

Categories		Name	Carbs (G)	Fiber (G)
Breakfast		Apple Breadstick	39	2
Breakfast		Apple Cinnamon Bagel Stick	32	3
Breakfast		Apple Cinnamon Graham Cracker	20	2
Breakfast		Apple Cinnamon Roll	43	3
Breakfast		Apple Frudel	36	2
Breakfast		Apple Turnover	54	6
Breakfast		Assorted Cereals		
		Cinnamon Toast Crunch Red. Sugar	22	3
		Honey Nut Chex	27	1
		Frosted Corn Flakes	24	1
		Cheerios	20	3
		Cinnamon Chex	23	1
		Honey Nut Cheerios	22	2
Breakfast		Assorted Graham Crunchmania		
		Cinnamon Bun Mini Crackers	37	2
		French Toast Mini Crackers	37	3
Breakfast		Assorted Mini Loaf		
		Orange	28	2
		Banana	30	2
		Blueberry	29	2
		Very Berry	30	2
Breakfast		Assorted Poptart w/ Cheese Stick Snack Pack		
		Mozzarella Cheese Stick	1	0
		Cinnamon Brown Sugar WG Poptart	37	3
		Strawberry WG Poptart	38	3
		Fudge WG Poptart	38	3
Breakfast		Bacon, Egg, & Cheese Breakfast Toast	18	2
Breakfast		Bacon, Egg, & Cheese Knish Pocket	22	2
Breakfast		Bacon, Egg, & Cheese Muffin Sandwich	26	2
Breakfast		Bagel w/Peanut Butter Cup Snack Pack		
		Whole Grain Bagel	31	3
		Peanut Butter Cup	8	2
Breakfast		Bagel with Cream Cheese		
		Whole Grain Bagel	31	3
		Cream Cheese	2	0
Breakfast		Banana Bread	43	2
Breakfast		Blueberry Bar w/Cheese Stick Snack Pack		
		Multigrain Blueberry Bar	30	3
		Mozzarella Cheese Stick	1	0
Breakfast		Blueberry Loaf w/Cheese Stick Snack Pack		
		Blueberry Mini-Loaf	29	2
		Cheese Stick Mozzarella	1	0
Breakfast		Breakfast Burrito	16	2
Breakfast		Breakfast Pizza	22	3
Breakfast		Breakfast Pizza Bagel	22	2

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Sliced Bread: Carbs (+2 gm) Fiber (-1 gm)

Hot Dog Bread: Carbs (+3 gm) Fiber (-1 gm)

Hamburger Bread: Carbs (+7 gm) Fiber (-3 gm)

Breakfast	Breakfast Quesadilla	17	3
Breakfast	Canadian Bacon	0	0
Breakfast	Cheese Omelet	4	0
Breakfast	Cheese Quesadilla	18	2
Breakfast	Cheese Stick Cheddar	1	0
Breakfast	Cheese Stick Colby	1	0
Breakfast	Cherry Frudel	37	2
Breakfast	Chicken Sausage Biscuit	36	3
Breakfast	Chicken Sausage Pancake Sandwich	24	3
Breakfast	Cinnamon Breakfast Bun	34	3
Breakfast	Cinnamon Breakfast Round	43	6
Breakfast	Cinnamon Breakfast Round Snack Pack		
	Cinnamon Breakfast Round	43	6
	Cheese Stick Mozzarella	1	0
Breakfast	Cinnamon French Toast	25	2
Breakfast	Cinnamon Goldfish Graham Cracker	19	1
Breakfast	Cinnamon Roll	43	3
Breakfast	Corn Muffin	23	2
Breakfast	Creamy Cinnamon Oatmeal	44	4
Breakfast	Egg & Cheese Breakfast Round	19	2
Breakfast	Egg & Cheese Mini Sandwich	20	2
Breakfast	Egg & Cheese Twist	20	2
Breakfast	Egg, Cheese, & Potato Breakfast Pocket	28	3
Breakfast	English Muffin	24	2
Breakfast	French Toast Sticks	24	3
Breakfast	Fruit Filled Churro	28	1
Breakfast	Graham Gripz	19	3
Breakfast	Ham Egg & Cheese Breakfast Twist	20	2
Breakfast	Honey Wheat Donut	38	2
Breakfast	Maple Graham Cracker	20	2
Breakfast	Mini Bars Assorted		
	Oatmeal Chocolate Chip	24	3
	Cranberry Orange	24	3
	Oatmeal Spice	24	3
Breakfast	Mini Blueberry Pancakes	38	3
Breakfast	Mini Cinnamon Pancakes	34	4
Breakfast	Mini Cinnamon Rolls	40	2
Breakfast	Mini Maple Pancakes	36	3
Breakfast	Mini Sausage Pancake Wraps	15	3
Breakfast	Mini Waffles	35	4
Breakfast	Mozzarella Cheese Stick	1	0
Breakfast	Nutrigrain Bar		
	Strawberry	29	3
	Apple Cinnamon	30	3
	Blueberry	30	3

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Breakfast	Oatmeal Breakfast Bars		
	Chocolate Chip Oatmeal	23	2
	Butterscoch Oatmeal	23	2
Breakfast	Pancake Sausage Wrap	20	0
Breakfast	Pancakes	16	1
Breakfast	PB&J Sandwich Grape	35	4
Breakfast	PB&J Strawberry Sandwich	34	4
Breakfast	Peach Yogurt	19	0
Breakfast	Peanut Butter w/Maple Grahams Snack Pack		
	Peanut Butter Cup	8	2
	Maple Graham Cracker	20	2
Breakfast	Poptart & Cheese Stick Snack Pack		
	Cinnamon Brown Sugar Poptart	37	3
	Mozzarella Cheese Stick	1	0
Breakfast	Poptart w/Cheese Stick Snack Pack		
	Strawberry Poptart	38	3
	Mozzarella Cheese Stick	1	0
Breakfast	Sausage & Cheese Breakfast Bagel	26	3
Breakfast	Sausage & Cheese Breakfast Twist	19	2
Breakfast	Sausage & Egg Pancake Sandwich	18	2
Breakfast	Sausage & Gravy Open Faced Toast	19	2
Breakfast	Sausage Biscuit	36	3
Breakfast	Sausage Patty	0	0
Breakfast	Sausage, Egg, & Cheese Breakfast Flatbread	21	2
Breakfast	Scrambled Eggs	2	0
Breakfast	Scrambled Eggs, High School	3	0
Breakfast	Strawberry Bagel Stick	32	3
Breakfast	Strawberry Banana Yogurt	19	0
Breakfast	Strawberry Bar w/Mozz Stick Snack Pack		
	Nutrigrain Bar	29	3
	Mozzarella Cheese Stick	1	0
Breakfast	Strawberry Graham Cracker	21	1
Breakfast	Strawberry Guava Fruit Turnover	37	5
Breakfast	Strawberry Yogurt	19	0
Breakfast	Sunberry Breakfast Round	47	7
Breakfast	Turkey Ham & Cheese Croissant	15	1
Breakfast	Vanilla Scooby Cereal	24	3
Breakfast	Vanilla Yogurt	19	0
Breakfast	Vanilla Yogurt Cup	19	0
Breakfast	*Whole Wheat Toast	22	4
Breakfast	Yogurt w/Graham Gripz Snack Pack		
	Vanilla Yogurt	19	0
	Graham Gripz	19	3
Fruit	Assorted 100% Fruit Juice (4 oz)	15	0
Fruit	Assorted 100% Fruit Juice (6 oz)	22	0
Fruit	*Exception for grape juice (6 oz.)	28	0
Fruit	100% Fruit Juice Aseptic	15	0

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Fruit	Fresh Banana	23	3
Fruit	Blueberries	9	2
Fruit	Blueberry Craisins	33	3
Fruit	Cherry Craisins	33	3
Fruit	Cinnamon Applesauce	14	1
Fruit	Diced Peaches Fruit Cup	16	2
Fruit	Diced Pear Fruit Cup	16	2
Fruit	Fresh Cut Cantaloupe	7	1
Fruit	Fresh Cut Pineapple	11	1
Fruit	Fresh Cut Watermelon	7	0
Fruit	Fresh Honeydew Melon	7	1
Fruit	Fresh Nectarine	15	2
Fruit	Fresh Peach	14	2
Fruit	Fresh Pear	26	5
Fruit	Fresh Plum	5	1
Fruit	Fresh Strawberries	0	1
Fruit	Fresh Tangerines	16	2
Fruit	Frozen Fruit Juice Rosati	25	0
Fruit	Frozen Rips Slush	15	0
Fruit	Mandarin Oranges	17	1
Fruit	Mixed Fruit Cup	19	1
Fruit	Peaches Diced, Cupped	17	1
Fruit	Pearsauce	22	2
Fruit	Pineapple Tidbits, Cupped	17	1
Fruit	Pomegranate Craisins	33	3
Fruit	Sliced Apples	7	1
Fruit	Sour Lemon Raisins	35	1
Fruit	Sour Orange Raisins	36	1
Fruit	Strawberries, Cupped	35	2
Fruit	Strawberry Applesauce	14	1
Fruit	Strawberry Banana Applesauce	14	1
Fruit	Watermelon Raisins	36	1
Grain	Black Beans & Rice	47	6
Grain	Brown Rice	18	1
Grain	Brown Rice, Pre-K	9	1
Grain	Cinnamon Muffin	24	1
Grain	Dinner Roll	13	1
Grain	Dinner Roll, High School	25	2
Grain	Garlic Breadstick	16	2
Grain	Garlic Toast	14	1
Grain	Graham Crackers	17	1
Grain	Hushpuppies, 3 pcs	22	1
Grain	Hushpuppies, High School 6 pcs	44	2
Grain	Jalapeno Corn Muffin	22	2
Grain	Mini Corn Loaf	33	2
Grain	Rice & Veggies	49	4
Grain	Seasoned Yellow Rice	21	1

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Grain	Soft Tortilla	20	1
Grain	Spaghetti	41	4
Grain	Traditional Stuffing	26	2
Grain	Whole Grain Biscuit	16	1
Lunch	Apple Cinnamon Muffin Platter		
	Peach Yogurt	19	0
	Colby Jack Cheese Stick	1	0
	Apple Cinnamon Muffin	42	2
Lunch	*Bacon & Cheese Turkey Burger	33	1
Lunch	Baja Chicken & Cheese Burrito	33	5
Lunch	Baked Ziti with Beef Sauce	41	4
Lunch	Banana Muffin Platter		
	Banana Muffin	42	2
	Strawberry Yogurt	19	0
	Mozzarella Cheese Stick	1	0
Lunch	BBQ Chicken	5	0
Lunch	BBQ Chicken Taco Snacks	48	5
Lunch	*BBQ Pork Sandwich	41	4
Lunch	Beef and Bean Burrito	39	8
Lunch	Beef Nachos w/Tortilla Chips	30	4
Lunch	Beef Nachos w/Tortilla Chips, High School	50	7
Lunch	Beefaroni, Pre-K	20	2
Lunch	Blueberry Muffin Platter		
	Blueberry Muffin	40	2
	Strawberry Yogurt	19	0
	Mozzarella Cheese Stick	1	0
Lunch	Blueberry Yogurt Parfait - Elementary Schools		
	Honey Graham Crackers	17	1
	Mozzarella Cheese Stick	1	0
	Blueberry Parfait	49	3
Lunch	Blueberry Yogurt Parfait - Secondary Schools	96	7
Lunch	Buffalo Cheese Crunchers	40	4
Lunch	Buffalo Chicken Pizza	27	3
Lunch	Buffalo Chicken Salad	35	6
Lunch	Buffalo Chicken Tenders	20	2
Lunch	Caribbean Chicken	7	0
Lunch	Cheese Lasagna	33	3
Lunch	Cheese Omelet w/ Pancakes		
	Cheese Omelet	1	0
	Pancakes	48	3
Lunch	Cheese Pizza	34	4
Lunch	Cheese Pizza Crunchers 3 pcs	31	4
Lunch	Cheese Pizza Crunchers, Elementary	41	5
Lunch	Cheese Stuffed Wedge Pizza	40	5
Lunch	*Cheeseburger	25	4
Lunch	Cheesy Bread Stick	30	2
Lunch	Cheesy Burrito	41	8

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Lunch	Chef Garden Salad	33	4
Lunch	Cherry Blossom Chicken	22	2
Lunch	Cherry Blossom Chicken w/Rice	77	6
Lunch	Chicken BLT Salad	31	5
Lunch	Chicken Caesar Salad	29	2
Lunch	Chicken Fajita	24	1
Lunch	Chicken Nuggets, Elementary	14	1
Lunch	Chicken Nuggets, Secondary	19	2
Lunch	Chicken Parmesan	20	2
Lunch	*Chicken Parmesan Sandwich	41	5
Lunch	*Chicken Parmesan Sub	43	3
Lunch	*Chicken Patty Sandwich	38	5
Lunch	Chicken Tenders Salad	32	4
Lunch	Chicken Tenders, 3 pcs	14	1
Lunch	Chicken Tenders, Elementary	18	1
Lunch	Chicken Teriyaki w/Rice, Secondary	65	4
Lunch	Chicken Teriyaki, Elementary	16	0
Lunch	Chicken Teriyaki, Pre-K	37	2
Lunch	Chili Cheese Hot Dog	33	3
Lunch	Chocolate Chip Muffin Platter		
	Peach Yogurt	19	0
	Colby Jack Cheese Stick	1	0
	Chocolate Chip Muffin	42	3
Lunch	Corn Dog	31	2
Lunch	Cornbread	49	3
Lunch	Cornbread, Pre-K	25	2
Lunch	Country Style Chicken w/Gravy	18	1
Lunch	Double Stuffed Cheese Pizza	28	3
Lunch	Double Stuffed Pepperoni Pizza	27	3
Lunch	Fiesta Pizza	39	4
Lunch	*Fish & Cheese Sandwich	41	6
Lunch	*Fish Fillet Sandwich	40	6
Lunch	Fish Sticks	18	2
Lunch	French Bread Cheese Pizza	33	3
Lunch	French Bread Pepperoni Pizza	33	3
Lunch	Garden Salad Deluxe	31	5
Lunch	General TSO Chicken w/Rice and Veg, Secondary	56	3
Lunch	Grilled Cheese Sandwich	31	3
Lunch	Grilled Chicken Salad	31	5
Lunch	*Grilled Chicken Sandwich	24	4
Lunch	Ham & Cheese Deli Flatz w/Chips		
	Turkey Ham & Cheese Flatz Sandwich	23	5
	RF Nacho Cheese Tortilla Chip	20	2
Lunch	*Turkey Ham & Cheese Sandwich Combo		
	Turkey Ham & Cheese Sandwich	25	4
	Cheezits Crackers	14	1
Lunch	*Ham & Cheese Sub	29	2

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Lunch	Ham & Cheese Wrap	25	1
Lunch	*Hamburger	24	4
Lunch	Homestyle Chicken	13	1
Lunch	Honey Fire Chicken w/Rice	75	6
Lunch	*Hot Dog	25	3
Lunch	Hot Ham & Cheese Sandwich	32	4
Lunch	Italian Sausage Sandwich	28	2
Lunch	Italian Steak Sub	36	4
Lunch	Italian Sub	29	2
Lunch	Jamaican Beef Turnover	53	3
Lunch	Jerk Chicken Salad	40	5
Lunch	Jumbo Cheese Pizza Bagel	33	4
Lunch	Macaroni & Cheese	27	2
Lunch	Mandarin Chicken Salad	52	5
Lunch	Mandarin Yogurt Parfait - Elementary		
	Honey Graham Crackers	17	1
	Mozzarella Cheese Stick	1	0
	Mandarin Parfait	59	2
Lunch	Mandarin Yogurt Parfait - Secondary	106	6
Lunch	Meatball Sub	33	3
Lunch	Meatloaf & Gravy	8	1
Lunch	Mini Cheese Pizza Bagels 3 pcs	18	3
Lunch	Mini Cheese Pizza Bagels 4 pcs	24	4
Lunch	Mini Chicken BLT Salad	31	4
Lunch	Mini Corndogs, Elementary	30	5
Lunch	Mini Corndogs, Secondary	41	7
Lunch	Mini Grilled Chicken Salad	24	2
Lunch	Mini Mandarin Chicken Salad	43	4
Lunch	Mini Twin Cheeseburgers	33	4
Lunch	Mini Twins BBQ Rib Sandwich	48	4
Lunch	Mozzarella Cheese Sticks 6 pcs	31	3
Lunch	Oven Roast Chicken	0	0
Lunch	PB & Veggie Platter w/Crackers		
	Peanut Butter Cup	8	2
	Honey Graham Crackers	17	1
	Celery Sticks	1	1
	Mozzarella Cheese Stick	1	0
Lunch	PB&J Grape Large Sandwich	64	6
Lunch	PB&J Grape Sandwich Platter		
	PB&J Grape Sandwich	35	4
	Mozzarella Cheese Stick	1	0
	Honey Graham Crackers	17	1
Lunch	PB&J Strawberry Sandwich Platter		
	PB&J Strawberry Sandwich	34	4
	Mozzarella Cheese Stick	1	0
	Honey Graham Crackers	17	1

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Lunch	Peach Yogurt Parfait - Elementary Schools		
	Honey Graham Crackers	17	1
	Mozzarella Cheese Stick	1	0
	Peach Parfait	57	2
Lunch	Peach Yogurt Parfait - Secondary	102	5
Lunch	Peanut Butter Platter w/Apple Slices		
	Peanut Butter Cup	8	2
	Honey Graham Crackers	17	1
	Sliced Apples	7	1
	Mozzarella Cheese Stick	1	0
Lunch	Penne Pasta	41	4
Lunch	Penne Pasta w/Meat Sauce	45	5
Lunch	*Pepperjack Turkey Burger	26	4
Lunch	Pepperoni Calzone	34	5
Lunch	Pepperoni Pizza	33	4
Lunch	Pepperoni Stromboli	29	3
Lunch	Pepperoni Stuffed Wedge Pizza	40	4
Lunch	Philly Cheesesteak Sandwich	31	2
Lunch	Popcorn Chicken	15	1
Lunch	Popcorn Chicken Salad	20	4
Lunch	Pretzel Bites w/Cheese Cup		
	WG Pretzel Bites	15	1
	Cheddar Cheese Cup	1	0
Lunch	Pulled BBQ Pork	17	0
Lunch	Salisbury Steak	8	2
Lunch	Simply Salad	33	5
Lunch	*Sloppy Joe Sandwich	35	6
Lunch	Slow Roasted Turkey Sub	33	2
Lunch	Soft Turkey Taco	24	1
Lunch	Soft Turkey Taco, High School	25	1
Lunch	Southwest Chicken Salad	7	7
Lunch	Spaghetti & Meat Sauce	52	6
Lunch	Specialty Chef Salad	32	4
Lunch	*Spicy Black Bean Burger	45	11
Lunch	Spicy Chicken Salad	29	4
Lunch	*Spicy Chicken Sandwich	38	5
Lunch	Strawberry Yogurt Parfait - Elementary		
	Honey Graham Crackers	17	1
	Mozzarella Cheese Stick	1	0
	Strawberry Parfait	75	3
Lunch	Strawberry Yogurt Parfait - Secondary	130	8
Lunch	Stuffed Shells	34	3
Lunch	Stuffed Shells Pre-K	17	2
Lunch	*Submarine Sandwich	37	3
Lunch	Sweet Spicy Thai Chicken	17	0
Lunch	Taco Salad	26	2
Lunch	Taquitos	46	6

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Lunch	Tuna Salad Platter	24	4
Lunch	Turkey & Cheese Deli Flatz w/Tortilla Chips		
	Turkey & Cheese Deli Flatz	23	5
	RF Nacho Cheese Tortilla Chips	20	2
Lunch	*Turkey & Cheese Sandwich	36	3
Lunch	Turkey & Cheese Sandwich Combo		
	Turkey Sandwich	23	4
	WG Cheddar Goldfish Crackers	14	1
Lunch	*Turkey & Cheese Sub	27	2
Lunch	*Turkey & Pepperjack Cheese Sub	28	2
Lunch	*Turkey & Provolone Sub	28	2
Lunch	Turkey and Cheese Flatbread	37	6
Lunch	Turkey BLT Salad	32	4
Lunch	Turkey Roast w/ Gravy	4	0
Lunch	Turkey Wrap	23	1
Lunch	Vegetarian Black Bean Pizza	36	6
Lunch	Vegetarian Chili, no chips	44	12
Lunch	Vegetarian Chili w/Tortilla Chips	64	14
Lunch	Yogurt & Cheese Cube Platter	39	3
Miscellaneous	Assorted Dipping Sauce		
	Honey Mustard Sauce	5	0
	Sweet & Sour Sauce	12	0
Miscellaneous	BBQ Dipping Sauce	12	0
Miscellaneous	Beef Gravy	4	0
Miscellaneous	Chicken Gravy	4	0
Miscellaneous	Chipotle Dipping Sauce	1	0
Miscellaneous	Cranberry Sauce	18	0
Miscellaneous	Cream Cheese	2	0
Miscellaneous	Gravy	5	0
Miscellaneous	Hot Sauce	0	0
Miscellaneous	Jalapeno Ketchup	3	0
Miscellaneous	Jelly Assorted Flavors	9	0
Miscellaneous	Ketchup	3	0
Miscellaneous	Mayonnaise	2	0
Miscellaneous	Milk 1%	12	0
Miscellaneous	Milk Fat-Free	12	0
Miscellaneous	Milk Fat-Free Chocolate	22	0
Miscellaneous	Mustard	1	0
Miscellaneous	Pancake Syrup	31	0
Miscellaneous	Ranch Dipping Sauce	2	0
Miscellaneous	Ranchup (Ketchup/Ranch Mix)	5	0
Miscellaneous	Relish	3	0
Miscellaneous	Salad Dressings 1.5 oz. Blue Cheese	4	0
Miscellaneous	Salad Dressings 1.5 oz. Balsamic	7	0
Miscellaneous	Salad Dressings 1.5 oz. Italian	4	0
Miscellaneous	Salad Dressings 1.5 oz. Oriental	11	0
Miscellaneous	Salad Dressings 1.5 oz. Red French	14	0

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Miscellaneous	Salad Dressings 1.5 oz. Ranch	9	0
Miscellaneous	Salad Dressings 1.5 oz. Caesar	1	0
Miscellaneous	Salad Dressings 12 gm. Ranch	2	0
Miscellaneous	Salad Dressings 12 gm. Italian	10	0
Miscellaneous	Salad Dressings 12 gm. French	3	0
Miscellaneous	Salad Dressings 12 gm. Caesar	0	0
Miscellaneous	Sour Cream	2	0
Miscellaneous	Taco Sauce	1	0
Miscellaneous	Tartar Sauce	3	0
Snack	Assorted Tortilla Chips	20	2
Snack	Assorted Goldfish Crackers		
	Goldfish Cheddar	14	1
	Goldfish Ranch	14	1
	Goldfish Pretzels	16	1
Snack	Baked Cheetos	17	1
Snack	Baked Chips	19	2
Snack	Cheez-It Crackers	14	1
Snack	Chex Mix	20	2
Snack	Goldfish Crackers	14	1
Snack	Goldfish Crackers Kickin' Ranch	14	1
Snack	Goldfish Pretzels	16	1
Snack	Goldfish Puffs	14	0
Snack	Halloween Troll Crackers	21	1
Snack	Heartzel Pretzels	15	2
Snack	Jungle Animal Crackers	20	1
Snack	Lemon Crunch Bar	41	3
Snack	Lemonade	8	1
Snack	Mini Chocolate Chips Cookies	19	2
Snack	Mini WG Rice Krispies Square 12 gm	9	0
Snack	Mini Chocolate Chip Oatmeal Bar	23	2
Snack	Pretzel Goldfish and Cheese Cubes		
	Goldfish Pretzels	16	1
	Cheddar Cheese Cubes	0	0
Snack	SunChip Snack Mix	15	2
Snack	Whole Grain Rice Crispy 45 gm	30	0
Supper	BBQ Chicken Meal Break	84	6
Supper	Blueberry Yogurt Meal Break	59	4
Supper	Fruitables Vegetable Juice	14	0
Supper	Italian Sub Combo	41	5
Supper	Orange Mini Loaf Platter	55	3
Supper	PBJ Sandwich Supper Combo	51	6
Supper	Peanut Butter Cup Platter	35	4
Supper	Submarine Sandwich Combo	46	5
Supper	Turkey Ham & Cheese Croissant Combo	38	4
Supper	Very Berry Sliced Bread Combo	97	3

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Vegetable	Baked Beans	29	7
Vegetable	Baked Beans, Pre-K	18	3
Vegetable	Black Beans	32	13
Vegetable	Black Beans, Pre-K	13	6
Vegetable	Broccoli	4	2
Vegetable	Broccoli, Pre-K	2	1
Vegetable	California Blend	6	2
Vegetable	Caribbean Blend	6	3
Vegetable	Carrot & Celery Sticks	5	2
Vegetable	Carrot Sticks	17	5
Vegetable	Celery Sticks	3	1
Vegetable	Coleslaw	5	1
Vegetable	Collard Greens	3	2
Vegetable	Collard Greens, Pre-K	1	1
Vegetable	Corn	20	2
Vegetable	Corn & Bean Salsa	31	10
Vegetable	Corn & Tomato Salad	12	1
Vegetable	Corn on the Cob	17	1
Vegetable	Corn, Pre-K	10	1
Vegetable	Cucumber Slices	2	1
Vegetable	Fiesta Corn	15	1
Vegetable	French Green Beans	1	2
Vegetable	Fresh Baby Carrots	5	2
Vegetable	Fresh Baby Carrots, 3/4 cup	10	4
Vegetable	Fresh Broccoli Florets	4	4
Vegetable	Fresh Carrot & Bean Medley	19	1
Vegetable	Fresh Grape Tomatoes	3	1
Vegetable	Fresh Green Beans	17	1
Vegetable	Fresh Green Beans, Pre-K	8	0
Vegetable	Garden Crunch Pack	5	3
Vegetable	Garden Crunch Pack-Celery Carrots & Broccoli	7	3
Vegetable	Garden Salad	5	2
Vegetable	Green Beans	5	2
Vegetable	Green Beans, Pre-K	3	1
Vegetable	Green Peas	6	2
Vegetable	Italian Green Beans	5	2
Vegetable	Marinara Dipping Cup	8	1
Vegetable	Mashed Potatoes	21	2
Vegetable	Mashed Potatoes, Pre-K	11	1
Vegetable	Mini Sweet Peppers	3	1
Vegetable	Peas & Carrots	9	3
Vegetable	Potato Smiles	20	2
Vegetable	Potato Smiles, Pre-K	10	1
Vegetable	Potato Sticks	27	3
Vegetable	Potato Wedges	24	3
Vegetable	Romaine Salad Cup	0	0
Vegetable	Salad Cup	2	1
Vegetable	Salsa	5	0
Vegetable	Sliced Carrots	8	2
Vegetable	Sliced Carrots, Pre-K	4	1
Vegetable	Sliced Sweet Plantains	48	5
Vegetable	Sliced Sweet Plantains, Pre-K	24	2
Vegetable	Spicy Sweet Potato Sticks	29	4

Vegetable	Spinach with Cheese	7	5
Vegetable	Spinach with Cheese, Pre-K	7	5
Vegetable	Sweet Peas	13	4
Vegetable	Sweet Potato Bites	16	2
Vegetable	Sweet Potato Bites, Pre-K	8	1
Vegetable	Sweet Potato Souffle, Pre-K	22	2
Vegetable	Sweet Potato Souffle	30	3
Vegetable	Sweet Potato Waffles	15	2
Vegetable	Sweet Potato Waffles, Pre-K	8	1
Vegetable	Winter Blend	5	2
Vegetable	Zucchini	2	1
Vegetable	Zucchini & Yellow Squash	2	1