

Winter Elementary Breakfast

Recipe	Portion Size	Calories (Kcal)	Carb (g)	Sodium (mg)	Saturated Fat (g)	Protein (g)	Sugar (g)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (IU)	Potassium (mg)	Iron (mg)	Calcium (mg)	Total Fat (g)	Trans Fat (g)	Cholesterol (mg)	Fiber (g)
APPLE	each	28.040	7.504	0.513	0.000	0.138	0.000	29.225	2.488	*	*	0.063	3.238	0.079	0.000	0.000	1.303
BAGEL & CREAM CHEESE	Each	240.000	34.000	390.000	3.500	9.000	5.000	200.000	0.000	0.000	109.980	1.800	70.000	7.000	0.000	15.000	3.000
Banana	each	89.000	23.000	1.000	0.112	1.090	12.230	64.000	8.700	*	*	0.260	5.000	0.330	*	0.000	2.600
BENEFIT BAR	Each	290.000	47.000	240.000	3.000	5.000	22.000	0.000	0.000	*	*	1.800	20.000	9.000	0.000	20.000	3.000
Breakfast Egg Scramble with Mini Muffin	#6 scoop	332.347	36.931	365.035	4.831	14.649	13.114	568.074	3.652	0	50.017	2.072	124.241	14.049	0.000	301.168	1.674
Breakfast Taco CrispUp, Chicken Sausage, Cheese, Potato ELM	each	190.000	17.000	480.000	3.000	10.000	0.000	*	*	1.000	143.000	1.000	208.000	9.000	0.000	30.000	2.000
BURRITO, SAUSAGE & CHEESE	Each	474.412	27.000	812.250	14.575	16.088	1.000	288.562	0.000	29.2	94.987	2.592	330.500	33.112	0.000	60.375	4.000
CEREAL, CINN CHEX	each	240.000	46.000	340.000	0.500	3.000	12.000	500.000	6.000	2.000	0.000	14.400	150.000	5.000	0.000	0.000	3.000
Cereal, Cocoa Puffs, RS, Cup	Bowl	220.000	47.000	230.000	0.000	3.000	15.000	750.000	9.000	3	188	5.400	150.000	2.500	0.000	0.000	3.000
Cereal, Corn Chex	2 Cups	304.200	66.300	553.800	0.000	4.680	8.580	0.000	0.000	3.900	148.216	0.000	257.400	2.340	0.000	0.000	3.900
Croissant, Sausage & Cheese Sandwich	sandwich	309.959	33.000	849.847	5.999	16.996	5.000	0.000	0.000	1	224.989	1.360	241.988	14.497	0.000	39.985	2.000
French Toast Sticks	3 each	250.000	37.000	300.000	1.500	6.000	7.000	0.000	0.000	*	*	1.900	40.000	9.000	0.000	0.000	3.000
JUICE, APPLE	each	55.000	14.000	13.000	0.000	0.000	13.000	0.000	0.000	0	0	0.000	0.000	0.000	0.000	0.000	0.000
JUICE, APPLEBERRY	each	55.000	14.000	15.000	0.000	0.000	13.000	0.000	0.000	0.000	141.000	0.000	0.000	0.000	0.000	0.000	0.000
JUICE, CHERRY	EACH	55.000	15.000	15.000	0.000	0.000	15.000	0.000	30.000	0	141	0.000	0.000	0.000	0.000	0.000	0.000
JUICE, GRAPE	EACH	60.000	15.000	15.000	0.000	0.000	15.000	0.000	0.000	0.000	141.000	0.000	0.000	0.000	0.000	0.000	0.000
MILK, 1% WHITE	each	120.000	16.000	150.000	1.500	11.000	14.000	500.000	2.400	*	*	0.000	350.000	2.500	0.000	15.000	0.000
MILK, NONFAT WHITE	each	90.000	12.000	135.000	0.000	9.000	12.000	500.000	2.400	*	*	0.000	300.000	0.000	0.000	0.000	0.000
ORANGE, FRESH	each	41.908	10.305	0.000	0.000	0.824	0.000	201.985	47.405	*	*	0.089	35.725	0.103	0.000	0.000	2.061
ORCHARD CRUNCH PARFAIT	Each	382.091	62.195	59.751	6.441	7.199	35.332	914.307	5.896	0.000	192.146	1.233	125.559	12.299	0.000	26.332	4.794
PAN DULCE	Each	200.000	34.000	90.000	1.500	5.000	8.000	0.000	0.000	*	*	1.800	40.000	6.000	0.000	5.000	2.000
PEAR, FRESH	each	101.460	27.109	1.780	0.039	0.641	17.355	44.500	7.654	*	*	0.320	16.020	0.249	0.000	0.000	5.518
SALSA, FRESH	Serving	9.101	1.811	195.810	0.001	0.369	0.951	386.345	1.139	0	56.523	0.156	5.093	0.013	0.000	0.000	0.393
Scone, Cranberry Orange	each	275.000	49.200	179.900	3.000	3.900	21.100	*	*	4.660	118.299	1.670	103.570	7.600	0.000	11.400	3.500

Middle School & High School Winter Breakfast

Recipe	Portion Size	Calories (Kcal)	Carb (g)	Sodium (mg)	Saturated Fat (g)	Protein (g)	Sugar (g)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (IU)	Potassium (mg)	Iron (mg)	Calcium (mg)	Total Fat (g)	Trans Fat (g)	Cholesterol (mg)	Fiber (g)
APPLE	each	28.040	7.504	0.513	0.000	0.138	0.000	29.225	2.488	*	*	0.063	3.238	0.079	0.000	0.000	1.303
BAGEL & CREAM CHEESE	Each	240.000	34.000	390.000	3.500	9.000	5.000	200.000	0.000	0.000	109.980	1.800	70.000	7.000	0.000	15.000	3.000
Banana	each	89.000	23.000	1.000	0.112	1.090	12.230	64.000	8.700	*	*	0.260	5.000	0.330	*	0.000	2.600
BENEFIT BAR	Each	290.000	47.000	240.000	3.000	5.000	22.000	0.000	0.000	*	*	1.800	20.000	9.000	0.000	20.000	3.000
Breakfast Egg Scramble with Mini Muffin	#6 scoop	332.347	36.931	365.035	4.831	14.649	13.114	568.074	3.652	0	50.017	2.072	124.241	14.049	0.000	301.168	1.674
Breakfast Taco CrispUp, Chicken Sausage, Cheese, Potato MD/HS	each	380.000	34.000	960.000	6.000	20.000	0.000	*	*	2.000	286.042	2.000	416.000	18.000	0.000	60.000	4.000
BURRITO, SAUSAGE & CHEESE	Each	474.412	27.000	812.250	14.575	16.088	1.000	288.562	0.000	29.2	94.987	2.592	330.500	33.112	0.000	60.375	4.000
CEREAL, CINN CHEX	each	240.000	46.000	340.000	0.500	3.000	12.000	500.000	6.000	2.000	0.000	14.400	150.000	5.000	0.000	0.000	3.000
Cereal, Cocoa Puffs, RS, Cup	Bowl	220.000	47.000	230.000	0.000	3.000	15.000	750.000	9.000	3	188	5.400	150.000	2.500	0.000	0.000	3.000
Cereal, Corn Chex	2 Cups	304.200	66.300	553.800	0.000	4.680	8.580	0.000	0.000	3.900	148.216	0.000	257.400	2.340	0.000	0.000	3.900
Croissant, Sausage & Cheese Sandwich	sandwich	309.959	33.000	849.847	5.999	16.996	5.000	0.000	0.000	1	224.989	1.360	241.988	14.497	0.000	39.985	2.000
French Toast Sticks MS/HS	4 each	333.333	49.333	400.000	2.000	8.000	9.333	0.000	0.000	*	*	2.533	53.333	12.000	0.000	0.000	4.000
JUICE, APPLE	each	55.000	14.000	13.000	0.000	0.000	13.000	0.000	0.000	0	0	0.000	0.000	0.000	0.000	0.000	0.000
JUICE, APPLEBERRY	each	55.000	14.000	15.000	0.000	0.000	13.000	0.000	0.000	0.000	141.000	0.000	0.000	0.000	0.000	0.000	0.000
JUICE, CHERRY	EACH	55.000	15.000	15.000	0.000	0.000	15.000	0.000	30.000	0	141	0.000	0.000	0.000	0.000	0.000	0.000
JUICE, GRAPE	EACH	60.000	15.000	15.000	0.000	0.000	15.000	0.000	0.000	0.000	141.000	0.000	0.000	0.000	0.000	0.000	0.000
MILK, 1% WHITE	each	120.000	16.000	150.000	1.500	11.000	14.000	500.000	2.400	*	*	0.000	350.000	2.500	0.000	15.000	0.000
MILK, NONFAT WHITE	each	90.000	12.000	135.000	0.000	9.000	12.000	500.000	2.400	*	*	0.000	300.000	0.000	0.000	0.000	0.000
ORANGE, FRESH	each	41.908	10.305	0.000	0.000	0.824	0.000	201.985	47.405	*	*	0.089	35.725	0.103	0.000	0.000	2.061
ORCHARD CRUNCH PARFAIT	Each	382.091	62.195	59.751	6.441	7.199	35.332	914.307	5.896	0.000	192.146	1.233	125.559	12.299	0.000	26.332	4.794
PAN DULCE	Each	200.000	34.000	90.000	1.500	5.000	8.000	0.000	0.000	*	*	1.800	40.000	6.000	0.000	5.000	2.000
PEAR, FRESH	each	101.460	27.109	1.780	0.039	0.641	17.355	44.500	7.654	*	*	0.320	16.020	0.249	0.000	0.000	5.518
SALSA, FRESH	Serving	9.101	1.811	195.810	0.001	0.369	0.951	386.345	1.139	0	56.523	0.156	5.093	0.013	0.000	0.000	0.393
Scone, Cranberry Orange MD/HS	each	365.000	49.200	379.900	8.000	10.900	21.100	0.000	0.000	4.660	118.299	1.670	103.570	14.600	0.000	31.400	3.500

Winter Elementary Lunch

Recipe	Portion Size	Calories (Kcal)	Carb (g)	Sodium (mg)	Saturated Fat (g)	Protein (g)	Sugar (g)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (IU)	Potassium (mg)	Iron (mg)	Calcium (mg)	Total Fat (g)	Trans Fat (g)	Cholesterol (mg)	Fiber (g)
APPLE	each	28.0	7.5	0.5	0.0	0.1	0.0	29.2	2.5	*	*	0.1	3.2	0.1	0.0	0.0	1.3
BBQ Chicken Pizza Elementary	Serving	298.7	32.7	576.1	6.2	14.7	5.7	41.8	0.2	0.0	169.2	1.7	228.1	11.4	0.0	41.0	3.0
BBQ SAUCE	each	35.0	7.0	150.0	0.0	0.0	6.0	0.0	0.0	*	*	0.0	0.0	0.0	0.0	0.0	0.0
Bean & Cheese Burrito, Arizona Gold	Servings	380.0	46.0	500.0	6.0	16.0	3.0	*	*	*	470.0	2.7	250.0	15.0	0.0	25.0	4.0
Bell Pepper, Red & Orange	1/2 CUP	11.7	2.5	1.6	0.0	0.4	1.5	805.3	47.9	*	*	0.2	3.9	0.1	0.0	0.0	0.9
BLACK BEAN BURGER - SPICY BLACK BEAN BURGER	Servings	300.0	45.0	590.0	1.0	21.0	5.0	0.0	0.0	0.0	282.0	2.9	120.0	7.0	0.0	4.0	8.0
Black Bean Corn Salad	1/2 cup	151.3	18.3	285.2	1.0	5.2	1.2	253.3	7.3	0.0	6.4	2.0	31.6	7.1	0.0	0.0	6.0
CARROTS, BABY	each	20.0	4.6	44.0	0.0	0.3	0.0	7,818.0	1.5	*	*	0.5	18.0	0.1	0.0	0.0	1.6
Cheese Quesadilla	EACH	476.6	26.0	798.4	17.8	23.0	1.0	773.3	0.0	*	*	2.5	650.7	29.4	0.0	81.4	4.0
CHEESEBURGER, 3 ounce	each	343.0	31.8	834.0	5.2	26.4	4.2	0.0	0.0	0.0	60.0	3.5	158.5	13.7	0.0	63.5	3.1
CHICKEN SANDWICH	each	370.0	47.0	880.0	1.5	25.0	4.0	188.0	0.0	*	*	2.9	100.0	10.0	0.0	50.0	5.0
Chicken Tender Wrap w/ Chipotle Ranch	EACH	553.7	36.0	879.7	6.4	15.6	4.7	1,654.6	6.6	0.0	380.0	3.0	157.1	38.6	0.0	33.7	5.8
Chickpeas, Spicy Nacho	EACH	90.0	13.0	160.0	0.0	4.0	0.0	*	*	2.0	*	0.7	0.0	2.0	0.0	0.0	8.0
Cookie, WG Chocolate Chip	Serving	148.0	23.8	96.5	1.6	2.1	11.4	50.0	0.0	*	*	0.8	10.5	5.3	0.0	18.9	1.5
CUCUMBERS	each	10.1	1.8	1.7	0.0	0.5	1.2	60.5	2.7	*	*	0.2	11.8	0.1	0.0	0.0	0.6
DRESSING, ITALIAN	Serving	134.7	0.0	2.5	2.2	0.0	0.0	0.0	0.0	*	*	0.0	0.3	15.6	0.0	0.0	0.0
DRESSING, RANCH	Serving	62.6	0.5	86.7	0.9	0.3	0.4	3.6	0.1	*	*	0.0	9.5	6.5	0.0	3.3	0.0
Fiesta Taco Bar	Serving	476.2	42.6	826.4	4.8	25.6	2.5	72.1	0.0	0.0	573.6	1.9	102.6	21.9	0.0	106.6	2.0
HAMBURGER, 3 ounce	Each	308.0	29.8	689.0	3.9	23.9	3.2	0.0	0.0	0.0	0.0	3.5	88.0	11.4	0.0	56.0	3.1
Hummus Protein Power Box	box	460.0	44.0	750.0	6.5	14.0	7.0	85.0	0.0	0.0	358.0	2.5	274.0	26.0	0.0	20.0	8.0
JALAPENOS, SLICED	each	5.0	1.0	509.4	0.0	0.0	0.0	1,699.4	2.4	*	*	0.7	19.4	0.0	0.0	0.0	0.0
Jicama Sticks	1/2 CUP	22.8	5.3	2.4	0.0	0.4	1.1	12.6	12.1	*	*	0.4	7.2	0.1	0.0	0.0	2.9
JUICE, APPLE	each	55.0	14.0	13.0	0.0	0.0	13.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
JUICE, APPLEBERRY	each	55.0	14.0	15.0	0.0	0.0	13.0	0.0	0.0	0.0	141.0	0.0	0.0	0.0	0.0	0.0	0.0
JUICE, CHERRY	EACH	55.0	15.0	15.0	0.0	0.0	15.0	0.0	30.0	0.0	141.0	0.0	0.0	0.0	0.0	0.0	0.0
JUICE, GRAPE	EACH	60.0	15.0	15.0	0.0	0.0	15.0	0.0	0.0	0.0	141.0	0.0	0.0	0.0	0.0	0.0	0.0
KETCHUP	each	9.1	2.5	81.6	0.0	0.1	1.9	47.4	0.4	*	*	0.0	1.4	0.0	0.0	0.0	0.0
LETT, TOM, PICKLES - LETTUCE, TOMATO, PICKLE CUP	each	8.3	1.8	115.3	0.0	0.4	0.8	1,536.1	4.4	*	*	0.2	15.4	0.1	0.0	0.0	0.7
LETTUCE LEAF	each	2.0	0.5	1.2	0.0	0.1	0.0	1,306.4	0.6	*	*	0.1	4.9	0.0	0.0	0.0	0.3
MAYONNAISE	each	80.0	1.0	70.0	1.0	0.0	0.0	0.0	0.0	*	*	0.0	0.0	9.0	0.0	5.0	0.0
MILK, 1% WHITE	each	120.0	16.0	150.0	1.5	11.0	14.0	500.0	2.4	*	*	0.0	350.0	2.5	0.0	15.0	0.0
MILK, NF CHOCOLATE	each	110.0	20.0	135.0	0.0	8.0	18.0	500.0	0.0	*	*	0.7	250.0	0.0	0.0	0.0	0.0
MILK, NONFAT WHITE	each	90.0	12.0	135.0	0.0	9.0	12.0	500.0	2.4	*	*	0.0	300.0	0.0	0.0	0.0	0.0
MUSTARD	each	0.0	0.0	60.0	0.0	0.0	0.0	0.0	0.0	*	*	0.0	0.0	0.0	0.0	0.0	0.0
ORANGE, FRESH	each	41.9	10.3	0.0	0.0	0.8	0.0	202.0	47.4	*	*	0.1	35.7	0.1	0.0	0.0	2.1
OVEN FRIES MCCAIN	each	100.0	17.0	20.0	0.5	1.0	1.0	*	*	*	282.0	0.3	10.0	4.0	0.0	0.0	1.0
PEAR, FRESH	each	101.5	27.1	1.8	0.0	0.6	17.4	44.5	7.7	*	*	0.3	16.0	0.2	0.0	0.0	5.5
Pepperoni Pizza Stick, Bosco & Sunflower Seeds	Servings	444.8	41.0	595.5	6.2	17.4	8.0	9.5	0.0	0.0	250.0	1.8	166.3	24.3	0.0	26.0	6.0
PIZZA, CHEESE ELEM	Each	313.2	31.3	586.3	8.4	15.1	2.9	106.9	1.7	0.0	169.2	2.1	336.1	14.3	0.0	40.5	3.5
PIZZA, PEPP ELEM	each	316.9	28.7	483.2	9.0	15.1	2.2	0.6	0.0	0.0	169.2	1.7	335.3	15.7	0.0	43.5	3.0
SALAD, MIXED GREENS	each	68.8	15.3	25.9	0.0	3.6	0.0	11,820.6	46.5	*	*	1.8	65.4	0.6	0.0	0.0	5.6
SALSA, FRESH	Serving	9.1	1.8	195.8	0.0	0.4	1.0	386.3	1.1	0.0	56.5	0.2	5.1	0.0	0.0	0.0	0.4
Sandwich, Grilled Cheese	EACH	260.0	32.0	850.0	5.0	16.0	6.0	0.0	0.0	0.0	428.0	2.2	322.0	11.0	0.0	30.0	4.0
SOUP, TOMATO	Servings	109.2	18.7	428.9	2.8	3.1	12.5	*	*	0.0	514.7	0.0	73.3	3.1	0.0	10.9	1.6
TAPATIO	each	0.0	0.0	110.0	0.0	0.0	0.0	0.0	0.0	*	*	0.0	0.0	0.0	0.0	0.0	0.0
Teriyaki Chicken Rice Bowl	Serving	200.2	21.9	372.1	1.1	17.9	6.7	0.0	0.0	0.0	1.1	0.8	3.3	4.5	0.0	77.8	0.6
TOMATO, SLICES	each	15.8	3.4	4.4	0.0	0.8	2.3	733.0	12.1	*	*	0.2	8.8	0.2	0.0	0.0	1.1

Middle School & High School Lunch

Recipe	Portion Size	Calories (Kcal)	Carb (g)	Sodium (mg)	Saturated Fat (g)	Protein (g)	Sugar (g)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (IU)	Potassium (mg)	Iron (mg)	Calcium (mg)	Total Fat (g)	Trans Fat (g)	Cholesterol (mg)	Fiber (g)
Teriyaki Chicken Rice Bowl	Serving	200.197	21.901	372.091	1.112	17.945	6.670	0.000	0.000	0.000	1.104	0.800	3.311	4.526	0.000	77.822	0.635
APPLE	each	28.0	7.5	0.5	0.0	0.1	0.0	29.2	2.5	*	*	0.1	3.2	0.1	0.0	0.0	1.3
BBQ Chicken Pizza MS/HS	SLICE	373.4	40.9	720.2	7.7	18.4	7.2	52.3	0.2	0.0	211.5	2.1	285.1	14.3	0.0	51.3	3.8
Bean & Cheese Burrito, Arizona Gold	Servings	380.0	46.0	500.0	6.0	16.0	3.0	*	*	*	470.0	2.7	250.0	15.0	0.0	25.0	4.0
Bell Pepper, Red & Orange	1/2 CUP	11.7	2.5	1.6	0.0	0.4	1.5	805.3	47.9	*	*	0.2	3.9	0.1	0.0	0.0	0.9
BLACK BEAN BURGER - SPICY BLACK BEAN BURGER	Servings	300.0	45.0	590.0	1.0	21.0	5.0	0.0	0.0	0.0	282.0	2.9	120.0	7.0	0.0	4.0	8.0
Black Bean Corn Salad	1/2 cup	151.3	18.3	285.2	1.0	5.2	1.2	253.3	7.3	0.0	6.4	2.0	31.6	7.1	0.0	0.0	6.0
Buffalo Chicken Grilled Cheese Sandwich	EACH	224.3	28.0	925.5	2.5	16.7	4.0	0.0	0.0	0.0	308.0	2.2	181.0	7.5	0.0	35.0	4.0
Burrito, Egg, Bacon, & Potato Brunch/Lunch	Serving	561.3	49.2	1,269.1	12.4	27.6	2.1	555.2	0.0	*	*	3.1	363.8	27.5	0.0	294.4	5.1
CARROTS, BABY	each	20.0	4.6	44.0	0.0	0.3	0.0	7,818.0	1.5	*	*	0.5	18.0	0.1	0.0	0.0	1.6
CELERY	each	8.1	1.5	40.4	0.0	0.3	0.7	226.7	1.6	*	*	0.1	20.2	0.1	0.0	0.0	0.8
Cheese Bosco Sticks with Tomato Soup	Serving	588.3	77.3	1,204.8	10.5	29.4	22.1	19.0	0.0	4.0	936.6	2.9	435.2	5.2	0.0	47.8	6.3
CHEESEBURGER, 3 ounce	each	343.0	31.8	834.0	5.2	26.4	4.2	0.0	0.0	0.0	60.0	3.5	158.5	13.7	0.0	63.5	3.1
CHICKEN PATTY SANDWICH, HOT & SPICY	Servings	350.0	38.0	600.0	2.0	26.0	4.0	0.0	0.0	*	*	2.8	80.0	12.0	0.0	45.0	4.0
CHICKEN SANDWICH	each	370.0	47.0	880.0	1.5	25.0	4.0	188.0	0.0	*	*	2.9	100.0	10.0	0.0	50.0	5.0
CHICKEN TENDERS, HOT & SPICY	servings	330.0	12.0	540.0	3.0	30.0	3.0	0.0	0.0	*	*	2.1	0.0	18.0	0.0	75.0	3.0
Chickpeas, Spicy Nacho	EACH	90.0	13.0	160.0	0.0	4.0	0.0	*	*	2.0	*	0.7	0.0	2.0	0.0	0.0	8.0
Cookie, WG Chocolate Chip	Serving	148.0	23.8	96.5	1.6	2.1	11.4	50.0	0.0	*	*	0.8	10.5	5.3	0.0	18.9	1.5
CORN WHOLE KERNEL	each	65.0	15.0	15.0	0.0	2.0	3.0	36.9	1.3	*	*	0.4	3.2	1.0	0.0	0.0	2.0
CUCUMBERS	each	10.1	1.8	1.7	0.0	0.5	1.2	60.5	2.7	*	*	0.2	11.8	0.1	0.0	0.0	0.6
DRESSING, 1000 ISL - DRESSING, 1000 ISLAND	each	22.9	1.1	80.0	0.3	0.0	0.9	0.0	0.0	*	*	0.0	0.0	1.8	0.0	2.3	0.0
DRESSING, ITALIAN	Serving	134.7	0.0	2.5	2.2	0.0	0.0	0.0	0.0	*	*	0.0	0.3	15.6	0.0	0.0	0.0
DRESSING, RANCH	Serving	62.6	0.5	86.7	0.9	0.3	0.4	3.6	0.1	*	*	0.0	9.5	6.5	0.0	3.3	0.0
Fiesta Taco Bar	Serving	476.2	42.6	826.4	4.8	25.6	2.5	72.1	0.0	0.0	573.6	1.9	102.6	21.9	0.0	106.6	2.0
HAMBURGER, 3 ounce	Each	308.0	29.8	689.0	3.9	23.9	3.2	0.0	0.0	0.0	0.0	3.5	88.0	11.4	0.0	56.0	3.1
Hummus Protein Power Box MS/HS	box	510.0	56.6	794.0	6.5	14.3	13.0	7,903.0	3.9	0.0	452.0	3.0	292.0	26.1	0.0	20.0	10.6
JALAPENOS, SLICED	each	5.0	1.0	509.4	0.0	0.0	0.0	1,699.4	2.4	*	*	0.7	19.4	0.0	0.0	0.0	0.0
JUICE, APPLE	each	55.0	14.0	13.0	0.0	0.0	13.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
JUICE, APPLEBERRY	each	55.0	14.0	15.0	0.0	0.0	13.0	0.0	0.0	0.0	141.0	0.0	0.0	0.0	0.0	0.0	0.0
JUICE, CHERRY	EACH	55.0	15.0	15.0	0.0	0.0	15.0	0.0	30.0	0.0	141.0	0.0	0.0	0.0	0.0	0.0	0.0
KETCHUP	each	9.1	2.5	81.6	0.0	0.1	1.9	47.4	0.4	*	*	0.0	1.4	0.0	0.0	0.0	0.0
LETT, TOM, PICKLES - LETTUCE, TOMATO, PICKLE CUP	each	8.3	1.8	115.3	0.0	0.4	0.8	1,536.1	4.4	*	*	0.2	15.4	0.1	0.0	0.0	0.7
LETTUCE LEAF	each	2.0	0.5	1.2	0.0	0.1	0.0	1,306.4	0.6	*	*	0.1	4.9	0.0	0.0	0.0	0.3
MAYONNAISE	each	80.0	1.0	70.0	1.0	0.0	0.0	0.0	0.0	*	*	0.0	0.0	9.0	0.0	5.0	0.0
MILK, 1% WHITE	each	120.0	16.0	150.0	1.5	11.0	14.0	500.0	2.4	*	*	0.0	350.0	2.5	0.0	15.0	0.0
MILK, NF CHOCOLATE	each	110.0	20.0	135.0	0.0	8.0	18.0	500.0	0.0	*	*	0.7	250.0	0.0	0.0	0.0	0.0
MILK, NONFAT WHITE	each	90.0	12.0	135.0	0.0	9.0	12.0	500.0	2.4	*	*	0.0	300.0	0.0	0.0	0.0	0.0
MUSTARD	each	0.0	0.0	60.0	0.0	0.0	0.0	0.0	0.0	*	*	0.0	0.0	0.0	0.0	0.0	0.0
ORANGE, FRESH	each	41.9	10.3	0.0	0.0	0.8	0.0	202.0	47.4	*	*	0.1	35.7	0.1	0.0	0.0	2.1
OVEN FRIES MCCAIN	each	100.0	17.0	20.0	0.5	1.0	1.0	*	*	*	282.0	0.3	10.0	4.0	0.0	0.0	1.0
PB & J Sandwich, 5.3 oz	Each	600.0	64.0	540.0	6.0	18.0	29.0	0.0	0.0	0.0	484.0	2.7	60.0	34.0	0.0	0.0	7.0
PEAR, FRESH	each	101.5	27.1	1.8	0.0	0.6	17.4	44.5	7.7	*	*	0.3	16.0	0.2	0.0	0.0	5.5
PIZZA, CHEESE M/H	each	377.3	35.8	540.3	10.5	18.2	2.8	0.7	0.0	0.0	211.5	2.2	419.2	17.9	0.0	50.6	3.8
PIZZA, PEPP M/H	each	396.1	35.9	604.0	11.3	18.9	2.8	0.7	0.0	0.0	211.5	2.2	419.2	19.7	0.0	54.4	3.8
SALAD, ASIAN CHICKEN	each	490.1	72.1	1,045.2	1.2	24.1	17.0	34,981.4	37.1	0.0	169.0	4.5	236.8	12.6	0.0	37.4	12.3
SALAD, ASIAN VEGETARIAN	each	598.3	77.1	778.7	2.7	20.4	21.1	34,981.4	37.1	0.0	418.9	6.3	256.8	26.0	0.0	5.0	15.3
SALAD, MIXED GREENS	each	68.8	15.3	25.9	0.0	3.6	0.0	11,820.6	46.5	*	*	1.8	65.4	0.6	0.0	0.0	5.6
SALSA, FRESH	Serving	9.1	1.8	195.8	0.0	0.4	1.0	386.3	1.1	0.0	56.5	0.2	5.1	0.0	0.0	0.0	0.4
TAPATIO	each	0.0	0.0	110.0	0.0	0.0	0.0	0.0	0.0	*	*	0.0	0.0	0.0	0.0	0.0	0.0
TEXAS TOAST, GARLIC	slice	100.0	14.0	125.0	0.5	3.0	1.0	*	*	*	130.0	*	*	3.5	0.0	0.0	1.0
TOMATO, SLICES	each	15.8	3.4	4.4	0.0	0.8	2.3	733.0	12.1	*	*	0.2	8.8	0.2	0.0	0.0	1.1
TOMATOES, CHERRY	each	13.3	2.9	3.8	0.0	0.7	0.0	633.0	10.2	*	*	0.2	7.6	0.2	0.0	0.0	0.9
Turkey and Cheese Sub (Galassos Steak Roll)	EACH	307.3	41.3	752.8	3.3	20.0	9.8	2,822.4	25.5	0.0	120.0	1.9	252.1	8.6	0.0	37.5	5.5