

PK-5 Menu Item Nutrient Analysis 2022-2023 School Year

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Fiber (g)	Protein (g)
Milk, 1%, 11 oz (1 ea.) Contains Milk.	140.0	16.0	3.5	2.0	0.0	14.0	170.0	0.0	11.0
Apple Chips - (1 Bag) Contains Apples.	40.0	10.0	0.0	0.0	0.0	0.0	0.0	2.0	0.0
Apple Chips, Strawberry flavor - (1 Bag) Contains Apples, Strawberries.	40.0	10.0	0.0	0.0	0.0	0.0	0.0	2.0	0.0
Apple Juice - (1 ea.) Contains Apples.	60.0	14.0	0.0	0.0	0.0	0.0	15.0	0.0	0.0
Apple, Granny Smith - commercial (1 large (3-1/4" dia)) Contains Apples.	116.4	30.8	0.4	0.1	0.0	0.0	2.5	5.4	0.6
Apple, Pink Lady (1 ea.) Contains Apples.	95.0	25.1	0.3	0.1	0.0	0.0	2.0	4.4	0.5
Apple, Red Delicious (1 large (3-1/4" dia)) Contains Apples.	116.4	30.8	0.4	0.1	0.0	0.0	2.5	5.4	0.6
Apple, Red Delicious, (1 large (3-1/4" dia)) Contains Apples.	116.4	30.8	0.4	0.1	0.0	0.0	2.5	5.4	0.6
Applesauce cup, cinnamon 4.5 OZ (1 ea.) Contains Apples.	50.0	14.0	0.0	0.0	0.0	0.0	0.0	1.0	0.0
Applesauce cup, Mixed Berry, 4.5 OZ - (1 ea.) Contains Apples.	50.0	14.0	0.0	0.0	0.0	0.0	0.0	1.0	0.0
Applesauce Pouch - TR1051 (1 ea.)	50.0	15.0	0.0	0.0	0.0	0.0	0.0	1.0	0.0
Baby Carrots - TR1047 (1 Bag)	29.8	7.0	0.1	0.0	0.0	0.0	66.3	2.5	0.5
Bacon & Egg Breakfast Taco - (1 ea.) Contains Egg, Gluten, Milk, Onion, Turkey, Wheat.	235.0	15.4	11.1	3.4	0.0	193.9	838.7	1.0	13.9
Bacon Bits - (1 Tbsp.) Contains Turkey.	22.5	0.0	1.5	0.4	0.0	7.5	119.9	0.0	1.5
Baked Beans - (1 ea.) Contains Cayenne Pepper, Cinnamon, Corn/Corn Products, Milk, Onion, Soy, Tomatoes, Turkey.	182.6	32.9	1.4	0.5	0.0	2.7	353.0	6.1	7.7
Baked Potato, plain (1 ea.) Contains Potatoes.	286.1	65.6	0.3	0.1	0.0	0.0	17.6	4.8	7.8
Baked Tostitos Scoops - (1 Bag)	110.0	19.0	2.5	0.0	0.0	0.0	125.0	2.0	2.0
Balsamic Dressing - (2 fl. oz.) Contains Olives.	185.5	34.2	5.4	0.8	0.0	0.0	124.2	0.0	0.2
Banana - (1 ea.) Contains Banana.	121.0	31.1	0.5	0.2	0.0	0.0	1.4	3.5	1.5
Banana Bread - (1 slice) Contains Banana, Egg, Gluten, Milk, Wheat.	200.0	37.9	4.0	1.8	0.0	23.7	188.4	2.7	4.4
Banana Bread, ind - (1 ea.) Contains Banana, Egg, Gluten, Milk, Wheat.	200.0	37.9	4.0	1.8	0.0	23.7	188.4	2.7	4.4
BBQ Baked Beans - (4 fl oz slotted spoodle) Contains Cayenne Pepper, Cinnamon, Corn/Corn Products, Milk, Onion, Soy, Tomatoes, Turkey.	182.6	32.9	1.4	0.5	0.0	2.7	353.0	6.1	7.7
BBQ Beef on Bun - (1 no. 8 scoop on bun) Contains Beef, Gluten, Soy, Wheat.	390.0	50.0	12.5	5.0	0.0	35.0	1,050.0	5.0	22.0
BBQ Chicken - (1 Thigh or 1 breast or 2 legs) Contains Citrus, Corn/Corn Products, Gluten, Milk, Onion, Soy, Tomatoes. May contain Cayenne Pepper.	251.0	9.8	12.8	3.1	0.0	115.4	581.0	0.1	26.3
BBQ Chicken & Jalapeno pizza (1 slice) Contains Cayenne Pepper, Chicken, Cinnamon, Corn/Corn Products, Gluten, Lemon, Milk, Onion, Soy, Tomatoes, Wheat.	424.1	38.1	16.7	6.7	0.0	56.3	946.6	3.3	29.7
BBQ Chicken Sandwich (1 no. 8 scoop on bun) Contains Chicken, Gluten, Soy, Tomatoes, Wheat.	323.8	46.6	5.0	0.5	0.0	50.4	955.6	3.0	23.4
BBQ Sauce Dip - (1 pkg.)	40.0	10.0	0.0	0.0	0.0	0.0	370.0	0.0	0.0
Bean Dip, 3 oz (ZeeZees) - (1 ea.) Contains Beans (all kinds), Citrus, Olives, Sesame.	110.0	18.0	2.0	0.0	0.0	0.0	100.0	5.0	6.0
Beef & Cheese Nachos - PRE-DISH (1 each + 1 bag chips) Contains Beef, Corn/Corn Products, Milk, Onion. May contain Cayenne Pepper.	433.3	38.9	21.6	7.5	1.9	57.3	1,002.5	4.0	21.5
Beef and Cheese Nachos TRADITIONAL - (1 no. 16 of Meat + 2 fl oz Cheese + 1 Bag of Chips) Contains Beef, Cayenne Pepper, Corn/Corn Products, Gluten, Milk, Onion, Soy, Wheat. May contain Cayenne Pepper.	379.1	26.4	21.1	6.9	1.5	55.6	568.5	3.6	20.3
Beef Soft Tacos - (2 tacos) Contains Beef, Gluten, Onion, Wheat. May contain Cayenne Pepper.	444.2	34.3	21.8	6.1	3.0	77.7	780.0	5.1	26.8
Beef Taco Filling (1 #10 scoop) Contains Beef, Onion. May contain Cayenne Pepper.	227.4	6.6	15.1	4.9	2.4	62.2	224.0	2.5	18.3
Berry Cobbler - (1 #6 scoop) Contains Berries (all kinds), Cinnamon, Corn/Corn Products, Gluten, Milk, Soy, Wheat.	282.4	52.9	7.6	3.3	0.0	0.0	84.7	2.1	2.6
Black Bean Salad - (1 ea.) Contains Corn/Corn Products, Olives, Onion.	238.8	38.7	5.4	0.6	0.0	0.0	377.1	6.9	9.9
Blueberry Banana Muffin - (1 ea.) Contains Banana, Berries (all kinds), Egg, Gluten, Milk, Soy, Wheat.	291.7	53.5	7.2	3.1	0.0	30.3	271.4	3.3	6.2
Breaded Chicken Sandwich - (1 ea.) Contains Chicken, Corn/Corn Products, Gluten, Milk, Onion, Soy, Wheat.	350.0	42.0	9.5	1.5	0.0	60.0	720.0	4.0	27.0
Breadsticks for Entree Salad - (1 ea.) Contains Egg, Gluten, Milk, Wheat.	127.9	22.2	2.5	1.1	0.0	17.5	189.6	2.3	4.5
Breakfast Bar - (1 ea.) Contains Cinnamon, Gluten, Soy, Wheat.	250.0	39.0	9.0	2.5	0.0	0.0	80.0	3.0	4.0
Breakfast Taco - (2 ea.) Contains Egg, Gluten, Milk, Turkey, Wheat.	393.3	31.1	17.6	4.4	0.0	386.0	1,191.1	2.0	23.4
Broccoli & Cheese (1 ea.) Contains Milk.	53.5	8.0	1.3	0.8	0.0	1.9	201.6	2.5	3.7
Broccoli & Cheese Baked Potato - (5 oz spoodle + 1 potato) Contains Cayenne Pepper, Corn/Corn Products, Gluten, Milk, Onion, Potatoes, Soy, Wheat.	527.2	75.4	14.7	6.8	0.0	33.4	681.6	5.7	22.3
Broccoli Salad - (1 #6 scoop) Contains Broccoli, Carrot, Corn/Corn Products, Egg, Milk, Mustard, Onion, Potatoes, Soy, Sunflower Seeds, Turkey.	114.4	12.1	6.2	1.5	0.0	7.9	447.4	1.1	5.0
Broccoli, cooked - (1 ea.) Contains Broccoli.	28.0	5.2	0.4	0.1	0.0	0.0	27.0	0.0	3.0
Brown Gravy - (1 fl. oz.) Contains Beef, Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Egg.	0.3	0.1	0.0	0.0	0.0	0.0	4.1	0.0	0.0
Brown Rice Pilaf - (1 #8 scoop) Contains Chicken, Onion, Rice.	113.1	22.8	1.2	0.0	0.0	0.0	109.8	1.4	2.7
Buffalo Chicken Pizza - (1 slice) Contains Chicken, Egg, Gluten, Lemon, Milk, Onion, Soy, Wheat.	405.5	33.0	16.9	6.5	0.0	57.2	1,128.2	3.2	29.8
Buffalo Grilled Chicken Sandwich w/ Swiss - (1 ea.) Contains Gluten, Milk, Soy, Wheat.	340.0	30.0	10.5	4.0	0.0	75.0	839.0	3.0	32.0
California Blend Vegetables - (4 fl oz slotted spoodle) Contains Milk, Onion.	32.2	6.5	0.1	0.0	0.0	0.0	68.1	2.9	1.9
Carrot & Broccoli Slaw - PRE-DISH (1 ea.) Contains Broccoli, Carrot, Citrus, Olives.	62.5	11.5	1.4	0.2	0.0	0.4	80.2	1.9	2.4
Carrot & Broccoli Slaw - TRADITIONAL (4 fl oz solid spoodle) Contains Broccoli, Carrot, Citrus, Olives.	31.3	5.8	0.7	0.1	0.0	0.2	40.1	1.0	1.2
Cereal, Cinnamon Toast Crunch Bowl - (1 ea.) Contains Cinnamon, Gluten, Soy, Wheat.	230.0	44.0	5.0	0.5	0.0	0.0	320.0	6.0	3.0
Cereal, CINNAMON TOASTERS, 2 G (1 ea.) Contains Gluten, Soy, Wheat.	241.0	44.4	6.8	1.1	0.0	0.0	268.2	2.8	1.9
Cereal, Frosted Shredded Wheat - (1 ea.) Contains Gluten, Wheat.	200.0	46.0	1.0	0.0	0.0	0.0	10.0	6.0	5.0
Cereal, HONEY BUNCHES OF OATS, 2 OZ BOWL (1 ea.) Contains Wheat.	220.0	47.0	3.0	0.0	0.0	0.0	150.0	4.0	4.0
Cereal, Honey Scooters (1 ea.) Contains Gluten, Wheat.	219.4	45.2	2.6	0.4	0.0	0.0	394.1	3.6	4.9
Cereal, Lucky Charms, 2 oz bowl (1 ea.) Contains Corn/Corn Products.	210.0	46.0	3.0	0.0	0.0	0.0	350.0	3.0	4.0
Cereal, Rice Chex (2 ea.) Contains Rice.	200.0	48.0	1.0	0.0	0.0	0.0	500.0	2.0	4.0
Cereal, Rice Chex, Cinnamon (1 ea.) Contains Cinnamon, Rice.	197.5	47.4	1.0	0.0	0.0	0.0	493.8	2.0	4.0
Cereal, Rice Chex, Cinnamon. Contains Cinnamon, Rice.	197.5	47.4	1.0	0.0	0.0	0.0	493.8	2.0	4.0

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Cereal, Scooters (1 ea.) Contains Gluten, Wheat. May contain Soy.	100.0	18.0	1.5	0.0	0.0	0.0	120.0	2.0	3.0
Cheddar Jalapeno Cornbread (1 slice) Contains Corn/Corn Products, Gluten, Milk, Potatoes, Wheat. May contain Egg, Soy.	203.5	28.9	8.3	3.2	0.0	7.3	477.3	1.7	3.8
Cheese Biscuit - (1 ea.) Contains Gluten, Milk, Soy, Wheat. May contain Egg.	261.0	30.0	10.6	6.5	0.0	15.2	563.5	2.0	11.1
Cheese Calzone - (1 ea.) Contains Gluten, Milk, Olives, Soy, Wheat.	372.0	32.0	18.7	7.5	0.0	30.0	510.0	2.0	22.0
Cheese Enchiladas - PRE-DISH (1 ea.) Contains Cinnamon, Citrus, Corn/Corn Products, Gluten, Milk, Onion, Soy, Wheat. May contain Cayenne Pepper.	369.6	27.5	21.0	11.4	0.0	58.0	717.3	4.1	18.2
Cheese Enchiladas - TRADITIONAL Contains Cinnamon, Citrus, Corn/Corn Products, Gluten, Milk, Onion, Soy, Wheat. May contain Cayenne Pepper.	353.1	26.1	20.0	10.9	0.0	57.0	658.0	3.9	17.5
Cheese Nachos - PRE-DISH (1 each + 1 bag chips) Contains Corn/Corn Products, Milk.	382.7	49.1	14.5	6.7	0.0	15.2	1,546.6	2.0	11.7
Cheese Nachos - TRADITIONAL (1 4 OZ SPOODLE CHEESE + 1 BAG OF CHIPS) Contains Cayenne Pepper, Corn/Corn Products, Gluten, Milk, Onion, Soy, Wheat.	354.0	26.5	18.9	7.2	0.0	33.4	756.9	2.1	15.7
Cheese Pizza - (1 slice) Contains Gluten, Milk, Soy, Wheat.	340.0	31.0	15.0	6.0	0.0	30.0	640.0	3.0	20.0
Cheese Stuffed Breadsticks - (2 ea.) Contains Gluten, Milk, Soy, Wheat.	287.8	30.0	12.7	4.3	0.0	31.1	569.3	2.0	14.6
Cheeseburger - (1 ea.) Contains Beef, Gluten, Milk, Onion, Soy, Wheat.	385.5	30.2	20.1	8.1	0.0	57.6	470.8	3.0	21.2
Cheez-Its, 0.75 oz (1 Package) Contains Gluten, Milk, Wheat.	97.9	14.3	3.6	1.0	0.0	2.5	128.5	0.6	2.3
Chef's Salad - (1 ea.) Contains Carrot, Citrus, Corn/Corn Products, Egg, Milk, Potatoes, Soy, Tomatoes, Turkey.	342.7	18.2	23.8	8.8	0.0	157.3	815.9	4.9	17.6
Chicken Alfredo - (1 no. 6 scoop noodles + no. 6 scoop chicken) Cont. Chicken, Gluten, Lemon, Milk, Soy, Wheat	332.5	43.7	5.4	1.1	0.0	70.7	1,130.7	2.0	26.3
Chicken Biscuit - (1 ea.) Contains Chicken, Gluten, Milk, Potatoes, Soy, Wheat. May contain Egg.	270.0	36.0	9.5	4.5	0.0	15.0	580.0	2.0	12.0
Chicken Caesar Salad - (1 ea.) Contains Chicken, Corn/Corn Products, Egg, Fish, Gluten, Lemon, Milk, Mustard, Onion, Soy, Wheat.	558.4	13.8	39.5	10.7	0.0	122.7	1,359.7	3.0	38.1
Chicken Chunks - (3 3/4 oz.) Contains Chicken, Corn/Corn Products, Gluten, Milk, Soy, Wheat.	207.9	15.0	8.0	1.0	0.0	42.0	545.6	2.0	19.0
Chicken Egg Roll (1 ea - side) - (1 ea.) Contains Chicken, Egg, Gluten, Soy, Wheat.	210.0	27.0	7.0	2.0	0.0	10.0	300.0	3.0	9.0
Chicken Sandwich - (1 ea.) Contains Chicken, Corn/Corn Products, Gluten, Milk, Onion, Soy, Wheat.	350.0	42.0	9.5	1.5	0.0	60.0	720.0	4.0	27.0
Chicken Teriyaki (chicken only) TRADITIONAL - (1 #10 scoop) Contains Gluten, Soy, Wheat.	123.8	9.5	3.3	1.0	0.0	66.7	457.1	0.0	15.2
Chicken Teriyaki w/ Stir Fried Rice PRE-DISH (1 ea.) Contains Chicken, Gluten, Rice, Sesame, Soy, Wheat.	306.5	37.0	7.0	1.4	0.0	100.0	753.4	2.0	26.0
Chickpeas, Crunchy, 0.75OZ -(1 ea.) Contains Chickpeas, Sunflower Seeds.	100.0	11.0	4.5	0.0	0.0	0.0	70.0	3.0	5.0
Chili & Beans (1 c.) Contains Beef, Citrus, Onion. May contain Cayenne Pepper.	281.7	29.4	9.9	3.3	1.6	41.6	594.0	9.7	18.6
Chocolate Butter Spread - no nuts - (1 ea.) Contains Chocolate/Cocoa, Corn/Corn Products, Peas.	170.0	14.0	11.0	1.0	0.0	0.0	105.0	3.0	3.0
Chocolate Chip Waffle - (1 ea.) Contains Chocolate/Cocoa, Egg, Gluten, Milk, Soy, Wheat.	280.0	35.0	14.0	6.0	0.0	20.0	320.0	2.0	5.0
Chorizo & Egg Breakfast Taco - (1 ea.) Contains Egg, Gluten, Milk, Onion, Soy, Wheat.	187.3	15.3	7.7	2.4	0.0	144.7	596.9	1.3	11.9
Cilantro Brown Rice - (1 #8 scoop) Contains Chicken, Onion, Rice.	112.5	23.0	1.1	0.0	0.0	0.0	37.4	1.5	2.8
Cinnamon Graham Crackers 3 CT (1 ea.) Contains Cinnamon, Gluten, Soy, Wheat.	100.0	18.0	3.0	1.0	0.0	0.0	140.0	1.0	1.0
Citrus Salad - (4 fl oz solid spoodle) Contains Citrus, Grapefruit.	61.5	15.1	0.1	0.0	0.0	0.0	9.9	0.8	1.0
Clementines - (2 ea.) Contains Citrus, Oranges/Orange Juice.	37.1	9.3	0.2	0.0	0.0	0.0	1.4	1.3	0.6
Cole Slaw - PRE-DISH (1 ea.)	41.6	5.5	2.3	0.2	0.0	0.0	19.8	1.2	0.6
Cole Slaw - TRADITIONAL (4 fl oz solid spoodle)	52.6	7.0	2.9	0.2	0.0	0.0	25.0	1.5	0.8
Cornbread - TRADITIONAL (1 slice) Contains Gluten, Milk, Wheat. May contain Egg, Soy.	183.7	27.9	7.0	2.4	0.0	3.3	441.3	1.6	2.7
Cornbread Dressing (THANKSGIVING) (1 #8 scoop) Cont. Chicken, Gluten, Milk, Onion, Soy, Wheat. May contain Egg, Soy	286.6	37.2	13.5	5.6	0.0	2.2	568.5	2.3	4.8
Cornbread PRE-DISH (1 ea.) Contains Gluten, Milk, Wheat. May contain Egg, Soy.	234.2	35.4	9.0	3.0	0.0	4.1	560.4	2.1	3.4
Cran Apple Spinach Salad - (8 fl oz solid spoodle) Contains Apples.	22.5	5.3	0.2	0.0	0.0	0.0	23.8	1.1	0.9
Cranberry Apple Salad - (1 ea.) Contains Apples, Chicken, Corn/Corn Products, Lemon, Milk, Olives, Soy, Sunflower Seeds.	801.4	100.4	32.3	6.5	0.0	57.0	817.0	9.6	32.5
Cranberry Sauce (THANKSGIVING) (1 Tbsp.) Contains Berries (all kinds), Carrot, Corn/Corn Products.	27.4	6.7	0.0	0.0	0.0	0.0	2.5	0.0	0.0
Croutons (2 Tbsp.) Contains Gluten, Milk, Soy, Wheat.	35.2	4.0	1.5	0.0	0.0	0.0	55.3	0.0	1.0
Crunchy Chickpeas - TR1097 (1 ea.) Contains Chickpeas, Sunflower Seeds.	100.0	11.0	4.5	0.0	0.0	0.0	70.0	3.0	5.0
Crunchy Tacos - (2 tacos) Contains Beef, Citrus, Corn/Corn Products, Onion, Soy. May contain Cayenne Pepper	387.4	28.4	21.8	5.5	2.4	62.2	224.0	4.7	20.5
Crunchy Tacos - PRE-DISH (1 pkg shells + 1 ea meat) Contains Beef, Citrus, Corn/Corn Products, Milk, Onion, Potatoes, Soy. May contain Cayenne Pepper.	497.6	30.0	30.0	9.7	3.0	92.3	368.9	5.3	28.4
Cucumbers - (1 ea.) Contains Cucumber/Pickles.	11.3	2.7	0.1	0.0	0.0	0.0	1.5	0.4	0.5
Cy Fair Garden Fresh Kale slaw, (1 ea.) Contains Apples, Broccoli, Carrot.	44.8	6.0	2.1	0.2	0.0	0.1	53.2	1.3	1.9
Cy-Fair Sauce - (2 fl. oz.) Contains Egg, Soy.	248.6	38.5	11.7	1.3	0.0	13.0	421.3	0.0	0.1
Diced Apples - (4 fl oz solid spoodle) Contains Apples.	32.2	8.7	0.1	0.0	0.0	0.0	1.1	1.6	0.2
Diced Carrots - PRE-DISH (1 ea.) Contains Carrot, Milk, Onion.	53.1	9.4	0.1	0.1	0.0	0.1	108.6	2.8	1.4
Diced Carrots - TRADITIONAL (4 fl oz slotted spoodle) Contains Carrot, Milk, Onion.	51.6	9.1	0.1	0.1	0.0	0.0	155.4	2.8	1.4
Diced Pears - PRE-DISH (1 ea.)	94.6	22.5	0.0	0.0	0.0	0.0	17.7	1.2	0.0
Diced Pears - TRADITIONAL (4 fl oz solid spoodle)	80.0	19.0	0.0	0.0	0.0	0.0	15.0	1.0	0.0
Dinner Roll, White (1 ea.) Contains Gluten, Milk, Wheat.	196.0	32.3	5.7	2.7	0.0	0.9	275.7	1.0	5.3
Egg & Bacon Spinach Salad - (1 ea.) Contains Corn/Corn Products, Egg, Milk, Mustard, Soy, Tomatoes, Turkey.	451.7	56.0	14.8	5.7	0.0	221.8	1,221.7	3.0	19.9
Egg, Bacon & Cheese English Muffin - (1 ea.) Contains Citrus, Corn/Corn Products, Egg, Gluten, Milk, Soy, Turkey, Wheat.	250.5	26.0	11.3	2.8	0.0	107.6	596.8	2.0	13.0
Egg, ham and cheese English Muffin (1ea.) Contains Citrus, Corn/Corn Products, Egg, Gluten, Milk, Soy, Turkey, Wheat.	246.8	26.2	10.5	3.0	0.0	112.4	588.3	2.0	13.5
Express Side Salad, (1 ea.) Contains Carrot, Tomatoes.	32.9	7.1	0.4	0.1	0.0	0.0	33.7	2.5	1.8
Fish Nuggets - (4 ea.) Contains Egg, Fish, Gluten, Milk, Soy, Wheat.	250.0	19.0	9.0	2.0	0.0	55.0	290.0	1.0	16.0
Fish Sandwich - (1 ea.) Contains Corn/Corn Products, Fish, Gluten, Milk, Onion, Soy, Wheat.	380.0	49.0	11.5	1.5	0.0	45.0	550.0	5.0	20.0
Fish Sticks - (4 ea.) Contains Fish, Gluten, Soy, Wheat.	200.0	17.0	9.0	1.5	0.0	40.0	310.0	1.0	14.0
Fish Tacos - (2 ea.) Contains Citrus, Egg, Fish, Gluten, Milk, Soy, Tomatoes, Wheat.	413.5	48.4	15.6	2.6	0.0	46.1	994.3	4.1	18.9
French Toast - (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	240.0	38.0	7.0	1.0	0.0	10.0	260.0	2.0	6.0
Fresh Apple Slices - (1 ea.) Contains Apples.	29.0	7.8	0.1	0.0	0.0	0.0	1.0	1.4	0.2
Fresh Berries - PRE-DISH (1 ea.) Contains Berries (all kinds).	24.2	6.0	0.2	0.0	0.0	0.0	0.6	1.3	0.4

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**PK-5 Menu Item Nutrient Analysis
2022-2023 School Year**

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Fiber (g)	Protein (g)
Fresh Berries - TRADITIONAL (1 no.16 scoop blueberries + 1 no. 16 scoop strawberries) Contains Berries (all kinds).	40.4	10.1	0.3	0.0		0.0	0.9	2.0	0.6
Fresh Broccoli - (1 #8 scoop) Contains Broccoli.	9.5	1.8	0.1	0.0		0.0	9.2	(M)	1.0
Fresh Cantaloupe Chunks - (4 fl oz solid spoodle) Contains Melon.	30.8	7.4	0.2	0.1		0.0	14.5	0.8	0.8
Fresh Celery Sticks - (1 #8 scoop)	13.6	2.5	0.1	0.0	0.0	0.0	68.0	1.4	0.6
Fresh Cucumber Slices - (7 slice) Contains Cucumber/Pickles.	7.8	1.9	0.1	0.0	0.0	0.0	1.0	0.3	0.3
Fresh Grapes - (1 ea.)	60.8	15.6	0.3	0.1		0.0	1.8	0.8	0.6
Fresh Mixed Fruit - PRE-DISH (1 ea.)	71.0	17.8	0.0	0.0	0.0	0.0	17.8	0.9	0.0
Fresh Mixed Fruit - TRADITIONAL (4 fl oz solid spoodle) Contains Cantaloupe.	31.0	8.0	0.0	0.0	0.0	0.0	13.0	1.0	1.0
Fresh Orange - (1ea) Contains Citrus, Oranges/Orange Juice.	62.6	15.7	0.2	0.0		0.0	0.0	3.2	1.3
Fresh Pineapple Chunks - (4 fl oz solid spoodle) Contains Pineapple	45.4	11.9	0.1	0.0		0.0	0.9	1.3	0.5
Fresh Strawberries - (1 ea.) Contains Berries (all kinds).	29.0	7.0	0.3	0.0		0.0	0.9	1.8	0.6
Frozen Peach Cup - (1 ea.)	53.0	14.0	0.0	0.0	0.0	0.0	11.3	1.3	0.5
Frozen Strawberry Cup - (1 ea.)	122.5	33.1	0.0	0.0	0.0	0.0	3.8	2.4	0.7
Fruit & Yogurt Parfait - (1 ea.) Contains Berries (all kinds), Corn/Corn Products, Milk, Sunflower Seeds.	362.4	62.2	9.0	1.0	0.0	2.5	112.5	4.8	8.0
Fruit Cocktail (Mixed Fruit) - TRADITIONAL (4 fl oz solid spoodle)	89.7	22.4	0.0	0.0	0.0	0.0	22.4	1.1	0.0
Fruit Cocktail, ind (mixed fruit) - PRE-DISH (1 ea.)	71.0	17.8	0.0	0.0	0.0	0.0	17.8	0.9	0.0
Gala Apple - (1 large (3- 1/4" dia)) Contains Apples.	116.4	30.8	0.4	0.1	0.0	0.0	2.5	5.4	0.6
Garden Fresh Bell Pepper Sticks - (1/2 c.)	11.3	2.6	0.1	0.0	0.0	0.0	1.7	1.0	0.5
Garden Fresh Carrot & Radish Coin Dippers (1 ea.) Contains Carrot.	17.1	3.9	0.1	0.0	0.0	0.0	32.4	1.3	0.5
Garden Fresh Grape Tomato Medley - (1/2 c.) Contains Tomatoes.	15.3	3.3	0.2	0.0		0.0	4.3	1.0	0.8
Garden Fresh Green Beans (1ea)	31.8	7.2	0.3	0.1	0.0	0.0	118.8	2.9	1.7
Garden Fresh Romanesco, Cauliflower & Broccoli Salad - V56 (1 #8 scoop) Contains Broccoli.	33.1	6.5	0.4	0.1		0.0	37.8	2.0	2.8
Garden Fresh Salad - V21 - COMMERCIAL (1 no. 8 scoop lettuce + no. 16 scoop tomatoes + 1 slice cucumber) Contains Tomatoes.	17.0	3.7	0.2	0.0	0.0	0.0	4.8	1.2	0.9
Garden Fresh Tomato Medley - V54 PD (1 ea.) Contains Tomatoes.	6.1	1.3	0.1	0.0		0.0	1.7	0.4	0.3
Garden Salad - PRE-DISH (1 ea.) Contains Tomatoes.	12.6	2.7	0.2	0.0	0.0	0.0	3.9	1.0	0.7
Garden Salad - TRADITIONAL (1 no. 8 scoop lettuce + no. 16 scoop tomatoes + 1 slice cucumber) Contains Tomatoes.	17.0	3.7	0.2	0.0	0.0	0.0	4.8	1.2	0.9
Garlic Breadsticks - (1 ea.) Contains Egg, Gluten, Milk, Wheat.	127.9	22.2	2.5	1.1	0.0	17.5	189.6	2.3	4.5
Garlic Roll - (1 ea.) Contains Egg, Gluten, Milk, Wheat.	127.5	21.7	2.7	1.2	0.0	17.8	200.0	2.2	4.6
Goldfish - (1 ea.) Contains Gluten, Milk, Wheat.	100.0	14.0	3.5	1.0	0.0	4.0	170.0	1.0	3.0
Grape Jelly - (1 ea.)	35.0	9.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Green & Red Grapes - (1 #8 scoop)	60.8	15.6	0.3	0.1		0.0	1.8	0.8	0.6
Green Eggs & Ham w/ Biscuit - (1 ea.) Contains Egg, Gluten, Milk, Onion, Soy, Turkey, Wheat.	268.3	30.0	11.1	5.9	0.0	157.8	584.0	2.2	13.0
Grilled Cheese Croissant - (1 ea.) Contains Corn/Corn Products, Egg, Gluten, Milk, Soy, Wheat.	301.5	30.0	12.8	6.3	0.0	27.8	645.2	3.0	14.1
Grilled Chicken Sandwich - (1 ea.) Contains Gluten, Soy, Wheat.	260.0	30.0	4.5	0.5	0.0	55.0	680.0	3.0	26.0
Grilled Spicy Chicken Sandwich - (1 ea.) Contains Gluten, Soy, Wheat.	260.0	30.0	5.5	1.5	0.0	40.0	480.0	3.0	23.0
Hamburger - (1 ea.) Contains Beef, Gluten, Onion, Soy, Wheat.	345.0	29.2	17.8	6.8	0.0	50.0	329.0	3.0	18.2
Hatch Green Chili Tamales - (1 ea.) Contains Corn/Corn Products, Milk.	320.0	34.0	16.0	6.0	0.0	30.0	340.0	6.0	12.0
Hawaiian Pizza (1 slice) Contains Gluten, Milk, Soy, Turkey, Wheat.	408.3	34.3	17.6	6.9	0.0	64.3	943.1	3.2	28.6
Homestyle Chicken Tenders (4 2/3 oz.) Contains Gluten, Milk, Soy, Wheat.	250.1	20.0	12.2	2.2	0.0	66.7	433.4	4.5	18.9
Honey Mustard Dip container (1 pkg.) Contains Egg, Soy.	80.0	7.0	6.0	1.0	0.0	10.0	125.0	0.0	0.0
Honey Mustard Dressing - Housemade (1 fl. oz.) Contains Mustard.	99.8	23.7	0.0	0.0	0.0	0.0	285.8	0.1	0.1
Honey Sriracha Chicken - (1 1 Thigh or 1 Breast or 1 Leg+Wing) Contains Milk.	459.3	51.5	15.1	3.8	0.0	141.2	667.3	0.1	32.1
Hot Dog - (1 ea.) Contains Beef, Soy, Wheat.	350.0	28.0	22.0	6.0	0.5	35.0	650.0	2.0	10.0
Hot Green "Finch Fire" Salsa - (1 fl. oz.) Contains Citrus, Onion, Tomatoes.	11.8	1.8	0.5	0.1	0.0	0.0	151.3	0.6	0.3
House Vinaigrette (1 fl. oz.) Contains Citrus, Mustard, Olives, Onion.	109.4	0.5	12.5	1.8	0.0	0.0	193.1	0.1	0.0
Hummus Lunch Box - (1 ea.) Contains Chickpeas, Citrus, Gluten, Milk, Olives, Sesame, Soy, Wheat.	349.8	52.0	8.1	3.0	0.0	15.0	506.3	10.5	18.5
Hummus, 3 oz (1 ea.) Contains Chickpeas, Citrus, Olives, Sesame.	110.0	18.0	2.0	0.0	0.0	0.0	100.0	5.0	6.0
Jalapeno Chicken Quesadilla - (1 ea.) Contains Chicken, Citrus, Corn/Corn Products, Gluten, Lemon, Milk, Olives, Soy, Tomatoes, Wheat.	353.9	32.4	11.5	4.9	0.0	60.7	1,049.5	3.2	27.9
Jalapenos - (1 #16 scoop)	5.0	1.0	0.0	0.0	0.0	0.0	360.0	0.0	0.0
Juice Rush Slush, Cherry/Blue Raspberry - (1 ea.) Contains Apples, Red Dye.	110.0	27.0	0.0	0.0	0.0	0.0	20.0	0.0	1.0
Kale Slaw (1 #8 scoop) Contains Apples, Broccoli, Carrot.	44.8	6.0	2.1	0.2	0.0	0.1	53.2	1.3	1.9
Ken's Ranch Dressing (1 fl. oz.) Contains Egg, Milk.	100.0	1.0	11.0	1.5	0.0	10.0	250.0	0.0	0.0
Ketchup - (2 pkg.)	20.0	6.0	0.0	0.0	0.0	0.0	50.0	0.0	0.0
Key Lime - (1 ea.) Contains Citrus.	3.0	1.1	0.0	0.0		0.0	0.2	0.3	0.1
Lasagna Rolls - (1 ea.) Contains Cayenne Pepper, Citrus, Corn/Corn Products, Gluten, Milk, Olives, Onion, Soy, Wheat.	339.8	43.1	9.5	4.6	0.0	24.0	613.7	4.4	19.1
Lasagna, Cheesy (1 slice) Contains Beef, Cayenne Pepper, Citrus, Corn/Corn Products, Milk, Olives, Onion, Soy, Tomatoes.	406.2	47.9	15.3	5.5	1.5	52.0	507.4	7.4	23.2
Lo Mein - (1 #8 scoop) Carrot, Chicken, Citrus, Corn/Corn Products, Gluten, Onion, Peas, Sesame, Soy, Tomatoes, Wheat.	173.7	37.6	0.8	0.1	0.0	0.0	91.8	2.1	4.3
Macaroni & Cheese - PRE-DISH (1 ea.) Contains Corn/Corn Products, Gluten, Milk, Onion, Soy, Wheat.	528.6	52.1	20.9	9.5	0.0	48.0	1,287.0	3.5	27.3
Macaroni & Cheese - TRADITIONAL (2 #8 scoop) Cayenne Pepper, Corn/Corn Products, Gluten, Milk, Onion, Soy, Wheat.	557.4	53.9	22.8	10.2	0.0	50.2	989.7	3.5	28.3
Mandarin & Fresh Pineapple - F68 (1 4 oz solid spoodle) Contains Pineapple.	43.7	10.9	0.0	0.0	0.0	0.0	4.4	0.8	0.6
Mandarin Chicken Entrée Salad - (1 ea.) Contains Carrot, Chicken, Citrus, Gluten, Lemon, Sesame, Soy, Wheat.	514.9	73.2	10.1	1.8	0.0	60.0	1,143.1	9.0	34.5
Mandarin Oranges - (4 fl oz solid spoodle)	70.0	17.0	0.0	0.0	0.0	0.0	10.0	1.0	1.0
Maple Waffle - (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	280.0	35.0	14.0	5.0	0.0	20.0	330.0	2.0	5.0
Marinara Sauce - condiment (2 fl. oz.) Contains Cayenne Pepper, Citrus, Corn/Corn Products, Olives, Onion.	36.6	6.3	1.0	0.1	0.0	0.0	82.3	1.1	1.2
Mashed Potatoes - TRADITIONAL (1 #8 scoop) Contains Milk.	96.8	19.4	1.3	0.0	0.0	0.0	217.3	1.3	2.5

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Item Name (Serving Size)	Calories (Kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Fiber (g)	Protein (g)
Mashed Potatoes w/ Gravy - PRE-DISH (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	109.9	20.4	2.7	0.9	0.0	0.0	265.7	1.1	2.1
Mashed Potatoes w/ poultry gravy, Thanksgiving (1 ea.) Contains Chicken, Corn/Corn Products, Gluten, Milk, Wheat.	145.0	26.6	2.8	1.5	0.0	0.1	124.3	23.2	2.3
Mayonnaise - (1 ea.) Contains Egg, Soy.	90.0	0.0	10.0	1.5	0.0	10.0	80.0	0.0	0.0
Meatball Sub (1 ea.) Contains Beef, Cayenne Pepper, Citrus, Corn/Corn Products, Gluten, Milk, Olives, Onion, Soy, Wheat.	432.2	39.9	21.0	5.8	0.7	56.9	432.8	3.4	20.8
Milk, 1%, 8 oz (1 ea.) Contains Milk.	100.0	12.0	2.5	1.5	0.0	10.0	125.0	0.0	8.0
Milk, Chocolate, Fat-Free - 11 oz - (1 ea.) Contains Milk.	200.0	38.0	0.0	0.0	0.0	5.0	360.0	0.0	11.0
Milk, Chocolate, Fat-Free - 8 oz - (1 ea.) Contains Milk.	120.0	20.0	0.0	0.0	0.0	5.0	140.0	0.0	8.0
Milk, Strawberry, Fat-Free - 8 oz (1 ea.) Contains Milk.	110.0	19.0	0.0	0.0	0.0	5.0	100.0	0.0	8.0
Mini Cinnamon Animal Crackers - TR1067 (1 pkg.) Contains Cinnamon, Gluten, Soy, Wheat.	100.0	18.0	3.0	1.0	0.0	0.0	140.0	1.0	1.0
Mini Corn Dogs - (6 ea.) Contains Chicken, Corn/Corn Products, Egg, Gluten, Soy, Wheat.	271.3	30.1	12.1	3.5	0.0	40.2	411.9	5.0	10.1
Mini Pancakes - (1 ea.) Contains Chocolate/Cocoa, Corn/Corn Products, Egg, Gluten, Milk, Soy, Wheat.	210.0	35.0	6.0	1.0	0.0	10.0	320.0	4.0	4.0
Mini Pizza Bagels - (4 ea.) Contains Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Egg.	260.0	24.0	9.0	5.0	0.0	20.0	560.0	4.0	21.0
Mixed Greens w/ Turkey Bacon (4 fl oz slotted spoodle) Contains Turkey.	63.3	10.4	1.3	0.1	0.0	1.9	207.8	7.2	6.2
Mixed Vegetables - (4 fl oz slotted spoodle) Contains Milk, Onion.	80.5	16.3	0.1	0.1	0.0	0.1	171.2	4.3	3.2
Mustard - (1 ea.)	3.9	0.5	0.2	0.0	0.0	0.0	64.9	0.2	0.2
Orange & Grapefruit Wedges (1ea.) Contains Citrus, Grapefruit, Oranges/Orange Juice.	61.6	15.5	0.2	0.0	0.0	0.0	0.0	2.8	1.2
Orange (1 ea.) Contains Citrus, Oranges/Orange Juice.	73.2	18.3	0.2	0.0		0.0	0.0	3.7	1.5
Orange Chicken - (1 #10 scoop) Contains Egg, Gluten, Oranges/Orange Juice, Soy, Wheat.	131.5	16.7	2.6	0.4	0.0	35.1	245.4	0.0	9.6
Orange Chicken & Lomein - PRE-DISH (1 ea.) Contains Carrot, Chicken, Citrus, Corn/Corn Products, Egg, Gluten, Onion, Oranges/Orange Juice, Peas, Sesame, Soy, Tomatoes, Wheat.	327.7	57.1	3.8	0.6	0.0	41.1	379.2	2.1	15.6
Orange Juice - (1 ea.) Contains Oranges/Orange Juice.	60.0	13.0	0.0	0.0	0.0	0.0	1.0	0.0	0.0
Orange Smiles - (1 ea.) Contains Citrus, Oranges/Orange Juice.	62.6	15.7	0.2	0.0		0.0	0.0	3.2	1.3
Pancake & Turkey Sausage Minis - Breakfast (3 ea.) Contains Egg, Gluten, Soy, Turkey, Wheat.	180.0	15.0	9.0	2.5	0.0	25.0	280.0	3.0	6.0
Pancake & Turkey Sausage Minis - Lunch (6 ea.) Contains Egg, Gluten, Soy, Turkey, Wheat.	360.0	30.0	18.0	5.0	0.0	50.0	560.0	6.0	12.0
Parmesan - CON-36 (1 ea.) Contains Milk.	14.7	0.5	1.0	0.5	0.0	3.0	63.1	0.0	1.0
Pea Protein Milk - Ripple - (1 ea.) Contains Peas.	100.0	6.0	4.5	0.5	0.0	0.0	160.0	1.0	8.0
Peach Cobbler - (1 #6 scoop) Contains Cinnamon, Corn/Corn Products, Gluten, Milk, Soy, Wheat.	271.9	49.5	7.3	3.3	0.0	0.0	82.3	0.5	2.2
Peaches & Berries (1 #8 scoop) Contains Berries (all kinds).	45.0	10.9	0.1	0.0	0.0	0.0	5.3	0.5	0.1
Peaches, fresh (1 ea.) Contains Peaches.	58.5	14.3	0.4	0.0	0.0	0.0	0.0	2.3	1.4
Pear, fresh (1 medium (2-1/2" dia))	101.5	27.1	0.3	0.0		0.0	1.8	5.5	0.6
Peppered Gravy - (1 fl. oz.) Contains Egg, Gluten, Milk, Soy, Wheat.	23.3	3.3	1.3	0.7	0.0	0.0	93.1	0.0	0.0
Pickles - (5 ea.)	0.0	0.0	0.0	0.0	0.0	0.0	150.0	0.0	0.0
Pico de Gallo - (1 Tbsp.) Contains Citrus, Onion, Tomatoes.	2.7	0.6	0.0	0.0		0.0	0.9	0.2	0.1
Pineapple Tidbits - (4 fl oz solid spoodle)	94.6	23.6	0.0	0.0	0.0	0.0	0.0	1.2	0.0
Pita Bread (1 ea.) Contains Gluten, Soy, Wheat.	130.0	26.0	1.0	0.0	0.0	0.0	140.0	3.0	4.0
Pizza, Meat Lovers (1 slice) Contains Beef, Gluten, Milk, Pork, Soy, Turkey, Wheat.	387.7	31.4	18.4	7.0	0.0	46.1	876.2	3.3	23.6
Pizza, Meatball (1 slice) Contains Beef, Cayenne Pepper, Gluten, Milk, Onion, Soy, Wheat.	384.9	33.0	17.8	7.0	0.2	42.0	652.4	3.2	23.1
Pizza, Pepperoni (1 slice) Contains Beef, Gluten, Milk, Pork, Soy, Wheat.	375.4	31.1	18.2	7.2	0.0	37.2	781.3	3.0	21.4
Pizza, Sausage - (1 slice) Contains Gluten, Milk, Soy, Wheat.	390.0	32.0	18.0	6.5	0.0	50.0	930.0	4.0	25.0
Pizza, Supreme (1 slice) Contains Beef, Gluten, Milk, Onion, Pork, Soy, Wheat.	387.3	32.6	18.2	6.9	0.0	43.6	856.3	3.8	23.5
Pizza, Taco - (1 slice) Contains Gluten, Milk, Soy, Tomatoes, Wheat.	387.8	33.1	17.3	7.0	0.0	42.5	800.4	3.7	24.7
Popcorn Chicken (10 ea.) Contains Corn/Corn Products, Milk, Soy, Wheat.	260.0	17.0	13.0	3.0	0.0	70.0	550.0	3.0	19.0
Pork Carnitas Tacos - (2 tortillas + 3.5 oz meat) Contains Gluten, Pork, Wheat.	390.9	26.0	13.1	4.1	2.0	101.3	988.0	2.0	26.3
Pot Stickers (Dumplings), Chicken & Vegetable - (6 ea.) Contains Carrot, Chicken, Corn/Corn Products, Gluten, Olives, Onion, Soy, Wheat.	299.0	31.6	13.6	1.4	0.0	35.0	550.3	2.0	17.1
Poultry Gravy - (2 fl. oz.) Contains Chicken, Corn/Corn Products, Gluten, Wheat.	67.0	4.1	5.4	2.7	0.0	0.0	47.9	0.1	0.4
Pulled Pork BBQ Baked Potato - (3 1/2 OZ + baked potato) Contains Cayenne Pepper, Cinnamon, Corn/Corn Products, Milk, Onion, Pork, Potatoes, Soy, Tomatoes.	565.8	75.8	11.3	4.6	2.0	101.3	716.0	5.0	30.1
Pulled Pork BBQ Sandwich - (1 ea.) Contains Cayenne Pepper, Cinnamon, Corn/Corn Products, Gluten, Milk, Onion, Pork, Soy, Tomatoes, Wheat.	439.7	39.2	13.5	5.0	2.0	101.3	948.4	3.2	29.3
Pumpkin Muffin (1 ea.) Contains Cinnamon, Egg, Gluten, Milk, Wheat.	320.9	51.4	10.4	5.0	0.1	37.3	287.1	4.1	6.8
Pumpkin Muffin (1 ea.) Contains Cinnamon, Egg, Gluten, Milk, Wheat.	320.9	51.4	10.4	5.0	0.1	37.3	287.1	4.1	6.8
Queso for tamales PRE-DISH (1 ea.) Contains Citrus, Milk, Olives, Onion, Soy, Tomatoes.	85.5	14.0	2.4	1.6	0.0	0.0	529.5	0.3	1.9
Queso for tamales TRADITIONAL (1 #16 scoop) Contains Cayenne Pepper, Citrus, Corn/Corn Products, Gluten, Milk, Olives, Onion, Soy, Tomatoes, Wheat.	104.2	4.5	6.2	2.9	0.0	14.3	296.7	0.2	6.0
Raisins - (1 Box)	130.0	31.0	0.0	0.0	0.0	0.0	10.0	2.0	1.0
Ranch Dressing - (1 fl. oz.) Contains Egg, Milk, Soy.	70.3	4.7	5.9	0.7	0.0	7.6	217.0	0.0	0.3
Red Cabbage, Shredded - (1/4 cup chopped)	6.9	1.6	0.0	0.0		0.0	6.0	0.5	0.3
Red Grapes - (1 #8 scoop)	60.8	15.6	0.3	0.1		0.0	1.8	0.8	0.6
Red Pepper Flakes (1 ea.) Contains Cayenne Pepper.	5.0	1.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Roasted Beets (1/2 c.) Contains Olives, Onion.	67.5	12.2	1.7	0.3	0.0	0.0	186.5	3.5	2.0
Roasted Broccoli - (4 fl oz solid spoodle) Contains Broccoli, Olives.	16.2	2.4	0.6	0.1	0.0	0.0	85.2	0.0	1.3
Roasted Cauliflower - (1/2 c.)	37.1	4.6	1.3	0.7	0.0	2.2	29.7	1.8	2.9
Roasted Corn - (1 ea.) Contains Corn/Corn Products, Milk.	95.7	20.1	1.0	0.1	0.0	0.0	35.3	1.0	2.8
Roasted Potato Wedges - (3 oz.) Contains Soy.	146.7	23.2	4.9	0.6	0.0	0.0	146.7	2.4	2.4
Roasted Root Vegetables (1 #8 scoop) Contains Carrot, Olives.	49.0	8.6	1.6	0.2	0.0	0.0	102.3	2.4	0.8
Roasted Sweet Potatoes (1 #8 scoop) Contains Cinnamon, Milk, Potatoes.	91.1	21.5	0.1	0.1	0.0	0.0	80.6	2.7	1.4

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Item Name (Serving Size)	Calories (Kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Fiber (g)	Protein (g)
Salisbury Steak - (1 ea.)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Salsa - (2 fl. oz.) Contains Citrus, Olives, Onion, Soy, Tomatoes.	27.1	5.7	0.2	0.0	0.0	0.0	102.4	1.1	1.1
Salsa Cup, Red Gold, (1 ea.) Contains Onion, Tomatoes.	25.0	5.0	0.0	0.0	0.0	0.0	195.0	1.0	1.0
Sausage & Cheese Biscuit - (1 ea.) Contains Gluten, Milk, Soy, Turkey, Wheat. May contain Egg.	280.5	30.0	11.3	6.3	0.0	37.6	591.8	2.0	14.0
Sausage & Cheese Croissant - (1 ea.) Contains Corn/Corn Products, Egg, Gluten, Milk, Soy, Turkey, Wheat.	280.5	29.0	11.3	4.8	0.0	42.6	531.8	3.0	14.0
Sausage & Cheese English Muffin (1 ea.) Contains Corn/Corn Products, Gluten, Milk, Soy, Turkey, Wheat.	221.5	26.2	6.8	2.3	0.0	37.6	563.8	2.0	14.1
Sausage & Cheese Kolache - (1 ea.) Contains Egg, Gluten, Milk, Turkey, Wheat.	238.8	24.8	9.1	3.5	0.0	59.8	434.2	2.5	13.9
Sausage & Pepperjack Cheese Kolache - (1 ea.) Contains Egg, Gluten, Milk, Turkey, Wheat.	245.0	26.3	9.8	3.9	0.0	63.2	368.6	2.7	13.7
Sausage Biscuit - (1 ea.) Contains Gluten, Milk, Soy, Turkey, Wheat. May contain Egg.	240.0	29.0	9.0	5.0	0.0	30.0	450.0	2.0	11.0
Sausage Croissant - (1 ea.) Contains Corn/Corn Products, Egg, Gluten, Milk, Soy, Turkey, Wheat.	240.0	28.0	9.0	3.5	0.0	35.0	390.0	3.0	11.0
Sausage Kolache - (1 ea.) Contains Egg, Gluten, Milk, Turkey, Wheat.	205.3	25.0	7.0	2.3	0.0	53.1	302.7	2.6	11.1
Seasoned Black Beans - PRE-DISH (1 ea.) Contains Citrus, Olives, Onion, Soy, Tomatoes.	116.2	21.0	0.1	0.0	0.0	0.0	202.7	6.3	7.5
Seasoned Black Beans - TRADITIONAL (4 fl oz slotted spoodle) Contains Citrus, Olives, Onion, Soy, Tomatoes.	111.2	20.1	0.1	0.0	0.0	0.0	193.9	6.0	7.2
Seasoned Green Beans - PRE-DISH (1 ea.) Contains Beans (all kinds), Milk, Onion.	35.0	7.1	0.1	0.1	0.0	0.1	242.8	2.9	1.5
Seasoned Green Beans - TRADITIONAL (4 fl oz slotted spoodle) Contains Beans (all kinds), Milk, Onion.	29.2	6.0	0.1	0.1	0.0	0.0	200.6	2.4	1.3
Seasoned Peas - PRE-DISH (1 ea.) Contains Milk, Onion, Peas.	87.2	15.7	0.5	0.1	0.0	0.1	105.2	4.9	5.6
Seasoned Peas - TRADITIONAL (4 fl oz slotted spoodle) Contains Milk, Onion, Peas.	89.6	16.1	0.5	0.1	0.0	0.1	107.8	5.0	5.7
Seasoned Pinto Beans - (4 fl oz slotted spoodle) Contains Citrus, Olives, Onion, Soy, Tomatoes.	139.9	25.7	0.1	0.0	0.0	0.0	155.4	6.3	7.5
Shredded Cheese - (1/2 oz.) Contains Corn/Corn Products, Milk, Potatoes.	55.7	0.0	4.6	3.0	0.0	15.2	91.1	0.0	3.5
Shredded Lettuce - (1/4 cup shredded)	2.5	0.5	0.0	0.0		0.0	1.8	0.2	0.2
Sliced Peaches - (4 fl oz solid spoodle)	70.0	17.0	0.0	0.0	0.0	0.0	10.0	0.0	0.0
Soft Tacos - (2 Tortillas + 1 ea Taco Meat) Contains Beef, Gluten, Onion, Wheat. May contain Cayenne Pepper.	441.9	34.2	21.7	6.1	3.0	77.1	777.8	5.1	26.7
Sour Cream - (1 ea.) Contains Milk.	54.7	0.8	5.6	3.3		14.7	13.3	0.0	0.6
Sour Raisins - (1 ea.)	117.0	29.7	0.5	0.0	0.0	0.0	4.5	1.8	0.9
Southwest Grilled Chicken Salad, (1 ea.) Chicken, Citrus, Corn/Corn Products, Lemon, Milk, Olives, Onion, Soy, Tomatoes.	312.7	23.8	9.1	4.0	0.0	75.1	866.7	7.2	33.9
Soy Milk - (1 ea.) Contains Soy.	120.0	15.0	3.0	0.0	0.0	0.0	170.0	1.0	8.0
Soy Sauce - (1 packet) Contains Soy.	3.7	0.4	0.0	0.0	0.0	0.0	223.8	0.0	0.5
Spaghetti & Meatballs - PRE-DISH (1 ea.) Beef, Cayenne Pepper, Citrus, Corn/Corn Products, Gluten, Olives, Onion, Wheat.	361.9	41.9	13.7	4.4	0.7	48.0	221.7	4.4	19.1
Spaghetti & Meatballs- TRADITIONAL (5 meatballs + 1 no. 8 scoop pasta) Contains Beef, Cayenne Pepper, Citrus, Corn/Corn Products, Gluten, Olives, Onion, Wheat.	394.2	45.9	15.0	4.7	0.8	51.2	273.2	5.1	20.6
Spiced Apple Muffin - (1 ea.) Contains Cinnamon, Egg, Gluten, Milk, Soy, Wheat.	411.6	53.4	19.3	8.4	0.0	70.0	616.1	3.2	6.4
Spicy Chicken Sandwich - (1 ea.) Contains Chicken, Corn/Corn Products, Egg, Gluten, Milk, Soy, Wheat.	380.0	45.0	10.5	2.0	0.0	60.0	610.0	5.0	28.0
Spicy Chicken Tenders - (4 2/3 oz.) Contains Corn/Corn Products, Gluten, Milk, Onion, Soy, Wheat.	255.6	20.0	12.2	1.1	0.0	66.7	439.0	4.5	18.9
Spicy Spinach Salad - (8 fl oz solid spoodle) Contains Cayenne Pepper, Milk, Onion.	18.1	2.5	0.6	0.3	0.0	1.3	57.7	0.7	1.5
Spinach, canned (4 fl oz slotted spoodle)	43.3	6.5	0.0	0.0	0.0	0.0	281.7	4.3	8.7
Steak Fingers - (4 ea.) Contains Beef, Gluten, Milk, Soy, Wheat.	287.0	17.8	17.8	6.7	0.0	39.0	389.0	3.1	15.2
Steamed Broccoli - (4 fl oz slotted spoodle) Contains Milk, Onion.	26.7	5.5	0.1	0.1	0.0	0.0	64.8	2.6	2.5
Steamed Rice - (1 #8 scoop) Contains Rice.	117.8	24.3	1.1	0.0	0.0	0.0	0.0	1.5	2.9
Stir Fried Rice - (1 #6 scoop) Contains Chicken, Peas, Rice, Sesame, Soy.	147.2	27.7	2.4	0.0	0.0	0.0	60.6	2.5	4.3
String Cheese, Mozzarella (1 ea.) Contains Milk.	80.0	1.0	5.0	3.0	0.0	15.0	200.0	0.0	8.0
Sweet n Sour Sauce - (1 ea.)	15.0	4.0	0.0	0.0	0.0	0.0	70.0	0.0	0.0
Sweet Potato Fries - (3 oz.)	180.7	26.4	7.0	1.4	0.0	0.0	173.8	4.2	1.4
Syrup - (1 ea.)	120.0	30.0	0.0	0.0	0.0	0.0	30.0	0.0	0.0
Taco Hummus - (1 Container) Contains Chickpeas, Citrus, Olives, Sesame.	164.9	27.0	3.0	0.0	0.0	0.0	150.0	7.5	9.0
Tajin - (1 ea.)	2.0	0.0	0.0	0.0	0.0	0.0	127.0	0.0	0.0
Tartar Sauce - (2 fl. oz.) Contains Cucumber/Pickles, Egg, Onion, Soy.	149.8	12.1	12.0	1.3	0.0	13.3	442.5	0.1	0.1
Thanksgiving Turkey - TRADITIONAL (3 oz.)	110.0	1.0	3.0	1.0	0.0	45.0	430.0	0.0	21.0
Thanksgiving Turkey & Dressing - PRE-DISH (1ea.) Contains Chicken, Corn/Corn Products, Gluten, Milk, Onion, Soy, Wheat. May contain Egg.	460.7	41.9	21.8	9.2	0.1	47.2	1,040.8	2.4	26.2
Turkey & Cheese Croissant - (1 ea.) Contains Corn/Corn Products, Egg, Gluten, Milk, Soy, Turkey, Wheat.	295.5	28.9	10.8	4.6	0.0	45.9	670.1	3.0	20.5
Turkey & Gravy - TRADITIONAL (1 ea.) Contains Chicken, Corn/Corn Products, Gluten, Wheat.	243.9	9.2	13.9	6.4	0.1	45.0	525.8	0.2	21.8
Turkey Breast & Cheese Hoagie - (1 ea.) Contains Gluten, Milk, Soy, Turkey, Wheat.	275.5	36.9	5.8	2.1	0.0	40.9	680.1	3.0	20.5
Turkey Ham & Cheese Croissant - (1 ea.) Contains Corn/Corn Products, Egg, Gluten, Milk, Soy, Turkey, Wheat.	270.5	28.5	10.5	4.5	0.0	42.6	626.8	3.0	15.5
Turkey Ham & Cheese Croissant - (1 ea.) Contains Corn/Corn Products, Egg, Gluten, Milk, Soy, Turkey, Wheat.	303.8	28.9	12.0	5.0	0.0	62.6	803.4	3.0	20.5
Turkey Ham & Cheese English Muffin (1 ea.) Contains Corn/Corn Products, Gluten, Milk, Soy, Turkey, Wheat.	210.5	25.5	6.0	2.0	0.0	37.6	656.8	2.0	15.5
Very Berry Muffin (1 ea.) Contains Berries (all kinds), Egg, Gluten, Milk, Soy, Wheat.	332.4	62.0	7.4	3.3	0.0	31.1	308.2	3.6	6.1
Watermelon - (1 slice) Contains Melon, Watermelon.	42.4	10.7	0.2	0.0		0.0	1.4	0.6	0.9
Wheat Roll - PRE-DISH (1 ea.) Contains Egg, Gluten, Milk, Wheat.	166.8	28.8	3.4	1.4	0.0	23.2	251.6	2.9	5.8
Wheat Roll - TRADITIONAL (1 ea.) Contains Egg, Gluten, Milk, Wheat.	143.6	24.8	2.9	1.2	0.0	20.0	216.6	2.5	5.0
Whole Kernel Corn - PRE-DISH (1 ea.) Contains Corn/Corn Products, Milk.	95.7	20.1	1.0	0.1	0.0	0.0	35.3	1.0	2.8
Whole Kernel Corn - TRADITIONAL (4 fl oz slotted spoodle) Contains Corn/Corn Products, Milk.	118.7	24.9	1.2	0.1	0.0	0.0	97.3	1.2	3.4
Whole Wheat Cinnamon Roll - (1 ea.) Contains Cinnamon, Gluten, Milk, Soy, Wheat.	309.0	56.2	6.2	2.5	0.0	0.0	58.8	5.1	8.1
Wowbutter & Jelly Sandwich, ind. (1 ea.) Contains Citrus, Gluten, Milk, Soy, Wheat.	290.0	28.0	16.0	3.0	0.0	0.0	220.0	4.0	9.0
WOWbutter Sandwich Box (1 ea.) Contains Citrus, Gluten, Milk, Soy, Wheat.	470.0	43.0	24.5	7.0	0.0	19.0	590.0	5.0	20.0
Yogurt & Granola - (1 Yogurt + Granola) Contains Carrot, Corn/Corn Products, Milk, Strawberries, Sunflower Seeds.	340.0	55.0	9.0	1.0	0.0	4.9	125.0	4.0	9.0
Yogurt Box Entrée w/ String Cheese - (1 ea.) Contains Carrot, Corn/Corn Products, Milk, Strawberries, Sunflower Seeds.	420.0	56.0	14.0	4.0	0.0	19.9	325.0	4.0	17.0
Zucchini - PRE-DISH (1 ea.) Contains Milk, Onion.	29.7	4.5	0.1	0.1	0.0	0.1	141.5	1.7	0.1

Menus subject to change without notice due to price and availability of food
For the most updated nutrient analysis visit SchoolCafe.com.

PK-5 Menu Item Nutrient Analysis 2022-2023 School Year

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Fiber (g)	Protein (g)
Zucchini - TRADITIONAL (4 fl oz slotted spoodle) Contains Milk, Onion.	26.8	4.1	0.1	0.0	0.00(M)	0.0	198.7	1.5	0.1
A la Carte**									
Cherry/Blue Raspberry Juice Rush Slush (1 ea.)Contains Apples, Red Dye.	110.0	27.0	0.0	0.0	0.0	0.0	20.0	0.0	1.0
Chocolate Chip Cooke - 1 ea. Contains Milk, Egg, Wheat, Soy, Gluten	177.0	29.5	3.7	0.0	12.1	153.5	30.5	1.9	2.9
Goldfish - WG - 1 ea. Contains Gluten, Milk, Wheat	100.0	14.0	1.0	0.0	3.5	170.0	14.0	1.0	3.0
Ice cream - chocolate cup - 1 ea. Contains Milk.	80.0	15.0	1.0	5.0	0.0	5.0	50.0	0.0	2.0
Ice cream - sandwich - mini - 1 ea. Contains Milk, Soy, Wheat	100.0	19.0	2.0	1.0	0.0	5.0	100.0	0.0	2.0
Ice cream - vanilla cup - 1 ea. Contains Milk	70.0	14.0	1.0	0.5	0.0	5.0	55.0	0.0	2.0
Apple Artic Polar Blast	70.0	19.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Fruit Punch Freeze Polar Blast	80.0	21.0	0.0	0.0	0.0	0.0	1.0	0.0	0.0
Rice Krispie - WG - 1 ea.	160.0	30.0							
A la carte options vary by school and are subject to change due to availability of food and service restrictions. Nutritional Information available on the Nutrition Facts Label for most A La Carte									
<p>NOTE: Items labeled PRE-DISH or TRADITIONAL elementary schools may have different nutrients based on recipes. Pre-Dish items are all individually wrapped, packaged or boxed for self-service.</p> <p>Pre-Dish Schools: Birkes, Black, Danish, Duryea, Emery, Farney, Frazier, Gleason, Hairgrove, Hemmenway, Jowell, Keith, Kirk, Lee, Lieder, Metcalf, Post, Postma, Reed, M. Robinson, A. Robison, Sampson, Tipps, Warner.</p> <p>Traditional Schools: Adam, Andre, Ault, Bane, Bang, Copeland, Emmott, Fiest, Francone, Hamilton, Hancock, Holbrook, Holmsley, Hoover, Horne, Lamkin, Lowery, Matzke, McFee, McGown, Millsap, Moore, Owens, Pope, Rennell, Sheridan, Swenke, Walker, Wells, Willbern, Wilson, Woodard, Yeager.</p>									
<p>NOTE: The standard list of allergens available in the PrimoEdge "Allergen" feature is taken from the Food Allergen Labeling and Consumer Protection Act of 2004 (FALCPA) plus the addition of gluten. FALCPA allergens include: Crustacean Shellfish, Egg, Fish, Gluten, Milk, Peanuts, Soy, Tree Nuts and Wheat.</p>									

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