

Menu Item Nutrient Report

Item Name (Serving Size)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
1oz Rolls, Breadsticks, Homemade - LR100030 (1 ounce roll) Contains Milk, Wheat.	86.92	2.12	0.17	0.00(M)	0.30	103.32	14.59	1.24	2.55	(M)	2.56	0.71	22.54	1.10	0.10	0.00(M)	8.53(M)	10.73(M)	0.16(M)
2oz Rolls, Breadsticks, Homemade - LR100420 (2 ounce roll)	155.40	2.83	0.45	0.00(M)	0.72	217.84	29.73	2.25	5.48	(M)	5.19	1.93	58.70	2.32	0.24	0.00(M)	143.39(M)	23.30(M)	0.63(M)
4" Flatbread w/Cheese - LR100843 (1 ea.) Contains Milk, Wheat. May contain Soy.	230.00	8.50	2.50	0.00	15.00	770.00	28.00	2.00	3.00	(M)	13.00	1.36	222.20	300.00	0.06	(M)	(M)	0.00(M)	0.00(M)
Animal Crackers - LR100225 (1 pkg.)	124.20	1.74	0.27	0.00	0.00	75.90	25.14	0.48	(M)	(M)	2.13	1.11	6.57	0.00	0.00	(M)	(M)	0.60	0.39
Apple Cinnamon Poppers - LR100671 (1 ea.) Contains Soy, Wheat. May contain Milk.	243.84	9.01	4.50	0.00(M)	0.00	331.81	39.33	2.15	13.87(M)	(M)	5.05	1.30	84.68	4.93	2.78	0.00(M)	11.21(M)	1.12(M)	0.03(M)
Apple Crisp - LR100234 (1 piece)	204.78	7.74	1.59	0.00(M)	0.00	116.71	33.19	1.96	21.35(M)	(M)	1.79	2.19	17.29	325.42	1.28	0.00(M)	35.73(M)	9.93(M)	0.33(M)
Apple Crisps - LR101002 (1 Bag)	40.00	0.00	0.00	0.00	0.00	0.00	10.00	2.00	7.00	(M)	0.00	(M)	(M)	(M)	(M)	(M)	130.00	(M)	(M)
Apple Golden Delicious - LR100966 (1 ea.)	150.43	0.00	0.00	(M)	(M)	5.28	35.89	6.33	26.39	(M)	0.53	0.26	15.83	134.59	(M)	(M)	263.91	(M)	0.00
Apple Muffin-Homemade-w/Mix - LR100848 (1 ea.) Contains Egg, Milk, Soy, Wheat.	381.51	10.90	5.45	0.00(M)	32.71	504.11	63.75	2.51	30.37	(M)	4.36	0.79(M)	45.25(M)	0.14(M)	0.00(M)	0.00(M)	0.00(M)	54.26(M)	0.05(M)
Apple Pie Yogurt Parfait - LR100850 (1 c.) Contains Milk, Soy, Wheat.	239.39	1.54	1.01	0.00	5.00	112.56	49.04	1.12	35.66	(M)	7.01	5.21	202.68	5.36(M)	1.36(M)	(M)	(M)	0.00(M)	0.00(M)
Apple, Cut = 1 cup ASP Only - LR100672 (1 ea.)	94.64	0.31	0.05	0.00	0.00	1.82	25.13	4.37	18.91	(M)	0.47	0.22	10.92	98.28	8.37	0.00	194.74	155.72	0.35
Apple, Cut 1/2 = 1/2 cup - LR100511 (1/2 ea.)	47.32	0.15	0.03	0.00	0.00	0.91	12.57	2.18	9.46	(M)	0.24	0.11	5.46	49.14	4.19	0.00	97.37	77.86	0.17
Applesauce - LR100107 (1/2 c.)	60.67	0.11	0.01	0.00	0.00	2.17	15.17	1.08	13.00	(M)	0.22	0.33	5.42	37.92	1.30	(M)	(M)	0.00	0.00
Applesauce Muffins - LR100923 (1 muffin) Contains Egg, Milk, Soy, Wheat.	143.53	4.05	2.02	0.00	12.12	185.99	24.17	0.92	11.83	(M)	1.64	0.32	16.71	3.89(M)	0.13(M)	(M)	(M)	0.00(M)	0.00(M)
Applesauce, Cups 4.5 OZ - LR100634 (1 ea.)	60.00	0.00	0.00	0.00	0.00	15.00	14.00	1.00	18.00	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
Asian Bar - Thai Chili Sauce - LR100779 (1 oz.)	47.25	0.00	0.00	0.00	0.00	244.13	11.81	0.00	11.03	(M)	0.00	0.00	0.00	78.75	1.89	(M)	(M)	(M)	(M)
Asian Chicken Chunk - LR100477 (6 ea.) Contains Gluten, Soy, Wheat.	340.00	14.00	3.00	0.00	60.00	580.00	30.00	2.00	6.00	(M)	24.00	2.16	40.00	0.00	0.00	(M)	(M)	0.00	0.00
Asian Cole Slaw - LR100603 (1/2 c.)	88.08(M)	0.14(M)	0.03(M)	0.00(M)	0.00(M)	322.09(M)	21.57(M)	2.50(M)	15.18(M)	(M)	1.48(M)	0.69(M)	46.27(M)	756.79(M)	53.25(M)	0.00(M)	92.53(M)	99.38(M)	0.70(M)
Asian Rice 1 Cup - Scratch - LR100776 (1 c.) Contains Soy, Wheat.	97.85	0.89	0.02	0.00	0.00	544.63	19.62	2.02	1.10	(M)	3.01	0.62	7.96(M)	2295.74(M)	2.14(M)	(M)	(M)	118.01(M)	0.00(M)
Asian Rice 1/2 Cup - Scratch - LR100775 (1/2	60.17	0.56	0.02	0.00	0.00	274.30	12.13	1.25	0.69	(M)	1.77	0.37	5.18(M)	1707.59(M)	1.15(M)	(M)	(M)	59.00(M)	0.00(M)

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c.) Contains Soy, Wheat.																			
Asian Vegetables - LR100099 (1/2 c.)	37.30	0.00	0.00	0.00(M)	0.00	23.08	5.96	2.98	0.00(M)	(M)	2.98	0.40	22.26	492.79	25.71	(M)	(M)	23.60(M)	0.00(M)
Assorted Fruit Juice-4oz - LR100210 (1/2 c.)	60.00	0.00	0.00	0.00	0.00	17.00	15.00	0.00	13.40	(M)	0.00	0.00	0.00	200.00	19.68	(M)	(M)	0.00	0.00
Assorted Fruit Juice-6oz - LR100215 (3/4 c.)	82.50	0.00	0.00	0.00	0.00(M)	30.00	20.50	0.00	18.75	(M)	0.00	0.09(M)	10.00(M)	375.00	21.60	(M)	(M)	0.00(M)	0.00(M)
Baby Carrots 5# - LR100097 (1/2 c.)	63.99	0.22	0.04	0.00	0.00	140.79	14.79	5.24	(M)	(M)	1.14	1.63	57.61	25017.18	4.81	(M)	(M)	(M)	(M)
Baby Carrots-Mini Bag - LR100341 (1 pkg.) May contain Milk.	154.21	12.07	2.26	0.00	7.50	477.29	7.44	1.57	1.50(M)	(M)	1.84	0.49	17.28	7505.15	1.44	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Baby Carrots-Mini Bag (P) - LR101014 (1 pkg.) May contain Milk.	165.01	12.10	2.27	0.00	7.50	501.05	9.93	2.46	1.50(M)	(M)	2.04	0.77	27.00	11727.00	2.25	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Bagel, Mini Cinnamon - LR100797 (1 ea.) Contains Milk, Wheat.	240.00	6.00	2.50	0.00	10.00	180.00	41.00	2.00	13.00	(M)	6.00	1.44	20.00	100.00	0.00	(M)	(M)	(M)	(M)
Bagel, Mini Strawberry - LR100798 (1 ea.) Contains Milk, Wheat.	197.22	4.93	2.05	0.00	8.22	147.91	33.69	1.64	10.68	(M)	4.93	0.89	16.43	82.17	0.00	(M)	(M)	(M)	(M)
Bagged Celery Sticks 2 oz. -DOD - LR100982 (1 ea.) May contain Milk.	144.09	12.10	2.27	0.00(M)	7.50	480.41	4.68	0.91	2.26	(M)	1.89	0.11	22.68	254.58	1.76	0.00(M)	0.00(M)	54.11	0.42
Bagged Celery Sticks, 2 oz. -DOD - LR100969 (1 ea.)	24.48	0.14	0.03	0.00(M)	0.00	75.84	5.38	2.16	2.93	(M)	0.64	0.52	34.56	6834.60	2.74	0.00(M)	113.76(M)	89.17	0.66
Bagged Grape Tomato and Carrots - LR100974 (1 ea.)	38.00	0.13	0.02	0.00	0.00	79.00	8.84	3.10	5.26	(M)	0.84	0.94	34.00	13932.00	4.90	0.00(M)	237.00(M)	90.35	0.63
Baked Beans (3/4 cup) - LR100959 (3/4 c.)	209.55	0.00	0.00	0.00(M)	0.00	779.16	47.72	7.29	20.57(M)	(M)	10.11	2.66	64.06	44.45	0.54	(M)	(M)	0.00(M)	0.00(M)
Baked Beans-No Molassas - LR100055 (1/2 c.)	157.16	0.00	0.00	0.00(M)	0.00	584.37	35.79	5.46	15.42(M)	(M)	7.58	2.00	48.04	33.34	0.41	(M)	(M)	0.00(M)	0.00(M)
Baked Potato-Whole - LR100138 (1 potato) Contains Milk.	169.40	0.19	0.06	0.00(M)	0.00	22.10	38.72	2.77	0.00(M)	(M)	4.56	1.83	28.82	2.13	12.14	(M)	(M)	170.92	2.41
Baked Zucchini Chips - LR100834 (1/2 c.) May contain Wheat.	98.68	8.21	1.16	0.00(M)	3.20	81.43	5.03	1.13	1.32(M)	(M)	2.80	0.23(M)	47.47(M)	64.06(M)	0.00(M)	0.00(M)	7.94(M)	2.29(M)	0.13(M)
Banana Muffin - LR100924 (1 ea.) Contains Egg, Milk, Soy, Wheat.	148.43	4.08	2.03	0.00	12.12	185.89	25.47	1.13	12.03	(M)	1.75	0.32	16.78	8.00(M)	1.09(M)	0.00(M)	44.75(M)	9.36(M)	0.10(M)
Banana, Whole = 1/2 cup - LR100512 (1 ea.)	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	(M)	1.29	0.31	5.90	75.52	10.27	0.00	422.44	88.39	0.97
Bar, Oatmeal - LR100617 (1 Bar) Contains Egg, Gluten, Milk, Soy, Wheat.	150.00	5.00	1.00	0.00	20.00	120.00	23.00	2.00	8.00	(M)	2.00	0.72	0.00	0.00	0.00	(M)	(M)	(M)	(M)
BBQ Baked Beans - LR101043 (1/2 c.)	188.08	0.00	0.00	0.00	0.00	957.82	42.49	5.22	17.41	(M)	7.31	1.88	41.80(M)	0.00(M)	0.00	(M)	39.18(M)	0.00(M)	0.00(M)
BBQ Chicken - LR101042 (3 ounces)	354.54	18.00	5.45	0.00	99.82	1145.44	19.09	0.00	10.91	(M)	25.36	0.66	0.00(M)	0.00(M)	0.00	(M)	407.72	(M)	(M)
BBQ Chicken Sandwich - LR100977 (1 ea.) Contains Gluten, Soy, Wheat. Processed in a facility that also processes Milk.	327.13	10.40	0.93	0.00	84.00	727.43	31.98	3.00	4.06	4.00(M)	27.53	3.44	202.00(M)	0.00(M)	0.00	0.80(M)	90.35(M)	0.00(M)	0.00(M)

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BBQ Pork- Meat Only - LR100607 (2 oz.) Contains Soy.	149.50	8.50	3.00	0.00	35.50	116.50	8.50	0.00	8.00	(M)	9.00	1.53	40.00	824.99	12.60	(M)	(M)	0.00	0.00
BBQ Pork-Brookwood Farms Sandwich - LR100053 (1 sandwich) Contains Gluten, Soy, Wheat. Processed in a facility that also processes Milk.	459.00	19.00	6.00	0.00	71.00	433.00	47.00	3.00	20.00	4.00(M)	25.00	4.50	230.00	1649.97	25.20	0.80(M)	90.00(M)	0.00(M)	0.00(M)
BBQ Sauce gallon - LR100902 (1 fl. oz.)	0.47	0.00	0.00	0.00	0.00	3.44	0.11	0.00	0.06	(M)	0.00	0.00	0.00(M)	0.00(M)	0.00	(M)	0.35	0.00(M)	0.00(M)
BBQ Sauce, IND - LR100005 (1 ea.)	20.00	0.00	0.00	0.00	0.00	89.00	5.00	0.00	3.00	(M)	0.00	0.00	0.00	50.00	0.00	(M)	(M)	0.00	0.00
Beans, Baked (Bush's) - LR100516 (1/2 c.)	127.00	0.00	0.00	0.00	0.00	537.31	28.33	4.88	9.77	(M)	6.84	1.76	39.08	0.00	0.00	(M)	(M)	0.00	0.00
Beef & Broccoli (sliced beef) - LR101011 (3 oz.) Contains Gluten, Soy, Wheat.	108.00	4.32	1.62	0.00	37.80	874.78	3.24	0.00	2.16	(M)	15.12	1.55	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Beefy Mexican Macaroni - LR100997 (3/4 c.) Contains Egg, Milk, Soy, Wheat.	292.74	11.62	5.06	0.00(M)	38.20(M)	996.14	24.84	4.05	3.35	(M)	20.18	3.50	109.99	637.10	6.13	(M)	(M)	231.40(M)	0.53(M)
Biscuit - LR100994 (1 biscuit) Contains Soy, Wheat. May contain Milk.	200.00	9.00	4.50	0.00	0.00	330.00	28.00	2.00	3.00	0.00(M)	5.00	1.08	80.00	0.00	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Biscuit, Plain - LR100267 (1 ea.) Contains Soy, Wheat. May contain Milk.	200.00	9.00	4.50	0.00	0.00	330.00	28.00	2.00	3.00	(M)	5.00	1.08	80.00	0.00	0.00	(M)	(M)	0.00(M)	0.00(M)
Black Bean and Corn Salad - LR100499 (3/4 c.)	210.46	3.71	0.37	0.00	0.00	219.14	36.49	9.64	4.27	(M)	9.42	3.18(M)	58.57(M)	460.81(M)	7.78(M)	(M)	(M)	41.29(M)	0.22(M)
Black Bean and Corn Salad 1/2c - LR100983 (1/2 c.)	142.20	2.51	0.25	0.00	0.00	148.07	24.65	6.51	2.89	(M)	6.36	2.15(M)	39.57(M)	311.36(M)	5.26(M)	(M)	(M)	27.90(M)	0.15(M)
Black Bean and Corn Salad 3/4 cup - LR100951 (3/4 c.) Contains Milk, Soy.	215.39	5.76	0.94	0.00	0.00	232.55	32.23	9.11	2.03	(M)	9.35	2.96	60.55	128.96	1.60	(M)	(M)	0.00(M)	0.00(M)
Black Bean Dip - LR100884 (3/4 c.)	151.40	0.39	0.11	0.00	0.00	471.00	28.49	9.74	0.40	(M)	9.10	3.59	70.67	110.54	1.56	(M)	(M)	0.00(M)	0.00(M)
Black Beans & Salsa - LR100081 (1/2 c.)	176.57	0.42	0.12	0.00(M)	0.00	360.27	39.49	11.72	2.10(M)	(M)	9.84	4.05	100.58	235.79	22.28	(M)	203.99(M)	0.00(M)	0.00(M)
Black Beans & Salsa (3/4 cup) - LR100955 (3/4 c.)	235.43	0.56	0.16	0.00(M)	0.00	480.37	52.65	15.63	2.81(M)	(M)	13.12	5.40	134.11	314.38	29.71	(M)	271.98(M)	0.00(M)	0.00(M)
Blueberries, 1/2 cup - LR100831 (1/2 c.)	50.76	0.00	0.00	0.00	0.00	1.55	12.76	2.55	8.38	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Blueberries-DOD - LR100980 (1/2 c.)	41.68	0.00	0.00	0.00	0.00	1.04	10.42	2.08	7.29	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Blueberry Mini Loaves - LR101007 (2 oz.) Contains Egg, Milk, Soy, Wheat.	170.00	6.00	1.00	0.00	25.00	125.00	27.00	2.00	14.00	10.00	2.00	0.72	56.00	0.00(M)	0.00(M)	0.00	94.00	(M)	(M)
Blueberry Muffin-Homemade W/Mix - LR100268 (1 ea.) Contains Egg, Milk, Soy, Wheat.	185.15	5.32	2.62	0.00	15.70	241.97	31.02	1.44	13.61(M)	(M)	2.15	0.40	22.80	6.48(M)	0.36(M)	0.00(M)	0.00(M)	26.04(M)	0.03(M)
Bread Option, HS Breakfast - LR100571 (1 ea.) Contains Gluten, Milk, Soy, Wheat. Processed in a	103.31	2.56	0.66	0.00(M)	1.88	147.12	16.48	1.27	3.10	0.50(M)	3.87	1.06	56.38	69.22(M)	0.75(M)	0.35(M)	76.92(M)	3.13(M)	0.20(M)

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facility that also processes Milk. May contain Soy.																			
Breaded Chicken Nugget - LR100882 (5 piece) Contains Gluten, Soy, Wheat.	200.00	8.75	1.80	0.00	62.50	338.00	12.50	2.50	0.00	(M)	17.50	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	0.00(M)	0.00(M)
Breaded Mini Cheese Ravioli w/ Marinara - LR100915 (7 pieces) Contains Egg, Milk, Wheat.	180.00	3.00	1.00	0.00	15.00	300.00	29.00	3.00	1.00	(M)	10.00	1.80	100.00	300.00	48.00	(M)	(M)	(M)	(M)
Breadstick, Mozzarella filled - LR100753 (2 ea.) Contains Milk, Soy, Wheat.	321.00	13.00	6.00	0.00	20.00	544.00	34.00	1.00	4.00	2.00(M)	19.00	2.16	294.00	400.00	0.00	0.00(M)	273.00	(M)	(M)
Breadstick, Mozzarella filled- Single - LR100933 (1 ea.) Contains Milk, Soy, Wheat.	150.00	6.00	3.00	0.00	10.00	220.00	15.00	0.00	1.00	1.00	9.00	1.08	142.00	200.00	0.00	0.00	68.00	(M)	(M)
Breakfast Bites - LR100912 (6 doughnut hole) Contains Milk, Soy, Wheat.	302.81	16.00	7.00	0.00	0.16	304.23	35.41	2.00	11.24	(M)	4.28	0.80	23.16	27.11(M)	0.07(M)	(M)	(M)	0.00(M)	0.00(M)
Breakfast Bites- no icing - LR100963 (6 doughnut hole) Contains Milk, Soy, Wheat.	280.00	16.00	7.00	0.00	0.00	300.00	30.00	2.00	6.00	(M)	4.00	0.80	13.78	11.48	0.00	(M)	(M)	0.00(M)	0.00(M)
Breakfast bun-Wheat - LR100194 (1 ea.) Contains Egg, Milk, Soy, Wheat.	204.54	7.16	2.04	0.00	0.00	225.00	30.68	3.07	10.23	(M)	0.00	1.84	153.41	0.00	1.23	(M)	(M)	0.00	0.00
Breakfast Burrito (Turkey Sausage) - LR100659 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	154.88	6.88	2.99	0.00	53.76	209.52	15.78	2.40	0.49	(M)	8.26	1.29	99.21	254.60	1.78	(M)	(M)	(M)	(M)
Breakfast Grit Bowl - LR100583 (1 ea.) Contains Egg, Milk, Soy. May contain Milk.	496.04	26.79	9.68	0.00	125.69	942.08	47.96	2.63	2.63	0.00(M)	14.32	1.45(M)	227.71	229.56(M)	0.90(M)	0.00(M)	225.97(M)	119.10(M)	0.00(M)
Breakfast Ham - LR100875 (1 1/2 oz.)	59.85	2.99	0.75	0.00	27.43	179.54	1.50	0.00	1.00	(M)	6.48	0.36	0.00	0.00	0.60	(M)	(M)	(M)	(M)
Broccoli and Ranch Dipper - LR101046 (1/2 c.) May contain Milk.	153.52	12.20	2.31	0.00	7.50	453.01	6.62	1.42	2.43	(M)	3.04	0.40	25.58	339.11	48.55	0.00(M)	172.00(M)	48.61	0.47
Broccoli Cheese Soup - LR100732 (1 c.) Contains Milk.	180.16	10.44	4.66	0.00(M)	23.60	1044.14	11.46	2.28	5.12	(M)	12.07	0.23	351.80	7455.26	14.83(M)	(M)	0.09(M)	0.00(M)	0.00(M)
Broccoli Cheese Soup update - LR100935 (1 c.) Contains Milk.	182.23	10.23	4.30	0.00(M)	23.60	890.63	12.60	2.28	5.50	(M)	12.07	0.23	351.80	7455.26	14.83(M)	(M)	0.09(M)	84.97(M)	0.00(M)
Broccoli Rice Casserole - LR100796 (2/3 c.) Contains Milk, Soy.	141.77	5.23	1.57	0.00(M)	9.24	527.17	15.24	2.12	5.68	(M)	7.14	0.30	113.94(M)	282.32(M)	26.40(M)	0.00(M)	122.73(M)	42.91(M)	0.00(M)
Broccoli, Honey Roasted - LR100517 (1/2 c.)	66.19	0.10	0.01	0.00	0.00	151.32	13.91	2.45	10.86	(M)	1.30	0.04	20.67	4.13	31.44	0.00(M)	4.40(M)	1.42(M)	0.01(M)
Brunch, Egg - LR100614 (2 oz.) Contains Egg, Milk, Soy.	100.00	7.00	2.00	0.00	230.00	180.00	1.00	0.00	0.00	(M)	7.00	1.04	45.00	336.00	0.00	(M)	(M)	0.00	0.00
Brunch, Sausage Patty, Pork 1.25oz - LR100616 (1 patty)	180.00	18.00	6.00	0.00	35.00	230.00	0.00	0.00	0.00	(M)	4.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00(M)	0.00(M)

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Buffalo BBQ Wings (Brakebush) - LR100860 (5 ea.)	747.51	44.00	11.84	0.00	361.59	3135.23	33.09	0.00	14.34	(M)	56.00	3.62	1.93(M)	164.47(M)	0.00(M)	(M)	89.02(M)	0.00(M)	0.00(M)
Buffalo Burger - LR100677 (1 ea.) Contains Gluten, Soy, Wheat. Processed in a facility that also processes Milk. May contain Milk, Soy.	336.14	11.00	3.50	0.00	30.00	2856.07	40.43	4.00	8.82	4.00(M)	20.00	3.30	170.65(M)	155.29(M)	1.20(M)	0.80(M)	119.93(M)	0.00(M)	0.00(M)
Buffalo Chicken Tender Salad - LR101033 (1 salad) Contains Milk, Soy, Wheat.	260.20	13.98	4.82	0.00	27.50	449.55	16.38	5.05	1.44(M)	(M)	16.96	2.97	289.75	13007.94	26.77	0.00(M)	588.00(M)	156.69(M)	1.24(M)
Buffalo Grilled Chicken Sandwich - LR100538 (1 sandwich) Contains Gluten, Soy, Wheat. Processed in a facility that also processes Milk.	310.44	10.66	1.91	0.00(M)	18.00	903.50	40.63	3.00	9.93	4.40(M)	13.48	2.10	159.95(M)	370.04(M)	0.54(M)	0.80(M)	232.84(M)	4.59(M)	0.26(M)
Buffalo Pork Hoagie - LR100733 (2 1/2 oz.) Contains Soy, Wheat. May contain Egg, Milk, Soy.	327.94	10.99	3.50	0.00	52.91	442.48	33.48	3.00	6.56	(M)	21.97	1.40	22.03(M)	29.37(M)	1.80(M)	(M)	15.90(M)	0.00(M)	0.00(M)
Buffalo Ranch Sauce - LR100787 (1 ounces) Contains Egg, Milk, Soy.	19.93	1.77	0.25	0.00	4.65	274.26	0.77	0.00	0.34	(M)	0.24	0.05	8.59	65.73	0.03(M)	(M)	2.67(M)	0.00(M)	0.00(M)
Buffalo Sauce - LR100675 (2 Tbsp.)	38.40	0.00	0.00	0.00	0.00	491.16	8.96	0.00	5.12	(M)	0.00	0.06	0.69(M)	58.74(M)	0.00(M)	(M)	31.79	0.00(M)	0.00(M)
Bun, Slider - LR100505 (1 ea.) Contains Soy, Wheat.	70.00	1.00	0.00	0.00	0.00	150.00	14.00	1.00	2.00	(M)	2.00	0.72	40.00	0.00	0.00	(M)	(M)	0.00	0.00
Burger, Veggie Garden - LR100651 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Milk.	320.00	9.00	1.00	0.00	5.00	780.00	44.00	9.00	6.00	5.00	24.00	2.84	240.00	0.00(M)	0.00(M)	0.80(M)	320.00	(M)	(M)
Burritos, Bean and Cheese (Cheesy) - LR100585 (1 ea.) Contains Milk, Soy, Wheat.	29.50(M)	2.25(M)	1.32(M)	0.00(M)	7.50(M)	103.75(M)	0.50(M)	0.00(M)	0.00(M)	(M)	1.75(M)	0.00(M)	50.50(M)	100.00(M)	0.00(M)	(M)	(M)	0.00(M)	0.00(M)
Burritos, Beef and Bean (Cheesy) - LR100586 (1 ea.) Contains Milk, Soy, Wheat.	278.55	9.77	3.45	0.00	22.96	442.21	35.03	7.01	0.00(M)	(M)	14.57	3.13	102.59	465.03	1.04	(M)	(M)	0.00(M)	1.40(M)
Buttered Carrots - LR100557 (1/2 c.) Contains Milk, Soy.	67.52	4.36	0.89	0.00(M)	0.00	146.34	7.19	3.04	3.78	(M)	0.57	0.49	34.40	15556.25	2.17	(M)	1.94(M)	0.73(M)	0.09(M)
Caesar Side Salad - LR100077 (1 c.) Contains Milk, Soy, Wheat.	106.26(M)	9.30(M)	1.65(M)	0.00(M)	1.86(M)	188.59(M)	4.05(M)	0.34(M)	1.21(M)	(M)	1.92(M)	0.20(M)	37.59(M)	85.86(M)	0.03(M)	0.00(M)	2.37(M)	2.98(M)	0.04(M)
Cake Icing - LR100650 (1 Tbsp.) Contains Milk.	23.27	1.39	0.28	0.00(M)	0.10	17.31	2.63	0.00	2.52	(M)	0.10	0.00	0.81	65.84	0.03	(M)	0.71(M)	0.27(M)	0.03(M)
Calzone, Three Cheese - LR100653 (1 ea.) Contains Milk, Soy, Wheat.	251.67	5.17	2.08	0.00	10.42	425.83	33.00	4.00	4.00	(M)	19.17	15.00	45.00	208.33	0.00	(M)	(M)	(M)	(M)
Caribbean Steamed Cabbage - LR100945 (1/2 c.)	32.40	3.56	0.65	0.00(M)	0.00	37.54	0.00	0.00	0.00(M)	(M)	0.00	0.00	0.03	161.03	0.00	0.00(M)	0.00(M)	10.25(M)	0.10(M)

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Carrot and Broccoli Dippers (summer) - LR100500 (3/4 c.) May contain Milk.	175.40	12.25	2.32	0.00	7.50	504.93	11.78	3.22	2.27(M)	(M)	3.23	0.97	43.78	10039.29	42.34	0.00(M)	143.34(M)	40.51(M)	0.40(M)
Carrot and Broccoli Dippers (1 cup) - LR100954 (1 c.) May contain Milk.	157.36	12.09	2.27	0.00	7.50	481.80	8.09	1.82	1.60(M)	(M)	2.03	0.56	21.06	8003.25	6.68	0.00(M)	18.26(M)	5.16(M)	0.05(M)
Carrot Souffle - LR100474 (1/2 c.)	248.23	8.42	1.42	0.00	0.00	234.26	45.90	4.63	37.59	(M)	1.26	0.96(M)	96.02(M)	23091.92(M)	3.17(M)	(M)	(M)	0.00(M)	0.00(M)
Carrots (3/4 cup) - LR100960 (3/4 c.)	55.92	1.04	0.19	0.00	0.00	167.73	11.68	4.97	6.17	(M)	0.87	0.81	53.91	25138.13	3.52	(M)	0.00(M)	0.00(M)	0.00(M)
Celery Sticks w/ Grape Tomato - LR100582 (1/2 c.) May contain Milk.	85.23	6.21	1.17	0.00	3.79	290.98	5.07	1.72	2.73	(M)	1.68	0.26	38.05	620.49	6.42	0.00(M)	226.34(M)	83.08	0.65
Celery Sticks w/Dip - LR100098 (1/2 c.) May contain Milk.	145.60	12.13	2.28	0.00	7.50	495.53	5.25	1.21	2.51	(M)	2.02	0.15	30.24	339.44	2.34	0.00(M)	196.56(M)	72.14	0.57
Cereal Bars - LR100441 (1 ea.) Contains Soy, Wheat.	155.00	3.25	0.25	0.00	0.00	108.75	30.00	3.00	8.75	4.50(M)	2.50	1.70	237.50	30.00(M)	0.30(M)	0.00(M)	25.03(M)	0.00(M)	0.00(M)
Cereal Variety - LR100182 (1 ea.) Contains Soy, Tree nuts, Wheat. May contain Soy.	107.14	1.14	0.14	0.00	0.00	170.00	23.57	2.29	7.57	(M)	1.71	4.63	68.57	492.86	9.94	(M)	(M)	0.00	0.00
Cheese Grits 1/2 cup - LR100768 (1/2 c.) Contains Milk, Soy.	231.40	2.99	1.30	0.00	7.50	440.85	45.58	2.63	1.75	(M)	3.50	1.45	103.28	133.93(M)	0.88(M)	0.00(M)	135.00(M)	118.01(M)	0.00(M)
Cheese Grits 3/4 Cup - LR100191 (3/4 c.) Contains Milk, Soy.	359.80	5.76	2.79	0.00	16.22	678.71	66.63	3.78	3.24	(M)	7.57	2.08	220.86	193.05(M)	1.27(M)	0.00(M)	291.89(M)	165.85(M)	0.00(M)
Cheese Omelet - LR100185 (1 ea.) Contains Egg, Milk.	130.00	11.00	3.50	(M)	180.00	300.00	2.00	0.00	1.00	(M)	7.00	0.72	80.00	0.00	0.00	(M)	(M)	(M)	(M)
Cheese Pizza (10 Cut) Nardones - LR100852 (1 slice) Contains Milk, Soy, Wheat.	300.00	12.00	7.00	0.00	25.00	400.00	26.00	3.00	6.00	(M)	22.00	6.30	350.00	750.00	6.00	(M)	(M)	(M)	(M)
Cheese Pizza, HS (BD) - LR100993 (1 slice) Contains Milk, Soy, Wheat.	360.00	16.00	7.00	0.00	35.00	470.00	36.00	3.00	9.00	0.00(M)	21.00	2.70	450.00	400.00	0.00	0.00(M)	430.00	(M)	(M)
Cheese Sauce- homemade - LR100537 (1 fl. oz.) Contains Milk, Soy.	75.42	4.24	2.00	0.00(M)	12.43	181.43	3.40	0.05	3.14(M)	(M)	6.28	0.03	150.19	157.07(M)	0.35(M)	0.00(M)	201.36(M)	0.03(M)	0.01(M)
Cheese Stick Variety - LR101004 (1 stick.) Contains Milk.	60.75	3.04	2.02	0.00	10.13	202.50	1.01	0.00	1.01	(M)	7.09	0.00	202.50	202.50	0.00	(M)	(M)	(M)	(M)
Cheese Sticks w/Marinara Sauce - LR100265 (2 ea.) Contains Egg, Milk, Soy, Wheat.	321.00	12.00	6.00	0.00	30.00	584.00	34.00	4.00	7.00	(M)	21.00	1.80	410.00	200.00	0.00	(M)	137.00(M)	0.00(M)	0.00(M)
Cheese Toast - LR100181 (1 ea.) Contains Milk, Soy.	115.64	3.12	1.48	0.01	7.50	250.60	14.67	1.92	2.39	(M)	7.48	0.79	150.02	0.96(M)	0.00(M)	0.00	216.28	12.48(M)	0.74(M)
Cheese, Mozzarella, String - LR100532 (1 ea.) Contains Milk.	60.75	3.04	2.02	0.00	10.13	202.50	1.01	0.00	1.01	(M)	7.09	0.00	202.50	202.50	0.00	(M)	(M)	(M)	(M)
Cheeseburger - LR100021 (1 ea.) Contains Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Milk.	328.00	12.60	5.00	0.00(M)	51.00	474.00	30.80	3.00	4.80	4.00(M)	22.80	2.88	228.80	0.00(M)	0.00(M)	0.80(M)	198.00(M)	0.00(M)	0.00(M)

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Cheeseburger Sliders - LR100444 (2 ea.) Contains Milk, Soy, Wheat.	425.47	20.00	8.25	0.00(M)	52.50	1141.39	41.59	2.00	11.49	(M)	19.50	5.95	250.01	51.12(M)	8.41(M)	0.00(M)	135.76(M)	126.58(M)	1.37(M)
Cheeto Puff WG - LR101030 (1 pkg.) Contains Milk.	90.00	3.50	0.50	0.00	0.00	140.00	13.00	1.00	1.00	(M)	2.00	0.60	10.00	(M)	(M)	0.00	60.00	(M)	(M)
Cheez-Its - LR100220 (1 pkg.) Contains Milk, Soy, Wheat.	100.00	3.50	1.00	0.00	5.00	150.00	14.00	1.00	0.00	(M)	2.00	0.72	100.00	500.00	0.00	(M)	(M)	0.00	0.00
Chicken & French Toast Sticks - LR101024 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	340.05	14.75	3.13	0.00	124.82	518.06	31.49	4.28	0.00(M)	(M)	22.84	1.01(M)	14.84(M)	118.71(M)	0.00(M)	(M)	(M)	0.00(M)	0.00(M)
Chicken & Waffles (2019) - LR100877 (1 ea.) Contains Gluten, Soy, Wheat.	390.00	16.75	3.30	0.00	62.50	778.00	37.50	3.50	3.00	1.00(M)	20.50	0.44(M)	30.00(M)	0.00(M)	0.00(M)	0.02(M)	102.68(M)	0.00(M)	0.00(M)
Chicken Alfredo - LR100604 (1 serv.) Contains Egg, Milk, Soy, Wheat.	492.71	18.13	7.26	0.00	104.53	1294.81	47.43	3.60	7.46	(M)	35.71	2.80	458.89(M)	483.05(M)	0.00(M)	0.00(M)	1.52(M)	151.40(M)	0.15(M)
Chicken Burger (Brakebush) - LR100854 (1 ea.) Contains Gluten, Soy, Wheat. Processed in a facility that also processes Milk.	360.00	16.00	3.50	0.00	400.00	650.00	31.00	3.00	4.00	4.00(M)	25.00	3.24	150.00	0.00	0.00	0.80(M)	90.00(M)	(M)	(M)
Chicken Caesar-Salad - LR100074 (1 salad) Contains Milk, Soy, Wheat. May contain Soy.	431.35(M)	17.07(M)	4.79(M)	0.00(M)	65.02(M)	779.80(M)	46.92(M)	3.49(M)	6.09(M)	0.00(M)	23.71(M)	2.11(M)	236.17(M)	127.20(M)	0.23(M)	0.00(M)	17.06(M)	21.46(M)	0.31(M)
Chicken Creole - LR100666 (1 1/2 c.) Contains Soy.	207.66	7.51	0.65	0.00(M)	42.00(M)	480.68	22.21	2.08	2.86	(M)	12.96	1.96	52.80(M)	934.92(M)	25.40(M)	0.00(M)	17.29(M)	17.85(M)	0.06(M)
Chicken Filet Sandwich - LR100059 (1 sandwich) Contains Gluten, Soy, Wheat. Processed in a facility that also processes Milk.	390.00	12.00	2.00	0.00	50.00	580.00	44.00	4.00	5.00	4.00(M)	29.00	2.88	170.00	0.00	0.00	0.80(M)	90.00(M)	0.00(M)	0.00(M)
Chicken Filet Sandwich HS/MS - LR100658 (1 sandwich) Contains Gluten, Soy, Wheat. Processed in a facility that also processes Milk.	350.00	9.00	1.50	0.00	45.00	760.00	45.00	4.00	4.00	4.00(M)	25.00	2.44	150.00	0.00	0.00	0.80	359.00	(M)	(M)
Chicken Gravy - LR100475 (2 Tbsp.) Contains Wheat.	17.95	1.24	0.31	0.00	0.00	86.33	1.75	0.27	0.00	(M)	0.31	0.08	0.56	66.62	0.00	(M)	(M)	0.00(M)	0.00(M)
Chicken Noodle Soup - LR100114 (1 c.) Contains Egg, Soy, Wheat.	47.09	1.53	0.13	0.00	10.71	172.64	5.64	0.55	1.06	(M)	3.13	0.50	12.68	4.45	0.22	0.00(M)	8.68(M)	188.89(M)	0.03(M)
Chicken Nuggets - LR100062 (3 7/8 oz.) Contains Gluten, Soy, Wheat.	200.50	8.77	1.80	0.00	62.66	338.84	12.53	2.51	0.00	(M)	17.54	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	0.00(M)	0.00(M)
Chicken Parmesan w/ Sauce-Breaded Tenders - LR100501 (1 serv.) Contains Egg, Milk, Soy, Wheat.	499.75	17.13	4.78	0.00(M)	28.36	931.08	63.01	8.60	2.09(M)	(M)	25.27	8.75(M)	328.71(M)	743.85(M)	7.89(M)	0.03(M)	548.93(M)	153.31(M)	1.07(M)
Chicken Patty - Breakfast - LR100529 (1 ea.) Contains Egg, Milk, Soy, Wheat.	130.00	6.00	1.00	0.00	30.00	370.00	9.00	1.00	1.00	(M)	10.00	0.36	14.00	0.00	0.00	0.00	159.00	(M)	(M)

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Chicken Sausage - LR100754 (1 ea.)	110.00	8.00	2.50	0.00	50.00	260.00	0.00	0.00	1.00	(M)	8.00	0.00	10.00	(M)	(M)	(M)	(M)	(M)	(M)
Chicken Sliders - Lunch - LR100531 (2 ea.) Contains Egg, Milk, Soy, Wheat.	400.00	14.00	2.00	0.00	60.00	1040.00	46.00	4.00	6.00	(M)	24.00	2.16	108.00	0.00	0.00	0.00(M)	318.00(M)	0.00(M)	0.00(M)
Chicken Tender (BB) - LR100987 (3 ea.) Contains Wheat.	173.79	48.27	0.97	0.00	33.79	415.17	17.38	(M)	(M)	(M)	17.38	0.00	0.00	0.00	0.00	0.00	255.86	(M)	(M)
Chicken Tender Tyson 2 piece - LR100988 (2 piece) Contains Soy, Wheat.	173.33	10.00	1.67	0.00	16.67	260.00	10.67	2.00	0.67	0.00(M)	10.00	1.33	24.00	0.00	0.00	0.00(M)	480.00	0.00	0.00
Chicken Tenders - LR100060 (3 ea.) Contains Soy, Wheat.	260.00	15.00	2.50	0.00	25.00	390.00	16.00	3.00	1.00	(M)	15.00	2.00	36.00	0.00	0.00	(M)	720.00	0.00	0.00
Chicken Tenders (Gold Creek) - LR100890 (3 ea.) Contains Milk, Wheat.	220.00	7.00	1.50	0.00	65.00	460.00	14.00	2.00	0.00	(M)	22.00	1.80	20.00	(M)	0.00	(M)	(M)	(M)	(M)
Chicken Tenders (Gold Creek) (2EACH) - LR101008 (2 ea.) Contains Milk, Wheat.	146.67	4.67	1.00	0.00	43.33	306.67	9.33	1.33	0.00	(M)	14.67	1.20	13.33	(M)	0.00	(M)	(M)	(M)	(M)
Chicken Teriyaki Strips Asian Food Solutions - LR100919 (3 oz.) Contains Soy, Wheat.	146.68	5.24	1.05	0.00	68.10	387.65	7.33	0.00	7.33	(M)	17.81	0.84	10.48	0.00(M)	0.00(M)	0.52	209.54	(M)	(M)
Chicken Teriyaki- Tyson - LR100656 (4 oz.) Contains Gluten, Soy, Wheat.	169.18	6.04	1.81	0.00	96.67	507.54	7.25	0.00	6.04	(M)	20.54	1.30	24.17	0.00	0.00	(M)	(M)	(M)	(M)
Chicken Teriyaki-Tyson - LR100179 (6 oz.) Contains Soy, Wheat.	290.20	12.60	1.40	0.00	126.00	1299.86	11.70	0.00	8.19	(M)	32.47	3.02	83.52	0.00	1.88	(M)	(M)	23.60(M)	0.00(M)
Chicken Tetrizzini - LR100167 (1 c.) Contains Egg, Milk, Soy, Wheat.	234.97	11.50	2.24	0.00(M)	74.81(M)	968.09	12.27	1.12(M)	1.71(M)	(M)	21.07	0.62(M)	75.77(M)	248.46(M)	5.19	0.00(M)	53.35(M)	21.82(M)	0.22(M)
Chicken Tortilla Soup - LR100822 (1 c.) Contains Soy. May contain Wheat.	548.10	22.14	3.07	0.00(M)	10.71	524.21	73.63	8.41	2.03(M)	0.00(M)	10.12	1.04(M)	148.76(M)	164.04(M)	9.13(M)	0.00(M)	75.32(M)	188.81(M)	0.00(M)
Chicken Wings, Oven Baked (Brakebush) - LR100858 (5 ea.)	200.00	13.75	3.70	0.00	113.00	550.00	2.50	0.00	0.00	(M)	17.50	1.08	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Chicken Wrap - LR100258 (1 ea.) Contains Milk, Soy, Wheat. May contain Milk.	328.06	13.71	3.86	0.00	41.50	749.15	33.23	3.41	2.83	(M)	17.01	2.79	275.98	1447.16	3.59	0.00(M)	28.43(M)	26.79	0.17
Chicken, Oven Roasted Drumstick - LR100646 (1 piece) Contains Milk.	160.00	10.00	2.50	0.00	85.00	190.00	3.00	0.00	0.00	(M)	15.00	0.72	20.00	100.00	0.00	(M)	(M)	(M)	(M)
Chicken, Popcorn - LR100462 (15 pieces) Contains Gluten, Milk, Soy, Wheat.	289.05	17.59	3.14	0.00	37.70	301.62	17.59	2.51	0.00(M)	(M)	15.08	0.00(M)	0.00(M)	125.68	0.00(M)	(M)	(M)	0.00	0.00
Chicken, Roasted, 8 Pieces, Individually Frozen, 30lb - LR101034 (2 oz.)	272.72	18.00	5.45	0.00	99.82	545.45	0.00	0.00	0.00	(M)	25.36	0.66	0.00	0.00	0.00	(M)	346.36	(M)	(M)
Chicken, Taco Seasoned - LR100601 (16 scoop) Contains Soy.	68.21	3.15	0.35	0.00	31.50	264.00	2.03	0.44	0.32	(M)	7.70	0.91	28.52	67.61	4.27	0.00(M)	37.71(M)	4.74(M)	0.01(M)
Chicken, Thai Chili - LR100731 (1 piece)	197.65	10.00	2.50	0.00	85.00	384.51	12.41	0.00	8.78	(M)	15.00	0.72	20.00	162.75	1.51	(M)	(M)	(M)	(M)

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Contains Milk.																			
Chili w/Beans - LR100237 (1 c.)	204.30	4.75	1.38	0.00(M)	36.36	762.86	23.63	5.56	3.71(M)	(M)	17.53	5.81(M)	90.23(M)	890.10(M)	16.91(M)	0.00(M)	31.70(M)	53.45(M)	0.16(M)
Chili w/Beans (HS) - LR100867 (1 c.) Contains Soy.	389.89	8.12	3.14	0.00(M)	25.00(M)	904.02	53.16	15.71	6.16	(M)	25.49	6.63(M)	129.61(M)	1016.98(M)	9.77(M)	0.00(M)	41.85(M)	69.86(M)	0.41(M)
Chilled Black Beans & Corn Salad (summer) - LR101016 (1/2 c.)	136.52	0.97	0.05	0.00	0.00	448.31	28.09	7.09	2.54	(M)	5.69	1.91(M)	54.29(M)	269.92(M)	1.60(M)	(M)	0.00(M)	19.67(M)	0.00(M)
Chips, Baked - LR100273 (1 ea.) Contains Soy.	120.00	2.00	0.00	0.00	0.00	135.00	23.00	2.00	2.00	(M)	2.00	0.36	0.00	0.00	2.40	(M)	(M)	(M)	(M)
Chips, Cheetos, Flamin Hot Crunchy - LR100747 (1 ounces) Contains Milk.	135.48	5.08	0.56	0.00	0.00	225.81	18.07	1.13	1.13	(M)	2.26	0.79	146.77	0.00(M)	0.00(M)	0.00	56.45	(M)	(M)
Chips, Dorito - Nacho Cheese - LR100703 (1 Bag) Contains Milk.	140.00	8.00	1.00	0.00	0.00	210.00	16.00	1.00	0.00	(M)	2.00	0.00	0.00	100.00	0.00	(M)	(M)	(M)	(M)
Chips, Doritos - Cool Ranch - 1 oz. - LR100702 (1 Bag) Contains Milk.	131.63	5.06	0.51	0.00	0.00	182.25	20.25	2.02	1.01	(M)	2.02	0.30	30.38	0.00(M)	0.00(M)	0.00	60.75	(M)	(M)
Chips, Doritos, Flamas - LR100748 (1 ounces) Contains Milk.	130.00	5.00	0.50	0.00	0.00	200.00	20.00	2.00	1.00	(M)	2.00	0.30	30.00	0.00(M)	0.00(M)	0.00	40.00	(M)	(M)
Chips, Flaming Hot Puffs - .7 oz. - LR100701 (1 Bag) Contains Milk.	90.00	3.50	0.00	0.00	0.00	135.00	14.00	0.00	0.00	(M)	2.00	0.72	80.00	0.00	0.00	(M)	(M)	(M)	(M)
Chips, Pot. Reg Crisp Baked - .875 oz. - LR100704 (1 Bag) Contains Soy.	100.00	1.50	0.00	0.00	0.00	115.00	20.00	2.00	2.00	(M)	2.00	0.00	0.00	0.00	1.20	(M)	(M)	(M)	(M)
Chips, Potato Sour Cream Bkd - .88 oz. - LR100706 (1 Bag) Contains Milk, Soy.	100.00	2.50	0.00	0.00	0.00	140.00	18.00	1.00	3.00	(M)	2.00	0.00	0.00	0.00	1.20	(M)	(M)	(M)	(M)
Chips, Tortilla - LR100525 (16 chips)	263.25	9.11	1.01	0.00	0.00	0.00	38.47	4.05	0.00	(M)	4.05	0.73	81.00	0.00	0.00	(M)	(M)	0.00	0.00
Chips, Tostitos Scoops - Bkd - .88 oz. - LR100707 (1 Bag)	110.00	2.50	0.00	0.00	0.00	125.00	19.00	2.00	0.00	(M)	2.00	0.36	20.00	0.00	0.00	(M)	(M)	(M)	(M)
Chocolate Chip Cookie, WG ala carte - LR101026 (1 ea.) Contains Egg, Milk, Soy, Wheat.	165.00	6.00	1.50	0.00	5.00	105.00	27.00	1.50	14.00	(M)	1.50	4.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Chocolate Chip Mini Loaves - LR101006 (2 oz.) Contains Egg, Milk, Soy, Wheat.	180.00	7.00	1.50	0.00	25.00	125.00	29.00	2.00	16.00	10.00	3.00	1.08	52.00	0.00(M)	0.00(M)	0.00	0.00	(M)	(M)
Cinnamon Apple Slices - LR100027 (1/2 c.)	60.97	0.92	0.19	0.00(M)	0.00	10.94	13.68	0.34	11.99	(M)	0.04	0.06	6.74	42.19	0.03	0.00(M)	3.44(M)	0.35	0.05
Cinnamon Oatmeal Bar (CC) - LR100855 (1 cookie) Contains Egg, Milk, Soy, Wheat.	150.00	4.00	1.00	0.00	0.00	125.00	27.00	2.00	13.00	(M)	3.00	0.72	20.00	100.00	0.00	(M)	(M)	(M)	(M)
Cinnamon Poppers - LR100593 (1 ea.) Contains Soy, Wheat. May contain Milk.	239.47	9.01	4.50	0.00(M)	0.00	331.19	38.21	2.03	12.99(M)	(M)	5.05	1.12	84.68	4.93	2.63	0.00(M)	11.21(M)	1.12(M)	0.03(M)
Cinnamon Rolls, Frozen -	188.96	1.50	0.50	0.00	5.10	146.60	38.06	3.00	11.99	(M)	5.17	1.44	26.25	410.42	0.03	(M)	(M)	0.00(M)	0.00(M)

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LR100192 (1 ea.) Contains Egg, Milk, Wheat. May contain Milk, Soy.																			
Cinnamon Rolls-Homemade - LR100283 (1 roll.)	203.37	2.88	0.51	0.00(M)	0.33	198.07	40.69	1.02	20.26(M)	(M)	3.63	1.25	27.08	36.08	0.12	0.18(M)	66.87(M)	24.72(M)	0.77(M)
Cinnamon Toast - LR100183 (1 piece) Contains Gluten, Soy, Wheat. Processed in a facility that also processes Milk.	98.06	2.06	0.08	0.00(M)	0.01	123.46	17.26	1.17	3.00	1.00(M)	3.01	0.75	33.32	0.92	0.01	0.70(M)	46.38(M)	0.03	0.03
Classic Quinoa Bowl-Chicken - LR100894 (1 c.) Contains Soy, Wheat.	285.76	7.71	0.83	0.00	64.00	657.21	30.18	8.52	4.82	(M)	22.11	3.29	111.89	10800.13	34.12	(M)	(M)	0.00(M)	0.00(M)
Classic Quinoa Bowl- Philly Beef - LR100896 (1 c.) Contains Gluten, Soy, Wheat.	260.03	5.36	1.64	0.00	35.44	1078.11	31.80	8.52	6.84	(M)	20.64	3.22	72.27	10800.13	34.12	(M)	(M)	0.00(M)	0.00(M)
Classic Quinoa Bowl-Beef - LR100897 (1 c.) Contains Soy, Wheat.	323.78	11.81	4.62	0.00	37.50	437.98	28.76	8.52	4.82	(M)	21.46	3.38	72.27	10800.13	34.12	(M)	(M)	0.00(M)	0.00(M)
Classic Quinoa Bowl-Vegetarian - LR100898 (1 c.) Contains Wheat.	387.00	3.85	0.18	0.00	0.00	732.00	73.30	13.90	4.05	(M)	14.48	3.75	95.00	6256.50	19.40	(M)	(M)	0.00(M)	0.00(M)
Colby Jack Cheese Stick LOL - LR100921 (1 stick.) Contains Milk.	90.00	6.00	4.00	0.00	20.00	200.00	1.00	0.00	0.00	(M)	7.00	0.00	194.00	(M)	(M)	(M)	(M)	(M)	(M)
Coleslaw - LR100056 (1/2 c.) Contains Egg, Soy.	86.00	4.95	0.64	0.00(M)	12.12	355.27	10.15	2.46	5.66(M)	(M)	1.14	0.51	37.66	1976.06	30.55	0.00(M)	140.30(M)	77.73(M)	0.53(M)
Collard Greens - LR100448 (1/2 c.)	8.21	0.18	0.00	0.00(M)	0.00	44.77	1.38	0.47	0.24	(M)	0.33	0.13	96.67	4445.26	23.53	(M)	(M)	123.30(M)	0.59(M)
Condiment, Cheese, Parmesan - LR100618 (1 tsp.)	13.33	1.33	0.67	0.00	3.33	46.67	0.00	0.00	0.00	(M)	1.33	0.00	40.00	66.67	0.00	(M)	(M)	(M)	(M)
Condiment, Pepper, Red Flakes - LR100619 (1/4 tsp.)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Condiment: Lettuce Leaf/Sliced Tomato - LR100025 (1/2 c.)	5.92	0.08	0.01	0.00	0.00	1.98	1.09	0.50	0.40	(M)	0.32	0.19	6.55	1458.35	2.67	0.00(M)	35.55(M)	28.66	0.16
Cookie, Choc. Chip, David's (WG) - LR100846 (1 7/8 ounces) Contains Egg, Milk, Soy, Wheat.	190.00	6.00	2.00	0.00	15.00	160.00	32.00	2.00	16.00	(M)	3.00	1.44	20.00	200.00	0.00	(M)	(M)	(M)	(M)
Cookie, Chocolate Chip, 1.5 oz. WGR - LR100699 (1 cookie) Contains Egg, Milk, Soy, Wheat.	165.00	6.00	1.50	0.00	5.00	105.00	27.00	1.50	14.00	(M)	1.50	0.72	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Cookie, Rainbow Candy, David's (WG) - LR100847 (1 7/8 ounces) Contains Egg, Milk, Soy, Wheat.	188.38	5.95	1.98	0.00	14.87	148.72	27.76	1.98	15.86	(M)	2.97	1.07	19.83	198.29	0.00	(M)	(M)	(M)	(M)
Cookie, Sugar - 1.5 oz. WGR - LR100698 (1 cookie) Contains Egg, Milk, Soy, Wheat.	165.00	6.00	1.70	0.00	7.00	115.00	27.00	1.60	14.00	(M)	2.00	0.72	0.00	200.00	0.00	(M)	(M)	(M)	(M)
Cookies and Cream ice cream sandwich -	7.00	0.10	0.05	0.00	0.20	7.50	1.40	0.10	0.70	(M)	0.20	0.00	4.00	5.00	0.00	(M)	(M)	(M)	(M)

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LR100929 (1 ea.) Contains Milk, Soy, Wheat.																			
Corn Dog, Mini - LR100443 (6 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	248.68	9.95	2.49	0.00	59.68	348.15	29.84	2.98	0.99	(M)	9.95	1.79	99.47	0.00	1.19	(M)	(M)	0.00	0.00
Cornbread - LR100091 (1 piece)	108.80	1.94	0.35	0.00(M)	11.75(M)	276.01	19.79	0.25(M)	1.39(M)	(M)	3.53	0.49(M)	20.14(M)	23.11(M)	0.15(M)	0.06(M)	36.37(M)	16.65(M)	0.21(M)
Cornbread Stuffing - LR100235 (1 piece) Contains Milk, Wheat.	162.40	7.26	1.29	0.00(M)	5.76(M)	287.31	21.46	1.45(M)	2.89(M)	(M)	3.73	0.89(M)	37.53(M)	262.40(M)	0.82(M)	0.03(M)	72.56(M)	84.64(M)	0.52(M)
Cracker, Graham Crisp Cinnamon - LR100628 (1 ea.) Contains Milk, Soy. May contain Wheat.	150.00	5.00	0.50	0.00	0.00	140.00	25.00	2.00	9.00	(M)	3.00	0.72	0.00	0.00	0.00	(M)	(M)	0.00	0.00
Crackers, Ghm Cin Bug Bites - LR100728 (1 Bag) Contains Soy, Wheat.	120.00	3.50	1.00	0.00	0.00	115.00	21.00	1.00	8.00	(M)	2.00	0.72	100.00	500.00	0.00	(M)	(M)	(M)	(M)
Crackers, Vanilla - All Sports Bites - LR100729 (1 ea.) Contains Wheat.	110.00	3.50	0.00	0.00	0.00	95.00	20.00	2.00	7.00	(M)	2.00	1.80	20.00	300.00	3.60	(M)	(M)	(M)	(M)
Cranberry Sauce - LR100411 (1/4 c.)	113.21	0.11	0.01	0.00	0.00	21.67	29.18	0.76	28.43	(M)	0.15	0.16	3.25	1.63	1.52	(M)	(M)	(M)	(M)
Creamy Tomato Soup - LR100473 (1 c.) Contains Milk, Wheat.	134.32	0.68	0.00	0.00	2.73	570.57	26.73	0.00	17.18	(M)	4.50	0.83	105.00	484.09	3.44	(M)	(M)	64.37(M)	0.00(M)
Crinkle Cut for Bowl - LR101005 (1 c.)	462.21	16.00	1.78	0.00	0.00	853.32	78.22	0.00	0.00	(M)	7.11	1.28	0.00	0.00	12.80	(M)	(M)	(M)	(M)
Crinkle Cut Fries - LR100916 (1/2 c.)	115.55	4.00	0.44	0.00	0.00	213.33	19.55	0.00	0.00	(M)	1.78	0.32	0.00	0.00	3.20	(M)	(M)	(M)	(M)
Crinkle Cut Fries 3/4c - LR100976 (3/4 c.)	157.57	5.45	0.61	0.00	0.00	290.90	26.67	0.00	0.00	(M)	2.42	0.44	0.00	0.00	4.36	(M)	(M)	(M)	(M)
Crispy Bakeable Deep Groove Crinkle Fries 1/2" (McCain) - LR100906 (4 ounces)	90.95	3.15	0.35	0.00	0.00	167.90	15.39	0.00	0.00	(M)	1.40	0.25	0.00	0.00	2.52	(M)	(M)	(M)	(M)
Croissant - LR100555 (1 ea.) Contains Egg, Milk, Soy, Wheat.	110.00	4.50	2.00	0.00	0.00	150.00	15.00	1.00	1.00	(M)	3.00	0.72	20.00	200.00	0.00	(M)	(M)	0.00	0.00
Croutons - LR100249 (1 oz.) Contains Milk, Soy, Wheat.	86.92	2.12	0.17	0.00(M)	0.30	103.32	14.59	1.24	2.55	(M)	2.56	0.71	22.54	1.10	0.10	0.00(M)	8.53(M)	10.73(M)	0.16(M)
Cuban Sandwich - LR100613 (1 sandwich) Contains Milk, Soy, Wheat. May contain Egg, Milk, Soy.	293.97	10.17	3.44	0.00	46.76	571.18	30.39	3.00	5.06	(M)	20.16	1.28	114.19	0.00(M)	1.11(M)	0.00(M)	135.00(M)	0.00(M)	0.00(M)
Cucumber Salad - LR100503 (1/2 c.) Contains Egg, Milk, Soy. May contain Milk.	74.20	5.42	0.80	0.00	14.00	325.77	5.76	0.47	2.62	(M)	1.33	0.27	39.15	139.42	2.75	0.00(M)	139.19(M)	90.17(M)	0.36(M)
Cucumber Sticksw/dip - LR100353 (1/2 c.) Contains Egg, Milk.	8.45	0.22	0.07	0.00	0.08	3.98	1.61	0.52	1.03	(M)	0.44	0.16	10.49	53.95	2.36	0.00(M)	100.48(M)	71.47(M)	0.27(M)
Cucumbers 1/2 cup - LR100885 (1/2 c.)	17.01	0.13	0.04	0.00	0.00	2.27	4.12	0.57	1.89	(M)	0.74	0.32	18.14	119.07	3.17	0.00	166.70	107.99	0.43
CULINARY - PB & Apple Wrap - LR100643 (1 ea.) Contains Peanuts, Wheat.	469.73	20.64	4.51	0.00	0.00	450.45	59.58	6.80	20.56	(M)	14.18	2.83	152.73	24.57	2.09	(M)	(M)	38.93	0.09

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Curly Fries, McCain, Frozen - LR100845 (4 ounces)	201.56	6.05	0.00	0.00	0.00	302.34	34.27	2.02	0.00	(M)	2.02	0.00	0.00	0.00	4.84	(M)	(M)	(M)	(M)
Deli, Chicken Salad - LR100756 (1/2 c.) Contains Egg, Milk, Soy, Wheat. May contain Soy.	288.90	12.14	0.96	0.00	52.44	704.50	29.24	2.15	3.18	(M)	16.53	2.40	52.35	40.73	0.34	0.00(M)	23.59(M)	8.66(M)	0.07(M)
Dessert Cup - Frozen Fruit Juice Slushie - Strawberry Mango - LR100722 (1 ea.)	90.00	0.00	0.00	0.00	0.00	35.00	22.00	0.00	10.00	(M)	0.00	0.00	80.00	1750.00	60.00	(M)	(M)	(M)	(M)
Dessert Cup - Frozen Fruit Juice Slushie - Blue Raspberry-Lemon - LR100725 (1 ea.)	90.00	0.00	0.00	0.00	0.00	30.00	22.00	0.00	18.00	(M)	0.00	0.00	80.00	1000.00	60.00	(M)	(M)	(M)	(M)
Dessert Cup - Frozen Fruit Juice Slushie - Kiwi-Strawberry - LR100724 (1 ea.)	90.00	0.00	0.00	0.00	0.00	35.00	22.00	0.00	19.00	(M)	0.00	0.00	80.00	1000.00	60.00	(M)	(M)	(M)	(M)
Dessert Cup - Frozen Fruit Juice Slushie - Sour Cherry-Lemon - LR100723 (1 ea.)	90.00	0.00	0.00	0.00	0.00	25.00	22.00	0.00	19.00	(M)	0.00	0.00	80.00	1000.00	60.00	(M)	(M)	(M)	(M)
Doritos Sweet Chili WG - LR101032 (1 pkg.) Contains Soy, Wheat.	130.00	5.00	0.50	0.00	0.00	200.00	20.00	2.00	1.00	(M)	2.00	0.30	30.00	(M)	(M)	0.00	40.00	(M)	(M)
Doritos, Baked - LR100009 (1 Bag) Contains Milk.	140.00	8.00	1.00	0.00	0.00	210.00	16.00	1.00	(M)	(M)	2.00	0.00	0.00	100.00	0.00	(M)	(M)	(M)	(M)
Dressing, Honey Mustard SS - LR100490 (1 fl. oz.) Contains Egg, Soy.	146.67	13.33	2.00	0.00	10.00	166.67	5.33	0.00	5.33	(M)	0.67	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Dressing, Ranch Lite Ind - LR100343 (1 ea.) May contain Milk.	135.02	12.00	2.25	0.00	7.50	435.05	3.00	0.00	1.50	(M)	1.50	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00
Egg Patty w/cheese - Breakfast - LR100271 (1 patty) Contains Egg, Milk, Soy. May contain Milk.	45.00	3.50	1.00	0.00	110.00	120.00	1.00	0.00	(M)	(M)	3.00	0.40	20.00	(M)	0.00	(M)	(M)	(M)	(M)
Eggo Mini Maple Waffles, 2.65 oz - LR100841 (1 ea.) Contains Egg, Milk, Soy, Wheat.	202.32	5.06	1.52	0.00	0.00	222.56	35.41	4.05	10.12	(M)	4.05	2.73	101.16	505.81	0.00	(M)	(M)	(M)	(M)
Elem Sack Lunch-Hamburger - LR100364 (1 ea.) Contains Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Milk.	513.00	11.26	4.05	0.00(M)	50.00(M)	655.66	72.77	8.60	28.96(M)	4.00(M)	28.99	3.84	493.66	12379.47	9.40(M)	0.80(M)	164.41(M)	48.28(M)	0.26(M)
Elem/Middle Sack Lunch-Chicken Sand. - LR100356 (1 ea.) Contains Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Milk.	603.00	12.26	2.05	0.00(M)	55.00(M)	845.66	86.77	9.60	29.96(M)	4.00(M)	37.99	3.84	513.66	12379.47	9.40(M)	0.80(M)	164.41(M)	48.28(M)	0.26(M)
Elem/Middle Sack Lunch-Uncrustable - LR100361 (1 ea.) Contains Milk, Peanuts, Soy, Wheat.	573.75	19.80	4.57	0.00(M)	15.13(M)	763.16	76.78	9.60	40.48(M)	(M)	25.58	2.22	567.16	12581.97(M)	9.40(M)	0.00(M)	74.41(M)	48.28(M)	0.26(M)
Enchilada, Bean and Cheese - LR100611 (1 ea.) Contains Milk, Soy, Wheat.	287.34	8.15	3.47	0.00	14.51	482.96	41.81	8.03	1.84	(M)	14.31	3.27	164.39	938.59	9.41	0.00(M)	0.59(M)	59.19	1.67

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Enchilada, Beef and Bean - LR100609 (1 ea.) Contains Soy, Wheat.	252.01	7.58	2.13	0.00	15.46	365.04	35.00	7.13	0.12(M)	(M)	12.82	3.17	53.87	424.09	1.47	0.00(M)	0.59(M)	59.19	1.46
ES Berry Blast Smoothie - LR100784 (8 oz.) Contains Milk.	197.77	0.80	0.51	0.00	2.50	54.37	43.94	2.24	33.95	(M)	3.60	1.95(M)	102.50(M)	17.50(M)	0.60(M)	(M)	(M)	0.00(M)	0.00(M)
ES/MS Condiment Shredded Lettuce & Diced Tomato Cup - LR100781 (1/2 c.)	10.72	0.12	0.02	0.00	0.00	2.98	2.32	0.71	1.57	(M)	0.52	0.16	5.95	495.92	8.16	0.00	141.10	56.27	0.30
Fish Nuggets - LR100502 (3 ea.) Contains Fish, Wheat. May contain Soy.	215.38	8.21	1.54	0.00	35.90	287.18	22.56	3.08	1.03	(M)	12.31	1.11	20.51	0.00	0.00	(M)	(M)	0.00	0.00
Fish Sandwich - LR100989 (1 ea.) Contains Fish, Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Milk.	430.00	17.00	6.00	0.00	40.00	840.00	51.00	5.00	5.00	4.00(M)	20.00	2.88	300.00	0.00(M)	0.00(M)	3.80	278.00	(M)	(M)
Fish Sandwich w/ Cheese-Baked - LR100465 (1 sandwich) Contains Fish, Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Milk.	339.00	10.40	2.45	0.00	35.50	497.00	43.80	4.60	5.80	4.00(M)	19.30	2.02	264.50	0.00(M)	0.00(M)	0.80(M)	225.00(M)	0.00(M)	0.00(M)
Fish Sandwich-Baked - LR100061 (1 sandwich) Contains Fish, Gluten, Soy, Wheat. Processed in a facility that also processes Milk.	340.00	10.00	1.50	0.00	35.00	440.00	46.00	5.00	5.00	4.00(M)	18.00	2.16	170.00	0.00	0.00	0.80(M)	90.00(M)	0.00(M)	0.00(M)
Fish Taco - LR100605 (2 each taco) Contains Fish, Milk, Soy, Wheat. May contain Soy.	508.41(M)	15.72(M)	3.64(M)	0.00(M)	50.42(M)	838.87(M)	67.40(M)	6.88(M)	9.16(M)	(M)	24.27(M)	3.12(M)	212.15(M)	265.59(M)	18.69(M)	0.00(M)	99.97(M)	34.88(M)	0.24(M)
Flat Bread Pizza, Cheese - LR100816 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	318.70	11.59	6.03	0.00(M)	30.00(M)	1258.22	35.20	5.70	4.34(M)	(M)	18.15	3.03(M)	500.47(M)	659.37(M)	3.08(M)	0.00(M)	15.87(M)	0.15(M)	0.14(M)
Flat Bread Pizza, Pepp - LR100818 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	484.70	24.29	12.13	0.00(M)	57.00(M)	1392.22	35.20	5.70	3.34(M)	(M)	27.55	3.18(M)	700.47(M)	559.37(M)	3.08(M)	0.00(M)	15.87(M)	0.15(M)	0.14(M)
Flatbread Pizza, Cheese - LR100839 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	338.70	13.09	7.03	0.00(M)	30.00(M)	998.23	34.20	5.70	3.34(M)	(M)	18.15	3.03(M)	500.47(M)	459.37(M)	3.08(M)	0.00(M)	15.87(M)	0.15(M)	0.14(M)
Flatbread Pizza, Pepperoni - LR100840 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	366.70	15.69	7.83	0.00(M)	36.00(M)	1090.22	34.20	5.70	3.34(M)	(M)	19.35	3.10(M)	500.47(M)	459.37(M)	3.08(M)	0.00(M)	15.87(M)	0.15(M)	0.14(M)
Flatbread Triangles (salad) - 2 oz. - LR101048 (8 triangles) Contains Milk, Wheat. May contain Soy.	160.00	4.00	0.00	0.00	0.00	300.00	26.00	2.00	2.00	(M)	6.00	1.36	22.20	0.00	0.06	(M)	(M)	(M)	(M)
Flatbread Triangles (salad) - LR101047 (4 triangles) Contains Milk, Wheat. May contain Soy.	80.00	2.00	0.00	0.00	0.00	150.00	13.00	1.00	1.00	(M)	3.00	0.68	11.10	0.00	0.03	(M)	(M)	(M)	(M)
Flatbread Triangles (salad) 1.5 oz. - LR101049 (6 triangles) Contains Milk, Wheat. May contain Soy.	120.00	3.00	0.00	0.00	0.00	225.00	19.50	1.50	1.50	(M)	4.50	1.02	16.65	0.00	0.04	(M)	(M)	(M)	(M)

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Flatbread, Beef Steakhouse - LR100602 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	262.22	7.58	3.18	0.00(M)	33.18	965.53	32.97	3.62	4.23	(M)	17.10	3.20	287.05	374.93	9.75	0.00(M)	47.15(M)	10.73(M)	0.77(M)
Flatbread, Honey Chicken - LR100518 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	393.48	11.26	2.79	0.00	76.45	911.89	49.20	3.54	19.57	(M)	24.67	2.82	242.68	98.43	10.71	(M)	(M)	0.00(M)	0.00(M)
Food Court Smoothie - LR100752 (8 fl. oz.) Contains Milk.	158.00	0.80	0.51	0.00	2.50	58.00	33.50	0.50	25.50	(M)	4.10	1.95	127.50	17.50(M)	15.60(M)	(M)	(M)	0.00(M)	0.00(M)
French Fries-Straight Cut BAKED - LR100250 (1/2 c.) Contains Soy.	200.00	6.67	0.83	0.00	0.00	225.00	33.33	3.33	(M)	(M)	1.67	0.60	0.00	0.00	4.00	(M)	(M)	0.00	0.00
French Toast Sticks - LR100189 (3 sticks) Contains Gluten, Milk, Soy, Wheat.	179.84	7.71	1.71	0.00	89.92	248.36	22.27	1.71	9.42	8.56	6.85	0.86	51.38	0.00(M)	0.00(M)	0.86	98.49	0.00(M)	0.00(M)
Fresh Fruit - LR100120 (1 ea.)	59.37	0.12	0.02	0.00(M)	0.00(M)	1.51	15.16	2.77	6.66(M)	(M)	0.30	0.15	7.59	50.64	5.25(M)	0.00(M)	74.41(M)	26.64(M)	0.09(M)
Fresh Fruit- HS: Whole (P) - LR101013 (1 ea.)	65.70	0.20	0.04	0.00	0.00	0.84	17.07	2.84	8.36(M)	(M)	0.70	0.17	16.24	92.58	19.11	0.00(M)	173.42(M)	42.97(M)	0.33(M)
Fresh Fruit-Elementary - LR100026 (1/2 c.)	72.38	0.17	0.03	0.00(M)	0.00(M)	1.49	18.53	3.47	9.88(M)	(M)	0.54	0.18	17.37	103.88	18.35(M)	0.00(M)	128.78(M)	60.48(M)	0.23(M)
Fresh Fruit-Elementary (P) - LR101012 (1/2 c.)	70.81	0.12	0.01	0.00	0.00	1.05	18.27	3.41	13.08	(M)	0.66	0.14(M)	25.25(M)	114.82(M)	29.42(M)	0.00(M)	154.92(M)	44.21(M)	0.22(M)
Fresh Mixed Berries- DOD - LR100981 (1/2 c.)	36.56	0.07	0.00	0.00	0.00	0.96	9.07	1.92	6.24	(M)	0.15	0.09(M)	3.61(M)	2.70(M)	13.25(M)	0.00(M)	34.48(M)	20.50(M)	0.09(M)
Fresh Pear -DOD - LR100972 (1 medium)	101.00	0.20	0.00	0.00	0.00	1.78	27.10	5.52	17.40	(M)	0.60	0.30	16.00	0.53	7.60	0.00	206.00	(M)	(M)
Fresh Strawberry - LR100973 (1/2 c.)	24.38	0.23	0.01	0.00	0.00	0.76	5.85	1.52	3.73	(M)	0.51	0.31	12.19	9.14	44.80	0.00	116.57	69.29	0.30
Fried Rice - LR100130 (2/3 c.) Contains Soy, Wheat.	68.75	3.56	0.88	0.01	93.00	295.30	4.64	1.01	1.71	(M)	4.43	0.66	25.22	387.44	3.11	0.50(M)	101.79(M)	56.67	0.49
Frudel - LR100579 (1 ea.) Contains Milk, Soy, Wheat.	210.00	6.00	1.00	0.00	0.00	250.00	36.00	2.00	10.00	9.00	4.00	1.50	0.00	0.00(M)	0.00	0.00	110.00	0.00(M)	0.00(M)
Fruit Pocket - LR100662 (1 ea.) Contains Gluten, Soy, Wheat.	160.00	4.20	1.30	0.00	0.00	145.00	27.00	3.00	11.00	(M)	2.00	0.00	0.00	0.00	24.00	(M)	(M)	(M)	(M)
Fruit Smoothie - LR100734 (16 fl. oz.) Contains Milk.	281.76	3.25	0.50	0.00(M)	12.50	185.82	51.09	1.56	40.90	(M)	12.03	1.80	130.00	708.00(M)	4.48(M)	(M)	(M)	0.00(M)	0.00(M)
Fruit, Mix: Apple, Grape, Pineapple - LR100508 (1/2 c.)	67.77	0.18	0.05	0.00	0.00	4.39	17.37	1.50	14.48	(M)	0.30	0.14	6.76	52.31	6.01	0.00(M)	101.33(M)	57.70	0.26
Fruit, Mix: Orange and Grape - LR100509 (1/2 c.)	61.18	0.24	0.06	0.00	0.00	0.91	15.47	1.98	13.49	(M)	0.90	0.20	32.55	192.73	36.66	0.00	205.19	93.70	0.55
G2 - 12 oz. - Orange - LR100685 (1 bottle.)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
G2 - Fruit Punch - 12 oz. - LR100688 (1 bottle.)	30.00	0.00	0.00	0.00	0.00	160.00	7.00	0.00	7.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
G2 - Glacier - 12 oz. - LR100689 (1 Box)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
G2 - Grape - 12 oz. - LR100686 (1 bottle.)	30.00	0.00	0.00	0.00	0.00	160.00	7.00	0.00	7.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
G2 - Lemon Lime - 12 oz. - LR100690 (1 bottle.)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

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Garden Side Salad - LR100071 (1 c.)	9.95(M)	0.09(M)	0.01(M)	0.00(M)	0.00(M)	6.67(M)	2.20(M)	0.69(M)	0.00(M)	(M)	0.43(M)	0.18(M)	7.34(M)	997.23(M)	7.99(M)	(M)	(M)	40.54(M)	0.22(M)
Garlic Cheese Bread - LR100333 (2 ea.) Contains Gluten, Milk, Soy, Wheat.	348.78	18.05	8.12	0.00(M)	30.00	1106.72	30.52	3.00	3.16(M)	(M)	18.78	3.35(M)	435.99(M)	613.97(M)	2.63(M)	0.00(M)	20.46(M)	0.17(M)	0.17(M)
General TSO Chicken-Baked - LR100101 (6 oz.)	409.19	23.53	7.98	0.00(M)	51.81	1114.54	35.47	2.07	(M)	(M)	14.50	1.12	28.40	30.72	0.00	(M)	(M)	(M)	(M)
Glaze - LR100595 (2 fl. oz.) Contains Milk.	21.50	0.00	0.00	0.00	0.25	6.25	4.95	0.00	4.77	(M)	0.40	0.00	15.00	25.00	0.06	(M)	(M)	0.00(M)	0.00(M)
Glaze, Orange - LR100594 (2 tsp.)	34.87	0.01	0.00	0.00(M)	0.00	0.35	8.87	0.04	8.54(M)	(M)	0.06	0.01	1.27	7.42	3.96	0.00(M)	16.89	1.69	0.04
Glazed Carrots - LR100324 (1/2 c.) Contains Milk, Soy.	100.82	4.36	0.89	0.00(M)	0.00	102.45	16.01	3.04	12.60	(M)	0.59	0.55	42.20	15556.25	2.17	0.00(M)	1.94(M)	77.79(M)	0.09(M)
Graham, Vanilla Bear - LR100479 (1 ea.) Contains Wheat. May contain Soy.	110.00	3.00	1.00	0.00	0.00	91.00	19.00	1.00	6.00	(M)	2.00	2.00	12.00	275.00	3.00	(M)	(M)	0.00	0.00
Grapes, ~14 large = 1/2 cup - LR100513 (1/2 c.)	60.78	0.32	0.10	0.00	0.00	1.81	15.56	0.82	14.74	(M)	0.57	0.26	12.70	90.72	3.63	0.00	173.27	73.75	0.52
Green Beans, canned - LR100037 (1/2 c.)	22.93	0.07	0.00	0.00(M)	0.00(M)	258.43	5.47	2.08(M)	2.22(M)	0.00(M)	1.04	0.42(M)	31.20(M)	0.00(M)	0.00(M)	0.00(M)	104.00(M)	0.00(M)	0.96(M)
Green Beans, canned (3/4 cup) - LR100956 (3/4 c.)	34.67	0.00	0.00	0.00	0.00	242.67	6.93	3.47	3.47	0.00(M)	1.73	0.69	52.00	0.00(M)	0.00(M)	(M)	173.33(M)	0.00(M)	1.59(M)
Green Eggs & Ham - LR100337 (1/4 c.)	167.66	7.40	2.63	0.02(M)	220.01	821.55	6.36	0.00	5.18(M)	(M)	18.92	1.28	148.99	481.68	0.65	2.06(M)	241.86(M)	38.73(M)	1.30(M)
Grilled Cheese Sandwich (2oz) - LR100372 (1 sandwich) Contains Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Milk.	308.10	10.89	5.16	0.00(M)	30.00	659.31	34.00	2.00	6.00(M)	2.00(M)	20.00	1.44	454.00	40.26(M)	0.00(M)	1.40(M)	629.99(M)	0.20(M)	0.02(M)
Grilled Chicken Sandwich - LR100466 (1 sandwich) Contains Gluten, Soy, Wheat. Processed in a facility that also processes Milk.	204.00	3.40	0.40	0.00	18.00	340.00	30.80	3.00	4.40	4.40	13.40	1.84	152.40	0.00	0.00	0.80(M)	198.00	0.00(M)	0.00(M)
Ham & Cheese WG Sandwich - LR100767 (1 sandwich) Contains Milk, Soy, Wheat.	239.58	6.17	1.88	0.00	38.97	538.74	30.59	2.00	5.99	(M)	16.56	1.87	116.95	0.00(M)	0.72(M)	0.00(M)	105.47(M)	0.00(M)	0.00(M)
Ham & Cheese Flatbread - LR100498 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	229.58	6.17	1.88	0.00	38.97	438.74	28.59	3.00	2.98	(M)	14.56	1.51	156.95	0.00(M)	0.72(M)	0.00(M)	105.47(M)	0.00(M)	0.00(M)
Ham & Cheese Hoagie - LR100495 (1 sandwich) Contains Milk, Soy, Wheat. May contain Egg, Milk, Soy.	260.59	8.22	2.70	0.00	42.48	441.76	30.61	3.00	5.00	(M)	16.67	1.27	88.65	0.00(M)	0.00(M)	0.00(M)	105.47(M)	0.00(M)	0.00(M)
Ham Sandwich (bun) - LR100953 (1 sandwich) Contains Gluten, Soy, Wheat. Processed in a facility that also processes Milk.	513.05	13.65	3.22	0.00	96.52	979.15	64.83	6.00	11.22	8.00(M)	34.91	4.04	300.00	0.00	0.00	1.60(M)	180.00(M)	0.00(M)	0.00(M)
Ham, Diced for HS Breakfast Grit Bowl Topping - LR100106 (1 oz.)	34.00	0.85	0.28	0.00	14.00	326.79	1.69	0.00	(M)	(M)	4.50	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)

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Ham, Egg Patty & Cheese - Breakfast - LR100879 (1 patty) Contains Egg, Milk, Soy. May contain Milk.	45.00	3.50	1.00	0.00	110.00	120.00	1.00	0.00	(M)	(M)	3.00	0.40	20.00	(M)	0.00	(M)	(M)	(M)	(M)
Ham, Egg Patty & Swiss Cheese - Breakfast (HS Only) - LR100880 (1 patty) Contains Egg, Milk. May contain Milk.	45.00	3.50	1.00	0.00	110.00	120.00	1.00	0.00	(M)	(M)	3.00	0.40	20.00	(M)	0.00	(M)	(M)	(M)	(M)
Hamburger - LR100020 (1 ea.) Contains Gluten, Soy, Wheat. Processed in a facility that also processes Milk.	300.00	11.00	4.00	0.00(M)	45.00	390.00	30.00	3.00	4.00	4.00(M)	20.00	2.88	150.00	0.00	0.00	0.80(M)	90.00(M)	0.00(M)	0.00(M)
Hamburger Bun, Whole Grain White - LR100652 (1) Contains Gluten, Soy, Wheat. Processed in a facility that also processes Milk.	160.00	2.00	0.00	0.00	0.00	200.00	30.00	3.00	4.00	4.00	7.00	1.44	150.00	0.00	0.00	0.80	90.00	(M)	(M)
Hamburger Sliders - LR100504 (2 ea.) Contains Soy, Wheat.	390.47	18.00	7.00	0.00(M)	45.00	1036.39	40.59	2.00	10.49	(M)	16.00	5.95	151.51	51.12	8.41	0.00(M)	0.76(M)	126.58	1.37
Hazelnut Coffee Coolers - LR100928 (16 fl. oz.) Contains Milk.	258.46	4.00	0.61	0.00(M)	15.38(M)	236.92(M)	46.15	0.00(M)	32.00(M)	0.00(M)	14.15	2.21(M)	160.00(M)	615.38(M)	2.95(M)	0.00(M)	(M)	(M)	(M)
High Sack Lunch-Chicken Sandwich - LR100357 (1 ea.) Contains Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Milk.	673.00	15.26	2.55	0.00(M)	55.00(M)	920.66	95.77	10.60	30.96(M)	4.00(M)	38.99	4.02	513.66	12429.47	9.40(M)	0.80(M)	164.41(M)	48.28(M)	0.26(M)
High Sack Lunch-Hamburger - LR100359 (1 ea.) Contains Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Milk.	583.00	14.26	4.55	0.00(M)	50.00(M)	730.66	81.77	9.60	29.96(M)	4.00(M)	29.99	4.02	493.66	12429.47	9.40(M)	0.80(M)	164.41(M)	48.28(M)	0.26(M)
Honey Butter (for Rolls) - LR101010 (1 each (pan, dinner, or small roll) (2" square, 2" high))	136.31	12.76	2.13	0.00	0.00	127.58	8.50	0.00	8.00	(M)	0.00	0.00	0.00	797.04	0.00	(M)	(M)	0.00(M)	0.00(M)
Honey Mustard - LR100160 (1 ea.)	85.00	5.67	0.94	0.00	5.00	236.00	7.56	0.00	(M)	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Honey Mustard 1 OZ - LR100811 (1 ea.)	80.00	6.00	1.00	(M)	10.00	125.00	7.00	0.00	5.00	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Honey Sriracha Chicken Asian Food Solutions - LR100920 (4 oz.) Contains Egg, Wheat.	215.38	6.15	1.03	0.00	51.28	492.31	24.61	1.03	11.28	(M)	12.31	0.74	20.51	102.56	1.23	(M)	(M)	(M)	(M)
Hot & Spicy Boneless Strips - LR100134 (3 tenders) Contains Milk, Wheat.	225.97	7.19	1.54	0.00	66.76	472.49	14.38	2.05	0.00	(M)	22.60	1.85	20.54	(M)	0.00	(M)	(M)	(M)	(M)
Hot & Spicy Chicken Bites - LR100153 (2 1/4 oz.) Contains Gluten, Soy, Wheat.	283.78	13.64	2.70	0.00(M)	78.16	684.78	18.50	3.14	0.00(M)	(M)	21.89	0.07(M)	3.71(M)	260.04(M)	0.09(M)	0.00(M)	2.20(M)	0.00(M)	0.00(M)
Hot & Spicy Chicken Bites FC/MS - LR100451 (4 1/3	225.49	10.80	2.14	0.00(M)	62.50	497.22	14.68	2.51	0.00(M)	(M)	17.50	0.04(M)	2.68(M)	185.97(M)	0.07(M)	0.00(M)	1.10(M)	0.00(M)	0.00(M)

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oz.) Contains Gluten, Soy, Wheat.																			
Hot & Spicy Mild Sauce - LR100135 (2 Tbsp.)	30.00	0.00	0.00	0.00	0.00	383.72	7.00	0.00	4.00	(M)	0.00	0.05	0.54(M)	45.89(M)	0.00(M)	(M)	24.84	0.00(M)	0.00(M)
Hot Chicken Wings - LR100112 (5 ea.)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
Hot Dog - LR100079 (1 ea.) Contains Gluten, Soy, Wheat. Processed in a facility that also processes Milk.	330.00	18.00	6.00	0.50	30.00	690.00	32.00	3.00	5.00	4.00(M)	13.00	2.10	170.00	0.00(M)	0.00(M)	1.00	100.00(M)	(M)	(M)
Hot Ham and Cheese Sandwich - LR100769 (1 sandwich) Contains Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Milk.	273.95	7.95	2.24	0.00	43.68	571.84	32.97	2.00	4.32	2.00(M)	18.05	1.91	158.50	0.00(M)	0.79(M)	1.40(M)	225.00(M)	0.00(M)	0.00(M)
Hot Sauce-Ind Packet - LR100281 (3 g.)	0.00	0.00	0.00	0.00	0.00	100.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	100.00	1.20	(M)	(M)	0.00	0.00
HS - Condiment Shredded Lettuce and Diced Tomato Cup - LR100051 (1/2 c.)	15.24	0.16	0.02	0.00	0.00	6.21	3.28	1.10	2.20	(M)	0.81	0.29	11.77	658.16	9.06	0.00	186.66	87.18	0.41
HS Breakfast Grit Bowl - base - LR100480 (1 ea.) Contains Milk, Soy.	465.17	6.00	2.63	0.00	15.00	905.33	91.64	5.25	3.50	(M)	7.00	2.89	208.93	267.86(M)	1.77(M)	0.00(M)	270.00(M)	236.01(M)	0.00(M)
HS Burger Bar, Hamburger - LR100678 (1 ea.) Contains Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Milk.	3.85	0.16	0.06	0.01	0.47	4.95	0.37	0.04	0.05	0.04(M)	0.24	0.03	2.69	0.00(M)	0.00(M)	0.01(M)	2.25(M)	0.00(M)	0.00(M)
HS Cheeseburger - LR100668 (1 ea.) Contains Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Milk.	348.00	12.60	5.00	0.00	61.00	514.00	30.80	3.00	4.80	4.00(M)	25.80	3.24	248.80	0.00(M)	0.00(M)	0.80(M)	198.00(M)	0.00(M)	0.00(M)
HS Hamburger - LR100667 (1 ea.) Contains Gluten, Soy, Wheat. Processed in a facility that also processes Milk.	320.00	11.00	4.00	0.00	55.00	430.00	30.00	3.00	4.00	4.00(M)	23.00	3.24	170.00	0.00	0.00	0.80(M)	90.00(M)	0.00(M)	0.00(M)
Ice Cream - Chocolate and Vanilla Cone - LR100710 (1 cone) Contains Milk, Soy, Wheat.	150.00	3.00	1.50	0.00	0.00	90.00	27.00	0.00	14.00	(M)	2.00	0.72	80.00	500.00	0.00	(M)	(M)	(M)	(M)
Ice Cream - Chocolate Cup - Light - LR100716 (1 ea.) Contains Milk.	100.00	2.00	1.00	0.00	5.00	50.00	19.00	1.00	14.00	(M)	2.00	0.72	80.00	200.00	0.00	(M)	(M)	(M)	(M)
Ice Cream - Creamy Cotton Candy - LR100709 (1 Bar) Contains Milk.	70.00	1.00	0.50	0.00	4.00	40.00	15.00	0.00	8.00	(M)	1.00	0.00	60.00	500.00	0.00	(M)	(M)	(M)	(M)
Ice Cream - Crumbled Cookie Cone - LR100713 (1 cone) Contains Milk, Soy, Wheat.	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Ice Cream - Fudge Bar - FF - LR100712 (1 Bar) Contains Milk.	100.00	0.00	0.00	0.00	0.00	85.00	22.00	1.00	18.00	(M)	4.00	0.36	100.00	0.00	0.00	(M)	(M)	(M)	(M)

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Ice Cream - Fudge Stix - FF - LR100714 (1 ea.) Contains Milk.	70.00	0.00	0.00	0.00	0.00	60.00	15.00	0.00	12.00	(M)	2.00	0.36	80.00	0.00	0.00	(M)	(M)	(M)	(M)
Ice Cream - Sandwich - Vanilla - LR100718 (1 ea.) Contains Milk, Soy, Wheat.	130.00	1.50	1.00	0.00	4.00	140.00	26.00	0.00	13.00	(M)	3.00	0.00	80.00	0.00	0.00	(M)	(M)	(M)	(M)
Ice Cream - Sour Swell - Cherry - LR100720 (1 ea.) Contains Milk.	70.00	1.00	0.50	0.00	4.00	20.00	12.00	0.00	11.00	(M)	3.00	0.00	20.00	500.00	0.00	(M)	(M)	(M)	(M)
Ice Cream - Strawberry Cup - Light - LR100717 (1 ea.) Contains Milk.	100.00	2.00	1.00	0.00	10.00	45.00	19.00	0.00	15.00	(M)	2.00	0.00	80.00	200.00	0.00	(M)	(M)	(M)	(M)
Ice Cream - Strawberry Shortcake - LF - LR100721 (1 ea.) Contains Milk, Soy, Wheat.	130.00	3.50	1.00	0.00	6.00	45.00	23.00	0.00	15.00	(M)	1.00	0.00	40.00	500.00	0.00	(M)	(M)	(M)	(M)
Ice Cream - Vanilla Cup - LF - LR100715 (1 ea.) Contains Milk.	110.00	1.50	1.00	0.00	5.00	65.00	20.00	0.00	15.00	(M)	4.00	0.00	150.00	300.00	0.00	(M)	(M)	(M)	(M)
Italian Turkey Crumbles - Scratch - LR100789 (5 ounces) May contain Wheat.	205.28(M)	10.25(M)	3.42(M)	0.00(M)	90.91(M)	744.12(M)	1.28(M)	0.10(M)	0.01(M)	(M)	29.57(M)	9.42(M)	9.79(M)	14.76(M)	4.68(M)	(M)	(M)	0.02(M)	0.03(M)
Jalapeno Puffs - LR100661 (1 ea.) Contains Milk.	90.00	3.00	0.50	0.00	0.00	200.00	15.00	1.00	0.00	(M)	1.00	0.72	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Jambalaya, Ham - LR100606 (1 1/2 c.)	192.33	5.02	0.75	0.00(M)	28.00(M)	872.84	24.65	2.08	2.86(M)	(M)	11.70	0.96	27.37(M)	934.92(M)	25.40(M)	0.00(M)	17.47(M)	36.79(M)	0.08(M)
Jelly, Individual - LR100573 (1 ea.)	35.00	0.02	0.00	0.00	0.00	0.00	9.00	0.00	6.00	(M)	0.00	0.00	7.00	5.00	1.20	(M)	(M)	29.77	0.12
Jerk Chicken Bowl - LR100805 (3 oz.) Contains Soy.	125.78	6.34	0.70	0.00	63.40	531.72	1.41	0.00	0.00	(M)	15.50	1.51	39.24	0.00	0.00	(M)	(M)	13.36	0.00
Jerky, Beef Stick - LR100829 (1 pkg.) May contain Gluten.	90.00	7.00	3.50	0.00	25.00	390.00	1.00	0.00	1.00	(M)	5.00	0.36	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Juice, Apple 10 oz. - LR100680 (1 bottle.)	140.00	0.00	0.00	0.00	0.00	25.00	34.00	0.00	31.00	(M)	1.00	0.00	20.00	0.00	60.00	(M)	(M)	(M)	(M)
Ketchup, Ind Pack - LR100157 (2 ea.)	20.00	0.00	0.00	0.00	0.00	170.00	5.00	0.00	4.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	8.30	0.44
Korean BBQ Chicken - LR100832 (1 #12 scoop) Contains Soy, Wheat.	145.16	5.81	1.45	0.00	62.90	435.48	9.68	0.97	8.71	(M)	13.55	(M)	(M)	387.10	0.00	(M)	(M)	(M)	(M)
Lasagna with Beef Crumbles - LR100365 (1 piece) Contains Egg, Milk, Soy, Wheat.	267.89	10.93	5.68	0.00(M)	29.20(M)	429.81	24.01	3.10	3.44(M)	(M)	17.78	1.68	284.82	590.00	5.54	0.00(M)	0.57(M)	56.82(M)	0.06(M)
Lasagna with Crumbles w/Homemade Spaghetti Sauce and Pasta Sheets - LR100791 (1 piece) Contains Egg, Milk, Wheat.	244.71(M)	10.72(M)	5.32(M)	0.00(M)	36.64(M)	490.51(M)	20.13(M)	2.72(M)	0.69(M)	(M)	16.53(M)	4.50(M)	334.67(M)	607.54(M)	7.03(M)	0.00(M)	56.07(M)	12.40(M)	0.32(M)
Lemon Pepper Wings (Brakebush) - LR100859 (5 ea.)	639.99	44.00	11.84	0.00	361.59	3203.24	8.00	0.00	0.00	(M)	56.00	3.46	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Lo Mein s - LR100826 (1/2 c.) Contains Egg, Soy, Wheat.	51.80	1.52	0.10	0.00	0.00	365.66	7.84	0.77	2.43	(M)	1.81	0.33	10.85	0.00	4.24	0.00(M)	1.51(M)	151.34(M)	0.15(M)

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LUNCH PAL - LR101018 (2 ea.) Contains Egg, Gluten, Milk, Soy, Wheat. May contain Soy.	250.26	8.65	1.29	0.00	10.75	310.33	38.90	3.43	8.31	3.44(M)	4.29	1.72	71.51(M)	125.00(M)	0.43(M)	0.00(M)	66.36(M)	0.00(M)	0.00(M)
Macaroni and Cheese w/ homemade sauce 1 cup - LR100434 (1 c.) Contains Egg, Milk, Soy, Wheat.	433.75	15.23	6.95	0.00(M)	42.83	786.54	48.76	4.08	10.12(M)	(M)	29.16	2.64	557.23	612.75(M)	0.94(M)	0.00(M)	547.99(M)	11.36(M)	1.26(M)
Macaroni and Cheese w/ homemade sauce 1/2 cup - LR100528 (1/2 c.) Contains Egg, Milk, Soy, Wheat.	263.49	10.23	4.88	0.00(M)	29.90	784.06	26.80	2.16	5.84(M)	(M)	18.81	1.40	391.44	468.75(M)	0.50(M)	0.00(M)	290.43(M)	6.02(M)	0.67(M)
Mandarin Oranges - LR100278 (1/2 c.)	88.11	0.14	0.01	0.00	0.00	8.67	23.39	1.01	22.37	(M)	0.72	0.53	10.11	1213.33	28.60	(M)	(M)	0.00	0.27
Marinara Dipping Cups - LR101003 (1 ea.)	21.00	1.00	0.00	0.00	0.00	104.00	4.00	1.00	2.00	(M)	1.00	0.00	10.00	0.00	0.00	(M)	137.00	(M)	(M)
Marinara w/ Spaghetti Sauce (Homemade) - LR100765 (1/2 c.)	57.56	1.10	0.23	0.00(M)	0.00	253.44	11.03	2.00	0.31(M)	(M)	1.56	3.83(M)	71.98(M)	427.93(M)	5.26(M)	0.00(M)	40.91(M)	0.33(M)	0.35(M)
Marinara w/ Spaghetti Sauce (Homemade) (1/4 cup) - LR100895 (1/4 c.)	28.78	0.55	0.12	0.00(M)	0.00	126.72	5.52	1.00	0.16(M)	(M)	0.78	1.91(M)	35.99(M)	213.97(M)	2.63(M)	0.00(M)	20.46(M)	0.17(M)	0.17(M)
Mashed Potatoes-pearls - LR100036 (1/2 c.) Contains Milk.	35.47	1.15	0.22	0.00(M)	0.01	118.75	6.01	0.48	0.29	(M)	0.64	0.09	4.32	57.03	1.08	0.00(M)	0.00(M)	96.83(M)	0.00(M)
Mayonnaise, Ind Pkt - LR100158 (1 ea.)	35.00	3.44	0.00	0.00	0.00	80.00	1.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	1.07	0.11
Meat, Taco Seasoned - HS - LR100520 (16 scoop) Contains Soy.	122.30	7.00	3.00	0.00	25.00	306.43	2.65	0.88	0.32	(M)	10.00	1.40	18.10	155.49	4.79	0.00(M)	37.80(M)	14.19(M)	0.01(M)
Meat, Taco Seasoned ES/MS - LR100633 (16 scoop) Contains Soy.	119.57	7.00	3.00	0.00	25.00	292.22	1.91	0.64	0.00	(M)	10.00	1.31	12.76	127.58	0.77	(M)	(M)	0.00(M)	0.00(M)
Meatballs & Marinara w/Spaghetti Sauce - LR100608 (1/2 c.) Contains Egg, Milk, Wheat.	181.46	6.28	1.75	0.00(M)	44.31	835.16	17.82	2.16	0.48(M)	(M)	14.72	4.27(M)	90.35(M)	519.96(M)	8.32(M)	0.00(M)	38.78(M)	0.31(M)	0.30(M)
Meatballs, Sweet N Sour - LR100510 (5 meatballs) Contains Egg, Milk, Wheat.	274.21	4.93	1.46	0.00(M)	43.16	1005.17	45.89	1.05	28.95	(M)	13.56	1.04	27.95	297.94	8.93	0.00(M)	162.12(M)	29.79(M)	4.15(M)
Mexican Bar, Chicken Seasoned - LR100554 (16 scoop) Contains Soy.	77.99	3.36	0.37	0.00	33.64	380.46	3.23	0.83(M)	0.32	(M)	8.22	0.30(M)	16.96(M)	144.15(M)	4.73	0.00(M)	37.80(M)	14.19(M)	0.01(M)
Mexican Bar, Tortilla - LR100550 (1 ea.) Contains Milk.	260.00	9.50	5.00	0.00	15.00	890.00	35.00	4.00	1.00(M)	(M)	12.00	0.00	200.00	300.00	0.00	(M)	(M)	0.00(M)	0.00(M)
Mexican Bar, Tortilla CHIPS - LR100551 (2 oz.)	292.63	12.80	1.83	(M)	0.00	128.03	38.41	3.66	(M)	(M)	3.66	0.00	73.16	0.00	0.00	(M)	(M)	(M)	(M)
Mexican Corn (Esquite) - LR101025 (1/2 c.) Contains Egg, Soy.	111.19	3.79	0.89	0.00(M)	8.00	92.18	16.84	2.12	2.60	(M)	3.23	0.40(M)	34.03(M)	219.65(M)	2.94(M)	(M)	(M)	(M)	(M)
Middle Sack Lunch-Hamburger - LR100362 (1 ea.) Contains Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Milk.	513.00	11.26	4.05	0.00(M)	50.00(M)	655.66	72.77	8.60	28.96(M)	4.00(M)	28.99	3.84	493.66	12379.47	9.40(M)	0.80(M)	164.41(M)	48.28(M)	0.26(M)

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Milk, 1% 8oz - LR100161 (1 Carton) Contains Milk.	110.00	2.50	0.00	0.00	10.00	130.00	13.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)	(M)
Milk, Chocolate Trumoo FF 8oz - LR100039 (1 Carton) Contains Milk.	120.00	0.00	0.00	0.00	5.00	180.00	20.00	0.00	18.00	(M)	8.00	0.00	300.00	500.00	1.20	(M)	(M)	(M)	(M)
Milk, Skim 8oz - LR100040 (1 Carton) Contains Milk.	90.00	0.00	0.00	0.00	5.00	135.00	13.00	0.00	13.00	(M)	9.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)	(M)
Milk, Strawberry Trumoo FF 8oz - LR100041 (1 Carton) Contains Milk.	110.00	0.00	0.00	0.00	5.00	125.00	19.00	0.00	18.00	(M)	8.00	0.00	300.00	500.00	1.20	(M)	(M)	(M)	(M)
Milk, Vanilla Trumoo FF 8oz - LR100042 (1 Carton) Contains Milk.	110.00	0.00	0.00	0.00	5.00	125.00	19.00	0.00	18.00	(M)	8.00	0.00	300.00	500.00	1.20	(M)	(M)	(M)	(M)
Mini Cheeseburgers (2/ pack) - LR100888 (2 ea.) Contains Milk, Soy, Wheat.	370.00	15.00	6.00	0.00	50.00	710.00	35.00	15.00	5.00	(M)	21.00	4.00	174.00	150.00	0.00	(M)	(M)	(M)	(M)
Mini Cocoa Rice Krispie Treat - LR100911 (1 Bar) Contains Milk, Soy.	45.00	1.50	0.00	0.00	0.00	45.00	8.00	0.00	3.00	(M)	1.00	0.72	0.00	(M)	(M)	(M)	(M)	(M)	(M)
Mini Cocoa Rice Krispie Treats Kelloggs - LR100922 (1 Bar) Contains Milk, Soy.	45.00	1.50	0.00	0.00	0.00	45.00	8.00	0.00	3.00	(M)	1.00	0.72	0.00	(M)	(M)	(M)	(M)	(M)	(M)
Mini Pancake, WG Strawberry - LR101054 (1 pkg.) Contains Egg, Milk, Soy, Wheat.	209.88	3.50	0.00	0.00	5.00	179.89	38.98	3.00	12.99	(M)	5.00	1.00	59.97	(M)	(M)	0.00	261.85	(M)	(M)
Mini Potato Pancakes - LR100938 (8 piece) Contains Egg, Milk.	270.00	16.00	4.50	0.00	25.00	600.00	25.00	2.00	0.00	0.00	4.00	1.00	20.00	(M)	(M)	0.00	597.00	(M)	(M)
Mixed Berries, Cups, Frozen - LR100856 (1 ea.)	80.00	0.00	0.00	0.00	0.00	0.00	20.00	2.00	16.00	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mixed Fruit - LR100057 (1/2 c.)	74.75	0.00	0.00	0.00	0.00	8.67	19.37	1.63	15.52	(M)	0.55	0.00	0.00	216.67	2.17	(M)	(M)	0.00	0.00
Mocha Coffee Cooler - LR100927 (16 fl. oz.) Contains Milk.	289.23	4.00	0.61	0.00(M)	15.38(M)	310.77(M)	58.46	0.00(M)	32.00(M)	0.00(M)	14.15	5.29(M)	160.00(M)	615.38(M)	2.95(M)	0.00(M)	430.77(M)	(M)	(M)
MS Burger Bar, Hamburger - LR100782 (1 ea.) Contains Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Milk.	3.85	0.16	0.06	0.01	0.47	4.95	0.37	0.04	0.05	0.04(M)	0.24	0.03	2.69	0.00(M)	0.00(M)	0.01(M)	2.25(M)	0.00(M)	0.00(M)
MS/HS Berry Blast Smoothie - LR100785 (16 oz.) Contains Milk, Wheat. May contain Soy.	241.14	1.14	0.69	0.00	3.20	72.12	53.31	3.11	39.61	(M)	4.69	2.58(M)	131.68(M)	33.40(M)	0.89(M)	(M)	(M)	0.00(M)	0.00(M)
Mustard, Indv Pkts - LR100148 (1 packet)	0.00	0.00	0.00	0.00	0.00	65.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00
Oatmeal - LR100209 (1 c.)	183.88	2.82	0.50	0.00(M)	0.00	575.62	33.53	4.33	6.40(M)	(M)	6.90	1.98	27.87	0.00	0.00	0.00(M)	184.03(M)	239.46	2.19
Orange Juice, 4oz - LR100381 (1 Carton)	60.00	0.00	0.00	0.00	0.00	9.00	14.00	0.00	11.00	(M)	1.00	0.00	50.00	0.00	30.00	(M)	(M)	(M)	(M)
Orange Slices- DOD - LR100970 (1 ea.)	0.94	0.00	0.00	0.00	0.00	0.00	0.23	0.05	0.19	(M)	0.02	0.00	0.80	4.50	1.06	0.00	3.62	1.74	0.01
Orange, Cut 1 = 1/2 cup - LR100514 (1/2 c.)	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64	0.58

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Pancake Dippers - LR100889 (4 ea.) Contains Egg, Milk, Soy, Wheat.	228.78	11.13	1.86	0.00	28.98	442.96	21.42	1.39	1.95	0.50(M)	9.53	1.02	23.92	0.00	0.00	0.01(M)	51.34(M)	(M)	(M)
Pancake on a Stick - LR100205 (1 ea.) Contains Egg, Milk, Soy, Wheat.	140.00	5.00	1.50	0.00	10.00	360.00	16.00	2.00	6.00	(M)	8.00	1.44	50.00	0.00	0.00	(M)	(M)	0.00(M)	0.00(M)
Pancakes, Mini Blueberry - LR100438 (1 ea.) Contains Egg, Milk, Soy, Wheat.	209.76	5.99	1.00	0.00	9.99	309.64	34.96	4.00	10.99	(M)	4.00	2.70	59.93	499.42	0.00	(M)	149.83	0.00(M)	0.00(M)
Pancakes, Mini Maple - LR100647 (1 ea.) Contains Egg, Milk, Soy, Wheat.	195.35	5.58	0.93	0.00(M)	9.30	297.67	32.56	3.72	10.23	(M)	3.72	2.51	55.81	465.12	0.00	(M)	139.53	(M)	(M)
Pasta Bar, Alfredo Sauce - LR100549 (1/2 c.) Contains Milk.	180.20	10.01	6.01	0.00	38.04	748.83	10.01	0.00	6.01	(M)	12.01	0.00	380.42	442.49	0.00	(M)	(M)	0.00(M)	0.00(M)
Pasta Bar, Chicken Tender - LR100547 (3 ea.) Contains Soy, Wheat.	260.00	15.00	2.50	0.00	25.00	390.00	16.00	3.00	1.00	(M)	15.00	2.00	36.00	0.00	0.00	(M)	720.00	0.00	0.00
Pasta Bar, Grilled Chicken - LR100546 (2 oz.) Contains Soy.	83.33	4.20	0.47	0.00	42.00	262.00	0.93	0.00	0.00	(M)	10.27	1.00	26.00	0.00	0.00	(M)	(M)	0.00	0.00
Pasta Bar, Marinara - LR100545 (1/2 c.)	41.97	0.22	0.08	0.00(M)	0.00(M)	542.30	8.37	3.72	3.34(M)	(M)	0.61	3.93(M)	63.17(M)	516.15(M)	6.47(M)	0.00(M)	40.91(M)	0.33(M)	0.35(M)
Pasta Bar, Meat Sauce made w/ Spaghetti Sauce (Homemade) - LR100771 (1/2 c.)	151.35	5.76	1.79	0.00(M)	41.45	492.06	11.15	2.04	0.36(M)	(M)	15.04	7.98(M)	74.34(M)	430.04(M)	7.38(M)	0.00(M)	40.91(M)	0.33(M)	0.35(M)
Pasta Bar, Meat Sauce made w/ Spaghetti Sauce (SP) update - LR100936 (3/4 c.) Contains Soy.	175.22	8.22	3.22	0.00	25.00	280.78	11.85	1.08	0.00(M)	(M)	11.63	2.31	27.08	453.92	5.31	(M)	(M)	31.96(M)	0.00(M)
Pasta Bar, Meat Sauce w/Crumbles - LR100543 (1/2 c.)	129.84	4.87	1.63	0.00(M)	41.45	404.12	8.68	2.53	0.12(M)	(M)	14.12	7.37(M)	66.41(M)	716.18(M)	8.37(M)	0.00(M)	36.72(M)	42.77(M)	0.29(M)
Pasta Bar, Meatballs & Marinara - LR100544 (1/2 c.) Contains Egg, Milk, Wheat.	155.81	5.11	1.54	0.00(M)	44.31(M)	1000.36	13.39	3.84	4.12(M)	(M)	13.60	4.27(M)	85.05(M)	694.20(M)	10.55(M)	0.00(M)	38.78(M)	0.31(M)	0.30(M)
Pasta Bar, Meatballs w/Marinara w/ Spaghetti Sauce (Homemade) - LR100770 (1/2 c.) Contains Egg, Milk, Wheat.	166.38	6.02	1.71	0.00(M)	44.31	657.39	15.09	2.04	0.36(M)	(M)	14.36	4.54(M)	91.96(M)	427.97(M)	7.28(M)	0.00(M)	40.91(M)	0.33(M)	0.35(M)
Pasta Bar, Meatballs w/Marinara w/ Spaghetti Sauce (SP) update - LR100937 (1/2 c.) Contains Egg, Milk, Wheat.	155.47	5.80	1.63	0.00	44.31	526.25	12.53	0.78	0.00(M)	(M)	13.97	1.60	39.19	326.82	5.79	(M)	(M)	(M)	(M)
Pasta Bar, Pasta - LR100542 (1 c.) Contains Egg, Wheat.	161.50	0.85	0.00	0.00	0.00	8.50	33.15	3.40	0.85	(M)	6.80	1.30(M)	11.16(M)	0.92(M)	0.00(M)	(M)	(M)	2.30	0.25
PBJ, Grape - LR100995 (1 ea.) Contains Peanuts, Wheat.	300.00	17.00	3.00	0.00	0.00	280.00	32.00	4.00	14.00	(M)	9.00	1.44	2.00	(M)	(M)	(M)	(M)	(M)	(M)
peach Smoothie - LR100824 (16 fl. oz.) Contains Milk.	210.00	3.25	0.50	0.00(M)	12.50	177.50	32.50	0.00	26.00	(M)	11.50	1.80	130.00	500.00(M)	2.40(M)	(M)	(M)	(M)	(M)

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Peach Cobbler Yogurt Parfait - LR100878 (1 c.) Contains Milk, Soy, Wheat.	293.55	1.64	1.01	0.00	5.00	112.56	60.79	1.21	45.66	0.21(M)	8.22	3.68	202.68	330.36(M)	2.23(M)	(M)	3.96(M)	0.00(M)	0.00(M)
Peach Crisp - LR101001 (1 piece)	251.58	7.74	1.59	0.00(M)	0.00	116.50	43.59	1.96	30.71(M)	(M)	2.83	0.69	17.07	637.42	2.11	0.00(M)	35.66(M)	2.82	0.32
Peach Cup - LR100088 (1 ea.)	90.00	0.00	0.00	0.00	0.00	0.00	21.00	2.00	19.00	(M)	1.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	0.00(M)	0.00(M)
Peaches, Frozen, Diced, SS - LR100446 (1 ea.)	90.00	0.00	0.00	0.00	0.00	0.00	21.00	2.00	19.00	(M)	1.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	0.00(M)	0.00(M)
Peaches-Diced - LR100068 (1/2 c.)	61.24	0.03	0.00	0.00	0.00	5.67	16.50	1.47	15.03	(M)	0.51	0.41	3.40	401.44	2.72	0.00	110.00	96.07	0.28
Peaches-Sliced - LR100094 (1/2 c.)	83.20	0.00	0.00	0.00	0.00	5.20	19.76	1.04	16.64	(M)	1.04	0.00	0.00	312.00	2.08	(M)	(M)	0.00	0.00
Peaches-Sliced (for Supper) - LR100876 (1/2 c.)	83.20	0.00	0.00	0.00	0.00	5.20	19.76	1.04	16.64	(M)	1.04	0.00	0.00	312.00	2.08	(M)	(M)	0.00	0.00
Peanut Butter & Jelly Sandwich - LR100023 (1 sandwich) Contains Gluten, Peanuts, Soy, Wheat. Processed in a facility that also processes Milk.	660.00	34.00	7.00	0.00	0.00	550.00	70.00	6.00	26.00	2.00(M)	22.00	2.88	60.00	0.00	0.00	1.40(M)	90.00(M)	0.00(M)	0.00(M)
Peanut Butter & Jelly Sandwich, Triple Decker - LR100670 (1 sandwich) Contains Gluten, Peanuts, Soy, Wheat. Processed in a facility that also processes Milk.	740.00	35.00	7.00	0.00	0.00	665.00	85.00	7.00	27.00	3.00(M)	25.00	3.60	90.00	0.00	0.00	2.10(M)	135.00(M)	0.00(M)	0.00(M)
Peanut Butter Bar Icing - LR100794 (1 Tbsp.) Contains Milk, Peanuts.	55.95	2.77	0.60	0.00	0.10	60.67	6.48	0.34	5.61	(M)	1.45	0.12	2.88	4.76	0.02	(M)	(M)	0.00(M)	0.00(M)
Peanut Butter Bars - Catering - LR100760 (1 Bar) Contains Peanuts.	265.32	12.06	2.31	0.00	18.60	192.80	35.97	1.73	21.65(M)	(M)	5.28	1.27(M)	26.16(M)	452.09(M)	0.00(M)	0.10(M)	6.90(M)	3.81(M)	0.05(M)
Peanut Butter Bars 2016 - LR100636 (1 Bar) Contains Peanuts.	116.01	4.85	0.88	0.00	11.16	102.49	15.98	0.87	9.33(M)	(M)	2.76	0.62(M)	18.83(M)	60.01(M)	0.04(M)	0.06(M)	4.14(M)	2.29(M)	0.03(M)
Peanut Butter, Dip - LR100673 (1 oz.) Contains Peanuts.	300.00	24.00	5.25	0.00	0.00	225.00	10.50	3.00	4.50	(M)	12.00	1.08	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Pear Cobbler - LR100996 (1/2 c.) Contains Egg, Milk, Soy, Wheat.	424.96	6.40	3.20	0.00	19.20	352.13	90.80	5.44	63.59	(M)	3.06	1.19(M)	38.12(M)	0.00(M)	1.87(M)	(M)	(M)	0.00(M)	0.00(M)
Pear Crisp - LR100931 (1 piece)	243.26	7.74	1.59	0.00(M)	0.00	116.71	43.63	3.00	29.87(M)	(M)	2.04	1.06	23.52	325.42	0.97	0.00(M)	35.73(M)	9.93	0.33
Pears, Canned - LR100047 (1/2 c.)	81.39	0.00	0.00	0.00	0.00	5.65	21.52	2.26	17.17	(M)	0.27	0.40	6.78	0.00	1.02	(M)	(M)	0.00	0.00
Peas & Carrots-Frozen - LR100282 (1/2 c.) Contains Milk.	55.41	0.65	0.14	0.00	0.00	217.29	10.79	3.73	4.23	(M)	2.14	0.88	33.59	10245.53	6.88	0.00(M)	0.12(M)	11.84(M)	0.01(M)
Pepperoni Pizza (10 Cut) Nardones - LR100853 (1 slice) Contains Milk, Soy, Wheat.	330.00	15.00	7.00	0.00	30.00	590.00	26.00	3.00	6.00	(M)	22.00	5.40	250.00	500.00	6.00	(M)	(M)	(M)	(M)
Pepperoni Pizza, HS (BD) - LR100992 (1 slice) Contains Milk, Soy, Wheat.	370.00	17.00	7.00	0.00	45.00	550.00	35.00	3.00	9.00	(M)	21.00	2.70	350.00	400.00	0.00	(M)	611.00	(M)	(M)

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Pickle, Dill CC Chip - LR101027 (1 ea.)	0.00	0.00	0.00	0.00	0.00	92.50	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00
Pineapple Tidbits - LR100052 (1/2 c.)	70.76	0.09	0.01	0.00	0.00	1.18	18.52	0.94	17.04	(M)	0.49	0.33	16.51	44.82	11.20	0.00	143.88	98.49	0.35
Pinto Beans - LR100345 (1/2 c.)	148.77	1.40	0.29	0.00	0.00	121.34	26.43	7.94	(M)	(M)	8.42	2.53	75.10	0.00	1.60	(M)	(M)	(M)	(M)
Pinwheel, Ham and Cheese - LR100610 (1 ea.) Contains Milk, Wheat. May contain Milk.	366.55	16.84	7.68	0.00(M)	64.80	1683.78	34.46	3.00	4.85	(M)	21.20	2.44	362.88	487.06	0.73	(M)	(M)	10.61(M)	0.42(M)
Pinwheel, Turkey and Cheese - LR100578 (1 ea.) Contains Milk, Wheat. May contain Milk.	328.52	13.44	6.77	0.00(M)	48.83	1694.70	32.63	3.00	3.63	(M)	21.29	2.19	362.88	487.06	0.00	(M)	(M)	10.61(M)	0.42(M)
Pizza, BBQ-HS - LR101055 (1 slice) Contains Milk, Soy, Wheat.	461.06	19.19	8.13	0.00	48.31	843.69	49.69	3.00	18.00	0.00(M)	24.38	3.27	465.00(M)	709.38(M)	4.72	0.00(M)	463.75(M)	0.00(M)	0.00(M)
Pizza, Buffalo Chicken 16" HS - LR100489 (1 slice) Contains Milk, Soy, Wheat.	393.54	17.31	7.15	0.00	48.13	647.80	38.04	3.00	10.00	0.00(M)	24.21	3.02	458.26(M)	411.47(M)	0.00(M)	(M)	436.21(M)	0.00(M)	0.00(M)
Pizza, Cheese (WG) - LR100369 (1 slice) Contains Milk, Soy, Wheat.	370.00	16.00	8.00	0.00	40.00	580.00	40.00	4.00	10.00	(M)	17.00	2.70	350.00	(M)	(M)	(M)	480.00	(M)	(M)
Pizza, Cheese 16" HS - LR100484 (1 slice) Contains Milk, Soy, Wheat.	300.00	12.00	7.00	0.00	25.00	400.00	26.00	3.00	6.00	0.00(M)	22.00	6.30	350.00	750.00	6.00	(M)	(M)	0.00(M)	0.00(M)
Pizza, Cheeseburger 16" HS - LR100486 (1 slice) Contains Milk, Soy, Wheat.	399.06	18.50	8.25	0.00	43.59	635.63	36.63	3.00	9.31	0.00(M)	24.75	2.87	512.50	493.75	0.00	(M)	430.00(M)	0.00(M)	0.00(M)
Pizza, Ground Beef 16" HS - LR100572 (1 slice) Contains Milk, Wheat.	364.97	17.25	10.41	0.00	51.29	504.57	26.95	3.00	5.99	0.00(M)	23.66	3.13	310.02	0.57(M)	0.57(M)	(M)	(M)	0.00(M)	0.00(M)
Pizza, Ham and Pineapple 16" HS - LR100488 (1 slice) Contains Milk, Wheat.	387.48	16.77	10.25	0.00	53.05	747.62	32.58	3.20	9.23(M)	0.00(M)	24.19	2.00	309.45	0.00(M)	1.82(M)	(M)	(M)	0.00(M)	0.00(M)
Pizza, Macaroni and Cheese 16" HS - LR100773 (1 slice) Contains Egg, Milk, Soy, Wheat.	447.84	19.78	11.72	0.00(M)	50.64	635.86	39.14	4.01	8.52(M)	0.00(M)	27.25	2.66	448.76	153.19(M)	0.23(M)	0.00(M)	137.00(M)	2.84(M)	0.32(M)
Pizza, Meat Lovers - 16" HS - LR100790 (1 slice) Contains Milk, Soy, Wheat.	414.75	19.59	8.32	0.00	55.38	699.20	35.67	3.00	9.00(M)	(M)	25.13	2.83	400.00	425.00	0.00	(M)	460.00(M)	0.00(M)	0.00(M)
Pizza, Pak Cheese - LR100581 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	338.70	13.09	7.03	0.00(M)	30.00(M)	998.23	34.20	5.70	3.34(M)	(M)	18.15	3.03(M)	500.47(M)	459.37(M)	3.08(M)	0.00(M)	15.87(M)	0.15(M)	0.14(M)
Pizza, Pak Pepperoni - LR100577 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	450.70	23.49	10.23	0.00(M)	54.00(M)	1366.22	34.20	5.70	3.34(M)	(M)	22.95	3.32(M)	500.47(M)	459.37(M)	3.08(M)	0.00(M)	15.87(M)	0.15(M)	0.14(M)
Pizza, Pepperoni 16" HS - LR100492 (1 slice) Contains Milk, Soy, Wheat.	370.00	17.00	7.00	0.00	45.00	550.00	35.00	3.00	9.00	(M)	21.00	2.70	350.00	400.00	0.00	(M)	460.00	0.00(M)	0.00(M)
Pizza, Pepperoni Nardone ES/MS - LR100139 (1 slice) Contains Milk, Wheat.	370.00	16.00	8.00	0.00	40.00	630.00	40.00	4.00	10.00	(M)	17.00	2.70	300.00	(M)	(M)	(M)	490.00	(M)	(M)
Pizza, Philly Beef 16" HS - LR100487 (1 slice) Contains Milk, Wheat. May contain Wheat.	369.21(M)	17.25(M)	10.41(M)	0.00(M)	51.29(M)	532.71(M)	28.08(M)	3.19(M)	6.46(M)	0.00(M)	23.66(M)	3.24(M)	312.24(M)	35.49(M)	9.23(M)	(M)	(M)	0.00(M)	0.00(M)

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Pizza, Supreme 16" HS - LR100812 (1 slice) Contains Milk, Soy, Wheat.	372.52(M)	16.51(M)	7.17(M)	0.00(M)	39.55(M)	496.76(M)	36.54(M)	3.13(M)	9.25(M)	(M)	22.48(M)	3.19(M)	451.27(M)	411.50(M)	3.19(M)	(M)	430.00(M)	0.00(M)	0.00(M)
Pizza, Taco 16" HS - LR100491 (1 slice) Contains Milk, Soy, Wheat.	408.02	18.50	8.25	0.00	43.59	807.41	38.61	3.83	9.64	0.00(M)	24.75	3.08(M)	524.09(M)	587.59(M)	6.83	(M)	469.23(M)	0.00(M)	0.00(M)
Pizza, Veggie 16" HS - LR100485 (1 slice) Contains Milk, Soy, Wheat.	422.48	19.80	9.20	0.00	44.38	602.97	38.00	3.39	9.19	0.00(M)	25.59	2.79	578.28	679.21	5.65	(M)	430.00(M)	23.63(M)	0.13(M)
Pizza, WG Breakfast, 12 inch - LR100851 (1 slice) Contains Egg, Milk, Wheat. May contain Soy.	270.00	11.00	5.00	0.00	50.00	750.00	31.00	3.00	5.00	(M)	12.00	2.70	150.00	100.00	0.00	(M)	(M)	(M)	(M)
Plantains, Sliced - LR100833 (2 ounces)	110.00	2.00	0.00	0.00	0.00	10.00	22.00	2.00	13.00	(M)	0.00	0.00	0.00	600.00	9.00	(M)	(M)	(M)	(M)
Popcorn Shrimp - LR100587 (21 shrimp) Contains Crustacean Shellfish, Soy, Wheat. May contain Milk.	184.61	7.18	1.03	0.00	46.15	543.58	21.54	3.08	1.03	(M)	9.23	1.48	41.02	102.56	0.00	(M)	(M)	0.00	0.00
Poptar, Cinnamon 1ct - LR100663 (1 ea.) Contains Gluten, Soy, Wheat.	180.00	2.50	1.00	0.00	0.00	190.00	37.00	3.00	15.00	(M)	2.00	2.00	100.00	500.00	0.00	(M)	(M)	(M)	(M)
Poptart (2Ct Pack = 2 Grain) - LR100437 (1 ea.) Contains Soy, Wheat.	240.00	3.50	1.33	0.00	0.00	248.33	50.50	4.00	20.17	4.83(M)	2.83	2.40	143.33	666.67	0.00(M)	0.00(M)	18.33(M)	0.00(M)	0.00(M)
Poptart, Blueberry, 1 ct - LR100836 (1 ea.) Contains Soy, Wheat.	180.00	2.50	1.00	0.00	0.00	180.00	38.00	3.00	15.00	(M)	2.00	1.80	100.00	500.00	0.00	(M)	(M)	(M)	(M)
Poptart, Cinnamon - 1 Ct - LR100795 (1 ea.) Contains Gluten, Soy, Wheat.	180.00	2.50	1.00	0.00	0.00	190.00	37.00	3.00	15.00	(M)	2.00	2.00	100.00	500.00	0.00	(M)	(M)	(M)	(M)
Poptart, Strawberry 1ct - LR100664 (1 ea.) Contains Gluten, Soy, Wheat.	180.00	2.50	1.00	0.00	0.00	180.00	38.00	3.00	15.00	(M)	2.00	2.00	0.00	500.00	0.00	(M)	(M)	(M)	(M)
Pork Carnita - Home Made - LR100623 (2 oz.)	141.06(M)	9.35(M)	3.09(M)	0.00(M)	44.28(M)	103.85(M)	0.98(M)	0.32(M)	0.08(M)	(M)	12.52(M)	0.59(M)	12.63(M)	68.92(M)	0.60(M)	0.00(M)	0.02(M)	2.27(M)	0.00(M)
Pork Carnita - LR100552 (2 1/2 oz.) Contains Soy.	148.74	7.99	3.00	0.00	52.91	56.90	1.00	0.00	1.00	(M)	15.97	0.54	9.98	0.00	1.80	(M)	(M)	0.00	0.00
Pork, BBQ homemade - LR100631 (1/2 c.) Contains Soy, Wheat.	308.08	15.78	5.80	0.00(M)	85.32	812.87	15.18	0.05	9.06	(M)	24.11	1.07(M)	15.73(M)	14.23(M)	0.38(M)	(M)	45.00(M)	0.01(M)	0.01(M)
Potato Wedge - LR100046 (4 oz.)	131.69	7.73	0.57	0.01(M)	0.09	65.11	14.34	1.02	0.10(M)	(M)	1.68	0.68(M)	11.68(M)	29.92(M)	4.47(M)	(M)	(M)	61.45(M)	1.04(M)
Potatoes, Roasted-Tri Color - LR100597 (1/2 c.)	91.12	1.01	0.00	0.00	0.00	334.12	19.24	3.04	2.02	(M)	2.02	0.36	20.25	1518.72	15.19	(M)	(M)	0.00	0.00
Pretzel, Froz. Soft, WGR - LR100708 (1 ea.) Contains Wheat.	140.00	0.50	0.00	0.00	0.00	150.00	30.00	3.00	1.00	(M)	5.00	1.80	20.00	0.00	1.20	(M)	(M)	(M)	(M)
Pretzel, Soft - LR100232 (1 ea.) Contains Wheat.	140.00	0.50	0.00	0.00	0.00	150.00	30.00	3.00	1.00	(M)	5.00	1.80	20.00	0.00	1.20	(M)	(M)	0.00	0.00
Pretzels - LR101031 (1 pkg.) Contains Wheat.	80.00	1.00	0.00	0.00	0.00	200.00	16.00	2.00	1.00	(M)	2.00	0.80	30.00	(M)	(M)	0.00	120.00	(M)	(M)
Protein Pack, Ham & Cheese - LR100871 (1 ea.) Contains Egg, Gluten, Milk, Wheat. May contain Soy.	507.27	27.67	6.54	0.00	48.09	1047.46	45.12	6.54	5.53(M)	(M)	19.33	4.78	289.43	15790.60(M)	4.89(M)	0.00(M)	76.44(M)	49.52(M)	0.20(M)

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Protein Pack, Peanut Butter Lover - LR100868 (1 ea.) Contains Milk, Peanuts, Wheat. May contain Soy.	741.60	50.10	10.53	0.00(M)	0.00	649.00	49.45	8.96	22.14	(M)	27.41	2.96(M)	35.10(M)	269.40(M)	1.89(M)	(M)	(M)	57.26(M)	0.45(M)
Queso Chicken Chowder - LR100998 (3/4 c.) Contains Milk, Soy.	202.41	13.11	6.95	0.00	53.25	689.75	7.56	0.69	0.91	(M)	13.14	0.50	264.17	542.69	0.98	(M)	(M)	0.00(M)	0.00(M)
Queso con Carne (cheese with meat) - LR100991 (4 oz.) Contains Milk, Soy.	203.18	14.29	7.77	0.00	48.57	641.26	3.38	0.36	0.00	(M)	13.71	0.75	238.14	530.03	0.44	(M)	(M)	0.00(M)	0.00(M)
Quinoa (pronounced "Keen-Wah") - LR100893 (1 c.) Contains Wheat.	98.55	6.18	0.39	0.00	0.00	166.12	10.12	0.85	0.24	(M)	1.25	0.50	5.75	23.81	0.29	0.00(M)	12.28(M)	112.46(M)	0.04(M)
Ranch Dressing From Mix - LR100788 (2 Tbsp.) Contains Egg, Milk, Soy. May contain Milk.	46.51	4.12	0.59	0.00	10.85	203.35	1.80	0.00	0.81	(M)	0.56	0.00	18.61	31.01	0.07	(M)	(M)	(M)	(M)
Red Delicious Apple- DOD - LR100967 (1 ea.)	52.20	0.17	0.03	0.00	0.00	1.10	13.81	2.42	(M)	(M)	0.26	0.12	6.04	53.85	4.62	(M)	(M)	(M)	(M)
Refried Beans - LR100104 (1/2 c.) Contains Milk.	11.39	0.27	0.14	0.00	0.55	62.09	1.66	0.54	0.23	(M)	0.50	0.19	14.99	51.89	3.10	(M)	24.73(M)	0.00(M)	0.07(M)
Refried Beans-USDA - LR101041 (1/2 c.) Contains Milk.	128.29	2.12	0.89	0.00	1.81	259.90	20.64	6.83	1.24	(M)	7.27	2.27	79.83	126.72	16.27	(M)	82.14(M)	0.00(M)	1.84(M)
Rice Bowl, Mex Bar - LR100521 (1 c.) Contains Milk.	70.08	2.50	1.25	0.00	7.43	312.59	8.16	0.94	0.60(M)	(M)	4.47	0.29	110.22(M)	196.74(M)	0.50(M)	0.00(M)	1.72(M)	172.06(M)	0.17(M)
RICE KRISPY TRE - LR100783 (1 pkg.)	50.00	1.00	0.00	0.00	0.00	45.00	9.00	0.00	3.00	(M)	0.00	0.36	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Rice, Brown (1 cup) - LR100576 (1 c.)	90.91	0.85	0.00	0.00	0.00	325.68	18.75	1.14	0.00	(M)	2.27	0.41	0.24(M)	0.00(M)	0.00(M)	(M)	(M)	128.74(M)	0.00(M)
Rice, Brown (1/2 cup) - LR100758 (1/2 c.)	53.33	0.50	0.00	0.00	0.00	159.22	11.00	0.67	0.00	(M)	1.33	0.24	0.12(M)	0.00(M)	0.00(M)	(M)	(M)	62.94(M)	0.00(M)
Roast Pork w/ Gravy - LR100429 (2 oz.) Contains Soy, Wheat.	252.50	15.78	5.80	0.00(M)	85.32	691.96	2.29	0.05	2.13	(M)	24.15	1.08(M)	16.45(M)	14.23(M)	0.38(M)	(M)	(M)	0.01(M)	0.01(M)
Roll, Hoagie - LR100674 (1 ea.) Contains Wheat. May contain Egg, Milk, Soy.	160.00	3.00	0.50	0.00	0.00	140.00	28.00	3.00	3.00	(M)	6.00	0.83	11.70	0.00	0.00	(M)	(M)	0.00	0.00
Rotini Pasta - LR100086 (1/2 c.) Contains Egg, Wheat.	91.20	0.48	0.00	0.00	0.00	13.30	18.72	1.92	0.48	(M)	3.84	0.69	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	283.22	0.00
Salad Dressing Variety - LR100156 (1 ea.) Contains Egg, Milk, Soy.	122.61	11.66	1.74	0.00	8.46	549.22	2.85	0.15	1.90	(M)	1.15	0.00	16.92	84.61	0.00	(M)	(M)	(M)	(M)
Salad, Asian Chicken - LR100252 (1 salad) Contains Milk, Wheat.	309.65	11.46	4.10	0.00	58.17	472.75(M)	36.63	4.70	22.05	0.00(M)	17.83	2.78(M)	152.73(M)	1017.44(M)	22.85(M)	0.00(M)	304.34(M)	146.74(M)	0.98(M)
Salad, Asian VEG - LR100524 (1 salad) Contains Milk, Wheat.	289.79	11.45	4.40	0.00(M)	194.00	306.38(M)	33.81	4.88	22.61	0.00(M)	14.91	3.44	181.56(M)	1372.36(M)	27.70(M)	1.10(M)	367.34(M)	191.74	1.57
Salad, Caesar VEG - LR100527 (1 salad) Contains Milk, Soy, Wheat. May contain Soy.	321.93(M)	14.92(M)	4.92(M)	0.00(M)	200.55(M)	507.82(M)	28.90(M)	2.24(M)	4.11(M)	(M)	18.10(M)	1.99(M)	238.64(M)	386.10(M)	0.13(M)	1.10(M)	71.53(M)	48.04(M)	0.70(M)
Salad, Chef - Turkey - LR100778 (1 salad)	201.36	9.09	4.35	0.00(M)	125.99	501.41(M)	7.50	3.43	4.42	0.00(M)	21.69	2.52	281.49	3054.51(M)	18.76(M)	0.55(M)	474.51(M)	195.22	1.54

Menu Item Nutrient Report

Contains Milk.																				
Salad, Chef -Ham - LR100402 (1 salad) Contains Milk, Soy, Wheat.	267.97	11.07	4.36	0.00(M)	37.91	509.54	24.52	4.95	4.11(M)	(M)	17.43	3.01	296.62	13009.70	28.75	0.00(M)	224.74(M)	176.33(M)	1.45(M)	
Salad, Chef Veg - LR100534 (1 salad) Contains Milk.	203.14	11.47	5.17	0.00(M)	201.50	295.65(M)	7.46	3.28	4.90	0.00(M)	16.66	2.60	291.65	3183.86(M)	17.37(M)	1.10(M)	517.80(M)	204.97	1.76	
Salad, Chicken Caesar (GC) - LR101000 (1 salad) Contains Milk, Soy, Wheat.	452.70	23.02	5.84	0.00(M)	39.05	696.59	35.77	7.07	3.55	0.00(M)	25.47	4.02	282.98	11855.20	5.49	0.00(M)	728.53(M)	138.13(M)	0.94(M)	
Salad, Chicken Tender - LR100535 (1 salad) Contains Milk, Soy, Wheat.	255.64	13.67	4.78	0.00	27.50	428.65(M)	14.90	4.78	4.84	0.00(M)	17.87	3.01	284.65	2923.86(M)	17.37(M)	0.00(M)	814.80(M)	167.66	1.22	
Salad, Taco - LR100536 (1 salad) Contains Milk.	388.37	13.50	3.50	0.00	15.00	480.01(M)	50.26	8.84	10.26	0.00(M)	15.84	2.64	342.54	1720.84(M)	23.01(M)	(M)	283.50(M)	133.25	0.71	
Salad, Taco VEG - LR100539 (1 salad) Contains Milk.	468.37	18.00	6.00	0.00	30.00	953.34(M)	54.26	9.50	12.92	0.00(M)	23.50	2.81	549.21	2494.45(M)	30.68(M)	(M)	283.50(M)	133.25	0.71	
Santa Fe Black Beans & Rice - Scratch - LR100622 (1/2 c.)	68.88	0.52	0.01	0.00	0.00	146.67	13.96	1.82	0.20(M)	(M)	1.95	0.57	13.23(M)	93.52(M)	0.97(M)	0.00(M)	0.57(M)	56.82(M)	0.06(M)	
Sauce, Enchilada Scratch - LR100625 (2 oz.)	123.77	10.20	0.68	0.00(M)	0.00(M)	230.96	7.29	2.96	1.83	(M)	0.92	0.50(M)	0.00(M)	106.67(M)	1.28(M)	(M)	(M)	0.00(M)	0.00(M)	
Sauce, Enchilada w/ spaghetti sauce - LR100629 (1/4 c.)	46.26	0.99	0.14	0.00(M)	0.00	198.21	9.06	1.88	0.46(M)	(M)	1.25	1.84(M)	33.47(M)	257.25(M)	2.99(M)	0.00(M)	15.87(M)	0.15(M)	0.14(M)	
Sauce, Queso (Nachos Only) - LR100523 (2 fl. oz.) Contains Milk.	127.56	9.73	5.73	0.00	32.43	448.64	2.16	0.00	0.00	(M)	7.57	0.00	218.38	432.43	0.00	(M)	(M)	0.00(M)	0.00(M)	
Sauce, Queso (Nachos Only)[4 oz.] - LR100961 (4 fl. oz.) Contains Milk.	236.00	18.00	10.60	0.00	60.00	829.99	4.00	0.00	0.00	(M)	14.00	0.00	403.99	799.99	0.00	(M)	(M)	0.00(M)	0.00(M)	
Sausage Patty, Pork 1.5oz - LR100180 (1 patty)	180.00	18.00	6.00	0.00	35.00	230.00	0.00	0.00	0.00	(M)	4.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00(M)	0.00(M)	
Seasoned Corn - LR100049 (1/2 c.) Contains Milk.	117.82	0.92	0.27	0.00	0.00	233.73	24.28	2.77	3.50	(M)	2.90	0.54	14.20	226.80	4.01	(M)	(M)	31.47(M)	0.00(M)	
Seasoned Corn (3/4c) - LR100957 (3/4 c.)	141.98	1.01	0.16	0.00	0.00	159.18	29.35	3.69	4.67	(M)	3.87	0.72	3.81	302.39	5.35	(M)	(M)	0.00(M)	0.00(M)	
Seasoned Potato Stix - LR100024 (1/2 c.) Contains Soy.	120.00	4.00	0.50	0.00	0.00	135.00	20.00	2.00	(M)	(M)	1.00	0.36	0.00	0.00	2.40	(M)	(M)	0.00	0.00	
Side of Salsa - LR100370 (1 oz.)	7.76	0.00	0.00	0.00	0.00	67.27	1.94	0.65	0.65	(M)	0.00	0.23	12.94	86.03	8.41	(M)	76.98	(M)	(M)	
Siracha Ketchup - LR100786 (1 ea.)	10.00	0.00	0.00	0.00	0.00	75.00	2.50	0.00	2.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	
Sliced Apples- DOD - LR100964 (1 ea.)	31.25	0.00	0.00	0.00	0.00	0.00	7.08	1.18	6.49	(M)	(M)	(M)	(M)	(M)	0.59	(M)	(M)	(M)	(M)	
Sliced Turkey & Gravy - LR100105 (3 oz.) Contains Wheat.	244.31	8.13	13.81	0.00	103.04	977.20	1.96	0.30	0.00	(M)	36.19	0.09(M)	0.63(M)	74.62(M)	0.00(M)	(M)	(M)	0.00(M)	0.00(M)	
Slider, Turkey and Cheese - LR100533 (2 ea.) Contains Milk, Soy, Wheat.	227.50	4.38	1.25	0.00	33.75	750.00	29.00	2.00	5.00	(M)	19.50	1.71	178.50	0.00(M)	0.00(M)	0.00(M)	135.00(M)	0.00(M)	0.00(M)	
Sliders, Ham and Cheese - LR100598 (2 ea.) Contains Milk, Soy, Wheat.	248.03	7.65	2.16	0.00	40.97	624.08	30.83	2.00	6.22	(M)	15.41	1.88	178.50	0.00(M)	0.73(M)	0.00(M)	135.00(M)	0.00(M)	0.00(M)	

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Sliders, Philly Cheese - LR100526 (2 ea.) Contains Soy, Wheat. May contain Wheat.	392.50	18.00	7.00	0.00(M)	45.00	1034.49	41.07	2.10	10.71(M)	(M)	16.00	5.98	150.07	64.60(M)	11.90(M)	(M)	(M)	50.82(M)	1.29(M)
Sloppy Joe on a Bun- w/ Mix - LR100522 (1 ea.) Contains Gluten, Soy, Wheat. Processed in a facility that also processes Milk.	292.27	6.01	1.34	0.00	35.64	758.67	41.38	4.92	10.17	4.00(M)	20.50	5.70	170.98	385.78	6.39	0.80(M)	90.00(M)	56.64(M)	0.00(M)
Smoothie Bowl - LR100873 (16 ounces) Contains Egg, Milk, Soy, Wheat.	570.85	8.10	2.02	0.00	5.00	234.50	111.29	9.49	60.25	4.72(M)	13.79	6.66(M)	256.00(M)	200.00(M)	91.00(M)	(M)	89.78(M)	(M)	(M)
Snack Mix - LR100469 (1 pkg.) Contains Gluten, Milk, Wheat.	110.00	3.50	0.00	0.00	0.00	160.00	17.00	2.00	2.00	(M)	3.00	2.70	20.00	0.00	0.00	(M)	(M)	(M)	(M)
Snack, Cheese Puff Cheddar R/F - .7 oz. - LR100700 (1 Bag) Contains Milk.	90.00	3.50	0.00	0.00	0.00	135.00	14.00	0.00	0.00	(M)	2.00	0.72	100.00	0.00	0.00	(M)	(M)	(M)	(M)
Soft Filled Breakfast Pastry-Cinnamon Toast Crunch (GM) - LR100914 (1 pkg.) Contains Milk, Wheat.	260.00	8.00	2.50	0.00	5.00	290.00	41.00	3.00	15.00	(M)	6.00	1.44	20.00	(M)	(M)	(M)	(M)	(M)	(M)
Soft Filled Breakfast Pastry-Cocoa Puffs (GM) - LR100913 (1 pkg.) Contains Milk, Wheat.	250.00	7.00	2.00	0.00	5.00	310.00	43.00	3.00	15.00	(M)	7.00	2.70	40.00	0.00	0.00	(M)	(M)	(M)	(M)
Soft Pretzel with Cheese - LR100266 (1 ea.) Contains Wheat.	226.72	6.50	4.00	0.00	20.01	670.33	32.67	3.00	1.00(M)	(M)	10.34	2.08	255.44	235.44	1.20	(M)	(M)	40.03	2.00
Soup, Chicken w/Rice - LR100541 (1 c.) Contains Soy.	64.75	3.13	1.00	0.00	21.98	574.24	3.38	0.44	0.36	(M)	5.70	0.61	19.09(M)	47.89(M)	0.53(M)	0.00(M)	27.64(M)	10.14(M)	0.08(M)
Sour Cream, Ind - LR100159 (1 ea.) Contains Milk.	25.00	0.00	0.00	0.00	0.00	30.00	4.00	0.00	2.00	(M)	2.00	0.00	60.00	200.00	0.00	(M)	(M)	0.00	0.00
SouthWest Breakfast Taco - LR100596 (1 ea.) Contains Egg, Milk, Soy, Wheat.	212.19	9.31	2.99	0.00	193.28	673.54	19.16	1.86	1.98(M)	(M)	12.28	1.79(M)	173.19(M)	452.48(M)	10.37	(M)	78.46(M)	0.00(M)	0.00(M)
Spaghetti and Meat Sauce (SP) - LR101021 (1 c.) Contains Egg, Soy, Wheat.	217.26	10.29	4.18	0.00	34.00	251.26	13.17	1.28	0.19(M)	(M)	15.90	2.56	18.45	217.88	2.55	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Spaghetti Noodles - LR100087 (1 c.) Contains Egg, Wheat.	47.50	0.25	0.00	0.00	0.00	153.18	9.75	1.00	0.25	(M)	2.00	0.65	16.36	0.00	0.00	0.00(M)	3.03(M)	302.42	0.30
Spaghetti/ Marinara Sauce (SP) - LR100844 (2 oz.)	23.17	0.00	0.00	0.00(M)	0.00(M)	336.38	4.25	2.08	2.08(M)	(M)	0.00	0.76	0.00	207.55	2.49	(M)	(M)	(M)	(M)
Sparkling ICE Classic Lemonade - LR100695 (1 bottle.)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Sparkling ICE Flavored Water - Black Raspberry - LR100691 (1 bottle.)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Sparkling ICE Flavored Water - Cherry Limeade - LR100692 (1 bottle.)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)

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Sparkling ICE Flavored Water - Kiwi Strawberry - LR100693 (1 bottle.)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Sparkling ICE Flavored Water - Orange Mango - LR100694 (1 bottle.)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Spicy Chicken Fillet Slider Biscuit - LR100799 (1 patty) Contains Gluten, Soy, Wheat.	202.50	10.13	2.02	0.00	45.56	334.12	9.11	1.01	1.01	(M)	19.24	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	0.00(M)	0.00(M)
Spicy Chicken Sandwich - LR100463 (1 ea.) Contains Gluten, Soy, Wheat. Processed in a facility that also processes Milk.	420.00	18.00	4.00	0.00	60.00	1150.00	41.00	3.00	5.00	4.00(M)	24.00	2.44	170.00	0.00(M)	0.00	0.80(M)	90.00(M)	(M)	(M)
Spicy Orange Chicken-Tyson - LR100170 (6 fl. oz.) Contains Gluten, Soy, Wheat.	313.60	16.80	3.36	0.00	128.80	403.19	15.68	0.00	12.32	(M)	25.76	2.02	22.40	0.00	2.24	(M)	(M)	(M)	(M)
Spinach Bake - LR100574 (1/2 c.) Contains Milk.	176.14	11.70	4.31	0.00(M)	13.44	329.47	8.37	3.58	0.87	(M)	10.56	2.16	327.84	13189.21	6.13	0.00(M)	384.29(M)	99.18(M)	1.70(M)
Spring Mix Vegetables - LR100306 (1/2 c.)	17.78	0.03	0.01	0.00(M)	0.00	220.74	3.90	1.33	1.12	(M)	1.20	0.49	26.30	2782.58	20.00	0.00(M)	11.77(M)	55.84(M)	0.04(M)
Steak Patty - Breakfast - LR100186 (1 ea.) Contains Milk, Wheat.	190.00	15.00	5.00	0.00	30.00	380.00	9.00	1.00	0.00	(M)	7.00	1.08	20.00	0.00	0.00	(M)	(M)	0.00	0.00
Steamed Broccoli (Frozen) - LR100070 (1/2 c.)	29.46	0.00	0.00	0.00(M)	0.00	19.82	3.93	1.96	1.96	(M)	1.28	0.00	19.64	0.00	31.23	(M)	(M)	5.79(M)	0.00(M)
Strawberries, whole IQF - LR100476 (1/2 c.)	43.03	0.00	0.00	0.00	0.00	2.21	11.03	2.21	5.52	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Strawberry Chicken Tender Salad - LR100863 (1 salad) Contains Milk, Soy, Wheat.	359.42	16.10	4.98	0.00(M)	27.80	550.37	34.19	6.93	5.92(M)	(M)	19.43	3.96	314.78	12779.04	35.28	0.00(M)	547.56(M)	137.31(M)	1.23(M)
Strawberry Cup - LR100129 (1 ea.)	80.00	0.00	0.00	0.00	0.00	1.00	20.00	2.00	16.00	0.00(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Strawberry Cup IQF - LR100990 (1/2 c.)	80.26	0.00	0.00	0.00	0.00	0.00	20.51	2.67	15.16	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Strawberry Grilled Chicken Salad - LR100864 (1 salad) Contains Milk, Soy, Wheat.	369.42	14.88	4.43	0.00(M)	78.30	737.87	31.44	6.02	8.92	(M)	27.24	4.33(M)	331.28(M)	10824.54(M)	34.90(M)	0.00(M)	187.56(M)	137.31(M)	1.23(M)
Strawberry Smoothie - LR100749 (16 fl. oz.) Contains Milk, Wheat. May contain Soy.	237.79	3.28	0.51	0.00(M)	12.50	179.78	39.53	1.38	29.48	(M)	11.52	1.82(M)	130.12(M)	502.75(M)	2.43(M)	(M)	(M)	0.00(M)	0.00(M)
Strawberry Smoothie Bowl - LR100932 (16 ounces) Contains Egg, Gluten, Milk, Soy, Wheat.	611.60	12.14	4.04	0.00	35.13	431.50	103.30	8.49	52.76	4.72(M)	19.88	6.66	438.50	302.50(M)	91.00(M)	(M)	89.78(M)	(M)	(M)
Strawberry Smoothie Bowl updated - LR100934 (16 ounces) Contains Egg, Milk, Soy, Wheat.	760.85	18.10	8.02	0.00	30.00	489.00	124.29	12.49	61.75	22.73(M)	22.80	7.44	460.00	100.00(M)	91.00(M)	0.00(M)	329.71(M)	(M)	1.92(M)
Sub Line, Meatball - LR100111 (4 ea.) Contains Egg, Milk, Wheat.	165.87	8.16	3.24	0.00	53.91	603.48	8.24	0.32	0.00(M)	(M)	15.52	1.09	92.33	262.08	3.54	(M)	(M)	0.00(M)	0.00(M)

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Sub Line, Buffalo Chicken - LR100632 (4 oz.) Contains Soy.	196.67	8.40	0.93	0.00	84.00	907.72	8.87	0.00	4.00	(M)	20.53	2.05	52.54(M)	45.89(M)	0.00(M)	(M)	24.84(M)	0.00(M)	0.00(M)
Sub Line, Buffalo Tender - LR100676 (1 sandwich) Contains Soy, Wheat. May contain Egg, Milk, Soy.	456.14	18.00	3.00	0.00	25.00	2916.07	52.43	6.00	8.82	(M)	21.00	2.89	48.35(M)	55.29(M)	0.00(M)	(M)	749.93(M)	0.00(M)	0.00(M)
Sub Line, Cheese Amer 0.5M/MA - LR100562 (1/2 oz.) Contains Milk, Soy.	35.00	2.00	1.25	0.00	7.50	105.00	1.00	0.00	1.00	(M)	3.50	0.00	98.50	0.00(M)	0.00(M)	0.00	135.00	0.00(M)	0.00(M)
Sub Line, Cheese Pepper Jack 0.5M/MA - LR100565 (1/2 oz.) Contains Milk.	55.00	4.50	3.00	0.00	12.50	105.00	0.50	0.00	0.00	(M)	3.00	0.00	100.00	150.00	0.00	(M)	(M)	0.00	0.00
Sub Line, Cheese Swiss 0.5M/MA - LR100563 (1/2 oz.) Contains Milk.	45.00	3.00	1.75	0.00	10.00	57.50	0.50	0.00	0.50	(M)	4.00	0.00	125.00	100.00	0.00	(M)	(M)	0.00	0.00
Sub Line, Cheese White Amer 0.5M/MA - LR100564 (1/2 oz.) Contains Milk, Soy.	50.00	4.00	2.50	0.00	12.50	235.00	1.00	0.00	0.50	(M)	2.50	0.00	75.00	150.00	0.00	(M)	(M)	0.00	0.00
Sub Line, Flatbread - LR100561 (1 ea.) Contains Gluten, Soy, Wheat.	130.00	1.00	0.00	0.00	0.00	140.00	26.00	3.00	1.00	(M)	4.00	1.08	80.00	0.00	0.00	(M)	(M)	0.00	0.00
Sub Line, Ham 1.5M/MA - LR100566 (1 7/8 oz.)	74.21	3.71	0.93	0.00	34.01	222.63	1.85	0.00	1.24	(M)	8.04	0.45	0.00	0.00	0.74	(M)	(M)	(M)	(M)
Sub Line, Hoagie Roll - LR100559 (1 ea.) Contains Wheat. May contain Egg, Milk, Soy.	160.00	3.00	0.50	0.00	0.00	140.00	28.00	3.00	3.00	(M)	6.00	0.83	11.70	0.00	0.00	(M)	(M)	0.00	0.00
Sub line, Italian Combo - LR100660 (6 slices)	123.30	6.80	6.50	0.00	58.30	510.00	2.00	0.00	(M)	(M)	14.00	7.30	4.00	5.00	5.30	(M)	(M)	(M)	(M)
Sub Line, Philly - LR100757 (3 ounces) Contains Gluten, Milk, Soy, Wheat.	163.70	8.55	4.17	0.00	50.44	1028.55	4.85	0.19	2.40	(M)	17.68	1.50	102.57	216.92	4.45	(M)	(M)	0.00(M)	0.00(M)
Sub Line, Toppings - LR100558 (1 1/2 c.)	94.15	0.56	0.11	0.00(M)	0.00(M)	252.94	18.28	6.32	1.65(M)	(M)	5.10	1.84(M)	49.93(M)	5293.72(M)	17.59	0.00(M)	94.31(M)	121.07(M)	0.64(M)
Sub Line, Turkey 1.5M/MA - LR100567 (2 1/4 oz.)	1.72	0.04	0.00	0.00	0.72	8.56	0.04	0.00	0.00	(M)	0.32	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Sub line, Wrap - LR100560 (1 ea.)	95.00	2.50	1.25	0.00	0.00	210.00	16.50	2.00	(M)	(M)	2.50	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Sunchips, Variety 1 ounce - LR100447 (1 ea.) Contains Milk, Wheat.	70.00	3.00	0.50	0.00	0.00	75.00	9.00	1.00	1.00	(M)	1.00	0.18	0.00	50.00	0.00	(M)	(M)	(M)	(M)
Sunflower Seeds, Honey Roasted, Sunrich - LR100838 (1 1/4 ounces)	189.89	14.99	2.00	0.00	0.00	64.96	10.99	3.00	5.00	(M)	6.00	1.44	19.99	0.00	0.00	(M)	(M)	(M)	(M)
Supper, Yogurt Plate (2oz M/MA) - LR100881 (1 salad) Contains Milk.	80.00	0.50	0.00	0.00	5.00	65.00	15.00	0.00	9.00	5.00	4.00	0.00	140.00	90.00	0.00(M)	2.00	210.00	(M)	(M)
Sweet and Sour Cherry Blossom Chicken - LR100908 (4 ounces) Contains Egg, Soy, Wheat.	198.98	3.98	0.99	0.00	44.77	348.21	26.86	1.99	13.93	(M)	12.93	1.25	0.00	0.00	2.39	(M)	(M)	(M)	(M)
Sweet and Sour Cherry Blossom Chicken Asian Food Solutions - LR100918 (4 oz.) Contains Egg, Soy, Wheat.	205.13	4.10	1.03	0.00	46.15	358.97	27.69	2.05	14.36	(M)	13.33	1.29	0.00	0.00	2.46	(M)	(M)	(M)	(M)

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Sweet Peas - LR100064 (1/2 c.)	107.90	6.68	1.38	0.00(M)	0.00	314.48	9.41	3.16	3.07	(M)	3.14	0.98	19.63	1667.92	9.41	(M)	3.34(M)	1.25	0.16
Sweet Potato Fries (McCain's) - LR100435 (1/2 c.)	150.00	5.00	1.00	0.00	0.00	250.00	24.00	3.00	6.00	(M)	1.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Sweet Potato Puffs - LR100075 (1/2 c.)	92.86	2.50	0.00	0.00	0.00	185.71	16.43	1.43	5.71	(M)	0.71	0.26	14.29	2142.82	2.57	(M)	(M)	0.00	0.00
Sweet Potato Puffs for Tot Bowl - LR100866 (3/4 c.)	142.85	3.85	0.00	0.00	0.00	285.71	25.27	2.20	8.79	(M)	1.10	0.40	21.98	3296.65	3.96	(M)	(M)	0.00	0.00
Sweet Potato Souffle - LR100214 (1/2 c.) Contains Milk.	329.02	2.81	0.51	0.00(M)	2.33	182.51	69.42	2.34	38.76(M)	(M)	7.89	1.76(M)	174.67(M)	11287.60(M)	21.85(M)	(M)	(M)	19.25(M)	0.92(M)
Switch - Apple - LR100683 (1 Can)	120.00	0.00	0.00	0.00	0.00	7.00	29.00	0.00	28.00	(M)	0.00	0.00	0.00	0.00	100.00	(M)	(M)	(M)	(M)
Switch - Berry - LR100684 (1 Can)	120.00	0.00	0.00	0.00	0.00	5.00	30.00	0.00	29.00	(M)	0.00	0.00	0.00	0.00	100.00	(M)	(M)	(M)	(M)
Switch - Fruit Punch - LR100682 (1 Can)	120.00	0.00	0.00	0.00	0.00	5.00	30.00	0.00	28.00	(M)	0.00	0.00	0.00	0.00	60.00	(M)	(M)	(M)	(M)
Switch - Strawberry Watermelon - 8 oz. - LR100681 (1 Can)	120.00	0.00	0.00	0.00	0.00	0.00	29.00	0.00	28.00	(M)	0.00	0.00	0.00	0.00	60.00	(M)	(M)	(M)	(M)
Switch- Black Cherry - LR100930 (1 ea.)	120.00	0.00	0.00	(M)	(M)	5.00	30.00	(M)	29.00	(M)	0.00	0.00	0.00	(M)	60.00	0.00	0.00	(M)	(M)
Switch- Orange Tangerine - LR100830 (1 Can)	120.00	0.00	0.00	0.00	0.00	0.00	30.00	0.00	29.00	(M)	0.00	0.00	0.00	1000.00	60.00	(M)	(M)	(M)	(M)
Syrup, Ind Cup - LR100190 (1 ea.)	120.00	0.00	0.00	0.00	0.00	0.00	31.00	0.00	23.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00
Taco Sauce - LR100014 (1 ea.) Contains Soy.	0.50	0.00	0.00	0.00	0.00	0.50	0.10	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00
Tangerine Chicken- Asian Food Solutions - LR100917 (4 oz.) Contains Egg, Soy, Wheat.	194.87	4.10	1.03	0.00	46.15	389.74	25.64	2.05	13.33	(M)	14.36	1.48	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Tangy Baked Beans - LR100947 (1/2 c.)	155.42	0.00	0.00	0.00(M)	0.00	637.33	36.05	5.50	14.79(M)	(M)	7.64	1.99(M)	45.37(M)	33.33(M)	0.40(M)	(M)	(M)	0.00(M)	0.00(M)
Tartar Sauce, Ind - LR100018 (1 pkg.) Contains Egg.	45.00	3.50	0.50	0.00	0.00	100.00	3.00	0.00	2.00	(M)	0.00	0.02	1.99	4.46	0.01	(M)	(M)	0.00	0.00
Tater Tots for Bowl (1 c) - LR100962 (1 c.) Contains Soy.	155.31	7.17	1.20	0.00	0.00	370.36	19.11	2.39	0.00	(M)	2.39	0.00	0.00	0.00	4.30	(M)	238.94	0.00	0.00
Tater Tots for Bowl 6 oz - LR100827 (3/4 c.) Contains Soy.	116.27	5.37	0.89	0.00	0.00	277.25	14.31	1.79	0.00	(M)	1.79	0.00	0.00	0.00	3.22	(M)	178.87	0.00	0.00
Tator Tots - LR100045 (1/2 c.) Contains Soy.	116.27	5.37	0.89	0.00	0.00	277.25	14.31	1.79	0.00	(M)	1.79	0.00	0.00	0.00	3.22	(M)	178.87	0.00	0.00
Tea, Ready Leaf Diet - LR100828 (16 fl. oz.)	0.00	0.00	0.00	0.00	0.00	10.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Tea, Sweet (Adults Only) - LR100669 (16 oz.)	158.64	0.00	0.00	0.00	0.00	14.18	42.30	0.00	42.00	(M)	0.00	0.00(M)	0.11(M)	0.00(M)	0.00(M)	(M)	(M)	472.03(M)	0.00(M)
Teriyaki sauce (from Kikkoman glaze) - LR101045 (2 Tbsp.)	12.48	0.00	0.00	0.00	0.00	0.56	3.28	0.00	3.00	(M)	0.00	0.01(M)	0.96(M)	0.00(M)	0.10(M)	(M)	(M)	10.62(M)	0.00(M)
Teriyaki Sauce, Homemade - LR101035 (2 Tbsp.) Contains Soy, Wheat.	13.68	0.00	0.00	0.00(M)	0.00(M)	206.25	3.05	0.00(M)	2.15(M)	(M)	0.16	0.23(M)	5.80(M)	3.16(M)	0.52(M)	0.00(M)	5.84(M)	11.97(M)	0.16(M)

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Teriyaki Chicken Strips - LR100612 (4 strips) Contains Soy, Wheat.	145.00	4.00	1.10	0.00	41.90	263.00	8.20	1.18	(M)	(M)	18.90	1.60	32.20	75.40	0.22	(M)	(M)	0.00	0.00
Thai Chili Sauce - LR100901 (1 fl. oz.)	60.00	0.00	0.00	0.00	0.00	310.00	15.00	0.00	14.00	(M)	0.00	0.00	0.00	100.00	2.40	(M)	(M)	(M)	(M)
Toast, Buttered - LR100568 (1 piece) Contains Gluten, Soy, Wheat. Processed in a facility that also processes Milk.	89.55	2.06	0.08	0.00	0.01	123.41	15.01	1.00	1.00	1.00(M)	3.00	0.72	30.18	0.00	0.00	0.70(M)	45.00(M)	0.00	0.02
Tortilla 6" w/Cheese - LR100600 (1 ea.) Contains Milk, Wheat.	160.00	6.50	3.00	0.00	15.00	620.00	17.00	1.00	2.00	(M)	10.00	0.72	260.00	300.00	0.00	(M)	(M)	0.00	0.00
Tortilla, Flour 6" - LR100553 (1 ea.) Contains Wheat.	90.00	2.00	0.50	0.00	0.00	150.00	15.00	1.00	1.00	(M)	3.00	0.72	60.00	0.00	0.00	(M)	(M)	0.00	0.00
Tossed Salad - LR100118 (1 c.)	13.43	0.18	0.02	0.00	0.00	5.81	2.22	1.30	0.00	(M)	0.77	0.59	20.94	5038.50	4.88	(M)	(M)	58.28	0.36
Tropical Fruit Mix - LR100506 (1/2 c.)	71.10	0.06	0.01	0.00	0.00	7.97	18.31	0.85	16.08	(M)	0.28	0.21	3.96	474.78	15.31	(M)	(M)	0.00	0.11
Tuna Salad - LR100750 (1/2 c.) Contains Egg, Fish, Soy.	148.64	6.71	0.76	0.00	48.59	499.06	3.37	0.39	1.17	(M)	17.67	0.53	8.06	67.80	1.12	0.00(M)	52.09(M)	22.27(M)	0.14(M)
Tuna Salad Sandwich - LR100243 (1 sandwich) Contains Egg, Soy.	331.20	8.94	1.41	0.02	68.70	793.96	28.56	1.77	4.08	(M)	34.04	4.35	107.23	154.28	1.14	1.81(M)	386.67(M)	158.89(M)	2.59(M)
Turkey & Cheese Flatbread - LR100496 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	252.50	5.38	2.50	0.00	41.25	695.00	28.00	3.00	3.00	(M)	23.00	1.35	277.00	0.00(M)	0.00(M)	0.00(M)	270.00(M)	0.00(M)	0.00(M)
Turkey & Cheese Hoagie - LR100497 (1 sandwich) Contains Milk, Soy, Wheat. May contain Egg, Milk, Soy.	296.75	8.55	3.00	0.00	42.94	682.22	31.55	3.00	5.00	(M)	25.42	0.83(M)	208.70(M)	0.00(M)	0.00(M)	0.00(M)	270.00(M)	0.00(M)	0.00(M)
Turkey & Cheese Sandwich - LR100128 (1 sandwich) Contains Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Milk.	247.50	4.38	1.25	0.00	33.75	680.00	31.00	2.00	3.00	2.00(M)	21.50	1.71	158.50	0.00(M)	0.00(M)	1.40(M)	225.00(M)	0.00(M)	0.00(M)
Turkey & Cheese Wrap - LR100422 (1 sandwich) Contains Milk, Soy, Wheat.	299.89	7.65	2.26	0.00	44.76	850.20	33.99	3.59	3.00	(M)	25.40	2.07(M)	257.74(M)	2438.80(M)	1.12(M)	0.00(M)	135.00(M)	26.49(M)	0.16(M)
Turkey and Cheese Lunch Kit - LR101022 (1 kit) Contains Egg, Milk, Soy, Wheat.	380.00	18.00	7.00	0.00	30.00	880.00	41.00	3.00	13.00	(M)	20.00	2.70	200.00	200.00	0.00	(M)	(M)	(M)	(M)
Turkey and Dressing Supreme - LR100240 (1 portion)	262.16	12.70	3.05	0.01(M)	30.37	777.65	20.80	1.27	1.80(M)	(M)	15.68	2.28	58.83	375.08	0.34	0.00(M)	68.39(M)	110.83(M)	0.95(M)
Turkey Bacon - LR101020 (2 slice)	40.00	3.00	1.00	0.00	10.00	220.00	0.00	0.00	0.00	(M)	4.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Turkey Ham and Cheese Anytimer - LR101052 (1 ea.) Contains Egg, Milk, Soy, Wheat.	360.00	17.00	5.00	0.00	45.00	720.00	33.00	1.00	8.00	(M)	18.00	1.80	200.00	200.00	1.20	(M)	(M)	(M)	(M)
Turkey Ham Deli - LR100979 (3 1/8 oz.)	120.00	6.00	2.00	0.00	60.00	360.00	3.00	0.00	2.00	(M)	13.00	0.72	0.00	0.00	0.00	(M)	(M)	(M)	(M)

Menu Item Nutrient Report

Turkey Kielbasa Sub - LR101019 (1 ea.) Contains Gluten, Soy, Wheat. Processed in a facility that also processes Milk.	300.00	9.00	3.00	0.00	65.00	750.00	32.00	3.00	5.00	4.00(M)	20.00	5.50	174.00	0.00(M)	2.00(M)	1.00(M)	100.00(M)	(M)	(M)
Turkey Noodle Soup - LR100113 (1 c.) Contains Egg, Wheat.	110.97	2.20	2.65	0.00	31.82	298.24	13.17	1.78	1.39(M)	(M)	9.04	0.23(M)	20.14(M)	1934.53(M)	0.90(M)	0.00(M)	32.06(M)	199.56(M)	0.35(M)
Turkey Pepperoni Pizza Lunch Kit - LR101023 (1 kit) Contains Milk, Soy, Wheat.	350.00	15.00	7.00	0.00	40.00	880.00	35.00	4.00	7.00	(M)	15.00	1.80	450.00	400.00	9.00	(M)	(M)	(M)	(M)
Turkey Pot Pie - NSLW - LR100793 (1 piece)	136.46	3.54	0.54	0.00	0.00	151.34	22.78	3.09	3.86	(M)	4.00	1.24	22.82	1241.54	3.12	0.00(M)	31.55(M)	95.06(M)	0.17(M)
Turkey Salad - LR100762 (1/2 c.) Contains Egg, Soy.	145.90	6.92	6.60	0.00	56.52	533.02	2.29	0.14	1.18	(M)	16.38	0.02(M)	3.63(M)	40.73(M)	0.28(M)	0.00(M)	23.59(M)	8.66(M)	0.07(M)
Turkey Sandwich Sack Lunch - LR100409 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	460.50	4.64	1.30	0.00(M)	38.75(M)	945.65	73.77	7.59	27.96(M)	2.00(M)	30.49	2.67	502.16	12379.47(M)	9.40(M)	1.40(M)	299.41(M)	48.28(M)	0.26(M)
Turkey Tetrazzini (homemade) - LR100751 (1 c.) Contains Egg, Milk, Wheat.	256.17	10.22	3.14	0.00(M)	56.20	1127.11	15.04	1.02	3.07(M)	(M)	25.48	2.18	125.31	310.07	3.25	0.03(M)	76.14(M)	288.43(M)	0.29(M)
Turkey, BBQ homemade - LR100809 (1/2 c.)	300.35	7.21	14.40	0.00(M)	110.40	1666.27	14.08	0.05	8.00	(M)	38.41	0.15(M)	2.59(M)	4.75(M)	0.06(M)	(M)	45.00(M)	0.01(M)	0.01(M)
Turmeric - LR100926 (1/4 tsp.)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
UBR Breakfast Bar-Variety - LR100207 (1 ea.) Contains Egg, Milk, Soy, Wheat.	280.00	8.00	3.00	0.00	5.00	192.00	44.00	6.00	18.00	(M)	5.00	0.61	29.50	8.50	0.00	(M)	(M)	0.00	0.00
Uncrustable Pbj 2.6oz - LR100146 (1 ea.) Contains Peanuts, Soy, Wheat.	300.00	16.00	2.00	0.00	0.00	310.00	34.00	4.00	15.00	(M)	10.00	1.08	40.00	0.00	0.00	(M)	(M)	0.00	0.00
Update Black Bean and Corn Salad - LR100944 (1/2 c.) Contains Milk, Soy.	179.69	5.16	0.84	0.00	0.00	215.02	25.86	7.98	1.56	(M)	8.02	2.69	56.70	109.79	10.98	(M)	(M)	0.00(M)	0.00(M)
Update Broccoli and Carrots- DOD - LR100984 (1 c.)	56.44	0.42	0.12	0.00	0.00	86.25	11.94	4.46	1.54(M)	(M)	3.02	1.31	65.68	10572.05	82.84	0.00(M)	286.67(M)	81.01(M)	0.79(M)
Updated Turkey Tetrazzini (homemade) - LR101057 (1 c.) Contains Egg, Milk, Wheat.	252.57	10.16	3.13	0.00(M)	56.20	1126.18	14.48	0.91	2.73(M)	(M)	24.93	2.12	123.82	305.99	2.08	0.00(M)	13.94(M)	227.87(M)	0.13(M)
Vanilla Extract, imt. - LR100925 (1 oz.)	0.00	0.00	0.00	0.00	0.00	0.16	0.00	0.00	0.00	(M)	0.00	0.00	0.00	(M)	(M)	(M)	(M)	(M)	(M)
Veggie Dippers - LR100096 (1/2 c.)	24.54	0.18	0.05	0.00	0.00	59.49	5.29	2.11	0.84(M)	(M)	1.11	0.54	34.75	4931.89	23.45	0.00(M)	159.00(M)	51.90(M)	0.45(M)
Veggie Dippers w/Cucumbers - LR100772 (1/2 c.)	17.67	0.10	0.02	0.00	0.00	51.69	4.01	1.53	0.58(M)	(M)	0.49	0.39	24.83	4790.70	2.13	0.00(M)	95.89(M)	38.94(M)	0.27(M)
Waffle Sticks - LR100200 (2 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	140.00	2.00	0.00	0.00	0.00	250.00	27.00	2.00	5.00	(M)	4.00	1.08	20.00	0.00	0.00	(M)	(M)	0.00	0.00
Waffles, Round Buttermilk - LR100883 (2 ea.)	190.00	8.00	1.50	0.00	0.00	440.00	25.00	1.00	3.00	1.00	3.00	0.44	30.00	0.00	0.00	0.02	102.68	(M)	(M)

Menu Item Nutrient Report

Water - 8 oz. - LR100727 (1 bottle.)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Water 16.9 oz. - LR100679 (1 bottle.)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00
Watermelon Chunks - LR100975 (1 ea.)	34.02	0.17	0.02	0.00	0.00	1.13	8.56	0.45	7.03	(M)	0.69	0.27	7.94	645.25	9.19	0.00	127.01	103.70	0.28
WG Cheese Pizza Lunch Kit - LR101053 (1 kit) Contains Egg, Milk, Soy, Wheat.	360.00	17.00	9.00	0.00	30.00	750.00	34.00	4.00	7.00	(M)	13.00	1.80	600.00	300.00	6.00	0.00	0.00	0.00	0.00
WG Turkey Ham and Cheese Croissant - LR101051 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	350.00	19.00	9.00	0.00	35.00	800.00	30.00	3.00	6.00	3.00	20.00	2.00	247.00	(M)	(M)	0.00	424.00	(M)	(M)
WG Turkey Sausage and Cheese Breakfast Bagel - LR100755 (1 ea.) Contains Milk, Soy, Wheat.	160.00	6.00	2.00	0.00	10.00	370.00	19.00	2.00	2.00	(M)	8.00	1.08	100.00	0.00	0.00	(M)	(M)	(M)	(M)
Whole Orange- DOD - LR100971 (1 ea.)	47.00	0.12	0.01	0.00	0.00	0.00	11.75	2.40	9.35	(M)	0.94	0.10	40.00	225.00	53.20	0.00	181.00	86.75	0.44
Wrap, Chicken Salad - LR100584 (1 wrap) Contains Egg, Soy, Wheat.	370.17	15.66	2.52	0.00	65.33	988.25	39.53	4.77	2.70	(M)	18.32	3.62(M)	215.76(M)	4077.94(M)	10.79	0.00(M)	37.24(M)	71.70(M)	0.45(M)
Wrap, Chicken Tender - LR100599 (1 ea.) Contains Milk, Soy, Wheat.	393.89	16.57	4.43	0.00	24.17	666.88	42.18	5.48	2.67	(M)	18.80	3.32	280.35	1492.02	2.40	(M)	480.00(M)	26.81	0.15
Yellow Cake - LR100649 (1 piece) Contains Milk.	188.49	8.45	0.83	0.00	34.08	192.26	27.41	0.30	21.08	(M)	2.64	0.60(M)	86.05(M)	49.35(M)	0.11(M)	0.18(M)	12.66(M)	21.17(M)	0.24(M)
Yellow Rice, Brown (1 cup) - LR100946 (1 c.)	160.00	1.50	0.00	0.00	0.00	479.09	33.00	2.00	0.00	(M)	4.00	0.72	0.36(M)	0.00(M)	0.00(M)	(M)	(M)	236.01(M)	0.00(M)
Yogurt and Fruit Plate (2oz M/MA) - LR100373 (1 salad) Contains Milk, Wheat. May contain Soy.	380.75	9.04	3.02	0.00	15.13	358.50	57.01	3.00	22.01	10.00(M)	16.09	2.72	354.50	567.50	3.00(M)	2.00(M)	305.00(M)	0.00(M)	0.00(M)
Yogurt Parfait Blueberry/Strawberry - LR100874 (1 c.) Contains Milk.	253.50	3.11	0.50	0.00	2.50	53.27	47.95	3.42	25.03	4.72(M)	6.33	2.48(M)	100.00(M)	0.00(M)	0.00(M)	(M)	89.78(M)	(M)	(M)
Yogurt Parfait with Peaches - LR100442 (1 c.) Contains Milk.	309.51	3.11	0.50	0.00	2.50	57.92	60.87	2.97	37.00	4.72(M)	7.42	2.48	100.00	325.00(M)	2.17(M)	(M)	89.78(M)	0.00(M)	0.00(M)
Yogurt Parfait with Strawberries - LR100774 (1 c.) Contains Milk.	222.85	3.11	0.50	0.00	2.50	52.50	40.29	1.89	19.67	4.72(M)	6.33	2.48	100.00	0.00(M)	0.00(M)	(M)	89.78(M)	(M)	(M)
Yogurt, 4oz assorted - LR100575 (1 ea.) Contains Milk.	80.00	0.50	0.00	0.00	5.00	65.00	15.00	0.00	9.00	5.00	4.00	0.00	140.00	90.00	0.00(M)	2.00	210.00	(M)	(M)
Yogurt, Straw/Ban FF-4oz - LR100218 (1 ea.) Contains Milk.	90.00	0.00	0.00	0.00	0.00	75.00	19.00	0.00	16.00	(M)	3.00	0.00	300.00	0.00	1.20	(M)	(M)	(M)	(M)
Yogurt, Triple Cherry FF-4oz - LR100763 (1 ea.) Contains Milk.	90.00	0.00	0.00	0.00	0.00	75.00	19.00	0.00	16.00	(M)	3.00	0.00	300.00	0.00	1.20	(M)	(M)	(M)	(M)
Zucchini Bread Smoothie - LR100835 (8 fl. oz.) Contains Milk.	140.72	0.85	0.54	0.00(M)	2.50	59.52	28.57	1.53	21.00	(M)	4.61	1.95(M)	102.75(M)	17.64(M)	0.60(M)	0.00(M)	0.48(M)	0.01(M)	0.00(M)

Menu Item Nutrient Report

Generated on: 8/22/2022 4:47:16 PM by Brenda Boleman

Zucchini Muffin- Homemade-w/Mix - LR100645 (1 ea.) Contains Egg, Milk, Soy, Wheat.	212.18	5.35	2.64	0.00(M)	15.70	242.74	38.16	1.91	20.14	(M)	2.42	0.44(M)	22.79(M)	12.01(M)	1.25(M)	0.00(M)	54.02(M)	30.56(M)	0.14(M)
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Legend

(M) Indicates missing nutrient values.

Report Selections

Meal Pattern: [USDA]Meal Pattern SY 2014+

Serving Group: K-12

Data Source: Local