

Menu Nutrition Information

Our meals maintain high nutrition standards which meet and many times exceed USDA standards for school meals with whole grain rich products, reduced sodium, and only fat-free flavored milk. We do not use food additives such as artificial colors or flavors, non-nutritious sweeteners, or preservatives. For more information, please refer to our Prohibited Ingredients list.

- Meat: Our menu is completely pork free. All hamburgers are 100% beef. All chicken served is certified antibiotic-free. Our deli meats are not "processed meats" as defined by the World Health Organization.
- We serve vegetables from different subgroups (dark green, red-orange, beans-legumes, starchy and others) to ensure we offer students a diverse nutrient profile.
- Fiber: All breads and grains offered are at least 51% whole grain rich and contain at least 2g of fiber per serving.
- Our NY Thursday initiative offers locally produced breads, fruit, yogurts and entrees all made in New York State.

Note: Specific product brands are not specified in Menu Nutrition Information. Please speak to your School Food Service Manager for additional information if needed.

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Updated Feb 28, 2022

Category	Menu Item	Portion	Calories	Total Fat(g)	Sat. Fat(g)	Protein (g)	Total Carb(g)	Fiber (g)	Sodium (mg)
Beef	Burger (No Bun)	1 each	130	10	4	10	0	0	100
Beef	Burger on Ciabatta Roll	1 each	290	12	4	16	33	3	380
Beef	Burger on Hamburger Bun (K-8)	1 each	240	11	4	13	23	2	310
Beef	Burger on Hamburger Bun (HS)	1 each	260	11	4	14	27	3	350
Beef	Burger, BBQ on Hamburger Bun (K-8)	1 each	248	11	4	13	25	2	330
Beef	Burger, BBQ on Hamburger Bun (HS)	1 each	268	11	4	14	29	3	370
Beef	Burger, NYS (No Bun)	1 each	130	10	4	10	0	0	100
Beef	Burger, NYS on Hamburger Bun	1 each	242	11	4	13	23	2	311
Beef	Cheeseburger on Ciabatta	1 each	325	14	5	20	34	3	485
Beef	Cheeseburger on Hamburger Bun (K8)	1 each	275	13	5	17	24	2	415
Beef	Cheeseburger on Hamburger Bun (HS)	1 each	295	13	5	17	28	3	455
Beef	Cheeseburger, NYS on Hamburger Bun (K8)	1 each	275	13	5	17	24	2	415

Category	Menu Item	Portion	Calories	Total Fat(g)	Sat. Fat(g)	Protein (g)	Total Carb(g)	Fiber (g)	Sodium (mg)
Beef	Cheeseburger, NYS on Hamburger Bun (HS)	1 each	297	14	5	18	28	3	465
Beef	Jamaican Style Beef Patty	1 each	300	4	3	23	43	6	330
Beef	Meatloaf with Gravy	1 each	141	10	4	10	2	0	238
Beef	Taco, Cheesy Beef Crunchy	1 each	264	13	4	18	21	6	378
Beef	Tacos, Beef Bite Size	1 each	264	9	4	18	27	6	593
Beef	Taco Meat	3 oz	89	2	1	12	6	3	214
Bread	Bagel, Cinnamon Raisin, 2 oz	1 each	150	1	0	6	31	3	130
Bread	Bagel, Cinnamon Raisin, 3 oz	1 each	220	1	0	7	45	5	170
Bread	Bagel, Plain, 2 oz	1 each	150	1	0	6	30	4	150
Bread	Bagel, Plain, 3 oz	1 each	220	1	0	9	44	5	180
Bread	Bagel Stick, 7 Grain (multigrain)	2 each	150	1	0	6	30	6	140
Bread	Bagel Stick, Blueberry	2 each	150	1	0	6	30	4	140
Bread	Bagel Stick, Cinnamon Raisin	2 each	160	1	0	6	34	4	160
Bread	Bagel Stick, Cranberry	2 each	160	1	0	6	32	6	110
Bread	Bagel Stick, French Toast	2 each	150	1	0	6	30	6	140
Bread	Bagel Stick, Plain	2 each	165	1	0	6	33	4	165
Bread	Bagel Stick, Poppy	2 each	160	1	0	6	32	4	160
Bread	Biscuit, Buttermilk	1 each	180	5	0	4	28	2	160
Bread	Bread Knot	1 each	70	1	0	2	14	1	130
Bread	Bread Knot, Seasoned	1 each	95	3	0	2	14	1	142
Bread	Bread Knot, Garlic	1 each	100	3	0	2	15	1	168
Bread	Breadstick, Warm	1 each	90	0	0	3	19	2	150

Category	Menu Item	Portion	Calories	Total Fat(g)	Sat. Fat(g)	Protein (g)	Total Carb(g)	Fiber (g)	Sodium (mg)
Bread	Cheesy Garlic Bread	2 each	520	27	11	24	46	8	1000
Bread	Ciabatta Roll	1 each	160	2	0	6	33	3	280
Bread	Crackers	1 pack	32	1	0	1	5	1	60
Bread	Croissant	1 each	140	5	2	4	17	3	125
Bread	Dinner Roll	1 each	80	0	0	3	18	2	140
Bread	English Muffin	1 each	120	1	0	6	24	3	170
Bread	Flat Bread, Frozen	1 each	120	3	1	4	22	3	260
Bread	Flat Bread, Fresh	1 each	130	1	0	6	27	4	250
Bread	Garlic Toast	1 each	80	4	1	2	11	2	150
Bread	Hamburger Bun (K8)	1 each	110	1	0	3	23	2	210
Bread	Hamburger Bun (HS)	1 each	130	2	0	4	27	3	250
Bread	Hero Roll 5"	1 each	140	2	0	5	28	3	125
Bread	Kaiser/Vienna Roll 5"	1 each	220	2	0	9	44	4	190
Bread	Sliced Bread	1 slice	60	1	0	2	14	2	135
Bread	Wrap, 6.25"	1 each	100	3	0	3	18	2	95
Bread	Wrap, 9"	1 each	170	5	2	6	28	3	180
Breakfast	Breakfast Meal Kit #2 (Sunbutter Cup, Jelly, Grahams, Apple Juice)	1 each	471	24	3	11	53	7	306
	- Sunbutter Cup		266	21	3	7	7	4	160
	- Jelly		40	0	0	0	9	0	0
	- Honey Grahams		110	3	0	2	20	2	140
- Apple Juice	60	0	0	0	15	0	5		
Breakfast	Breakfast Meal Kit #4 (Apple Cinnamon Cheerios, Honey Grahams, Orange Tangerine Juice)	1 each	280	5	0.5	4	57	4	260
	- Apple Cinnamon Cheerios		110	2	0	2	22	2	110
	- Honey Grahams		110	3	0	2	20	2	140
	- Orange Tangerine Juice		60	0	0	0	15	0	10

Category	Menu Item	Portion	Calories	Total Fat(g)	Sat. Fat(g)	Protein (g)	Total Carb(g)	Fiber (g)	Sodium (mg)
Breakfast	Breakfast Meal Kit #5 (Fruity Cheerios, Honey Grahams, Apple Juice)	1 each	290	5	0.5	4	61	4	300
	- Fruity Cheerios		120	2	0	2	25	2	140
	- Honey Grahams		110	3	0	2	20	2	140
	- Apple Juice		60	0	0	0	15	0	5
Breakfast	Cereal, Frosted Mini-Wheats	1 each	100	0	0	3	24	3	0
Breakfast	Cereal, Granola, Apple Cinnamon	1 each	110	3	0	2	22	2	0
Breakfast	Cereal, Multigrain Toasted Oats	1 each	100	2	0	3	18	2	120
Breakfast	Cereal, Toasty-O's	1 each	110	2	0	3	20	3	140
Breakfast	Cereal, Cinnamon Flakes	1 each	100	0	0	2	24	3	170
Breakfast	Cereal, Granola, Blueberry	1 each	110	3	0	2	22	2	0
Breakfast	Hot Cinnamon Knot	1 each	91	2	0	2	15	1	132
Breakfast	Cinnamon Crumble Breakfast Bread	1 each	310	12	2	5	48	2	290
Breakfast	Cinnamon Twist	1 each	270	10	5	5	28	3	160
Breakfast	Mini Loaf, Banana Yogurt	1 each	270	8	2	4	36	3	45
Breakfast	Mini Loaf, Blueberry Yogurt	1 each	230	6	1	4	36	3	45
Breakfast	Mini Loaf, Carrot Cheese	1 each	250	8	2	4	36	3	45
Breakfast	Mini Loaf, Honey Corn	1 each	275	8	2	4	36	3	45
Breakfast	Mini Loaf, Very Berry	1 each	260	7	1	4	36	3	180
Breakfast	Mini Loaf, Zucchini Carrot	1 each	240	5	0	4	36	3	45
Breakfast	Muffin, Apple Cinnamon	1 each	250	8	2	4	36	3	45
Breakfast	Muffin, Blueberry Yogurt	1 each	230	6	1	4	36	3	45
Breakfast	Muffin, Banana Yogurt	1 each	270	6	1	4	36	3	45
Breakfast	Muffin, Honey Corn	1 each	275	7	1	4	36	3	45
Breakfast	Muffin, Sweet Potato Oatmeal	1 each	260	8	1	5	44	3	220
Breakfast	Oatmeal (with Milk, Brown Sugar & Cinnamon)	3/4 cup	201	3	1	8	35	4	154
Breakfast	Oatmeal (vegan)	3/4 cup	161	2	0	6	30	4	112
Breakfast	Omelet, Cheese	1 each	130	10	4	7	1	0	300

Category	Menu Item	Portion	Calories	Total Fat(g)	Sat. Fat(g)	Protein (g)	Total Carb(g)	Fiber (g)	Sodium (mg)
Breakfast	Omelet, Plain	1 each	60	4	1	3	1	0	110
Breakfast	Pancakes, Buttermilk	2 each	160	2	0	3	31	2	55
Breakfast	Pancakes, Cinnamon Burst	2 each	180	4	1	4	37	3	85
Breakfast	Pancakes, Mini Maple	2 each	210	6	1	4	38	2	270
Breakfast	Waffle	1 each	65	2	0	2	12	2	150
Breakfast	Waffle, Mini Blueberry	1 pkg	210	6	1	4	37	3	170
Breakfast Sandwich	Breakfast Quesadilla	1 each	331	14	5	13	36	5	551
Breakfast Sandwich	Cheese Omelet Wrap	1 each	300	15	0	13	29	3	480
Breakfast Sandwich	Cheese Omelet w Salsa Wrap	1 each	310	15	5	13	31	4	549
Breakfast Sandwich	Egg & Cheese on a Biscuit	1 each	275	11	2	11	30	2	375
Breakfast Sandwich	Egg & Cheese on Ciabatta	1 each	255	8	2	13	35	3	495
Breakfast Sandwich	Egg & Cheese on an English Muffin	1 each	215	7	2	13	26	3	385
Breakfast Sandwich	Egg & Cheese on a Hamburger Bun (pre-made)	1 each	160	7	0	6	20	2	360
Breakfast Sandwich	Egg & Cheese on a Soft Roll (K-8)	1 each	205	7	2	10	25	2	425
Breakfast Sandwich	Egg & Cheese on a Soft Roll (HS)	1 each	225	7	2	10	29	3	465
Breakfast Sandwich	Specialty Breakfast Sandwich (Turkey Sausage, Egg and Pancake Sandwich)	1 each	380	18	6	17	33	4	536
Breakfast Sandwich	Specialty Breakfast Sandwich (Egg, Pesto, Mozzarella Cheese, and English Muffin)	1 each	333	17	5	17	28	4	595
Breakfast Sandwich	Turkey Sausage & Egg on English Muffin	1 each	270	11	3	16	26	5	461
Breakfast Sandwich	Turkey Sausage, Egg, & Cheese on a Bagel (K8)	1 each	337	13	4	20	33	6	548
Breakfast Sandwich	Turkey Sausage, Egg, & Cheese on a Bagel (HS)	1 each	405	13	4	23	47	7	576
Breakfast Sandwich	Turkey Sausage, Egg & Cheese on a Soft Roll (K8)	1 each	295	13	4	17	26	4	606
Breakfast Sandwich	Turkey Sausage, Egg & Cheese on a Soft Roll (HS)	1 each	315	14	4	18	30	5	645
Breakfast Sandwich	Turkey Sausage Crumble, Egg, & Cheese on a Ciabatta Roll	1 each	306	10	3	18	36	3	768

Category	Menu Item	Portion	Calories	Total Fat(g)	Sat. Fat(g)	Protein (g)	Total Carb(g)	Fiber (g)	Sodium (mg)
Breakfast Sandwich	Turkey Sausage Crumble, Egg & Cheese on a Wrap	1 each	316	13	4	18	31	3	668
Cheese	American Cheese, Slices	2 slices	70	4	3	7	2	0	310
Cheese	Cheddar Cheese, Reduced Fat Mild, Slices	2 slices	90	7	5	7	0	0	190
Cheese	Cheddar Cheese, Shredded	1/2 oz	56	5	3	4	0	0	96
Cheese	Cheese Stick, Cheddar	1 oz	90	7	5	7	0	0	200
Cheese	Cheese Stick, Colby Jack	1 each	90	6	4	7	0	0	200
Cheese	Cream Cheese, Plain (Individual Packet)	1 each	60	4	2	5	3	0	90
Cheese	Cream Cheese, Strawberry (individual packet)	1 each	60	3	2	4	4	0	75
Cheese	Mozzarella Cheese, Shredded	2 oz	90	6	4	7	1	0	210
Cheese	Mozzarella String Cheese	1 each	60	3	2	7	1	0	200
Cheese	Parmesan Cheese	1 Tbsp	20	1	1	1	1	0	90
Cheese	Swiss Cheese, Reduced Fat, Slices	2 slices	90	6	4	8	1	0	115
Chicken	Chicken, Baked Breaded Bites	10 each	350	23	6	19	16	2	360
Chicken	Chicken, Breaded Patty	1 each	210	9	2	18	14	1	420
Chicken	Chicken, Breaded Patty, Spicy	1 each	190	11	3	13	12	1	470
Chicken	Chicken Dumplings	5 each	190	5	1	11	27	3	482
Chicken	Chicken Drumstick with Peach BBQ Sauce	1 each	287	12	3	24	15	0	765
Chicken	Chicken Breast with Peach BBQ Sauce	1 each	336	17	10	29	14	0	765
Chicken	Chicken Roasted Breast	1 each	270	16	10	29	1	0	540
Chicken	Chicken Roasted Drumstick	1 each	250	14	4	28	1	0	470
Chicken	Chicken Roasted Thigh	1 each	320	24	7	24	2	0	470
Chicken	Chicken Sliders, BBQ	2 each	283	3	1	23	39	2	460

Category	Menu Item	Portion	Calories	Total Fat(g)	Sat. Fat(g)	Protein (g)	Total Carb(g)	Fiber (g)	Sodium (mg)
Chicken	Chicken Tenders, Breaded	3 each	220	12	3	15	13	2	460
Chicken	Chicken Quesadilla	1 each	347	16	7	27	25	4	472
Chicken	Crispy Chicken Parmigiana	1 each	317	15	6	25	18	15	707
Chicken	Sweet and Sour Chicken Bowl with Grilled Chicken	1 serving	370	6	1	20	54	4	520
Chicken	Stewed Chicken	1 each	315	23	6	23	4	1	446
Chicken	Spiced Chicken	1 each	310	23	6	23	2	0	819
Chicken	Teriyaki Chicken and Broccoli	4 oz	150	2	1	20	12	3	271
Condiment	Duck Sauce, (individual packet)	1 each	20	0	0	0	5	0	90
Condiment	Hot Sauce (individual packet)	1 each	15	0	0	0	4	0	180
Condiment	Jelly, Grape (individual packet)	1 each	40	0	0	0	9	0	0
Condiment	Ketchup	1 Tbsp	50	0	0	0	14	0	0
Condiment	Ketchup (individual packet)	1 each	10	0	0	0	3	0	85
Condiment	Mayonnaise (individual packet)	1 each	50	5	1	0	2	0	75
Condiment	Mustard (individual packet)	1 each	5	0	0	0	0	0	15
Condiment	Sweet Relish	1 Tbsp	15	0	0	0	4	0	180
Condiment	Table Syrup (individual packet)	1 each	80	0	0	0	21	0	10
Condiment	Table Syrup (individual packet)	1 each	100	0	0	0	31	0	20
Condiment	Tartar Sauce	1 Tbsp	44	2	0	0	3	0	120
Dressing	Asian Sesame	2 Tbsp	130	11	2	0	8	0	290
Dressing	Balsamic	2 Tbsp	100	9	2	0	5	0	240
Dressing	Caesar (No Buttermilk)	2 Tbsp	140	14	3	2	2	0	176
Dressing	Chipotle Ranch	2 Tbsp	120	12	2	0	3	0	210

Category	Menu Item	Portion	Calories	Total Fat(g)	Sat. Fat(g)	Protein (g)	Total Carb(g)	Fiber (g)	Sodium (mg)
Dressing	Chipotle Ranch (individual cup)	1 each	120	12	2	0	3	0	210
Dressing	French (individual cup)	1 each	120	11	2	0	5	0	220
Dressing	Honey Mustard (individual cup)	1 each	80	5	2	0	9	0	110
Dressing	Ranch, (individual cup)	1 each	70	6	1	0	5	0	120
Entrée	Burrito Bowl w Grilled Chicken Strips and Mexicali Beans	1 each	501	15	1	24	63	7	823
Entrée	Fiesta Rice Bowl w Taco Meat, Cheddar Cheese, & Salsa	1 each	424	10	5	22	62	7	787
Entrée	Mashed Potato Bowl with Grilled Chicken	1 serving	361	10	1	20	45	5	836
Entrée	Mashed Potato Bowl with BBQ Beans	1 serving	436	12	3	18	60	12	1045
Fish	Fish Breaded Patty (Pollock)	1 each	170	6	1	11	17	2	240
Fish	Fish & Cheese Burrito	1 each	472	20	9	24	50	7	683
Fish	Fish & Cheese Sandwich (K8)	1 each	332	10	2	18	42	4	598
Fish	Fish & Cheese Sandwich (HS)	1 each	352	10	2	19	46	5	638
Fish	Southwest Fish & Cheese Sandwich (K8)	1 each	320	9	2	18	41	4	562
Fish	Southwest Fish & Cheese Sandwich (HS)	1 each	339	10	2	19	45	5	602
Fish	Tuna Salad, Classic (No Bread)	#12 scoop	121	3	0	22	2	0	444
Fish	Tuna Salad, Healthy (No Bread)	#12 scoop	139	7	0	23	2	1	531
Fish	Tuna Salad, Tangy (No Bread)	#12 scoop	111	4	0	23	1	0	262
Fruit	Apples	1 each	61	0	0	0	16	3	1
Fruit	Apple Slices (individual bag)	1 bag	30	0	0	0	8	1	0
Fruit	Apple Slices Grab and Go (cupped)	1/2 cup	42	0	0	0	11	1	3
Fruit	Applesauce	1/2 cup	60	0	0	0	15	2	0
Fruit	Applesauce (individual cup)	1 each	50	0	0	0	14	2	10

Category	Menu Item	Portion	Calories	Total Fat(g)	Sat. Fat(g)	Protein (g)	Total Carb(g)	Fiber (g)	Sodium (mg)
Fruit	Applesauce, Cherry (individual cup)	1 each	50	0	0	0	14	1	15
Fruit	Applesauce, Peach (individual cup)	1 each	50	0	0	0	14	1	15
Fruit	Applesauce, Strawberry Banana (individual cup)	1 each	50	0	0	0	14	1	15
Fruit	Apricot	2 each	34	0	0	1	8	1	1
Fruit	Bananas	1 each	105	0	0	1	27	3	1
Fruit	Cantaloupe, Diced	1/2 cup	27	0	0	1	6	1	12
Fruit	Cinnamon Apple Topping	1/2 cup	65	0	0	0	17	2	4
Fruit	Craisins	1 bag	110	0	0	0	28	3	0
Fruit	Grapefruit	1/2 fruit	40	0	0	1	10	1	0
Fruit	Grapes, Green or Red Seedless (about 14 large)	1/2 cup	69	0	0	1	18	1	2
Fruit	Honeydew, Diced	1/2 cup	59	0	0	1	15	1	27
Fruit	Ices, Orange Pineapple	1 each	70	0	0	0	20	3	5
Fruit	Ices, Strawberry Pomegranate	1 each	70	0	0	0	19	3	5
Fruit	Ices, Wild Cherry	1 each	70	0	0	0	19	3	10
Fruit	Mandarin (Clementine)	2 each	107	0	0	2	27	4	2
Fruit	Nectarines, Small	1 each	56	0	0	1	13	2	0
Fruit	Oranges, 125 ct	1 each	65	0	0	1	16	3	1
Fruit	Oranges, 138 ct	1 each	61	0	0	1	16	3	1
Fruit	Peach Cup, Diced	1 each	80	0	0	1	19	1	0
Fruit	Peach Topping	1/4 cup	35	0	0	0	10	0	0
Fruit	Peach Fruit Topper	1 each	45	0	0	0	10	1	13
Fruit	Peaches, Medium	1 each	68	0	0	2	17	3	0

Category	Menu Item	Portion	Calories	Total Fat(g)	Sat. Fat(g)	Protein (g)	Total Carb(g)	Fiber (g)	Sodium (mg)
Fruit	Peaches, Diced (canned)	1/2 cup	60	0	0	0	14	0	5
Fruit	Peaches, Sliced (canned)	1/2 cup	70	0	0	0	17	1	0
Fruit	Pears, Diced (canned)	1/2 cup	80	0	0	1	14	2	0
Fruit	Pears, Medium	1 each	80	0	0	1	22	4	1
Fruit	Pineapple Tidbits (canned)	1/2 cup	70	0	0	1	17	0	0
Fruit	Plums	1 each	30	0	0	0	8	1	0
Fruit	Strawberries	1/2 cup	23	0	0	0	6	1	1
Fruit	Strawberry Cup, Diced, Frozen	1 each	90	0	0	1	22	2	0
Fruit	Tangerines	1 each	40	0	0	1	10	1	2
Fruit	Watermelon, Seedless	1 slice	45	0	0	1	44	1	2
Fruit	Warm Apple Bake	1/2 cup	86	1	0	1	20	2	102
Juice	Apple Juice, Box, 4.2 oz	1 each	60	0	0	0	15	0	5
Juice	Apple Juice, Can, 46 oz	4 fl oz	50	0	0	0	13	0	13
Juice	Fruit Punch Juice, Box, 4.2 oz	1 each	60	0	0	0	14	0	5
Juice	Grape Juice, Can, 46 oz	4 fl oz	80	0	0	0	20	0	15
Juice	Orange Juice, Box, 4.2 oz	1 each	60	0	0	0	15	0	5
Juice	Orange Juice, Can, 46 oz	4 fl oz	60	0	0	0	15	0	15
Juice	Pineapple Juice, Can, 46 oz	4 fl oz	65	0	0	0	17	0	15
Juice	Strawberry/Kiwi Juice, Box, 4.2 oz	1 each	60	0	0	0	18	0	5
Milk	Milk, 1% Low fat	1 each	110	3	0	8	13	0	125
Milk	Milk, Fat Free	1 each	90	0	0	8	13	0	125
Milk	Milk, Fat Free Chocolate	1 each	120	0	0	8	21	0	240

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Milk	Milk, Whole	1 each	150	8	0	8	12	0	125
Milk	Milk, UHT, Chocolate Fat Free	1 each	160	0	0	11	29	0	170
Milk	Milk, UHT, Lactose Free Fat Free	1 each	80	0	0	8	12	0	130
Milk	Milk, UHT, Low Fat 1%	1 each	100	3	0	8	12	0	130
Milk	Milk, UHT, Soymilk	1 each	130	5	0	8	15	2	110
Pasta	Hot Lo-Mein Noodles (Sesame Lo Mein)	1 cup	398	14	0	11	62	9	336
Pasta	Macaroni & Cheese, Pre-made	6 oz	220	7	0	16	24	2	480
Pasta	Manicotti, Twin	1 serving	310	9	6	17	34	4	270
Pasta	Manicotti in Marinara Sauce	1 serving	358	10	6	18	44	6	356
Pasta	Pasta Fagioli with Penne	1 cup	439	11	0	20	75	14	352
Pasta	Pasta Marinara with Penne	1 cup	201	2	0	9	42	7	170
Pasta	Pasta Primavera Bake with Rotini (K8)	1 cup	188	5	1	7	30	6	166
Pasta	Pasta Primavera Bake with Rotini (HS)	2 cups	376	11	2	14	60	13	333
Pasta	Penne (K-8)	1/2 cup	97	1	0	4	20	3	45
Pasta	Penne (HS)	1 cup	193	2	0	9	40	6	90
Pasta	Penne, Baked	1 cup	417	16	0	23	51	7	691
Pasta	Ravioli, Beef	8 each	350	14	0	16	41	1	780
Pasta	Ravioli, Cheese & Spinach	6 each	130	5	0	10	24	3	220
Pasta	Rotini (K-8)	1/2 cup	97	1	0	4	20	3	45
Pasta	Rotini (HS)	1 cup	193	2	0	9	40	6	90
Pasta	Rotini, Cheesy Baked	1 cup	417	16	0	23	48	7	691
Pasta	Spaghetti (K-8)	1/2 cup	97	1	0	4	20	3	45

Category	Menu Item	Portion	Calories	Total Fat(g)	Sat. Fat(g)	Protein (g)	Total Carb(g)	Fiber (g)	Sodium (mg)
Pasta	Spaghetti (HS)	1 cup	193	2	0	9	40	6	90
Pasta	Stuffed Shells in Marinara Sauce	2 each	298	7	4	18	44	6	619
Pizza	Pizza Bagel	1 each	346	16	10	20	33	3	508
Pizza	French Bread Pizza	1 each	333	16	11	22	28	3	363
Pizza	Personal Pesto Flatbread	1 each	249	14	0	12	18	2	579
Pizza	Personal Round	1 each	343	17	10	22	29	3	457
Pizza	Pizza Slice	1 each	336	16	10	20	27	3	435
Pizza	Pizza Topping, Assorted Toppings	1 oz	22	1	0	2	2	0	82
Pizza	Pizza Topping, BBQ Chicken	1 oz	41	2	0	3	4	0	81
Pizza	Pizza Topping, Bruschetta Tomato	1 oz	16	0	0	0	3	1	84
Pizza	Pizza Topping, Caramelized Pineapple	1 oz	16	0	0	0	4	0	0
Pizza	Pizza Topping, Extra Zesty	1 oz	96	6	0	7	2	1	236
Pizza	Pizza Topping, Margherita	2 slices	10	0	0	0	2	1	3
Pizza	Pizza Topping, Ranch Chicken	1 oz	50	3	0	2	3	0	103
Pizza	Pizza Topping, Ranch Chicken	1 oz	69	2	0	8	1	0	120
Pizza	Pizza Topping, Tomato Pesto	2 slices	68	5	0	2	4	1	154
Pizza	Pizza Topping, Turkey Crumble	1 oz	30	2	0	3	1	0	164
Rice & Grains	Brown Rice, Steamed (K-8)	1/2 cup	129	2	0	3	26	1	248
Rice & Grains	Brown Rice, Steamed (HS)	1 cup	257	3	0	6	51	2	497
Rice & Grains	Croutons	1/2 cup	95	5	0	2	14	2	218
Rice & Grains	Rice and Beans (K-8)	1/2 cup	192	6	0	5	29	4	238
Rice & Grains	Rice and Beans (HS)	1 cup	384	12	1	9	58	8	475

Category	Menu Item	Portion	Calories	Total Fat(g)	Sat. Fat(g)	Protein (g)	Total Carb(g)	Fiber (g)	Sodium (mg)
Rice & Grains	Taco Tub	1 each	110	6	0	2	13	2	0
Rice & Grains	Rice Medley (K-8)	1/2 cup	165	4	0	3	28	2	275
Rice & Grains	Rice Medley (HS)	1 cup	329	8	0	6	56	4	550
Salad	Grab & Go, Black Bean and Corn Salad	1 each	148	3	0	8	24	7	222
Salad	Bruschetta Tomato Salad (K-8)	1/2 cup	45	2	0	1	7	2	45
Salad	Bruschetta Tomato Salad (HS)	1 cup	90	3	0	2	14	3	90
Salad	Carrot & Lemon Salad (K-8)	1/2 cup	50	0	0	1	12	3	166
Salad	Carrot & Lemon Salad (HS)	1 cup	100	1	0	2	24	7	331
Salad	Caesar Salad with Croutons	1 each	113	6	0	4	12	2	294
Salad	Chef Salad	1 each	159	8	0	17	5	1	470
Salad	Cobb Salad	1 each	240	14	0	21	6	1	486
Salad	Coleslaw, Cilantro Healthy	1/2 cup	101	8	0	1	8	2	183
Salad	Cucumber Salad (K-8)	1/2 cup	25	1	0	0	4	0	79
Salad	Cucumber Salad (HS)	1 cup	50	2	0	1	7	1	158
Salad	Grab & Go, Asian Sesame Grilled Chicken Salad	1 each	306	11	2	22	32	5	508
Salad	Grab & Go, Chicken Caesar Salad with Pita	1 each	512	30	5	21	43	6	885
Salad	Grab & Go, Chopped Salad	1 each	382	14	4	26	41	6	673
Salad	Grab & Go, Crispy Breaded Chicken	1 each	226	9	0	19	17	2	425
Salad	Grab & Go, Crispy Chicken Pasta Salad	1 each	504	17	0	29	63	9	966
Salad	Grab & Go, Grilled Chicken Caesar Salad with Pita	1 each	299	12	2	21	26	5	410
Salad	Grab & Go, Grilled Chicken Pasta Salad	1 each	390	10	2	27	50	8	641
Salad	Grab & Go, Grilled Chicken Salad	1 each	117	3	1	17	5	2	103

Category	Menu Item	Portion	Calories	Total Fat(g)	Sat. Fat(g)	Protein (g)	Total Carb(g)	Fiber (g)	Sodium (mg)
Salad	Grab & Go, Italian Veggie Pasta Salad	1 each	432	15	3	15	65	15	686
Salad	Grab & Go, Tuna Salad	1 each	145	3	0	24	7	2	452
Salad	Green Garden Salad	1 cup	5	0	0	0	1	1	7
Salad	Italian Marinated Cucumber Salad (K-8)	1/2 cup	46	4	0	1	3	0	9
Salad	Italian Marinated Cucumber Salad (HS)	1 cup	91	8	0	1	6	1	18
Salad	Kale Caesar Salad	1 cup	90	5	0	4	7	2	214
Salad	Kale Salad, Kid Friendly	1 cup	109	6	0	2	14	2	162
Salad	Kale Salad with Orange Ginger Dressing	1 cup	50	2	0	2	8	2	117
Salad	Power Protein Garden Greens Salad	1 each	372	21	13	20	30	6	670
Salad	Southwest Black Bean Cobb Salad	1 each	274	13	7	19	21	6	445
Salad	Grab & Go, Taco Salad	1 each	303	9	4	22	39	10	628
Salad	White Bean Salad	1/2 cup	149	4	0	8	24	5	210
Salad Bar	Asian Red Cabbage Slaw	1/2 cup	102	7	1	10	9	2	163
Salad Bar	Broccoli & Cranberry Salad	1/2 cup	124	8	1	3	11	2	72
Salad Bar	Caesar Salad with Croutons	1/2 cup	71	3	0	2	10	2	103
Salad Bar	Carrot & Lemon Salad	1/2 cup	50	0	0	1	12	3	166
Salad Bar	Celery & Apple with Sunflower Seeds	1/2 cup	48	1	0	1	6	2	100
Salad Bar	Italian Classico	1/2 cup	81	8	0	1	3	1	21
Salad Bar	Marinated Vegetable Salad	1/2 cup	72	6	0	1	5	1	122
Salad Bar	Roasted Broccoli & Cauliflower	1/2 cup	112	10	0	2	5	2	76
Salad Bar	Spinach & Cranberry	1/2 cup	121	5	0	3	18	3	86
Salad Bar	Spinach, Tomato, & Roasted Red Pepper Salad	1/2 cup	50	4	0	2	4	2	136

Category	Menu Item	Portion	Calories	Total Fat(g)	Sat. Fat(g)	Protein (g)	Total Carb(g)	Fiber (g)	Sodium (mg)
Sandwich	Chipotle Ranch Crispy Chicken Sandwich on Ciabatta Roll	1 each	427	19	4	18	49	5	712
Sandwich	Chipotle Ranch Grilled Chicken Sandwich on Ciabatta Roll	1 each	307	12	3	19	35	5	762
Sandwich	Chicken & Waffle Sandwich	1 each	340	12	0	22	38	5	720
Sandwich	Chicken Salad Sandwich	1 each	410	13	3	24	29	2	420
Sandwich	Crispy Chicken Patty on Hamburger Bun (K8)	1 each	320	10	0	21	37	3	630
Sandwich	Crispy Chicken Patty on Hamburger Bun (HS)	1 each	340	10	0	22	41	6	670
Sandwich	Crispy Chicken Parm on Hamburger Bun (K8)	1 each	424	16	0	28	41	4	904
Sandwich	Crispy Chicken Parm on Hamburger Bun (HS)	1 each	444	17	0	29	45	5	944
Sandwich	Hawaiian Chicken on Ciabatta	1 each	298	4	1	22	43	3	435
Sandwich	Hot Turkey & Gravy on Ciabatta Roll	1 each	326	11	0	24	36	3	798
Sandwich	Hot Turkey Melt on Ciabatta Roll	1 each	321	11	0	25	35	3	626
Sandwich	Hot Turkey Supreme on Ciabatta Roll	1 each	356	14	0	24	38	4	746
Sandwich	Roasted Turkey & Swiss on Kaiser Roll	1 each	364	11	0	25	46	4	479
Sandwich	Spicy Crispy Chicken on Hamburger Bun (K8)	1 each	300	12	0	16	35	3	680
Sandwich	Spicy Crispy Chicken on Hamburger Bun (HS)	1 each	320	12	0	17	39	4	720
Sandwich	Tuna "Classic" Salad on Ciabatta Roll	1 each	281	4	0	28	35	3	724
Sandwich	Tuna "Classic" Salad on Sliced Bread	1 each	241	4	0	26	30	4	714
veg051	Turkey & Cheese Hero (pre-made)	1 each	255	6	3	21	32	3	605
Sandwich	Turkey Caprese on Ciabatta Roll	1 each	329	11	0	24	37	4	723
Sandwich	Turkey Sandwich on Sliced Bread (no cheese)	1 each	225	6	2	21	30	4	615
Sandwich	Turkey & Cheese on Sliced Bread (pre-sliced roasted turkey)	1 each	243	7	3	19	31	4	653
Sandwich	Turkey Salami, Turkey Bologna & Cheese on Sliced Bread	1 each	280	10	4	19	29	2	480

Category	Menu Item	Portion	Calories	Total Fat(g)	Sat. Fat(g)	Protein (g)	Total Carb(g)	Fiber (g)	Sodium (mg)
Sandwich	Turkey Sausage & Peppers on Hero Roll	1 each	468	22	0	32	33	3	1415
Sandwich	Wrap, Chicken Caesar	1 each	602	35	8	26	47	6	593
Sandwich	Wrap, Chicken Tender	1 each	400	17	4	22	43	6	643
Sandwich	Wrap, Crispy Chicken	1 each	391	14	0	25	44	5	603
Sandwich	Wrap, Curried Chicken	1 each	526	29	6	22	49	6	835
Sandwich	Wrap, Italian Crispy Chicken	1 each	462	23	5	19	46	6	607
Sandwich	Wrap, Italian Turkey	1 each	328	14	0	23	32	4	537
Sandwich	Wrap, Tuna Salad, Classic	1 each	302	7	0	29	32	4	627
Sandwich	Wrap, Turkey Caesar	1 each	355	16	0	24	33	4	616
Sandwich - Vegetarian	Cheese Sandwich, Classic "Grilled" on Sliced Bread	1 each	300	14	0	18	32	4	690
Sandwich - Vegetarian	Cheese Sandwich, Grilled Cheese (pre-made)	1 each	306	14	0	14	31	3	421
Sandwich - Vegetarian	Peanut Butter & Jelly Sandwich	1 each	555	31	0	20	53	8	526
Sandwich - Vegetarian	Peanut Butter & Jelly Triple Decker Sandwich	1 each	755	38	0	26	82	11	725
Sandwich - Vegetarian	Peanut Butter & Jelly Sandwich Uncrustables	1 each	534	25	5	23	53	7	545
Sandwich - Vegetarian	Quesadilla, Black Bean & Cheese, Seasoned	1 each	353	16	0	16	39	6	472
Sandwich - Vegetarian	Quesadilla, Cheese	1 each	426	26	0	21	32	4	654
Sandwich - Vegetarian	Quesadilla, Spinach & Mozzarella with Tomato	1 each	411	21	0	22	34	5	653
Sandwich - Vegetarian	Red, White, & Green Panini (Hot or Cold)	1 each	323	17	6	19	28	4	785
Sandwich - Vegetarian	Southwest Bean and Cheese Burrito	1 each	309	10	3	16	42	8	423
Sandwich - Vegetarian	Sunflower Seed Butter & Jelly Sandwich	1 each	562	35	4	18	54	8	530
Sandwich - Vegetarian	Toasted Cheese & Tomato on 2 oz Bagel	1 each	310	9	0	21	38	5	577
Sandwich - Vegetarian	Toasted Cheese & Tomato on 3 oz Bagel	1 each	378	9	0	24	52	6	605

Category	Menu Item	Portion	Calories	Total Fat(g)	Sat. Fat(g)	Protein (g)	Total Carb(g)	Fiber (g)	Sodium (mg)
Sandwich - Vegetarian	Wrap, Super Hero Spinach	1 each	401	19	9	23	34	6	856
Sandwich - Vegetarian	Wrap, Vegetarian with Chickpea Salad	1 each	356	9	0	15	58	15	686
Sandwich - Vegetarian	Wrap, Vegetarian with Black Bean Salad	1 each	321	8	0	14	52	12	415
Sandwich - Vegetarian	Zucchini Parmigiana Sandwich	1 each	453	20	10	25	40	5	900
Sauce	BBQ Sauce	2 Tbsp	50	0	0	0	11	0	120
Sauce	BBQ Sauce (individual cup)	1 oz	70	0	0	0	18	0	110
Sauce	Duck Sauce (individual cup)	1 each	20	0	0	0	5	0	90
Sauce	Gravy, Vegetarian	1/4 cup	25	1	0	0	4	0	310
Sauce	Hot Sauce (individual packet)	1 each	15	0	0	0	4	0	180
Sauce	Italian Cheese Sauce	1/4 cup	100	7	0	6	2	0	390
Sauce	Korean BBQ	1 Tbsp	35	0	0	0	9	0	290
Sauce	Marinara Sauce, Herbed	1/4 cup	34	1	0	1	7	1	153
Sauce	Mayo, Garlic	1 Tbsp	46	2	0	0	2	0	111
Sauce	Peach BBQ Sauce	1 Tbsp	21	0	0	0	5	0	40
Sauce	Salsa Dipping Cup (individual cup)	1 each	30	0	0	0	6	0	208
Sauce	Salsa Sauce, Canned	3 Tbsp	15	0	0	0	3	1	104
Sauce	Soy Sauce	1 Tbsp	10	0	0	1	1	0	575
Sauce	Spaghetti Sauce	1/2 cup	70	2	0	2	15	3	55
Sauce	Sweet & Sour Sauce	2 Tbsp	45	0	0	0	11	1	75
Sauce	Taco Sauce, Mild (individual packet)	1 each	5	0	0	0	1	0	65
Sauce	Tartar Sauce	#40 scoop	73	3	0	0	4	0	200
Sauce	Teriyaki Sauce	2 Tbsp	50	0	0	1	12	1	250

Category	Menu Item	Portion	Calories	Total Fat(g)	Sat. Fat(g)	Protein (g)	Total Carb(g)	Fiber (g)	Sodium (mg)
Sauce	Tzatziki Sauce	#40 scoop	41	3	0	3	2	0	163
Sauce	Vinaigrette, Honey Mustard	2 Tbsp	113	9	0	0	8	0	62
Sauce	Vinaigrette, Italian	2 Tbsp	128	14	0	0	1	0	28
Snack	Bar, Granola	1 each	190	7	0	3	29	2	180
Snack	Cookies, Buttercrunch	1 pkg/ 2 cookies	140	5	0	2	22	2	119
Snack	Cookies, Buttercrunch Minis	1 pkg	150	6	0	2	22	2	135
Snack	Cookies, Chocolate Chip	1 pkg/ 2 cookies	140	5	0	2	22	2	70
Snack	Cookies, Chocolate Chippers	1 pkg	145	6	0	2	22	2	90
Snack	Cookies, Fudge Chip	1 pkg/ 2 cookies	136	5	0	2	20	2	70
Snack	Crackers, Animal	1 pkg	120	5	0	2	20	5	115
Snack	Crackers, Animal, Cinnamon	1 pkg	120	5	0	2	21	2	85
Snack	Crackers, Chocolate Grahams	1 pkg	140	5	0	2	24	3	90
Snack	Crackers, Honey Graham	1 pkg	100	3	0	2	19	2	10
Snack	Crackers, Whole Wheat	1 pkg	32	1	0	1	5	1	60
Snack	Craisins®	1 bag	110	0	0	0	28	3	0
Snack	Maple Breakfast Bites	1 pkg	220	7	0	3	40	4	230
Snack	Pretzels, Heart-Shaped	1 pkg	80	2	0	2	15	2	200
Snack	Chips, Baked Tostitos Scoops	1 pkg	110	3	0	2	19	2	125
Snack	Sunflower Seeds, Honey Roasted	1 pkg	190	15	0	6	11	3	65
Turkey	Turkey & Gravy	6 slices	111	5	2	17	3	0	421
Turkey	Turkey Bologna, Pre-sliced	6 slices	120	6	0	14	0	0	460
Turkey	Turkey Breast, Oven Roasted, Pre-sliced	6 slices	110	5	2	17	0	0	340

Category	Menu Item	Portion	Calories	Total Fat(g)	Sat. Fat(g)	Protein (g)	Total Carb(g)	Fiber (g)	Sodium (mg)
Turkey	Turkey Burger (No bun)	1 each	90	2	0	16	2	0	220
Turkey	Turkey Burger (K-8)	1 each	200	3	1	19	25	2	430
Turkey	Turkey Burger (HS)	1 each	220	3	0	20	29	3	470
Turkey	Turkey Burger with Cheese (K-8)	1 each	235	5	0	23	26	2	535
Turkey	Turkey Burger with Cheese (HS)	1 each	255	5	0	23	30	3	575
Turkey	Turkey Burger, Fiesta (K-8)	1 each	265	7	0	23	29	3	664
Turkey	Turkey Burger, Fiesta (HS)	1 each	285	7	0	24	33	4	704
Turkey	Turkey Sausage Patty	1 each	90	6	0	7	1	2	180
Turkey	Turkey, Shepard's Pie	6 oz	298	13	0	19	31	8	960
Vegetable - Dark Green	Broccoli, Baked Broccoli (HS)	1 cup	183	11	0	9	11	4	354
Vegetable - Dark Green	Broccoli, Baked Broccoli (K-8)	1/2 cup	91	6	0	4	5	2	177
Vegetable - Dark Green	Broccoli, Roasted Broccoli and Cauliflower (K-8)	1/2 cup	39	2	0	2	5	2	49
Vegetable - Dark Green	Broccoli, Roasted Broccoli and Cauliflower (HS)	1 cup	79	3	0	4	9	4	99
Vegetable - Dark Green	Broccoli, Steamed (K-8)	1/2 cup	10	0	0	1	2	1	9
Vegetable - Dark Green	Broccoli, Steamed (HS)	1 cup	20	0	0	2	4	2	19
Vegetable - Dark Green	Broccoli, with Garlic & Oil (K-8)	1/2 cup	55	4	0	3	5	2	69
Vegetable - Dark Green	Broccoli, with Garlic & Oil (HS)	1 cup	110	7	0	5	9	4	138
Vegetable - Dark Green	Kale Chips, Crispy Baked (K-8)	1 cup	71	4	0	3	7	3	109
Vegetable - Dark Green	Kale Chips, Crispy Baked (HS)	2 cups	142	8	0	7	15	6	218
Vegetable - Dark Green	Lettuce, Red Leaf	1 cup	36	0	0	3	5	2	57
Vegetable - Dark Green	Lettuce, Romaine	1 cup	8	0	0	1	2	1	4
Vegetable - Dark Green	Spinach, Creamed (K8)	1/2 cup	138	9	2	6	6	4	390

Category	Menu Item	Portion	Calories	Total Fat(g)	Sat. Fat(g)	Protein (g)	Total Carb(g)	Fiber (g)	Sodium (mg)
Vegetable - Dark Green	Spinach, Creamed (HS)	1 cup	276	18	4	12	12	8	780
Vegetable - Dark Green	Spinach, Parmigiana (K-8)	1/2 cup	84	5	0	4	4	3	261
Vegetable - Dark Green	Spinach, Parmigiana (HS)	1 cup	168	10	0	8	8	7	521
Vegetable - Dark Green	Spinach, Super Hero (K-8)	1/2 cup	75	4	0	4	4	4	226
Vegetable - Dark Green	Spinach, Super Hero (HS)	1 cup	151	8	0	8	9	8	453
Vegetable - Legume	Beans, Black Bean Salad (K8)	1/2 cup	108	1	0	6	18	6	195
Vegetable - Legume	Beans, Black Bean Salad (HS)	1 cup	218	3	0	13	35	11	390
Vegetable - Legume	Beans, Black Bean Salsa (K-8)	1/2 cup	112	0	0	7	20	6	203
Vegetable - Legume	Beans, Black Bean Salsa (HS)	1 cup	223	0	0	14	40	12	406
Vegetable - Legume	Beans, Black Beans Seasoned w Sofrito	1/2 cup	126	2	0	7	20	6	205
Vegetable - Legume	Beans, Chickpeas, Roasted (K-8)	1/2 cup	168	6	1	7	22	10	256
Vegetable - Legume	Beans, Chickpeas, Roasted (HS)	1 cup	336	11	3	15	45	20	513
Vegetable - Legume	Beans, Chickpeas Roasted with Basil Pesto (K-8)	1/2 cup	179	6	2	8	23	10	253
Vegetable - Legume	Beans, Chickpeas Roasted with Basil Pesto (HS)	1 cup	358	13	4	16	46	20	505
Vegetable - Legume	Beans, Chickpeas Roasted with Spinach Cilantro Pesto (K-8)	1/2 cup	179	6	2	8	23	10	255
Vegetable - Legume	Beans, Chickpeas Roasted with Spinach Cilantro Pesto (HS)	1 cup	358	13	4	16	46	20	511
Vegetable - Legume	Beans, Chickpea Salad (K-8)	1/2 cup	138	4	1	7	21	9	248
Vegetable - Legume	Beans, Chickpea Salad (HS)	1 cup	276	7	3	13	42	18	498
Vegetable - Legume	Beans, Brooklyn Baked Beans (K-8)	1/2 cup	155	0	0	7	27	5	255
Vegetable - Legume	Beans, Brooklyn Baked Beans (HS)	1 cup	309	1	0	15	53	11	511
Vegetable - Legume	Beans, Kidney Beans Rajma (K-8)	1/2 cup	205	4	0	10	29	8	306
Vegetable - Legume	Beans, Kidney Beans Rajma (HS)	1 cup	410	9	0	21	57	17	613

Category	Menu Item	Portion	Calories	Total Fat(g)	Sat. Fat(g)	Protein (g)	Total Carb(g)	Fiber (g)	Sodium (mg)
Vegetable - Legume	Beans, Marinated Bean Salad (K8)	1/2 cup	198	6	1	10	28	10	382
Vegetable - Legume	Beans, Marinated Bean Salad (HS)	1 cup	395	11	2	20	55	20	764
Vegetable - Legume	Beans, Mexicali Beans (K-8)	1/2 cup	60	1	0	3	10	3	260
Vegetable - Legume	Beans, Mexicali Beans (HS)	1 cup	120	2	0	6	20	6	520
Vegetable - Legume	Beans, Pinto Beans Seasoned with Sofrito (K-8)	1/2 cup	126	2	0	7	20	7	205
Vegetable - Legume	Beans, Pinto Beans Seasoned with Sofrito (HS)	1 cup	252	4	0	14	40	14	409
Vegetable - Legume	Beans, Stewed Pinto Beans (K-8)	1/2 cup	86	4	1	4	12	2	226
Vegetable - Legume	Beans, Stewed Pinto Beans (HS)	1 cup	172	8	2	8	24	4	252
Vegetable - Legume	Beans, White Bean Salad (K-8)	1/2 cup	149	4	0	8	24	5	211
Vegetable - Legume	Beans, White Bean Salad (HS)	1 cup	298	7	0	16	48	11	422
Vegetable - Legume	Chickpeas, Balsamic Chickpea Salad (K-8)	1/2 cup	164	5	2	7	23	9	339
Vegetable - Legume	Chickpeas, Balsamic Chickpea Salad (HS)	1 cup	329	11	3	14	47	19	679
Vegetable - Legume	Chickpeas, Cranberry Chickpea Salad (K-8)	1/2 cup	164	5	2	7	23	9	339
Vegetable - Legume	Chickpeas, Cranberry Chickpea Salad (HS)	1 cup	329	11	3	14	47	19	679
Vegetable - Legume	Hummus Cup, Pre-Made	1 each	140	11	2	3	8	2	220
Vegetable - Other	Cauliflower, Curried (K-8)	1/2 cup	70	4	1	1	5	2	250
Vegetable - Other	Cauliflower, Curried (HS)	1 cup	140	8	1	2	10	3	500
Vegetable - Other	Cauliflower, Marinated (K-8)	1/2 cup	47	1	0	1	6	2	74
Vegetable - Other	Cauliflower, Marinated (HS)	1 cup	94	2	0	2	12	4	148
Vegetable - Other	Cauliflower, Parmigiana Roasted (K-8)	1/2 cup	67	4	0	3	7	2	342
Vegetable - Other	Cauliflower, Parmigiana Roasted (HS)	1 cup	133	8	1	5	13	4	684
Vegetable - Other	Cauliflower, Roasted (K-8)	1/2 cup	42	2	0	2	5	2	120

Category	Menu Item	Portion	Calories	Total Fat(g)	Sat. Fat(g)	Protein (g)	Total Carb(g)	Fiber (g)	Sodium (mg)
Vegetable - Other	Cauliflower, Roasted (HS)	1 cup	84	4	0	4	9	4	240
Vegetable - Other	Celery, Diced	1/2 cup	18	0	0	1	3	2	91
Vegetable - Other	Celery, Sticks	6 each	8	1	0	0	2	1	40
Vegetable - Other	Coleslaw, Cilantro Healthy (K-8)	1/2 cup	101	8	0	1	8	2	183
Vegetable - Other	Coleslaw, Cilantro Healthy (HS)	1 cup	202	16	0	2	15	5	366
Vegetable - Other	Cucumber Salad (K-8)	1/2 cup	25	1	0	0	4	0	79
Vegetable - Other	Cucumber Salad (HS)	1 cup	50	2	0	1	7	1	148
Vegetable - Other	Cucumber, Slices (K-8)	1/2 cup	11	0	0	0	3	0	2
Vegetable - Other	Cucumber, Slices (HS)	1 cup	22	0	0	0	6	1	3
Vegetable - Other	Green Beans, Garlicky (K-8)	1/2 cup	59	4	0	1	5	2	146
Vegetable - Other	Green Beans, Garlicky (HS)	1 cup	112	4	0	2	10	4	292
Vegetable - Other	Green Beans, Garlic Teriyaki (K-8)	1/2 cup	39	0	0	1	9	2	132
Vegetable - Other	Green Beans, Garlic Teriyaki (HS)	1 cup	77	0	0	3	17	5	264
Vegetable - Other	Green Beans, Italian (K-8)	1/2 cup	42	1	0	1	6	3	82
Vegetable - Other	Green Beans, Italian (HS)	1 cup	84	2	0	3	13	6	164
Vegetable - Other	Green Beans, Marinated (K-8)	1/2 cup	37	2	0	2	5	4	19
Vegetable - Other	Green Beans, Marinated (HS)	1 cup	73	3	0	3	11	8	37
Vegetable - Other	Greek Zucchini Salad	1/2 cup	42	3	0	1	5	1	100
Vegetable - Other	Mediterranean Zucchini and Tomato Salad (K-8)	1/2 cup	87	6	0	2	8	2	259
Vegetable - Other	Mediterranean Zucchini and Tomato Salad (HS)	1 cup	174	12	1	4	16	4	518
Vegetable - Other	Medley, Corn, Peas and Carrots (HS)	1 cup	172	9	0	4	20	4	472
Vegetable - Other	Medley, Corn, Peas and Carrots (K8)	1/2 cup	86	4	0	2	10	2	236

Category	Menu Item	Portion	Calories	Total Fat(g)	Sat. Fat(g)	Protein (g)	Total Carb(g)	Fiber (g)	Sodium (mg)
Vegetable - Other	Mushrooms, Canned	1 oz	25	0	0	1	4	1	25
Vegetable - Other	Mushrooms, Fresh	1/2 cup	10	0	0	2	3	0	3
Vegetable - Other	Pickle Chips	2 oz	3	0	0	0	1	0	332
Vegetable - Other	Red Cabbage, Braised (K8)	1/2 cup	67	3	0	1	12	2	88
Vegetable - Other	Red Cabbage, Braised (HS)	1 cup	133	5	0	1	23	4	176
Vegetable - Other	Vegetables, "Stir Fry" (K-8)	1/2 cup	58	2	0	2	9	2	41
Vegetable - Other	Vegetables, "Stir Fry" (HS)	1 cup	115	5	0	3	17	5	83
Vegetable - Other	Veggie and Hummus Cup	1 serving	183	11	2	4	18	4	300
Vegetable - Other	Zucchini, Roasted (K-8)	1/2 cup	44	3	0	1	4	1	125
Vegetable - Other	Zucchini, Roasted (HS)	1 cup	87	6	0	3	7	2	251
Vegetable - Red Orange	Butternut Squash (K-8)	1/2 cup	126	5	0	1	22	3	321
Vegetable - Red Orange	Butternut Squash (HS)	1 cup	251	10	0	2	44	6	643
Vegetable - Red Orange	Carrots, Brown Sugar Carrots (K-8)	1/2 cup	103	4	0	0	15	3	201
Vegetable - Red Orange	Carrots, Brown Sugar Carrots (HS)	1 cup	206	9	0	0	30	6	402
Vegetable - Red Orange	Carrots, Orange Ginger Carrots (K-8)	1/2 cup	67	3	0	0	9	3	206
Vegetable - Red Orange	Carrots, Orange Ginger Carrots (HS)	1 cup	135	5	0	0	19	6	412
Vegetable - Red Orange	Carrots, Orange Glazed (K-8)	1/2 cup	61	3	0	0	8	3	186
Vegetable - Red Orange	Carrots, Orange Glazed (HS)	1 cup	122	5	0	0	16	6	371
Vegetable - Red Orange	Carrots, Shredded	3 oz	30	0	0	0	7	3	65
Vegetable - Red Orange	Carrots, Sliced, Canned	1/2 cup	30	0	0	0	6	2	140
Vegetable - Red Orange	Carrots, Sliced, Frozen	1/2 cup	25	0	0	0	5	2	40
Vegetable - Red Orange	Carrots, Slow Roasted Carrots (K-8)	1/2 cup	113	5	0	0	18	3	247

Category	Menu Item	Portion	Calories	Total Fat(g)	Sat. Fat(g)	Protein (g)	Total Carb(g)	Fiber (g)	Sodium (mg)
Vegetable - Red Orange	Carrots, Slow Roasted Carrots (HS)	1 cup	225	9	1	0	36	6	495
Vegetable - Red Orange	Carrot Sticks, Plain, Individual	1 bag	25	0	0	0	6	1	55
Vegetable - Red Orange	Carrot Sticks, Ranch, Individual (Veggie Snackers)	1 bag	30	0	0	1	7	2	210
Vegetable - Red Orange	Pimentos	1 oz	9	0	0	1	2	1	125
Vegetable - Red Orange	Tomatoes, Cherry	1/2 cup	13	0	0	1	3	1	4
Vegetable - Red Orange	Tomatoes, Fresh, Diced	1/2 cup	16	0	0	1	4	1	5
Vegetable - Red Orange	Tomatoes, Grape	1 bag	15	0	0	1	3	1	0
Vegetable - Red Orange	Tomatoes, Roasted Tomato Salsa	1/2 cup	36	0	0	1	6	2	308
Vegetable - Red Orange	Tomatoes, Tomato Salad (K-8)	1/2 cup	45	2	0	1	7	2	45
Vegetable - Red Orange	Tomatoes, Tomato Salad (HS)	1 cup	89	3	1	2	14	3	90
Vegetable - Starchy	Baked French Fries	1 cup	220	6	0	2	40	2	360
Vegetable - Starchy	Chili Cheese Fries	1 cup	290	11	0	6	43	3	520
Vegetable - Starchy	Corn, Confetti Salad (K-8)	1/2 cup	127	7	0	0	18	2	103
Vegetable - Starchy	Corn, Confetti Salad (HS)	1 cup	254	13	1	0	35	4	206
Vegetable - Starchy	Corn, Hot Confetti (K-8)	1/2 cup	124	7	0	2	17	2	100
Vegetable - Starchy	Corn, Hot Confetti (HS)	1 cup	247	14	0	4	33	4	200
Vegetable - Starchy	Corn on the Cob	1 each	94	1	0	3	19	2	1
Vegetable - Starchy	Corn, Street Style	1/2 cup	145	3	1	3	22	1	326
Vegetable - Starchy	Corn, Street Style	1 cup	290	6	1	7	44	2	652
Vegetable - Starchy	Disco Fries (using Seasoned Wedge Cut Potatoes)	1 cup	375	18	0	11	45	4	757
Vegetable - Starchy	Home Fries (using Diced Potatoes)	1 cup	244	12	0	3	34	4	280
Vegetable - Starchy	Home Fries (using Seasoned Wedge Cut Potatoes)	1 cup	303	11	0	5	48	7	413

Category	Menu Item	Portion	Calories	Total Fat(g)	Sat. Fat(g)	Protein (g)	Total Carb(g)	Fiber (g)	Sodium (mg)
Vegetable - Starchy	Marinated Potato Salad	1 cup	195	10	2	2	27	2	231
Vegetable - Starchy	Mashed Potatoes	1 cup	221	7	0	4	34	4	602
Vegetable - Starchy	Plantains, Roasted Sweet (K-8)	4 each	199	4	0	2	40	2	0
Vegetable - Starchy	Plantains, Roasted Sweet (HS)	8 each	298	8	0	4	80	4	0
Vegetable - Starchy	Potatoes, Seasoned Wedge Cut	1 cup	240	8	0	4	40	4	280
Vegetable - Red Orange	Sweet Potatoes, Honey Diced (HS)	1/2 cup	85	5	0	0	11	0	318
Vegetable - Red Orange	Sweet Potatoes, Honey Diced (HS)	1 cup	169	10	1	0	22	0	635
Vegetable - Red Orange	Sweet Potato Waffle Fries, Sweet-N-Spicy (K-8)	1/2 cup	92	3	0	1	15	2	202
Vegetable - Red Orange	Sweet Potato Waffle Fries, Sweet-N-Spicy (HS)	1 cup	184	6	0	2	30	4	403
Vegetable - Red Orange	Sweet Potato Waffle Fries (K-8)	1/2 cup	90	3	0	1	15	2	150
Vegetable - Red Orange	Sweet Potato Waffle Fries (HS)	1 cup	179	6	0	2	30	4	299
Vegetable - Red Orange	Sweet Potato Wedges (K-8)	1/2 cup	120	4	0	1	19	2	140
Vegetable - Red Orange	Sweet Potato Wedges (HS)	1 cup	240	8	0	2	38	4	280
Vegan	Braised Black Beans with Plantains	3/4 cup	342	7	1	14	55	13	436
Vegan	Braised Black Beans with Plantains Rice Bowl	1 each	530	12	0	13	91	12	567
Vegan	Eggless Egg Salad Sandwich	1 each	421	6	0	2	78	18	559
Vegan	Mediterranean Chickpeas	1/2 cup	180	4	1	8	29	11	225
Vegan	Pasta Fagioli	8 oz	416	4	0	19	79	16	543
Vegan	Pasta Primavera	8 oz	206	4	0	7	37	7	37
Vegan	Vegan Veggie Tacos	1 each	401	10	0	15	65	12	686
Vegan	Vegan Vegetarian Chili	6 oz	150	2	0	8	24	7	244
Vegan	Zesty Chickpea Stew	6 oz	218	6	0	9	34	12	258

Category	Menu Item	Portion	Calories	Total Fat(g)	Sat. Fat(g)	Protein (g)	Total Carb(g)	Fiber (g)	Sodium (mg)
Vegetarian	Black Beans, Southwest Burrito	1 each	309	10	3	16	42	8	423
Vegetarian	Chickpeas, Moroccan Chickpea Tagine	3/4 cup	221	6	1	9	34	12	258
Vegetarian	Hummus Lunch Pack (Hummus & Pretzels)	2 each	440	25	3	10	46	8	840
Vegetarian	Lentil Sloppy Joe	3/4 cup	213	2	0	12	37	13	308
Vegetarian	Mozzarella Sticks, Breaded	5 each	320	14	5	18	31	3	450
Vegetarian	Peanut Butter	2 Tbsp	200	17	3	9	6	3	130
Vegetarian	Peanut Butter Portion Cup	1 oz	200	17	3	9	6	3	130
Vegetarian	Tacos, Veggie	1 each	259	14	0	9	27	5	539
Vegetarian	Tacos, Veggie with Scoops	1 each	294	13	0	10	35	5	668
Vegetarian	Vegetarian Chili	3/4 cup	139	2	0	8	21	7	236
Yogurt	Yogurt, Cherry Vanilla	1 each	90	0	0	3	19	0	50
Yogurt	Yogurt, Peach, Nonfat	1 each	90	0	0	3	19	0	75
Yogurt	Yogurt, Strawberry Banana, Nonfat	1 each	90	0	0	3	19	0	50
Yogurt	Yogurt, Strawberry Banana, Organic	1 each	80	1	0	4	12	0	65
Yogurt	Yogurt, Strawberry, Nonfat	1 each	90	0	0	3	19	0	50
Yogurt	Yogurt, Vanilla, Greek, Nonfat	1/2 cup	100	0	0	10	14	0	45
Yogurt	Yogurt Parfait, Vanilla, Low Fat, w Granola & Cranberries	1 each	320	5	0	7	62	4	85
	- Cranberries		110	0	0	0	27	2	0
	- Granola		120	4	0	3	19	2	40
	- Yogurt		90	1	0	4	16	0	45