

# Menu Item Nutrient Report

Generated on: 3/4/2021  
9:29:13 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)	Iron (mg)	Calcium (mg)
Almost Vegetarian Lunchable, MMA, WG, VRO, F - LR100430 (1 serv.) Contains Egg, Gluten, Milk, Wheat.	373.16	11.39	3.97	0.04	175.67	679.72	47.72	7.05	14.40	0.00(M)	19.11	1.64	272.14
Almost Vegetarian Salad, MMA, WG, VDG, VRO - LR100467 (1 salad) Contains Egg, Gluten, Milk, Soy, Wheat.	626.69	28.14	5.14	0.00	176.22	1061.64	69.07	15.15	24.04	(M)	34.64	8.75(M)	168.56(M)
Almost Vegetarian Salad, MMA, WG, VDG, VRO, VO - LR100013 (1 salad) Contains Egg, Gluten, Milk, Soy, Wheat.	466.06	15.61	3.65	0.00	175.00	986.64	59.90	13.77	9.85	0.00(M)	28.70	6.29(M)	169.04(M)
American Cheese on Bread, MMA, WG - LR100468 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	400.00	20.00	10.00	0.00	50.00	980.00	38.00	4.00	4.00	(M)	18.00	2.16(M)	104.00(M)
American Hoagie on Club Roll, MMA, WG, VO, VRO - LR100276 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	340.77	10.93	3.96	0.00	65.52	961.54	36.05	3.70	2.91	(M)	22.51	2.68(M)	85.24(M)
American Hoagie on Hot Dog Roll, MMA, WG, VO, VRO - LR100284 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	299.72	15.11	5.51	0.00	52.50	938.80	27.59	2.70(M)	4.91	(M)	14.51	2.52(M)	53.24(M)
Apple & Peanut Butter Power Pack - LR100698 (1 pkg.) Contains Milk, Peanuts, Soy, Wheat.	470.27	14.77	4.39	0.04(M)	187.17	475.61	52.09	5.88	24.21	4.00(M)	14.38	2.21	170.85
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	1.08	0.00
Asian Rice Bowl w/ Assorted Sauces, MS/HS, MMA, WG - LR100122 (1 serv.) Contains Gluten, Soy, Wheat.	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	2.94(M)	36.55(M)
Asian Slaw with Radishes & Cilantro - 0.75 C - V-O - LR100624 (3/4 c.) Contains Egg, Soy, Wheat. May contain Gluten.	80.41	3.23	0.47	0.00(M)	4.43	830.03	9.68	1.65	2.35(M)	(M)	2.15	0.54	28.75
Asian Slaw with Radishes & Cilantro, 0.5C - LR100623 (1/2 c.) Contains Egg, Soy, Wheat. May contain Gluten.	121.90	6.32	0.91	0.00(M)	8.86	947.53	12.60	1.38	4.12(M)	0.00(M)	2.01	0.47	23.27
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	0.00	0.00

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Assorted Bagels, MS/HS, WG - LR100501 (1 bagel) Contains Gluten, Wheat. Processed in a facility that also processes Soy.	285.47	1.15	0.00	0.00	0.00	399.37	59.09	4.49	7.59	(M)	9.48	2.89	61.86
Assorted Benefit Bars, WG - LR100453 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	290.00	9.00	2.75	0.00	22.50	220.00	47.00	3.00	21.50	(M)	5.00	1.80	30.00
Assorted Cereal & Muffin, WG - LR100352 (1 serv.) Contains Egg, Gluten, Soy, Wheat.	300.00	7.13	2.13	0.00	32.50	285.00	55.25	3.50	17.50	24.50	4.50	3.70	105.00
Assorted Cereal & Pop Tart, WG - LR100353 (1 serv.) Contains Gluten, Soy, Wheat.	280.00	3.88	1.13	0.00	0.00	337.50	59.75	4.38	22.38	22.25	3.50	4.39	206.25
Assorted Cereal w/ Nutri Grain Bar, WG - LR100444 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	260.00	4.83	0.67	0.00	0.00	276.67	53.67	4.67	22.00	21.33	3.67	4.40	203.33
Assorted Cereals for Snack Program, WG - LR100455 (1 serv.) Contains Gluten, Soy, Wheat. May contain Gluten, Wheat.	272.50	3.00	0.25	0.00	0.00	372.50	58.00	4.50	19.00	18.95	4.00	9.32	167.50
Assorted Cereals w/ Grahams, MMA, WG - LR100270 (1 serv.) Contains Gluten, Soy, Tree nuts, Wheat. May contain Gluten, Wheat.	228.57	5.29	1.07	0.00	0.00	287.14	41.86	3.00	14.57	7.54(M)	2.71	6.09	144.29
Assorted Cereals w/ String Cheese, MMA, WG - LR100092 (1 serv.) Contains Gluten, Milk, Soy, Tree nuts, Wheat. May contain Gluten, Wheat.	187.58	7.21	4.02	0.00	19.75	344.67	24.83	2.99	8.56	7.54	7.64	4.29	259.84
Assorted Cereals w/ Yogurt, MMA, WG - LR100091 (1 serv.) Contains Gluten, Milk, Soy, Tree nuts, Wheat. May contain Gluten, Wheat.	188.57	1.79	0.36	0.00	4.99	212.14	37.86	2.00	16.57	12.54	5.71	4.29	204.29
Assorted Cereals w/ Zee Zee's Nutrition Bar, WG - LR100449 (1 serv.) Contains Gluten, Soy, Tree nuts, Wheat. May contain Gluten, Wheat.	308.57	8.29	2.07	0.00	0.00	187.14	55.86	4.00	23.57	7.54(M)	4.71	6.29	76.29
Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad) Contains Egg, Fish, Gluten, Milk, Soy, Wheat.	494.34	18.14	3.59	0.00	52.28(M)	1187.86	61.53	13.07	11.71	0.00(M)	29.95	6.17(M)	138.47(M)
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	0.13	20.63

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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	0.00	20.00
Assorted Muffins for Snack Program, WG - LR100456 (1 serv.) Contains Egg, Gluten, Soy, Wheat.	190.00	6.00	2.00	0.00	35.00	130.00	31.00	2.00	12.00	16.00	3.00	1.10	33.33
Assorted Muffins, MS/HS, WG - LR100454 (1 serv.) Contains Egg, Milk, Soy, Wheat.	385.83	12.00	3.92	0.00	88.33	260.00	62.92	4.67	33.50	(M)	6.75	2.33	60.00
Assorted Nutri Grain Bars for Snack Program, WG - LR100458 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	150.00	3.50	0.50	0.00	0.00	140.00	30.00	3.00	14.00	13.33	2.00	1.90	140.00
Assorted Nutri Grain Bars, WG - LR100295 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	300.00	7.00	1.00	0.00	0.00	280.00	60.00	6.00	28.00	26.67	4.00	3.80	280.00
Assorted Pop Tarts w/ Graham, WG - LR100271 (1 serv.) Contains Gluten, Soy, Wheat.	292.50	6.75	2.13	0.00	0.00	325.00	55.50	4.00	21.75	10.75(M)	3.00	3.27	212.50
Assorted Pop Tarts w/ String Cheese, WG - LR100292 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	232.50	5.75	3.13	0.00	10.00	385.00	37.50	3.00	15.75	10.75(M)	9.00	1.47	330.50
Assorted Pop Tarts w/ Assorted Yogurts, WG, MMA - LR100094 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	250.00	3.33	1.33	0.00	4.99	251.67	51.00	3.00	23.67	19.33	6.00	1.90	283.33
Assorted Sandwiches, HS, MMA, WG - LR100473 (1 sandwich) Contains Egg, Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Soy, Wheat.	363.44	13.82	4.33	0.00	59.16	1067.73	39.38	4.25	3.96	(M)	23.75	2.52(M)	86.80(M)
Assorted Sandwiches, MS, MMA, WG - LR100214 (1 sandwich) Contains Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Soy, Wheat.	337.77	11.24	4.98	0.00	59.03	1140.67	38.41	3.94	3.33	(M)	24.64	2.32(M)	85.61(M)
Assorted Yogurt Parfaits, MMA, WG, F - LR100502 (1 serv.) Contains Egg, Gluten, Milk, Peanuts, Soy, Tree nuts, Wheat. May contain Tree nuts.	529.55	10.39	2.76	0.00	16.11	306.68	100.94	5.63	57.07(M)	28.57(M)	13.09	3.36(M)	275.71(M)
Baby Carrots w/ Ranch Dip, VRO, 0.5C - 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	0.02	2.14

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Bacon Cheeseburger, ELEM, MMA, WG - LR100262 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	397.86	19.86	8.21	0.00	95.00	786.43	23.00	2.00	1.50	(M)	32.07	1.57(M)	26.00(M)
Bacon Cheeseburger, MS/HS, MMA, WG - LR100317 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	477.86	21.36	8.21	0.00	95.00	976.43	38.00	4.00	1.50	(M)	35.07	2.83(M)	104.00(M)
Bacon, Egg & Cheese on Croissant, MMA, WG - LR100145 (1 sandwich) Contains Egg, Gluten, Milk, Soy, Wheat.	347.86	19.36	8.21	0.00	180.00	811.43	28.00	2.00	5.00	2.00(M)	16.07	2.15	151.50
Bagel w/ Cream Cheese & Jelly, WG - LR100459 (1 serv.) Contains Gluten, Milk, Wheat.	220.00	5.00	2.50	0.00	15.00	275.00	39.00	4.00	14.00	6.00(M)	8.00	1.80	60.00
Bagel w/ Cream Cheese, WG - LR100089 (1 serv.) Contains Gluten, Milk, Wheat.	185.00	5.00	2.50	0.00	15.00	275.00	30.00	4.00	6.00	(M)	8.00	1.80	60.00
Banana Split Parfait w/ Muffin Loaf, MMA, WG, F - LR100414 (1 serv.) Contains Egg, Gluten, Milk, Soy, Wheat.	536.48	9.98	3.23	0.00	36.66	280.38	104.32	4.51	59.89	36.70(M)	12.71	3.35	282.36
Banana Split Parfait, MMA, WG, F - LR100406 (1 serv.) Contains Milk, Soy.	461.79	5.37	2.07	0.00	6.66	233.34	97.14	5.22	52.82	22.70(M)	11.84	2.26	260.44
BBQ Beef Rib on Club Roll, HS, MMA, WG - LR100369 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	390.00	11.50	4.00	0.00	60.00	920.00	40.00	5.00	5.00	(M)	30.00	4.68	118.00
BBQ Beef Rib on Club Roll, MMA, WG - LR100135 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	280.00	6.50	2.00	0.00	30.00	640.00	36.00	4.00	3.00	(M)	18.00	3.24	98.00
BBQ Chicken Shaker Salad, ELEM, MMA, WG, VRO, VO, VS - LR100568 (1 salad) Contains Egg, Gluten, Milk, Soy, Wheat.	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	1.63(M)	38.06(M)
BBQ Chicken Shaker Salad, MS/HS, MMA, WG, VRO, VO, VS - LR100569 (1 salad) Contains Egg, Gluten, Milk, Soy, Wheat.	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	1.73(M)	63.42(M)
BBQ Chicken w/ Cornbread & Coleslaw, MS&HS, MMA, WG, VRO, VO, VS - LR100616 (1 salad) Contains Egg, Gluten, Milk, Soy, Wheat.	489.69	13.06	2.27	0.00(M)	105.16	1143.44	75.84	2.00	47.00	15.00(M)	19.19	1.84	35.00

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BBQ Chicken w/ Potato Pearls & Cornbread, HS, MMA, WG, VRO, VO, VS - LR100605 (1 salad) Contains Egg, Gluten, Milk, Soy, Wheat.	870.89	19.49	3.83	0.00	88.00(M)	1939.28	141.92	7.66	31.00	15.00(M)	33.32	2.13(M)	148.22(M)
BBQ Chicken w/ Potato Pearls & Cornbread, MS, MMA, WG, VRO, VO, VS - LR100606 (1 salad) Contains Egg, Gluten, Milk, Soy, Wheat.	798.89	17.49	3.83	0.00	46.00(M)	1883.28	141.92	7.66	31.00	15.00(M)	21.32	2.13(M)	148.22(M)
BBQ Pulled Pork on Club Roll, MMA, WG - LR100533 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	494.00	12.50	4.00	0.00	72.00	1524.00	62.00	5.00	27.00	(M)	29.98	2.52(M)	78.00(M)
BBQ Pulled Pork on Kaiser Roll, MMA, WG - LR100136 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	574.09	22.97	7.13	0.00(M)	56.98	2007.54	67.31	6.00	27.00(M)	(M)	23.68	4.18	109.95
Beef & Broccoli Over Rice, MS&HS - LR100702 (1 serv.) Contains Gluten, Soy, Wheat.	471.52	8.34	3.64	0.00	43.81	847.71	75.79	6.61	23.00(M)	22.00(M)	22.09	2.01(M)	19.99(M)
Beef & Cheese Baked Rotini w/ Garlic Toast, MMA, WG, VRO - LR100538 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	459.27	14.55	5.00	0.00	50.00	1523.34	54.85	9.10	14.99	0.00(M)	28.15	4.34(M)	50.01(M)
Beef Sloppy Joe on Roll, ELEM, MMA, WG - LR100064 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	409.08	6.53	3.01	0.00(M)	40.00	1142.72	72.03	2.46	45.43(M)	(M)	15.29	2.65	34.04
Beef Sloppy Joe w/ Cheese on Roll, MMA, WG - LR100065 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	537.93	12.53	5.51	0.00(M)	52.50	1466.26	87.75	4.46	45.93(M)	(M)	20.79	3.86(M)	110.00(M)
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	5.33	46.85
Beefy Chili w/ Cornbread, MMA, WG, VBP, VRO - LR100373 (1 serv.) Contains Egg, Gluten, Milk, Soy, Wheat.	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	4.89	81.85
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	2.50	120.28
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	2.50	304.46

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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	1.08	0.00
Black Bean Salsa, VBP, VO - LR100364 (1 serv.)	506.40	28.26	3.79	0.00(M)	0.00	293.76	50.24	18.65	2.62(M)	(M)	16.04	5.08	105.05
Blueberry Pop Tart, WG - LR100267 (1 Pop Tart) Contains Soy, Wheat.	180.00	2.50	1.50	0.00	0.00	180.00	38.00	3.00	15.00	(M)	2.00	0.18	100.00
Blueberry Waffles w/ Sausage, MMA, WG - LR100452 (1 serv.) Contains Egg, Milk, Soy, Wheat.	270.00	10.00	2.00	0.00	30.00	260.00	37.00	3.00	12.00	(M)	10.00	1.08	20.00
Boneless BBQ Chicken Wings w/ Roll, MMA, WG - LR100513 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	273.64	9.91	1.91	0.00	25.45	503.64	26.73	4.54	1.00	(M)	20.82	2.35	37.45
Bread Stuffing, Monarch, US Foods, NWGR - LR100504 (1 1/4 ounces, dry) Contains Gluten, Milk, Soy, Wheat.	120.00	2.50	0.00	0.00	0.00	490.00	20.00	1.00	2.00	(M)	4.00	1.44	20.00
Breaded Cheese Sticks with Sauce, MMA/WG, VRO, MS/HS - LR100261 (2 sticks) Contains Milk, Soy, Wheat.	640.00	25.00	7.50	0.00	30.00	1820.00	76.00	11.00	19.00	(M)	25.00	2.16	380.00
Breaded Chicken & Cheese Wrap, ELEM, MMA, WG, VO - LR100589 (1 wrap) Contains Egg, Gluten, Milk, Soy, Wheat. Processed in a facility that also	526.25	27.50	7.50	0.00	55.00	1135.00	44.25	6.50	4.75	1.00(M)	24.25	3.17	249.00
Breaded Chicken Patty on Roll, ELEM, MMA, WG - LR100110 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	350.00	13.50	2.50	0.00	25.00	690.00	37.00	5.00	2.00	1.00(M)	18.00	3.44	61.00
Breaded Chicken Patty on Roll, MS/HS, MMA, WG - LR100113 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	430.00	15.00	2.50	0.00	25.00	880.00	52.00	7.00	2.00	1.00(M)	21.00	4.70	139.00
Breaded Chicken Shapes w/ Buttered Noodles, MMA, WG - LR100534 (1 serv.) Contains Gluten, Soy, Wheat.	385.08	19.72	3.33	0.83	25.00	438.15	34.10	4.60	1.25	0.00(M)	19.40	2.50(M)	37.50(M)
Breaded Fish Sandwich w/ Mac & Cheese, MMA, WG - LR100417 (1 serv.) Contains Egg, Fish, Gluten, Milk, Soy, Wheat.	497.50	15.75	5.50	0.00	57.50	1235.00	61.25	4.50	6.50	0.00(M)	27.75	3.19	340.25

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Breaded Fish w/ Roll, MMA, WG - LR100412 (1 serv.) Contains Fish, Gluten, Milk, Soy, Wheat.	280.00	7.50	1.00	0.00	35.00	500.00	38.00	3.00	2.00	0.00(M)	15.00	2.44	26.00
Breaded Ranch Chicken Wrap, ELEM, MMA, WG - LR100598 (1 wrap) Contains Egg, Gluten, Milk, Soy, Wheat. Processed in a facility that also	404.04	19.25	3.66	0.00(M)	28.26	725.31	38.94	5.50	1.99	0.67(M)	17.66	2.77(M)	74.00(M)
Breaded Spicy Chicken Patty on Roll, MS/HS, MMA, WG - LR100112 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	457.10	16.84	2.97	0.00	24.73	815.70	53.82	6.97	1.99	0.00(M)	21.84	4.68	143.57
Breaded Veal Pattie, Advance Pierre 13751, MMA - LR100356 (1 patty) Contains Soy, Wheat.	300.00	21.00	7.00	0.00	30.00	460.00	18.00	1.00	2.00	(M)	11.00	1.80	40.00
Breakfast Bowl w/ Bacon, MMA, WG, VS - LR100447 (1 bowl) Contains Egg, Milk, Soy, Wheat.	337.86	18.86	8.21	0.00	127.50	831.43	27.00	2.00	1.99	0.00(M)	12.57	1.21(M)	100.00(M)
Breakfast Bowl w/ Ham & Toast , MMA, WG, VS - LR100497 (1 bowl) Contains Egg, Gluten, Milk, Soy, Wheat.	392.00	15.50	5.00	0.00	133.00	1002.00	46.00	5.00	3.99	0.00(M)	18.00	2.72(M)	86.00(M)
Breakfast Egg Pop, Elem, MS, MMA - LR100402 (1 serv.) Contains Egg, Milk, Soy.	180.00	15.00	3.25	0.00	172.50	265.00	2.50	0.00	2.50	0.00(M)	6.50	0.36	30.00
Breakfast Egg Wrap, MMA, WG - LR100443 (1 sandwich) Contains Egg, Milk, Soy. Processed in a facility that also processes Soy, Wheat.	295.00	12.00	4.50	0.00	115.00	380.00	32.00	4.00	0.00	0.00(M)	11.00	2.16(M)	80.00(M)
Breakfast Yogurt Parfait w/ Fruit & Cereal, ELEM & MS, MMA, WG, F - LR100439 (1 serv.) Contains Gluten, Milk, Soy, Tree nuts, Wheat.	280.06	2.17	0.46	0.00	3.33	211.62	60.43	4.00	36.17	19.09(M)	5.08	2.33(M)	177.57(M)
Breakfast Yogurt Parfait w/ Fruit & Cereal, HS, MMA, WG, F - LR100440 (1 serv.) Contains Gluten, Milk, Soy, Tree nuts, Wheat.	380.12	2.83	0.79	0.00	6.66	264.98	81.11	4.00	50.85	30.43(M)	8.42	2.33(M)	297.64(M)
Breakfast Yogurt Parfait w/ Fruit & Granola, ELEM & MS, MMA, WG, F - LR100237 (1 serv.) Contains Milk.	248.74	2.44	0.74	0.00	3.33	117.20	53.81	3.79	26.20(M)	11.34(M)	6.04	1.07	133.03
Breakfast Yogurt Parfait w/ Fruit & Granola, HS, MMA, WG, F - LR100296 (1 serv.) Contains Milk.	348.80	3.10	1.07	0.00	6.66	170.57	74.49	3.79	40.87(M)	22.68(M)	9.37	1.07	253.10

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Broccoli Florets w/ Ranch, VDG, 0.5C - 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	0.35	23.52
Broccoli Florets w/ Ranch, VDG, 0.75 Cup - LR100656 (1 serv.) Contains Milk.	56.48	3.14	0.55	0.04	0.67	167.46	6.28	1.83	1.59	(M)	2.03	0.52	34.21
Brown Sugar Cinnamon Pop Tart w/ String Cheese, MMA, WG - LR100269 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	230.00	6.00	3.00	0.00	10.00	390.00	37.00	3.00	16.00	15.00	9.00	2.10	348.00
Buddha Rice Bowl w/ Roasted Chickpeas, Carrots, Greens & Assorted Sauces, MS/HS, MMA, WG - LR100597 (1 serv.) Contains Egg, Gluten, Milk,	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	2.75(M)	53.77(M)
Buffalo Chicken Dip w/Chips & Garlic Knot, MMA, WG - LR100519 (1 serv.) Contains Gluten, Milk, Soy, Wheat. Processed in a facility that also	480.10	20.30	6.92	0.02	79.43(M)	741.69	49.00	15.08	3.58	(M)	24.39	1.47(M)	68.09(M)
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	0.73(M)	67.73(M)
Buffalo Chicken Flatbread, ELEM, MMA, WG - LR100518 (1 serv.) Contains Gluten, Milk, Soy, Wheat. May contain Soy.	418.70	16.41	7.00	0.00	72.00	883.80	40.15	3.81	12.53	(M)	24.80	1.89(M)	30.00(M)
Buffalo Chicken Flatbread, MS/HS, MMA, WG - LR100554 (1 serv.) Contains Gluten, Milk, Wheat. May contain Soy.	434.00	18.00	7.00	0.00	114.00(M)	1052.00	28.00	3.00	2.00	(M)	36.00	1.60(M)	30.00(M)
Buffalo Chicken Wings w/ Cornbread, MMA, WG - LR100320 (1 serv.) Contains Egg, Gluten, Milk, Soy, Wheat.	600.00	28.50	4.75	0.00	150.00	795.00	59.50	2.00	30.00	30.00(M)	28.50	2.00	42.00
Buffalo Mac & Cheese w/ Breadstick, MMA, WG - LR100481 (1 serv.) Contains Egg, Gluten, Milk, Wheat.	404.50	12.67	6.09	0.00	30.46(M)	1355.19	53.48	3.03	9.09	0.00(M)	20.26	1.38(M)	445.49(M)
Buffalo Ranch Chicken Wrap, ELEM, MMA, WG - LR100566 (1 wrap) Contains Egg, Milk, Soy. Processed in a facility that also processes Soy, Wheat.	332.03	12.74	3.73	0.00	76.08(M)	1203.42	29.52	3.00	3.06	(M)	22.84	1.08(M)	40.00(M)
Buffalo Ranch Chicken Wrap, MS/HS, MMA, WG - LR100567 (1 wrap) Contains Egg, Milk, Soy. Processed in a facility that also processes Soy, Wheat.	517.38	18.36	5.23	0.00(M)	84.38(M)	1533.58	54.91	6.25	3.72	(M)	29.93	2.34(M)	85.00(M)



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Build A Burger Bar, MMA, WG - LR100318 (1 sandwich) Contains Egg, Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Fish.	414.29	15.45	5.40	0.00	59.17	857.14	40.67	5.00	2.33	(M)	29.86	3.22(M)	124.00(M)
Build Your Own Yogurt Parfait, MMA, WG, F - LR100404 (1 serv.) Contains Gluten, Milk, Soy, Tree nuts, Wheat.	482.27	4.28	1.14	0.00	6.66	329.18	103.86	5.90	56.45	30.33(M)	10.74	3.84(M)	328.74(M)
Bulldog Big Mac, MMA, WG - LR100413 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	455.49	19.99	8.24	0.00	95.00	1322.30	33.63	6.00	5.65	(M)	37.79	4.67(M)	77.05(M)
Bulldog Breakfast Sandwich (Bacon).WG, M/MA - LR100244 (1 sandwich) Contains Egg, Milk, Soy, Wheat.	347.86	19.86	11.21	0.00	125.00	921.43	28.00	2.00	2.50	0.00(M)	13.07	1.57(M)	170.00(M)
Bulldog Egg & Bacon Sandwich.WG, M/MA - LR100529 (1 sandwich) Contains Egg, Milk, Soy, Wheat.	292.86	15.36	8.71	0.00	112.50	786.43	27.00	2.00	2.00	0.00(M)	10.57	1.57	170.00
Bulldog Protein Power Pack w/ Egg & Cheese, MMA, WG, F - LR100288 (1 serv.) Contains Egg, Gluten, Milk, Wheat.	330.00	12.00	6.00	0.00	185.00	395.00	38.00	5.00	7.00	0.00(M)	18.00	2.34	244.00
Bulldog Protein Power Pack w/ Meat & Cheese, MMA, WG, F - LR100274 (1 serv.) Contains Egg, Gluten, Milk, Soy, Wheat.	562.83	16.89	5.95	0.00	94.75(M)	755.16	85.39	5.00	53.82	28.00(M)	21.60	4.09(M)	258.00(M)
Burrito Bowl - LR100544 (1 bowl) Contains Milk.	1015.55	50.52	10.84	0.00(M)	88.09	1000.44	100.47	24.60	4.71(M)	0.00(M)	42.54	6.13(M)	229.60(M)
Calzone w/ Marinara, MMA, WG, VRO - LR100074 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	310.00	7.50	2.00	0.00	15.00	870.00	43.00	6.00	11.00	(M)	20.00	3.88	330.00
Caramel Apple Yogurt Parfait, MMA, WG, F - LR100405 (1 serv.) Contains Milk. May contain Milk, Tree nuts.	414.24	4.13	1.35	0.00	6.66	234.42	91.04	4.76	48.24	22.70(M)	10.94	1.81	269.86
Carrot Raisin Salad, VRO - 0.5 Cup - LR100677 (1/2 c.)	271.08(M)	8.66(M)	1.44(M)	0.02(M)	6.56(M)	637.67(M)	50.08(M)	2.61(M)	39.78(M)	(M)	3.02(M)	1.09(M)	72.99(M)
Cauliflower & Cucumber Dippers w/ Ranch, VO - LR100282 (1/2 c.) Contains Milk.	43.88	2.99	0.52	0.04	0.67	153.48	4.02	0.72	1.38	(M)	0.79	0.21	12.17

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Cauliflower & Cucumber Dippers w/ Ranch, VO, 0.75 Cup - LR100648 (3/4 c.) Contains Milk.	47.78	3.02	0.52	0.04	0.67	154.00	4.96	0.85	1.81	(M)	0.96	0.28	16.33
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	1.10	35.20
Celery Sticks w/ Bleu Cheese Dip, VO - LR100478 (1 serv.) Contains Egg, Milk.	247.07	25.59	4.52	0.00	15.00	565.40	4.50	0.81	2.18	(M)	1.85	0.10	50.20
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	0.12	22.34
Cheese Pizza - LR100619 (1 slice)	376.65	13.66	6.42	0.47	27.90	620.00	42.01	4.18	7.39	(M)	21.53	3.88	283.65
Cheese Pizza Wrap, MS/HS, MMA, WG, VRO - LR100596 (1 wrap) Contains Egg, Gluten, Milk, Soy, Wheat. Processed in a facility that also	680.00	15.50	8.00	0.00	35.00	1405.00	101.00	10.00	19.00	(M)	33.00	5.52(M)	150.00(M)
Cheese Quesadilla w/ Marinara Sauce, MMA, WG, VRO - LR100321 (1 serv.) Contains Milk, Soy, Wheat.	380.00	13.50	3.00	0.00	10.00	1100.00	49.00	6.00	10.00	(M)	17.00	3.78	220.00
Cheese Stuffed Stick w/ Meatballs, ELEM/MS, MMA, WG - LR100510 (1 serv.) Contains Egg, Gluten, Milk, Soy, Wheat.	292.60	12.48	4.54	0.00(M)	33.72	775.00	26.94	3.00	9.50	(M)	18.14	2.88	183.80
Cheese Stuffed Stick w/ Meatballs, HS, MMA, WG - LR100520 (1 serv.) Contains Egg, Gluten, Milk, Soy, Wheat.	437.60	17.98	7.04	0.00(M)	48.72	1025.00	40.94	4.00	12.00	(M)	27.64	3.78	333.80
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	2.87(M)	37.08(M)
Cheeseburger, ELEM, MMA, WG - LR100004 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	355.00	17.00	7.50	0.00	82.50	565.00	23.00	2.00	1.50	(M)	28.50	1.44(M)	26.00(M)
Cheeseburger, MS/HS, MMA, WG - LR100052 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	435.00	18.50	7.50	0.00	82.50	755.00	38.00	4.00	1.50	(M)	31.50	2.70(M)	104.00(M)

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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	2.23(M)	26.42(M)
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	0.56	126.03
Cheesy Egg Pocket, MMA, WG - LR100446 (1 sandwich) Contains Egg, Gluten, Milk, Soy, Wheat.	180.00	8.50	4.00	0.00	115.00	332.50	15.00	1.50	0.99	0.00(M)	9.00	0.90(M)	46.00(M)
Cheesy Flatbread Pizza, MMA, WG, VRO - LR100485 (1 serv.) Contains Gluten, Milk, Soy, Wheat. May contain Soy.	361.56	12.53	5.01	0.00(M)	20.00	1060.15	40.41	5.25	9.00(M)	(M)	22.05	2.90(M)	59.43(M)
Cheesy Lasagna Roll w/ Sauce & Garlic Knot, MMA, WG, VRO - LR100289 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	380.00	7.50	3.50	0.00	20.00	680.00	56.00	4.00	13.00	(M)	20.00	2.70	330.00
Cheesy Pasta & Meatsauce w/ Breadstick, ELEM/MS, MMA, WG, VRO - LR100383 (1 serv.) Contains Gluten, Milk, Wheat.	344.64	11.53	5.00	0.00	50.00	1091.67	36.93	6.05	9.00	(M)	24.57	2.52(M)	20.00(M)
Cheesy Pasta & Meatsauce w/ Breadstick, HS, MMA, WG, VRO - LR100384 (1 serv.) Contains Gluten, Milk, Wheat.	466.89	15.41	6.43	0.00	69.05	1466.86	51.35	8.60	12.50	(M)	32.39	3.58(M)	30.01(M)
Cheesy Pasta Bake, MMA, WG, VRO - LR100087 (1 serv.) Contains Gluten, Milk, Wheat.	275.29	8.62	4.08	0.00(M)	20.00	833.37	31.11	5.18	7.00(M)	(M)	19.20	1.12(M)	21.36(M)
Cheesy Pepperoni Pizza Bagels, MMA, WG, VRO - LR100392 (2 halves) Contains Gluten, Milk, Wheat.	361.14	9.56	4.65	0.00	34.27	1124.26	43.78	8.00	13.00	(M)	25.63	3.61(M)	85.19(M)
Cheesy Pizza Bagels, MMA, WG, VRO - LR100363 (2 halves) Contains Gluten, Milk, Wheat.	330.00	8.00	4.00	0.00	20.00	940.00	43.00	8.00	13.00	(M)	22.00	3.24(M)	80.00(M)
Cheesy Ravioli w/ Breadstick, MMA, WG, VRO - LR100482 (1 serv.) Contains Egg, Gluten, Milk, Wheat.	594.48	19.86	8.17	0.00	53.35	1198.58	80.19	6.10	16.03	(M)	34.43	3.07	604.34
Cheesy Ravioli w/ Dinner Roll, MMA, WG, VRO - LR100351 (1 serv.) Contains Egg, Gluten, Milk, Soy, Wheat.	330.00	6.50	2.50	0.00	25.00	660.00	50.00	6.00	11.00	(M)	20.00	3.24	246.00

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Chef's Salad w/ Croutons & Roll, MMA, WG, VDG, VRO - LR100017 (1 salad) Contains Gluten, Milk, Soy, Wheat.	414.72	12.43	3.02	0.00	34.75	1239.52	55.64	9.75	8.31	(M)	28.83	4.29(M)	83.25(M)
Chef's Salad w/ Ham & Cheese, MMA, WG, VDG, VRO - LR100423 (1 salad) Contains Gluten, Milk, Soy, Wheat.	433.24	13.10	3.15	0.00	28.00	1153.80	62.00	13.63	10.89	(M)	27.70	5.95(M)	146.07(M)
Chef's Salad w/ Popcorn Chicken, MMA, WG, VDG, VRO, VO - LR100425 (1 salad) Contains Gluten, Milk, Soy, Wheat.	523.62	18.30	3.54	0.00	21.08	1115.64	67.75	15.30	10.45	0.00(M)	30.45	7.05(M)	164.35(M)
Chef's Salad w/ Spicy Popcorn Chicken, MMA, WG, VDG, VRO - LR100424 (1 salad) Contains Gluten, Milk, Soy, Wheat.	523.62	18.30	3.54	0.00	21.08(M)	1185.64	67.75	15.30	10.45	0.00(M)	30.45	7.05(M)	164.35(M)
Chef's Salad w/ Turkey & Cheese, MMA, WG, VDG, VRO. - LR100432 (1 salad) Contains Gluten, Milk, Soy, Wheat.	441.24	11.60	2.40	0.00	30.00	1211.80	61.50	13.63	9.89	(M)	31.70	6.13(M)	146.07(M)
Cherry Blossom Chicken w/ Rice, MMA, WG - LR100492 (1 serv.) Contains Egg, Gluten, Wheat.	380.00	5.50	1.00	0.00	45.00	350.00	63.00	4.00	14.00	(M)	17.00	1.98	0.00
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	0.59	7.98
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	1.08	0.00
Chick Peas w/ Salsa, 0.5C WBP, 0.25C VRO - LR100407 (1 serv.)	150.00	2.00	0.00	0.00	0.00	210.00	27.00	4.00	6.00	(M)	7.00	0.00(M)	0.00(M)
Chick Peas w/ Salsa, 0.75C WBP, 0.25C VRO - LR100670 (1 serv.)	215.00	3.00	0.00	0.00	0.00	280.00	37.50	6.00	8.00	(M)	9.50	0.00(M)	0.00(M)
Chicken & Cheese Fajita, MMA, WG - LR100367 (1 wrap) Contains Milk. Processed in a facility that also processes Soy, Wheat.	347.04	10.57	4.53	0.00	85.24	1080.12	33.03	5.50	3.53	(M)	30.80	1.44(M)	60.00(M)
Chicken & Cheese Quesadilla w/ Marinara Sauce, MMA, WG, VRO - LR100486 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	340.00	9.50	2.00	0.00	660.00	1090.00	48.00	6.00	10.00	(M)	19.00	1.08(M)	220.00

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Chicken & Waffles, MMA, WG, ELEM - LR100633 (1 serv.) Contains Crustacean Shellfish, Egg, Fish, Gluten, Milk, Peanuts, Soy, Tree nuts, Wheat.	355.26	7.76	1.55	0.00	25.92	415.79	63.32	2.55	32.52	(M)	9.89	1.07	160.53
Chicken & Waffles, MMA, WG, MS&HS - LR100634 (1 serv.) Contains Crustacean Shellfish, Egg, Fish, Gluten, Milk, Peanuts, Soy, Tree nuts, Wheat.	550.00	15.00	3.00	0.00	50.00	755.00	86.00	5.00	37.99	(M)	19.00	2.05	320.00
Chicken Alfredo w/ Garlic Knot, ELEM, MMA, WG - LR100349 (1 serv.) Contains Gluten, Milk, Soy, Wheat. May contain Egg.	498.56	19.41	9.15	0.00	82.17	982.00	54.36	6.46	4.16	(M)	29.08	3.66	217.88
Chicken Alfredo w/ Garlic Knot, MMA, WG - LR100134 (1 serv.) Contains Gluten, Milk, Wheat. May contain Egg.	367.48	10.32	4.15	0.00	61.17	466.14	44.29	6.91	3.99	(M)	27.70	2.54	210.82
Chicken Bacon Ranch Sandwich, ELEM, MMA, WG - LR100465 (1 sandwich) Contains Gluten, Milk, Soy, Wheat. May contain Egg, Milk.	437.86	19.86	3.71	0.00	40.00	1051.43	40.00	5.00	2.50	1.00(M)	21.57	3.57	71.00
Chicken Bacon Ranch Sandwich, MS/HS, MMA, WG - LR100466 (1 sandwich) Contains Gluten, Milk, Soy, Wheat. May contain Egg, Milk.	539.29	22.79	4.07	0.00	46.25	1352.14	55.00	7.00	2.50	1.00(M)	26.36	4.89	149.00
Chicken Burrito Wrap, ELEM, MMA, WG - LR100561 (1 wrap) Contains Milk. Processed in a facility that also processes Soy, Wheat.	445.90	8.63	4.13	0.00(M)	87.39(M)	1055.31	61.13	5.14	6.09(M)	(M)	35.30	3.08(M)	78.72(M)
Chicken Burrito Wrap, MS/HS, MMA, WG - LR100562 (1 wrap) Contains Milk. Processed in a facility that also processes Soy, Wheat.	505.90	13.63	8.13	0.00(M)	107.39(M)	1070.31	62.13	5.14	7.09(M)	(M)	36.30	3.08(M)	98.72(M)
Chicken Caesar Panini on WG Flatbread, MMA, WG, ELEM & MS - LR100700 (1 sandwich) Contains Egg, Fish, Gluten, Milk, Soy, Wheat. May contain Soy.	403.82	21.83	6.10	0.00(M)	61.40	1263.64	37.15	3.25	5.15	0.00(M)	21.48	1.78(M)	205.10(M)
Chicken Caesar Salad, MMA, WG, VDG - LR100015 (1 salad) Contains Fish, Gluten, Milk, Soy, Wheat.	497.23	25.14	4.33	0.00	54.81	1346.97	47.04	8.75	7.97	(M)	25.87	3.96(M)	96.59(M)
Chicken Caesar Shaker Salad, MMA, WG, VDG - LR100551 (1 salad) Contains Fish, Gluten, Milk, Soy, Wheat.	539.34	32.90	5.68	0.00	35.00	1152.15	43.67	8.53	5.00	(M)	23.21	4.57	82.06
Chicken Corn Soup w/ Soft Pretzel, MMA, WG, VS - LR100375 (1 serv.) Contains Gluten, Wheat.	309.36	4.50	0.48	0.00(M)	56.00(M)	686.45	45.62	5.12	1.41(M)	(M)	23.09	2.23(M)	27.43(M)

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Chicken Fingers w/ Dinner Roll, ELEM, MMA, WG - LR100291 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	330.00	16.00	2.50	0.00	25.00	550.00	30.00	5.00	2.00	1.00(M)	18.00	3.08	62.00
Chicken Fingers w/ Dinner Roll, MS/HS, MMA, WG - LR100337 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	416.67	21.00	3.33	0.00	33.33	680.00	35.33	6.00	2.33	1.33(M)	23.00	3.75	74.00
Chicken Noodle Soup w/ Grilled Cheese, MMA, WG - LR100361 (1 serv.) Contains Egg, Gluten, Milk, Soy, Wheat.	535.56	23.87	10.97	0.00	79.05	2529.21	57.37	4.00	5.94	(M)	25.75	3.55(M)	104.00(M)
Chicken Noodle Soup w/ Ham & Cheese Sandwich, MMA, WG - LR100389 (1 serv.) Contains Egg, Gluten, Milk, Soy, Wheat.	471.87	16.93	6.75	0.00	100.56	2824.86	56.92	4.00	7.72	(M)	32.64	3.39(M)	66.00(M)
Chicken Nuggets w/ Dinner Roll, MMA, WG - LR100120 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	332.50	16.00	2.50	0.00	25.00	560.00	30.25	4.50	2.25	0.00(M)	19.25	3.58	63.50
Chicken Nuggets w/ Garlic Bread Stick, MMA, WG - LR100507 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	372.50	16.50	2.50	0.00	25.00	550.00	38.25	3.50	4.25	0.00(M)	19.25	2.86	57.50
Chicken Nuggets w/ Goldfish, MMA, WG - LR100442 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	362.50	19.00	3.50	0.00	25.00	570.00	30.25	3.50	1.25	0.00(M)	18.25	3.22	57.50
Chicken Nuggets w/ Mac& Cheese & Garlicky Roasted Broccoli, HS, MMA, WG - LR100601 (1 serv.) Contains Egg, Gluten, Milk, Soy, Wheat.	779.90	39.03	10.45	0.00	70.47(M)	1667.12	63.91	8.55(M)	9.74(M)	0.00(M)	45.99	5.72(M)	530.97(M)
Chicken Nuggets w/ Soft Pretzel, HS, MMA, WG - LR100410 (1 serv.) Contains Gluten, Soy, Wheat.	490.00	24.50	4.00	0.00	40.00	740.00	40.00	5.00	2.00	0.00(M)	28.00	4.72	60.00
Chicken Nuggets w/ Soft Pretzel, MMA, WG - LR100164 (1 serv.) Contains Gluten, Soy, Wheat.	332.50	15.50	2.50	0.00	25.00	500.00	30.25	3.50	1.25	0.00(M)	18.25	3.22	37.50
Chicken Parmesan Sandwich, ELEM/MS, MMA, WG - LR100362 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	444.17	17.25	4.67	0.00	35.00	1120.05	43.67	6.50	5.50	1.00(M)	26.17	4.04(M)	77.67(M)
Chicken Salad on Croissant, MS/HS, MMA, WG - LR100379 (1 sandwich) Contains Egg, Gluten, Milk, Soy, Wheat.	403.72	21.92	6.67	0.00	57.17	614.80	33.92	2.96	6.52	2.00(M)	19.36	2.23	67.94

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Chicken Salad on Hamburg Roll, ELEM, MMA, WG - LR100437 (1 sandwich) Contains Egg, Gluten, Milk, Soy, Wheat.	321.20	14.40	3.17	0.00	52.17	613.00	29.39	2.74	4.17	(M)	18.19	2.30	40.70
Chicken Salad on Kaiser Roll, MS/HS, MMA, WG - LR100307 (1 sandwich) Contains Egg, Gluten, Milk, Soy, Wheat.	401.20	15.90	3.17	0.00	52.17	803.00	44.38	4.74	4.17	(M)	21.19	3.56	118.70
Chicken Salad Sandwich on Bread, MS/HS, MMA, WG - LR100305 (1 sandwich) Contains Egg, Gluten, Milk, Soy, Wheat.	473.20	25.92	5.17	0.00	62.17	1034.42	41.81	4.92	7.43	(M)	20.32	2.92	83.27
Chicken Salad Sandwich on Club Roll, MS, MMA, WG - LR100347 (1 sandwich) Contains Egg, Gluten, Milk, Soy, Wheat.	483.20	25.42	5.17	0.00	62.17	1014.42	43.81	3.92	6.43	(M)	20.32	2.72	95.27
Chicken Salad Wrap, MS/HS, MMA, WG - LR100314 (1 sandwich) Contains Egg, Soy. Processed in a facility that also processes Soy, Wheat.	363.72	17.42	3.67	0.00	52.17	674.80	34.92	5.96	3.52	(M)	19.36	2.37	77.94
Chicken Tender Wrap, MMA, WG - LR100301 (1 sandwich) Contains Gluten, Soy, Wheat. Processed in a facility that also processes Soy, Wheat.	465.00	20.17	3.17	0.00	25.83	596.67	49.00	7.00	1.17	1.00(M)	20.00	3.80	99.33
Chicken Tenders w/ Buttered Noodles, MMA, WG - LR100536 (1 serv.) Contains Gluten, Soy, Wheat.	382.58	19.72	3.33	0.83	25.00	428.15	33.85	5.10	1.00	1.00(M)	18.15	2.00(M)	36.00(M)
Chicken Tenders w/ Goldfish, MMA, WG - LR100416 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	360.00	19.00	3.50	0.00	25.00	560.00	30.00	4.00	1.00	1.00(M)	17.00	2.72	56.00
Chicken Tenders w/ Roll, MMA, WG - LR100316 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	291.00	11.30	2.00	0.00	52.00	510.00	26.00	3.40	1.00	(M)	23.00	2.16	26.00
Chicken Tenders w/ Soft Pretzel, MMA, WG - LR100348 (1 serv.) Contains Gluten, Soy, Wheat.	330.00	15.50	2.50	0.00	25.00	490.00	30.00	4.00	1.00	1.00(M)	17.00	2.72	36.00
Chicken Tenders, Parmesan Roasted Carrots, & Dinner Roll, MS, MMA, WG - LR100607 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	485.15	17.94	5.65	0.00(M)	40.00	991.66	55.17	10.46	9.99(M)	0.00(M)	33.69	4.99	353.76
Chicken Vegetable Soup w/ Biscuit, MMA, WG, VO - LR100377 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	362.33	12.49	4.91	0.00(M)	56.00(M)	910.26	38.09	4.54	3.41(M)	(M)	23.43	1.69(M)	100.70(M)

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Chili Cinnamon Roasted Sweet Potatoes, V-RO-0.5C - LR100679 (1/2 c.)	123.54	6.67	0.51	0.03(M)	0.00	239.92	16.00	3.73	2.85(M)	(M)	1.22	0.73	51.45
Chili Cinnamon Roasted Sweet Potatoes, V-RO-0.75C - LR100691 (3/4 c.)	152.14	6.68	0.52	0.03(M)	0.00	258.20	22.69	4.72	4.24(M)	(M)	1.74	0.93	61.43
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	3.46	59.54
Chili Over Tater Tots w/ Dinner Roll, MMA, WG, VS - LR100370 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	473.52	17.00	4.16	0.55	30.11	1131.22	58.93	9.85	6.79	(M)	20.75	5.21	111.54
Chocolate Chip Cookie, David's, WG - LR100323 (1 cookie) Contains Egg, Milk, Soy, Wheat.	100.00	3.50	1.00	0.00	5.00	85.00	17.00	1.00	8.00	(M)	2.00	0.72	20.00
Chocolate Filled Crescent, Pillsbury, 149979000 WGR - LR100264 (1 pkg.) Contains Gluten, Milk, Wheat.	230.00	8.00	1.50	0.00	0.00	270.00	37.00	2.00	10.00	(M)	6.00	1.44	20.00
Chocolate Mini Donuts, Bake Crafters, 1929, WG - LR100268 (1 pkg.) Contains Egg, Gluten, Milk, Soy, Wheat. Processed in a facility that also	320.00	16.00	9.00	0.00	20.00	260.00	42.00	3.00	17.00	(M)	5.00	2.70	40.00
Chunky Monkey Parfait, MMA, WG, F - LR100387 (1 serv.) Contains Milk, Peanuts, Soy.	695.39	29.49	9.09	0.00	3.33	362.78	95.55	8.84	53.62	11.35(M)	20.12	4.55	168.08
Cinnamon Roll w/ Drizzle Icing, Frozen, Hadley Farms, 375IW, WG - LR100234 (1 roll.) Contains Milk, Soy, Wheat.	190.00	6.00	1.00	0.00	0.00	180.00	32.00	4.00	11.00	(M)	4.00	1.44	20.00
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	1.44	0.00
Cobb Salad w/ Popcorn Chicken, MMA, WG, VDG, VRO - LR100426 (1 salad) Contains Egg, Gluten, Milk, Soy, Wheat.	680.66	31.60	9.73	0.00	218.58	1408.05	65.52	14.94	10.04	0.00(M)	38.62	7.42(M)	176.92(M)
Coleslaw, VO, 0.5C - LR100172 (1 serv.) Contains Egg, Soy.	102.69	8.66	1.66	0.00(M)	8.00	230.16	6.78	1.31	3.10	(M)	0.97	1.35	65.94



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Coleslaw, VO, 0.75 Cup - LR100647 (1 serv.) Contains Egg, Soy.	108.94	8.66	1.66	0.00(M)	8.00	235.16	8.03	1.81	3.85	(M)	1.22	1.44	75.94
Copy of Carrot Raisin Salad, 0.75 Cup - LR100678 (3/4 c.)	203.67(M)	6.52(M)	1.10(M)	0.02(M)	4.92(M)	551.94(M)	37.59(M)	1.97(M)	29.84(M)	(M)	2.27(M)	0.82(M)	54.91(M)
Copy of Chicken Tenders, Parmesan Roasted Carrots, & Dinner Roll,HS, MMA, WG - LR100608 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	485.15	17.94	5.65	0.00(M)	40.00	991.66	55.17	10.46	9.99(M)	0.00(M)	33.69	4.99	353.76
Copy of Pizza Green Beans, 0.75 Cup - LR100686 (3/4 c.)	41.60	0.20	0.05	0.00(M)	0.00	32.91	9.31	3.41	1.49(M)	(M)	2.02	2.16	61.77
Corn Salad, VS, 0.75C - LR100694 (1 serv.)	118.34	3.04	0.21	0.00(M)	0.00	20.34	25.05	3.29	5.18	(M)	3.19	0.09(M)	2.08(M)
Corn Salad, VS, 1C - LR100581 (1 serv.)	83.85	2.09	0.30	0.00(M)	0.00	19.84	16.87	2.29	0.68(M)	(M)	2.28	0.48	4.08
Creamy Mac & Cheese w/ Breadstick, MMA, NWG - LR100474 (1 serv.) Contains Egg, Gluten, Milk, Wheat.	404.50	12.67	6.09	0.00	30.46	1145.19	53.48	3.03	9.09	0.00(M)	20.26	1.38	445.49
Creamy Mac & Cheese w/ Dinner Roll, MMA, WG - LR100434 (1 serv.) Contains Egg, Gluten, Milk, Wheat.	503.50	20.17	7.59	0.00	66.47	1296.19	47.48	5.03	10.09	0.00(M)	35.26	3.00	435.49
Crunchy Broccoli Salad, VDG 0.5 Cup - LR100681 (1/2 c.)	157.73	6.89	1.11	0.02(M)	4.80	268.40	24.08	2.30	16.57(M)	(M)	2.17	0.74	38.69
Crunchy Broccoli Salad, VDG 0.75 Cup - LR100682 (3/4 c.)	135.96	5.37	0.89	0.01(M)	3.60	218.67	21.46	3.16	13.00(M)	(M)	3.15	0.95	54.62
Cucumber & Celery Dippers w/ Ranch, VO, 0.5C - 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	0.15	16.40
Cucumber & Celery Dippers w/ Ranch, VO, 0.75 Cup - LR100649 (1 serv.) Contains Milk.	44.61	2.99	0.50	0.04	0.67	166.18	4.38	0.72	1.64	(M)	0.62	0.22	20.56

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Cucumber Slices w/ Ranch, VO, 0.5C - 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	0.17	10.46
Cucumber Slices w/ Ranch, VO, 0.75 Cup - LR100650 (1 serv.) Contains Milk.	44.98	2.97	0.50	0.04	0.67	146.50	4.58	0.45	1.73	(M)	0.61	0.24	14.62
Dijon Chicken w/ Spinach, ELEM, MMA, WG, VDG, VRO, VO - LR100573 (1 salad) Contains Egg, Gluten, Milk, Soy, Wheat.	312.62	5.18	0.03	0.00(M)	63.00	705.59	41.83	6.60	9.72	(M)	26.03	3.15(M)	93.33(M)
Dijon Chicken w/ Spinach, MS/HS, MMA, WG, VDG, VRO, VO - LR100574 (1 salad) Contains Egg, Gluten, Milk, Soy, Wheat.	323.05	5.34	0.06	0.00(M)	63.00	749.49	43.66	7.66	10.19	(M)	27.06	4.01(M)	133.13(M)
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	2.11	37.04
Egg McBulldog Breakfast Sandwich, MMA, WG - LR100411 (1 sandwich) Contains Egg, Gluten, Milk, Soy, Wheat.	247.86	9.86	2.96	0.00	120.00	826.43	22.00	1.00	2.00	0.00(M)	16.07	2.09	185.00
Egg, Ham & Cheese on Croissant, MMA, WG - LR100496 (1 sandwich) Contains Egg, Gluten, Milk, Soy, Wheat.	342.00	18.50	8.50	0.00	185.50	822.00	30.00	2.00	6.00	2.00(M)	17.50	2.02(M)	151.50(M)
Egg, Sausage & Cheese Slider, MMA, WG - LR100257 (1 sandwich) Contains Egg, Milk, Soy, Wheat.	190.00	8.50	2.50	0.00	170.00	460.00	15.00	2.00	2.50	(M)	14.00	2.52	69.00
English Muffin Pizza, MMA, WG, VRO - LR100302 (2 halves) Contains Gluten, Milk, Soy, Wheat.	310.00	8.50	4.00	0.00	20.00	1030.00	35.00	5.00	9.00	0.00(M)	22.00	3.04(M)	130.00(M)
Fish & Chips, HS, MMA, WG - LR100329 (1 serv.) Contains Fish, Gluten, Milk, Wheat.	418.38	15.62	2.25	0.00	52.50	629.39	50.57	4.03	1.50	0.00(M)	20.07	2.53	30.00
Fish Sticks or Fish Nuggets & Dinner Roll, HS, MMA, WG - LR100038 (1 serv.) Contains Fish, Gluten, Milk, Soy, Wheat.	385.00	13.00	2.25	0.00	52.50	655.00	47.75	5.00	2.50	0.75(M)	21.00	3.29	63.50
Flat Bottom Waffle, Krusteaz, NWG - LR100499 (2 waffles) Contains Milk, Soy, Wheat.	280.00	12.00	2.00	0.00	5.00	660.00	37.00	1.00	4.00	0.00	5.00	1.80	40.00

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Fluffy Whipped Potatoes w/ Chicken Gravy, VS - LR100358 (1 serv.) Contains Milk, Wheat. May contain Egg, Milk, Soy.	58.33	1.83	0.00	0.00	0.00	330.00	11.67	0.00	0.00	(M)	0.70	0.00(M)	0.00(M)
Fluffy Whipped Potatoes w/ Chicken Gravy, VS, 0.75 Cup - LR100667 (1 serv.) Contains Milk, Wheat. May contain Egg, Milk, Soy.	75.83	2.58	0.00	0.00	0.00	415.00	15.17	0.00	0.00	(M)	1.05	0.00(M)	0.00(M)
French Toast Sticks & Egg Patty, ELEM/MS, MMA, WG - LR100512 (1 serv.) Contains Egg, Gluten, Milk, Soy, Wheat.	362.17	13.52	3.00	0.00(M)	100.00	437.01	51.70	3.00	9.00(M)	0.00(M)	9.00	2.19	54.98
French Toast Sticks w/ Egg on a Stick, MS/HS, MMA, WG - LR100408 (1 serv.) Contains Egg, Gluten, Wheat.	462.17	12.52	3.50	0.00(M)	415.00	667.01	63.70	4.00	10.00(M)	0.00(M)	22.00	3.97	100.98
French Toast Sticks w/ Sausage, ELEM, MMA, WG - LR100390 (1 serv.) Contains Gluten, Soy, Wheat.	372.17	14.02	2.50	0.00(M)	30.00	402.01	51.70	3.00	9.00(M)	(M)	12.00	2.37	40.98
French Toast Sticks w/ Sausage, MS/HS, MMA, WG - LR100391 (1 serv.) Contains Gluten, Soy, Wheat.	402.17	17.02	4.00	0.00(M)	20.00	482.01	52.70	3.00	9.00(M)	(M)	12.00	2.37	60.98
French Toast Sticks, Rich's, 37722, WGR - LR100498 (4 ea.) Contains Gluten, Soy, Wheat.	260.00	10.00	2.00	0.00	0.00	300.00	38.00	3.00	9.00	(M)	6.00	1.82	34.00
Fresh Spinach Salad, 0.75C VDG, 0.5C VRO - LR100658 (1 salad) Contains Milk.	98.33	5.32	1.05	0.00	0.00	646.39	11.72	2.21	7.47	(M)	1.87	1.76	77.35
Fresh Spinach Salad, VDG, VRO - LR100322 (1 salad) Contains Milk.	94.88	5.26	1.04	0.00	0.00	634.54	11.17	1.88	7.41	(M)	1.44	1.36	62.50
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	0.45	16.89
Garden Salad w/ Cheese & Dinner Roll, MMA, WG, VDG, VRO, VPB, VO - LR100043 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	383.27	9.81	4.13	0.00	20.00	755.65	52.45	11.54	9.33	(M)	26.23	4.30(M)	132.05(M)
Garden Side Salad, 0.75C VDG, 0.5C VRO - LR100657 (1 salad)	122.67	6.83	1.11	0.00(M)	5.00	133.97	14.85	6.68	5.51	(M)	3.65	2.63(M)	96.15(M)

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Garden Side Salad, 1C-VDG, 0.5C-VRO - LR100014 (1 salad)	108.41	6.58	1.08	0.00(M)	5.00	127.26	12.09	4.92	4.51	(M)	2.61	1.81(M)	68.45(M)
Garlic Parmesan Roasted Cauliflower, 0.5C, VO - LR100687 (1/2 c.)	80.44	3.39	1.04	0.05(M)	4.30	168.07	9.50	1.46	1.55(M)	(M)	3.59	0.66	69.92
Garlic Parmesan Roasted Cauliflower, 0.75 Cup, VO - LR100688 (3/4 c.)	103.39	3.37	1.07	0.05(M)	4.03	207.52	14.43	2.22	2.37(M)	(M)	4.69	1.02	82.39
Garlicky Green Beans, VO, 0.5C - 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	0.59(M)	33.00(M)
Garlicky Green Beans, VO, 0.75 Cup - LR100651 (3/4 serv.)	44.75	1.91	0.17	0.00	0.00(M)	9.00	6.53	3.00(M)	0.00(M)	(M)	1.52	0.89(M)	49.50(M)
Garlicky Roasted Broccoli, VDG, 0.5C - LR100599 (1 serv.)	65.40	3.86	0.36	0.00	0.00(M)	31.93	6.42	2.52(M)	1.65(M)	(M)	2.73	0.71(M)	45.48(M)
Garlicky Roasted Broccoli, V-DG, 3/4C - LR100626 (1 serv.)	65.60	2.29	0.29	0.00	0.00(M)	47.90	9.64	3.77(M)	2.47(M)	(M)	4.09	1.06(M)	68.22(M)
General Tsaos Chicken Rice Bowl, MS, MMA, WG, VDG, VRO, VBP - LR100591 (1 serv.) Contains Gluten, Soy, Wheat.	652.45	23.06	3.19	0.00	20.00(M)	1172.28	89.59	8.16(M)	27.50(M)	1.00(M)	23.33	4.26(M)	126.55(M)
Gourmet Cheese & Bacon Flatbread, MMA, WG - LR100400 (1 serv.) Contains Gluten, Milk, Wheat. May contain Soy.	342.86	13.86	5.71	0.00	32.50	891.43	30.00	3.00	2.00	(M)	23.57	1.73(M)	30.00(M)
Gourmet Cheesy Flatbread, MMA, WG - LR100399 (1 serv.) Contains Gluten, Milk, Wheat. May contain Soy.	301.56	11.03	5.01	0.00(M)	20.00	670.15	30.41	3.25	2.00(M)	(M)	20.05	1.82(M)	39.43(M)
Grape Filled Crescent, Pillsbury, 149978000, WGR - LR100265 (1 pkg.) Contains Gluten, Milk, Wheat.	210.00	6.00	1.00	0.00	0.00	260.00	35.00	2.00	9.00	(M)	5.00	1.08	20.00
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	0.21	7.24

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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	0.21	27.60
Grilled Cheese Sandwich, MMA, WG - LR100360 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	400.00	20.00	10.00	0.00	50.00	980.00	38.00	4.00	4.00	(M)	18.00	2.16(M)	104.00(M)
Ham & Cheese Dutch Waffle Sandwich, MMA, WG - LR100403 (1 sandwich) Contains Egg, Milk, Soy, Wheat.	729.00	34.50	10.50	0.00	88.50	1299.00	91.00	6.00	26.50	(M)	20.50	3.60(M)	80.00(M)
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	1.64(M)	240.14(M)
Ham & Cheese on Bread, MMA, WG - LR100335 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	336.31	13.06	5.78	0.00	71.52	1275.66	37.56	4.00	5.78	(M)	24.89	2.00(M)	66.00(M)
Ham & Cheese on Club Roll, MS, MMA, WG - LR100342 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	348.83	12.58	5.78	0.00	71.52	1257.46	40.09	3.22	5.13	(M)	25.05	1.87(M)	81.24(M)
Ham & Cheese on Kaiser Roll, MMA, WG - LR100308 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	335.98	11.42	4.96	0.00	56.76	1125.49	42.92	4.00	3.96	(M)	21.80	2.70(M)	104.00(M)
Ham & Cheese Sandwich Bagged Lunch, ELEM/MS, MMA, WG, VRO, F, M - LR100489 (1 bag lunch) Contains Gluten, Milk, Soy, Wheat.	581.31	15.56	7.28	0.00	86.52	1555.66	84.56	10.00	46.78	(M)	32.89	2.18(M)	326.00(M)
Ham & Cheese Sandwich Bagged Lunch, HS, MMA, WG, VRO, F, M - LR100490 (1 bag lunch) Contains Gluten, Milk, Soy, Wheat.	611.31	15.56	7.28	0.00	86.52	1555.66	92.56	12.00	52.78	(M)	32.89	2.36(M)	326.00(M)
Ham & Cheese Sandwich on Pretzel Bun - LR100019 (1 sandwich) Contains Gluten, Milk, Wheat.	305.98	11.92	5.96	0.00	56.76	745.49	34.92	3.00	4.96	(M)	19.80	1.80(M)	20.00(M)
Ham & Cheese Sandwich w/ Chips, MMA, WG - LR100488 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	445.98	15.42	5.46	0.00	56.76	1265.49	59.92	6.00	7.96	2.00(M)	22.80	2.30(M)	76.00(M)
Ham & Cheese Wrap, MMA, WG - LR100310 (1 sandwich) Contains Milk. Processed in a facility that also processes Soy, Wheat.	326.31	14.56	6.28	0.00	71.52	1185.66	34.56	5.00	3.78	(M)	23.89	1.44(M)	60.00(M)

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Ham & Pepperjack Cheese on Pretzel Roll, ELEM, MMA, WG - LR100563 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	240.00	6.02	3.02	0.25	20.06	722.43	31.27	3.00	(M)	(M)	13.29	0.27	75.94
Ham & Pepperjack Cheese on Pretzel Roll, MS/HS, MMA, WG - LR100564 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	240.00	6.02	3.02	0.25	20.06	722.43	31.27	3.00	(M)	(M)	13.29	0.27	75.94
Ham & String Cheese Roll up w/ Soft Pretzel, ELEM, MMA, WG - LR100552 (1 serv.) Contains Gluten, Milk, Wheat.	270.66	8.78	4.64	0.00	39.51	630.33	33.28	2.00	5.64	0.00(M)	20.20	0.72(M)	218.00(M)
Ham & String Cheese Roll up w/ Soft Pretzel, MS/HS, MMA, WG - LR100553 (1 serv.) Contains Gluten, Milk, Wheat.	431.04	19.84	6.89	0.14	55.80	1191.60	45.97	2.34	16.01	0.00(M)	24.98	0.98(M)	226.77(M)
Ham, Egg & Cheese on English Muffin, MMA, WG - LR100047 (1 sandwich) Contains Egg, Gluten, Milk, Soy, Wheat.	235.00	8.50	3.00	0.00	166.67	680.00	23.50	1.00	4.00	0.00(M)	16.67	2.44	188.00
Ham, Egg & Cheese on Slider Roll, MMA, WG - LR100217 (1 sandwich) Contains Egg, Gluten, Milk, Soy, Wheat.	221.67	7.33	3.00	0.00	167.50	660.00	24.00	2.00	3.50	(M)	14.83	2.28	124.00
Ham, Egg & Cheese Wrap, MMA, WG - LR100450 (1 sandwich) Contains Egg, Milk, Soy. Processed in a facility that also processes Soy, Wheat.	252.00	10.50	4.50	0.00	130.50	602.00	25.00	3.00	1.50	0.00(M)	13.50	1.44(M)	60.00(M)
Hamburger on Roll, ELEM, MMA, WG - LR100049 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	310.00	13.50	5.00	0.00	60.00	520.00	25.00	3.00	1.00	(M)	22.00	2.88	26.00
Hamburger on Roll, MS/HS, MMA, WG - LR100319 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	380.00	15.00	5.00	0.00	60.00	680.00	37.00	4.00	1.00	(M)	24.00	4.14	104.00
Hawaiian Pizza, MMA, WG - LR100462 (1 slice) Contains Gluten, Milk, Wheat. Processed in a facility that also processes Egg.	352.66	15.82	10.41	0.00(M)	52.38	547.58	33.07	3.25	3.41(M)	(M)	21.18	1.89(M)	450.00(M)
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	0.42	25.98
Honey Roasted Chick Peas, VBP, 0.5C - LR100611 (1 serv.)	280.27	6.58	0.65	0.00(M)	0.00	142.22	52.42	9.37	27.50	0.00(M)	5.48	0.98(M)	101.95(M)

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Honey Roasted Chick Peas, VBP, 0.75 Cup - LR100669 (1 serv.)	511.41	16.62	1.90	0.00(M)	0.00	213.54	86.28	11.42	52.78	0.00(M)	8.07	1.15(M)	103.74(M)
Honey Sriracha Wings w/ Breadstick, MMA, WG - LR100470 (1 serv.) Contains Gluten, Wheat.	395.00	15.00	2.25	0.00	52.50	525.00	43.00	2.50	6.00	3.00(M)	25.50	1.86	35.00
Hot Dog on Roll, ELEM/MS, MMA, WG - LR100104 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	240.00	11.50	5.00	0.00	30.00	560.00	23.00	2.00	1.00	(M)	10.00	2.52	26.00
Hot Dogs on Rolls, HS, MMA, WG - LR100315 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	600.00	25.00	10.00	0.00	60.00	1380.00	66.00	6.00	2.00	(M)	24.00	5.76	156.00
Hot Ham & Cheese on Pretzel Roll, MMA, WG, ELEM - LR100248 (1 sandwich) Contains Gluten, Milk, Wheat.	240.00	6.02	3.02	0.25	20.06	722.43	31.27	3.00	(M)	(M)	13.29	0.27	75.94
Hot Ham & Cheese on Pretzel Roll, MS/HS, MMA, WG - LR100247 (1 sandwich) Contains Gluten, Milk, Wheat.	336.31	13.56	6.78	0.00	71.52	935.66	36.56	3.00	5.78	(M)	23.89	1.80(M)	20.00(M)
Hot Roast Beef Sandwich, MMA, WG - LR100256 (1 sandwich) Contains Gluten, Milk, Soy, Wheat. May contain Egg.	368.22	8.44	1.98	0.00	64.23	1366.80	42.95	4.00	3.98	(M)	27.74	4.86	85.76
Hot Turkey Sandwich, MMA, WG - LR100150 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	357.47	11.11	3.04	0.00	83.54	1063.54	33.04	4.00	2.00	(M)	30.30	3.09	66.00
Hummus Platter w/ Pita Quarters, MMA, WG, VRO, VO - LR100565 (1 serv.) Contains Gluten, Milk, Wheat.	357.07	6.09	2.02	0.00	10.00	620.40	46.50	9.81	12.67	0.00(M)	19.35	2.98	290.20
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	0.00	40.00
INACTIVECopy of Chili Cinnamon Roasted Sweet Potatoes, 0.75 Cup - LR100680 (3/4 c.)	444.29	27.54	2.08	0.11(M)	0.00	436.11	47.88	8.26	9.52(M)	(M)	3.80	1.75	92.33
Italian Hoagie on Club Roll, MMA, WG, VO, VRO - LR100304 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	424.00	19.46	7.77	0.28	53.00	1304.54	37.92	3.70	4.40	(M)	24.65	3.19	311.08

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Italian Hoagie on Hot Dog Roll, MMA, WG, VO, VRO - LR100281 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	364.00	18.46	7.77	0.28	53.00	1174.54	27.92	2.70	4.40	(M)	22.65	2.83	259.08
Italian Hoagie on Savory Roll, ELEM, MMA, WG - LR100549 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	310.00	13.50	6.00	0.00	70.00	980.00	25.00	2.00	1.00(M)	(M)	22.00	2.52	196.00
Italian Hoagie on Savory Roll, MS/HS, MMA, WG - LR100550 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	390.00	15.00	6.00	0.00	70.00	1170.00	40.00	4.00	1.00(M)	(M)	25.00	3.08	241.00
Italian Mushroom Salad, 0.75 C - LR100684 (3/4 c.)	27.57	0.12	0.03	0.00	0.00	5008.62	30.84	1.09	2.53	(M)	2.18	0.39	19.42
Italian Mushroom Salad, VO, 0.5C - LR100683 (1/2 c.)	23.61	0.11	0.03	0.00	0.00	3339.89	21.73	0.98	2.22	(M)	1.73	0.32	16.18
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	1.00	15.00
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	0.54	21.96
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	0.27	10.98
Lo Mein Noodles, WG, VO - LR100401 (1 serv.) Contains Gluten, Soy, Wheat. May contain Gluten.	263.12	8.07	1.01	0.00(M)	0.00	752.25	43.13	7.01(M)	17.02	(M)	5.94	0.54(M)	60.42(M)
LOL Mac & Cheese w/ Goldfish Crackers, MMA, WG - LR100278 (1 serv.) Contains Egg, Gluten, Milk, Wheat.	394.50	15.17	7.09	0.00	30.46	1165.19	45.48	3.03	6.09	0.00(M)	19.26	1.74	445.49
Lunch Yogurt Parfait w/ Mini Fruit Bread, MMA, WG, F - LR100372 (1 serv.) Contains Egg, Gluten, Milk, Soy, Wheat.	573.49	11.71	1.73	0.00	46.66	297.60	106.67	4.08	61.94(M)	48.68(M)	13.24	2.17	273.01
Lunch Yogurt Parfait w/ Soft Pretzel, MMA, WG, F - LR100236 (1 serv.) Contains Gluten, Milk, Wheat.	488.80	3.60	1.07	0.00	6.66	320.57	104.49	6.79	41.87(M)	22.68(M)	14.37	2.88	273.10



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Mac & Cheese w/ Chicken Tenders & Steamed Corn, MMA, WG - LR100620 (1 serv.) Contains Egg, Gluten, Milk, Soy, Wheat.	630.25	27.33	8.63	0.00	55.47	1399.75	65.00	7.83	10.31	1.00(M)	35.06	3.68(M)	495.69(M)
Mac & Cheese w/ Chicken Tenders, MMA, WG - LR100614 (1 serv.) Contains Egg, Gluten, Milk, Soy, Wheat.	554.50	26.17	8.59	0.00	55.47	1385.19	47.48	5.03	7.09	1.00	32.26	3.02	461.49
Macaroni & Cheese & Chicken Nuggets, MMA, WG - LR100622 (1 serv.) Contains Egg, Gluten, Milk, Soy, Wheat.	494.50	21.17	8.09	0.00	65.47	1405.19	43.48	4.03	7.08	0.00(M)	32.26	2.81	445.49
Macaroni & Cheese w/ Garlic Breadstick, MMA, WG - LR100506 (1 serv.) Contains Egg, Gluten, Milk, Wheat.	404.50	12.67	6.09	0.00	30.46	1145.19	53.48	3.03	9.09	0.00(M)	20.26	1.38	445.49
Macaroni & Cheese, side, MMA, WG - LR100600 (1 serv.) Contains Egg, Gluten, Milk, Wheat.	294.50	11.17	6.09	0.00	30.46	995.19	31.48	2.03	6.09	0.00	17.26	1.01	425.49
Maple Pancake Sausage Nuggets, ELEM - LR100191 (3 ea.) Contains Egg, Gluten, Soy, Wheat.	330.00	9.00	2.50	0.00	25.00	335.00	55.00	3.00	31.00	(M)	6.00	1.80	20.00
Maple Pancake Sausage Nuggets, MS/HS - LR100192 (4 ea.) Contains Egg, Gluten, Soy, Wheat.	390.00	12.00	3.33	0.00	33.33	428.33	60.00	4.00	32.33	(M)	8.00	2.40	26.67
Maple Pancake Sausage Nuggets, w/ Syrup, MMA/WG, ELEM, LUNCH - LR100701 (4 ea.) Contains Egg, Gluten, Soy, Wheat.	390.00	12.00	3.33	0.00	33.33	428.33	60.00	4.00	32.33	(M)	8.00	2.40	26.67
Maple Sausage, Turkey, Pancake Nuggets, MMA, WG, CN - LR100190 (3 ea.) Contains Egg, Gluten, Soy, Wheat.	180.00	9.00	2.50	0.00	25.00	280.00	15.00	3.00	4.00	(M)	6.00	1.80	20.00
Maple Sausage, Turkey, Pancake Nuggets, MS/HS, MMA, WG, CN - LR100205 (4 ea.) Contains Egg, Gluten, Soy, Wheat.	240.00	12.00	3.33	0.00	33.33	373.33	20.00	4.00	5.33	(M)	8.00	2.40	26.67
Maple Waffle Chicken Patty Sandwich, MMA, WG - LR100515 (1 sandwich) Contains Egg, Milk, Soy, Wheat.	471.00	25.06	7.04	0.00	125.19	1293.75	40.02	1.00	6.02	0.00(M)	18.07	1.80(M)	60.00(M)
Maple Waffle Spicy Chicken Patty Sandwich, MMA, WG - LR100517 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	550.00	27.00	5.00	0.00	30.00	1060.00	54.00	4.00	5.00	0.00	20.00	3.80	80.00

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Maple Waffle, Egg, Bacon & Cheese Sandwich, MMA, WG - LR100500 (1 sandwich) Contains Egg, Milk, Soy, Wheat.	437.86	23.36	6.71	0.00	180.00	1241.43	39.00	1.00	6.00	0.00(M)	16.07	2.65	141.50
Maple Waffles w/ Sausage, MMA, WG - LR100451 (1 serv.) Contains Egg, Gluten, Milk, Soy, Wheat.	260.00	9.00	2.00	0.00	30.00	260.00	37.00	3.00	13.00	12.00(M)	10.00	1.46	40.00
Mashed Potatoes w/ Beef Gravy, VS, 0.5C - LR100124 (1 serv.) Contains Milk, Soy, Wheat. May contain Egg.	65.00	2.25	0.00	0.00	0.00	530.00	11.50	0.00	0.00	(M)	0.70	0.54(M)	0.00(M)
Mashed Potatoes w/ Beef Gravy, VS, 0.75 Cup - LR100668 (1 serv.) Contains Milk, Soy, Wheat. May contain Egg.	82.50	3.00	0.00	0.00	0.00	615.00	15.00	0.00	0.00	(M)	1.05	0.54(M)	0.00(M)
Max Cheese Sticks w/ Marinara ELEM, MMA, WG, VRO - LR100079 (1 serv.) Contains Milk, Soy, Wheat.	400.00	16.00	5.00	0.00	20.00	1080.00	46.00	6.00	10.00	(M)	16.00	1.44	240.00
Max Cheese Sticks w/ Marinara, MS/HS, MMA, WG, VRO - LR100048 (1 serv.) Contains Milk, Soy, Wheat.	550.00	22.50	7.50	0.00	30.00	1155.00	60.00	5.00	11.00	(M)	23.00	3.24	320.00
Meatball & Cheese Pasta Bake w/ Garlic Bread Stick, MMA, WG, VRO - LR100511 (1 serv.) Contains Egg, Gluten, Milk, Soy, Wheat.	420.64	15.16	5.40	0.00(M)	41.20	1036.67	47.83	5.05	10.00	(M)	24.64	2.94(M)	63.00(M)
Meatball Sub w/ Marinara & Cheese, MMA, WG, VRO - LR100469 (1 sandwich) Contains Egg, Gluten, Milk, Soy, Wheat.	437.08	15.16	5.40	0.00(M)	41.20	1146.68	48.09	5.10	8.03	0.00(M)	26.15	4.57(M)	125.14(M)
Meatballs & Sauce on Club Roll, MMA, WG, VRO - LR100114 (1 sandwich) Contains Egg, Gluten, Milk, Soy, Wheat.	376.00	11.64	3.40	0.00(M)	31.20	725.00	48.90	5.00	9.00	(M)	19.06	4.38	121.00
Mega Mini Chicken Nuggets w/ Roll, MMA, WG - LR100509 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	331.24	14.06	2.18	0.00	58.05	653.45	28.51	3.45	1.00	0.00(M)	26.22	2.53	26.00
Mexican Tacos , HS, MMA, WG - LR100340 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	672.65	38.31	14.88	0.00	76.27	657.31	48.07	6.18	3.46	1.50(M)	28.83	2.40(M)	76.50(M)
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	0.00	260.00

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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	0.00	260.00
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	(M)	(M)
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	1.44	40.00
Mixed Vegetables, Frozen, Veg-O, 1C - LR100640 (1 c.)	62.52	3.66	0.69	0.68	0.00	59.06	6.03	2.00	2.00(M)	(M)	1.01	0.72	20.14
Morabito 55% Whole Wheat Slider Roll - LR100163 (1 roll.) Contains Milk, Soy, Wheat.	70.00	1.00	0.00	0.00	0.00	160.00	14.00	2.00	1.00	(M)	3.00	1.08	26.00
Nachos Grande w/ Salsa, MMA, WG, VRO - LR100441 (1 serv.) Contains Milk, Soy.	475.29	24.56	8.37	0.00	60.00	1152.26	50.49	2.90	5.97	0.00(M)	23.43	2.17	195.65
Ocean Breaded Fish Sticks w/ roll - LR100109 (1 serv.) Contains Fish, Gluten, Milk, Soy, Wheat.	280.00	9.00	1.50	0.00	35.00	490.00	36.00	4.00	2.00	(M)	15.00	2.52	46.00
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	0.72	20.00
Open Face Meatloaf Sandwich, ELEM/MS, MMA, WG - LR100254 (1 serv.) Contains Gluten, Milk, Soy, Wheat. May contain Egg.	400.00	14.75	6.00	0.50	40.00	1190.00	46.50	5.00	7.00	(M)	19.00	4.14	164.00
Open Face Meatloaf Sandwich, HS, MMA, WG - LR100368 (1 serv.) Contains Gluten, Milk, Soy, Wheat. May contain Egg.	590.00	26.75	12.00	1.00	80.00	1580.00	54.50	6.00	12.00	(M)	30.00	5.58	224.00
Oriental Chicken Salad w/ Romaine, ELEM, MMA, NWG, VDG, VRO, VO - LR100555 (1 salad) Contains Gluten, Soy, Wheat.	353.20	12.26	2.55	0.00	42.00	646.46	43.41	7.70	8.78	(M)	19.00	4.16(M)	74.57(M)
Oriental Chicken Salad w/ Romaine, MS/HS, MMA, NWG, VDG, VRO, VO - LR100556 (1 salad) Contains Gluten, Soy, Wheat.	561.60	19.40	3.58	0.00	84.00	1003.75	64.43	12.22	15.92	(M)	34.56	6.59(M)	129.96(M)

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Oriental Sweet & Sour Chicken over Rice, MMA, WG - LR100121 (1 serv.) Contains Gluten, Soy, Wheat.	424.75	15.15	2.77	0.00	22.15	517.67	54.01	4.32	19.11	0.00(M)	17.51	2.58(M)	36.55(M)
Oven Baked Fries, V-S. 0.5C - LR100642 (1/2 c.)	100.00	3.50	0.00	0.00	0.00	130.00	17.00	1.00	0.00	0.00	2.00	0.36	0.00
Oven Baked Fries, V-S. 0.75C - LR100693 (1/2 c.)	149.79	5.24	0.00	0.00	0.00	194.73	25.46	1.50	0.00	0.00	3.00	0.54	0.00
Oven Fried Chicken w/ Dinner Roll, MMA, WG - LR100357 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	240.00	8.60	2.00	0.00	36.60	520.00	28.00	4.00	2.00	(M)	15.30	2.63	52.00
Oven Ready Breaded Veal Pattie - LR100325 (4 ounces) Contains Milk, Soy, Wheat.	256.79	12.84	4.94	0.00	44.44	622.22	19.75	0.00	1.98	(M)	15.80	1.78	39.51
Parmesan Peas, VS, 0.5C - LR100283 (1 serv.)	70.33	0.72	0.37	0.00	0.00	88.00	11.74	4.40	0.00(M)	(M)	4.45	1.38	32.33
Parmesan Peas, VS, 0.75 C - LR100662 (1 serv.)	101.33	0.84	0.39	0.00	0.00	117.00	17.45	6.60	0.00(M)	(M)	6.51	2.02	41.83
Parmesan Roasted Broccoli, VDG - 0.75C - LR100628 (1 serv.) Contains Milk.	105.60	6.29	2.29	0.00(M)	10.00(M)	187.90	9.64	3.77(M)	2.47(M)	(M)	8.09	1.06(M)	68.22(M)
Parmesan Roasted Broccoli, VDG -0.5C - LR100527 (1 serv.) Contains Milk.	89.15	6.11	2.23	0.00(M)	10.00(M)	171.93	6.42	2.52(M)	1.65(M)	(M)	6.73	0.71(M)	45.48(M)
Parmesan Roasted Carrots - V-RO - 0.5C - LR100627 (1/2 c.) Contains Milk.	129.85	7.48	4.22	0.00(M)	4.00	350.73	8.51	2.58	2.66(M)	(M)	9.47	0.78	282.90
Parmesan Roasted Carrots - V-RO - 3/4C - LR100584 (3/4 c.) Contains Milk.	136.15	6.94	4.15	0.00(M)	4.00	370.66	11.17	3.46	3.99(M)	(M)	9.69	0.85	291.76
Pasta & Meatsauce w/ Breadstick, ELEM/MS, MMA, WG, VRO - LR100174 (1 serv.) Contains Gluten, Milk, Wheat.	284.64	8.53	3.00	0.00	40.00	921.67	35.93	6.05	9.00	(M)	17.57	2.52(M)	20.00(M)

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Pasta & Meatsauce w/ Breadstick, HS, MMA, WG, VRO - LR100359 (1 serv.) Contains Gluten, Milk, Wheat.	406.89	12.41	4.43	0.00	59.05	1296.86	50.35	8.60	12.50	(M)	25.39	3.58(M)	30.01(M)
Pasta Bar, MMA, WG, VRO - LR100327 (1 serv.) Contains Milk, Soy, Wheat.	398.50	12.59	4.29	0.00	40.02	822.16	51.92	5.65	6.50(M)	(M)	22.93	2.72	79.02
PB&J Bagged Lunch, ELEM/MS, MMA, WG, VRO, F, M - LR100397 (1 bag lunch) Contains Gluten, Milk, Peanuts, Soy, Wheat.	866.32	42.27	8.44	0.09	16.34	1069.45	102.44	13.10	57.82	25.00(M)	26.21	3.23	382.27
PB&J Bagged Lunch, HS, MMA, WG, VRO, F, M - LR100398 (1 bag lunch) Contains Gluten, Milk, Peanuts, Soy, Wheat.	941.32	42.27	8.44	0.09	16.34	1109.45	122.44	15.10	76.82	25.00(M)	26.21	3.41	342.27
PB&J Bagged Lunch, Winter - ELEM/MS, MMA, WG, VRO, F, M - LR100522 (1 bag lunch) Contains Gluten, Milk, Peanuts, Soy, Wheat.	862.70	36.75	7.57	0.00	15.00	1757.27	114.97	14.17	57.66(M)	25.00(M)	27.34	4.09	411.77
PB&J Bagged Lunch, Winter - HS, MMA, WG, VRO, F, M - LR100523 (1 bag lunch) Contains Gluten, Milk, Peanuts, Soy, Wheat.	967.70	36.75	7.57	0.00	15.00	1797.27	140.97	14.17	82.66(M)	25.00(M)	27.34	4.09	371.77
Pea & Pepper Salad, 07.5C VS, 0.25C VRO - LR100697 (1 serv.) Contains Soy.	123.61	2.19	0.26	0.00	0.00	196.63	20.41	7.38	2.26(M)	(M)	6.55	2.06	31.11
Pea & Pepper Salad, VS, VRO - LR100016 (1 serv.) Contains Soy.	92.61	2.08	0.24	0.00	0.00	167.63	14.70	5.18	2.26(M)	(M)	4.49	1.42	21.61
Pepperoni Pizza w/ Salad & Chocolate Chip Cookie, HS, MMA, WG - LR100609 (1 slice) Contains Egg, Gluten, Milk, Soy, Wheat. Processed in a facility that	756.28	36.44	16.77	0.00(M)	71.66	1097.46	83.67	9.92	25.04	0.00(M)	27.49	6.24	558.45
Pepperoni Pizza w/ Salad & Chocolate Chip Cookie, MS, MMA, WG - LR100610 (1 slice) Contains Egg, Gluten, Milk, Soy, Wheat. Processed in a facility that	656.28	32.44	15.77	0.00(M)	71.66	927.47	69.67	8.92	25.04	0.00(M)	25.49	5.52	538.45
Pepperoni Pizza Wrap, ELEM, MMA, WG, VRO - LR100575 (1 wrap) Contains Milk, Soy. Processed in a facility that also processes Soy, Wheat.	330.42	9.02	5.51	0.00	32.67	752.23	38.76	5.00	10.51	(M)	22.04	2.79(M)	80.00(M)
Pepperoni Pizza Wrap, MS/HS, MMA, WG, VRO - LR100576 (1 wrap) Contains Milk, Soy. Processed in a facility that also processes Soy, Wheat.	500.42	12.52	7.51	0.00	42.67	1032.23	61.76	8.00	10.51	(M)	32.04	3.87(M)	120.00(M)

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Pepperoni Pizza, MMA, WG - LR100471 (1 slice) Contains Gluten, Milk, Wheat. Processed in a facility that also processes Egg.	332.17	15.61	10.20	0.00	50.07	514.89	28.30	3.00	3.20	(M)	20.22	1.91	450.00
Philly Cheese Steak on Club Roll, ELEM, MMA, WG - LR100285 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	333.36	11.84	5.00	0.00	45.01	573.44	35.67	4.00	2.00	0.00(M)	21.34	3.24	193.72
Philly Cheese Steak on Steak Roll, ELEM, MMA, WG - LR100185 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	353.36	12.34	5.00	0.00	45.01	633.44	40.67	5.00	2.00	0.00(M)	22.34	3.44	186.72
Pizza Buns, ELEM, MMA, WG - LR100259 (2 halves) Contains Gluten, Milk, Soy, Wheat.	300.00	7.50	4.00	0.00	20.00	990.00	36.00	6.00	9.00	(M)	20.00	2.88(M)	66.00(M)
Pizza Green Beans, 0.5C, VO, VRO - LR100685 (1/2 c.)	38.03	0.15	0.04	0.00(M)	0.00	27.15	8.33	2.69	1.99(M)	(M)	1.75	1.75	52.24
Pizza Lunchable, MMA, WG, VRO, F - LR100427 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	380.35	7.52	2.51	0.00	22.67	1001.88	58.75	6.00	19.50	0.00(M)	19.04	2.61	257.96
Popcorn Chicken Bowl, MMA, WG, VS - LR100155 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	500.76	18.45	2.85	0.00	22.15	1018.67	66.33	6.32	5.11(M)	0.00(M)	22.30	3.69(M)	58.55(M)
Popcorn Chicken w/ Breadstick, MMA, WG - LR100157 (1 serv.) Contains Gluten, Soy, Wheat.	364.75	15.90	2.77	0.00	22.15	537.67	37.51	4.32	4.11	0.00(M)	18.51	2.58	56.55
Popcorn Chicken w/ Goldfish, MMA, WG - LR100463 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	354.75	18.40	3.77	0.00	22.15	557.67	29.51	4.32	1.11	0.00(M)	17.51	2.94	56.55
Popcorn Chicken w/ Orange Sauce & Rice, HS, MMA, WG - LR100435 (1 serv.) Contains Gluten, Soy, Wheat.	459.75	15.90	2.77	0.00	22.15	452.67	59.51	5.32	10.11	0.00(M)	19.51	2.94(M)	36.55(M)
Popcorn Chicken w/ Roll & Dips, MMA, WG - LR100431 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	401.46	15.40	2.77	0.00	22.15	721.07	48.18	5.32(M)	17.45	0.00(M)	18.51	3.29(M)	62.55(M)
Popcorn Chicken w/ Roll, MMA, WG - LR100508 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	324.75	15.40	2.77	0.00	22.15	547.67	29.51	5.32	2.11	0.00(M)	18.51	3.29	62.55

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Popcorn Chicken w/ Soft Pretzel, MMA, WG - LR100415 (1 serv.) Contains Gluten, Soy, Wheat.	394.75	14.90	2.77	0.00	22.15	537.67	45.51	6.32	2.11	0.00(M)	20.51	4.01	56.55
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	0.95	40.64
Potato Pearls Extra Rich Mashed, Basic American Foods, VS, 0.5C - LR100503 (1/2 c.) Contains Milk.	80.00	1.50	0.50	0.00	0.00(M)	250.00	15.00	1.00	0.00	(M)	2.00	0.20	20.00
Potato Pearls Extra Rich Mashed, Basic American Foods, VS, 0.75C - LR100696 (3/4 c.) Contains Milk.	123.08	2.31	0.77	0.00	0.00(M)	384.62	23.08	1.54	0.00	(M)	3.08	0.31	30.77
Powdered Sugar Donuts, Bake Crafters, 1931, WG - LR100530 (1 pkg.) Contains Egg, Gluten, Milk, Soy, Wheat. Processed in a facility that also	310.00	11.00	5.00	0.00	20.00	250.00	52.00	2.00	29.00	(M)	3.00	1.30	40.00
Protein Rice Bowl, ELEM, MMA, WG, VDG, VRO, VBP - LR100577 (1 serv.) Contains Gluten, Soy, Wheat.	310.92	9.13	1.48	0.00	40.00	578.49	36.44	5.41	8.84	(M)	22.49	2.50	101.73
Protein Rice Bowl, MS/HS, MMA, WG, VDG, VRO, VBP - LR100578 (1 serv.) Contains Gluten, Soy, Wheat.	498.97	13.11	1.75	0.00	40.00	614.13	66.88	10.82	12.53	0.00(M)	31.98	4.63	203.47
Pumpkin Pie, Chef Pierre - LR100339 (1 slice) Contains Egg, Milk, Wheat.	300.00	11.00	5.00	0.00	45.00	370.00	47.00	1.00	20.00	(M)	5.00	1.44	80.00
Quesadilla w/ Chicken, Cheese & Peppers, MS,HS - LR100613 (1 quesadilla) Contains Gluten, Milk, Soy, Wheat.	623.31	27.87	14.08	0.00(M)	141.16	1603.42	56.09	12.11	12.66	2.00(M)	37.46	4.23	438.95
Quinoa Salad w/ Baby Spinach, MMA, WG, VDG, VRO - LR100583 (2 c.) Contains Egg.	464.24	18.11	7.30	0.00(M)	355.23	1102.77	44.69	5.98	3.23(M)	0.00(M)	24.88	2.74	252.35
Red & Yellow Pepper Dippers, VO, 0.5C - 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	0.18	3.91
Red & Yellow Pepper Dippers, VO, 0.75 Cup - LR100652 (1 serv.) Contains Milk.	56.56	0.18	0.04	0.00	0.00	522.53	13.84	2.36	6.48	(M)	0.65	0.28	5.52

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Red Pepper Strips w/ Dip, VRO, 0.75 Cup - LR100660 (1 serv.) Contains Milk.	51.22	3.09	0.51	0.04	0.67	147.70	5.91	1.51	3.33	(M)	0.79	0.32	6.97
Red Pepper Strips w/ Dip, VRO, 1C - 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	0.22	5.36
Roast Beef on Club Roll, MS, MMA, WG - LR100343 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	407.52	10.53	2.50	0.00	87.50	1666.80	36.53	3.22	4.86	(M)	38.66	5.11(M)	141.24(M)
Roast Beef on Kaiser Roll, MMA, WG - LR100309 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	370.00	6.50	0.00	0.00	75.00	1590.00	40.00	4.00	4.00	(M)	37.00	5.94	164.00
Roast Beef Wrap, MMA, WG - LR100312 (1 sandwich) Contains Soy. Processed in a facility that also processes Soy, Wheat.	330.00	8.00	0.50	0.00	75.00	1460.00	30.00	5.00	3.00	(M)	35.00	4.68	120.00
Roast Beef Wrap, MS, MMA, WG - LR100344 (1 sandwich) Contains Milk, Soy. Processed in a facility that also processes Soy, Wheat.	387.52	12.53	3.00	0.00	87.50	1596.80	31.54	5.22	3.85	(M)	37.66	4.75(M)	123.24(M)
Roast Turkey BLT Club, MS/HS, MMA WG, VRO, VO - LR100558 (1 sandwich) Contains Egg, Gluten, Milk, Soy, Wheat.	464.01	14.89	2.09	0.00	68.75	1380.94	50.09	6.70	6.41	(M)	31.87	3.73	106.24
Roast Turkey BLT, ELEM, MMA, WG, VRO, VO - LR100557 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	322.58	9.46	1.73	0.00	57.50	975.23	32.09	4.70	3.41	(M)	27.09	2.67	73.24
Roasted Fall Vegetable Flatbread Pizza, MMA, WG - LR100484 (1 serv.) Contains Gluten, Milk, Wheat. May contain Soy.	357.34	12.77	5.25	0.00(M)	20.00	889.47	40.66	5.83	3.50(M)	(M)	21.10	2.11(M)	53.84(M)
Roasted Fall Vegetables, VO, 0.75 Cup - LR100654 (1 serv.)	130.79	6.90	0.97	0.00(M)	0.00	968.29	18.13	5.08	1.50(M)	(M)	1.68	1.02(M)	46.44(M)
Roasted Fall Vegetables, VO, VRO, 0.5C - LR100483 (1 serv.)	57.34	1.77	0.25	0.00(M)	0.00	219.47	10.66	2.83	1.50(M)	(M)	1.10	0.51(M)	23.84(M)
Roasted Italian Seasoned Chick Peas, VBP,0.5C - LR100587 (1 serv.)	171.59	6.03	0.59	0.00(M)	0.00	259.66	22.33	4.00	4.89	0.00(M)	5.00	0.01(M)	0.03(M)



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Roasted Italian Seasoned Chick Peas, VBP,0.75C - LR100692 (1 serv.)	242.49	7.47	0.67	0.00(M)	0.00	369.52	33.27	6.00	7.18	0.00(M)	7.50	0.01(M)	0.03(M)
Roasted Onions & Peppers, VO - LR100464 (1 serv.)	41.64	1.70	0.24	0.00(M)	0.00	968.09	6.18	1.07	3.00(M)	(M)	1.03	0.04(M)	1.29(M)
Roasted Onions & Peppers, VO, 0.75 Cup - LR100653 (1 serv.)	54.64	1.70	0.24	0.00(M)	0.00	972.09	9.18	1.57	4.50(M)	(M)	1.53	0.04(M)	1.29(M)
Roasted Peppers, Broccoli & Onion, VDG, VO, 0.5C - LR100475 (1 serv.)	259.42	27.08	3.75	0.00(M)	0.00	204.05	4.51	1.09	1.89	(M)	1.14	0.32(M)	10.96(M)
Roasted Peppers, Broccoli & Onion, VDG, VO, 0.75C - LR100655 (1 serv.)	270.04	27.21	3.80	0.00(M)	0.00	1939.79	6.76	1.97	2.27(M)	(M)	1.90	0.59(M)	26.75(M)
Roasted Ranch Chick Peas, VBP - LR100420 (1 serv.)	394.34	17.50	1.86	0.00(M)	0.00	685.27	45.00	8.00	8.00	0.00(M)	10.00	0.08(M)	60.13(M)
Roasted Veggie Pizza, MMA, WG, VDG, VO - LR100476 (1 slice) Contains Gluten, Milk, Wheat. Processed in a facility that also processes Egg.	352.43	18.39	10.47	0.00(M)	45.00	475.51	28.56	3.14	3.24	(M)	19.14	1.84(M)	451.37(M)
Roasted Zucchini, 0.75 C- V-O - LR100625 (3/4 c.)	75.48	7.05	1.01	0.00(M)	0.00(M)	7.58	2.89	0.93(M)	2.33(M)	(M)	1.13	0.38(M)	14.95(M)
Roasted Zucchini, 1/2C - VO - LR100618 (1/2 c.)	70.21	6.95	0.98	0.00(M)	0.00(M)	5.09	1.93	0.62(M)	1.55(M)	(M)	0.75	0.27(M)	9.99(M)
Rotini Pasta with Parmesan & Green Peas - LR100592 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	535.29	31.42	9.54	0.00(M)	38.35	730.34	44.08	7.22	5.02	0.00(M)	28.60	1.40(M)	355.30(M)
Salad Bar, MMA, WG, VDG, VRO, VO - LR100303 (1 salad) Contains Gluten, Milk, Soy, Wheat.	376.25	11.34	3.87	0.00(M)	196.50	668.57	50.16	12.64	12.35	(M)	25.04	5.45(M)	200.16(M)
Salad, Tortellini w/ Roasted Veggies & Diced Turkey Ham (Tasty Brands) - LR100540 (1 1/2 c.) Contains Egg, Gluten, Milk, Soy, Wheat.	400.47	16.17	4.71	0.00(M)	54.88	1024.05	40.62	5.07	6.30(M)	(M)	27.22	3.12(M)	91.30(M)

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Salisbury Steak w/ Buttered Noodles, MMA, WG - LR100366 (1 serv.) Contains Gluten, Milk, Soy, Wheat. May contain Egg.	272.58	11.47	3.33	0.83	35.00	778.15	27.35	2.10	0.00	(M)	16.15	2.34(M)	20.00(M)
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, 5150021027, MMA, WGR - LR100612 (1 sandwich) Contains Gluten, Peanuts,	600.00	34.00	6.00	0.00	0.00	540.00	64.00	7.00	29.00	(M)	18.00	2.70	60.00
Sausage, Egg & Cheese Croissant, MMA, WG - LR100212 (1 sandwich) Contains Egg, Gluten, Milk, Soy, Wheat.	395.00	23.50	10.00	0.00	187.50	760.00	29.00	2.00	5.00	2.00(M)	18.50	2.38	171.50
Sausage, Egg & Cheese on English Muffin, MMA, WG - LR100046 (1 sandwich) Contains Egg, Gluten, Milk, Soy, Wheat.	295.00	14.00	4.75	0.00	127.50	775.00	23.00	1.00	2.00	0.00(M)	18.50	2.32	205.00
Savory Hot Dog Roll, WG - LR100547 (1 roll.) Contains Gluten, Milk, Soy, Wheat.	110.00	0.50	0.00	0.00	0.00	230.00	22.00	2.00	1.00	(M)	4.00	1.44	26.00
Savory Steak Roll, WG - LR100548 (1 roll.) Contains Gluten, Milk, Soy, Wheat.	190.00	2.00	0.00	0.00	0.00	420.00	37.00	4.00	1.00	(M)	7.00	2.00	71.00
Savory Yogurt Dippers, ELEM, MMA, WG, VRO, VO - LR100571 (1 serv.) Contains Milk, Wheat.	337.22	8.75	2.35	0.00	3.33	488.81	57.20	4.81	20.36	11.35(M)	7.69	1.54	180.38
Savory Yogurt Dippers, MS/HS, MMA, WG, VRO, VO - LR100572 (1 serv.) Contains Gluten, Milk, Wheat.	387.36	3.92	1.69	0.00	6.66	252.22	78.89	4.81	38.05	22.70(M)	12.03	0.82	280.55
Smucker's PBJ w/ Cheese Stick & soft pretzel, ELEM - LR100158 (1 serv.) Contains Gluten, Milk, Peanuts, Wheat.	430.00	19.50	5.50	0.00	10.00	580.00	47.00	5.00	15.00	13.00(M)	18.00	1.72	241.00
Snowy Waffle Sticks, WG - LR100495 (1 serv.) Contains Crustacean Shellfish, Egg, Fish, Gluten, Milk, Peanuts, Soy, Tree nuts, Wheat.	210.00	5.00	1.00	0.00(M)	15.00	290.05	36.50	3.00	12.42	(M)	4.00	0.25	300.02
Soba Noodle Bowl w/Chicken & Vegetables, MMA, WG, VO - LR100521 (1 serv.) Contains Egg, Gluten, Soy, Wheat.	366.95	4.98	0.00	0.00(M)	42.00	1152.17	54.22	7.00(M)	2.40(M)	(M)	24.17	3.59(M)	20.16(M)
Soft Shell Beef Taco, ELEM, MMA, WG - LR100062 (1 serv.) Contains Gluten, Soy, Wheat. Processed in a facility that also processes Soy, Wheat.	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	3.84(M)	81.11(M)

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Soft Shell Beef Taco, MS/HS, MMA, WG, VRO - LR100063 (1 serv.) Contains Gluten, Soy, Wheat. Processed in a facility that also processes Soy, Wheat.	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	5.71(M)	144.35(M)
Southwest Bacon BBQ Burger on WG Roll, MS/HS, MMA, WG - LR100477 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	497.86	22.36	8.21	0.00	85.00(M)	1158.93	43.00	4.00(M)	5.50(M)	(M)	30.07	4.27(M)	104.00(M)
Southwest Chicken Wrap w/ Salsa, MS/HS, MMA, WG, VRO - LR100326 (1 sandwich) Processed in a facility that also processes Soy, Wheat.	367.20	9.31	3.40	0.00	107.48	1310.17	41.91	5.00	6.91	(M)	35.14	1.44(M)	60.00(M)
Spaghetti & Meatballs, Roasted Garlicky Broccoli, and WW Dinner Roll HS MMA, WG - LR100604 (1 serv.) Contains Gluten, Milk, Soy, Wheat. May contain	771.13	40.66	12.77	3.04	70.35(M)	1141.89	76.42	14.81(M)	12.87(M)	0.00(M)	43.96	7.01(M)	503.82(M)
Spaghetti w/ Meatballs, MMA, WG - LR100436 (1 serv.) Contains Egg, Gluten, Milk, Soy, Wheat. May contain Egg.	386.00	11.64	3.40	0.00(M)	31.20	365.00	55.90	9.00	9.00	(M)	21.06	4.38	63.00
Spaghetti w/ Meatballs, MS MMA, WG - LR100603 (1 serv.) Contains Gluten, Milk, Soy, Wheat. May contain Egg.	671.13	37.86	12.06	3.04	63.35(M)	931.89	61.62	12.62(M)	11.67(M)	0.00(M)	38.16	5.57(M)	469.82(M)
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	0.75	0.00(M)
Spiced Chick Peas, VBP, 1C - LR100582 (1 c.)	339.34	17.50	2.86	0.00(M)	0.00(M)	720.27	36.00	16.00	6.00(M)	(M)	12.00	4.40	120.14(M)
Spicy Breaded Chicken Patty on Roll, ELEM, MMA, WG - LR100111 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	380.00	15.50	3.00	0.00	25.00	630.00	39.00	5.00	2.00	0.00(M)	19.00	3.44	66.00
Spicy Chicken Tenders w/ Roll, MMA, WG - LR100505 (1 serv.) Contains Egg, Gluten, Milk, Soy, Wheat.	305.00	10.00	2.10	0.00	44.00	510.00	32.00	2.00	1.00	(M)	23.00	1.98	26.00
Spicy Chicken Wings w/ Dinner Roll, MMA, WG - LR100514 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	355.00	14.50	2.25	0.00	52.50	535.00	35.00	3.50	4.00	3.00(M)	25.50	2.58	41.00
Steak Sandwich on Club Roll w/ Peppers & Onions, ELEM, MMA, WG, VO - LR100438 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	346.36	11.84	5.00	0.00	45.01	577.44	38.67	4.50	3.50	0.00(M)	21.84	3.24(M)	193.72(M)

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Steak Sandwich w/ Sauce, MS/HS, MMA, WG, VRO - LR100167 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	362.53	12.42	4.67	0.00	45.03	868.16	41.07	6.08	5.49	(M)	21.43	2.97(M)	119.65(M)
Steamed Corn, VS, 0.5C - LR100615 (1/2 c.)	75.76	1.16	0.04	0.00	0.00	14.56	17.52	2.80	3.22	(M)	2.80	0.66(M)	34.20(M)
Strawberry Pop Tart w/ String Cheese, MMA, WG - LR100090 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	230.00	5.50	3.00	0.00	10.00	380.00	37.00	3.00	15.00	14.00	9.00	1.80	328.00
String Cheese & Cracker Bagged Lunch, ELEM, MMA, WG, VRO, F, M - LR100395 (1 bag lunch) Contains Gluten, Milk, Soy, Wheat.	569.35	23.63	11.34	0.09	60.83	1114.51	68.39	9.07	43.80	0.00(M)	22.07	1.13	675.38
String Cheese & Cracker Bagged Lunch, MS/HS, MMA, WG, VRO, F, M - LR100396 (1 bag lunch) Contains Gluten, Milk, Soy, Wheat.	699.35	27.13	12.34	0.09	65.82	1264.51	90.39	12.07	49.80	0.00(M)	24.07	2.21	695.38
Stromboli w/ Marinara Sauce, MMA, WG, VRO - LR100355 (1 serv.) Contains Egg, Milk, Soy, Wheat.	390.00	13.50	4.00	0.00	40.00	1040.00	39.00	5.00	11.00	(M)	21.00	4.68	270.00
Stuffed Shells w/ Garlic Bread, MMA, WG - LR100479 (1 serv.) Contains Egg, Milk, Soy, Wheat.	390.00	10.50	4.00	0.00	20.00	640.00	55.00	5.00	24.00	0.00(M)	20.00	2.88	320.00
Sweet Yogurt Dippers, ELEM, MMA, WG, VDG, VRO, F - LR100559 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	398.61	4.47	1.39	0.00	3.33	245.43	86.11	7.48	44.46(M)	19.35(M)	7.13	1.41(M)	147.56(M)
Sweet Yogurt Dippers, MS/HS, MMA, WG, VDG, VRO, F - LR100560 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	558.76	6.14	2.22	0.00	6.66	343.84	117.81	7.48	60.15(M)	28.70(M)	11.46	1.87(M)	267.74(M)
Tac-Go, Egg & Cheese, 2mma, 1WG, SunnyFresh - LR100645 (1 pkg.) Contains Egg, Gluten, Milk, Wheat.	180.00	10.00	4.00	0.00	170.00	430.00	14.00	0.00	1.00	0.00	10.00	0.72	80.00
Taco Bar, MMA, WG - LR100330 (1 serv.) Contains Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Soy, Wheat.	700.09	31.00	14.25	0.00	75.02	577.17	71.00	6.50	2.50	0.50(M)	27.01	3.42(M)	85.01(M)
Taco Salad, HS, MMA, WG - LR100594 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	643.62	31.44	11.26	0.00	61.29	1963.28	64.76	12.69	9.34	0.00(M)	29.99	4.00(M)	408.54(M)

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Taco Shaker Salad - LR100676 (1 salad) Contains Egg, Milk.	496.13	21.17	5.28	0.00(M)	61.29	668.09	56.51	8.78	3.00(M)	0.00(M)	20.40	2.79(M)	99.90(M)
Tater Tots, VS, 0.5C - LR100644 (1/2 c.)	90.00	3.50	0.00	0.00	0.00	170.00	14.00	1.00	0.99	0.00(M)	1.00	0.36	0.00
Tater Tots, VS, 0.75 Cup - LR100661 (3/4 c.)	135.00	5.25	0.00	0.00	0.00	255.00	21.00	1.50	1.49	(M)	1.50	0.54	0.00
Tex Mex Bento Box, ELEM, MMA, WG, VBP - LR100579 (1 serv.) Contains Milk.	399.02	14.21	5.18	0.00	57.99	682.92	44.48	6.97	3.56	(M)	20.68	1.77(M)	80.98(M)
Tex Mex Bento Box, MS/HS, MMA, WG, VBP - LR100580 (1 serv.) Contains Milk.	514.02	18.96	8.18	0.00	72.99	847.92	55.98	9.97	4.05	(M)	27.18	2.67(M)	110.98(M)
Thai Style Noodle Salad with Chicken - 9-12, 2mma, 2g - LR100585 (2 c.) Contains Gluten, Soy, Wheat. May contain Egg, 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	5.32(M)	68.93(M)
Thai Turkey Wrap, ELEM, MMA, WG, VO - LR100545 (1 wrap) Contains Gluten, Wheat. Processed in a facility that also processes Soy, Wheat.	273.35	6.24	1.37	0.00	45.00	706.73	31.94	3.99	4.75	(M)	20.99	1.93	50.00
Thai Turkey Wrap, MS/HS, MMA, WG, VO - LR100546 (1 wrap) Contains Gluten, Wheat. Processed in a facility that also processes Soy, Wheat.	510.03	10.97	2.41	0.00	75.00	1290.12	63.88	7.99	9.50	(M)	36.31	3.73	100.00
Tomato Soup, Veg-R - LR100639 (3/4 c.) Contains Gluten, Wheat.	175.65	1.95	0.00	0.00	0.00	761.13	35.13	1.95	19.52	(M)	3.90	1.05	195.16
Top Your Own Mashed Potato Bar, MMA, WG VS - LR100324 (1 serv.) Contains Gluten, Milk, Soy, Wheat. May contain Egg, Milk, Soy.	685.70	25.78	8.24	0.00	56.33	1796.14	81.75	5.66	8.55(M)	0.00(M)	33.70	4.87(M)	266.83(M)
Tossed Salad w/ Dressing, VDG, VRO - LR100542 (1 salad) Contains Egg, Milk, Soy.	134.12	7.83	1.06	0.00(M)	6.59	307.57	15.36	4.92	5.83	(M)	3.27	1.81	68.45
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	1.57(M)	48.49(M)

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Tostito Taco Tuesday, MS/HS, MMA, WG - LR100365 (1 serv.) Contains Milk, Soy.	641.91	39.07	20.76	0.00	110.00	835.05	33.62	4.99	2.30	(M)	31.36	2.90(M)	95.49(M)
Totchos with Taco Seasoned Ground Beef, MMA, WG, VS - LR100629 (1 serv.) Contains Milk, Soy.	649.46	31.69	8.30	0.00(M)	35.19	1413.41	70.67	10.22	6.42	0.00(M)	23.99	3.26	252.59
Totchos with Taco Seasoned Ground Beef, MMA, WG, VS, ELEM - LR100631 (1 serv.) Contains Milk, Soy.	422.27	19.58	4.77	0.00(M)	17.59	1168.41	49.41	7.70	5.92	0.00(M)	13.42	1.94	138.81
Totchos with Taco Seasoned Ground Beef, MMA, WG, VS, MS - LR100630 (1 serv.) Contains Milk, Soy.	553.90	25.66	5.28	0.00(M)	17.59	1279.78	69.66	9.72	5.92	0.00(M)	15.44	2.54	138.81
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	0.22	14.56
Tuna Salad on Kaiser Roll, MS/HS, MMA, WG - LR100306 (1 sandwich) Contains Egg, Fish, Gluten, Milk, Soy, Wheat.	366.00	12.04	2.02	0.00	40.00	951.60	44.74	4.68	4.68	(M)	19.44	2.78(M)	113.20(M)
Tuna Salad Sandwich, MS/HS, MMA, WG - LR100176 (1 sandwich) Contains Egg, Fish, Gluten, Milk, Soy, Wheat.	338.52	12.06	2.02	0.00	40.00	913.40	38.27	4.90	6.03	(M)	18.60	2.16(M)	78.44(M)
Tuna Salad Wrap, MS/HS, MMA, WG - LR100313 (1 sandwich) Contains Egg, Fish, Soy. Processed in a facility that also processes Soy, Wheat.	328.52	13.56	2.52	0.00	40.00	823.40	35.27	5.90	4.03	(M)	17.60	1.60(M)	72.44(M)
Turkey & Cheese Lunchable, MMA, WG, VRO, F - LR100428 (1 serv.) Contains Gluten, Milk, Wheat.	338.16	7.39	2.72	0.04	30.67	769.72	47.22	6.05	12.41	0.00(M)	20.11	1.82	200.14
Turkey & Cheese on Bread, MMA, WG - LR100336 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	305.00	7.50	3.00	0.00	52.50	1095.00	34.00	4.00	2.50	(M)	26.50	2.36(M)	66.00(M)
Turkey & Cheese on Club Roll, MS, MMA, WG - LR100346 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	315.00	7.00	3.00	0.00	52.50	1075.00	36.00	3.00	1.50	(M)	26.50	2.16(M)	78.00(M)
Turkey & Cheese on Kaiser Roll, MMA, WG - LR100140 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	335.00	7.50	3.00	0.00	52.50	1135.00	41.00	4.00	1.50	(M)	27.50	3.06(M)	104.00(M)

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Turkey & Cheese Panini on WG Flatbread, MMA, WG - LR100638 (1 sandwich) Contains Gluten, Milk, Wheat. May contain Soy.	351.30	10.81	4.06	0.00(M)	52.50	1291.18	37.76	3.88	5.29	0.00(M)	26.79	2.11(M)	36.74(M)
Turkey & Cheese Sandwich Bagged Lunch, Winter - ELEM/MS, MMA, WG, VRO, F, M - LR100524 (1 bag lunch) Contains Gluten, Milk, Soy, Wheat.	612.70	10.25	4.57	0.00	67.50	2352.27	96.97	11.17	44.16(M)	(M)	35.84	3.45(M)	359.77(M)
Turkey & Cheese Sandwich Bagged Lunch, Winter - HS, MMA, WG, VRO, F, M - LR100525 (1 bag lunch) Contains Gluten, Milk, Soy, Wheat.	672.70	10.25	4.57	0.00	67.50	2352.27	110.97	11.17	56.16(M)	(M)	35.84	3.45(M)	359.77(M)
Turkey & Cheese Wrap, MMA, WG - LR100345 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	337.52	7.53	3.00	0.00	52.50	1136.80	41.53	4.22	1.85	(M)	27.66	3.13(M)	107.24(M)
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	4.83	100.03
Turkey & Gravy w/ Bread Stuffing, MMA, WG - LR100338 (1 serv.) Contains Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Soy.	356.68	7.04	1.81	0.00	54.35	1010.77	46.79	4.03	5.05	(M)	28.79	1.51	66.50
Turkey and Pierogy Dumplings w/ Breadstick - LR100154 (1 serv.) Contains Egg, Milk, Soy, Wheat. May contain Egg, Milk, Soy.	551.84	9.02	3.51	0.00	90.82	2079.15	81.06	6.04	2.00(M)	(M)	32.35	2.85(M)	114.91(M)
Turkey Pepperoni & Potato Pizza Bake with a WG Dinner Roll, 1.5MMA, 1WG - LR100689 (1 c.) Contains Gluten, Milk, Soy, Wheat.	304.03	7.92	4.38	0.00(M)	19.51(M)	1294.60	44.77	5.04	7.02	0.00(M)	16.32	1.85(M)	72.41(M)
Turkey Pepperoni & Potato Pizza Bake with a WG Dinner Roll, 2MMA, 2WG - LR100690 (1 c.) Contains Gluten, Milk, Soy, Wheat.	404.03	10.42	5.38	0.00(M)	24.51(M)	1539.60	59.27	7.04	8.02	0.00(M)	22.82	2.93(M)	98.41(M)
Turkey, Mozzarella, Tomato, & Basil on Croissant, ELEM, MMA, WG - LR100570 (1 sandwich) Contains Egg, Gluten, Milk, Soy, Tree nuts, Wheat.	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	2.28(M)	91.50(M)
Turkey, Mozzarella, Tomato, & Basil on Croissant, MS/HS, MMA, WG - LR100541 (1 sandwich) Contains Egg, Gluten, Milk, Soy, Wheat.	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	2.01(M)	54.00(M)
Two Cheese Grilled Cheese Sandwich, MMA, WG - LR100493 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	330.00	14.00	8.00	0.00	40.00	740.00	31.00	4.00	2.00	(M)	19.00	2.00(M)	66.00(M)

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Ultra Banana Bread Slice, Super Bakery, 6071, WGR - LR100350 (3 1/2 ounces) Contains Egg, Gluten, Milk, Soy, Wheat.	280.00	10.00	2.00	0.00	0.00	220.00	44.00	2.00	25.00	(M)	5.00	1.08	80.00
Unicorn Parfait w/ Fruit, Lucky Charms & Muffin Loaf, MMA, WG, F - LR100433 (1 serv.) Contains Egg, Gluten, Milk, Soy, Wheat.	550.12	7.33	1.17	0.00	26.66	382.73	111.36	5.00	69.35	35.68(M)	11.67	5.50(M)	354.14(M)
Veal Parm on Roll, MMA, WG - LR100144 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	651.13	30.57	10.54	0.00	45.19	1197.25	68.01	7.00	12.01	0.00(M)	27.09	5.58	371.56
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	2.08	105.06
Veggie Burger on Kaiser Roll, MMA, WG - LR100156 (1 sandwich) Contains Egg, Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Fish.	330.00	6.50	0.49	0.00	0.00	840.00	46.00	7.00	4.00	(M)	23.00	4.14	164.00
Waffle Sticks, J&J Snack Foods, 4522, WGR - LR100494 (10 sticks) Contains Crustacean Shellfish, Egg, Fish, Gluten, Milk, Peanuts, Soy, Tree nuts, Wheat.	200.00	5.00	1.00	0.00	15.00	290.00	34.00	3.00	10.00	(M)	4.00	0.25	300.00
Waffle, Eggo Mini Cinnamon Flavor Bites w/ Syrup, WG - LR100206 (1 pouch) Contains Egg, Milk, Soy, Wheat.	350.00	5.00	1.50	0.00	0.00	315.00	75.00	4.00	37.00	(M)	4.00	3.60	260.00
Waffle, Eggo Mini Maple Flavor Bites, WG - LR100197 (1 pouch) Contains Egg, Milk, Soy, Wheat.	200.00	5.00	1.50	0.00	10.00	220.00	35.00	4.00	10.00	(M)	4.00	2.70	100.00
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	2.71(M)	30.98(M)
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	3.05(M)	30.98(M)
Wilson Loaded Cheesy Tater Tots, MMA, WG, VS - LR100354 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	467.67	22.00	8.75	0.00	52.50	1027.31	45.61	6.00	3.42	(M)	23.50	3.96(M)	72.00(M)
Wilson Power English Muffin, MMA, WG - LR100448 (1 sandwich) Contains Egg, Gluten, Milk, Soy, Wheat.	255.71	10.71	2.43	0.00	125.00	837.86	21.00	1.00	1.00	0.00(M)	16.14	2.22	110.00



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Wrap, Breaded Chicken & Cheese, HS - LR100595 (1 wrap) Contains Egg, Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Soy, Wheat.	751.02	30.87	7.91	0.00	55.00	1400.76	85.92	11.14	7.21	2.64(M)	28.89	4.50	305.40
Yogurt Parfait of the Day w/ Fruit & Granola, HS, MMA, WG, F - LR100472 (1 serv.) Contains Milk, Peanuts, Soy.	473.20	11.78	3.72	0.00	5.55	234.68	84.07	5.45	48.92(M)	18.90(M)	12.76	2.18(M)	223.13(M)
Yogurt w/ Mini Breakfast Loaf, MMA, WG - LR100093 (1 serv.) Contains Egg, Gluten, Milk, Soy, Wheat.	295.57	7.77	1.50	0.00	4.99	227.95	50.09	1.50	28.55	5.00(M)	8.01	0.72	190.16
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	1.44(M)	135.08(M)
Yoplait Yogurt Parfait, MMA, WG, F - LR100460 (1 serv.) Contains Gluten, Milk, Soy, Tree nuts, Wheat.	482.27	4.28	1.14	0.00	6.66	329.18	103.86	5.90	56.45	30.33(M)	10.74	3.84(M)	328.74(M)
Zesty Fiesta Beans, VBP, VRO - LR100331 (1 serv.)	250.00	1.00	0.00	0.00	0.00	315.00	49.00	12.00	3.00	(M)	15.00	3.60	120.00
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	0.46	19.84

## Legend

(M) Indicates missing nutrient values.

## Report Selections

Meal Pattern: [USDA]Meal Pattern SY 2014+