

Item Name	Calories	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	Fiber	Pro (g)
Breakfast Items:									
Bagel, White Wheat (1 ea)	217.0	7.8	0.09	0.00	0.00	230.00	44.60	4.36	7.80
Bagel, Cheese Pizza	192.00	5.71	3.01	0.00	15.00	363.00	23.16	1.80	11.65
Banana Bread - (1 ea.)	280.00	10.00	2.00	0.00	0.00	220.00	44.00	2.00	5.00
Burrito, Bean & Cheese, Breakfast	221.92	6.28	2.71	0.00	11.43	359.07	31.39	6.07	11.84
Burrito, Macho Chili Cheese Burrito (MS/HS)	320.90	14.98	6.03	0.00	39.44	438.14	32.01	5.63	17.12
Cereal Bowl, Cinnamon Toasters	250.00	7.00	1.00	1.00	0.00	270.00	46.00	2.00	2.00
Cereal Bowl, Honey Toasted Oats	220.00	25.00	2.50	0.00	0.00	0.00	45.00	4.00	5.00
Cereal Bowl, Marshmallow Mateys	220.00	20.00	2.00	0.00	0.00	370.00	47.00	3.00	4.00
Cereal Bowl, Cheerios (Head Start)	100.00	2.00	0.00	0.00	0.00	140.00	20.00	3.00	3.00
Cereal Bowl, Cinnamon Toast Crunch	110.00	3.00	0.00	0.00	0.00	160.00	22.00	3.00	1.00
Coffee Cake (Elementary)	340.00	13.00	1.50	0.00	50.00	350.00	53.00	3.00	6.00
Cheese, Cream Cup (1 oz)	99.00	10.00	6.00	0.00	31.00	84.00	1.00	0.00	2.00
Egg, Hard-Boiled - (1 ea.)	70.00	5.00	1.50	0.00	170.00	55.00	1.00	0.00	6.00
Granola Packet (1 oz)	120.00	3.50	0.00	0.00	0.00	75.00	20.00	2.00	3.00
Granola, Packets, 2 oz	250.00	7.00	1.00	0.00	0.00	170.00	42.00	4.00	5.00
Honey Bun	230.00	7.00	2.00	0.00	0.00	340.00	39.00	3.00	6.00
Honey Lemon Loaf	200.00	7.00	1.50	0.00	25.00	150.00	31.00	3.00	3.00
Oatmeal Chocolate Chip Bar	290.00	9.00	3.00	0.00	20.00	240.00	47.00	3.00	5.00
Muffin, Double Chocolate	229.00	6.00	0.90	0.00	30.00	125.00	40.00	3.10	3.80
Muffin, Mini Banana (Headstart)	120.00	3.30	0.50	0.00	18.00	74.00	20.00	1.80	2.40
Muffin, Mini Blueberry (Headstart)	118.00	3.30	0.50	0.00	18.00	74.00	19.50	1.80	2.40
Pancake,Pork Sausage on a Stick	176.00	5.90	1.60	0.00	27.00	463.00	21.80	1.60	8.70
Pancakes, Mini Maple, Dewafelbakkers	220.00	7.00	1.00	0.00	5.00	340.00	36.00	3.00	5.00
Pan Dulce - (1 ea.)	200.00	6.00	1.50	0.00	5.00	90.00	34.00	2.00	5.00
Sandwich, Egg and Cheese Biscuit (Made on Site)	265.00	13.50	6.75	0.00	7.50	815.00	29.00	2.00	10.50
Sandwich, Sunrise Pork Breakfast Sandwich	159.00	6.40	2.60	0.00	26.00	312.00	16.00	1.40	9.70
Sandwich, Uncrustable, PB & Grape Jelly (Small)	300.00	17.00	3.00	0.00	0.00	280.00	32.00	4.00	9.00
Sandwich, Uncrustable, PB & Strawberry Jelly (Small)	320.00	17.00	3.50	0.00	0.00	320.00	32.00	3.00	10.00
Turkey, Bacon (2 Slice)	40.00	3.00	0.00	0.00	10.00	190.00	0.00	0.00	4.00
Milk Choices:									
Milk, 1% Headstart - (6 oz.)	96.00	2.00	1.20	0.00	12.00	120.00	11.20	0.00	8.80
Milk, 1% White, (8 oz)	120.00	2.50	1.50	0.00	15.00	150.00	14.00	0.00	11.00
Milk, Chocolate, FF (8 oz)	120.00	0.00	0.00	0.00	5.00	150.00	22.00	0.00	8.00
Milk, FF, Headstart - (6 oz.)	72.00	0.00	0.00	0.00	4.00	96.00	9.60	0.00	7.20
Milk, Lactaid, FF (8 oz)	80.00	0.00	0.00	0.00	5.00	125.00	13.00	0.00	8.00
Milk, Shelf Stable, 1% White	100.00	2.50	1.50	0.00	10.00	105.00	12.00	1.00	8.00
Milk, Shelf Stable, FF Chocolate	130.00	0.00	0.00	0.00	5.00	170.00	25.00	1.00	8.00
Milk, Soy (8 oz)	140.00	5.00	0.50	0.00	0.00	150.00	12.00	1.00	10.00
Milk, Whole, Early Headstart (4 oz)	69.17	3.69	2.12	0.00	11.34	48.76	5.44	0.00	3.57
Fruit:									

100% Frozen Mango Juice Cup - (1 ea.)	99.00	0.00	0.00	0.00	0.00	15.00	25.00	0.00	0.00
Apple, Slices (1/2 cup)	30.00	0.00	0.00	0.00	0.00	0.00	7.00	1.00	0.00
Apple, Whole (variety) -(1 medium (3 dia))"	95.00	0.31	0.06	0.00	0.00	2.00	25.13	4.40	0.47
Applesauce, Bulk - (1/2 c.)	51.00	0.00	0.00	0.00	0.00	1.99	13.99	0.99	0.00
Applesauce, Cups - (1 ea.)	53.33	0.00	0.00	0.00	0.00	2.08	14.63	1.03	0.00
Apricots, Diced, Canned - (1/2 c.)	59.99	0.00	0.00	0.00	0.00	9.99	14.00	0.00	0.00
Bananas, Petite - (1/2 c.)	66.75	0.25	0.08	0.00	0.00	0.75	17.13	1.95	0.82
Cantaloupe, Fresh (1/2 c.)	30.60	0.17	0.05	0.00	0.00	14.40	7.34	0.81	0.76
Diced Pears (canned) 1/2 cup	59.99	0.00	0.00	0.00	0.00	5.00	15.38	2.00	0.00
Dried Cranberries, Craisins - (1 ea.)	110.00	0.00	0.00	0.00	0.00	0.00	28.00	3.00	0.00
Kiwi Slices (1/2 c.)	54.90	0.47	0.03	0.00	0.00	2.70	13.19	2.70	1.03
Fruit Cocktail (canned) (1/2 c.)	59.99	0.00	0.00	0.00	0.00	4.99	14.99	1.00	0.00
Juice, Orange (4 oz) Driftwood	60.00	0.00	0.00	0.00	0.00	15.00	15.00	0.00	0.00
Juice, Apple (4 oz) Driftwood	60.00	0.00	0.00	0.00	0.00	15.00	15.00	0.00	0.00
Juice, Fruit Punch Juice (4 oz) Driftwood	60.00	0.00	0.00	0.00	0.00	15.00	15.00	0.00	0.00
Juice, Fruitables, Tropical Twist	60.00	0.00	0.00	0.00	0.00	15.00	14.00	0.00	0.00
Grapes (1/2 cup)	60.00	0.00	0.00	0.00	0.00	10.00	15.00	1.00	0.00
Mandarin Orange Cup (Nu-Health)	70.00	0.00	0.00	0.00	0.00	0.00	17.00	0.00	0.00
Nectarines, Fresh - (1 fruit)	62.48	0.45	0.04	0.00	0.00	0.00	14.98	2.41	1.50
Orange Slices (1/2 c.)	61.83	0.16	0.02	0.00	0.00	0.00	15.46	3.16	1.24
Peach Cup, Frozen	81.65	0.00	0.00	0.00	0.00	0.00	19.39	1.02	1.02
Peaches, Canned (1/2 cup)	59.99	0.00	0.00	0.00	0.00	4.99	14.00	1.00	0.00
Peaches, Fresh - (1 fruit)	30.03	0.19	0.02	0.00	0.00	0.00	7.35	1.16	0.70
Pears, Fresh -(1 medium)	101.46	0.25	0.04	0.00	0.00	1.78	27.11	5.52	0.64
Pineapple (1/2 c.)	41.25	0.10	0.01	0.00	0.00	0.83	10.82	1.16	0.45
Pineapple Fruit Cup (Nu-Health)	80.00	0.00	0.00	0.00	0.00	0.00	18.00	0.00	0.00
Plums, Fresh - (1 fruit)	30.36	0.19	0.01	0.00	0.00	0.00	7.54	0.92	0.46
Raisels, Chili Limon Pineapple (MS/HS) (1 ea.)	150.00	0.00	0.00	0.00	0.00	190.00	36.00	2.00	2.00
Strawberries, fresh - TR1161 (1/2 c.)	23.04	0.22	0.01	0.00	0.00	0.72	5.53	1.44	0.48
Strawberry Fruit Cup, frozen (1 ea.)	77.67	0.00	0.00	0.00	0.00	7.74	19.18	2.35	0.79
Tangerines, Fresh (1 ea)	46.64	0.27	0.03	0.00	0.00	1.76	11.74	1.58	0.71
Watermelon, Fresh (1/2 c)	22.80	0.11	0.01	0.00	0.00	0.76	5.74	0.30	0.46

Vegetables:

Au Gratin Potato Casserole - (1 #6 scoop)	150.27	1.25	0.00	0.00	0.00	345.68	31.31	1.25	2.50
Broccoli Florets (1/2 c)	46.54	3.25	0.45	0.00	8.11	98.51	3.26	0.82	1.53
Caesar Salad w/Croutons (1 cup)	60.56	3.22	0.40	0.00	2.67	158.00	6.67	0.71	1.98
Carrot Sticks, Fresh (Preschool) - (1/2 c.)	25.01	0.15	0.02	0.00	0.00	42.09	5.84	1.71	0.57
Carrots, Baby, IW (1/2 cup) - (1 ea.)	29.77	0.11	0.02	0.00	0.00	66.34	7.01	2.47	0.54
Celery Sticks (Preschool) -(1/2 c.)	9.60	0.10	0.03	0.00	0.00	48.00	1.78	0.96	0.41
Chopped Cilantro (1/8 c.)	0.46	0.01	0.00	0.00	0.00	0.92	0.07	0.06	0.04
Cold Pinto Bean Salad - (#8 scoop)	299.22	3.00	0.01	0.00	0.00	646.35	54.75	18.20	18.00
Cold Pinto Bean Salad - (#16 scoop)	149.61	1.50	0.00	0.00	0.00	323.17	27.37	9.10	9.00

Cucumber Coins (1/2 c.)	8.93	0.07	0.02	0.00	0.00	1.19	2.16	0.30	0.39
Cucumber Slices with Lime and Tajin (A la carte)	14.15	0.08	0.02	0.00	0.00	191.76	3.06	0.57	0.42
Cucumbers w/Lemon - (1/2 c.)	12.12	0.10	0.03	0.00	0.00	1.46	3.12	0.56	0.51
Cucumbers w/Lemon & Tajin -(1/2 c.)	13.49	0.10	0.03	0.00	0.00	88.55	3.12	0.56	0.51
Curtido (Cabbage Slaw for Pupusas) - (#16 scoop)	22.58	0.11	0.03	0.00	0.00	13.42	5.37	2.18	1.07
Esquites, Corn Salad (#8 scoop - 1/2 cup)	109.92	6.19	2.51	0.00	13.15	140.58	14.44	1.81	2.11
Esquites, Corn Salad (#16 scoop - 1/4 cup)	54.96	3.09	1.26	0.00	6.58	70.29	7.22	0.90	1.05
Fresh Jicama Sticks (1/4 c.)	13.06	0.03	0.01	0.00	0.00	1.38	3.03	1.68	0.25
Garden Salad - 1 cup - High school	10.09	0.00	0.00	0.00	0.00	0.00	4.04	2.02	2.02
Gold Rush Fruitable Vegetable Juice (4.25 oz)	40.00	0.00	0.00	0.00	0.00	60.00	10.00	0.00	0.00
Green Onions (1/8 cup, chopped)	4.00	0.02	0.00	0.00	0.00	2.00	0.92	0.33	0.23
Jicama w/Lemon (1/4 c.)	15.77	0.05	0.01	0.00	0.00	1.61	3.78	1.99	0.33
Jicama w/Lemon & LS Tajin (1/2 c.)	30.12	0.09	0.02	0.00	0.00	95.29	6.88	3.61	0.59
Mashed Potatoes (#8 scoop)	67.84	0.00	0.00	0.00	0.00	327.93	15.08	0.75	1.51
Mashed Potatoes (#16 scoop)	33.92	0.00	0.00	0.00	0.00	163.96	7.54	0.38	0.75
Mini Sweet Bell Peppers - (1/2 c.)	25.00	0.00	0.00	0.00	0.00	0.00	5.00	1.00	1.00
Pinto Bean Salad - (1/2 c.) - High School & Small HS	134.00	1.34	0.01	0.00	0.00	334.68	24.74	8.20	7.95
Pinto Beans (HS Nacho) - (1 #8 scoop)	149.88	1.52	0.00	0.00	0.00	214.11	27.52	9.16	9.16
Romaine Lettuce, Chopped (1 c.)	17.65	0.44	0.00	0.00	0.00	0.00	2.65	0.88	0.88
Seasoned Fries (1/2 c.)	142.94	6.60	1.10	0.00	0.00	373.84	18.69	2.20	2.20
Shredded Lettuce (Topping) (1/8 cup shredded)	1.26	0.01	0.00	0.00	0.00	0.90	0.27	0.11	0.08
Sliced Tomato (2 slices)	7.20	0.08	0.01	0.00	0.00	2.00	1.56	0.48	0.35
Tater Tots (8 ea.)	130.00	6.00	1.00	0.00	0.00	310.00	16.00	2.00	2.00
Tomatoes, Diced (1/8 c.)	4.05	0.05	0.01	0.00	0.00	1.13	0.88	0.27	0.20
Zucchini Coins (Preschool Snack) (1/4 c.)	4.80	0.09	0.02	0.00	0.00	2.26	0.88	0.28	0.34

A La Carte Items:

Chocolate Chip Cookie (1 ea) - a la carte	110.00	3.50	1.00	0.00	0.00	115.00	19.00	1.00	1.00
Fresh Fruit Cup -	69.77	0.40	0.08	0.00	0.00	15.63	17.32	1.91	1.23
Fruit & Veggie Tajin Cup	120.94	0.55	0.09	0.00	0.00	308.99	29.69	4.71	2.62

Snacks:

Annie's Bunny Grahams - (1 ea.)	160.00	6.00	0.50	0.00	0.00	105.00	24.00	3.00	3.00
Baked Cheetos (Snack) - (1 ea.)	120.00	4.50	1.00	0.00	0.00	200.00	17.00	1.00	2.00
Cool Ranch Doritos (1 ea)	130.00	5.00	0.50	0.00	0.00	150.00	20.00	2.00	2.00
Cereal Bowl, Cocoa Puffs	110.00	1.50	0.00	0.00	0.00	120.00	25.00	2.00	2.00
Cereal Bowl, Trix	110.00	1.50	0.00	0.00	0.00	140.00	24.00	1.00	1.00
Cereal Bowl, Golden Grahams	100.00	1.00	0.00	0.00	0.00	220.00	24.00	1.00	1.00
Cheez-Its Crackers (Snack)	100.00	3.50	1.00	0.00	5.00	150.00	14.00	1.00	2.00
Chocolate Caramel Chex Mix (Snack)	120.00	4.00	1.00	0.00	0.00	65.00	21.00	2.00	2.00
Goldfish Cheddar Crackers	100.00	3.50	1.00	0.00	5.00	170.00	14.00	1.00	3.00
Goldfish Pretzels	90.00	15.00	1.50	0.00	0.00	200.00	16.00	1.00	2.00
Fun & Fitness Educational Cookies (Snack)	122.75	4.09	0.00	0.00	0.00	66.49	22.50	2.05	2.05
Mini Chocolate Chip Muffin (Snack)	118.00	3.20	0.60	0.00	18.00	74.00	19.80	1.70	2.40

Mini Double Chocolate Chip Muffin (Snack)	123.00	8.50	3.40	0.00	18.00	74.00	20.50	1.70	2.40
Reduced Fat Nacho Cheese Doritos (Snack)	130.00	5.00	0.50	0.00	0.00	200.00	20.00	2.00	2.00
Reduced Fat Spicy Sweet Chili Doritos (Snack)	130.00	5.00	0.50	0.00	0.00	180.00	20.00	2.00	2.00
Whole Wheat Crackers	90.00	2.50	0.00	0.00	0.00	180.00	14.00	1.00	2.00

Grains:

Brown Fried Rice (#8 scoop)	151.86	1.63	0.00	0.00	0.00	238.64	29.29	2.17	3.25
Brownie Bite (1 ea)	146.00	4.00	0.70	0.00	0.00	72.00	26.00	2.00	1.50
Chocolate Chip Cookie (Elementary)	147.40	4.90	1.50	0.00	20.50	119.90	24.30	1.60	2.30
Crispy Chow Mein Noodles (1 pack)	100.00	4.00	1.00	0.00	0.00	180.00	14.00	2.00	2.00
Dinner Roll - (1 ea.)	140.00	2.00	0.00	0.00	0.00	220.00	27.00	2.00	4.00
Knot Roll (Deli)	150.00	2.00	0.00	0.00	0.00	210.00	29.00	2.00	5.00
Tortilla Chips (2 oz serving)	280.00	12.00	2.00	0.00	0.00	200.00	38.00	6.00	4.00

Cheese & Condiments

Cheese, American, Sliced (1 slice)	40.00	3.00	1.75	0.00	7.50	140.00	1.00	0.00	3.50
Cheese, Pepper Jack, Sliced (1 slice)	70.00	6.00	3.50	0.00	15.00	280.00	1.00	0.00	3.00
Dressing, Ranch - (1 oz.	36.60	3.12	0.44	0.00	8.11	88.92	1.47	0.00	0.48
Jalapeno Cheese Sauce (#10 scoop)	137.18	9.60	6.17	0.00	27.43	576.14	4.12	0.00	6.86
Jalapenos, Canned (Topping)	5.00	0.00	0.00	0.00	0.00	510.00	1.00	1.00	0.00
Ketchup (1 oz)	33.35	0.00	0.00	0.00	0.00	266.82	8.34	0.00	0.00
Marinara Sauce - (1 ea.)	40.00	1.00	0.00	0.00	0.00	200.00	7.00	1.00	1.00
Molcajete Roja Salsa - (#30 scoop)	10.67	0.00	0.00	0.00	0.00	192.00	2.13	1.07	0.00
Mozzarella String Cheese (Bongard)	80.00	6.00	3.50	0.00	15.00	200.00	0.00	0.00	7.00
Sour Cream (topping) - (#30 scoop)	64.00	6.40	3.20	0.00	21.33	21.33	1.07	0.00	1.07

Poultry & Beef Entrees

2 Breaded Chicken Drumsticks	380.00	22.00	5.00	0.00	100.00	900.00	10.00	2.00	32.00
American Cheeseburger w/Ketchup	303.43	9.27	3.60	0.00	42.29	829.59	38.00	2.10	17.87
Bacon Cheeseburger (HS) - (1 ea.)	348.00	15.10	5.25	0.00	59.50	885.00	30.60	2.10	25.20
Beef Taco Meat (Nachos) - (#16 scoop)	69.38	3.13	1.13	0.00	21.88	182.50	3.13	1.25	8.13
Black Bean Vegetarian Burger on a Bun	330.00	9.00	1.50	0.00	0.00	630.00	43.00	8.00	19.00
Breaded Chicken Drumstick	190.00	11.00	2.50	0.00	50.00	450.00	5.00	1.00	16.00
Breaded Chicken Sandwich	350.00	11.00	2.00	0.00	45.00	530.00	38.00	5.00	24.00
Buffalo Bone-In Chicken Wings (High School)	170.00	12.00	3.00	0.00	80.00	450.00	3.00	0.00	11.00
Cheesy Meatloaf Burger on a Bun	339.06	13.94	6.47	0.00	39.80	628.06	36.96	3.00	15.95
Chicken Nuggets (5 each)	275.00	16.25	3.75	0.00	68.75	500.00	11.25	1.25	20.00
Chicken Tenders (3 ea.)	210.00	11.00	2.00	0.00	55.00	730.00	13.00	1.00	15.00
Chicken, Breaded, 8-Cut (High School)	215.00	13.00	3.00	0.00	41.00	591.00	11.00	1.00	12.00
Double Cheeseburger w/Ketchup (Middle School)	459.35	19.20	8.25	0.00	91.50	1276.82	39.54	2.20	33.90
General Tso Bites & Chocolate Chip Cookie (Small HS)	437.40	20.90	3.00	0.00	65.50	519.90	41.30	2.60	22.30
General Tso Chicken & Brown Rice (High School)	331.00	4.43	0.50	0.00	40.00	365.74	56.00	1.90	15.50
General Tso Chicken Bites (4 each) - MS, Small HS & HS	290.00	16.00	1.50	0.00	45.00	400.00	17.00	1.00	20.00
Honey BBQ Bone-In Chicken Wings (4 ea) - High School	170.00	11.00	3.00	0.00	80.00	390.00	6.00	0.00	12.00

Italian Combo Turkey (6 slice)	150.00	10.00	2.50	0.00	60.00	600.00	2.00	0.00	13.00
Italian Hoagie Sandwich	390.00	15.50	4.75	0.00	67.50	1050.00	40.00	3.00	22.50
Orange Chicken & Brown Rice (High School)	327.67	4.76	0.56	0.00	21.11	315.85	54.11	1.90	16.72
Orange Chicken (#8 scoop)	166.67	3.33	0.56	0.00	21.11	311.11	21.11	0.00	12.22
Orange Chicken Bites (4 ea.) - Middle School & High School	270.00	15.00	1.50	0.00	45.00	370.00	18.00	1.00	19.00
Pepperjack Jalapeno Cheeseburger	343.00	15.10	7.00	0.00	57.00	1345.00	31.60	3.10	20.70
Shredded Chicken - Nacho Line - (1 #16 scoop)	45.00	1.00	0.00	0.00	22.50	110.00	0.00	0.00	8.50
Shredded Pork Carnitas (#16 scoop)	221.74	11.74	3.91	0.00	84.78	482.61	1.30	0.00	26.09
Shredded Pork Carnitas Nacho Bowl w/ Chips (HS Speedline)	597.35	25.26	8.77	0.00	101.93	1156.81	50.40	12.16	41.54
Spicy Chicken Sandwich	360.00	13.00	3.00	0.00	55.00	710.00	41.00	3.00	20.00
Sweet Chili Beef & Brown Rice (HS Speedline)	382.18	5.77	2.09	0.00	67.21	586.20	56.07	1.90	26.18
Sweet Chili Beef (#10 scoop)	248.83	4.88	2.35	0.00	75.61	654.14	25.95	0.00	24.39
Turkey, Ham, Sliced (6 slices)	100.00	4.50	1.50	0.00	60.00	530.00	1.00	0.00	15.00
Turkey, Sliced, (6 slices)	110.00	4.50	1.50	0.00	45.00	340.00	0.00	0.00	17.00
Western Turkey Bacon Burger w/BBQ Sauce	403.00	15.30	4.10	0.00	52.00	910.00	44.80	3.30	22.90

Pizza/Italian Entrees

3x5 Pepperoni Pizza (1 ea.)	339.96	17.20	7.45	0.00	32.08	641.27	30.48	3.39	18.73
Big Daddy Cheese Pizza (MS/HS) - (1 ea.)	360.00	16.00	7.00	0.00	35.00	490.00	35.00	3.00	21.00
Big Daddy Pepperoni Pizza (MS/HS) - (1 slice)	370.00	16.00	8.00	0.00	40.00	560.00	35.00	3.00	21.00
Cheese Pizza - 3x5 (Elementary)	335.01	16.81	7.51	0.00	30.42	586.46	30.42	3.39	18.73
Cheese Stuffed Breadsticks (2 each)	300.00	11.00	6.00	0.00	30.00	490.00	30.00	3.00	19.00
Domino's Cheese Pizza - (1 slice)	270.00	7.00	3.50	0.00	20.00	490.00	31.00	3.00	20.00
Domino's Hawaiian Hot Lava Pizza (1 Slice)	300.00	10.00	4.00	0.00	30.00	970.00	33.00	4.00	22.00
Domino's Pepperoni Pizza Slice (1 slice)	280.00	9.00	4.00	0.00	20.00	520.00	31.00	3.00	20.00
Domino's Zesty Italian Pizza Slice (1 slice)	290.00	9.00	2.50	0.00	25.00	710.00	33.00	4.00	20.00
Garlic Cheese Bread	356.00	16.78	8.32	0.00	37.50	447.00	31.00	2.00	20.25
Pepperoni Pizza Stick (1 each)	240.00	9.00	4.50	0.00	25.00	500.00	29.00	3.00	11.00
Shredded Pork Carnitas (#16 scoop)	221.74	11.74	3.91	0.00	84.78	482.61	1.30	0.00	26.09
Shredded Pork Carnitas Nacho Bowl w/ Chips (HS Speedline)	597.35	25.26	8.77	0.00	101.93	1156.81	50.40	12.16	41.54
Spicy Chicken Sandwich	360.00	13.00	3.00	0.00	55.00	710.00	41.00	3.00	20.00

Mexican Entrees:

Bean & Cheese Burrito, Lunch	380.00	15.00	6.00	0.00	25.00	550.00	17.00	7.00	17.00
Bean & Cheese Pupusa (1 ea.)	291.75	11.07	3.52	0.00	15.09	482.90	35.21	4.02	13.08
Beef & Cheese Nachos (Small HS)	486.55	24.73	9.30	0.00	49.31	958.64	45.24	7.25	18.98
Beef Hard Shell Taco	203.40	9.33	2.92	0.00	37.33	311.46	16.83	3.13	14.87
Burrito, Shredded Beef and Green Chile, Los Cabos	281.75	10.36	4.47	0.00	37.11	414.22	30.03	5.02	19.06
Carnitas Street Tacos (1 taco)	182.26	6.26	2.09	0.00	45.22	277.39	14.70	2.00	15.91
Carnitas Street Tacos (2 tacos) - Middle School	364.52	12.52	4.17	0.00	90.43	554.77	29.39	4.00	31.83
Chicken Tamale in Red Sauce (1 ea)	310.00	18.00	1.50	0.00	35.00	700.00	28.00	3.00	10.00
Ground Beef Nacho Bowl w/Chips (HS Speedline)	486.61	18.52	6.66	0.00	52.15	966.20	54.09	14.16	28.45
Nacho Cheese Cup & Chips - Elementary	330.00	16.00	7.00	0.00	30.00	670.00	33.00	3.00	12.00

Nachos Supreme (Middle School)	496.02	25.15	9.45	0.00	52.30	983.54	45.67	7.42	20.09
Shredded Chicken Nacho Bowl w/ Chips (HS Speedline)	447.61	15.12	4.86	0.00	53.15	850.20	49.09	12.16	29.05
Shredded Pork Carnitas Nacho Bowl w/ Chips (HS Speedline)	597.35	25.26	8.77	0.00	101.93	1156.81	50.40	12.16	41.54
Turkey Taco Nada	310.00	10.00	2.50	0.00	30.00	410.00	40.00	5.00	18.00

Salads, Sandwiches & Parfaits

Asian Chicken Salad w/ Dressing	424.82	26.27	4.57	0.00	40.00	1107.22	27.66	3.01	17.27
Asian Chicken Salad with Dressing & 2 Crispy Noodles (HS)	624.82	34.27	6.57	0.00	40.00	1467.22	55.66	7.01	21.27
Breaded Chicken Ranch Salad w/Dressing	348.49	18.41	2.38	0.00	68.71	632.35	19.54	5.58	24.90
Chicken Caesar Salad with Dressing & Roll (High School)	470.24	22.86	5.46	0.00	58.90	1393.70	39.70	4.01	26.03
Chicken Caesar Salad w/Dressing (Entrée)	330.24	20.86	5.46	0.00	58.90	1173.70	12.70	2.02	22.03
Mixed Berry Yogurt Parfait & Granola	468.34	7.00	1.00	0.00	0.00	244.33	79.31	6.62	25.85
Sunflower Seeds & Nature Valley Granola Bar	360.00	21.00	2.50	0.00	0.00	225.00	36.00	4.00	8.00
Turkey Ham & Cheese Wedge	267.30	8.79	3.01	0.00	57.50	804.50	30.67	4.34	22.25
Turkey Pepper Jack Wedge Sandwich (HS)	301.67	11.75	4.75	0.00	52.50	783.33	29.00	4.00	23.17

American Items

Chicken Corn Dog (1 each)	240.00	8.00	2.50	0.00	40.00	390.00	30.00	5.00	9.00
Grilled Cheese Sandwich	280.32	9.91	5.56	0.00	31.85	580.79	30.96	3.00	18.55
Mac n Cheese (6 oz.)	336.90	16.73	9.48	0.00	52.43	735.15	30.12	2.23	17.85
Mini Cheeseburger Twins	272.00	7.80	2.90	0.00	45.00	355.00	31.30	2.60	19.70
Mini Chicken Hot Dogs	260.00	8.00	2.00	0.00	30.00	449.00	31.50	2.00	15.00
PBJ & Grape Uncrustable (Large)	600.00	34.00	6.00	0.00	0.00	540.00	64.00	7.00	18.00
Uncrustable, PB & Strawberry Jelly, Large	600.00	34.00	6.00	0.00	0.00	540.00	64.00	7.00	18.00
Western Turkey Bacon Burger w/BBQ Sauce	403.00	15.30	4.10	0.00	52.00	910.00	44.80	3.30	22.90