

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

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

BRUNCH LUNCH DUTCH WAFFLE 2B, SAUSAGE 2L, 1M, YOGURT

PER SERVING (1 kid's meal Serving)

484 CALORIES	5.8g SAT FAT	572mg SODIUM	63.7g CARBS
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Allergens: Contains Egg, Milk, Soy, Wheat.

Made With: YOGURT CHOICE UPSTATE (Yogurt, Cherry Vanilla, Non-Fat, Blended, 8 oz, Upstate Farms, MMA; Copy of Yogurt, Blended Peach, Nonfat, 4 oz, Upstate Farms, 9818, MMA; Yogurt, Nonfat, Strawberry banana, 4 oz, Upstate Farms, 9820, MMA); Dutch Waffle/Funnel Cake 51% Whole Grain, 5" IW Frozen, J&J Snack Foods, 4521, WGR (Dessert, Dutch Waffle/Funnel Cake 51% Whole Grain, 5" IW Frozen, J&J Snack Foods, 4521, WGR); SAUSAGE LINK JONES 018620

BURGER W/HAMBURG ROLL

PER SERVING (1 sandwich)

341 CALORIES	6.0g SAT FAT	403mg SODIUM	34.0g CARBS
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Allergens: Contains Gluten, Soy, Wheat.

Made With: BEEF PATTY, 2.4OZ SILVER SPR (BEEF PATTY, 2.4OZ SILVER SPR); Roll hamburger wheat #85 Morabito (Bread Hamburger Bun Wheat #85)

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 W/GRAHAM CRKR SNK

PER SERVING (1 serv.)

230 CALORIES	1.3g SAT FAT	269mg SODIUM	44.1g CARBS
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Allergens: Contains Soy, Wheat.

Made With: Cereal General Mills 1 oz (Cereal, Cocoa Puff 25% Less Sugar, Self-Serve Bowl, General Mills, 16000-31888, WGR; Cereals, Lucky Charms Singlepak, General Mills, 16000-11949, WGR; Cereal, 25% Less Sugar Cinnamon Toast Crunch, General Mills, 16000-29444, WGR); Scooby Doo Bones Cinnamon Grahams

CHEESEBURGER W/HAMBURG ROLL

PER SERVING (1 sandwich)

394 CALORIES	8.5g SAT FAT	550mg SODIUM	34.6g CARBS
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Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: BURGER W/HAMBURG ROLL (BEEF PATTY, 2.4OZ SILVER SPR (BEEF PATTY, 2.4OZ SILVER SPR); Roll hamburger wheat #85 Morabito (Bread Hamburger Bun Wheat #85)); CHEESE, AMERICAN, PASTEURIZED, PROCESS, WHITE, SLICED

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 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, 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)

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)

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

Cooked Peas

PER SERVING (1 c.)

134 CALORIES	0.1g SAT FAT	5mg SODIUM	25.0g CARBS
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Allergens:

Made With: PEAS,GRN,CKD,BLD,DRND,WO/SALT

COOKIES, J&J BENEFIT 1.85OZ RF WGR

PER SERVING (1 cookie)

193 CALORIES	2.1g SAT FAT	174mg SODIUM	33.4g CARBS
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Allergens: Contains Egg, Milk, Soy, Wheat.

Made With: COOKIE, CHOC CHIP, RF WGR 1.85OZ; COOKIE, CANDY 1.85OZ RF WGR J&J; COOKIE, DBL CHOCO 1.85OZ RF WGR J&J

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)

Corn, golden or yellow, whole kernel, cooked from frozen, drained, without salt [100348, A130]

PER SERVING (1/2 c.)

66 CALORIES	0.1g SAT FAT	1mg SODIUM	15.8g CARBS
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Allergens:

Made With: CORN, YELLOW, WHOLE KERNEL, COOKED FROM FROZEN, NO SALT

CRESCENT FILLED BREAKFAST ROLL BRKFST

PER SERVING (1 CRESCENT)

220 CALORIES	1.3g SAT FAT	265mg SODIUM	36.0g CARBS
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Allergens: Contains Milk, Wheat.

Made With: CRESCENT GRAPE GM BRKFST (CRESCENT GRAPE GM BRKFST); CRESCENT CHOCOLATE GM BRKFST (CRESCENT CHOCOLATE GM BRKFST)

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

DRESSING, RANCH SS 12GR

PER SERVING (12 g.)

26 CALORIES	0.2g SAT FAT	131mg SODIUM	0.8g CARBS
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Allergens: Contains Egg, Milk.

Made With: DRESSING, RANCH SS 12GR

DRESSING, SALAD 12GR ELEMENTARY

PER SERVING (12 g.)

27 CALORIES	0.2g SAT FAT	124mg SODIUM	0.9g CARBS
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Allergens: Contains Egg, Milk.

Made With: DRESSING, RANCH SS 12GR (DRESSING, RANCH SS 12GR); Dressing, Italian 12 g, Heinz, 19810 (Dressing, Italian 12 g, Heinz, 19810); DRESSING, FRENCH 12 GRM (DRESSING, FRENCH 12 GRM)

Egg McWarrior Sandwich with bacon

PER SERVING (1 ea.)

288 CALORIES	4.0g SAT FAT	595mg SODIUM	33.6g CARBS
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Allergens: Contains Egg, Gluten, Milk, Soy, Wheat.

Made With: Bread Hamburger Bun Wheat #85; Egg, Patties Scrambled, Frozen, Sunny Fresh Foods, 40635, MMA; CHEESE, AMERICAN, PASTEURIZED, PROCESS, WHITE, SLICED; BACON, TURKEY PREMIUM SLCD FC

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 OVATIONS RED. SODIUM

PER SERVING (2 1/2 oz.)

111 CALORIES	0.5g SAT FAT	132mg SODIUM	18.2g CARBS
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Allergens:

Made With: Potato, Ovations Red. Sod. straight Fries, McCain, MCF03762, Veg-S

FRENCH TOAST STICKS 3OZ TWIN PACK

PER SERVING (3 Ounce serving)

240 CALORIES	1.0g SAT FAT	260mg SODIUM	38.0g CARBS
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Allergens: Contains Egg, Milk, Soy, Wheat.

Made With: FRENCH TOAST 1.5OZ TWIN PACK

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 elem

PER SERVING (1 ea.)

87 CALORIES	0.0g SAT FAT	18mg SODIUM	22.5g 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

FRUIT JUICE secondary

PER SERVING (1 ea.)

91 CALORIES	0.0g SAT FAT	12mg SODIUM	23.0g 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

HOT DOG W/ROLL

PER SERVING (1 hot dog)

280 CALORIES	4.5g SAT FAT	650mg SODIUM	26.0g CARBS
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Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: Bread, Wheat Hotdog, Morabito, 589, WGR; HOT DOG 1452 BERKS CN

LUNCH BOX MEAL

PER SERVING (2 kid's meal Serving)

499 CALORIES	8.0g SAT FAT	1174mg SODIUM	61.7g CARBS
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Allergens: Contains Milk, Soy, Wheat.

Made With: LUNCH BOX MEAL-TURKEY (SANDWICH, TURKEY (Turkey, Deli Breast, Frozen; BREAD #28 MORABITO; CHEESE, AMERICAN, PASTEURIZED, PROCESS, WHITE, SLICED); FRUIT, FRESH CHOICES WSD (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)); Baby Carrots School Pack, 100/2.6oz, Grimmway Farms 88139, VEG-RO (Baby Carrots School Pack, 100/2.6oz, Grimmway Farms 88139, VEG-RO); CHEESE, STRING (Cheese, Mozzarella String Cheese Stick, LMPS, Bongards, 40240, MMA); GOLDFISH CRKRS WG .75OZ (Crackers, 100 Calorie Cheddar Goldfish Whole Grain, Pepperidge Farm, Campbell's Foodservice, 18197, WGR)); LUNCH BOX MEAL-HAM (SANDWICH, HAM (Ham, 97% Fat Free, Water-Added, Cooked, Sliced, Frozen; BREAD #28 MORABITO; CHEESE, AMERICAN, PASTEURIZED, PROCESS, WHITE, SLICED); FRUIT, FRESH CHOICES WSD (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)); Baby Carrots School Pack, 100/2.6oz, Grimmway Farms 88139, VEG-RO (Baby Carrots School Pack, 100/2.6oz, Grimmway Farms 88139, VEG-RO); CHEESE, STRING (Cheese, Mozzarella String Cheese Stick, LMPS, Bongards, 40240, MMA); GOLDFISH CRKRS WG .75OZ (Crackers, 100 Calorie Cheddar Goldfish Whole Grain, Pepperidge Farm, Campbell's Foodservice, 18197, WGR))

MAC & CHS JTM W/ROLL

PER SERVING (1 serv.)

388 CALORIES	6.9g SAT FAT	961mg SODIUM	47.0g CARBS
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Allergens: Contains Egg, Gluten, Milk, Wheat.

Made With: MAC&CHS, JTM RF, RS ,ROLL (MACARONI && CHEESE, RF, RS); DINNER ROLL W/MARGARINE (Copy of WW Cluster Dinner Roll; MARGARINE PROMISE)

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, Strawberry, TruMoo, Dean, MILK (Milk, Fat Free, Strawberry, TruMoo, Dean, MILK); Milk, Fat Free Milk, Swiss Premium, MILK

MINI CINNIS

PER SERVING (1 serv.)

240 CALORIES	2.0g SAT FAT	300mg SODIUM	40.0g CARBS
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Allergens: Contains Milk, Wheat.

Made With: Mini Cinnis

Pancakes, Maple Burst'n Mini K-12 Hot Breakfast, Pillsbury, General Mills, 32259, WGR

PER SERVING (3 5/8 oz.)

220 CALORIES	0.5g SAT FAT	130mg SODIUM	39.0g CARBS
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Allergens: Contains Egg, Milk, Wheat.

Made With: Pancakes, Maple Burst'n Mini K-12 Hot Breakfast, Pillsbury, General Mills, 137732000, WGR

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 ELEM

PER SERVING (2 PIZZA STICKS)

300 CALORIES	6.0g SAT FAT	490mg SODIUM	30.0g CARBS
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Allergens: Contains Egg, Gluten, Milk, Soy, Wheat.

Made With: PIZZA STIX - SCHWANS ELEM

Pizza, Deep Dish 5" 51% Whole Grain 100% Mozzarella Cheese, Tony's, Schwan's Food Service, 78368, MMA, WGR, Veg-RO

PER SERVING (1 pizza)

330 CALORIES	6.0g SAT FAT	480mg SODIUM	38.0g CARBS
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Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: Pizza, Deep Dish 5" 51% Whole Grain 100% Mozzarella Cheese, Tony's, Schwan's Food Service, 78368, MMA, WGR, Veg-RO

PIZZA, FRENCH BRD GARLIC

PER SERVING (1 slice)

330 CALORIES	6.0g SAT FAT	710mg SODIUM	30.0g CARBS
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Allergens: Contains Gluten, Milk, Wheat.

Made With: PIZZA, FRENCH BRD GARLIC

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

QUESADILLA, SCHWANS 2PC

PER SERVING (4 1/2 oz.)

310 CALORIES	5.3g SAT FAT	560mg SODIUM	31.5g CARBS
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Allergens: Contains Egg, Milk, Soy, Wheat.

Made With: QUESADILLA, CHEESE SCHWAN (QUESADILLA, CHEESE SCHWAN); QUESADILLA, CHICKEN & CHEESE SCHWAN (QUESADILLA, CHICKEN & CHEESE SCHWAN); CHEESE SCHWAN

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

Relish Tray w/ranch

PER SERVING (5 oz.)

61 CALORIES	0.2g SAT FAT	200mg SODIUM	8.6g CARBS
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Allergens: Contains Egg, Milk.

Made With: CARROTS,BABY,RAW; CELERY,RAW; CUCUMBER,WITH PEEL,RAW; PEPPERS,SWT,GRN,RAW; DRESSING, RANCH SS 12GR (DRESSING, RANCH SS 12GR)

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 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

SEA WONDERS W/1oz SOFT PRETZEL STICK

PER SERVING (4 pieces)

310 CALORIES	1.5g SAT FAT	375mg SODIUM	43.0g CARBS
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Allergens: Contains Wheat.

Made With: SEA WONDER; Pretzel, Soft Rod, Whole Wheat, Baked Carton, Frozen, J&J Snack Foods, 338103, 1 oz WG (Pretzel, Soft Rod, Whole Wheat, Baked Carton, Frozen)

SMILE POTATOES

PER SERVING (4 ea.)

175 CALORIES	1.3g SAT FAT	238mg SODIUM	25.0g CARBS
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Allergens:

Made With: MDC Potato, Reduced Sodium, Cosmic Smiles, Frozen, McCain Foods USA, MCX03936, Veg-S

SOYNUIT DIP, STRING CHEESE, 2.2OZ PRETZEL

PER SERVING (1 serv.)

407 CALORIES	6.2g SAT FAT	373mg SODIUM	43.6g CARBS
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Allergens: Contains Milk, Soy, Wheat.

Made With: Pretzel, Soft 51% Whole Grain 2.2oz, SuperPretzel, J&J, 30110, WGR; Cheese, Mozzarella String Light, Land O' Lakes Inc, 59701, MMA; SoyNut Butter cup - chocolate; Soynut Butter cup- PB

STUFFED CRUST PIZZA FFK GILARDI

PER SERVING (1 slice)

290 CALORIES	3.0g SAT FAT	570mg SODIUM	37.0g CARBS
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Allergens: Contains Milk, Soy, Wheat.

Made With: Pizza, The Max Fit for Kids Plus, Stuffed Crust Pizza w/Reduced Fat Cheese, ConAgra, 77387-12716, MMA, WG, Veg-O

Sub Italian Elementary

PER SERVING (1 ea.)

362 CALORIES	6.1g SAT FAT	1023mg SODIUM	40.3g CARBS
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Allergens: Contains Milk, Wheat.

Made With: 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

TACO FIXIN'S

PER SERVING (3 oz.)

CALORIES	g SAT FAT	mg SODIUM	g CARBS
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Allergens:

Made With: Vegetable, Lettuce, Iceberg, Shredded, Markon, Veg-O (Vegetable, Lettuce, Iceberg, Shredded, Markon, Veg-O); Salsa, Mild Nutritionally Enhanced, Red Gold, REDSC99, Veg-RO (Salsa, Mild Nutritionally Enhanced, Red Gold, REDSC99, Veg-RO); Removed in CN20 SOUR CREAM; Tomatoes, Raw, Cherry, Commodity, Veg- RO (Tomatoes, Raw, Cherry, Commodity, Veg- RO); GUACAMOLE (GUACAMOLE)

TURKEY MASHED POTATO BOWL W/ DINNER ROLL

PER SERVING (1 serv.)

546 CALORIES	3.6g SAT FAT	1401mg SODIUM	70.8g 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; DINNER ROLL W/MARGARINE (Copy of WW Cluster Dinner Roll; MARGARINE PROMISE)

TURKEY SUB ELEM

PER SERVING (1 sandwich)

253 CALORIES	4.0g SAT FAT	803mg SODIUM	24.7g CARBS
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Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: Turkey, Deli Breast, Frozen; Bread, Hot Dog Roll, Whole Wheat. Morabito, 590, WGR; CHEESE, AMERICAN, PASTEURIZED, PROCESS, WHITE, SLICED

Vegetable, Corn TVASD, Veg-S

PER SERVING (1 c.)

178 CALORIES	1.8g SAT FAT	315mg SODIUM	35.0g CARBS
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Allergens: Contains Soy.

Made With: CORN, YELLOW, WHOLE KERNEL, COOKED FROM FROZEN, NO SALT; Margarine, Glenview Farms, 3719; SALT, TABLE

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, 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

WALKING TACO W/ROLL

PER SERVING (1 serv.)

555 CALORIES	7.1g SAT FAT	1107mg SODIUM	42.2g CARBS
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Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: TACO MEAT, CHICKEN (TACO MEAT - CHICKEN TYSON); DINNER ROLL W/MARGARINE (Copy of WW Cluster Dinner Roll; MARGARINE PROMISE); CHEESE CHEDDAR RF SHREDDED COMM 100012; REDUCED FAT NACHO CHEESE DORITOS(R)

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 SHREDDED COMM 100012

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, 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
