wheat.	311.02	30.39	3.36
Beef Soft Taco- Elementary - LR1098 (1 ea.)Contains Milk, Wheat.	209.00	18.50	2.60
Beef Soft Taco- Summer Feeding - LR1613 (1 ea.)Contains Milk, Wheat, Soy.	304.13	29.19	2.88
Beet Sticks - LR1506 (1/4 cup, slices)	18.29	4.07	1.19
Beet Sticks - Middle/High - LR1507 (1/2 cup, slices)	36.57	8.13	2.38
Belgium Cake - LR1481 (1 cake)Contains Milk, Egg, Wheat, Soy.	191.25	34.31	1.00
Belvita Breakfast Bar- Cinnamon - LR1232 (1 pkg.)	190.00	32.10	5.00
Belvita Breakfast Biscuit- Blueberry - LR1234 (1 pkg.)	286.90	44.91	3.74
Belvita Breakfast Biscuit- Golden Oat - LR1233 (1 pkg.)	286.90	43.66	3.74
Belvita, Banana Breakfast Bar, Soft - LR1667 (1 pkg.)Contains Tree nuts, Wheat, Peanuts, Soy.	190.00	32.00	4.00
Biscuit - LR1120 (1 ea.)Contains Milk, Wheat.	190.00	24.00	0.00
Biscuit & Gravy w/ Sausage Patty-High - LR1322 (1 ea.)Contains Milk, Egg, Wheat, Soy, Gluten, Pork.	476.76	30.97	0.00
Biscuit and Gravy w/Sausage Patty-Middle/High - LR1122 (1 ea.)Contains Milk, Egg, Wheat, Soy, Gluten, Pork.	345.00	30.00	0.00
Biscuit and Gravy-Elementary - LR1116 (1 ea.)Contains Milk, Egg, Wheat, Soy, Gluten.	234.76	28.97	0.00
Biscuit and Sausage Gravy-Middle/High - LR1111 (1 ea.)Contains Milk, Egg, Wheat, Soy, Gluten.	251.61	28.91	0.23
Bistro Box - LR1413 (1 ea.)Contains Milk, Egg, Wheat, Soy, Gluten.	254.00	24.10	1.90
Black Bean & Corn Salsa - LR1428 (1/3 c.)Contains Corn/Corn Products.	124.40	18.14	4.70
Black Beans- Dehydrated - LR1363 (1/2 c.)	63.66	11.14	5.17
Blueberry Muffin - LR1493 (1 muffin)Contains Milk, Egg, Wheat, Soy.	130.29	23.61	0.00
Blueberry muffin, dry mix - LR1768 (1 muffin)Contains Milk, Egg, Wheat, Soy.	128.00	23.20	0.00
Blueberry Oat Bars - LR1770 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	448.73	53.46	3.47
Bosco Sticks, Cheese - LR1416 (1 Breadstick)Contains Milk, Wheat, Soy, Gluten.	240.18	29.89	1.52
Bread Stick, Garlic, Twisted, Mini, WG - LR1625 (1 Breadstick)Contains Milk, Wheat.	145.71	25.50	1.82
Bread, White Sandwich 22 oz. loaf - LR1646 (2 slice)Contains Wheat, Soy, Yeast.	140.00	27.00	1.00
Breadstick, Regular 8" - LR1748 (1 ea.)Contains Milk, Wheat.	120.00	22.00	1.00
Breadsticks w/Cheese Sauce - LR1404 (2 ea.)Contains Milk, Wheat, Soy.	246.67	35.33	4.00

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	FIBER (g)
Breadsticks w/Salsa - LR1405 (2 ea.)Contains Milk, Wheat.	180.00	36.00	6.00
Breakfast Burrito - LR1135 (1 ea.)Contains Milk, Egg, Wheat, Soy, Pork.	401.09	25.88	1.00
Breakfast Squares, WG, Iced Cinnamon, 1.5oz, IW - LR1235 (1 pkg.)Contains Egg, Wheat, Soy.	170.00	30.00	2.00
Broccoli and Cheese Stuffed Potato - LR1417 (1 ea.)Contains Milk.	250.70	30.54	5.31
Broccoli with Cheese - LR1170 (1/2 c.)Contains Milk, Soy.	218.40	5.26	1.60
Broccoli, frozen florets - LR1083 (1/2 c.)Contains Milk.	52.42	4.68	1.60
Brownies WG - LR1478 (1 piece)Contains Egg, Wheat, Gluten.	105.90	21.18	0.82
Buffalo Chicken Bistro Pizza - LR1598 (1 slice)Contains Milk, Egg, Wheat, Soy, Gluten, Seeds (any kind), Carrageenan.	598.24	31.50	2.50
Buffalo Chicken Crispito - Elem/Middle - LR1556 (1 ea.)Contains Milk, Wheat.	180.00	20.00	1.00
Buffalo Chicken Crispito - High - LR1557 (1 1/2 ea.)Contains Milk, Wheat.	270.00	30.00	1.50
Buffalo Chicken Quesadilla - LR1160 (1 ea.)Contains Milk, Wheat, Soy.	288.85	26.04	1.00
Buffalo Chicken Sandwich - LR1418 (1 ea.)Contains Wheat, Gluten, Yeast. Processed in a facility that also processes Milk.	372.00	46.00	2.00
Bun, Mini Sub 5" - LR1647 (1 bun)Contains Wheat, Gluten, Yeast. Processed in a facility that also processes Milk.	170.00	34.00	1.00
Burrito, Homemade - Elem. - LR1015 (1 ea.)Contains Milk, Wheat.	292.21	32.78	4.34
Burrito, Homemade- Middle/High - LR1482 (1 ea.)Contains Milk, Wheat.	422.89	45.05	5.18
Buttered Baby Carrots - LR1173 (1/2 c.)Contains Milk.	63.10	8.16	1.95
Cake, Lowfat - LR1384 (1 piece)Contains Milk, Egg, Tree nuts, Wheat, Soy, Gluten.	143.44	25.85	0.27
California Mixed Vegetables - LR1087 (1/2 c.)Contains Milk.	72.80	8.21	2.69
California Mixed Vegetables with Cheese - LR1171 (1/2 c.)Contains Milk, Soy.	40.38	6.73	2.69
Calzone, Pepperoni Whole Grain - LR1461 (1 ea.)Contains Milk, Egg, Wheat, Soy.	340.00	35.00	3.00
Cantaloupe, Fresh, Raw - LR1389 (1/2 c.)	34.59	8.30	0.92
Carne Con Queso-High - LR1458 (1 ea.)Contains Milk, Wheat, Soy.	304.60	32.40	1.74
Carne Con Queso- Elem/Middle - LR1460 (1 bowl)Contains Milk, Wheat, Soy.	286.17	31.98	1.60
Carrot Cup - LR1508 (1/2 c.)	16.00	3.70	1.31
Carrots with Dip - LR1070 (1/2 c.)Contains Milk, Egg.	66.82	6.10	1.31
Carrots, frozen, sliced - LR1167 (1/2 c.)Contains Milk.	70.22	9.04	2.16
Cauliflower w/ Cheese - LR1081 (1/2 c.)Contains Milk, Soy.	220.12	6.21	2.24
Celery & Peanut Butter Cup - LR1759 (1 ea.)Contains Peanuts. May contain Tree nuts.	301.59	10.71	4.87
Cereal Bar, Cheerios Fruity - LR1193 (1 Bar)Contains Wheat, Soy, Gluten.	150.96	30.19	3.02
Cereal Bar, Cinnamon Toast Crunch - LR1196 (1 Bar)Contains Wheat, Soy, Gluten.	150.97	30.20	3.02
Cereal Bar, Cocoa Puffs - LR1195 (1 Bar)Contains Wheat, Soy, Gluten.	150.97	30.20	3.02
Cereal Bar, Team Cheerios - LR1199 (1 Bar)Contains Wheat, Soy.	150.00	3.00	3.00
Cereal Bar, Trix - LR1197 (1 Bar)Contains Wheat, Soy, Gluten.	150.97	30.20	3.02
Cereal on the go pouch, Apple Jacks Red Sugar - LR1201 (1 pkg.)Contains Wheat, Gluten. May contain Soy.	110.00	24.00	3.00
Cereal Pouch, Cinnamon Toast Crunch - LR1208 (1 pouch)Contains Wheat, Soy, Gluten.	110.00	22.00	2.00
Cereal Pouch, Frosted Flakes - LR1206 (100 grams 1 serving)	379.00	89.00	0.90

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Cereal Pouch, Fruit Loops - LR1205 (1 pkg.)Contains Wheat, Soy.	13.01	3.09	0.35
Cereal, Variety - LR1119 (1 ea.)Contains Wheat, Soy, Gluten.	107.50	24.13	2.38
Cheddar Cheese Cubes - LR1617 (1 ea.)Contains Milk.	90.00	0.00	0.00
Cheese & Pretzel Cups - LR1769 (1 ea.)Contains Milk.	344.59	45.36	1.89
Cheese Bistro Pizza - LR1599 (1 slice)Contains Milk, Wheat, Soy, Gluten, Seeds (any kind).	620.34	34.07	2.91
Cheese Quesadilla - High - LR1331 (1 quesadilla)Contains Milk, Wheat.	495.03	32.10	3.25
Cheese Sticks, Mozzarella Breaded, Rich's - LR1620 (6 stick.)Contains Milk, Wheat, Gluten.	320.00	37.00	4.00
Cheese Tortellini Bake - Elementary - LR1328 (3/4 c.)Contains Milk, Egg, Wheat, Soy, Gluten.	233.09	24.68	2.28
Cheese Tortellini Bake - Middle/High - LR1326 (1 c.)Contains Milk, Egg, Wheat, Soy, Gluten.	310.78	32.91	3.04
Cheese Tortellini Bake w/ Meat- High - LR1441 (1 c.)Contains Milk, Egg, Wheat, Soy, Gluten.	230.34	24.21	3.25
Cheese Tortellini Salad - LR1179 (1/2 c.)Contains Milk, Egg, Wheat, Gluten.	172.05	25.24	0.92
Cheese, Mozzarella String IW - LR1374 (1 serving)Contains Milk.	80.00	1.00	0.00
Cheeseburger Mashed Potato Bowl - LR1437 (1 ea.)Contains Milk, Soy.	264.96	17.80	1.36
Cheeseburger on a Bun - LR1060 (1 ea.)Contains Milk, Wheat, Soy, Gluten, Yeast.	376.63	29.51	3.00
Cheeseburger Wrap - LR1406 (1 ea.)Contains Milk, Wheat, Soy.	339.25	25.94	2.68
Cheesy Garlic French Bread Pizza - LR1419 (1 ea.)Contains Milk, Wheat, Soy.	353.63	34.73	3.94
Cheetos, Baked Hot - LR1255 (1 Bag)Contains Milk.	120.00	18.00	1.00
Cheez It, WG - LR1256 (1 Bag)Contains Milk, Wheat, Soy.	100.00	14.00	1.00
Cheez It, WG Cheddar Loco - LR1258 (1 Bag)Contains Milk, Wheat, Soy.	100.00	14.00	1.00
Cheez-it, atomic cheddar, WG - LR1260 (1 pouch)Contains Milk, Wheat, Soy, Gluten.	90.00	15.00	1.00
Cheezy Breadsticks - LR1573 (1 slice)Contains Milk, Wheat, Soy, Gluten.	295.00	32.25	2.50
Chef Salad, Large - LR1590 (1 salad)Contains Milk, Egg, Wheat, Soy, Gluten.	510.86	28.24	7.50
Chef Salad, Small - LR1589 (1 salad)Contains Milk, Egg, Wheat, Soy, Gluten.	412.17	22.77	5.50
Cherry Tomatoes- Elementary - LR1152 (1/4 c.)	7.15	1.67	0.48
Cherry Tomatoes- Middle/High - LR1151 (1/2 c.)	14.29	3.34	0.95
Chewy Granola Bar, Chocolate Chunk, LF - LR1670 (1 Bar)Contains Milk, Tree nuts, Wheat, Peanuts, Soy, Coconut.	90.00	19.00	1.00
Chewy Granola Bar, S'mores WG - LR1671 (1 Bar)Contains Milk, Tree nuts, Wheat, Peanuts, Soy, Coconut.	100.00	19.00	1.00
Chex Mix Hot 'n Spicy - LR1269 (1 Bag)Contains Milk, Wheat, Soy, Gluten.	110.00	19.00	2.00
Chex Mix Traditional Snack Mix - LR1261 (1 ea.)Contains Wheat, Soy.	200.00	36.00	2.00
Chex Mix, Chocolate Caramel - LR1266 (1 Bag)Contains Milk, Wheat, Soy, Gluten.	120.83	21.14	2.01
Chex Mix, Simply Cheddar - LR1263 (1 Bag)Contains Milk, Wheat, Gluten. May contain Soy.	110.35	20.06	2.01
Chex Mix-Simply Strawberry Yogurt Filled - LR1268 (1 Bag)Contains Milk, Wheat, Soy, Gluten.	120.00	23.00	2.00
Chicken & Mandarin Orange Salad - LR1518 (1 ea.)Contains Milk.	256.60	19.12	3.82
Chicken & Noodles - LR1492 (1 c.)Contains Milk, Egg.	217.30	22.25	1.16
Chicken & Poblano Pepper Soup - LR1560 (1 c.)Contains Milk, Wheat, Soy.	240.00	19.00	3.00
Chicken Alfredo-Elementary/Middle - LR1101 (3/4 c.)Contains Milk, Egg, Wheat, Gluten.	281.50	25.33	1.00

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Chicken Alfredo-High - LR1106 (1 c.)Contains Milk, Egg, Wheat, Gluten.	450.86	40.53	1.60
Chicken and Dumplings- Elementary - LR1050 (3/4 c.)Contains Egg, Wheat, Gluten.	183.29	25.94	1.30
Chicken and Dumplings- Middle/High - LR1056 (1 c.)Contains Egg, Wheat, Gluten.	232.08	31.89	1.46
Chicken Bacon Ranch Bistro Pizza - LR1600 (1 slice)Contains Milk, Egg, Wheat, Soy, Gluten, Pork, Seeds (any kind), Carrageenan.	691.69	31.48	2.50
Chicken Bacon Ranch Sandwich - LR1140 (1 ea.)Contains Milk, Egg, Wheat, Gluten, Pork, Yeast, Carrageenan.	470.20	45.49	4.01
Chicken Biscuit - LR1127 (1 ea.)Contains Milk, Wheat.	205.01	33.01	0.00
Chicken Breast Fillet, WG, Dill, 4oz, W/ Bag - LR1746 (1 fillet)Contains Milk, Wheat, Soy.	234.99	15.43	1.18
Chicken Bruschetta Pasta - Elementary - LR1054 (3/4 c.)Contains Milk, Wheat, Gluten.	247.97	24.18	1.51
Chicken Bruschetta Pasta - Middle/High - LR1063 (1 c.)Contains Milk, Wheat, Gluten.	360.21	32.80	2.11
Chicken Chunks - Elementary - LR1771 (2 1/2 oz.)Contains Milk, Wheat, Soy.	126.44	5.51	0.52
Chicken Chunks, Dill Flavor- Middle/High - LR1776 (4 oz.)Contains Milk, Wheat, Soy.	201.69	8.79	0.84
Chicken Club Bistro Pizza - LR1601 (1 slice)Contains Milk, Egg, Wheat, Soy, Gluten, Pork, Seeds (any kind), Carrageenan.	719.48	32.21	2.59
Chicken Fillet Sandwich - LR1055 (1 ea.)Contains Milk, Wheat, Gluten, Yeast.	376.76	45.06	4.01
Chicken Kickin' Bowl - LR1438 (1 ea.)Contains Milk, Wheat, Gluten.	332.96	31.51	2.74
Chicken Noodle Soup - Homemade - LR1563 (3/4 c.)Contains Egg, Wheat, Soy.	54.60	7.64	0.54
Chicken Parmesan Sandwich - LR1096 (1 ea.)Contains Milk, Wheat, Soy, Gluten, Yeast.	517.62	49.43	4.76
Chicken Salad Sandwich - LR1325 (1 ea.)Contains Egg, Wheat, Soy, Gluten, Yeast. Processed in a facility that also processes Milk.	276.74	34.84	2.58
Chicken Sandwich, Breaded (w/bag) - LR1421 (1 sandwich)Contains Milk, Wheat, Gluten, Yeast.	340.00	37.00	2.00
Chicken Smackers- Elementary - LR1099 (8 ea.)Contains Milk, Wheat, Soy, Gluten.	215.37	16.01	2.40
Chicken Smackers, Middle/High - LR1058 (10 ea.)Contains Milk, Wheat, Soy, Gluten.	269.21	20.02	3.00
Chicken Soft Taco-Elementary/Middle - LR1327 (1 ea.)Contains Milk, Wheat, Soy.	629.08	99.43	7.29
Chicken Stock - LR1562 (8 Ounces)Contains Wheat, Soy.	15.00	2.00	0.00
Chicken Tortilla Soup - LR1682 (1/2 c.)Contains Milk, Soy.	99.99	16.00	3.00
Chili Cheese Dog - LR1329 (1 ea.)Contains Milk, Wheat, Soy, Gluten, Garlic, Yeast.	306.62	28.11	3.01
Chili Soup - LR1558 (3/4 c.)Contains Garlic.	192.43	26.31	7.03
Chili, Chips, and Cheese - Elementary/Middle - LR1118 (1 1/2 cup / 1.5 oz chips)Contains Milk, Garlic.	596.48	57.93	9.53
Chili, Chips, and Cheese - High - LR1123 (1 2/3 cup / 2 oz. chips)Contains Milk, Garlic.	768.77	76.91	12.71
Chip, Baked Cheetos Crunchy Cheese - LR1253 (1 Bag)Contains Milk.	120.00	17.00	0.00
Chips Ahoy 100 calorie pack - LR1237 (1 Bag)	100.00	18.00	1.00
Chips and Queso Cheese - LR1422 (1 serving)	226.67	22.67	2.00
Chips and Queso Cheese - side - LR1581 (1 serving)	170.00	17.00	1.50
Chips, Baked (For Sack Lunches) - LR1407 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	105.31	16.22	1.11
Chips, Doritos Cool Ranch Red Fat - LR1273 (1 Bag)Contains Milk.	130.00	19.00	2.00
Chips, Potato, Oven Baked, BBQ flavored, 60/.875 oz. bags - LR1250 (1 Bag)Contains Milk, Soy.	110.00	19.00	1.00
Chips, SunChips, Harvest Cheddar Snack Mix - LR1308 (1 pkg.)Contains Wheat.	110.00	15.00	2.00
Chocolate Brownie WG 1.5 oz Cookie - LR1676 (1 cookie)Contains Milk, Egg, Wheat, Soy.	150.00	26.00	2.00

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Chocolate Chip Banana Muffins - LR1130 (1 ea.)Contains Milk, Egg, Wheat.	190.06	29.86	2.06
Chocolate Chip WG 1.5oz Cookie - LR1673 (1 cookie)Contains Milk, Egg, Wheat, Soy.	160.00	26.00	2.00
Chocolate Cup Styro, FF-Sugar Free - LR1657 (1 ea.)Contains Milk.	90.00	20.00	2.00
Chocolate Milk, Prairie Farms, FF,8oz carton - LR1502 (1 Carton)Contains Milk.	110.00	20.00	0.00
Chortles Grahams, Chocolate - LR1213 (28 g.)Contains Egg, Wheat, Soy.	115.86	18.34	1.93
Chortles Grahams, Original - LR1210 (1 ea.)Contains Egg, Wheat, Soy.	110.00	19.00	2.00
Cilantro, Fresh - LR1430 (1/4 cup chopped)	20.00	4.00	0.00
Cinnamon Apples - LR1166 (1/2 c.)	95.56	24.72	1.34
Cinnamon Rolls, not WG (Special Event) - LR1757 (1 roll.)Contains Milk, Egg, Wheat, Soy, Gluten. May contain Sesame.	216.41	40.06	1.00
Cinnamon Rolls, WG - LR1383 (1 roll.)Contains Milk, Egg, Wheat, Soy, Gluten.	113.20	23.53	1.60
Cinnamon Toast Crunch Cereal, 1 oz Bowlpak, Reduced Sugar - LR1545 (1 oz.)Contains Wheat, Soy.	110.00	22.00	3.00
Citrus Herb Baked Tilapia - LR1109 (1 ea.)Contains Milk, Fish.	129.00	0.00	0.00
Club Sandwich or Wrap - LR1423 (1 ea.)Contains Milk, Egg, Wheat, Soy, Pork, Yeast, Carrageenan.	601.52	40.61	4.58
Club Wrap - LR1335 (1 ea.)Contains Milk, Wheat, Pork. May contain Gluten.	299.70	26.66	1.00
Cocktail Sauce, .75 oz - LR1501 (1 ea.)	25.00	5.00	0.00
Co-Jack Cheese Cubes - LR1619 (1 ea.)Contains Milk.	90.00	1.00	0.00
Co-Jack Cheese Stick - LR1618 (1 ea.)Contains Milk.	110.00	0.00	0.00
Cold Cut & Cheese Sandwich - LR1408 (1 ea.)Contains Milk, Wheat, Soy, Gluten, Yeast.	301.75	32.54	2.00
Cookie Dough WG-Red, White, Blue Frozen - LR1677 (1 cookie)Contains Milk, Egg, Wheat, Soy.	190.00	35.00	4.00
Cookie, 1 oz. - LR1091 (1 cookie)Contains Milk, Egg, Wheat, Soy, Gluten.	123.33	17.67	0.33
Cookie, Carnival, 1.33oz , Otis - LR1224 (1 cookie)Contains Milk, Egg, Wheat, Soy.	160.00	24.00	1.00
Cookie, Chocolate Chip, 1.33oz - LR1219 (1 cookie)Contains Milk, Egg, Wheat, Soy.	170.00	24.00	1.00
Cookie, Oatmeal Raisin, 1.33oz - LR1225 (1 ea.)Contains Egg, Wheat, Soy.	240.00	37.00	2.00
Cookie, Peanut Butter, 1.33oz - LR1227 (1 cookie)Contains Milk, Egg, Wheat, Peanuts.	140.00	22.00	2.00
Cookie, Reeses, 1.33oz, Otis - LR1226 (1 cookie)Contains Milk, Egg, Wheat, Peanuts, Soy.	150.00	25.00	1.00
Cookie, Sugar 1.33oz, Otis - LR1223 (1 cookie)Contains Milk, Egg, Wheat.	170.00	24.00	1.00
Cookie, Variety, 1.33 oz. - LR1513 (1 cookie)Contains Milk, Egg, Wheat, Peanuts, Soy.	171.67	26.00	1.33
Cookie, WG, 1 oz. - LR1089 (1 cookie)Contains Milk, Egg, Wheat, Soy, Gluten.	100.00	17.33	1.00
Cookies N' Cream Bar, LF - LR1649 (1 Bar)Contains Milk.	100.00	19.00	0.00
Corn, frozen, cooked - LR1032 (1/2 c.)Contains Milk.	133.22	22.65	1.01
Corned Beef and Potatoes - LR1579 (1 serving)Contains Wheat, Gluten.	266.19	20.04	2.79
Cottage Cheese - LR1424 (1/3 c.)Contains Milk.	60.32	3.35	0.00
Cottage Cheese w/ fruit - LR1425 (1 ea.)Contains Milk.	93.68	11.63	1.06
Cracker, Graham Bug Bites - LR1183 (1 pouch)Contains Wheat, Soy, Gluten.	120.00	21.00	1.00
Craisins, Variety - LR1181 (1 Box)	105.26	26.79	2.87
Cream of Broccoli Soup (Not Golden) - LR1683 (10 Ounces)Contains Milk, Wheat, Soy, Gluten.	300.00	32.50	0.00

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	FIBER (g)
Cream of Potato & Bacon Soup - LR1586 (10 oz.)Contains Milk, Egg, Wheat, Soy, Gluten.	262.50	22.50	1.25
Cream of Potato Soup - LR1689 (10 oz.)Contains Milk, Wheat, Soy, Gluten.	400.04	45.00	5.00
Crispito, Chicken & Cheese, 2.75 oz. - LR1320 (1 1/2 piece)Contains Milk, Wheat.	300.00	30.00	3.00
Crispy Chicken Wrap-Elementary - LR1044 (1 ea.)Contains Milk, Wheat.	322.49	37.09	2.68
Crispy Chicken Wrap-Middle/High - LR1092 (1 ea.)Contains Milk, Wheat.	431.69	41.60	3.19
Crunch Baked Fries, TGIF Dill Pickle - LR1694 (1 Bag)	110.00	19.00	1.00
Crunchy Baked Fries, TGIF Cheddar - LR1693 (1 Bag)Contains Milk.	110.00	19.00	1.00
Crunchy Baked Fries, TGIF Extreme Heat - LR1695 (1 Bag)Contains Milk.	110.00	19.00	1.00
Crunchy Chicken Tenders - Middle/High - LR1142 (2 Tender)Contains Wheat, Gluten, Yeast.	150.00	10.00	1.00
Cucumber Slices w/ Dip - LR1150 (1/4 c.)Contains Milk, Egg.	54.72	3.34	0.13
Cucumber Slices w/Dip - LR1323 (4 slices (1/8 in))Contains Milk, Egg.	58.62	4.29	0.26
Cupcake w/ Frosting - LR1576 (1 cupcake)Contains Milk, Egg, Wheat, Soy.	173.51	33.90	0.53
Curious George Fruit Snacks - LR1198 (1 pkg.)	100.00	22.00	0.00
Dasani Flavored Spring Water Variety - LR1723 (1 bottle.)	0.00	0.00	0.00
Deli Pinwheel Elementary/Middle - LR1025 (1 ea.)Contains Milk, Wheat.	283.27	26.56	1.22
Deli Pinwheel-High - LR1093 (1 ea.)Contains Milk, Wheat.	298.46	27.07	1.22
Deli Sandwich-Elementary/Middle - LR1027 (1 ea.)Contains Milk, Wheat, Soy, Gluten, Yeast.	271.38	31.53	2.00
Deli Sandwich-High - LR1094 (1 ea.)Contains Milk, Wheat, Soy, Gluten, Yeast.	271.38	31.53	2.00
Devils Food Cake - LR1571 (1/3 c.)Contains Milk, Egg, Wheat, Soy, Gluten.	210.00	41.00	1.00
Disney "Frozen" Cereal Pouch - LR1669 (1 pouch)Contains Wheat.	100.00	24.00	3.00
Disney Frozen Cinnamon Grahams, WG - LR1187 (1 ea.)Contains Milk, Wheat, Soy.	140.00	22.00	1.00
Dole Tropical Fruit - LR1400 (1/2 c.)	90.00	21.00	2.00
Doritos Flamas Chips - LR1230 (1 Bag)Contains Milk.	140.00	20.00	1.00
Doritos Nacho Cheese Red Fat - LR1275 (1 Bag)Contains Milk.	130.00	20.00	2.00
Doritos Spicy Sweet Chili RF - LR1278 (1 Bag)Contains Wheat, Soy, Gluten.	130.00	20.00	2.00
Double Chocolate Chip Cookie 1.33oz - LR1672 (1 cookie)Contains Milk, Egg, Wheat, Soy.	170.00	23.00	1.00
Dream Bar, LF - LR1643 (1 Bar)Contains Milk.	80.00	15.00	0.00
Dumplings, Flat, Pre-Cooked, Spaetzle - LR1648 (12 Pounds)Contains Egg, Wheat, Gluten.	9860.74	1858.37	75.85
Edamame Succotash - LR1020 (1/2 c.)Contains Milk.	61.86	4.57	2.20
Edamame, Shelled - LR1559 (1/2 c.)Contains Soy.	135.83	14.70	4.33
Egg Patty - LR1129 (1 ea.)Contains Milk, Egg, Soy.	60.00	1.00	0.00
Egg Roll, Mini, Pork and Vegetable, 1.5 oz - LR1095 (1 egg roll)Contains Egg, Fish, Wheat, Soy, Gluten.	100.00	12.00	1.00
Egg Roll, Vegetable and Chicken, 3 oz - LR1429 (1 ea.)Contains Milk, Egg, Wheat, Soy, Gluten.	160.00	20.00	3.00
Egg Salad - LR1343 (1 ea.)Contains Milk, Egg.	435.72	9.00	0.00
English Muffins, Thomas, White, Pre sliced, 2oz - LR1631 (1 muffin)Contains Milk, Soy.	129.32	23.87	0.00
Fiesta Bean Salad - LR1041 (1/2 c.)	205.11	28.93	8.16

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	FIBER (g)
Fiesta Lime Corn - LR1773 (1/2 c.)Contains Corn/Corn Products.	98.21	20.58	2.17
Fiesta Pasta Bowl-Elementary/Middle - LR1342 (4 oz.)Contains Milk, Wheat, Soy, Gluten.	249.55	26.72	1.13
Fiesta Pasta Bowl-High - LR1459 (6 oz.)Contains Milk, Wheat, Soy, Gluten.	348.97	38.64	1.67
Flatbread Round, WG, 4" - LR1549 (1 flatbread)Contains Milk, Wheat. May contain Soy.	80.00	13.00	1.00
Flatbread, Square, WG - LR1548 (1 flatbread)Contains Milk, Wheat, Gluten. May contain Soy.	180.00	29.00	3.00
Fortune Cookie, WG - LR1178 (8 1/2 g.)Contains Egg, Wheat.	31.69	7.39	0.11
French Fries - LR1465 (3 Ounces)Contains Wheat.	139.92	20.99	2.00
French Toast Sticks, Breakfast - Middle/High - LR1750 (4 stick.)Contains Wheat, Soy.	270.00	35.00	3.00
French Toast Sticks, Breakfast- Elementary - LR1777 (3 stick.)Contains Wheat, Soy.	202.50	26.25	2.25
French Toast Sticks, Lunch - Elementary/Middle - LR1035 (3 stick.)Contains Wheat, Soy.	202.50	26.25	2.25
French Toast Sticks, Lunch - High - LR1038 (4 stick.)Contains Wheat, Soy.	270.00	35.00	3.00
Fresh Corn Salad - LR1609 (1 1/4 c.)	86.35	14.09	1.63
Fresh Cucumber Salad - LR1608 (1 1/4 c.)	49.31	7.76	1.66
Fresh Fruit Bowl - LR1371 (1 bowl)Contains Strawberries.	132.01	33.75	4.84
Fried Brown Rice, Veggie - LR1652 (1/2 c.)Contains Wheat, Soy.	276.31	55.26	4.09
Fritos Corn Chips 1oz - LR1271 (1 pkg.)	160.00	15.00	1.00
Frog Spit Lemon Lime Push Treat - LR1651 (1 ea.)Contains Milk.	80.00	18.00	0.00
Frosted Flakes Cereal Bowl - LR1664 (1 bowl)Contains Soy.	110.00	26.00	1.00
Frosting, Chocolate - LR1382 (1 1/4 tsp.)Contains Milk.	61.92	11.96	0.35
Frosting, Vanilla - LR1381 (1 1/4 tbsp.)Contains Milk.	58.01	11.32	0.00
Fruit & Yogurt Parfait (Breakfast) - LR1108 (1 ea.)Contains Milk.	313.53	65.16	1.77
Fruit by the Foot Variety Pack Reduced Sugar - LR1189 (1 pkg.)	80.00	16.00	0.00
Fruit Crisp - LR1380 (1/2 c.)Contains Milk, Wheat, Soy, Gluten.	296.51	52.80	0.69
Fruit Juice, Variety - LR1164 (4 oz.)	62.50	14.25	0.00(M)
Fruit Roll-Ups - LR1194 (1 roll.)	45.00	11.00	2.00
Fruit, Variety - LR1088 (1/2 c.)	66.72	16.57	2.13
Fudge Bar - LR1655 (1 ea.)Contains Milk.	100.00	22.00	0.00
Funnel Cake with Confectioners Sugar - LR1756 (1 ea.)Contains Milk, Egg, Wheat, Soy.	281.25	45.31	1.00
Funyuns, Baked Onion Rings - LR1696 (1 Bag)Contains Milk.	110.00	14.00	1.00
G2 Clear Mixed Berry-12oz - LR1704 (1 bottle 12 fl oz in packages of 8)	30.00	8.00	0.00
G2 Fruit Punch 12oz - LR1705 (1 bottle 12 fl oz in packages of 8)	30.00	8.00	0.00
G2 Glacier Freeze 12oz - LR1707 (1 bottle 12 fl oz in packages of 8)	30.00	8.00	0.00
G2 Grape 12oz - LR1708 (1 bottle 12 fl oz in packages of 8)	30.00	8.00	0.00
G2 Lemon Lime 12oz - LR1710 (1 bottle 12 fl oz in packages of 8)	30.00	8.00	0.00
G2 Orange 12oz - LR1714 (1 bottle 12 fl oz in packages of 8)	35.00	8.00	0.00
Garden Salad as a side item - Elementary - LR1138 (1/2 c.)Contains Milk.	17.03	1.31	0.60



Item Name (Serving Size)	Calories (Kcal)	Carb (g)	FIBER (g)
Garden Salad as a side item - Middle/High - LR1136 (1 c.)Contains Milk.	23.06	2.51	1.21
Garden Salad, Large - LR1775 (1 salad)Contains Milk, Egg, Wheat, Soy, Gluten.	325.49	25.22	7.50
Garden Salad, Small - LR1588 (1 salad)Contains Milk, Egg, Wheat, Soy, Gluten.	304.30	20.76	5.50
Gardenburger - LR1415 (1 ea.)Contains Wheat, Soy, Gluten, Yeast. Processed in a facility that also processes Milk.	243.99	35.79	6.26
Garlic Breadstick - LR1026 (1 Breadstick)Contains Milk, Wheat, Garlic.	148.27	22.48	1.09
Garlic Cheese Biscuit - LR1124 (1 ea.)Contains Milk, Wheat, Garlic.	322.72	39.70	3.72
General Tso's Chicken-Middle/High - LR1090 (4 oz.)Contains Milk, Wheat, Soy, Gluten.	371.66	51.59	2.25
General Tso's Chicken-Middle/High (Smackers) - LR1737 (4 oz.)Contains Milk, Wheat, Soy, Gluten.	410.50	53.21	2.94
General Tso's Sauce - LR1561 (1 oz.)Contains Wheat, Soy.	70.00	16.00	0.00
Glazed Carrots - LR1427 (1/2 c.)Contains Milk.	68.20	11.40	2.16
Glazed Ham - LR1347 (3 oz.)	134.60	10.91	0.02
Gogurt, Simply, Yoplait, 2.25oz, Strawberry - LR1301 (2 1/4 oz.)Contains Milk.	28.13	5.63	0.00
Golden Broccoli Cheese Soup - LR1587 (10 oz.)Contains Milk, Soy.	237.52	12.50	1.25
Golden Grahams Cereal Bar - LR1184 (1 Bar)Contains Wheat, Soy.	150.00	30.00	3.00
Goldfish Bread-WW - LR1633 (2 slice)Contains Wheat.	100.00	21.00	4.00
Goldfish Cheddar WG - LR1280 (1 pkg.)Contains Milk, Wheat, Gluten. May contain Soy.	100.00	14.00	1.00
Goldfish Whole Grain - XTRA Cheddar - LR1282 (1 Bag)Contains Milk, Wheat.	90.00	14.00	1.00
Graham Crackers, 3 ct. Nabisco - LR1697 (1 pkg.)Contains Wheat.	90.00	16.00	1.00
Gravy Mix, Brown - LR1662 (1/4 c.)Contains Wheat, Soy.	20.00	4.00	0.00
Gravy Mix, Turkey - LR1550 (1/4 c.)Contains Milk, Soy.	25.00	4.00	0.00
Gravy, Brown - LR1034 (2 oz.)Contains Milk, Egg, Wheat, Soy, Gluten.	14.92	2.98	0.00
Gravy, pepper - LR1036 (2 oz.)Contains Milk, Egg, Wheat, Soy, Gluten.	45.00	5.00	0.00
Gravy, Peppered - LR1663 (1/4 c.)Contains Milk, Egg, Wheat, Soy, Gluten.	45.00	5.00	0.00
Gravy, Sausage - LR1497 (1 ea.)Contains Milk, Egg, Wheat, Soy, Gluten.	67.38	5.37	0.25
Green Beans - LR1169 (1/2 c.)Contains Wheat, Soy.	31.64	6.08	2.72
Green Eggs & Ham - LR1356 (1 1/2 cup eggs/ 1 oz ham)Contains Milk, Egg, Soy.	216.82	1.00	0.00
Grilled Cheese Sandwich - LR1003 (1 ea.)Contains Milk, Wheat, Soy, Yeast.	325.21	28.52	1.00
Grilled Chicken on Pretzel Bun - LR1431 (1 ea.)	300.00	32.00	3.00
Grilled Chicken Sandwich - LR1409 (1 ea.)Contains Wheat, Gluten, Yeast. Processed in a facility that also processes Milk.	300.00	32.00	2.00
Grilled Chicken Wrap - LR1410 (1 ea.)Contains Milk, Wheat, Carrageenan.	324.61	27.35	1.93
Grilled Ham & Cheese Sandwich Elem/Middle - LR1075 (1 ea.)Contains Milk, Wheat, Soy, Yeast.	302.85	29.02	1.00
Grilled Ham & Cheese Sandwich-High - LR1076 (1 ea.)Contains Milk, Wheat, Soy, Yeast.	284.71	29.53	1.00
Ham and Cheese Toastie- Elementary/Middle - LR1057 (1 ea.)Contains Milk, Wheat.	281.91	31.90	1.75
Ham and Cheese Toastie- High - LR1062 (1 ea.)Contains Milk, Wheat.	297.10	32.41	1.75
Ham Sub, 5' - LR1595 (1 ea.)Contains Milk, Egg, Wheat, Soy, Gluten, Yeast.	382.86	42.02	2.66
Hamburger Bun, 2oz, Frozen - LR1638 (1 bun)Contains Wheat.	140.00	26.00	1.00

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	FIBER (g)
Hamburger on Bun - LR1074 (1 ea.)Contains Wheat, Gluten, Yeast. Processed in a facility that also processes Milk.	326.00	29.00	3.00
Hash Brown Casserole - LR1037 (4 oz.)Contains Milk, Wheat, Soy, Gluten.	270.38	23.80	0.42
Hashbrown - LR1521 (1 ea.)	97.78	12.89	1.33
Hawaiian Bistro Pizza - LR1607 (1 slice)Contains Milk, Wheat, Soy, Gluten, Seeds (any kind).	615.33	46.89	2.71
Hawaiian Chicken Wrap- Elem/Middle - LR1435 (1 ea.)Contains Milk, Egg, Wheat, Garlic.	273.62	37.10	3.31
Hawaiian Chicken Wrap- High - LR1439 (1 ea.)Contains Milk, Egg, Wheat, Garlic.	317.37	41.46	4.08
Hint Water Variety - LR1732 (1 bottle.)	0.00	0.00	0.00
Homemade Cheese Sauce - LR1082 (1 oz.)Contains Milk, Soy.	103.50	1.09	0.00
Homestyle Chicken Noodle Soup - LR1593 (10 oz.)Contains Egg, Wheat, Soy, Gluten.	87.50	12.50	0.00
Homestyle Mashed Potato Bowl - LR1440 (1 ea.)Contains Milk, Egg, Wheat, Soy, Gluten.	251.88	16.97	1.32
Honey Mustard & Cream Cheese Spread - LR1059 (3/4 oz.)Contains Milk.	124.04	17.66	2.25
Honey Mustard cup, 1 oz. - LR1743 (1 c.)Contains Egg.	70.00	5.00	0.00
Honey Sriracha Chicken Bites - High - LR1555 (5 ea.)Contains Wheat.	237.50	17.50	1.25
Honey Sriracha Chicken Bites - Middle - LR1554 (4 ea.)Contains Wheat.	190.00	14.00	1.00
Honeydew Melon - LR1391 (1/2 c.)	30.00	7.58	0.67
Honeymaid Lil Squares, WG - LR1182 (1 pkg.)Contains Wheat.	130.00	24.00	2.00
Hot Ham & Cheese Sandwich Ala Carte - LR1411 (1 ea.)Contains Milk, Wheat, Soy, Gluten, Yeast.	286.56	32.04	2.00
Hot Ham and Cheese Sandwich - LR1334 (1 ea.)Contains Milk, Wheat, Soy, Gluten, Yeast.	256.19	31.02	2.00
Hot Ham and Cheese Sandwich - Summer Feeding - LR1612 (1 ea.)Contains Milk, Wheat, Soy, Gluten, Yeast.	271.28	32.78	2.00
Hot Roll, Roll Dough - LR1100 (1 ea.)Contains Milk, Soy, Gluten.	97.68	17.58	0.62
Hot Wings - LR1434 (3 ea.)Contains Milk, Egg, Wheat, Soy.	191.22	4.72	1.99
Hotdog - LR1351 (1 ea.)Contains Wheat, Soy.	190.00	19.00	1.00
Hotdog Bun, White, Frozen, 6" - LR1637 (1 bun)Contains Wheat, Soy.	100.00	19.00	1.00
Hunan Orange Sauce, Bulk, JTM - LR1665 (1 Ounce serving)	49.00	12.00	0.00
Ice Cream Cup, Vanilla, 4 oz - LR1204 (1 ea.)Contains Milk, Carrageenan.	100.00	12.00	0.00
Iced Graham Crackers - LR1379 (1 ea.)Contains Milk, Wheat, Gluten. May contain Soy.	99.20	16.47	0.50
Irish Cabbage w/ Bacon - LR1580 (1/2 c.)Contains Milk, Pork.	125.17	2.74	1.15
Italian Pasta Bake- Elementary - LR1016 (3/4 c.)Contains Milk, Wheat, Soy, Garlic. May contain Egg.	448.93	55.96	7.79
Italian Pasta Bake- Middle/High - LR1024 (1 c.)Contains Milk, Wheat, Soy, Garlic. May contain Egg.	598.57	74.61	10.38
Izze Fortified Sparkling Juice, Variety - LR1734 (1 bottle.)	90.00	24.00	0.00
Jalapeno Butter Sauce for Vegetables - LR1023 (1 oz.)Contains Milk.	162.11	7.42	0.01
Jalapeno Poppers - LR1660 (4 Poppers)Contains Milk, Wheat.	180.00	26.00	1.00
Jalapeno Pretzel Bites - LR1436 (5 ea.)Contains Milk, Wheat, Gluten.	200.00	28.75	1.25
Jello with Fruit - LR1157 (1/2 c.)Contains Gelatin.	75.34	18.17	0.30
Jello, Variety - LR1149 (1/2 c.)Contains Milk, Gelatin.	83.50	18.08	0.00
Jelly, Grape - LR1317 (1/2 Ounces)	35.00	9.00	0.00

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	FIBER (g)
Jicama Sticks - Middle/High - LR1131 (1 serving ( 3 oz ))	41.09	9.86	4.93
Jicama Sticks -Elementary - LR1132 (1/4 c.)	20.54	4.93	2.46
Juice Bar, Frzn, Whole fruit, Orange, 3 oz. - LR1212 (1 Bar)	50.00	14.00	3.00
Juice Bar, Frzn, Whole fruit, Sour Apple, 3 oz. - LR1215 (1 Bar)	60.00	15.00	3.00
Juice Bar, Frzn, Whole fruit, Very Berry, 3 oz. - LR1217 (1 Bar)	50.00	14.00	3.00
Juice Bar, Frzn, Whole fruit, Wild Cherry, 3 oz. - LR1218 (1 Bar)	50.00	13.00	3.00
Juice Pouch, 4.05oz, Apple - LR1614 (4 1/8 oz.)	80.00	20.00	0.00
Juice Pouch, 4.05oz, Berry - LR1615 (4 1/8 oz.)	90.00	21.00	0.00
Juice Pouch, Capri Sun Fruit Punch - LR1616 (4 1/8 fl. oz.)	80.00	21.00	0.00
Juice, Apple, Frozen, 4oz - LR1509 (1 Container)	60.00	14.00	(M)
Juice, Grape, Frozen, 4oz - LR1510 (1 Container)	80.00	18.00	0.00
Juice, Orange, Frozen, 4oz - LR1511 (1 Container)	50.00	12.00	0.00
Juice, Orange/Pineapple, Frozen, 4oz - LR1512 (1 Container)	60.00	13.00	0.00
Juicy Juice Variety - LR1727 (1 bottle.)	140.00	35.00	0.00
Keebler Elf Graham Crackers, Chocolate, 150/1 oz - LR1203 (1 Package/Box/Case/Bag)Contains Wheat, Soy.	120.00	20.00	2.00
Ketchup Packet 9 gram - LR1739 (1 pkg.)	10.00	3.00	0.00
Ketchup, 9 gm pkt - LR1542 (1 pkg.)	10.00	3.00	0.00
Kiwi, Fresh, Raw - LR1392 (1 ea.)	46.00	11.00	2.00
Korean BBQ Chicken-Middle/High - LR1532 (5 oz.)Contains Wheat, Soy.	260.71	25.00	0.00
Lasagna- Elementary/Middle - LR1028 (1 piece)Contains Milk, Soy, Garlic.	448.43	43.27	6.17
Lasagna- High - LR1030 (1 piece)Contains Milk, Soy, Garlic.	538.11	51.93	7.41
Lasagna Roll Ups - High - LR1337 (1 Rollup)Contains Milk, Egg, Wheat, Soy, Gluten.	298.20	27.73	3.06
Life Wtr 33.8oz - LR1716 (1 bottle.)	0.00	0.00	0.00
Lipton Iced Tea, Diet Variety - LR1733 (1 bottle.)	0.00	0.00	0.00
Loco Bread, WG Flat Bread, round - LR1632 (1 ea.)Contains Milk, Wheat.	170.00	26.00	3.00
Locos Nachos - Mid/High - LR1340 (1 ea.)Contains Milk, Soy.	543.55	62.03	12.01
Lorna Doone Shortbread Crips- 100 calorie pack - LR1238 (1 Bag)	120.00	23.00	0.00
Macaroni & Cheese - LR1039 (1/2 c.)Contains Milk, Egg, Wheat, Soy, Gluten.	224.80	20.38	0.89
Mandarin Orange Chicken - Elem/Middle - LR1527 (6 ea.)Contains Milk, Wheat, Soy, Gluten.	252.02	26.98	2.23
Mandarin Orange Chicken - Middle/High - LR1565 (8 ea.)Contains Milk, Wheat, Soy, Gluten.	331.61	35.50	2.94
Mandarin Oranges - LR1393 (1/2 c.)	130.00	30.88	1.63
Mashed Potatoes Excel - LR1514 (120 1/2 g.)Contains Milk.	77.46	14.63	0.86
Mashed Potatoes- Nature's Own - LR1426 (1/2 c.)Contains Milk.	100.00	19.00	2.00
Mayonnaise, 12 gram packet - LR1742 (1 packet)Contains Egg.	80.00	1.00	0.00
Meat Lovers Bistro Pizza - LR1602 (1 slice)Contains Milk, Wheat, Soy, Gluten, Pork, Seeds (any kind).	791.73	34.34	3.54
Mexican Corn - LR1448 (1/2 c.)Contains Milk, Garlic.	209.81	35.23	4.36

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	FIBER (g)
Mexican Crispito, Chicken & Cheese- Elem/Middle - LR1104 (1 ea.)Contains Milk, Wheat.	212.52	22.54	3.22
Mexican Crispito, Chicken & Cheese- High - LR1346 (1 1/2 ea.)Contains Milk, Wheat.	312.52	32.53	4.22
Mexican Dip - LR1079 (2 oz.)Contains Milk.	85.06	10.80	3.75
Mexican Stuffed Potato - LR1444 (1 ea.)Contains Milk.	305.73	31.70	5.57
Milk, 1%, Gallon - LR1543 (8 oz.)Contains Milk.	100.00	11.00	0.00
Milk, Assorted Variety - LR1163 (1 Carton)Contains Milk.	330.00	53.00	0.00
Mini Bagels, Variety - Breakfast - LR1751 (1 ea.)Contains Milk, Wheat.	235.00	41.00	2.00
Mini Blueberry Pancakes - LR1107 (1 pkg.)Contains Milk, Egg, Wheat, Soy.	209.76	34.96	4.00
Mini Blueberry Pancakes-Breakfast - LR1155 (1 pkg.)Contains Milk, Egg, Wheat, Soy.	209.76	34.96	4.00
Mini Cinnamon Waffles - LR1547 (1 pkg.)Contains Milk, Egg, Wheat, Soy.	200.00	35.00	4.00
Mini Cinnis Mini Pull-Apart Rolls - LR1188 (1 pkg.)Contains Milk, Wheat.	240.00	40.00	2.00
Mini Corndogs - LR1052 (6 ea.)Contains Egg, Wheat, Soy, Gluten.	270.00	30.00	5.00
Mini Garlic Toast, WG - LR1005 (1 ea.)Contains Milk, Wheat.	110.00	12.00	1.00
Mini Ice Cream Cone, LF - LR1645 (1 cone)Contains Milk, Wheat, Soy.	80.00	14.00	0.00
Minute Maid Fruit Juice Variety - LR1729 (1 bottle.)	150.00	39.00	0.00
Mixed Vegetables - LR1324 (2/3 c.)	60.00	10.00	2.00
Monster Ultra Zero, Variety, 16 oz. - LR1735 (16 fl. oz.)	0.00	0.00	0.00
Mountain Dew Kickstart Variety - LR1730 (1 Can)Contains Tree nuts.	60.00	15.00	0.00
Mozzarella Cheese Sticks, Breaded - LR1446 (3 ea.)Contains Milk, Wheat, Soy, Gluten.	165.91	19.68	2.24
Muffin, Delicious Essentials, Apple Cinnamon WG 2 oz. - LR1200 (1 muffin)Contains Egg, Wheat, Soy.	190.00	30.00	2.00
Muffin, Delicious Essentials, Banana WG 2 oz. - LR1191 (1 muffin)Contains Egg, Wheat, Soy.	190.00	30.00	2.00
Muffin, Delicious Essentials, Blueberry WG 2 oz. - LR1192 (1 muffin)Contains Egg, Wheat, Soy.	190.00	30.00	2.00
Muffin, Delicious Essentials, Chocolate Chip WG 2 oz. - LR1190 (1 muffin)Contains Milk, Egg, Wheat, Soy.	200.00	32.00	2.00
Mustard Packet, 5.5 gram - LR1740 (1 pkg.)	5.00	1.00	0.00
Nabisco 100 Calorie Cheese Nips - LR1236 (1 Bag)	100.00	15.00	1.00
Nachos & Cheese - LR1447 (1 1 oz chips / 2 oz cheese sauce)Contains Milk, Soy.	226.67	23.33	2.00
Naked Burrito - High - LR1349 (1 ea.)Contains Milk, Soy.	588.61	97.02	10.24
Naked Juice, Berry Blast, 10 oz. - LR1699 (10 fl. oz.)	160.00	37.00	0.00
Naked Juice, Blue Machine, 10 oz. - LR1700 (10 fl. oz.)	210.00	50.00	4.00
Naked Juice, Green Machine, 10 oz. - LR1701 (10 fl. oz.)Contains Wheat.	170.00	42.00	0.00
Naked Juice, Mango, 10 oz. - LR1702 (10 fl. oz.)	180.00	43.00	0.00
Naked Juice, Strawberry Banana, 10 oz. - LR1703 (10 fl. oz.)	160.00	38.00	0.00
No-Bake Cookies - LR1378 (1 cookie)Contains Milk, Wheat, Peanuts, Soy, Gluten.	263.40	35.24	2.28
Nutri-Grain Bar- Strawberry - LR1242 (1 Bar)Contains Milk, Wheat, Soy.	160.00	29.00	3.00
Nutri-Grain Cereal Bars- Apple Cinnamon - LR1240 (1 Bar)	160.00	30.00	3.00
Oatmeal Raisin WG 1.5oz Cookie - LR1674 (1 cookie)Contains Milk, Egg, Wheat, Soy.	160.00	28.00	2.00

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	FIBER (g)
Orange Sherbet Cup Plastic - LR1659 (1 ea.)Contains Milk.	80.00	18.00	0.00
Orange, Fresh, Raw - LR1394 (1 ea.)	45.12	11.28	2.30
Oreo Cookie- 100 calorie pack - LR1239 (1 Bag)	100.00	20.00	1.00
Oven Nugget - Tater Tot - LR1463 (3 Ounces)	160.00	21.00	2.00
Pancakes - Elementary/Middle - LR1013 (2 pancake)Contains Milk, Egg, Wheat, Soy, Gluten.	146.67	26.00	1.33
Pancakes - High - LR1014 (3 pancake)Contains Milk, Egg, Wheat, Soy, Gluten.	220.00	39.00	2.00
Pancakes, Breakfast-Elem - LR1483 (2 pancakes)Contains Milk, Egg, Wheat, Soy, Gluten.	146.67	26.00	1.33
Pancakes-Breakfast-Middle/High - LR1153 (3 ea.)Contains Milk, Egg, Wheat, Soy, Gluten.	220.00	39.00	2.00
Panini Bread, Pre-Grilled, .82oz, Pillsbury - LR1639 (1 piece)Contains Milk, Wheat. May contain Soy.	170.00	30.00	3.00
Parmesan Broccoli - LR1043 (1/2 c.)Contains Milk.	81.78	3.20	1.60
Pasta Salad - LR1154 (1/2 c.)Contains Milk, Wheat, Gluten. Processed in a facility that also processes Egg.	73.47	14.54	0.81
Pasta w/ Alfredo - LR1449 (1 serving)Contains Milk, Egg, Wheat, Gluten.	1077.01	202.68	9.50
Pasta w/ Marinara Sauce- Elementary - LR1330 (3/4 c.)Contains Egg, Wheat, Gluten.	155.00	30.16	2.51
Pasta w/ Marinara Sauce- Middle/High - LR1332 (1/2 c.)Contains Egg, Wheat, Gluten.	229.40	44.64	3.72
Pasta w/ Meat Sauce - Middle/High - LR1582 (1 1/2 c.)Contains Egg, Wheat, Gluten.	285.15	49.39	3.96
Pastry Crisp- Brown Sugar Cinnamon, Special K - LR1245 (1 Bag)Contains Milk, Wheat, Soy.	99.79	19.96	0.00
Pastry Crisps- Blueberry- Special K - LR1244 (1 Bag)Contains Milk, Wheat, Soy.	99.79	19.96	0.00
Pastry Crisps- Strawberry, Special K - LR1243 (1 Bag)Contains Milk, Wheat, Soy.	100.00	20.00	0.00
Peaches, canned - LR1395 (1/2 Can)	50.35	12.08	0.00
Peanut Butter & Jelly Sandwich - LR1338 (1 ea.)Contains Wheat, Peanuts, Soy, Yeast.	395.99	49.40	2.77
Peanut Butter & Jelly Sandwich (Summer Feeding) - LR1339 (1 ea.)Contains Wheat, Peanuts, Soy, Yeast.	582.10	53.83	4.54
Peanut Butter Sandwich- Alternative Meal - LR1333 (1 ea.)Contains Wheat, Peanuts, Soy, Yeast.	326.11	31.43	2.77
Pear, Fresh, Raw - LR1396 (1 ea.)	101.46	27.11	5.52
Pears, canned - LR1397 (1/2 c.)	66.25	15.46	2.21
PepperJack Chicken Sliders - LR1517 (1 pkg.)Contains Milk, Wheat, Soy, Gluten.	316.05	35.56	2.96
Pepperoni Bistro Pizza - LR1603 (1 slice)Contains Milk, Wheat, Soy, Gluten, Seeds (any kind).	520.16	32.57	2.91
Pepperoni Stuffed Sandwich - LR1453 (1 ea.)Contains Milk, Egg, Wheat, Soy, Gluten.	300.00	32.00	3.00
Philly Cheese Steak - LR1456 (1 ea.)Contains Milk, Wheat, Soy, Yeast.	416.67	46.77	2.00
Pickles, Dill Chips, crinkle - LR1741 (1 1 oz. ( 28 g about 6 slices))	0.00	0.00	0.00
Pineapple, canned - LR1398 (1/2 c.)	72.90	17.31	0.91
Pirates Booty - LR1291 (1 Bag)Contains Milk.	110.00	14.00	1.00
Pita Bread Pizza w/ Fresh Basil- Elem/Middle - LR1103 (1/2 pizza)Contains Milk, Soy, Gluten.	192.97	20.90	1.99
Pita Bread Pizza w/ Fresh Basil- High - LR1174 (3/4 pizza)Contains Milk, Soy, Gluten.	289.45	31.35	2.99
Pita Bread, 7",Kronos - LR1640 (1 piece)Contains Gluten.	35.00	34.00	3.00
Pizza Crunchers, Farm Rich - LR1001 (4 pieces)Contains Milk, Wheat.	400.00	40.00	4.00
Pizza Crust, Parbaked - LR1641 (1/8 pizza)Contains Milk, Wheat, Soy, Gluten, Seeds (any kind).	160.00	27.00	2.50

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	FIBER (g)
Pizza Soup - LR1529 (3/4 c.)Contains Milk, Wheat, Gluten.	118.89	11.77	1.32
Pizza, 4 Cheese WG, Big Daddy 8 cut - LR1626 (1 slice)Contains Milk, Wheat, Soy.	370.00	35.00	3.00
Pizza, 4 Meat WG, Big Daddy, 8 cut - LR1628 (1 slice)Contains Milk, Wheat, Soy.	370.00	36.00	3.00
Pizza, 5" Deep Dish Round, Cheese - LR1467 (1 pizza)Contains Milk, Wheat, Soy, Gluten.	320.00	35.00	4.00
Pizza, 7", Cheese, WG - LR1469 (1/2 pizza)Contains Milk, Wheat, Gluten.	215.00	28.50	3.00
Pizza, 7", Pepperoni - LR1470 (1/2 pizza)Contains Milk, Wheat, Gluten.	242.86	28.50	3.00
Pizza, Breakfast 4x6, Bacon Scramble - LR1137 (1 piece)Contains Egg, Wheat, Soy, Gluten.	100.00	23.00	1.00
Pizza, Breakfast, 4x6, Sausage Gravy - LR1147 (1 slice)Contains Milk, Wheat, Soy, Gluten.	210.00	25.00	3.00
Pizza, Buffalo Chicken WG, Big Daddy's 8 cut - LR1629 (1 slice)Contains Milk, Wheat, Soy.	390.00	35.00	3.00
Pizza, Cheese, Big Daddy, WG, 10 cut - LR1766 (1 piece)Contains Milk, Wheat, Soy.	267.02	28.37	2.50
Pizza, Deep Dish 5" Pepperoni, WG - LR1468 (1 pizza)Contains Milk, Wheat, Soy, Gluten.	350.00	39.00	4.00
Pizza, Pepperoni (Pork), Big Daddy, WG 10 cut - LR1765 (1 piece)Contains Milk, Wheat, Soy.	330.00	34.00	3.00
Pizza, Pepperoni (Turkey), Big Daddy, WG 8 cut - LR1627 (1 slice)Contains Milk, Wheat, Soy.	370.00	35.00	3.00
Plum, Fresh, Raw - LR1399 (1 ea.)	30.36	7.54	0.92
Pollo Con Queso- Elem/Middle - LR1110 (1 ea.)Contains Milk, Wheat, Soy.	254.38	28.30	1.08
Pollo Con Queso-High - LR1341 (1 ea.)Contains Milk, Wheat, Soy.	279.64	29.52	1.14
Polynesian Pork Flatbread - Elementary - LR1097 (1 ea.)Contains Milk, Egg, Wheat, Soy, Gluten.	176.03	16.18	2.03
Polynesian Pork Flatbread - Middle/High - LR1114 (1 ea.)Contains Milk, Egg, Wheat, Soy, Gluten.	333.63	31.93	3.92
Popcorn Chicken - Brakebush (New) - LR1498 (4 oz.)Contains Wheat, Gluten.	281.73	32.20	2.68
Popcorn Shrimp - Elementary/Middle - LR1017 (3 oz.)Contains Milk, Crustacean Shellfish, Wheat, Soy.	239.20	23.92	2.08
Popcorn Shrimp - High - LR1021 (3 3/4 oz.)Contains Milk, Crustacean Shellfish, Wheat, Soy.	299.00	29.90	2.60
Popcorn White Cheddar RF - LR1300 (1 Bag)Contains Milk.	70.00	9.00	2.00
Popcorn, Kettlecorn - LR1294 (1 Bag)	131.63	21.26	2.02
Poppy Seed Dressing- Homemade - LR1366 (1 oz.)Contains Soy.	126.15	9.65	0.21
Poptarts Kellogg's, Variety- Middle/High - LR1125 (1 package 2 pack)Contains Wheat, Soy.	360.00	75.33	6.00
Poptarts, Kellogg's, Variety- Elementary - LR1121 (1 Poptart)Contains Wheat, Soy.	180.00	37.67	3.00
Pork Carnita Meat - LR1738 (1/2 c.)	147.42	3.40	1.13
Pot Roast over Noodles- Elementary - LR1159 (4 oz.)Contains Milk, Egg, Wheat, Soy, Gluten.	252.72	15.61	0.69
Pot Roast over Noodles- Middle/High - LR1158 (5 oz.)Contains Milk, Egg, Wheat, Soy, Gluten.	321.64	19.87	0.87
Potato Bacon Soup - LR1564 (3/4 c.)Contains Milk, Egg, Wheat, Soy, Gluten.	315.00	27.00	1.50
Potato Bites - LR1572 (1/2 c.)Contains Wheat, Gluten.	160.00	21.00	3.00
Potato Chips, Salt & Vinegar, Kettle Cooked, RF - LR1546 (1 pkg.)	180.00	27.00	2.00
Potato Ole' - LR1471 (1 serving)Contains Milk, Soy.	230.52	25.91	3.36
Potato Skin - Cheesy Bacon - LR1472 (1 serving)Contains Milk, Egg, Pork, Carrageenan.	274.04	19.94	3.00
Potato Wedges - LR1065 (1/2 c.)	111.30	18.55	1.86
Pretzel and Hummus Cup - LR1760 (1 ea.)	327.90	63.36	5.89

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	FIBER (g)
Pretzel Bites w/ Cheese Dip - LR1474 (1 6 bites / 1 oz. cheese)Contains Milk, Wheat, Soy, Gluten.	223.33	43.67	6.00
Pretzel Rods, Chocolate Covered - LR1537 (25 g.)Contains Milk, Wheat. Processed in a facility that also processes Tree nuts, Peanuts	100.00	17.00	2.00
Pretzel Roll, Soft, WG, - LR1644 (1 roll.)	160.00	29.00	3.00
Pretzel Sticks - LR1303 (1 oz.)	111.38	21.26	2.02
Pub Burger on a Pretzel Roll - LR1480 (1 ea.)Contains Wheat, Soy, Gluten.	320.00	48.00	4.00
Pub Burger-Steak Burger - LR1357 (1 ea.)Contains Wheat, Soy, Gluten, Yeast. Processed in a facility that also processes Milk.	320.00	48.00	3.00
Pudding in a Cloud - LR1445 (1/2 c.)Contains Milk.	228.66	39.35	0.00
Pudding, canned - LR1377 (1/2 c.)Contains Milk.	159.53	27.28	0.00
Raisels- Sour Fruit Splash - LR1257 (1 Box)	140.00	34.00	1.00
Raisels- Sour Lemon Blast - LR1249 (1 Box)	130.00	35.00	1.00
Raisels- Sour Orange Blast - LR1252 (1 Box)	144.00	35.00	1.00
Raisels- Sour Watermelon Shock - LR1254 (1 Box)	128.56	34.61	0.99
Raisins, Individual Box, 1.5oz - LR1247 (1 Box)	133.95	32.70	2.49
Ranch Dip, Homemade - LR1068 (3/4 oz.)Contains Milk, Egg.	50.82	2.40	0.00
Ranch Dressing, Homemade - LR1007 (1 oz.)Contains Milk, Egg, Carrageenan.	106.88	0.88	0.00
Refried Beans- Smooth - LR1040 (1/2 c.)Contains Milk.	116.74	11.36	3.95
Rice Krispie Treat- WG .78oz - LR1264 (1 Bar)Contains Milk, Soy.	90.00	17.00	0.00
Rice Krispie Treat- WG 1.41oz - LR1262 (1 Bar)Contains Milk, Soy.	190.00	34.00	0.00
Rice Krispie Treat, Choc Chip, WG - LR1259 (1 Bar)Contains Milk, Soy.	160.00	30.00	0.00
Rice Krispie Treat, Minis, WG - LR1265 (1 Bar)Contains Milk, Soy.	50.00	9.00	0.00
Rice Krispie Treats - LR1029 (1 ea.)Contains Milk.	150.59	24.51	0.00
Rice Pilaf - LR1031 (1/2 c.)Contains Wheat, Soy.	110.00	21.50	0.50
Rice, White, Producers - LR1653 (1 cup prepared)	170.00	37.00	25.00
Roasted Baby Baker Potatoes - LR1113 (4 oz.)Contains Milk, Soy.	156.10	15.95	0.00
Roasted Bayou Potatoes - LR1574 (1/2 c.)Contains Wheat, Gluten.	199.01	21.62	3.13
Roasted Chicken Noodle Soup - LR1687 (10 oz.)Contains Milk, Egg, Wheat, Soy, Gluten.	175.01	20.00	2.50
Roasted Turkey Breast- Elementary/Middle - LR1530 (3 oz.)Contains Milk, Soy.	105.00	5.00	0.00
Roasted Turkey Breast- High - LR1531 (4 1/2 oz.)Contains Milk, Soy.	145.00	5.50	0.00
Roll, Sister Schuberts - LR1009 (1 roll.)Contains Wheat.	140.00	23.00	1.00
Rosemary Chicken and Dumpling Soup - LR1688 (10 oz.)Contains Milk, Egg, Wheat, Soy, Gluten.	200.02	30.00	2.50
Ruffles Baked Cheddar Sour Cream & Onion Potato Chips, Single-Serve 0.8 Oz Bag - LR1251 (1 pkg.)Contains Milk, Soy.	100.00	17.00	1.00
Salad Entree w/ Bosco Stick - LR1078 (1 1 salad/ 1 stick)Contains Milk, Wheat, Gluten.	273.99	23.35	2.84
Salsa, Red Gold, 6/#10 cans - LR1368 (1 c.)	80.00	16.00	8.00
Saltine Crackers - LR1375 (1 pkg.)Contains Wheat, Soy, Gluten.	25.00	5.00	1.00
Salveo Cheese Balls - LR1310 (1 Bag)Contains Milk.	100.00	16.00	1.00
Salveo, Butterery Caramel Puffs - LR1309 (1 Bag)Contains Milk.	66.67	10.00	0.67

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	FIBER (g)
Sausage Biscuit - LR1141 (1 ea.)Contains Milk, Wheat, Pork.	300.00	25.00	0.00
Sausage Bistro Pizza - LR1604 (1 slice)Contains Milk, Wheat, Soy, Gluten, Seeds (any kind).	608.43	34.62	4.28
Sausage Patty - Lunch - Elementary/Middle - LR1048 (1 patty)Contains Pork.	110.00	1.00	0.00
Sausage Patty - Lunch - High - LR1049 (2 patty)Contains Pork.	220.00	2.00	0.00
Sausage, Patty, Breakfast - LR1144 (1 patty)Contains Pork.	110.00	1.00	0.00
Sausage, Egg, & Cheese Breakfast Croissant - LR1117 (1 ea.)Contains Milk, Egg, Wheat, Soy, Pork.	440.63	32.51	2.00
Scooby Doo Bones Graham Cracker Snacks-WG 1oz - LR1267 (1 oz.)Contains Wheat, Soy.	118.89	20.12	0.64
Scooby Doo Fruit Snacks 0.9oz - LR1270 (1 pkg.)	70.00	21.00	4.00
Scoops, Baked Bowl Shaped Salted SS - LR1312 (1 Bag)	110.00	19.00	2.00
SideKicks 100% Blue Raspberry Lemon Juice, Slushie Cup - LR1216 (1 ea.)	90.00	22.00	0.00
SideKicks 100% Sour Cherry-Lemon Juice Slushie Cup - LR1207 (1 ea.)	90.00	22.00	0.00
SideKicks 100% Strawberry Kiwi Juice Slushie Cup - LR1211 (1 ea.)	90.00	22.00	0.00
SideKicks 100% Strawberry Mango Juice, Slushie Cup - LR1214 (1 ea.)	90.00	22.00	0.00
Simply Wholesome Oatmeal Bar- Apple - LR1276 (1 Bar)Contains Milk, Egg, Wheat, Soy.	140.00	24.00	1.00
Simply Wholesome Oatmeal Bar- Blueberry Pomegranate - LR1272 (1 Bar)Contains Milk, Egg, Wheat, Soy.	140.00	23.00	1.00
Simply Wholesome Oatmeal Bar- Chocolate Chip - LR1277 (1 Bar)Contains Milk, Egg, Wheat, Soy.	130.00	24.00	2.00
Simply Wholesome Oatmeal Bar- Strawberry - LR1274 (1 Bar)Contains Milk, Egg, Wheat, Soy.	140.00	24.00	1.00
Sloppy Joe - LR1348 (3 oz.)Contains Wheat, Gluten, Yeast. Processed in a facility that also processes Milk.	482.80	39.70	3.05
SMART Water 20oz - LR1718 (1 bottle 20 fl oz)	0.00	0.00	0.00
Smartfood Delight Popcorn-Sea Salted Caramel - LR1297 (1 Bag)Contains Milk.	140.00	19.00	4.00
Smoothie Shakers, Mixed Berry - LR1228 (1 container (7 oz))Processed in a facility that also processes Egg, Wheat, Soy.	159.09	27.05	4.77
Snack Crackers- Cheese on Cheese - LR1281 (1 pkg.)Contains Milk, Wheat.	779.63	95.95	0.00
Snack Crackers- WG Peanut Butter on Cheese - LR1279 (1 pkg.)Contains Milk, Wheat, Peanuts, Soy. Processed in a facility that also processes Tree nuts.	175.00	21.00	1.75
Sobe Life Water, Acai Raspberry, 20 oz. - LR1706 (20 fl. oz.)	0.00	0.00	0.00
Sobe Life Water, Apple Pear, 20 oz. - LR1712 (20 fl. oz.)	0.00	0.00	0.00
Sobe Life Water, Black and Berry Blue, 20 oz. - LR1709 (20 fl. oz.)	0.00	0.00	0.00
Sobe Life Water, Blood Orange Mango, 20 oz. - LR1711 (20 fl. oz.)	0.00	0.00	0.00
Sobe Life Water, Strawberry Dragonfruit, 20 oz. - LR1713 (20 fl. oz.)	0.00	0.00	0.00
Sobe Life Water, Yumberry Pomegranate, 20 oz. - LR1715 (20 fl. oz.)	0.00	0.00	0.00
Sour Gummy Worms - LR1283 (1 pkg.)	190.00	41.00	9.00
Southern Style Chicken Sandwich - LR1484 (1 ea.)Contains Milk, Egg, Wheat, Soy, Gluten, Yeast.	410.00	45.00	2.00
Southwest Veggie Mashed Potato Bowl - LR1442 (1 ea.)Contains Milk, Soy.	271.45	29.43	4.17
Southwestern Chicken Stuffed Potato - LR1485 (1 ea.)Contains Milk, Carrageenan.	280.48	30.60	4.55
Spaghetti w/ Meat Sauce- High - LR1321 (1 c.)Contains Egg, Wheat.	369.23	53.33	6.16
Spaghetti-Elementary/Middle - LR1046 (3/4 c.)Contains Egg, Wheat.	221.54	32.00	3.69
Spanish Rice - LR1362 (1/2 c.)	200.00	44.00	1.00



Item Name (Serving Size)	Calories (Kcal)	Carb (g)	FIBER (g)
Sparkling Ice Water, Black Raspberry, 17 oz. - LR1717 (17 fl. oz.)	0.00	0.00	0.00
Sparkling Ice Water, Cherry Limeade, 17 oz. - LR1719 (17 fl. oz.)	0.00	0.00	0.00
Sparkling Ice Water, Coconut Pineapple, 17 oz. - LR1721 (17 fl. oz.)	0.00	0.00	0.00
Sparkling Ice Water, Kiwi Strawberry, 17 oz. - LR1722 (17 fl. oz.)	0.00	0.00	0.00
Sparkling Ice Water, Lemonade, 17 oz. - LR1724 (17 fl. oz.)	0.00	0.00	0.00
Spicy Chicken Bites - LR1486 (4 piece)Contains Milk, Egg, Wheat, Gluten.	266.67	20.00	2.67
Spicy Chicken Fillet Sandwich - Ala Carte - LR1487 (1 ea.)Contains Milk, Egg, Wheat, Soy, Gluten, Yeast.	382.37	45.27	3.69
Spicy Chicken Fillet Sandwich - LR1018 (1 ea.)Contains Milk, Wheat, Gluten, Yeast.	376.00	45.00	5.00
Spicy Chicken Wrap- Ala Carte - LR1488 (1 ea.)Contains Milk, Wheat, Gluten.	364.94	38.18	3.93
Spicy Chicken Wrap- Middle/High - LR1352 (1 ea.)Contains Milk, Wheat, Gluten.	453.29	47.02	3.93
Spicy Fry, 3/8 inch - LR1464 (3 Ounces)Contains Wheat, Gluten.	140.00	20.00	2.00
Spicy Southwest Grilled Cheese Sandwich (TEST) - LR1457 (1 sandwich)Contains Milk, Wheat, Soy, Yeast.	357.50	28.50	1.00
Spicy Thai Sauce- Homemade - LR1354 (1 oz.)Contains Milk, Egg.	160.71	8.14	0.00
Spicy Thai Shrimp-High - LR1353 (3 3/4 oz.)Contains Milk, Egg, Crustacean Shellfish, Wheat, Soy.	465.25	37.88	2.52
Spikerz Cracker Bites- Nacho Cheese- WG - LR1284 (1/8 oz.)Contains Milk, Wheat, Soy.	10.00	1.60	0.20
Spinach & Strawberry Salad - LR1519 (1 ea.)Contains Strawberries.	129.73	11.71	4.85
Spinach & Strawberry Salad w/ Grilled Chicken - LR1520 (1 ea.)Contains Strawberries.	210.73	13.44	4.85
Sriracha Chicken Bites - LR1489 (4 ea.)Contains Wheat, Soy, Gluten, Seeds (any kind).	184.00	16.00	1.60
Sriracha Grilled Chicken Sliders - LR1516 (1 pkg.)Contains Wheat, Soy, Gluten.	303.32	43.48	4.04
Sriracha Honey Chicken- Middle/High - LR1355 (4 oz.)Contains Egg, Wheat.	215.38	24.61	1.03
Sriracha Honey Chicken-High - LR1345 (4 Ounces)Contains Egg, Wheat.	215.38	24.61	1.03
Steamed Rice - LR1365 (1/2 c.)	154.89	33.50	0.75
Strawberry Cup Styro, Sugar Free, FF - LR1658 (1 ea.)Contains Milk.	90.00	20.00	2.00
Strawberry Milk, FF, Prairie Farms, 8oz - LR1503 (1 Carton)Contains Milk.	120.00	22.00	0.00
Strawberry Parfait - LR1376 (1 ea.)Contains Milk, Strawberries.	126.64	23.59	0.42
Stuffed Breadstick, Bosco, Cheese, WG, 6 inch - LR1623 (1 ea.)Contains Milk, Wheat, Gluten.	150.00	17.00	2.00
Stuffed Breadstick, WG, Apple 7" - LR1495 (1 stick.)Contains Wheat, Gluten.	190.00	39.00	2.00
Stuffed Pretzel Stick, Cheese, WG 5" - LR1476 (1 stick.)Contains Milk, Wheat, Gluten. May contain Soy.	160.00	17.00	1.00
Stuffed Pretzel, Gourmet, Cheddar, 6.25 oz. - LR1678 (1 pretzel)Contains Milk, Wheat, Gluten.	480.00	81.00	3.00
Stuffed Pretzels, Gourmet, 6.25 oz., Jalapeno - LR1680 (1 pretzel)Contains Milk, Wheat, Gluten.	420.00	69.00	3.00
Stuffed Pretzels, Gourmet, 6.25 oz., Pizza - LR1679 (1 pretzel)Contains Milk, Wheat, Gluten.	450.00	69.00	3.00
Sugar Free Vanilla Cup, HW Fat Free - LR1656 (1 ea.)Contains Milk.	90.00	20.00	2.00
Sugar WG 1.5oz Cookie - LR1675 (1 cookie)Contains Milk, Egg, Wheat, Peanuts.	160.00	29.00	1.00
Sunchips, Garden Salsa Snack Mix - LR1311 (24 7/8 g.)Contains Milk, Wheat.	110.00	15.00	2.00
Sunflower Kernals, Honey Roasted, 1oz - LR1286 (1 pkg.)	190.00	11.00	3.00
Sunflower Kernals, Salted, 1oz - LR1288 (1 pkg.)	170.00	6.00	3.00

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	FIBER (g)
Supreme Pizza Salad - LR1611 (1 1/4 c.)Contains Milk, Soy, Garlic.	390.98	33.52	7.11(M)
Sweet & Sour Sauce, 12 gm - LR1541 (1 pkg.)Contains Soy.	15.00	4.00	0.00
Switch Smoothie, Mango, 100% Fruit Juice, 8 oz. - LR1762 (1 Can)Contains Apples.	120.00	30.00	3.00
Switch Smoothie, Strawberry, 100% Fruit Juice, 8 oz. - LR1763 (1 Can)Contains Apples, Banana, Carrot, Strawberries.	130.00	32.00	3.00
SWITCH Sparking Juice, Variety 8oz - LR1720 (1 bottle.)	120.00	29.00	0.00
Syrup, 1.5 oz cup, Americana - LR1316 (1 ea.)	120.00	31.00	0.00
Taco Chips & Cheese - LR1451 (2 oz.)Contains Milk, Soy.	253.37	24.82	3.26
Taco Pizza - LR1452 (1/2 pizza)Contains Milk, Wheat, Soy.	282.41	25.53	4.50(M)
Tangerine Chicken - Elementary - LR1084 (3 oz.)Contains Egg, Wheat, Soy, Gluten.	146.91	19.33	1.55
Tangerine Chicken - Middle/High - LR1086 (4 oz.)Contains Egg, Wheat, Soy, Gluten.	195.87	25.77	2.06
Tarter Sauce - LR1369 (1/2 oz.)Contains Milk, Egg.	116.48	0.76	0.00
Tater Tot Casserole - LR1433 (6 oz.)	98.06	0.00	0.00
Teriyaki Chicken - Elementary - LR1566 (4 oz.)Contains Milk, Wheat, Soy, Gluten.	103.23	2.48	0.00
Teriyaki Chicken- Elementary - LR1102 (4 oz.)Contains Wheat, Soy.	208.59	20.00	0.00
Teriyaki Chicken-Middle/High - LR1358 (5 oz.)Contains Wheat, Soy.	260.71	25.00	0.00
Texas BBQ Pork Sandwich- Elementary - LR1105 (1 ea.)Contains Wheat, Gluten, Yeast. Processed in a facility that also processes Milk	385.04	41.80	2.00
Texas BBQ Pork Sandwich- Middle/High - LR1176 (1 ea.)Contains Wheat, Gluten, Yeast. Processed in a facility that also processes Milk	459.98	46.06	2.00
Texas BBQ Stuffed Potato - LR1360 (1 ea.)Contains Milk.	420.56	34.55	2.00
Texas Chili Stuffed Potato - LR1455 (1 ea.)Contains Milk, Garlic.	320.76	37.09	5.33
Tilapia Fillets, Raw - LR1744 (1 ea.)Contains Fish.	109.00	0.00	0.00
Toast & Jelly - LR1161 (1 1 each / 1 pkt)Contains Wheat, Soy, Yeast.	104.94	22.48	0.50
Toasted Stromboli Grinder - LR1359 (1 ea.)Contains Milk, Wheat, Soy, Gluten, Yeast.	399.86	41.59	3.19
Tomato Soup - LR1584 (4 Ounces)Contains Wheat, Gluten.	100.00	20.00	2.00
Tornados, Variety - LR1473 (1 Tornado)Contains Milk, Egg, Wheat, Soy, Gluten.	194.44	23.78	0.67
Tortilla, Flour, 10" - LR1538 (1 tortilla (approx 10" dia))Contains Wheat.	200.00	33.00	1.00
Tortilla, Flour, 6" - LR1539 (1 tortilla medium (approx 6" dia))Contains Wheat.	80.00	14.00	1.00
Tortilla, Flour, 8", Solis - LR1534 (1 ea.)	(M)	(M)	(M)
Tostito Crispy Rounds - LR1778 (1 oz.)Contains Soy.	140.00	18.00	1.00
Tostitos Chips & Salsa - LR1319 (1 1 oz. chips/2 oz. salsa)	150.00	22.00	3.00
Tostitos Crispy Round, Reduced Fat SS Bag - LR1313 (1 Ounces)Contains Soy.	140.00	18.00	1.00
Tostitos Yellow Corn Chip, Thick Cut, RF, Rounds, Bulk - LR1523 (1 oz.)	140.00	20.00	2.00
Totally Tubular Orange Sherbet - LR1654 (1 ea.)Contains Milk.	80.00	18.00	0.00
Tri Tator Potatoes - LR1462 (1 ea.)	97.78	12.89	1.33
Trix Cereal, 1 oz Bowlpak, Reduced Sugar - LR1544 (1 oz.)	110.00	24.00	1.00
Tropicana Fruit Juice, Variety - LR1731 (1 bottle.)	160.00	40.00	0.00
Tuna Salad - LR1597 (1 ea.)Contains Egg, Fish, Wheat, Soy, Gluten.	166.63	14.31	1.33

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	FIBER (g)
Turkey Club Sandwich or Wrap - LR1475 (1 ea.)Contains Milk, Egg, Wheat, Gluten, Pork, Yeast, Carrageenan.	426.13	38.57	1.61
Turkey Sub, 6" - LR1450 (1 ea.)Contains Milk, Egg, Wheat, Soy, Gluten, Yeast.	382.86	42.02	2.66
Tzatziki Sauce, homemade - LR1752 (1 oz.)Contains Milk, Garlic.	39.90	7.30	0.47
Ultimate Summer Favorite Salad - LR1610 (1 1/4 c.)Contains Milk, Soy.	114.01	6.85	1.62(M)
Uncrustable - LR1361 (1 ea.)Contains Wheat, Peanuts, Soy.	300.00	32.00	4.00
V8 Fusion Strawberry Banana 8oz - LR1728 (1 Can)	110.00	28.00	0.00
V8 V-Fusion Pomegranate Blueberry 8oz - LR1725 (1 Can)	100.00	25.00	0.00
Vanilla Ice Cream Sandwich RF - LR1650 (1 sandwich)Contains Milk, Wheat, Soy.	140.00	25.00	1.00
Vegetable Beef Soup - LR1749 (3/4 c.)Contains Soy.	46.62	4.80	1.03
Vegetable Beef with Barley - LR1691 (10 oz.)Contains Wheat, Gluten.	225.02	40.00	7.50
Vegetable Fried Rice - LR1540 (1/2 c.)Contains Wheat, Soy, Gluten.	90.95	16.57	1.33
Vegetable Soup - LR1535 (3/4 c.)Contains Soy.	41.35	7.75	1.55
Vegetable Spring Roll - LR1515 (1 roll.)Contains Wheat, Gluten.	60.00	12.00	1.00
Veggie Cup - LR1524 (1/2 c.)	16.90	3.53	1.29
Veggie Cup w/ Hummus- - LR1085 (1 1/4 cup hummus - 1/2 cup vegetable)Processed in a facility that also processes Milk, Egg, Wheat, Soy.	201.95	19.39	8.86
Vitamin Zero Water Variety 20oz - LR1726 (1 bottle.)	0.00	4.00	0.00
Walking Taco- Ala Carte - LR1477 (1 ea.)Contains Milk.	393.39	26.05	3.51
Walking Taco- Elementary - LR1042 (1 ea.)Contains Milk.	428.39	28.64	3.42
Walking Taco- Middle/High - LR1047 (3 1/2 oz.)Contains Milk.	525.66	36.91	4.24
Watermelon - LR1401 (1/2 c.)	23.00	6.00	0.50
White Beans & Bacon - LR1033 (1/2 c.)Contains Pork.	146.54	21.32	5.50
White Cake - LR1569 (1 cupcake)Contains Milk, Egg, Wheat, Soy.	115.50	22.57	0.53
White Chocolate Chip Macadamia Nut Cookie, 1.33oz - LR1229 (1 cookie)Contains Milk, Egg, Tree nuts, Wheat.	160.00	16.00	1.00
White, 1%, 8oz Carton - LR1504 (1 Carton)Contains Milk.	100.00	11.00	0.00
Whole Fruit Juice Cups-Mixed Berry & Lemon Swirl - LR1220 (1 container (4.4 oz))	70.00	19.00	3.00
Whole Fruit Juice Cups-Orange Pineapple - LR1222 (1 container (4.4 oz))	70.00	19.00	3.00
Whole Fruit Juice Cups-Wild Cherry - LR1221 (1 container (4.4 oz))	70.00	19.00	3.00
Wild Mike's Bites- Cheese filled breadstick bites - LR1491 (4 ea.)Contains Milk, Wheat.	280.00	28.00	4.00
Yakisoba Noodles - LR1528 (1/2 c.)Contains Wheat, Soy, Gluten.	110.31	22.30	0.00
Yellow Cake - LR1570 (1/3 c.)Contains Milk, Egg, Wheat, Soy.	220.00	43.00	1.00
Yogurt Parfait - LR1490 (1 ea.)Contains Milk, Tree nuts, Wheat, Soy.	261.67	49.05	1.99
Yogurt- Trix Strawberry Banana - LR1299 (1 ea.)Contains Milk.	100.00	20.00	0.00
Yogurt, 4oz Variety- Blueberry - LR1295 (1 Container)Contains Milk.	90.00	19.00	0.00
Yogurt, 4oz Variety- Cherry Vanilla - LR1293 (1 Container)Contains Milk.	90.00	19.00	0.00
Yogurt, 4oz Variety- Peach - LR1296 (4 oz.)Contains Milk.	180.00	38.00	0.00
Yogurt, 4oz Variety, Danimals- Vanilla - LR1292 (1 ea.)Contains Milk.	80.00	16.00	0.00

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	FIBER (g)
Yogurt, 4oz, Danimals- Strawberry Banana - LR1290 (1 Container)Contains Milk.	80.00	16.00	0.00
Yogurt, 4oz, Strawberry Danimals - LR1289 (1 Container)Contains Milk.	80.00	16.00	0.00
Yogurt, Trix 4oz Raspberry - LR1298 (1 ea.)Contains Milk.	100.00	20.00	0.00
Zerts Pudding Cup Brownie Batter - LR1304 (3 oz.)Contains Milk.	120.00	20.00	0.00
Zerts Pudding Cup- Cake Batter - LR1302 (1 Container)Contains Milk.	120.00	19.00	0.00

**Legend**

(M) Indicates missing nutrient values.

1 Trans Fat is provided for informational purposes, not for monitoring purposes.

**Report Selections**

Meal Pattern: [USDA]Meal Pattern SY 2014-2017











































