Specification Index

Recipe #	Item Description	Serving Size	Calories	Fat	Sat Fat	Sodium	Carbs	Allergens
Lunch Items								
804	Asian Noodle Salad	1 Serving	356 kcal	10.04 g	2.44 g	576.82 mg	46.28 g	Soy, Wheat
769	BBQ Chicken Flatbread	1 each	368 kcal	14 g	7 g	822.05 mg	44.01 g	Milk, Soy, Wheat
692	BBQ Pulled Pork Sandwich	4 oz Pulled Pork + Ham Bun	320 kcal	8 g	2.1 g	836 mg	42 g	Wheat
375	BBQ Rib Sandwich	2.25 oz Rib Patty + Ham Bun	260 kcal	7.4 g	1.9 g	560 mg	33.3 g	Soy, Wheat
742	Bean & Cheese Burrito (MS)	7 oz	340 kcal	13 g	7 g	680 mg	36 g	Milk, Soy, Wheat
633	Bean & Cheese Burrito (Elem)	5.2 oz	291 kcal	8.29 g	3.62 g	478.94 mg	40.95 g	Milk, Soy, Wheat
727	Buffalo Chicken Salad (MS)	1 Each	393 kcal	19 g	4.5 g	1360 mg	30.81 g	Milk, Eggs, Soy, Wheat
708	Caesar Salad (MS)	1 Each	538 kcal	30.22 g	9.36 g	1633.56 mg	27.21 g	Milk, Eggs, Wheat
795	Carnitas Tacos	2 Tacos	260 kcal	8.5 g	2.6 g	691 mg	27 g	Soy, Wheat
704	Cheese Bread Sticks w Marinara Cup	2- 7" Breadsticks + Marinar Cup	460 kcal	15 g	6 g	740 mg	59 g	Milk, Wheat
559	Cheeseburger w tater Tots	2.25 oz Patty + .5oz Cheese + Ham Bun + 8 Tater tots	484 kcal	23.3 g	7.7 g	1076 mg	47.2 g	Milk, Soy, Wheat
772	Cheese Quesadilla	1 each	340 kcal	17 g	9 g	650 mg	30 g	Milk, Wheat
707	Chef Salad (MS)	1 Each	493 kcal	22.46 g	5.61 g	1120.67 mg	48.26 g	Milk, Eggs, Wheat
779	Chicken Caesar Wrap	1 each	546 kcal	27 g	7 g	1096 mg	50.83 g	Milk, Eggs, Fish, Wheat
773	Chicken Chow Mein	8 oz	287 kcal	5 g	2 g	717.51 mg	40.88 g	Egg, Soy, Wheat
654	Chicken Nuggets w Cheez-its	3.5 oz Nuggets + 1 bag cheez-its	340 kcal	16.5 g	3 g	520 mg	32 g	Soy, Wheat
805	Chicken Parmesan Sandwich	1 Sandwich	467 kcal	20.45 g	7 g	1213.5 mg	48.44 g	Milk, Soy, Wheat
565	Chicken Patty Sandwich	3.5 oz Patty + Ham Bun	350 kcal	13 g	2 g	980 mg	42 g	Soy, Wheat
706	Chicken Soft tacos (2)	3 oz Chicken + 1oz Cheese + 2 Tortillas	184 kcal	7.26 g	3.38 g	492.35 mg	15.38 g	Milk, Wheat
778	Chili w Cornbread	6 oz chili + 1.65 oz cornbread	328 kcal	12.13 g	3.3 g	333.36 mg	36.4 g	Soy

581	Corn Dog	4 oz	270 kcal	8 g	2.5 g	390 mg	30 g	Eggs, Soy, Wheat
787	Crispy Beef Tacos	2 Tacos	380 kcal	21.8 g	7.7 g	898 mg	26.8 g	Milk, Soy
802	Crispy Turkey Tacos	2 Tacos	353 kcal	19.63 g	6.39 g	982.48 mg	25.93 g	Milk, Soy
709	Greek Salad (MS)	1 Each	537 kcal	17.84 g	6.92 g	1513.82 mg	10.41 g	Milk, Soy, Wheat
776	Grilled Cheese Sandwich	1 Each	260 kcal	7 g	3 g	620 mg	34 g	Milk, Soy, Wheat
782	Holiday Meal	4 oz Turkey + 4oz Mashed Pot +Dinner Roll + Cranberry sauce	380 kcal	5 g	1 g	830 mg	66 g	Milk, Soy, Wheat
783	Hot Ham & Cheese Sub Sandwich	1 Sandwich	290 kcal	9.25 g	3.75 g	855 mg	34.5 g	Milk, Soy, Wheat
725	Italian Sub Sandwich (MS)	1.5oz Deli Turkey Meat + 2 Slices Cheese + Hoagie Roll	309 kcal	11.67 g	4.29 g	950.83 mg	34.75 g	Milk, Wheat
797	Mac & Cheese with Texas Toast	6 oz Mac + Texas Toast	380 kcal	13.5 g	6.5 g	1170 mg	46 g	Milk, Egg, Soy, Wheat
417	Mini Cheeseburgers	4.75 oz	318 kcal	12.8 g	6.1 g	770 mg	30.10 g	Soy, Wheat
524	Mini Corn Dogs	6 Pieces (4 oz)	270 kcal	12 g	3.5 g	410 mg	30 g	Eggs, Soy, Wheat
494	Nachos with Cheese	2 oz Chips + 6 oz Cheese	543 kcal	30.15 g	15.04 g	1251.87 mg	46.47 g	Milk, Soy
2	Orange Chicken w Rice	3.8oz Chicken + 1/2c Rice	258 kcal	4 g	.5 g	285 mg	41 g	Eggs, Soy, Wheat
691	Pizza, Cheese	1 Slice	340 kcal	16 g	8 g	650 mg	32 g	Milk, Soy, Wheat
726	Pizza, Pepperoni, Round (MS)	5" Round	350 kcal	15 g	8 g	770 mg	33 g	Milk, Wheat
690	Pizza, Pepperoni	1 Slice	360 kcal	17 g	8 g	740 mg	32 g	Milk, Soy, Wheat
770	Pizza, Cheese, Dominos	1 Slice	260 kcal	7 g	3.5 g	540 mg	29 g	Milk, Soy, Wheat
771	Pizza, Pepperoni, Dominos	1 slice	270 kcal	9 g	4 g	570 mg	29 g	Milk, Soy, Wheat
471	Popcorn Chicken w Cheez-its	10 Pieces (4.3oz) + 1 bag of cheez-its	293 kcal	17 g	3 g	487 mg	17 g	Milk, Soy, Wheat
357	Pretzel w Cheese	2.2 oz pretzel + 3 oz Cheese	270 kcal	9.5 g	6 g	700 mg	34 g	Milk, Soy, Wheat
800	Rotini With Meat sauce and Texas Toast	4 oz Rotini + Texas toast	293 kcal	8.57 g	2.8 g	265.10 mg	37.27 g	Milk, Soy, Wheat
775	Spaghetti w meat sauce and texas toast	4 oz Spaghetti + Texas toast	293 kcal	8.57 g	2.8 g	265.10 mg	37.27 g	Milk, Soy, Wheat

700	Spicy Chicken Patty Sandwich	3.5oz Patty + Ham Bun	420 kcal	17 g	3 g	670 mg	46 g	Eggs, Soy, Wheat
689	Taco Nada	4.5 oz	260 kcal	8 g	2.5 g	390 mg	31 g	Milk, Soy, Wheat
705	Taco Nachos	1.25 oz Meat + 2 oz Chips+ 3oz cheese	477 kcal	24.78 g	10.5 g	843.33 mg	43 g	Milk, Soy
701	Taco Salad	1 Each	514 kcal	25.78 g	8.5 g	1033.33 mg	52 g	Milk, Eggs, Soy
711	Taco Tostada Bowl	2.25oz Meat + .5oz Cheese + 2 oz Chips	270 kcal	14.8 g	5.7 g	363 mg	16.3 g	Milk, Soy
688	Teriyaki Chicken w Rice	2.8oz + 1/2 c rice	229 kcal	4.25 g	.93 g	450.71 mg	31.29 g	Soy, Wheat
499	Tuna Sandwich (MS)	2oz Tuna + 2 slices of bread	256 kcal	4 g	.33 g	610.13 mg	32.33 g	Eggs, Fish, Soy, Wheat
710	Turkey & Cheese Sandwich (MS	1.5 oz Turkey meat + 1oz Cheese + 2 Slices of Bread	315 kcal	9.25 g	3.75 g	790 mg	34 g	Milk, Wheat
364	Turkey Hot Dog w Tater Tots	2oz Turkey Frank + Hot Dog Bun + 8 Tater Tots	430 kcal	20 g	5 g	1320 mg	47 g	Wheat
721	Uncrustable, PB&J, Grape	5.3 oz	630 kcal	33 g	7 g	630 mg	64 g	Peanuts, Soy, Wheat
720	Uncrustable, PB&J, Strawberry	5.3 oz	630 kcal	33 g	7 g	620 mg	64 g	Peanuts, Soy, Wheat
717	Yogurt Parfait, Peach (MS)	2oz Granola + 8 oz Yogurt + 1/2 c Fruit	480 kcal	6.44 g	1.13 g	174.62 mg	94.57 g	Milk, Soy, Wheat
713	Yogurt Parfait, Strawberry (MS)	2oz Granola + 8 oz Yogurt + 1/2 c Fruit	482 kcal	6.44 g	1.13 g	177.57 mg	94.03 g	Milk, Soy, Wheat
716	Yogurt Parfait, Vanilla (MS)	2oz Granola + 8 oz Yogurt + 1/2 c Fruit	482 kcal	6.44 g	1.13 g	178.25 mg	94.03 g	Milk, Soy, Wheat
Breakfast Items								
697	Bagel, Blueberry	2.24oz bagel + 1oz Cream Cheese	240 kcal	7 g	3.5 g	375 mg	36 g	Milk, Wheat

699	Bagel, Cinnamon Raisin	2.24oz bagel + 1oz Cream Cheese	240 kcal	7 g	3.5 g	345 mg	37 g	Milk, Wheat
698	Bagel, Plain	2.24oz bagel + 1oz Cream Cheese	240 kcal	7 g	3.5 g	375 mg	37 g	Milk, Wheat
722	Banana Bread Slice	3.4oz	280 kcal	10 g	2 g	220 mg	44 g	Eggs, Soy, Wheat
693	Breakfast Bar, Chocolate	2.5oz	260 kcal	8 g	2 g	150 mg	44 g	Milk, Eggs, Soy, Wheat
724	Breakfast Burrito	3.1oz Burrito	180 kcal	10 g	4 g	400 mg	14 g	Milk, Eggs, Soy, Wheat
318	Breakfast Pizza	3.31 oz	210 kcal	7 g	2 g	480 mg	26 g	Milk, Soy, Wheat
741	Breakfast Sandwich	1 Egg Patty + 1 Pork Sausage + 1 Biscuit	321 kcal	20.5 g	9.7 g	688 mg	28.5 g	Eggs, Soy, Wheat
522	Buttermilk Bar	2.65oz	249 kcal	7.3 g	.8 g	225 mg	43 g	Milk, Eggs, Soy, Wheat
728	Cereal, Honey Scooters	2 oz bowl	220 kcal	2.5 g	0 g	390 mg	45 g	Wheat
729	Cereal, Marshmellow Mateys	2 oz bowl	220 kcal	2 g	0 g	370 mg	47 g	Wheat
730	Cereal, Raisin Bran	2 oz bowl	200 kcal	1 g	0 g	370 mg	47 g	Wheat
715	Cinnamon Roll	3oz	270 kcal	9 g	2 g	135 mg	43 g	Milk, Eggs, Soy, Wheat
714	Coffee Cake	4 oz	340 kcal	13 g	1.5 g	350 mg	53 g	Milk, Eggs, Soy, Wheat
718	Mini Cinnis	2.29oz	240 kcal	8 g	2 g	300 mg	40 g	Milk, Wheat
719	Mini Pancakes	3.17oz	220 kcal	6 g	.5 g	130 mg	39 g	Milk, Eggs, Wheat
696	Muffin, Blueberry	3.15oz	223 kcal	6 g	.9 g	115 mg	38.5 g	Milk, Eggs, Soy, Wheat
695	Muffin, Double Chocolate	3.15oz	229 kcal	6 g	.9 g	125 mg	40 g	Milk, Eggs, Soy, Wheat
159	Ultimate Breakfast Round (UBR)	2.2oz	270 kcal	8 g	3 g	190 mg	44 g	Milk, Eggs, Soy, Wheat
723	Yogurt (LOL) & Grahams	4 oz Yogurt + 1 oz Grahams	244 kcal	8.02 g	1.07 g	14.57 mg	39.18 g	Milk, Eggs, Wheat
694	Yogurt (Trix) & Grahams	4 oz Yogurt + 1 oz Grahams	227 kcal	6.86 g	.95 g	127.27 mg	37.27 g	Milk, Eggs, Wheat
Fruits & Vegetables								
738	Applesuace Cup	4.5oz	51 kcal	0 g	0 g	2 mg	14 g	N/A
756	Applesauce, CND	4oz	12 kcal	0 g	0 g	.46 mg	3.25 g	N/A

733	Apple, Red Delicious	1 Each	32 kcal	0 g	0 g	1 mg	8 g	N/A
755	Apricots, CND, Lt Syrup	4oz	14 kcal	0 g	0 g	.46 mg	3.43 g	N/A
737	Banana, Petite	1 each	110 kcal	0 g	0 g	0 mg	27 g	N/A
749	Broccoli Florets	4oz	10 kcal	0 g	0 g	13.53 mg	1.93 g	N/A
745	Carroteenies	3 oz	25 kcal	0 g	0 g	55 mg	6 g	N/A
753	Corn, CND	4oz	16 kcal	0 g	0 g	3.75 mg	3.75 g	N/A
752	Cucumber Sticks	6 sticks	1 kcal	0 g	0 g	0 mg	.19 g	N/A
746	Garbanzo Beans	4oz	25 kcal	0 g	0 g	33.07 mg	4.02 g	N/A
750	Green Beans, CND	4oz	6 kcal	0 g	0 g	51.54 mg	1.10 g	N/A
748	Jicama Sticks	6 Sticks	50 kcal	0 g	0 g	8 mg	12 g	N/A
736	Juice, Apple	4oz	55 kcal	0 g	0 g	12.5 mg	14 g	N/A
732	Juice, Appleberry	4oz	14 kcal	0 g	0 g	3.75 mg	3.38 g	N/A
739	Juice, Wild Cherry	4oz	60 kcal	0 g	0 g	15 mg	14 g	N/A
743	Lettuce, Romaine	1 Cup	10 kcal	0 g	0 g	0 mg	2 g	N/A
754	Mixed Fruit, CND, Ly Syrup	4oz	15 kcal	0 g	0 g	2.5 mg	4.25 g	N/A
740	Orange, Whole or Wedged	1 Each	43 kcal	0 g	0 g	0 mg	11 g	N/A
682	Peas & Carrots	4oz	16 kcal	.19 g	0 g	18.63 mg	3.11 g	N/A
751	Peaches, Diced, CND, Lt Syrup	4oz	13 kcal	0 g	0 g	1.12 mg	3.15 g	N/A
731	Pears, CND, Lt Syrup	4oz	14 kcal	0 g	0 g	1.14 mg	3.43 g	N/A
735	Plums	1 Each	35 kcal	0 g	0 g	0 mg	10 g	N/A
626	Potatoes, Tater Tots	8 pieces	16 kcal	.75 g	.13 g	38.75 mg	2 g	N/A
712	Potatoes, Wedges, Seasoned	2.88oz	42 kcal	1.39 g	.17 g	48.61 g	6.94 g	N/A
734	Raisins, Unsweetened	1 Box	114 kcal	0 g	0 g	4 mg	30 g	N/A
759	Refried Beans	4oz	110 kcal	0 g	0 g	437.93 mg	14.01 g	N/A
681	Salsa (Comdty + Fresca)	4oz	32 kcal	0 g	0 g	139.36 mg	6.68 g	N/A
744	Spinach	1 Cup	7 kcal	0 g	0 g	25 mg	1 g	N/A
747	Tomatoes, Grape	6 tomatoes	30 kcal	0 g	0 g	10 mg	6 g	N/A
Milk and Milk Substitutes								
658	Milk, 1% White	8oz	120 Kcal	2.5 g	1.5 g	150 mg	16 g	Milk
659	Milk, Fat Free, Chocolate	8oz	110 kcal	0 g	0 g	135 mg	20 g	Milk
762	Milk Substitute, Lactaid	8oz	90 kcal	0 g	0 g	130 mg	13 g	Milk
761	Milk Substitute, Soy Milk	8oz	124 kcal	2.8 g	.44 g	167.7 mg	15.2 g	Soy
Condiments								
757	Ketchup Packet	11 gm	10 kcal	0 g	0 g	100 mg	3 g	N/A
	Mayonnaise Packet							
	Mustard Packet							
	Pickles, Dill	4 oz	9 kcal	0 g	0 g	678 mg	2 g	N/A

	Taco Sauce Packet							