

Menu Items for 23/24	GFS#	Serving	Serv/case	Credit	Cal	Fat	Sodium	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
Crackers	899426	1pkg	300	1 WG	90	3	125	15	1	2	2	Wheat
Carrots	DOD	1pkg	100	1/2 cup R/O	15	0	35	4	1	2	0	
Orange Chicken												
Brown Rice	550512	1/2 cup 4oz	170	2 M/MA	150	3	280	19	0	10	11	Egg, Soy, Wheat
Fortune Cookie	531059	1/4 cup 2oz	200	1WG	160	1.5	0	34	1	0	4	
Mixed Veggies	565142	1pkg	400	-	11	0	0	3	0	2	0	Wheat, Soy
	COMM	1/4 cup 2oz	138	1/2 cup Other	59	0	32	12	4	3	3	
French Toast Sticks												
Sausage Patty	548732	3pcs	130	1 M/MA 1.5 WG	170	4	300	25	2	5	8	Egg, Wheat
Hashbrown Rounds	318895	1pc	250	1 M/MA	70	4.5	240	1	0	0	6	
	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	
Hamburger Bun	Alpha	1pc	30	2 WG	150	2	250	26	3	3	6	Wheat
Baked Beans	COMM	1/2 cup 4oz	141	1/2 cup Legume	160	1	140	29	5	7	5	
Tater Tots	141510	9 pcs	160	1/2 cup Starchy	130	7	360	16	1	1	1	
Pepperoni Pizza Pocket												
Cookie		1 ea	48	2 M/MA 2 WG	300	12	590	31	3	5	19	Milk, Egg, Wheat, Soy
Side Salad	312703	1 ea	216	-	90	4.5	130	13	0	10	0	
		1/2 cup		.5 Dk Gn	19	1	19	4	2		1	-

Menu Items for 23/24	GFS#	Serving	Serv/case	Credit	Cal	Fat	Sodium	Carb	Fiber	Sugar	Protein	Allergens
Corn	COMM	1/2 cup 4oz	119	1/2 cup Starchy	80	2	15	17	2	7	2	
Chicken Nuggets	281831	5 pcs	170	2 M/MA 1 WG	240	14	440	16	3	1	14	Wheat, Soy
Mac-N-Cheese	527582	1/2 cup 4oz	120	1 M/MA .5 WG	205	8	500	22	1	4.5	12.5	Egg, Milk, Wheat
Corn	COMM	1/2 cup 4oz	119	1/2 cup Starchy	80	2	15	17	2	7	2	
Carrots	DOD	1pkg	100	1/2 cup R/O	15	0	35	4	1	2	0	
Chicken Parm Sandwich												
Chicken Patty	281622	1 pc	148	2 M/MA 1 WG	240	14	440	16	3	1	14	Wheat, 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	
Hamburger Bun	Alpha	1pc	30	2 WG	150	2	250	26	3	3	6	Wheat
Carrots	DOD	1pkg	100	1/2 cup R/O	15	0	35	4	1	2	0	
Mixed Veggies	COMM	1/4 cup 2oz	138	1/2 cup Other	59	0	32	12	4	3	3	
Lucky Charms	105840	1 ea	60	2 WG	210	2.5	360	46	4	19	5	
GoGurt	895090	1 ea	96	.5 M/MA	45	0.5	30	8	0	5	2	Milk
String Cheese	786580	1 ea	168	1 M/MA	80	6	200	2	0	1	6	Milk
Hamburger on Bun	COMM	1 ea	291	2 M/MA 2 WG	130	8	210	3	1	1	11	Soy
Baked Lays	712560	1 ea	64	-	140	4	180	24	2	3	2	Soy
Tater Tots	141510	9 pcs	160	1/2 cup Starchy	130	7	360	16	1	1	1	
Broccoli	COMM	1/2 cup 4 oz	210	1/2 cup D. Green	26	0	22	5	3	1	3	

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Fiestada Taco Pizza	487272	1 pc	72	2 M/MA 2 WG	230	9	460	28	3	5	11	Milk, Wheat, Soy
Nacho Cheese Doritos	456090	1 bag	72	1.5 WG	130	5	200	20	2	1	2	Milk
Salsa	677802	1 pc	84	.5 R/O	25	0	200	5	1	3	1	
Sour Cream	746283	1 pkt	400	-	60	5	10	1	1	1	1	Milk
Corn	COMM	1/2 cup 4oz	119	1/2 cup Starchy	80	2	15	17	2	7	2	
Black Beans	COMM	1/2 cup 4 oz	83	1/2 cup Legume	100	0	140	18	6	2	7	
Popcorn Chicken	561301	5 pcs		2 M/MA 1 WG	200	9	337	12.5	2.5	0	18	Wheat, Soy
Mashed Potatoes	613738	1/2 cup 4oz	30/bag	1/2 cup Starchy	70	1	340	14	1	0	2	Milk
Gravy	242390	1 oz	128/bag	-	25	1	400	4	0	0	0	Soy, Wheat, Milk
Corn	COMM	1/2 cup 4oz	119	1/2 cup Starchy	80	2	15	17	2	7	2	
Turkey Club Croissant				2 M/MA 1.5 WG	348	17	687	27	1	4.5	22	
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
Bacon	247685	1 slice	600	-	45	3.5	100	0	0	0	4	
Croissant	120861	1 ea	64	1.5 WG	190	8	200	26	1	4	4	Wheat, Milk, Soy
Baked Lays	712560	1 ea	64	-	140	4	180	24	2	3	2	Soy
Carrots	DOD	1pkg	100	1/2 cup R/O	15	0	35	4	1	2	0	
Confetti Flavored Pancakes	395303	1pkg	72	2 WG	210	7	210	36	4	11	4	Soy, Milk, Egg, Wheat
Sausage Patty	318895	1pc	250	1 M/MA	70	4.5	240	1	0	0	6	

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Hashbrown Rounds	389003	2pcs	180	1/2 cup Starchy	90	2.5	190	15	2	0	1	
Mini Corn Dogs	243202	6 pcs RMS 4 pcs Rest		2 M/MA 2 WG	285	15	810	25.5 (6) 17 (4)	3	6	1	Egg, Milk, Wheat, Soy
Baked Fries	COMM	1/2 cup 4 oz	210	1/2 cup Starchy	130	4	30	22	2	0	2	
Baked Beans	COMM	1/2 cup 4 oz	141	1/2 cup Legume	130	1	140	29	5	7	5	
Stuffed Crust Cheese Pizza	261680	1 pc	72	2 M/MA 2 WG	310	12	640	35	3	4	15	Milk, Wheat, Soy
Cookie	312703	1 ea	216	-	90	4.5	130	13	0	10	0	
Side Salad		1/2 cup		.5 Dk Gn	19	1	19	4	2		1	-
Corn	COMM	1/2 cup 4oz	119	1/2 cup Starchy	80	2	15	17	2	7	2	
Chicken Patty on Bun												
Chicken Patty	281622	1 pc	148	2 M/MA 1 WG	240	14	440	16	3	1	14	Wheat, Soy
Hamburger Bun	Alpha	1pc	30	2 WG	150	2	250	26	3	3	6	Wheat
Baked Cheetos	191090	1 bag	104	1.25 WG	120	4.5	200	16	1	1	2	Milk
Green Beans	COMM	1/2 cup 4 oz	136	1/2 cup Other	25	0	140	4	2	2	1	
Carrots	DOD	1pkg	100	1/2 cup R/O	15	0	35	4	1	2	0	
Bosco Stick (7")	438180	1 stick	180	1 M/MA 2 WG	220	7	310	27	1	1	12	Milk, Wheat
Meatballs	610790	4 pcs	80	1.5 M/MA	180	13	180	3	1.3	0.5	9	Soy, Milk, Wheat
Green Beans	COMM	1/2 cup 4 oz	136	1/2 cup Other	25	0	140	4	2	2	1	
Carrots	DOD	1pkg	100	1/2 cup R/O	15	0	35	4	1	2	0	

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Veggie Juices												
Cherry Star	550102	1 ea	44	1/2c O. Veg	60	35	0	14	0	13	0	-
Mango Wango	550162	1 ea	44	1/2c O. Veg	50	20	0	14	0	12	0	-
Dragon Punch	550172	1 ea	44	1/2c O. Veg	50	10	0	13	0	10	0	-
Sunset Sip	561171	1 ea	44	1/2c O. Veg	45	35	0	11	0	10	0	-
Fruits												
Diced Pears	COMM	4oz	114	1/2 c Fruit	60	0	5	16	2	12	0	-
Diced Peaches	COMM	4oz	106	1/2 c Fruit	60	0	10	14	0	13	0	-
Mixed Berries Cup	COMM	1/2 cup	96	1/2 c Fruit	90	0	0	20	2	16	0	-
Applesauce	COMM	1/2 cup	143	1/2 c Fruit	60	0	15	15	1	18	0	-
Mixed Fruit	COMM	1/2 cup	102	1/2 c Fruit	60	0	10	17	0	14	0	-
Apple Slices	473171	1pkg	100	1/2 c Fruit	30	0	0	7	1	6	0	-
Strawberry Cup	COMM	1/2 cup	96	1/2 c Fruit	80	0	1	21	2	16	0	-
Raisins	COMM	1 ea	144	1/2 c Fruit	120	0	5	29	2	27	1	-
Banana	200999	1 ea	90	1/2 c Fruit	110	0	0	27	3	14	1	-
Grapes	280895	1/2 cup	-	1/2 c Fruit	55	0	0	14	0.5	12	0.5	-
Watermelon	COMM	1/2 cup	-	1/2 c Fruit	22.5	0	0	6	0.5	4	0.5	-
Strawberries	COMM	1/2 cup	-	1/2 c Fruit	40	0	0	10	3	6	1	-
Slushies / Fruit Juices												
Strawberry Mango	863880	4.4oz	84	1/2 c Fruit	90	0	35	22	0	19	0	-
Blue Raspberry Lemon	794181	4.4oz	84	1/2 c Fruit	90	0	30	22	0	18	0	-

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Kiwi-Strawberry	863880	4.4oz	84	1/2 c Fruit	90	0	35	22	0	19	0	-
Sour Cherry Lemon	667911	4.4oz	84	1/2 c Fruit	90	0	25	22	0	19	0	-
Sunbelievable	911669	4.4oz	84	1/2 c R/O	110	0	25	26	0	23	0	-
Apple Juice	118921	4oz	72	1/2 c Fruit	50	0	0	13	0	12	0	-
Orange Juice	118940	4oz	72	1/2 c Fruit	80	0	0	19	0	18	0	-
Grape Juice	118930	4oz	72	1/2 c Fruit	60	0	0	13	0	12	0	-
Misc Items/Condiments												
Chocolate Chickpea Spread	895918	1 ea	72	1 M/MA 1/8 Legume	170	10	35	15	2	8	5	Pea Protein/Legume
Ketchup Packet	634610	1 ea	1000	-	10	25	0	2	0	2	0	-
Mustard Packet	700051	1 ea	500	-	5	85	0	0	0	0	0	-
Lite Mayo Packet	188741	1 ea	200	-	50	70	4.5	2	0	0	0	Egg
Ranch Cup	182265	1 ea	100	-	110	250	11	2	0	1	0	Egg, Milk, Soy
Taco Sauce	192007	1 ea	200	-	5	0	70	1	0	0	0	-
BBQ Cup	141201	1 ea	250	-	40	65	0	10	0	8	0	Soybean Oil
Sour Cream	746283	1 pkt	400	-	60	5	10	1	1	1	1	Milk
Marinara	677721	1 ea	84	1/2 cup R/O	20	0	100	4	1	2	1	-