

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	SES.
BBQ Sauce Packet	HFCS, vinegar, tomato, molasses, cornstarch, smoke flavor, mustard, garlic, onion, paprika, caramel color	1 packet	20	5								x				
Bean Dip Cup	pinto beans, garlic, onion, jalapeno, chili peppers, vinegar, citric acid, corn oil, natural color	4.5 oz cup	120	19												
Berry Bread Slice	blueberry, barley, soybean oil, soy flour, corn starch, guar gum, cinnamon	1 slice	260	45	x			x	x			x			x	
Biscuit, buttermilk	barley, palm oil, buttermilk, pectin	1 each	220	26	x			x	x			x				
Biscuit, Cheddar Garlic	soy protein, corn starch, palm oil, garlic, MSG, parsley	1 Each	110	13	x				x			x	x			
Bread Sliced White	barley, enriched wheat, whole wheat, yeast, soy flour, grain vinegar, citric acid	2 slices	130	13	x							x				
Breaded Jalapeno Mozzarella Cheese Sticks	corn starch, jalapeno, corn flour, yeast, mozzarella, parmesan, garlic, onion, guar gum, paprika	8 pieces	420	36	x				x				x			
Breakfast Sandwich secondary (Biscuit, sausage, cheese)	pork, sausage, cheddar or american cheese, biscuit enriched	1 each	420	30	x			x	x			x		x		
Breakfast Bar, Birthday cake flavor	oats, corn syrup, palm oil, brown rice flour, raisin, paprika, spirulina, turmeric, dextrin, carnauba wax	1 bar	250	41	x							x				
Breakfast Bar, Smores flavor	oats, corn syrup, palm oil, corn starch, corn cereal, raisin paste, cocoa, chocolate	1 bar	250	42	x							x	x			
Breakfast Bite- elementary serving (pigs in blanket)	pork, turkey, chicken, soy protein, artificial flavor, vegetable oil, BHA, BHT, citric acid, spices	5 pieces	380	33	x			x	x			x				

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Breakfast Bite- secondary serving (pigs in blanket)	pork, turkey, chicken, soy protein, artificial flavor, vegetable oil, BHA, BHT, citric acid, spices	4 pieces	305	26	x			x	x							
Breakfast Bun galzed	palm oil, annatto, turmeric, ascorbic acid, amylase, yeast, agar, corn starch	1 bun	350	40	x			x	x				x			
Broccoli florets, fresh		1/2 cup	18	3												
Broccoli florets, fresh	none	1/2 cup	18	3												
Broccoli in Cheese Sauce	sunflower oil. Yeast, annato, turmeric	1/2 cup	45	7					x							
Brownie bite	soybean oil, cocoa, chocolate, applesauce, caramel color	1 each	150	26	x			x								
Buffalo Chicken Wrap	Chicken tenders, flour tortilla, buffalo sauce, romaine lettuce	1 wrap	470	50	x											
Bun, hamburger	yeast, corn flour, spices and coloring	1 each	160	30	x							x	x			
Bun, hot dog	yeast, corn flour, spices and coloring	1 each	160	31	x							x	x			
Burrito, beef and cheese	beef, onion, garlic, paprika, pea protein, corn starch, cheddar, annatto, soy flour	1 each	350	31	x				x			x				
Burrito, Breakfast elementary	pork, american, monterey jack, annatto, tomato, onion, red pepper, rice starch, garlic, yeast, cilantro, turmeric, soy sauce,	1 each	220	25	x				x	x		x		x		
Burrito, Breakfast homemade secondary	potato, canola, cottonseed, sunflower oil, scrambled eggs with sausage, queso cheese in flour tortilla	1 each	470	47	x				x	x				x		

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Cheese, shredded american		1 ounce	110	1				x								
Cheese, shredded Mozzarella (Part of pizza buildable)	potato starch, natamycin	1 ounce	80	1												
Cheese, string mozzarella	salt, enzymes, vinegar	1 each	80	<1				x								
Chex Mix, cheddar flavor	corn meal, soybean oil, paprika, onion	1 bag	110	20	x			x				x				
Chex Mix, strawberry flavored	corn meal, palm kernal oil, strawberry flavoring	1 bag	130	23	x			x			x	x				
Chicken bites with dill flavor	Chicken, MFS, yeast, dill, vinegar, paprika, sunflower oil	4 pieces	160	12	x			x								
Chicken boneless Wings, honey Sriracha	chicken, annatto, caramel color, citric acid, corn starch, garlic, red pepper, turmeric, honey, onion, vinegar, corn flour, xanthan, yeast, vegetable oil	6 pieces	190	14	x											
Chicken Dipping Sauce PC	soybean oil, mustard, turmeric, tomato, vinegar, xanthan gum, garlic, lemon	1 pkg	130	6				x								
Chicken Gravy (served with potatoes)	Tapioca Starch, maltodextrin, coconut oil, onion, corn syrup solids, xanthan gum, chicken, rosemary, citric acid, caramel color, chicken fat, celery, turmeric, sunflower oil	1 ounce	10	2					x		x	x				
Chicken Leg breaded drumstick	paprika, turmeric, garlic, corn starch, onion, canola, carrot, celery, corn flour	1 piece	220	6	x							x				
Chicken Leg Roasted Drumstick	chicken, maltodextrin, annatto, beet, corn starch, garlic, onion, sunflower oil, guar gum, paprika, soybean oil, tapioca starch, xanthan gum	1 Piece	180	4								x				

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Chicken Leg, Spicy Breaded Drumstick	Chicken, paprika, garlic, corn starch, onion, celery seed, corn flour, yeast	1 piece	210	7	x							x				
Chicken Nuggets	Chicken, corn flour, onion, paprika, soy flour	6 pieces	300	19	x		x	x			x	x				
Chicken Parmesan Sandwich - secondary	Breaded Chicken Patty, Mozzarella cheese and marinara sauce in a hamburger bun	1 sandwich	480	47	x			x			x	x				
Chicken Patty breaded	chicken breast, onion, garlic, yeast, soy protein, carrot, canola, celery, paprika, turmeric	1 each	200	9	x						x					
Chicken Patty, Spicy breaded	onion, garlic, chicken, yeast, paprika, turmeric, vegetable oil		220	16	x		x	x			x	x				
Chicken popcorn bites	chicken, MFS, rice flour, yeast, garlic, paprika, corn starch, onion	10 pieces	260	17	x			x			x					
Chicken salad pouch	chicken, MFS, water chestnuts, red pepper, celery, cucumber, onion, mustard, xanthan gum, cellulose, guar gum, carcheenan, phosphoric acid	1 pkg	70	4			x									
Chicken tender strips	chicken, canola, carrots, garlic, yeast, onion, celery, cocoa powder, paprika, turmeric, phosphates, soybean oil, CORN flour	2 pieces	260	18	x							x				
Chicken, maple waffle flavored bites	chicken, corn starch, paprika, annatto, turmeric, maple, stevia, tapioca, yeast, spices	6 pieces	210	13	x											
Chili - elementary	beef, pinto beans, kidney beans, tomato, green chili, cumin, chili, onion, garlic, paprika, black	1/2 cup	100	11												
Chips, Cheetos baked	canola oil, sunflower oil, MSG, yellow 6	1 bag	120	16				x				x				

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Chips, Doritos nacho cheese	cheddar, romano, onion, tomato powder, spices, yellow 5 & 6, Red 40, citric acid, red pepper, green pepper, garlic	1 bag	130	20					x				x			
Chips, Doritos walking taco bag	cheddar, romano, onion, tomato powder, spices, yellow 5 & 6, Red 40, citric acid, red pepper, green pepper, garlic	1 package	190	28					x				x			
Chips, Fritos	corn, salt	1 oz bag	160	16									x			
Chips, Fritos waling taco bag	corn, salt	1.5 oz bag	240	24									x			
Chips, Sunchip original	sunflower, canola, brown rice flour, oats	1 bag	140	19	x								x			
Chips, Tortilla Tostitos - small	canola, sunflower oil	0.845 oz bag	120	18									x			
Chips, Tortilla Tostitos- Large	canola, sunflower oil	1.45 oz bag	200	29									x			
Chocolate Hummus	chickpeas, canola, sugar, corn starch, pea protein, cocoa, chocolate, palm oil	1 container	170	15												
Cinnamon Crumb Cake	soybean oil, corn starch, applesauce, cinnamon, vanilla	1 Package	175	29	x			x	x							
Cinnamon Roll Fresh baked w/icing	palm oil, yeast, molasses, modified corn starch, ascorbic acid, tapioca starch	1 each	375	60	x			x	x			x	x		x	90
Cinnamon Roll Minis pack	barley, palm, canola, yeast, modified corn starch	1 package	240	40	x				x						x	
Cinnamon Roll Packaged	barley, guar gum, ascorbic acid, yeast, corn flour, MFS, palm oil, butter flavor, locust bean gum, vanilla, modified corn starch	1 roll	180	30	x							x	x		x	
Cookie, chocolate chip	chocolate, cocoa, tapioca starch, molasses, glycerin	1 cookie	200	30	x	?	?	x	x			x				

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Deli Turkey Ham, diced	turkey thigh meat, vinegar, carrageenan, smoke flavoring, sodium nitrate	1 pouch	50	0												
Deli Turkey, sliced	turkey breast, corn starch, seasoning	4 slices	70	3								x				
Dinner Roll 2oz	barley, ascorbic acid, yeast, soybean oil, corn protein	1 roll	130	26	x							x				
Donuts, chocolate minis	palm oil, cocoa, dextrose, cinnamon, honey	6 pack	320	42	x		x	x			x	x		x		
Donuts, powdered sugar minis	Palm oil, corn starch, cottonseed oil, cinnamon, honey, artificial flavor	6 pack	280	42	x		x	x			x	x		x		
Dried fruit trail mix, sun berry	sunflower seeds, sugar, cranberries	1 package	270	28												
Egg, Hardboiled	egg	1 egg	70	1			x									
Fish Patty melt	Pollock, american cheese, annatto, paprika, corn meal, yeast, turmeric, onion, canola, cottonseed	1 each	250	23	x				x	x		x				
Fish Sticks breaded	pollock, corn meal, yeast, paprika, annatto, turmeric, onion, canola, cottonseed, soybean oil	4 each	230	23	x			x	x		-	x				
Flatbread rounds (part of pizza buildable)	barley, ascorbic acid, yeast, soybean oil, guar gum	1 each	80	13	x			x			?					
French Toast Sticks WG- elementary	barley, yeast, calcium propionate, datem, phosphates, corn flour, artificial flavor, spice, soy flour, silicon dioxide	2 pieces	190	30	x		x	x			x	x		x		
French Toast Sticks WG- secondary	barley, yeast, calcium propionate, datem, phosphates, corn flour, artificial flavor, spice, soy flour, silicon dioxide	4 pieces	380	60	x		x	x			x	x		x		

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Fried Rice with vegetables	sesame oil, brown rice, corn, carrot, green bean, peas, soy sauce, garlic, caramel color, onion, yeast, canola	1/2 cup	140	27	x						x					x
Fries, crinkle cut	potato, canola, soybean, cottonseed, sunflower, corn starch, annatto, paprika, garlic, onion, rice flour, tapioca starch, spices	1/2 cup	100	15								x				
Fries, waffle shaped	potato, canola, soybean oil, cottonseed, sunflower, corn oil, corn meal, wheat flour, caramel color, cocoa, garlic, onion, paprika, rice flour, tapioca, xanthan gum	1/2 cup	160	19	x						-	x				
Frudel Pastry Apple	apple, barley, palm kernel oil, molasses, fellan gum, spice, xanthan gum, carrageenan, soybean oil, yeast	1 package	210	26	x			x							x	
Frudel pastry Cherry	cherry, corn starch, carrot, black currant, malic acid, carrageenan, yeast, xanthan gum, locust bean gum	1 package	210	36	x			x								90
Fruit Cocktail	Peaches, Pears, Cherry, Pineapple	1/2 cup	70	17												
Garden side salad	romain, carrot, red caggabe	1 cup	9	2												
Garlic breadstick	barley, yeast, soy protein, palm oil, garlic, onion	1 stick	150	26	x			x			x					
Grahams, chocolate tiger bites	palm, canola, soybean oil, cocoa, molasses	1 package	120	20	x						x					
Grahams, mini choc chip gripz	chocolate, cocoa, palm oil, polydextrose, fructose	1 package	120	21	x			x			x					
Grahams, vanilla chat snacks	canola, honey, BHT	1 package	120	21	x						x					

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Peanut butter & Jelly Sandwich home style on sliced bread	barley, enriched wheat, whole wheat, yeast, soy flour, grain vinegar, citric acid, palm oil, cotton seed, grape	1 sandwich	380	55	x	x						x					901090
Peanut Butter creamy PC	molasses, soybean oil, rapeseed	1 ounce	180	8		x											
Pear slices canned	canned in juice or light syrup	1/2 cup	65	17													
Pineapple Tidbits cup or bulk	Pineapple in 100% juice	1 container	60	15													
Pizza Pocket, beef pepperoni	mozzarella, beef, paprika, smoke flavoring, garlic, nitrite, BHA, BHT, citric acid, tomato, onion, oregano, basil, anise, pepper, parsley, turmeric, canola, soy protein, yeast	1 each	290	32	x				x			x					
Pizza round cheese	canola, palm oil, onion, garlic, tomato, mozzarella, provolone, romano, parmesan, corn starch	1 each	400	36	x				x				x				
Pizza Slice pepperoni	canola, garlic, onion, tomato, yeast, mozzarella, provolone, romano, parmesan, pork, beef, smoke flavor	1 slice	370	34	x				x				x	x			
Poptart, Blueberry 2 pack	gelatin, corn syrup, palm oil, apple, blueberry, grape, caramel color, xanthan gum, corn flour, turmeric, citric acid	2 pastries	340	73	x							x	x	x			
Poptart, cinnamon 2 pack	gelatin, corn syrup, molasses, palm oil, Xanthan gum	2 pastries	350	73	x							x	x	x	x		
Poptart, fudge 2 pack	chocolate, cocoa, xanthan gum, corn syrup, maltodextrin, palm oil, gelatin	2 poparts	350	73	x							x		x			
Poptart, strawberry 2 pack	strawberry, pear, apple, citric acid, gelatin, cornstarch, paprika, brown rice syrup	2 poparts	340	73	x							x	x	x			

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Potato Tater Tots	potato, canola, soybean oil, cottonseed, sunflower seed oil, corn oil	1/2 cup	135	19												
Potato, Baked Fresh	none	1 each	150	33												
Potatoes Roasted baby halves	parmesan cheese, olive oil, green pepper, red pepper, turmeric, spices	1/2 cup	120	17				x								
Pulled Pork Carnita Meat	Pork, orange juice, garlic, paprika, caramel color	1/2 cup	180	1									x			
Quesadilla, cheese pizza flavor	Mozzarella, barley, tomato, corn oil, soy flour, potato starch, onion, garlic, jalapeno, cilantro, apple cider vinegar, xanthan gum, sorbic acid, paprika, annatto	1 slice	330	40	x			x			x					
Ranch Dressing PC	canola, soybean oil, onion, garlic, carrot, MSG, mustard, dill, spices	1 oz	80	3			x	x								
Red Grapes, fresh	none	1/2 cup	60	16												
Refried beans	pinto beans, soybean oil	1/2 cup	140	24												
Rib-a-que patty	Pork, soy protein, tomato, molasses, mustard, garlic, HFCS, smoke flavor, caramel color, onion	1 patty	220	8							x		x			
Rice Krispie Treat chocolate chip	brown rice, rice syrup, chocolate, cocoa, palm oil, soy oil, corn syrup solids, gelatin, BHT	1 each	190	34				x			x	x	x			
Rice Krispie Treat original	brown rice, corn syrup solids, soybean oil, palm oil, gelatin, vegetable glycerin	1 each	160	30				x			x	x	x			
Roast Beef & Cheese Hoagie - secondary	barley, yeast, soybean oil, corn oil, corn meal, american cheese, pepperjack cheese, romaine	1 sandwich	350	33	x			x			x	x				

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Rotini with meatsauce	beef, tomato, garlic, onion, soybean oil, parsley	2/3 cup	230	29	x											90
Salad, Ceasar Dressed - secondary	Tomaine, tomato, parmesan cheese, ceasar dressing, soybean oil, anchovy, garlic croutons	1 cup	100	7	x			x	x		x					
Salad, Greek Dressed - secondary	Romain, black olives, cucumber, onion, tomato, feta cheese, italian dressing, soybean oil	1 cup	115	7				x			x					
Salad, Italian Dressed - secondary	Romain, tomato, black olives, onion, banana peppers, parmesan cheese, italian dressing, soybean oil	1 cup	100	7				x			x					
Salad, Kale Dressed - secondary	Kale, Romiane, onion, tomato, raisins, carrots, sunflower seeds, coleslaw dressing	1 Cup	150	10			x	x			x					
Salad, Kansas seeds & cheese	sunflower seeds, romain, carrot, red cabbage, cheddar, american cheese	1 salad	250	12				x								
Salad, turkey and cheese chef	diced deli turkey, american cheddar cheese, romain, red cabbage, carrot	1 salad	130	7				x								
Salad, vegetarian egg and cheese	romain, red cabbage, eggs, cheese, carrot	1 salad	140	6			x	x								
Salsa Cup	tomato, jalapeno, vinegar, onion, garlic, citric acid, spices	3oz cup	25	5												
Salsa, fresh	toamtoe, green chili, onion, jalapeno, lime, cilantro, cumin, garlic, pepper	1/2 cup	30	3												
Sausage Links 1 oz each	pork, destrose, spices, maltodextrin	2 links	140	1									x			
Sausage patty 1 oz elementary	pork, dextrose, spices, sugar	1 oz patty	120	0									x			
Sausage patty 2 oz secondary	pork, dextrose, spices	2 oz patty	240	1									x			

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Scrambled Eggs with Sausage	pork, seasoning, corn oil, xanthan gum, citric acid	1/4 cup	125	1				x	x					x		1132
Smokies (mini hot dogs)	Beef, dextrose, paprika, nitate	3 each	85	0										?		
Smoothie, chocolate banana secondary	vanilla yogurt, banana, chocolate milk	8 oz	500	95					x							
Smoothie, Green apple secondary	Vanilla yogurt, kale, apples	8 oz	245	45					x							
Smoothie, PBJ secondary	Vanilla yogurt, milk, Peanut butter, strawberry, black berry, blue berry, raspberry	8 oz	350	55		x			x							
Smoothie, peach pie secondary	vanilla yogurt, peaches	8 oz	275	54					x							
Spaghetti & Meatballs with cheese	Enriched Spaghetti Topped with Beef meatballs, Prego Marinara Sauce, and Mozzarella cheese	2/3 cup	450	46	x				x							
Spaghetti in Meatsauce	beef, Whole grain spaghetti, tomato, garlic, onion, parsley,	2/3 cup	255	26	x			x								90
Spicy Beans - elementary	Red beans, pinto beans, onion, garlic, cumin, buffalo sauce, chicken base, chili	1/2 cup	135	24					x							
Sunflower seeds with strawberry raisins	grape, sunflower, citric acid, raisin, strawberry flavor	1 package	300	29												
Sunflower seeds, honey roasted	sunflower, honey, xanthan gum, sugar, maltodextrin	1 package	200	10												
Taco Meat	Beef, soy protein, caramel color, onion, tomato, garlic, chili, corn gluten, wheat protein, yeast, citric acid, oats, paprika, MFS	1/3 cup	200	5	x											
Taco stick	beef, soy protein, onin, caramel color, tomato, garlic, paprika, oats, cheddar, mozzarella, annatto, yeast	1 each	345	32	x				x							

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