

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

**PER SERVING (1 Bag)**

<b>30</b> CALORIES	<b>0.0g</b> SAT FAT	<b>60mg</b> SODIUM	<b>7.0g</b> CARBS
-----------------------	------------------------	-----------------------	----------------------

**Allergens:**

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

---

**BACON CHEESEBURGER W/ROLL**

**PER SERVING (1 sandwich)**

<b>418</b> CALORIES	<b>7.5g</b> SAT FAT	<b>660mg</b> SODIUM	<b>32.6g</b> 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.)**

<b>113</b> CALORIES	<b>0.0g</b> SAT FAT	<b>480mg</b> SODIUM	<b>25.3g</b> CARBS
------------------------	------------------------	------------------------	-----------------------

**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.)**

<b>19</b> CALORIES	<b>0.0g</b> SAT FAT	<b>6mg</b> SODIUM	<b>4.4g</b> CARBS
-----------------------	------------------------	----------------------	----------------------

**Allergens:**

**Made With:** BEANS, GREEN, COOKED FROM FROZEN, WHOLE, DRAINED, NO SALT

---

**BENEFIT BAR, COCOA CHIP**

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

<b>270</b> CALORIES	<b>2.5g</b> SAT FAT	<b>230mg</b> SODIUM	<b>47.9g</b> CARBS
------------------------	------------------------	------------------------	-----------------------

**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.)**

<b>26</b> CALORIES	<b>0.0g</b> SAT FAT	<b>22mg</b> SODIUM	<b>5.0g</b> CARBS
-----------------------	------------------------	-----------------------	----------------------

**Allergens:**

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

---

# BUFFALO CHICKEN TENDER SANDWICH

## PER SERVING (1 sandwich)

<b>516</b> CALORIES	<b>5.6g</b> SAT FAT	<b>1353mg</b> SODIUM	<b>52.8g</b> CARBS
------------------------	------------------------	-------------------------	-----------------------

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

**Made With:** CHICKEN TENDERS, TYSON 70332-928; ROLL, STEAK #555 WGR; Removed in CN21 CHEESE, MOZZARELLA, LMPS, FROZEN, SHREDDDED; Sauce, Hot, 7 gram packet, Texas Pete

---

# BURGER, DBL CHSBURGER

## PER SERVING (1 sandwich)

<b>617</b> CALORIES	<b>16.9g</b> SAT FAT	<b>805mg</b> SODIUM	<b>37.3g</b> CARBS
------------------------	-------------------------	------------------------	-----------------------

**Allergens:** Contains Gluten, Milk, 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); CHEESE, AMERICAN, PASTEURIZED, PROCESS, WHITE, SLICED

---

# BURRITO W/FIXINS & SCOOPS

## PER SERVING (1 burrito)

<b>883</b> CALORIES	<b>6.7g</b> SAT FAT	<b>713mg</b> SODIUM	<b>145.2g</b> CARBS
------------------------	------------------------	------------------------	------------------------

**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)

<b>25</b> CALORIES	<b>0.0g</b> SAT FAT	<b>15mg</b> SODIUM	<b>3.0g</b> CARBS
-----------------------	------------------------	-----------------------	----------------------

**Allergens:**

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

---

## Calzone Three Cheese, Gilardi, 16272-20120, MMA, WGR, VEG- R/O

### PER SERVING (1 calzone)

<b>250</b> CALORIES	<b>2.0g</b> SAT FAT	<b>430mg</b> SODIUM	<b>33.0g</b> CARBS
------------------------	------------------------	------------------------	-----------------------

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

**Made With:** Calzone Three Cheese, Gilardi, 16272-20120, MMA, WGR, VEG-R/O

---

## CEREAL, KELLOGG'S 60CT

### PER SERVING (1 ea.)

<b>199</b> CALORIES	<b>0.5g</b> SAT FAT	<b>169mg</b> SODIUM	<b>45.1g</b> CARBS
------------------------	------------------------	------------------------	-----------------------

**Allergens:**

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

---

## CHEESESTEAK SANDWICH

### PER SERVING (1 sandwich)

<b>389</b> CALORIES	<b>6.4g</b> SAT FAT	<b>735mg</b> SODIUM	<b>39.6g</b> CARBS
------------------------	------------------------	------------------------	-----------------------

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

**Made With:** BEEF STEAK, FC SILVER SPRING (BEEF STEAK, FC SILVER SPRING); ROLL, STEAK #555 WGR; 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); Removed in CN21 CHEESE, MOZZARELLA, LITE, FROZEN, SHREDDED

---

## CHICKEN FRIES W/ROLL

### PER SERVING (1 serv.)

<b>366</b> CALORIES	<b>3.4g</b> SAT FAT	<b>577mg</b> SODIUM	<b>34.0g</b> 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)

<b>220</b> CALORIES	<b>2.5g</b> SAT FAT	<b>330mg</b> SODIUM	<b>14.0g</b> CARBS
------------------------	------------------------	------------------------	-----------------------

**Allergens:** Contains Soy, Wheat.

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

---

## CHICKEN NUGGETS W/ROLL

### PER SERVING (1 serv.)

<b>285</b> CALORIES	<b>2.5g</b> SAT FAT	<b>596mg</b> SODIUM	<b>27.0g</b> CARBS
------------------------	------------------------	------------------------	-----------------------

**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)

<b>290</b> CALORIES	<b>2.0g</b> SAT FAT	<b>720mg</b> SODIUM	<b>34.0g</b> 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)

<b>429</b> CALORIES	<b>2.5g</b> SAT FAT	<b>1047mg</b> SODIUM	<b>48.9g</b> 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

### PER SERVING (3 Ounce serving)

<b>366</b> CALORIES	<b>2.7g</b> SAT FAT	<b>572mg</b> SODIUM	<b>33.3g</b> CARBS
------------------------	------------------------	------------------------	-----------------------

**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)

<b>412</b> CALORIES	<b>1.9g</b> SAT FAT	<b>703mg</b> SODIUM	<b>53.9g</b> 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)

<b>400</b> CALORIES	<b>3.0g</b> SAT FAT	<b>570mg</b> SODIUM	<b>44.0g</b> CARBS
------------------------	------------------------	------------------------	-----------------------

**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	<b>g</b> SAT FAT	<b>mg</b> SODIUM	<b>g</b> CARBS
----------	---------------------	---------------------	-------------------

**Allergens:** Contains Soy.

**Made With:** CHIPS, HERRS

---



## CONDIMENTS

### PER SERVING (1 ea.)

<b>65</b> CALORIES	<b>0.5g</b> SAT FAT	<b>282mg</b> SODIUM	<b>6.8g</b> 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 & 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

---

## COOKIES, J&J BENEFIT 1.85OZ RF WGR

### PER SERVING (1 cookie)

<b>193</b> CALORIES	<b>2.1g</b> SAT FAT	<b>174mg</b> SODIUM	<b>33.4g</b> CARBS
------------------------	------------------------	------------------------	-----------------------

**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)

<b>365</b> CALORIES	<b>3.0g</b> SAT FAT	<b>620mg</b> SODIUM	<b>48.0g</b> CARBS
------------------------	------------------------	------------------------	-----------------------

**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.)

<b>66</b> CALORIES	<b>0.1g</b> SAT FAT	<b>1mg</b> SODIUM	<b>15.8g</b> CARBS
-----------------------	------------------------	----------------------	-----------------------

**Allergens:**

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

---

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

### PER SERVING (1/2 c.)

<b>66</b> CALORIES	<b>0.1g</b> SAT FAT	<b>1mg</b> SODIUM	<b>15.8g</b> CARBS
-----------------------	------------------------	----------------------	-----------------------

**Allergens:**

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

---

# CROISSANT STUFFED PEPPERONI PIZZA

## PER SERVING (1 sandwich)

<b>360</b> CALORIES	<b>7.0g</b> SAT FAT	<b>710mg</b> SODIUM	<b>36.0g</b> CARBS
------------------------	------------------------	------------------------	-----------------------

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

**Made With:** CROISSANT STUFFED PEPPERONI PIZZA

---

# croutons

## PER SERVING (1/4 Ounce Bag)

<b>30</b> CALORIES	<b>0.0g</b> SAT FAT	<b>96mg</b> SODIUM	<b>5.1g</b> 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.)

<b>280</b> CALORIES	<b>7.0g</b> SAT FAT	<b>300mg</b> SODIUM	<b>30.0g</b> 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>0.5g</b> SAT FAT	<b>508mg</b> SODIUM	<b>9.5g</b> CARBS
-----------------------	------------------------	------------------------	----------------------

**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.)

<b>300</b> CALORIES	<b>3.0g</b> SAT FAT	<b>350mg</b> SODIUM	<b>43.0g</b> 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

## FIXIN'S, SANDWICH

### PER SERVING (2 ounces)

<b>16</b> CALORIES	<b>0.0g</b> SAT FAT	<b>48mg</b> SODIUM	<b>3.5g</b> CARBS
-----------------------	------------------------	-----------------------	----------------------

**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.)

<b>150</b> CALORIES	<b>1.0g</b> SAT FAT	<b>240mg</b> SODIUM	<b>25.0g</b> CARBS
------------------------	------------------------	------------------------	-----------------------

Allergens:

Made With: French fries, spiral, Mccain

---

## FRUIT FRESH CHOICES WSD

### PER SERVING (1 ea.)

<b>76</b> CALORIES	<b>0.1g</b> SAT FAT	<b>1mg</b> SODIUM	<b>19.8g</b> CARBS
-----------------------	------------------------	----------------------	-----------------------

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.)

<b>91</b> CALORIES	<b>0.0g</b> SAT FAT	<b>12mg</b> SODIUM	<b>23.0g</b> 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

### PER SERVING (1 ea.)

<b>82</b> CALORIES	<b>0.0g</b> SAT FAT	<b>4mg</b> SODIUM	<b>20.4g</b> CARBS
-----------------------	------------------------	----------------------	-----------------------

#### 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)

<b>396</b> CALORIES	<b>6.5g</b> SAT FAT	<b>1133mg</b> SODIUM	<b>49.3g</b> CARBS
------------------------	------------------------	-------------------------	-----------------------

**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

## HOT DOG W/ROLL

### PER SERVING (1 hot dog)

<b>280</b> CALORIES	<b>4.5g</b> SAT FAT	<b>650mg</b> SODIUM	<b>26.0g</b> CARBS
------------------------	------------------------	------------------------	-----------------------

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

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

---

## Hummus lunches

### PER SERVING (1 serv.)

<b>432</b> CALORIES	<b>1.3g</b> SAT FAT	<b>475mg</b> SODIUM	<b>56.7g</b> 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

---

## MAC & CHS JTM W/ROLL

### PER SERVING (1 serv.)

<b>388</b> CALORIES	<b>6.9g</b> SAT FAT	<b>961mg</b> SODIUM	<b>47.0g</b> CARBS
------------------------	------------------------	------------------------	-----------------------

**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.)

<b>118</b> CALORIES	<b>0.3g</b> SAT FAT	<b>153mg</b> SODIUM	<b>18.8g</b> 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, Strawberry, TruMoo, Dean, MILK (Milk, Fat Free, Strawberry, TruMoo, Dean, MILK); Milk, Fat Free Milk, Swiss Premium, MILK

## MUFFIN, 4OZ OTIS

### PER SERVING (1 muffin)

<b>383</b> CALORIES	<b>3.8g</b> SAT FAT	<b>260mg</b> SODIUM	<b>62.3g</b> 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

### PER SERVING (4 Ounce serving)

<b>290</b> CALORIES	<b>5.0g</b> SAT FAT	<b>550mg</b> SODIUM	<b>27.0g</b> CARBS
------------------------	------------------------	------------------------	-----------------------

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

**Made With:** PEPPERONI PIZZA BREADSTICKS



# PINWHEELS - STEAK AND CHEESE

## PER SERVING (1 ea.)

<b>320</b> CALORIES	<b>6.0g</b> SAT FAT	<b>730mg</b> SODIUM	<b>33.0g</b> CARBS
------------------------	------------------------	------------------------	-----------------------

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

**Made With:** PINWHEELS - STEAK AND CHEESE

---

# Pizza Cheese Crunchers WGR MMA 65225

## PER SERVING (2 piece)

<b>210</b> CALORIES	<b>4.5g</b> SAT FAT	<b>400mg</b> SODIUM	<b>21.0g</b> 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)

<b>450</b> CALORIES	<b>9.0g</b> SAT FAT	<b>735mg</b> SODIUM	<b>45.0g</b> CARBS
------------------------	------------------------	------------------------	-----------------------

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

**Made With:** PIZZA STIX - SCHWANS

---

## PIZZA STIX - SECONDARY W/DIPPING SAUCE

### PER SERVING (1 serv.)

<b>450</b> CALORIES	<b>4.5g</b> SAT FAT	<b>1055mg</b> SODIUM	<b>50.4g</b> CARBS
------------------------	------------------------	-------------------------	-----------------------

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

**Made With:** Breadstick, Fit for Kids Plus MaxStix Cheese Filled Whole Grain 1.95 oz, The MAX, ConAgra , 77387-12 (Breadstick, MaxStix Reduced Fat Mozzarella, Frozen, ConAgra Foods, 77387-12722, MMA, WG); Marinara Sauce, Plastic Dipping Cup 2.5oz, Red Gold, REDNA2ZC84, Veg-RO

## PIZZA, 4 MEAT

### PER SERVING (1/8 slice)

<b>370</b> CALORIES	<b>7.0g</b> SAT FAT	<b>650mg</b> SODIUM	<b>36.0g</b> CARBS
------------------------	------------------------	------------------------	-----------------------

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

**Made With:** PIZZA, 4 MEAT

## PIZZA, BIG DADDY

### PER SERVING (1 slice)

<b>400</b> CALORIES	<b>9.0g</b> SAT FAT	<b>580mg</b> SODIUM	<b>43.0g</b> 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)

<b>390</b> CALORIES	<b>7.0g</b> SAT FAT	<b>750mg</b> SODIUM	<b>35.0g</b> CARBS
------------------------	------------------------	------------------------	-----------------------

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

**Made With:** PIZZA, BUFFALO CHICKEN

---

## PIZZA, EGG & CHEESE

### PER SERVING (1 slice)

<b>350</b> CALORIES	<b>11.0g</b> SAT FAT	<b>450mg</b> SODIUM	<b>25.0g</b> CARBS
------------------------	-------------------------	------------------------	-----------------------

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

**Made With:** PIZZA, EGG & CHEESE

---

## PIZZA, MICKEY'S NON-WG

### PER SERVING (1 slice)

<b>330</b> CALORIES	<b>10.0g</b> SAT FAT	<b>460mg</b> SODIUM	<b>28.0g</b> CARBS
------------------------	-------------------------	------------------------	-----------------------

**Allergens:** Contains Milk, Wheat.

**Made With:** PIZZA, MICKEY'S NON-WG

---

# QUESADILLA M&C

## PER SERVING (4 7/8 oz.)

<b>375</b> CALORIES	<b>6.0g</b> SAT FAT	<b>390mg</b> SODIUM	<b>47.0g</b> CARBS
------------------------	------------------------	------------------------	-----------------------

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

**Made With:** QUESADILLA M&C

---

# Relish Tray

## PER SERVING (5 oz.)

<b>34</b> CALORIES	<b>0.1g</b> SAT FAT	<b>68mg</b> SODIUM	<b>7.9g</b> 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.)

<b>55</b> CALORIES	<b>0.7g</b> SAT FAT	<b>150mg</b> SODIUM	<b>3.1g</b> 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 2.7OZ BRKFST

### PER SERVING (1 roll.)

<b>230</b> CALORIES	<b>1.5g</b> SAT FAT	<b>240mg</b> SODIUM	<b>38.0g</b> CARBS
------------------------	------------------------	------------------------	-----------------------

**Allergens:**

**Made With:** ROLLS, CINNAMON 2.7OZ

---

## Salad Grilled Chicken

### PER SERVING (1 ea.)

<b>480</b> CALORIES	<b>7.4g</b> SAT FAT	<b>777mg</b> SODIUM	<b>53.8g</b> 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

### PER SERVING (1 c.)

<b>0</b> CALORIES	<b>0.0g</b> SAT FAT	<b>0mg</b> SODIUM	<b>0.0g</b> CARBS
----------------------	------------------------	----------------------	----------------------

**Allergens:**

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

---

## Salad Ribbon

### PER SERVING (1 ea.)

<b>365</b> CALORIES	<b>5.0g</b> SAT FAT	<b>900mg</b> SODIUM	<b>38.1g</b> 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.)

<b>448</b> CALORIES	<b>6.8g</b> SAT FAT	<b>730mg</b> SODIUM	<b>36.3g</b> CARBS
------------------------	------------------------	------------------------	-----------------------

**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.)

<b>308</b> CALORIES	<b>2.5g</b> SAT FAT	<b>985mg</b> SODIUM	<b>37.6g</b> 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)

<b>347</b> CALORIES	<b>5.5g</b> SAT FAT	<b>974mg</b> SODIUM	<b>39.8g</b> 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)

---

## Sauerkraut, Shred Canned, Monarch-D, 170108, Veg-O

### PER SERVING (2 Tbsp.)

<b>7</b> CALORIES	<b>0.0g</b> SAT FAT	<b>240mg</b> SODIUM	<b>2.7g</b> CARBS
----------------------	------------------------	------------------------	----------------------

**Allergens:**

**Made With:** Sauerkraut, Shred Canned, Monarch-D, 170108, Veg-O

---

## Seasoned Green Beans, Veg-O

### PER SERVING (1/2 c.)

<b>42</b> CALORIES	<b>0.4g</b> SAT FAT	<b>158mg</b> SODIUM	<b>6.1g</b> CARBS
-----------------------	------------------------	------------------------	----------------------

**Allergens:**

**Made With:** BEANS,SNAP,GRN,FRZ,CKD,BLD,DRND WO/SALT; BEVERAGES,H2O,TAP,MUNICIPAL; MARGARINE,REG,80% FAT,COMP,STK,W/ SALT,W/ ADDED VITAMIN D; SUGARS,GRANULATED; SALT,TABLE; PEPPER,BLACK

---

## SUBWAY SANDWICH

### PER SERVING (1 sandwich)

<b>142</b> CALORIES	<b>2.2g</b> SAT FAT	<b>482mg</b> SODIUM	<b>17.1g</b> CARBS
------------------------	------------------------	------------------------	-----------------------

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

**Made With:** SUBWAY CLUB; SUBWAY ROAST BEEF; SUBWAY, TURKEY BREST; SUBWAY, HAM; SUBWAY, VEGGIE DELITE

---



## TANGERINE CHICKEN W/RICE AND WGR ROLL

### PER SERVING (1 serv.)

<b>570</b> CALORIES	<b>2.4g</b> SAT FAT	<b>835mg</b> SODIUM	<b>91.1g</b> 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.)

<b>516</b> CALORIES	<b>7.1g</b> SAT FAT	<b>1331mg</b> SODIUM	<b>62.8g</b> 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

### PER SERVING (1/2 c.)

<b>58</b> CALORIES	<b>1.6g</b> SAT FAT	<b>44mg</b> SODIUM	<b>4.9g</b> CARBS
-----------------------	------------------------	-----------------------	----------------------

**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)

<b>62</b> CALORIES	<b>0.5g</b> SAT FAT	<b>111mg</b> SODIUM	<b>10.2g</b> 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, Green, No Salt Added, Frozen, USDA Foods, 110763, VEG-S

### PER SERVING (1/2 c.)

<b>62</b> CALORIES	<b>0.0g</b> SAT FAT	<b>58mg</b> SODIUM	<b>11.0g</b> CARBS
-----------------------	------------------------	-----------------------	-----------------------

**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.)

<b>98</b> CALORIES	<b>1.7g</b> SAT FAT	<b>35mg</b> SODIUM	<b>15.8g</b> 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.)

<b>343</b> CALORIES	<b>0.9g</b> SAT FAT	<b>823mg</b> SODIUM	<b>47.4g</b> CARBS
------------------------	------------------------	------------------------	-----------------------

**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)

<b>343</b> CALORIES	<b>0.9g</b> SAT FAT	<b>823mg</b> SODIUM	<b>47.4g</b> CARBS
------------------------	------------------------	------------------------	-----------------------

**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.)

<b>595</b> CALORIES	<b>6.0g</b> SAT FAT	<b>1086mg</b> SODIUM	<b>48.9g</b> 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

---

# WRAPS - MIDDLE SCHOOL

## PER SERVING (1 wrap)

<b>442</b> CALORIES	<b>6.9g</b> SAT FAT	<b>917mg</b> SODIUM	<b>44.1g</b> 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 & 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.)

<b>268</b> CALORIES	<b>2.1g</b> SAT FAT	<b>217mg</b> SODIUM	<b>40.7g</b> CARBS
------------------------	------------------------	------------------------	-----------------------

**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

---