

2017-2018 Lunch Nutrition: MIDDLE SCHOOLS

BLUE WEEK LUNCH

Food Items	Item Code	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)	Common Allergens Present	Gluten Free?
Monday										
Crispy Chicken Filet	509728	1 each	240	13	3	13	1	490	Soy, Wheat	N
Hamb. Bun	AM3159	1 each	160	2	0	29	2	180	Wheat	N
Mini Corn Dogs	497360	6 each	270	12	3.76	20	4.5	420	Wheat, Soy, Eggs	N
Uncrustable (PBJ)	516761	1 each	630	33	7	64	6	630	Nuts, Wheat	N
Crispy Chicken Salad	Recipe	1 each	481	25	8	35	4	798	Milk, Soy, Wheat	N
Veggie Salad	Recipe	1 each	520	24	15.4	62	5.4	776	Wheat, Eggs, milk	N
Veggie Protein Box	Recipe	1 each	610	31	12.5	58	10.3	660	Wheat, Milk,soy ,egg	N
Deli Turkey Sandwich	Recipe	1 each	190	7	0	20	5	190	Wheat, Milk, Soy	N
Fruit Protein Box	Recipe	1 each	715	16	6	450	122	23.9	Wheat, Milk,soy ,egg	N
Seasoned Potatoes	199080	1/2c	120	5	1	18	2	430	Wheat	N
FF Chocolate Milk		1 each	120	0		20	0	180	Milk	Y
1% Lowfat White		1 each	110	2.5	1.5	13	0	130	Milk	Y
Fat-Free White		1 each	90	0		13	0	130	Milk	Y

Tuesday										
Cinnamon French Toast	646262	1 each	400	16	4	50	6	560	Egg, Milk, Wheat, Soy	N
Sausage	895090	1 each	120	10	3.5	0.5	0	170	Milk	Y
Bosco Sticks	235411	2 each	300	10	5	34	4	440	Milk Wheat	N
Marinara Cups	677721	1 each	40	1	0	8	1	230	No known Allergens	Y
Uncrustable (PBJ)	516761	1 each	630	33	7	64	6	630	Nuts, Wheat	N
Crispy Chicken Salad	Recipe	1 each	481	25	8	35	4	798	Milk, Soy, Wheat	N
Veggie Salad	Recipe	1 each	520	24	15.4	62	5.4	776	Wheat, Eggs, milk	N
Veggie Protein Box	Recipe	1 each	610	31	12.5	58	10.3	660	Wheat, Milk,soy ,egg	N
Deli Turkey Sandwich	Recipe	1 each	190	7	0	20	5	190	Wheat, Milk, Soy	N
Fruit Protein Box	Recipe	1 each	715	16	6	450	122	23.9	Wheat, Milk, Soy ,Egg	N
FF Chocolate Milk		1 each	120	0		20	0	180	Milk	Y
1% Lowfat White		1 each	110	2.5	1.5	13	0	130	Milk	Y
Fat-Free White		1 each	90	0		13	0	130	Milk	Y

Prior to consuming the product, those with severe allergies should confirm the ingredients on the actual label of the product. This ingredient and nutrition information was supplied by product manufacturers and suppliers.

2017-2018 Lunch Nutrition: MIDDLE SCHOOLS

BLUE WEEK LUNCH

Wednesday										
Penne Pasta	509736	5 each	230	13	3	14	1	560	Soy, Wheat	N
Italian Cheese Sauce	235631	6 oz	260	20	12	6	0	1080	Milk	Y
Macaroni and Cheese	119122	6 oz	420	16	9	46	2	1460	Egg,Milk, Wheat	N
Chicken Nuggets	509736	5 each	276	10.4	3.6	15.6	1.2	672		
Uncrustable (PBJ)	516761	1 each	630	33	7	64	6	630	Nuts, Wheat	N
Crispy Chicken Salad	Recipe	1 each	481	25	8	35	4	798	Milk, Soy, Wheat	N
Veggie Salad	Recipe	1 each	520	24	15.4	62	5.4	776	Wheat, Eggs, milk	N
Veggie Protein Box	Recipe	1 each	610	31	12.5	58	10.3	660	Wheat, Milk,soy ,egg	N
Deli Turkey Sandwich	Recipe	1 each	190	7	0	20	5	190	Wheat, Milk, Soy	N
Fruit Protein Box	Recipe	1 each	715	16	6	450	122	23.9	Wheat, Milk,soy ,egg	N
FF Chocolate Milk		1 each	120	0		20	0	180	Milk	Y
1% Lowfat White		1 each	110	2.5	1.5	13	0	130	Milk	Y
Fat-Free White		1 each	90	0		13	0	130	Milk	Y

Thursday

Mini Cheeseburgers	641270	1 each	360	15	7	39	4	710	Milk, Wheat, Soy	N
Pork BBQ	12307	4 OZ	299	70	17	17	2	233	No known allergens	N
Slider Bun	676171	2 each	130	4.5	0.5	20	2	180	Wheat	N
Uncrustable (PBJ)	516761	1 each	630	33	7	64	6	630	Nuts, Wheat	N
Crispy Chicken Salad	Recipe	1 each	481	25	8	35	4	798	Milk, Soy, Wheat	N
Veggie Salad	Recipe	1 each	520	24	15.4	62	5.4	776	Wheat, Eggs, milk	N
Veggie Protein Box	Recipe	1 each	610	31	12.5	58	10.3	660	Wheat, Milk,soy ,egg	N
Deli Turkey Sandwich	Recipe	1 each	190	7	0	20	5	190	Wheat, Milk, Soy	N
Fruit Protein Box	Recipe	1 each	715	16	6	450	122	23.9	Wheat, Milk,soy ,egg	N
FF Chocolate Milk		1 each	120	0		20	0	180	Milk	Y
1% Lowfat White		1 each	110	2.5	1.5	13	0	130	Milk	Y
Fat-Free White		1 each	90	0		13	0	130	Milk	Y

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2017-2018 Lunch Nutrition: MIDDLE SCHOOLS

BLUE WEEK LUNCH

Friday

Primo Pizza	667772	1 each	370	15	7	36	3	500	Milk, Wheat, Soy	N
Pepperoni (Beef) Calzone	135191	1 each	280	11	6	31	2	600	Milk Soy Wheat	N
Uncrustable (PBJ)	516761	1 each	630	33	7	64	6	630	Nuts, Wheat	N
Crispy Chicken Salad	Recipe	1 each	481	25	8	35	4	798	Milk, Soy, Wheat	N
Veggie Salad	Recipe	1 each	520	24	15.4	62	5.4	776	Wheat, Eggs, milk	N
Veggie Protein Box	Recipe	1 each	610	31	12.5	58	10.3	660	Wheat, Milk,soy ,egg	N
Deli Turkey Sandwich	Recipe	1 each	190	7	0	20	5	190	Wheat, Milk, Soy	N
Fruit Protein Box	Recipe	1 each	715	16	6	450	122	23.9	Wheat, Milk,soy ,egg	N
FF Chocolate Milk		1 each	120	0		20	0	180	Milk	Y
1% Lowfat White		1 each	110	2.5	1.5	13	0	130	Milk	Y
Fat-Free White		1 each	90	0		13	0	130	Milk	Y

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2017-2018 Lunch Nutrition: MIDDLE SCHOOLS

GREEN WEEK LUNCH

Food Items	Item Code	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)	Common Allergens Present	Gluten Free?
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Monday

Hot Dog	471350	1 each	170	16	6	1	0	280	No known allergens	Y
Hot Dog Bun	Am 2918	1 each	110	1.5	0	20	3	200	Wheat	N
Chicken Tenders	740820	3 each	285	13.5	2.25	16.5	1.5	465	Soy, Wheat	N
Waffle Fries	201103	1/2 c	1708	8	1	23	2	500	Wheat	N
Uncrustable (PBJ)	516761	1 each	630	33	7	64	6	630	Nuts, Wheat	N
Crispy Chicken Salad	Recipe	1 each	481	25	8	35	4	798	Milk, Soy, Wheat	N
Veggie Salad	Recipe	1 each	520	24	15.4	62	5.4	776	Wheat, Eggs, milk	N
Veggie Protein Box	Recipe	1 each	610	31	12.5	58	10.3	660	Wheat, Milk,soy ,egg	N
Deli Turkey Sandwich	Recipe	1 each	190	7	0	20	5	190	Wheat, Milk, Soy	N
Fruit Protein Box	Recipe	1 each	715	16	6	450	122	23.9	Wheat, Milk,soy ,egg	N
FF Chocolate Milk		1 each	120	0		20	0	180	Milk	Y
1% Lowfat White		1 each	110	2.5	1.5	13	0	130	Milk	Y
Fat-Free White		1 each	90	0		13	0	130	Milk	Y

Tuesday

Chicken Smackers	536620	10 each	270	13	3	20	3	590	Milk, Soy, Wheat	N
Belgian Waffle	206602	2 each	140	2	0	27	2	250	Milk, Soy, Eggs, Wheat	N
Bosco Sticks with	235411	2 each	280	10	6	30	2	420	Wheat, Milk	N
Marinara Cup	677721	1 each	40	1	0	8	1	230	No known allergens	Y
Uncrustable (PBJ)	516761	1 each	630	33	7	64	6	630	Nuts, Wheat	N
Crispy Chicken Salad	Recipe	1 each	481	25	8	35	4	798	Milk, Soy, Wheat	N
Veggie Salad	Recipe	1 each	520	24	15.4	62	5.4	776	Wheat, Eggs, milk	N
Veggie Protein Box	Recipe	1 each	610	31	12.5	58	10.3	660	Wheat, Milk,soy ,egg	N
Deli Turkey Sandwich	Recipe	1 each	190	7	0	20	5	190	Wheat, Milk, Soy	N
Fruit Protein Box	Recipe	1 each	715	16	6	450	122	23.9	Wheat, Milk,soy ,egg	N
FF Chocolate Milk		1 each	120	0		20	0	180	Milk	Y
1% Lowfat White		1 each	110	2.5	1.5	13	0	130	Milk	Y
Fat-Free White		1 each	90	0		13	0	130	Milk	Y

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Wednesday										
Grilled Cheese Panini	Recipe	1 each	357	18	10	31	3	600	Milk, Wheat, Soy	N
Chicken Parm Bowl	Recipe	1 each	513	14.46	3.41	58.89	6.56	766.12	Milk, Wheat, Soy	N
Uncrustable (PBJ)	516761	1 each	630	33	7	64	6	630	Nuts, Wheat	N
Crispy Chicken Salad	Recipe	1 each	481	25	8	35	4	798	Milk, Soy, Wheat	N
Veggie Salad	Recipe	1 each	520	24	15.4	62	5.4	776	Wheat, Eggs, milk	N
Veggie Protein Box	Recipe	1 each	610	31	12.5	58	10.3	660	Wheat, Milk,soy ,egg	N
Deli Turkey Sandwich	Recipe	1 each	190	7	0	20	5	190	Wheat, Milk, Soy	N
Fruit Protein Box	Recipe	1 each	715	16	6	450	122	23.9	Wheat, Milk,soy ,egg	N
FF Chocolate Milk		1 each	120	0		20	0	180	Milk	Y
1% Lowfat White		1 each	110	2.5	1.5	13	0	130	Milk	Y
Fat-Free White		1 each	90	0		13	0	130	Milk	Y

Thursday

Baked Rotini	Recipe	7 oz	285	7	3	42	4	196	Wheat, Soy, Milk	N
Garlic Toast	277862	1 each	80	4	1	11	1	150	Wheat, Soy, Milk	N
Buffalo Chicken Pizza	627101	1 slice	390	19	7	35	3	740	Milk Wheat Soy	N
Uncrustable (PBJ)	516761	1 each	630	33	7	64	6	630	Nuts, Wheat	N
Crispy Chicken Salad	Recipe	1 each	481	25	8	35	4	798	Milk, Soy, Wheat	N
Veggie Salad	Recipe	1 each	520	24	15.4	62	5.4	776	Wheat, Eggs, milk	N
Veggie Protein Box	Recipe	1 each	610	31	12.5	58	10.3	660	Wheat, Milk,soy ,egg	N
Deli Turkey Sandwich	Recipe	1 each	190	7	0	20	5	190	Wheat, Milk, Soy	N
Fruit Protein Box	Recipe	1 each	715	16	6	450	122	23.9	Wheat, Milk,soy ,egg	N
FF Chocolate Milk		1 each	120	0		20	0	180	Milk	Y
1% Lowfat White		1 each	110	2.5	1.5	13	0	130	Milk	Y
Fat-Free White		1 each	90	0		13	0	130	Milk	Y

Friday

Pizza Crunchers	143271	4 each	420	20	9	42	4	800	Milk, Wheat	N
General Tso's Chicken	567271	5 oz	280	15	3	13	0	360	Soy, Wheat	N
Rice	722987	1 c	205	0	0	44.5	0.6	0	None	Y
Un crustable (PBJ)	516761	1 each	630	33	7	64	6	630	Nuts, Wheat	N
Crispy Chicken Salad	Recipe	1 each	481	25	8	35	4	798	Milk, Soy, Wheat	N
Veggie Salad	Recipe	1 each	520	24	15.4	62	5.4	776	Wheat, Eggs, milk	N
Veggie Protein Box	Recipe	1 each	610	31	12.5	58	10.3	660	Wheat, Milk,soy ,egg	N
Deli Turkey Sandwich	Recipe	1 each	190	7	0	20	5	190	Wheat, Milk, Soy	N
Fruit Protein Box	Recipe	1 each	715	16	6	450	122	23.9	Wheat, Milk,soy ,egg	N
FF Chocolate Milk		1 each	120	0		20	0	180	Milk	Y
1% Lowfat White		1 each	110	2.5	1.5	13	0	130	Milk	Y
Fat-Free White		1 each	90	0		13	0	130	Milk	Y

RED WEEK LUNCH

Food Items	Item Code	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)	Common Allergens Present	Gluten Free?
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Monday

Chicken Drumstick	603391	1 each	190	11	3	5	1	450	Wheat	N
Cheddar Jack Burger	NK 158	1 each	419	21	9	29	2	419	Milk, Wheat	N
Uncrustable (PBJ)	516761	1 each	630	33	7	64	6	630	Nuts, Wheat	N
Crispy Chicken Salad	Recipe	1 each	481	25	8	35	4	798	Milk, Soy, Wheat	N
Veggie Salad	Recipe	1 each	520	24	15.4	62	5.4	776	Wheat, Eggs, milk	N
Veggie Protein Box	Recipe	1 each	610	31	12.5	58	10.3	660	Wheat, Milk,soy ,egg	N
Deli Turkey Sandwich	Recipe	1 each	190	7	0	20	5	190	Wheat, Milk, Soy	N
Fruit Protein Box	Recipe	1 each	715	16	6	450	122	23.9	Wheat, Milk,soy ,egg	N
FF Chocolate Milk		1 each	120	0		20	0	180	Milk	Y
1% Lowfat White		1 each	110	2.5	1.5	13	0	130	Milk	Y
Fat-Free White		1 each	90	0		13	0	130	Milk	Y

Tuesday

Sausage Biscuit:										
Sausage	785880	1 each	120	10	3.5	1	0	170	No known allergens	Y
Biscuit	686020	1 each	120	5	6	18	0	410	Milk, Wheat, Soy	N
Cheese	722360	1 each	35	2	1.5	2	0	210	Milk	Y
Bosco Sticks with	235411	2 each	280	10	6	30	2	420	Wheat, Milk	N
Marinara Cup	677721	1 each	40	1	0	8	1	230	No known allergens	Y
Uncrustable (PBJ)	516761	1 each	630	33	7	64	6	630	Nuts, Wheat	N
Crispy Chicken Salad	Recipe	1 each	481	25	8	35	4	798	Milk, Soy, Wheat	N
Veggie Salad	Recipe	1 each	520	24	15.4	62	5.4	776	Wheat, Eggs, milk	N
Veggie Protein Box	Recipe	1 each	610	31	12.5	58	10.3	660	Wheat, Milk,soy ,egg	N
Deli Turkey Sandwich	Recipe	1 each	190	7	0	20	5	190	Wheat, Milk, Soy	N
Fruit Protein Box	Recipe	1 each	715	16	6	450	122	23.9	Wheat, Milk,soy ,egg	N
FF Chocolate Milk		1 each	120	0		20	0	180	Milk	Y
1% Lowfat White		1 each	110	2.5	1.5	13	0	130	Milk	Y
Fat-Free White		1 each	90	0		13	0	130	Milk	Y

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Wednesday											
Popcorn Chicken Bowl											
Chicken Smackers	536620	10 each	270	13	3	20	3	590	Milk, Soy, Wheat	N	
Mashed Potatoes	613738	1/2c	70	0	0	14	1	310	Milk	Y	
Corn	610782	1/4 c	35	0	0	8	1	0	No known Allergens	Y	
Cheese	150250	1/2 oz	55	5	3	1	0	95	Milk	Y	
Gravy	552061	1 fl. Oz	20	1	0	3	0	65	Milk, Soy, Wheat, Eggs	N	
Boneless Chicken Wings	561301	5 each	200	9	2	13	3	330	Wheat, Soy	N	
Roll	AM4372	1 each	100	2	0	19	2	125	Wheat	N	
Uncrustable (PBJ)	516761	1 each	630	33	7	64	6	630	Nuts, Wheat	N	
Crispy Chicken Salad	Recipe	1 each	481	25	8	35	4	798	Milk, Soy, Wheat	N	
Veggie Salad	Recipe	1 each	520	24	15.4	62	5.4	776	Wheat, Eggs, milk	N	
Veggie Protein Box	Recipe	1 each	610	31	12.5	58	10.3	660	Wheat, Milk,soy ,egg	N	
Deli Turkey Sandwich	Recipe	1 each	190	7	0	20	5	190	Wheat, Milk, Soy	N	
Fruit Protein Box	Recipe	1 each	715	16	6	450	122	23.9	Wheat, Milk,soy ,egg	N	
FF Chocolate Milk		1 each	120	0		20	0	180	Milk	Y	
1% Lowfat White		1 each	110	2.5	1.5	13	0	130	Milk	Y	
Fat-Free White		1 each	90	0		13	0	130	Milk	Y	

Thursday

Mini Quesadillas, Cheese	198961	3 each	260	10	2.5	30	3	600	Wheat, Soy	N	
Nacho Grande Bowl											
Beef Taco Meat	722330	3.2 oz	111	5	1.8	5	2	292	Soy	Y	
Jalapeno Cheese Sauce	135271	1.0 oz	43	3	2	1.3	0	183	Milk, Soy	Y	
Tortilla Chips	163020	2 oz	300	12	2	42	4	150	No known allergens	Y	
Uncrustable (PBJ)	516761	1 each	630	33	7	64	6	630	Nuts, Wheat	N	
Crispy Chicken Salad	Recipe	1 each	481	25	8	35	4	798	Milk, Soy, Wheat	N	
Veggie Salad	Recipe	1 each	520	24	15.4	62	5.4	776	Wheat, Eggs, milk	N	
Veggie Protein Box	Recipe	1 each	610	31	12.5	58	10.3	660	Wheat, Milk,soy ,egg	N	
Deli Turkey Sandwich	Recipe	1 each	190	7	0	20	5	190	Wheat, Milk, Soy	N	
Fruit Protein Box	Recipe	1 each	715	16	6	450	122	23.9	Wheat, Milk,soy ,egg	N	
FF Chocolate Milk		1 each	120	0		20	0	180	Milk	Y	

1% Lowfat White		1 each	110	2.5	1.5	13	0	130	Milk	Y
Fat-Free White		1 each	90	0		13	0	130	Milk	Y

RED WEEK LUNCH

Food Items	Item Code	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)	Common Allergens Present	Gluten Free?
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Friday

Dominos	8 cut	1 each	260	7	3.5	29	3	540	Milk, Soy, Wheat	N
Homemade Lasagna	NK30	1 piece	383	15	8	31	3	608	Milk, Wheat	N
Uncrustable (PBJ)	516761	1 each	630	33	7	64	6	630	Nuts, Wheat	N
Crispy Chicken Salad	Recipe	1 each	481	25	8	35	4	798	Milk, Soy, Wheat	N
Veggie Salad	Recipe	1 each	520	24	15.4	62	5.4	776	Wheat, Eggs, milk	N
Veggie Protein Box	Recipe	1 each	610	31	12.5	58	10.3	660	Wheat, Milk,soy ,egg	N
Deli Turkey Sandwich	Recipe	1 each	190	7	0	20	5	190	Wheat, Milk, Soy	N
Fruit Protein Box	Recipe	1 each	715	16	6	450	122	23.9	Wheat, Milk,soy ,egg	N
FF Chocolate Milk		1 each	120	0		20	0	180	Milk	Y
1% Lowfat White		1 each	110	2.5	1.5	13	0	130	Milk	Y
Fat-Free White		1 each	90	0		13	0	130	Milk	Y

Breakfast

Food Items	Item Code	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)	Common Allergens Present	Gluten Free?
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Bosco Pizza Bread Stick	518691	1 each	240	9	4.5	29	3	500	Milk, Wheat	
Ultimate Breakfast Round	129001	1 each	280	8	3	44	6	190	Egg, milk, wheat, Soy	N
Breakfast Pizza	659981	1 each	240	7	2.5	31	3	490	Milk, Wheat, Soy	N
Dutch Waffle, Whole Grain	607351	1 each	330	13	3	50.5	3	350	Egg, Milk, Soy, Wheat	N
Glazed Donut, Whole Grain	556582	1 each	351	16	7	48	3	300	Milk, Soy, Wheat	N
Cinnamon Toast Crunch	365790	1 each	110	3	0.5	22	3	160	Wheat, Soy	N
Lucky Charms	265811	1 each	110	1	0	23	2	180	None	Y
Apple Cinnamon Cherrios	266052	1 each	100	1.5	0	22	2	110	None	y
Orange Juice Cup	118930	1 each	60	0	0	13	0	0	None	Y
Apple Juice Cup	118921	1 each	50	0	0	13	0	0	None	Y
Grape Juice Cup	118940	1 each	80	0	0	19	0	0	None	Y
Tru-Moo Choc Fat-Free Milk		1 each	120	0		20	0	125	Milk	Y
1% Lowfat White- Dean's (pink)		1 each	110	2.5		13	0	130	Milk	Y
Fat-Free White- Dean's (blue)		1 each	90	0		13	0	130	Milk	Y

2017-18

HARVEST BAR OPTIONS (Included with all Lunch and Grab 'n Go Entrees)

Food Items	Item Code	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)	Common Allergens Present	Gluten Free?
Romaine Salad	NK 148	1/2 cup	6	0	0	1	0.5	0	No known allergens	Y
Apples	742300	1 each	70	0	0	19	3	0	No known allergens	Y
Apples Golden	702541	1 each	70	0	0	19	3	0	No known allergens	Y
Apple Slices	473171	1 pkg	28.5	0	0	7	1.7	2.9	No known allergens	Y
Bacon Bits		.25 oz	35	2	1	0	0	160	No known allergens	
Banana	197769	1 each	105	0.4	0.1	27	3.1	1.2	No known allergens	Y
Black Beans	231981	1/4 cup	60	0.25	0	11.5	3	140	No known allergens	Y
Celery	781592	1/2 cup	7.5	0	0	2	1	50	No known allergens	Y
Cucumbers	198587	1/2 cup	4	0	0	1	0	0	No known allergens	Y
Fresh Broccoli	732451	1/2 cup	15	0.2	0	3	1.1	14.5	No known allergens	Y
Fresh Carrots	510637	1/2 cup	52	0	0	12	4	88	No known allergens	Y
Frozen Strawberries	293393	1/2 cup	100	0	0	25	1.3	0	No known allergens	Y
Fruitable- Reg	272122	1 each	60	0	0	14	0	15	No known allergens	Y
Garbanzo Beans	597991	0.25	0.5	0	1	9.5	2	70	No known allergens	Y
Grape Tomato	129631	1/2 cup	18	0	0	6	0	6	No known allergens	Y
Grapes	280895	1/2 cup	60	0	0	15	0.66	10	No known allergens	Y
Green Peppers	198757	1/2 cup	15	0	0	3.5	1.5	0	No known allergens	Y
Hummus	591582	2 oz	120	4	na	6	2	180	No known allergens	Y
Juice	698261	1 each	40	0	0	9	0	10	No known allergens	Y
Mandarin Oranges	612448	1/2 cup	60	0	0	14	0	10	No known allergens	Y
Michigan Fruit Blend	222300	1/2 cup	50	0	0	12	1	15	No known allergens	Y
Orange	198021	1 each	80	0	0	21	7	0	No known allergens	Y
Peaches	256760	1/2 cup	50	0	0	14	1	5	No known allergens	Y
Pickle Spears	107352	2 each	0	0	0	0	0	210	No known allergens	Y
Pickled Jalapenos	499943	1 oz	5	0	0	1	1	280	No known allergens	Y
Pico de Gallo	NK 171	1/4 cup	12	0	0	2.9	0.7	39.6	No known allergens	Y
Pineapple	189979	1/2 cup	75	0	0	20	1	1.2	No known allergens	Y
Red Peppers	560715	1/2c	20	0	0	4.5	1.5	0	No known allergens	Y

Salsa	452841	1/4 cup	20	0	0	4	2	140	No known allergens	Y
Strawberries	212768	1/2 cup	25	0	0	5.5	3	0	No known allergens	Y
Sugar Snap Peas	778214	1/2 cup	12.6	0	0	2.6	1	0	No known allergens	Y
Whole Grain Roll	AM 4372	1 each	100	1.5	0	19	2	125	Wheat	N
Ketchup	819492	1 T	20	0	0	5	0	160	No known allergens	Y
Mustard packet	109908	1 each	0	0	0	0	0	65	No known allergens	Y
Mayo- Lite packet	188741	1 each	50	4.5	0.5	2	0	70	Eggs	Y
Ranch Dressing	676210	2 T	160	17	3	1	0	240	Eggs, Milk, Soy	Y
Syrup	160090	1 each	120	0	0	31	0	0	No known allergens	Y
Salsa Cup	677802	1 each	30	0	0	6	0	210	No known allergens	Y
Parmesan Cheese	445401	1 T	20	2	1	0	0	70	Milk	Y
Hot Sauce- Chamula	204850	1 t	0	0	0	0	0	80	No known allergens	Y
BBQ Sauce	664950	2 T	40	0	0	9	0	390	No known allergens	Y