

LUNCH ITEMS

updated 2/2017

	Total cal	Protein	Vit A (RE)	Vit C	Iron	Calcium	Total Fat	Sat Fat	Carb	Sodium
BEEF										
Beef Mini Twin Cheeseburger Advance #1171	320	17	0	108	2	150	13	6	35	600
Beef Burger Advanced 2.3 Oz	150	12	0	0	1	0	11	405	0	260
Beef cheeseburger w/turkey bacon	150	12	0	0	2	0	11	4.5	0	260
Beef Hot Dog	180	7	0	0	4	2	16	7	1	520
Beef Rib Patty BBQ Sauce	170	12	3	2	1	2	9	3.5	10	360
Beef, Meatloaf JTM 3.20 oz CP5631	187	15	9	2	2	4	11	4.1	7	284
Beef Meatballs Cooked 2.8 oz	162	13	7	1	2	4	10	3.8	5	234
Beef, Meatloaf 3.2 oz	187	15	9	2	2	4	11	4.1	7	284
Beef Sloppy Joe Tyson	110	9	0	0	6	0	7	3	4	180
Beef, Taco Filling	92	12	5	4	2	5	3	1	7	222
Sloppy Joe Red Fat 3.63 oz	145	13	9	6	2	4	6	2.2	10	417

Total cal Protein Vit A (RE) Vit C Iron Calcium Total Fat Sat Fat Carb Sodium

BEVERAGES

1 %Milk	100	8	10	0	0	30	2.5	1.5	12	110
Juice 100% apple 4 oz	60	0	0	10	1	0	0	0	14	5
Juice 100% fruit punch 4 oz	60	0	0	10	1	0	0	0	14	5
Juice, Sunset Sip Veg 4 oz	40	0	1	1	0	0	0	0	10	10
Juice, Calypso Crush Veg 4 oz	40	0	10	10	0	0	0	0	10	10
Juice, Cherry Star 4 oz	50	0	1	5	0	0	0	0	13	35
Juice, Dragon Punch	50	0	10	50	0	0	0	0	13	35
Juice, Wango Mango Juice	50	0	10	50	0	0	0	0	13	30
Juice apple pouch 4 oz	60	0	0	100	1	7	0	0	14	0
Juice, Grape pouch 4 oz	80	0.5	0	100	0	4	0	0	19	0
Juice Tropical Twist	60	0	10	100	0	0	0	0	14	15
Juice Cherry Star 4 oz. Ardmore	50	0	1	5	0	0	0	0	13	35
Fat Free Skim Milk	90	8	10	2	25	30	0	0	13	130
Fat Free Chocolate Milk	130	8	10	4	0	30	0	0	0	170

Total cal Protein Vit A (RE) Vit C Iron Calcium Total Fat Sat Fat Carb Sodium

BREAD

Breadstix, Twisted Top WG	80	2	0	0	4	0	2.5	0.5	13	105
Texas Toast Garlic Bakecrafters	100	3	2	0	4	0	3	0	15	130
Mini Loaf Corn Bread Bakecrafters	160	3	0	0	0	2	6	0.5	25	105
Roll, Chaves Wheat Kaiser 2.2 oz	155	6	0	0	2	1.5	2	1	30	250
Roll, Chaves Wheat Hamburger 1.6 oz	117	5	0	0	2	1	2	0	22	190

Total cal Protein Vit A (RE) Vit C Iron Calcium Total Fat Sat Fat Carb Sodium

CHEESE ITEMS

Enchilada, Cheese	124	9	20	0	0	20	38	26	11	200
Pizza, 16" WG Chicken Bacon Ranch	340	22	4	10	1.5	5	14	8	31	670
Pizza Cheese Crunchers 2 pc	210	10	0	1	1	2	10	4.5	21	395
Pizza, Chicken Bacon w/ranch	340	22	8	10	2	5	14	8	31	670
Pizza, 4x6 Cheese WW	300	22	10	15	2	40	12	6	28	520
Pizza 5" wg turkey pepperoni round	320	15	6	0	2	3	11	3.5	40	610
Pizza 5" wg cheese 5.05 oz	320	15	1	0	1	2	11	3.5	40	610
WW Cheese 16" Uno	300	20	10	2	2	3	11	6	32	530
Pizza Fresh Slice elementary Sal's	220	13	0.5	2	0.5	2	8	4	27	570
Pizza WW Garlic Fr Bread Cheese	350	22	0	0	0	0	18	7	29	450
Pizza, Stuffed crust	300	16	8	0	1.5	35	11	6	35	600
Sticks, Mozz 100% Tonys 3.86 oz	290	19	4	0	4	4	11	6	27	690
Sticks, Mozz Highliner 5 pc 4.2 oz	320	18	2	2	1	2	14	5	31	490
Mac & cheese WG Tabatchnick 6.0 oz	220	14	8	0	4	4	11	8	19	600
Mac & cheese WG JTM 6.0 oz	279	16	4	1	1	4	11	6	30	656

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CONDIMENTS/SAUCES

Asst Dressing 2 tbsp	90	0	0	0	0	0	8	1	3	490
Gravy, Campbells Brown 1/4 cup	40	1	0	0	0	0	1	0.5	4	310
Heinz Ketchup 9 gr	10	0	2	0	0	0	0	0	3	100
Americana PC Tartar Sauce 9 grm	20	0	0	0	0	0	1.5	0	10	85

LUNCH ITEMS

Mayo americana 12 g	80	0	0	0	0	0	9	1	1	70
Western BBQ Sauce 1 oz cup	40	0	0	0	0	0	0.5	0	9	370
Mustard	3	0	0	0	0	0	0	0	0	57
Salsa, Picante Hunts	25	1	8	15	2	0	0	0	5	240
Sauce. Spaghetti 1/4 cup	22.5	1	7.5	7.5	4	1	0.5	0	5	165
Marinara Sauce	60	2	0	0	1	2	1.5	0	10	390

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FISH										
Highliner WG AK Pollock Stix #1089867	210	12	0	0	2	2	8	1.5	22	270
Highliner WG AK Pollock Stix #1089302	230	15	0	0	2	2	9	1.5	23	280
Highliner Fish 53258	220	13	0	0	2	2	9	1	20	300

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FRUIT										
Apple, Macintosh	55	0	1	8	1	1	0	0	15	1
Banana	90	1	1	15	1	1	0	0	23	1
Plain Applesauce nfg 1500-282A SS	70	0	0	10	0	0	0	0	16	15
Diced Mixed Fruit SS	50	0	60	18	0	0	0	0	13	5
Diced Peach Cup SS	70	0	0	60	0	0	0	0	16	15
Diced Pear Cup SS	70	0	0	18	0	0	0	0	17	10
Cinn applesauce nfg SS #1510-282A	70	0	0	10	0	0	0	0	16	15
Applesauce straw ban nfg 3790-235A SS	70	0	0	10	0	0	0	0	16	15
Applesauce cherry nfg 1520-235A SS	70	0	0	10	0	0	0	0	16	15
Pineapple, tidbits 1/2 cup	37	0	0	46	0	0	0	0	10	1
Cinn applesauce	70	0	0	10	0	0	0	0	16	15
Cherry Applesauce	70	0	0	10	0	0	0	0	16	15
Mixed Fruit Applesauce	70	0	10	10	0	0	0	0	16	20

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PASTA										
Spaghetti WG Pasta	110	3	0	0	2	1	1.5	0	21	25
Ravioli, Buffalo Chicken Agnolotti Small	360	27	2	0	2	2	8	3	43	240
Beef Ravioli Doppio	400	25	2	0	2	1.5	13	6	44	470
Ravioli Cheese	170	13	2	0	6	10	3.5	1.5	23	460
Pasta w/Beef Sauce 8 oz	337	19	6	2	3	5	17	7	25	657
mac/cheese/jtm red fat #5752 JTM 6 oz	268	15	0	1	1	379	11	6	28	769
mac/beef casserole #5151 JTM 5 oz	248	15	46	2	1	24	13	6	18	498
mac/beef casserole #5151 JTM 7. 5 oz	372	22.5	69	3	1.5	35	19	8.5	27	747
Marzetti Penne Rigati WW pasta add sauce	55	1.6	0	0	1.6	0	0.3	0	10	1
WG Mini Cheese Ravioli Tasty 00834WG	110	8	2	0	4	6	2	1	16	240
Mac & Cheese Tabatchnick 99894 6.0 oz	290	17	99	0	1	400	13	8	26	880
WG Cheese Tortellini Tabatchnick 71262-99963	220	15	2	0	1	1	4	2	31	190

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POTATOES										
Potato Mashed Idahoan 2/3 cup	80	2	0	6	2	2	1	0	17	310
Herb Garlic Potatoes Simplot 1/2 cup	120	3	0	4	3	0	3	0	20	200
Sweet Potato Lattice Simplot										
Tator Gems Simplot	120	1	0	2	0	0	7	1	14	180
Sweet Potato Gems 1/2 cup	100	2	4	4	2	3	3	0.5	20	200
Sweet Potato Bites	110	1	70	4	2	2	4	0.5	18	95
Mashed Sweet Potatoes #100354 USDA 1/2 cup	128	2	1335	11	1	45	0	0	30	10

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POULTRY										
Chicken Drumstick	160	16	0	0	4	0	10	2.5	2	320
Chicken Nugget Tempura 3.03 oz	260	19	2	0	1	4	16	3	12	350
Chicken Popcorn Tyson 70368-928 3.03 oz	230	14	2	0	1	4	13	2.5	14	340
Chicken Tenders Tyson 3 pc #70334	260	15	2	0	10	4	15	2.5	16	390
Chicken Patty Tyson 3.49 oz	260	16	1	0	1	2	15	2.5	16	400
Chicken Round-ups Tyson 5 pc	220	19	2	0	10	2	10	2	13	620
Chicken Cheese Pita Pocket Tasty 70068	340	16	2	0	1	1	15	5	35	600
Teriyaki Chicken Asian Solutions 73001 2.85 oz	146	15	2	0	2	2	2.5	1	14	414
Turkey Breast Steak 1.55 oz Jennie-O #2307-24	80	17	0	0	2	0	1.5	0.5	0	390

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SANDWICHES										
Pita Pocket, Chicken Cheese	340	16	2	0	1	1	15	5	35	600
Chicken, Turkey, Ham & Two Cheese WG Wedge	300	20	4	2	1	25	10	0	28	900
Turkey Club Combo Sandwich WG Bread	300	20	3	2	1.5	2	11	3.5	29	920
Italian Combo Wrap, WG Tasty 3.5 oz	250	15	4	8	1	20	11	5	17	730
Turkey Ham, Tur Pepp, Turkey Salami WG Roll	340	18	4	25	10	20	13	4	31	850
Chicken, Turk Pepp & Cheese WG Roll	300	20	4	2	1	25	10	3.5	27	1010
Turkey Ham & Two Cheese WG Roll 4.5 oz	310	21	4	2	2	25	12	4	32	880
Turkey Ham & Two Cheese Wedge WG	300	21	4	0	1.5	2.5	11	4	30	890
Uncrustable 4.9oz PB Grape Wh Bread Smuc	590	18	0	0	10	4	33	7	55	560
Chicken Melt WG Pita	340	20	2	0	2	20	12	6	30	810
Toasted Cheese Sandwich WG Break Integrated	284	19	0	0	1	468	10	6	31	655
Adv Jamwich 2.8 serving size 2 #92123	600	20	0	0	5	4	32	5	66	660
Soybutter & grape Jelly Sandwich Albies	290	9	0	0	1.5	1	16	3	28	220

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VEGETABLES										
Black Beans 1/2 cup	113	7	0	0	10	3	1	0	20	1
Broccoli 1/2 cup	15	1.5	6	65	2	2	0	0	3	15
Brussel Sprouts frz 1/2/cup	35	3	0	0	0	0	0	0	6	200
Spinach/Chopped frz 1/2 cup	32	1	229	3	10	15	1	0	5	92
white beans 1/2 cup	110	7	0	0	10	6	1	0	18	390
Corn, Whole Kernel 1/2 cup	100	3	0	4	2	0	2	0	19	270
Carrots, fresh Baby 1/4 cup	12	1	105	3	0	1	0	0	3	21
Carrots, sliced canned 1/2 cup	18	1	326	6	5	4	0	0	8	353
Garden Salad/Iceburg 1/2 cup	5	1	5	2	1	1	0	0	1	3
Vegetarian Baked Beans	124	6	150	2.4	3.6	80	0.5	0	220	140
Onion breaded Ring WG Tasty	210	3	0	2	2	2	8	1.5	28	230

	Total cal	Protein	Vit A (RE)	Vit C	Iron	Calcium	Total Fat	Sat Fat	Carb	Sodium
MISC.										
Lemon Chip Crunch Bar	113	7	0	0	10	3	1	0	20	1
WG Gingerbread People	90	2	2	0	2	2	1	0	19	60
Sommer Gold Cheese 2 slices	90	3	0	0	0	10	6	3.5	4	370
Bongards Cheese 2 Oz	80	7	0	0	0	6	6	0	2	280
Papetti Cheddar Omelet	130	7	3	0	4	8	11	3.5	1	280
Rosati Ice	990	0	0	2	0	0	0	0	25	15