

Item Number	Category	Menu Item (condiments not included.)	Carbohydrate (g)	Protein (g)	Fat (g)	Calories
BB10	Bread	Bread, WG White, 2 slices	28	5	2	150
BB09	Bread	Bread, Whole wheat, 2 slices	26	7	2	150
DD4C	Bread	Breadstick (1.50 oz)	22	3	3.2	130
E03B	Bread	Breadstick w/ Mozarella( 2oz)	15	6	4	120
BB01	Bread	Buns, hamburger WG WHITE	31	6	2.5	160
BB11	Bread	Buns, hoagie- steak bun	39	6	2.5	210
BB06	Bread	Buns, wiener WG WHITE	23	4	1.5	120
E212	Bread	Chow Mein Noodles 1/4 c	10	1.5	1.75	60
RB0001	Bread	Cornbread (1 piece)	17	2	3	103
G14B	Bread	Crackers, Saltine WW	5	0	1	35
G14A	Bread	Crackers-Saltine (4 Pak)	9	1	1	50
E35G	Bread	Crackers Mini	7	1	1.5	50
E110	Bread	Croutons (2T)	4	1	1.5	35
B23 RB000	Bread	Garlic Bread on Texas	24	3	4	140
E250	Bread	Fettuccine Noodles	42	7	1	200
E230	Bread	Linguine Noodles	41	7	1	210
E18B	Bread	Muffin Homemade- Banana Nut- artificially 2	25	3	8	180
E18C	Bread	Muffin Homemade- Blueberry 2 oz	25	3	8	180
E18F	Bread	Muffin Homemade- Cranberry nut 2 oz	25	3	8	180
E18A	Bread	Muffin Homemade-Apple Cinnamon 2 oz	25	3	8	180
E18E	Bread	Muffin Homemade-Carrot 2	25	3	8	180
E18J	Bread	Muffin, IW Banana nut LF	38	3	3	190
E18I	Bread	Muffin, IW Blueberry LF	37	3	3.5	190
E18K	Bread	Muffin, IW Choc. Choc chip	28	3	6	170
BB23	Bread	Plain Texas toast	23	3	1	110
RB0008	Bread	Rice- Dirty 3/4 cup	21	5	3	132
RB0006	Bread	Rice- Spanish 1/2 cup	21	2	0	97
RB0005	Bread	Rice, Fried 3/4 cup	35	12	5	236
RPE275	Bread	Rice-Brown (1/2 cup)	23	2	1	80
RPE270	Bread	Rice-White (1/2 cup)	27	2	0	88
RB0002	Bread	Roll, Homemade	29	4	4	174

Item Number	Category	Menu Item (condiments not included.)	Carbohydrate (g)	Protein (g)	Fat (g)	Calories
E28C	Bread	Roll, honey wheat (1.5 oz)	20	4	1.5	110
E28B	Bread	Roll, honey wheat (2 oz)	27	2	4	140
E28A	Bread	Roll, white (2.0)	26	4	3	150
RPE290	Bread	Spaghetti noodles, (1 cup)	42	7	1	202
RPE290	Bread	Spaghetti noodles, (1/2	21	4	0	101
E300	Bread	Taco Shell(1)	7	0.7	2	50
E310	Bread	Tortilla Chips(10)	17	2	7	140
E33B	Bread	Tortilla shell (8 inch)	22	3	4	130
E33G	Bread	Tortilla shell Corn 6"	7	1	0	36
E29K	Bread	Tricolor Tortilla Strips 1 oz	16	2	1	80
RB0007	Bread	Zuchanni Bread Slice (2	21	2	5	138
E01D	Breakfast	Bagel, plain	29	5	0.5	140
E02F	Breakfast	Biscuit, WG	24	4	9	190
E02G	Breakfast	Biscuit, Mini 1oz	13	2	5	100
RBF009	Breakfast	Breakfast Burrito	27	9	12	258
DD20	Breakfast	Breakfast Pizza - Tony's	23	10	11	230
0	Breakfast	Buttered Toast	13	3	4	100
E04A	Breakfast	Cereal Bar, Cheerios	27	2	3.5	140
E04A	Breakfast	Cereal Bar, Cocoa Krispies	26	2	5	150
E04B	Breakfast	Cereal Bar, TRIX	27	2	3.5	140
E15A	Breakfast	Nutritgrain Bar Blueberry (1.5)	24	2	3	130
E6S0	Breakfast	Cereal, Apple jacks	16	1	0	70
E05B	Breakfast	Cereal, Corn Chex	26	2	0.5	120
E06I	Breakfast	Cereal, Frosted flakes	25	2	0	100
E06D	Breakfast	Cereal, nut and honey	22	3	1.5	110
E06A	Breakfast	Cereal, Red. Sugar Apple	17	1	0.5	90
E6S0	Breakfast	Cereal, Red. Sugar Fruit	16	1	1	70
E05D	Breakfast	Cereal, Rice Chex	17	1	1	70
E06R	Breakfast	cereal, chocolate mini				
E05A	Breakfast	Cereal, Rice Krispies	16	1	0	70
RBF007	Breakfast	Cheese Grits (3/4cup)	20	5	5	154

Item Number	Category	Menu Item (condiments not included.)	Carbohydrate (g)	Protein (g)	Fat (g)	Calories
RBF008	Breakfast	Cheese Toast	15	8	12	198
U100	Breakfast	Chicken Patty (Breakfast)	15	18	11	204
E28D	Breakfast	Cinnamon Roll	26	4	5	160
RBF006	Breakfast	Cinnamon Toast (1)	19	4	4	125
E100	Breakfast	Croissant	27	4	9	210
E430	Breakfast	Donut, Jumbo (2oz)	25	4	16	260
0	Breakfast	Egg / Cheese Biscuit	25	7	13	240
RG2B	Breakfast	Egg Patty	1	3	6	70
E15C	Breakfast	French Toast Sticks WG(2)	20	4	7	160
E420	Breakfast	Funnel Cake/ Dutch Waffle	45	5	9	280
G020	Breakfast	Graham Gripz	20	1	3	100
RBF010	Breakfast	Grits (3/4 c)	26	2	3	132
RBF003	Breakfast	Ham Biscuit (1 oz. ham)	25	11	9	215
G03C	Breakfast	Ham slice	0	7	1.25	45
E220	Breakfast	Oatmeal, cooked 1/2 c	13	3	1	74
NNA0	Breakfast	Pancake and Sausage on Stick	23	9	10	210
E23A	Breakfast	Pancakes (3)	39	6	4	220
E390	Breakfast	Poptart, WG Brown sugar	34	2	7	210
E391	Breakfast	Poptart, WG Strawberry	38	2	5	200
0	Breakfast	Sausage Biscuit-Breakfast	24	12	14	260
LB00	Breakfast	Sausage Link (2)	0.5	6	4	55
LC00	Breakfast	Sausage Patty, Turkey (1)	0	6	4	55
DD20	Breakfast	Sausage Pizza	26	9	11	230
RBF004	Breakfast	Scrambled Eggs (1/4 cup)	2	8	8	115
RBF005	Breakfast	Toast w/ Jelly (1)	27	3	4	140
E350	Breakfast	Waffle (3)	32	4	1	200
E35G	Breakfast	Waffle Mini 2.47 oz	38	2	6	210
G18D	Breakfast	Benefits-Oatmeal Rasin	48	5	10	290
G18E	Breakfast	Benefits-chocolate chip	47	5	9	290
L02A	Condiment	BBQ Sauce (1 Tbsp)	8	0	0	30
RG003	Condiment	Brown Gravy (2T)	2	0	1	17

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RG004	Condiment	Chicken Gravy 2 Tbsp	2	0	1	18
CH5B	Condiment	Cream Cheese, PC	1	2	4	45
F26B	Condiment	Honey Mustard , PC	9	0	10	130
J180	Condiment	Jelly (pc)	14	0	0	40
F020	Condiment	Ketchup (pc)	3	0	0	7
CHM2	Condiment	Margarine (pc)	0	0	4	36
F05A	Condiment	Mayo (pc) lite	1	0	4	40
F070	Condiment	Mustard (pc)	0	0	0	3
F08A	Condiment	Olives, Black 2T	<1	0	2	25
F160	Condiment	Pickle Relish pc	3	0	0	15
F130	Condiment	Pickles 1 oz slices	2			
F140	Condiment	Pickles 1 spear	3			
F290	Condiment	Salad Dressing, 1000	4	0	12	120
F310	Condiment	Salad Dressing, Bleu Cheese	1	1	16	150
F280	Condiment	Salad Dressing, Ceasar	1	0	12	118
F250	Condiment	Salad Dressing, French, 1 pkt	5	0	11	120
F26B	Condiment	Salad Dressing, Honey Mustard	9	0	10	130
F300	Condiment	Salad Dressing, Italian 1 pkt fat free	2	0	0	5
RPF18A	Condiment	Salad Dressing, Ranch, Homemade 1 T Lite	0	<1	2	23
RG0002	Condiment	Salad Dressing, Ranch, Homemade lite 1 T	0	<1	2	23
F270	Condiment	Salad Dressing, Ranch, LF, 1 pkt	2	1	11	109
J400	Condiment	Sour Cream (pc-1 oz)	2	1	4	44
R030	Condiment	Syrup, Maple (pc) (1oz)	30	0	0	130
L100	Condiment	Taco Sauce (pc)	1	0	0	4
L130	Condiment	Tarter Sauce 1 Pkt	2	0	11	100
R00006	Dessert	Apple or Peach Crisp	32	2	8	200
RD0002	Dessert	Breadstick,cin&sugar	28	3	6	177
J136	Dessert	Brownie (1.6 oz)	29	2	4	160
RD0007	Dessert	Brownie, Golden	35	3	5	196
RD0005	Dessert	Cake Frosting	25	0	3	122
J135	Dessert	Cake yellow 4x2	37	2	3	190

Item Number	Category	Menu Item (condiments not included.)	Carbohydrate (g)	Protein (g)	Fat (g)	Calories
RD0003	Dessert	Cake, homemade	31	3	12	223
RD0004	Dessert	Cake, homemade choc	39	3	8	238
0	Dessert	Cherry Crisp	31	2	8	200
G2A1	Dessert	Cookie, choc chip 1 oz RF	19	1	3.5	110
G2G0	Dessert	Cookie, Choc chip 1.33 oz	26	2	4.5	150
G2F0	Dessert	Cookie, Holiday, themed	18	1	1	120
G2C0	Dessert	Cookie, sugar 1 oz RF	19	1	3.5	110
G2G2	Dessert	Cookie, Sugar 1.33 oz RF	25	2	4	140
RP1040	Dessert	Jell-O (1/2 cup), fruited	28	0	0	115
RP1040	Dessert	Jell-O (3/8 cup), fruited	31	1	0	136
E07A	Dessert	Mini Rice Krispie Treat 1	8.5	0.25	1	45
RD0001	Dessert	Peach Cobbler	41	3	12	278
RD0006	Dessert	Peach Crisp	28	2	7	187
K02A	Dessert	Pudding, Chco	24	3	3.5	130
K02C	Dessert	Pudding, Vanilla	24	3	3.5	130
j360	Dessert	non-dairy dessert topping	1	0	2	25
0	Fruit	Apple medium	19	0	0	80
A03AD	Fruit	Apple Slices, canned (1/2	12	0	0	50
0	Fruit	Apple slices, Fresh2 oz bag	9	0	0	36
A03AD	Fruit	Apple Slices,canned (3/8 cup) (cin or reg)	9	0	0	37.5
A04A	Fruit	Apple snax 4 oz	12	0	0	45
A02AD	Fruit	Applesauce - 1/2 cup (cin	23	0	0	90
A02AD	Fruit	Applesauce - 3/8 cup ( cin	17.25	0	0	67.5
0	Fruit	Banana (5 oz)	27	2	1	
0	Fruit	Cool orange bites (6	12	1	0	51
F21B	Fruit	Cranberry Sauce (1/4 c)	25	0	0	110
0	Fruit	Crunchy Apple Wedges (6)	7	0	0	30
A12BD	Fruit	Fruit Cocktail (1/2 cup)	18	0	0	75
A12BD	Fruit	Fruit cocktail (3/8 cup)	13	0	0	56
A13A	Fruit	Fruit Mix, Tropical (1/2	20	2	0	90
A13A	Fruit	Fruit Mix, Tropical (3/8 c)	15	1.5	0	67.5

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0	Fruit	Grapefruit 1 cup	18			
0	Fruit	Grapes (1/2 cup)	20	0	0	63
0	Fruit	Grapes (3/8 cup)	15	0	0	47.25
F21A	Fruit	Juice Box, 6.75 oz	20	0	0	90
C4A0	Fruit	Juice, apple 4 oz	14	0	0	57
C4C0	Fruit	Juice, apple 6 oz	22	0	0	85
C5A0	Fruit	Juice, grape 4 oz	19	0	0	77
C5C0	Fruit	Juice, grape 6oz	29	0	0	115
C9A0	Fruit	Juice, orange 4 oz	14	0	0	55
C9B0	Fruit	Juice, orange 6 oz	22	0	0	82
0	Fruit	Kiwi (1)	11	1	0	51
A05A	Fruit	Mandarin Oranges ( 1/2	20	1	0	90
A05A	Fruit	Mandarin Oranges ( 3/8	15	0.75	0	67.5
0	Fruit	Melon 1 cup	13	0	0	0
0	Fruit	Nectarines (1)	16	1	1	75
0	Fruit	Orange medium	21	1	0	68
O12A	Fruit	Peach cup (4.41 oz)	30	1	0	125
0	Fruit	Peach medium	11	1	0	95
A020D	Fruit	Peach Slices, USDA (1/2 cup) (cin or reg)	17	0	0	70
A020D	Fruit	Peach Slices, USDA (3/8 cup) (cin or reg)	12.75	0	0	52.5
0	Fruit	Pear Halves (1/2 cup)	23	0	0	94
0	Fruit	Pear Halves (3/8 cup)	17	0	0	71
0	Fruit	Pear Medium	26	0	0	0
A280D	Fruit	Pear Slices or Diced (1/2	21	0	0	84
A280D	Fruit	Pear Slices or diced (3/8	16	0	0	63
A330D	Fruit	Pineapple, tidbits or	17	0	0	71
A330D	Fruit	Pineapple, tidbits or crushed (3/8 cup)	13	0	0	53
0	Fruit	Plum (2 small)	14	1	1	80
J112	Fruit	Raisins 1/4 cup	31	0	1	130
0	Fruit	Strawberries (1/2 cup / 3	5	0	0	24
0	Fruit	Tangerine (1)	13	0	0	41

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0	Fruit	Watermelon Slices (1 cup)	11	1	0	49
F50A	Fruit, Fz	Frozen Juice cup, Italian	25	0	0	98
MI99	Fruit,Fz	Frozen Sherbet,Lime	27	0	1.5	120
MI98	Fruit,Fz	Frozen Sherbet,Raspberry	27	0	1.5	120
C110	Fruit,Fz	Fruit bar, Frozen Juice 3 oz	13	0	0	50
C110A	Fruit,Fz	Fruit, sorbet	21	0	0	80
EEOO	Meat / Alt Meat	Bean and Cheese Burrito	61.73	17.35	8.4	396
RM0018	Meat / Alt Meat	Burrito, Bean & Cheese	82	34	18	625
L090	Meat / Alt Meat	Cheese Sauce (2 oz)	2	5	10	120
CH1B	Meat / Alt Meat	Cheese, American USDA 1	< 1	2.5	4	50
CH30	Meat / Alt Meat	Cheese, Cheddar USDA (1	0	7	9	114
CH6D	Meat / Alt Meat	Cheese, Cottage (1/2 cup)	5	13	1	91
CH6D	Meat / Alt Meat	Cheese, Cottage (1/4 cup)	3	7	1	46
CH2D	Meat / Alt Meat	Cheese, Individually wrapped 1 Oz STRING	0	7	7	90
0	Meat / Alt Meat	Cheese, Mozz Light USDA	1	8	2	59
RM0012	Meat / Alt Meat	Chili 2oz	4	7	4	82
EG2B	Meat / Alt Meat	Egg Patty	1	3	6	70
0	Meat / Alt Meat	Egg Wedge (2) ( 1/2 egg)	0	3	2	36
EG3A	Meat / Alt Meat	Egg, Hard boiled	1	6	5	72
0	Meat / Alt Meat	Egg, Whole (1)	0	5	4	63
NC00/ ND00	Meat / Alt Meat	Hot Dog (all beef/sausage)	3	6	16	180
M0011/RM001	Meat / Alt Meat	Hot Dog w/ bun and 2 oz	34	18	22	402
RB0004	Meat / Alt Meat	Macaroni and Cheese - homemade 3/4 cup	25	14	9	240
RG0001	Meat / Alt Meat	Nacho Cheese Sauce, homemade 3T	1	8	10	125
RM022	Meat / Alt Meat	Quesadilla, Vegetable	25	12	10	245
RS0036 / RS0010	Meat / Alt Meat	Snackable Sack Lunch, Meat and Cheese	88	14	9	479
B487	Meat / Alt Meat	Uncrustable, 2.5 oz	31	9	11	260
B486	Meat / Alt Meat	Uncrustable, 4 oz	49	16	18	420
RA0005	Meat / Alt Meat	Yogurt 4 oz.	19	3	0	90
CH8A	Meat/ Alt. Meat	Yogurt, Greek Honey Vanilla	19	12	0	120
CH8B	Meat/ Alt Meat	Yogurt, Greek Strawberry	19.1	12	0	120

Item Number	Category	Menu Item (condiments not included.)	Carbohydrate (g)	Protein (g)	Fat (g)	Calories
C0B0	Meat / Beef	Beef Patty	2	17	8	148
A616	Meat / Beef	Beef Patty (USDA)	5	11	12	162
J520	Meat / Beef	Beef Ravioli (12 pies)	45	22	14	390
J520	Meat / Beef	Beef Ravioli (8 pies)	30	15	9	260
RM0021	Meat / Beef	Beef-A-Roni (1cup)	21	23	13	298
CA00	Meat / Beef	Breaded Beef Patty	14	13	17	270
RM0014	Meat / Beef	Cheeseburger on Bun	34	26	14	358
RM0024	Meat / Beef	Chili Cheese Fries (Baked)	43	15	19	400
RM0024	Meat / Beef	Chili Cheese Fries (Fried)	43	15	25	453
D21	Meat / Beef	Country Fried Steak	7	17	14	216
RM0006	Meat / Beef	Hamburger on Bun	36	17	14	328
RM0013	Meat / Beef	Lasagna (1 serving)	32	17	10	286
RM0009	Meat / Beef	Loaded Nachos	29	16	20	365
D27	Meat / Beef	Meatloaf	8	17	10	195
D43	Meat / Beef	Shepherd's Pie	24	19	13	294
0	Meat / Beef	Sloppy Joe on Hamburger	36	21	13	345
RM007	Meat / Beef	Spaghetti Meal ( 4 oz meat sauce,	32	25	14	360
RM0007	Meat / Beef	Spaghetti Meal ( 4oz meat sauce, 1	53	28	14	461
RM0008	Meat / Beef	Steak, Salisbury (2.67 oz)	3.2	13.9	13.4	189
RM0015	Meat / Beef	Taco (2)	13	15	9	158
COB1	Meat/ Beef	Glazed Beef Patties w/	10.6	12	13	206
RM0001	Meat / Chicken	Baked Chicken 2 oz	3	17	7	144
RM0001	Meat / Chicken	Baked Chicken 3 oz	5	25	11	215
NSL	Meat / Chicken	Champion Chicken & Orange Rice 1 c	50	24	7	391
D16	Meat / Chicken	Chicken Ala King	15	22	8	110
OOO1	Meat/Chicken	Chicken BBQ (4 oz)	9	13	6	150
RM0020	Meat / Chicken	Chicken Fajita (1)	28	22	11	312
U103	Meat / Chicken	Chicken Filet Breaded (Lunch) 3.5 oz	18	16	7	200
RM0004	Meat / Chicken	Chicken Nuggets (5) , Baked (2 oz)	13	13	11	201
U004	Meat / Chicken	Chicken Nuggets (5) , Baked (2 oz) Asian	13	38	9	180
RM0004	Meat / Chicken	Chicken Nuggets (8),	20	20	17	302



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U004	Meat / Chicken	Chicken Nuggets (8),	9	12	15	216
RM0005	Meat / Chicken	Chicken Nuggets(5), Fried (2 oz Meat)	13	13	14	231
U004	Meat / Chicken	Chicken Nuggets(5), Fried (2 oz Meat)Asian	13	38	9	180
RM0005	Meat / Chicken	Chicken Nuggets(8), Fried	9	13	19	261
U004	Meat / Chicken	Chicken Nuggets(8), Fried	9	13	19	261
RM0003	Meat / Chicken	Chicken Parmesan without	19	30	16	340
S000	Meat / Chicken	Chicken Patty Breaded	13	13	10	195
U101	Meat / Chicken	Chicken Patty Grilled,	0	15	6	100
RM0027	Meat / Chicken	Chicken Pot Pie (1 serving)	56	20	19	344
RM0026	Meat / Chicken	Chicken Stir Fry (1 cup)	12	17	11	221
U102	Meat / Chicken	Chicken Tenders (USDA 3)	16	18	13	240
RM0023	Meat / Chicken	Chicken Teriyaki Rice Bowl (ELE- 2 oz)	32	23	3	246
U007	Meat / Chicken	Chicken, Fajita Meat 2 oz	0	10	3	72
U007	Meat / Chicken	Chicken, Fajita Meat 3oz	0	16	4	108
RB001	Meat / Chicken	Chicken, Popcorn (10)	7	36	9	150
PC00	Meat / Chicken	Corn Dog (Chicken)	33	9	8	240
RM0002	Meat / Chicken	Fried Chicken 2 oz	5	21	17	381
RM0002	Meat / Chicken	Fried Chicken 3 oz	7	31	26	572
	Meat/Chicken	Buffalo nuggets	40	13	6	170
Q2B0	Meat / Fish	Fish Filet (3.6 oz)	22	14	11	245
QO2E	Meat / Fish	Fish Nuggets (4)	24	12	12	250
QO2D	Meat / Fish	Fish Sticks, breaded (3)	18	15	13	260
RC00	Meat / Fish	Shrimp, Breaded (3oz)	18	10	12	220
ZZ03	Meat / Fish	Tuna, Canned (1 oz)	0	13	0.5	60
NA00	Meat / Meat Alt	Hot Dog (turkey)	1	7	8	110
J010	Meat / Meat Alt	Sausage 2 oz	4	6	15	180
DD8B	Meat / Pizza	Pizza, Big Daddy cheese slice	46	23	13	390
DD8A	Meat / Pizza	Pizza, Big Daddy pepperoni slice	45	22	14	400
DD3A	Meat / Pizza	Pizza, cheese slice- Tony's	38	16	13	320
DD3B	Meat / Pizza	Pizza, pepperoni slice- The Max	32	15	10	270
0	Meat / Pizza	Pizza, Snackable homemade (2)	55	32	39	692

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	Meat / Pizza	Smart Mouth- cheese	70	22	12	460
	Meat / Pizza	Smart Mouth- pep	66	23	17	500
	Meat / Pizza	Smart Mouth- veggie	73	25	12	490
0	Meat / Pork	Baked Ham (2 oz)	0	9	6	93
0	Meat / Pork	Baked Ham (3 oz)	0	13	9	140
A012	Meat / Pork	BBQ 4 oz	18	19	13	267
0	Meat / Pork	Beans and Franks - 1 cup	18	9	17	259
XX20	Meat / Pork	Deli Meat-Ham	0	5	1	28
0	Meat / Pork	Ham slice 2 oz	1	11	2	66
0	Meat / Pork	Ham slice 3 oz	1	13	7	120
OA00	Meat / Pork	Riblet without bun	11	13	18	260
RM0017	Meat / Pork	Roast, Pork (2 oz)	0	16	9	139
M000	Meat / Pork	Bologna 2 oz	4	5	17	170
XX10	Meat / Turkey	Deli Meat-Turkey 1 oz	1	5	1	33
KK00	Meat / Turkey	Roast, Turkey (2 oz)	2	12	3	88
KK00	Meat / Turkey	Roast, Turkey (3 oz)	3	18	5	132
	Meat/ Turkey	Turkey Smoked Sausage	3	9	5	90
RPA537	Meat/ Turkey	Turkey Pot Roast				
MI1A	milk	Milk, 1 %, carton	13	8	5	110
MI2E	milk	Milk, chocolate, fat-free,	24	8	0	130
MI4A	milk	Milk, Skim/fat free carton	13	9	0	90
MI2C	milk	Milk, strawberry, FF carton	24	8	1	130
MI2D	milk	Milk, vanilla, FF carton	24	8	1	130
0	Salad	Carrot-raisin salad (1/2	32	2	4	156
0	Salad	Carrot-raisin salad (3/8	24	1	3	117
RS0007	Salad	Chef Salad Base	3	2.5	1	33
RS0003	Salad	Chef Salad Base	6	5	3	67
RS0001	Salad	Chicken Salad (1/2 cup)	3	18	8	150
RS0015	Salad	Egg Salad (1/3 cup)	2	6	7	100
RS0016	Salad	Ham Salad (1/2 cup)	3	11	8	129
RS0005	Salad	Oriental Salad	35	52	2	655

Item Number	Category	Menu Item (condiments not included.)	Carbohydrate (g)	Protein (g)	Fat (g)	Calories
RS0008	Salad	Pasta Salad (1/2 C)	18	3	9	165
RS0008	Salad	Pasta Salad (3/8 C)	14	3	7	127
RV0011	Salad	Salad Fiesta (1/2 cup)	12	2	1	69
RV0011	Salad	Salad Fiesta (3/8 cup)	9	2	1	52
RS0006	Salad	Tuna Salad (1/2 cup)	5	14	8	150
RS0032	Salad	Turkey ( 1/2 cup)	5	12	9	147
RS0002	Salad	ELE: Cheese/ Fruit	24	18	16	314
RS0004	Salad	Taco Salad	27	22	25	423
RS0028	Salad	Fruit and Cottage Cheese	27	10	3	179
RS0029	Salad	Fruit and Cottage Cheese	36	17	4	254
RS0030	Salad Plate	yogurt, 1 oz cheese, 3/4 cup canned fruit, 8	43	11	7	280
RS0031	Salad Plate	Fruit & Yogurt- M&HS ( 4 oz yogurt, 1 oz	50	11	7	309
RS0033	Salad Plate, Egg	salad, 3/8 cup tossed salad, 2 tomato	30	11	15	304
RS0034	Salad Plate, Ham	May include 3/8 pasta salad, 3/8 cup tossed	30	16	16	332
RS0035	Salad Plate, Turkey	May include 3/8 pasta salad, 3/8 cup tossed	36	18	17	376
RS0014	Salad Plate,Chicken or	May include 3/8 pasta	30	13	13	278
RSW005	Sandwich	BBQ Pork on Bun	49	25	14	428
RM0014	Sandwich	Cheeseburger on Bun	27	18	17	331
RSW004	Sandwich	Chicken Filet on Bun	49	22	22	360
RSW008	Sandwich	Chicken Patty on Bun	44	19	12	355
RSW011	Sandwich	Chicken Salad Sandwich	30	25	9	305
RSW019*	Sandwich	Deli ham and Cheese	41	18	12	351
RSW031	Sandwich	Deli Ham and Cheese	28	17	12	285
RSW029	Sandwich	Deli Ham Sandwich (2oz)	29	17	4	220
RSW019*	Sandwich	Deli Turkey and Cheese	41	17	12	344
RSW032	Sandwich	Deli Turkey and Cheese	27	16	12	278
RSW030	Sandwich	Deli Turkey Sandwich (2oz)	27	16	4	207
RSW023	Sandwich	Egg Salad Sandwich	29	12	9	248
RSW009	Sandwich	Fish Patty on Bun	53	20	13	406
RSW003	Sandwich	Grilled Cheese	28	16	22	374
RSW022	Sandwich	Ham & Cheese Sandwich,	29	16	14	307

Item Number	Category	Menu Item (condiments not included.)	Carbohydrate (g)	Protein (g)	Fat (g)	Calories
RSW021	Sandwich	Ham Salad Sandwich	30	17	10	279
RM0006	Sandwich	Hamburger and bun	26	15	13	273
RSW036	Sandwich	Hoagie, Hot Ham &	47	25	7	348
RM0011	Sandwich	Hot Dog (all meat/sausage)	30	11	18	320
RSW018	Sandwich	Market Fresh Hoagie 2 oz	41	16	12	340
RSW012/R	Sandwich	Market Fresh Hoagie 3 oz	41	21	13	371
RSW007	Sandwich	Market Fresh Sandwich 3	28	24	13	325
RSW001	Sandwich	PB&J Sandwich	60	13	23	513
RSW025	Sandwich	Pimento Cheese Sandwich	28	22	27	448
RSW010	Sandwich	Riblet on Bun	55	18	20	480
RSW002	Sandwich	Sliced Ham and Cheese	28	16	12	282
RSW027	Sandwich	Triple Decker Sandwich	41	27	13	395
RSW006	Sandwich	Tuna Salad Sandwich	30	24	11	328
RSW024	Sandwich	Turkey Salad Sandwich	28	13	6	223
RSW033	Sandwich	Wrap, Chicken, Cheese,	26	16	16	329
RSW033	Sandwich	Wrap, Chicken, Cheese,	26	21	18	365
RSW015	Sandwich	Wrap, Ham and cheese	26	16	17	327
RSW016	Sandwich	Wrap, Ham and cheese	26	22	17	359
RSW013	Sandwich	Wrap, Turkey and cheese	26	16	17	327
RSW014	Sandwich	Wrap, Turkey and cheese	27	23	18	381
E25D	Snack	Chips, Cheese Curls,	15	2	10	160
E25H	Snack	Chips, Doritos, cool ranch	19	2	5	130
E25C	Snack	Chips, Doritos, nacho	16	2	3	90
E25F	Snack	Chips, Sun Multi-Grain bag	18	2	6	140
E25J	Snack	Chips, Sunchips, cheddar	19	2	6	140
	Snack	Chips, Sunchips, French	18	2	6	130
G3A0	Snack	Cookie Grahams Bear	19	2	3	105
G3A1	Snack	Cookie Grahams Bears	18	1	3	105
G3A2	Snack	Cookie, Allsports, Bites	20	1	3	114
G3A4	Snack	Cookie, Elf Graham, choc	20	2	4.5	130
G3A5	Snack	Cookie, Elf Graham, choc	20	2	5	130

Item Number	Category	Menu Item (condiments not included.)	Carbohydrate (g)	Protein (g)	Fat (g)	Calories
G3A3	Snack	Cookie, Elf Graham, Reg	21	2	4	130
G3A6	Snack	Cookie, Graham Stick	21	2	4	120
G19D	Snack	Cookie, Smart capitals	22	2	3.5	130
G19C	Snack	Cookie, Smart Presidents	22	2	3.5	130
G17A	Snack	Cookies with Vanilla creme	20	1	3	110
G17S	Snack	Cracker, Cheezit, scrabble	14	2	3.5	100
G17S	Snack	Cracker, Atomic Cheezit		2	3.5	100
G17D	Snack	Crackers, Cheese with	16	2	6	130
G17C	Snack	Crackers, Cheese with PB	15	3	6	130
G17A	Snack	Crackers, Malt with PB	15	3	7	140
G17B	Snack	Crackers, Wheat with	24	3	10	190
G030	Snack	Crackers-Graham (3 Pak)	17	2	3	100
G19A	Snack		23			
RD0002	Snack		22			
G18A/B	Snack	Fruit Delight/ Strw or Apple	27	2	5	160
G18C	Snack	Fruit Turnover, Apple	30	2	5	166
G070	Snack	Giant Goldfish	19	1	4.5	120
G060	Snack	Goldfish Crackers	14	3	3.5	100
C4C0	Snack	Juice, apple 6 oz	22	0	0	85
C5C0	Snack	Juice, grape 6 oz	29	0	0	115
C9B0	Snack	Juice, orange 6 oz	22	0	0	82
G19B	Snack	Oatmeal Cookie with	26	1	7	170
E25I	Snack	Pretzels- 1 oz bag	23	2	1	110
G150	Snack	Vanilla Wafers (8)	21	1	6	140
RS0011	Snackable sack lunch	Includes: PB&J sandwich, Juice,	83	16	24	606
RS0010	Snackable sack lunch	Includes: sandwich ( ham & cheese or	90	15	9	493
RM0016	Soup	Brunswick Stew (1 cup)	27	20	90	262
RSP006	Soup	Cheeseburger Soup 1 cup	10	17	14	234
RSP004	Soup	Chicken or Turkey Noodle	16	12	4	129
RM0012	Soup	Chili - (4 oz)	8	14	8	164

Item Number	Category	Menu Item (condiments not included.)	Carbohydrate (g)	Protein (g)	Fat (g)	Calories
RM0012	Soup	Chili (2 oz)	4	7	4	82
RSP007	Soup	Egg Drop Soup 1 cup	7	7	5	92
RSP008	Soup	Stone 1 cup	15	15	6	181
RSP005	Soup	Taco Soup 1 cup	20	13	5	180
RSP003	Soup	Tomato Soup, homemade	15	5	3	113
RSP001	Soup	Vegetable Beef Soup 1	14	9	4	124
B170	Vegetable	Baked Beans - 1/2 cup	29	7	0.5	140
RV0016	Vegetable	Baked Beans - 1/2 cup	30	2.25	0.75	71
RV0016	Vegetable	Baked Beans -3/8 cup	15	3	1	95
B17B	Vegetable	Beans, black (1/2 cup)	20	6	0.5	110
B17B	Vegetable	Beans, black (3/8 cup)	14	6	0	83
B070 /	Vegetable	Beans, Green (1/2 cup)	7	2	0	35
B070 /	Vegetable	Beans, Green (3/8 cup)	5.25	1.5	0	26.25
B17D	Vegetable	Beans, refried (1/2cup)	25	9	1	148
B17D	Vegetable	Beans, refried (3/8 cup)	19	6	1	111
D193	Vegetable	Black Eyed Peas (1/2 cup)	15	5	0	80
RV0006	Vegetable	Black Eyed Peas (1/2 cup)	21	7	0	113
RV0006	Vegetable	Black Eyed Peas( 3/8 cup)	15	6	0	85
RV0025	Vegetable	Broc/Rice& Cheese 2/3 c	22	12	11	243
D020	Vegetable	Broccoli, Cooked (1/2 cup)	2	1	0	12
D020	Vegetable	Broccoli, Cooked (3/8 cup)	2	1	0	9
RV0028	Vegetable	Cabbage (3/8 cup)	8	2	4	77
RV0028	Vegetable	Cabbage seasoned(1/2	10	3	5	100
D290	Vegetable	California blend( Broc, cali,	3	1	0	16
D290	Vegetable	California blend( Broc, cali,	2	1	0	13
RV0023	Vegetable	Carrot Souffle (1/2 cup)	55	5	15	369
RV0023	Vegetable	Carrot Souffle (3/8 cup)	42	4	12	284
RV0010	Vegetable	Carrot, Baby (1/2 cup)	6	1	1	33
RV0010	Vegetable	Carrot, Baby (3/8 cup)	4	5	1	25
RV0010	Vegetable	Carrot, Baby (4)	3	0	0	18
D050	Vegetable	Carrots, cooked (1/2 cup)	6	1	0	27

Item Number	Category	Menu Item (condiments not included.)	Carbohydrate (g)	Protein (g)	Fat (g)	Calories
D050	Vegetable	Carrots, cooked (3/8 cup)	5	1	0	20
0	Vegetable	Cauliflower, Cooked (1/2	3	1	0	21
0	Vegetable	Cauliflower, Cooked (3/8	3	1	0	16
RV0001	Vegetable	Cole Slaw (1/2 cup)	8	1	5	85
RV0001	Vegetable	Cole Slaw (3/8 cup)	5	1	3	55
RV0031	Vegetable	Cole Slaw Apple (1/2 cup)	12	1	1	65
D060	Vegetable	Corn cob 3"	19	2	0.5	90
RPB28A	Vegetable	Corn Whole Kernal (1/2 C)	18	3	3	104
RPB28A	Vegetable	Corn Whole Kernal (3/8 C)	13.5	2.25	2.25	78
D07A	Vegetable	Corn, cream style (1/2 cup)	20	2	1.5	100
D07A	Vegetable	Corn, cream style (3/8 cup)	21	2.25	0	90
D22A	Vegetable	Crinkle Cut Fries 3 oz	20	2	4	120
D190	Vegetable	Field Peas/ Snaps (1/2c)	21	10	0.5	130
D190	Vegetable	Field Peas/ Snaps (3/8c)	15.75	7.5	0.375	97.5
RV0003	Vegetable	French Fries-baked (2.5	17	2	4	101
23H /RV000	Vegetable	French Fries-Baked (3/8	19	2	4	120
RV0003	Vegetable	French Fries-Fried (2.5 OZ)	17	2	4	124
D080	Vegetable	Greens, Collard (1/2 cup)	1	0	0	15
RV0005	Vegetable	Greens, Seasoned Collard	7	2	0	40
RV0005	Vegetable	Greens, Seasoned Collard (3/8 cup)	5	2	0	28
D120	Vegetable	Greens, Turnip (1/2 cup)	2	0.5	0	12
D120	Vegetable	Greens, Turnip (3/8 cup)	2	2	0	20
B110	Vegetable	Kidney Beans (1/2 cup)	27	10	0.5	150
B110	Vegetable	Kidney Beans (3/8 cup)	20.25	7.5	0.375	112.5
0	Vegetable	Lettuce (1/4 cup)	0	0	0	3
RV0021/22	Vegetable	Lettuce/Tom/Pickle	3	1	0	15
D010	Vegetable	Lima Beans (1/2 cup)	20	6	0	108
D010	Vegetable	Lima Beans (3/8 cup)	15	4	0	80
RV0017	Vegetable	Mexicali Corn 1/2 c	20	4	1.5	127
RV0017	Vegetable	Mexicali Corn 3/8 c	11	1	2	64
D270	Vegetable	Mixed Vegetables (1/2 cup)	6	2	0	34

Item Number	Category	Menu Item (condiments not included.)	Carbohydrate (g)	Protein (g)	Fat (g)	Calories
D270	Vegetable	Mixed Vegetables (3/8 cup)	6	2	0	34
D143	Vegetable	Okra, Baked	20	3	7	140
D13C	Vegetable	Okra, Fried	20	3	12	140
D300	Vegetable	Oriental Blend ( green beans, broc,	3	1	0	16
D300	Vegetable	Oriental Blend ( green beans, broc,	2	1	0	13
RV0009	Vegetable	Peas & Carrots 1/2 c	9	3	1	54
RV0009	Vegetable	Peas & Carrots 3/8 c	7	2	1	42
RV0004	Vegetable	Peas and Carrots (1/5 cup)	19	5	2	111
RV0004	Vegetable	Peas and Carrots (3/8 cup)	7	2	1	42
D180	Vegetable	Peas, Green (1/2 cup)	9	4	0	52
D180	Vegetable	Peas, Green (3/8 cup)	6.75	3	0	39
D22B/RV0	Vegetable	Potato Rounds (1/2 cup)	22	2	6	150
RV0012	Vegetable	Potato Rounds (3/8 cup)	14	2	4	102
D23J /	Vegetable	Potato Wedges (1/2 cup)	20	0	4	94
RV0014	Vegetable	Potato Wedges (3/8 cup)	13	0	2	113
0	Vegetable	Potato, baked (1/2 cup)	26	3	0	112
RM0025	Vegetable	Potato, Loaded with Chili	35	14	4	311
RPB39C	Vegetable	Potatoes, mashed or Ranch (3/8 cup)	11	1	1	57
RPB39C	Vegetable	Potatoes, mashed Or Ranch (1/2 cup)	15	2	1	76
B430	Vegetable	Potatoes, Sweet cut (1/2 cup)	30	0	0	120
B430	Vegetable	Potatoes, Sweet cut (3/8	22.5	0	0	90
RV0015	Vegetable	Raw Veggies (1/2 cup)	3	1	0	14
RV0015	Vegetable	Raw Veggies (3/8 cup)	2	0	0	11
B17D	Vegetable	Refried Beans (1/2 cup)	25	9	1	148
B17D	Vegetable	Refried Beans (3/8 cup)	19	6	1	111
L010	Vegetable	Salsa (2T)	2	0	0	10
L140	Vegetable	Spaghetti Sauce, meatless	4	0	0	16
L140	Vegetable	Spaghetti Sauce, meatless USDA (3/8 cup)	3	0	0	12
D10A	Vegetable	Spinach 1/2 c	3	1.5	0.25	22.5
RV0027	Vegetable	Succotash (1/2 c)	16	3	2	92
RV0027	Vegetable	Succotash (3/8 c)	12	3	1	71



Item Number	Category	Menu Item (condiments not included.)	Carbohydrate (g)	Protein (g)	Fat (g)	Calories
D230	Vegetable	Sweet Potato Fries (3oz)	25	2	8	180
RV0018	Vegetable	Sweet Potato Souffle 1/2 c	56	3	9	309
RV0018	Vegetable	Sweet Potato Souffle 3/8 c	43	2	7	238
0	Vegetable	Sweet Potato, baked - (1/2	21	2	0	90
RV0024	Vegetable	Sweet Potatoes and Apples	27	1	3	132
RV0024	Vegetable	Sweet Potatoes and Apples ( 3/8 cup)	21	1	2	102
RV0007	Vegetable	Sweet Potato-Glazed (1/2 cup)	29	1	4	157
RV0007	Vegetable	Sweet Potato-Glazed (3/8	22	1	3	118
0	Vegetable	Tomato Slices (2)	2	0	0	8
0	Vegetable	Tomato Wedges (2)	2	0	0	13
RV0002	Vegetable	Tossed Salad (3/4 cup)	1	0	0	6
D290	Vegetable	Vegetable Medley-Winter	9	3	0	40
D290	Vegetable	Vegetable Medley-Winter	5	1	0	20
For additional						