

Lunch	Calories	Fat (g)	% calories from fat	Saturated fat (g)	Carbohydrate (g)	Fiber (g)	Sodium mg	Allergens
BBQ Rib Sandwich	282	10	31.91	3	33	3	550	Wheat, soy
Beef Dunkers and Rice	385	15.7	36.70	5	45.8	1	740	Wheat, soy, sesame oil
Beef Pepperoni stuffed pizza pocket	300	12	36.00	5	31	3	590	Wheat, milk, egg, soy
Beef Picadillo and Potato Tots	236	13.84	52.78	4	18.8	2	857	Soy
Beef & Bean Crunchy Taco (2 pack)	257	9	31.52	2.6	27.8	2.5	85.6	
Bean and Cheese Tostada	245	11	40.41	4	21	3	303	Wheat, soy, milk
Bean Burrito Vegan	360	11	27.50	1.5	55	7	630	Wheat, soy
Bean Dip, Nacho Cheesy with tortilla chips	485	20	37.11	4.3	60	14.5	1030	Milk
Tortilla Chips	280	16	51.43	2.3	31	3	300	Soy
Burrito, Bean & Cheese Los Cabos 97576	320	9	25.31	3.5	44	8	475	Wheat, soy, milk
Burrito, Bean and Cheese Foil wrapped	320	12	33.75	5	40	6	640	Wheat, milk
Burrito, Ultra Bean & Cheese Cabo Primo 71571	330	11	30.00	4.5	43	7	440	Wheat, soy, milk
Cheeseburger Don Lee	270	9	30.00	3.5	30	3	410	Wheat, soy, milk
Cheeseburger Loaded Tyson Ballpark	320	12	33.75	5	20	2	240	Wheat, milk
Cheeseburger Sliders	272	9	29.78	3	30	2	475	Wheat, milk, soy
Cheesy Pull-Apart Bread	300	13	39.00	6	32	2	520	Wheat, milk
Cheesy Bites, Wild Mike's	280	10	32.14	6	28	2	460	Wheat, milk
Chicken Chow Mein	288	7.5	23.44	1	36	3	884	Wheat, soy, egg
Chicken Nuggets 5 pieces Tyson 70364928	240	14	52.50	2.5	16	3	440	Wheat, soy
Chicken Chunk Poppers 5 piece Tyson	200	9	40.50	2	12.6	2.5	340	Wheat, soy
Chicken Drumstick and tater tots	330	19	51.82	4	20	2	840	Wheat
Chicken, Orange and Brown Rice	325	5.7	15.78	1	53.8	1	660	Wheat, egg, soy
Chicken Patty on WG Bun	390	15.5	35.77	2.5	45	6	720	Wheat, soy
Chicken Tenders (3)	260	15	51.92	2.5	16	3	390	Wheat, soy
Chicken BBQ Teriyaki and Rice 3/4 cup	319	7	19.75	1.5	42	1	793	Soy, wheat
Chickenless Chicken & Edamame Fried Rice	380	7.5	11.60	0	66.4	7.6	877	Wheat, soy, sesame
Chickenless Soy Nuggets	287	10	31.36	1.875	27.5	6.25	475	Wheat, soy
Corn Dog, Chicken	238	9	34.03	2.5	28	2	690	Wheat, soy, eggs, milk, gluten
Corn Dogs Mini Chicken 6 pieces Tyson	315	17	48.57	3.6	26.7	2.425	497	Wheat, soy
Crunchy Beef Tacos	257	9	31.52	2.6	27.8	2.5	85.6	
Double Dog, Chicken DD400	251	7	25.10	2	31.5	2	446	Wheat, soy

<i>Dumpling and Egg Roll - Vegetarian</i>	260	7	11.00	0.5	37.5	4.25	630	Wheat, soy, egg, sesame
Fiestada Beef Stuffed Sandwich	320	14	39.38	7	31	3	590	Wheat, soy, egg, milk
French toast sticks, cinnamon w/ Cheese Stick Bakecrafters 320	320	13	36.56	5	40	2	460	Wheat, egg, milk, soy
Yogurt Muffin and Cheese								Wheat, milk, egg, soy
Yogurt 4 oz Dannon Danimals	70	0	0.00	5	12	0	70	Milk
Muffin Blueberry Dave's	223	6	24.22	0.9	38.5	3.3	115	Wheat, milk, egg, soy
Muffin Chocolate Chip Dave's	227	6	23.79	0.9	39.5	3.1	115	Wheat, milk, egg, soy
String Cheese	80	6	67.50	4	1	0	200	Milk
Grilled Cheese Integrated	280	9.7	31.18	5.3	31.5	3	600	Wheat, milk, soy
Ham Triangle (Turkey) Cheese Sandwich Central Kitchen	270	12	40.00	5.3	26	4	937	Milk, soy, wheat
Ham Triangle (Turkey) Sandwich Central Kitchen	200	3.5	15.75	0.5	24	4	705	Wheat, soy
Hamburger Don Lee	258	8.2	28.60	2.8	29	2.8	260	Wheat, soy
Hot Dog, Double Dog	251	7	25.10	2	31.5	2	446	Wheat, soy
Hot Dog on a bun Beef	320	17	47.81	7	32	3	540	Wheat
Lasagna Cheese Roll Up	320	9	25.31	3.5	41	2	980	Wheat, milk
Mac N Cheese Rose & Shore 850	340	14	37.06	8	33	4	770	Wheat, milk, soy
Orange Chicken and Brown Rice	325	5.7	15.78	1	53.8	1	660	Wheat, egg, soy
Pick Up Stix House Chicken and Rice	350	10	25.71	2	46	3	370	Wheat, soy, egg, gluten ****
Pick Up Stix House Tofu and Rice	230	5	19.57	1	33	3	400	Wheat, soy, gluten ****
Pizza, Boli Tasty Brand	310	12	34.84	6	34	0	640	Wheat, milk, soy
Pizza, Papa John Cheese Whole grain	310	10	29.03	4	37	3	650	Wheat, milk
Pizza, Papa John's Pepperoni Pork Whole grain	350	14	36.00	5	37	3	770	Wheat, milk
Pizza, Galaxy Cheese	280	12	38.57	6	28	3	410	Wheat, milk, soy
Pizza, Wild Mikes	360	17	42.50	8	34	3	510	Wheat, milk
Pizza Crunchers	420	20	42.86	9	41	5	770	Milk, wheat
Spaghetti Plant Based Bolognese Sauce	294	5	15.31	0	45	3.4	740	Wheat, Soy
Popcorn Chicken Bowl	328	15	41.16	2.5	29.5	4	733	Milk, wheat, soy
Pretzel Dog Chicken	260	9	31.15	2.5	20	2	690	Wheat
Pupusa Bean and Cheese Vegetarian	290	11	34.14	3.5	35	4	480	Milk
Quesadilla, Cheese Integrated	326	15	41.41	8.6	32	3	581	Wheat, milk, soy
Raviolis, Cheese Jumbo 4 Cheese	333	9	24.32	3	44	3	1016	Wheat, milk, egg
Ravioli, Cheese Mini 14	320	8	22.50	2	42	2	950	Wheat, milk, egg

Rotini Pasta, cheese and Marinara Spaghetti Sauce	359	13	32.59	5	44	3	863	Wheat, milk
Spaghetti Plant Based Bolognese Sauce	294	5	15.31	0	45	3.4	740	Wheat, Soy
Spaghetti Rotini with beef Meat Sauce (344773)	264	7	23.86	1.8	40.6	3	544	Wheat, soy
Spaghetti Penne w/ Beef + Mozzarella Cheese Michael B's	386	10	23.32	5	38	1	478	Wheat, milk, soy
Sunbutter Triangle Sandwich Central Kitchen	503	30	53.68	5	49	7	475	Wheat, soy, sunflower seeds
Sunbutter Sandwich Muffin Town 5.6oz large	610	34	50.16	4	56	7	590	Wheat, sunflower seeds, soy
Sunbutter Sandwich Muffin Town 2.8 oz small	310	15	43.55	2	33	4	300	Wheat, sunflower seeds, soy
Taco Beef Roll Up Stick Integrated	345	13	33.91	8.3	32	3.85	630	Wheat, soy, milk
Tacos (2) Crunchy Beef & Bean	257	9	31.52	2.6	27.8	2.5	85.6	
Texas Cheese Toast 6 inch	368	19	46.47	8	28	2	447	Wheat, milk, soy
Tostada, Bean and Cheese	245	11	40.41	4	21	3	303	Milk, soy, wheat
Tuna Triangle Sandwich Central Kitchen	247	7	25.51	1	27	4	698	Wheat, soy, fish, egg
Turkey and Cheese Triangle Sandwich Central Kitchen	270	11.7	39.00	5	26	4	937	Wheat, soy, milk
Turkey Triangle Sandwich Central Kitchen	201	3.5	15.67	0.5	24	4	705	Wheat, soy
Veggie Chickenless Soy Nuggets Morning Star	237.5	10	37.89	1.25	22.5	5	375	Wheat, Soy

Fruit	Calories	Fat (g)	% calories from fat	Saturated fat (g)	Carbohydrate (g)	Fiber (g)	Sodium mg	Allergens
Apple Crisp	40	0	0	0	10	2	0	
Apple Sauce 4.5 oz unsweetened cup	60	0	0.00	0	15	3	0	
Apple Slices 2 oz 1/2 cup	30	0	0.00	0	7	1	0	
Apple small	50	0.1	0.00	0	14	2.5	1	
Banana Petite about 6 inches	90	0.3	0.00	0.1	23	2.6	1	
Canned Fruit	64	0	0.00	0	16	1	6	
Canned Pineapple 1/2 Cup	108	0.1	0.00	0	28	1	2	
Craisin	110	0	0.00	0	27	2	0	
Fresh Fruit general rule of thumb for small fruit	60	0	0.00	0	15	3	1	
Frozen Fruit Cup Peaches	80	0	0.00	0	19	1	0	
Frozen Fruit Cup Strawberry	80	0	0.00	0	19	2	0	
Frozen Fruit Cup Mixed Berries	90	0	0.00	0	20	2	0	
Juice 4 oz	60	0	0.00	0	15	0	10	
Lunch Bunch Grapes 2.25 oz	45	0	0.00	0	11	1	8	

Mandarin Oranges	70	0	0.00	0	17	1	10	
Melon	27	0	0.00	0	7	1	13	
Mixed Fruit 1/2 Cup	65	0	0.00	0	16	1	6	
Orange slices 1/2 cup 90 grams	42	0	0.00	0	11	2	0	
Peaches, canned diced or sliced 1/2 cup 124g	60	0	0.00	0	16	1	0	
Pears, canned diced 1/2 cup	60	0	0.00	0	16	2	2	
Pears, small	60	0.1	0.00	0	17	3.5	1	
Pineapple Fruti Fruit	35	0.1	0.00	0	9	1	1	
Pineapple Spear 2.7 oz	40	0	0.00	0	10	1	0.8	
Raisins 1 box 37.7 grams	110	0	0.00	0	30	1	4	
SideKicks 100% Fruit Juice 4.4 oz	90	0	0.00	0	23	0	20	
Tangerine small	40	0.2	0.00	0	10	1	1.5	
Watermelon spear 1/2 Cup	23	0.114		0	6	0.3	0.76	
Vegetables	Calories	Fat (g)	% calories from fat	Saturated fat (g)	Carbohydrate (g)	Fiber (g)	Sodium mg	Allergens
Baby Carrots	23	0	0.00	0	5.4	1.33	55	
Corn Cup 1/2 cup	67	0.55	7.39	0	16	2	73	
Cucumber 1/2 cup	9	0	0.00	0.001	1.59	0.52		
Edamame 1/2 cup	43	2	41.86	0	3	0.4	5	Soy
Green Beans 1/2 cup	20	0	0.00	0	4	1.9	6	
Mini Bell Peppers	25	0	0.00	0	5	0	0	
Side Salad Romaine 1 cup	4	0	0.00	0	0.71	0.4	4	
Sugar Snap Peas 1/2 cup	15	0	0.00	0	2	1		
Tomatoes 1/2 cup	15	0	0.00	0	3	0.9	4	

Milk	Calories	Fat (g)	% calories from fat	Saturated fat (g)	Carbohydrate (g)	Fiber (g)	Sodium mg	Allergens
Non-Fat Chocolate	130	0	0.00	0	26	0	130	milk
1% White	120	2.5	18.75	1.5	13	0	130	milk

Others	Calories	Fat (g)	% calories from fat	Saturated fat (g)	Carbohydrate (g)	Fiber (g)	Sodium mg	Allergens
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BBQ sauce 1 oz	50	0	0.00	0	12	0	240	
Crackers Back To Basic 2 oz	170	5	26.47	0.5	28	3	350	Milk, soy, wheat
Cream Cheese	70	6	77.14	3.5	1	0	115	Milk
Dinner Artisan Roll 2 oz	160	2	11.25	0	34	5	270	Wheat
Ketchup, 7 g	10	0	0.00	0	3	0	95	
Marinara Sauce 1 oz	15	0	0	0	4	0	130	
Mayonnaise, 9 g	60	6	90	1	1	0	60	Egg
Mustard, 5.6 g	0	0	0.00	0	0	0	65	
Ranch Dressing, 12 g	45	4.5	90.00	0.5	1	0	120	Milk, egg
Soy sauce, red. sodium, 8 mL	0.5	0	0.00	0	0	0	29.4	Wheat, soy
Tortilla Corn Chips 2 oz	280	16	51.43	2.3	31	3	300	Soy

Breakfast	Calories	Fat (g)	% calories from fat	Saturated fat (g)	Carbohydrate (g)	Fiber (g)	Sodium mg	Allergens
Bagel 2 oz	140	1	6.43	0	29	4	180	Wheat
Bagel 3 oz	217	0.8	3.32	0	44.6	4.36	230	Wheat
Bear Grahams Chocolate	110	3	24.55	0.5	21	2	95	Wheat, soy
Benefit Bar Large	290	9	27.93	3	47	3	240	Wheat, egg, soy, milk
Cheerios Cereal	100	2	18.00	0	21	3	140	
Cheezit	100	3.5	31.50	1	14	1	150	Wheat, milk, soy
Chex Cereal Gluten Free	100	0.5	4.50	0	24	1	230	
Cinnamon Toast Crunch Cereal, red. sugar	100	2.5	22.50	0	22	3	160	Wheat, soy
Cocoa Puffs 25% less sugar Cereal	120	1.5	11.25	0	25	2	125	
Froot loops Cereal, red. sugar	100	0.5	4.50	0	24	2	170	Wheat
Goldfish Whole Grain snack crackers	100	3.5	31.50	0.5	14	1	170	Wheat, milk
Muffin, Blueberry Dave's	223	6	24.22	0.9	38.5	3.3	115	Wheat, eggs, soy, milk
Nature's Bakery Strawberry Fig Bar	200	5	22.50	0	38	3	80	Wheat,
Pancakes, Mini Eggo	200	6	27.00	1	36	4	320	Wheat, milk, soy, eggs
Pop tart, Whole Grain Brown Sugar Cinnamon	170	3	15.88	1	36	3	190	Wheat, soy
Pop tart, Whole Grain Strawberry	170	3	15.88	1	38	3	190	Wheat, soy
Pumpkin Bread	260	8	27.69	1.5	44	2	240	Wheat, soy, egg, milk
Scooby Doo Graham Crackers	120	3.5	26.25	1	21	1	115	Wheat, soy, honey

String Cheese	80	6	67.50	4	2	0	200	Milk
Sunflower Seeds Sunrich Naturals Non GMO Roasted Salted	170	14	74.12	1.5	6	3	110	
Sunflower Seeds Sunrich Naturals Non GMO Honey Roasted	190	15	71.05	1.5	11	5	65	Honey Roasted No allergens
Trix Cereal 25% less sugar Cereal	110	1.5	12.27	0	24	1	140	
Yogurt Rock View 8 oz	210	2	8.57	1	39	0	105	Milk
Yogurt, Dannon 4 oz	60	0	0.00	0	12	0	70	Milk
Yogurt Trix 4 oz	80	0.5	5.63	0	15	0	65	Milk

Although this information is deemed reliable, it may not be accurate. We cannot guarantee cross contamination from different allergens.

****** - Pick Up Stix - The recipe and ingredients do not contain peanuts or sesame; cross contamination may occur with items such as peanuts and sesame seeds.**

Please be advised that this is general information and not intended to be used as medical advice. Information is accurate to the best of our knowledge based on the information provided by the manufacturer. Products may change at any time.