

Elementary breakfast entrees	Portion Size	CHO	Peanuts	Nuts	Fish	Seafood	Egg	Soy	Dairy	Wheat/Gluten	Components	Other	
Bacon, turkey	17.9 gm. / slice	0									0.25 sub		271106
Bagel with cream cheese		17							x	x	1 WGR		
Mini Bagel	1 oz.	15								x	1 WGR	barley, yeast	30374
Light Cream Cheese	1 oz.	2							x				10959
BARS: Benefit banana choc chunk	2.5 oz.	48					x	x	x	x	2 WGR	oats, chocolate, banana	40402
Benefit oatmeal choc chip	2.5 oz.	47					x	x	x	x	2 WGR	oats, chocolate	40401
UBR	2.2 oz.	44					x	x	x	x	2 WGR	oats, cinnamon made in peanut/nut free facility	13826
ZeeZee cocoa cherry	1.8 oz.	33						x		x	1 WGR	corn, oats, raisin, cocoa made in peanut/nut free facility	ZCH 100
Nutrigrain	44 gm.	30						x	x	x	1 WGR	oats, strawberry, corn	38000 59772
Breakfast, burrito bean	3.95 oz.	33						x	x	x	1.5WGR 1.5Sub		
Breakfast Bread, pumpkin	3.4 oz.	47					x	x	x	x	2 WGR	barley, pumpkin, cinnamon, cloves, rice	WBSPK270
Breakfast Burrito, Cheese & Egg MCI	3.75 oz.	29					x		x	x	1.75 WGR 1 Sub	corn, tomato, chilis, onion, garlic, yeast	98334
*Breakfast Empanada	3 oz.	21					x	x	x	x	1 WGR 1 Sub	pork, barley, corn, tomato, yeast, onion	856
Breakfast Pizza Tony's turkey	3.31 oz.	27						x	x	x	1.5 WGR 1 Sub	corn, barley, yeast, garlic	63912
Breakfast Sandwich turkey ham R&S	4.6 oz.	28					x	x	x	x	1.75 WGR 2 Sub	corn, yeast	SSU248WC
Cereal: Bowl Packs (average)													
Cheerios	28 grams	21									1 WGR	corn, oats	32262000
Honey Nut Cheerios	28 grams	22		x							1 WGR	almond, corn, honey	11988
Honey Nut Chex	31 grams	27		x							1 WGR	almond, corn, honey	11866
Red Sugar Cinnamon Toast Crunch	28 grams	22						x		x	1 WGR	rice, cinnamon	29444
Red Sugar Cocoa Puffs	30 grams	25									1 WGR	corn, rice, cocoa	31888
Rice Krispies with WG Brown Rice	28 grams	23									1 WGR	rice	78789
Red Sugar Trix	28 grams	24									1 WGR	rice, corn	31922
French Toast Sticks	2 sticks (85 gm)	38					x	x	x	x	2 WGR	barley, corn, yeast, cinnamon	449
Funnel Cake "Spider Web"	5"	45					x	x	x	x	2 WGR		4508
Mini, Cinnis	2.29 oz.	40							x	x	2 WGR	barley, yeast, cinnamon	336869
Mini Muffin, Banana	1.9 oz.	20					x	x	x	x	1 WGR	banana	WG 381
Mini Muffin, Blueberry	1.9 oz.	20					x	x	x	x	1 WGR	blueberry, applesauce	WG 380
Mini Muffin, Double Chocolate	1.9 oz.	20					x	x	x	x	1 WGR	chocolate, applesauce	WG 370
Mini Muffin, Apple Cinnamon	1.9 oz.	20					x	x	x	x	1 WGR	cinnamon, applesauce	WG 382
Mini Pancakes	3.17 oz.	37					x		x	x	2 WGR	rice, corn	137732000
Pan Dulce	2.25 oz.	34					x	x		x	2 WGR	barley, yeast, cinnamon	1450
String Cheese	1 oz.	2							x		1 Sub		59701
Super Donut Plus/Super Power Ring	3 oz.	38					x	x	x	x	2 WGR	barley	19000
Twin Bars	2.65 oz.	43					x	x	x	x	2 WGR	corn, potato	WG 1001
Yogurt, small Strawberry Upstate	4 oz.	19							x		1 Sub		9815
Fieldstone Granola Bag	1 oz.	20		/				x	/	x	1 WGR	oats, rice May contain tree nuts and milk.	
PopTart, Whole grain	single bar	30						x	x	x	1 WGR	oats, corn	

Previously used Elementary breakfast items	Portion Size	CHO	Peanuts	Nuts	Fish	Seafood	Egg	Soy	Dairy	Wheat/Gluten	Components	Other
Breakfast Bowl aka PowerUp Bowl	tray	23					x	x	x		1WGR 2Sub	
Rice, Cooked	#8 scoop	22									1 WGR	
Egg, scrambled	3 TBSP	1					x	x			1 Sub	
Turkey Sausage	1 oz. link	0									1 Sub	
Cheese	sprinkle	0							x			
Breakfast Breads: zucchini	3.4 oz.	43					x	x		x	2 WGR	
banana	3.4 oz.	44					x	x		x	2 WGR	banana
pumpkin	3.4 oz.	43					x	x		x	2 WGR	cinnamon
honey loaf	2.25 oz.	31					x	x	x	x	2 WGR	honey
pineapple loaf	2.2 oz.	31					x	x	x	x	2 WGR	
Breakfast Tornado	79 gm.	22					x	x	x	x	1.25WGR .75Sub	
Breakfast Wrap	3.1 oz.	14					x	x	x	x	1WGR 2 Sub	
Burrito, Breakfast bean	3.95 oz.	33						x	x	x	1.5 WGR 1.5 Sub	
Burrito, Chorizo	2.5 oz.	16					x	x	x	x	1WGR 1Sub	
Cereal: Bowl Packs (average)												
Apple Jacks	28 grams	24						x		x	1 WGR	corn, cinnamon
Froot Loops	28 grams	24						x		x	1 WGR	corn
Cinnamon Flakes Multigrain RS	28 grams	24						x		x	1 WGR	corn, cinnamon
Frosted Mini Wheats Bite Size	28 grams	24								x	1 WGR	
Mini Wheats Chocolate Little Bites	28 grams	23						x		x	1 WGR	chocolate
Cinnamon roll	package	40							x	x	2 WGR	cinnamon
Crumb Cake, breakfast	3 oz.	47					x	x	x	x	2 WGR	made in peanut free facility
French Toast with Sausage		29					x	x		x	1 WGR 1 Sub	cinnamon
French Toast Sticks	Sunny Fresh	29					x			x	2 WGR	cinnamon
Turkey Sausage	1 oz. link	0									1 Sub	
Pancakes	(2) 1.2 oz.	24					x		x	x	1.5 WGR	
Pancakes and Sausage	tray	24					x		x	x	1.5 WGR 1 Sub	
Pancakes	(2) 1.2 oz.	24					x		x	x	1.5 WGR	
Turkey Sausage	1 oz. link	0									1 Sub	
Pancake Breakfast taco	tray	25					x		x	x	1.5 WGR 2 Sub	
Pancakes	(2) 1.2 oz.	24					x		x	x	1.5 WGR	
Egg, scrambled	3 TBSP	1					x				1 Sub	
Turkey Sausage	1 oz. link	0									1 Sub	
Pancake on a Stick	2.67 oz.	18					x	x		x	1 WGR 1 Sub	
Eggy Ham Sandwich	each	26					x	x	x	x	2 WGR 2.5 Sub	
Egg Patty	1.5 oz.	1					x	x			1.5 Sub	
Canadian Bacon	.76 oz. slice	0									.5 Sub	turkey
American Cheese Slice	1/2 oz. slice	1						x	x		.5 Sub	
English Muffin	3.5 "	24								x	2 WGR	corn
Granola	1 oz. bag	20						x		x	1 WGR	may have traces of nuts,egg,milk,cinnamon
Mini Waffles Eggo Bites	75 gm.	35					x	x	x	x	2 WGR	

Middle/High School breakfast entrees	Portion Size	CHO	Peanuts	Nuts	Fish	Seafood	Egg	Soy	Dairy	Wheat/Glute	Components	Other
Bagel with cream cheese	each	45							x	x	3 WGR	barley, yeast
Bagel, white wheat	3 oz.	44								x	3 WGR	barley, yeast
Light Cream Cheese	1 oz.	1							x			
Bar: Benefit banana chocolate ch	2.5 oz.	48					x	x	x	x	2 WGR	oats, chocolate, banana
Benefit oatmeal choc chip	2.5 oz.	47					x	x	x	x	2 WGR	oats, chocolate
UBR	2.2 oz.	44					x	x	x	x	2 WGR	oats, cinnamon made in peanut/nut free facility
Breakfast Pizza Tony's	3.31 oz.	27						x	x	x	1.5 WGR 1 Sub	corn
Burrito, Breakfast egg and cheese	3.75 oz.	29					x		x	x	1.75 WGR 1 Sub	
Cinni Minis Pillsbury	package	40							x	x	2 WGR	barley, corn, cinnamon
Mexican Bread AKA Pan Dulce	2.25 oz.	34					x	x		x	2 WGR	yeast, barley, cinnamon
Mini Muffin: banana	1.9 oz.	20					x	x	x	x	1 WGR	banana
blueberry	1.9 oz.	20					x	x	x	x	1 WGR	blueberry
chocolate chip	1.9 oz.	20					x	x	x	x	1 WGR	chocolate
apple cinnamon	1.9 oz.	20					x	x	x	x	1 WGR	cinnamon
Mini Pancakes, Banana	3 oz.	37					x	x	x	x	2 WGR	Made in peanut & nut free facility.
Super Donut Plus/Super Power Ring	3 oz.	38					x	x	x	x	2 WGR	
Yogurt, parfait homemade	each	39						x	x	x	1 WGR 1 Sub	may contain some wheat and nuts from packaging facility for granola
Yogurt, vanilla	4 oz. #8 scoop	16							x		1 Sub	
Strawberries	3 medium	3										
Granola	1 oz.	20						x		x	1 WGR	packaged in a facility that packs nuts and dairy items
Cereal: Bowl Packs (average)												
Red Sugar Cinnamon Toast Crunch	28 grams	22						x		x	1 WGR	rice, cinnamon
Honey Nut Cheerios	28 grams	22		x						x	1 WGR	oats, rice, almond
Golden Grahams	28 grams	24								x	1 WGR	rice, corn
Frosted Mini Wheats Bite Size	28 grams	24								x	1 WGR	

Middle/High School breakfast entrees	Portion Size	CHO	Peanuts	Nuts	Fish	Seafood	Egg	Soy	Dairy	Wheat/Gluten	Components	Other
Bacon, turkey	15 gm. / slice	0									0.5 Sub	
Bagel with cream cheese	each	45							x	x	3 WGR	yeast
Bagel, white wheat	3 oz.	44								x	3 WGR	yeast
Light Cream Cheese	1 oz.	1							x			
Bar: Benefit banana chocolate chunk	2.5 oz.	48					x	x	x	x	2 WGR	oats, chocolate, banana
Benefit oatmeal choc chip	2.5 oz.	47					x	x	x	x	2 WGR	oats, chocolate
UBR	2.2 oz.	44					x	x	x	x	2 WGR	oats, cinnamon made in peanut/nut free facility
ZZ oatmeal	2.2 oz.	39						x		x	1 WGR	oats, corn, potato, may be processed with nuts, but not peanuts
ZZ cocoa cherry	2.2 oz.	38						x		x	2 WGR	oats, corn, potato, may be processed with nuts, but not peanuts
Breakfast Bowl aka PowerUp Bowl	tray	23					x	x	x		1 WGR 2 Sub	
Rice, Cooked	#8 scoop	22									1 WGR	
Egg, scrambled	3 TBSP	1					x	x			1 Sub	
Turkey Sausage	1 oz. link	0									1 Sub	
Cheese	sprinkle	0							x			
Breakfast Breads: zucchini	3.4 oz.	43					x	x		x	2 WGR	
banana	3.4 oz.	44					x	x		x	2 WGR	
pumpkin	3.4 oz.	43					x	x		x	2 WGR	cinnamon
honey loaf	2.25 oz.	31					x	x	x	x	2 WGR	honey
pineapple loaf	2.2 oz.	31					x	x	x	x	2 WGR	
Breakfast Pizza Tony's	3.31 oz.	27						x	x	x	1.5 WGR 1 Sub	corn
Breakfast Taco	3.1 oz.	13					x		x	x	1 WGR 2 Sub	
Breakfast Tornado	79 gm.	22					x	x	x	x	1.25 WGR 0.75 Sub	
Breakfast Wrap	3.1 oz.	14					x	x	x	x	1WGR 2 Sub	
Burrito, Breakfast egg and cheese	3.75 oz.	29					x		x	x	1.75 WGR 1 Sub	
Burrito, Breakfast bean	3.95 oz.	33						x	x	x	1.5 WGR 1.5 Sub	
Cereal: Bowl Packs (average)												
Apple Jacks	28 grams	24						x		x	1 WGR	corn, cinnamon
Froot Loops	28 grams	24						x		x	1 WGR	corn
Cinnamon Toast Crunch	28 grams	22						x		x	1 WGR	cinnamon
Trix RS	28 grams	24									1 WGR	corn
Cheerios	28 grams	21									1 WGR	oats
Multigrain Cheerios	28 grams	23									1 WGR	corn
Honey Nut Cheerios	28 grams	22		x						x	1 WGR	almond
Honey Nut Chex	31 grams	27		x							1 WGR	corn, almond
Cinnamon Flakes Multigrain RS	28 grams	24						x		x	1 WGR	corn, cinnamon
Golden Grahams	28 grams	24								x	1 WGR	corn
Frosted Mini Wheats Bite Size	28 grams	24								x	1 WGR	
Mini Wheats Chocolate Little Bites	28 grams	23						x		x	1 WGR	chocolate
Rice Krispies with WG Brown Rice	28 grams	23									1 WGR	

Middle/High School breakfast entrees	Portion Size	CHO	Peanuts	Nuts	Fish	Seafood	Egg	Soy	Dairy	Wheat/Gluten	Components	Other
Cinni Minis Pillsbury	package	40							x	x	2 WGR	cinnamon
Crumb Cake, breakfast	3 oz.	47					X	X	X	X	2 WGR	made in peanut free facility
Eggy Ham Sandwich	each	26					x	x	x	x	2 WGR 2.5 Sub	
Egg Patty	1.5 oz.	1					x	x			1.5 Sub	
Canadian Bacon	.76 oz. slice	0									.5 Sub	turkey
American Cheese Slice	1/2 oz. slice	1						x	x		.5 Sub	
English Muffin	3.5 "	24								x	2 WGR	corn
French Toast with Sausage	tray	29					x	x	x	x	2 WGR 1 Sub	barley, corn, yeast, cinnamon
French Toast Sticks	2 sticks (85 gm)	38					x	x	x	x	2 WGR	barley, corn, yeast, cinnamon
Turkey Sausage	1.025oz. link	0									1 Sub	JenniO
Funnel Cake "Spider Web"	5"	43					x	x	x	x	2 WGR	cinnamon
Mexican Bread AKA Pan Dulce	2.25 oz.	34					x	x	x	x	2 WGR	yeast, barley, cinnamon
Mini Waffles Eggo Bites	75 gm.	35					x	x	x	x	2 WGR	
Mini Muffin:												
banana	1.9 oz.	20					x	x	x	x	1 WGR	banana
blueberry	1.9 oz.	20					x	x	x	x	1 WGR	blueberry
chocolate chip	1.9 oz.	20					x	x	x	x	1 WGR	chocolate
carrot	2 oz.	42					x	x	x	x	2 WGR	
Pancakes	(2) 1.2 oz.	24					x		x	x	1.5 WGR	
Mini Pancakes, Banana	3 oz.	37					x	x	x	x	2 WGR	Made in peanut & nut free facility.
Pancakes and Sausage	tray	24					x		x	x	1.5 WGR 1 Sub	
Pancakes	(2) 1.2 oz.	24					x		x	x	1.5 WGR	
Turkey Sausage	1 oz. link	0									1 Sub	
Pancake Breakfast taco	tray	25					x		x	x	1.5 WGR 2 Sub	
Pancakes	(2) 1.2 oz.	24					x		x	x	1.5 WGR	
Egg, scrambled	3 TBSP	1					x				1 Sub	
Turkey Sausage	1 oz. link	0									1 Sub	
Pancake on a Stick	2.67 oz.	18					x	x		x	1 WGR 1 Sub	
Peanut butter & Jelly Graham Slam	2.3 oz.	31	x					x		x	1 WGR 1 Sub	
String Cheese	1 oz.	1							x		1 Sub	
Super Donut Plus/Super Power Ring	3 oz.	38					x	x	x	x	2 WGR	
Twin Bars	2.65 oz.	43					x	x	x	x	2 WGR	
Yogurt, parfait homemade	each	39					x	x	x	x	1 WGR 1 Sub	may contain some wheat and nuts from packaging facility for granola
Yogurt, vanilla	4 oz. #8 scoop	16							x		1 Sub	
Strawberries	3 medium	3										
Granola	1 oz.	20					x		x	x	1 WGR	packaged in a facility that packs nuts and dairy items
Yogurt, Yami	4 oz.	22							x		1 Sub	

Elem lunch entrees	Portion Size	CHO	Peanuts	Nuts	Fish	Seafood	Egg	Soy	Dairy	Wheat/Gluten	Components	Other	
Burrito, bean MCI	5.2 oz.	44						x	x	x	2 M/MA 2 WGR	corn, garlic, potato, pea	97576
Chicken Sandwich	each	38						X	X		2 M/MA 3 WGR	barley	
Chicken Patty, Tyson	3.75 oz.	9						x	x		2 M/MA 1WGR	carrot, garlic, onion, yeast	10703020928
Hamburger Bun	59 gm.	29						x	x		2 WGR	barley	112952
Chicken Tenders	(3) 1.41oz.	16						x	x		2 M/MA 1 WGR	carrot, garlic, onion	
Chicken Drumstick Tyson	4.4 oz.	6							x		2M/MA 0.75WGR	corn, garlic, onion, rice, yeast	666010-0928
Corn Dog, Jumbo Don Lee	4 oz.	28					x	x	x	x	2 M/MA 2 WGR	barley, corn, garlic, honey	CN 34072WWG
Double Dogs Michael B's	twin pack	31								x	2 M/MA 2 WGR	barley, potato, corn	DD400
Hamburger	each	30						X	X		2 M/MA 2 WGR	barley, garlic, onion, yeast	
Beef Patty, Don Lee	2.25 oz.	1									2 M/MA	garlic, onion, yeast	CNQ262253
Hamburger Bun	59 gm.	29						x	x		2 WGR	barley	112952
Cheeseburger	each	32						x	x	x	2.5 M/MA 2 WGR	barley, garlic, onion, yeast	
Beef Patty, Don Lee	2.25 oz.	1									2 M/MA	garlic, onion, yeast	CNQ262253
Hamburger Bun	59 gm.	29						x	x		2 WGR	barley	112952
add American Cheese Slice	1/2 oz.	2							x		0.5 M/MA		
Peanut Butter & Jelly Uncrustable	2.6 oz.	32	x							x	1M/MA 1 WGR	barley, yeast	6960
Peanut Butter & Banana Sandwich	2.8 oz.	32	x					x	x		1M/MA 1 WGR	barley, yeast	
Sunbutter & Jelly Sandwich	5.2 oz.	56						X	X		2M/MA 2 WGR	made in peanut & nut free facility	
EZ Jammers Soy butter & Jelly Sandwich, Albie's	4.6 oz.	53					x	x	x		2M/MA 2 WGR	barley, yeast	608
Pepperoni Pinwheel	3.68 oz.	28						x	x	x	2M/MA 2WGR	tomato, barley	
*Pizza, Pocket (Calzone) Albie's	5 oz.	29						x	x	x	2M/MA 2WGR	Pork, beef, barley, corn, garlic, onion, tomato, yeast	829
Pizza, Cheese Galaxy Tony's	4.51 oz.	26						x	x	x	2 M/MA 2 WGR	barley, garlic, onion, tomato, yeast	78366
Pizza, Pepperoni Galaxy Tony's	4.51 oz.	26						x	x	x	2 M/MA 2 WGR	barley, garlic, onion, tomato, yeast	78367
Sandwich, Sub Turkey Deli & cheese R & S	4.9 oz.	32						x	x	x	2 M/MA 2 WGR		TDC336WC
Taco Nada	5 oz.	40						x	x	x	2 M/MA 2.75WGR	corn, garlic, chili pepper, onion, tomato	6TT200
Tamale, Chicken Del Real	5 oz.	26									1.25M/MA 2WGR	corn, garlic, chili sauce, jalapenos	767
Tamale, Chili cheese with added cheese	6 oz.	32						x			1.25 M/MA 2 WGR	corn, garlic	766
Turkey Dinner	8 oz.	21						x	x	x	2 M/MA V Starchy	1/2 cup	
Turkey and gravy #8 scoop	#8 scoop	6						x	x		2 M/MA	Corn, onion, garlic, coconut oil, yeast	780
Mashed Potatoes #8 scoop	#8 scoop	15							x		1/2 cup V Starchy		
Twin Burgers	4.45 OZ.	31						X	X	X	2 M/MA 2WGR		

Previously used Elementary Lunch items	Portion Size	CHO	Peanuts	Nuts	Fish	Seafood	Egg	Soy	Dairy	Wheat/Gluten	Components	Other	
Cheese Enchiladas		43					x	x			2 M/MA 2WGR		
Cheese Enchiladas	(2) 2 oz.	40					x	x			1.5 M/MA 2 WGR	garlic, corn	
Enchilada Sauce, Red	1/4 cup	7					x					garlic, chili	
Cheese, Cheddar shredded	1/2 oz.	0						x			0.5 M/MA		
Cheese Sandwich, Grilled	3.69 oz.	31					x	x	x		2 M/MA 2 WGR		
Chicken Dinosaurs	(3)1.1oz.	15					x	x	x		2 M/MA 1 WGR		
Chicken Sharks	(2)1.5oz.	16					x		x		2 M/MA 1 WGR		
Chicken Rollie Pollies	(5) 0.79oz.	13					x		x		2 M/MA 1 WGR	onion, carrot, celery, garlic	
Chicken Nuggets	5 nuggets	13					x		x		2 M/MA 1 WGR		
Chicken & Waffle Sandwich		38				x	x	x	x		1 M/MA 2.5 WGR		
Chicken tenders	2 each	8					x		x		1 M/MA 0.5 WGR	garlic	
Waffles	2 each	30				x	x	x	x		2 WGR		
Chicken, Rice and Bean Boat		46									2 M/MA 1WGR 1/2 cup V legume		
Chicken Tinga	#8 scoop 4.25oz.	4									2 M/MA	chipotle powder, garlic	
Rice, Cooked	#8 scoop	22									1 WGR		
Beans	# 8 scoop	20									1/2 cup V legume	garlic	
Chili Dog, Integrated	4.5oz.	32					x	x	x		2M/MA 2WGR	barley, corn, garlic, onion, yeast, tomato, rice	C95200
Egg Roll with Rice and Vegetables	tray	50		x		x	x		x		1 M 2 WGR 3/4 cup V other		
Egg Roll, Chicken	3 oz.	20		x		x	x		x		1M/MA 1WGR 1/4 cup V other	onion, garlic, barley, corn, fish sauce	
Rice	#8 scoop	22									1 WGR		
California Blend	#8 scoop	3									1/2 cup V Other		
Fish Sticks Baja Lime Trident brand	(4) 1 oz. sticks	20		x				x	x		2 M/MA 1 WGR	corn, garlic, onion, coconut oil	
Fish Sandwich	each	46		x			x	x	x		2 M/MA 3 WGR	corn	
Fish Patty Neptune	3.6 oz. square	17		x			x	x	x		2 M/MA 1 WGR	corn	
Hamburger Bun	57 gm.	29					x		x		2 WGR		
Ham (turkey) & Cheese Croissant Tasty Brands	4.6 oz.	30				x	x	x	x		2 M/MA 2WGR	barley, corn	
Hot Dog	each	31					x		x		2 M/MA 2WGR		
100% Beef Hot Dog 8/1 Hoffy	2 oz.	2									2 M/MA		
Hot Dog Bun	57 gm.	29					x		x		2 WGR		
Lasagna	roll	30				x	x	x	x		2 M/MA 1 WGR		
Meatball Marinara Sub		45				x	x	x	x		2.5 M/MA 2.25 WGR		
Meatballs Don Lee	(4) .5 oz.	2				x	x				2 M/MA	onion, garlic	
Marinara Sauce	1/2 cup	11										garlic, corn, onion, lemon	
4" Steak Roll	78 gms.	31							x		2.25 WGR		
Mozzerella sliced	1/2 oz.	1						x			0.5 M/MA		
Nachos Supreme		24					x	x			1 M/MA 1/2 cupV legume		
Turkey Taco Filling	2.24 oz.	1					x				1 M/MA	garlic	
LOL Jalepeno Cheese Sauce	#30 scoop	1					x	x				jalapenos	
Refried Beans	#8 scoop	20									1/2 cup V legume	garlic	
Salsa	#30 scoop	2										garlic, onion	
Pizza Nada	4 oz.	32						x	x		1.5 M/MA 2.25 WGR	corn, garlic, onion, tomato, cayenne & bell peppers	6BTP375
Peanut Butter & Jelly Uncrustable	large	5.2 oz.	64	x					x		2M/MA 2 WGR		
Sandwich, Chicken Salad	each	31				x	x		x		2 M/MA 2 WGR		
Chicken Salad	#12 scoop	4				x	x				#12 scoop provides 2.3 oz meat = 2 M/MA		
Bread slices	2 slices	27					x		x		2 WGR		
Sandwich, Chicken & Turkey Ham & cheese Tasty	each	27					x	x	x		2 M/MA 2 WGR		
Sandwich, Tuna Salad	each	31		x		x	x		x		2.5 M/MA 2 WGR		
Tuna Salad	#12 scoop	4		x		x	x				#12 scoop provides 2.52 oz drainedmeat = 2.5 M/MA		
Bread slices	2 slices	27					x		x		2 WGR		

Previously used Elementary Lunch items	Portion Size	CHO	Peanuts	Nuts	Fish	Seafood	EGG	Soy	Dairy	Wheat/Gluten	Components	Other
Spaghetti with Meatballs, homemade	tray	29					x	x	x	x	2 M/MA 1 Grain 1/4 cup V red/orange	
Pasta, spaghetti noodles	1/2 cup	21								x	1 grain	
Sauce, tomato, spaghetti	1/4 cup	5									1/4 cup V red/orange	onion
Meatballs (3) 0.5 oz.		1.7					x	x			1.5 M/MA	onion, garlic
Mozzerella, shredded	.5 oz.	1							x		0.5 M/MA	
Taquitos	2 each	27						x		x	1 M/MA 2 WGR	corn
Teriyaki Dippers with rice & veggies	tray	37						x		x	2M, 1 WGR, 1/2 cup V other	
Teriyaki Dunkers Don Lee (4) 0.75oz.		12						x		x	2 M/MA	corn, garlic, chili pepper, sesame
Rice, Cooked	#8 scoop	22									1 WGR	
Oriental Vegetables	#8 scoop	3									1/2 cup V other	
Turkey and gravy over Mashed potatoes	tray	22						x	x	x	2.25 M, 1/2 cup V other	
Turkey and gravy	#8 scoop	7						x	x	x	2.25 M/MA	garlic, corn
Mashed potatoes	#8 scoop	15								x	1 WGR	

Middle/High School lunch entrees	Portion Size	CHO	Peanuts	Nuts	Fish	Seafood	EBG	Soy	Dairy	Wheat/Gluten	Components	Other	
Burrito, BCR Beans, Cheese, Rice MCI	6.55 oz.	44						x	x	x	2 M/MA 2.25 WGR	garlic, onion, tomato, rice, chilis, peas	
Burrito, Chicken & Rice MCI	5.7 oz.	36						x	x	x	2 M/MA 2 WGR	potato, rice, garlic, onion, yeast, tomato, corn, bell pepper, pea	71261
Burrito, Chicken grilled with cheese	5.7 oz.	36						x	x	x	2 M/MA 2 WGR	potato, rice, tomato, onion, garlic, yeast, corn, bell pepper	71261
Cheese Sandwich, Grilled	3.69 oz.	31						x	x	x	1.5 M/MA 2 WGR		
Chicken Sandwich	each	38						X		X	2 M/MA 3 WGR	barley, yeast	
Crispy Breaded Chicken Filet	3.75 oz.	9						x		x	2 M/MA 1WGR		
Hamburger Bun	59 gm.	29								x	2 WGR	barley, yeast	2176
Chicken Tenders	(3) 1.5 oz.	16						x		x	2 M/MA 1 WGR	carrot, onion, garlic, yeast	
Chicken & Waffle	tray	30					x	x	x	x	2 M/MA 2 WGR	carrot, onion, garlic, yeast	
Chicken tenders	3 each	16						x		x	2 M/MA 1WGR	carrot, onion, garlic, yeast	
Waffle	each	14					x	x	x	x	1 WGR		
Double Dogs Michael B's	twin pack	31								x	2 M/MA 2 WGR	barley, potato, corn	DD400
Empanada, Chicken Enchilada Albie's	5 oz.	32						x	x	x	2 M/MA 2 WGR	barley, yeast, onion, tomato, corn, garlic	860
Hamburger, home cooked	each	29								X	3 M/MA 2 WGR	barley, yeast	
Beef Patty, Flamebroiled	3 oz.	0									3 M/MA		9617
Hamburger Bun	59 gm.	29								x	2 WGR	barley, yeast	2176
Cheeseburger, home cooked	each											barley, yeast	
Same as hamburger above + American Cheese	1/2 oz.	2							x		0.5 M/MA		
Cheeseburger, Classic (wrapped) Don Lee	4.2 oz.	30						x	x	x	2 M/MA 2 WGR	barley, yeast, onion	QCB475
Peanut Butter & Jelly Uncrustable grape large	5.2 oz.	64	x							x	2M/MA 2 WGR		
Peanut Butter & Jelly Uncrustable strawb large	5.2 oz.	64	x							x	2M/MA 2 WGR	strawberry	
Sunbutter & Jelly Sandwich	5.2 oz.	56						X		X	2M/MA 2 WGR	made in peanut & nut free facility	
EZ Jammers Soy butter & Jelly Sandwich, Albie's	4.6 oz.	53					x	x		x	2M/MA 2 WGR	barley	
Pinwheel, Cheese	4.1 oz.	38						x	x	x	2M/MA 2.25 WGR	barley, garlic, onion, tomato, yeast	
Pinwheel, Pepperoni	4.3 oz.	40						x	x	x	2M/MA 2.25 WGR	barley, garlic, onion, tomato, yeast	
Pizza, Cheese Galaxy Tony's	4.46 oz.	26						x	x	x	2 M/MA 2 WGR	barley, garlic, onion, tomato, yeast	
Pizza, Pepperoni Galaxy Tony's	4.46 oz.	26						x	x	x	2 M/MA 2 WGR	barley, garlic, onion, tomato, yeast	
Sandwich, Buffalo Chicken	4.46 oz.	31					x	x	x	x	2 M/MA 2 WGR		
Sandwich, Turkey homemade		29									2 M/MA 2 WGR	barley, yeast	
Turkey, brown	2 steaks	0									2 M/MA		
Hamburger Bun	59 gm.	29								x	2 WGR	barley, yeast	2176
Nada, Pizza	4.5 oz.	32						x	x	x	2 M/MA 2 WGR	corn, garlic, tomato	
Nada, Taco	4.5 oz.	31						x	x	x	2 M/MA 2 WGR	corn, garlic, chili pepper, onion, tomato	
Tamale, Chili cheese	5.3 oz.	27						x	x		2 M/MA 2.25 WGR	corn, garlic, onion, rice, chilis	
Turkey Dinner	8 oz.	21						x	x	x	2 M/MA 1/2 cup V Starchy		
Turkey and gravy	# 8 scoop	6						x		x	2 M/MA	Corn, onion, garlic, coconut oil, yeast	780
Mashed Potatoes	#8 scoop	15							x		1/2 cup V Starchy		
Veggie Burger, Spicy Black Bean	2.9 oz.	15					x	X	X	X	2 M/MA 2WGR		

Salad, Signature Chicken Caesar	tray	37			x		x	x	x	x	2 M/MA 2 WGR 1 1/4 cp V Dk Grn	
Chicken, diced	2.33 oz.	1									2 M/MA	
Salad greens mix	2.5 cups	4									1 1/4 cup V Dk Grn	
Tomatoes, grape	4 each	3										
Cheese, parmesan shredded or shaved	1 oz.	0							X			
Dressing, Caesar, Marzetti	1.5 oz. pouch	2			X		x	x				
Roll, dinner	2 oz.	27						x		X	2 WGR	
Salad, Signature Chef	tray	40					x	x	x	x	3 M/MA 2 WGR 1 1/4 cup V Dk Grn	corn, onion, garlic, yeast
Turkey Ham, diced	1 oz.	0.5									1 M/MA	
Salad greens mix	2.5 cups	4									1 1/4 cup V Dk Grn	
Egg, Hard boiled	whole	0.5									1 M/MA	
Tomatoes, grape	4 each	3										
Broccoli, florets, raw	2 each	1										
Cheese, Cheddar RF shredded	1 oz.	0.5									1 M/MA	
Bacon Bits, Turkey	1/4 oz.	0										
Dressing, Lite Ranch	2 cups (2 Tbsp)	4					x		x			corn, onion, garlic, yeast
Roll, dinner	2 oz.	27						x		X	2 WGR	
Salad, Signature Cobb	tray	41					x	x	x	x	3 M/MA 2 WGR 1 1/4 cup V Dk Grn	corn, onion, garlic, yeast
Turkey, diced	2 oz.	1.5									2 M/MA	
Salad greens mix	2.5 cups	4									1 1/4 cup V Dk Grn	
Egg, Hard boiled	whole	0.5									1 M/MA	
Tomatoes, grape	5 each	3										
Cucumber slices	1 Tbsp	0.5										
Bacon Bits, Turkey	1/4 oz.	0										
Dressing, Lite Ranch	2 cups (2 Tbsp)	4					x		x			corn, onion, garlic, yeast
Roll, dinner	2 oz.	27						x		X	2 WGR	
Salad, Signature Fiesta Taco	tray	56					x	x	x		3M/MA 2WGR 1 1/4 cupV Dk Grn, 1/2 cupV Dk Grn	corn, onion, garlic, yeast
Turkey taco filling	3.5 oz.	3									2 M/MA	
Salad greens mix	2.5 cups	4									1 1/4 cup V Dk Grn	
Tomatoes, grape	5 each	3									1/8 cup V Other	
Cheese, Cheddar RF shredded	1 oz.	0.5							X		1 M/MA	
Bean, Pinto	3/8 cup	11									3/8 cup V Other	
Olive, Black sliced	sprinkle	0										
Dressing, Lite Ranch	2 cups (2 Tbsp)	4					x		x			corn, onion, garlic, yeast
Chips, Tortilla	2 oz. bag	31						x			2 WGR	
Salad, Signature Crunchy Chicken	tray	47					x	x	x	x	2 M/MA 3 WGR 1 3/4 cp V Dk Grn	garlic, onion, red pepper, rice
Chicken Crispy breaded fillet	fillet	9									2 M/MA 1 WGR	
Salad greens mix	2.5 cups	4									1 1/4 cup V Dk Grn	
Cucumber slices	1 Tbsp	0.5									1/8 cup V Other	
Broccoli, florets, raw	3 each	1.5									3/8 cup V Other	
Dressing, LS Buffalo Ranch	1 oz.	5					x		x			garlic, onion, red pepper, rice
Roll, dinner	2 oz.	27						x		X	2 WGR	

Supper entrees	Portion Size	CHO	peanuts	Nuts	Fish	Seafood	Egg	Soy	Dairy	Wheat/Gluten	Components	Other	
Yogurt, Upstate	8 oz.	37							x		2M/MA	only 29 total sugars. threshold 30.67 for 8 oz.	9836
Nutrigrain Bar	1.55 oz.	30						x	x	x	1 WGR	oats, corn	
Beef Taco Stick	4.6 oz.	31						x	x	x	2 M/MA 2 WGR	corn, oats, tomato, garlic, onion, yeast, chilis	C45019
Peanut Butter & Jelly Uncrustable	2.6 oz.	32	x							x	1 M/MA 1 WGR	barley, yeast	404614
String Cheese	1 oz.	1							x		1 M/MA		
Turkey and Cheese Sub Rose & Shore	4.9 oz.	31						x	x	x	2 M/MA 2 WGR	barley, yeast	TDC336WC
Turkey and Cheese Sandwich SK Food Group	4.65 oz.	34						x	x	x	2 M/MA 2 WGR	barley, yeast	81480
Crunchy Chicken Salad	tray	20					x	x	x		2 M/MA 1.75 cup V Dark Green	garlic, onion, corn, red peppers, rice	
with Dinner Roll	1 oz.	14								x	1 WGR		1355
Milk, 1% white	8 oz.	16							x				
Milk, NF chocolate	8 oz.	20							x			chocolate	

Supper entrees	Portion Size	CHO	Peanuts	Nuts	Fish	Seafood	EGG	Soy	Dairy	Wheat/Gluten	Components	Other	
Bean & Cheese Burrito	5.2 oz.	44						x	x	x	2M/MA 2WGR	pinto beans, potato, rice, pea, garlic, corn	97576
Cheeseburger Slider	4.6 oz.	30						x	x	x	2 M/MA 2 WGR	barley, garlic, onion, yeast	C47220
Peanut Butter & Jelly Uncrustable	2.6 oz.	32	x							x	1 M/MA 1 WGR	barley, yeast	404614
String Cheese	1 oz.	1							x		1 M/MA		
Turkey and Cheese Sub	4.9 oz.	31						x	x	x	2 M/MA 2 WGR	barley, yeast	TDC336WC
Beef Taco Stick	4.6 oz.	31						x	x	x	2 M/MA 2 WGR	corn, oats, tomato, garlic, onion, yeast, chilis	C45019
Milk, 1% white	8 oz.	16							X				
Milk, NF chocolate	8 oz.	20							X			chocolate	

Snacks Elementary	Portion Size	CHO	Peanuts	Nuts	Fish	Seafood	Egg	Soy	Dairy	Wheat/Gluten	Components	Smart Snack Compliant/Other
Milk, nonfat choc	8 oz.	22							x		8 oz. milk	
Milk, lowfat white	8 oz.	16							x		8 oz. milk	
Juice 100% boxed Apple & Eve	6.75 oz.	20									3/4 cup F	100% fruit juice
Yogurt, small Strawberry	4 oz.	19							x		1 M/MA	
Nature Valley Granola Bar	twin pack 42 grams	29	/	/				x			1.25 WGR	Oats, rice, honey May contain peanuts, almond and pecan.
Fieldstone Granola Bag	1 oz.	20		/				x	/	x	1 WGR	oats, rice May contain tree nuts and milk.
Goldfish Cheddar Crackers	21.26 grams	14							x	x	1 WGR	Onion, yeast
WG Rice Krispy Treat	39.97 grams	29						x	x		1 WGR	rice
Cheez its	21 grams	14						x	x	x	1 WGR	
Dave's Mini Muffin	1.9 oz.	20					x	x	x	x	1 WGR	
Goldfish Pretzels	21.26 grams	16							x	x	1 WGR	barley
Goldfish Giant grahams	0.9 oz.	19								x	1 WGR	cinnamon
Nachos with Cheese	non compliant											
String Cheese	1 oz.	0							x		1 M/MA	
Crackers	21.26 grams	14							x	x	1 WGR	Onion, yeast
Bar, ZeeZee Cocoa Cherry	1.8 oz.	33						x		x	1 WGR	oats, corn, cocoa, cherry, raisin
Bar, Benefit	1.25 oz.	24					x	x	x	x	1 WGR	oats
RF Doritos	1 oz. bag	20							x		1 WGR	corn, onion, garlic, tomato, bell pepper
Cereal: Bowl Packs (average)												
Apple Jacks	28 grams	24						x		x	1 WGR	corn, cinnamon
Froot Loops	28 grams	24						x		x	1 WGR	corn
Cinnamon Toast Crunch	28 grams	22						x		x	1 WGR	cinn
Trix RS	28 grams	24									1 WGR	corn
Multigrain Cheerios	28 grams	23									1 WGR	corn
Honey Nut Chex	31 grams	27		x							1 WGR	corn, almond
Cinnamon Flakes Multigrain RS	28 grams	24						x		x	1 WGR	corn, cinn
Frosted Mini Wheats Bite Size	28 grams	24								x	1 WGR	
Mini Wheats Chocolate Little Bites	28 grams	23						x		x	1 WGR	chocolate
Rice Krispies with WG Brown Rice	28 grams	23									1 WGR	

Middle/High School after school snacks	Portion Size	CHO	Peanuts	Nuts	Fish	Seafood	Egg	Soy	Dairy	Wheat/Gluten	Components	Other
Milk, nonfat choc	8 oz.	16							x		8 oz. milk	
Milk, lowfat white	8 oz.	20							x		8 oz. milk	
Nature Valley Granola Bar	twin pack 42 grams	29	/	/				x			1.25 WGR	May contain peanuts, almond and pecan ingredients; 1 grain credit
String Cheese	1 oz.	1							x		1 M/MA	
Heartzels	19.84 grams	15								x	1 WGR	
Peanut Butter cup	1.1 oz.	9	x								1 M/MA	
UBR bar	2.2 oz.	44					x	x	x	x	2 WGR	only using 1 grain credit for this snack
SunChips, Garden Salsa	28 grams	18							x	x	1.25 WGR	only using 1 grain credit for this snack
Bagel	3 oz.	45								x	3 WGR	only using 1 grain credit for this snack
Cream Cheese	1 oz.	1							x		not credited	"other" foods - not credited
Golden Grahams Cereal Bar	40 grams	30						x		x	1 WGR	corn
ZeeZee Bar Cocoa Cherry	2.2 oz.	39						x		x	1 WGR	
Kettle Popcorn	28 grams	21									1 WGR	corn; produced in facility with peanuts,milk,nuts,wheat,soy
Cereal: Bowl Packs (average)												
Apple Jacks	28 grams	24						x		x	1 WGR	corn
Froot Loops	28 grams	24						x		x	1 WGR	corn
Cinnamon Toast Crunch	28 grams	22						x		x	1 WGR	cinn
Trix RS	28 grams	24									1 WGR	corn
Multigrain Cheerios	28 grams	23									1 WGR	corn
Honey Nut Chex	31 grams	27		x							1 WGR	corn, almond
Cinnamon Flakes Multigrain RS	28 grams	24						x		x	1 WGR	corn, cinn
Frosted Mini Wheats Bite Size	28 grams	24								x	1 WGR	
Mini Wheats Chocolate Little Bites	28 grams	23						x		x	1 WGR	
Rice Krispies with WG Brown Rice	28 grams	23									1 WGR	

Summer lunch entrees	Portion Size	CHO	Peanuts	Nuts	Fish	Seafood	Egg	Soy	Dairy	Wheat/Gluten	Components	Other
Burrito, bean MCI	5.2 oz.	41						x	x	x	2 M/MA 2 WGR	
Cheese Sandwich, Grilled	3.69 oz.	30						x	x	x	1.5 M/MA 2 WGR	
Chicken Sandwich	whole item	46						x		x	2 M/MA 3 WGR	
Chicken Patty	3.29 oz.	15						x		x	2 M/MA 1 WGR	corn gluten, garlic
Hamburger Bun	66 gm.	31								x	2 WGR	
Hamburger	whole item	31								x	2 M/MA 2.75 WGR	
Beef Patty, Beefsteak	2.25 oz.	0.6									2 M/MA	
Hamburger Bun	66 gm.	31								x	2 WGR	
Hot Dog	whole item	33								x	2.5 M/MA 2WGR	
Hot Dog	2.66 oz.	2									2.5 M/MA	
Hot Dog Bun	65gm.	31								x	2 WGR	
Peanut Butter & Jelly Uncrustable	5.3 oz.	64	x							x	2M/MA 2 WGR	
Peanut Butter & Jelly Uncrustable	2.6 oz.	32	x							x	1M/MA 1 WGR	
Pizza, Cheese	5 oz.	31						x	x	x	2 M/MA 2 WGR	
Pizza, Pepperoni	5 oz.	31						x	x	x	2 M/MA 2 WGR	
Taco Nada	5 oz.	40						x	x	x	2M/MA 2.75 WGR	corn, garlic, chilli pepper, tomato
Signature Salad: Summer	salad	34									2 M/MA 1.25 cup V Dk Green 1/4 cup F	
Mixed Greens & Seasonal Fruit	2.5 cup	23										
Dressing, Rasp Viniagrette	1.5 oz. pouch	11										garlic
Roll	2 oz.	28								x	2 WGR	
Signature Salad: Caesar	salad	8									2 M/MA 1.25 cup V Dk Green	
Mixed Greens	2.5 cup	6										
Dressing, Caesar	1.5 oz. pouch	2			x		x	x	x			garlic
Roll	2 oz.	28								x	2 WGR	
Signature Salad: Cobb	salad	12									2 M/MA 1.25 cup V Dk Green	
Mixed Greens	2.5 cup	10										
Dressing, Ranch	1 oz.	2			x			x	x			
Roll	2 oz.	28								x	2 WGR	
Signature Salad: Chef	salad	13									2 M/MA 1.25 cup V Dk Green	
Mixed Greens	2.5 cup	11										
Dressing, Ranch	1 oz.	2			x			x	x			
Roll	2 oz.	28								x	2 WGR	
Summer breakfast entrees	Portion Size	CHO	Peanuts	Nuts	Fish	Seafood	Egg	Soy	Dairy	Wheat/Gluten	Components	Other
Muffin, Mini Blueberry	1.9 oz.	20					x	x	x	x	1WGR	
Muffin, Carrot	2 oz.	42					x	x	x	x	2 WGR	
Cinnamon roll	3 oz.	45					x			x	2.25 WGR	cinn
Breakfast Breads: zucchini	3.4 oz.	43					x	x		x	2 WGR	
banana	3.4 oz.	44					x	x		x	2 WGR	
pumpkin	3.4 oz.	43					x	x		x	2 WGR	cinn?
Loaf, Pineapple	2.2 oz.	31					x	x	x	x	2 WGR	
Mexican Bread AKA Pan Dulce	2.25 oz.	34					x	x	x	x	2 WGR	
Twin Bar	2.65 oz.	43					x	x	x	x	2 WGR	

Summer grains and extras	Portion Size	CHO	Peanuts	Nuts	Fish	Seafood	Egg	Soy	Dairy	Wheat/Gluten	Components	Other
Johnny Pops	1.55 fl. oz.	10							x			
Red Fat Chips Nacho Doritos	1 oz.	20							x		1.5 WGR	corn, garlic, onion, Yellow 5&6 red 40
Tortilla Chips	2 oz.	31						x			2 WGR	corn, soybean oil
Cookie (Buena Vista)	1 oz.	16					x			x	1 WGR	chocolate
Milk, 1% white	8 oz.	16							X			
Milk, NF chocolate	8 oz.	20							X			chocolate

Summer veggies	Portion Size	CHO	Peanuts	Nuts	Fish	Seafood	Egg	Soy	Dairy	Wheat/Gluten	Components	Other
Beans, baked	#8 scoop	35									1/2 cup V Legume	
Beans, chili	#8 scoop	22									1/2 cup V Legume	garlic, spices, onion, chili
Beans, yummy pinto	#8 scoop	22									1/2 cup V Legume	garlic, spices, onion, chili
Beans, crazy pinto	#8 scoop	22									1/2 cup V Legume	garlic, spices, onion, chili
Beans, green	#8 scoop	3									1/2 cup V Other	
Broccoli	#8 scoop	3									1/2 cup V Drk Grn	
Broccoli with cheese sauce	#8 scoop	6									1/2 cup V Drk Grn	
California Blend	#8 scoop	3									1/2 cup V Other	
Carrots	2.6 oz bag	6									1/2 cup v Red/Orange	
Celery Sticks	6 sticks	1									1/2 cup V Other	
Corn	#8 scoop	15									1/2 cup V Starchy	
Cucumber coins	1/2 cup	4									1/2 cup V Other	
Fruitable	4.23 oz.	14									1/2 cup V Other	
Jicama	6 sticks	5									1/2 cup V Starchy	
Jicama and cucumber sticks	3 sticks each	5									1/2 cup V Other	
Peas, green	#8 scoop	10									1/2 cup V Starchy	
Pico de Gallo	# 30 scoop	2										
Potato, mashed	#8 scoop	13									1/2 cup V Starchy	
Potato, Smiley	4 pieces	20						x			1/2 cup V Starchy	
Potato, wedge	1/2 cup	21									1/2 cup V Starchy	
Salad, leafy green	1 cup	3									1/2 cup V Drk Grn	
Salad, super hero	1 cup	3									1/2 cup V Drk Grn	
Salad, super power	1 cup	3									1/2 cup V Drk Grn	
Salad, super strength	1 cup	2									1/2 cup V Drk Grn	
Tomato wedges	3 wedges	2									1/2 cup V Red/Orange	
Zucchini sticks	6 sticks	2									1/2 cup V Other	

Summer fruits	Portion Size	CHO	Peanuts	Nuts	Fish	Seafood	Egg	Soy	Dairy	Wheat/Gluten	Components	Other
Strawberry Cup, diced	4.5 oz.	21									1/2 cup fruit	
Peach cup, diced	4.4 oz.	19									1/2 cup fruit	
Applesauce, unsweetened	4.5 oz.	16									1/2 cup fruit	sometimes cinnamon
Apple, green	Medium	21									1/2 cup fruit	
Apple, red delicious	Medium	22									1/2 cup fruit	
Apricot, fresh	Medium	18									1/2 cup fruit	
Banana	Petite	24									1/2 cup fruit	
Blueberries	1/2 cup	9									1/2 cup fruit	
Cantaloupe	1/2 cup cubes	7									1/2 cup fruit	
Grapefruit	1/2 medium	9									1/2 cup fruit	
Grapes	1/2 cup or 10 grapes	13									1/2 cup fruit	
Honeydew Melon	1/2 cup cubes	7									1/2 cup fruit	
Juice, all flavors	4 oz.	10-14									1/2 cup fruit	
Juice, box all flavors	6.75 oz.	24									3/4 cup fruit	used for snack
Kiwi, whole	Medium	9									1/2 cup fruit	
Mango	1/2 cup	13									1/2 cup fruit	
Nectarine	Medium	13									1/2 cup fruit	
Orange, whole	Medium	15									1/2 cup fruit	
Orange, wedges	3 wedges	8									1/2 cup fruit	
Peach	Medium	12									1/2 cup fruit	
Pear	Small	18									1/2 cup fruit	
Pear	Medium	8									1/2 cup fruit	
Persimmon	Medium	8									1/2 cup fruit	
Pineapple, fresh	1/2 cup	10									1/2 cup fruit	
Plum	Small	6									1/2 cup fruit	
Plum	Medium	8									1/2 cup fruit	
Pomegranate	1 oz.	5									1/2 cup fruit	
Strawberries	1/2 cup	5									1/2 cup fruit	
Raisins	1.33 oz. box	30									1/2 cup fruit	
Raisens - sour	1.5 oz. box	34									1/2 cup fruit	
Tangerine	2 small	24									1/2 cup fruit	
Watermelon	1/2 cup	6									1/2 cup fruit	
Watermelon, wedge	wedge	22									1/2 cup fruit	

Cafeteria and curbside lunch entrees	Portion Size	CHO	Peanuts	Nuts	Fish	Seafood	Egg	Soy	Dairy	Wheat/Gluten	Components	Other	Manufacturer's item number
Burrito, bean & cheese	5.2 oz.	44					x	x	x		2 M/MA 2 WGR	corn, potato, garlic	97576
Sunbutter & Jelly Sandwich	5.2 oz.	56						x	x		2M/MA 2 WGR	barley, yeast Made in peanut & nut free facility	15228
EZ Jamers Soy butter & Jelly Sandwich, Albie's	4.6 oz.	53				x	x	x			2M/MA 2 WGR	barley, yeast	608
Pizza, Cheese Galaxy Tony's	4.46 oz.	26					x	x	x		2 M/MA 2 WGR	barley, yeast, garlic, onion, tomato	78366
Pizza, Pepperoni Galaxy Tony's	4.51 oz.	26					x	x	x		2 M/MA 2 WGR	barley, yeast, garlic, onion, tomato	78367
Sandwich, grilled cheese Integrated	3.69 oz.	30					x	x	x		1.5 M/MA 2WGR	barley, yeast	C10900
Sandwich, Sub Turkey Deli & cheese R & S	4.8 oz.	30					x	x	x		2 M/MA 2 WGR	barley, yeast	TDC336WC
Sandwich, turkey Michael B's	4.6 oz.	25				x	x	x	x		2.5 M/MA 2 WGR	corn, yeast	SLP014
Sandwich, turkey ham R&S	4.5 oz.	28					x	x	x		2 M/MA 2 WGR	barley, yeast	SST10WC
Taco Nada	4.5 oz.	31					x	x	x		2 M/MA 2 WGR	corn, garlic, onion, tomato, chili pepper	2B12W
Twin Burgers DL Farms	4.45 OZ.	31					x	x	x		2 M/MA 2WGR	barley, yeast, garlic, onion	CB640
Middle/High School additions/substitutes	Portion Size	CHO	Peanuts	Nuts	Fish	Seafood	Egg	Soy	Dairy	Wheat/Gluten	Components	Other	
Peanut Butter & Jelly Uncrustable grape	5.3 oz.	64	x						x		2M/MA 2 WGR	barley, yeast	1027
Peanut Butter & Jelly Uncrustable strawberry	5.3 oz.	64	x						x		2M/MA 2 WGR	barley, yeast	1028
Quesadilla, Two Cheese Green Chili	4.4 oz.	32					x	x	x		2 M/MA 2 WGR	potato, garlic, onion, tomato, green chilis	45227
Sandwich, BBQ Rib beef	4.36 oz.	32					x		x		2 M/MA 2 WGR	barley, yeast, garlic, onion, tomato, red wine, vinegar	C46007
Sliders, cheeseburger	4.55 oz.	31					x	x	x		2 M/MA 2 WGR	barley, yeast, garlic, onion	QCB655
Taco Stick, Beef & cheese	4.6 oz.	31					x	x	x		2 M/MA 2 WGR	corn, yeast, garlic, onion, tomato, chilis	C45019
Chili Dog, (chicken & beef)	4.5 oz.	32					x	x	x		2 M/MA 2 WGR	barley, rice, corn, yeast, garlic, onion, tomato	C95200
Pinwheel, pepperoni (beef) ES foods	4.3 oz.	40					x	x	x		2 M/MA 2.25 WGR	barley, yeast, garlic, tomato	25414
Burrito, Southwest, Chili cheese	5.75 oz.	38					x	x	x		2 M/MA 2 WGR	garlic, onion, tomato, green chilis	80165

Cafeteria and curbside breakfast entrees	Portion Size	CHO	Peanuts	Nuts	Fish	Seafood	Egg	Soy	Dairy	Wheat/Gluten	Components	Other	Manufacturer's item number
Bar, Benefit apple cinnamon	2.5 oz.	48					x	x	x	x	2 WGR	oats, cinnamon	40403
Bar, Benefit oat/choc	2.5 oz.	47					x	x	x	x	2 WGR	oats, chocolate	40401
Bar, Benefit ban/choc	2.5 oz.	48					x	x	x	x	2 WGR	oats, banana, chocolate	40402
Cinni Minis Pillsbury	package	40							x	x	2 WGR	cinnamon, yeast	33686
Mexican Bread AKA Pan Dulce	2.25 oz.	34					x	x		x	2 WGR	barley, cinnamon, yeast	1450
Mini Muffin, Banana	1.9 oz.	20					x	x	x	x	1 WGR	banana Made in peanut & nut free facility.	381
Mini Muffin, Blueberry	1.9 oz.	20					x	x	x	x	1 WGR	blueberry, applesauce Made in a peanut & nut free facility.	380
Mini Muffin, Chocolate Chip	1.9 oz.	20					x	x	x	x	1 WGR	chocolate, apple Made in a peanut & nut free facility.	385
Mini Muffin, Apple Cinnamon	1.9 oz.	20					x	x	x	x	1 WGR	cinnamon, apple Made in a peanut & nut free facility.	382
Super Donut Plus/Super Power Ring	3 oz.	38					x	x	x	x	2 WGR	barley	19000
Twin Bars	2.65 oz.	43					x	x	x	x	2 WGR	corn, potato	1001
ZZ Bar Cocoa Cherry	2.2 oz.	33						x		x	2 WGR	oats, chocolate, cherries Made in peanut & nut free facility.	ZCH 100
Middle/High School additions/substitutes													
Large bagel with cream cheese	each	45							x	x	3 WGR	yeast	
Large bagel, white wheat	3 oz.	44								x	3 WGR	yeast	19322
Light cream cheese	1 oz.	1							x				11192
UBR Bar	2.2 oz.	44					x	x		x	2 WGR	oats, cinnamon Made in peanut & nut free facility.	14078
Cinnamon crumb loaf	3 oz.	37					x	x	x	x	2 WGR	corn, cinnamon, rice Made in peanut free facility.	CRC272
Mini Pancakes, Banana	3 oz.	37					x	x	x	x	2 WGR	Made in peanut & nut free facility.	629
French toast, sticks glzd cinnamon	3 (0.967 oz.)	28					X			X	1.5 WGR 1 Sub	cinnamon, yeast	40497