

Menu Item Nutrient Report

Generated on: 8/25/2020 10:47:26 AM by Sarah Ginn

Item Name (Serving Size)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Almost Vegetarian Lunchable, MMA, WG, VRO, F - LR100430 (1 serv.)Contains Milk, Egg, Wheat, Gluten.	373.16	11.89	3.97	0.04	180.67	679.72	48.72	7.05	15.40	0.00(M)	19.11
Almost Vegetarian Salad, MMA, WG, VDG, VRO - LR100467 (1 salad)Contains Milk, Egg, Wheat, Soy, Gluten.	626.69	28.14	5.14	0.00	176.22	1061.64	69.07	15.15	24.04	(M)	34.64
Almost Vegetarian Salad, MMA, WG, VDG, VRO, VO - LR100013 (1 salad)Contains Milk, Egg, Wheat, Soy, Gluten.	466.06	16.11	3.65	0.00	180.00	986.64	60.90	13.77	10.85	(M)	28.70
American Cheese on Bread, MMA, WG - LR100468 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	400.00	20.00	10.00	0.00	50.00	980.00	38.00	4.00	4.00	(M)	18.00
American Hoagie on Club Roll, MMA, WG, VO, VRO - LR100276 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	340.77	10.93	3.96	0.00	65.52	961.54	36.05	3.70	2.91	(M)	22.51
American Hoagie on Hot Dog Roll, MMA, WG, VO, VRO - LR100284 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	299.72	15.11	5.51	0.00	52.50	938.80	27.59	2.70(M)	4.91	(M)	14.51
Apple Frudel, General Mills, 127852000, WGR - LR100100 (1 frudel)Contains Milk, Wheat.	210.00	6.00	1.00	0.00	0.00	260.00	36.00	2.00	11.00	(M)	5.00
Asian Rice Bowl w/ Assorted Sauces, MS/HS, MMA, WG - LR100122 (1 serv.)Contains Wheat, Soy, Gluten.	465.09	15.90	2.77	0.00(M)	22.15	1010.67	59.11	5.32(M)	10.37	4.67(M)	20.31
Assorted 100% Fruit Juice, F - LR100036 (4 fl. oz.)	67.48	0.00	0.00	0.00	0.00	5.07	15.86	0.00	14.16	(M)	0.00
Assorted Bagels, MS/HS, WG - LR100501 (1 bagel)Contains Wheat. Processed in a facility that also processes Soy, Gluten.	285.47	1.15	0.00	0.00	0.00	399.37	59.09	4.49	7.59	(M)	9.48
Assorted Benefit Bars, WG - LR100453 (1 ea.)Contains Milk, Egg, Wheat, Soy, Gluten.	290.00	9.00	2.75	0.00	22.50	220.00	47.00	3.00	21.50	(M)	5.00
Assorted Cereal & Muffin, WG - LR100352 (1 serv.)Contains Egg, Wheat, Soy, Gluten.	301.00	7.16	2.14	0.00	32.67	285.69	55.42	3.51	17.55	24.59	4.52
Assorted Cereal & Pop Tart, WG - LR100353 (1 serv.)Contains Wheat, Soy, Gluten.	286.99	3.99	1.17	0.00	0.00	345.01	61.23	4.49	22.97	22.84	3.58
Assorted Cereal w/ Nutri Grain Bar, WG - LR100444 (1 serv.)Contains Milk, Wheat, Soy, Gluten.	260.00	4.83	0.67	0.00	0.00	276.67	53.67	4.67	22.00	21.33	3.67

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Assorted Cereals for Snack Program, WG - LR100455 (1 serv.)Contains Wheat, Soy, Gluten.	272.50	3.00	0.25	0.00	0.00	372.50	58.00	4.50	19.00	18.95	4.00
Assorted Cereals w/ Grahams, MMA, WG - LR100270 (1 serv.)Contains Tree nuts, Wheat, Soy, Gluten.	230.85	5.36	1.09	0.00	0.00	289.80	42.22	3.02	14.70	7.54(M)	2.73
Assorted Cereals w/ String Cheese, MMA, WG - LR100092 (1 serv.)Contains Milk, Tree nuts, Wheat, Soy, Gluten.	187.58	7.21	4.02	0.00	19.75	344.67	24.83	2.99	8.56	7.54	7.64
Assorted Cereals w/ Yogurt, MMA, WG - LR100091 (1 serv.)Contains Milk, Tree nuts, Wheat, Soy, Gluten.	200.20	1.79	0.36	0.00	5.01	201.53	40.76	2.00(M)	18.88	7.54(M)	5.15
Assorted Cereals w/ Zee Zee's Nutrition Bar, WG - LR100449 (1 serv.)Contains Tree nuts, Wheat, Soy, Gluten.	308.57	8.29	2.07	0.00	0.00	187.14	55.86	4.00	23.57	7.54(M)	4.71
Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad)Contains Milk, Egg, Fish, Wheat, Soy, Gluten.	493.79	18.11	3.58	0.00	52.23(M)	1187.02	61.50	13.07	11.71	0.00(M)	29.91
Assorted Fresh Fruit, F - LR100026 (1 serv.)	59.11	0.17	0.05	0.00	0.00	0.39	14.84	2.08	9.62	(M)	0.71
Assorted Juice Rush, Hershey IC, F - LR100232 (1 serv.)	110.00	0.00	0.00	0.00	0.00	20.00	27.00	0.00	24.00	(M)	0.99
Assorted Muffins for Snack Program, WG - LR100456 (1 serv.)Contains Egg, Wheat, Soy, Gluten.	190.00	6.00	2.00	0.00	35.00	130.00	31.00	2.00	12.00	16.00	3.00
Assorted Muffins, MS/HS, WG - LR100454 (1 serv.)Contains Milk, Egg, Wheat, Soy.	385.83	12.00	3.92	0.00	88.33	260.00	62.92	4.67	33.50	(M)	6.75
Assorted Nutri Grain Bars for Snack Program, WG - LR100458 (1 serv.)Contains Milk, Wheat, Soy, Gluten.	150.00	3.50	0.50	0.00	0.00	140.00	30.00	3.00	14.00	13.33	2.00
Assorted Nutri Grain Bars, WG - LR100295 (1 serv.)Contains Milk, Wheat, Soy, Gluten.	300.00	7.00	1.00	0.00	0.00	280.00	60.00	6.00	28.00	26.67	4.00
Assorted Pop Tarts w/ Graham, WG - LR100271 (1 serv.)Contains Wheat, Soy, Gluten.	300.09	6.92	2.17	0.00	0.00	333.50	56.99	4.11	22.34	11.20(M)	3.08
Assorted Pop Tarts w/ String Cheese, WG - LR100292 (1 serv.)Contains Milk, Wheat, Soy, Gluten.	237.81	5.84	3.16	0.00	10.00	390.83	38.63	3.09	16.21	11.20(M)	9.06

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Assorted Pop Tarts w/ Assorted Yogurts, WG, MMA - LR100094 (1 serv.)Contains Milk, Wheat, Soy, Gluten.	270.65	3.45	1.38	0.00	5.01	247.90	55.88	3.13(M)	26.98	14.93(M)	5.42
Assorted Sandwiches, HS, MMA, WG - LR100473 (1 sandwich)Contains Milk, Egg, Wheat, Soy, Gluten.	363.44	13.82	4.33	0.00	59.16	1067.73	39.38	4.25	3.96	(M)	23.75
Assorted Sandwiches, MS, MMA, WG - LR100214 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	337.77	11.24	4.98	0.00	59.03	1140.67	38.41	3.94	3.33	(M)	24.64
Assorted Yogurt Parfaits, MMA, WG, F - LR100502 (1 serv.)Contains Milk, Egg, Tree nuts, Wheat, Peanuts, Soy, Gluten.	529.28	10.54	3.06	0.00	14.58	305.01	98.74	5.63(M)	55.81(M)	7.77(M)	13.39
Baby Carrots w/ Ranch Dip, VRO - LR100279 (1 serv.)Contains Milk.	63.16	2.89	0.47	0.04	0.67	199.72	8.72	2.05	5.41	(M)	0.11
Bacon Cheeseburger, ELEM, MMA, WG - LR100262 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	397.86	19.86	8.21	0.00	95.00	786.43	23.00	2.00	1.50	(M)	32.07
Bacon Cheeseburger, MS/HS, MMA, WG - LR100317 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	477.86	21.36	8.21	0.00	95.00	976.43	38.00	4.00	1.50	(M)	35.07
Bacon, Egg & Cheese on Croissant, MMA, WG - LR100145 (1 sandwich)Contains Milk, Egg, Wheat, Soy, Gluten.	346.73	19.31	8.19	0.00	179.97	810.06	27.85	1.99	4.98	1.99(M)	16.04
Bagel w/ Cream Cheese & Jelly, WG - LR100459 (1 serv.)Contains Milk, Wheat, Gluten.	220.00	5.00	2.50	0.00	15.00	275.00	39.00	4.00	6.00	(M)	8.00
Bagel w/ Cream Cheese, WG - LR100089 (1 serv.)Contains Milk, Wheat, Gluten.	185.00	5.00	2.50	0.00	15.00	275.00	30.00	4.00	6.00	(M)	8.00
Banana Split Parfait w/ Muffin Loaf, MMA, WG, F - LR100414 (1 serv.)Contains Milk, Egg, Wheat, Soy, Gluten.	536.19	10.14	3.56	0.00	35.00	278.56	101.92	4.51(M)	58.51	14.00(M)	13.04
Banana Split Parfait, MMA, WG, F - LR100406 (1 serv.)Contains Milk, Soy.	461.50	5.54	2.40	0.00	5.00	231.52	94.74	5.22(M)	51.45	(M)	12.17
BBQ Beef Rib on Club Roll, HS, MMA, WG - LR100369 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	390.00	11.50	4.00	0.00	60.00	920.00	40.00	5.00	5.00	(M)	30.00

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BBQ Beef Rib on Club Roll, MMA, WG - LR100135 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	280.00	6.50	2.00	0.00	30.00	640.00	36.00	4.00	3.00	(M)	18.00
BBQ Chicken Shaker Salad, ELEM, MMA, WG, VRO, VO, VS - LR100568 (1 salad)Contains Milk, Egg, Wheat, Soy, Gluten.	338.55	8.80	1.55	0.00(M)	62.00	383.98	44.44	2.16	19.49(M)	9.00(M)	20.49
BBQ Chicken Shaker Salad, MS/HS, MMA, WG, VRO, VO, VS - LR100569 (1 salad)Contains Milk, Egg, Wheat, Soy, Gluten.	537.32	14.30	3.05	0.00(M)	98.00	707.16	71.49	4.68	34.52(M)	15.00(M)	31.50
BBQ Pulled Pork on Club Roll, MMA, WG - LR100533 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	494.00	12.50	4.00	0.00	72.00	1524.00	62.00	5.00	27.00	(M)	29.98
BBQ Pulled Pork on Kaiser Roll, MMA, WG - LR100136 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	574.09	22.97	7.13	0.00(M)	56.98	2007.54	67.31	6.00	27.00(M)	(M)	23.68
Beef & Cheese Baked Rotini w/ Garlic Toast, MMA, WG, VRO - LR100538 (1 serv.)Contains Milk, Wheat, Soy, Gluten.	459.27	14.55	5.00	0.00	50.00	1523.34	54.85	9.10	14.99	0.00(M)	28.15
Beef Sloppy Joe on Roll, ELEM, MMA, WG - LR100064 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	409.08	6.53	3.01	0.00(M)	40.00	1142.72	72.03	2.46	45.43(M)	(M)	15.29
Beef Sloppy Joe w/ Cheese on Roll, MMA, WG - LR100065 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	537.93	12.53	5.51	0.00(M)	52.50	1466.26	87.75	4.46	45.93(M)	(M)	20.79
Beefy Chili w/ Cinnamon Roll, MMA, WG, VBP, VRO - LR100393 (1 serv.)	605.75	18.50	8.21	0.00(M)	62.34	1383.35	60.13	11.65	14.76(M)	(M)	26.95
Beefy Chili w/ Cornbread, MMA, WG, VBP, VRO - LR100373 (1 serv.)Contains Milk, Egg, Wheat, Soy, Gluten.	485.75	14.50	4.21	0.00(M)	67.33	1173.35	63.13	10.65	18.76(M)	15.00(M)	24.95
Beefy Nacho Salad, ELEM, MMA, WG, VRO, VO - LR100249 (1 serv.)Contains Milk.	433.44	22.87	7.48	0.00	53.71	928.27	40.67	4.14	4.43	0.00(M)	19.13
Beefy Nacho Salad, MS/HS, MMA, WG, VO, VRO - LR100252 (1 serv.)Contains Milk, Soy.	494.89	28.07	10.40	0.00	70.00	1204.08	43.61	4.14	4.43	0.00(M)	22.70
Berk's All Beef Hot Dog, R/S, MMA - LR100273 (1 hot dog)	130.00	11.00	5.00	0.00	30.00	330.00	1.00	0.00	0.00	(M)	6.00
Black Bean Salsa, VBP, VO - LR100364 (100 serv.)	397.40	27.91	3.70	0.00(M)	0.00	153.76	30.37	10.35	2.62(M)	(M)	8.80

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Blueberry Pop Tart, WG - LR100267 (1 Pop Tart)Contains Wheat, Soy.	180.00	2.50	1.50	0.00	0.00	180.00	38.00	3.00	15.00	(M)	2.00
Blueberry Waffles w/ Sausage, MMA, WG - LR100452 (1 serv.)Contains Milk, Egg, Wheat, Soy.	270.00	10.00	2.00	0.00	30.00	260.00	37.00	3.00	12.00	(M)	10.00
Boneless BBQ Chicken Wings w/ Roll, MMA, WG - LR100513 (1 serv.)Contains Milk, Wheat, Soy, Gluten.	270.00	9.75	1.88	0.00	25.00	497.50	26.50	4.50	1.00	(M)	20.50
Bread Stuffing, Monarch, US Foods, NWGR - LR100504 (1 1/4 ounces, dry)Contains Milk, Wheat, Soy, Gluten.	120.00	2.50	0.00	0.00	0.00	490.00	20.00	1.00	2.00	(M)	4.00
Breaded Cheese Sticks with Sauce, MMA/WG, VRO, MS/HS - LR100261 (2 sticks)Contains Milk, Wheat, Soy.	640.00	25.00	7.50	0.00	30.00	1820.00	76.00	11.00	19.00	(M)	25.00
Breaded Chicken & Cheese Wrap, ELEM, MMA, WG, VO - LR100589 (1 wrap)Contains Milk, Egg, Wheat, Soy, Gluten.	526.25	27.50	7.50	0.00	55.00	1135.00	44.25	6.50	4.75	1.00(M)	24.25
Breaded Chicken Patty on Roll, ELEM, MMA, WG - LR100110 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	350.00	13.50	2.50	0.00	25.00	690.00	37.00	5.00	2.00	1.00(M)	18.00
Breaded Chicken Patty on Roll, MS/HS, MMA, WG - LR100113 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	430.00	15.00	2.50	0.00	25.00	880.00	52.00	7.00	2.00	1.00(M)	21.00
Breaded Chicken Shapes w/ Buttered Noodles, MMA, WG - LR100534 (1 serv.)Contains Wheat, Soy, Gluten.	380.52	19.46	3.29	0.83	24.57	431.20	33.82	4.56	1.23	0.00(M)	19.12
Breaded Fish Sandwich w/ Mac & Cheese, MMA, WG - LR100417 (1 serv.)Contains Milk, Egg, Fish, Wheat, Soy, Gluten.	517.50	15.75	5.50	0.00	72.50	1195.00	61.25	4.50	6.50	0.00(M)	31.75
Breaded Fish w/ Roll, MMA, WG - LR100412 (1 serv.)Contains Milk, Fish, Wheat, Soy, Gluten.	300.00	7.50	1.00	0.00	50.00	460.00	38.00	3.00	2.00	(M)	19.00
Breaded Ranch Chicken Wrap, ELEM, MMA, WG - LR100598 (1 wrap)Contains Milk, Egg, Wheat, Soy, Gluten.	404.04	19.25	3.66	0.00(M)	28.26	725.31	38.94	5.50	1.99	0.67(M)	17.66
Breaded Spicy Chicken Patty on Roll, MS/HS, MMA, WG - LR100112 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	457.10	16.84	2.97	0.00	24.73	815.70	53.82	6.97	1.99	0.00(M)	21.84

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Breaded Veal Pattie, Advance Pierre 13751, MMA - LR100356 (1 patty)Contains Wheat, Soy.	300.00	21.00	7.00	0.00	30.00	460.00	18.00	1.00	2.00	(M)	11.00
Breakfast Bowl w/ Bacon, MMA, WG, VS - LR100447 (1 bowl)Contains Milk, Egg, Wheat, Soy.	347.86	18.86	8.71	0.00	202.50	841.43	28.00	2.00	1.99	(M)	14.57
Breakfast Bowl w/ Ham & Toast , MMA, WG, VS - LR100497 (1 bowl)Contains Milk, Egg, Wheat, Soy, Gluten.	402.00	15.50	5.50	0.00	208.00	1012.00	47.00	5.00	3.99	(M)	20.00
Breakfast Egg Pop, Elem, MS, MMA - LR100402 (1 serv.)Contains Milk, Egg, Soy.	180.00	15.50	3.25	0.00	177.50	265.00	3.50	0.00	3.50	(M)	6.50
Breakfast Egg Wrap, MMA, WG - LR100443 (1 sandwich)Contains Milk, Egg. Processed in a facility that also processes Wheat, Soy.	305.00	12.00	5.00	0.00	190.00	390.00	33.00	4.00	0.00	(M)	13.00
Breakfast Yogurt Parfait w/ Fruit & Cereal, ELEM & MS, MMA, WG, F - LR100439 (1 serv.)Contains Milk, Tree nuts, Wheat, Soy, Gluten.	279.91	2.25	0.63	0.00	2.50	210.70	59.23	4.00(M)	35.49	7.75(M)	5.25
Breakfast Yogurt Parfait w/ Fruit & Cereal, HS, MMA, WG, F - LR100440 (1 serv.)Contains Milk, Tree nuts, Wheat, Soy, Gluten.	379.82	3.00	1.12	0.00	5.00	263.16	78.72	4.00(M)	49.48	7.75(M)	8.74
Breakfast Yogurt Parfait w/ Fruit & Granola, ELEM & MS, MMA, WG, F - LR100237 (1 serv.)Contains Milk.	248.59	2.52	0.90	0.00	2.50	116.29	52.62	3.79(M)	25.51(M)	(M)	6.20
Breakfast Yogurt Parfait w/ Fruit & Granola, HS, MMA, WG, F - LR100296 (1 serv.)Contains Milk.	348.50	3.27	1.40	0.00	5.00	168.75	72.10	3.79(M)	39.50(M)	(M)	9.69
Broccoli Florets w/ Ranch, VDG - LR100275 (1 serv.)Contains Milk.	48.75	3.06	0.52	0.04	0.67	159.95	4.77	1.24	1.20	(M)	1.39
Brown Sugar Cinnamon Pop Tart w/ String Cheese, MMA, WG - LR100269 (1 serv.)Contains Milk, Wheat, Soy, Gluten.	237.08	6.13	3.04	0.00	10.00	397.92	38.50	3.13	16.63	15.63	9.08
Buddha Rice Bowl w/ Roasted Chickpeas, Carrots, Greens & Assorted Sauces, MS/HS, MMA, WG - LR100597 (1 serv.)Contains Milk, Egg, Wheat, Soy, Gluten.	541.62	10.15	1.58	0.00(M)	1.67(M)	757.94	100.62	6.02(M)	13.06(M)	4.67(M)	11.50

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Buffalo Chicken Dip w/Chips & Garlic Knot, MMA, WG - LR100519 (1 serv.)Contains Milk. Processed in a facility that also processes Egg, Wheat, Soy, Gluten.	480.10	20.30	6.92	0.02	79.43(M)	741.69	49.00	15.08	3.58	(M)	24.39
Buffalo Chicken Dip w/Chips, MMA, WG - LR100380 (1 serv.)Contains Milk.	427.24	17.71	5.90	0.02	79.43(M)	652.94	41.54	24.03	1.55	(M)	22.32
Buffalo Chicken Flatbread, ELEM, MMA, WG - LR100518 (1 serv.)Contains Milk, Wheat, Soy, Gluten.	418.70	16.41	7.00	0.00	72.00	883.80	40.15	3.81	12.53	(M)	24.80
Buffalo Chicken Flatbread, MS/HS, MMA, WG - LR100554 (1 serv.)Contains Milk, Wheat. May contain Soy, Gluten.	434.00	18.00	7.00	0.00	114.00 (M)	1052.00	28.00	3.00	2.00	(M)	36.00
Buffalo Chicken Wings w/ Cornbread, MMA, WG - LR100320 (1 serv.)Contains Milk, Egg, Wheat, Soy, Gluten.	600.00	28.50	4.75	0.00	150.00	795.00	59.50	2.00	30.00	30.00(M)	28.50
Buffalo Mac & Cheese w/ Breadstick, MMA, WG - LR100481 (1 serv.)Contains Milk, Egg, Wheat, Gluten.	404.50	12.67	6.09	0.00	30.46(M)	1355.19	53.48	3.03	9.09	0.00(M)	20.26
Buffalo Ranch Chicken Wrap, ELEM, MMA, WG - LR100566 (1 wrap)Contains Milk, Egg. Processed in a facility that also processes Wheat, Soy.	332.03	12.74	3.73	0.00	76.08(M)	1203.42	29.52	3.00	3.06	(M)	22.84
Buffalo Ranch Chicken Wrap, MS/HS, MMA, WG - LR100567 (1 wrap)Contains Milk, Egg. Processed in a facility that also processes Wheat, Soy.	517.38	18.36	5.23	0.00(M)	84.38(M)	1533.58	54.91	6.25	3.72	(M)	29.93
Build A Burger Bar, MMA, WG - LR100318 (1 sandwich)Contains Milk, Egg. Processed in a facility that also processes Fish, Wheat, Soy, Gluten.	414.29	15.45	5.40	0.00	59.17	857.14	40.67	5.00	2.33	(M)	29.86
Build Your Own Yogurt Parfait, MMA, WG, F - LR100404 (1 serv.)Contains Milk, Tree nuts, Wheat, Soy, Gluten.	481.98	4.44	1.47	0.00	5.00	327.36	101.47	5.90(M)	55.08	7.63(M)	11.06
Bulldog Big Mac, MMA, WG - LR100413 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	454.96	19.95	8.23	0.00	94.85	1319.57	33.63	6.00	5.65	(M)	37.74
Bulldog Breakfast Sandwich (Bacon).WG, M/MA - LR100244 (1 sandwich)Contains Milk, Egg, Wheat, Soy.	357.86	19.86	11.71	0.00	200.00	931.43	29.00	2.00	2.50	(M)	15.07

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Item Name (Serving Size)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Bulldog Egg & Bacon Sandwich.WG, M/MA - LR100529 (1 sandwich)Contains Milk, Egg, Wheat, Soy.	302.86	15.36	9.21	0.00	187.50	796.43	28.00	2.00	2.00	(M)	12.57
Bulldog Protein Power Pack w/ Egg & Cheese, MMA, WG, F - LR100288 (1 serv.)Contains Milk, Egg, Wheat.	330.00	12.50	6.00	0.00	190.00	395.00	39.00	5.00	8.00	0.00(M)	18.00
Bulldog Protein Power Pack w/ Meat & Cheese, MMA, WG, F - LR100274 (1 serv.)Contains Milk, Egg, Wheat, Soy, Gluten.	562.83	16.89	5.95	0.00	94.75(M)	755.16	85.39	5.00	53.82	28.00(M)	21.60
Burrito Bowl - LR100544 (1 c.)Contains Milk.	568.13	27.04	10.09	0.00(M)	103.09	803.21	51.04	6.05	2.11(M)	0.00(M)	29.59
Calzone w/ Marinara, MMA, WG, VRO - LR100074 (1 serv.)Contains Milk, Wheat, Soy, Gluten.	310.00	7.50	2.00	0.00	15.00	870.00	43.00	6.00	11.00	(M)	20.00
Caramel Apple Yogurt Parfait, MMA, WG, F - LR100405 (1 serv.)Contains Milk. May contain Tree nuts.	413.94	4.29	1.68	0.00	5.00	232.60	88.64	4.76(M)	46.87	(M)	11.26
Cauliflower & Cucumber Dippers w/ Ranch, VO - LR100282 (1 serv.)Contains Milk.	43.88	2.99	0.52	0.04	0.67	153.48	4.02	0.72	1.38	(M)	0.79
Celery Dippers w/ Peanut Butter, VO - LR100382 (1 serv.)Contains Peanuts.	187.07	5.09	2.52	0.00	0.00	170.40	9.50	2.81	3.68	(M)	6.35
Celery Sticks w/ Bleu Cheese Dip, VO - LR100478 (1 serv.)Contains Milk, Egg.	247.07	25.59	4.52	0.00	15.00	565.40	4.50	0.81	2.18	(M)	1.85
Celery Sticks w/ Ranch, VO - LR100280 (1 serv.)Contains Milk.	40.35	2.97	0.49	0.04	0.67	185.34	3.25	0.87	1.11	(M)	0.46
Cheese Pizza Wrap, MS/HS, MMA, WG, VRO - LR100596 (1 wrap)Contains Milk, Egg, Wheat, Soy, Gluten.	680.00	15.50	8.00	0.00	35.00	1405.00	101.00	10.00	19.00	(M)	33.00
Cheese Quesadilla w/ Marinara Sauce, MMA, WG, VRO - LR100321 (1 serv.)Contains Milk, Wheat, Soy.	380.00	13.50	3.00	0.00	10.00	1100.00	49.00	6.00	10.00	(M)	17.00
Cheese Stuffed Stick w/ Meatballs, ELEM/MS, MMA, WG - LR100510 (1 serv.)Contains Milk, Egg, Wheat, Soy, Gluten.	292.60	12.48	4.54	0.00(M)	33.72	775.00	26.94	3.00	9.50	(M)	18.14
Cheese Stuffed Stick w/ Meatballs, HS, MMA, WG - LR100520 (1 serv.)Contains Milk, Egg, Wheat, Soy, Gluten.	437.60	17.98	7.04	0.00(M)	48.72	1025.00	40.94	4.00	12.00	(M)	27.64

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Cheeseburger Nachos, MMA, WG, VO, VRO - LR100461 (1 serv.)Contains Milk, Soy.	454.95	22.81	6.42	0.00(M)	32.50	907.48	48.97	5.18	8.71(M)	0.00(M)	17.25
Cheeseburger, ELEM, MMA, WG - LR100004 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	355.00	17.00	7.50	0.00	82.50	565.00	23.00	2.00	1.50	(M)	28.50
Cheeseburger, MS/HS, MMA, WG - LR100052 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	435.00	18.50	7.50	0.00	82.50	755.00	38.00	4.00	1.50	(M)	31.50
Cheesesteak Nachos, MMA, WG - LR100480 (1 serv.)Contains Milk, Soy.	462.89	26.35	9.56	0.00	62.73	739.97	37.68	4.17	2.67	0.00(M)	21.88
Cheesy Broccoli, VDG - LR100409 (1 serv.)Contains Milk, Soy.	69.09	3.44	2.02	0.00	10.00	193.45	6.59	2.76	1.35	0.00(M)	5.18
Cheesy Egg Pocket, MMA, WG - LR100446 (1 sandwich)Contains Milk, Egg, Wheat, Soy, Gluten.	190.00	8.50	4.50	0.00	190.00	342.50	16.00	1.50	0.99	(M)	11.00
Cheesy Flatbread Pizza, MMA, WG, VRO - LR100485 (1 serv.)Contains Milk, Wheat, Soy, Gluten.	346.18	12.10	4.92	0.00(M)	20.00	1031.94	38.01	5.00	8.83(M)	(M)	21.54
Cheesy Lasagna Roll w/ Sauce & Garlic Knot, MMA, WG, VRO - LR100289 (1 serv.)Contains Milk, Wheat, Soy, Gluten.	380.00	7.50	3.50	0.00	20.00	680.00	56.00	4.00	13.00	(M)	20.00
Cheesy Pasta & Meatsauce w/ Breadstick, ELEM/MS, MMA, WG, VRO - LR100383 (1 serv.)Contains Milk, Wheat, Gluten.	344.64	11.53	5.00	0.00	50.00	1091.67	36.93	6.05	9.00	(M)	24.57
Cheesy Pasta & Meatsauce w/ Breadstick, HS, MMA, WG, VRO - LR100384 (1 serv.)Contains Milk, Wheat, Gluten.	466.89	15.41	6.43	0.00	69.05	1466.86	51.35	8.60	12.50	(M)	32.39
Cheesy Pasta Bake, MMA, WG, VRO - LR100087 (1 serv.)Contains Milk, Wheat, Gluten.	275.29	8.62	4.08	0.00(M)	20.00	833.37	31.11	5.18	7.00(M)	(M)	19.20
Cheesy Pepperoni Pizza Bagels, MMA, WG, VRO - LR100392 (2 halves)Contains Milk, Wheat, Gluten.	361.14	9.56	4.65	0.00	34.27	1124.26	43.78	8.00	13.00	(M)	25.63
Cheesy Pizza Bagels, MMA, WG, VRO - LR100363 (2 halves)Contains Milk, Wheat, Gluten.	330.00	8.00	4.00	0.00	20.00	940.00	43.00	8.00	13.00	(M)	22.00
Cheesy Ravioli w/ Breadstick, MMA, WG, VRO - LR100482 (1 serv.)Contains Milk, Egg, Wheat, Gluten.	370.00	7.00	2.50	0.00	25.00	650.00	58.00	5.00	13.00	(M)	20.00

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Cheesy Ravioli w/ Dinner Roll, MMA, WG, VRO - LR100351 (1 serv.)Contains Milk, Egg, Wheat, Soy, Gluten.	330.00	6.50	2.50	0.00	25.00	660.00	50.00	6.00	11.00	(M)	20.00
Chef's Salad w/ Croutons & Roll, MMA, WG, VDG, VRO - LR100017 (1 salad)Contains Milk, Wheat, Soy, Gluten.	414.72	12.43	3.02	0.00	34.75	1239.52	55.64	9.75	8.31	(M)	28.83
Chef's Salad w/ Ham & Cheese, MMA, WG, VDG, VRO - LR100423 (1 salad)Contains Milk, Wheat, Soy, Gluten.	433.24	13.10	3.15	0.00	28.00	1153.80	62.00	13.63	10.89	(M)	27.70
Chef's Salad w/ Popcorn Chicken, MMA, WG, VDG, VRO, VO - LR100425 (1 salad)Contains Milk, Wheat, Soy, Gluten.	521.70	18.19	3.52	0.00	20.91	1112.71	67.63	15.27	10.44	0.00(M)	30.34
Chef's Salad w/ Spicy Popcorn Chicken, MMA, WG, VDG, VRO - LR100424 (1 salad)Contains Milk, Wheat, Soy, Gluten.	521.70	18.19	3.52	0.00	20.91(M)	1182.71	67.63	15.27	10.44	0.00(M)	30.34
Chef's Salad w/ Turkey & Cheese, MMA, WG, VDG, VRO. - LR100432 (1 salad)Contains Milk, Wheat, Soy, Gluten.	441.24	11.60	2.40	0.00	30.00	1211.80	61.50	13.63	9.89	(M)	31.70
Cherry Blossom Chicken w/ Rice, MMA, WG - LR100492 (1 serv.)Contains Egg, Wheat, Gluten.	380.00	5.50	1.00	0.00	45.00	350.00	63.00	4.00	14.00	(M)	17.00
Cherry Crisp, F, NWG - LR100537 (1 portion)	248.04	3.95	0.74	0.68(M)	0.00	93.07	51.99	1.69	37.85(M)	(M)	1.43
Cherry Frudel, General Mills, 127851000, WGR - LR100101 (1 frudel)Contains Milk, Wheat.	210.00	6.00	1.00	0.00	0.00	260.00	37.00	2.00	11.00	(M)	5.00
Chick Peas w/ Salsa, WBP, VRO - LR100407 (1 serv.)	140.00	1.85	0.00	0.00	0.00	199.23	25.39	3.69	5.69	(M)	6.62
Chicken & Cheese Fajita, MMA, WG - LR100367 (1 wrap)Contains Milk. Processed in a facility that also processes Wheat, Soy.	353.36	10.57	4.53	0.00	85.24	1082.07	34.49	5.74	4.26	(M)	31.04
Chicken & Cheese Quesadilla w/ Marinara Sauce, MMA, WG, VRO - LR100486 (1 serv.)Contains Milk, Wheat, Soy, Gluten.	340.00	9.50	2.00	0.00	660.00	1090.00	48.00	6.00	10.00	(M)	19.00
Chicken Alfredo w/ Garlic Knot, ELEM, MMA, WG - LR100349 (1 serv.)Contains Milk. May contain Egg, Wheat, Soy, Gluten.	498.56	19.41	9.15	0.00	82.17	982.00	54.36	6.46	4.16	(M)	29.08
Chicken Alfredo w/ Garlic Knot, MMA, WG - LR100134 (1 serv.)Contains Milk. May contain Egg, Wheat, Gluten.	367.44	10.31	4.15	0.00	61.17	466.00	44.28	6.91	3.99	(M)	27.70

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Chicken Bacon Ranch Sandwich, ELEM, MMA, WG - LR100465 (1 sandwich)Contains Milk. May contain Egg, Wheat, Soy, Gluten.	437.86	19.86	3.71	0.00	40.00	1051.43	40.00	5.00	2.50	1.00(M)	21.57
Chicken Bacon Ranch Sandwich, MS/HS, MMA, WG - LR100466 (1 sandwich)Contains Milk. May contain Egg, Wheat, Soy, Gluten.	539.29	22.79	4.07	0.00	46.25	1352.14	55.00	7.00	2.50	1.00(M)	26.36
Chicken Burrito Wrap, ELEM, MMA, WG - LR100561 (1 wrap)Contains Milk. Processed in a facility that also processes Wheat, Soy.	445.90	8.63	4.13	0.00(M)	87.39(M)	1055.31	61.13	5.14	6.09(M)	(M)	35.30
Chicken Burrito Wrap, MS/HS, MMA, WG - LR100562 (1 wrap)Contains Milk. Processed in a facility that also processes Wheat, Soy.	505.90	13.63	8.13	0.00(M)	107.39 (M)	1070.31	62.13	5.14	7.09(M)	(M)	36.30
Chicken Caesar Salad, MMA, WG, VDG - LR100015 (1 salad)Contains Milk, Fish, Wheat, Soy, Gluten.	497.23	25.14	4.33	0.00	54.81	1346.97	47.04	8.75	7.97	(M)	25.87
Chicken Caesar Shaker Salad, MMA, WG, VDG - LR100551 (1 salad)Contains Milk, Fish, Wheat, Soy, Gluten.	539.34	32.90	5.68	0.00	35.00	1152.15	43.67	8.53	5.00	(M)	23.21
Chicken Corn Soup w/ Soft Pretzel, MMA, WG, VS - LR100375 (1 serv.)Contains Wheat, Gluten.	309.36	4.50	0.48	0.00(M)	56.00(M)	686.45	45.62	5.12	1.41(M)	(M)	23.09
Chicken Fingers w/ Dinner Roll, ELEM, MMA, WG - LR100291 (1 serv.)Contains Milk, Wheat, Soy, Gluten.	291.69	13.79	2.13	0.00	21.32	492.54	27.64	4.56	1.85	0.85(M)	15.79
Chicken Fingers w/ Dinner Roll, MS/HS, MMA, WG - LR100337 (1 serv.)Contains Milk, Wheat, Soy, Gluten.	365.59	18.05	2.84	0.00	28.42	603.38	32.19	5.41	2.14	1.14(M)	20.05
Chicken Noodle Soup w/ Grilled Cheese, MMA, WG - LR100361 (1 serv.)Contains Milk, Egg, Wheat, Soy, Gluten.	535.56	23.87	10.97	0.00	79.05	2529.21	57.37	4.00	5.94	(M)	25.75
Chicken Noodle Soup w/ Ham & Cheese Sandwich, MMA, WG - LR100389 (1 serv.)Contains Milk, Egg, Wheat, Soy, Gluten.	471.87	16.93	6.75	0.00	100.56	2824.86	56.92	4.00	7.72	(M)	32.64
Chicken Nuggets w/ Dinner Roll, MMA, WG - LR100120 (1 serv.)Contains Milk, Wheat, Soy, Gluten.	327.94	15.74	2.46	0.00	24.57	553.05	29.97	4.46	2.23	0.00(M)	18.97

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Chicken Nuggets w/ Garlic Bread Stick, MMA, WG - LR100507 (1 serv.)Contains Milk, Wheat, Soy, Gluten.	367.94	16.24	2.46	0.00	24.57	543.05	37.97	3.46	4.23	0.00(M)	18.97
Chicken Nuggets w/ Goldfish, MMA, WG - LR100442 (1 serv.)Contains Milk, Wheat, Soy, Gluten.	357.94	18.74	3.46	0.00	24.57	563.05	29.97	3.46	1.23	0.00(M)	17.97
Chicken Nuggets w/ Soft Pretzel, HS, MMA, WG - LR100410 (1 serv.)Contains Wheat, Soy, Gluten.	482.70	24.08	3.93	0.00	39.30	728.87	39.55	4.93	1.97	0.00(M)	27.55
Chicken Nuggets w/ Soft Pretzel, MMA, WG - LR100164 (1 serv.)Contains Wheat, Soy, Gluten.	327.94	15.24	2.46	0.00	24.57	493.05	29.97	3.46	1.23	0.00(M)	17.97
Chicken Parmesan Sandwich, ELEM/MS, MMA, WG - LR100362 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	444.17	17.25	4.67	0.00	35.00	1120.05	43.67	6.50	5.50	1.00(M)	26.17
Chicken Salad on Croissant, MS/HS, MMA, WG - LR100379 (1 sandwich)Contains Milk, Egg, Wheat, Soy, Gluten.	402.60	21.87	6.65	0.00	57.14	613.44	33.77	2.95	6.50	1.99(M)	19.33
Chicken Salad on Hamburg Roll, ELEM, MMA, WG - LR100437 (1 sandwich)Contains Milk, Egg, Wheat, Soy, Gluten.	321.20	14.40	3.17	0.00	52.17	613.00	29.39	2.74	4.17	(M)	18.19
Chicken Salad on Kaiser Roll, MS/HS, MMA, WG - LR100307 (1 sandwich)Contains Milk, Egg, Wheat, Soy, Gluten.	401.20	15.90	3.17	0.00	52.17	803.00	44.38	4.74	4.17	(M)	21.19
Chicken Salad Sandwich on Bread, MS/HS, MMA, WG - LR100305 (1 sandwich)Contains Milk, Egg, Wheat, Soy, Gluten.	473.20	25.92	5.17	0.00	62.17	1034.42	41.81	4.92	7.43	(M)	20.32
Chicken Salad Sandwich on Club Roll, MS, MMA, WG - LR100347 (1 sandwich)Contains Milk, Egg, Wheat, Soy, Gluten.	483.20	25.42	5.17	0.00	62.17	1014.42	43.81	3.92	6.43	(M)	20.32
Chicken Salad Wrap, MS/HS, MMA, WG - LR100314 (1 sandwich)Contains Egg. Processed in a facility that also processes Wheat, Soy.	363.72	17.42	3.67	0.00	52.17	674.80	34.92	5.96	3.52	(M)	19.36
Chicken Tender Wrap, MMA, WG - LR100301 (1 sandwich)May contain Milk, Egg. Contains Wheat, Soy, Gluten.	465.00	20.17	3.17	0.00	25.83	596.67	49.00	7.00	1.17	1.00(M)	20.00

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Chicken Tenders w/ Buttered Noodles, MMA, WG - LR100536 (1 serv.)Contains Wheat, Soy, Gluten.	344.28	17.51	2.96	0.83	21.32	370.69	31.49	4.66	0.85	0.85(M)	15.94
Chicken Tenders w/ Goldfish, MMA, WG - LR100416 (1 serv.)Contains Milk, Wheat, Soy, Gluten.	321.69	16.79	3.13	0.00	21.32	502.54	27.64	3.56	0.85	0.85(M)	14.79
Chicken Tenders w/ Roll, MMA, WG - LR100316 (1 serv.)Contains Milk, Wheat, Soy, Gluten.	291.00	11.30	2.00	0.00	52.00	510.00	26.00	3.40	1.00	(M)	23.00
Chicken Tenders w/ Soft Pretzel, MMA, WG - LR100348 (1 serv.)Contains Wheat, Soy, Gluten.	291.69	13.29	2.13	0.00	21.32	432.54	27.64	3.56	0.85	0.85(M)	14.79
Chicken Vegetable Soup w/ Biscuit, MMA, WG, VO - LR100377 (1 serv.)Contains Milk, Wheat, Soy, Gluten.	362.33	12.49	4.91	0.00(M)	56.00(M)	910.26	38.09	4.54	3.41(M)	(M)	23.43
Chili Over Rice, MMA, WG, VBP - LR100131 (1 serv.)Contains Soy.	348.90	10.40	3.29	0.55	30.11	497.57	47.37	6.11	4.79	(M)	17.00
Chili Over Tater Tots w/ Dinner Roll, MMA, WG, VS - LR100370 (1 serv.)Contains Milk, Wheat, Soy, Gluten.	473.52	17.00	4.16	0.55	30.11	1131.22	58.93	9.85	6.79	(M)	20.75
Chocolate Chip Cookie, David's, WG - LR100323 (1 cookie)Contains Milk, Egg, Wheat, Soy.	100.00	3.50	1.00	0.00	5.00	85.00	17.00	1.00	8.00	(M)	2.00
Chocolate Filled Crescent, Pillsbury, 149979000 WGR - LR100264 (1 pkg.)Contains Milk, Wheat, Gluten.	230.00	8.00	1.50	0.00	0.00	270.00	37.00	2.00	10.00	(M)	6.00
Chocolate Mini Donuts, Bake Crafters, 1929, WG - LR100268 (1 pkg.)Contains Milk, Egg. Processed in a facility that also processes Tree nuts, Wheat, Soy, Gluten.	320.00	16.00	9.00	0.00	20.00	260.00	42.00	3.00	17.00	(M)	5.00
Chunky Monkey Parfait, MMA, WG, F - LR100387 (1 serv.)Contains Milk, Peanuts, Soy.	695.24	29.57	9.25	0.00	2.50	361.87	94.35	8.84(M)	52.93	(M)	20.28
Cinnamon Roll w/ Drizzle Icing, Frozen, Hadley Farms, 3751W, WG - LR100234 (1 roll.)Contains Milk, Wheat, Soy.	190.00	6.00	1.00	0.00	0.00	180.00	32.00	4.00	11.00	(M)	4.00
Cinnamon Roll, Freezer to Oven, General-Mills, 94562-1111-0, WG - LR100394 (1 roll.)	360.00	12.00	5.00	0.00	20.00	360.00	36.00	3.00	11.00	(M)	6.00

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Cobb Salad w/ Popcorn Chicken, MMA, WG, VDG, VRO - LR100426 (1 salad)Contains Milk, Egg, Wheat, Soy, Gluten.	678.74	31.99	9.71	0.00	223.41	1405.13	66.41	14.91	11.03	0.00(M)	38.50
Coleslaw, VO - LR100172 (25 Servings)Contains Milk, Egg, Soy.	35.16	2.13	0.37	0.00(M)	2.10	61.37	3.15	0.41	1.77(M)	(M)	1.26
Corn Salad, VS - LR100581 (1 serv.)	91.44	2.85	0.41	0.00(M)	0.00	339.93	17.12	2.39	0.68(M)	(M)	2.32
Creamy Mac & Cheese w/ Breadstick, MMA, NWG - LR100474 (1 serv.)Contains Milk, Egg, Wheat, Gluten.	404.50	12.67	6.09	0.00	30.46	1145.19	53.48	3.03	9.09	0.00(M)	20.26
Creamy Mac & Cheese w/ Dinner Roll, MMA, WG - LR100434 (1 serv.)Contains Milk, Egg, Wheat, Soy, Gluten.	364.50	12.17	6.09	0.00	30.46	1155.19	45.48	4.03	7.09	0.00(M)	20.26
Cucumber & Celery Dippers w/ Ranch, VO - LR100272 (1 serv.)Contains Milk.	40.71	2.96	0.49	0.04	0.67	165.66	3.44	0.59	1.20	(M)	0.45
Cucumber Slices w/ Ranch, VO - LR100298 (1 serv.)Contains Milk.	41.08	2.94	0.49	0.04	0.67	145.98	3.63	0.32	1.30	(M)	0.45
Dijon Chicken w/ Spinach, ELEM, MMA, WG, VDG, VRO, VO - LR100573 (1 salad)Contains Milk, Egg, Wheat, Soy, Gluten.	312.62	5.18	0.03	0.00(M)	63.00	705.59	41.83	6.60	9.72	(M)	26.03
Dijon Chicken w/ Spinach, MS/HS, MMA, WG, VDG, VRO, VO - LR100574 (1 salad)Contains Milk, Egg, Wheat, Soy, Gluten.	323.05	5.34	0.06	0.00(M)	63.00	749.49	43.66	7.66	10.19	(M)	27.06
Dilly Green Peas, VS - LR100532 (4 oz.)	89.97	0.37	0.06	0.00(M)	0.00	85.18	16.51	6.34	(M)	(M)	6.01
Egg McBulldog Breakfast Sandwich, MMA, WG - LR100411 (1 sandwich)Contains Milk, Egg, Wheat, Soy, Gluten.	257.86	9.86	3.46	0.00	195.00	836.43	23.00	1.00	2.00	0.00(M)	18.07
Egg, Ham & Cheese on Croissant, MMA, WG - LR100496 (1 sandwich)Contains Milk, Egg, Wheat, Soy, Gluten.	340.87	18.45	8.48	0.00	185.47	820.64	29.85	1.99	5.98	1.99(M)	17.47
Egg, Sausage & Cheese Slider, MMA, WG - LR100257 (1 sandwich)Contains Milk, Egg, Wheat, Soy.	190.00	8.50	2.50	0.00	170.00	460.00	15.00	2.00	2.50	(M)	14.00
English Muffin Pizza, MMA, WG, VRO - LR100302 (2 halves)Contains Milk, Wheat, Soy, Gluten.	310.00	8.50	4.00	0.00	20.00	1030.00	35.00	5.00	9.00	0.00(M)	22.00
Fish & Chips, HS, MMA, WG - LR100329 (1 serv.)Contains Milk, Fish, Wheat, Gluten.	418.08	15.61	2.25	0.00	52.50	629.01	50.52	4.03	1.50	0.00(M)	20.06

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Item Name (Serving Size)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Fish Sticks or Fish Nuggets & Dinner Roll, HS, MMA, WG - LR100038 (1 serv.)Contains Milk, Fish, Wheat, Soy, Gluten.	400.00	13.00	2.25	0.00	63.75	625.00	47.75	5.00	2.50	(M)	23.25
Flat Bottom Waffle, Krusteaz, NWG - LR100499 (2 waffles)Contains Milk, Wheat, Soy.	280.00	12.00	2.00	0.00	5.00	660.00	37.00	1.00	4.00	0.00	5.00
Fluffy Whipped Potatoes w/ Chicken Gravy, VS - LR100358 (1 serv.)Contains Milk. May contain Egg, Wheat, Soy.	58.33	1.83	0.00	0.00	0.00	330.00	11.67	0.00	0.00	(M)	0.70
French Toast Sticks & Egg Patty, ELEM/MS, MMA, WG - LR100512 (1 serv.)Contains Egg, Wheat, Soy, Gluten.	372.17	13.52	3.50	0.00(M)	175.00	447.01	52.70	3.00	9.00(M)	(M)	11.00
French Toast Sticks w/ Egg on a Stick, MS/HS, MMA, WG - LR100408 (1 serv.)Contains Egg, Wheat, Gluten.	462.17	13.02	3.50	0.00(M)	420.00	667.01	64.70	4.00	11.00(M)	(M)	22.00
French Toast Sticks w/ Sausage, ELEM, MMA, WG - LR100390 (1 serv.)Contains Wheat, Soy, Gluten.	375.03	14.13	2.52	0.00(M)	30.00	405.31	52.12	3.03	9.10(M)	(M)	12.07
French Toast Sticks w/ Sausage, MS/HS, MMA, WG - LR100391 (1 serv.)Contains Wheat, Soy, Gluten.	405.03	17.13	4.02	0.00(M)	20.00	485.31	53.12	3.03	9.10(M)	(M)	12.07
French Toast Sticks, Rich's, 37722, WGR - LR100498 (4 ea.)Contains Wheat, Soy, Gluten.	260.00	10.00	2.00	0.00	0.00	300.00	38.00	3.00	9.00	(M)	6.00
Fresh Spinach Salad, VDG, VRO - LR100322 (1 salad)	21.53	0.22	0.03	0.00	0.00	43.61	4.45	1.65	1.92	(M)	1.28
Fresh Veggies w/ Dip, VRO, VO - LR100027 (1 serv.)Contains Milk.	61.35	0.13	0.04	0.00	0.00	543.64	14.98	2.58	5.33(M)	(M)	0.67
Garden Salad w/ Cheese & Dinner Roll, MMA, WG, VDG, VRO, VPB, VO - LR100043 (1 serv.)Contains Milk, Wheat, Soy, Gluten.	378.27	9.73	4.13	0.00	20.00	750.26	51.64	11.38	9.18	(M)	26.04
Garden Side Salad, VDG, VRO - LR100014 (1 salad)	48.41	0.58	0.08	0.00(M)	0.00	37.26	10.09	4.92	4.51	(M)	2.61
Garlicky Green Beans, VO - LR100531 (1 serv.)	35.25	1.86	0.15	0.00	0.00(M)	6.00	4.35	2.00(M)	0.00(M)	(M)	1.01
Gourmet Cheese & Bacon Flatbread, MMA, WG - LR100400 (1 serv.)Contains Milk, Wheat. May contain Soy, Gluten.	326.94	13.39	5.62	0.00	32.35	860.49	27.61	2.74	1.83	(M)	23.01

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Gourmet Cheesy Flatbread, MMA, WG - LR100399 (1 serv.)Contains Milk, Wheat. May contain Soy, Gluten.	286.18	10.60	4.92	0.00(M)	20.00	641.94	28.01	3.00	1.83(M)	(M)	19.54
Grape Filled Crescent, Pillsbury, 149978000, WGR - LR100265 (1 pkg.)Contains Milk, Wheat, Gluten.	210.00	6.00	1.00	0.00	0.00	260.00	35.00	2.00	9.00	(M)	5.00
Grape Tomatoes w/ Ranch Dip, VRO - LR100371 (1 serv.)Contains Milk.	47.05	2.89	0.47	0.04(M)	0.67	148.51	4.81	1.08	2.47	(M)	0.62
Grapefruit Slices, F - LR100526 (1 cup sections, with juice)	73.60	0.23	0.03	0.00	0.00	0.00	18.58	2.53	16.05	(M)	1.45
Grilled Cheese Sandwich, MMA, WG - LR100360 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	400.00	20.00	10.00	0.00	50.00	980.00	38.00	4.00	4.00	(M)	18.00
Ham & Cheese Dutch Waffle Sandwich, MMA, WG - LR100403 (1 sandwich)Contains Milk, Egg, Wheat, Soy.	729.00	34.50	10.50	0.00	88.50	1299.00	91.00	6.00	26.50	(M)	20.50
Ham & Cheese Lunchable, MMA, WG, VRO, F - LR100429 (1 serv.)Contains Milk, Wheat.	390.16	15.89	5.47	0.04	28.67	971.72	47.72	6.05	13.41	0.00(M)	16.11
Ham & Cheese on Bread, MMA, WG - LR100335 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	336.31	13.06	5.78	0.00	71.52	1275.66	37.56	4.00	5.78	(M)	24.89
Ham & Cheese on Club Roll, MS, MMA, WG - LR100342 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	348.83	12.58	5.78	0.00	71.52	1257.46	40.09	3.22	5.13	(M)	25.05
Ham & Cheese on Kaiser Roll, MMA, WG - LR100308 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	335.98	11.42	4.96	0.00	56.76	1125.49	42.92	4.00	3.96	(M)	21.80
Ham & Cheese Sandwich Bagged Lunch, ELEM/MS, MMA, WG, VRO, F, M - LR100489 (1 bag lunch)Contains Milk, Wheat, Soy, Gluten.	581.31	15.56	7.28	0.00	86.52	1555.66	84.56	10.00	46.78	(M)	32.89
Ham & Cheese Sandwich Bagged Lunch, HS, MMA, WG, VRO, F, M - LR100490 (1 bag lunch)Contains Milk, Wheat, Soy, Gluten.	611.31	15.56	7.28	0.00	86.52	1555.66	92.56	12.00	52.78	(M)	32.89
Ham & Cheese Sandwich on Pretzel Bun - LR100019 (1 sandwich)Contains Milk, Wheat, Gluten.	305.98	11.92	5.96	0.00	56.76	745.49	34.92	3.00	4.96	(M)	19.80

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Ham & Cheese Sandwich w/ Chips, MMA, WG - LR100488 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	445.98	15.42	5.46	0.00	56.76	1265.49	59.92	6.00	7.96	2.00(M)	22.80
Ham & Cheese Wrap, MMA, WG - LR100310 (1 sandwich)Contains Milk. Processed in a facility that also processes Wheat, Soy.	326.31	14.56	6.28	0.00	71.52	1185.66	34.56	5.00	3.78	(M)	23.89
Ham & Pepperjack Cheese on Pretzel Roll, ELEM, MMA, WG - LR100563 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	240.00	6.02	3.02	0.25	20.06	722.43	31.27	3.00	(M)	(M)	13.29
Ham & Pepperjack Cheese on Pretzel Roll, MS/HS, MMA, WG - LR100564 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	240.00	6.02	3.02	0.25	20.06	722.43	31.27	3.00	(M)	(M)	13.29
Ham & String Cheese Roll up w/ Soft Pretzel, ELEM, MMA, WG - LR100552 (1 serv.)Contains Milk, Wheat, Gluten.	270.66	8.78	4.64	0.00	39.51	630.33	33.28	2.00	5.64	0.00(M)	20.20
Ham & String Cheese Roll up w/ Soft Pretzel, MS/HS, MMA, WG - LR100553 (1 serv.)Contains Milk, Wheat, Gluten.	431.04	19.84	6.89	0.14	55.80	1191.60	45.97	2.34	16.01	0.00(M)	24.98
Ham, Egg & Cheese on English Muffin, MMA, WG - LR100047 (1 sandwich)Contains Milk, Egg, Wheat, Soy, Gluten.	235.00	8.50	3.00	0.00	166.67	680.00	23.50	1.00	4.00	0.00(M)	16.67
Ham, Egg & Cheese on Slider Roll, MMA, WG - LR100217 (1 sandwich)Contains Milk, Egg, Wheat, Soy, Gluten.	221.66	7.33	3.00	0.00	167.50	659.99	24.00	2.00	3.50	(M)	14.83
Ham, Egg & Cheese Wrap, MMA, WG - LR100450 (1 sandwich)Contains Milk, Egg. Processed in a facility that also processes Wheat, Soy.	262.00	10.50	5.00	0.00	205.50	612.00	26.00	3.00	1.50	(M)	15.50
Hamburger on Roll, ELEM, MMA, WG - LR100049 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	310.00	13.50	5.00	0.00	60.00	520.00	25.00	3.00	1.00	(M)	22.00
Hamburger on Roll, MS/HS, MMA, WG - LR100319 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	380.00	15.00	5.00	0.00	60.00	680.00	37.00	4.00	1.00	(M)	24.00
Hawaiian Pizza, MMA, WG - LR100462 (1 slice)Contains Milk. Processed in a facility that also processes Egg, Wheat, Gluten.	352.66	15.82	10.41	0.00(M)	52.38	547.58	33.07	3.25	3.41(M)	(M)	21.18
Honey Glazed Carrots, VRO - LR100147 (1 serv.)	48.56	0.50	0.10	0.00	0.00	215.63	11.48	2.42	8.80	(M)	0.45

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Honey Sriracha Wings w/ Breadstick, MMA, WG - LR100470 (1 serv.)Contains Wheat, Gluten.	395.00	15.00	2.25	0.00	52.50	525.00	43.00	2.50	6.00	3.00(M)	25.50
Hot Dog on Roll, ELEM/MS, MMA, WG - LR100104 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	240.00	11.50	5.00	0.00	30.00	560.00	23.00	2.00	1.00	(M)	10.00
Hot Dogs on Rolls, HS, MMA, WG - LR100315 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	600.00	25.00	10.00	0.00	60.00	1380.00	66.00	6.00	2.00	(M)	24.00
Hot Ham & Cheese on Pretzel Roll, MMA, WG, ELEM - LR100248 (1 sandwich)Contains Milk, Wheat, Gluten.	240.00	6.02	3.02	0.25	20.06	722.43	31.27	3.00	(M)	(M)	13.29
Hot Ham & Cheese on Pretzel Roll, MS/HS, MMA, WG - LR100247 (1 sandwich)Contains Milk, Wheat, Gluten.	336.31	13.56	6.78	0.00	71.52	935.66	36.56	3.00	5.78	(M)	23.89
Hot Roast Beef Sandwich, MMA, WG - LR100256 (1 sandwich)Contains Milk. May contain Egg, Wheat, Soy, Gluten.	368.22	8.44	1.98	0.00	64.23	1366.80	42.95	4.00	3.98	(M)	27.74
Hot Turkey Sandwich, MMA, WG - LR100150 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	357.47	11.11	3.04	0.00	83.54	1063.54	33.04	4.00	2.00	(M)	30.30
Hummus Platter w/ Pita Quarters, MMA, WG, VRO, VO - LR100565 (1 serv.)Contains Milk, Wheat, Gluten.	357.07	6.09	2.02	0.00	10.00	620.40	46.50	9.81	12.67	0.00(M)	19.35
Ice Cream, Orange Blossom, Bar, Hershey's - LR100516 (1 ea.)Contains Milk.	80.00	2.50	1.50	0.00	10.00	40.00	13.00	0.00	13.00	(M)	1.00
Italian Hoagie on Club Roll, MMA, WG, VO, VRO - LR100304 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	424.00	19.46	7.77	0.28	53.00	1304.54	37.92	3.70	4.40	(M)	24.65
Italian Hoagie on Hot Dog Roll, MMA, WG, VO, VRO - LR100281 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	364.00	18.46	7.77	0.28	53.00	1174.54	27.92	2.70	4.40	(M)	22.65
Italian Hoagie on Savory Roll, ELEM, MMA, WG - LR100549 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	310.00	13.50	6.00	0.00	70.00	980.00	25.00	2.00	1.00(M)	(M)	22.00
Italian Hoagie on Savory Roll, MS/HS, MMA, WG - LR100550 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	390.00	15.00	6.00	0.00	70.00	1170.00	40.00	4.00	1.00(M)	(M)	25.00
Jif Peanut Butter, 1 oz. cup - LR100381 (2 Tbsp.)Contains Peanuts.	180.00	5.00	2.50	0.00	0.00	130.00	8.00	2.00	3.00	(M)	6.00

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Lettuce & Tomato Salad, VO, VRO - LR100177 (1 salad)	26.28	0.28	0.04	0.00	0.00	11.70	5.64	1.94	3.79	(M)	1.44
Lettuce & Tomato, VO, VRO - LR100297 (1 serv.)	13.14	0.14	0.02	0.00	0.00	5.85	2.82	0.97	1.89	(M)	0.72
Lo Mein Noodles, WG, VO - LR100401 (1 serv.)Contains Wheat, Soy, Gluten.	292.12	8.07	1.01	0.00(M)	0.00	2463.25	46.03	7.01(M)	17.02	(M)	8.84
LOL Mac & Cheese w/ Goldfish Crackers, MMA, WG - LR100278 (1 serv.)Contains Milk, Egg, Wheat, Gluten.	394.50	15.17	7.09	0.00	30.46	1165.19	45.48	3.03	6.09	0.00(M)	19.26
Lunch Yogurt Parfait w/ Mini Fruit Bread, MMA, WG, F - LR100372 (1 serv.)Contains Milk, Egg, Wheat, Soy, Gluten.	573.20	11.87	2.06	0.00	45.00	295.78	104.28	4.08(M)	60.56(M)	26.00(M)	13.56
Lunch Yogurt Parfait w/ Soft Pretzel, MMA, WG, F - LR100236 (1 serv.)Contains Milk, Wheat.	488.50	3.77	1.40	0.00	5.00	318.75	102.10	6.79(M)	40.50(M)	(M)	14.69
Macaroni & Cheese w/ Garlic Breadstick, MMA, WG - LR100506 (1 serv.)Contains Milk, Egg, Wheat, Gluten.	404.50	12.67	6.09	0.00	30.46	1145.19	53.48	3.03	9.09	0.00(M)	20.26
Maple Pancake Sausage Nuggets, ELEM - LR100191 (3 ea.)Contains Egg, Wheat, Soy, Gluten.	330.00	9.00	2.50	0.00	25.00	335.00	55.00	3.00	31.00	(M)	6.00
Maple Pancake Sausage Nuggets, MS/HS - LR100192 (4 ea.)Contains Egg, Wheat, Soy, Gluten.	390.00	12.00	3.33	0.00	33.33	428.33	60.00	4.00	32.33	(M)	8.00
Maple Sausage, Turkey, Pancake Nuggets, MMA, WG, CN - LR100190 (3 ea.)Contains Egg, Wheat, Soy, Gluten.	180.00	9.00	2.50	0.00	25.00	280.00	15.00	3.00	4.00	(M)	6.00
Maple Sausage, Turkey, Pancake Nuggets, MS/HS, MMA, WG, CN - LR100205 (4 ea.)Contains Egg, Wheat, Soy, Gluten.	240.00	12.00	3.33	0.00	33.33	373.33	20.00	4.00	5.33	(M)	8.00
Maple Waffle Chicken Patty Sandwich, MMA, WG - LR100515 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	520.00	25.00	4.50	0.00	30.00	1120.00	52.00	4.00	5.00	1.00	19.00
Maple Waffle Spicy Chicken Patty Sandwich, MMA, WG - LR100517 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	544.40	26.69	4.94	0.00	29.48	1051.70	53.65	3.94	4.98	0.00	19.69
Maple Waffle, Egg, Bacon & Cheese Sandwich, MMA, WG - LR100500 (1 sandwich)Contains Milk, Egg, Wheat, Soy.	437.86	23.36	6.71	0.00	180.00	1241.43	39.00	1.00	6.00	0.00(M)	16.07

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Maple Waffles w/ Sausage, MMA, WG - LR100451 (1 serv.)Contains Milk, Egg, Wheat, Soy, Gluten.	260.00	9.00	2.00	0.00	30.00	260.00	37.00	3.00	13.00	12.00(M)	10.00
Mashed Potatoes w/ Beef Gravy, VS - LR100124 (1 serv.)Contains Milk. May contain Egg, Wheat, Soy.	65.00	2.25	0.00	0.00	0.00	530.00	11.50	0.00	0.00	(M)	0.70
Max Cheese Sticks w/ Marinara ELEM, MMA, WG, VRO - LR100079 (1 serv.)Contains Milk, Wheat, Soy.	400.00	16.00	5.00	0.00	20.00	1080.00	46.00	6.00	10.00	(M)	16.00
Max Cheese Sticks w/ Marinara, MS/HS, MMA, WG, VRO - LR100048 (1 serv.)Contains Milk, Wheat, Soy.	550.00	22.50	7.50	0.00	30.00	1155.00	60.00	5.00	11.00	(M)	23.00
Meatball & Cheese Pasta Bake w/ Garlic Bread Stick, MMA, WG, VRO - LR100511 (1 serv.)Contains Milk, Egg, Wheat, Soy, Gluten.	420.64	15.16	5.40	0.00(M)	41.20	1036.67	47.83	5.05	10.00	(M)	24.64
Meatball Sub w/ Marinara & Cheese, MMA, WG, VRO - LR100469 (1 sandwich)Contains Milk, Egg, Wheat, Soy, Gluten.	436.00	15.14	5.40	0.00(M)	41.20	1145.00	47.90	5.00	8.00	(M)	26.06
Meatballs & Sauce on Club Roll, MMA, WG, VRO - LR100114 (1 sandwich)Contains Milk, Egg, Wheat, Soy, Gluten.	376.00	11.64	3.40	0.00(M)	31.20	725.00	48.90	5.00	9.00	(M)	19.06
Mega Mini Chicken Nuggets w/ Roll, MMA, WG - LR100509 (1 serv.)Contains Milk, Wheat, Soy, Gluten.	327.14	13.86	2.14	0.00	57.14	645.71	28.29	3.43	1.00	0.00(M)	25.86
Mexican Tacos , HS, MMA, WG - LR100340 (1 serv.)Contains Milk, Wheat, Soy, Gluten.	672.65	38.31	17.13	0.00	76.27	651.31	49.57	6.18	3.46	(M)	28.83
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container (8 oz))Contains Milk.	155.00	2.50	1.50	0.00	15.00	170.00	25.00	0.00	25.00	(M)	8.00
Milk, Strawberry, 1%, Clover Farms, MILK - LR100334 (1 container (8 oz))Contains Milk.	155.00	2.50	1.50	0.00	15.00	160.00	26.00	0.00	25.00	(M)	8.00
Minh Less Sodium Orange Sauce - LR100388 (2 Tbsp.)	45.00	0.00	0.00	0.00	0.00	65.00	11.00	0.00	9.00	(M)	0.00
Mini Cinnis Pull Apart Rolls, Pillsbury General Mills, 33686, WGR - LR100099 (1 pkg.)Contains Milk, Wheat.	240.00	8.00	2.00	0.00	0.00	300.00	40.00	2.00	15.00	(M)	5.00
Morabito 55% Whole Wheat Slider Roll - LR100163 (1 roll.)Contains Milk, Wheat, Soy.	70.00	1.00	0.00	0.00	0.00	160.00	14.00	2.00	1.00	(M)	3.00

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Nachos Grande w/ Salsa, MMA, WG, VRO - LR100441 (1 serv.)Contains Milk, Soy.	473.37	24.55	8.37	0.00	60.00	1151.30	50.05	2.74	5.83	0.00(M)	23.32
Ocean Breaded Fish Sticks w/ roll - LR100109 (1 serv.)Contains Milk, Fish, Wheat, Soy, Gluten.	280.00	9.00	1.50	0.00	35.00	490.00	36.00	4.00	2.00	(M)	15.00
Onion Rings, Grabitizers Breaded, McCain Foods, 96110849, VO - LR100300 (5 pcs.)Contains Milk, Wheat.	170.00	9.00	1.50	0.00	0.00	200.00	20.00	3.00	3.00	(M)	2.00
Open Face Meatloaf Sandwich, ELEM/MS, MMA, WG - LR100254 (1 serv.)Contains Milk. May contain Egg, Wheat, Soy, Gluten.	400.00	14.75	6.00	0.50	40.00	1190.00	46.50	5.00	7.00	(M)	19.00
Open Face Meatloaf Sandwich, HS, MMA, WG - LR100368 (1 serv.)Contains Milk. May contain Egg, Wheat, Soy, Gluten.	590.00	26.75	12.00	1.00	80.00	1580.00	54.50	6.00	12.00	(M)	30.00
Oriental Chicken Salad w/ Romaine, ELEM, MMA, NWG, VDG, VRO, VO - LR100555 (1 salad)Contains Wheat, Soy, Gluten.	353.20	12.26	2.55	0.00	42.00	646.46	43.41	7.70	8.78	(M)	19.00
Oriental Chicken Salad w/ Romaine, MS/HS, MMA, NWG, VDG, VRO, VO - LR100556 (1 salad)Contains Wheat, Soy, Gluten.	561.60	19.40	3.58	0.00	84.00	1003.75	64.43	12.22	15.92	(M)	34.56
Oriental Sweet & Sour Chicken over Rice, MMA, WG - LR100121 (1 serv.)Contains Wheat, Soy, Gluten.	420.91	14.93	2.73	0.00	21.82	511.82	53.77	4.27	19.09	0.00(M)	17.27
Oven Fried Chicken w/ Dinner Roll, MMA, WG - LR100357 (1 serv.)Contains Milk, Wheat, Soy, Gluten.	240.00	8.60	2.00	0.00	36.60	520.00	28.00	4.00	2.00	(M)	15.30
Oven Ready Breaded Veal Pattie - LR100325 (4 ounces)Contains Milk, Wheat, Soy.	256.79	12.84	4.94	0.00	44.44	622.22	19.75	0.00	1.98	(M)	15.80
Parmesan Peas, VS - LR100283 (1 serv.)	11.72	0.12	0.06	0.00	0.00	14.67	1.96	0.73	0.00(M)	(M)	0.74
Parmesan Roasted Broccoli, VDG - LR100527 (1 serv.)Contains Milk.	69.15	4.11	1.24	0.00(M)	5.00(M)	101.93	6.42	2.52(M)	1.65(M)	(M)	4.73
Pasta & Meatsauce w/ Breadstick, ELEM/MS, MMA, WG, VRO - LR100174 (1 serv.)Contains Milk, Wheat, Gluten.	284.64	8.53	3.00	0.00	40.00	921.67	35.93	6.05	9.00	(M)	17.57
Pasta & Meatsauce w/ Breadstick, HS, MMA, WG, VRO - LR100359 (1 serv.)Contains Milk, Wheat, Gluten.	406.89	12.41	4.43	0.00	59.05	1296.86	50.35	8.60	12.50	(M)	25.39

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Pasta Bar, MMA, WG, VRO - LR100327 (1 serv.)Contains Milk, Wheat, Soy.	398.50	12.59	4.29	0.00	40.02	822.16	51.92	5.65	6.50(M)	(M)	22.93
PB&J Bagged Lunch, ELEM/MS, MMA, WG, VRO, F, M - LR100397 (1 bag lunch)Contains Milk, Wheat, Peanuts, Soy, Gluten.	866.32	42.27	8.44	0.09	16.34	1069.45	102.44	13.10	57.82	(M)	26.21
PB&J Bagged Lunch, HS, MMA, WG, VRO, F, M - LR100398 (1 bag lunch)Contains Milk, Wheat, Peanuts, Soy, Gluten.	941.32	42.27	8.44	0.09	16.34	1109.45	122.44	15.10	76.82	(M)	26.21
PB&J Bagged Lunch, Winter - ELEM/MS, MMA, WG, VRO, F, M - LR100522 (1 bag lunch)Contains Milk, Wheat, Peanuts, Soy, Gluten.	862.70	36.75	7.57	0.00	15.00	1757.27	114.97	14.17	57.66(M)	(M)	27.34
PB&J Bagged Lunch, Winter - HS, MMA, WG, VRO, F, M - LR100523 (1 bag lunch)Contains Milk, Wheat, Peanuts, Soy, Gluten.	967.70	36.75	7.57	0.00	15.00	1797.27	140.97	14.17	82.66(M)	(M)	27.34
Pea & Pepper Salad, VS, VRO - LR100016 (1 serv.)Contains Soy.	10.27	0.33	0.04	0.00	0.00	23.11	1.50	0.50	0.38(M)	(M)	0.41
Peas & Carrots, VS, VRO - LR100023 (1 serv.)	44.50	0.36	0.06	0.00	0.00	50.50	8.53	3.40	(M)	(M)	2.27
Pepperoni Pizza Wrap, ELEM, MMA, WG, VRO - LR100575 (1 wrap)Contains Milk. Processed in a facility that also processes Wheat, Soy.	330.42	9.02	5.51	0.00	32.67	752.23	38.76	5.00	10.51	(M)	22.04
Pepperoni Pizza Wrap, MS/HS, MMA, WG, VRO - LR100576 (1 wrap)Contains Milk. Processed in a facility that also processes Wheat, Soy.	500.42	12.52	7.51	0.00	42.67	1032.23	61.76	8.00	10.51	(M)	32.04
Pepperoni Pizza, MMA, WG - LR100471 (1 slice)Contains Milk. Processed in a facility that also processes Egg, Wheat, Gluten.	332.17	15.61	10.20	0.00	50.07	514.89	28.30	3.00	3.20	(M)	20.22
Philly Cheese Steak on Club Roll, ELEM, MMA, WG - LR100285 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	333.36	11.84	5.00	0.00	45.01	573.44	35.67	4.00	2.00	0.00(M)	21.34
Philly Cheese Steak on Steak Roll, ELEM, MMA, WG - LR100185 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	353.36	12.34	5.00	0.00	45.01	633.44	40.67	5.00	2.00	0.00(M)	22.34
Pizza Buns, ELEM, MMA, WG - LR100259 (2 halves)Contains Milk, Wheat, Soy, Gluten.	300.00	7.50	4.00	0.00	20.00	990.00	36.00	6.00	9.00	(M)	20.00

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Pizza Lunchable, MMA, WG, VRO, F - LR100427 (1 serv.)Contains Milk, Wheat, Soy, Gluten.	380.35	7.52	2.51	0.00	22.67	1001.88	58.75	6.00	19.50	0.00(M)	19.04
Popcorn Chicken Bowl, MMA, WG, VS - LR100155 (1 serv.)Contains Milk, Wheat, Soy, Gluten.	496.91	18.23	2.81	0.00	21.82	1012.82	66.10	6.27	5.09(M)	0.00(M)	22.06
Popcorn Chicken w/ Breadstick, MMA, WG - LR100157 (1 serv.)Contains Wheat, Soy, Gluten.	364.75	15.90	2.77	0.00	22.15	537.67	37.51	4.32	4.11	0.00(M)	18.51
Popcorn Chicken w/ Goldfish, MMA, WG - LR100463 (1 serv.)Contains Milk, Wheat, Soy, Gluten.	350.91	18.18	3.73	0.00	21.82	551.82	29.27	4.27	1.09	0.00(M)	17.27
Popcorn Chicken w/ Orange Sauce & Rice, HS, MMA, WG - LR100435 (1 serv.)Contains Wheat, Soy, Gluten.	455.91	15.68	2.73	0.00	21.82	446.82	59.27	5.27	10.09	0.00(M)	19.27
Popcorn Chicken w/ Roll & Dips, MMA, WG - LR100431 (1 serv.)Contains Milk, Wheat, Soy, Gluten.	397.62	15.18	2.73	0.00	21.82	715.22	47.95	5.27(M)	17.43	0.00(M)	18.27
Popcorn Chicken w/ Roll, MMA, WG - LR100508 (1 serv.)Contains Milk, Wheat, Soy, Gluten.	320.91	15.18	2.73	0.00	21.82	541.82	29.27	5.27	2.09	0.00(M)	18.27
Popcorn Chicken w/ Soft Pretzel, MMA, WG - LR100415 (1 serv.)Contains Wheat, Soy, Gluten.	390.91	14.68	2.73	0.00	21.82	531.82	45.27	6.27	2.09	0.00(M)	20.27
Popeye Salad, VDG, VRO - LR100277 (1 salad)	21.53	0.22	0.03	0.00	0.00	43.61	4.45	1.65	1.92	(M)	1.28
Potato Pearls Extra Rich Mashed, Basic American Foods, 81837, VS - LR100503 (1/4 c.)Contains Milk.	193.19	0.00	0.00	0.00	0.00	55.20	38.64	3.31	0.00	(M)	3.86
Powdered Sugar Donuts, Bake Crafters, 1931, WG - LR100530 (1 pkg.)Contains Milk, Egg. Processed in a facility that also processes Tree nuts, Wheat, Soy, Gluten.	310.00	11.00	5.00	0.00	20.00	250.00	52.00	2.00	29.00	(M)	3.00
Protein Rice Bowl, ELEM, MMA, WG, VDG, VRO, VBP - LR100577 (1 serv.)Contains Wheat, Soy, Gluten.	310.92	9.13	1.48	0.00	40.00	578.49	36.44	5.41	8.84	(M)	22.49
Protein Rice Bowl, MS/HS, MMA, WG, VDG, VRO, VBP - LR100578 (1 serv.)Contains Wheat, Soy, Gluten.	498.97	13.11	1.75	0.00	40.00	614.13	66.88	10.82	12.53	0.00(M)	31.98

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Pumpkin Pie, Chef Pierre - LR100339 (1 slice)Contains Milk, Egg, Wheat.	300.00	11.00	5.00	0.00	45.00	370.00	47.00	1.00	20.00	(M)	5.00
Quinoa Salad w/ Baby Spinach, MMA, WG, VDG, VRO - LR100583 (2 c.)Contains Egg.	464.24	19.11	7.30	0.00(M)	365.23	1102.77	46.69	5.98	5.23(M)	(M)	24.88
Red & Yellow Pepper Dippers, VO - LR100287 (1 serv.)Contains Milk.	50.58	0.11	0.03	0.00	0.00	521.61	12.45	1.87	5.52	(M)	0.43
Red Pepper Strips w/ Dip, VRO - LR100299 (1 serv.)Contains Milk.	45.24	3.02	0.50	0.04	0.67	146.78	4.52	1.02	2.36	(M)	0.56
Roast Beef on Club Roll, MS, MMA, WG - LR100343 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	407.52	10.53	2.50	0.00	87.50	1666.80	36.53	3.22	4.86	(M)	38.66
Roast Beef on Kaiser Roll, MMA, WG - LR100309 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	370.00	6.50	0.00	0.00	75.00	1590.00	40.00	4.00	4.00	(M)	37.00
Roast Beef Wrap, MMA, WG - LR100312 (1 sandwich)Processed in a facility that also processes Wheat. Contains Soy.	330.00	8.00	0.50	0.00	75.00	1460.00	30.00	5.00	3.00	(M)	35.00
Roast Beef Wrap, MS, MMA, WG - LR100344 (1 sandwich)Contains Milk. Processed in a facility that also processes Wheat, Soy.	387.52	12.53	3.00	0.00	87.50	1596.80	31.54	5.22	3.85	(M)	37.66
Roast Turkey BLT Club, MS/HS, MMA WG, VRO, VO - LR100558 (1 sandwich)Contains Milk, Egg, Wheat, Soy, Gluten.	464.01	14.89	2.09	0.00	68.75	1380.94	50.09	6.70	6.41	(M)	31.87
Roast Turkey BLT, ELEM, MMA, WG, VRO, VO - LR100557 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	322.58	9.46	1.73	0.00	57.50	975.23	32.09	4.70	3.41	(M)	27.09
Roasted Fall Vegetable Flatbread Pizza, MMA, WG - LR100484 (1 serv.)Contains Milk, Wheat. May contain Soy, Gluten.	412.34	17.40	5.87	0.00(M)	20.00	1615.92	44.18	6.56	6.29(M)	(M)	21.58
Roasted Fall Vegetables, VRO, VO - LR100483 (1 serv.)	127.73	6.83	0.95	0.00(M)	0.00	974.13	16.57	3.81	4.46(M)	(M)	2.09
Roasted Onions & Peppers, VO - LR100464 (1 serv.)	54.28	1.70	0.24	0.00(M)	0.00	971.98	9.10	1.56	4.46(M)	(M)	1.52
Roasted Ranch Chick Peas, VBP - LR100420 (1 serv.)	153.59	5.22	0.47	0.00(M)	0.00	230.55	20.14	3.69	3.69	0.00(M)	4.62
Roasted Vegetables, VDG, VO - LR100475 (1 serv.)	57.25	3.46	0.49	0.00(M)	0.00	253.55	6.06	1.37	2.62(M)	(M)	1.40

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Roasted Veggie Pizza, MMA, WG, VDG, VO - LR100476 (1 slice)Contains Milk. Processed in a facility that also processes Egg, Wheat, Gluten.	327.16	15.43	10.06	0.00(M)	45.00	481.69	28.76	3.17	3.33(M)	(M)	19.18
Rotini Pasta with Parmesan & Green Peas - LR100592 (1 serv.)Contains Milk, Wheat, Soy, Gluten.	535.29	31.42	9.54	0.00(M)	38.35	730.34	44.08	7.22	5.02	0.00(M)	28.60
Salad Bar, MMA, WG, VDG, VRO, VO - LR100303 (1 salad)Contains Milk, Wheat, Soy, Gluten.	376.25	11.34	3.87	0.00(M)	196.50	668.57	50.16	12.64	12.35	(M)	25.04
Salad, Tortellini w/ Roasted Veggies & Diced Turkey Ham (Tasty Brands) - LR100540 (1 1/2 c.)Contains Milk, Egg, Wheat, Soy, Gluten.	400.47	16.17	4.71	0.00(M)	54.88	1024.05	40.62	5.07	6.30(M)	(M)	27.22
Salisbury Steak w/ Buttered Noodles, MMA, WG - LR100366 (1 serv.)Contains Milk. May contain Egg, Wheat, Soy, Gluten.	272.58	11.47	3.33	0.83	35.00	778.15	27.35	2.10	0.00	(M)	16.15
Sausage, Egg & Cheese Croissant, MMA, WG - LR100212 (1 sandwich)Contains Milk, Egg, Wheat, Soy, Gluten.	393.87	23.45	9.98	0.00	187.47	758.64	28.85	1.99	4.98	1.99(M)	18.47
Sausage, Egg & Cheese on English Muffin, MMA, WG - LR100046 (1 sandwich)Contains Milk, Egg, Wheat, Soy, Gluten.	305.00	14.00	5.25	0.00	202.50	785.00	24.00	1.00	2.00	0.00(M)	20.50
Savory Hot Dog Roll, WG - LR100547 (1 roll.)Contains Milk, Wheat, Soy, Gluten.	110.00	0.50	0.00	0.00	0.00	230.00	22.00	2.00	1.00	(M)	4.00
Savory Steak Roll, WG - LR100548 (1 roll.)Contains Milk, Wheat, Soy, Gluten.	190.00	2.00	0.00	0.00	0.00	420.00	37.00	4.00	1.00	(M)	7.00
Savory Yogurt Dippers, ELEM, MMA, WG, VRO, VO - LR100571 (1 serv.)Contains Milk, Wheat.	337.07	8.84	2.52	0.00	2.50	487.90	56.00	4.81(M)	19.68	(M)	7.85
Savory Yogurt Dippers, MS/HS, MMA, WG, VRO, VO - LR100572 (1 serv.)Contains Milk, Wheat, Gluten.	387.07	4.09	2.02	0.00	5.00	250.40	76.50	4.81(M)	36.68	(M)	12.35
Smucker's PBJ w/ Cheese Stick & soft pretzel, ELEM - LR100158 (1 serv.)Contains Milk, Wheat, Peanuts, Gluten.	430.00	20.50	5.00	0.00	10.00	580.00	47.00	5.00	15.00	0.00(M)	18.00
Snowy Waffle Sticks, WG - LR100495 (1 serv.)Contains Milk, Egg, Fish, Crustacean Shellfish, Tree nuts, Wheat, Peanuts, Soy, Gluten.	210.00	5.00	1.00	0.00(M)	15.00	290.05	36.50	3.00	12.42	(M)	4.00

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Soba Noodle Bowl w/Chicken & Vegetables, MMA, WG, VO - LR100521 (1 serv.)Contains Egg, Wheat, Soy, Gluten.	366.95	4.98	0.00	0.00(M)	42.00	1152.17	54.22	7.00(M)	2.40(M)	(M)	24.17
Soft Shell Beef Taco, ELEM, MMA, WG - LR100062 (1 serv.)Contains Wheat, Soy, Gluten.	361.03	13.05	4.01	0.00(M)	25.02(M)	525.64	42.17	5.12(M)	3.00(M)	(M)	19.05
Soft Shell Beef Taco, MS/HS, MMA, WG, VRO - LR100063 (1 serv.)Contains Wheat, Soy, Gluten.	553.55	17.08	4.51	0.00(M)	25.02(M)	687.44	74.70	9.33(M)	3.35(M)	(M)	24.21
Southwest Bacon BBQ Burger on WG Roll, MS/HS, MMA, WG - LR100477 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	497.33	22.32	8.21	0.00	84.85(M)	1156.19	43.00	4.00(M)	5.50(M)	(M)	30.03
Southwest Chicken Wrap w/ Salsa, MS/HS, MMA, WG, VRO - LR100326 (1 sandwich)Processed in a facility that also processes Wheat, Soy.	367.20	9.31	3.40	0.00	107.48	1310.17	41.91	5.00	6.91	(M)	35.14
Spaghetti w/ Meatballs, MMA, WG - LR100436 (1 serv.)Contains Milk, Egg, Wheat, Soy, Gluten.	386.00	11.64	3.40	0.00(M)	31.20	365.00	55.90	9.00	9.00	(M)	21.06
Spanish Rice, WG - LR100180 (1 serv.)	201.85	1.01	0.20	0.00	0.50	75.00	45.15	1.30	2.18	(M)	6.05
Spiced Chick Peas, VBP - LR100582 (1/2 c.)	237.73	7.16	1.41	0.00(M)	0.00(M)	680.46	34.02	15.12	5.67(M)	(M)	11.34
Spicy Breaded Chicken Patty on Roll, ELEM, MMA, WG - LR100111 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	374.40	15.19	2.94	0.00	24.48	621.70	38.65	4.94	1.98	0.00(M)	18.69
Spicy Chicken Tenders w/ Roll, MMA, WG - LR100505 (1 serv.)Contains Milk, Egg, Wheat, Soy, Gluten.	305.00	10.00	2.10	0.00	44.00	510.00	32.00	2.00	1.00	(M)	23.00
Spicy Chicken Wings w/ Dinner Roll, MMA, WG - LR100514 (1 serv.)Contains Milk, Wheat, Soy, Gluten.	355.00	14.50	2.25	0.00	52.50	535.00	35.00	3.50	4.00	3.00(M)	25.50
Steak Sandwich on Club Roll w/ Peppers & Onions, ELEM, MMA, WG, VO - LR100438 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	352.68	11.84	5.00	0.00	45.01	579.38	40.13	4.74	4.23	0.00(M)	22.08
Steak Sandwich w/ Sauce, MS/HS, MMA, WG, VRO - LR100167 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	362.53	12.42	4.67	0.00	45.03	868.16	41.07	6.08	5.49	(M)	21.43

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Strawberry Pop Tart w/ String Cheese, MMA, WG - LR100090 (1 serv.)Contains Milk, Wheat, Soy, Gluten.	237.08	5.60	3.04	0.00	10.00	387.50	38.50	3.13	15.58	14.58	9.08
String Cheese & Cracker Bagged Lunch, ELEM, MMA, WG, VRO, F, M - LR100395 (1 bag lunch)Contains Milk, Wheat, Soy, Gluten.	569.35	23.63	11.34	0.09	60.83	1114.51	68.39	9.07	43.80	0.00(M)	22.07
String Cheese & Cracker Bagged Lunch, MS/HS, MMA, WG, VRO, F, M - LR100396 (1 bag lunch)Contains Milk, Wheat, Soy, Gluten.	699.35	27.13	12.34	0.09	65.82	1264.51	90.39	12.07	49.80	0.00(M)	24.07
Stromboli w/ Marinara Sauce, MMA, WG, VRO - LR100355 (1 serv.)Contains Milk, Egg, Wheat, Soy.	390.00	13.50	4.00	0.00	40.00	1040.00	39.00	5.00	11.00	(M)	21.00
Stuffed Shells w/ Garlic Bread, MMA, WG - LR100479 (1 serv.)Contains Milk, Egg, Wheat, Soy.	390.00	10.50	4.00	0.00	20.00	640.00	55.00	5.00	24.00	0.00(M)	20.00
Sweet Yogurt Dippers, ELEM, MMA, WG, VDG, VRO, F - LR100559 (1 serv.)Contains Milk, Wheat, Soy, Gluten.	398.47	4.55	1.55	0.00	2.50	244.51	84.92	7.48(M)	43.77(M)	8.00(M)	7.29
Sweet Yogurt Dippers, MS/HS, MMA, WG, VDG, VRO, F - LR100560 (1 serv.)Contains Milk, Wheat, Soy, Gluten.	558.47	6.30	2.55	0.00	5.00	342.01	115.42	7.48(M)	58.77(M)	6.00(M)	11.79
Taco Bar, MMA, WG - LR100330 (1 serv.)Contains Milk, Wheat, Soy, Gluten.	700.09	31.00	15.00	0.00	75.02	575.17	71.50	6.50	2.50	(M)	27.01
Tex Mex Bento Box, ELEM, MMA, WG, VBP - LR100579 (1 serv.)Contains Milk.	399.06	14.21	5.18	0.00	57.99	682.95	44.49	6.97	3.56	(M)	20.68
Tex Mex Bento Box, MS/HS, MMA, WG, VBP - LR100580 (1 serv.)Contains Milk.	514.05	18.96	8.18	0.00	72.99	847.95	55.99	9.97	4.05	(M)	27.18
Thai Style Noodle Salad with Chicken - 9-12, 2mma, 2g - LR100585 (2 c.)May contain Egg. Contains Wheat, Soy, Gluten.	793.86	43.41	5.95	0.00(M)	80.16(M)	2085.62	73.16	11.92(M)	21.12(M)	0.00(M)	35.93
Thai Turkey Wrap, ELEM, MMA, WG, VO - LR100545 (1 wrap)Contains Wheat. Processed in a facility that also processes Soy, Gluten.	273.35	6.24	1.37	0.00	45.00	706.73	31.94	3.99	4.75	(M)	20.99

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Thai Turkey Wrap, MS/HS, MMA, WG, VO - LR100546 (1 wrap)Contains Wheat. Processed in a facility that also processes Soy, Gluten.	510.03	10.97	2.41	0.00	75.00	1290.12	63.88	7.99	9.50	(M)	36.31
Top Your Own Mashed Potato Bar, MMA, WG VS - LR100324 (1 serv.)Contains Milk. May contain Egg, Wheat, Soy, Gluten.	683.77	25.67	8.22	0.00	56.16	1793.21	81.63	5.64	8.54(M)	0.00(M)	33.59
Tossed Salad w/ Dressing, VDG, VRO - LR100542 (1 salad)Contains Milk, Egg, Soy.	134.12	7.83	1.06	0.00(M)	6.59	307.57	15.36	4.92	5.83	(M)	3.27
Tostito Taco Tuesday, ELEM, MMA, WG - LR100178 (1 serv.)Contains Milk, Soy.	341.91	19.57	9.01	0.00	50.00	527.55	21.12	3.49	1.30	(M)	18.36
Tostito Taco Tuesday, MS/HS, MMA, WG - LR100365 (1 serv.)Contains Milk, Soy.	641.95	39.07	20.76	0.00	110.00	835.08	33.63	4.99	2.30	(M)	31.36
Trio Veggie Dipper, VDG, VRO, VO - LR100220 (1 serv.)Contains Milk.	54.20	2.98	0.50	0.04	0.67	173.53	6.36	1.46	2.94	(M)	0.81
Tuna Salad on Kaiser Roll, MS/HS, MMA, WG - LR100306 (1 sandwich)Contains Milk, Egg, Fish, Wheat, Soy, Gluten.	366.00	12.04	2.02	0.00	40.00	951.60	44.74	4.68	4.68	(M)	19.44
Tuna Salad Sandwich, MS/HS, MMA, WG - LR100176 (1 sandwich)Contains Milk, Egg, Fish, Wheat, Soy, Gluten.	338.52	12.06	2.02	0.00	40.00	913.40	38.27	4.90	6.03	(M)	18.60
Tuna Salad Wrap, MS/HS, MMA, WG - LR100313 (1 sandwich)Contains Egg, Fish. Processed in a facility that also processes Wheat, Soy.	328.52	13.56	2.52	0.00	40.00	823.40	35.27	5.90	4.03	(M)	17.60
Turkey & Cheese Lunchable, MMA, WG, VRO, F - LR100428 (1 serv.)Contains Milk, Wheat, Gluten.	338.16	7.39	2.72	0.04	30.67	769.72	47.22	6.05	12.41	0.00(M)	20.11
Turkey & Cheese on Bread, MMA, WG - LR100336 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	305.00	7.50	3.00	0.00	52.50	1095.00	34.00	4.00	2.50	(M)	26.50
Turkey & Cheese on Club Roll, MS, MMA, WG - LR100346 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	315.00	7.00	3.00	0.00	52.50	1075.00	36.00	3.00	1.50	(M)	26.50
Turkey & Cheese on Kaiser Roll, MMA, WG - LR100140 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	335.00	7.50	3.00	0.00	52.50	1135.00	41.00	4.00	1.50	(M)	27.50

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Turkey & Cheese Sandwich Bagged Lunch, Winter - ELEM/MS, MMA, WG, VRO, F, M - LR100524 (1 bag lunch)Contains Milk, Wheat, Soy, Gluten.	612.70	10.25	4.57	0.00	67.50	2352.27	96.97	11.17	44.16(M)	(M)	35.84
Turkey & Cheese Sandwich Bagged Lunch, Winter - HS, MMA, WG, VRO, F, M - LR100525 (1 bag lunch)Contains Milk, Wheat, Soy, Gluten.	672.70	10.25	4.57	0.00	67.50	2352.27	110.97	11.17	56.16(M)	(M)	35.84
Turkey & Cheese Wrap, MMA, WG - LR100345 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	337.52	7.53	3.00	0.00	52.50	1136.80	41.53	4.22	1.85	(M)	27.66
Turkey & Gravy over Eggo Waffles, M/MA, WG - LR100243 (1 serv.)Contains Soy.	256.64	7.28	2.01	0.07	43.48	893.72	29.23	2.80	0.00(M)	(M)	21.94
Turkey & Gravy w/ Bread Stuffing, MMA, WG - LR100338 (1 serv.)Contains Milk, Wheat, Soy, Gluten.	356.68	7.04	1.81	0.00	54.35	1010.77	46.79	4.03	5.05	(M)	28.79
Turkey and Pierogy Dumplings w/ Breadstick - LR100154 (1 serv.)Contains Milk, Egg, Wheat, Soy.	598.50	9.69	3.51	0.00	90.82	2399.15	90.39	6.04	2.00(M)	(M)	32.35
Turkey, Mozzarella, Tomato, & Basil on Croissant, ELEM, MMA, WG - LR100570 (1 sandwich)Contains Milk, Egg, Tree nuts, Wheat, Soy, Gluten.	386.88	20.52	7.08	0.00(M)	62.15	1100.54	29.64	2.85	4.89(M)	2.00(M)	22.92
Turkey, Mozzarella, Tomato, & Basil on Croissant, MS/HS, MMA, WG - LR100541 (1 sandwich)Contains Milk, Egg, Wheat, Soy, Gluten.	349.38	15.27	6.77	0.00(M)	65.28	1114.29	29.39	2.48	4.89(M)	2.00(M)	24.92
Two Cheese Grilled Cheese Sandwich, MMA, WG - LR100493 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	330.00	14.00	8.00	0.00	40.00	740.00	31.00	4.00	2.00	(M)	19.00
Ultra Banana Bread Slice, Super Bakery, 6071, WGR - LR100350 (3 1/2 ounces)Contains Milk, Egg, Wheat, Soy, Gluten.	280.00	10.00	2.00	0.00	0.00	220.00	44.00	2.00	25.00	(M)	5.00
Unicorn Parfait w/ Fruit, Lucky Charms & Muffin Loaf, MMA, WG, F - LR100433 (1 serv.)Contains Milk, Egg, Wheat, Soy, Gluten.	549.82	7.50	1.50	0.00	25.00	380.91	108.97	5.00(M)	67.97	13.00(M)	11.99
Veal Parm on Roll, MMA, WG - LR100144 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	651.13	30.57	10.54	0.00	45.19	1197.25	68.01	7.00	12.01	0.00(M)	27.09
Vegetable Chili Boat, VBP - LR100487 (3/4 c.)	169.42	4.92	1.45	0.01(M)	6.21	331.79	23.58	5.37	2.00(M)	(M)	8.14

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Veggie Burger on Kaiser Roll, MMA, WG - LR100156 (1 sandwich)Contains Milk, Egg. Processed in a facility that also processes Fish, Wheat, Soy, Gluten.	330.00	6.50	0.49	0.00	0.00	840.00	46.00	7.00	4.00	(M)	23.00
Waffle Sticks, J&J Snack Foods, 4522, WGR - LR100494 (10 sticks)Contains Milk, Egg, Fish, Crustacean Shellfish, Tree nuts, Wheat, Peanuts, Soy, Gluten.	200.00	5.00	1.00	0.00	15.00	290.00	34.00	3.00	10.00	(M)	4.00
Waffle, Eggo Mini Cinnamon Flavor Bites w/ Syrup, WG - LR100206 (1 pouch)Contains Milk, Egg, Wheat, Soy.	350.00	5.00	1.50	0.00	0.00	315.00	75.00	4.00	37.00	(M)	4.00
Waffle, Eggo Mini Maple Flavor Bites, WG - LR100197 (1 pouch)Contains Milk, Egg, Wheat, Soy.	200.00	5.00	1.50	0.00	10.00	220.00	35.00	4.00	10.00	(M)	4.00
Walking Beefy Taco w/ Fixings, ELEM, MMA, WG, VRO, VO - LR100127 (1 serv.)Contains Milk, Soy.	414.85	22.52	6.89	0.00	35.00	560.48	38.54	4.71	3.72	0.00(M)	17.38
Walking Beefy Taco w/ Fixings, MS/HS, MMA, WG, VRO, VO - LR100181 (1 serv.)Contains Milk, Soy.	497.08	26.48	7.35	0.00	35.00	685.35	50.12	5.63	4.33	0.00(M)	18.59
Wilson Loaded Cheesy Tater Tots, MMA, WG, VS - LR100354 (1 serv.)Contains Milk, Wheat, Soy, Gluten.	468.07	22.02	8.75	0.00	52.54	1030.34	45.64	6.00	3.42	(M)	23.51
Wilson Power English Muffin, MMA, WG - LR100448 (1 sandwich)Contains Egg, Wheat, Soy, Gluten.	265.71	10.71	2.93	0.00	200.00	847.86	22.00	1.00	1.00	0.00(M)	18.14
Wrap, Breaded Chicken & Cheese, HS - LR100595 (1 wrap)Contains Milk, Egg, Wheat, Soy, Gluten.	751.02	30.87	7.91	0.00	55.00	1400.76	85.92	11.14	7.21	2.64(M)	28.89
Yogurt Parfait of the Day w/ Fruit & Granola, HS, MMA, WG, F - LR100472 (1 serv.)Contains Milk, Peanuts, Soy.	472.96	11.91	4.00	0.00	4.16	233.16	82.08	5.45(M)	47.78(M)	(M)	13.03
Yogurt w/ Mini Breakfast Loaf, MMA, WG - LR100093 (1 serv.)Contains Milk, Egg, Wheat, Soy, Gluten.	305.57	7.77	1.50	0.00	5.00	217.95	52.59	1.50(M)	30.55	(M)	7.51
Yoplait Yogurt Parfait w/ Cinnamon Roll, MMA, WG - LR100445 (1 serv.)Contains Milk.	552.57	12.75	5.38	0.00	23.75	421.04	80.27	5.00	43.51	12.76(M)	9.75

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Yoplait Yogurt Parfait, MMA, WG, F - LR100460 (1 serv.)Contains Milk, Tree nuts, Wheat, Soy, Gluten.	481.98	4.44	1.47	0.00	5.00	327.36	101.47	5.90(M)	55.08	7.63(M)	11.06
Zesty Fiesta Beans, VBP, VRO - LR100331 (1 serv.)	130.00	0.50	0.00	0.00	0.00	175.00	26.00	6.00	2.00	(M)	8.00
Zucchini, includes skin, raw - LR100543 (1 cup, chopped)	21.08	0.40	0.10	0.00	0.00	9.92	3.86	1.24	3.10	(M)	1.50

Legend

(M) Indicates missing nutrient values.

Report Selections

Meal Pattern: [USDA]Meal Pattern SY 2014+

Serving Group: 9-12

Data Source: Local