

Category	Name	Serving Size	Unit	Calories	Fat (G)	Sat. Fat (G)	Chol. (Mg)	Sod. (Mg)	Carbs (G)	Fiber (G)	Sugar (G)	Protein (G)
Bonus	Apples, chopped	0.25	c.	19.656	0.064	0.011	0	0.378	5.22	0.907		0.098
Bonus	Cinnamon Apples	0.5	c.	105.993	0.332	0	0	18.952	25.422	1.234	8.678	0.554
Bonus	Cookie Brownie large	1	ea.	150	4.5	1.5	10	115	26	2	12	2
Bonus	Cookie Carnival small	1	ea.	100	3	1	5	80	17	1	8	1
Bonus	Cookie Chocolate Chip large	1	ea.	160	5	1.5	10	100	26	2	12	2
Bonus	Cookie Chocolate Chip small	1	ea.	100	3.5	1	5	80	17	1	8	1
Bonus	Cookie Oatmeal Raisin small	1	ea.	110	3.5	1	10	80	18	1	8	2
Bonus	Cookie, Chocolate Brownie	1	ea.	150	4.5	1.5	10	115	26	2	12	2
Bonus	Cookie, Chocolate Chip	1	ea.	100	3.5	1	5	80	17	1	8	1
Bonus	Cookie, Pumpkin Spice	1	ea.	82.784	2.385	0.771	0	135.81	14.764	1.08		1.435
Bonus	Cookie, Sugar	1	ea.	118.456	7.059	1.771	6.82	67.05	12.41	0.22	6.115	1.071
Bonus	Cornbread Dressing	0.5	c.	161.147	6.446	1.074	0	494.185	21.486	1.074	3.223	4.297
Bonus	Jelly, assorted	1	ea.	28	0	0	0	0	7	0	5	0
Bonus	Mandarian Oranges, can 1/4 c	0.25	c.	25.935	0.027	0.003	0	3.413	6.422	0.819	5.631	0.512
Bonus	Smoothie, V8 Fusion	8	oz.	120	0	0	0	95	29	1	23	1
Bonus	Topping, Whipped Non-dairy	1	tbsp.	12.5	1	1	0	0	1	0	1	0
Bonus	Turkey Sausage Patty	1	ea.	80	6	1.5	20	270	1	0	1	7
Bread	Brown Rice Pilaf	0.5	c.	132.951	0.897	0.196	0.776	263.848	27.547	1.028	0.172	3.126
Bread	Cinnamon Apple Quesadillas	1	ea.	405.993	11.332	5	29.999	1138.95	55.422	3.234	12.678	18.554
Bread	Cornbread	1	ea.	222.211	6.019	0.648	24.718	338.677	38.092	3.78	6.624	6.167
Bread	Croissant	1	Piece	181.074	6.036	2.515	0	311.85	30.179	3.018	3.018	5.03
Bread	Garlic Texas Toast	1	ea.	216.93	11.486	4.765	0	325.12	22.359	2.044	3.012	5.082
Bread	Garlic Toast, Elementary	1	ea.	154.9	9.103	3.683	0	221.229	15.278	1.034	2.009	3.063
Bread	Goldfish Cheddar Crackers	1	ea.	100	4	0.5	0	170	14	1	0	2
Bread	Macaroni and Cheese, WG	0.5	c.	205	8	4	20	500	21.5	1	4.5	12.5
Bread	Rice, Brown	0.75	c.	147.905	1.314	0	0	0	30.316	1.746		4.135
Bread	Rice, Spanish Brown	0.5	c.	102.436	0.78	0	0	313.628	21.411	1.037	0	2.455
Bread	Spanish Rice	0.5	c.	141.969	0.335	0.096	0	437.002	31.052	0.585	0.107	2.442
Breakfast Entree	Banana & Peanut Butter Wrap	1	ea.	545.02	31.889	5.132	0	531.18	55.951	8.068	21.431	17.286
Breakfast Entree	Bear Jack w/Ham	1	ea.	254.773	7.492	3.249	180.656	570.443	31.001	3	5.506	15.488
Breakfast Entree	Bear Jack w/sausage	1	ea.	434.879	24.502	9.253	210.674	850.608	32.002	3	5.506	21.492
Breakfast Entree	Biscuit	1	ea.	190	6	2	0	320	30	2	6	4
Breakfast Entree	Biscuit with Turkey Sausage	1	ea.	270	12	3.5	20	590	31	2	7	11
Breakfast Entree	Bread. Chicken on Biscuit	1	ea.	346	15	3.5	15	560	39.6	3.8	6.6	13.6
Breakfast Entree	Breaded Chicken on Roll	1	ea.	290.575	7.829	0.645	20.366	713.946	41.231	3.178	3.598	14.279
Breakfast Entree	Breakfast Burrito	1	ea.	113.5	8.063	3	195	226.25	1.583	0.042	0.042	8.083
Breakfast Entree	Breakfast Burrito (Sausage & Gravy)	1	ea.	170	6	1.5	15	240	22	3	1	10
Breakfast Entree	Breakfast Pizza	1	ea.	210	8	2	15	430	25	2	9	10
Breakfast Entree	Breakfast Pizza w/sausage and gravy	1	ea.	210	7	2	15	330	25	3	5	10
Breakfast Entree	Buttered Toast (1)	1	ea.	153.636	9.1	3.682	0	221	15	1	2	3
Breakfast Entree	Cereal Chex Rice	1	oz.	100	0.5	0	0	250	24	1	2	2
Breakfast Entree	Cereal Corn CHEX	1	oz.	101.25	0.506	0	0	202.5	24.3	1.013	3.038	2.025
Breakfast Entree	Cereal, Apple Cinn Cheerios	1	bowl	110	1.5	0	0	110	23	2	10	2

Breafast Entree	Cereal, Cinnamon Toast Crunch	1	pkg.	110	2.999	0.5	0	160	22	2	8	1
Breafast Entree	Cereal, Coco Puffs	1	pkg.	110	1.5	0	0	120	25	2	8	2
Breafast Entree	Cereal, Golden Grahams	1	bowl	100	1	0	0	220	24	1	8	1
Breafast Entree	Cereal, Honey Nut Cheerios	1	pkg.	110	1.5	0	0	160	22	2	9	2
Breafast Entree	Cereal, Lucky Charms	1	pkg.	110	1	0	0	180	22.999	2	10	1.999
Breafast Entree	Cereal, Raisin Bran	1	pkg.	110	0.5	0	0	140	28	3	12	2
Breafast Entree	Cereal, Reeses Puffs	1	pkg.	120	3	0.5	0	160	21	1	9	2
Breafast Entree	Cereal, Trix	1	pkg.	110	1.5	0	0	140	24	1	7	1
Breafast Entree	Cinnamon Chex Cereal	1	oz.	121.5	2.531	0	0	172.125	22.275	1.013	6.075	1.013
Breafast Entree	Cinnamon Roll	1	roll.	260	10	5	15	270	37	5	10	7
Breafast Entree	Cinnamon Sugar Waffle Sticks	2	strip	226.85	9.425	3.375	0	324.3	31.999	2	9.99	4
Breafast Entree	Cinnamon Toast (1 slice)	1	ea.	162.013	8.425	3.375	0	214.288	18.749	1	5.743	3
Breafast Entree	Cinnamon Toast (2 slices)	2	ea.	338.936	18.2	7.364	0	442.082	38.18	2	12.165	6
Breafast Entree	Donuts Chocolate Health Smart WG	1	pkg.	289.362	13.564	6.33	0	244.149	37.074	1.809	17.181	4.521
Breafast Entree	Donuts Powdered Health Smart WG	1	pkg.	298.588	12.165	3.318	0	254.353	45.341	2.212	23.224	4.424
Breafast Entree	Egg & Cheese on WG Bun	1	ea.	160	7	2.5	65	360	20	2	4	6
Breafast Entree	Egg & Cheese Sandwich	1	ea.	387.112	17.667	6.657	497.74	530.485	30.506	2	4	24.02
Breafast Entree	Egg Cheese Omelete Sandwich	1	ea.	270	10	3	195	490	31	2	4	14
Breafast Entree	Egg Cheese Turkey Ham Croissant	1	ea.	323.754	15.506	6.005	214.608	695.053	31.506	3.018	3.018	17.932
Breafast Entree	Egg Patty w/cheese on HBun	1	ea.	254.773	7.492	3.249	180.656	570.443	31.001	3	5.506	15.488
Breafast Entree	Eggs Scrambled with Cheese	0.5	c.	187.928	12.081	4.567	437.036	393.204	1.08	0	0.54	16.648
Breafast Entree	English Muffin Sandwich (egg, sausage,cheese)	1	ea.	385.096	23.371	8.749	210.656	791.088	25.066	1.839	1.426	19.085
Breafast Entree	French Toast Maple Glazed Sticks	3	stick.	208	9	2	104	290	26	2	11	8
Breafast Entree	French Toast Sticks	4	ea.	300	12	3	0	380	42	2	15	6
Breafast Entree	Frosted Wheat Cereal	1	ea.	98	0.448	0.112	0	0.56	23.632	3.024		2.576
Breafast Entree	Fruit Wrap	1	ea.	191.655	8.748	4.548	20	402.79	26.752	3.805	4.586	4.187
Breafast Entree	Fruity Cheerios Cereal	0.75	c.	104.516	1.306	0	0	121.935	21.774	1.742	7.839	1.742
Breafast Entree	Graham Crackers	1	ea.	90	2.5	0	0	95	17	1	5	2
Breafast Entree	Muffin Apple Cinnamon 2 oz IW WG	1	ea.	190	6	2	40	130	31	2	17	3
Breafast Entree	Muffin Banana 2 oz WG	1	ea.	190	6	2	40	130	31	2	17	3
Breafast Entree	Muffin Blueberry 2oz WG RF	1	ea.	190	6	2	45	130	30	2	16	3
Breafast Entree	Muffin Chocolate Chip WG 2 oz	2	oz.									
Breafast Entree	Oatmeal	1	c.	200.438	2.977	0.496	0	7.243	40.121	3.969	13.333	4.961
Breafast Entree	Omelet, colby cheese	1	ea.	110	8	3	195	210	1	0	0	8
Breafast Entree	Omelete w/ Toast (1)	1	ea.	263.636	17.1	6.682	195	431	16	1	2	11
Breafast Entree	Pancake Sausage on a Stick WG	1	ea.	160	6	1.5	15	310	17	3	4	8
Breafast Entree	Pancakes	3	ea.	220	3.5	0.5	25	590	42	2	8	6
Breafast Entree	Sausage Turkey Patty	1	ea.	55	4	1	27.5	220	0.5	0	0.5	5
Breafast Entree	Scrambled Eggs	0.33	c.	148.285	9.53304	3.17724	423.671	222.961	0	0	0	12.7103
Breafast Entree	Scrambled Eggs w/Toast (1)	1	ea.	341.564	21.181	8.248	437.036	614.204	16.08	1	2.54	19.648
Breafast Entree	Scrambled Eggs w/Toast (2)	1	ea.	495.2	30.281	11.93	437.036	835.204	31.08	2	4.54	22.648
Breafast Entree	Super Star Parfait	1	ea.	210	2.25	0.5	7.5	197.5	43.5	1	23	4.5
Breafast Entree	Toast Buttered 2 slices	1	ea.	153.637	9.1	3.682	0	221	15	1	2	3
Breafast Entree	Trix Strawberry Yogurt	1	ea.	49.558	0.248	0.248	2.478	24.779	9.912	0	6.442	1.487
Breafast Entree	Turkey Ham and Cheese Croissant	1	ea.	317.309	13.027	6.027	54.403	972.13	32.858	3.018	4.03	21.921

Breafast Entree	Waffle Sticks	2	ea.	140	2	0	0	250	27	2	5	4
Breafast Entree	Yogurt 4 oz	1	ea.	90	0	0	0	55	19	0	15	3
Breafast Entree	Yogurt 4 oz	1	ea.	90	0	0	0	50	19	0	15	3
Breafast Entree	Yogurt Fruit Parfait w/Graham Crack	1	ea.	190	3.25	0.5	7.5	152.5	36.5	1	21	5.5
Breafast Entree	Yogurt Parfait with Fruit	1	ea.	127.7	1.01	0.513	7.5	58.366	26.148	1.731	16	4.08
Breafast Entree	Yogurt Parfait with Fruit and GRANOLA	1	ea.	217.711	3.53	0.873	7.5	123.173	41.63	3.171	20.681	5.88
Breafast Entree	Yogurt Raspberry 4 oz	1	ea.	4	0	0	0	2.222	0.844	0	0.667	0.133
Breafast Entree	Yogurt Strawberry 4 oz	4	oz.	90	0	0	0	50	19	0	15	3
Breafast Entree	Yogurt Trix Cherry	1	ea.	59.469	0.743	0.496	2.478	27.257	11.398	0	9.416	1.982
Breafast Entree	Yogurt w/graham crackers	1	ea.	139.558	2.748	0.248	2.478	119.779	26.912	1	11.442	3.487
Breafast Entree	Yogurt w/muffin	1	ea.	189.558	4.248	1.248	37.478	194.779	33.912	1	18.442	4.487
Breafast Entree	Yogurt w/Toast (1)	1	ea.	203.194	9.348	3.93	2.478	245.779	24.912	1	8.442	4.487
Condiment	BBQ Sauce	2	tbsp.	60	0	0	0	240	15	0	12	0
Condiment	Cheese Sauce for Broccoli	1	oz.	35.341	2.524	1.262	0	282.728	3.029	0	0.505	0
Condiment	Cheese Sauce, dispenser, Gehls 4/140 oz	2	tbsp.	80	6	1.5	4	580	7	0	2	1
Condiment	Chili Sauce, hot dog	1	fl. oz.	31.492	1.125	0.45	2.249	179.955	4.049	0.9	0.45	0.9
Condiment	Cranberry Sauce	2	tbsp.	0.638	0.001	0	0	0.122	0.164	0.004	0.16	0.001
Condiment	Grape Jelly	1	ea.	35	0	0	0	10	9	0	7	0
Condiment	Gravy, Brown	0.25	c.	19.048	0	0	0	325.588	4.762	0	0	0
Condiment	Gravy, Country FF	0.25	c.	34.125	0	0	0	323.528	7.8	0	1.95	0.975
Condiment	Gravy, Turkey	0.25	cup, prepared	14.562	0.485	0	0	262.109	2.912	0	0.971	0
Condiment	Honey Mustard, light, 1 oz cup	1	ea.	80	6	1	10	125	7	0	0	0
Condiment	Ketchup, packets	2	Piece	10	0	0	0	100	2	0		0
Condiment	Mayo Red Cal	1	tbsp.	40	4	0.5	10	95	1	0	0	0
Condiment	Mayonnaise, fat free packets 12 g	1	pkg.	4.6	0.09	0.01	1.48	129.499	1.189	0.49		0.049
Condiment	Mustard	1	tbsp.	9.338	0.52	0.033	0	171.81	0.907	0.623	0.143	0.582
Condiment	Mustard packets 5.5 g;	1	pkg.	3.85	0.23	0.01	0	63.14	0.35	0.06		0.19
Condiment	Picante Sauce	0.5	oz.	4.725	0	0	0	141.75	1.181	0	0.945	0
Condiment	Picante Sauce pkts	1	pkg.	4	0	0	0	140	1	0	0	0
Condiment	Pickle Slices	5	ea.	3	0	0	0	250	0.7	0	0	0
Condiment	Ranch Dressing	1	oz.	49.12	4.345	0.609	11.115	303.578	1.99	0.08	0.739	0.541
Condiment	Ranch Dressing	1	fl. oz.	118.519	11.852	1.975	9.877	187.654	0.988	0	0.988	0
Condiment	Ranch Dressing, packet	1	ea.	120	11	2	10	420	3	0	2	0
Condiment	Salad Dressing, Mayonnaise type, Red Calorie	1	tbsp.	45	4.5	1	3	120	2	0	0	0
Condiment	Syrup, table	1.5	oz.	111.375	0	0	0	0	27.338	0	17.213	0
Condiment	Taco Sauce, pkt, 9 grms	1	ea.	5	0	0	0	95	1.25	0	0	0
Condiment new	Marinara Cup, peel lid RED Gld 2.5 oz	1	ea.	40	1	0	0	200	7	2	4	1
Conidment	Marina Cup, 2 oz in portion cup	1	ea	25	0.5	0	0	244	5	1	4	0
Entree	BBQ Pork on Bun	1	ea.	460.058	19.56	6.521	71.251	513.825	46.06	3	21.057	25.064
Entree	BBQ Sandwich	1	ea.	367	11.5	4.55	31.5	1000	47.9	4.8	17.6	20.5
Entree	Bean Cheese Burrito	1	ea.	291	8.29	3.62	15.33	478.94	40.95	7.96		15.6
Entree	Beef Meatballs	5	ea.	150	9	3.5	35	250	4	1	1	14
Entree	Beef Meatballs w/Marinara	5	ea.	201.622	9.286	3.065	30.649	893.514	17.557	3.686	10.714	13.665
Entree	Beef Soft Taco with Cheese	2	ea.	325.549	12.545	4.108	40.539	1168.5	32.201	3.729	2.506	17.415
Entree	Beef Taco Meat	2	oz.	130.111	7.267	2.842	32.945	430.56	5.189	1.729	0	9.871

Entree	Brd Chicken Chef Salad	1	ea.	314.035	14.736	4.561	60.187	964.675	24.307	5.934	4.311	23.911
Entree	Bread, Sandwich slice	2	ea.	160	2	0	0	280	30	2	4	6
Entree	Breaded Chicken Sandwich	1	ea.	360	12.5	2.5	45	730	41	4	5	23
Entree	Breaded Orange Chicken	4	oz.	194.872	4.10256	1.02564	46.1538	389.744	25.641	2.05128	13.3333	14.359
Entree	Breaded Spicy Chicken Wrap	1	ea.	383.25	9.5	2	40	1222	49.823	3.525	1	23
Entree	Brewer Bear Chili	0.75	c.	239.491	9.998	4.284	42.448	959.009	18.448	6.452	0.542	18.093
Entree	Burrito Xtreme Bean Cheese	1	ea.	291	8.29	3.62	15.33	478	40.95	7.96	1.33	15.6
Entree	Cheese Bites, Wild Mikes	4	ea.	280	12	4	20	540	28	4	0	16
Entree	Cheese Sauce	3	oz.	130	9	6	30	550	4	0	0	8
Entree	Cheese Stick Mozz.	1	ea.	88.889	6.914	4.938	19.753	197.531	0	0	0	6.914
Entree	Cheese stick, Colby Jack	1	stick.	90	6	4	20	200	0	0	0	7
Entree	Cheeseburger	1	ea.	345.438	15.525	6.266	52.594	696.938	30.013	3	5.506	22.544
Entree	Cheesy BrdSTcks Gilardi w/marinara sauce	1	ea.	300	12	7	40	580	36	4	2	16
Entree	Chef Salad (Turkey Ham)	1	ea.	178.054	7.662	3.54	54.403	863.73	12.652	4.866	4.075	17.646
Entree	Chef Salad (Turkey Ham) w/egg	1	ea.	213.804	10.039	4.321	147.403	899.23	12.832	4.866	4.168	20.786
Entree	Chef Salad (Turkey)	1	ea.	185.388	7.714	3.559	45.188	740.792	11.88	4.802	4.022	19.148
Entree	Chef Salad Grill Chicken	1	ea.	224.035	7.028	3.02	70.188	872.175	13.224	4.934	4.311	28.994
Entree	Chick Breakfast Breaded Sandwich	1	ea.	230	5	0	20	598	31	2	4	14
Entree	Chicken Alfredo w/ Penne Pasta HS MS	1	ea.	387.565	13.402	6.115	98.29	706.437	33.888	3.164	1.582	29.397
Entree	Chicken Alfredo with Penne Pasta	1	ea.	345.483	13.402	6.115	98.29	701.427	26.273	2.363	1.181	27.393
Entree	Chicken Corn Dog	1	ea.	240	8	2.5	40	390	30	5	5	9
Entree	Chicken Drumstick Breaded	1	ea.	190	11	2.5	50	450	5	1	0	16
Entree	Chicken Drumstick Glazed	1	ea.	160	10	2.5	90	320	2	0	0	16
Entree	Chicken Fajita Salad	1	ea.	206.722	9.38	3.892	68.52	1014.13	15.213	4.802	4.022	18.481
Entree	Chicken Fajitas	1	ea.	414.436	19.619	8.075	110.374	1297.31	31.012	2	2	27.087
Entree	Chicken Nuggets	1	ea.	52	3	0.5	5	80	3.2	0.6	0.2	3.2
Entree	Chicken Nuggets	5	pieces	260	15	2.5	25	400	16	3	1	16
Entree	Chicken Salad 1/2 c	0.5	c.	214.115	11.428	2.912	47.167	649.491	9.433	0.656	3.592	19.127
Entree	Chicken Salad Sandwich	1	ea.	374.115	13.428	2.912	47.167	929.491	39.433	2.656	7.592	25.127
Entree	Chicken Salad Sub Sandwich	1	ea.	384.115	14.928	3.912	47.167	909.491	42.433	3.656	10.592	23.127
Entree	Chicken Salad w/roll	1	ea.	214.115	11.428	2.912	47.167	649.491	9.433	0.656	3.592	19.127
Entree	Chicken Tenders	3	ea.	260	15	2.5	25	390	16	3	1	15
Entree	Chicken TSO Asian Breaded	3.96	oz.	198	3.96	0.99	44.55	504.9	25.74	1.98	13.86	13.86
Entree	Chicken TSO Asian w/Brown Rice	3.9	oz.	146.758	2.12361	0.368786	16.5946	188.074	24.5518	1.59945	5.16264	7.20388
Entree	Crispitos Chicken & Cheese w/ cheese stick	2	ea.	980	54	18	120	1880	80	8	4	46
Entree	Crispitos Chili Chicken	1	ea.	630	35	11	70	274	46	6	2	31
Entree	Crispy Fish Sticks	3	ea.	260	11	1	50	330	26	2	0	14
Entree	Crunchy Fish on Bun	1	ea.	420	13.5	1.5	50	610	55	5	5	21
Entree	Enchiladas Monterey Jack with Green Chile Sa	2	oz.	375.246	19.494	10.923	66.963	632.588	29.333	2.276	0.276	20.854
Entree	Enchiladas Cheddar Cheese	2	ea.	311.025	15.511	8.3	54.428	413.869	28.648	2.063	0.113	14.879
Entree	Fish Breaded Hoagie Sandwich	1	ea.	353.6	11.66	2.53	40.8	545.6	47.28	5.04	7	18.28
Entree	Grill Chicken Sandwich on Bun	1	ea.	270	4.792	0.958	55	637.5	29.917	3	5	28.083
Entree	Grilled Cheese Sandwich	1	ea.	367.563	19.213	8.859	22.781	862.188	33.038	2	5.519	16.631
Entree	Grilled Cheese Sandwich (HS)	1	ea.	281.5	11.619	5.0625	15.1875	649.563	32.025	2	5.0125	13.0875
Entree	Grilled Chicken filet	1	ea.	110	2.292	0.458	55	357.5	0.917	0	0	21.083

Entree	Hamburger	1	ea.	224.672	5.734	1.578	17.964	430.901	29.719	3.719	5	14.904
Entree	Hoagie Roll 7" WG	1	bun	170	3.5	1	0	260	33	3	7	4
Entree	Hot Dog- Elem	1	ea.	230	10.5	2.5	60	450	21	2	3	13
Entree	Hot Dog with Chili	1	ea.	261.5	11.625	2.95	62.25	630	25.05	2.9	3.45	13.9
Entree	Hot Dog with Chili & Cheese sauce	1	ea.	307.226	14.826	5.008	71.395	812.903	26.422	2.9	3.45	16.186
Entree	Hot Dog with Chili & Cheese sauce HS & MS	1	ea.	373.508	18.411	6.093	62.25	846.065	38.794	3.9	4.907	13.9
Entree	Meatball Sub Sandwich	1	ea.	219.692	10.246	3.592	32.775	920.067	18.73	3.78	10.933	14.782
Entree	Meatballs Beef plain	5	ea.	131.351	7.881	3.065	30.649	218.919	3.503	0.876	0.876	12.259
Entree	Meatballs Beef w/Marinara w/Spaghetti Tann,M'	1	c.	210.014	9.328	3.065	30.649	894.562	19.151	3.854	10.797	14.084
Entree	Meatballs Chicken w/Marinara	1	c.	-213.017	-9.802	-2.099	-41.984	-834.136	-18.252	-3.65	-9.838	-14.001
Entree	Nacho Chips WG	30	chips	206.182	10.309	1.473	0	0	26.509	2.945	0	2.945
Entree	Nacho Chips, mini WG	25	chips	174.462	8.723	1.246	0	0	22.431	2.492	0	2.492
Entree	Nachos, Beef & Cheese Elementary	1	ea.	433.538	25.182	10.202	60.38	979.27	30.679	4.104	0	19.105
Entree	Nachos, Beef & Cheese Secondary	1	ea.	466.788	26.844	10.44	60.38	979.27	34.954	4.579	0	19.58
Entree	Nachos, Cheese Elementary	1	ea.	303.427	17.915	7.36	27.435	548.71	25.49	2.375	0	9.234
Entree	Nachos, Cheese HS BearZone	1	ea.	407.355	25.855	13.296	54.871	1097.42	25.331	1.9	0	15.618
Entree	Nachos, Cheese Secondary	1	ea.	352.562	20.372	7.711	27.435	548.71	31.808	3.077	0	9.936
Entree	PB & J Sandwich	1	ea.	569.366	31.947	4.991	0	559.507	57.972	5.993	19.989	19.975
Entree	PB Jamwich	1	ea.	310	16	2.5	0	310	35	4	13	10
Entree	PB&J Sandwich	1	ea.	570	32	5	0	560	58	6	20	20
Entree	Peanut Butter	2	tbsp.	360	30	5	0	280	16	4	6	14
Entree	Peanut Butter Jelly Sand w/Cheese Stk	1	ea.	659.366	38.947	9.991	20	759.507	57.972	5.993	19.989	26.975
Entree	Penne Pasta	0.75	c.	163.721	0	0	0	19.491	29.626	3.119	1.559	7.796
Entree	Pizza Rofo Fiesta Personal Pan	1	ea.	330	11	6	25	490	36	6	5	23
Entree	Pizza Cheese Big Daddy	1	slice	400	17	9	40	580	43	2	9	19
Entree	Pizza Cheese Personal Pan	1	ea.	330	11	6	25	390	36	6	6	25
Entree	Pizza Cheese Wedge	1	slice	260	7	4	20	750	32	5	4	18
Entree	Pizza Pepperoni Big Daddy	1	Piece	410	17	8	40	720	43	2	8	19
Entree	Pizza Pepperoni Personal Pan	1	ea.	330	10	5	30	470	36	6	6	25
Entree	Pizza Pepperoni wedge	1	ea.	270	8	4	20	810	32	5	4	18
Entree	Popcorn Chicken	13	Piece	271.797	15.362	2.954	23.635	401.787	16.544	2.363	1.182	16.544
Entree	Potato, Baked w/cheese and marg.	1	ea.	597.934	36.928	19.322	45.561	517.297	52.114	3.696	0	16.623
Entree	Roast Pork w/Honey and Mustard Glaze	3	oz.	118.41	2.759	0.039	53.105	171.669	4.304	0.008	4.111	17.825
Entree	Roasted Chicken	2	ea.	690.116	42.756	11.676	252.728	233.268	0	0		70.952
Entree	Rolls Wheat 2oz	2	oz.	172.669	4.375	0.584	0.332	295.321	29.203	2.879	3.26	4.783
Entree	Salisbury Steak	1	ea.	138.272	6.914	2.963	39.506	424.691	3.951	0.988	0.988	15.802
Entree	Salisbury Steak	1	ea.	162.653	6.914	2.963	39.506	839.168	10.046	0.988	0.988	15.802
Entree	Shredded Cheese American	0.5	oz.	35.438	2.278	1.266	7.594	237.938	1.013	0	0.506	3.544
Entree	Sliced Turkey Premium	3	oz.	142.698	1.784	0	62.43	998.885	1.784	0	0	32.107
Entree	Spaghetti	0.75	c.	232.875	1.164	0	0	29.109	44.246	4.658	2.329	11.644
Entree	Spaghetti w/Beef Meatballs w/marinara	1	c.	207.916	9.318	3.065	30.649	894.3	18.753	3.812	10.776	13.98
Entree	Spicy Chicken Breast and Cheese Wrap	1	ea.	414.965	11.201	2.992	44.253	1540.36	51.646	3	2.89	24.985
Entree	Steak Fingers	4	ea.	320	20	5	35	330	19	4	1	16
Entree	Taco Snack Beef Cheese	1	ea.	292.69	13.99	5.31	33.94	534.55	29.76	5.13	1.45	15.37
Entree	Taco Tub	1	ea.	100	5	0	0	0	14	0	0	1

Entree	Taquitos	2	ea.	300	14.88	8	52.74	344.74	28	2		14
Entree	Tortilla Flour, 6" WG	2	ea.	80	1.5	0	0	250	13	1	1	2
Entree	Tuna Salad	0.5	c.	348.908	9.718	1.678	134.598	1425.35	7.074	0.492	2.694	56.33
Entree	Tuna Salad Hoagie Bun	1	ea.	518.908	13.218	2.678	134.598	1685.35	40.074	3.492	9.694	60.33
Entree	Tuna Salad Sandwich	1	ea.	508.908	11.718	1.678	134.598	1705.35	37.074	2.492	6.694	62.33
Entree	Turkey & Cheese Sandwich	1	ea.	304.208	9.05	3.531	45.188	820.542	32.692	2	5.013	23.754
Entree	Turkey & Cheese Sub Sand	1	ea.	314.208	10.55	4.531	45.188	800.542	35.692	3	8.013	21.754
Entree	Turkey Ham & Cheese Sandwich (Slid Bread)	1	ea.	296.234	8.991	3.512	54.403	940.28	32.679	2	5.013	22.891
Entree	Turkey Ham & Cheese Sub Sand	1	ea.	306.234	10.491	4.512	54.403	920.28	35.679	3	8.013	20.891
Entree	Turkey Ham and Cheese Wrap	1	ea.	293.962	11.719	4.562	54.403	1054.61	27.388	3.677	1.013	21.619
Entree	Uncrustable PB&J w/graham cracker	1	ea.	420	19.5	3.5	0	435	51	5	18	13
Entree	Uncrustables w/cheese and crackers	1	ea.	505.223	26.101	8.73	19.919	685.191	48.602	5.44	14.63	20.305
Entree	Uncrustables, Grape & PJ	1	ea.	330	17	3.5	0	340	34	4	13	11
Entree	Veggie Personal Pan Pizza	1	ea.	347.8	12.051	6.015	25	437.217	38.189	6.497	6.934	25.295
Entree	Veggie Pizza slice	1	ea.	277.8	8.051	4.015	20	797.217	34.189	5.497	4.934	18.295
Entree	Wheat Roll 1 oz	1	oz.	86.335	2.188	0.292	0.166	147.66	14.602	1.439	1.63	2.391
Entrée New	Calzone, Cheese & Pepp 5oz)	1	serv	280	11	6	15	600	31	2	6	19
Entrée New	Cheesy Garlic Strips "Ripper" 3 stcks	3	sticks	280	11	6	25	450	30	2	1	16
Fruit	Apple Granny Smith	0.5	c.	63.336	0.206	0.036	0	1.335	16.756	2.936		0.315
Fruit	Apple Sliced 2 oz bag	1	Bag	57.342	0.195	0.039	0	1.543	15.357	2.708		0.289
Fruit	Apples	1	ea.	77.48	0.253	0.042	0	1.49	20.577	3.576	15.481	0.387
Fruit	Applesauce	0.5	c.	70	0	0	0	0	18	2	15	0
Fruit	Applesauce, unsweet,	0.5	c.	42.778	0	0	0	0	11	1.222	9.167	0
Fruit	Banana, Raw	1	ea.	89.89	0.333	0.113	0	1.01	23.068	2.626	12.352	1.101
Fruit	Cantaloupe	0.5	c.	23.46	0.131	0.035	0	11.04	5.63	0.621		0.58
Fruit	Craisins	1	pkg.	101.289	0.451	0.033	0	0.987	27.085	1.875	21.376	0.023
Fruit	Diced Pears	1	#8 scoop	71.968	0.038	0	0	6.313	19.154	2.02		0.24
Fruit	Fresh Grapefruit	0.5	whole	53.12	0.166	0.023	0	0	13.413	1.826		1.046
Fruit	Grapes, red seedless	0.5	c.	30.82	0.161	0.052	0	0.92	7.889	0.414		0.29
Fruit	Honeydew Melon, Fresh	0.5	c.	30.6	0.119	0.032	0	15.3	7.727	0.68		0.459
Fruit	Mandarian Oranges	0.5	c.	51.87	0.055	0.005	0	6.825	12.845	1.638	11.261	1.024
Fruit	oranges, fresh	0.5	c.	61.57	0.157	0.026	0	0	15.393	3.144		1.231
Fruit	Peaches	1	#8 scoop	66.943	0.037	0	0	6.198	18.037	1.612		0.558
Fruit	Peaches in Cup, frozen	1	ea.	80	0	0	0	0	19	1	16	1
Fruit	Peaches, diced, can	0.5	c.	70.552	0.039	0	0	6.533	19.01	1.698		0.588
Fruit	Peaches, sliced, canned	0.5	c.	70.552	0.039	0	0	6.533	19.01	1.698		0.588
Fruit	Pears, diced, canned	0.5	c.	74.472	0.039	0	0	6.533	19.82	2.09		0.248
Fruit	Pineapple Tidbits	1	#8 scoop	73.2	0.098	0.012	0	1.22	19.154	0.976		0.512
Fruit	Pineapple, fresh	0.5	c.	41.25	0.099	0.007	0	0.825	9.9	1.155	8.126	0.446
Fruit	Raisins	1	ea.	128.57	0.198	0.026	0	4.73	34.047	1.591	25.452	1.32
Fruit	Sliced Pears	0.5	c.	74.472	0.039	0	0	6.533	19.82	2.09		0.248
Fruit	Strawberries	0.5	c.sliced	26.56	0.249	0.012	0	0.83	6.374	1.66		0.556
Fruit	Strawberry cup, frozen	4.5	oz.	90.3	0	0	0	0	22.073	2.007	18.06	1.003
Fruit	Tangerines	2	ea.	80.56	0.471	0.059	0	3.04	20.277	2.736	16.082	1.231
Fruit	Watermelon	0.5	c.	45.18	0.226	0.024	0	1.506	11.37	0.602	9.337	0.919

Fruit Juice	Juice, Apple	1	ea.	60	0	0	0	5	14	0	12	0
Fruit Juice	Juice, Apple HS/MS	4	fl. oz.	58.006	0.12	0.024	0	8.372	14.113	0.12		0.108
Fruit Juice	Juice, Cranberry Raspberry	1	ea.	60	0	0	0	10	14	0	11	0
Fruit Juice	Juice, Fruit Punch	1	ea.	60.04	0	0	0	10.007	15.01	0	11.007	0
Fruit Juice	Juice, Grape HS/MS	4	fl. oz.	82.455	0.037	0.037	0	3.744	20.342	0.125		0.187
Fruit Juice	Juice, Orange HS/MS	4	fl. oz.	55.98	0.286	0.012	0	29.11	13.684	0.249		0.672
Fruit Juice	Juice, Orange Tangerine	1	ea.	60.04	0	0	0	15.01	15.01	0	13.009	0
Fruit Juice	Juice, White Grape	1	ea.	80	0	0	0	10	20	0	20	0
Milk	Chocolate NF	0.5	pt.	157.5	2.5	1.54	7.5	152.5	20	1.25		8.1
Milk	White Milk 1%	1	c.	102.48	2.367	1.545	12.2	107.36	13	0		8.223
Vegetable	Baked Sweet Potatoes & Apples	0.25	c.	70.337	0.871	0.1555	0	35.731	15.153	0.9615	4.9015	0.722
Vegetable	Banana Pepper, slices	0.125	c.	4.185	0.07	0.007	0	2.015	0.829	0.527	0.302	0.257
Vegetable	Black Bean & Corn Salad	0.5	c.	65.046	1.293	0.079	0	354.456	11.511	2.518	1.63	2.658
Vegetable	Black Beans	0.5	c.	83.96	0	0	0	458.01	15.26	5.34		5.34
Vegetable	Black Beans	0.25	c.	47.232	0.151	0.042	0	60.668	8.611	3.598		3.136
Vegetable	Blackeye Peas	0.5	c.	79.992	0	0	0	390	15	3		4.992
Vegetable	Broccoli	0.5	c.	11.016	0.12	0.013	0	10.692	2.151	0.842	0.551	0.914
Vegetable	Broccoli w/cheese sauce	0.5	c.	43.024	2.406	1.156	0	266.757	4.895	0.842	0.457	0.914
Vegetable	Broccoli, raw	0.25	c.	5.318	0.058	0.006	0	5.162	1.039	0.407	0.266	0.441
Vegetable	Carrot Teenies 3 oz pkg	1	pkg.	34.44	0.202	0.034	0	57.96	8.047	2.352		0.781
Vegetable	Carrots Baby, raw	0.5	c.	23.814	0.088	0.016	0	53.071	5.606	1.973		0.435
Vegetable	Carrots, shredded, raw	0.25	c.	9.299	0.054	0.009	0	15.649	2.173	0.635		0.211
Vegetable	Celery	0.25	c. chopped	16.16	0.172	0.042	0	80.8	3	1.616		0.697
Vegetable	Celery Sticks	3	strip	5.184	0.055	0.014	0	25.92	0.962	0.518		0.224
Vegetable	Celery w/ Peanut Butter	1	ea.	364.8	30.051	5.013	0	304	16.891	4.48	6.402	14.207
Vegetable	Celery, chopped	0.125	c.	2.791	0.03	0.007	0	13.957	0.518	0.279		0.12
Vegetable	Corn	0.5	c.	74.659	0.932	0	0	9.332	17.732	0.932		2.797
Vegetable	Corn Buttered	0.5	c.	89.659	2.582	0.75	0	25.832	17.732	0.932	0	2.797
Vegetable	Cucumber, slices 1/4 c	0.25	c.	4.42	0.029	0.01	0	0.52	0.944	0.13	0.434	0.169
Vegetable	Diced Tomatoes	0.25	c.	10.08	0.101	0.015	0	2.52	1.976	0.605		0.444
Vegetable	Fresh Veggies	0.5	c.	17.594	0.103	0.018	0	42.994	3.905	1.485	0.217	0.561
Vegetable	Garden Salad	0.5	c.	10.146	0.043	0.006	0	4.665	2.321	1.2		0.19
Vegetable	Garden Salad, Large	1	c.	25.755	0.072	0.011	0	13.212	6.106	3.428		0.318
Vegetable	Glazed Carrots	0.5	c.	103.189	3.564	1.62	0	86.131	15.028	2.132	8.538	1.072
Vegetable	Green Beans	0.5	c.	32.102	0.99	0.45	0	518.335	4.618	2.302	0	1.151
Vegetable	Green Beans, w/margarine, frz	0.5	c.	52.066	3.072	1.397	0	40.375	3.856	1.924	0	0.962
Vegetable	Green Peas	0.5	c.	91.199	2.385	0.844	0	130.044	12.739	4.243	0	5.301
Vegetable	Jalapenos, Sliced	0.125	c.	3.51	0.122	0.013	0	217.23	0.616	0.338	0.278	0.12
Vegetable	Lettuce & Sliced Tomatoes	0.5	c.	12.104	0.028	0.004	0	6.413	2.901	1.667		0.125
Vegetable	Lettuce and Tomato	0.5	c.	12.362	0.031	0.005	0	6.477	2.952	1.683		0.136
Vegetable	Mashed Potatoes	0.5	c.	80.109	1.001	0	0	313.976	17.023	1.001	1.001	2.003
Vegetable	Olives, black	0.125	c.	25	2.499	0	0	115	1	0		0
Vegetable	Onion, raw pieces	0.125	c.	8	0.02	0.008	0	0.8	1.868	0.34	0.848	0.22
Vegetable	onions, raw	0.125	c.	8	0.02	0.008	0	0.8	1.868	0.34	0.848	0.22
Vegetable	Peas and Carrots	0.5	c.	50.953	0.238	0	0	72.679	8.73	2.909		2.883

Vegetable	Peppers, Green Bell	0.25	c.	8.195	0.063	0.022	0	1.118	1.728	0.633	0.894	0.32
Vegetable	Pinto Beans	1	#8 scoop	86.923	0	0	0	391.154	15.646	6.085	0	5.215
Vegetable	Pork N Beans	0.5	c.	139.997	0.988	0.494	0	459.992	24.999	5.993		6.994
Vegetable	Potato Rounds	9	ea.	133.412	6.671	1.429	0	295.412	16.2	1.906	0	1.906
Vegetable	Potato Smiles	5	ea.	173.435	6.004	0.667	0	240.141	26.682	2.668	0	2.668
Vegetable	Ranch Style Beans	0.5	c.	130	2.5	0.5	4	550	21	7	2	6
Vegetable	Refried Beans	0.5	c.	181.968	5.082	1.794	1.5	615.918	24.901	8.234	0.1	8.934
Vegetable	Refried Beans, can w/cheese	0.5	c.	133.666	2.109	0.864	12.088	190.832	21.365	7.262	0.083	8.077
Vegetable	Romaine and Spinach Salad	1.5	c.	19.916	0	0	0	35.42	4.258	2.676		0.714
Vegetable	Spinach Raw	0.5	c.	8.694	0	0	0	29.862	1.372	0.832		0.756
Vegetable	Spinach Salad w/mandarian oranges	1	c.	162.186	0.154	0.015	0	75.187	38.698	6.166	31.672	4.297
Vegetable	Spinach, buttered	0.5	c.	75.551	4.066	1.495	0	151.309	6.82	4.698	1.053	5.881
Vegetable	Tomato Slices 1/8"	0.125	c.	9.072	0.091	0.014	0	2.268	1.778	0.544		0.399
Vegetable	Tomato Soup	8	fl. oz.	103.478	0	0	0	815.072	22.864	1.134	0	2.282
Vegetable	Vegetable Soup	1	c.	68.181	0.609	0.117	1.258	614.078	12.642	3.166	0.453	3.275
Vegetable	Vegetarian Beans	0.5	c.	130	0	0	0	370	30	5	12	5