

## ELEMENTARY: Itemized Food List - for schools pre-K to 6, and grades K-5

School Year 2019-2020

Revised 2/3/2020 \*Menu subject to change

Item	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
<b>Breakfast Items</b>												
Cereal, Cheerios, apple cinnamon, gluten free	1 bowl	Wheat, Oats, Corn, Apple, Cinnamon	110	22	2	9	2	110	1.5	0	0	1 grain
Cereal, Cheerios, gluten-free	1 bowl	Oats, Corn	100	20g	3g	1g	3g	140mg	2g	0g	0mg	1 grain
Cereal, Cinnamon Toast Crunch, reduced sugar	1 bowl	Wheat, Soy, Cinnamon, Rice, Caramel Color	110	22g	3g	6g	1g	160mg	3g	0.5g	0mg	1 grain
Cereal, Cocoa Puffs, reduced sugar	1 bowl	Corn, Cocoa, Caramel Color	110	25g	2g	8g	2g	120mg	1.5g	0g	0mg	1 grain
Cereal, Golden Grahams	1 bowl	Wheat, Corn	100	24g	1g	8g	1g	220mg	1g	0g	0mg	1 grain
Cereal, Rice Chex, gluten-free	1 bowl	Molasses, Rice	100	24g	1g	2g	2g	250mg	0g	0g	0mg	1 grain
Cereal, Trix, reduced sugar	1 bowl	Corn, Rice, Turmeric, Fruit/Vegetable Juice	110	24g	1g	7g	1g	140mg	1.5g	0g	0mg	1 grain
Cheese, mozzarella string, light	1 oz.	Milk	60	1g	0g	0g	7g	200mg	3g	2g	10mg	1 meat
Cinnamon Toast Crunch Cheese Bar	2.36 oz.	Wheat, Legume, Milk, Cinnamon, Corn	250	40g	2g	14g	6g	280mg	8g	3g	5mg	2 grain
Goldfish Giant Grahams	0.9 oz.	Wheat, Cinnamon, Corn	120	19g	1g	7g	1g	140mg	4g	1g	0mg	1 grain
Mini Cinnamon French Toast	1 package	Wheat, Soy, Milk, Egg, Cinnamon, Molasses	220	37g	2g	11g	4g	200mg	7g	1g	0mg	2 grain
Mini Cinnis	2.29 oz.	Wheat, Milk, Barley, Cinnamon, Corn	240	39g	2g	15g	5g	270mg	7g	1.5g	0mg	2 grain
Pancakes, Confetti	3 oz.	Wheat, Milk, Egg, Soy, Corn	220	36g	4g	11g	4g	300mg	7g	1g	10mg	2 grain
Pancakes, Mini Maple	3.17 oz. pkg	Wheat, Egg, Milk, Rice, Grape Juice, Corn, Maple, Molasses	210	38g	3g	11g	4g	270mg	6g	<1g	0mg	2 grain
Pancakes, Mini Strawberry	3.17 oz. pkg	Wheat, Egg, Milk, Rice, Corn, Grape Juice, Potato, Beet Juice	220	40g	3g	14g	4g	260mg	6g	<1g	0mg	2 grain
Sweet Potato Swirl Roll	2.5 oz.	Wheat, Barley, Soy, Corn, Milk, Cinnamon, Orange	220	33g	3g	7g	5g	240mg	8g	1.5g	0mg	2 grain
Turkey Sausage Breakfast Pizza	3.63 oz.	Wheat, Barley, Yeast, Tomato, Onion, Garlic, Soy, Milk	210	22g	3g	5g	14g	300mg	7g	3g	20mg	1 meat; 1.5 grain; 1/8 cup vegetable
Turkey Sausage Pancake Wrap	2.85 oz.	Wheat, Egg, Soy, Corn, Caramel Color, Sodium Nitrite	200	17g	3g	4g	7g	310mg	10g	2.5g	25mg	1 meat; 1 grain
Waffle, Blueberry	2.4 oz. pkg	Egg, Milk, Wheat, Soy, Corn, Rice	210	36g	3g	10g	4g	170mg	6g	1g	<5mg	2 grain
Yogurt, raspberry, nonfat, Danimals	4 oz.	Raspberry, Lemon, Legume, Milk, Corn, Fruit Juice and Vegetable Juice	70	14g	0g	10g	4g	60mg	0g	0g	5mg	1 meat
Yogurt, strawberry, nonfat, Danimals	4 oz.	Strawberry, Lemon, Legume, Milk, Corn, Fruit Juice and Vegetable Juice	70	14g	0g	10g	4g	60mg	0g	0g	5mg	1 meat
<b>Fruit</b>												
Item	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Apple Juice-100%	4 oz.	Apple	70	14g	0g	12g	<1g	0mg	0g	0g	0mg	1/2 cup fruit
Apple, raw, medium	1 apple	Apple	116	21g	4g	n/a	<1g	1mg	0g	0g	0mg	1 cup fruit
Applesauce, unsweetened, USDA	4.5 oz. cup	Apple	51	14g	1g	11g	0g	2mg	0g	0g	0mg	1/2 cup fruit
Applesauce, Cinnamon, sweetened	4 oz. cup	Cinnamon, Apple	60	17g	1g	15g	0g	0mg	0g	0g	0mg	1/2 cup fruit
Banana, raw, medium	1 banana	Banana	109	28g	1g	n/a	1g	12mg	0g	0g	0mg	12 cup fruit
Clementine, whole	1 clementine	Citrus	35	9g	1g	7g	<1g	1 mg	0g	0g	0mg	1/2 cup fruit
Orange Juice - 100%	4 oz.	Citrus	60	14g	1g	n/a	1g	12mg	0g	0g	0mg	1/2 cup fruit
Orange, raw, medium	1 orange	Citrus	62	15g	3g	n/a	0g	0mg	0g	0g	0mg	1/2 cup fruit
Pear, raw, medium	1 pear	Pear	98	25g	4g	n/a	<1g	0mg	<1g	0g	0mg	1/2 cup fruit
Plum, raw	1 medium		36	9g	0g	0g	<1g	114mg	0g	0g	0mg	1/2 cup fruit
Raisins, USDA	1 box	Grape	110	30g	1g	22g	1g	0mg	0g	0g	0mg	1/2 cup fruit
Tangerine, raw, medium	1 medium	Citrus	37	9g	2g	n/a	<1g	1mg	0g	0g	0mg	1/2 cup fruit
<b>Milk</b>												
Item	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	PRO	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
White Milk, 1%	8 oz.	Milk	110	13g	0g	12g	9g	125mg	2.5g	1.5g	15mg	1 milk
Chocolate Milk, Skim	8 oz.	Milk, Corn, Cocoa	120	22g	0g	21g	8g	240mg	0g	0g	5 mg	1 milk
<b>Lunch Nutrition Information</b>												
Main Entrée	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Pro	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Cheese & Bean Burrito	5 oz.	Wheat, Soy, Corn, Milk, Legume, Chili powder, Garlic, Onion, Chili Pepper, Turmeric	310	40g	9g	4g	16g	580mg	9g	7g	10mg	2 meat; 2 grain

Item	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
<b>Cheeseburger Meatloaf on Bun</b>	<b>1 serving</b>		<b>300</b>	<b>28g</b>	<b>3g</b>	<b>8g</b>	<b>15g</b>	<b>580mg</b>	<b>14g</b>	<b>6g</b>	<b>40mg</b>	<b>2 meat; 1.5 grain</b>
Cheeseburger Meatloaf	2.9 oz.	Milk, Wheat, Tomato, Turmeric, Corn, Onion, Garlic,	190	8g	1g	5g	11g	390mg	12g	6g	40mg	2 meat
Hamburger Bun, whole grain, 3.5"	1 each	Wheat, Soy, Corn, Honey, Molasses	110	20g	2g	3g	4g	190mg	2g	0g	0mg	1.5 grain
<b>Cheese Pizza</b>	<b>4 x 6"</b>	<b>Wheat, Milk, Garlic, Tomato, Barley, Onion, Yeast</b>	<b>336</b>	<b>27g</b>	<b>3g</b>	<b>6g</b>	<b>20g</b>	<b>435mg</b>	<b>16g</b>	<b>10g</b>	<b>41mg</b>	<b>2 meat; 2 grain; 1/8 cup vegetable</b>
<b>Cheesy Bread w/ Marinara Sauce</b>	<b>1 serving</b>		<b>305</b>	<b>31g</b>	<b>&lt;1g</b>	<b>5g</b>	<b>19g</b>	<b>830mg</b>	<b>11g</b>	<b>6g</b>	<b>30mg</b>	<b>2 meat; 2 grain; 1/8 cup vegetable</b>
Breaded Mozzarella Cheese Sticks	3.86 oz.	Wheat, Milk, Corn, Soy	290	27g	<1g	3g	19g	690mg	11g	6g	30mg	2 meat; 2 grain
Marinara Sauce	1 oz.	Tomato, Corn, Garlic, Onion	15	4g	0g	2g	0g	140mg	0g	0g	0mg	1/8 cup vegetable
<b>Chicken Drumstick, bone-in</b>	<b>1</b>	<b>Wheat, Garlic, Corn, Onion, Turmeric</b>	<b>190</b>	<b>5g</b>	<b>1g</b>	<b>0g</b>	<b>16g</b>	<b>450mg</b>	<b>11g</b>	<b>2.5g</b>	<b>50mg</b>	<b>2 meat; 0.75 grain</b>
<b>Bread, whole grain</b>	<b>1 oz.</b>	<b>Wheat, Barley, Corn</b>	<b>70</b>	<b>12g</b>	<b>1g</b>	<b>1g</b>	<b>3g</b>	<b>80mg</b>	<b>1g</b>	<b>0g</b>	<b>0mg</b>	<b>1 grain</b>
<b>Chicken Nuggets - whole grain</b>	<b>5 each</b>	<b>Soy, Wheat, Onion, Garlic, Rice, Turmeric, Carrot</b>	<b>200</b>	<b>13g</b>	<b>3g</b>	<b>0g</b>	<b>18g</b>	<b>338mg</b>	<b>9g</b>	<b>2g</b>	<b>25mg</b>	<b>2 meat; 1 grain</b>
<b>Bread, whole grain</b>	<b>1 oz.</b>	<b>Wheat, Barley, Corn</b>	<b>70</b>	<b>12g</b>	<b>1g</b>	<b>1g</b>	<b>3g</b>	<b>80mg</b>	<b>1g</b>	<b>0g</b>	<b>0mg</b>	<b>1 grain</b>
<b>Chicken Soft Taco</b>	<b>5.12 oz.</b>	<b>Wheat, Soy, Milk, Corn, Legume, Tomato, Potato</b>	<b>240</b>	<b>27g</b>	<b>1g</b>	<b>3g</b>	<b>17g</b>	<b>630mg</b>	<b>7g</b>	<b>2g</b>	<b>30mg</b>	<b>2 meat; 2 grain</b>
<b>Dynomite Dippers (non-meat)</b>	<b>5 pc.</b>	<b>Wheat, barley, soy, onion, potato, garlic, corn, spices (not specified)</b>	<b>250</b>	<b>25g</b>	<b>4g</b>	<b>3g</b>	<b>16g</b>	<b>463mg</b>	<b>11g</b>	<b>2g</b>	<b>0mg</b>	<b>2 meat</b>
<b>Bread, whole grain</b>	<b>1 oz.</b>	<b>Wheat, Barley, Corn</b>	<b>70</b>	<b>12g</b>	<b>1g</b>	<b>1g</b>	<b>3g</b>	<b>80mg</b>	<b>1g</b>	<b>0g</b>	<b>0mg</b>	<b>1 grain</b>
<b>Garden Salad with Egg &amp; Cheese</b>	<b>1 serving</b>		<b>203</b>	<b>5g</b>	<b>1g</b>	<b>3g</b>	<b>13g</b>	<b>258mg</b>	<b>14g</b>	<b>7.5g</b>	<b>200mg</b>	<b>2.5 meat; 1/2 cup vegetable</b>
Egg, hard boiled	1	Egg	80	1g	0g	1g	6g	55mg	5g	1.5g	170mg	1.5 meat
Cheese, cheddar, mild, shredded	1 oz.	Milk, Corn	110	1g	0g	0g	6g	190mg	9g	6g	30mg	1 meat
Garden Salad Mix (iceberg lettuce, carrot and red cabbage)	1 cup	Carrot	13	3g	1g	2g	1g	13mg	0g	0g	0mg	1 vegetable
<b>Bread, whole grain</b>	<b>1 oz.</b>	<b>Wheat, Barley, Corn</b>	<b>70</b>	<b>12g</b>	<b>1g</b>	<b>1g</b>	<b>3g</b>	<b>80mg</b>	<b>1g</b>	<b>0g</b>	<b>0mg</b>	<b>1 grain</b>
<b>Hard Boiled Egg, peeled</b>	<b>2 eggs</b>	<b>Egg</b>	<b>140-160</b>	<b>2g</b>	<b>0g</b>	<b>2g</b>	<b>12g</b>	<b>55-60mg</b>	<b>10g</b>	<b>3g</b>	<b>340-370mg</b>	<b>3-3.5 meat</b>
<b>Bread, whole grain</b>	<b>1 oz.</b>	<b>Wheat, Barley, Corn</b>	<b>70</b>	<b>12g</b>	<b>1g</b>	<b>1g</b>	<b>3g</b>	<b>80mg</b>	<b>1g</b>	<b>0g</b>	<b>0mg</b>	<b>1 grain</b>
<b>Lasagna Roll Up with Marinara Sauce</b>	<b>1 serving</b>	<b>Egg, Milk, Wheat, Rice, Corn, Garlic</b>	<b>243</b>	<b>37g</b>	<b>3g</b>	<b>9g</b>	<b>17g</b>	<b>521mg</b>	<b>4g</b>	<b>2g</b>	<b>45mg</b>	<b>2 meat; 1 grain; 1/2 cup vegetable</b>
<b>Bread, whole grain</b>	<b>1 oz.</b>	<b>Wheat, Barley, Corn</b>	<b>70</b>	<b>12g</b>	<b>1g</b>	<b>1g</b>	<b>3g</b>	<b>80mg</b>	<b>1g</b>	<b>0g</b>	<b>0mg</b>	<b>1 grain</b>
<b>Macaroni and Cheese</b>	<b>3/4 cup</b>	<b>Milk, Egg, Wheat</b>	<b>283</b>	<b>31g</b>	<b>2g</b>	<b>6g</b>	<b>15g</b>	<b>648mg</b>	<b>11g</b>	<b>7g</b>	<b>37mg</b>	<b>2 meat; 1 grain</b>
<b>Bread, whole grain</b>	<b>1 oz.</b>	<b>Wheat, Barley, Corn</b>	<b>70</b>	<b>12g</b>	<b>1g</b>	<b>1g</b>	<b>3g</b>	<b>80mg</b>	<b>1g</b>	<b>0g</b>	<b>0mg</b>	<b>1 grain</b>
<b>Pepperoni Pizza (turkey)</b>	<b>4 x 6"</b>	<b>Wheat, Milk, Garlic, Tomato, Barley, Onion, Sodium Nitrite, Yeast</b>	<b>326</b>	<b>28g</b>	<b>3g</b>	<b>6g</b>	<b>21g</b>	<b>579mg</b>	<b>15g</b>	<b>9g</b>	<b>43mg</b>	<b>2 meat; 2 grain; 1/8 cup vegetable</b>
<b>Salisbury Steak/Gravy &amp; Potato</b>	<b>1 serving</b>		<b>280</b>	<b>24g</b>	<b>3g</b>	<b>1g</b>	<b>18g</b>	<b>635mg</b>	<b>12g</b>	<b>4g</b>	<b>43mg</b>	<b>2 meat; 1/2 cup vegetable</b>
Salisbury Steak (beef) with Gravy	3 oz.	Soy, Wheat, Milk, Caramel color, Corn, Onion, Yeast	160	6g	1g	1g	17g	580mg	8g	4g	43mg	2 meat
Potato rounds	2.4 oz.	Potato	120	18g	2g	0g	1g	80mg	4g	0g	0mg	1/2 cup vegetable
<b>Bread, whole grain</b>	<b>1 oz.</b>	<b>Wheat, Barley, Corn</b>	<b>70</b>	<b>12g</b>	<b>1g</b>	<b>1g</b>	<b>3g</b>	<b>80mg</b>	<b>1g</b>	<b>0g</b>	<b>0mg</b>	<b>1 grain</b>
<b>Taco Hummus, Cheese Stick, and Tortilla Strips</b>	<b>1 serving</b>		<b>342</b>	<b>42g</b>	<b>7g</b>	<b>4g</b>	<b>14g</b>	<b>455mg</b>	<b>14g</b>	<b>3g</b>	<b>10g</b>	<b>2 meat; 1.25 grain</b>
Taco Hummus	3 oz.	Legume, Garlic, Lime, Onion	120	18g	5g	3g	6g	180mg	3g	0g	0mg	1 meat
Cheese, mozzarella, string, light	1 oz.	Milk	60	1g	0g	1g	7g	200mg	3g	2g	10mg	1 meat
Tortilla strips	1.5 oz.	Corn	162	23g	2g	0g	1g	75mg	8g	1g	0mg	1.25 grain
<b>Bread, whole grain</b>	<b>1 oz.</b>	<b>Wheat, Barley, Corn</b>	<b>70</b>	<b>12g</b>	<b>1g</b>	<b>1g</b>	<b>3g</b>	<b>80mg</b>	<b>1g</b>	<b>0g</b>	<b>0mg</b>	<b>1 grain</b>
<b>Turkey Steak/Gravy &amp; Potato</b>	<b>1 serving</b>		<b>229</b>	<b>20g</b>	<b>2g</b>	<b>0g</b>	<b>21g</b>	<b>712mg</b>	<b>7g</b>	<b>1g</b>	<b>41mg</b>	<b>2 meat; 1/2 cup vegetable</b>
Turkey with Gravy	~3 oz.	Wheat, Turmeric, Corn, Onion	109	2g	0g	0g	20g	632mg	3g	1g	41mg	2 meat
Potato rounds	2.4 oz.	Potato	120	18g	2g	0g	1g	80mg	4g	0g	0mg	1/2 cup vegetable
<b>Turkey and Cheese Sticks and Tortilla Strips</b>	<b>1 serving</b>		<b>262</b>	<b>24g</b>	<b>2g</b>	<b>1g</b>	<b>17g</b>	<b>465mg</b>	<b>12g</b>	<b>3</b>	<b>30</b>	<b>2 meat; 1.25 grain</b>

Item	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Turkey Stick, smokehouse	1.2 oz.	Garlic, Onion, Molasses, Chicken Broth, Sunflower Oil	40	0g	0g	0g	8g	190mg	1g	0g	20mg	1 meat
Turkey Stick, sweet BBQ	1.2 oz.	Garlic, Onion	40	0g	0g	0g	8g	190mg	1g	0g	20mg	1 meat
Cheese, mozzarella, string, light	1 oz.	Milk	60	1g	0g	1g	7g	200mg	3g	2g	10mg	1 meat
Tortilla strips	1.5 oz.	Corn	162	23g	2g	0g	1g	75mg	8g	1g	0mg	1.25 grain
<b>Bread, whole grain</b>	<b>1 oz.</b>	<b>Wheat, Barley, Corn</b>	<b>70</b>	<b>12g</b>	<b>1g</b>	<b>1g</b>	<b>3g</b>	<b>80mg</b>	<b>1g</b>	<b>0g</b>	<b>0mg</b>	<b>1 grain</b>
<b>Turkey Sausage and French Toast</b>	<b>1 serving</b>		<b>390</b>	<b>40g</b>	<b>2g</b>	<b>13g</b>	<b>18g</b>	<b>660mg</b>	<b>17g</b>	<b>4g</b>	<b>50mg</b>	<b>1.75 meat; 2 grain</b>
Turkey Sausage	2 patties	Caramel color	150	1g	0g	1g	12g	400mg	10g	3g	50mg	1.75 meat
French Toast Sticks, whole grain	2 sticks	Wheat, Barley, Egg, Corn, Soy, Milk, Cinnamon, Yeast	240	39g	2g	12g	6g	260mg	7g	1g	0mg	2 grain
<b>Walking Taco</b>	<b>1 serving</b>		<b>308</b>	<b>27g</b>	<b>3.5g</b>	<b>1.5g</b>	<b>16g</b>	<b>404mg</b>	<b>17g</b>	<b>5g</b>	<b>44mg</b>	<b>2 meat; 1.25 grain</b>
Beef Taco Meat	2.6 oz.	Garlic, Onion, Soy, Tomato, Chili pepper, Caramel Color	91	4g	1.5g	1.5g	11g	239mg	4g	1.5g	29mg	1.5 meat
Cheddar cheese, shredded	1/2 oz.	Milk, Corn	55	0g	0g	0g	3.5g	90mg	4.5g	2.5g	15mg	0.5 meat
Tortilla Strips	1.25 oz.	Corn	162	23g	2g	0g	1g	75 mg	8g	1g	0mg	1.25 grain
<b>Bread, whole grain</b>	<b>1 oz.</b>	<b>Wheat, Barley, Corn</b>	<b>70</b>	<b>12g</b>	<b>1g</b>	<b>1g</b>	<b>3g</b>	<b>80mg</b>	<b>1g</b>	<b>0g</b>	<b>0mg</b>	<b>1 grain</b>
<b>Yogurt /Granola/Cheese Stick</b>	<b>1 serving</b>		<b>250</b>	<b>30g</b>	<b>2g</b>	<b>15g</b>	<b>13g</b>	<b>305mg</b>	<b>8g</b>	<b>2g</b>	<b>15mg</b>	<b>2 meat; 1 grain</b>
Yogurt, raspberry, nonfat, Danimals	4 oz.	Raspberry, Lemon, Legume, Milk, Corn , Fruit Juice and Vegetable Juice	70	14g	0g	10g	4g	60mg	0g	0g	5mg	1 meat
Yogurt, strawberry, nonfat, Danimals	4 oz.	Strawberry, Lemon, Legume, Milk, Corn , Fruit Juice and Vegetable Juice	70	14g	0g	10g	4g	60mg	0g	0g	5mg	1 meat
Yogurt, vanilla, nonfat, Danimals	4 oz.	Milk, Corn, Lemon, Legume	70	14g	0g	10g	4g	60mg	0g	0g	5mg	1 meat
Granola, cinnamon	1 oz.	Gluten-free oats, Apple, Cinnamon	110	15g	2g	4g	2g	60mg	4g	0g	0mg	1 grain
Cheese, mozzarella string, light	1 oz.	Milk	60	1g	0g	0g	7g	200mg	3g	2g	10mg	1 meat
<b>Bread, whole grain</b>	<b>1 oz.</b>	<b>Wheat, Barley, Corn</b>	<b>70</b>	<b>12g</b>	<b>1g</b>	<b>1g</b>	<b>3g</b>	<b>80mg</b>	<b>1g</b>	<b>0g</b>	<b>0mg</b>	<b>1 grain</b>
<b>Sandwiches/Wrap</b>	<b>Portion Size</b>	<b>Food Allergens and Intolerances</b>	<b>Calories</b>	<b>CHO</b>	<b>Fiber</b>	<b>Sugar</b>	<b>Pro</b>	<b>Sodium</b>	<b>Total Fat</b>	<b>Sat-Fat</b>	<b>Cholesterol</b>	<b>USDA Components</b>
<b>Chicken Fajita and Cheese Wrap</b>	<b>1 serving</b>		<b>290</b>	<b>19g</b>	<b>1g</b>	<b>0g</b>	<b>18g</b>	<b>584mg</b>	<b>16g</b>	<b>9g</b>	<b>70mg</b>	<b>2 meat, 1 grain</b>
Chicken Fajita Strips	1.5 oz.	Garlic, Onion, Chili powder, Corn, Lemon	70	1g	0g	0g	9g	214mg	3.5g	1g	40mg	1 meat
Cheese, cheddar, mild, shredded	1 oz.	Milk, Corn	110	1g	0g	0g	6g	190mg	9g	6g	30mg	1 meat
Tortilla, wheat, 7 inch	1	Soy, Wheat, Corn	110	17g	1g	<1g	3g	180mg	4g	2g	0mg	1 grain
<b>Bread, whole grain</b>	<b>1 oz.</b>	<b>Wheat, Barley, Corn</b>	<b>70</b>	<b>12g</b>	<b>1g</b>	<b>1g</b>	<b>3g</b>	<b>80mg</b>	<b>1g</b>	<b>0g</b>	<b>0mg</b>	<b>1 grain</b>
<b>Chicken Patty on Bun</b>	<b>1 serving</b>		<b>310</b>	<b>29g</b>	<b>5g</b>	<b>3g</b>	<b>23g</b>	<b>480mg</b>	<b>11g</b>	<b>1.5g</b>	<b>45mg</b>	<b>2 meat; 2.5 grain</b>
Chicken Patty, breaded	3.8 oz.	Onion, Garlic, Soy, Wheat, Rice, Turmeric, Carrot	200	9g	3g	0g	19g	290mg	9g	1.5g	45mg	2 meat; 1 grain
Hamburger Bun, whole grain, 3.5"	1 each	Wheat, Soy, Corn, Honey, Molasses	110	20g	2g	3g	4g	190mg	2g	0g	0mg	1.5 grain
<b>Hamburger on Whole Grain Bun</b>	<b>1</b>		<b>210</b>	<b>20g</b>	<b>2g</b>	<b>3g</b>	<b>12g</b>	<b>270mg</b>	<b>9g</b>	<b>2.5g</b>	<b>30mg</b>	<b>1.5 meat, 1.5 grain</b>
Beef patty, fully cooked	1.6 oz.	None	100	0g	0g	0g	8g	80mg	7g	2.5g	30mg	1.5 meat
Hamburger Bun, whole grain, 3.5"	1 each	Wheat, Barley, Soy, Corn, Honey, Molasses	110	20g	2g	3g	4g	190mg	2g	0g	0mg	1.5 grain
<b>Sun Butter/Jelly and Bagel</b>	<b>1 serving</b>		<b>555</b>	<b>49g</b>	<b>6g</b>	<b>17g</b>	<b>18g</b>	<b>470mg</b>	<b>35g</b>	<b>4g</b>	<b>0mg</b>	<b>2 meat; 2 grain</b>
Sun Butter	2.2 oz. cup	Sunflower	400	14g	4g	6g	14g	260mg	34g	4g	0mg	2 meat
Grape Jelly	1 each	Grape	35	9g	0g	8g	0g	0mg	0g	0g	0mg	None
Bagel, whole grain	1.9 oz.	Wheat, Barley, Honey, Molasses, Corn	120	26g	2g	3g	4g	210mg	0.5g	0g	0mg	2 grain
<b>Toasted Cheese Sandwich</b>	<b>1 sandwich</b>	<b>Wheat, Barley, Soy, Milk, Legume</b>	<b>218</b>	<b>24g</b>	<b>2g</b>	<b>4g</b>	<b>14g</b>	<b>454mg</b>	<b>8g</b>	<b>4g</b>	<b>22mg</b>	<b>1.5 meat; 1.5 grain</b>
<b>Turkey Hot Dog on Bun</b>	<b>4 oz.</b>		<b>240</b>	<b>21g</b>	<b>2g</b>	<b>3g</b>	<b>11g</b>	<b>890mg</b>	<b>13g</b>	<b>3g</b>	<b>45mg</b>	<b>2 meat; 2 grain</b>
Turkey Dog	2 oz.	Corn, Sodium Nitrite	130	1g	0g	0g	7g	700mg	11g	3g	45mg	2 meat
Hot Dog Bun, Whole Grain	1 each	Wheat, Barley Soy, Corn, Honey, Molasses	110	20g	2g	3g	4g	190mg	2g	0g	0mg	2 grain
<b>WOW Sandwich</b>	<b>4.6 oz.</b>	<b>Wheat, Barley, Milk, Soy, Corn, Grape</b>	<b>570</b>	<b>55g</b>	<b>8g</b>	<b>21g</b>	<b>19g</b>	<b>440mg</b>	<b>32g</b>	<b>6g</b>	<b>0mg</b>	<b>2 meat; 2 grain</b>
<b>Picnic Lunch: WOW Sandwich, Pretzels, Juice Blend, Fruit Cup, and Milk</b>												
Cherry Star (100% Fruit/Vegetable Juice)	6.75 oz.	Apple, Pear, Carrot, Celery, Spinach, Sweet Potato, Cherry, Kale, Broccoli, Starfruit, Aronia	90	23g	0g	21g	0g	40mg	0g	0g	0mg	3/4 c. vegetable
<b>MISC SPECIAL DIET (by diet order only)</b>	<b>Portion Size</b>	<b>Food Allergens and Intolerances</b>	<b>Calories</b>	<b>CHO</b>	<b>Fiber</b>	<b>Sugar</b>	<b>Pro</b>	<b>Sodium</b>	<b>Total Fat</b>	<b>Sat-Fat</b>	<b>Cholesterol</b>	<b>USDA Components</b>
Applesauce, Gerber, strained, 2nd food	4 oz.	Apple	60	14g	1g	12g	0g	5mg	0g	0g	0mg	1/2 cup fruit
Applesauce, Cinnamon, sweetened	4 oz. cup	Cinnamon, Apple	60	17g	1g	15g	0g	0mg	0g	0g	0mg	1/2 cup fruit

Item	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Banana, Gerber, strained, 2nd food	4 oz.	Banana	100	24g	1g	20g	1g	5mg	0g	0g	0mg	1/2 cup fruit
B&B Hot Dog, beef (for K-6 only)	2 oz.	Sodium nitrite	167	<1g	0g	0g	7g	580mg	15g	6g	35mg	1 meat
Beef patty, fully cooked	1.6 oz.	None	100	0g	0g	0g	8g	80mg	7g	2.5g	30mg	1.5 meat
Carrots, Gerber, strained/2nd foods	4 oz.	Carrot	40	9g	1g	6g	<1g	40mg	0g	n/a	n/a	1/2 cup vegetable
Cereal, Rice Chex, gluten-free	1 bowl	Molasses, Rice	100	24g	1g	2g	2g	250mg	0g	0g	0mg	1 grain
Cheese, mozzarella string, light	1 oz.	Milk, cheese cultures	60	1g	0g	0g	8g	210mg	2.5g	2g	10mg	1 meat
Chicken Dippers	2.6 oz.	Rice, Yeast	121	<1g	0g	0g	17g	112mg	4.5g	1g	51mg	2 meat
Chicken Fajita Strips	2.25 oz.	Garlic, Onion, Chili powder, Corn, Lemon	105	1.5g	0g	0g	13g	300mg	5g	1.5g	60mg	1.5 meat
Chicken Patty, breaded	3.8 oz.	Onion, Garlic, Soy, Wheat, Rice, Turmeric, Carrot	200	9g	3g	0g	19g	290mg	9g	1.5g	45mg	2 meat; 1 grain
Gluten-free Bread, sliced	2 oz.	Egg, Rice, Oat, Flaxseed, Chia Seed, Yeast, Molasses	130	24g	3g	3g	4g	315mg	2g	<1g	28mg	2 grain
Green Beans, strained, 2nd foods	4 oz.	None	40	6g	2g	3g	1g	5mg	0g	n/a	n/a	1/2 cup vegetable
Milk Non-fat, lactose free	8 fl oz.	Milk	90	13g	0g	12g	9g	130mg	0g	0g	5mg	1 Milk
Milk, Soy, Silk, vanilla	8 fl oz.	Soy	110	9g	2g	6g	8g	95mg	4.5g	0.5g	0mg	1 Milk
Peaches, Gerber, strained/2nd foods	4 oz.	Peach	70	14g	1g	13g	1g	0mg	0g	n/a	n/a	1/2 cup fruit
Pears, Gerber, strained/2nd foods	4 oz.	Pear	70	17g	3g	12g	0g	5mg	0g	n/a	n/a	1/2 cup fruit
Peas, green, frozen	1/2 cup	Peas	60	10g	3g	3g	4g	0mg	0g	0g	0mg	1/2 cup vegetable
Peas, Gerber, strained/2nd foods	4 oz.	Peas	50	7g	2g	2g	0g	5mg	0g	n/a	n/a	1/2 cup vegetable
Potato, Emoji	4 pcs.	Potato	120	18g	2g	0g	2g	80mg	4g	<1g	0mg	1/2 cup vegetable
Squash, Gerber, strained/2nd foods	4 oz.	Squash	40	8g	1g	4g	0g	5mg	0g	n/a	n/a	1/2 cup vegetable
Sweet Potatoes, strained, 1st foods	2.5 oz.	None	50	10g	<1g	6g	<1g	15mg	0g	n/a	n/a	1/2 cup vegetable
Taco Hummus	3 oz.	Legume (chickpea), onion, garlic, lime	120	18g	3g	5g	6g	180mg	3g	0g	0mg	1 meat
Tortilla Strips	1.25 oz.	Corn	162	23g	2g	0g	1g	75 mg	8g	1g	0mg	1.25 grain
Turkey Canadian Bacon	0.76 oz.	Sodium Nitrite	30	0g	0g	0g	4g	130mg	2g	<1g	15mg	0.5 meat
Turkey Sausage	2 patties	Caramel color	150	1g	0g	1g	12g	400mg	10g	3g	50mg	1.75 meat
Turkey Stick, smokehouse	1.2 oz.	Garlic, Onion, Molasses, Chicken Broth, Sunflower Oil	40	0g	0g	0g	8g	190mg	1g	0g	20mg	1 meat
Turkey Stick, sweet BBQ	1.2 oz.	Garlic, Onion	40	0g	0g	0g	8g	190mg	1g	0g	20mg	1 meat
<b>Emergency Meal</b>	<b>Portion Size</b>	<b>Food Allergens and Intolerances</b>	<b>Calories</b>	<b>CHO</b>	<b>Fiber</b>	<b>Sugar</b>	<b>Protein</b>	<b>Sodium</b>	<b>Total Fat</b>	<b>Sat-Fat</b>	<b>Cholesterol</b>	<b>USDA Components</b>
<b>Cheddar Cheese Lunch Kit</b>	<b>1 lunch kit</b>		<b>460</b>	<b>62g</b>	<b>5g</b>	<b>41g</b>	<b>14g</b>	<b>930mg</b>	<b>18g</b>	<b>12g</b>	<b>50mg</b>	<b>2 meat; 1 grain; 3/4 cup vegetable; 1/2 cup fruit</b>
White Cheddar Cheese	2 oz.	Milk	200	2g	0g	0g	12g	720mg	16g	12g	50mg	2 meat
Pizza Crackers	0.8 oz.	Wheat, Tomato	80	15g	2g	2g	2g	190mg	2g	0g	0mg	1 grain
Craisins	1.16oz	Orange, Berry	110	28g	3g	24g	0g	0mg	0g	0g	0 mg	1/2 cup fruit
Sunset Sip	6.75 oz.	Sweet Potato, Carrot, Pumpkin	70	17g	0g	15g	0g	20mg	0g	0g	0mg	3/4 cup vegetable
<b>Cooked Vegetables</b>	<b>Portion Size</b>	<b>Food Allergens and Intolerances</b>	<b>Calories</b>	<b>CHO</b>	<b>Fiber</b>	<b>Sugar</b>	<b>Protein</b>	<b>Sodium</b>	<b>Total Fat</b>	<b>Sat-Fat</b>	<b>Cholesterol</b>	<b>USDA Components</b>
Baked Beans, prepared	1/2 cup	Navy bean, tomato, corn, garlic, molasses	142	30g	4g	7g	6g	493mg	<1g	0g	0mg	1/2 cup vegetable
Broccoli, steamed	1/2 cup	None	13	2g	1g	0g	1g	10mg	0g	0g	0mg	1/2 cup vegetable
Corn, canned	1/2 cup	Corn	78	18g	2g	3g	2.5g	16mg	1g	<1g	0mg	1/2 cup vegetable
Corn, frozen	1/2 cup	Corn	80	17g	2g	n/a	2g	10mg	0g	0g	0mg	1/2 cup vegetable
Green Beans, frozen	1/2 cup	None	23	5g	1g	1g	1g	0mg	0g	0g	0mg	1/2 cup vegetable
Potato Wedges, USDA, skin on, baked	3 oz.	None	100	14g	2g	0g	2g	20mg	3g	0g	0mg	1/2 cup vegetable
Sweet Potato Wedge. USDA, baked	3 oz.	Corn, Turmeric, Pea, Rice	140	21g	4g	10g	2g	150mg	6g	1g	0mg	1/2 cup vegetable
<b>Fresh Vegetables</b>	<b>Portion Size</b>	<b>Food Allergens and Intolerances</b>	<b>Calories</b>	<b>CHO</b>	<b>Fiber</b>	<b>Sugar</b>	<b>Pro</b>	<b>Sodium</b>	<b>Total Fat</b>	<b>Sat-Fat</b>	<b>Cholesterol</b>	<b>USDA Components</b>
Broccoli spears	1/4 cup	None	6	1g	<1g	0 g	<1g	6mg	0g	0g	0mg	1/2 cup vegetable
Carroteenis	1/4 cup	Carrot	16	4g	1g	n/a	<1g	13mg	0g	0g	0mg	1/2 cup vegetable
Cucumber Slices	1/4 cup	Cucumber	15	3g	1g	0g	1g	0mg	0g	0g	0mg	1/2 cup vegetable
Garden Salad Mix	1 cup	Carrot	13	3g	1g	2g	1g	13mg	0g	0g	0mg	1/2 cup vegetable
Squash, yellow, sliced	1/2 cup	Squash	11	2.5g	1g	n/a	<1g	1mg	0g	0g	0mg	1/2 cup vegetable
Tomatoes, cherry	1/4 cup	Tomato	8	1.5	<1	n/a	<1	3	0g	0g	0mg	1/2 cup vegetable
Zucchini, sliced	1/4 cup	Squash	4	<1	<1	n/a	<1	<1	0g	0g	0mg	1/2 cup vegetable

Item	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
<b>Fruit</b>	<b>Portion Size</b>	<b>Food Allergens and Intolerances</b>	<b>Calories</b>	<b>CHO</b>	<b>Fiber</b>	<b>Sugar</b>	<b>Protein</b>	<b>Sodium</b>	<b>Total Fat</b>	<b>Sat-Fat</b>	<b>Cholesterol</b>	<b>USDA Components</b>
Apple, raw , medium	1 apple	Apple	116	21g	4g	n/a	<1g	1mg	0g	0g	0mg	1 cup fruit
Applesauce, unsweetened, USDA	4.5 oz. cup	Apple	51	14g	1g	11g	0g	2mg	0g	0g	0mg	1/2 cup fruit
Applesauce, Cinnamon, sweetened	4 oz. cup	Cinnamon, Apple	60	17g	1g	15g	0g	0mg	0g	0g	0mg	1/2 cup fruit
Banana, raw, medium	1 banana	Banana	109	28g	1g	n/a	1g	12mg	0g	0g	0mg	1/2 cup fruit
Clementine, whole	1 clementine	Citrus	35	9g	1g	7g	<1g	1 mg	0g	0g	0mg	1/2 cup fruit
Orange, raw, medium	1 orange	Citrus	62	15g	3g	n/a	0g	0mg	0g	0g	0mg	1/2 cup fruit
Pear, raw, medium	1 pear	Pear	98	25g	4g	n/a	<1g	0mg	<1g	0g	0mg	1/2 cup fruit
Plum, raw	1 medium		36	9g	0g	0g	<1g	114mg	0g	0g	0mg	1/2 cup fruit
Raisins, USDA	1 box	Grape	110	30g	1g	22g	1g	0mg	0g	0g	0mg	1/2 cup fruit
Tangerine, raw, medium	1 medium	Citrus	37	9g	2g	n/a	<1g	1mg	0g	0g	0mg	0
<b>Milk</b>	<b>Portion</b>	<b>Food Allergens and</b>	<b>Calories</b>	<b>CHO</b>	<b>Fiber</b>	<b>Sugar</b>	<b>Pro</b>	<b>Sodium</b>	<b>Fat</b>	<b>Sat-Fat</b>	<b>Cholesterol</b>	<b>USDA Components</b>
White Milk, 1%	8 oz.	Milk	110	13g	0g	12g	9g	125mg	2.5g	1.5g	15mg	1 milk
Chocolate Milk, Skim	8 oz.	Milk, Corn, Cocoa	120	22g	0g	21g	8g	240mg	0g	0g	5 mg	1 milk
<b>Condiments</b>	<b>Portion Size</b>	<b>Food Allergens and Intolerances</b>	<b>Calories</b>	<b>CHO</b>	<b>Fiber</b>	<b>Sugar</b>	<b>Pro</b>	<b>Sodium</b>	<b>Total Fat</b>	<b>Sat-Fat</b>	<b>Cholesterol</b>	<b>USDA Components</b>
BBQ sauce	1 packet	Tomato, Corn, Garlic, Molasses, Wheat	15	4g	0g	2g	0g	85mg	0g	0g	0mg	None
French dressing	1 packet	Garlic, Corn, Onion, Lemon	50	3g	0g	0g	0g	130mg	0g	0g	0mg	None
Hot Sauce	1 packet	Red pepper	0	0g	0g	n/a	0g	120mg	0g	0g	0mg	None
Ketchup	1 packet	Tomato, Corn	10	3g	0g	2g	0g	105mg	0g	0g	0mg	None
Taco sauce	1 packet	Tomato, Corn, Wheat	5	1g	0g	0g	0g	95mg	0g	0g	0mg	None
Ranch dressing, light	1 packet	Soy, Corn, Egg, Milk, Garlic, Lemon, Onion	20	3g	0g	2g	0g	115mg	1g	0g	0mg	None
Mustard	1 packet	Turmeric, Garlic	4	0g	0g	0g	0g	50mg	0g	0g	0mg	None
Italian dressing , fat-free	1 each	Garlic, Corn, Lemon	4	<1g	0g	0g	0g	110mg	0g	0g	0mg	None
<b>Snacks: ELO, Latchkey, Pre K</b>	<b>Portion Size</b>	<b>Food Allergens and Intolerances</b>	<b>Calories</b>	<b>CHO</b>	<b>Fiber</b>	<b>Sugar</b>	<b>Pro</b>	<b>Sodium</b>	<b>Total Fat</b>	<b>Sat-Fat</b>	<b>Cholesterol</b>	<b>USDA Components</b>
Cheeze-it, whole grain	0.75 oz.	Wheat, Milk, Soy, Turmeric	100	14g	1g	0g	2g	150mg	3.5g	1g	<5mg	1 grain
Goldfish Giant Grahams	0.9 oz.	Wheat, Cinnamon, Corn	120	19g	1g	7g	1g	140mg	4g	1g	0mg	1 grain
Pretzels, Goldfish, whole grain	0.75 oz.	Wheat, Barley, Milk	100	20g	2g	<1g	3g	200mg	<1g	0g	0mg	1 grain
Nutrition Crackers	1 oz.	Wheat, Milk, Sunflower, Egg, Honey	120	22g	2g	6g	2g	65mg	4g	0g	0mg	1 grain
Strawberry Waffle Grahams	1 oz.	Wheat, Strawberry, Elderberry, Sweet Potato, Corn	110	21g	1g	7g	2g	95mg	3g	0g	0mg	1 grain

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#### GLOSSARY

**Calorie** – The energy value of food. Calories come mainly from carbohydrate, protein and fat.

**Carbohydrate (CHO)** – One of the three major energy sources in food.

**Cholesterol** – A fat-like substance found in foods made with milk, meat, and animal fat.

**Fat** – One of the three major energy sources in food.

**Saturated Fat** – A kind of fat that tends to raise blood-cholesterol levels when eaten.

**Fiber** – A fragment found in plant foods.

**Gram (g)** – A numerical unit of mass and weight in the metric system

**Milligram (mg)** - A numerical unit of mass and weight in the metric system.

**Ounce (oz.)** – A unit of weight of one sixteenth of a pound.

**Protein** – One of the three major energy sources in food. Can be from animal or plant sources.

**Sodium** – A mineral found mainly in salt.

**Starch** – One of the two major types of carbohydrate.

**Sugar** – One of the two major types of carbohydrate.

**USDA Component** - United States Department of Agriculture school food group measured by amount and kind of food.