

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

PER SERVING (1 Bag)

30 CALORIES	0.0g SAT FAT	60mg SODIUM	7.0g CARBS
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Allergens:

Made With: Baby Carrots School Pack, 100/2.6oz, Grimmway Farms 88139, VEG-RO

BACON CHEESEBURGER W/ROLL

PER SERVING (1 sandwich)

418 CALORIES	7.5g SAT FAT	660mg SODIUM	32.6g CARBS
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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 CALORIES	0.0g SAT FAT	480mg SODIUM	25.3g CARBS
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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]

PER SERVING (1/2 c.)

19 CALORIES	0.0g SAT FAT	6mg SODIUM	4.4g CARBS
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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 CALORIES	0.0g SAT FAT	460mg SODIUM	22.0g CARBS
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Allergens:

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

BENEFIT BAR, COCOA CHIP

PER SERVING (2 1/2 oz.)

270 CALORIES	2.5g SAT FAT	230mg SODIUM	47.9g CARBS
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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
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Allergens:

Made With: Broccoli, No Salt Added, Frozen, USDA 110473, Veg-DG

BUFFALO CHICKEN TENDER SANDWICH

PER SERVING (1 sandwich)

516 CALORIES	5.6g SAT FAT	1353mg SODIUM	52.8g CARBS
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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)

883 CALORIES	6.7g SAT FAT	713mg SODIUM	145.2g CARBS
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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 CALORIES	0.0g SAT FAT	15mg SODIUM	3.0g CARBS
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Allergens:

Made With: Vegetable, California Blend, Frozen, Hanover, 28971, Veg-O

CEREAL, KELLOGG'S 60CT

PER SERVING (1 ea.)

199 CALORIES	0.5g SAT FAT	169mg SODIUM	45.1g CARBS
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Allergens:

Made With: Frosted Mini-Wheats Bite Size Cup; Frosted Flakes Cup; Krave Chocolate; Corn Pops Cup; Apple Jacks Reduced Sugar Cup

CHICKEN FRIES W/ROLL

PER SERVING (1 serv.)

366 CALORIES	3.4g SAT FAT	577mg SODIUM	34.0g CARBS
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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 CALORIES	2.5g SAT FAT	330mg SODIUM	14.0g CARBS
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Allergens: Contains Soy, Wheat.

Made With: Chicken Fries WGR Tyson 70367-928

CHICKEN NUGGETS W/ROLL

PER SERVING (1 serv.)

285 CALORIES	2.5g SAT FAT	596mg SODIUM	27.0g CARBS
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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 SODIUM	34.0g CARBS
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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 SODIUM	48.9g CARBS
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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

PER SERVING (3 Ounce serving)

366 CALORIES	2.7g SAT FAT	572mg SODIUM	33.3g CARBS
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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 SODIUM	53.9g CARBS
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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 CALORIES	3.0g SAT FAT	570mg SODIUM	44.0g CARBS
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Allergens: Contains Gluten, Soy, Wheat.

Made With: CHICKENBURGER, ADVANCE (CHICKENBURGER, ADVANCE); Roll hamburger wheat #85 Morabito (Bread Hamburger Bun Wheat #85)

CHIPS, HERRS

PER SERVING (1/2 oz.)

CALORIES	g SAT FAT	mg SODIUM	g CARBS
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Allergens: Contains Soy.

Made With: CHIPS, HERRS

CONDIMENTS

PER SERVING (1 ea.)

65 CALORIES	0.5g SAT FAT	282mg SODIUM	6.8g CARBS
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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 & BUTTER 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, 00210006721200 (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 CALORIES	3.0g SAT FAT	620mg SODIUM	48.0g CARBS
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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 CALORIES	0.0g SAT FAT	96mg SODIUM	5.1g CARBS
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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 CALORIES	7.0g SAT FAT	300mg SODIUM	30.0g CARBS
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Allergens: Contains Egg, Milk, Wheat.

Made With: DONUT, WG RAISED RING

DRESSING, SALAD

PER SERVING (1 1/2 fl. oz.)

51 CALORIES	0.5g SAT FAT	508mg SODIUM	9.5g CARBS
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Allergens: Contains Egg, Fish, Milk, Soy.

Made With: DRESSING, RANCH LIGHT; Dressing, Caesar, Lite, 1.5 oz Pouch, Cains, 02100; DRESSING, ITALIAN FF 1.5OZ; 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 SODIUM	43.0g CARBS
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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 CALORIES	15.0g SAT FAT	570mg SODIUM	39.0g CARBS
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Allergens: Contains Milk.

Made With: ENCHILADAS PEPPER JACK

FIXIN'S, SANDWICH

PER SERVING (2 ounces)

16 CALORIES	0.0g SAT FAT	48mg SODIUM	3.5g CARBS
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Allergens:

Made With: LETTUCE,ICEBERG (INCL CRISPHEAD TYPES),RAW; Raw tomatoes; PICKLES,CUCUMBER,SWT (INCLUDES BREAD & BUTTER PICKLES)

FRENCH FRIES, SPIRAL

PER SERVING (3 oz.)

150 CALORIES	1.0g SAT FAT	240mg SODIUM	25.0g CARBS
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Allergens:

Made With: French fries, spiral, Mccain

FRUIT FRESH CHOICES WSD

PER SERVING (1 ea.)

76 CALORIES	0.1g SAT FAT	1mg SODIUM	19.8g CARBS
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Allergens:

Made With: Bananas, raw (BANANAS,RAW); Oranges, raw, all 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 CALORIES	0.0g SAT FAT	12mg SODIUM	22.7g CARBS
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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

PER SERVING (1 ea.)

82 CALORIES	0.0g SAT FAT	4mg SODIUM	20.4g CARBS
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Allergens:

Made With: PINEAPPLE TIDBITS; Applesauce (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

PER SERVING (1 sandwich)

396 CALORIES	6.5g SAT FAT	1133mg SODIUM	49.3g CARBS
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Allergens: Contains Milk, Soy, Wheat.

Made With: PRETZEL ROLL 2.7 OZ-non-WGR (PRETZEL ROLL 2.7 OZ-non-WGR); Turkey ham 100187; CHEESE, AMERICAN, PASTEURIZED, PROCESS, WHITE, SLICED

Hummmus lunches

PER SERVING (1 serv.)

432 CALORIES	1.3g SAT FAT	475mg SODIUM	56.7g CARBS
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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)

508 CALORIES	8.3g SAT FAT	1110mg SODIUM	57.8g CARBS
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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

PER SERVING (1 sandwich)

386 CALORIES	6.1g SAT FAT	938mg SODIUM	45.2g CARBS
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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 SODIUM	18.8g CARBS
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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, 4OZ OTIS

PER SERVING (1 muffin)

383 CALORIES	3.8g SAT FAT	260mg SODIUM	62.3g CARBS
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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

PER SERVING (4 Ounce serving)

290 CALORIES	5.0g SAT FAT	550mg SODIUM	27.0g CARBS
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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 SODIUM	21.0g CARBS
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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 CALORIES	9.0g SAT FAT	735mg SODIUM	45.0g CARBS
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Allergens: Contains Egg, Gluten, Milk, Soy, Wheat.

Made With: PIZZA STIX - SCHWANS

PIZZA, BIG DADDY

PER SERVING (1 slice)

400 CALORIES	9.0g SAT FAT	580mg SODIUM	42.0g CARBS
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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
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Allergens: Contains Milk, Soy, Wheat.

Made With: PIZZA, BUFFALO CHICKEN

PIZZA, EGG & CHEESE

PER SERVING (1 slice)

350 CALORIES	11.0g SAT FAT	450mg SODIUM	25.0g CARBS
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Allergens: Contains Egg, Milk, Wheat.

Made With: PIZZA, EGG & CHEESE

PIZZA, MICKEY'S NON-WG

PER SERVING (1 slice)

330 CALORIES	10.0g SAT FAT	460mg SODIUM	28.0g CARBS
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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 SODIUM	34.0g CARBS
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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 CALORIES	8.0g SAT FAT	726mg SODIUM	34.1g CARBS
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Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: BURGER 3OZ 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 CALORIES	6.0g SAT FAT	390mg SODIUM	47.0g CARBS
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Allergens: Contains Egg, Milk, Soy, Wheat.

Made With: QUESADILLA M&C

Relish Tray

PER SERVING (5 oz.)

34 CALORIES	0.1g SAT FAT	68mg SODIUM	7.9g CARBS
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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 SODIUM	3.1g CARBS
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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 2.7OZ BRKFST

PER SERVING (1 roll.)

230 CALORIES	1.5g SAT FAT	240mg SODIUM	38.0g CARBS
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Allergens:

Made With: ROLLS, CINNAMON 2.7OZ

Salad Grilled Chicken

PER SERVING (1 ea.)

480 CALORIES	7.4g SAT FAT	777mg SODIUM	53.8g CARBS
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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, SCOOPY 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

PER SERVING (1 c.)

0 CALORIES	0.0g SAT FAT	0mg SODIUM	0.0g CARBS
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Allergens:

Made With: SALAD LETTUCE,COS OR ROMAINE,RAW

Salad Ribbon

PER SERVING (1 ea.)

365 CALORIES	5.0g SAT FAT	900mg SODIUM	38.1g CARBS
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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 CALORIES	6.8g SAT FAT	730mg SODIUM	36.3g CARBS
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Allergens: Contains Milk, Soy, Wheat.

Made With: SALAD LETTUCE,COS OR ROMAINE,RAW; CHICKEN, HOT N SPICY WGR 3.49OZ; 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 SODIUM	37.6g CARBS
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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 CALORIES	5.5g SAT FAT	974mg SODIUM	39.8g CARBS
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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
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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 CALORIES	2.2g SAT FAT	482mg SODIUM	17.1g CARBS
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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
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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 CALORIES	7.1g SAT FAT	1331mg SODIUM	62.8g CARBS
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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

PER SERVING (1/2 c.)

58 CALORIES	1.6g SAT FAT	44mg SODIUM	4.9g CARBS
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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	111mg SODIUM	10.2g CARBS
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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 CALORIES	0.9g SAT FAT	99mg SODIUM	16.2g CARBS
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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

PER SERVING (1/2 c.)

62 CALORIES	0.0g SAT FAT	58mg SODIUM	11.0g CARBS
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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 SODIUM	15.8g CARBS
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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 CALORIES	0.9g SAT FAT	823mg SODIUM	47.4g CARBS
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Allergens: Contains Egg, Gluten, Milk, Soy, Wheat.

Made With: Burger, veggie Patties; Bread Hamburger Bun Wheat #85

VEGGIE BURGER, MORNING STAR

PER SERVING (1 sandwich)

343 CALORIES	0.9g SAT FAT	823mg SODIUM	47.4g CARBS
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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 SODIUM	48.9g CARBS
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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 SHREDED COMM 100012

Warwick Sampler

PER SERVING (1 serv.)

404 CALORIES	3.2g SAT FAT	804mg SODIUM	56.6g CARBS
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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

PER SERVING (1/2 c.)

70 CALORIES	0.0g SAT FAT	5mg SODIUM	13.0g CARBS
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Allergens:

Made With: Whole kernel Corn - Unsalted

WRAPS - MIDDLE SCHOOL

PER SERVING (1 wrap)

442 CALORIES	6.9g SAT FAT	917mg SODIUM	44.1g CARBS
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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 & Cheese Secondary (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 CALORIES	2.1g SAT FAT	217mg SODIUM	40.7g CARBS
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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, SCOOPY 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
