### Baby Carrots School Pack, 100/2.6oz, Grimmway Farms 88139, VEG-RO

# PER SERVING (1 Bag) 30 CALORIES 0.0g SAT FAT 60mg CARBS

Allergens:

Made With: Baby Carrots School Pack, 100/2.6oz, Grimmway

Farms 88139, VEG-RO

#### **BACON CHEESEBURGER W/ROLL**

PER SERVING (1 sandwich)					
_	18 ORIES	<b>7.5</b> g SAT FAT	660mg SODIUM	<b>32.6</b> <sub>g</sub> CARBS	

**Allergens:** Contains Gluten, Milk, Wheat.

Made With: Beef, Flamebroiled Burgers, Cooked, 3 oz, Tyson,

6285-328, 3 MMA; Roll hamburger wheat #85 Morabito (Bread Hamburger Bun Wheat #85); CHEESE, AMERICAN, PASTEURIZED, PROCESS, WHITE, SLICED; BACON, TURKEY PREMIUM SLCD

FC

### **BEANS, BAKED BUSH**

PER SERVING (1/2 c.)				
113	<b>0.0</b> g	480mg	<b>25.3</b> <sub>g</sub> carbs	
CALORIES	SAT FAT	SODIUM		

Allergens:

Made With: Beans Vegetarian Bush's Best 39400-01637

### Beans, green, cooked from frozen, whole or cut (french or sliced lengthwise), drained, without salt [100351, A070]



Allergens:

Made With: BEANS, GREEN, COOKED FROM FROZEN, WHOLE,

DRAINED, NO SALT

### Beans, Taco Fiesta Black Beans Bush's Best, Veg-BP

PER SERVING (1/2 c.)				
120	<b>0.0</b> g	<b>460</b> mg	<b>22.0</b> g	
CALORIES	SAT FAT	SODIUM	CARBS	

Allergens:

Made With: Beans, Taco Fiesta Black Beans Bush's Best, Veg-

BP

### **BENEFIT BAR, COCOA CHIP**



Allergens: Contains Egg, Milk, Soy, Wheat.

Made With: Benefit Bar, Cocoa Chip, 2.5 oz., J& J Snack

Foods Corp, 40406, WGR

# Broccoli, Spears, No Salt Added, Frozen, USDA 110473, Veg-DG

# PER SERVING (1/2 c.) 26 CALORIES 0.0g SAT FAT 22mg SODIUM 5.0g CARBS

Allergens:

Made With: Broccoli, No Salt Added, Frozen, USDA 110473,

Veg-DG

## BUFFALO CHICKEN TENDER SANDWICH

PER SERVING (1 sandwich)					
516	<b>5.6</b> g	1353 <sub>mg</sub>	<b>52.8</b> <sub>g</sub> carbs		
CALORIES	SAT FAT	sodium			

**Allergens:** Contains Milk, Soy, Wheat.

Made With: CHICKEN TENDERS, TYSON 70332-928; ROLL,

STEAK #555 WGR; Removed in CN21 CHEESE, MOZZARELLA, LMPS, FROZEN, SHREDDED; Sauce,

Hot, 7 gram packet, Texas Pete

#### **BURRITO W/FIXINS & SCOOPS**

#### PER SERVING (1 burrito) 6.7<sub>g</sub>713<sub>mg</sub> 145.2g 883 **SAT FAT SODIUM CARBS CALORIES**

Allergens: Contains Milk.

Made With: Corn, golden or yellow, whole kernel, cooked from

frozen, drained, without salt [100348, A130] (CORN, YELLOW, WHOLE KERNEL, COOKED FROM FROZEN, NO SALT); RICE, BROWN WG; SALAD

Lettuce, cos or romaine, raw ( SALAD

LETTUCE, COS OR ROMAINE, RAW); Salsa, Mild Nutritionally Enhanced, Red Gold, REDSC99, Veg-RO; CHEESE CHEDDAR RF SHREDDED COMM 100012; BEANS, BLACK LOW SODIUM (BEANS, BLACK LOW SODIUM); Pork, Leg Roast, Frozen, USDA; Chips, Tortilla Baked! Tostitos Scoops, Frito

Lay, Pepsico, 42537, WGR

#### **California Blend Vegetables**

PER SERVING (3/4 Cup Cooked, Drained Vegetable)					
25	<b>0.0</b> g	15 <sub>mg</sub>	<b>3.0</b> g		
CALORIES	SAT FAT	sodium	CARBS		

Allergens:

Vegetable, California Blend, Frozen, Hanover, Made With:

28971, Veg-O

### **CEREAL, KELLOGG'S 60CT**

PER SERVING (1 ea.)					
199	<b>0.5</b> g	<b>169</b> mg	45.1 <sub>g</sub>		
CALORIES	SAT FAT	SODIUM	CARBS		

Allergens:

Frosted Mini-Wheats Bite Size Cup; Frosted Flakes Made With:

Cup; Krave Chocolate; Corn Pops Cup; Apple Jacks

Reduced Sugar Cup

### CHICKEN FRIES W/ROLL

# PER SERVING (1 serv.) 366 CALORIES SAT FAT SODIUM 34.0g CARBS

**Allergens:** Contains Gluten, Soy, Wheat.

Made With: Chicken Fries WGR Tyson 70367-928 (Chicken Fries

WGR Tyson 70367-928 ); DINNER ROLL

W/MARGARINE (Copy of WW Cluster Dinner Roll;

MARGARINE PROMISE)

### Chicken Fries WGR Tyson 70367-928

PER SERVING (7 piece)					
220	<b>2.5</b> g	<b>330</b> mg	14.0 <sub>g</sub>		
CALORIES	SAT FAT	SODIUM	CARBS		

**Allergens:** Contains Soy, Wheat.

Made With: Chicken Fries WGR Tyson 70367-928

#### **CHICKEN NUGGETS W/ROLL**

PER SERVING (1 serv.)				
285	<b>2.5</b> g	596mg	<b>27.0</b> <sub>g</sub> carbs	
CALORIES	SAT FAT	SODIUM		

Allergens: Contains Egg, Gluten, Soy, Wheat.

Made With: Chicken, Homestyle Whole Grain Nuggets, Gold Kist

Farms, Pilgrim's Pride, 6153, MMA, WGR; DINNER ROLL W/MARGARINE (Copy of WW Cluster Dinner

Roll; MARGARINE PROMISE)

## CHICKEN, CRISPY BREAST SANDWICH

# PER SERVING (1 sandwich) 290 CALORIES 2.0g SAT FAT 720mg CARBS 34.0g CARBS

**Allergens:** Contains Gluten, Wheat.

Made With: CHICKEN, CRISPY BREAST FILET (BARRY FOODS)

(CHICKEN, CRISPY BREAST FILLET (BARRY FOODS)); Roll hamburger wheat #85 Morabito

(Bread Hamburger Bun Wheat #85)

## CHICKEN, HOT N SPICY CHICKEN SANDWICH

# PER SERVING (1 sandwich) 429 CALORIES 2.5g SAT FAT 1047mg CARBS CARBS

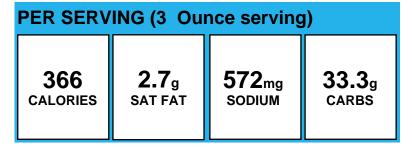
**Allergens:** Contains Gluten, Wheat.

Made With: CHICKEN, SPICY BREAST FILLET (BARRY FOODS);

Roll hamburger wheat #85 Morabito (Bread

Hamburger Bun Wheat #85)

#### CHICKEN, POPCORN W/ROLL



**Allergens:** Contains Gluten, Soy, Wheat.

Made With: CHICKEN, POPCORN TYSON ELEM (CHICKEN,

POPCORN TYSON ); DINNER ROLL W/MARGARINE (Copy of WW Cluster Dinner Roll; MARGARINE

PROMISE)

## CHICKEN, SRIRACHA WING ON STEAK ROLL

# PER SERVING (1 sandwich) 412 CALORIES 1.9g SAT FAT 703mg CARBS 53.9g CARBS

Allergens: Contains Milk, Wheat.

Made With: CHICKEN, SRIRACHA BONELESS WING (CHICKEN,

SRIRACHA BONELESS WING); ROLL, STEAK #555

WGR

## CHICKENBURGER W ROLL GOLDKIST

PER SERVING (1 sandwich)					
400	<b>3.0</b> g	<b>570</b> mg	<b>44.0</b> <sub>g</sub> carbs		
CALORIES	SAT FAT	SODIUM			

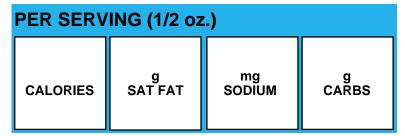
Allergens: Contains Gluten, Soy, Wheat.

Made With: CHICKENBURGER, ADVANCE (CHICKENBURGER,

ADVANCE); Roll hamburger wheat #85 Morabito

(Bread Hamburger Bun Wheat #85)

### CHIPS, HERRS



Allergens: Contains Soy.

Made With: CHIPS, HERRS

#### CONDIMENTS

PER SERVING (1 ea.)					
65	<b>0.5</b> g	<b>282</b> mg	<b>6.8</b> g		
CALORIES	SAT FAT	SODIUM	CARBS		

**Allergens:** Contains Egg, Milk, Soy.

Made With: Ketchup, Single Serve 9 g Packets, Red Gold Inc,

7294011581, REDY59G (Ketchup, Single Serve 9 g Packets, Red Gold Inc, 7294011581, REDY59G); DRESSING, RANCH SS 12GR (DRESSING, RANCH SS 12GR); PICKLES, CUCUMBER, SWT, LO NA (INCLUDES BREAD & DUTTER PICKLES); PIZZA SHAKE TOPPER (Cheese, Parmesan Grated, MMA (CHEESE, PARMESAN, GRATED); Spices, Oregano, Dried; GARLIC POWDER; ONION

POWDER; SPICES, OREGANO, DRIED;

PEPPER, BLACK; PARSLEY, DRIED); Sauce, Sweet

and Sour 1 oz Packets, Kraft Foods,

O0210006721200 (Sauce, Sweet and Sour 1 oz Packets, Kraft Foods, 00210006721200); Removed in CN20 HONEY MUSTARD DIPPING CUP; Mayonnaise, Light Packet 12g, Heinz, 532050 (Mayonnaise, Light Packet 12g, Heinz, 532050); ONIONS,RAW; MARGARINE PROMISE; Mustard,

Packet 5.5g, Heinz, 78000839 (Mustard, Packet 5.5g, Heinz, 78000839); PICKLE

RELISH, HAMBURGER

#### **CORN DOG NUGGETS - TURKEY**

PER SERVING (6 pieces)				
365	<b>3.0</b> g	620mg	<b>48.0</b> <sub>g</sub> carbs	
CALORIES	SAT FAT	SODIUM		

**Allergens:** Contains Egg, Gluten, Milk, Soy, Wheat.

Made With: Corn Dog, Whole Grain Chicken Nuggets, House of

Raeford, 20452, MMA, WGR; DINNER ROLL W/MARGARINE (Copy of WW Cluster Dinner Roll;

MARGARINE PROMISE)

#### croutons

#### PER SERVING (1/4 Ounce Bag) 30 **96**mg **5.1**<sub>g</sub> 0.0g**CALORIES SAT FAT SODIUM CARBS**

Allergens: Contains Gluten, Milk, Wheat.

Made With: Croutons, Fresh Gourmet Cube Seasoned .25 oz, Sugar Foods Corporation, 74470, Non-WGR

### **DONUT, WG RAISED RING**

PER SERVING (1 ea.)					
280	<b>7.0</b> g	300mg	30.0 <sub>g</sub>		
CALORIES	SAT FAT	SODIUM	CARBS		

Allergens: Contains Egg, Milk, Wheat. Made With: DONUT, WG RAISED RING

#### DRESSING, SALAD

PER SERVING (1 1/2 fl. oz.)			
<b>51</b> CALORIES	<b>0.5</b> g	508mg	9.5 <sub>g</sub>
	SAT FAT	SODIUM	CARBS

Allergens: Contains Egg, Fish, Milk, Soy.

DRESSING, RANCH LIGHT; Dressing, Caesar, Lite, Made With:

1.5 oz Pouch, Cains, 02100; DRESSING, ITALIAN FF 1.50Z; Dressing, Raspberry Vinaigrette FF SS, Ken's, KE06309; Dressing, French Fat-Free Pouch

Shelf Stable, Ken's Foods Inc, KE0809B3

#### **DUTCH WAFFLE**

PER SERVING (1 ea.)

300
CALORIES

3.0g
SAT FAT

350mg
CARBS

Allergens: Contains Egg, Milk, Soy, Wheat.

Made With: Dessert, Dutch Waffle/Funnel Cake 51% Whole Grain, 5" IW Frozen, J& J Snack Foods, 4521,

WGR

#### **ENCHILADAS PEPPER JACK**

PER SERVING (3 pieces)			
510	<b>15.0</b> g	<b>570</b> mg	<b>39.0</b> <sub>g</sub> carbs
CALORIES	SAT FAT	SODIUM	

Allergens: Contains Milk.

Made With: ENCHILADAS PEPPER JACK

## FIXIN'S, SANDWICH

PER SERVING (2 ounces)			
16	<b>0.0</b> g	48 <sub>mg</sub>	<b>3.5</b> g
CALORIES	SAT FAT	sodium	CARBS

Allergens:

Made With: LETTUCE, ICEBERG (INCL CRISPHEAD TYPES), RAW;

Raw tomatoes; PICKLES,CUCUMBER,SWT (INCLUDES BREAD & DITTER PICKLES)

#### FRENCH FRIES, SPIRAL

# PER SERVING (3 oz.) 150 CALORIES 1.0g SAT FAT 240mg CARBS CARBS

Allergens:

Made With: French fries, spiral, Mccain

#### FRUIT FRESH CHOICES WSD

PER SERVING (1 ea.)				
<b>76</b> CALORIES	<b>0.1</b> g	1 <sub>mg</sub>	<b>19.8</b> g	
	SAT FAT	sodium	CARBS	

Allergens:

Made With: Bananas, raw (BANANAS, RAW); Oranges, raw, all commercial varieties. F (ORANGES RAW ALL COMM

commercial varieties, F (ORANGES,RAW,ALL COMM VAR); GRAPES,RED OR GRN (EURO TYPE,SUCH AS THOMPSON SEEDLESS),RAW; Apples, raw, with

skin, Fruit (APPLES, RAW, WITH SKIN)

### FRUIT JUICE secondary

PER SERVING (1 ea.)			
90	<b>0.0</b> g	12 <sub>mg</sub>	22.7 <sub>g</sub>
CALORIES	SAT FAT	sodium	CARBS

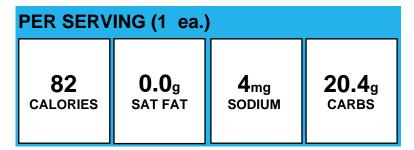
Allergens:

Made With: Juice, 100% Fruit, Capri Sun; Juice, Juice Bowl

Fruit Punch 100% 6.75 fl oz, Cutting Edge Beverages, 90115, F; SLUSHY WARWICK SD

(SLUSHY)

### FRUIT, FRZN/CANNED CHOICES **WSD**

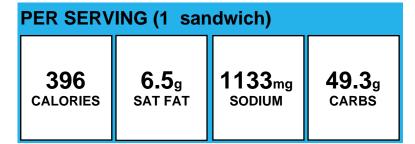


#### Allergens:

Made With: PINEAPPLE TIDBITS; Applesause (APPLESAUCE

STRAWBERRY; APPLESAUCE BLUE RASPBERRY; APPLESAUCE PLAIN CUP); Pears, bartlett, canned, sliced, fruit and juice; packed in unsweetened fruit juice, light syrup, lightly sweetened fruit juice(s) and water, lightly sweetened fruit juices, or unsweetened pear juice [100224, A433] (PEARS, BARTLETT, CANNED, SLICED, JUICE PACK); STRAWBERRY CUPS USDA; Mandarin oranges #10 can; TROPICAL FRUIT; Removed in CN21 Peaches, Canned, Clingstone, Diced, Extra Light Syrup; PEACH CUPS; CRAISINS I/W (CRAISINS I/W); RAISINS, UNSWEETENED

#### HAM AND CHEESE ON PRETZEL **ROLL SEC**



Allergens: Contains Milk, Soy, Wheat.

PRETZEL ROLL 2.7 OZ-non-WGR (PRETZEL ROLL Made With:

2.7 OZ-non-WGR); Turkey ham 100187; CHEESE,

AMERICAN, PASTEURIZED, PROCESS, WHITE,

**SLICED** 

#### **Hummus lunches**

PER SERVING (1 serv.)

432
CALORIES

1.3g
SAT FAT

475mg
SODIUM

56.7g
CARBS

**Allergens:** Contains Wheat.

Made With: Hummus, roasted red pepper 3 oz Cup;

SUNFLOWER SEEDS 88090; Graham Crackers 3 ct Nabisco (Graham Crackers 3 ct Nabisco); Pretzel, Rold Gold Heartzels, SS, Frito-Lay, 15940, WG

### MACARONI AND CHEESE (6oz) BAR W/ROLL

PER SERVING (1 svg)			
<b>508</b> CALORIES	<b>8.3</b> g	<b>1110</b> mg	<b>57.8</b> g
	SAT FAT	SODIUM	CARBS

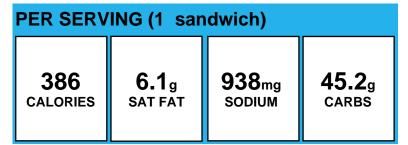
Allergens: Contains Egg, Gluten, Milk, Soy, Wheat.

Made With: MACARONI & CHEESE, RF, RS; DINNER ROLL

W/MARGARINE (Copy of WW Cluster Dinner Roll; MARGARINE PROMISE); PORK BBQ SANDWICH -BROOKWOOD (Pork, BBQ Chopped, Brookwood Farms, 12307, MMA; Roll hamburger wheat #85 Morabito (Bread Hamburger Bun Wheat #85));

CHICKEN, POPCORN TYSON

### **MEATBALL SUB SEC**



**Allergens:** Contains Egg, Milk, Soy, Wheat.

Made With: ROLL, STEAK #555 WGR; Sauce Spaghetti, Red

Pack, Red Gold, RPKMA9C, Veg-RO; MEATBALL 10Z SILVER SPRING; Removed in CN21 CHEESE, MOZZARELLA, LMPS, FROZEN, SHREDDED

#### **MILK CHOICE**

PER SERVING (8 fl. oz.)

118
CALORIES

0.3g
SAT FAT

153mg
CARBS

18.8g
CARBS

Allergens: Contains Milk.

Made With: Milk, Fat Free Chocolate, TruMoo, Dean, MILK (Milk,

Fat Free Chocolate, TruMoo, Dean, MILK); Milk, 1% Lowfat, Plain Milk, White, Dean, Milk; Milk, Fat Free, Vanilla, TruMoo, Dean, MILK (Milk, Fat Free, Vanilla, TruMoo, Dean, MILK); Milk, Fat Free Milk, Swiss Premium, MILK; Milk, Fat Free, Strawberry, TruMoo, Dean, MILK (Milk, Fat Free, Strawberry,

TruMoo, Dean, MILK)

#### **MUFFIN, 40Z OTIS**

PER SERVING (1 muffin)			
383	<b>3.8</b> g	<b>260</b> mg	<b>62.3</b> g
CALORIES	SAT FAT	SODIUM	CARBS

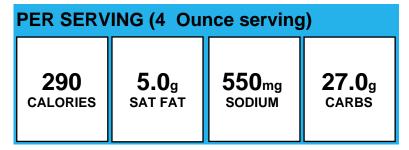
**Allergens:** Contains Egg, Milk, Soy, Wheat.

Made With: Muffin, Banana, Delicious Essentials, 4 oz, Otis

Spunkmeyer, 10148, WG; Muffin, Chocolate Chocolate Chip, Delicious Essentials, 4 oz, Otis Spunkmyer, 10149, WGR; Muffin, Wild Blueberry, Delicious Essentials, 4 oz, Otis Spunkmeyer,

10147, WGR

#### PEPPERONI PIZZA BREADSTICKS



**Allergens:** Contains Milk, Soy, Wheat.

Made With: PEPPERONI PIZZA BREADSTICKS

## **Pizza Cheese Crunchers WGR MMA 65225**

# PER SERVING (2 piece) 210 CALORIES 4.5g SAT FAT 400mg CARBS

Allergens: Contains Milk, Wheat.

Made With: Pizza Cheese Crunchers Whole Grain, Rich's

Foodservice, 65225, WGR, MMA

#### **PIZZA STIX - SCHWANS**

PER SERVING (3 PIZZA STICKS)				
450	<b>9.0</b> g	<b>735</b> mg	<b>45.0</b> <sub>g</sub>	
CALORIES	SAT FAT	SODIUM	CARBS	

**Allergens:** Contains Egg, Gluten, Milk, Soy, Wheat.

Made With: PIZZA STIX - SCHWANS

### PIZZA, BIG DADDY

PER SERVING (1 slice)			
400	<b>9.0</b> g	<b>580</b> mg	<b>42.0</b> g
CALORIES	SAT FAT	SODIUM	CARBS

**Allergens:** Contains Gluten, Milk, Soy, Wheat.

Made With: Pizza, Big Daddy's Original, 16" Rolled Edge

Cheese, Schwan's Food Service Inc., 73142, MMA,

Non-WG

### PIZZA, BUFFALO CHICKEN

# PER SERVING (1/8 slice) 390 CALORIES 7.0g SAT FAT 750mg SODIUM 35.0g CARBS

**Allergens:** Contains Milk, Soy, Wheat. **Made With:** PIZZA, BUFFALO CHICKEN

### PIZZA, EGG & CHEESE

PER SERVING (1 slice)				
350	<b>11.0</b> g	<b>450</b> mg	<b>25.0</b> <sub>g</sub> carbs	
CALORIES	SAT FAT	SODIUM		

**Allergens:** Contains Egg, Milk, Wheat. **Made With:** PIZZA, EGG & Amp; CHEESE

## PIZZA, MICKEY'S NON-WG

PER SERVING (1 slice)			
330	<b>10.0</b> g	<b>460</b> mg	28.0 <sub>g</sub>
CALORIES	SAT FAT	SODIUM	CARBS

Allergens: Contains Milk, Wheat.

Made With: PIZZA, MICKEY'S NON-WG

#### PIZZA, PRIMO BIG DADDY

# PER SERVING (1/8 slice) 360 CALORIES 7.0g SAT FAT 600mg CARBS

**Allergens:** Contains Gluten, Milk, Soy, Wheat.

Made With: Pizza, Primo 16" 51% WG Four Cheese, Big

Daddy's, Schwan's Food Service Inc., 78637 MMA,

WGR, V-RO

#### **PIZZABURGER**

PER SERVING (1 sandwich)				
416	<b>8.0</b> g	<b>726</b> mg	34.1 <sub>g</sub>	
CALORIES	SAT FAT	SODIUM	carbs	

**Allergens:** Contains Gluten, Milk, Soy, Wheat.

Made With: BURGER 30Z BEEF W/ROLL (Beef, Flamebroiled

Burgers, Cooked, 3 oz, Tyson, 6285-328, 3 MMA; Roll hamburger wheat #85 Morabito (Bread Hamburger Bun Wheat #85)); Sauce Spaghetti, Red Pack, Red Gold, RPKMA9C, Veg-RO; Cheese, PepperJack Shredded, Bongards' Creameries,

75535, MMA

### **QUESADILLA M&C**

PER SERVING (4 7/8 oz.)				
375	<b>6.0</b> g	<b>390</b> mg	<b>47.0</b> <sub>g</sub> carbs	
CALORIES	SAT FAT	SODIUM		

Allergens: Contains Egg, Milk, Soy, Wheat.

Made With: QUESADILLA M&C

### **Relish Tray**

# PER SERVING (5 oz.) 34 CALORIES 0.1g SAT FAT 68mg CARBS 7.9g CARBS

Allergens:

Made With: CARROTS, BABY, RAW; CELERY, RAW;

CUCUMBER, WITH PEEL, RAW; PEPPERS, SWT, GRN, RAW

## Roasted Cauliflower with Turmeric, Veg-O

# PER SERVING (1/2 c.) 55 CALORIES 0.7g SAT FAT 150mg CARBS

Allergens:

**Made With:** CAULIFLOWER,CKD,BLD,DRND,WO/SALT;

OIL,SESAME,SALAD OR COOKING; OIL,OLIVE,SALAD OR COOKING; TURMERIC,GROUND; SALT,TABLE

#### **ROLLS, CINNAMON 2.70Z BRKFST**

PER SERVING (1 roll.)				
230	<b>1.5</b> g	240mg	38.0 <sub>g</sub>	
CALORIES	SAT FAT	SODIUM	carbs	

Allergens:

Made With: ROLLS, CINNAMON 2.70Z

#### Salad Grilled Chicken

PER SERVING (1 ea.)				
480	<b>7.4</b> g	777 <sub>mg</sub>	<b>53.8</b> g	
CALORIES	SAT FAT	sodium	CARBS	

**Allergens:** Contains Egg, Gluten, Milk, Soy, Wheat.

Made With: SALAD LETTUCE, COS OR ROMAINE, RAW;

CHICKEN STRIPS, GRILLED; Tomatoes, red, ripe,

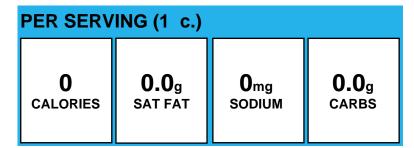
raw, year round average

(TOMATOES, RED, RIPE, RAW, YEAR RND AVERAGE); DINNER ROLL W/MARGARINE (Copy of WW Cluster Dinner Roll; MARGARINE PROMISE); TORTELLINI,

CHEESE (TORTELLINI, CHEESE); CHEESE CHEDDAR RF SHREDDED COMM 100012; GRAHAMS, SCOOBY DOO (Graham Cracker, Keebler Scooby-Doo Graham Cracker Sticks, Cinnamon, 1 oz, Kellogg's, 50689, WGR); Cucumber, with peel, raw (CUCUMBER,WITH

PEEL, RAW)

## SALAD Lettuce, cos or romaine, raw



Allergens:

Made With: SALAD LETTUCE, COS OR ROMAINE, RAW

#### Salad Ribbon

# PER SERVING (1 ea.) 365 CALORIES 5.0g SAT FAT 900mg CARBS CARBS

**Allergens:** Contains Egg, Gluten, Milk, Wheat.

Made With: SALAD LETTUCE, COS OR ROMAINE, RAW; DINNER

ROLL W/MARGARINE (Copy of WW Cluster Dinner Roll; MARGARINE PROMISE); Raw tomatoes; Turkey ham 100187; Eggs, Diced Eggs, Premium, Frozen, Sunny Fresh Foods, 40005, MMA; CHEESE CHEDDAR RF SHREDDED COMM 100012; Graham Crackers 3 ct Nabisco (Graham Crackers 3 ct

Nabisco)

#### **Salad Southwest**

PER SERVING (1 ea.)				
448	<b>6.8</b> g	<b>730</b> mg	<b>36.3</b> g	
CALORIES	SAT FAT	SODIUM	CARBS	

**Allergens:** Contains Milk, Soy, Wheat.

Made With: SALAD LETTUCE, COS OR ROMAINE, RAW;

CHICKEN, HOT N SPICY WGR 3.490Z; Tomatoes,

red, ripe, raw, year round average

(TOMATOES, RED, RIPE, RAW, YEAR RND AVERAGE); Salsa, Mild Nutritionally Enhanced, Red Gold, REDSC99, Veg-RO; CHEESE CHEDDAR RF SHREDDED COMM 100012; TORTILLA STRIPS -FRITO LAY (TORTILLA STRIPS - FRITO LAY)

## Sandwich Hot Turkey bacon cheese on kaiser roll

# PER SERVING (1 ea.) 308 CALORIES 2.5g SAT FAT 985mg CARBS 37.6g CARBS

**Allergens:** Contains Milk, Wheat.

Made With: Turkey Breast Sliced 846902 Nat'l Choice; Kaiser

Roll Morabito #163; BACON, TURKEY PREMIUM SLCD FC; CHEESE, AMERICAN, PASTEURIZED,

PROCESS, WHITE, SLICED

#### Sandwich Line Middle School

PER SERVING (1 sandwich)				
347	<b>5.5</b> g	<b>974</b> mg	<b>39.8</b> g	
CALORIES	SAT FAT	sodium	CARBS	

Allergens: Contains Milk, Wheat.

Made With: Sub Italian Secondary (ROLL, STEAK #555 WGR;

Sandwich Meat Italian Combo Meat Jennie-O (Turkey Italian ham pack 209612; Turkey Italian salami pack 209612; Turkey Italian Pepperoni pack 209612); CHEESE, AMERICAN, PASTEURIZED, PROCESS, WHITE, SLICED; SALAD LETTUCE, COS OR ROMAINE, RAW; Raw tomatoes); Sub Turkey and cheese Secondary (ROLL, STEAK #555 WGR; Turkey Breast Sliced 846902 Nat'l Choice; CHEESE, AMERICAN, PASTEURIZED, PROCESS, WHITE, SLICED; SALAD LETTUCE, COS OR ROMAINE, RAW;

Raw tomatoes)

#### Stromboli WG homemade

# PER SERVING (1 piece) 538 CALORIES 6.4g SAT FAT 988mg SODIUM 69.5g CARBS

Allergens: Contains Milk, Soy, Wheat.

Made With: PIZZA DOUGH WGR (STROMBOLI); BEEF

SANDWICH STEAK SLICES CN; Sandwich Meat Italian Combo Meat Jennie-O (Turkey Italian ham pack 209612; Turkey Italian salami pack 209612; Turkey Italian Pepperoni pack 209612); STEAK SAUCE (Ketchup, Natural Low Sodium, Made With Sugar, 9 Gram Packets, Red Gold, REDYL9G; SUGARS,GRANULATED; VINEGAR,DISTILLED; Sugar, Brown Light Granulated, Monarch, 229745; Sauce, Worcestershire; Juice, Reconstituted Lemon, Bottled); CHEESE, AMERICAN, PASTEURIZED,

PROCESS, WHITE, SLICED

#### **SUBWAY SANDWICH**

PER SERVING (1 sandwich)				
142	<b>2.2</b> g	<b>482</b> mg	<b>17.1</b> <sub>g</sub> carbs	
CALORIES	SAT FAT	SODIUM		

Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: SUBWAY CLUB; SUBWAY ROAST BEEF; SUBWAY,

TURKEY BREAST; SUBWAY, HAM; SUBWAY,

**VEGGIE DELITE** 

## TANGERINE CHICKEN W/RICE AND WGR ROLL

# PER SERVING (1 serv.) 570 CALORIES 2.4g SAT FAT 835mg SODIUM 91.1g CARBS

**Allergens:** Contains Egg, Gluten, Soy, Wheat.

Made With: Brown Rice Pilaf WG (SOUP, STOCK, CHICK, HOME-

PREPARED; RICE, BROWN, LONG-GRAIN, RAW; ONIONS, RAW; Removed in CN20 PEPPER BLACK, GROUND); Chicken, Tangerine, Whole Grain, Green Dragon, Asian Food Solutions, 72001, MMA, WGR; DINNER ROLL W/MARGARINE (Copy of WW Cluster

Dinner Roll; MARGARINE PROMISE)

## TURKEY MASHED POTATO BOWL W/BISCUIT

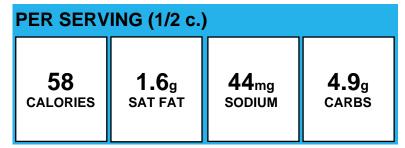
PER SERVING (1 serv.)				
516	<b>7.1</b> g	1331 <sub>mg</sub>	<b>62.8</b> g	
CALORIES	SAT FAT	sodium	CARBS	

**Allergens:** Contains Gluten, Milk, Soy, Wheat.

Made With: TURKEY W/GRAVY D/W (TURKEY W/GRAVY D/W);

POTATOES, MASHED (POTATOES, MASHED); CORN, YELLOW, WHOLE KERNEL, COOKED FROM FROZEN, NO SALT; BISCUIT (BISCUIT - 2B)

## Vegetable, Broccoli Seasoned, Veg-DG



Allergens: Contains Soy.

Made With: BROCCOLI,FRZ,CHOPD,CKD,BLD,DRND,WO/SALT;

Margarine, Glenview Farms, 3719

### Vegetable, Glazed Carrots, Veg-RO

# PER SERVING (1/2 cup serving) 62 CALORIES 0.5g SAT FAT SODIUM 10.2g CARBS

**Allergens:** Contains Soy.

Made With: CARROTS, BABY, RAW; Margarine, Mararine Solid

Parchment Ref Salted, Glenview Farms, 703496; Sugar, Brown Light Granulated, Monarch, 229745;

SALT, TABLE; Spices, Pepper, Black

## Vegetable, Peas w/ Margarine, Veg-S

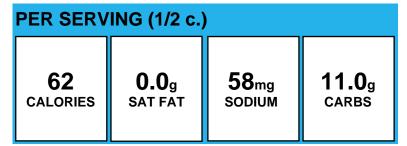
PER SERVING (1/2 c.)				
104	<b>0.9</b> g	99 <sub>mg</sub>	<b>16.2</b> g	
CALORIES	SAT FAT	sodium	CARBS	

Allergens:

Made With: PEAS, GREEN, COOKED FROM FROZEN, WITHOUT

SALT; Margarine, Solid, Glenview Farms, 230405

### Vegetable, Peas, Green, No Salt Added, Frozen, USDA Foods, 110763, VEG-S



Allergens:

Made With: Vegetable, Peas, Green, No Salt Added, Frozen,

USDA Foods, 110763, VEG-S

### Vegetable, Seasoned Corn, Veg-S

# PER SERVING (1/2 c.) 98 CALORIES 1.7g SAT FAT 35mg CARBS 15.8g CARBS

**Allergens:** Contains Soy.

Made With: CORN, YELLOW, WHOLE KERNEL, COOKED FROM

FROZEN, NO SALT; Margarine, Glenview Farms,

3719

#### VEGGIE BURGER - MORNING STAR

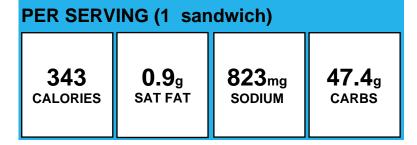
PER SERVING (3 1/2 oz.)				
343	<b>0.9</b> g	823mg	<b>47.4</b> <sub>g</sub> carbs	
CALORIES	SAT FAT	SODIUM		

Allergens: Contains Egg, Gluten, Milk, Soy, Wheat.

Made With: Burger, veggie Patties; Bread Hamburger Bun

Wheat #85

#### **VEGGIE BURGER, MORNING STAR**



**Allergens:** Contains Egg, Gluten, Milk, Soy, Wheat.

Made With: Burger, veggie Patties; Roll hamburger wheat #85

Morabito (Bread Hamburger Bun Wheat #85)

## WALKING TACO w/ROLL SECONDARY

# PER SERVING (1 serv.) 595 CALORIES 6.0g SAT FAT 1086mg CARBS 48.9g CARBS

**Allergens:** Contains Gluten, Milk, Soy, Wheat.

Made With: TACO MEAT, CHICKEN (TACO MEAT - CHICKEN

TYSON); NACHOS BARREL OF FUN (NACHOS BARREL OF FUN); DINNER ROLL W/MARGARINE (Copy of WW Cluster Dinner Roll; MARGARINE PROMISE); CHEESE CHEDDAR RF SHREDDED

COMM 100012

### **Warwick Sampler**

PER SERVING (1 serv.)				
404	<b>3.2</b> g	804 <sub>mg</sub>	<b>56.6</b> g	
CALORIES	SAT FAT	sodium	CARBS	

**Allergens:** Contains Egg, Gluten, Milk, Soy, Wheat.

Made With: Oven Ready Breaded Mini Cheese Ravioli - WG,

41834; MOZZARELLA, BRD CHEESE STICKS WGR; Onion Rings, Oven Ready Whole Grain Breaded, Tasty Brands, 33504, WG, Veg-O; Marinara Sauce, Dunk Cup 1oz, Red Gold, REDNA1Z, Veg-RO

#### Whole kernel Corn - Unsalted



Allergens:

Made With: Whole kernel Corn - Unsalted

#### **WRAPS - MIDDLE SCHOOL**

PER SERVING (1 wrap)				
442	<b>6.9</b> g	917 <sub>mg</sub>	<b>44.1</b> <sub>g</sub>	
CALORIES	SAT FAT	sodium	CARBS	

Allergens: Contains Milk, Soy, Wheat.

Made With: Wrap Hot and Spicy Chicken Secondary (Chicken,

Hot 'N Spicy, Whole Grain Patty, Tyson

Foodservice, 70314-928, MMA, WG; Tortilla Flour Whole Wheat 12"; Raw tomatoes; Removed in CN21 CHEESE, MOZZARELLA, LMPS, FROZEN, SHREDDED; Vegetable, Lettuce, Iceberg, Shredded, Markon, Veg-O (Vegetable, Lettuce, Iceberg, Shredded, Markon, Veg-O)); Wraps Grilled Chicken Secondary (Tortilla Flour Whole Wheat 12"; CHICKEN STRIPS, GRILLED; Removed in CN21

CHEESE, MOZZARELLA, LMPS, FROZEN,

SHREDDED; Raw tomatoes; Vegetable, Lettuce, Iceberg, Shredded, Markon, Veg-O (Vegetable, Lettuce, Iceberg, Shredded, Markon, Veg-O)); Wraps Turkey Secondary (Tortilla Flour Whole Wheat 12"; Turkey Breast Sliced 846902 Nat'l Choice; Vegetable, Lettuce, Iceberg, Shredded, Markon, Veg-O (Vegetable, Lettuce, Iceberg, Shredded, Markon, Veg-O); Removed in CN21

CHEESE, MOZZARELLA, LMPS, FROZEN,

SHREDDED; Raw tomatoes); Wraps Ham & Description (Tortilla Flour Whole Wheat 12"; HAM, FC, SLICED USDA; Removed in CN21

CHEESE, MOZZARELLA, LMPS, FROZEN, SHREDDED; Vegetable, Lettuce, Iceberg, Shredded, Markon, Veg-O (Vegetable, Lettuce, Iceberg, Shredded, Markon, Veg-O); Raw

tomatoes)

# Yogurt parfait, sunflower seeds or string cheese, 1B snack bag

PER SERVING (1 ea.)				
268	<b>2.1</b> g	217 <sub>mg</sub>	<b>40.7</b> <sub>g</sub> CARBS	
CALORIES	SAT FAT	sodium		

Allergens: Contains Milk, Soy, Wheat.

Made With: Yogurt Parfait (Yogurt, Lowfat Vanilla 32 oz,

Yoplait, General Mills, 439000, MMA (Yogurt, Lowfat Vanilla 32 oz, Yoplait, General Mills, 439000, MMA); STRAWBERRY CUPS USDA; GRANOLA, NV OATS AND HONEY (GRANOLA, NV OATS AND HONEY)); Snack Bag elementary 1B (GRAHAMS, SCOOBY DOO (Graham Cracker, Keebler Scooby-Doo Graham Cracker Sticks, Cinnamon, 1 oz, Kellogg's, 50689, WGR); Removed in CN20 COOKIES, GRAHAM CRACKERS, CINNAMON, BUG BITES; Removed in CN20 SNACK MIX, ULTIMATE CHEDDAR; Granola, strawberry (Granola, strawberry)); SUNFLOWER SEEDS (SUNFLOWER SEEDS 88090); Cheese, Mozzarella

String Cheese Stick, LMPS, Bongards, 40240, MMA