



**Nutritional Information for Brevard Public Schools**  
2020-2021 School Year

**NOTE:** Food Services attempts to provide nutrition information that is as accurate as possible. It is based upon standard portion product guidelines. Variations of serving sizes and/or ingredient content may occur. (Nutritional information is provided by manufacturers and USDA and is subject to change periodically.) Information current as of 11/4/2020. For questions please contact Nutrition Team at 633-1000 x 11690.

**CATCH (Coordinated Approach to Child Health)**

CATCH is a program designed to promote physical activity, healthy food choices, and nutrition education in both the school and home environment. As part of the BPS Wellness Policy, FNS has implemented this approach by teaching children that eating healthy and being physically active everyday can be fun. CATCH promotes healthy eating habits in childhood in the hopes that these behavior changes will carry into adulthood.

- Menu items that are highlighted in **Green** are **GO** foods, foods that are good to eat almost anytime. These foods are the healthier choices with the lowest fat and/ or sugars.
- Menu items that are highlighted in **Yellow** are **Slow** foods, foods that are "sometimes" foods. These foods should be eaten in moderation. These foods are higher higher in fat and/or sugar and may be processed foods.
- Menu items that are highlighted in **Red** are **Whoa** foods, foods that should only be eaten occasionally. These foods are high in fat and sugar.

**Nutritionals represent 1 serving**

**BREAKFAST FOODS**

| Product Description                             | Kcals | Fat (gm) | % Kcals from Fat | Sat Fat (gm) | % Sat Fat | Protein (gm) | Carbs (gm) | Sodium (mg) | Dietary Fiber (gm) | Additional Comments                    |
|---|-------|----------|------------------|--------------|-----------|--------------|------------|-------------|--------------------|--|
| <b>Entrees</b>                                  |       |          |                  |              |           |              |            |             |                    |  |
| Biscuit, Cheese                                 | 225   | 10       | 40%              | 5            | 21%       | 8            | 26         | 535         | 1                  | Made with White Biscuit                |
| Biscuit, Chicken                                | 280   | 12       | 40%              | 5            | 16%       | 11           | 31         | 650         | 2                  | Made with White Biscuit                |
| Biscuit, Bacon, Egg & Cheese                    | 270   | 15       | 48%              | 6            | 21%       | 10           | 26         | 690         | 1                  | Made with White Biscuit                |
| Biscuit, Chicken & Gravy                        | 400   | 21       | 46%              | 8            | 18%       | 14           | 39         | 956         | 14                 | Made with White Biscuit                |
| Biscuit, Ham & Cheese                           | 245   | 11       | 41%              | 6            | 21%       | 10           | 26         | 605         | 1                  | Made with White Biscuit                |
| Biscuit, Sausage                                | 311   | 18       | 52%              | 8            | 22%       | 10           | 26         | 602         | 1                  | Made with White Biscuit                |
| Breakfast Griddler, Chicken                     | 170   | 7        | 37%              | 1            | 5%        | 9            | 20         | 315         | 1                  |  |
| Breakfast Griddler, Sausage                     | 201   | 13       | 56%              | 4            | 17%       | 8            | 15         | 267         | 0                  |  |
| Breakfast Platter                               | 330   | 20       | 53%              | 8            | 21%       | 13           | 26         | 840         | 1                  | Made with White Biscuit & Turkey Bacon |
| Breakfast Scramble Platter                      | 313   | 17       | 48%              | 8            | 22%       | 14           | 26         | 655         | 1                  | Made with White Biscuit & Turkey Bacon |
| Breakfast Tornado, Egg, Turkey Sausage & Cheese | 180   | 7        | 35%              | 2            | 8%        | 7            | 22         | 280         | 2                  | Made w/Whole Grains                    |
| Breakfast Tornado, Maple Sausage & Egg          | 180   | 7        | 35%              | 2            | 8%        | 6            | 24         | 280         | 2                  | Made w/Whole Grains                    |
| Cereal, Cinnamon Toast Crunch, 25% less sugar   | 110   | 3        | 25%              | 0.5          | 4%        | 1            | 22         | 160         | 3                  | Made w/Whole Grains                    |
| Cereal, Cocoa Puffs                             | 110   | 1.5      | 12%              | 0            | 0%        | 2            | 25         | 160         | 2                  | Made w/Whole Grains                    |
| Cereal, Corn Chex                               | 100   | 0.5      | 5%               | 0            | 0%        | 2            | 24         | 200         | 1                  | Made w/Whole Grains                    |

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|---|-------|----------|------------------|--------------|-----------|--------------|------------|-------------|--------------------|-----------------------------|
| Cereal, Honey Nut Cheerios                    | 110   | 2        | 16%              | 0            | 0%        | 2            | 22         | 160         | 2                  | Made w/Whole Grains         |
| Cereal, Multigrain Cheerios                   | 100   | 1        | 10%              | 0            | 0%        | 2            | 23         | 110         | 3                  | Made w/Whole Grains         |
| Cereal, Trix                                  | 110   | 1        | 8%               | 0            | 0%        | 1            | 24         | 160         | 1                  | Made w/Whole Grains         |
| Cheese, Colby Jack                            | 90    | 6        | 60%              | 4            | 40%       | 7            | 0          | 200         | 0                  |                             |
| Cheese, String Cheese                         | 60    | 3        | 42%              | 2            | 30%       | 7            | 1          | 200         | 0                  |                             |
| Croissant, Egg & Cheese                       | 340   | 19       | 50%              | 7            | 19%       | 13           | 31         | 600         | 2                  | Made w/Whole Grains         |
| Croissant, Ham & Cheese                       | 315   | 15       | 41%              | 6            | 16%       | 16           | 32         | 615         | 2                  | Made w/Whole Grains         |
| Croissant, Bacon, Egg & Cheese                | 360   | 21       | 51%              | 8            | 19%       | 15           | 31         | 710         | 2                  | Made w/Whole Grains         |
| Croissant only                                | 220   | 9        | 37%              | 3.5          | 14%       | 6            | 30         | 300         | 2                  | Made w/Whole Grains         |
| Donut Holes, 7-12                             | 286   | 15       | 47%              | 7            | 22%       | 5            | 32         | 300         | 3                  | Made w/Whole Grains         |
| French Toast Minis, Chocolate Chip, Grab & Go | 210   | 6        | 26%              | 2            | 6%        | 5            | 35         | 260         | 4                  | Made w/Whole Grains         |
| French Toast Sticks (WG), K-8                 | 270   | 12       | 40%              | 2            | 7%        | 6            | 35         | 280         | 3                  | Made w/Whole Grains         |
| French Toast Sticks (WG), 9-12                | 405   | 18       | 40%              | 3            | 7%        | 9            | 53         | 420         | 5                  | Made w/Whole Grains         |
| Pancake & Sausage on a Stick                  | 200   | 10       | 45%              | 3            | 11%       | 7            | 17         | 310         | 3                  | Made w/Whole Grains         |
| Pancakes, Blueberry Mini, Grab & Go           | 210   | 6        | 26%              | 1            | 4%        | 4            | 35         | 310         | 4                  | Made w/ Whole Grain         |
| Pancakes, Confetti Mini, Grab & Go            | 220   | 7        | 29%              | 1            | 4%        | 4            | 36         | 300         | 4                  | Made w/ Whole Grain         |
| Peanut Butter & Jelly Graham Bar              | 300   | 18       | 27%              | 3            | 16%       | 9            | 30         | 220         | 4                  | Made w/Whole Grains         |
| Sausage Bites, Biscuit & Gravy                | 400   | 22       | 49%              | 10           | 22%       | 14           | 37         | 1185        | 3                  | Made w/Chicken sausage      |
| Sausage Bites & Waffles                       | 323   | 15       | 42%              | 2            | 5%        | 14           | 37         | 390         | 2                  | Made w/Whole Grains         |
| Sausage Breakfast Bites                       | 260   | 16       | 55%              | 3            | 10%       | 16           | 14         | 320         | 3                  | Made w/Whole Grain Breading |
| Sausage Breakfast Griddler                    | 150   | 7.5      | 45%              | 1.5          | 9%        | 9            | 14         | 355         | 0                  | Made w/Whole Grains         |
| Grahams, Honey Belly Bear                     | 130   | 4        | 28%              | 0            | 0%        | 2            | 20         | 100         | 1                  | Made w/Whole Grains         |
| Waffles, Mini Maple Chip                      | 160   | 5        | 28%              | 0            | 0%        | 4            | 28         | 190         | 0                  | Made w/Whole Grains         |
| Waffles, Maple Mini, Grab & Go                | 200   | 5        | 23%              | 2            | 7%        | 4            | 35         | 220         | 4                  | Made w/Whole Grains         |
| Yogurt, 4 oz                                  | 100   | 1        | 5%               | 1            | 5%        | 3            | 20         | 50          | 0                  |                             |
| Yogurt Parfait                                | 231   | 4        | 15%              | 1            | 4%        | 5            | 45         | 217         | 3                  | Made w/Whole Grain Cereal   |
|   |       |          |                  |              |           |              |            |             |                    |                             |
| <b>LUNCH FOODS</b>                            |       |          |                  |              |           |              |            |             |                    |                             |
| <b>Entrees</b>                                |       |          |                  |              |           |              |            |             |                    |                             |
| BBQ Bacon Jalapeno Burger, 9-12               | 465   | 23       | 45               | 10           | 18        | 28           | 38         | 1365        | 4                  | Made w/Whole Grains         |
| BBQ, Beef Mac & Cheese                        | 482   | 19       | 36               | 11           | 20        | 32           | 61         | 1409        | 1                  |                             |
| Buffalo Cheese Crunchers, w/Light Ranch       | 565   | 33       | 52%              | 9            | 14%       | 20           | 45         | 1030        | 4                  | Made w/Whole Grains         |
| Burger, Cheddar Tot 9-12                      | 455   | 23       | 46%              | 9            | 18%       | 27           | 37         | 877         | 5                  | Made w/Whole Grain Bun      |
| Burger, Pepperoni Pizza                       | 481   | 25       | 48%              | 11           | 20%       | 32           | 32         | 1023        | 5                  | Made w/Whole Grains         |
| Calzone, Ham & Cheese w/Marinara              | 407   | 16       | 35%              | 6            | 13%       | 20           | 46         | 812         | 5                  | Made w/Whole Grains         |
| Calzone, Pepperoni w/Marinara                 | 454   | 21       | 42%              | 8            | 15%       | 20           | 46         | 836         | 5                  | Made w/Whole Grains         |
| Calzone, Pepperoni Chicken w/Marinara         | 577   | 22       | 34%              | 6            | 9%        | 34           | 60         | 1075        | 6                  | Made w/Whole Grains         |
| Calzone, Spinach & Cheese w/Marinara          | 444   | 19       | 38%              | 9            | 18%       | 22           | 47         | 837         | 6                  | Made w/Whole Grains         |
| Cheese Sticks w/Marinara                      | 410   | 19       | 42%              | 7            | 15%       | 20           | 42         | 610         | 5                  | Made w/Whole Grains         |
| Cheeseburger, K-8                             | 342   | 16       | 42%              | 6            | 16%       | 22           | 30         | 673         | 4                  | Made w/Whole Grain Bun      |
| Cheeseburger, 9-12                            | 389   | 19       | 44%              | 7            | 17%       | 27           | 30         | 805         | 4                  | Made w/Whole Grain Bun      |
| Cheeseburger, Bacon K-8                       | 371   | 18       | 44%              | 7            | 17%       | 25           | 30         | 836         | 4                  | Made w/Whole Grain Bun      |

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|--|-------|----------|------------------|--------------|-----------|--------------|------------|-------------|--------------------|--|
| Cheeseburger, Bacon, 9-12              | 419   | 21       | 46%              | 8            | 17%       | 30           | 30         | 970         | 4                  | Made w/Whole Grain Bun                       |
| Cheesy Garlic French Bread w/Marinara  | 380   | 17       | 40%              | 8            | 19%       | 20           | 36         | 750         | 4                  | Made w/Whole Grains                          |
| Chicken & Penne Alfredo, K-8           | 318   | 8        | 21%              | 4            | 10%       | 24           | 39         | 606         | 2                  | See info for optional 1 oz Roll              |
| Chicken & Penne Alfredo, 9-12          | 318   | 8        | 21%              | 4            | 10%       | 24           | 39         | 606         | 2                  | See info for optional 2 oz Roll              |
| Chicken & Waffles, K-12                | 340   | 14       | 38%              | 3            | 7%        | 25           | 28         | 585         | 2                  | Made w/Whole Grains                          |
| Chicken Bowl, K-8                      | 423   | 19       | 40%              | 6            | 13%       | 29           | 35         | 897         | 4                  | See info for optional 1 oz Roll              |
| Chicken Bowl, 9-12                     | 423   | 19       | 40%              | 6            | 13%       | 29           | 35         | 897         | 4                  | See info for optional 2 oz Roll              |
| Chicken Drumstick, Breaded, K-8        | 347   | 20       | 52%              | 5            | 12%       | 29           | 9          | 821         | 2                  | Made w/Whole Grains                          |
| Chicken Drumstick, Breaded 9-12        | 694   | 22       | 52%              | 9            | 12%       | 58           | 18         | 1643        | 4                  | Made w/Whole Grains                          |
| Chicken Fajita Rice Bowl               | 316   | 8        | 23%              | 3            | 9%        | 18           | 45         | 469         | 5                  | See info for optional Mini Garlic Breadstick |
| Chicken, Mega Mini's K-8               | 273   | 13       | 43%              | 3            | 9%        | 24           | 15         | 514         | 2                  | See info for optional 1 oz Roll              |
| Chicken, Mega Mini's 9-12              | 273   | 13       | 43%              | 3            | 9%        | 24           | 15         | 514         | 2                  | See info for optional 2 oz Roll              |
| Chicken, Mega Mini's, Saucy K-8        | 275   | 13       | 41%              | 3            | 9%        | 24           | 15         | 752         | 2                  | See info for optional 1 oz Roll              |
| Chicken, Mega Mini's, Saucy 9-12       | 275   | 13       | 41%              | 3            | 9%        | 24           | 15         | 752         | 2                  | See info for optional 2 oz Roll              |
| Chicken, Orange w/Oriental Rice K-8    | 281   | 4        | 12%              | 1            | 2%        | 14           | 47         | 311         | 2                  | Made w/Whole Grains                          |
| Chicken, Orange w/Oriental Rice 9-12   | 281   | 4        | 12%              | 1            | 2%        | 14           | 47         | 311         | 2                  | See info for optional 2 oz Roll              |
| Chicken, Tenders, K-8                  | 280   | 13       | 42%              | 3            | 8%        | 25           | 16         | 470         | 2                  | See info for optional 1 oz Roll              |
| Chicken, Tenders, 9-12                 | 280   | 13       | 42%              | 3            | 8%        | 25           | 16         | 470         | 2                  | See info for optional 2 oz Roll              |
| Chicken, Tenders, Saucy, 7-8           | 282   | 13       | 41%              | 2.5          | 8%        | 25           | 16         | 708         | 2                  | See info for optional 1 oz Roll              |
| Chicken, Tenders, Saucy, 9-12          | 282   | 13       | 41%              | 2.5          | 8%        | 25           | 16         | 708         | 2                  | See info for optional 2 oz Roll              |
| Chicken, Teriyaki w/Oriental Rice K-8  | 264   | 5        | 16%              | 1            | 4%        | 21           | 35         | 412         | 2                  | Made w/Whole Grains                          |
| Chicken, Teriyaki w/Oriental Rice 9-12 | 264   | 5        | 16%              | 1            | 4%        | 21           | 35         | 412         | 2                  | See info for optional 2 oz Roll              |
| Chicken Wing, Buffalo, 9-12            | 411   | 28       | 61%              | 6            | 13%       | 38           | 2          | 1498        | 0                  | See info for optional 2 oz Roll              |
| Chicken Wing, Rotisserie, 9-12         | 381   | 26       | 61%              | 6            | 14%       | 38           | 0          | 738         | 0                  | See info for optional 2 oz Roll              |
| Chicken Wing, Sweet Thai, 9-12         | 441   | 26       | 53%              | 6            | 12%       | 38           | 15         | 1048        | 0                  | See info for optional 2 oz Roll              |
| Chili Cheese Fries, 9-12               | 370   | 16       | 38%              | 5            | 13%       | 17           | 36         | 914         | 6                  |  |
| Corn Dog                               | 240   | 8        | 30%              | 3            | 9%        | 9            | 30         | 390         | 5                  | Made w/Whole Grains                          |
| Corn Dog Nuggets                       | 270   | 12       | 40%              | 4            | 12%       | 10           | 30         | 410         | 5                  | Made w/Whole Grains                          |
| Country Chicken Bowl                   | 478   | 27       | 50%              | 9            | 17%       | 22           | 39         | 1099        | 5                  | Made w/Chicken sausage                       |
| Fish, Go Fish Basket                   | 330   | 13       | 34%              | 3            | 8%        | 16           | 32         | 440         | 2                  | Made w/Whole Grains                          |
| French Toast & Sausage                 | 512   | 32       | 56%              | 9            | 17%       | 18           | 37         | 624         | 3                  | Made w/Whole Grains                          |
| Fish Tacos                             | 547   | 22       | 35%              | 9            | 14%       | 28           | 56         | 610         | 6                  | Made w/Whole Grains                          |
| Fruit & Cheese Cup, K-8                | 377   | 22       | 52%              | 11           | 26%       | 18           | 30         | 317         | 3                  | Made w/Whole Grain Crackers                  |
| Fruit & Cheese Cup, 9-12               | 444   | 21       | 42%              | 11           | 22%       | 20           | 50         | 198         | 4                  | Made w/Whole Grain Pretzel                   |
| Hamburger, K-8                         | 307   | 14       | 41%              | 5            | 14%       | 18           | 29         | 568         | 4                  | Made w/Whole Grain Bun                       |
| Hamburger, 9-12                        | 354   | 17       | 43%              | 6            | 15%       | 23           | 29         | 700         | 4                  | Made w/Whole Grain Bun                       |
| 4" Hamburger Bun (Bun only K-12)       | 140   | 2        | 13%              | 0            | 0%        | 6            | 28         | 310         | 3                  | Made w/Whole Grains                          |
| Hot Dog w/Bun                          | 290   | 13       | 40%              | 4            | 11%       | 11           | 28         | 600         | 2                  | Made w/Whole Grain Bun                       |
| 6" Hot Dog Bun (Bun only K-12)         | 150   | 2        | 12%              | 0            | 0%        | 5            | 27         | 300         | 2                  | Made w/Whole Grains                          |
| Hummus & Veggie Platter, K-12          | 375   | 11       | 26%              | 2            | 12%       | 19           | 52         | 398         | 9                  | Served w/Whole Grain Pretzel                 |
| Macaroni & Cheese                      | 286   | 11       | 36%              | 7            | 21%       | 15           | 31         | 790         | 1                  | See info for optional Mini Garlic Breadstick |

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|---|-------|----------|------------------|--------------|-----------|--------------|------------|-------------|--------------------|--|
| Mac & Cheese w/Meatballs                      | 419   | 15       | 32%              | 8            | 17%       | 26           | 44         | 1637        | 1                  | See info for optional Mini Garlic Breadstick |
| Meatloaf w/Roasted Potatoes & Gravy, K-8      | 332   | 15       | 39%              | 5            | 13%       | 17           | 33         | 527         | 3                  | See info for optional 1 oz Roll              |
| Meatloaf w/Roasted Potatoes & Gravy, 9-12     | 332   | 15       | 39%              | 5            | 13%       | 17           | 33         | 527         | 3                  | See info for optional 2 oz Roll              |
| Nachos w/Cheese                               | 550   | 33       | 54%              | 14           | 22%       | 21           | 40         | 1363        | 2                  | Made w/Whole Grains                          |
| Nachos Supreme(Pork Taco Meat)                | 452   | 24       | 48%              | 6            | 13%       | 19           | 38         | 797         | 4                  | Made w/Whole Grains                          |
| Pepperini Stromboli                           | 506   | 24       | 42%              | 9            | 16%       | 22           | 51         | 979         | 6                  | Made w/Whole Grains                          |
| Pig in a Blanket                              | 284   | 15       | 46%              | 4            | 13%       | 10           | 26         | 427         | 2                  | Made w/Whole Grains                          |
| Pita, Ham & Cheese                            | 265   | 10       | 33%              | 3            | 10%       | 20           | 29         | 715         | 6                  | Made w/Whole Grains                          |
| Pita, Mediterranean Hummus                    | 449   | 19       | 38%              | 2            | 4%        | 19           | 59         | 432         | 15                 | Served w/Whole Grain Pita Bread              |
| Pita, Turkey & Cheese                         | 240   | 5        | 19%              | 2            | 6%        | 25           | 42         | 748         | 6                  | Made w/Whole Grains                          |
| Pita, Warm Fajita Chicken                     | 395   | 17       | 38%              | 8            | 18%       | 24           | 41         | 721         | 9                  | Made w/Whole Grains                          |
| Pita, Warm Spinach Caprese                    | 321   | 14       | 39%              | 9            | 26%       | 21           | 30         | 694         | 7                  | Made w/Whole Grains                          |
| Pizza, Cheese (5"), Tony's K-8                | 330   | 12       | 33%              | 6            | 16%       | 17           | 38         | 480         | 4                  | Made w/Whole Grains                          |
| Pizza, Cheese, Wild Mike's                    | 360   | 17       | 43%              | 8            | 20%       | 20           | 34         | 510         | 3                  | Made w/Whole Grains                          |
| Pizza Crunchers w/Marinara                    | 440   | 20       | 41%              | 8            | 17%       | 21           | 48         | 1020        | 7                  | Made w/Whole Grains                          |
| Pizza, Cheese, Big Daddy, 9-12                | 400   | 17       | 38%              | 9            | 20%       | 19           | 43         | 580         | 2                  |  |
| Pizza, Fiestada                               | 340   | 14       | 37%              | 6            | 16%       | 17           | 39         | 850         | 4                  | Made w/Whole Grains                          |
| Pizza, Pepperoni (5") Tony's, K-8             | 330   | 13       | 36%              | 6            | 16%       | 17           | 38         | 540         | 4                  | Made w/Whole Grains                          |
| Pizza, Pepperoni, Big Daddy, 9-12             | 410   | 17       | 37%              | 8            | 18%       | 19           | 43         | 720         | 2                  |  |
| Pizza, Pepperoni, Wild Mike's                 | 370   | 18       | 43%              | 9            | 22%       | 20           | 33         | 580         | 3                  | Made w/Whole Grains                          |
| Potato, Baked, Vegetarian, K-8                | 583   | 26       | 40%              | 16           | 25%       | 23           | 66         | 465         | 7                  | See info for optional 1 oz Roll              |
| Potato, Baked, Vegetarian, 9-12               | 583   | 26       | 40%              | 16           | 25%       | 23           | 66         | 465         | 7                  | See info for optional 2 oz Roll              |
| Quesadilla, Fajita Chicken                    | 509   | 23       | 40%              | 13           | 23%       | 25           | 52         | 904         | 7                  | Made w/Whole Grains                          |
| Rice & Beans                                  | 488   | 2        | 3%               | 0            | 0%        | 19           | 99         | 573         | 18                 | Made w/Whole Grains                          |
| Roast Beef w/Whipped Potatoes & Gravy, K-8    | 240   | 8        | 29%              | 3            | 10%       | 22           | 21         | 573         | 2                  | See info for optional 1 oz Roll              |
| Roast Beef w/Whipped Potatoes & Gravy, 9-12   | 240   | 8        | 29%              | 3            | 10%       | 22           | 21         | 573         | 2                  | See info for optional 2 oz Roll              |
| Roast Pork w/Whipped Potatoes & Gravy, K-8    | 226   | 6        | 26%              | 2            | 6%        | 17           | 24         | 897         | 2                  | See info for optional Stuffing               |
| Roast Pork w/Whipped Potatoes & Gravy, 9-12   | 226   | 6        | 26%              | 2            | 6%        | 17           | 24         | 897         | 2                  | See info for optional Stuffing               |
| Roast Turkey w/Whipped Potatoes & Gravy, K-8  | 218   | 5        | 21%              | 2            | 6%        | 21           | 21         | 837         | 2                  | See info for optional 1 oz Roll              |
| Roast Turkey w/Whipped Potatoes & Gravy, 9-12 | 218   | 5        | 21%              | 2            | 6%        | 21           | 21         | 837         | 2                  | See info for optional 2 oz Roll              |
| Rotini & Meat Sauce, K-8                      | 325   | 9        | 24%              | 3            | 8%        | 22           | 39         | 475         | 4                  |  |
| Rotini & Meat Sauce, 9-12                     | 325   | 9        | 24%              | 3            | 8%        | 22           | 39         | 475         | 4                  | See info for optional Mini Garlic Breadstick |
| Salad, Bean, Craisin & Sunflower              | 536   | 18       | 31%              | 3            | 5%        | 19           | 80         | 596         | 13                 | Served w/Whole Grain Pretzel Stick           |
| Salad, Chef                                   | 353   | 14       | 35%              | 6            | 15%       | 25           | 37         | 451         | 4                  | Served w/Pretzel Stick                       |
| Salad, Chicken Bacon Ranch                    | 386   | 16       | 38%              | 4            | 10%       | 28           | 34         | 745         | 5                  | Served w/Breadstick                          |
| Salad, Classic Chicken Caesar                 | 329   | 9        | 24%              | 3            | 8%        | 32           | 35         | 612         | 6                  | Served w/Breadstick                          |
| Salad, Cobb                                   | 429   | 20       | 41%              | 10           | 22%       | 33           | 35         | 617         | 4                  | Served w/Pretzel Stick                       |
| Salad, Deli Turkey                            | 270   | 4        | 14%              | 1.5          | 5%        | 25           | 36         | 530         | 4                  | Served w/Pretzel Stick                       |
| Salad, Endless Summer Orange Chicken          | 349   | 6        | 14%              | 1            | 1%        | 20           | 61         | 580         | 10                 | Served w/Whole Grain Pita Bread              |
| Salad, Grilled Chicken                        | 331   | 10       | 28%              | 5            | 14%       | 26           | 50         | 472         | 5                  | Served w/Whole Grain Soft Pretzel            |
| Salad, Popcorn Chicken                        | 410   | 19       | 42%              | 7            | 14%       | 31           | 30         | 716         | 5                  | Made w/Whole Grains                          |

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| Salad, Southwest Chicken w/Sour Cream                   | 586   | 32       | 49%              | 10           | 16%       | 27           | 48         | 859         | 7                  | Served w/Whole Grain Tortilla Chips          |
| Salad, Strawberry Spinach                               | 302   | 9        | 27%              | 3            | 8%        | 24           | 36         | 334         | 4                  | Served w/Whole Grain Soft Pretzel            |
| Salad, Summer Orange Chicken                            | 355   | 6        | 14%              | 1.5          | 4%        | 18           | 61         | 367         | 6                  | Served w/Whole Grain Soft Pretzel            |
| Salad, Super Italian 9-12                               | 361   | 15       | 38%              | 6            | 14%       | 24           | 35         | 1085        | 6                  | Served w/2oz Garlic Breadstick               |
| Salad, Taco   | 511   | 28       | 50%              | 9            | 16%       | 19           | 44         | 743         | 7                  | Served w/Whole Grain Tortilla Chips          |
| Salad, Vegetarian w/Cheddar                             | 521   | 34       | 58%              | 14           | 24%       | 19           | 39         | 642         | 6                  | Served w/Whole Grain Tortilla Chips          |
| Sandwich, BBQ Pork                                      | 272   | 4        | 14%              | 1            | 2%        | 21           | 39         | 1060        | 3                  | Made w/Whole Grain Bun                       |
| Sandwich, Chicken                                       | 360   | 10       | 25%              | 2            | 4%        | 27           | 43         | 770         | 4                  | Made w/Whole Grains                          |
| Sandwich, Crunchy Pollock                               | 365   | 12       | 30%              | 3            | 8%        | 23           | 43         | 655         | 4                  | Made w/Whole Grains                          |
| Sandwich, Cuban   | 321   | 11       | 30%              | 3            | 9%        | 25           | 31         | 761         | 3                  | Made w/Whole Grains Ciabatta Bread           |
| Sandwich, Cuban- Ciabatta Bread only                    | 160   | 3.5      | 20%              | 0            | 0%        | 5            | 30         | 170         | 3                  | Made w/Whole Grains                          |
| Sandwich, Egg Salad                                     | 360   | 20       | 50%              | 4            | 10%       | 18           | 31         | 901         | 3                  |  |
| Sandwich, Grilled Cheese                                | 300   | 10       | 30%              | 5            | 15%       | 20           | 34         | 740         | 2                  | Made w/Whole Grain Bread                     |
| Sandwich, Grilled Chicken                               | 260   | 5        | 16%              | 0.5          | 2%        | 29           | 29         | 700         | 3                  | Made w/Whole Grain Bread                     |
| Sandwich, All Natural Ham & Cheese                      | 355   | 17       | 43%              | 6            | 16%       | 20           | 33         | 755         | 2                  | Made w/Whole Grain Croissant                 |
| Sandwich, (Hot) All Natural Ham & Cheese                | 275   | 10       | 32%              | 2            | 10%       | 20           | 31         | 765         | 3                  | Made w/Whole Grains                          |
| Sandwich, Kickin' Chicken                               | 476   | 19       | 36%              | 5            | 10%       | 34           | 43         | 1143        | 4                  | Made w/Whole Grains                          |
| Sandwich, Monterey Chicken                              | 351   | 12       | 31%              | 4            | 11%       | 34           | 30         | 988         | 3                  | Made w/Whole Grains                          |
| Sandwich, Peanut Butter & Jelly Uncrustable, Grape      | 300   | 16       | 48%              | 4            | 11%       | 9            | 32         | 280         | 4                  | Made w/Whole Grain Bread                     |
| Sandwich, Peanut Butter & Jelly Uncrustable, Strawberry | 300   | 16       | 48%              | 4            | 11%       | 9            | 33         | 280         | 4                  | Made w/Whole Grain Bread                     |
| Sandwich, Philly Chicken                                | 333   | 14       | 38%              | 5            | 12%       | 25           | 30         | 753         | 2                  | Made w/Whole Grains                          |
| Sandwich, Philly Chicken Peppers & Onions               | 349   | 14       | 37%              | 5            | 12%       | 25           | 33         | 799         | 3                  | Made w/Whole Grains                          |
| Sandwich, BBQ Rib                                       | 330   | 14       | 38%              | 4            | 11%       | 20           | 33         | 640         | 3                  | Made w/Whole Grain French Bread              |
| Sandwich, Spicy Chicken                                 | 360   | 9        | 23%              | 1            | 3%        | 25           | 48         | 860         | 5                  | Made w/Whole Grains                          |
| Sandwich, Tuna & Cheese                                 | 354   | 13       | 34%              | 5            | 13%       | 28           | 31         | 557         | 2                  | Made w/Whole Grain Croissant                 |
| Sandwich, All Natural Turkey & Cheese                   | 330   | 12       | 33%              | 5            | 14%       | 25           | 31         | 788         | 2                  | Made w/Whole Grain Croissant                 |
| Sandwich, Turkey, Bacon Pretzel                         | 290   | 7        | 22%              | 3            | 8%        | 28           | 30         | 720         | 3                  | Served on Whole Grain Pretzel Roll           |
| Sandwich, All Natural Turkey, Ham & Cheese              | 345   | 15       | 39%              | 6            | 15%       | 22           | 32         | 768         | 2                  | Made w/Whole Grain Bread                     |
| Saucy Rotini w/Meatballs, K-8                           | 316   | 7        | 19%              | 2            | 4%        | 21           | 43         | 591         | 3                  |  |
| Saucy Rotini w/Meatballs, 9-12                          | 316   | 7        | 19%              | 2            | 4%        | 21           | 43         | 591         | 3                  | See info for optional Mini Garlic Breadstick |
| Sliders, Cheeseburger                                   | 360   | 11       | 28%              | 2            | 5%        | 22           | 44         | 720         | 6                  | Made w/Whole Grain Slider Bun                |
| Sliders, Chicken  | 360   | 11       | 28%              | 2            | 5%        | 22           | 44         | 720         | 6                  | Made w/Whole Grain Slider Bun                |
| Sliders, Chicken Spicy                                  | 360   | 9        | 23%              | 1            | 3%        | 25           | 48         | 860         | 5                  | Made w/Whole Grain Slider Bun                |
| Sliders, Hamburger                                      | 316   | 10       | 28%              | 3            | 10%       | 20           | 34         | 505         | 6                  | Made w/Whole Grain Slider Bun                |
| Sub, All Natural Ham & Cheese                           | 298   | 12       | 36%              | 3            | 10%       | 20           | 30         | 824         | 2                  | Made w/Whole Grain Bread                     |
| Sub, Chicken Po' Boy                                    | 456   | 18       | 36%              | 3            | 6%        | 31           | 43         | 793         | 4                  | Made w/Whole Grain Sub Roll                  |
| Sub, Italian Meats                                      | 322   | 13       | 37%              | 4            | 11%       | 23           | 29         | 884         | 2                  | Made w/Whole Grain Bread                     |
| Sub, Meatball   | 399   | 13       | 30%              | 4            | 9%        | 26           | 45         | 1080        | 5                  | Made w/Whole Grain Bun                       |
| Sub, Turkey & Cheese                                    | 273   | 7        | 23%              | 2            | 7%        | 25           | 28         | 857         | 2                  | Made w/Whole Grain Bread                     |
| Taco, Crunchy with Lettuce & Cheese, K-8                | 351   | 19       | 49%              | 9            | 24%       | 19           | 26         | 404         | 4                  | Made w/Whole Grain Shell                     |
| Taco, Crunchy with Lettuce & Cheese, 9-12               | 351   | 19       | 49%              | 9            | 24%       | 19           | 26         | 404         | 4                  | See info for optional Mexican Rice           |
| Taco, Soft with Lettuce & Cheese, K-8                   | 381   | 18       | 42%              | 10           | 24%       | 21           | 35         | 554         | 6                  | Made w/Whole Grain Tortilla                  |

| Product Description                               | Kcals | Fat (gm) | % Kcals from Fat | Sat Fat (gm) | % Sat Fat | Protein (gm) | Carbs (gm) | Sodium (mg) | Dietary Fiber (gm) | Additional Comments                          |
|---|-------|----------|------------------|--------------|-----------|--------------|------------|-------------|--------------------|--|
| Taco, Soft with Lettuce & Cheese, 9-12            | 381   | 18       | 42%              | 10           | 24%       | 21           | 35         | 554         | 6                  | See info for optional Mexican Rice           |
| Taco, Walking Doritos                             | 388   | 19       | 46%              | 8            | 19%       | 20           | 31         | 683         | 4                  | Made w/Whole Grain Tortilla Chips            |
| Tortellini Alfredo K-12                           | 273   | 10       | 32%              | 6            | 19%       | 18           | 30         | 712         | 2                  | Made w/Whole Grains                          |
| Tortellini & Meat Sauce K-12                      | 211   | 5        | 23%              | 2            | 10%       | 16           | 30         | 344         | 3                  | Made w/Whole Grains                          |
| Wacky Mac & Cheese, 9-12                          | 285   | 12       | 36%              | 6            | 20%       | 18           | 28         | 777         | 2                  | See info for optional Mini Garlic Breadstick |
| Wrap, Chicken w/Light Ranch Dressing              | 451   | 18       | 36%              | 6            | 12%       | 26           | 47         | 828         | 5                  | Made w/Whole Grain Wrap                      |
| Wrap, Chicken, Spicy, Light Ranch Dressing        | 451   | 18       | 36%              | 6            | 12%       | 26           | 47         | 1154        | 5                  | Made w/Whole Grain Wrap                      |
| Wrap, Chicken, Spicy, Warm w/Light Ranch Dressing | 447   | 18       | 36%              | 6            | 12%       | 26           | 46         | 988         | 4                  | Made w/Whole Grain Wrap                      |
| Wrap, All Natural Ham & Cheese                    | 345   | 14       | 36%              | 5            | 14%       | 19           | 38         | 809         | 3                  | Made w/Whole Grain Wrap                      |
| Wrap, Italian                                     | 332   | 14       | 37%              | 6            | 16%       | 21           | 31         | 794         | 3                  | Made w/Whole Grain Wrap                      |
| Wrap, All Natural Turkey & Cheese                 | 320   | 9        | 26%              | 4            | 12%       | 24           | 36         | 842         | 3                  | Made w/Whole Grain Wrap                      |
| Wrap, Warm Fajita Chicken                         | 373   | 17       | 39%              | 8            | 18%       | 24           | 25         | 766         | 4                  | Made w/Whole Grain Wrap                      |
| Wrap, Veggie & Hummus                             | 489   | 22       | 40%              | 5            | 8%        | 17           | 62         | 322         | 12                 | Made w/Whole Grain Wrap                      |
| Yogurt & Muffin Platter, K-8                      | 290   | 8        | 25%              | 4            | 11%       | 14           | 41         | 440         | 2                  | Made w/Whole Grains                          |
| Yogurt & Muffin Platter, 9-12                     | 384   | 10       | 22%              | 6            | 14%       | 15           | 62         | 495         | 3                  | Made w/Whole Grains                          |
| Yogurt Parfait, K-8                               | 343   | 5        | 13%              | 2            | 4%        | 8            | 68         | 270         | 3                  | Made w/Whole Grain Cereal                    |
| Yogurt Parfait, w/Cinnamon Tortilla Crisps, 9-12  | 462   | 8        | 15%              | 3            | 6%        | 10           | 90         | 347         | 5                  | Made w/Whole Grain Cereal                    |
| Ziti, Baked                                       | 350   | 11       | 29%              | 5            | 14%       | 21           | 41         | 553         | 4                  |  |
| <b>JUICE</b>                                      |       |          |                  |              |           |              |            |             |                    |  |
| Product Description                               | Kcals | Fat (gm) | % Kcals from Fat | Sat Fat (gm) | % Sat Fat | Protein (gm) | Carbs (gm) | Sodium (mg) | Dietary Fiber (gm) | Additional Comments                          |
| Juice, Apple, 100%, 4 oz carton                   | 60    | 0        | 0%               | 0            | 0%        | 0            | 14         | 0           | 0                  |  |
| Juice, Grape,100%, 4 oz carton                    | 80    | 0        | 0%               | 0            | 0%        | 0            | 19         | 0           | 0                  |  |
| Juice, Orange, 100%, 4 oz carton                  | 60    | 0        | 0%               | 0            | 0%        | 0            | 14         | 0           | 0                  |  |
| Juice, Apple, 100%, 6.75 oz Box                   | 90    | 0        | 0%               | 0            | 0%        | 0            | 23         | 0           | 0                  |  |
| Juice, Very Berry, 100%, 6.75 oz Box              | 100   | 0        | 0%               | 0            | 0%        | 0            | 26         | 0           | 0                  |  |
| Juice, Grape, 100%, 6.75 oz Box                   | 130   | 0        | 0%               | 0            | 0%        | 0            | 33         | 0           | 0                  |  |
| <b>MILK</b>                                       |       |          |                  |              |           |              |            |             |                    |  |
| Product Description                               | Kcals | Fat (gm) | % Kcals from Fat | Sat Fat (gm) | % Sat Fat | Protein (gm) | Carbs (gm) | Sodium (mg) | Dietary Fiber (gm) | Additional Comments                          |
| Fat Free Chocolate Milk                           | 120   | 0        | 0%               | 0            | 0%        | 9            | 20         | 140         | 0                  | 30% RDA Calcium                              |
| Fat Free Strawberry Milk                          | 110   | 0        | 0%               | 0            | 0%        | 8            | 18         | 135         | 0                  | 30% RDA Calcium                              |
| Skim Milk   | 80    | 0        | 0%               | 0            | 0%        | 8            | 12         | 125         | 0                  | 30% RDA Calcium                              |
| Low-Fat 1% Milk                                   | 100   | 2.5      | 23%              | 1.5          | 14%       | 8            | 12         | 125         | 0                  | 30% RDA Calcium                              |
| Milk, Soy, Original                               | 100   | 2        | 18%              | 0            | 0%        | 5            | 13         | 120         | 0                  | 30% RDA Calcium                              |
| <b>SIDE DISHES</b>                                |       |          |                  |              |           |              |            |             |                    |  |
| Product Description                               | Kcals | Fat (gm) | % Kcals from Fat | Sat Fat (gm) | % Sat Fat | Protein (gm) | Carbs (gm) | Sodium (mg) | Dietary Fiber (gm) | Additional Comments                          |
| Beans, Baked                                      | 128   | 0        | 0%               | 0            | 0%        | 7            | 29         | 540         | 5                  | Vegetarian                                   |
| Beans, Black                                      | 120   | 1        | 4%               | 0            | 0%        | 7            | 24         | 308         | 6                  | Vegetarian                                   |
| Beans, Green, Canned                              | 24    | 0        | 0%               | 0            | 0%        | 2            | 5          | 217         | 2                  |  |
| Beans, Green, Fresh, Garlic                       | 42    | 2        | 36%              | 1            | 14%       | 1            | 6          | 63          | 3                  |  |
| Beans, Green, Garlic                              | 23    | 0.13     | 5%               | 0.03         | 1%        | 1            | 5          | 38          | 2                  |  |



| Product Description                            | Kcals | Fat (gm) | % Kcals from Fat | Sat Fat (gm) | % Sat Fat | Protein (gm) | Carbs (gm) | Sodium (mg) | Dietary Fiber (gm) | Additional Comments          |
|--|-------|----------|------------------|--------------|-----------|--------------|------------|-------------|--------------------|------------------------------|
| Broccoli, Garlic                               | 14    | 0        | 0%               | 0            | 0%        | 1            | 2          | 40          | 0                  |                              |
| Broccoli Florets, Fresh                        | 15    | 0        | 9%               | 0            | 0%        | 1            | 3          | 15          | 1                  |                              |
| California Blend, Roasted                      | 51    | 3        | 47%              | 0.3          | 7%        | 2            | 5          | 132         | 2                  |                              |
| California Blend, Seasoned                     | 26    | 0        | 0%               | 0            | 0%        | 2            | 5          | 77          | 2                  |                              |
| Carrot, Cuke & Hummus Cup                      | 127   | 2        | 15%              | 0            | 0%        | 6            | 22         | 123         | 6                  |                              |
| Carrot & Celery Sticks                         | 33    | 0        | 0%               | 0            | 0%        | 1            | 7          | 85          | 3                  | Ranch dip cup optional       |
| Carrot Sticks                                  | 26    | 0        | 0%               | 0            | 0%        | 1            | 6          | 44          | 2                  | Ranch dip cup optional       |
| Carrot Sticks w Ranch Dressing-Field Trip K-8  | 80    | 2        | 20%              | 0            | 0%        | 1            | 16         | 276         | 3                  | Includes lite ranch dressing |
| Carrot Sticks w Ranch Dressing-Field Trip 9-12 | 97    | 2        | 17%              | 0            | 0%        | 1            | 20         | 304         | 4                  | Includes lite ranch dressing |
| Carrots,Canned, Glazed                         | 34    | 0        | 0%               | 0            | 0%        | 0            | 7          | 107         | 2                  |                              |
| Cauliflower                                    | 30    | 0        | 0%               | 0            | 0%        | 1            | 5          | 30          | 1                  |                              |
| Cauliflower, Roasted Buffalo                   | 42    | 3        | 57%              | 1            | 24%       | 2            | 4          | 199         | 2                  |                              |
| Cauliflower, Roasted Garlic                    | 56    | 4        | 61%              | 0.5          | 9%        | 1            | 5          | 110         | 3                  |                              |
| Coleslaw                                       | 52    | 2        | 35%              | 0.2          | 4%        | 0.5          | 8          | 53          | 0                  |                              |
| Celery Sticks                                  | 11    | 0        | 0%               | 0            | 0%        | 0.5          | 2.2        | 60          | 1                  | Ranch dip cup optional       |
| Corn, Canned                                   | 80    | 1        | 11%              | 0            | 0%        | 2            | 17         | 140         | 2                  | Low Sodium                   |
| Corn & Bean Salsa                              | 103   | 5        | 4%               | 0.2          | 2%        | 4            | 20         | 381         | 4                  |                              |
| Cucumber Slices                                | 8     | 0        | 0%               | 0            | 0%        | 0            | 2          | 1           | 0                  | Ranch dip cup optional       |
| Jello, Strawberry w/Whipped Topping            | 84    | 1        | 11%              | 1            | 11%       | 1            | 17         | 88          | 0                  | Includes whipped topping     |
| Jello, Berry w/Whipped Topping                 | 84    | 1        | 11%              | 1            | 11%       | 1            | 18         | 85          | 0                  | Includes whipped topping     |
| Mixed Vegetables                               | 46    | 0        | 0%               | 0            | 0%        | 2            | 10         | 35          | 2                  |                              |
| Pasta Salad                                    | 72    | 1        | 5%               | 0.2          | 3%        | 3            | 15         | 61          | 1                  |                              |
| Peas & Carrots                                 | 45    | 0        | 0%               | 0            | 0%        | 3            | 9          | 66          | 3                  |                              |
| Potato Rounds (Tater Tots) (1/2 cup)           | 90    | 3.5      | 35%              | 0            | 0%        | 1            | 14         | 180         | 1                  |                              |
| Potato Rounds (Tater Tots) (1 cup)             | 180   | 7        | 35%              | 0            | 0%        | 2            | 28         | 320         | 2                  |                              |
| Potato, Crinkle Cut Fries (1/2 cup serving)    | 102   | 3        | 27%              | 0            | 0%        | 1            | 15         | 174         | 2                  |                              |
| Potato, Crinkle Cut Fries (1 cup serving)      | 210   | 6        | 27%              | 0            | 0%        | 2            | 32         | 357         | 4                  |                              |
| Potato, Straight Oven Fries                    | 110   | 4        | 29%              | 0            | 0%        | 2            | 17         | 130         | 1                  |                              |
| Potato, Roasted                                | 140   | 4        | 23%              | 1            | 3%        | 2            | 25         | 160         | 2                  |                              |
| Potato, Smiles                                 | 130   | 5        | 31%              | 1            | 4%        | 2            | 20         | 180         | 2                  |                              |
| Potato, Whipped                                | 116   | 4        | 29%              | 1            | 8%        | 2            | 19         | 358         | 2                  |                              |
| Potato, Whipped, Garlic                        | 118   | 4        | 28%              | 1            | 8%        | 2            | 19         | 401         | 2                  |                              |
| Potato, Whipped with Gravy                     | 132   | 4        | 25%              | 1            | 7%        | 2            | 22         | 617         | 2                  |                              |
| Potato, Seasoned Curly Fries (1/2 cup)         | 110   | 3.5      | 29%              | 0.5          | 4%        | 1            | 18         | 170         | 1                  |                              |
| Potato, Seasoned Curly Fries (1 cup)           | 220   | 7        | 29%              | 1            | 4%        | 2            | 36         | 340         | 2                  |                              |
| Potato, Sweet Potato Fries                     | 160   | 7        | 39%              | 1            | 6%        | 3            | 20         | 210         | 4                  |                              |
| Potato, Sweet Potato Souffle                   | 248   | 8        | 29%              | 4            | 13%       | 2            | 41         | 160         | 3                  |                              |
| Pudding w/Whipped Topping                      | 76    | 2        | 25%              | 0.5          | 7%        | 1            | 13         | 83          | 0.5                | Includes whipped topping     |
| Rice, Brown                                    | 131   | 1        | 5%               | 0            | 0%        | 3            | 29         | 2           | 2                  |                              |
| Rice, Mexican                                  | 133   | 1        | 5%               | 0            | 0%        | 3            | 29         | 145         | 2                  |                              |
| Rice, Oriental                                 | 130   | 1        | 5%               | 0            | 0%        | 3            | 28         | 30          | 2                  |                              |
| Salad, Side, Garden                            | 17    | 0        | 0%               | 0            | 0%        | 1            | 4          | 25          | 1                  | Ranch dip cup optional       |
| Salad, Side, Parmesan                          | 25    | 2        | 53%              | 1            | 24%       | 2            | 2          | 61          | 1                  | Ranch dip cup optional       |

| Product Description          | Kcals | Fat (gm) | % Kcals from Fat | Sat Fat (gm) | % Sat Fat | Protein (gm) | Carbs (gm) | Sodium (mg) | Dietary Fiber (gm) | Additional Comments                  |
|------------------------------|-------|----------|------------------|--------------|-----------|--------------|------------|-------------|--------------------|--------------------------------------|
| Salad, Side, Spinach Bacon   | 21    | 1        | 38%              | 0            | 11%       | 2            | 2          | 83          | 1                  |                                      |
| Salad, Side, Sweet Kale      | 48    | 0        | 0%               | 0            | 0%        | 1            | 12         | 37          | 1                  | Includes fat free raspberry dressing |
| Stuffing, Cornbread          | 99    | 7        | 60%              | 3            | 25%       | 1            | 8          | 285         | 0                  |                                      |
| Stuffing, Cornbread, (9-12)  | 143   | 10       | 61%              | 4            | 25%       | 2            | 12         | 413         | 1                  |                                      |
| Taco Fiesta Black Beans      | 123   | 0.5      | 0%               | 0            | 0%        | 7            | 22.5       | 471         | 5                  |                                      |
| Vegetable Cup, Assorted      | 25    | 0        | 0%               | 0            | 0%        | 1            | 6          | 35          | 2                  | Ranch dip cup optional               |
| Yogurt Parfait, Mini Dessert | 51    | 1        | 9%               | 1            | 4%        | 2            | 10         | 26          | 0                  |                                      |

**BAKED GOODS**

| Product Description                                  | Kcals | Fat (gm) | % Kcals from Fat | Sat Fat (gm) | % Sat Fat | Protein (gm) | Carbs (gm) | Sodium (mg) | Dietary Fiber (gm) | Additional Comments             |
|--|-------|----------|------------------|--------------|-----------|--------------|------------|-------------|--------------------|---------------------------------|
| Biscuits   | 190   | 8        | 38%              | 4            | 19%       | 4            | 25         | 430         | 1                  | White Biscuit                   |
| Brownie, Low Fat, WG                                 | 149   | 4        | 23%              | 1            | 8%        | 3            | 29         | 199         | 1                  | Made w/Whole Grains             |
| Cake, Chocolate w/White Frosting                     | 186   | 5        | 24%              | 2            | 9%        | 3            | 38         | 200         | 7                  | Made w/Whole Grains             |
| Cake, Chocolate Strawberry Shortcake                 | 165   | 4        | 22%              | 2            | 10%       | 3            | 32         | 198         | 2                  | Made w/Whole Grains             |
| Cake, Glazed Chocolate Chip                          | 192   | 5        | 22%              | 3            | 13%       | 3            | 35         | 217         | 0                  |                                 |
| Cake, Yellow w/White Frosting                        | 255   | 5        | 18%              | 3            | 9%        | 2            | 49         | 174         | 0                  |                                 |
| Cupcake, Yellow                                      | 191   | 4        | 18%              | 2            | 9%        | 2            | 37         | 174         | 0                  |                                 |
| Cinnamon Breadsticks                                 | 80    | 2        | 20%              | 0.26         | 3%        | 2            | 15         | 64          | 1                  | Made w/Whole Grains             |
| Cinnamon Rolls, Iced 2 oz                            | 197   | 4        | 16%              | 0.5          | 2%        | 4            | 38         | 128         | 2                  | Made w/Whole Grains             |
| Cinnamon Tortilla Crisp                              | 119   | 3        | 19%              | 2            | 11%       | 2            | 22         | 77          | 2                  | Made w/Whole Grain              |
| Cookies, 1.85 oz, Black & White, Reduced Fat, WG     | 193   | 6        | 28%              | 2            | 10%       | 3            | 33         | 179         | 3                  | Reduced Fat, Made w/Whole Grain |
| Cookies, 1.85 oz, Carnival, Reduced Fat, WG          | 193   | 6        | 28%              | 2            | 10%       | 3            | 34         | 163         | 3                  | Reduced Fat, Made w/Whole Grain |
| Cookies, 1.85 oz, Chocolate Chip, Reduced Fat, WG    | 194   | 6        | 28%              | 2            | 10%       | 3            | 34         | 170         | 3                  | Reduced Fat, Made w/Whole Grain |
| Cookies, 1.85 oz, Double Chocolate Chip, Reduced Fat | 191   | 6        | 28%              | 2            | 10%       | 3            | 33         | 189         | 2                  | Reduced Fat, Made w/Whole Grain |
| Cookies, 1.85 oz., Sugar w/Sprinkles, WG             | 196   | 6        | 28%              | 2            | 10%       | 3            | 35         | 200         | 4                  | Reduced Fat, Made w/Whole Grain |
| Cookies, 1.85 oz., Sugar, Reduced Fat, WG            | 194   | 6        | 28%              | 2            | 10%       | 3            | 35         | 200         | 4                  | Reduced Fat, Made w/Whole Grain |
| Cookies, Black & White, WG, 1 oz                     | 104   | 3        | 28%              | 1            | 10%       | 2            | 18         | 97          | 1                  | Reduced Fat, Made w/Whole Grain |
| Cookies, Carnival, Reduced Fat, WG, 1 oz             | 106   | 3        | 29%              | 1            | 10%       | 2            | 18         | 87          | 2                  | Reduced Fat, Made w/Whole Grain |
| Cookies, Choc Chip, Reduced Fat, WG, 1 oz            | 105   | 3        | 28%              | 1            | 10%       | 2            | 18         | 92          | 2                  | Reduced Fat, Made w/Whole Grain |
| Cookie, Double Choc, Reduced Fat, WG, 1oz            | 103   | 3        | 28%              | 1            | 9%        | 2            | 18         | 102         | 1                  | Reduced Fat, Made w/Whole Grain |
| Cookie, The Mouse                                    | 160   | 5        | 29%              | 2            | 10%       | 2            | 27         | 168         | 2                  | Reduced Fat, Made w/Whole Grain |
| Cookies, Sugar w/Sprinkles, Reduced Fat, WG, 1 oz    | 109   | 4        | 29%              | 1            | 10%       | 1            | 19         | 112         | 2                  | Reduced Fat, Made w/Whole Grain |
| Cookies, Sugar, Reduced Fat, WG, 1 oz                | 106   | 3        | 29%              | 1            | 10%       | 1            | 18         | 112         | 2                  | Reduced Fat, Made w/Whole Grain |
| Cupcake, Chocolate, Ultimate                         | 132   | 3        | 21%              | 1            | 7%        | 2            | 25         | 197         | 1                  | Made w/Whole Grains             |
| Garlic Breadstick (2 oz)                             | 160   | 4        | 23%              | 2            | 8%        | 5            | 28         | 140         | 3                  | Made w/Whole Grains             |
| Garlic Tortilla Crisp                                | 181   | 5        | 25%              | 3            | 15%       | 4            | 30         | 150         | 4                  | Made w/Whole Grains             |
| Jalapeno Cheese Bread, 2 oz                          | 169   | 6        | 30%              | 2            | 10%       | 5            | 25         | 192         | 2                  | Made w/Whole Grains             |
| Mini Twisted Garlic Breadstick                       | 80    | 2.5      | 28%              | 1            | 11%       | 2            | 14         | 110         | 1                  | Made w/Whole Grains             |
| Muffin, Banana Chocolate Chip, Low Fat               | 223   | 5        | 20%              | 3            | 11%       | 4            | 43         | 230         | 3                  | Low Fat, Made w/Whole Grains    |
| Muffin, Blueberry, Low Fat                           | 197   | 4        | 17%              | 2            | 8%        | 4            | 38         | 230         | 2                  | Low Fat, Made w/Whole Grains    |
| Muffin, Chocolate Chip, Low Fat                      | 244   | 7        | 24%              | 4            | 15%       | 4            | 45         | 230         | 3                  | Low Fat, Made w/Whole Grains    |
| Muffin, Cinnamon Spice, Low Fat                      | 202   | 4        | 16%              | 2            | 8%        | 4            | 39         | 233         | 2                  | Low Fat, Made w/Whole Grains    |



| Product Description                 | Kcals | Fat (gm) | % Kcals from Fat | Sat Fat (gm) | % Sat Fat | Protein (gm) | Carbs (gm) | Sodium (mg) | Dietary Fiber (gm) | Additional Comments                 |
|-------------------------------------|-------|----------|------------------|--------------|-----------|--------------|------------|-------------|--------------------|-------------------------------------|
| Muffin, Cranberry Orange            | 224   | 4        | 14%              | 2            | 7%        | 7            | 45         | 230         | 3                  | Low Fat, Made w/Whole Grains        |
| Pepperoni Bread, 2 oz               | 174   | 6        | 31%              | 1            | 7%        | 6            | 25         | 190         | 2                  | Made w/Whole Grains                 |
| Pretzel, Cinnamon                   | 167   | 3        | 13%              | 1            | 5%        | 5            | 33         | 51          | 2                  | Made w/Whole Grains                 |
| Pretzel, Parmsean                   | 153   | 3        | 17%              | 1            | 7%        | 5            | 29         | 62          | 2                  | Made w/Whole Grains                 |
| Pretzel, Stick w/Mustard            | 150   | 2.5      | 15%              | 1            | 6%        | 5            | 29         | 190         | 2                  | Made w/Whole Grains                 |
| Roll, Honey Wheat, Sub 12"          | 530   | 9        | 15%              | 2            | 3%        | 20           | 91         | 760         | 12                 | 1/2 roll served w/6" sub. Made w/WG |
| Roll, Whole Grain, 1 oz             | 85    | 2        | 25%              | 0.3          | 4%        | 2            | 14         | 72          | 1                  | Made w/Whole Grains                 |
| Roll, Whole Grain, 2 oz             | 164   | 4        | 22%              | 0.6          | 3%        | 4            | 28         | 145         | 3                  | Made w/Whole Grains                 |
| <b>Fruits</b>                       |       |          |                  |              |           |              |            |             |                    |                                     |
| Product Description                 | Kcals | Fat (gm) | % Kcals from Fat | Sat Fat (gm) | % Sat Fat | Protein (gm) | Carbs (gm) | Sodium (mg) | Dietary Fiber (gm) | Additional Comments                 |
| Apple, Fresh                        | 72    | 0.2      | 3%               | 0            | 0%        | 0            | 19         | 1           | 3                  |                                     |
| Apples, Canned ( 1/2 cup)           | 45    | 0.3      | 6%               | 0.05         | 0%        | 0            | 12         | 1           | 2                  |                                     |
| Applesauce Cup, 1/2 cup             | 50    | 0        | 0%               | 0            | 0%        | 0            | 14         | 0           | 1                  |                                     |
| Banana, Fresh                       | 105   | 0.38     | 3%               | 0.12         | 1%        | 1            | 27         | 1           | 3                  |                                     |
| Blueberries, Fresh (1/2 cup)        | 34    | 0        | 0%               | 0            | 0%        | 1            | 12         | 0           | 2                  |                                     |
| Cantaloupe, Fresh (1/2 cup)         | 27.2  | 0.15     | 5%               | 0.04         | 1%        | 1            | 7          | 13          | 1                  |                                     |
| Craisins                            | 110   | 0        | 0%               | 0            | 0%        | 0            | 28         | 0           | 3                  |                                     |
| Fruit Cup, Fresh                    | 46    | 0        | 0%               | 0            | 0%        | 1            | 12         | 0           | 2                  |                                     |
| Grapes, Fresh (1/2 cup)             | 31    | 0.16     | 5%               | 0.05         | 1%        | 0            | 8          | 1           | 0                  |                                     |
| Honeydew, Fresh (1/2 cup)           | 32    | 0.12     | 3%               | 0.02         | 0%        | 1            | 7          | 16          | 1                  |                                     |
| Kiwi, Fresh (1/2 cup)               | 54    | 0.46     | 8%               | 0.01         | 0%        | 1            | 13         | 3           | 3                  |                                     |
| Mixed Berry Fruit Cup               | 32    | 0        | 0%               | 0            | 0%        | 0            | 7          | 0           | 2                  |                                     |
| Mixed Fruit, Canned (1/2 cup)       | 60    | 0        | 0%               | 0            | 0%        | 0            | 15         | 5           | 1                  |                                     |
| Nectarine, Fresh                    | 60    | 0.43     | 6%               | 0.02         | 0%        | 1            | 14         | 0           | 2                  |                                     |
| Orange, Fresh                       | 62    | 0.15     | 2%               | 0            | 0%        | 1            | 15         | 0           | 3                  |                                     |
| Peach, Fresh                        | 38    | 0.24     | 6%               | 0            | 0%        | 1            | 9          | 0           | 2                  |                                     |
| Peaches, Diced, Canned (1/2 cup)    | 53    | 0        | 0%               | 0            | 0%        | 1            | 1          | 14          | 6                  |                                     |
| Peach Cup. Light Syrup              | 60    | 0        | 0%               | 0            | 0%        | 0            | 15         | 5           | 1                  |                                     |
| Pears, Canned (1/2 cup)             | 60    | 0        | 0%               | 0            | 0%        | 0            | 16         | 5           | 2                  |                                     |
| Pear Cup, Light Syrup               | 60    | 0        | 0%               | 0            | 0%        | 0            | 15         | 5           | 1                  |                                     |
| Pineapple Tidbits, Canned (1/2 cup) | 47    | 0        | 0%               | 0            | 0%        | 0            | 11         | 0           | 1                  |                                     |
| Plum, Fresh                         | 30    | 0.18     | 5%               | 0            | 0%        | 1            | 8          | 0           | 1                  |                                     |
| Raisels                             | 140   | 0.17     | 0%               | 0            | 0%        | 1            | 36         | 5           | 1                  |                                     |
| Strawberries, Fresh (1/2 cup)       | 24    | 0.22     | 8%               | 0            | 0%        | 1            | 6          | 1           | 2                  |                                     |
| Strawberry Cup, Frozen (1/2 cup)    | 80    | 0        | 0%               | 0            | 0%        | 1            | 19         | 0           | 2                  |                                     |
| Tangerine, Fresh                    | 45    | 0.26     | 5%               | 0.02         | 0%        | 1            | 11         | 2           | 2                  |                                     |
| Watermelon, Fresh ( 1/2 cup)        | 23    | 0.11     | 4%               | 0            | 0%        | 1            | 6          | 1           | 0                  |                                     |
|                                     |       |          |                  |              |           |              |            |             |                    |                                     |
| <b>Snacks</b>                       |       |          |                  |              |           |              |            |             |                    |                                     |
| Product Description                 | Kcals | Fat (gm) | % Kcals from Fat | Sat Fat (gm) | % Sat Fat | Protein (gm) | Carbs (gm) | Sodium (mg) | Dietary Fiber (gm) | Additional Comments                 |
| Bar, Cinnamon Crisp, Zee Zee        | 240   | 8        | 30%              | 1.5          | 6%        | 3            | 39         | 80          | 2                  | Made w/Whole Grains                 |
| Bar, Cocoa Cherry, Zee Zee Bar      | 200   | 7        | 32%              | 2            | 9%        | 3            | 33         | 40          | 2                  | Made w/Whole Grains                 |
| Bar, Oatmeal Cocoa Chip, Zee Zee    | 240   | 9        | 34%              | 2.5          | 9%        | 4            | 39         | 70          | 3                  | Made w/Whole Grains                 |

| <b>Product Description</b>                | <b>Kcals</b> | <b>Fat (gm)</b> | <b>% Kcals from Fat</b> | <b>Sat Fat (gm)</b> | <b>% Sat Fat</b> | <b>Protein (gm)</b> | <b>Carbs (gm)</b> | <b>Sodium (mg)</b> | <b>Dietary Fiber (gm)</b> | <b>Additional Comments</b>       |
|---|--------------|-----------------|-------------------------|---------------------|------------------|---------------------|-------------------|--------------------|---------------------------|----------------------------------|
| Bar, Cocoa Krispies Chewy Granola         | 150          | 4.5             | 27%                     | 1                   | 6%               | 2                   | 27                | 140                | 3                         | Made w/Whole Grains              |
| Cereal, Apple Jacks, Reduced Sugar, Pouch | 110          | 1               | 8%                      | 0.5                 | 4%               | 2                   | 24                | 160                | 3                         | Made w/Whole Grains              |
| Cereal, Fruit Loops, Pouch                | 110          | 1               | 8%                      | 0.5                 | 4%               | 2                   | 24                | 170                | 3                         | Made w/Whole Grains              |
| Cereal, Cheerios, Honey Nut, Bowlpak      | 110          | 2               | 16%                     | 0                   | 0%               | 2                   | 22                | 160                | 2                         | Made w/Whole Grains              |
| Cereal, Cheerios, Multigrain, Bowlpak     | 100          | 1               | 9%                      | 0                   | 0%               | 2                   | 23                | 110                | 3                         | Made w/Whole Grains              |
| Cereal, Cinnamon Toast Crunch, Bowlpak    | 110          | 3               | 25%                     | 0.5                 | 4%               | 1                   | 22                | 160                | 3                         | Made w/Whole Grains              |
| Cereal, Cocoa Puffs, Bowlpak              | 110          | 1.5             | 12%                     | 0                   | 0%               | 2                   | 25                | 160                | 2                         | Made w/Whole Grains              |
| Cereal, Corn Chex, Bowlpak                | 100          | 0.5             | 5%                      | 0                   | 0%               | 2                   | 24                | 200                | 1                         |                                  |
| Cheese, String Cheese                     | 60           | 3               | 45%                     | 2                   | 30%              | 7                   | 1                 | 200                | 0                         |                                  |
| Cheese, Colby Jack                        | 90           | 6               | 60%                     | 4                   | 40%              | 7                   | 0                 | 200                | 0                         |                                  |
| Chips, BBQ Baked Lays                     | 110          | 3               | 25%                     | 0                   | 0%               | 2                   | 19                | 190                | 2                         |                                  |
| Chips, Dill Fries                         | 110          | 3.5             | 29%                     | 0.5                 | 4%               | 2                   | 19                | 170                | 1                         |                                  |
| Chips, Funyuns                            | 100          | 3.5             | 32%                     | 0.5                 | 5%               | 2                   | 14                | 125                | 0                         |                                  |
| Chips, Baked Lay's Cheddar & Sour Cream   | 100          | 3               | 27%                     | 0                   | 0%               | 1                   | 17                | 200                | 1                         |                                  |
| Chips, Baked Lay's Sour Cream & Onion     | 100          | 2.5             | 23%                     | 0                   | 0%               | 1                   | 18                | 140                | 1                         |                                  |
| Chips, Doritos Cool Ranch, RF             | 130          | 5               | 35%                     | 1                   | 7%               | 2                   | 19                | 160                | 2                         | Reduced Fat, Made w/Whole Grains |
| Chips, Doritos Nacho Cheese, RF           | 130          | 5               | 35%                     | 0.5                 | 3%               | 2                   | 20                | 200                | 2                         | Reduced Fat, Made w/Whole Grains |
| Chips, Doritos Spicy Sweet Chili, RF      | 130          | 5               | 35%                     | 0.5                 | 3%               | 2                   | 20                | 180                | 2                         | Reduced Fat, Made w/Whole Grains |
| Chips, Doritos White Nacho Cheese         | 130          | 5               | 35%                     | 1                   | 7%               | 2                   | 20                | 170                | 2                         | Reduced Fat, Made w/Whole Grains |
| Chips, Cheeto Puffs, RF                   | 90           | 3.5             | 35%                     | 0                   | 0%               | 2                   | 14                | 135                | 0                         | Reduced Fat, Made w/Whole Grains |
| Chips, Fantastix                          | 130          | 5               | 35%                     | 1                   | 5%               | 2                   | 20                | 200                | 2                         | Reduced Fat, Made w/Whole Grains |
| Chips, Flamin' Hot Cheeto Puffs, RF       | 90           | 3.5             | 35%                     | 0                   | 0%               | 2                   | 14                | 135                | 0                         | Reduced Fat, Made w/Whole Grains |
| Chips, Heartzels Pretzels                 | 80           | 1.5             | 17%                     | 0                   | 0%               | 2                   | 15                | 200                | 2                         | Made w/Whole Grains              |
| Chips, Kettle Jalapeno Cheddar            | 180          | 7               | 35%                     | 1                   | 5%               | 3                   | 27                | 160                | 2                         | Reduced Fat                      |
| Chips, Kettle Original                    | 180          | 7               | 35%                     | 1                   | 5%               | 3                   | 27                | 190                | 2                         | Reduced Fat                      |
| Chips, Kids Munchie Mix                   | 110          | 3.5             | 29%                     | 0                   | 0%               | 3                   | 17                | 160                | 2                         | Made w/Whole Grains              |
| Chips, White Cheddar                      | 120          | 4.5             | 34%                     | 1                   | 8%               | 2                   | 17                | 190                | 1                         | Made w/Whole Grains              |
| Crackers, Atomic Cheez-its                | 90           | 3               | 30%                     | 0.5                 | 5%               | 2                   | 15                | 190                | 1                         | Made w/Whole Grains              |
| Crackers, Cheez-its                       | 100          | 3.5             | 32%                     | 1                   | 9%               | 2                   | 14                | 150                | 1                         | Made w/Whole Grains              |
| Cracker, Vanilla Dots                     | 120          | 4               | 30%                     | 0                   | 0%               | 2                   | 20                | 95                 | 1                         | Made w/Whole Grains              |
| Fruit Roll-Up                             | 50           | 1               | 18%                     | 0.5                 | 9%               | 0                   | 11                | 55                 | 2                         |                                  |
| Fruit Snacks, Welch's (all flavors)       | 130          | 0               | 0%                      | 0                   | 0%               | 1                   | 33                | 20                 | 3                         |                                  |
| Fruit Shapes, Scooby- Doo!                | 70           | 0               | 0%                      | 0                   | 0%               | 0                   | 21                | 30                 | 0                         |                                  |
| Goldfish, Cheddar Cracker                 | 100          | 3.5             | 32%                     | 1                   | 9%               | 3                   | 14                | 170                | 1                         | Made w/Whole Grains              |
| Goldfish, Pretzel                         | 90           | 1.5             | 15%                     | 0                   | 0%               | 2                   | 16                | 200                | 1                         | Made w/Whole Grains              |
| Graham, Goldfish                          | 120          | 4               | 30%                     | 1                   | 8%               | 1                   | 19                | 110                | 1                         | Made w/Whole Grains              |
| Graham, Honey Belly Bear                  | 130          | 4               | 28%                     | 0                   | 0%               | 2                   | 20                | 100                | 1                         | Made w/Whole Grains              |
| Graham Bar, PBJ                           | 300          | 18              | 54%                     | 3                   | 9%               | 9                   | 30                | 220                | 4                         | Made w/Whole Grains              |
| Hummus, Original Cup                      | 110          | 2               | 16%                     | 0                   | 0%               | 6                   | 18                | 100                | 5                         |                                  |
| Mini Loaf, Banana                         | 160          | 4.5             | 25%                     | 0.5                 | 3%               | 3                   | 26                | 105                | 1                         | Made w/Whole Grains              |
| Mini Loaf, Wild Blueberry                 | 150          | 4.5             | 27%                     | 0.5                 | 3%               | 3                   | 26                | 105                | 1                         | Made w/Whole Grains              |
| Muffin Top, Apple Cinnamon                | 160          | 5               | 28%                     | 0.5                 | 3%               | 3                   | 27                | 100                | 1                         |                                  |
| Muffin Top, Chocolate Chip                | 160          | 5               | 28%                     | 1.5                 | 8%               | 3                   | 26                | 180                | 2                         | Made w/Whole Grains              |

| Product Description                   | Kcals | Fat (gm) | % Kcals from Fat | Sat Fat (gm) | % Sat Fat | Protein (gm) | Carbs (gm) | Sodium (mg) | Dietary Fiber (gm) | Additional Comments          |
|---------------------------------------|-------|----------|------------------|--------------|-----------|--------------|------------|-------------|--------------------|------------------------------|
| Muffin Top, Chocolate Chocolate Chip  | 150   | 6        | 36%              | 1.5          | 9%        | 3            | 26         | 115         | 2                  | Made w/Whole Grains          |
| Pop Tarts, Brown Sugar Cinnamon, LF   | 180   | 2.5      | 13%              | 1            | 5%        | 2            | 37         | 190         | 3                  | Low Fat, Made w/Whole Grains |
| Pop Tarts, Frosted Strawberry, LF     | 180   | 2.5      | 13%              | 1            | 5%        | 2            | 38         | 180         | 3                  | Low Fat, Made w/Whole Grains |
| Popcorn, White Cheddar                | 70    | 2.5      | 32%              | 0            | 0%        | 2            | 9          | 110         | 2                  | Made w/Whole Grains          |
| Rice Krispies Treat, Original         | 160   | 4        | 23%              | 1            | 6%        | 2            | 30         | 120         | 0                  | Made w/Whole Grains          |
| Rice Krispies Treat, Choc Chip        | 190   | 5        | 24%              | 2            | 9%        | 2            | 34         | 150         | 0                  | Made w/Whole Grains          |
| Soft Pretzel                          | 170   | 1        | 5%               | 0            | 0%        | 6            | 36         | 150         | 4                  | Made w/Whole Grains          |
| Sunflower Seeds, Honey Roasted        | 190   | 15       | 71%              | 2            | 9%        | 6            | 11         | 65          | 3                  |                              |
| Turkey Breast Stick, All Natural BBQ  | 40    | 1        | 23%              | 0            | 0%        | 8            | 0          | 200         | 0                  |                              |
| Yogurt, Dannon Strawberry and Vanilla | 70    | 0        | 0%               | 0            | 0%        | 4            | 14         | 60          | 0                  |                              |
| Yogurt, Danimals, Strawberry          | 70    | 0        | 0%               | 0            | 0%        | 4            | 14         | 60          | 0                  |                              |
| Yogurt, Danimals, Raspberry           | 80    | 0        | 0%               | 0            | 0%        | 4            | 15         | 65          | 0                  |                              |
| Ultra Baked Cinnamon Bun              | 230   | 7        | 27%              | 2            | 8%        | 5            | 37         | 250         | 2                  | Made w/Whole Grains          |
| <b>Ice Cream</b>                      |       |          |                  |              |           |              |            |             |                    |                              |
| Product Description                   | Kcals | Fat (gm) | % Kcals from Fat | Sat Fat (gm) | % Sat Fat | Protein (gm) | Carbs (gm) | Sodium (mg) | Dietary Fiber (gm) | Additional Comments          |
| Chocolate Ripple, Cup                 | 80    | 1        | 11%              | 0            | 0%        | 2            | 16         | 50          | 0                  |                              |
| Chocolate/Vanilla, Cup                | 80    | 1        | 11%              | 0.5          | 6%        | 2            | 15         | 50          | 0                  |                              |
| Cotton Candy, Cup                     | 80    | 1        | 11%              | 0.5          | 6%        | 2            | 15         | 50          | 0                  |                              |
| Strawberry Ripple, Cup                | 80    | 1        | 11%              | 0.5          | 6%        | 2            | 16         | 50          | 0                  |                              |
| Vanilla, Cup                          | 80    | 1        | 11%              | 0.5          | 6%        | 2            | 15         | 50          | 0                  |                              |
| Frozen Yogurt, Strawberry             | 110   | 2        | 16%              | 1            | 8%        | 2            | 22         | 55          | 0                  |                              |
| Sherbet, Lemon Lime                   | 120   | 1.5      | 11%              | 1            | 8%        | 1            | 25         | 20          | 0                  |                              |
| Sherbet, Orange                       | 120   | 1        | 8%               | 0.5          | 4%        | 1            | 26         | 20          | 0                  |                              |
| Sherbet, Raspberry                    | 110   | 1        | 8%               | 0.5          | 4%        | 1            | 24         | 20          | 0                  |                              |
| Shortcake, Chocolate                  | 140   | 3.5      | 22%              | 1            | 6%        | 2            | 22         | 60          | 0                  |                              |
| Shortcake, Stawberry                  | 130   | 3.5      | 24%              | 1            | 7%        | 1            | 23         | 45          | 0                  |                              |
| Fudge Bar                             | 80    | 1        | 11%              | 0.5          | 6%        | 2            | 18         | 75          | 0                  |                              |
| Orange Cream Bar                      | 70    | 1        | 13%              | 0.5          | 6%        | 1            | 14         | 31          | 0                  |                              |
| Orange Stuff Bar                      | 60    | 0        | 0%               | 0            | 0%        | 0            | 14         | 5           | 0                  |                              |
| Sour Cherry Bar                       | 60    | 0        | 0%               | 0            | 0%        | 0            | 14         | 5           | 0                  |                              |
| Cotton Candy Cone                     | 150   | 3        | 18%              | 1.5          | 9%        | 3            | 29         | 100         | 0                  |                              |
| Cookies and Cream Cone                | 170   | 3.5      | 18%              | 1.5          | 8%        | 4            | 33         | 130         | 1                  |                              |
| Chocolate and Vanilla Cone            | 160   | 3.5      | 20%              | 1.5          | 8%        | 4            | 31         | 115         | 1                  |                              |
| Cotton Candy Push Up                  | 80    | 1        | 11%              | 0.5          | 6%        | 2            | 15         | 50          | 0                  |                              |
| Vanilla Fudge Push Up                 | 80    | 1        | 11%              | 5            | 6%        | 2            | 16         | 50          | 0                  |                              |
| Orange Sherbet Push Up                | 80    | 1        | 11%              | 0            | 0%        | 1            | 17         | 15          | 0                  |                              |
| Polar Pole Rainbow Push Up            | 70    | 0.5      | 6%               | 0            | 0%        | 0            | 16         | 15          | 0                  |                              |
| Ice Cream Sandwich, Cookies and Cream | 160   | 3        | 18%              | 1.5          | 8%        | 3            | 31         | 160         | 1                  |                              |
| Ice Cream Sandwich                    | 160   | 3        | 18%              | 1.5          | 8%        | 3            | 31         | 160         | 1                  |                              |
| Typhoon Blue Raspberry/Lemonade Bar   | 50    | 0        | 0%               | 0            | 0%        | 0            | 13         | 5           | 0                  |                              |
| Typhoon Cherry/Lemonade Cup           | 100   | 0        | 0%               | 0            | 0%        | 0            | 25         | 5           | 0                  |                              |
| Typhoon Cotton Candy Bar              | 60    | 0        | 0%               | 0            | 0%        | 0            | 14         | 5           | 0                  |                              |

| Product Description                    | Kcals | Fat (gm) | % Kcals from Fat | Sat Fat (gm) | % Sat Fat | Protein (gm) | Carbs (gm) | Sodium (mg) | Dietary Fiber (gm) | Additional Comments |
|--|-------|----------|------------------|--------------|-----------|--------------|------------|-------------|--------------------|---------------------|
| <b>Condiments</b>                      |       |          |                  |              |           |              |            |             |                    |                     |
| Syrup (1.5 oz)                         | 110   | 0        | 0%               | 0            | 0%        | 0            | 30         | 70          | 0                  |                     |
| Dressing, Italian, Fat Free (1.5 oz)   | 15    | 0        | 0%               | 0            | 0%        | 0            | 5          | 700         | 1                  | Fat Free            |
| Dressing, Ranch Dip Cup                | 35    | 1.5      | 39%              | 0            | 0%        | 0            | 5          | 200         | 1                  |                     |
| Dressing, Ranch (1.5 oz)               | 260   | 28       | 97%              | 2            | 12%       | 1            | 2          | 240         | 0                  |                     |
| Dressing, Raspberry, Fat Free (1.5 oz) | 45    | 0        | 0%               | 0            | 0%        | 0            | 12         | 115         | 0                  | Fat Free            |