

Breakfast Recipe	Menu Item	Serving Size	Nutrients/Allergens				Allergens	Ingredient	Serving Size	Nutrients/Allergens				Allergens
			Calories	Carbs (g)	Sat. Fat (g)	Sodium (mg)				Calories	Carbs (g)	Sat. Fat (g)	Sodium (mg)	
	Apple Jacks Cereal	1 bowl	110,000	24,000	0.500	160,000	Soy, Wheat, Gluten	Apple Jacks Cereal	1 bowl	110,000	24,000	0.500	160,000	Soy, Wheat, Gluten
	Apple Jacks Cereal & Proball	1 bowl cereal, 1 proball	210,000	41,000	1,000	310,000	Dairy, Egg, Soy, Wheat, Gluten	Apple Jacks Cereal	1 bowl	110,000	24,000	0.500	160,000	Soy, Wheat, Gluten
								Proball, glazed	1 proball	100,000	17,000	0.500	150,000	Dairy, Egg, Soy, Wheat, Gluten
	Apple Jacks Cereal, Proball, & Apple Juice (4 oz)	1 bowl cereal, 1 proball, 4 oz juice	270,000	270,000	1,000	315,000	Dairy, Egg, Soy, Wheat, Gluten	Apple Jacks Cereal	1 bowl	110,000	24,000	0.500	160,000	Soy, Wheat, Gluten
	Apple Muffin	1 muffin	259,656	32,434	2,090	174,412	Dairy, Egg, Wheat, Gluten	Proball, glazed	1 proball	100,000	17,000	0.500	150,000	Dairy, Egg, Soy, Wheat, Gluten
	Banana Muffin & Strawberry Yogurt	1 muffin, 1 yogurt	240,000	43,000	1,000	125,000	Dairy, Egg, Soy, Wheat, Gluten	Apple Juice (4 oz)	4 oz	60,000	14,000	0.000	5,000	Dairy, Egg, Soy, Wheat, Gluten
	Banana Pancakes	1 package	190,000	34,000	0.000	230,000	Dairy, Egg, Wheat, Gluten	Banana Muffin	1 muffin	150,000	24,000	1,000	75,000	Dairy, Egg, Soy, Wheat, Gluten
	Banana Pancakes, Yogurt, & Apple Juice (4 oz)	1 package, 1 yogurt, 4 oz juice	340,000	67,000	0.000	285,000	Dairy, Egg, Wheat, Gluten	Strawberry Yogurt	1 yogurt (4 oz)	90,000	19,000	0.000	50,000	Dairy
	Banana Split Yogurt Parfait	4 oz yogurt, 1 oz granola, banana	300,000	59,500	0.500	127,500	Dairy, Soy, Wheat, Gluten	Banana Pancakes	1 package	190,000	34,000	0.000	230,000	Dairy, Eggs, Wheat, Gluten
	Biscuit	1 biscuit	190,000	24,000	4,000	430,000	Dairy, Soy, Wheat, Gluten	Yogurt	1 yogurt (4 oz)	90,000	19,000	0.000	50,000	Dairy
	Biscuit w/Gravv	1 biscuit, 2 oz gravv	209,027	26,657	4,075	519,428	Wheat, Gluten	Apple Juice (4 oz)	4 oz	60,000	14,000	0.000	5,000	Dairy
	Blueberry Muffin	1 muffin	263,601	33,137	2,113	177,632	Dairy, Egg, Wheat, Gluten	Banana	1 medium	80,000	20,000	0.000	0.000	
	Blueberry Muffin & Strawberry Yogurt	1 muffin, 1 yogurt	353,601	52,137	2,113	227,632	Dairy, Egg, Wheat, Gluten	Granola	1 oz	120,000	20,000	0.000	75,000	Soy, Wheat, Gluten
	Breakfast A (AP70)	1 whole package	340,000	45,000	4,500	325,000	Dairy, Egg, Peanuts, Wheat, Gluten	Yogurt	4 oz	100,000	19,500	0.500	52,500	Dairy
								Biscuit	1 biscuit	190,000	24,000	4,000	430,000	Dairy, Soy, Wheat, Gluten
	Breakfast B (AP71)	1 whole package	283,161	40,376	5,000	273,290	Dairy, Soy, Wheat, Gluten	Gravv	2 oz	19,027	2,657	0.075	89,428	Wheat, Gluten
								Blueberry Muffin	1 muffin	263,601	33,137	2,113	177,632	Dairy, Egg, Wheat, Gluten
	Breakfast C (AP72)	1 whole package	240,319	58,067	0.000	230,177	Dairy, Soy, Wheat, Gluten	Blueberry Muffin & Strawberry Yogurt	1 muffin, 1 yogurt	353,601	52,137	2,113	227,632	Dairy, Egg, Wheat, Gluten
								Strawberry Yogurt	1 yogurt (4 oz)	90,000	19,000	0.000	50,000	Dairy
	Breakfast Croissant w/Sausage Patty	1 croissant, 1 sausage patty	155,000	13,500	2,500	360,000	Dairy, Egg, Soy, Wheat, Gluten	Blueberry Muffin	1 pack	160,000	26,000	0.500	125,000	Dairy, Egg, Wheat, Gluten
	Breakfast Croissant w/Sausage Patty & Orange Juice (4 oz)	1 croissant, 1 sausage patty, 4 oz juice	215,000	26,500	2,500	360,000	Dairy, Egg, Soy, Wheat, Gluten	Orange Juice (4 oz)	4 oz	60,000	13,000	0.000	0.000	
								Cheese Slick	1 each (1 oz)	90,000	0.000	4,000	200,000	Dairy
	Breakfast D (AP73)	1 whole package	300,000	54,000	1,500	235,000	Dairy, Egg, Soy, Wheat, Gluten	Cheese Slick	1 each (1 oz)	90,000	0.000	4,000	200,000	Dairy
								Grape Juice (4 oz)	4 oz	80,000	19,000	0.000	20,000	
	Breakfast E (AP74)	1 whole package	270,319	57,067	1,000	105,177	Soy, Wheat, Gluten	Strawberry Yogurt Chex	1 package	120,000	23,000	1,000	55,000	Dairy, Soy, Wheat, Gluten
								Cinnamon Flakes	1 pack	100,000	24,000	0.000	170,000	Soy, Wheat, Gluten
	Breakfast F (AP75)	1 whole package	290,000	58,000	1,500	215,000	Dairy, Soy, Wheat, Gluten	Apple Juice (4 oz)	4 oz	50,000	13,000	0.000	10,000	
								Strawberry Yogurt	1 yogurt (4 oz)	90,000	19,000	0.000	50,000	Dairy
	Breakfast G (AP76)	1 whole package	433,601	52,137	6,113	397,632	Egg, Wheat, Gluten	Sausage Patty	1 sausage patty	55,000	0.500	1,000	225,000	
								Croissant	1 croissant	100,000	13,000	1,500	135,000	Dairy, Egg, Soy, Wheat, Gluten
	Breakfast H	1 whole package	340,000	44,000	2,100	275,000	Soy, Wheat, Gluten	Sausage Patty	1 sausage patty	55,000	0.500	1,000	225,000	
								Orange Juice (4 oz)	4 oz	60,000	13,000	0.000	0.000	
	Breakfast I (AP78)	1 whole package	310,000	62,000	1,000	205,000	Dairy, Egg, Soy, Wheat, Gluten	Banana Muffin	1 muffin	150,000	24,000	1,000	75,000	Dairy, Egg, Soy, Wheat, Gluten
								Apple Juice (4 oz)	4 oz	60,000	14,000	0.000	5,000	
	Breakfast J (AP79)	1 whole package	360,000	78,000	1,000	320,000	Soy, Wheat, Gluten	Cheese Slick	1 each (1 oz)	90,000	0.000	4,000	200,000	Dairy
								Strawberry Yogurt	1 yogurt (4 oz)	90,000	19,000	0.000	50,000	Dairy
	Breakfast Sausage Pizza	1 each	160,000	19,000	3,500	300,000	Dairy, Soy, Wheat, Gluten	Orange Pineapple Juice (4 oz)	4 oz	60,000	15,000	0.000	0.000	
	Buttered Grits	4 oz or 1/2 c	101,212	21,636	0.160	53,520	Dairy, Soy	Cinnamon Toast Crunch Cereal	1 bowl	110,000	22,000	0.500	160,000	Soy, Wheat, Gluten
	Buttered Toast	1 slice	70,000	12,000	0.000	115,000	Soy, Wheat, Gluten	Orange Juice (4 oz)	4 oz	60,000	13,000	0.000	0.000	
	Cheese Grits Bowl w/Sausage Link	4 oz grits, 1 link	177,948	21,593	3,164	225,663	Dairy	Blueberry Muffin	1 muffin	263,601	33,137	2,113	177,632	Dairy, Egg, Wheat, Gluten
								String Cheese	1 each (1 oz)	90,000	0.000	4,000	200,000	Dairy
	Cheese Grits Bowl w/Sausage Link & Apple Juice (4 oz)	4 oz grits, 1 link, 4 oz juice	237,948	35,593	3,164	230,663	Dairy	Grape Juice (4 oz)	4 oz	80,000	19,000	0.000	20,000	
								Apple Jacks Cereal	1 bowl	110,000	24,000	0.500	160,000	Soy, Wheat, Gluten
	Cheese Grits Bowl w/Sausage Patty	4 oz grits, 1 patty	202,948	21,760	3,664	353,996	Dairy	Sunflower Seeds	1 package	170,000	8,000	1,600	110,000	
								Apple Juice (4 oz)	4 oz	60,000	14,000	0.000	5,000	
	Cheese Grits Bowl w/Buttered Toast	4 oz grits, 1 slice bread	217,948	33,260	2,664	243,996	Dairy, Soy, Wheat, Gluten	Banana Muffin	1 muffin	150,000	24,000	1,000	75,000	Dairy, Egg, Soy, Wheat, Gluten
								Cocoa Puffs Cereal	1 bowl	110,000	25,000	0.000	120,000	
	Cheese Grits Bowl w/Buttered Toast & Grape Juice (4 oz)	4 oz grits, 1 slice bread, 4 oz juice	297,948	52,260	2,664	263,996	Dairy, Soy, Wheat, Gluten	Apple Cherry Juice (4 oz)	4 oz	50,000	13,000	0.000	10,000	
								Fruity Cherries Cereal	1 bowl	120,000	25,000	0.000	140,000	Wheat, Gluten
	Cheese Grits Bowl w/Turkey Chorizo	4 oz grits, 1 oz chorizo	191,648	22,134	3,320	299,426	Dairy	Poptart	1 pastry	180,000	38,000	1,000	180,000	Soy, Wheat, Gluten
								Orange Pineapple Juice (4 oz)	4 oz	60,000	15,000	0.000	0.000	
								Cheese Grits	4 oz	147,948	21,260	2,664	128,996	Dairy
								Sausage Link	1 link	30,000	0.333	0.500	96,667	
								Apple Juice (4 oz)	4 oz	60,000	14,000	0.000	5,000	
								Cheese Grits	4 oz	147,948	21,260	2,664	128,996	Dairy
								Sausage Link	1 link	30,000	0.333	0.500	96,667	
								Cheese Grits	4 oz	147,948	21,260	2,664	128,996	Dairy
								Buttered Toast	1 slice	70,000	12,000	0.000	115,000	Soy, Wheat, Gluten
								Cheese Grits	4 oz	147,948	21,260	2,664	128,996	Dairy
								Buttered Toast	1 slice	70,000	12,000	0.000	115,000	Soy, Wheat, Gluten
								Cheese Grits	4 oz	147,948	21,260	2,664	128,996	Dairy
								Grape Juice (4 oz)	4 oz	80,000	19,000	0.000	20,000	
								Cheese Grits	4 oz	147,948	21,260	2,664	128,996	Dairy
								Turkey Chorizo	1 oz	43,700	0.874	0.656	170,430	
								Cheese Grits	4 oz	147,948	21,260	2,664	128,996	Dairy

	Cheese Grits Bowl w/Turkey Chorizo &	chorizo, 4 oz	271.648	41.134	3.320	319.426	Dairy	Grape Juice (4 oz)	4 oz	80.000	19.000	0.000	20.000	
	Grape Juice (4 oz)	juice						Turkey Chorizo	1 oz	43.700	0.874	0.656	170.430	
	Cherry Muffin	1 muffin	247.375	32.849	2.588	222.149	Dairy, Egg, Tree Nut, Wheat, Gluten	Biscuit	1 biscuit	190.000	24.000	4.000	430.000	Dairy, Soy, Wheat, Gluten
	Chicken Biscuit	1 biscuit, 1 chicken patty	298.520	31.330	4.730	672.610	Dairy, Soy, Wheat, Gluten	Chicken Patty Biscuit	1 chicken patty 1 biscuit	108.520 190.000	7.330 24.000	0.730 4.000	242.610 430.000	Dairy, Soy, Wheat, Gluten Dairy, Soy, Wheat, Gluten
	Chicken Biscuit & Orange Pineapple Juice (4 oz)	1 biscuit, 1 chicken patty	358.520	46.330	4.730	672.610	Dairy, Soy, Wheat, Gluten	Chicken Patty	1 chicken patty	108.520	7.330	0.730	242.610	Dairy, Soy, Wheat, Gluten
	Cinnamon Bun (Sweet Roll)	1 bun	230.000	38.000	1.500	240.000	Dairy, Egg, Soy, Wheat, Gluten	Orange Pineapple Juice (4 oz)	4 oz	60.000	15.000	0.000	0.000	
	Cinnamon Bun & Apple Cherry Juice (4 oz)	1 bun, 4 oz juice	280.000	51.000	1.500	250.000	Dairy, Egg, Soy, Wheat, Gluten	Apple Cherry Juice (4 oz)	4 oz	50.000	13.000	0.000	10.000	
	Cinnamon Bun & Diced Peaches	1 bun, 4 oz peaches	300.000	55.000	1.500	245.000	Dairy, Egg, Soy, Wheat, Gluten	Cinnamon Bun	1 bun	230.000	38.000	1.500	240.000	Dairy, Egg, Soy, Wheat, Gluten
	Cinnamon Flakes Cereal (1092)	1 bowl	100.000	24.000	0.000	170.000	Soy, Wheat, Gluten	Diced Peaches	1/2 c (140 g)	70.000	17.000	0.000	5.000	
	Cocoa Puffs Cereal	1 bowl	110.000	25.000	0.000	120.000		English Muffin	1 muffin	120	24	0	250	Dairy, Egg, Wheat, Gluten
	Egg & Cheese Wrap	1 wrap	200.000	22.000	5.000	360.000	Dairy, Egg, Soy, Wheat, Gluten							
	Egg and Cheese English Muffin	1 muffin	225.000	28.000	2.750	465.000	Dairy, Egg, Wheat, Gluten							
	ES Foods Cherrios Breakfast Kit	Breakfast Kit	260.000	52.000	1.000	295.000	Dairy, Egg, Soy, Wheat, Gluten							
	ES Foods Cinnamon Toast Kit	Breakfast Kit	270.000	55.000	1.500	350.000	Dairy, Egg, Soy, Wheat, Gluten							
	ES Foods Honey Nut Kit	Breakfast Kit	290.000	57.000	0.000	395.000	Dairy, Egg, Soy, Wheat, Gluten, Tree Nuts - Almond							
	French Toast Sticks	66 g	170.000	24.000	1.000	200.000	Soy, Wheat, Gluten	French Toast Sticks	66 g	170.000	24.000	1.000	200.000	Soy, Wheat, Gluten
	French Toast Sticks & Sausage Link	3 pieces, 1 link	200.000	24.333	1.500	296.667	Soy, Wheat, Gluten	Sausage Link	1 link	30.000	0.333	0.500	96.667	
	Fruity Cherrios Cereal	1 bowl	120.000	25.000	0.000	140.000	Wheat, Gluten							
	Ham & Cheese Frittata	2 oz	93.762	2.054	2.540	170.914	Dairy, Egg							
	Juice, apple (4 oz)	4 oz	60.000	14.000	0.000	5.000								
	Juice, apple cherry (4 oz)	4 oz	50.000	13.000	0.000	10.000								
	Juice, orange (4 oz)	4 oz	80.000	19.000	0.000	20.000								
	Juice, orange (4 oz)	4 oz	60.000	13.000	0.000	0.000								
	Juice, orange pineapple (4 oz)	4 oz	60.000	15.000	0.000	0.000								
	Milk, chocolate	1 carton	90.000	13.000	0.000	130.000	Dairy							
	Milk, skim	1 carton	90.000	13.000	0.000	130.000	Dairy							
	Milk, 1%	1 carton	110.000	13.000	1.500	125.000	Dairy							
	Mini Pancakes	1 pack (85 g)	220.000	36.000	1.000	340.000	Dairy, Egg, Soy, Wheat, Gluten	Mini Pancakes (1331)	1 pack (85 g)	220.000	36.000	1.000	340.000	Dairy, Egg, Soy, Wheat, Gluten
	Mini Pancakes & Orange Juice (4 oz)	1 package, 4 oz juice	280.000	49.000	1.000	340.000	Dairy, Egg, Soy, Wheat, Gluten	Orange Juice (4 oz)	4 oz	60.000	13.000	0.000	0.000	
	Mini Waffles	1 package (70 g)	210.000	38.000	1.000	170.000	Dairy, Egg, Soy, Wheat, Gluten	Apple Cherry Juice (4 oz)	4 oz	50.000	13.000	0.000	10.000	
	Mini Waffles & Apple Cherry Juice (4 oz)	1 package, 4 oz juice	260.000	51.000	1.000	180.000	Dairy, Egg, Soy, Wheat, Gluten	Mini Waffles	1 package (70 g)	210.000	38.000	1.000	170.000	Dairy, Egg, Soy, Wheat, Gluten
	Oatmeal	4oz	158.470	32.870	0.313	184.245	Dairy, Wheat, Gluten							
	Pancake Pup	71 g	210.000	20.000	3.000	390.000	Dairy, Egg, Soy, Wheat, Gluten	Pancake Pup	71 g	210.000	20.000	3.000	390.000	Dairy, Egg, Soy, Wheat, Gluten
	Pancake Pup & Orange Pineapple Juice (4 oz)	1 package, 4 oz juice	270.000	35.000	3.000	390.000	Dairy, Egg, Soy, Wheat, Gluten	Orange Pineapple Juice (4 oz)	4 oz	60.000	15.000	0.000	0.000	
	Pancakes	1 package	190.000	34.000	0.000	230.000	Dairy, Egg, Wheat, Gluten	Pancakes	1 package	190.000	34.000	0.000	230.000	Dairy, Egg, Wheat, Gluten
	Pancakes & Grape Juice (4 oz)	1 package, 4 oz juice	270.000	53.000	0.000	250.000	Dairy, Egg, Wheat, Gluten	Grape Juice (4 oz)	4 oz	80.000	19.000	0.000	20.000	
	Popart	1 patty	180.000	36.000	1.000	180.000	Soy, Wheat, Gluten							
	Proball (glazed)	1 proball	100.000	17.000	0.500	150.000	Dairy, Egg, Soy, Wheat, Gluten							
	Raspberry Yogurt	1 yogurt	100.000	20.000	0.500	50.000	Dairy							
	Sausage Biscuit	1 biscuit, 1 sausage patty	245.000	24.500	5.000	655.000	Dairy, Soy, Wheat, Gluten	Biscuit	1 biscuit	190.000	24.000	4.000	430.000	Dairy, Soy, Wheat, Gluten
	Sausage Biscuit & Strawberry Yogurt	1 biscuit, 1 sausage patty, 1 yogurt	335.000	43.500	5.000	705.000	Dairy, Soy, Wheat, Gluten	Sausage Patty Biscuit	1 sausage patty 1 biscuit	55.000 190.000	0.500 24.000	1.000 4.000	225.000 430.000	Dairy, Soy, Wheat, Gluten Dairy, Soy, Wheat, Gluten
	Sausage Link (1339)	1 sausage link	30.000	0.333	0.500	96.667		Sausage Patty	1 sausage patty	55.000	0.500	1.000	225.000	
	Sausage Patty (1338)	1 sausage patty	55.000	0.500	1.000	225.000		Strawberry Yogurt	1 yogurt (4 oz)	90.000	19.000	0.000	50.000	Dairy
	Scrambled Eggs w/Cheese & Buttered Toast	2 oz egg, 2 oz cheese, 1 slice toast	290.000	15.000	9.500	585.000	Dairy, Egg, Soy, Wheat, Gluten	Buttered Toast	1 slice	70.000	12.000	0.000	115.000	Soy, Wheat, Gluten
	Sliced Cheese	1 oz	90.000	0.000	4.500	200.000	Dairy	Cheese	2 oz	160.000	2.000	8.000	400.000	Dairy
	Spice Muffin	1 muffin	228.171	35.136	1.451	200.945	Egg, Wheat, Gluten	Scrambled Eggs	2 oz	60.000	1.000	1.500	70.000	Dairy, Egg
	Strawberry Smoothie	16oz	334.071	57.180	2.390	171.600	Dairy							
	Strawberry Yogurt (1437)	1 yogurt (4 oz)	90.000	19.000	0.000	50.000	Dairy							
	String Cheese	1 each (1 oz)	90.000	0.000	4.000	200.000	Dairy							
	Super Donuts (1314)	1 donut (1.9 oz)	150.000	23.000	1.500	190.000	Dairy, Egg, Soy, Wheat, Gluten	String Cheese	1 each (1 oz)	90.000	0.000	4.000	200.000	Dairy
	Super Donuts & String Cheese	1 each	240.000	23.000	5.500	390.000	Dairy, Egg, Soy, Wheat, Gluten	Super Donuts	1 donut (1.9 oz)	150.000	23.000	1.500	190.000	Dairy, Egg, Soy, Wheat, Gluten
	Sweet Roll (Cinnamon Bun)	1 bun	230.000	38.000	1.500	240.000	Dairy, Egg, Soy, Wheat, Gluten	Sweet Roll	1 bun	230.000	38.000	1.500	240.000	Dairy, Egg, Soy, Wheat, Gluten
	Sweet Roll & Apple Cherry Juice (4 oz)	1 each, 4 oz juice	280.000	52.000	1.500	245.000	Dairy, Egg, Soy, Wheat, Gluten	Apple Juice (4 oz) (1320)	4 oz	60.000	14.000	0.000	5.000	
	Turkey & Egg Wrap	2 wraps	400.000	44.000	10.000	720.000	Dairy, Egg, Soy, Wheat, Gluten	Diced Peaches	2 oz	28.350	6.885	0.000	2.025	
	Yogurt Parfait w/Fruit & Granola	1 parfait	248.350	48.385	0.500	129.525	Dairy, Soy, Wheat, Gluten	Granola	1 oz	120.000	20.000	0.000	75.000	Soy, Wheat, Gluten
	Yogurt Parfait w/Fruit & Cereal	1 parfait	238.350	48.385	2.000	214.525	Dairy, Tree Nuts, Wheat, Gluten	Vanilla Yogurt	4 oz	100.000	19.500	0.500	52.500	Dairy
								Diced Peaches	2 oz	28.350	6.885	0.000	2.025	
SE01								Honey Nut Cereal	1 oz	110.000	22.000	1.500	160.000	Tree Nuts, Wheat, Gluten

								Vanilla Yogurt	4 oz	100.000	19.500	0.500	52.500	Dairy
Lunch Recipe	Menu Item	Serving Size	Nutrients/Allergens					Ingredient	Serving Size	Nutrients/Allergens				Allergens
			Calories	Carbs (g)	Sat. Fat (g)	Sodium (mg)	Allergens		Calories	Carbs (g)	Sat. Fat (g)	Sodium (mg)	Allergens	
	Asian Chicken Salad	One Salad	624.635	78.060	6.180	1289.600	Soy, Wheat, Gluten	Chow Mein Noodles	2oz	263.250	36.450	4.050	526.500	Wheat, Gluten
	BBQ Plate	3 oz BBQ, 1 slice toast	305.000	23.500	5.375	325.000	Dairy, Soy, Wheat, Gluten	BBQ Texas Toast Cheese Sauce	3 oz 1 slice 1 oz	225.000 80.000 45.728	12.500 11.000 1.371	4.375 1.000 2.058	175.000 150.000 192.048	Soy, Wheat, Gluten Dairy, Soy, Wheat, Gluten Dairy
SE101	Bean Nachos	12-15 pc, 4 oz refried beans, 1 oz cheese sauce	358.806	52.035	2.808	634.848	Dairy, Soy	Nacho Pieces Refried Beans Cheese Sauce	12-15 pc 4 oz 1 oz	195.000 118.080 45.728	30.000 20.664 1.371	0.750 0.000 2.058	0.000 442.800 192.048	Soy, Wheat, Gluten Dairy
SE100	Beef Enchilada	1 enchilada	418.106	40.056	10.646	627.747	Dairy, Soy, Wheat, Gluten	Tortilla 10"	2 oz	170.000	29.980	3.000	150.000	Wheat, Gluten
SE104	Beef Nachos	nacho mixture, 1 oz cheese sauce	388.357	27.538	6.031	634.848	Dairy, Soy	Nacho Mixture Nacho Pieces Beef Steak	3 oz 12-15 pc 2.4 oz	147.631 195.000 120.000	5.603 30.000 2.000	3.973 0.750 3.000	377.682 0.000 180.000	Soy, Wheat, Gluten Soy
	Beef Steak w/Gravy, Rice, & Cornbread	1 beef patty, 2 oz gravy, 2 oz rice, 2 oz cornbread	376.950	46.069	3.795	363.254	Dairy, Egg, Soy, Wheat, Gluten	Cornbread Gravy Rice Breadstick	2 oz 2 oz 2 oz 1 breadstick	128.783 19.027 109.140 142.404	18.942 2.657 22.470 29.857	0.720 0.075 0.000 0.062	93.828 89.428 0.000 479.915	Dairy, Egg, Wheat, Gluten Wheat, Gluten Dairy, Egg, Wheat, Gluten
AC26	Beef Vegetable Soup	8oz	85.660	14.940	0.190	884.046								
	Boneless Wings	5 wings, 1 breadstick	249.124	38.528	0.729	886.785	Dairy, Egg, Soy, Wheat, Gluten							
SM607	Caesar Salad w/CROUTONS	1 salad	556.646	35.974	4.936	980.893	Dairy, Egg, Soy, Wheat, Gluten	Wings CROUTONS	5 pc (2 oz) 2 oz	106.720 283.5	8.671 32.4	0.687 0	406.870 567	Soy, Wheat, Gluten Dairy, Wheat, Gluten
	Calzone, Cheese	1 calzone	250.000	33.000	2.000	420.000	Dairy, Soy, Wheat, Gluten							
	Calzone, Meat	132 g	250.000	33.000	2.000	480.000	Dairy, Soy, Wheat, Gluten							
	Cheese & Veggie Tacos	1 tortilla, 2 oz cheese	330.000	31.000	10.500	850.000	Dairy, Wheat, Gluten	Cheese, shredded Tortilla, 10" Cheese, sliced	2 oz 1 tortilla (57 g) 1 oz	160.000 170.000 90.000	2.000 29.000 0.000	8.000 2.500 4.500	400.000 150.000 200.000	Dairy Wheat, Gluten Dairy
SG322	Cheese Toast	1 patty, 1 bun, 1 slice	83.472	14.023	0.496	190.685	Dairy, Soy, Wheat, Gluten							
SS402	Cheeseburger		330.000	27.000	7.000	630.000	Dairy, Soy, Wheat, Gluten	Hamburger Bun Hamburger Patty	1 bun (2 oz) 1 patty (50 g)	150.000 90.000	26.000 1.000	0.500 2.000	300.000 130.000	Soy, Wheat, Gluten Soy
SE158	Cheese Quesadilla	1 quesadilla	409.213	52.049	9.306	476.057	Dairy, Wheat, Gluten							
	Chicken Tenders	3 tenders	167.840	13.970	0.800	334.390	Dairy, Soy, Wheat, Gluten							
SS80	Chicken Croissant	1 sandwich	332.314	30.156	4.057	527.841	Dairy, Egg, Soy, Wheat, Gluten	Croissant	1 croissant	190.000	26.000	3.500	270.000	Dairy, Egg, Soy, Wheat, Gluten
SE138	Chicken & Waffles	tenders, 1 waffle	467.840	56.970	3.800	684.390	Dairy, Egg, Soy, Wheat, Gluten	Waffles	1 waffle (83 g)	300.000	43.000	3.000	350.000	Dairy, Egg, Soy, Wheat, Gluten
1401	Chicken Wings	4 wings	200.000	0.000	4.000	630.000		Chicken Nuggets	85 g	220.000	14.000	3.000	380.000	Dairy, Soy, Wheat, Gluten
	Chicken Nuggets	croissant	410.000	40.000	6.500	650.000	Dairy, Egg, Soy, Wheat, Gluten							
	Chicken Patty	1 patty	190.000	13.000	1.000	420.000	Dairy, Soy, Wheat, Gluten	Croissant	1 croissant	190.000	26.000	3.500	270.000	Dairy, Egg, Soy, Wheat, Gluten
SE130	Chicken Parmesan	1 Patty	377.120	27.960	9.316	695.053	Dairy, Egg, Soy, Wheat, Gluten							
SS413	Chicken Sandwich		340.000	39.000	1.500	720.000	Dairy, Soy, Wheat, Gluten	Hamburger Bun	1 bun (2 oz)	150.000	26.000	0.500	300.000	Soy, Wheat, Gluten
SE254	Chicken Street Taco	2 tacos	277.092	31.472	3.549	627.285	Dairy, Soy, Wheat, Gluten							
	Chicken Tender Wrap		309.949	40.648	3.167	428.822	Dairy, Soy, Wheat, Gluten	Chicken Tenders	3 oz	139.949	11.648	0.667	278.822	Dairy, Soy, Wheat, Gluten
SE147	Chicken Tortilla Soup	8 oz	143.363	18.150	0.000	399.211								
SE157	Chicken Quesadilla	1 quesadilla	334.481	38.409	6.876	550.938	Dairy, Wheat, Gluten	Tortilla, 10"	1 tortilla (57 g)	170.000	29.000	2.500	150.000	Wheat, Gluten
AC8	Chili	4oz	109.000	20.000	0.000	485.000								
SM146	Cobb Salad	1 salad	467.964	36.326	1.775	1555.250	Dairy, Egg, Soy, Wheat, Gluten							
	Combo Sandwich Meal Kit	1 meal kit	420.000	67.000	4.000	1147.000	Dairy, Soy, Wheat, Gluten	Combo Sandwich Applesauce Juice	1 sandwich 1 container (4.5 oz) 4 fl oz	300.000 60.000 60.000	37.000 15.000 15.000	4.000 0.000 0.000	1120.000 17.000 10.000	Dairy, Soy, Wheat, Gluten
	Corn Dog	1 corndog	280.000	31.000	3.500	660.000	Egg, Soy, Wheat, Gluten							
	Crispy Chicken Sandwich	1 chicken patty, 1	340.000	39.000	1.500	720.000	Dairy, Soy, Wheat, Gluten	Chicken Patty Hamburger Bun Biscuit	1 patty 1 bun (2 oz) 1 biscuit	190.000 150.000 190.000	13.000 26.000 24.000	1.000 0.500 4.000	420.000 300.000 430.000	Dairy, Soy, Wheat, Gluten Soy, Wheat, Gluten Dairy, Soy, Wheat, Gluten
SM143	Fiesta Chicken Salad	1 salad	603.000	87.109	13876.000	833.521	Dairy, Soy							
SM145	Fiesta Salad	1 salad	613.332	71.323	9.720	1014.000	Dairy, Soy	Taco Shell Pieces						
SE183	Fish & Grits	4 pc fish, 4 oz grits, 1 biscuit	509.712	66.920	5.588	1272.848	Dairy, Fish, Soy, Wheat, Gluten	Buttered Grits	4 oz	99.712	21.920	0.088	82.848	Dairy, Soy
1800	Fish Fillet	1 fillet	200.000	18.000	1.000	150.000	Dairy, Fish, Egg, Wheat, Gluten	Fish Nuggets	4 pc	220.000	21.000	1.950	760.000	Dairy, Fish, Soy, Wheat, Gluten
	Fish Nuggets	2 oz fish, 4 hushpuppies	406.620	44.994	2.833	1119.910	Dairy, Egg, Fish, Soy, Wheat, Gluten	Fish Nuggets Hushpuppies Fish	4 pc 2 oz 2 oz	220.000 186.620 45.360	21.000 23.994 2.268	1.950 1.333 0.000	760.000 359.910 170.100	Dairy, Fish, Soy, Wheat, Gluten Dairy, Egg, Soy, Wheat, Gluten Fish, Soy
	Fish Sandwich	2 oz fish, 1 bun	195.360	28.268	0.500	470.100	Fish, Soy, Wheat, Gluten	Hamburger Bun Fish Slices Tortilla, 10" Flour	1 bun (2 oz) 2 oz 1 tortilla (57 g)	150.000 115.000 170.000	26.000 11.500 29.000	0.500 0.750 2.500	300.000 160.000 150.000	Soy, Wheat, Gluten Fish, Soy Wheat, Gluten
SS456	Grilled Cheese Sandwich	1 sandwich	220.000	26.000	3.000	530.000	Dairy, Soy, Wheat, Gluten	Bread	2 slices	140.000	24.000	0.000	230.000	Soy, Wheat, Gluten
SS403	Grilled Chicken Sandwich	1 sandwich	263.293	18.268	2.823	666.301	Soy, Wheat, Gluten	Hamburger Bun	1 bun (2 oz)	150.000	26.000	0.500	300.000	Soy, Wheat, Gluten

SE93	General Tso Chicken w/Fried Rice	3 oz	236.000	30.000	1.164	587.828	Dairy, Egg, Soy, Wheat, Gluten	General Tso Chicken	3 oz	116.000	5.743	1.053	397.931	Dairy, Egg, Soy, Wheat, Gluten
								Fried Rice	1/2 cup	120.000	24.257	0.111	189.897	
SM603	Ham & Cheese Chef Salad	package goldfish	250.000	17.500	6.500	795.000	Dairy, Wheat, Gluten	Goldfish Crackers	1 package	100.000	14.000	0.500	170.000	Dairy, Wheat, Gluten
								Bun Sliders	1 bun	90.000	16.000	0.000	140.000	Soy, Wheat, Gluten
SS356	Ham & Cheese Sliders	1 slider	200.000	18.000	2.500	920.000	Dairy, Soy, Wheat, Gluten	Cheese, sliced	1 slice	40.000	1.000	1.500	150.000	Dairy
								Ham	2 oz	70.000	1.000	1.000	630.000	
								Beef Patty	1 patty (50 g)	90.000	1.000	2.000	130.000	Soy
SE165	Ham w/ Mac & Cheese	1 slice ham, 2 oz mac	748.107	19.307	7.023	1223.443	Dairy, Wheat, Gluten	Mac & Cheese	4 oz	128.757	30.788	6.179	198.816	Dairy, Wheat, Gluten
	Hamburger	1 patty, 1 bun	240.000	27.000	2.500	430.000	Soy, Wheat, Gluten	Hamburger Bun	1 bun (2 oz)	150.000	26.000	0.500	300.000	Soy, Wheat, Gluten
								Hot Dog	1 hot dog	130.000	5.000	3.000	330.000	
	Hot Dog	1 hot dog, 1 bun	280.000	31.000	3.500	630.000	Soy, Wheat, Gluten	Hot Dog Bun	1 bun (2 oz)	150.000	26.000	0.500	300.000	Soy, Wheat, Gluten
								Flatbread Triangles	8 pc	130.000	28.000	0.000	140.000	Soy, Wheat, Gluten
	4 oz hummus, 1 string cheese, 8 triangles		403.021	48.836	5.148	474.066	Dairy, Soy, Wheat, Gluten	Hummus	4 oz	183.021	22.836	1.148	134.066	
								String Cheese	1 each (1 oz)	90.000	0.000	4.000	200.000	Dairy
	4 oz hummus, 8 triangles		313.021	48.836	1.148	274.066	Soy, Wheat, Gluten	Flatbread Triangles	8 pc	130.000	26.000	0.000	140.000	Soy, Wheat, Gluten
	Jalapeno Beef Wrap	2 wraps	420.000	46.000	9.000	720.000	Dairy, Soy, Wheat, Gluten	Hummus	4 oz	183.021	22.836	1.148	134.066	
								Cheese, shredded	1 oz	80.000	1.000	4.000	200.000	Dairy
	3 pc pasta, 3 oz sauce, 1 oz cheese		320.824	30.165	6.500	645.256	Dairy, Egg, Soy, Wheat, Gluten	Pasta	3 pc	200.000	21.000	2.500	350.000	Dairy, Egg, Wheat, Gluten
SE12	Jumbo Cheese Ravioli	1 potato, 2 oz ham, 1 oz						Pasta Sauce	3 oz	49.824	8.165	0.000	95.256	Soy
								Cheese, shredded	1 oz	80.000	1.000	4.000	200.000	Dairy
								Ham	2 oz	140.000	5.000	4.000	850.000	
SE89	Loaded Potato w/Cheese & Ham	cheese, 12-15 nacho pc	625.924	83.968	8.841	1072.680	Dairy, Soy	Nacho Pieces	12-15 pc	195.000	30.000	0.750	0.000	Soy
								Potato	1 potato	210.924	47.968	0.091	22.680	
								Cheese, shredded	1 oz	80.000	1.000	4.000	200.000	Dairy
SE90	Loaded Potato w/Cheese & Sunflower	cheese, 1 pack	655.924	84.968	6.441	332.680	Dairy, Soy	Nacho Pieces	12-15 pc	195.000	30.000	0.750	0.000	Soy
								Potato	1 potato	210.924	47.968	0.091	22.680	
								Sunflower Seeds	1 package	170.000	6.000	1.600	110.000	
SE146	Tomato Bisque	4 oz	48.236	9.292	0.080	360.944	Dairy, Soy							
	Max Snack Pizza	1 pizza	180.000	19.000	3.500	300.000	Dairy, Soy, Wheat, Gluten	Croissant	1 croissant	190.000	26.000	3.500	270.000	Dairy, Egg, Soy, Wheat, Gluten
SE92	Meat Lasagna w/Croissant	3 oz lasagna, 1 croissant	419.695	44.820	9.119	766.751	Dairy, Egg, Soy, Wheat, Gluten	Lasagna	3 oz	229.695	18.820	5.619	496.751	Dairy, Egg, Soy, Wheat, Gluten
SE91	Meatless Lasagna	6 oz	332.355	45.172	6.095	1222.945	Dairy, Egg, Wheat, Gluten	Breadstick (AB6)	1 breadstick	142.404	29.857	0.062	479.915	Dairy, Egg, Wheat, Gluten
	Meatless Spaghetti	4 oz pasta, 3 oz sauce, 1 breadstick	614.607	123.656	0.064	987.961	Dairy, Egg, Soy, Wheat, Gluten	Meatless Pasta Sauce (AC11)	3 oz	52.203	11.799	0.002	508.046	Soy
								Pasta	4 oz	420.000	33.990	0.000	0.000	Wheat, Gluten
								Meatloaf	1 patty	180.000	8.000	4.500	670.000	Soy, Wheat, Gluten
SS411	Mediterranean Chicken Sandwich	1 sandwich	531.412	45.279	5.050	849.964	Dairy, Egg, Soy, Wheat, Gluten	Ciabatta	1 roll	170	29	0.5	150	Dairy, Wheat, Gluten
	Meatloaf w/Salsa & Roll	1 patty, 1 roll	292.670	26.772	4.948	701.520	Dairy, Egg, Soy, Wheat, Gluten	Roll	1 roll	112.670	18.772	0.448	131.520	Dairy, Egg, Wheat, Gluten
	Mozzarella Slicks	2 each	320.000	38.000	7.000	600.000	Dairy, Soy, Wheat, Gluten	Chicken	2 oz	87.749	6.073	1.009	283.500	Soy
SE65	Oven Baked Chicken	2 oz chicken, 1	200.419	24.845	1.457	415.020	Dairy, Egg, Soy, Wheat, Gluten	Roll	1 roll (2 oz)	112.670	18.772	0.448	131.520	Dairy, Egg, Wheat, Gluten
								Chex Mix, Simply Chex	1 package	120.000	23.000	1.000	56.000	Dairy, Soy, Wheat, Gluten
								Chex Mix, Simply Chocolate Chex	1 package	120.000	20.000	0.000	115.000	Egg, Soy, Wheat, Gluten
								Orbits	1 package	130.000	20.000	0.500	200.000	Dairy
								Elfin Grahams	1 package	120.000	21.000	1.000	105.000	Soy, Wheat, Gluten
								Goldfish Crackers	1 package	100.000	14.000	0.500	170.000	Dairy, Wheat, Gluten
	PBJ Unrustable	1 sandwich	300.000	34.000	2.500	300.000	Peanuts, Soy, Wheat, Gluten	Pretzels	1 package	110.000	23.000	0.000	450.000	Wheat, Gluten
								Smart Cookie	1 package	100.000	18.000	1.000	70.000	Dairy, Soy, Wheat, Gluten
								String Cheese	1 each (1 oz)	90.000	0.000	4.000	200.000	Dairy
								Yogurt	1 yogurt (4 oz)	90.000	19.000	0.000	50.000	Dairy
	Pepperoni Calzonette	3 calzonettes	340.000	34.000	6.000	470.000	Dairy, Soy, Wheat, Gluten							
	Pizza, Buffalo Chicken	1 slice (142 g)	280.000	27.000	5.000	610.000	Dairy, Soy, Wheat, Gluten							
	Pizza, Cheese	1 slice (125 g)	360.000	34.000	8.000	510.000	Dairy, Soy, Wheat, Gluten							
	Pizza, Cheese Stuffed	1 slice	300.000	35.000	6.000	600.000	Dairy, Soy, Wheat, Gluten							
	Pizza, Garlic French Bread	1 slice	350.000	29.000	7.000	450.000	Dairy, Wheat, Gluten							
	Pizza, Individual Meat	1 pizza	310.000	30.000	5.000	590.000	Dairy, Soy, Wheat, Gluten							
	Pizza, Sausage	1 slice	270.000	32.000	3.500	810.000	Dairy, Soy, Wheat, Gluten							
	Pizza, Stuffed Crust Pepperoni	1 slice	300.000	35.000	5.000	850.000	Dairy, Soy, Wheat, Gluten	Hoagie Bun	1 bun (2 oz)	150.000	28.000	0.000	310.000	Soy, Wheat, Gluten
SS432	Rib B Que Sandwich	1 BBQ patty, 1	400.000	38.000	6.000	1000.000	Dairy, Soy, Wheat, Gluten							
								Rib B Que Meat	1 patty	250.000	10.000	6.000	690.000	Dairy, Soy, Wheat, Gluten
								Fish Nuggets	3 nuggets	165.000	15.750	1.125	670.000	Dairy, Fish, Soy, Wheat, Gluten
1096	WOW Butter & Jelly Sandwich	1 sandwich	290.000	28.000	3.000	220.000	Dairy, Soy, Wheat, Gluten							
SE135	Seafood Basket	5 poppers, nuggets, 3 hushpuppies	485.000	54.790	3.125	1370.000	Dairy, Egg, Fish, Shellfish, Soy, Wheat, Gluten	Hushpuppies	3 hushpuppies	140.000	18.000	1.000	270.000	Dairy, Egg, Soy, Wheat, Gluten
								Shrimp Poppers	5 poppers (84 g)	180.000	21.000	1.000	530.000	Shellfish, Soy, Wheat, Gluten
								Breadstick	1 breadstick	142.404	29.857	0.062	479.915	Dairy, Egg, Wheat, Gluten

		4 oz salad, 2 oz							Turkey, sliced	2 oz	80.000	0.000	1.000	440.000	
		dressing	90.464	5.039	1.042	584.653	Dairy, Egg, Soy		Ranch Dressing	2 oz	81.493	3.114	1.030	580.621	Dairy, Egg, Soy
									Salad w/out Dressing	4 oz	8.971	1.925	0.012	4.032	
SS415	Turkey & Cheese Sandwich	1 bun, 3 oz ham, 1 slice cheese	350.000	26.000	6.500	1090.000	Dairy, Soy, Wheat, Gluten		Cheese, sliced	1 slice	80.000	0.000	4.500	130.000	Dairy
									Hamburger Bun	1 bun (2 oz)	150.000	26.000	0.500	300.000	Soy, Wheat, Gluten
									Turkey, sliced	3 oz	120.000	0.000	1.500	660.000	
									Turkey & Cheese Sub	1 sub	290.000	38.000	3.500	1220.000	Dairy, Soy, Wheat, Gluten
									Applesauce	1 container (4.5 oz)	50.000	14.000	0.000	10.000	
SS425	Turkey Flatbread	1 flatbread, 3 sliced turkey	210.000	26.000	1.000	580.000	Soy, Wheat, Gluten		Juice	4 fl oz	60.000	15.000	0.000	10.000	
									Flatbread	1 each	130.000	26.000	0.000	140.000	Soy, Wheat, Gluten
									Turkey	3 slices	80.000	0.000	1.000	440.000	
									Cheese, sliced	1 slice	80.000	0.000	4.500	130.000	Dairy
AP33	Turkey/Ham/Cheese Sub	1 bun, 2 oz ham, 1 oz turkey, 1 slice cheese	323.360	30.668	5.667	1460.400	Dairy, Soy, Wheat, Gluten		Ham	2 oz	53.360	2.668	0.667	800.400	
									Hoagie Bun	1 bun (2 oz)	150.000	26.000	0.000	310.000	Soy, Wheat, Gluten
									Turkey	1 oz	40.000	0.000	0.500	220.000	
	Yogurt, Sunflower Seeds, Crackers, & Sun	1 each	430.000	50.000	1.600	840.000	Dairy, Soy, Wheat, Gluten		Chips, Sun Chips	1 pack (24.8 g)	110.000	15.000	0.000	200.000	Dairy, Wheat, Gluten
									Crackers, whole wheat	1 package	60.000	10.000	0.000	180.000	Soy, Wheat, Gluten
									Sunflower Seeds	1 package (1 oz)	170.000	8.000	1.600	110.000	
									Yogurt	1 yogurt (4 oz)	90.000	19.000	0.000	50.000	Dairy
VEGETABLE SIDES															
Recipe	Menu Item	Serving Size				Nutrients/Allergens			Ingredient	Serving Size				Nutrients/Allergens	
			Calories	Carbs (g)	Sat. Fat (g)	Sodium (mg)	Allergens				Calories	Carbs (g)	Sat. Fat (g)	Sodium (mg)	Allergens
	Asian Chicken Salad	One Salad	624.635	78.050	6.180	1289.600	Soy, Wheat, Gluten		Carrots	2 oz	19.845	4.672	0.011	44.226	
	Baby Carrots/Celery	4 oz or 1/2 c	23.885	5.422	0.021	64.426			Celery	1/4 c	4.040	0.750	0.010	20.200	
	Baked Beans	4 oz or 1/2 c	127.205	27.193	0.286	490.385									
	Black Bean Salsa	4 oz or 1/2 c	124.089	19.751	0.353	390.192									
	Black-eyed Peas	4 oz or 1/2 c	120.842	22.520	0.000	632.472									
	Buttered Carrots	4 oz or 1/2 c	48.615	9.832	0.143	583.800	Dairy, Soy								
	Buttered Corn	4 oz or 1/2 c	128.692	29.512	0.106	100.036	Dairy, Soy								
	California Blend	4 oz or 1/2 c	39.322	7.111	0.177	152.663	Dairy, Soy								
	Candied Yams	1/2 c	265.848	55.161	0.630	75.196	Dairy								
	Carrot Sticks w/Ranch Dressing	4 oz carrots, 1 oz	80.437	10.901	0.538	378.763	Dairy, Egg, Soy		Carrot Sticks	4 oz	39.69	9.344	0.023	88.452	
	Coleslaw	4 oz	102.999	11.327	0.769	240.841	Dairy, Egg, Soy		Ranch Dressing	1 oz	40.747	1.557	0.515	290.311	Dairy, Egg, Soy
	Collards, seasoned	4 oz or 1/2 c	45.692	7.189	0.003	190.976									
	Corn on the Cob	1 cob	93.234	19.693	0.049	33.223	Dairy, Soy								
	Creamed Potatoes	4 oz or 1/2 c	78.834	16.752	0.000	3.202									
	English Peas	4 oz or 1/2 c	108.328	20.160	0.307	426.983	Dairy, Soy								
	French Fries	4 oz	186.620	30.699	0.667	333.250	Soy								
	Fresh Broccoli & Cucumber	4 oz or 1/2 c	16.552	3.502	0.001	8.394		Broccoli	1/4 c	7.480	1.461	0.001	7.280		
	Garbanzo Bean Salad	4 oz or 1/2 c	178.801	29.520	0.586	142.196		Cucumber	2 oz	9.072	2.041	0.000	1.134		
	Garden Pasta Salad	4 oz or 1/2 c	33.245	5.832	0.075	61.092	Soy, Wheat, Gluten								
	Garden Salad w/Spinach	4 oz or 1/2 c	19.618	3.812	0.037	31.636									
	Glazed Carrots	4 oz or 1/2 c	9.051	1.969	0.116	83.736	Dairy, Soy								
	Green Beans	4 oz or 1/2 c	23.625	4.596	0.000	333.438									
	Kale Salad	1 c	99.087	17.245	0.162	56.176									
	Leaf Lettuce & Sliced Pickle	4 oz or 1/2 c	34.643	6.520	0.073	1023.344									
	Leaf Lettuce/Tomatoes	4 oz	11.924	2.426	0.019	3.594									
	Lettuce/Tomato/Pickle	4 oz	11.694	2.404	0.019	1523.544									
	Lima Beans	4 oz or 1/2 c	126.375	22.742	0.000	192.861									
	Mexicali Corn	4 oz or 1/2 c	107.552	26.120	0.210	423.592	Dairy, Soy								
	Mexican Bean Salad	4 oz or 1/2 c	295.413	34.978	0.048	376.783									
	Potato Tots	4 oz	199.960	22.661	2.000	293.260	Soy								
	Potato Wedges	2 oz	105.462	23.984	0.045	11.340									
	Refried Beans	1/2 c	128.808	21.264	0.000	169.897	Soy, Peanut								
	Roasted Squash	4 oz or 1/2 c	43.200	9.253	0.095	5.184									
	Romaine Side Salad	4 oz or 1/2 c	16.469	3.355	0.023	17.397									
	Romaine w/Spinach Salad	4 oz or 1/2 c	16.469	3.355	0.023	17.397									
	Shredded Lettuce/Tomatoes	4 oz or 1/2 c	8.971	1.925	0.012	4.032									
	Squash & Onion	4 oz or 1/2 c	43.200	9.253	0.095	5.184									
	Steamed Broccoli	4 oz or 1/2 c	46.974	9.399	0.260	200.290	Dairy, Soy								
	Sweet Potato Fries	4 oz	147.510	24.585	0.000	229.460	Soy								
	Sweet Potato Puffs	4 oz or 1/2 c	159.960	22.661	1.333	346.580	Soy								
	Sweet Potato, Baked	4 oz	97.524	22.816	0.011	62.370									
	Tater Tots	4 oz or 1/2 c	127.575	14.459	1.276	187.110	Soy								
	Tomato, Cucumber, Onion Salad	1/2 c	28.249	6.337	0.032	80.442									
	Tossed Salad	4 oz	8.971	1.925	0.012	4.032									
	Turnips	4 oz or 1/2 c	38.839	4.086	0.000	90.112									
	Vegetable Medley	1/2 c	35.050	7.714	0.000	261.204									
	Vertical Veggies	4 oz or 1/2 c	64.844	7.293	0.535	335.103	Dairy, Egg, Soy		Vertical Veggies - Ranch Dressing (AC131)	1 oz	40.747	1.557	0.515	290.311	Dairy, Egg, Soy
FRUIT SIDES															
Recipe	Menu Item	Serving Size				Nutrients/Allergens			Ingredient	Serving Size				Nutrients/Allergens	
			Calories	Carbs (g)	Sat. Fat (g)	Sodium (mg)	Allergens				Calories	Carbs (g)	Sat. Fat (g)	Sodium (mg)	Allergens
	Applesauce	1/2 c	45.000	11.250	0.000	18.750									
	Blueberry Crisp	1/2 c	142.377	33.241	0.138	295.419	Dairy, Wheat, Gluten								
	Mixed Fruit	1/2 c	80.000	18.000	0.000	5.000									
	Frozen Mixed Berry Cup	1/2 c	90.000	20.000	0.000	0.000									
	Frozen Peach Cup	1/2 c	80.000	19.000	0.000	0.000									
	Frozen Strawberry Cup	1/2 c	90.000	22.000	0.000	0.000									
	Apple	medium (3" dia)	95.000	25.000	0.000	0.000									
	Orange	medium (128 g)	60.000	15.000	0.000	0.000									
	Banana	medium (7" lon)	105.000	26.950	0.000	0.000									
	Peaches, diced	1/2 c	70.000	17.000	0.000	5.000									
	Peaches, sliced	1/2 c	80.000	19.000	0.000	5.000									
	Pears, diced	1/2 c	60.000	16.000	0.000	5.000									
	Pears, sliced	1/2 c	80.000	19.000	0.000	10.000									
SNACKS															
Recipe	Menu Item	Serving Size				Nutrients/Allergens			Ingredient	Serving Size				Nutrients/Allergens	
			Calories	Carbs (g)	Sat. Fat (g)	Sodium (mg)	Allergens				Calories	Carbs (g)	Sat. Fat (g)	Sodium (mg)	Allergens
	Banana Nut Muffin & Grape Juice (6 oz)	1 muffin, 6 oz juice	270.000	52.000	1.000	90.000	Dairy, Egg, Soy, Wheat, Gluten		Banana Nut Muffin	1 muffin	150.000	24.000	1.000	75.000	Dairy, Egg, Soy, Wheat, Gluten

