



Nutritional Information for Brevard Public Schools

2023-2024 School Year

NOTE: Food Services attempts to provide nutrition information that is as accurate as possible. It is based upon standard portion product guidelines. Variations of serving sizes and/or ingredient content may occur. (Nutritional information is provided by manufacturers and USDA and is subject to change periodically.) Information current as of 4/12/2024 For questions please contact Nutrition Team at 633-1000 x 11690.

This institution is an equal opportunity provider.

CATCH (Coordinated Approach to Child Health)

CATCH is a program designed to promote physical activity, healthy food choices, and nutrition education in both the school and home environment. As part of the BPS Wellness Policy, FNS has implemented this approach by teaching children that eating healthy and being physically active everyday can be fun. CATCH promotes healthy eating habits in childhood in the hopes that these behavior changes will carry into adulthood.

• Menu items that are highlighted in **Green** are **GO** foods, foods that are good to eat almost anytime. These foods are the healthier choices with the lowest fat and/ or sugars.

• Menu items that are highlighted in **Yellow** are **Slow** foods, foods that are "sometimes" foods. These foods should be eaten in moderation. These foods are higher in fat and/or sugars higher in fat and/or sugar and may be processed foods.

• Menu items that are highlighted in **Red** are **Whoa** foods, foods that should only be eaten occasionally. These foods are high in fat and sugar.

Nutritionals represent 1 serving

BREAKFAST FOODS

Product Description	Kcals	Fat (gm)	% Kcals from Fat	Sat Fat (gm)	% Sat Fat	Protein (gm)	Carbs (gm)	Sodium (mg)	Dietary Fiber (gm)	Additional Comments
Entrees										
Bagel, Turkey Sausage, Egg & Cheese	180	6	30%	3	15%	10	23	380	10	Made w/Whole Grains
Biscuit, Cheese	225	10	40%	5	21%	8	26	535	1	Made with White Biscuit
Biscuit, Chicken	301	12	36%	5	14%	13	34	790	2	Made with White Biscuit
Biscuit, Bacon, Egg & Cheese	270	15	48%	6	21%	10	26	690	1	Made with White Biscuit
Biscuit, Chicken & Gravy	360	19	47%	8	19%	11	38	1141	2	Made with White Biscuit
Biscuit, Ham & Cheese	247	11	41%	6	20%	10	27	595	1	Made with White Biscuit
Biscuit, Sausage	310	18	52%	8	23%	10	26	627	1	Made with White Biscuit
Breakfast Griddler, Chicken	211	8	32%	1	5%	12	23	370	2	Made w/Whole Grains
Breakfast Griddler, Sausage	220	14	55%	4	18%	8	16	267	0	Made w/Whole Grains
Breakfast Platter w/Sausage	430	28	59%	11	24%	17	27	927	1	Made with White Biscuit
Breakfast Platter w/Turkey Bacon	330	20	53%	8	22%	13	26	840	1	Made with White Biscuit & Turkey Bacon
Breakfast Scramble Platter	313	6	47%	7	21%	14	26	648	1	Made with White Biscuit & Turkey Bacon
Breakfast Tornado, Egg, Turkey Sausage & Cheese	180	7	35%	2	8%	7	22	280	2	Made w/Whole Grains
Cereal, Cinnamon Toast Crunch, 25% less sugar	100	2.5	23%	0.5	0%	1	22	160	4	Made w/Whole Grains
Cereal, Cocoa Puffs	120	1.5	11%	0	0%	2	25	160	2	Made w/Whole Grains
Cereal, Cinnamon Chex	120	2.5	19%	0	0%	1	23	170	1	Made w/Whole Grains
Cereal, Honey Nut Cheerios	110	1.5	12%	0	0%	2	22	160	2	Made w/Whole Grains
Cereal, Multi Grain Cheerios	100	1	9%	0	0%	2	23	110	3	Made w/Whole Grains
Cheese, String Cheese	60	3	45%	2	30%	7	1	200	0	
Cheez-it & Egg Breakfast Break	216	7	36%	3	11%	8	27	205	3	Made w/Whole Grains
Croissant, Egg & Cheese	310	17	49%	7	19%	12	30	490	3	Made w/Whole Grains
Croissant, Ham & Cheese	290	13.5	42%	6	18%	15	28.5	515	2	Made w/Whole Grains
Croissant, Bacon, Egg & Cheese	330	19	51%	7	19%	14	30	600	3	Made w/Whole Grains
Croissant only	190	8	38%	3.5	17%	5	26	230	2	Made w/Whole Grains
Donut Holes, 7-12	280	14	46%	7	23%	5	33	310	2	Made w/Whole Grains
Early Riaser- Egg & Cheese Hashbrown	230	11	43%	4	16%	8	24	450	3	Made w/Whole Grains
French Toast Minis, Chocolate Chip, Grab & Go	190	5	24%	2	7%	4	35	210	4	Made w/Whole Grains
French Toast Sticks (WG), K-8	260	10	35%	2	5%	6	38	300	3	Made w/Whole Grains
French Toast Sticks (WG), 9-12	390	15	35%	2	5%	9	57	450	5	Made w/Whole Grains
Pancake & Sausage on a Stick	200	10	45%	2.5	11%	7	17	310	3	Made w/Whole Grains
Pancakes, Confetti Mini, Grab & Go	210	7	30%	1	4%	4	36	210	4	Made w/ Whole Grain
Pancakes, Maple Mini, Grab & Go	200	6	27%	1	5%	4	36	320	4	Made w/ Whole Grain
Pretzel & Egg Breakfast Break	181	7	33%	2	8%	8	24	256	2	Made w/ Whole Grain
Grahams, Sports	120	3.5	26%	0.5	4%	2	20	95	2	Made w/Whole Grains
Sausage, Egg & Gravy Bowl	364	23	57%	10	25%	17	19	833	1	
Sunrise Stick	172	8	40%	4	21%	9	17	298	2	Made w/Whole Grains

Product Description	Kcals	Fat (gm)	% Kcals from Fat	Sat Fat (gm)	% Sat Fat	Protein (gm)	Carbs (gm)	Sodium (mg)	Dietary Fiber (gm)	Additional Comments
Waffles, Mini Maple (Bulk)	200	7	32%	1	5%	4	30	340	2	Made w/Whole Grains
Waffle, Maple Belgian (IW)	260	12	42%	4	12%	4	356	110	2	Made w/Whole Grains
Waffles, Mini Maple (IW)	200	5	23%	2	7%	4	35	220	4	Made w/Whole Grains
Waffles, Mini Cinnamon (IW)	200	5	23%	2	7%	4	35	260	4	Made w/Whole Grains
Yogurt, 4 oz	70	0	0%	0	0%	4	12	70	0	
Yogurt Parfait, Apples	270	3	11%	0.3	1%	5	56	213	2	Made w/Whole Grain Cereal
Yogurt Parfait, Strawberry	230	4	14%	0.4	1%	5	46	213	2	Made w/Whole Grain Cereal
LUNCH FOODS										
Entrees										
BBQ Bacon Jalapeno Burger, 9-12	498	22	41%	9	17%	29	47	997	3	Made w/Whole Grains
Burger, Buffalo Cheddar 9-12	432	22	46%	9	18%	27	33	1009	3	Made w/Whole Grain Bun
Burger, Cheddar Tot 9-12	473	23	44%	9	17%	28	40	709	4	Made w/Whole Grain Bun
Burger, Mac & Cheese 9-12	510	25	44%	11	20%	32	42	869	3	Made w/Whole Grain Bun
Burger, Pepperoni Pizza	472	23	45%	10	18%	33	33	792	3	Made w/Whole Grain Bun
Burrito, Cheesy Taco	451	13	26%	6	12%	21	63	620	5	Made w/Whole Grains
Calzone, Ham & Cheese w or w/o Marinara	394	16	36%	5	12%	20	41	570	4	See info for optional Marinara Sauce
Calzone, Mini Buffalo	310	11	32%	5	15%	16	38	490	1	Made w/Whole Grains
Calzone, Pepperoni w or w/o Marinara	388	15	35%	5	12%	19	40	708	4	See info for optional Marinara Sauce
Calzone, Pepperoni Chicken w or w/o Marinara	425	15	31%	4	8%	23	47	667	5	See info for optional Marinara Sauce
Calzone, Spinach & Cheese w or w/o Marinara	423	18	39%	8	17%	20	42	581	4	See info for optional Marinara Sauce
Cheese Sticks w or w/o Marinara	410	21	46%	7	15%	19	30	460	3	See info for optional Marinara Sauce
Cheeseburger, K-8	350	16	40%	6	16%	23	32	541	3	Made w/Whole Grain Bun
Cheeseburger, 9-12	396	19	42%	7	16%	28	32	618	3	Made w/Whole Grain Bun
Cheeseburger, Bacon K-8	382	18	42%	7	16%	25	32	705	3	Made w/Whole Grain Bun
Cheeseburger, Bacon, 9-12	428	21	43%	8	16%	30	32	782	3	Made w/Whole Grain Bun
Cheesy Garlic French Bread w or w/o Marinara	340	16	42%	8	21%	19	29	550	2	Made w/Whole Grains
Chicken & Penne Alfredo, K-8	374	10	23%	4	11%	23	51	750	2	
Chicken & Penne Alfredo, 9-12	374	10	23%	4	11%	23	51	750	2	See info for optional Mini Garlic Breadstick
Chicken & Waffles, K-12	360	16	39%	3	8%	25	29	660	3	Made w/Whole Grains
Chicken Bowl, K-12	426	23	48%	7	15%	21	37	939	4	See info for optional Mini Garlic Breadstick
Chicken Drumstick, Breaded, K-8	347	13	34%	3	8%	19	6	821	1	See info for optional 1 oz Dinner Roll
Chicken Drumstick, Breaded 9-12	694	26	34%	6	8%	38	12	1643	2	See info for optional 2 oz Dinner Roll
Chicken, Poppers K-12	259	16	57%	3	12%	16	14	457	2	See info for optional Whole Grain Crackers
Chicken, Poppers, Saucy K-12	265	17	57%	3	11%	16	15	611	2	See info for optional Whole Grain Crackers
Chicken, Orange w/Oriental Rice K-8	280	3	10%	0.5	2%	14	47	310	0.2	Made w/Whole Grains
Chicken, Orange w/Oriental Rice 9-12	280	3	10%	0.5	2%	14	47	310	0.2	See info for optional Whole Grain Crackers
Chicken, Tenders, K-12	227	9	35%	2	6%	21	15	410	2	See info for optional Whole Grain Crackers
Chicken, Tenders, Saucy, K-12	233	9	35%	2	6%	21	16	564	2	See info for optional Whole Grain Crackers
Chicken, Teriyaki w/Oriental Rice K-8	320	6	16%	2	5%	21	44	516	0.2	Made w/Whole Grains
Chicken, Teriyaki w/Oriental Rice 9-12	320	6	16%	2	5%	21	44	516	0.2	See info for optional Whole Grain Crackers
Chicken Wing, BBQ, 7-12	476	33	62%	9	17%	27	17	731	0	See info for optional Garlic Breadstick
Chicken Wing, Buffalo, 7-12	446	35	70%	9	18%	27	4	1291	0	See info for optional Garlic Breadstick
Chicken Wing, 7-12	416	33	71%	9	19%	27	2	491	0	See info for optional Garlic Breadstick
Chicken Wing, Hot Honey, 7-12	476	33	62%	9	17%	27	18	871	0	See info for optional Garlic Breadstick
Chicken Wings, Parmesean Garlic, 7-12	438	34	71%	10	20%	28	3	576	0	See info for optional Garlic Breadstick
Chicken Wings, Sweet Thai, 7-12	476	33	62%	9	17%	27	17	801	27	See info for optional Garlic Breadstick
Chili Cheese Fries, 9-12	377	16	38%	5	13%	17	38	831	6	See info for optional 2 oz Dinner Roll
Corn Dog	240	9	34%	3	9%	9	30	470	2	Made w/Whole Grains
Corn Dog Nuggets	260	12	42%	4	12%	9	30	470	1	Made w/Whole Grains
Country Chicken Bowl	478	26	50%	10	18%	21	43	1239	4	See info for optional Mini Garlic Breadstick
Dumpling, Teriyaki Chicken & Vegetable K-8	372	7	18%	0.5	1%	20	58	1095	2	Made w/Whole Grains
Dumpling, Teriyaki Chicken & Vegetable 9-12	372	7	18%	0.5	1%	20	58	1095	2	See info for optional Oriental Rice
Fish, Go Fish Basket	280	9	27%	1	2%	17	34	540	2	Made w/Whole Grains
French Toast & Sausage K-8	500	30	54%	9	16%	18	40	694	3	Made w/Whole Grains
French Toast & Sausage 9-12	630	35	50%	10	14%	21	59	844	5	Made w/Whole Grains
Fish Tacos	419	14	30%	5	11%	22	51	619	5	Made w/Whole Grains
Fruit & Cheese Cup, K-8	376	22	53%	11	26%	18	30	523	3	Made w/Whole Grain Crackers
Fruit & Cheese Cup, 9-12	602	26	40%	15	22%	20	75	671	5	Made w/Whole Grain Chocolate Chip Muffin
Hamburger, K-8	315	14	39%	5	14%	19	31	436	3	Made w/Whole Grain Bun
Hamburger, 9-12	361	17	41%	6	15%	24	31	513	3	Made w/Whole Grain Bun
4" Hamburger Bun (Bun only K-12)	140	2	13%	0	0%	6	28	310	3	Made w/Whole Grains
Hot Dog w/Bun	280	12	37%	3	10%	14	31	500	2	Made w/Whole Grain Bun

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6" Hot Dog Bun (Bun only K-12)	150	2	12%	0	0%	5	27	300	2	Made w/Whole Grains
Hummus & Veggie Platter, K-12	365	10	25%	3	8%	18	51	504	10	Served w/Garlic Breadstick
Lasagna, Cheese Roll Up	418	14	31%	8	18%	30	40	692	5	Made w/Whole Grains
Lunch Kit, Cheese Pizza	360	14	35%	7	18%	19	41	760	4	Made w/Whole Grains
Lunch Kit, Turkey & Cheese	420	19	41%	8	17%	21	41	850	1	Made w/Whole Grains
Lunch Kit, Pepperoni & Cheese	430	20	42%	8	17%	21	41	910	1	Made w/Whole Grains
Macaroni & Cheese	286	12	39%	7	21%	15	32	799	1	See info for optional Mini Garlic Breadstick
Mac & Cheese w/Meatballs	455	18	35%	8	17%	23	54	1206	2	See info for optional Mini Garlic Breadstick
Nachos w/Cheese	509	31	54%	13	24%	18	38	1019	2	Made w/Whole Grains
Nachos Supreme (Pork Taco Meat)	416	22	47%	6	14%	19	35	681	3	Made w/Whole Grains
Pasta w/Meatballs, K-8	440	11	22%	3	6%	25	62	389	7	
Pasta w/Meatballs, 9-12	440	11	22%	3	6%	25	62	389	7	See info for optional Mini Garlic Breadstick
Pasta & Meat Sauce, K-8	392	10	23%	3	7%	25	56	504	5	
Pasta & Meat Sauce, 9-12	392	10	23%	3	7%	25	56	504	5	Served w/ Mini Garlic Breadstick
Pepperoni Stromboli w or w/o Marinara	430	17	36%	7	14%	21	44	737	4	See info for optional Marinara Sauce
Pig in a Blanket	288	14	44%	4	11%	11	27	397	3	Made w/Whole Grains
Pizza, Bagel Bites, Cheese K-8	260	9	31%	5	17%	21	24	560	4	Made w/Whole Grains
Pizza, Bagel Bites, Cheese 9-12	325	11	31%	6	17%	26	30	700	5	Made w/Whole Grains
Pizza, Bagel Bites, Pepperoni K-8	309	11	32%	5	13%	19	36	758	3	Made w/Whole Grains
Pizza, Bagel Bites, Pepperoni 9-12	387	14	32%	6	13%	24	45	948	4	Made w/Whole Grains
Pizza, Buffalo Chicken, 9-12	380	20	21%	8	19%	20	33	760	3	Made w/Whole Grains
Pizza, Cheese, Wild Mike's	390	15	35%	7	16%	19	37	520	1	Made w/Whole Grains
Pizza Boli Bites w or w/o Marinara	400	14	32%	6	14%	16	48	720	4	See info for optional Marinara Sauce
Pizza Crunchers w or w/o Marinara	420	20	43%	8	17%	20	41	770	5	See info for optional Marinara Sauce
Pizza, Cheese, Big Daddy, 9-12	410	18	40%	9	20%	20	42	730	2	
Pizza, Fiestada	360	14	35%	6	15%	17	43	710	4	Made w/Whole Grains
Pizza, Pepperoni, Big Daddy, 9-12	410	17	37%	8	18%	19	43	720	2	
Pizza, Pepperoni, Wild Mike's	400	16	36%	7	16%	19	37	600	1	Made w/Whole Grains
Porkchop, Homestyle w/ Whipped Potatoes, K-8	428	23	48%	8	16%	18	39	1024	4	See info for optional 1 oz Dinner Roll
Porkchop, Homestyle w/ Whipped Potatoes, 9-12	428	23	48%	8	16%	18	39	1024	4	See info for optional 2 oz Dinner Roll
Potato, Baked, Vegetarian, K-8	521	21	36%	13	22%	20	65	446	7	See info for optional 1 oz Dinner Roll
Potato, Baked, Vegetarian, 9-12	521	21	36%	13	22%	20	65	446	7	See info for optional 2 oz Dinner Roll
Rice & Beans	464	2	3%	0	0%	15	94	1132	7	Contains corn/corn starch
Roast Turkey w/Whipped Potatoes & Gravy, K-8	219	5	19%	2	6%	19	25	941	2	See info for optional 1 oz Dinner Roll
Roast Turkey w/Whipped Potatoes & Gravy, 9-12	219	5	19%	2	6%	19	25	941	2	See info for optional 2 oz Dinner Roll
Salad, Bean, Craisin & Sunflower	546	21	35%	3	5%	16	75	726	13	Served w/Garlic Breadstick
Salad, Buffalo Chicken	365	13	32%	5	11%	26	34	1276	5	Served w/Garlic Breadstick
Salad, Chicken Bacon Ranch	328	9	24%	2	5%	25	37	915	5	Served w/Garlic Breadstick
Salad, Chicken Minion	476	25	47%	7	14%	24	42	780	6	Served w/Cheez-its
Salad, Chicken Salad	409	24	53%	4	8%	21	32	572	4	Served w/Whole Grain Tortilla Chips
Salad, Classic Chicken Caesar	329	9	25%	3	7%	26	37	848	6	Served w/Garlic Breadstick
Salad, Deli Turkey	281	6	20%	2	5%	24	33	656	5	Served w/Garlic Breadstick
Salad, Popcorn Chicken	430	20	42%	6	13%	29	32	701	5	Served w/Mini Garlic Breadstick
Salad, Southwest Chicken w or w/o Sour Cream	422	19	41%	5	11%	26	39	998	5	Served w/Whole Grain Tortilla Chips
Salad, Strawberry Spinach	322	13	35%	3	8%	21	31	454	4	Served w/Garlic Breadstick
Salad, Summer Orange Chicken	375	8	20%	2	4%	17	58	487	7	Served w/Garlic Breadstick
Salad, Super Italian 9-12	379	16	39%	5	12%	23	34	1103	5	Served w/Garlic Breadstick
Salad, Taco	373	21	50%	5	13%	18	34	500	5	Served w/Whole Grain Tortilla Chips
Salad, Vegetarian Taco	491	23	42%	7	13%	16	58	933	9	Served w/Whole Grain Tortilla Chips
Salad, Vegetarian w/Cheddar	461	31	60%	13	26%	17	33	592	5	Served w/Whole Grain Tortilla Chips
Salad, Verde Grilled Chicken	304	7	22%	2	5%	24	36	796	5	Served w/Garlic Breadstick
Sandwich, Chicken	371	10	25%	2	4%	27	44	639	4	Made w/Whole Grains
Sandwich, Chicken Parmesan	496	16	29%	5	9%	36	52	915	6	Made w/Whole Grains
Sandwich, Chicken Salad	373	19	45%	6	13%	21	33	575	3	Made w/Whole Grains
Sandwich, Crunchy Pollock	345	8	21%	1	3%	27	46	675	3	Made w/Whole Grains
Sandwich, Dill Chicken	365	10	23%	2	4%	27	44	740	4	Made w/Whole Grains
Sandwich, Grilled Cheese	300	10	30%	5	15%	20	34	660	2	Made w/Whole Grain Bread
Sandwich, All Natural Ham & Cheese	335	15	40%	6	16%	20	33	599	3	Made w/Whole Grain Croissant
Sandwich, (Hot) All Natural Ham & Cheese	295	9	29%	3	9%	22	34	649	2	Made w/Whole Grains
Sandwich, Kickin' Chicken	505	21	38%	6	10%	34	46	1253	4	Made w/Whole Grains
Sandwich, Peanut Butter & Jelly Uncrustable, Grape	300	16	48%	4	11%	9	32	270	4	Made w/Whole Grain Bread
Sandwich, Peanut Butter & Jelly Uncrustable, Strawberry	300	16	48%	4	11%	9	32	280	4	Made w/Whole Grain Bread
Sandwich, Philly Chicken	341	12	32%	4	11%	28	31	623	3	Made w/Whole Grains

Product Description	Kcals	Fat (gm)	% Kcals from Fat	Sat Fat (gm)	% Sat Fat	Protein (gm)	Carbs (gm)	Sodium (mg)	Dietary Fiber (gm)	Additional Comments
Sandwich, Philly Chicken Peppers & Onions	357	12	31%	4	10%	29	33	673	4	Made w/Whole Grains
Sandwich, BBQ Rib	320	12	34%	3.5	10%	21	33	660	3	Made w/Whole Grain French Bread
Sandwich, Spicy Chicken	362	10	24%	2	4%	28	43	640	4	Made w/Whole Grains
Sandwich, Tuna & Cheese	321	11	31%	5	13%	27	31	455	3	Made w/Whole Grain Croissant
Sandwich, All Natural Turkey & Cheese	293	10	30%	5	14%	25	30	683	3	Made w/Whole Grain Croissant
Sandwich, Turkey & Bacon	313	11	31%	4	12%	28	29	874	3	
Sandwich, All Natural Turkey, Ham & Cheese	318	13	37%	5	15%	22	32	633	3	Made w/Whole Grain Croissant
Sliders, Chicken	402	11	25%	1	3%	28	50	680	6	Made w/Whole Grain Slider Bun
Sliders, Chicken Spicy Buffalo	410	12	25%	1	3%	28	50	915	6	Made w/Whole Grain Slider Bun
Sub, All Natural Ham & Cheese	293	10	30%	3	9%	21	31	790	3	Made w/Whole Grain Bread
Sub, Chicken Po' Boy	666	38	51%	5	7%	26	53	2832	5	Made w/Whole Grain Sub Roll
Sub, Italian Meats	319	12	33%	4	11%	24	30	1081	3	Made w/Whole Grain Bread
Sub, Meatball	391	13	31%	4	10%	24	44	665	7	Made w/Whole Grain Bun
Sub, Turkey & Cheese	251	5	17%	2	6%	26	28	874	3	Made w/Whole Grain Bread
Taco, Soft with Lettuce & Cheese, K-8	386	18	42%	9	22%	21	36	570	6	Made w/Whole Grain Tortilla
Taco, Soft with Lettuce & Cheese, 9-12	386	18	42%	9	22%	21	36	570	6	See info for optional Mexican Rice
Taco, Walking Doritos	396	20	45%	8	19%	20	34	700	4	Made w/Whole Grain Tortilla Chips
Taco, Walking Fritos	446	28	56%	9	19%	19	30	670	4	Made w/Whole Grain Tortilla Chips
Tex Mex Stuffed Pepper	420	11	23%	5	11%	25	56	829	7	
Wacky Mac & Cheese, 9-12	288	12	39%	7	20%	18	30	792	2	See info for optional Mini Garlic Breadstick
Wrap, Chicken w/Optional Light Ranch Dressing	455	18	35%	6	12%	28	46	649	6	Made w/Whole Grain Wrap. Wrap contains honey.
Wrap, Chicken Caesar	289	8	24%	3	9%	25	33	614	4	Made w/Whole Grain Wrap. Wrap contains honey.
Wrap, Chicken Salad	310	5	25%	3	7%	26	34	643	6	Made w/Whole Grain Wrap. Wrap contains honey.
Wrap, Chicken, Spicy, w/Optional Light Ranch Dressing	455	18	35%	6	12%	28	46	975	6	Made w/Whole Grain Wrap. Wrap contains honey.
Wrap, Chicken, Spicy, Warm w/Optional Light Ranch Dressing	447	18	35%	6	12%	27	45	808	5	Made w/Whole Grain Wrap. Wrap contains honey.
Wrap, All Natural Ham & Cheese	320	13	35%	4	13%	19	34	562	3	Made w/Whole Grain Wrap. Wrap contains honey.
Wrap, Italian	343	14	38%	6	14%	22	32	983	3	Made w/Whole Grain Wrap. Wrap contains honey.
Wrap, All Natural Turkey & Cheese	278	7	24%	3	10%	24	31	647	3	Made w/Whole Grain Wrap. Wrap contains honey.
Wrap, Warm Fajita Chicken	367	15	37%	6	15%	24	35	666	4	Made w/Whole Grain Wrap. Wrap contains honey.
Wrap, Veggie & Hummus	489	22	40%	4	7%	17	62	322	12	Made w/Whole Grain Wrap. Wrap/sunflower seeds contains honey.
Yogurt & Muffin Platter, K-8	290	8	25%	3	9%	14	42	360	1	Made w/Whole Grains
Yogurt & Muffin Platter, 9-12	466	11	21%	6	12%	16	73	588	3	Made w/Whole Grains
Yogurt Parfait, Strawberry K-8	342	4	11%	1	2%	9	69	267	3	Made w/Whole Grain Cereal
Yogurt Parfait, Apples K-8	396	4	9%	1	2%	9	82	266	2	Made w/Whole Grain Cereal
Yogurt Parfait, Strawberry w/Chocolate Chip Muffin, 9-12	668	12	17%	5	7%	14	128	584	6	Made w/Whole Grain
Yogurt Parfait, Apples w/Chocolate Chip Muffin, 9-12	722	12	15%	5	6%	14	142	584	6	Made w/Whole Grain
Ziti, Baked	380	11	26%	5	12%	24	48	534	4	See info for optional Mini Garlic Breadstick
JUICE										
Product Description	Kcals	Fat (gm)	% Kcals from Fat	Sat Fat (gm)	% Sat Fat	Protein (gm)	Carbs (gm)	Sodium (mg)	Dietary Fiber (gm)	Additional Comments
Juice, Apple, 100%, 4 oz carton	60	0	0%	0	0%	0	14	5	0	
Juice, Grape, 100%, 4 oz carton	80	0	0%	0	0%	0	19	10	0	
Juice, Orange, 100%, 4 oz carton	60	0	0%	0	0%	0	14	0	0	
Juice, Apple, 100%, 6.75 oz Box	90	0	0%	0	0%	0	23	0	0	
Juice, Very Berry, 100%, 6.75 oz Box	100	0	0%	0	0%	0	26	0	0	
Juice, Grape, 100%, 6.75 oz Box	130	0	0%	0	0%	0	33	0	0	
MILK										
Product Description	Kcals	Fat (gm)	% Kcals from Fat	Sat Fat (gm)	% Sat Fat	Protein (gm)	Carbs (gm)	Sodium (mg)	Dietary Fiber (gm)	Additional Comments
Fat Free Chocolate Milk	110	0	0%	0	0%	8	19	210	0	30% RDA Calcium
Fat Free Strawberry Milk	110	0	0%	0	0%	8	18	135	0	30% RDA Calcium
Skim Milk	80	0	0%	0	0%	8	12	125	0	30% RDA Calcium
Low-Fat 1% Milk	100	2.5	23%	1.5	14%	8	12	125	0	30% RDA Calcium
Milk, Soy, Original	130	4.5	31%	0.5	3%	8	13	110	2	30% RDA Calcium
Milk, Ripple	100	4.5	6%	0.5	3%	8	6	160	1	35% RDA Calcium
SIDE DISHES										
Product Description	Kcals	Fat (gm)	% Kcals from Fat	Sat Fat (gm)	% Sat Fat	Protein (gm)	Carbs (gm)	Sodium (mg)	Dietary Fiber (gm)	Additional Comments
Beans, Baked	147	0	0%	0	0%	7	29	540	5	Vegetarian
Beans, Black	111	0	0%	0	0%	7	22	361	5	Vegetarian
Beans, Black Fiesta	123	1	8%	0	0%	5	21	481	4	Vegetarian
Beans, Green, Canned	20	0	0%	0	0%	1	4	141	2	
Beans, Green, Fresh, Garlic	42	2	36%	1	14%	1	6	63	3	
Beans, Green, Garlic	23	0	0%	0	0%	1	5	38	2	
Blueberry Whip (1/3 cup)	43	3	68%	3.2	68%	0	3.8	0	0.2	Includes whipped topping
Broccoli, Garlic	23	0.2	9%	0.04	1%	2	4	77	2	

Product Description	Kcals	Fat (gm)	% Kcals from Fat	Sat Fat (gm)	% Sat Fat	Protein (gm)	Carbs (gm)	Sodium (mg)	Dietary Fiber (gm)	Additional Comments
Broccoli Florets, Fresh	15	0.2	10%	0.01	1%	1	3	15	1	
California Blend, Roasted	51	3	48%	0.4	7%	2	5	132	3	
California Blend, Seasoned	26	0	0%	0	0%	2	5	77	2	
Carrot, Cuke & Hummus Cup	126	2	15%	0	0%	7	22	107	6	
Carrot & Celery Sticks	16	0.1	7%	0.1	6%	1	4	26	1	Ranch dip cup optional
Carrot Sticks	23	0.1	5%	0	1%	0.5	5	39	2	Ranch dip cup optional
Carrot Sticks w Ranch Dressing-Field Trip K-8	86	6	65%	1	11%	1	8	221	2	Includes lite ranch dressing
Carrot Sticks w Ranch Dressing-Field Trip 9-12	109	4	36%	1	9%	1	18	117	4	Includes lite ranch dressing
Carrot Sticks w Ranch Dressing-Field Trip Pre-K	83	6	66%	1	12%	0.3	8	136	1	
Carrots,Canned, Glazed	34	0	0%	0	0%	0	7	107	2	
Cauliflower/Broccoli, Roasted	36	2	41%	0.2	6%	2	5	79	2	
Cauliflower	30	0	0%	0	0%	1	5	30	1	
Cauliflower, Roasted Buffalo	98	4	36%	2	14%	8	12	191	7	
Cauliflower, Roasted Garlic	103	4	37%	1	5%	7	13	146	7	
Celery Sticks	11	0.1	11%	0	3%	0.5	2	60	1	Ranch dip cup optional
Coleslaw	83	3	33%	0.4	5%	1	14	103	1	
Confetti Corn	56	0.8	13%	0.9	13%	1	12	267	1	
Corn, Canned	80	1	11%	0	0%	2	17	140	2	
Corn & Bean Salsa	104	0.5	4%	0.3	2%	5	20	382	4	
Cucumber Slices	8	0.06	7%	0.02	2%	0.3	2	1	0.3	Ranch dip cup optional
Cucumbers w Ranch Dressing Field Trip Pre-K	74	6	73%	1	12%	0.2	6	131	0.1	
Jello, Strawberry w/Whipped Topping	84	1	11%	1	11%	1	17	85	0	Includes whipped topping
Jello, Berry w/Whipped Topping	84	1	11%	1	11%	1	18	82	0	Includes whipped topping
Jello, Lemon w/Whipped Topping	84	1	11%	1	11%	1	18	118	0	Includes whipped topping
Melon Medley Salad	31	0	0%	0	0%	0.5	8	5	0.5	
Mixed Vegetables	36	0	0%	0	0%	1	8	11	2	
Pasta Salad	72	0.4	5%	0.2	3%	3	15	90	1	
Peas & Carrots	39	0	0%	0	0%	3	8	61	3	
Pickle Spears, 2oz bag	11	0	0%	0	0%	0	2	769	0	
Pineapple Whip	90	3	33%	3	33%	0	16	0	1	
Potato Rounds (Tater Tots) (1/2 cup)	90	6	35%	0	0%	1	14	160	1	
Potato Rounds (Tater Tots) (1 cup)	180	7	35%	0	0%	2	28	320	4	
Potato, Crinkle Cut Fries (1/2 cup serving)	102	3	27%	0	0%	1	15	174	2	
Potato, Crinkle Cut Fries (1 cup serving)	210	6	27%	0	0%	2	32	357	4	
Potato, Roasted	120	3	23%	0	0%	2	21	90	2	
Potato, Smiles	120	4	30%	0.5	4%	2	19	80	2	
Potato, Whipped	126	3	23%	1	8%	2	23	369	2	
Potato, Whipped, Garlic	129	3	22%	1	7%	2	24	416	2	
Potato, Whipped with Gravy	151	3	19%	1	6%	2	27	646	2	
Potato, Seasoned Curly Fries (1/2 cup)	100	3	27%	0	0%	0	17	190	1	
Potato, Seasoned Curly Fries (1 cup)	197	6	27%	0	0%	2	33	374	2	
Pudding w/Whipped Topping, Mini Dessert	76	2	25%	0.5	7%	1	13	83	0.5	Includes whipped topping
Rice, Brown	131	0	0%	0	0%	3	29	0	0	
Rice, Mexican	135	0	0%	0	0%	3	29	150	0	
Rice, Oriental	130	0	0%	0	0%	3	28	30	0.2	
Rice, White	131	0	0%	0	0%	3	29	0	0	
Salad, Side, Garden	17	0.2	10%	0.03	1%	1	4	25	2	Ranch dip cup optional
Salad, Side, Parmesan	25	1	42%	1	25%	2	2	58	1	Ranch dip cup optional
Salad, Side, Spinach Bacon	22	1	35%	0.2	8%	2	2	83	1	
Salad, Side, Sweet Kale	97	0.3	3%	0	0%	2	23	76	2	Includes fat free raspberry dressing
Salad, Side, Kale Apple	240	14	52%	2	7%	4	27	282	4	
Stuffing, Traditional	170	8	40%	3	16%	4	22	661	1	
Vegetable Cup, Assorted	25	0.2	7%	0.1	5%	1	6	14	2	Ranch dip cup optional
Veggie Dipper Cup	56	1	11%	0.1	2%	3	11	47	3	Ranch dip cup optional
Yogurt Parfait, Mini Dessert	51	0.4	6%	0.20	3%	2	11	27	0	
Product Description										
Biscuits	190	8	38%	4	19%	4	25	430	1	White Biscuit
Cake, Glazed Chocolate Chip	185	5	22%	2	9%	2	34	259	0	
Cake, Strawberry Shortcake	182	4	19%	2	11%	2	35	138	2	
Cake, Yellow w/White Frosting	247	5	18%	2	6%	2	49	274	0	
Cupcake, Yellow	247	5	18%	2	6%	2	49	274	0	
Cinnamon Breadsticks	86	2	21%	0.3	3%	2	16	69	1	Made w/Whole Grains
Cinnamon Monkey Bread, 2 oz	196	4	18%	0.5	2%	4	35	138	3	Made w/Whole Grains
Cream Cheese Iced Cinnamon Roll, 3.20 oz	300	11	33%	3	9%	7	52	230	4	Made w/Whole Grains

Product Description	Kcals	Fat (gm)	% Kcals from Fat	Sat Fat (gm)	% Sat Fat	Protein (gm)	Carbs (gm)	Sodium (mg)	Dietary Fiber (gm)	Additional Comments
Crisp, Apple	269	8	28%	4	13%	3	46	79	2	Made w/Whole Grains
Cinnamon Tortilla Crisp	119	3	19%	2	11%	2	22	77	2	Made w/Whole Grain
Cookies, 1.85 oz, Black & White, Reduced Fat, WG	190	6	28%	2	9%	3	33	180	3	Reduced Fat, Made w/Whole Grain
Cookies, 1.85 oz, Carnival, Reduced Fat, WG	190	6	28%	2	9%	3	34	170	3	Reduced Fat, Made w/Whole Grain
Cookies, 1.85 oz, Chocolate Chip, Reduced Fat,WG	190	6	28%	2	10%	3	34	170	3	Reduced Fat, Made w/Whole Grain
Cookies,1.85 oz, Double Chocolate Chip,Reduced Fat	190	6	28%	2	9%	3	32	190		Reduced Fat, Made w/Whole Grain
Cookies, 1.85 oz., Sugar w/Sprinkles, WG	192	6	29%	2	10%	3	34	200	4	Reduced Fat, Made w/Whole Grain
Cookies, 1.85 oz., Sugar, Reduced Fat, WG	190	6	28%	2	9%	3	35	200	4	Reduced Fat, Made w/Whole Grain
Cookies, Black & White, WG, 1 oz	100	3	27%	1	9%	2	18	98	2	Reduced Fat, Made w/Whole Grain
Cookies, Carnival, Reduced Fat, WG, 1 oz	100	3	27%	1	9%	2	18	90	2	Reduced Fat, Made w/Whole Grain
Cookies, Choc Chip, Reduced Fat, WG, 1 oz	100	3	27%	1	9%	2	19	95	2	Reduced Fat, Made w/Whole Grain
Cookie, Double Choc, Reduced Fat, WG, 1oz	100	3	27%	1	9%	2	17	100	2	Reduced Fat, Made w/Whole Grain
Cookie, Harvest, WG, 1.2 oz	150	9	54%	4.5	27%	2	18	80	1	Made w/Whole Grain
Cookie, Teddy Bear	150	5	27%	2	9%	2	27	155	2	Reduced Fat, Made w/Whole Grain
Cookies, Sugar w/Sprinkles, Reduced Fat,WG, 1 oz	103	3	28%	1	9%	1	19	105	2	Reduced Fat, Made w/Whole Grain
Cookies, Sugar, Reduced Fat, WG, 1 oz	100	3	27%	1	9%	1	18	105	2	Reduced Fat, Made w/Whole Grain
Garlic Breadstick (2 oz)	170	5	27%	1	5%	4	26	170	3	Made w/Whole Grains
Garlic Tortilla Crisp	181	5	25%	3	15%	4	30	150	4	Made w/Whole Grains
Jalapeno Cheese Bread, 2 oz	181	6	30%	2	10%	6	27	203	3	Made w/Whole Grains
Mini Garlic Breadstick, 1 oz	100	3	27%	0.5	5%	1	15	95	1	Made w/Whole Grains
Muffin, Banana Chocolate Chip, Low Fat	223	5	20%	3	11%	4	42	230	3	Low Fat, Made w/Whole Grains
Muffin, Blueberry, Low Fat	197	4	16%	2	8%	4	38	229	2	Low Fat, Made w/Whole Grains
Muffin, Chocolate Chip, Low Fat	244	7	24%	4	15%	4	45	230	3	Low Fat, Made w/Whole Grains
Muffin, Cinnamon Spice, Low Fat	202	4	16%	2	8%	4	39	233	2	Low Fat, Made w/Whole Grains
Muffin, Confetti Sprinkle, Low Fat	279	5	17%	3	9%	4	53	318	3	Low Fat, Made w/Whole Grains
Muffin, Cranberry Orange	224	4	14%	2	7%	4	45	230	3	Low Fat, Made w/Whole Grains
Muffin, Double Chocolate Chip	330	8	22%	4	12%	5	60	318	3	Low Fat, Made w/Whole Grains
Pepperoni Bread, 2 oz	172	5	24%	1	4%	5	26	201	3	Made w/Whole Grains
Roll, Honey Wheat, Sub 12"	530	9	15%	2	3%	20	91	760	12	1/2 roll served w/6" sub. Made w/WG
Roll, White, 1 oz	83	2	19%	0.2	3%	2	15	70	1	Made with White Flour
Roll, White, 2 oz	166	3	19%	0.5	3%	4	30	140	1	Made with White Flour
Roll,Whole Grain, 1 oz	80	2	23%	0.3	3%	2	14	70	1	Made w/Whole Grains
Roll, Whole Grain, 2 oz	160	4	23%	0.6	3%	4	27	141	3	Made w/Whole Grains
Roll, Dinner, Whole Grain 1 oz	70	1	1%	0	0%	1	14	60	1	Made w/Whole Grains
Roll, Dinner, Whole Grain 2 oz	150	2	2%	0	0%	2	29	190	2	Made w/Whole Grains

Product Description	Kcals	Fat (gm)	% Kcals from Fat	Sat Fat (gm)	% Sat Fat	Protein (gm)	Carbs (gm)	Sodium (mg)	Dietary Fiber (gm)	Additional Comments
Apple, Fresh	72	0.2	3%	0	0%	0	19	1	3	
Applesauce Cup, (1/2 cup)- All types	50	0	0%	0	0%	0	14	0	1	
Apples, Sliced, 2oz bag	29	0	0%	0	0%	0	7.8	0	1	
Apples & Grapes, 2oz bag	32	0	0%	0	0%	0	9	0	0	
Banana, Fresh	105	0.38	3%	0	0%	1	27	1	3	
Blueberries, Fresh (1/2 cup)	34	0	0%	0	0%	1	12	0	2	
Cantaloupe, Fresh (1/2 cup)	27.2	0.15	5%	0	1%	1	7	13	1	
Cantaloupe, 2oz bag	19	0	0%	0	0%	0	4.6	0	0.5	
Craisins	110	0	0%	0	1%	0	27	0	2	
Fruit Cocktail (1/2 cup)	102	0	0%	0	0%	0	25	2.5	2	
Fruit Cup, Fresh	46	0.2	3%	0.03	1%	1	12	0.5	2	
Grapes, Fresh (1/2 cup)	55	0	0%	0	0%	0	16	0	0	
Grapes, Red, 2oz bag	38	0	0%	0	0%	0	10	1	0.5	
Honeydew, Fresh (1/2 cup)	32	0.12	3%	0	0%	1	7	16	1	
Honeydew, 2oz bag	20	0	0%	0	0%	0	5.1	10	0	
Kiwi, Fresh (1/2 cup)	54	0.46	8%	0	0%	1	13	3	3	
Melon Medley Salad	34	0.2	4%	0.02	1%	1	9	5	1	
Mixed Berry Fruit Cup	32	0.1	3%	0	0%	0	7	0	2	
Mixed Fruit, Canned (1/2 cup)	60	0	0%	0	0%	0	15	5	1	
Nectarine, Fresh	60	0.43	6%	0	0%	1	14	0	2	
Orange, Fresh	62	0.15	2%	0	0%	1	15	0	3	
Orange Wedges, 4oz bag	53	0	0%	0	0%	1	13	0	3	
Peach, Fresh	38	0.24	6%	0	0%	1	9	0	2	
Peach Cup. Light Syrup	60	0	0%	0	0%	0	15	5	1	
Pear Cup, Light Syrup	60	0	0%	0	0%	0	15	5	1	
Pineapple Tidbits, Canned (1/2 cup)	47	0	0%	0	0%	0	11	0	1	
Plum, Fresh	30	0.18	5%	0	0%	1	8	0	1	

Product Description	Kcals	Fat (gm)	% Kcals from Fat	Sat Fat (gm)	% Sat Fat	Protein (gm)	Carbs (gm)	Sodium (mg)	Dietary Fiber (gm)	Additional Comments
Strawberries, Fresh (1/2 cup)	27	0.5	0%	0	0%	1	6.5	1	1.5	
Tangerine, Fresh	45	0.26	5%	0	0%	1	11	2	2	
Watermelon, Fresh (1/2 cup)	23	0.1	5%	0	0%	1	6	1	0.3	
Product Description										
Bar, Cocoa Cherry, Zee Zee Bar	200	7	32%	2	9%	3	33	40	2	Made w/Whole Grains
Bar, Smores, Zee Zee Bar	150	5	30%	1.5	9%	2	24	50	1	Made w/Whole Grains
Brownie, WG	160	3.5	20%	1.5	8%	2	32	180	2	Made w/Whole Grains
Cereal, Apple Jacks, Reduced Sugar, Pouch	110	1	8%	0.5	4%	2	24	160	3	Made w/Whole Grains
Cereal, Fruit Loops, Pouch	110	1	8%	0.5	4%	2	24	160	3	Made w/Whole Grains
Cereal, Cherrios, Honey Nut, Bowlpak	110	2	16%	0	0%	2	22	160	2	Made w/Whole Grains
Cereal, Cinnamon Toast Crunch, Bowlpak	110	3	25%	0.5	4%	1	22	160	3	Made w/Whole Grains
Cereal, Cocoa Puffs, Bowlpak	110	1.5	12%	0	0%	2	25	160	2	Made w/Whole Grains
Cereal, Cinnamon Chex, Bowlpak	120	2.5	19%	0	0%	2	23	160	2	Made w/Whole Grains
Cheese, String Cheese	60	3	45%	2	30%	7	1	200	0	
Chips, BBQ Baked Lays	110	3	25%	0	0%	2	19	190	2	
Chips, Funyuns	100	3.5	32%	0.5	5%	2	14	125	0	
Chips, Baked Lay's Cheddar & Sour Cream	100	3	27%	0	0%	1	17	200	1	Reduced Fat, Made w/Whole Grains
Chips, Baked Lay's Sour Cream & Onion	100	2.5	23%	0	0%	2	18	140	1	Reduced Fat, Made w/Whole Grains
Chips, Doritos Cool Ranch, RF	130	5	35%	1	7%	2	19	160	2	Reduced Fat, Made w/Whole Grains
Chips, Doritos Nacho Cheese, RF	130	5	35%	0.5	3%	2	20	200	2	Reduced Fat, Made w/Whole Grains
Chips, Doritos Spicy Sweet Chili, RF	130	5	35%	0.5	3%	2	20	180	2	Reduced Fat, Made w/Whole Grains
Chips, Doritos White Nacho Cheese	130	5	35%	1	7%	2	20	170	2	Reduced Fat, Made w/Whole Grains
Chips, Cheeto Puffs, RF	90	3.5	35%	0	0%	2	14	135	0	Reduced Fat, Made w/Whole Grains
Chips, Fantastix	130	5	35%	1	7%	2	20	200	2	Reduced Fat, Made w/Whole Grains
Chips, Flamin' Hot Cheeto Puffs, RF	90	3.5	35%	0	0%	2	14	135	0	Made w/Whole Grains
Chips, Heartzels Pretzels	80	1	11%	0	0%	2	16	200	2	Reduced Fat
Chips, Kettle Jalapeno Cheddar	180	7	33%	1	5%	3	27	160	2	Reduced Fat
Chips, Kettle Original	180	7	35%	1	5%	3	27	190	2	Made w/Whole Grains
Chips, Kids Munchie Mix	110	3.5	29%	0	0%	2	17	180	2	Made w/Whole Grains
Chips, Kids Munchie Mix Spicy	110	4	33%	0.5	4%	2	17	90	2	Made w/Whole Grains
Cracker, Animal	120	3.5	26%	1	8%	2	22	115	2	Made w/Whole Grains
Crackers, Cheez-its	100	3.5	32%	1	9%	2	14	150	1	Made w/Whole Grains
Cracker, Savory Wheat	90	3	30%	0	0%	1	15	190	1	Made w/Whole Grains
Fruit Roll-Up	50	1	18%	0.5	9%	0	11	55	2	
Fruit Snacks, Welch's (all flavors)	130	0	0%	0	0%	1	33	20	3	
Fruit Shapes, Scooby- Doo!	70	0	0%	0	0%	0	21	35	5	Made w/Whole Grains
Goldfish Crackers, Cheddar	100	4	35%	0.5	5%	2	14	170	1	Made w/Whole Grains
Goldfish, Pretzel	90	1.5	15%	0	0%	2	16	200	1	Made w/Whole Grains
Graham, Honey Belly Bear	130	4	28%	0	0%	2	20	100	1	Made w/Whole Grains
Graham, Sports	110	3.5	29%	0	0%	2	20	95	2	Made w/Whole Grains
Hummus, Original Cup	110	2	16%	0	0%	6	18	100	5	
Mini Loaf, Banana	160	4.5	25%	0.5	3%	3	26	105	1	Made w/Whole Grains
Mini Loaf, Wild Blueberry	150	4.5	27%	0.5	3%	3	26	105	1	Made w/Whole Grains
Muffin Top, Apple Cinnamon	160	5	28%	0.5	3%	3	27	100	1	Made w/Whole Grains
Muffin Top, Chocolate Chip	170	5	28%	1	5%	3	29	100	1	Made w/Whole Grains
Pop Tarts, Brown Sugar Cinnamon, LF	190	3	14%	1	5%	2	38	200	3	Low Fat, Made w/Whole Grains
Pop Tarts, Frosted Strawberry, LF	180	2.5	13%	1	5%	2	38	190	3	Made w/Whole Grains
Rice Krispies Treat, Original	160	4	23%	1	6%	2	30	120	0	Made w/Whole Grains
Rice Krispies Treat, Choc Chip	190	5	24%	2	9%	2	34	150	0	Made w/Whole Grains
Sunflower Seeds, Honey Roasted	190	15	71%	2	9%	6	11	65	3	
Turkey Breast Stick, All Natural BBQ	40	1	23%	0	0%	8	0	200	0	
Yogurt, Dannon Strawberry and Vanilla	70	0	0%	0	0%	4	14	60	0	
Yogurt, Danimals, Strawberry	60	0	0%	0	0%	4	12	70	0	
Yogurt, Danimals, Raspberry	70	0	0%	0	0%	4	12	70	0	
Ultra Baked Cinnamon Bun	240	7	26%	3	11%	5	40	280	3	Made w/Whole Grains
Ice Cream										
Product Description										
Chocolate Ripple, Cup	80	1	11%	0.5	6%	2	16	50	0	
Chocolate/Vanilla, Cup	80	1	11%	0.5	6%	2	15	50	0	
Cotton Candy, Cup	80	1	11%	0.5	6%	2	15	50	0	
Strawberry Ripple, Cup	80	1	11%	0.5	6%	2	16	50	0	
Vanilla, Cup	80	1	11%	0.5	6%	2	15	50	0	
Sherbet, Lemon Lime	120	1.5	11%	1	8%	1	25	20	0	

Product Description	Kcals	Fat (gm)	% Kcals from Fat	Sat Fat (gm)	% Sat Fat	Protein (gm)	Carbs (gm)	Sodium (mg)	Dietary Fiber (gm)	Additional Comments
Sherbet, Orange	120	1	8%	0.5	4%	1	26	20	0	
Sherbet, Raspberry	110	1	8%	0.5	4%	1	24	20	0	
Strawberry Frozen Yogurt Cup	110	2	16%	1	8%	2	22	55	0	
Shortcake, Chocolate	140	3.5	23%	1	6%	2	22	60	0	
Shortcake, Strawberry	130	3.5	24%	1	7%	1	23	45	0	
Fudge Bar	80	1	11%	0.5	6%	2	18	75	1	
My Mochi- Mixed Berry	70	1	13%	0.5	6%	1	14	15	0	
My Mochi- Strawberry Banana	70	1	13%	0.5	6%	1	14	15	0	
Orange Cream Bar	70	1	13%	0.5	6%	1	14	31	0	
Orange Stuff Bar	60	0	0%	0	0%	0	14	5	0	
Cotton Candy Cone	150	3	18%	1.5	9%	3	29	100	0	
Birthday Cake Cone	150	3	18%	1.5	9%	3	29	100	0	
Cookies and Cream Cone	170	3.5	19%	1.5	8%	4	33	130	1	
Chocolate and Vanilla Cone	160	3.5	20%	1.5	8%	4	31	115	1	
Cotton Candy Push Up	80	1	11%	0.5	6%	2	15	50	0	
Double Dare Sour Cherry Bar	60	0	0%	0	0%	0	14	5	0	
Vanilla Fudge Push Up	80	1	11%	0.5	6%	2	16	50	0	
Orange Sherbet Push Up	80	1	11%	0	0%	1	17	15	0	
Polar Pole Rainbow Push Up	70	0.5	6%	0	0%	3	16	15	0	
Ice Cream Sandwich, Cookies and Cream	160	3	17%	1.5	8%	3	31	160	1	
Ice Cream Sandwich	160	3	17%	1.5	8%	3	31	160	1	
Typhoon Blue Raspberry/Lemonade Bar	50	0	0%	0	0%	0	13	5	0	
Typhoon Cherry/Lemonade Cup	100	0	0%	0	0%	0	25	5	0	
Typhoon Cotton Candy Bar	60	0	0%	0	0%	0	14	5	0	
Condiments										
Syrup (1.5 oz)	120	0	0%	0	0%	0	31	0	0	
Dressing, Italian, Fat Free (1.5 oz)	15	0	0%	0	0%	0	5	700	1	Fat Free
Dressing, Ranch Dip Cup	35	1.5	39%	0	0%	0	5	200	1	
Dressing, Ranch (1.5 oz)	260	28	97%	4	14%	1	2	240	0	
Dressing, Raspberry, Fat Free (1.5 oz)	45	0	0%	0	0%	0	12	115	0	Fat Free
Chick' N Dippin Dip Cup	130	12	83%	2	14%	0	6	135	0	
BBQ Sauce Dip Cup	60	0	0%	0	0%	0	16	120	0	
Sweet & Sour Dip Cup	45	0	0%	0	0%	0	11	120	0	
Honey Mustard Dip Cup	80	6	68%	1	11%	0	7	125	0	
Salsa Cup, 3 oz	25	0	0%	0	0%	1	5	195	1	
Mayonnaise PC	30	3	90%	0	0%	0	1	85	0	
Marinara Sauce, 2.5 oz	40	1	23%	0	0%	1	7	200	2	
Mustard PC	5	0	0%	0	0%	0	0	65	0	
Tartar Sauce PC	45	4	80%	0.5	10%	0	2	85	0	
Taco Sauce PC	5	0	0%	0	0%	0	1	95	0	
Sour Cream, 1 packet	60	5	75%	4	60%	1	1	15	0	