



2022 – 23 Menu Item List

Nutritional Information and Allergens

Name	Serving Size	Protein (gm)	Saturated Fat (gm)	Total Fat (gm)	Fiber (gm)	Carbohydrate (gm)	Calories	Allergens
All Star Turkey Hotdog	1 Hot Dog	13	2.5	11	2	28	260	Corn
All Star Turkey Hotdog NNC	1 Hot Dog	13	2.5	11	2	28	260	Corn
Applesauce	1 Serving	0	0	0	1	18	70	No Allergens
Artisan Roll	1 Each	5	0	2	5	34	160	Corn,Soy,Wheat,Gluten
Asian Sesame Dressing	1 Each	0	2.5	16	0	8	180	Soy
Baby Carrots	1 Serving	0.45	0.02	0.09	2.06	8	24.81	No Allergens
Baked Beans	1 Serving	5.02	0	0	5.02	30.09	140.44	
BBQ Chicken Wings	1 Serving	33.65	11.17	40.98	0.2	7.07	543.4	
BBQ Sauce	1 Each	0.32	0.01	0.09	0.39	10.32	44.47	Corn,Tomato
Bean and Two Cheese Dip	1 Each Tray	11.16	4.29	7.74	4.18	15.7	175.19	Soy,Dairy
Bean and Cheese Burrito	0	16.7	3.5	8.8	8.1		320.9	Wheat,Dairy,Corn,Soy
Bean and Cheese Pupusa	1 Serving	13	3.5	11	4	35	290	Corn,Dairy
Bean and Cheese Pupusa NNC	1 Each	13	3.5	11	4	35	290	Corn,Dairy
Bean and Two Cheese Dip NNC	1 Each Tray	11.16	4.29	7.74	4.18	15.7	175.19	Soy,Dairy
Beef and Cheese Burrito	1 Each	17.11	5.75	14.21	5.36	33.27	326.11	Corn,Soy,Wheat,Gluten,Dairy
Beef Cheese Burrito NNC	1 Each	17.11	5.75	14.21	5.36	33.27	326.11	Corn,Soy,Wheat,Gluten,Dairy
Beef and Cheese Taquitos	1 Serving	33.57	2.56	12.81	6.66	40.75	413.9	
Beef Chalupa	1 serving	16.28	5.92	13.94	0.32	11.18	244.5	Corn,Wheat,Gluten,Tomato,Dairy
Beef Chalupa NNC	1 serving	16.28	5.92	13.94	0.32	11.18	244.5	Corn,Wheat,Gluten,Tomato,Dairy
Beef Egg and Cheese Burrito	1 Each	9.94	3.86	10.37	3.13	22.31	222.88	Corn,Wheat,Gluten,Tomato,Egg,Dairy
Beef Egg and Cheese Burrito NNC	1 Each	9.94	3.86	10.37	3.13	22.31	222.88	Corn,Wheat,Gluten,Tomato,Egg,Dairy
Beef Teriyaki Dippers Rice Bowl	1 Serving	19.47	2.77	8.49	6.01	71.25	434.36	Corn,Soy,Wheat
Beef Teriyaki Dippers Rice Bowl NNC	1 Serving	20.88	3.23	9.94	6.09	88.97	525.49	Corn,Soy,Wheat
Berry Berry Blue Vegetable Slush	1 Each	15	0	0	0	19	113.4	Corn
Blueberry Muffin	1 Each	2	0	3.5	1	23	130	Wheat,Gluten,Egg,Dairy

Name	Serving Size	Protein (gm)	Saturated Fat (gm)	Total Fat (gm)	Fiber (gm)	Carbohydrate (gm)	Calories	Allergens
Blueberry Smoothie Cup	1 Serving	10	2	4.27	2.54	36.72	210.88	Corn,Dairy
Breaded Cheese Fish Wedge	1 Serving	16.06	1	10.04	1	19.07	230.81	Corn,Fish,Soy,Wheat,Gluten,Dairy
Breaded Cheese Fish Wedge NNC	1 Serving	16.06	1	10.04	1	19.07	230.81	Corn,Fish,Soy,Wheat,Gluten,Dairy
BREADED FISH STRIPS	1 SERVING	16.28	2.61	19.98	2.19	26.82	349.26	Dairy,Gluten,Fish,Soy,Wheat,Corn
Buffalo Chicken Wings	1 Serving	33.49	11.16	40.94	0	1.86	521.02	
Buffalo Chikn Nuggets	1 Serving	14.1	1.01	8.04	4.02	22.12	221.17	Corn,Soy,Wheat,Gluten
Buttery Maple Waffle	1 Each	6	4	9	2	37	250	Wheat,Gluten,Egg,Dairy
Buttery Maple Waffle NNC	1 Each	6	4	9	2	37	250	Dairy,Egg,Gluten,Wheat
Cabbage and Kale Winter Salad	1 Serving	0.71	0.02	0.13		2.86	13.64	No Allergens
Cabbage and Kale	0	22	1.49	3.87	1.73	22.53	219.54	Dairy,Tomato,Corn
Cabbage and Kale Salad	0	0.5	0	0	1	3.8	16.2	Tomato
Caesar Dressing	1 Each	0.99	2.47	13.85	0	1.98	138.45	Fish,Dairy
Cafe LA Burger	1 Burger	15	2.5	8.1	2.1	26.5	242	Soy,Wheat,Gluten
Cafe LA Burger NNC	1 Burger	15	2.5	8.1	2.1	26.5	242	Soy,Wheat,Gluten
Cafe LA Cheeseburger	1 Burger	18.5	3.75	10.1	2.1	27.5	277	Soy,Wheat,Gluten,Dairy
Cafe LA Cobb Salad NNC	1 Serving	17.17	5.2	13.88	2.81	12	220.81	Corn,Wheat,Gluten,Tomato,Egg,Dairy
Cafe LA Coffee Cake	1 Each	6	1.5	12	2	46	310	Dairy,Egg,Wheat,Soy
Cafe LA Coffee Cake	1 Each	5	1.5	12	1	49	310	Corn,Soy,Wheat,Gluten,Egg,Dairy
Cafe LA Coffee Cake NNC	1 Each	5	1.5	12	2	46	310	Soy,Wheat,Egg,Dairy
Cafe LA Salad	1 Serving	0.49	0.01	0.08	0.68	2.41	10.85	Tomato
Cafe LA Salad NNC	1 Serving	0.49	0.01	0.08	0.68	2.41	10.85	Tomato
Carnitas Bowl with Rice Beans	1 Serving	28.49	6.01	19.27	9.46	81.57	624.57	Corn,Soy,Tomato
Carnitas Bowl with Rice Beans NNC	1 Serving	29.92	6.47	20.72	9.55	99.72	717.75	Soy,Tomato,Corn
Celery Sticks	1 Ind Bag	0.45	0.03	0.11	1.04	1.94	10.43	No Allergens
Celery Sticks with Ranch Dressing	1 Serving	1.02	1.96	10.48	1.13	2.91	111.63	
Cheese Chilaquiles	1 Each Tray	8.79	5.49	15	0.26	18.42	240.64	Corn,Soy,Tomato,Dairy
Cheese Chilaquiles NNC	1 Each Tray	8.79	5.49	15	0.26	18.42	240.64	Corn,Soy,Tomato,Dairy
Cheese Lasagna Roll Up	1 Serving	16.47	4.86	9.24	4.27	35.36	330.95	Dairy,Tomato,Gluten,Wheat,Corn
Cheese Lasagna Roll Up NNC	1 Serving	16.47	4.86	9.24	4.27	35.36	330.95	Dairy,Tomato,Gluten,Wheat,Corn
Cheese Lunch Pack	1 Each Kit	19.2	6.04	11.2	4.04	33.41	307.78	Corn,Wheat,Gluten,Tomato,Dairy
Cheese Mozzarella Plank	Each 1 oz.	6	6	8	0	1	100	

Name	Serving Size	Protein (gm)	Saturated Fat (gm)	Total Fat (gm)	Fiber (gm)	Carbohydrate (gm)	Calories	Allergens
Cheese Pizza Wedge	1 Serving	18.81	6.1	12.85	3.03	34.58	327.81	Wheat,Gluten,Tomato,Dairy
Cheese Pizza Wedge NNC	1 Serving	18.81	6.1	12.85	3.03	34.58	327.81	Wheat,Gluten,Tomato,Dairy
Cheeseburger Sliders	1 Twin Pack	19.7	2.9	8	2	31.1	128.99	Corn,Soy,Wheat,Gluten,Dairy
Cheeseburger Sliders NNC	1 Twin Pack	19.7	2.9	8	2	31.1	128.99	Corn,Soy,Wheat,Gluten,Dairy
Cheesy Flatbread	1 Each	21	5.79	11	2.5	33	315	Corn,Wheat,Gluten,Tomato,Dairy
Cheesy Flatbread NNC	1 Each	21	5.79	11	2.5	33	315	Corn,Wheat,Gluten,Tomato,Dairy
Cheesy Garlic Bread	1 Each	20.5	8	21.71	2	29	385	Corn,Soy,Wheat,Gluten,Dairy
Cheesy Garlic Bread NNC	1 Each	20.5	8	21.71	2	29	385	Corn,Soy,Wheat,Gluten,Dairy
Cheesy Pillows	1 Each	15	5	14	0	29	290	Corn,Wheat,Gluten,Dairy
Cheezit Crackers	1 Each Pkg	3	1	3.5	1	14	100	Soy,Wheat,Gluten,Dairy
Chef Salad with Ranch Dressing	1 Serving	15.58	4.85	13.01	2.81	13.47	207.33	Corn,Wheat,Gluten,Tomato,Egg,Dairy
Cherry Smooth Cup	1 Each	0	0	0	0	22	100	No Allergens
Chicken Breast Tenders (USFA)	1 SERVING	18.28	1.52	9.14	2.03	15.23	294.6	Corn,Soy,Wheat,Gluten
Chicken Caesar Salad	1 Serving	19.6	4.03	15.18	2.81	8.35	241.65	Corn,Wheat,Gluten,Tomato,Dairy
Chicken Caesar Salad NNC	1 Serving	16.32	2.13	8.84	2.81	9.07	179.65	Wheat,Gluten,Tomato,Dairy
Chicken Chorizo and Cheese Bolillo	1 EACH	15.99	5.98	11.17	18.85	29.41	295	Dairy,Tomato,Gluten,Wheat,Soy
Chicken Chorizo and Cheese Bolillo NNC	1 EACH	15.99	5.98	11.17	18.85	29.41	295	Dairy,Tomato,Gluten,Wheat,Soy
Chicken Chorizo and Cheese Sunrise	1 Each	10.8	3.03	5.8	1.5	17.48	170.85	
Chicken Corn Dog	1 Each	14	3.5	16	3	26	300	Corn,Soy,Wheat,Gluten,Honey,Egg,Dairy
Chicken Drumstick and Mashed Potatoes	1 Serving	18.38	3.42	12.59	1.74	24.38	288.51	Corn,Wheat
Chicken Drumstick & Mashed Potatoes NNC	1 Serving	18.38	3.42	12.59	1.74	24.38	288.51	Corn,Wheat
Chicken Dumplings	1 Serving	17.29	0.5	7		43.2	291.13	Soy,Wheat,Gluten,Corn
Chicken Dumplings NNC	1 Serving	17.86	0.53	7.35	2.1	32.56	252.1	Corn,Soy,Wheat,Gluten
Chicken Filet Sandwich (USFA)	1 SERVING	22.99	1.7	11.99	4	43	438	Corn,Soy,Wheat,Gluten
Chicken Tenders	1 Serving	20	2	12	2	12	220	Soy,Wheat,Gluten
Chicken Tenders NNC	1 Hot Pack	20	2	12	2	12	220	Soy,Wheat,Gluten
Chicken Yakisoba & Egg Roll	1 SERVING	24.31	1.4	7.39	3.72	66.59	442.1	Corn,Soy,Wheat,Gluten
Chickpea Butter and Jelly Sandwich	1 Each	15	2.5	26	10	73	570	
CHIK'N NUGGETS NNC	1 Serving	14.83	1.85	11.12	3.7	24.72	247.23	Corn,Soy,Wheat,Gluten
CHIK'N NUGGETS PREP	1 Serving	14.83	1.85	11.12	3.7	24.72	247.23	Corn,Soy,Wheat,Gluten
CHIK'N SANDWICH NNC	1 SANDWICH	17	1	15	3	42	360	Corn,Soy,Wheat,Gluten

Name	Serving Size	Protein (gm)	Saturated Fat (gm)	Total Fat (gm)	Fiber (gm)	Carbohydrate (gm)	Calories	Allergens
CHIK'N SANDWICH PREP	1 SANDWICH	17	1	15	3	42	360	Corn,Soy,Wheat,Gluten
Chilled Berry CupStrawBlue	1 Serving	0	0	0.74	2.32	10.35	40.12	No Allergens
Chinese Chicken Salad NNC	1 Serving	3.57	0.1	3.59	2.52	12.81	89.27	Corn,Soy,Wheat,Gluten,Egg
Chinese Chicken Salad with Dressing	1 Serving	14.57	1.13	7.03	2.52	21.5	171.77	Corn,Soy,Wheat,Gluten,Egg
Chocolate Belly Bear Crackers	1 Each Pkg	2	0	4	2	20	120	Wheat,Gluten
Chocolate Chip Muffin	1 SERVING	5	2	9	2	47	280	Wheat,Gluten,Egg,Dairy,Soy
Chocolate No Nut Butter Kit	1 Each Kit	10	2.5	32.5	8	68	590	Soy,Dairy,Egg,Wheat
Churro	1 Each	3	1.5	4	1	23	140	Corn,Soy,Wheat,Gluten,Egg,Dairy
Cinna Twins	1 Each	4	2	6	4	46	240	Wheat,Dairy
Cinna Twins NNC	1 Each	4	2	6	4	46	240	Wheat,Dairy
Cinnamon French Toast	1 Each	8	2	8	2	26	210	
Cinnamon Pan Dulce	1 Each	5	1.5	6.5	2	33	200	Corn,Soy,Wheat,Gluten,Egg,Dairy
Cinnamon Swirl IW	1 Each	6	2.5	9	3	48	300	Wheat,Soy,Egg,Corn,Dairy
Cooked Broccoli	0	1.45	0.02	0.19	1.34	3.42	17.53	No Allergens
Cooked Broccoli Buds	0	2.3	0	0	2.3	4.6	28.9	No Allergens
Cooked Carrots	1 Serving	0.52	0.1	0.62	2.98	7.11	34.79	No Allergens
Cooked Carrots	1 Serving	0.52	0.1	0.62	2.98	7.11	34.79	No Allergens
Cooked Edamame (NNC)	1 SERVING	10	0.5	4	4	6	90	Soy
Cooked Edamame (PREP)	1 SERVING	10	0.5	4	4	6	90	Soy
Cornbread	1 Each	3	0.5	6	1	33	190	Corn,Wheat,Gluten,Egg,Dairy
Creamy Mashed Potatoes	1 Serving	1.98	0.49	0.87	1.74	18.53	89.35	Dairy
Creamy Mashed Potatoes NNC	1 Serving	1.98	0.49	0.87	1.74	18.53	89.35	Dairy
Crispy Chicken Sandwich	1 Sandwich	19	2.5	16	5	45	390	Soy,Wheat,Gluten
Crispy Chicken Sandwich NNC	1 Sandwich	19	2.5	16	5	45	390	Soy,Wheat,Gluten
Deep Dish Pepperoni Pizza	1 Each	17	6	13	3	31	310	Corn,Soy,Wheat,Gluten,Tomato,Dairy
Deep Dish Pepperoni Pizza NNC	1 Each	17	6	13	3	31	310	Corn,Soy,Wheat,Gluten,Tomato,Dairy
Deluxe Cereal Bowl	1 Each Bowl	3.8	0.4	4.2	3.8	45.4	261.6	Corn,Soy,Wheat,Gluten,Honey
Diner Salad Chicken	0	13	3.8	18.7	1.5	5.3	245	Egg,Corn,Soy,Tomato
Diner Salad Egg	0	7.5	5.3	24	1.6	6.2	269.9	Corn,Soy,Tomato,Egg
Diner Salad Tuna	0	15.4	3.4	19	1.3	5.5	253.6	Egg,Tomato,Corn,Fish,Soy
Egg and Cheese Croissant Sandwich	1 Sandwich	8	3.5	10	2	19	190	Soy,Wheat,Gluten,Honey,Egg,Dairy

Name	Serving Size	Protein <i>(gm)</i>	Saturated Fat <i>(gm)</i>	Total Fat <i>(gm)</i>	Fiber <i>(gm)</i>	Carbohydrate <i>(gm)</i>	Calories	Allergens
Egg and Cheese Croissant Sandwich NNC	1 Sandwich	8	3.5	10	2	19	190	Soy,Wheat,Gluten,Honey,Egg,Dairy
Egg Bake Bite and Blueberry Muffin	1 Serving	8	2.5	12.5	2	26	250	Corn,Soy,Wheat,Gluten,Egg,Dairy
Egg Bake Bite and Blueberry Muffin NNC	1 Serving	8	2.5	12.5	2	26	250	Corn,Soy,Wheat,Gluten,Egg,Dairy
Enchilada Bowl with Rice Beans	1 Serving	31.93	13.34	24.75	11.13	83.78	684.13	Corn,Soy, Tomato,Dairy
Enchilada Bowl with Rice Beans NNC	1 Serving	32.59	13.57	25.45	11.15	92.26	727.92	Dairy,Tomato,Soy,Corn
Fiesta Bean and Cheese Burrito	1 Each	9.16	2.21	6.4	4.36	29.95	214.02	Corn,Soy,Wheat,Gluten,Dairy
Fiesta Bean and Cheese Burrito NNC	1 Each	9.16	2.21	6.4	4.36	29.95	214.02	Corn,Soy,Wheat,Gluten,Dairy
Fiesta Pinto Beans	1 Serving	9.69	0	0.02	6.79	28.7	163.54	No Allergens
Fiesta Pinto Beans NNC	1 Serving	9.69	0	0.02	6.79	28.7	163.55	No Allergens
Fiestada Stuffed Sandwich	1 Each	18	7	14	3	31	320	Soy,Wheat,Egg,Dairy
Fiestada Stuffed Sandwich NNC	1 Each	18	7	14	3	31	320	Soy,Wheat,Egg,Dairy
Food and Nutrition Crackers	1 Ind. Bag	2	0	4	2	22	120	Dairy,Egg,Honey,Gluten,Wheat,Soy
French Toast Trio	1 Each	7.66	2.1	8.79	2.52	31	207.77	Corn,Soy,Wheat,Gluten,Egg,Dairy
French Toast Trio NNC	1 Each	7.66	2.1	8.79	2.52	31	207.77	Corn,Soy,Wheat,Gluten,Egg,Dairy
Fresh Apple	1 Each	0	0	0	5.12	20.48	87.04	No Allergens
Fresh Apple Crunch Special	1 Each	0	0	0	4	25	95	No Allergens
Fresh Apple Slices	1 2 oz Bag	0	0	0	3.53	14.11	59.96	No Allergens
Fresh Banana	1 Each	0.89	0.09	0.27	2.12	18.66	72.73	No Allergens
Fresh Cauliflower with Ranch	1.8 Ounce	0.5	1.93	10.36	0	0.8	110.7	Corn,Soy,Egg,Dairy
Fresh Fruit	1 Each	0.57	0.02	0.1	3.5	18.91	76.57	No Allergens
Fresh Grapes	3.1 Ounce	0	0	0	0.65	14.9	58.32	No Allergens
Fresh Kiwi	Each Kiwi	0.96	0.02	0.44		12.31	51.24	No Allergens
Fresh Nectarine	1 Each	1.2	0.03	0.36	1.93	11.96	49.9	No Allergens
Fresh Peach	Each Peach	1.02	0.02	0.28	1.68	10.68	43.68	No Allergens
Fresh Persimmon	0	0		0	0	0	0	No Allergens
Fresh Pineapple Chunks	1 Serving	0.42	0.01	0.09	1.08	10.09	38.44	No Allergens
Fresh Pineapple Chunks NNC	1 Serving	0.42	0.01	0.09	1.08	10.09	38.44	No Allergens
Fresh Plum	1 Each	0.71	0.02	0.28	1.41	11.51	46.36	No Allergens
Fresh Plum	1 Each	0.71	0.02	0.28	1.41	11.51	46.36	No Allergens
Fresh Plum	1 Each							No Allergens
FRESH STRAWBERRIES	1 SERVING	0.51	0	0	1.54	5.92	24.7	

Name	Serving Size	Protein (gm)	Saturated Fat (gm)	Total Fat (gm)	Fiber (gm)	Carbohydrate (gm)	Calories	Allergens
Fresh Watermelon Chunks	1 Serving	0.56	0.01	0.14	0.37	6.99	27.77	No Allergens
Fresh Watermelon Chunks NNC	1 Serving	0.56	0.01	0.14	0.37	6.99	27.77	No Allergens
Frozen Black Cherry Juice Cup	1 Each	0	0	0	0	22	90	No Allergens
Frozen Strawberry Creamsicle	1 Each	0	0	0	0	23	90	Corn
Fruit Juice	1 Each 4 oz.	0.33	0	0	0	14.5	56.66	No Allergens
Grande Burger	1 Burger	20.6	6.4	17.6	2.3	29.9	357	Soy,Wheat,Gluten
Grande Burger NNC	1 Burger	20.6	6.4	17.6	2.3	29.9	357	Soy,Wheat,Gluten
Grande Cheeseburger NNC	1 Burger	24.1	7.65	19.6	2.3	30.9	392	Soy,Wheat,Gluten,Dairy
Granola	1 Ind. Bag	6	1	6	4	40	240	Soy,Wheat,Gluten
Ham and Cheese Croissant Sandwich	1 Each	13	9	15	0	27	300	Wheat,Gluten,Egg,Dairy
Hawaiian Roll	1 Each	4	0	3	2	28	150	Soy,Wheat,Gluten
Honey Biscuit	1 Biscuit	3.99	1.99	5.98	1.99	29.9	189.37	Corn,Soy,Wheat,Gluten,Honey,Dairy
Honey Biscuit NNC	1 Each	0.02	0.01	0.03	0.01	16	1	Corn,Soy,Wheat,Gluten,Honey,Dairy
Honey Maid Squares	1 Serving	2	0	3	2	24	130	Soy,Wheat,Gluten,Honey
Hummus Cup	1 Each	9	0	0	7	27	170	No Allergens
Impossible Burger	1 Burger	19	4.5	12	6	36	320	Corn,Soy
IMPOSSIBLE CHIK`N NUGGETS NNC	1 SERVING	12.99	9.99	9.99	6.99	17.99	219.93	Corn,Soy,Wheat,Gluten
IMPOSSIBLE CHIK`N NUGGETS PREP	1 Serving	12.99	9.99	9.99	6.99	17.99	219.93	Corn,Soy,Wheat,Gluten
Italian Dressing	1 serving	0	1.42	9.45	0	2.84	94.5	Soy
Jicama Sticks	1 Serving	0.51	0.01	0.06	3.47	6.25	26.93	No Allergens
Jicama Sticks	1 Ind. Bag	0.49	0.01	0	3.33	6	0	No Allergens
JR. Western Cheese Burger	1 Burger	20	4.15	12.98	3.29	49.78	401.12	Soy,Wheat,Gluten,Tomato,Egg,Dairy,Corn
Ketchup	1 Each	0.1	0	0.01	0.1	2.61	11.09	Tomato
Ketchup	1 Each							Tomato
Kumquats	1 SERVING	3	0	1	9	0	90	Citrus
Kung Pao Chicken & Broccoli Rice Bowl NNC	1 Serving	21.8	1.5	5.87	3.84	77	442.49	Corn,Soy,Wheat,Gluten,Egg
Kung Pao Chicken and Broccoli Rice Bowl	1 Serving	20.37	1.03	4.42	3.75	59	350.42	Corn,Soy,Wheat,Gluten,Egg
Lettuce and Tomato	1 Serving	0.69	0.02	0.16	1.11	2.2	10.85	Tomato
Lettuce and Tomato NNC	1 Serving	0.69	0.02	0.16	1.11	2.2	10.85	Tomato
Loaded Cheeseburger	1 Burger	17	5	12	3	37	320	
Mac N Cheese	1 Serving	20.61	15.76	25.45	2.42	27.88	230.3	Dairy,Gluten,Wheat,Corn

Name	Serving Size	Protein (gm)	Saturated Fat (gm)	Total Fat (gm)	Fiber (gm)	Carbohydrate (gm)	Calories	Allergens
Mac N Cheese NNC	1 Serving	24.14	17.52	28.49	2.42	28.38	275.86	Corn,Wheat,Gluten,Egg,Dairy
Mac N Cheese NNC	1 Serving	25.02	12.37	20.46	7.09	51.86	477.73	Dairy,Gluten,Wheat
Mac N Cheese scratch	1 Serving	25.02	12.37	20.46		51.86	477.73	Dairy,Corn,Wheat,Gluten
Managers Choice Smoothie	1 Serving	6.67	1.33	3.94	3.88	50.07	251	Dairy
Mango Smoothie	1 Serving	7.4	1.99	3.35	1.41	38.88	263	Corn,Dairy
Mango Sorbet	Each 4 Fl Oz	0	0	0	1	23	76	
Maple Waffle	1 EACH	4	3.5	12	2	36	260	Gluten,Wheat,Soy,Egg,Corn,Dairy
Marinara Cup	1 Each	1	0	1	2	7	40	Tomato
Marinara Cup	1 Each	1	0	1	2	7	40	Tomato
Mashed Sweet Potatoes	1	0	0	0	1.03	24.05	98.16	No Allergens
Mayo	1 Each	0	0	2.5	0	1	25	Corn,Egg,Dairy
Meatball Sub Sandwich	1 SERVING	23.11	2.97	11.37	3.5	38.9	342.81	Wheat,Gluten,Tomato,Egg,Dairy
Mesquite Glazed Chicken	1 Serving	15.74	5.62	22.49	0	4.5	281.12	Corn,Soy
Mesquite Glazed Chicken NNC	1 Serving	15.74	5.62	22.49	0	4.5	281.12	Corn,Soy
Mexicali Salad Cabbage and Kale	1	14.5	3.1	5	9.6	40.3	246.4	Tomato,Dairy,Corn
Mexicali Salad with Dressing	1 Serving	11.82	3.11	6.32	13.78	39.5	235.26	Dairy,Tomato,Corn
Mexicali Salad with Dressing NNC	1 Serving	11.82	3.11	6.32	13.78	39.5	235.26	Corn,Tomato,Dairy
Milk Chocolate NonFat	1 (1/2 pint)	8	0	0	0	22	120	Corn,Dairy
Milk Chocolate NonFat	1 (1/2 pint)	8	0	0	0	22	120	Dairy,Corn
Milk Lactose Free	1 Each	7.99	0	0	0	12	90	Dairy
Milk Low Fat	1 (1/2 pint)	11	1.5	2.5	0	16	120	Dairy
Milk NonFat	1 (1/2 pint)	9	0	0	0	12	90	Dairy
Milk Strawberry NonFat	1 (1/2 pint)	9	0	0	0	20	120	Dairy
Milk Vanilla Soy	1 Each	8	0.5	4.5	2	18	150	Soy
Mixed Berry Pop	1 EACH	1	0	0	2	18	70	No Allergens
Mixed Fruit Cup	1 Each	1	0	0	1	19	80	No Allergens
Morning Beef Sausage Sandwich	1 Sandwich	12.58	1.94	6.63	2.08	26.3	213.98	Wheat,Gluten
Morning Beef Sausage Sandwich NNC	1 Sandwich	12.58	1.94	6.63	2.08	26.3	213.98	Wheat,Gluten
Mustard	1 Each	0	0	0	0	4.13	0	No Allergens
Nashville Hot Tenders	1 Serving	19.75	2.28	12.16	1.52	16.71	258.31	Corn,Wheat,Gluten
Nashville Hot Tenders NNC	1 Serving	19.75	2.28	12.16	1.52	16.71	258.31	Corn,Wheat,Gluten

Name	Serving Size	Protein (gm)	Saturated Fat (gm)	Total Fat (gm)	Fiber (gm)	Carbohydrate (gm)	Calories	Allergens
Onion Rings	1 Serving	6	2	14	4	59.99	400	Corn,Soy,Wheat,Gluten,Egg,Dairy
Orange	Each	1.2	0	0	0.4	9.7	44.5	No Allergens
Oven Fried Chicken Drumstick	1 Each	16.4	2.93	11.72	0	5.86	199.16	Corn,Wheat,Gluten
Oven Fried Chicken Drumstick NNC	1 Each	16.4	2.93	11.72	0	5.86	199.16	Corn,Wheat,Gluten
Paradise Punch Veg Juice Box	1 Each	0	0	0	0	16	0	No Allergens
Peach Cup	1 Each	1	0	0	1	15	70	No Allergens
Peach Pop	1 Each	0	0	0	1	18	50	No Allergens
Peach Smoothie Cup	1 Serving	11.29	2	3	1.29	35.59	211.55	Corn,Dairy
Peachy Peaches	1 Serving	0	0	0	0.99	13.91	59.62	No Allergens
Pear	1 Each	1	0	0	6	26	100	No Allergens
Penne Rigati with Turkey Meatballs	1 Serving	25.4	1.15	8.87	9.8	80	488.28	Wheat,Gluten,Tomato,Egg,Dairy
Penne Rigati with Turkey Meatballs NNC	1 Serving	25.4	1.15	8.87	9.8	76.87	488.28	Wheat,Gluten,Tomato,Egg,Dairy
Pepperoni Pizza Wedge	1 Serving	19	8	16	4	35	360	Corn,Soy,Wheat,Gluten,Tomato,Dairy
Perfect Pears	1 Serving	0.39	0	0.12	2.06	15.59	59.81	No Allergens
Persian Cucumber	1 Each	0	0	0	9.4	9.39	84.5	No Allergens
Pluot	EACH PLUOT	0.5	0	0	1.5	9.5	40	No Allergens
Possible Burger	1 Serving	21	0	6.5	5	38	290	Corn,Soy,Wheat,Gluten
Possible Burger NNC	1 Burger	21	0	6.5	5	37.99	290	Corn,Soy,Wheat,Gluten
Ranch Dressing	1 Each Packet	0	0	0.6	0	4	21	Corn,Soy,Dairy
Ranch Dressing	1 serving	0	2.44	15.64	0	0.98	146.64	Dairy,Egg,Soy
Raspberry Passion Fruit Slush	1 Each	0	0	0	0	15	60	Corn
Red Seedless Grapes	1 Bag (3 oz)	1	0	0	1	15	60	No Allergens
Romaine Mix Salad	1 Serving	0.42	0.01	0.07	0.62	1.52	7.13	No Allergens
Romaine Mix Salad NNC	1 Serving	1	0	0	2	4	25	No Allergens
Romaine Mix Salad NNC	1 Serving	0.42	0.01	0.07	0.62	1.52	7.13	No Allergens
Salisbury Steak and Mashed Potato Bowl	1 Serving	14.9	2.86	7.08	2.62	23.6	220.28	Corn,Soy
Salisbury Steak & Mashed Potato Bowl NNC	1 Serving	14.93	3.37	9.72	2.89	23.13	241.31	Corn,Soy
Salsa Cup	1 Each	0	0	0	0	5.1	25.52	Tomato
Sour Watermelon Cup	1 Each	0	0	0	3	19.99	70	No Allergens
Spicy Breaded Chicken Sandwich	1 Sandwich	24	2	12	3	38	350	Corn,Soy,Wheat,Gluten
Spicy Breaded Chicken Sandwich NNC	1 Sandwich	24	2	12	3	38	350	Corn,Soy,Wheat,Gluten

Name	Serving Size	Protein (gm)	Saturated Fat (gm)	Total Fat (gm)	Fiber (gm)	Carbohydrate (gm)	Calories	Allergens
Spicy Chicken Filet Sandwich (USFA)	1 SERVING	25	1.5	11	4	44.99	438	Gluten,Corn,Soy,Wheat
Strawberry Smoothie	1 Serving	11.38	1	3	2.77	33.7	201	Corn,Dairy
Sunrise Muffin	1 Each	4	1	7	3	45	260	Wheat,Gluten,Egg,Dairy
Sweet Corn	1 serving	2.18	0.09	0.58	2.07	16.07	68.45	Corn
Sweet Corn NNC	1 serving	2.18	0.09	0.58	2.07	17	68.45	Corn
SWEET PEPPERS	1 SERVING	0.66	0	0	0.66	3.33	16.67	
Taco Sauce	1 Each	0.1	0.02	0.02	0.12	0.76	3.83	Corn,Tomato
Tajin	1 Each	0	0	0	0	0	2	No Allergens
Thick Cut Fries	1 Serving	2.22	0	3.89	0	16.68	111.18	Corn,Soy
Thick Cut Fries NNC	1 Serving	2.22	0	3.89	0	16.68	111.18	Corn,Soy
THREE BEAN VEGAN CHILI NNC	1 SERVING	10	0	0.5	11	33	180	Corn,Soy,Tomato
THREE BEAN VEGAN CHILI PREP	1 SERVING	10	0	0.5	11	33	180	Corn,Soy,Tomato
Three Cheese Calzone	1 Each	16	6	12	3	40	320	Corn,Soy,Wheat,Gluten,Tomato,Dairy
Three Cheese Calzone NNC	1 Each	16	6	12	3	40	320	Corn,Soy,Wheat,Gluten,Tomato,Dairy
Toasted Cheese Sandwich	1 Sandwich	14.22	7.74	14.21	3	31.24	305.58	Corn,Soy,Wheat,Gluten,Dairy
Toasted Cheese Sandwich NNC	1 Sandwich	14.22	7.74	14.21	3	31.24	305.58	Corn,Soy,Wheat,Gluten,Dairy
Toasted Cheese Sandwich Scratch Recipe	1 Sandwich	22.36	5.89	11.48	2.09	43.69	361.55	Soy,Wheat,Gluten,Dairy
Tostitos Chips	1 Each Bag	3	1	7	3	28	190	Corn
Tuna Lemon Pepper Pouch	1 Each Pouch	17	0	0.5	0	0	80	Fish
Tuna Sandwich	1 Sandwich	22.73	3.37	21	2.19	39.88	438.69	Corn,Fish,Soy,Wheat,Gluten,Egg
Tuna Sandwich NNC	1 Sandwich	22.73	3.37	21	2.19	39.88	438.69	Corn,Fish,Soy,Wheat,Gluten,Egg
TURKEY & CHEESE PENNE PASTA	1 SERVING	30.58	3.61	12.54	9.79	73.38	536.45	Wheat,Gluten,Tomato,Dairy
Turkey Bologna and Cheese Sandwich	1 Sandwich	19	4	4	2	28.99	280	Soy,Wheat,Gluten,Dairy
Turkey Breast and Cheese Sandwich NNC	1 Sandwich	24.36	2.5	6.84	2.09	41.69	318.89	Soy,Wheat,Gluten,Dairy
Turkey Breast and Cheese Sandwich	1 Sandwich	24.36	2.5	6.84	2.09	41.69	318.89	Soy,Wheat,Gluten,Dairy
Turkey Ham & Cheese Sandwich Grab n Go	1 Sandwich	19	3.5	9	2	42.69	250	Corn,Soy,Wheat,Gluten,Dairy
Turkey Ham and Cheese Sandwich NNC	1 Sandwich	22.36	3.5	9.09	2.09	42.69	338.89	Soy,Wheat,Gluten,Dairy
Turkey Meatball Sub Sandwich NNC	1 Sandwich	23.12	2.97	11.38	3.51	38.91	342.81	Wheat,Gluten,Tomato,Egg,Dairy
Turkey Pot Roast and Mashed Potato Bowl	1	22	1.49	3.87	1.73	22.53	219.54	Corn,Tomato,Dairy
Turkey Pot Roast and Mashed Potato Bowl	1 Serving	22.01	1.49	3.88	1.74	22.53	219.55	Corn,Tomato,Dairy
Turkey Stick	1 Each	8	0	1	0	0	40	No Allergens

Name	Serving Size	Protein (gm)	Saturated Fat (gm)	Total Fat (gm)	Fiber (gm)	Carbohydrate (gm)	Calories	Allergens
Turkey Taco Nada	1 Each	17	2.5	8	4	31	260	
Turkey with Mashed Potato & Gravy Stuffing Bowl	1 Serving	21.71	6.45	7.04		38.15	321.14	Corn,Soy,Wheat,Gluten,Dairy
VEGAN BURRITO NNC	1 EACH	15	1	7	8.99	49	310	Corn,Soy,Wheat,Gluten
VEGAN BURRITO PREP	1 EACH	15	1	7	8.99	49	310	Corn,Soy,Wheat,Gluten
Walking Taco Nachos	1 Serving	18.1	7.9	19	3.6	34.6	392.6	Corn,Tomato,Dairy
Watermelon Wedge	2 Wedge	0.5	0	0	0.53	11.2	42.67	No Allergens
Western Cheeseburger	0	25.6	8.05	22.48	4	53.18	516.12	Corn,Soy,Wheat,Gluten,Tomato,Egg,Dairy
Whole Wheat Crackers	1 Ind. Bag	3	1	5	3	30	180	Gluten,Wheat,Honey,Soy
Winter Salad Cab-Kale n		0.06	0	0	1.2	3.5	15.2	No Allergens
Winter Salad Cabbage and Kale	0	0.6	0	0	1.2	3.5	15.2	No Allergens
Yangs Orange Chicken & Broccoli Rice Bowl NNC	1 Serving	18.68	0.99	5.84	3.83	85	463.7	Corn,Soy,Wheat,Gluten,Egg
Yangs Orange Chicken & Broccoli Rice Bowl	1 Serving	17.28	0.52	4.4	3.75	67.06	372.61	Corn,Soy,Wheat,Gluten,Egg
Yellow Submarine Sandwich	1 Sandwich	22.67	3.17	8.5	2	29.67	276.67	Soy,Wheat,Gluten,Dairy
Yellow Submarine Sandwich NNC	1 Sandwich	22.33	3	8.5	2	30	276.67	Soy,Wheat,Gluten,Dairy
Yogurt Strawberry Banana 4 oz	1 Each 4 oz.	3.52	0	0	0	12.34	61.72	Corn,Wheat,Gluten
Yogurt Strawberry 8 oz	1 Each 8 oz	6	0	0	0	38	180	Dairy,Corn
Yogurt Parfait Blueberries	1 Serving	10	2	4.27	2.54	36.72	210.88	Gelatin,Corn,Dairy
Yogurt Parfait Strawberries	1 Serving	10	2	3	3.65	36.76	205.56	Gelatin,Corn,Dairy