

Menu Items for 23/24 GF	GFS#	Serving	Serv/case	Credit	Cal	Sodium	Fat	Carb	Fiber	Sugar	Protein	Allergens
Deli Lunch Kit												
Diced Ham	COMM	1/4 cup 2oz	260	2 M/MA	74	4	464	4	0	1	5	-
Cheese Cubes	680130	1pkg	200	1 M/MA	90	7	180	1	0	0	7	Milk
Chicken Strips												
	128793	3 ea	50	2 M/MA	200	530	11	12	0	0	13	Egg
Udi's Blueberry Muffin												
	614871	1 ea	36	-	270	250	9	39	1	22	3	-
Sausage Patty	318895	1pc	250	1 M/MA	70	4.5	240	1	0	0	6	
Hashbrown Rounds	389003	2pcs	180	1/2 cup Starchy	90	2.5	190	15	2	0	1	
BBQ Pulled Pork Sandwich												
BBQ Pulled Pork	COMM	1/2 cup 4oz	160	2 M/MA	234	10	479	13	0	11	22	
Bun	213531	1 ea	24	-	240	440	7	44	6	6	5	-
Pepperoni Pizza Pocket												
	654042	1 ea	48	2 M/MA 2 Grain 1/8 cup R/O	310	510	12	36	1	8	13	Milk
GF Cookie	690162	1 ea	36	-	210	120	10	30	1	16	2	-
Chicken Parm Sandwich												
Grilled Chicken	152121	1 ea	54	2.5 M/MA	120	320	2.5	1	0	0	22	Soy
Mozzerella Cheese Slice	726567	1 slice	192	1 M/MA	70	5	150	0	0	0	5	Milk
Marinara Sauce	529714	1 oz	630	-	13	-	97	4	0.5	1.25	1.25	
Bun	213531	1 ea	24	-	240	440	7	44	6	6	5	-
Potato Wedges	509661	1/2 cup	160	.5 Stachy	120	140	4	20	2	0	2	-
Lucky Charms												
	105840	1 ea	60	2 Grain	210	360	2.5	46	4	19	5	-
Sausage Link	352740	1 ea	160	1 M/MA	60	90	4	0	0	0	6	-
String Cheese	786801	1 ea	168	1 M/MA	60	200	3	1	0	1	7	Milk
Hamburger on Bun												
Hamburger	658622	1 ea	170	2 M/MA	120	8	100	0	0	0	10	-
Bun	213531	1 ea	24	-	240	440	7	44	6	6	5	-
Baked Lays	712560	1 ea	64	-	140	180	4	24	2	3	2	Soy
Turkey Club Sandwich												
Turkey Breast	244190	4 slices		1.5 M/MA	73	3	247	0	0	0	11	
American Cheese	COMM	1 slice	960	.5 M/MA	40	2.5	140	1	0	0.5	3	Milk

Menu Items for 23/24 GF	GFS#	Serving	Serv/case	Credit	Cal	Sodium	Fat	Carb	Fiber	Sugar	Protein	Allergens
Bacon	247685	1 slice	600	-	45	3.5	100	0	0	0	4	
Bun	213531	1 ea	24	-	240	440	7	44	6	6	5	-
Grilled Chicken Sandwich												
Grilled Chicken	152121	1 ea	54	2.5 M/MA	120	320	2.5	1	0	0	22	Soy
Bun	213531	1 ea	24	-	240	440	7	44	6	6	5	-
Hot Dog on Bun												
Hot Dog	459443	1 ea	100	2 M/MA	170	410	16	1	0	0	6	-
Bun	-	1 ea	8	-	190	350	5	35	5	5	4	-
Baked Lays	712560	1 ea	64	-	140	180	4	24	2	3	2	Soy
DIY Soft Shell Tacos												
Shell	728341	2 shells	720	-	75	0	0.75	16	1.5	0.5	1.5	-
Taco Meat	COMM	1/2 cup 4oz	135	2 M/MA	164	10	264	6	0	4	16	Soy