

Ingredient	Calories	Carbs	Sodium mg	Total Fat g	Protein g	Fiber	Sugar	Milk	Egg	Fish	Soy	Wheat	Peanut Treenut	Dyes
BREAKFAST														
BAGEL	130	25	200	1.5	4	2	2				yes	yes		
BARS														
BANANA CHIP BENEFIT BAR	140	24	105	4	2	2	12	yes	yes		yes	yes		
OATMEAL CHIP BAR	290	47	240	9	5	3	22	yes	yes		yes	yes		
BISCUIT W/SAUSAGE & CHEESE	285	25	726	15	14	1	3	yes	yes		yes	yes		
BISCUIT	190	23	400	9	4	1	2	yes	yes		yes	yes		
BREAKFAST BREADS														
BANANA BREAD	280	44	220	10	5	2	25	yes	yes		yes	yes		
LEMON BREAD	230	44	250	8	5	2	15	yes	yes		yes	yes		
PUMPKIN BREAD	260	44	240	8	5	2	24	yes	yes		yes	yes		
BREAKFAST BREAK CTC CEREAL														
CTC Cereal	110	22	160	3	1	3	6				yes	yes		
Apple juice	60	15	5	0	0	0	13							
Grahams, cinnamon	100	18	45	3	1	2	6	yes	yes		yes	yes		
BREAKFAST PIZZA, WILD MIKES IW*	170	18	300	7	9	2	3	yes			yes	yes		
CEREAL														
BLUEBERRY CHEX (2 OZ)	240	46	350	5	3	1	12							
CINNAMON CHEX (1 OZ)	120	23	170	2.5	1	1	6							
CINNAMON CHEX (2 OZ)	230	46	340	5	3	3	12							
HONEY CHERRIOS	210	44	340	3	6	5	12							
RICE CHEX	100	24	250	0.5	2	1	2							
CHOCOLATE CHICKPEA SPREAD	170	15	35	10	5	2	8							
EGG & CHEESE ON BUN	150	19	270	6	6	2	4	yes	yes		yes	yes		
FRENCH TOAST STICKS	240	38	260	7	6	2	12	yes	yes		yes	yes		
GRANOLA ROUND	271	44	181	5	8	5	18	yes	yes		yes	yes		
MINI CINNIS	240	40	300	5	7	2		yes				yes		
MUFFIN, BANANA MINI	140	24	140	3	3	1	12	yes	yes		yes	yes		
MUFFIN, BANANA (Blue Sky)	280	47	280	7	6	2	26	yes	yes		yes	yes		
MUFFIN, BLUEBERRY	280	46	190	8	5	2	22	yes	yes		yes	yes		
OATMEAL CHIP BAR (Benefit)	290	47	240	9	5	3	22	yes	yes		yes	yes		
PANCAKES MINI	195	33	297	5.58	3.72	3.72		yes	yes		yes	yes		
PANCAKE AND SAUSAGE ON STICK	140	16	360	5	8	2	6	yes	yes		yes	yes		
RAISINS & SUNFLOWER KERNELS	309	30	15	18	8	4	24							

Ingredient	Calories	Carbs	Sodium mg	Total Fat g	Protein g	Fiber	Sugar	Milk	Egg	Fish	Soy	Wheat	Peanut Treenut	Dyes
SAUSAGE PATTY (BEEF)	60	1	220	3.5	6	0	0							
SWEET POTATO SWIRL ROLL	240	38	240	8	5	3	12				yes	yes		
YOGURT/F Y	130	36	65	0	5	0	20	yes						
WAFFLE, ENVY small	160	20	170	7	4	2	15	yes			yes	yes		
WAFFLES, MINI	200	35	220	5	4	4	10	yes						
YOGURT 4 OZ	90	19	55	0	3	0	14	yes						
LUNCH														
ANYTIMER HAM & CHEESE														
(Turk)Ham, crackers (2), cheese	360	33	720	17	18	1	8	yes	yes		yes	yes		
ANYTIMER, TURKEY AND CHEESE														
Turkey, crackers (2), cheese	360	37	910	16	18	0	11	yes	yes		yes	yes		
ANYTIMER PIZZA LUNCHw/PEP														
Turk pep, cheese, crusts	350	35	880	15	15	4	7	yes			yes	yes		
ANYTIMER, PIZZA LUNCH w/CHEESE														
Cheese, crusts	360	34	750	17	13	4	7	yes			yes	yes		
APPLES, WARM CINNAMON	104	25	14	0	0	2	12							
BAGEL, MINI PIZZA	260	24	560	4	21	4		YES			YES	YES		
BEEF & CHEESE TACO STICK	345	32	631	13	20	4	1	yes			yes	yes		
BENTO BOX, EGG	373	51	288	14	15	8	7	yes				yes		
BENTO BOX, HUMMUS	467	50	651	25	12	10	7							
BENTO BOX, PEPPERONI & CHEESE	520	49	936	27	22	7	14	yes				yes		
BOLOGNA & CHEESE ON BUN	272	33	685	9	20	4	10	yes			yes	yes		
BOLOGNA & CHEESE PRE K	158	17	381	6	11	2	2	yes			yes	yes		
BISCUIT	190	23	400	9	4	1	2	yes	yes		yes	yes		
BOLOGNA(TURKEY) & CHEESE SUB IW	270	34	690	10	13	3		yes			yes	yes		
BREAD STICK, GARLIC	170	25	170	6	2	2		yes	yes		yes	yes		
CALZONES, CHEESE MINI	320	40	470	11	17	4		yes			yes	yes		
CHEESE CUBES (CHEDDAR &COLBY JACK)	92	0	191	7	7	0		YES						
CHEESE POCKET	290	30	550	13	15	2	2	YES				YES		
CHEESE SANDWICH	281	33	665	10	20	4	12	yes			yes	yes		
CHEESEBURGER W/BACON	351	31	639	17	23	4	10	yes			yes	yes		
CHEESEBURGER	331	31	531	16	21	4	10	yes			yes	yes		
CHICKEN N/WAFFLES	509	80	630	18	20	3	34	yes	yes		yes	yes		
CHICKEN BUFFALO WRAP	480	44	839	23	24	7		yes			yes	yes		

Ingredient	Calories	Carbs	Sodium mg	Total Fat g	Protein g	Fiber	Sugar	Milk	Egg	Fish	Soy	Wheat	Peanut Treenut	Dyes
CHICKEN CAESAR WRAP	350	31	799	14	25	5	1	yes	yes	yes	yes	yes		
CHICKEN DRUMSTICK, HOT & SPICY	210	7	380	12	17	1						yes		
CHICKEN DRUMSTICK	190	5	450	11	16	1						yes		
CHICKEN NUGGETS (5)	263	16	450	15	16	3	1				yes	yes		
CHICKEN NUGGETS (SOY FREE)	280	12	490	16	20	1	0	yes						
CHICKEN, ORANGE	308	28	481	14	15	3	13				yes	yes		
CHICKEN PARMESAN SANDWICH	451	46	761	17	30	8	8	yes			yes	yes		
CHICKEN PATTY SANDWICH	343	38	534	11	27.26	6								
Hamburger roll	140	29	240	2	6	3					yes	yes		
Chicken Patty, WM, uniform	200	9	290	9	19	3					yes	yes		
CHICKEN PATTY SANDWICH, SPICY	410	46	640	22	21.3	6								
Hamburger roll	140	29	240	7	6	3					yes	yes		
Spicy chicken patty	270	17	400	15	15	3					yes	yes		
CHICKEN POPCORN	180	11	411	8	15	1	1	yes			yes	yes		
CHICKEN STRIPS, SPICY	264	16	396	15.21	15.13	3					yes	yes		
CHICKEN STRIPS SPICY WRAP	507	49	647	24	24	7		yes			yes	yes		
CHICKEN TENDERS	264	16	396	15	15	3					yes	yes		
CHOCOLATE CHICKPEA SPREAD	170	15	35	10	5	2								
COLD CUTS														
Bologna (turkey)2oz	120	1	640	10	7	0	0							
Ham (turkey) 2 oz	80	2	240	4	8	0	1							
Turkey, 2 oz	60	0	300	0.5	12	0	0							
COLD CUT SUB	322	33	868	11	25	4	4	yes			yes	yes		
COOKIE, CHOC CHIP FRESH	200	33	160	7	2	2	16		yes		yes	yes		
COOKIE, SUGAR	200	33	115	7	3	2	16		yes		yes	yes		
CORN DOG	281	31	660	13	9	2		yes	yes		yes	yes		
CORN DOG, MINI (6)	257	35	362	10	10	0	11	yes	yes		yes	yes		
FISH NUGGETS	180	20	290	4	16	2	0			yes		yes		
GRANOLA CLUSTERS	220	47	95	2.5	5	4					yes	yes		
HAM & CHEESE PRE-K	175	18	461	6	13	2	2	yes			yes	yes		
HAM (Turkey) & CHEESE SUB	301	30	790	12	20.6	3					yes	yes		
HAMBURGER	290	31	380	12	22	4								
Hamburger roll	140	29	240	7	6	3					yes	yes		
Burger	150	2	140	10	16	0					yes			

Ingredient	Calories	Carbs	Sodium mg	Total Fat g	Protein g	Fiber	Sugar	Milk	Egg	Fish	Soy	Wheat	Peanut Treenut	Dyes
SALAD, TOSSED	36	7	30	0	1	2								
SALAD, SOUTHWEST	400	80	745	3	17	13								
SALAD, SPICY CHICKEN STRIPS	293	22	430	15	17	6					yes	yes		
SALAD, TUNA BOX	164	8	457	7	15	2			yes	yes				
SANDICHES (PRE-MADE I.W.)														
Grilled cheese on WG bread	209	30	387	7	12	3	4	YES			YES	YES		
Turkey bologna, turkey salami & cheese	280	29	480	10	19	2	6	YES			YES	YES		
Turkey ham & cheese on WG roll	290	29	940	11	20	2	5	YES			YES	YES		
Turkey, turkey ham & cheese wedge	250	28	470	9	19	2	6	YES			YES	YES		
SLOPPY JOE	285	39	657	8	19	6	16				YES	YES		
STRING CHEESE	80	0	210	6	7	0		yes						
SUBS, DELI														
BOLOGNA (TURKEY) & CHEESE	294	33	961	13	19	4		YES			YES	YES		
HAM(TURKEY) & CHEESE	301	30	790	9	21	3		YES			YES	YES		
TURKEY & CHEESE	279	29	802	6	27	3		YES			YES	YES		
SUNBUTTER SANDWICH	610	56	590	34	20	7					yes	yes		
SUNFLOWER KERNALS	190	11	65	14	6	3								
TACO SALAD	206	11	443	13.52	25	6.03								
Beef taco filling	112	5	292	5	13	2					yes			
Corn	7	5	33	5	6	0					yes			
Cheese, shredded cheddar	92	1	95	5.4	4.25	0		yes						
Tomatoes	0	0	32	0	0	0								
TOMATO SOUP	90	18	393	0	2	1	10							
TOSTITOS ROUNDS, IND BAG	200	29	180	7	2	3								
TUNA SALAD	120	2	396	7	12	1			yes	yes				
TUNA SALAD SANDWICH	270	32	679	9	19	5			yes	yes	yes	yes		
TURKEY & CHEESE PRE-K	161	17	464	4	16	2		yes			yes	yes		
TURKEY STICK	40	0	190	1	8	0								
VEGAN BURGER	282	38	666	7	22	7	11				yes	yes		
WAFFLE, ENVY	240	38	210	2.5	5	2	13	yes			yes	yes		
YOGURT BOX	389	68	357	8	14	4	31	yes			yes	yes		
FRUITS														
APPLE, RAW WITH SKIN (5 oz)	72	19	1	0.23	0.3	3	14							
APPLE, JUICE DAIRY MAID	60	14	5	0	0	0	13							

Ingredient	Calories	Carbs	Sodium mg	Total Fat g	Protein g	Fiber	Sugar	Milk	Egg	Fish	Soy	Wheat	Peanut Treenut	Dyes
COLE SLAW	115	10	189	8	0	2	5		yes					
COOL TROPICS TROPICAL TRIO SLUSH	80	20	5	0	0	0	17							
CORN	51	12	109	0.6	2	2								
CORN & BLACK BEAN SALAD	75	15	283	1	3	3								
CUCUMBERS & CHERRY TOMATOES	8	1.8	2	0.1	0.32	0.4								
CUCUMBER SALAD	33	8	1	0	0	0								
GOLD RUSH VEG JUICE	40	10	60	0	0	0								
GREEN BEANS	20	5	100	0	1	2								
LIMA BEANS	92	17	50	0	5	5								
MARINARA SAUCE	61	10.21	95	2.38	1.36	1.36								
PARADISE PUNCH VEG JUICE	60	15	10	0	0	0								
PEAS & CARROTS	38	8	20	0	2	2								
PEAS	22	4	31	0	1	1								
POTATOES, DELI	120	17	240	6	1	1								
POTATOES, MASHED	70	14	145	1	2	0		YES						
POTATOES, SEASONED WEDGES	130	21	150	4	2	2								
POTATOES, SMILE	160	25	230	6	2	2								
SALSA	30	5.92	207	0	0	2.96								
SOUP, TOMATO (1/2 CUP)	90	18	390	1	2	1	10					YES		
TOSSED SALAD	13	2	7	0	0.5	0.5								
TROPICAL TRIO	80	20	25	0										
VEG JUICE GOLD RUSH	40	10	60	0	0	0								
MILK														
MILK, 1%, WHITE	100	11	120	2.5	8	0	11	yes						
MILK, FAT FREE, CHOCOLATE	130	20	230	0	8	0	18	yes						
MILK, FAT FREE, STRAWBERRY	130	25	120	0	8	0	24	yes						
MILK, FAT FREE, WHITE	80	11	120	0	8	0	11	yes						
MILK, SHELF STABLE, CHOC	200	30	130	5	8	0		yes						
MILK, SHELF STABLE, WHITE	100	12	110	2.5	8	0		yes						
RIPPLE, ALLERGEN FREE MILK 8 OZ	140	16	160	4.5	8	0	15							
CONDIMENTS														
HONEY MUSTARD 1 OZ.	45	10	160	0	0	0	9							
FAT FREE RANCH DRESSING	23	6	330	0	0	0	2	yes						
KETCHUP (9 GM)	10	2	25	0	0	0	2							

Ingredient	Calories	Carbs	Sodium mg	Total Fat g	Protein g	Fiber	Sugar	Milk	Egg	Fish	Soy	Wheat	Peanut Treenut	Dyes
MAYONNAISE (9 GM)	70	0	45	7	0	0	0		YES					
MUSTARD (5.5 GM)	5	0	65	0	0	0	0							
TACO SAUCE (9 GM)	5	1	95	0	0	0								
SYRUP (1.5 OZ)	120	30	20	0	0	0	22							
MARINARA CUP 2.5 OZ	40	7	200	1	1	0	1							
A LA CARTE ITEMS														
HERSHEY'S														
CHOCOLATE SCOOTER BAR	170	26	85	6	2	0	13	YES			YES	YES		
STRAWBERRY SCOOTER CRUNCH	160	25	75	6	2	0	13	YES			YES	YES		
SALTED CARAMEL BROWNIE CRUNCH	160	23	170	6	3	0	14	YES			YES	YES		
ORANGE BLOSSOM BAR	80	18	40	1	1	0	14	YES						
FRUIT PUNCH FREEZE POLAR BLAST	80	21	10	0	0	0	16							RED#40
CHOCOLATE SUNDAE CUP	80	16	60	1	2	0	12	YES						
STRAWBERRY SUNDAE CUP	80	17	50	1	2	0	14	YES						
VANILLA CUP	70	14	55	1	2	0	11	YES						
CHIPS														
BAKED LAYS BBQ	110	19	170	2.5	2	2	3	YES			YES	YES		
BAKED LAYS ORIGINAL	100	20	115	1.5	2	2	2							
BAKED RUFFLES CHED & SC	100	17	200	2.5	1	1	2	YES			YES			
CHEETOS, FANTASTIX FLAMIN HOT	130	20	200	5	2	2		YES						RED#40, YELLOW 6
CHEETOS, CRUNCHY	120	16	200	4.5	2	1		YES						YELLOW 6
DORITOS COOL RANCH	130	20	150	5	2	2		YES						
DORITOS FLAMAS	130	20	200	5	2	2		YES						
FUNYONS	100	14	125	3.5	2	1		YES						
SUNCHIPS ORGINAL	140	18	120	6	2	2	2					YES		
POPCORN, SMARTFOOD WHITE CHEDDAR	70	9	100	2.5	2	2		YES						
TOSTITO ROUNDS	200	29	160	7	3	3	0							
TOSTIOS BAKED SCOOP CHIPS	110	19	125	2.5	2	1								
CRACKERS/COOKIES/SNACKS														
RICE KRISPIES TREAT W/CHOC CHIP	190	34	150	5	2		14				YES	YES		
FRUIT ROLL-UPS	50	11	55	1	0	2	4							
LINDENS COOKIES														
COOKIES, BUTTER CRUNCH 2PK	141	22	119	5.3	1.5	2	11		YES		YES	YES		

