



Menu Item	Also contains:	Serving Size	Calories	Carbohydrate	WHEAT/Gluten	Peanut	Tree Nuts	EGG ingredient	Milk ingredient	FISH	Shellfish	SOY ingredients	CORN ingredients	Pork / Gelatin	CINNAMON	SESAME
Banana, Fresh		1 medium	105	27												
BBQ Baked Beans *** secondary	onion, white beans, mustard, vinegar, turmeric, corn starch, caramel color, garlic, spices, tomato, smoke flavor, celery seed	1/2 cup	130	29								x				
BBQ Pork on Bun***	orange juice, garlic, paprika, caramel color, pork, tomato, barley, yeast, corn flour, DATEM, vinegar, MFS, smoke flavor, garlic celery, caramel color, onion	1 sandwich	399	47	x						x	x	x			
BBQ Sauce Packet	HFCS, vinegar, tomato, molasses, cornstarch, smoke flavor, mustard, garlic, onion, paprika, caramel color	1 packet	20	5								x				
BBQ sauce, bulk***	tomato, vinegar, MFS, smoke flavor, garlic, celery seed, caramel color, onion, red 40, HFCS, molasses, corn syrup, tamarind, corn protein, chili pepper, mustard flour, lemon juice, xanthan gum, soybean oil	1 ounce	50	13							-	x				
Beef Burger Patty***	Phosphates, maltodextrin, caramel color, citrus flour	1 each	166	1								-				
Biscuit - enriched	enriched bleached flour, palm oil, carrageenan, phosphates, may contain egg	1 biscuit	220	26	x		?	x			x					
Black Bean Salsa***	corn, black beans, tomato, green chili, citric acid, onion, jalapeno, cilantro, cumin, garlic, red pepper	1/2 cup										x				
breadstick- proof and bake WG	yeast, oat fiber, soybean oil, honey, ascorbic acid	1 each	80	15	x						x					
Breadstick, cheese***	mozzarella, barley, soybean oil, baking powder, soy flour	1 each	290	27	x			x			x	-				

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Breakfast bar, Smores	Oats, soybean oil, palm oil, corn syrup, corn starch, paison paste, cocoa	2.2 oz bar	250	42	x						x	x				
Breakfast Bite- elementary serving (pigs in b)	pork, turkey, chicken, soy protein, artificial flavor, vegetable oil, BHA, BHT, citric acid, spices	3 pieces	210	17	x		x	x			x		x			
Breakfast Bite- secondary serving (pigs in b)	pork, turkey, chicken, soy protein, artificial flavor, vegetable oil, BHA, BHT, citric acid, spices	4 pieces	280	23	x		x	x			x		x			
Breakfast Bread Berry	blueberries, soybean oil, corn starch, defatted soy flour, honey, xanthan gum, cinnamon, spice	1 slice	270	46	x		x	x			x	x		x		
Breakfast Bread, Banana	barley, banana, soy flour, corn starchm, honey, xanthan gun, spices	1 slice	280	47	x		x	x			x	x		x		
Breakfast Bun WG	barley, soybean oil, TBHQ, citric acid, yeast, soy flour, maltodextrin, corn starch, honey, corn syrup solids, ascorbic acid, MFS, agar agar	1 bun	200	30	x		x	x			x	x		x		
Breakfast Burrito (Egg, Sausage, Bean and Cheese)	pork, lime, corn flour, rice flour, soybean oil, citric acid, white beans, yeast, cilantro, soy sauce, garlic, onion, turmeric, spices, carrot	1 each	220	25	x		x	x			x	x	x			
Breakfast Egg bake Casserole***	pork, potato starch, natamycin, green pepper, onion, corn oil, xanthan gum, citric acid annatto, barley flour, yeast, soybean oil, cinegar, datem, corn flour, coloring	1 serving	260	9	x		x	x			x	x	x			
Broccoli in Cheese Sauce elementary	coconut oil, yellow 5&6, citric acid, corn syrup solids, phosphates, MFS, yeast, Maltodextrin, lactic acid	1/2 cup	32	6				x			x	x				



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Carrots, cooked and glazed	brown sugar, carrots, maltodextrin, butter, guar gum, turmeric, annatto	1/2 cup	45	10				x								
Carrots, raw baby	none	1/2 cup	25	6												
Carrots, Raw Coins	none	1/2 cup	25	6												
Celery Sticks, raw	none	1/2 cup	5	1												
Cereal Cheerios GF	Gluten free oats, corn starch, phosphates	1 bowl	100	20								x				
Cereal Cinnamon Chex	Rice, molasses, canola oil	1 bowl	120	22										x		
Cereal Cinnamon Toast Crunch	rice flour, canola oil, maltodextrin, caramel color, BHT	1 bowl	110	22	x						x	-		x		
Cereal Coco Puffs	corn meal, cocoa, canola oil, caramel color, refiners syrup	1 bowl	110	25								x				
Cereal Frosted Mini Wheats	brown rice syrup, gelatin	1 bowl	100	24	x								x			
Cereal Golden Grahams	corn meal, brown sugar syrup, canola oil	1 bowl	100	24	x							x				
Cereal HoneyNut Cheerios GF	GF oats, honey, rice bran oil, almond, corn starch, phosphates	1 bowl	110	22		-	x					x				
Cereal Kix 1/2 grain	Corn meal, brown sugar syrup	1 bowl	60	14								x				
Cereal Lucky Charms GF	GF oats, corn starch, gelatin, yellow 5&6, blue 1, red 40	1 bowl	110	23								x	x			
Cereal Multi Grain Cheerios GF	Oats, Rice, Corn, Sorghum, Millet	1 bowl	100	23								x				
Cereal Reese's Puffs	peanut, cocoa powder, molasses, canola oil, caramel color	1 bowl	120	21	?	x	-					x				
Cereal Rice Chex GF	Rice, Molasses	1 bowl	100	24												
Cereal Trix	corn meal, canola oil, natural colors from fruit and vegetable juice, turmeric, annatto, citric acid, malic acid	1 bowl	110	24								x				
Cereal, Cinnamon Flakes	rice, malt flavor	1 bowl	100	24	x							x		x		
Cereal, Country corn flakes WG	malt syrup, canola oil	1 bowl	70	16	?							x				
Cereal, Froot Loops	oat flour, coconut, cottonseed, turmeric, blue 1, yellow 6, annatto, red 40	1 bowl	110	24	x						x	x				

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Cereal, Rice Krispies	brown rice folic acid,	1 bowl	100	23												
Cheese Cubes cheddar box (part of Deli Buildable & almond pack)	salt, enzymes, annatto	1 oz	90	0				x								
Cheese Dip cup, Jalapeno Cheddar	phosphates, maltodextrin, jalapeno, carrageenan, green bell pepper, sorbic acid, apo-carotenal	1 cup	190	15				x								
Cheese, American Slice	sodium citrate, sorbic acid, citric acid, color added, soy lecthin	1 slice	50	0				x			x					
Cheese, Pepperjack Slice***	jalapenos, enzymes	1 slice	70	0				x								
Cheese, White Cheddar 1 oz	sorbic acid	1 oz stick	100	1				x								
Cheese, Yellow Cheddar 2 oz	sorbic acid, paprika, annatto	2 oz stick	200	2				x								
Chicken Chunks, breaded*** (wings)	chicken, soy protein, brown sugar, onion, canola, yeast, carrot, celery, garlic, maltodextrin, flavors, silicon dioxide, citric acid, sodium phosphates, rice flour, paprika, turmeric, vegetable oil	5 pieces	200	13	x						x					
Chicken Drumstick, breaded WG	chicken, phosphates, garlic, ascorbic acid, celery, paprika, soybean oil, modified corn starch	1 serving	290	11	x						-	-				
Chicken Fried Rice ***	soy sauce, rice starch, vinegar, maltodextrin, yeast, brown rice, carrots, peas, corn, maltodextrin, soy sauce, caramel color, cellulose, onion, vinegar, MFS, yeast, spice, lactic acid, canola oil, sasame oil, soybean oil	1/2 cup	228	28	x						x	x				x
Chicken Leg, breaded (bone in)***	wheat flour, yeast, citric acid, garlic, maltodextrin, MFS, onion, corn flour, vegetable oil	1 piece	190	5	x						-	x				



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Chips, Cheetos baked	canola oil, sunflower oil, artificial flavors, MSG, lactic acid, citric acid, artificial color yellow 6	1 bag	120	16				x				x				
Chips, corn strips (served with chili frito pie)	corn, salt	1 ounce	140	20								x				
Chips, Doritos nacho Cheese	canola oil, sunflower oil, maltodextrin, MSG, onion, artificial flavors, tomato, artificial color, yellow 6, yellow 5, red 40, lactic acid, citric acid, garlic, red and green bell pepper	1 bag	130	20				x				x				
Chips, Sunchips original	sunflower oils, brown rice, oat flour, maltodextrin, canola oil	1 oz bag	140	18	x							x				
Chips, Tostitos corn bulk***	corn, canola, sunflower oil, salt	1 oz	190	27								x				
Chips, Tostitos corn chips lg	sunflower oil, canola oil, corn	1.45 oz bag	200	29								x				
Chips, Tostitos corn chips sm	sunflower oil, canola oil, corn	0.875 oz bag	120	18								x				
Cinnamon Toast Crunch filled pastry	neufchatel cheese, soybean oil yeast, maltodextrin, corn starch	1 pastry	200	32	x			x			-	x		x		
Cocoa Krispies Mini Bar	brown rice, corn syrup solids, soybean oil, palm oil, chocolate, vegetable glycerin, gelatin, DATEM, soy lecithin	1 each	45	8				x			x	x				
CoCoa Puffs Filled Pastry	neufchatel cheese, palm oil, canola oil, co coa powder, maltodextrin, yeast, corn starch	1 Pastry	200	35	x			x				x				
Cookie bar, celebration	corn syrup solids, palm oil, artificial flavor, yellow 5 & 6, blue #1, red 40 & 3, processed with treenuts, peanuts	1 bar	200	30	x	?	?	x	x		x	x				
Cookie, chocolate chip	soy lecithin, soy flour, corn syrup solids, apple, molasses, palm oil	1 cookie	140	27	x	?	?	x	?		x	x				
Cookie, Holiday Amigo snickerdoodle	citric acid, cottonseed oil	2 pack	125	20	x			x			-			x		
Cookie, Holiday Heart	Soybean oil, Red #3, Yellow #6, Blue#2, Red#40,	1 each	85	13	x				x		-					
Cookie, Holiday jaco O'Lantern	soybean oil, yellow #6, citric acid	1 cookie	85	13	x				x		-					



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Cookie, Holiday Shamrock	Yellow #5, Blue #1, Canauba Wax, Natural and Artificial Flavors	1 each	85	13	x			x			-					
Cookie, Holiday Turkey	Soybeal Oil, yellow #6, Carnauba Wax, Natural and Artificial Flavors	1 each	94	14	x			x			-			?		
Cookie, Holiday Wreath	Soybean oil, conr starch, yellow dye, blue dye, carnauba wax	1 each	85	13	x			x			-	x				
Cookie, WG sugar	palm oil, soybean oil, chicory fiber, soy flour, corn syrup solids, artificial flavoring, cinnamon, processed with treenuts, peanuts, and eggs.	1 cookie	150	25	x	?	?	?	x		x	x		x		
Corn Dog WG chicken	corn, soy flour, honey, sodium acid pyrophosphate, sodium nitrite, ascorbic acid, vegetable oil, chicken, corn syrup solids, flavorings, sodium nitrate	1 each	250	30	x			x			x	x				
Corn Salsa***	tomato,green chili, citric acid, onion, jalapeno, cilantro, cumin,garlic, red pepper, corn, red bell pepper, olive oil, maltodextrin, natural grill and smoke flavors, paprika, sugar	1/2 cup	130	22								x				
Corn, cooked	none	1/2 cup	65	15								x				
Cornbread Loaf (daves)	soybean oil, applesauce, cornmeal	1 each	220	37	x			x	x		-	x				
Cornbread Loaf (sky blue)	Cornmeal, soybean oil, citric acid, xanthan gum, glycerine	1 each	230	38	x			x	x		-	x				
Cracker, Cheez-it WG	soy oil, TBHQ, annatto, paprika, turmeric, BHT, yeast	1 pouch	100	14	x				x		x					
Cracker, Fish-Shaped Cheese WG	canola and sunflower oil, yeast, paprika, celery, monocalcium phosphate, onion, annatto	1 package	100	14	x				x							
Cracker, Wheat WG***	malt syrup, molasses, honey, onion, citric acid, garlic	1 package	90	15	x				x		-	-				
Crackers, Animal WG	palm oil, soybean oil, canola oil, artificial flavor, soy lecithin	1 bag	100	17	x						x					

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Crumb Cake***	soybean oil, corn starch, applesauce, vanilla, possible exposure to citrus and walnut	1 each	176	29	x	?	x	x			-	x		x		
Cuban Sandwich ***	Pork, barley, yeast, corn meal, orange juice, garlic, paprika, caramel color, nitrate, jalapeno, cucumber, vinegar, yellow #5, mustard seed, turmeric	1 sandwich	383	28	x				x			x	x			
Cucumber Slices, Raw	none	1/2 cup	8	2												
Deli Sandwich Hoagie (grab & go)***	Turkey, Ham, pork, romaine, barley, yeast, sunflower lextin, enzymes, jalapenos, citric acid, ascorbic acid, maltodextrin, vinegar, nitrates, cornstarch, color added	1 sandwich	425	31	x				x		x	x	x			
Diced Chicken (SD)	rice starch, vinegar, maltodextrin, yeast															
Dill Chicken*** (breakfast chicken biscuit)	chicken, MFS, phosphates, corn starch, soy flour, garlic, onion, paprika, spices, silicon dioxide				x			x	x		x	x				
Dinner Roll 2 oz***	yeast, corn meal	1 roll 2oz	130	26	x						-	x				
Donuts, chocolate	honey, palm oil, cocoa, pyrophosphate	6 pack	320	41	x			x	x		x	x		x		
Donuts, powdered sugar	honey, cornstarch, cottonseed oil	6 pack	270	41	x			x	x		x	x		x		
dressing, ceasar bulk***	soybean oil, vinegar, cheese, HFCS, sugar, MFS, garlic, xanthan gum, anchovy, lactic acid, molasses, maltodextrin, soy protein, yeast, sunflower oil, onion	1 Tbsp	55	1				x	x	x		-				
dressing, golden Italian bulk ***	soybean oil, HFCS, vinegar, garlic, onion, xanthan gum, bell pepper, paprika, tumeric	1 Tbsp	50	3							-	-				

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dressing, southwest ranch bulk ***	soybean oil, MFS, vinegar, maltodextrin, HFCS, mustard flour, lemon juice, paprika, MSG, parsley, garlic, maltodextrin, canola, turmeric, carrageenan, buttermilk, tomato, jalapeno, onion, vinegar, garlic, oregano	1 Tbsp	23	1			x	x			-	-				
Dried Fruit mix	pineapple, cranberry, raisins, pineapple, apple, citric acid, sugar	1.3 oz pouch	120	30												
Egg Rolls, chicken***	TVP, caramel color, Cabbage, carrots, Soy protein, sesame seed oil, Garlic, Corn Starch	1 Egg roll	170	20	x						x	x			x	
Egg, Hardboiled	egg	1 egg	70	1			x									
Fish Patty Melt (Pollock & cheese)***	annatto, paprika, corn meal, yeast, cellulose, onion, caramel color, turmeric, canola, cottonseed, soybean oil	1 piece	290	22	x			x	x		-	x				
Fish Sticks WG (pollock)	pollock, corn meal, sugar, onion, garlic, yeast, spices, lemon juice, canola oil, cottonseed, soybean oil.	4 pieces	250	26	x				x		-	x				
Flatbread Rounds WG (part of pizza buildable)	barley, ascorbic acid, yeast, soybean oil, phosphates, guar gum	1 each	80	13	x			x			?					
French Bread Hoagie***	barley flour, soybean oil, yeast, sunflower lecthin, ascorbic acid, enzymes	1 each	160	27	x						-					
French Fries seasoned***	corn starch, soybean oil, garlic, paprika, onion, rice starch, phosphates, potato, sunflower oil, onion, cottonseed oil	1/2 cup	150	25							-	x				

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French Toast Sticks WG	barley, yeast, calcium propionate, datem, phosphates, corn flour, artificial flavor, spice, soy flour, silicon dioxide	1 piece (serv	95	15	x		x	x			x	x		x		
French Toast, Apple Cinnamon	Yeast, corn syrup, apple, natural butter flavor, maltodextrin, soybean oil, barley malt, MFS, vinegar, turmeric, annatto	1 Slice	260	45	x			x			x	-		x		
Fried Rice w/veggies	brown rice, carrots, peas, corn, maltodextrin, soy sauce, caramel color, cellulose, onion, vinegar, MFS, yeast, spice, lactic acid, canola oil, sasame oil, soybean oil	1/2 cup	140	27	x						x	x				x
Garbonzo Bean snacks, cool ranch	garbonzo bean, chick pea, buttermilk, garlic, olive oil, onion, spices	1.5 oz bag	160	24					x							
Garlic Breadstick	barley, yeast, ascorbic acid, palm oil, garlic, onion, potassium sorbate, citric acid, beta carotene.	1 breadstick	150	26	x		?	x			x					
General Tso Chicken Bites	chicken, soy protein, onion, garlic, spices, corn protein, wheat flour, cottonseed oil, phosphates, sugar, yeast, mustard, paprika, corn flour, whey, soy sauce, vinegar, chilli, ginger, red pepper, vegetable oil	4 pieces	290	17	x				x		x	x				
Graham Sandwich PB&J	Cottonseed, Rapeseed oil, soybean oil, ascorbic acid, citric acid,	1 each	310	31	x	x	-				x	-				
Grahams, birthday cake flavor	palm oil, corn starch, spiruina, annatto, tumeric, carnauba wax, barley	1oz pack	120	21	x						x	x				
grahams, cinnamon bug bites	palm oil, TBHQ, honey, maltodextrin, BHT	1 package	120	21	x						x			x		





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Korean BBQ Beef ***	soy sauce, sugar, tomato, vinegar, MFS, smoke flavor, garlic, celery seed, caramel color, onion, red 40, beef, garlic, onion, chili, red bell pepper, cilantro, potato starch, phosphates	2.5 ounces	128	5.5	x						x	x				
Mac & Cheese (6-12 satellite schools)	phosphates, maltodextrin, paprika, MFS, turmeric	2/3 cup	330	42	x			x				-				
Mac & Cheese (elementary)	whole wheat pasta, phosphates, flavor, maltodextrin, paprika, annatto, cheese flavor, MFS, guar gum, turmeric	1/3 cup	165	21	x			x				-				
Margarin PC	soybean oil, palm oil, salt, potassium sorbate, citric acid, natural and artificial flavor, beta carotene	1 each	60	0							-					
Marinara Cup (part of pizza buildable)	tomato, garlic, onion, parsley, citric acid, soybean oil, spices	2.5 oz cup	40	7							-					
Marinara Sauce ***	tomato, sugar, corn oil, cottonseed oil, canola oil, onion, garlic, citric acid	1/2 cup	70	13							-					
Mashed Potatoes ***	canola oil, artificial colors, artificial flavors, natural flavors (milk), sodium bisulfite, sodium acid pyrophosphate, citric acid, BHT	1/2 cup	90	17				x								
Mayo bulk***	soybean oil, MFS, vinegar, maltodextrin, HFCS, mustard flour, lemon juice, paprika	1 Tbsp	50	1			x				-	-				
Mayo packet	soybean oil, vinegar, salt, sugar, lemon juice, spice, onion, garlic, paprika, natural flavors, oleoresin,	1 packet	40	3			x				-					
Meatball Sub ***	hoagie bun, meatballs, marinara	1 sub	400	49	x			x			x	x				
Meatballs, Beef	Soy Protein, Barley, Yeast, Garlic, onion, maltodextrin	4 meatballs	151	5	x			x			x	-				

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Meaty Marinara (spaghetti sauce)	beef, tomato, onion, maltodextrin, garlic, soybean oil, citric acid, parsley	1/3 cup	97	5												
Milk, Chocolate 1%	corn starch, cocoa, sugar, carrageenan	8 oz	130	20				x				x				
Milk, Soy- only available with form 19B	cane syrup, soy beans, phosphates, natural vanilla flavor	8 oz	140	17							x					
Milk, Strawberry FF	vegetable juice powder (for color), sugar	8 oz	120	22				x								
Milk, Vanilla Shake FF	corn starch, guar gum	8 oz	130	24				x				x				
Milk, White 1%		8 oz	100	11				x								
Mixed Fruit cocktail canned	peaches, pears, grapes, corn syrup, pineapple, cherries, artificial colored with carmine, sugar	1/2 cup	80	19								-				
Muffin - Blueberry	calona oil, blueberry, guar gum, annatto, turmeric, MFS, artificial flavor, soy flour, vegetable fiber	1 each	160	26	x		x	x			x	-				
Muffin Double Chocolate	applesauce, cocoa, baking powder, chocolate, vegetable oil,	1 each	123	21	x		x	x				-				
Mustard packet	distilled vinegar, turmeric, mustard, spices	1 pkt	5	0												
Mustard, brown bulk ***	vinegar, mustard seed, turmeric	1 tsp	5	0												
Nacho Cheese Dip (yellow cheese)	MFS, phosphates, paprika, Maltodextrin, flavor, jalapena, paprika, annatto	1/2 cup	279	5					x			-				
Orange Chicken***	MFS, carrageenan, phosphates, corn starch, rice flour, corn flour, soy flour, egg whites, garlic, onion, guar gum, orange juice, soy sauce, vinegar, pineapple juice	6 pieces	271	29	x		x				x	x				
Orange, fresh	none	1 small	45	11												
Oranges, mandarin cup	mandarin oranges, apple juice, citric acid	1 each	90	21												
Oranges, Mandarin, canned bulk	sugar, citric acid	1/2 cup	90	20												
Pancake Cinnamon	soybean oil, buttermilk	2 pieces	220	35	x		x	x			x		x			





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Pineapple, canned	pineapple, pineapple juice	1/2 cup	70	17												
Pizza Cheese Cup (part of pizza buildable)	mozzarella, cellulose, potato starch, natamycin	2 oz pkg	57	0				x								
Pizza French Bread - garlic cheese***	Soybean Oil, barley, yeast, garlic, mozzarella cheese, corn starch	1 each	330	30	x			x			x	x				
Pizza Pepperoni Pocket (tony's)	turkey, beef, soy protein product, flavorings, lactic acid, paprika, yeast, nitrates, spices, BHA, BHT, citric acid, tomato, onion, garlic, barley, canola oil, DATEM, guar gum, ascorbic acid	1 each	300	32	x		x	x			x	-				
Pizza Pepperoni Pocket (tools for school)	beef, paprika, garlic, nitrates, BHA, BHT, citric acid, barley, mozzarella, MFS, oregano, basil, anise, parsley, turmeric, calola oil, yeast, tomato	1 each	260	32	x			x			x					
Pizza Round, Cheese	soybean oil, yeast, garlic, malt, natural smoke flavor, rennet, tomato, canola oil, corn starch, spices	1 each	360	34	x			x			-	x				
Pizza Slice, Pepperoni	pork, beef, canola oil, garlic, yeast, malt, cellulose fiber, spices, natural smoke flavor, rennet, tomato, corn starch, celery, mustard, paprika, lactic acid	1 Slice	370	34	x			x			-	x	x			
Popcorn breaded Shrimp (6-12 satellite)	corn starch, citric acid, garlic, paprika, soy protein, whey, yeast	2/3 cup	432	42	x			x		x	x	x				
Popcorn breaded Shrimp (elementary)	shellfish, soybean oil, citric acid, corn starch, garlic, paprika, cellulose, soy protein product, whey, yeast, corn flour	1/2 cup	216	21	x			x		x	x	x				
Potato Tator Tots	May contain soybean oil, cottonseed, sunflower oil, phosphates	1/2 cup	100	12							-					
Potato Wedges, Roasted	canola oil, maltodextrin, pepper	1/2 cup	90	20							-					



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Ranch bulk***	soybean oil, MFS, vinegar, maltodextrin, HFCS, mustard flour, lemon juice, paprika, MSG, parsley, garlic, maltodextrin, canola, turmeric, carrageenan, buttermilk	1 Tbsp	50	2			x	x			-	-				
Ranch Dressing Packet	soybean oil, corn syrup, vinegar, corn maltodextrin, modified corn starch, xanthan gum, propylene glycol alginate, lactic acid, garlic, sodium benzoate, potassium sorbate, onion, spices, EDTA,	1 packet	20	3			x	x			x	x				
Refried Beans	pinto beans, salt, palm oil	1/2 cup	140	24												
Rib-A-Que	pork, HFCS, tomato, vinegar, molasses, natural smoke flavor, mustard, spices, caramel color, onion, garlic, soy protein product	1 each	220	8							x	-	x			
Rice Krispie Granola Bar- chocolate	oats, rice, malt flavor, corn syrup, fructose, soybean oil, palm oil, TBHQ, chicory root, artificial flavors, chocolate, BHT, niacinamide	1 bar	150	27	x			x			x	-				
Rice Krispie Treat	brown rice, fructose, soybean oil, palm oil, TBHQ, corn syrup solids, glycerin, gelatin, artificial flavors containing milk, DATEM, BHT	1 bar	160	30				x			x	x	x			
Rice Krispie Treat	rice, corn syrup, palm oil, whey, soy lecithin, citric acid, artificial flavor, fructose, gelatin, corn syrup solids, citric acid, ascorbic acid	1 bar	160	30				x			x	x	x			
Rice Krispie Treat Chocolate Chip	brown rice, palm oil, fructose, cocoa, TBHQ, soybean oil, corn syrup solids, glycerin, gelatin, artificial flavor, DATEM, BHT	1 bar	190	34				x			x	x	x			







Menu Item	Also contains:	Serving Size	Calories	Carbohydrate	WHEAT/Gluten	Peanut	Tree Nuts	EGG ingredient	Milk ingredient	FISH	Shellfish	SOY ingredients	CORN allergy	Pork / Gelatin	CINNAMON	SESAME
Taco rolled soft- beef and cheese	potassium sorbate, fumaric acid, yeast, beef, soy protein, caramel color, onion, chili, tomato, garlic, corn gluten, silicon dioxide, citric acid, malic acid, oats, MFS, paprika, cheese color	1 each	345	32	x			x			x	-				
Taco Shell- hard***	corn, canola oil, salt, hydrated lime	2 shells	120	16								x				
Tamale, cheese	canola oil, lime, tapioca, apple pectin, xanthan gum, guar gum, baking powder, green chilies, citric acid	1 each	370	29				x				x				
Tangerine Chicken	chicken, phosphates, corn starch, garlic, onion, spices, paprika, vinegar, sugar, soy sauce, tangerine juice, chili peppers, yeast, citric acid, maltodextrin, xanthan gum	1/2 cup	219	29	x		x				x	x				
Taquito, sausage and cheese	MFS, xanthan gum, citric acid, pepper, turkey, soy protein, flavor enhancer, silicon dioxide, canola oil, corn oil, corn flour, jalapeno, guar gum, paprika, turmeric, tomato, palm oil, phosphates, lactic acid, sorbic acid, green chilis, yeast, onion, sunflower oil	1 each	170	22	x		x	x			x	x				
Toaster Pastry Fudge	corn syrup, soybean oil, cocoa, vanilla extract, palm oil, gelatin	1 pastry	180	38	x						x	-	x			
Toaster Pastry Strawberry	palm oil, strawberry, pear, apple, citric acid, gelatin, xanthan gum, brown rice syrup, beet juice, paprika, annatto	1 pastry	180	38	x						x	x	x			



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Toaster Pastry, Blueberry	palm oil, TBHQ, glycerin, blueberry, apple, grape, raisin, citric acid, gelatin, corn flour, xanthan gum, caramel color, turmeric, red 40, artificial flavors, blue 2, blue 1	1 each	180	38	x						x	x	x			
Toaster Pastry, Cinnamon	Gelatin, corn syrup, palm oil, glycerin, maltodextrin, molasses, phosphates, DATEM, xanthan gum, soy Lecithin	1 pastry	190	38	x						x		x	x		
Tortilla Bowl for tacos	corn flour, phosphates	4.5 inch bowl	80	15	x						x	x				
Tortilla, 8 inch	potato starch, soybean oil, cottonseed oil, citric acid, honey, caramel color, artificial flavor, sucralose, sorbic acid, fumaric acid, propionic acid, potassium sorbate	1 each	120	20	x							-				
Turkey Deli Sliced	nitrites, cornstarch, maltodextrin, vinegar	4 slices	70	3								x				
Valentina sauce bulk***	chili, vinegar, sodium benzoate	1 tsp	0	0												
Vanilla Cupcake	barley, glycerine, citrus fiber, soy flour, dextrose, corn starch, polysorbate 60, artificial flavor, sucralose, maltitol, palm oil, agar, titanium dioxide (color) guar gum, sorbic acid. Produced on equipment with walnuts, coconut, peanuts	1 each	140	27	x	?	?	x	x		x	x				
Walking Cheesy Taco*** (Chips, Meat, C	beef, TVP, onion, tomato, garlic, corn gluten, wheat protein, Oats, MFS, tomatillos, green chilis, coconut oil, MFS, soy Lecithin, Phosphates, citric acid, jalapeno, onions, garlic, cilantro, corn syrup solids, red 40	1 bag	355	30	x				x		x	x				

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Walking Nacho*** (chips and Cheese)	tomatillos, green chilis, coconut oil, MFS, soy Lecithin, Phosphates, citric acid, jalapeno, onions, garlic, cilantro, corn syrup solids, red 40	1 bag	260	30				x				x				
Walking Taco Chips***	corn, sunflower oil, safflower oil, canola oil, whey, maltodextrin, tomato powder, cheddar cheese, whey, MSG, onion, natural and artificial flavors, buttermilk, garlic, artificial colors, red 40, yellow 6, yellow 5, citric acid, spice, yeast, lactic acid	1 pack	200	28				x				x				
Walking Taco*** (chips & meat)	beef, TVP, onion, tomato, garlic, corn gluten, wheat protein, Oats, MFS, tomatillos, green chilis, coconut oil, MFS, soy Lecithin, Phosphates, citric acid, jalapeno, onions, garlic, cilantro, corn syrup solids, red 40	1 bag	295	30	x			x			x	x				
Yogurt 4oz Strawberry & Strawberry banana	corn starch, cane sugar, strawberry puree, banana puree, agar agar, fruit and vegetable juice (for color), carob bean gum, lemon juice concentrate	1 container	70	14				x				x				
Yogurt fruit Parfait w/Berries & granola (grab & go)***	Strawberry, Raspberry, blackberry, blueberry, corn starch, tapioca starch, oats, canola oil, brown rice syrup, rolled wheat, cinnamon. Granola produced in a facility with treenuts	1 each	490	87	x	-	?	x			x	x		x		
Delivery Pizza- Pizza Hut (Middle, High School)																

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Cheese Slice	barley, yeast, soybean oil, DATEM, sugar, enzymes, ascorbic acid, sucralose, tomato, garlic, olive oil, canola oil, citric acid, MFS, potassium chloride, sodium citrate	1 each	280	29	x			x			x					
Pepperoni Slice	barley, yeast, soybean oil, DATEM, sugar, enzymes, ascorbic acid, sucralose, tomato, garlic, olive oil, canola oil, citric acid, MFS, potassium chloride, sodium citrate, pork, beef, TVP, soy protein, paprika, sodium nitrate, BHA, BTH	1 each	290	29	x			x			x		x			
Sausage Slice	barley, yeast, soybean oil, DATEM, sugar, enzymes, ascorbic acid, sucralose, tomato, garlic, olive oil, canola oil, citric acid, MFS, potassium chloride, sodium citrate, pork, paprika	1 each	340	28	x			x			x		x			