

No	Description	Portion Size	Carbohydrates (grams)
ENTRÉE			
000564	BACON CHEESEBURGER	1 EA	19.99
000912	BAGEL, WHOLE WHEAT, 2 OZ	2 OZ	15.00
000924	BAJA FISH STICKS	3 OZ.	15.00
000608	BEEF CHILI & BEANS, JTM CP579	5.83 OZ	15.00
001047	BENIFIT BAR	2.5 OZ	48.00
000964	BREAD, ZUCCHINI	3.4 OZ	43.00
000671	Breakfast Pizza with Sausage	1 EA	20.04
000341	BREAKFAST SANDWICH, SAUSAGE	3.1 OZ	25.00
000440	BREAKFAST WRAP, TAC-GO	2.35 OZ	17.00
000906	BRKFAST SANDWICH, EGG & CHEESE	2.35 OZ	20.00
000922	BURRITO, BEAN & CHEESE, LOS CA	5.2 OZ	40.95
000804	BURRITO, CHILI VERDE	7 OZ	30.15
000891	CEREAL CINNAMON TOAST CRUNCH S	1 OZ	22.00
000892	CEREAL COCOA PUFFS BOWLPAK	1 OZ	24.81
000893	CEREAL, APPLE JACKS REDUCED SU	1 OZ	24.35
000944	CEREAL, CINNAMON FLAKES	1 OZ	24.00
000894	CEREAL, FROOT LOOPS REDUCED SU	1 OZ	23.76
000895	CEREAL, FRST FLAKES, LOW SUG	1 OZ	25.23
000943	CEREAL, KASHI HEART TO HEART	1 OZ.	22.00
000942	CEREAL, KIX	.69 OZ	16.30
000941	CEREAL, KIX, BERRY, BOWL PACK	.69 OZ	16.60
000898	CHEESE ENCHILADA, FOSTER FARMS	1 EA	25.36
000719	CHEESE LASAGNA	1 EA	40.00
000933	CHEESE RAVIOLI AND MEAT SAUCE	SVG	39.00
000641	CHEESEBURGER, MIDDLE SCHOOL	5.5 OZ	29.82
000926	CHICK PATTY SAND, RICH CHICKS	1 EA	31.90
000911	CHICKEN BISCUIT SANDWICH	4.25 OZ SVG	33.00
000465	CHICKEN DRUMSTICK, BBQ, TYSON	4.44 oz	6.25
000888	CHICKEN NUGGET, WHOLE MUSCLE,	6 PCS	18.00
000455	CHICKEN PATTY SANDWICH	3.49 OZ	37.90
9000048	Chicken Patty Only	1 EA	16.00
000887	CHICKEN TENDERLOIN, TYSON #167	4 OZ	17.00
000833	CHICKEN TERIYAKI, ASIAN FOODS	2.8 OZ	17.00
000932	CHICKEN, DRUMSTICK, LINGS TERI	3.2 OZ	3.00
000935	CHICKEN, FAJITA DARK MEAT STRI	3 OZ	0.00
000550	CHICKEN, MANDARIN ORANGE	1/2 CUP	20.58
000885	CHICKEN, NUGGETS, RICH CHICKS	3 OZ	12.00
	CHICKEN, NUGGETS, PERDU-SNACKATIZERS	13 pcs	15.00
	CHICKEN, NUGGETS,	4 pc	15.00
	CHICKEN, POPCORN	3.08 oz	13.00
000863	CHICKEN, SWEET & SOUR, MINH	2.8OZ	10.00
	CHICKEN, SPICY SANDWICH	1 EA	36.00

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000899	CHICKEN, TERIYAKI, MINH #69018	2.8 OZ	8.00
000869	CHICKEN, WINGS, RICH CHICKS	4 OZ	14.17
000551	CHILI CHEESE DOG	1 EA	31.09
000775	CHILI VERDE BURRITO	1 EA	29.79
000787	CHOW MEIN, VEGGIE	4 OZ	47.00
000778	CINNAMON ROLL, MINI	1 EA	34.00
000940	COFFEE CAKE, BUENA VISTA 72/2.	2.9 OZ	44.23
000664	COLBY CHEESE OMELET	1 EA	1.00
000354	CORN DOG, CHICKEN WG	4 OZ	22.00
000634	EGGROLL, PORK	1 EA	28.00
000794	FISH STICKS, NEPTUNE	4 OZ	21.00
000848	FRENCH BREAD PIZZA PEPPERONI	1 SRV	30.00
000810	FRENCH TOAST STICKS	4 OZ	54.76
000519	FRENCH TOAST, CINN GLAZ,SUNNY	3.25 OZ	63.91
000453	GRILLED CHEESE SANDWICH, INTEG - PKG	4.19 OZ	30.54
001053	GRILLED CHEESE SANDWICH, HANDMADE	1 EA	36.00
000161	HAMBURGER ON A BUN	1 EA	31.84
	HAMBURGER PATTY W/O BUN	1 EA (2.5 OZ)	2.10
000929	HOAGIE ROLL DOUGH, RICH'S	1 EA	36.00
000565	HOT DOG, MILLERS w/ bun	1 EA	24.63
000350	LASAGNA, CHEESE, ROLL-UP, EAST	4.15 oz	20.10
000656	MACARONI & CHEESE, JTM #5758	6 OZ	30.00
000760	MINI CHEESEBURGER	4.25 oz	29.82
000896	MINI BRK WRAP, FOSTER #96169	2.55 OZ	15.00
000771	MINI CINNAMON ROLL	1 EA	16.32
000897	MINI PANCAKE WRAPS, FOSTER FAR	2.55 oz	15.00
000730	MINI PANCAKES	2.82 OZ	35.00
	MUFFIN, APPLE CINNAMON WG	3.15 OZ	38.00
000798	MUFFIN TOP, CHOCOLATE, SHANNON	2.4 OZ	36.00
000901	MUFFIN, BLUEBERRY	2.5 OZ	37.00
000931	MUFFIN, DBL CHOC CHIP	1 EA	37.00
000447	NACHOS, BEAN & CHEESE	8.5 OZ	55.71
000323	OATMEAL	1 CUP	24.05
000612	PANCAKE & SAUSAGE ON A STICK,	EA	24.00
000855	PANCAKE, BLUEBERRY GLAZED, THE	3 OZ	35.00
000640	PASTA, TORTELLINI, AREZZIO	8 OZ	57.54
000807	PASTRAMI SANDWICH	EA	33.34
000542	PIZZA FRENCH BREAD, PEPPERONI	EA	40.16
000716	PIZZA, BIG DADDY CHEESE PRIMO	5.18 OZ	34.00
001026	PIZZA, BIG DADDY HAWAIIAN	6.68 oz	37.62
000890	PIZZA, BIG DADDY PRIMO PEPP	SVG	34.03
000577	PIZZA, BIG DADDY, PEPP, PRIMO	5.18 OZ	34.00
000840	PIZZA, BREAKFAST, SAUSAGE & GR	3.05 OZ	26.00

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000606	PIZZA, CHEESE, GALAXY #78364	4.5 OZ	32.00
000682	PIZZA, FRENCH BREAD PEP 78505	SVG	30.00
000498	PIZZA, PEPPERONI, STUFFED CRUST	5.75 oz	45.00
	PIZZA, PEPPERONI, GALAXY	4.5 OZ	
000809	PIZZA, SCHWAN FB 6" CHEESE	SVG	27.49
000838	PIZZA, STUFFED CRUST LG CHEESE	5.46 OZ	44.00
000938	PIZZA, STUFFED CRUST LG PEPP,	5.46 OZ	43.92
000827	POCKET, BEAN, CHEESE & SALSA V	6 OZ	38.00
000418	POP-TARTS, STRAWBERRY, KELLOGG	52 g	36.87
000783	POP-TARTS, STRAWBERRY, ONE SER	SVG	35.45
000825	POTATO BAR, BROCCOLI & CHEESE	SVG	49.05
000824	POTATO BAR, CHILI & CHEESE	SVG	45.81
000958	QUESADILLA, CHICKEN & CHEESE	SVG	28.52
	ROTINI WITH MEAT SAUCE	7.44 OZ	24.00
000449	SALAD W/ RANCH, SMALL	CUP	5.13
000528	SALAD, CAESAR	1 each	12.14
000650	SALAD, CAESAR, 1/2	SVG	7.66
000882	SALAD, CAESAR, 3/4 C	SVG	3.03
000645	SALAD, POPCORN CHICKEN	EA	25.85
000823	SALAD, SPINACH, ENTREE	SVG	24.20
000529	SALAD, TACO	EACH	42.46
000139	SALAD, TOSSED: no dressing	8 OZ	7.13
000776	SALAMI & CHEESE SANDWICH	EACH	41.75
000920	SANDWICH, CHEESE	EA	49.41
000533	SANDWICH, TURKEY	1 EA	21.56
000678	SANDWICH, BEEF MEATBALL	SANDWICH	51.75
000535	SANDWICH, CRSSNT TKY HAM & CH	1 EA	32.08
000956	SANDWICH, FIELD TRIP	1 EA	32.00
000454	SANDWICH, HAM & CHEESE SMALL	1 SERVING	49.26
001017	SANDWICH, SUNBUTTER & JELLY	1 SERVING	33.00
000644	SANDWICH, TURKEY AND CHEESE	1 EA	36.00
000851	SANDWICH, TURKEY BOLOGNA	1 EA	28.56
000534	SANDWICH, TURKEY HAM	1 EA	48.63
000829	SANDWICH, TURKEY ON GOLDFISH	4.5 OZ	24.76
000559	SANDWICH, VARIETY, MIDDLE	1 EA	32.39
000390	SAUSAGE, PATTIE, PRE-COOKED	1.025 OZ	0.24
001066	SMOOTHIE, STRAWBERRY	8 OZ	34.00
001096	SCONE, CHOCOLATE CHIP / ORANGE /	1EA	50.00
000515	SOUP, CHICKEN NOODLE, CAMPBELL	4 OZ	7.00
500303	SOUP, OODLES OF NOODLES	CUP	43.45
000652	SOUP, MINESTRONE	8 OZ	14.00
000642	SPICY CHICKEN PATTY SANDWICH	5 OZ	37.90
000868	TACO POCKET CHIMI NADA	5.5 OZ	40.00

No	Description	Portion Size	Carbohydrates (grams)
000469	TACO POCKETS, TURKEY, BELL TAS	5 OZ	38.70
000175	TACO,BEEF	2 EACH	20.70
	TACO, BREADED BEEF	1 EACH	25.50
000717	TAMALE, LOS CABOS #9561	5 OZ	21.23
000818	TAQUITO, EL POLLO	2 TAQUITOS	26.00
	Taquito, Chicken - El Monterey	3 Taquitos	22.00
000633	TUNA SALAD	4 OZ	2.10
000117	TUNA SALAD SANDWICH	1 EA	30.44
000389	TURKEY & GRAVY, PRE-COOKED	1/2 C	2.00
	TURKEY HAM, SLICED	2 SLICES	1.00
000876	WAFFLE, MINI MAPLE, EGGO	1 SVG	35.00
000617	WRAP, BAJA FISH	1 EA	46.53
000919	WRAP, BBQ CHICKEN	1 EA	40.61
000722	WRAP, CHICKEN CAESAR	1 EA	30.01
000570	WRAP, SPICY CHICKEN	1 EA	52.52
000786	YOGURT PARFAIT	1 EA	33.54
SIDES			
	APPLESAUCE, UNSWEETENED	4 OZ	14.00
	APRICOTS, FROZEN	4.4 OZ	16.30
000835	BEAN SALAD, FOUR	4 OZ	6.44
000026	BEANS, REFRIED	1/4 CUP	12.31
001012	BEANS,CANNED,PLAIN/VEGETARIAN	4 OZ	24.00
000930	BUSCUIT, WHOLE GRAIN	1 EA	23.00
000907	CHEESE BREADSTICK, BOSCO	2 OZ (1 STICK)	17.34
	CHEESE BREADSTICK, MAX STIX	1.93 OZ (1 STICK)	16.00
000651	CHEESE STICK, MOZZ	1 OZ	1.09
000360	CHEESE, NACHO SAUCE, LOL	3 OZ	15.00
000483	CHIPS, SUNCHIP MULTIGRAIN, ORI	1 OZ	20.00
000490	CHIPS, YELLOW,ROUND,LA TAPATIA	1.5 OZ	19.00
000468	COLE SLAW	1/4 CUP	3.63
000925	CONFETTI FRIES	3 OZ	21.00
	CORN NUGGET, BBQ	.75 OZ	14.60
000828	CORNMEAL STAR, DAVE'S BAKING (corn bread)	1.5 OZ	23.00
000784	CRACKERS, CHEEZ-IT, ORIGINAL S	.75 OZ	14.26
001103	CRACKERS, GOLD FISH	.75 OZ	14.00
000921	EDAMAME, SOY BEANS	.5 CUP	7.07
000949	GARLIC FRIES	2.41 OZ	18.00
000424	GREEN BEANS: canned,cooked	1/2 CUP	4.00
000654	HONEY BUN, SIMPLY BLUES	2.8 OZ	41.00
000701	MASHED POTATOES - EXCEL	4 OZ	15.00
	ONION RINGS	5 pcs	28.00
	PEACHES, FROZEN	4.4 OZ	20.79

No	Description	Portion Size	Carbohydrates (grams)
000369	POTATOES, HASH BROWN	1/2 CUP	21.92
000242	POTATO SALAD	1/2 CUP	18.62
000686	POTATO SMILES, McCAIN	2.4 OZ	19.00
000557	POTATO TRIANGLE	SVG / 1 PC	13.20
000683	POTATO, DELI ROASTER	3 OZ	21.00
	POTATO, FRENCH CUT	4 oz	15.00
000743	POTATO, HASH BROWN STICK, MCCA	1 EA	15.00
000527	POTATOES, MASHED, EXCEL	.5 CUP	12.90
000875	POTATOES, SEASONED 8 CUT WEDGE	3OZ	19.00
	POTATO, TATER TOTS	3 OZ (@9 pcs)	18.00
000781	PRETZEL, TINY TWISTS	0.5 OZ	11.50
000704	REFRIED BEANS	4 OZ	24.00
000862	RICE, OLD STYLE HAWAIIAN	1/2 CUP	34.00
000788	RICE, VEGGIE FRIED	4 OZ	20.25
000904	ROLL, WHOLE WHEAT, FLOWERS	1.2 OZ	13.00
000954	SCONE, LEMON WG	1.75 OZ	27.60
000658	SWEET POTATO FRIES	3 OZ	22.00
	STRAWBERRIES, FROZEN	4.4 OZ	19.18
000923	WHEAT DINNER ROLL, FLOWERS	1 OZ	13.00
000792	YOGURT, DANNON CRUSH CUP, STRA	4 OZ	16.00
CONDIMENTS			
000936	BBQ SAUCE BULLS EYE	1 OZ	13.00
000322	CREAM CHEESE	1 TBSP	0.59
000950	DRESSING, ASIAN SESAME	1 OZ	6.00
903433	DRESSING, COLESLAW	1 OZ	9.00
900088	DRESSING, CREAMY CAESAR	1.5 OZ	2.00
000082	DRESSING,BUTTERMILK RANCH, PPI	2 TBSP	5.00
000910	JELLY,MIXED FRUIT,REDUCED CALO	12 GM	2.84
000945	KETCHUP, PC	1 PKG / 9 gm	2.00
000459	MAYONNAISE, 500/ 9 GM	1 PKG / 9 gm	0.31
000460	MUSTARD,PREP,YEL	1 PKG / 5 gm	0.27
000917	PICKLE CHIP	0.75 OZ	6.00
000934	RED GOLD MARINARA/SPAG SAUCE	1.5 OZ	5.00
001011	SALSA,COMMODITY	1 OZ	1.98
000853	SAUCE, MARINARA	1/4 CUP	4.54
	SAUCE, SWEET & SOUR PKT	0.5	3.00
	SAUCE, TACO, Casa Solana	1 pkt/ 1Tbsp	2.00
000349	SYRUP,PANCAKE	1 PKT / 1.5 OZ	31.00
BEVERAGES			
000927	CRY BABY JUICE CUP - ROSATI	4.4 OZ	25.00
000837	JUICE CUP, WHOLE FRUIT, CHERRY	4 OZ	18.00
	JUICE CUP, WHOLE FRUIT, ORANGE PINEAPPLE	4 OZ	20.00
	JUICE CUP, WATERMELON	4.4 OZ	25.00

No	Description	Portion Size	Carbohydrates (grams)
000237	JUICE FRUIT BLEND,100%,PC PACK	4 OZ	15.05
000780	JUICE, APPLE, APPLE AND EVE, 6	6.75 OZ	21.00
000873	MILK, FAT FREE CHOCOLATE, TRU	8 OZ	20.00
000867	MILK, WHITE 1% BERKELEY FARMS	8 OZ	16.00
000947	SLUSH PUPPIE	6 OZ	23.25
DESSERTS			
	APPLESAUCE, CUP	4.5 OZ	14.00
000635	BROWNIE, BUENA VISTA	2.2 OZ	33.00
001128	COCOA BAR, ZEE ZEE	1.8 OZ	34.00
	COOKIE, CHOCOLATE CHIP	1 EA	19.00
	COOKIE, HOLIDAY, TREE	1 EA	16.00
	COOKIE, HOLIDAY, TURKEY	1 EA	20.00
	COOKIE, SUGAR COOKIE, BUENA VISTA (LINDA)	1 EA (28g)	17.00
000826	COOKIE, SMART	.88 OZ	18.00
000928	FRUIT PIE, APPLE, HORIZON	2 OZ	27.00
000703	RICE KRISPY TREATS	1 EA (.078 oz)	17.00
	RICE KRISPY TREATS	1 EA (1.4 oz)	30.00
	STRAWBERRIES, FROZEN, DICED w/ SUGAR, CUPS	1 EA	21.00
	YOGURT, CULTURE SHOCK, CAKE BATTER	5 oz	26.00
	YOGURT, CULTURE SHOCK, CHOCO	4 OZ	24.00
	YOGURT, CULTURE SHOCK, CHOCO/VANILLA SWIRL	5 OZ	29.00
	YOGURT, CULTURE SHOCK, COOKIES AND CREAM	5 OZ	30.00
	YOGURT, CULTURE SHOCK, PEPPERMINT CHOCO	4 OZ	21.00
	YOGURT, CULTURE SHOCK, SALETED CARMEL	4 OZ	20.00
	YOGURT, CULTURE SHOCK, COOKIES AND CREAM	4 OZ	25.00
000864	YOGURT, BIG SPOON	6 OZ	37.50
	YOGURT, BIG SPOON, Strawberry Banana Swirl	6 OZ	22.00

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.