

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	391	16	36.83	6.6	46.5	2	773	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 Teriyaki Dunkers Brown Rice 4 pc	391	16	36.83	6.6	46.5	2	773	Wheat, 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	475	19	36.00	3.5	60	14.5	950	Milk
Tortilla Chips	270	15	50.00	1.5	31	3	220	
Burrito, Bean & Cheese Los Cabos 97576	291	8	24.74	3.6	41	8	478	Wheat, soy, milk
Burrito, Ultra Bean & Cheese Cabo Primo 71571	331	10.7	29.09	4.3	42	7.5	438	Wheat, soy, milk
Cheeseburger Don Lee	279	10	32.26	4.2	30	2.7	409	Wheat, soy, 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
Cheezy Bites, Wild Mike's	280	10	32.14	6	28	2	460	Wheat, milk
Chicken Chow Mein	285	4.5	14.21	1	40	4	836	Wheat, soy, egg
Chicken lil' Sliders Breaded	315	11	31.43	2	39	4	588	Wheat, soy, egg
Chicken Nuggets 5 pieces Tyson 70364928	267	15	50.56	2.5	16.5	2.5	407	Wheat, soy
Chicken Nuggets Chunk 5 piece Tyson	200	9	40.50	2	12.6	2.5	340	Wheat, soy
Orange Chicken and Brown Rice	267	5	16.85	1	40	1	615	Wheat, egg, soy
Chicken Patty on WG Bun	443	18	36.57	3	50	6.5	809	Wheat, soy
Chicken Tenders (3)	263	15	51.33	2.5	16	3	394	Wheat, soy
Chicken BBQ Teriyaki and Rice 3/4 cup	260	6.5	22.50	1.5	30	1	747	Soy, wheat
Chicken Teriyaki Dippers & Rice 4 piece 3/4 C	246	6	21.95	1	30	1	895	Soy, wheat
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
Corn Dogs Mini Turkey 6 pieces	243	12	44.44	2.2	24	3	700	Wheat, soy, milk, egg
Crunchy Beef Tacos	257	9	31.52	2.6	27.8	2.5	85.6	
Double Dog, Chicken DD400	251	15	53.78	7	31.5	2	446	Wheat, soy
Fiestada Beef Stuffed Sandwich	320	14	39.38	7	31	3	590	Wheat, soy, egg, milk
French toast sticks, cinnamon w/ Cheese Stick Bakecrafters3	320	13	36.56	5	40	2	460	Wheat, egg, milk, soy

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Yogurt Muffin and Cheese								Wheat, milk, egg, soy
Yogurt 4 oz Dannon Danimals	70	0	0.00	0	12	0	70	Milk
Muffin Blueberry Dave's	223	6	24.22	0.9	38.5	3.3	115	Wheat, milk, egg, soy
String Cheese	80	6	67.50	3.5	1	0	210	Milk
Grilled Cheese Integrated	280	5.4	17.36	5.3	31.5	3	600	Wheat, milk, soy
Ham Triangle (Turkey) Cheese Sandwich Central Kitchen	283	14	44.52	5.7	26	4	963	Milk, soy, wheat
Ham Triangle (Turkey) Sandwich Central Kitchen	226	7	27.88	1.5	24	4	757	Wheat, soy
Hamburger Don Lee	276	10.4	33.91	3.7	29	2.8	260	Wheat, soy
Hot Dog, Double Dog	251	15	53.78	7	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	310	10	29.03	4	39	2	999	Eggs, soy, wheat
Mac N Cheese Rose & Shore 850	340	14	37.06	8	33	4	770	Eggs, milk, wheat
Nacho Cheesy Bean Dip and Tortilla Chips	475	19	36.00	3.5	60	14.5	950	Milk
Orange Chicken and Brown Rice	266	5	16.92	5	40	1	615	Wheat, soy, eggs
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, egg, 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 Pepperoni <b>Pork</b> Whole grain	365	14	34.52	5	38.5	3	803	Wheat, milk
Pizza, Galaxy Cheese	280	12	38.57	6	26	3	410	Wheat, milk, soy
Pizza, Wild Mikes	370	17	41.35	9	35	3	520	Wheat, milk, soy
Pizza Crunchers	420	20	42.86	9	41	5	770	Milk, wheat
Popcorn Chicken Bowl	328	15	41.16	2.5	29.5	4	733	Milk, wheat, soy
Quesadilla, Cheese Integrated	326	15	41.41	8.6	32	3	580	Wheat, milk
Raviolis, Cheese Jumbo 4 Cheese	333	9	24.32	3	44	3	1016	Wheat, milk, soy, egg
Ravioli, Cheese Mini 14	320	8	22.50	2	42	2	950	Wheat, milk, egg, soy
Rotini Pasta, cheese and Marinara Spaghetti Sauce	359	13	32.59	5	44	3	863	Wheat, milk
Spaghetti Rotini with beef Meat Sauce 1/2 C	345	12	31.30	4	44	3.4	794	Wheat, milk, soy
Sunbutter Triangle Sandwich Central Kitchen	523	29	49.90	3	50	8.667	474	Wheat, 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	31	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

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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	200	3.5	15.75	0.5	24	4	705	Wheat, soy
Uncrustables Peanut Butter & Jelly 2.6 oz	300	16	48.00	3.5	32	3	280	Wheat, soy, Peanut
Veggie Gardenburger Don Lee	349	12	30.95	3	43	5	494	Wheat, milk, egg, soy
Veggie Gardenburger Morning Star	240	5	18.75	0	37	6	690	Wheat, soy, milk
Veggie Chickenless Soy Nuggets Morning Star	287.5	10	31.30	1.875	27.5	6.25	475	Wheat, Soy
Wowbutter Sandwiches vegan nut free (soy)								Wheat, soy

Fruit	Calories	Fat (g)	% calories from fat	Saturated fat (g)	Carbohydrate (g)	Fiber (g)	Sodium mg	Allergens
Apple Sauce 4.5 oz unsweetened cup	60	0	0.00	0	14	1	2	
Apple Slices 2 oz 1/2 cup	30	0	0.00	0	8	1	1	
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	
Raisins 1 box 37.7 grams	110	0	0.00	0	30	1	4	
SideKicks 100% Fruit Juice 4.4 oz	80	0	0.00	0	22	0	45	

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Tangerine small	40	0.2	0.00	0	10	1	1.5	
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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	
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
BBQ sauce	20	0.08	3.60	0	5	0.07	123	Soy
Crackers Back To Basic 2 oz	170	5	26.47	0.5	28	3	350	Milk, soy, wheat
Dinner Artisan Roll 2 oz	160	2	11.25	0	34	5	270	Wheat
Goldfish Whole Grain snack crackers	100	3.5	31.50	1	14	1	150	Wheat, milk
Ranch Dressing	70	8	102.86	1	0	0	110	Milk, soy, egg
Scooby Doo Graham Crackers	120	3.5	26.25	1	21	1	110	Wheat, soy
String Cheese	80	6	67.50	3.5	1	0	210	Milk
Sunflower Seeds Azar Power Spicy Lime	170	15	79.41	1.5	6	2	260	Roasted in Peanut oil
Sunflower Seeds Sun Rich Naturals NonGMO Honey Roasted	190	15	71.05	2	11	3	65	Honey Roasted No allergens
Sunflower Seeds Sun Rich Naturals NonGMO Roasted Salted	170	14	74.12	2	6	3	110	Salted No allergens
Syrup 1.5 oz cups	120	0	0.00	0	31	0	0	
Tortilla Corn Chips 2 oz La Tapatia	280	16	51.428571	2.3	31	3	300	Soy
Tortilla Corn Chips Snak King	270	15	50	1.5	31	3	220	

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Breakfast	Calories	Fat (g)	% calories from fat	Saturated fat (g)	Carbohydrate (g)	Fiber (g)	Sodium mg	Allergens
Apple-Bites	270	10	33.33	4.5	41	3	160	Wheat, milk, egg, soy
Bagel 3 oz	217	0.8	3.32	0	44.6	4.36	230	Wheat
Benefit Bar Large	285	8.5	26.84	3	47	3	230	Wheat, egg, soy, milk
Breakfast Banana Bread	260	8	27.69	1.5	45	2	240	Wheat, egg, soy, milk
Breakfast bun	270	10	33.33	4.5	38	3	280	Wheat, milk, soy, egg
Cheerios Cereal	100	2	18.00	0.5	21	3	140	
Cheerios Honey Nut Cereal Gluten Free	110	1.5	12.27	0	22	2	160	Almond
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	250	
Cinnamon roll - CK Bakery	379	8	19.00	4	70	4.6	193	Wheat, milk, soy
Cinnamon Toast Crunch Cereal	110	3	24.55	0.5	22	3	160	Wheat, soy
Cocoa Puffs 25% less sugar Cereal	110	0.5	4.09	0	20	1	120	
Crumb Cake	418	13	27.99	7.5	72	3	354	Wheat, eggs, milk
Froot loops Cereal	70	1	12.86	0	16	2	150	Wheat, soy
Frosted Flakes Reduced Sugar	100	0	0.00	0	24	1	160	Soy
Goldfish Whole Grain snack crackers	100	3.5	31.50	1	14	1	150	Wheat, milk
Graham Chocolate Bears	110	3	24.55	0.5	21	2	95	Wheat
Mozzarella string cheese	80	5	56.25	3.5	1	0	210	Milk
Muffin, Blueberry 20th Century	239	9	33.89	2	36	3	338	Wheat, eggs, soy
Muffin, Blueberry Dave's	223	6	24.22	0.9	38.5	3.3	115	Wheat, egg, soy, milk
Nutrigrain Bar Strawberry	160	4	22.50	0.5	30	3	150	Wheat, milk, soy
Oatmeal Round, Apple Cinnamon	278	12	38.85	4.5	39	4	240	Wheat, milk, soy, eggs
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	38	3	190	Wheat, soy
Pop tart, Whole Grain Strawberry	170	2.5	13.24	1	38	3	180	Wheat, soy
Rice Krispies Cereal	70	0	0.00	0	16	0	100	
String Cheese	80	6	67.50	3.5	1	0	210	Milk
Sunflower Seeds Azar Power Spicy Lime	170	15	79.41	1.5	6	2	260	Roasted in Peanut oil
Sunflower Seeds Sun Rich Naturals NonGMO Honey Roasted	190	15	71.05	2	11	3	65	Honey Roasted No allergens
Sunflower Seeds Sun Rich Naturals NonGMO Roasted Salted	170	14	74.12	2	6	3	110	Salted No allergens
Trix Cereal 25% less sugar Cereal	80	1	11.25	0	18	1	140	
Uncrustables Peanut Butter & Jelly 2.8 oz	320	17	47.81	3.5	32	3	320	Wheat, peanuts, soy
Waffle, vanilla	240	9	33.75	2.5	28	2	210	Wheat, milk, eggs

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Yogurt Yami 8 oz	200	2.5	11.25	1.5	38	0	120	Milk
Yogurt, Dannon 4 oz	70	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.**

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