

Menu Item Nutrient Report

Generated on: 8/29/2018 3:18:39 PM by Ken Bristow

Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
1% Low Fat White Milk - CAR1358 (1 Carton)Contains Milk.	130.00	2.50	1.50	0.00	15.00	160.00	16.00	0.00	15.00	10.00	0.00	400.00	500.00	1.20	(M)	(M)
1% White Milk - CAR1015 (1 Half Pint)Contains Milk.	130.00	2.50	1.50	0.00	15.00	160.00	16.00	0.00	15.00	10.00	0.00	400.00	500.00	2.40	(M)	(M)
1% White Milk - CAR1352 (1 Carton)Contains Milk.	100.00	2.50	1.50	0.00	10.00	105.00	12.00	1.00	12.00	8.00	(M)	300.00	500.00	(M)	(M)	(M)
Alfredo Cheese Sauce - CAR1130 (1/4 c.)Contains Milk.	98.36	5.46	3.28	0.00	20.77	408.74	5.46	0.00	3.28	6.56	0.00	207.65	245.90	0.00	(M)	(M)
Alfredo Pasta - CAR1363 (1 #6 scoop)Contains Milk, Wheat, Gluten.	321.69	12.26	6.43	0.00	39.41	754.78	36.46	3.26	7.66	17.64	1.77	427.66	474.92	0.10	(M)	(M)
Alfredo Pasta - CAR1368 (1 #6 scoop)Contains Milk. Processed in a facility that also processes Egg, Wheat, Gluten.	321.65	12.28	6.64	0.00	39.41	754.78	37.81	3.77	7.61	17.69	1.76	428.63	474.92	0.10	(M)	(M)
Alfredo Pasta - CAR1369 (1 #6 scoop)Contains Milk. Processed in a facility that also processes Egg, Wheat, Gluten.	319.72	12.27	6.63	0.00	39.37	747.37	37.81	3.77	7.61	17.85	1.75	427.31	484.17	0.10	(M)	(M)
Alfredo Pasta with Chicken - CAR1367 (2 #8 scoop)Contains Milk, Wheat, Soy, Gluten.	279.10	10.82	5.06	0.00	49.62	638.88	29.72	2.67	5.94	17.09	1.54	300.86	344.53	0.08	(M)	(M)
Alfredo Pasta with Chicken - CAR1370 (2 #8 scoop)Contains Milk. Processed in a facility that also processes Egg, Wheat, Soy, Gluten.	279.07	10.84	5.23	0.00	49.62	638.88	30.83	3.08	5.90	17.14	1.54	301.66	344.53	0.08	(M)	(M)
All Beef Crumble, Teriyaki - CAR1103 (1 #8 scoop)Contains Wheat, Soy, Gluten.	167.60	10.53	3.25	0.00(M)	25.00(M)	404.25	8.79	0.11(M)	7.88(M)	9.60	1.22	5.23	71.80(M)	0.77(M)	2.82(M)	0.06(M)
All Beef Taco Meat - CAR1757 (1/4 c.)	57.67	4.05	1.54	0.00	12.50	79.73	0.67	0.12	0.20	4.60	0.61	2.23	72.97	0.42	6.55(M)	0.07(M)
American Cheese Slice - CAR1229 (2 slice)Contains Milk, Soy.	100.00	9.00	5.00	0.00	25.00	450.00	1.00	0.00	1.00	5.00	0.11	167.00	274.00	0.00	(M)	(M)
American Sub 5" Sandwich - CAR1142 (1 sandwich)Contains Milk, Wheat, Gluten.	293.93	10.71	5.06	0.00	44.12	641.31	28.50	2.00	3.50	20.15	1.71	247.50	303.75	9.30	(M)	(M)
American Sub Sandwich - CAR1156 (1 sandwich)Contains Milk, Wheat.	323.93	11.71	6.06	0.00	44.12	761.31	32.50	5.00	2.50	23.15	1.71	227.50	303.75	9.30	(M)	(M)
Animal Crackers - CAR1197 (1 ea.)Contains Wheat, Soy, Gluten.	130.00	4.00	1.00	0.00	0.00	110.00	21.00	2.00	8.00	2.00	1.08	100.00	0.00	0.00	(M)	(M)
Apple Cinnamon Bread Squares - CAR1331 (1 square)Contains Milk, Egg, Wheat, Soy.	136.67	4.12	1.55	0.00(M)	13.20(M)	119.34	23.05	1.83(M)	11.63(M)	2.69	0.30	26.45(M)	191.46 (M)	0.16(M)	19.23(M)	0.05(M)
Apple Cinnamon Muffin - CAR1686 (1 ea.)Contains Milk, Egg, Wheat, Soy, Gluten.	323.85	9.10	4.54	0.00	27.26(M)	421.46	54.67	2.84	25.88(M)	3.67	0.74	0.89(M)	2.88	0.00(M)	29.57(M)	0.07(M)

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Apple Juice - CAR1201 (1 ea.)	90.00	0.00	0.00	(M)	(M)	5.00	21.00	(M)	18.00	0.00	(M)	20.00	500.00	60.00	(M)	(M)
Apple Juice - CAR1277 (1 ea.)	60.00	0.00	0.00	(M)	(M)	5.00	14.00	(M)	12.00	0.00	(M)	20.00	500.00	60.00	(M)	(M)
Apple Juice - CAR1521 (1 Carton)	80.00	0.00	0.00	0.00	0.00	15.00	20.00	0.00	17.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Apple Mini Loaf - CAR1194 (1 ea.)Contains Milk, Egg, Wheat, Soy.	160.00	4.50	0.50	0.00	2.50	110.00	27.00	1.00	15.00	3.00	0.36	20.00	0.00	0.00	(M)	(M)
Apple Slices - CAR1365 (1 pkg.)	29.10	0.00	0.00	0.00	0.00	0.00	8.00	1.82	(M)	0.00	10.00	3.00	2.00	3.20	(M)	(M)
Applesauce Unsweetened - CAR1583 (1/2 c.)	52.28	0.00	0.00	0.00	0.00	10.46	13.59	2.09	9.41	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Applesauce, Unsweetened - CAR1435 (1/2 c.)	55.64	0.00	0.00	0.00	0.00	2.18	15.27	1.09	12.00	0.00	(M)	(M)	(M)	(M)	(M)	(M)
Asian Meatballs - CAR1727 (5 Meatballs)Contains Milk, Wheat, Soy, Gluten.	244.01	14.22	6.08	0.00	35.80	1087.16	15.41	1.27	9.68	15.64	1.97	70.87	126.28	1.87	23.28(M)	2.44(M)
Asian Salad - CAR1722 (1 salad)Contains Wheat, Soy, Gluten.	641.02	29.71	5.62	0.00	75.00	1400.30	76.18	9.22	35.35	24.82	4.28	117.18	16578.74	60.89	180.99(M)	1.08(M)
Bacon Cheeseburger, Commercial G9-12 - CAR1638 (1 ea.)Contains Milk, Wheat, Gluten.	395.00	23.67	10.00	0.00	60.00	576.67	27.50	3.00	4.00	19.17	2.16	120.00	150.00	0.00	(M)	(M)
Bacon Cheeseburger, Commodity G9-12 - CAR1637 (1 ea.)Contains Milk, Wheat, Gluten.	385.56	22.71	9.78	0.00	55.13	587.85	27.00	3.00	4.00	19.21	2.16	121.25	151.88	0.00	(M)	(M)
Bagel & Cheese - CAR1817 (1 ea.)Contains Milk, Wheat.	366.13	8.09	4.56	0.00	20.25	618.38	58.00	2.00	2.00	15.09	4.32	222.50	303.75	0.00	(M)	(M)
Bagel with Cream Cheese, San Mateo - CAR1673 (1 ea.)Contains Milk, Wheat.	335.00	6.00	3.00	0.00	20.00	556.00	60.00	2.00	4.00	10.00	4.32	60.00	400.00	0.00	(M)	(M)
Baked Mac & Cheese - CAR1004 (1 #6 scoop)Contains Milk. Processed in a facility that also processes Egg, Wheat, Gluten.	319.21	17.89	10.50	0.00	59.02	717.65	24.57	2.89	2.43	18.00	1.34	426.71	754.35	0.00	(M)	(M)
Baked Pasta, Penne - CAR1705 (2 #8 scoop)Contains Milk. Processed in a facility that also processes Egg, Wheat, Gluten.	399.44	15.09	7.46	0.01	36.40	1424.32	49.44	7.31	8.37	22.63	2.87	445.64	619.02(M)	1.60(M)	210.28(M)	2.23(M)
Baked Potato with Chicken and Cheese - CAR1654 (1 potato)Contains Milk.	318.82	12.91	4.56	0.04	15.75	204.32	30.84	3.17	1.49	19.13	2.02	124.84	163.80	11.45	102.74(M)	1.86(M)
Baked Potato with Chicken and Cheese - CAR1807 (1 potato)Contains Milk.	331.36	13.14	4.65	0.04	58.26	213.52	30.88	3.17	1.49	21.27	2.04	126.29	165.97	12.39	102.74(M)	1.86(M)
Baked Potato with Chili and Cheese - CAR1185 (1 potato)Contains Milk.	245.65	9.00	5.00	0.00	25.00	722.61	22.61	4.52	0.00	12.78	2.04	195.22	0.00	0.00	0.00(M)	0.00(M)

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Baked Potato with Chorizo and Cheese - CAR1640 (1 potato)Contains Milk, Soy.	331.57	14.30	4.97	0.04	56.10	525.31	32.14	3.17	1.49	19.46	2.59	145.39	677.53	11.45	102.74 (M)	1.86(M)
Banana Bread Slice - CAR1338 (1 slice)Contains Egg, Wheat, Soy, Gluten.	280.00	10.00	2.00	0.00	0.00	220.00	44.00	2.00	25.00	5.00	1.08	80.00	100.00	0.00	(M)	(M)
Banana Mini Loaf - CAR1193 (1 ea.)Contains Milk, Egg, Wheat, Soy.	160.00	4.50	0.50	0.00	0.00	105.00	26.00	1.00	14.00	3.00	0.36	20.00	0.00	0.00	(M)	(M)
BBQ Chicken - CAR1416 (1 ea.)	250.63	13.25	4.42	0.00	139.91	450.90	3.00	0.00	2.50	27.01	1.42	29.45	50.00	0.00	(M)	(M)
BBQ Chicken - CAR1479 (1 piece)	495.99	24.30	8.10	0.00	256.50	1386.33	12.80	0.00	10.67	50.73	3.48	54.00	213.33	0.00	(M)	(M)
BBQ Chicken Pizza, 8 cut Fremont - CAR1574 (1 slice)Contains Milk, Wheat, Soy.	399.80	17.61	7.54	0.00	55.10	668.25	38.05	3.00	10.25	25.28	2.98	450.20	425.18	0.00	(M)	(M)
BBQ Pork Sandwich - CAR1032 (1 ea.)Contains Wheat, Gluten.	303.83	10.30	3.34	0.00	53.16	566.70	30.71	3.00	7.21	20.80	1.95	34.17	50.00	1.70	(M)	(M)
BBQ Pulled Chicken Sandwich, Redwood - CAR1480 (1 ea.)Contains Wheat, Gluten.	336.67	6.25	1.63	0.00	0.75	2005.55	49.08	3.00	21.78	19.55	4.18	20.00	355.56	0.00	(M)	(M)
BBQ Pulled pork sandwich - CAR1485 (1 sandwich)Contains Wheat, Gluten.	391.63	4.79	1.07	0.00	45.82	2916.60	59.00	3.00	30.67	25.37	5.75	20.00	533.33	0.00	(M)	(M)
BBQ Rib Pork Sandwich - CAR1128 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	362.89	14.50	5.00	0.00	45.00	1137.59	41.58	4.00	15.15	17.43	2.47	40.00	342.95	1.20	(M)	(M)
BBQ Sauce - CAR1129 (1 pump)Contains Wheat, Soy, Gluten.	45.33	0.00	0.00	0.00	0.00	442.00	10.20	0.00	1.13	0.00	0.00	0.00	226.67	6.80	(M)	(M)
BBQ Sauce - CAR1424 (1 packet)	15.15	0.00	0.00	0.00	0.00	85.85	4.04	0.00	2.02	0.00	0.36	0.00	0.00	1.21	(M)	(M)
BBQ Turkey Sandwich - CAR1031 (1 ea.)Contains Wheat, Gluten.	259.32	6.01	1.50	0.00	35.12	1253.45	37.82	3.00	12.18	14.67	2.98	20.00	163.64	0.00	(M)	(M)
BBQ Turkey Sandwich - CAR1151 (1 sandwich)Contains Wheat, Gluten.	326.05	10.24	2.72	0.00	77.85	1266.71	35.31	2.95	9.39	25.04	3.45	19.66	109.17	0.00	-67.81 (M)	(M)
Bean & Cheese Burrito - CAR1263 (1 burrito)Contains Milk, Wheat, Soy, Gluten.	291.11	8.29	3.62	0.01	15.33	478.94	40.95	7.96	1.33	15.60	3.33	171.00	295.00	1.54	(M)	(M)
Bean & Cheese Burrito - CAR1378 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	145.55	4.14	1.81	0.01	7.67	239.47	20.48	3.98	0.67	7.80	1.67	85.50	147.50	0.77	(M)	(M)
Bean & Cheese Burrito - CAR1483 (1 burrito)Contains Milk, Wheat, Gluten.	431.35	14.04	6.86	0.00	31.76	650.82	57.26	13.06	2.20	21.04	3.87	369.94	317.74	0.35	4.21(M)	0.02(M)
Beef & Bean Burrito - CAR1709 (1 ea.)Contains Milk, Wheat, Gluten.	548.46	19.57	6.58	0.00	40.00	1275.81	70.84	11.16	5.39(M)	25.55	5.16	225.82	295.95 (M)	0.84(M)	48.15(M)	0.18(M)

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Beef Crumble, Teriyaki, Commercial - CAR1564 (1 #8 scoop)Contains Wheat, Soy, Gluten.	173.25	10.53	3.31	0.03	25.00	405.62	9.97	0.11	8.96(M)	9.62	1.20	10.84	71.80	0.77	2.66(M)	0.03(M)
Beef Crunchy Tacos - CAR1530 (2 tacos)Contains Milk, Wheat.	312.54	16.87	7.82	0.00	34.15	353.28	24.98	2.73	0.00	13.36	1.53	122.42	299.93	0.00	17.85(M)	0.02(M)
Beef Meatballs with Sauce - CAR1132 (5 Meatballs)Contains Milk, Wheat, Soy, Gluten.	252.51	15.44	6.22	0.00	36.29	246.60	13.40	3.81	6.59	16.37	2.16	59.98	566.35	4.58	(M)	(M)
Beef Meatloaf - CAR1648 (1 ea.)Contains Wheat, Soy.	180.00	11.00	4.50	0.50	35.00	570.00	8.00	1.00	5.00	12.00	1.80	20.00	200.00	3.60	(M)	(M)
Beef Meatloaf - CAR1657 (1 ea.)Contains Wheat, Soy.	150.00	7.00	3.00	0.00	35.00	550.00	8.00	1.00	3.00	13.00	1.80	40.00	300.00	2.40	(M)	(M)
Beef Nachos - CAR1091 (1 ea.)Contains Milk.	459.84	27.02	12.67	0.00	43.27	544.17	37.29	2.15	1.29	16.35	1.34	265.81	500.44	0.42	6.55(M)	0.07(M)
Beef Nachos - CAR1618 (1 ea.)Contains Milk.	459.84	27.02	12.67	0.00	43.27	544.17	37.29	2.15	1.29	16.35	1.34	265.81	500.44	0.42	6.55(M)	0.07(M)
Beef Rib on a Hoagie - CAR1042 (1 burger)Contains Milk, Wheat, Soy.	380.00	13.00	5.00	0.00	40.00	1020.00	45.00	7.00	12.00	22.00	3.24	60.00	400.00	10.20	(M)	(M)
Beef Soft Tacos - CAR1181 (2 tacos)Contains Milk, Wheat, Gluten.	323.08	14.70	5.38	0.00	34.15	467.14	31.52	2.18	2.29	16.52	2.36	225.26	262.98	0.63	9.89(M)	0.11(M)
Beef Steak Patties - CAR1225 (1 patty)	230.00	17.00	7.00	1.00	70.00	370.00	0.00	0.00	0.00	16.00	1.44	20.00	0.00	0.00	(M)	(M)
Beef Taco Filling - CAR1135 (1/4 c.)	57.67	4.05	1.54	0.00	12.50	79.73	0.67	0.12	0.20	4.60	0.61	2.23	72.97	0.42	6.55(M)	0.07(M)
Beef Taco Pizza - CAR1768 (1 slice)Contains Milk, Wheat, Soy, Gluten.	379.57	17.47	8.05	0.00	43.75	763.31	36.98	4.41	6.47	21.34	2.28	351.93	680.51	1.99	9.09(M)	0.08(M)
Beef Taco Salad - CAR1549 (1 salad)Contains Milk. Processed in a facility that also processes Soy.	414.62	23.37	4.82	0.00	29.63	206.10	39.86	1.14	1.94	13.64	1.76	156.70	690.59	4.05	18.30(M)	0.14(M)
Beef Taco Salad - CAR1758 (1 salad)Contains Milk. Processed in a facility that also processes Soy.	414.62	23.37	4.32	0.00	27.13	201.10	39.36	1.14	1.94	13.14	1.76	131.70	540.59	4.05	18.30(M)	0.14(M)
Beef Taco Stick - CAR1379 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	345.01	12.82	8.35	0.00	52.41	630.69	31.87	3.85	0.81	20.07	2.77	328.80	252.00	6.37	(M)	(M)
Beefy Macaroni - CAR1035 (2 #8 scoop)Contains Milk. Processed in a facility that also processes Egg, Wheat, Gluten.	262.17	10.15	4.36	0.00	31.00	169.81	28.77	5.33	5.48	15.45	2.97	69.31	349.17 (M)	2.08(M)	(M)	(M)
Beefy Macaroni, Commercial - CAR1566 (2 #8 scoop)Contains Milk. Processed in a facility that also processes Egg, Wheat, Gluten.	262.17	10.15	4.36	0.00	31.00	169.81	28.77	5.33	5.48	15.45	2.97	69.31	349.17 (M)	2.08(M)	(M)	(M)

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Belgian Waffle - CAR1058 (1 waffle)Contains Milk, Egg, Wheat, Soy.	190.00	6.00	1.00	0.00	20.00	280.00	32.00	4.00	7.00	4.00	1.80	40.00	0.00	0.00	(M)	(M)
Belgium Waffle & Sausage - CAR1674 (1 ea.)Contains Milk, Egg, Wheat, Soy.	350.11	12.00	3.00	0.00	40.01	540.16	53.02	4.00	21.00	10.00	2.16	60.02	0.00	0.00	(M)	(M)
BeneFit Bar, French Toast - CAR1299 (1 Bar)Contains Milk, Egg, Wheat, Soy, Gluten.	289.49	8.98	2.50	0.00	24.96	199.65	46.92	3.00	20.96	4.99	1.80	39.93	0.00	0.00	(M)	(M)
BeneFit Bar,Apple Blueberry - CAR1298 (1 Bar)Contains Milk, Egg, Wheat, Soy, Gluten.	290.00	9.00	3.00	0.00	20.00	200.00	48.00	3.00	23.00	5.00	1.44	20.00	0.00	0.00	(M)	(M)
BeneFit Breakfast Bar, Oatmeal - CAR1300 (1 Bar)Contains Milk, Egg, Wheat, Soy, Gluten.	289.49	8.98	3.00	0.00	19.96	239.58	46.92	3.00	21.96	4.99	1.80	19.96	0.00	0.00	(M)	(M)
Biscuit Sandwich, Egg, Sausage Patty, and Cheese - CAR1756 (1 sandwich)Contains Milk, Egg, Wheat, Gluten.	499.55	35.34	16.78	0.00	136.06	992.57	28.77	2.00	2.70	17.61	1.75	272.96	265.27	0.15	(M)	(M)
Black Beans - CAR1030 (1/2 c.)	117.76	0.49	0.00	0.00	0.00	137.39	22.57	5.89	0.98	6.87	1.77	58.88	0.00	0.00	(M)	(M)
Blueberry Bread Slice - CAR1339 (1 slice)Contains Egg, Wheat, Soy, Gluten.	270.00	9.00	2.00	0.00	0.00	190.00	43.00	2.00	24.00	6.00	1.44	100.00	100.00	0.00	(M)	(M)
Blueberry Mini Loaf - CAR1192 (1 ea.)Contains Milk, Egg, Wheat, Soy, Gluten.	150.00	4.50	0.50	0.00	0.00	105.00	26.00	1.00	14.00	3.00	0.36	20.00	0.00	0.00	(M)	(M)
Blueberry Muffin - CAR1688 (1 ea.)Contains Milk, Egg, Wheat, Soy, Gluten.	319.64	9.22	4.55	0.00	27.26	419.40	53.44	2.38	25.40	3.72	0.69	2.90	9.65	0.53	58.83(M)	0.08(M)
Bread Slice - CAR1120 (1 slice)Contains Wheat, Gluten.	70.00	1.00	0.00	0.00	0.00	140.00	13.00	1.00	2.00	2.00	0.72	20.00	0.00	1.20	(M)	(M)
Bread Slice - CAR1121 (1 slice)Contains Wheat, Soy.	135.57	1.30	0.29	0.00	0.00	174.13	27.53	3.00	2.45	4.48	1.61	51.30	0.00	0.00	(M)	(M)
Breaded Chicken Drumstick - CAR1271 (1 drumstick)Contains Wheat.	190.00	11.00	2.50	0.00	50.00	450.00	5.00	1.00	0.00	16.00	1.08	20.00	100.00	0.00	(M)	(M)
Breaded Chicken Drumstick & Roll - CAR1317 (1 serving)Contains Milk, Wheat, Gluten.	348.69	15.20	2.78	0.00(M)	50.40(M)	563.78	32.43	3.19(M)	4.22(M)	20.38	1.82(M)	44.60(M)	140.06(M)	4.70(M)	18.93(M)	0.02(M)
Breaded Chicken Drumstick with Mashed Potato - CAR1304 (1 serving)Contains Milk, Wheat.	275.25	12.16	3.27	0.00	50.00	541.83	21.27	2.55	0.78	17.55	1.36	38.21	100.00	6.97	86.72(M)	0.09(M)
Breaded Chicken Drumstick with Mashed Potato & Roll - CAR1347 (1 serving)Contains Milk, Wheat, Gluten.	433.94	16.37	3.56	0.00(M)	50.40(M)	655.61	48.70	4.74(M)	4.99(M)	21.93	2.09(M)	62.81(M)	140.06(M)	11.68(M)	105.64(M)	0.11(M)

Menu Item Nutrient Report

Generated on: 8/29/2018 3:18:39 PM by Ken Bristow

Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Breaded Chicken Tenders - CAR1124 (3 strips)Contains Wheat, Soy.	263.68	15.21	2.54	0.00	25.35	395.51	16.23	3.04	1.01	15.21	1.83	40.56	101.41	0.00	(M)	(M)
Breaded Chicken Tenders - CAR1492 (5 strips)Contains Wheat, Soy.	439.46	25.35	4.23	0.00	42.26	659.19	27.04	5.07	1.69	25.35	3.04	67.61	169.02	0.00	(M)	(M)
Breadstick - CAR1040 (1 ea.)Processed in a facility that also processes Milk, Egg, Tree nuts. Contains Wheat, Soy.	140.00	0.10	0.00	0.00	0.00	160.00	29.50	4.00	1.50	4.00	1.62	0.00	0.00	0.00	(M)	(M)
Breakfast Bagel with Ham & Egg, San Mateo - CAR1679 (1 sandwich)Contains Milk, Egg, Wheat.	420.56	11.04	4.28	0.00	140.13	764.69	59.50	2.00	3.50	19.04	5.58	146.25	151.88	0.30	(M)	(M)
Breakfast Bagel with Sausage & Egg - CAR1681 (1 sandwich)Contains Milk, Egg, Wheat.	490.56	15.54	5.78	0.00	160.13	1004.69	60.50	2.00	3.50	25.04	5.94	146.25	151.88	0.30	(M)	(M)
Breakfast Burrito - CAR1049 (1 ea.)Contains Milk, Soy.	351.79	23.27	8.17	3.50	27.60	498.60	26.88	2.12	0.87	8.80	0.36	200.00	1000.00	6.00	(M)	(M)
Breakfast Burrito - CAR1693 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	446.93	18.59	7.02	0.00	65.00	839.66	46.79	4.59	2.75	24.82	3.62	282.42	506.90	5.73	51.37(M)	0.93(M)
Breakfast on a Bun, Redwood - CAR1465 (1 ea.)Contains Milk, Egg, Wheat, Gluten.	263.34	10.30	4.58	0.00	49.97	648.89	28.28	3.09	5.33	15.96	1.55	170.28	564.66	1.92	3.29(M)	0.06(M)
Breakfast on a Stick - CAR1661 (1 ea.)Contains Milk, Egg. May contain Fish, Crustacean Shellfish, Wheat, Soy, Gluten.	176.00	5.90	1.60	0.00	27.00	463.00	21.80	1.60	7.70	8.70	1.10	17.00	6.00	0.00	(M)	(M)
Breakfast Pizza - CAR1507 (1 piece)Contains Milk, Wheat, Soy, Gluten.	200.00	7.00	2.00	0.00	15.00	440.00	24.00	2.00	9.00	10.00	1.80	150.00	0.00	0.00	(M)	(M)
Breakfast Round Chocolate - CAR1362 (1 ea.)Contains Milk, Egg, Wheat, Soy, Gluten.	270.00	8.00	2.50	0.00	5.00	180.00	44.00	6.25	19.00	5.00	0.92	23.56	9.14	0.00	(M)	(M)
Breakfast Round Cinnamon - CAR1060 (1 ea.)Processed in a facility that also processes Milk. Contains Egg, Tree nuts, Wheat, Peanuts, Soy.	250.00	7.00	2.00	0.00	5.00	210.00	43.00	6.27	17.00	5.00	0.61	29.50	8.50	0.00	(M)	(M)
Breakfast Sandwich - CAR1466 (1 sandwich)Contains Milk, Egg, Wheat, Gluten.	278.87	13.04	4.85	0.00	104.05	585.38	28.85	3.00	4.78	13.05	2.17	139.56	111.49	0.32	(M)	(M)
Breakfast Sandwich, Pork Sausage Patty, Great Lakes, English muffin - CAR1755 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	444.35	27.60	11.59	0.00	75.52	755.35	29.45	3.00	2.42	19.79	1.74	275.06	313.78	0.13	(M)	(M)

Menu Item Nutrient Report

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Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Breakfast Sauasage Pizza on a Biscuit Crust - CAR1666 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	184.79	8.66	4.18	0.00	16.39	355.94	18.47	1.87	1.87	9.95	0.83	191.00	245.38	7.50	(M)	(M)
Brown Sugar - CAR1240 (1 tsp.)	15.20	0.00	0.00	(M)	(M)	0.60	3.91	(M)	3.91	0.00	0.04	1.00	(M)	(M)	0.08	0.01
Brownie - CAR1337 (1 ea.)Contains Milk, Egg, Wheat, Soy, Gluten.	145.80	4.37	1.94	0.00	0.00	131.57	25.27	0.97	18.47	1.94	1.05	0.36	0.00(M)	0.00(M)	11.83(M)	0.01(M)
Buffalo Chicken Nugget - CAR1607 (1/2 c.)Contains Wheat, Soy, Gluten.	260.00	15.00	2.50	0.00	25.00	1600.00	16.00	3.00	1.00	16.00	1.80	0.00	100.00	0.00	(M)	(M)
Buffalo Wrap - CAR1606 (1 wrap)Contains Milk, Egg, Wheat, Soy, Gluten.	433.04	22.30	5.76	0.00	37.50	1403.60	40.87	4.83	4.51	20.62	3.03	206.48	410.72	1.01	34.43(M)	0.13(M)
Burger, Western, Don Lee Farms - CAR1610 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	443.00	19.60	7.50	0.00	68.50	1234.00	42.50	4.30	9.20	25.10	3.63	151.50	187.00	0.96	(M)	(M)
Burrito, Chicken Bowl - CAR1380 (1 portion)Contains Milk.	446.50	9.12	3.97	0.00	15.64	739.04	69.16	8.87	4.16(M)	22.80	2.34	128.38	197.22 (M)	0.44(M)	110.58 (M)	0.19(M)
Buttermilk Pancakes - CAR1469 (2 ea.)Contains Milk, Egg, Wheat, Soy, Gluten.	150.00	2.00	0.50	0.00	7.00	400.00	31.00	4.00	5.00	3.00	1.44	40.00	100.00	(M)	(M)	(M)
Buttermilk Ranch Dressing - CAR1454 (1 packet)Contains Milk, Egg, Soy.	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Caesar Dressing - CAR1228 (1 ea.)Contains Milk, Soy.	140.00	14.00	2.50	0.00	5.00	420.00	2.00	0.00	1.00	1.00	0.00	40.00	0.00	0.00	(M)	(M)
Caesar Salad - CAR1139 (1/2 c.)Contains Milk, Egg, Fish. Processed in a facility that also processes Tree nuts, Wheat.	79.94	7.44	1.54	0.00	8.82	224.75	2.29	0.56	0.32	1.74	0.26	32.38	2334.98	1.07	25.36(M)	0.16(M)
Caesar Salad Dressing, Redwood - CAR1484 (2 tbsp.)Contains Milk, Egg, Fish, Crustacean Shellfish, Soy.	155.82	15.67	3.67	0.00(M)	18.33(M)	207.61	2.46	0.04(M)	0.12(M)	2.06	0.04(M)	51.73(M)	0.89(M)	0.64(M)	3.38(M)	0.04(M)
Caesar Salad, Salad bar, Fremont - CAR1585 (1 c.)Contains Milk, Egg, Fish.	56.02	4.05	1.42	0.00	7.50	138.04	3.45	1.36	0.77	2.73	0.63	68.53	5643.98	2.59	61.31(M)	0.38(M)
Caesar Salad, Salad bar, Redwood - CAR1486 (1 c.)Contains Milk, Egg, Fish, Crustacean Shellfish, Soy.	78.91	4.99	1.67	0.00(M)	8.21(M)	161.74	6.66	1.37(M)	0.80(M)	3.53	0.85(M)	75.33(M)	5644.18 (M)	2.73(M)	62.03(M)	0.39(M)
Canned Corn - CAR1029 (1/2 c.)	91.77	1.31	0.00	0.00	0.00	6.55	17.04	2.62	3.93	1.31	0.47	26.22	0.00	0.00	(M)	(M)
Canned Corn - CAR1359 (1/2 c.)	86.67	1.08	0.00	0.00	0.00	151.67	15.17	1.08	7.58	2.17	0.00	0.00	0.00	0.00	(M)	(M)
Carnival Cookie - CAR1799 (1 cookie)Contains Milk, Egg, Wheat, Soy.	170.00	6.00	1.50	0.00	10.00	130.00	27.00	2.00	13.00	2.00	1.08	0.00	0.00	0.00	(M)	(M)

Menu Item Nutrient Report

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Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Cauliflower - CAR1366 (1/2 c.)	21.00	0.24	0.11	0.00	0.00	25.20	4.17	1.68	1.60	1.61	0.35	18.48	0.00	40.49	77.34	0.64
Cheddar Cheese Enchiladas - CAR1658 (1 ea.)Contains Milk.	150.00	7.50	4.00	0.00	27.00	175.00	13.00	1.00	0.00	7.00	0.90	190.00	200.00	0.00	(M)	(M)
Cheerios Cereal - CAR1297 (1 bowl)	100.00	2.00	0.50	0.00	0.00	140.00	20.00	3.00	1.00	3.00	8.10	100.00	500.00	6.00	(M)	(M)
Cheese and Green Chile Tamale - CAR1514 (1 ea.)Contains Milk.	370.00	24.00	8.00	0.00	35.00	470.00	28.00	2.00	2.00	12.00	0.72	300.00	750.00	9.00	(M)	(M)
Cheese Breadsticks - CAR1790 (1 breadstick)Contains Milk, Wheat.	210.00	6.00	3.00	0.00	15.00	270.00	25.00	2.00	2.00	12.00	1.44	200.00	200.00	0.00	(M)	(M)
Cheese Pizza - CAR1008 (1 slice)Contains Milk, Wheat, Soy, Gluten.	300.00	11.00	5.00	0.00	25.00	440.00	33.00	4.00	10.00	16.00	2.70	250.00	300.00	0.00	(M)	(M)
Cheese Pizza - CAR1495 (1 ea.)Contains Milk, Wheat. May contain Soy, Gluten.	385.07	17.27	8.10	0.00	30.38	879.21	35.62	4.53	4.10	21.19	2.35	463.21	1083.27	8.80	47.41(M)	0.30(M)
Cheese Pizza - CAR1600 (1 slice)Contains Milk, Wheat, Soy.	319.60	12.78	5.59	0.00	27.96	351.56	34.36	3.20	5.59	7.19	2.16	279.65	319.60	0.00	(M)	(M)
Cheese Pizza - CAR1784 (1 slice)Contains Milk, Wheat, Soy.	260.00	8.00	2.50	0.00	25.00	480.00	29.00	3.00	2.00	20.00	1.80	500.00	500.00	4.80	(M)	(M)
Cheese Quesadilla - CAR1797 (2 pieces)Contains Milk, Egg, Wheat, Soy.	320.00	12.00	6.00	0.00	40.00	560.00	32.00	3.00	2.00	0.00	2.70	350.00	300.00	0.00	(M)	(M)
Cheese Sandwich, Cold, Fremont - CAR1545 (1 ea.)Contains Milk, Wheat, Gluten.	322.25	16.18	9.11	0.00	40.50	664.75	26.00	2.00	4.00	18.18	1.44	445.00	607.50	2.40	(M)	(M)
Cheese, Cheddar Slice - CAR1111 (1 slice)Contains Milk.	45.56	3.54	2.28	0.00	10.13	96.19	0.00	0.00	0.00	3.54	0.00	101.25	151.88	0.00	(M)	(M)
Cheese, Cheddar Slice - CAR1118 (1 slice)Contains Milk.	55.00	4.50	2.50	0.00	15.00	85.00	0.50	0.00	0.00	3.50	0.00	100.00	150.00	0.00	(M)	(M)
Cheese, Pepperjack Slice - CAR1114 (1 slice)Contains Milk.	55.00	4.50	3.00	0.00	12.50	105.00	0.50	0.00	0.00	3.00	0.54	100.00	0.00	0.00	(M)	(M)
Cheese, Provolone Slice - CAR1112 (1 slice)Contains Milk.	80.00	6.00	3.00	0.00	15.00	180.00	0.00	0.00	0.00	5.00	0.00	150.00	200.00	0.00	(M)	(M)
Cheese, Swiss Slice - CAR1113 (1 slice)Contains Milk.	45.00	3.00	1.75	0.00	10.00	57.50	0.50	0.00	0.50	4.00	0.00	125.00	100.00	0.00	(M)	(M)
Cheeseburger - CAR1080 (1 ea.)Contains Milk, Wheat, Gluten.	355.56	20.04	8.78	0.00	50.13	461.19	27.00	3.00	4.00	17.54	2.16	121.25	151.88	0.00	(M)	(M)
Cheeseburger - CAR1751 (1 burger)Contains Milk, Wheat, Soy, Gluten.	325.56	15.04	6.28	0.50	45.13	676.19	29.00	4.00	5.00	19.54	2.52	141.25	151.88	1.20	(M)	(M)
Cheeseburger - CAR1001 (1 ea.)Contains Milk, Wheat, Gluten.	283.15	13.00	5.27	0.00	40.13	451.36	26.53	2.95	3.93	15.47	1.78	120.91	151.88	0.00	(M)	(M)
Cheeseburger - CAR1265 (1 burger)Contains Milk, Wheat, Soy, Gluten.	420.00	24.00	10.00	1.00	82.50	875.00	27.50	3.00	4.50	22.50	2.58	123.50	137.00	0.00	(M)	(M)
Cheeseburger - CAR1488 (1 burger)Contains Milk, Wheat, Gluten.	599.68	27.39	11.08	0.00	84.26	957.99	56.70	6.30	8.40	32.64	3.78	254.63	318.94	0.00	(M)	(M)

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Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Cheeseburger, American,G6-12, Commodity - CAR1741 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	360.00	21.00	9.00	0.00	52.50	590.00	27.50	3.00	4.50	16.50	2.21	103.50	137.00	0.00	(M)	(M)
Cheeseburger, Commercial, All Beef, K8 - CAR1563 (1 ea.)Contains Milk, Wheat, Gluten.	302.59	14.96	5.99	0.00	45.00	440.17	27.03	2.95	3.93	15.43	1.78	119.66	150.00	0.00	(M)	(M)
Cheeseburger, Commercial, All Beef, American, K8 - CAR1738 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	297.59	14.96	5.99	0.00	42.50	580.17	27.03	2.95	4.43	14.43	1.84	103.16	137.00	0.00	(M)	(M)
Cheeseburger, Commodity, All Beef, American, K8 - CAR1739 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	287.59	13.96	5.49	0.00	42.50	580.17	27.03	2.95	4.43	14.43	1.84	103.16	137.00	0.00	(M)	(M)
Cheeseburger, Don Lee Farms, Fremont - CAR1611 (1 burger)Contains Milk, Wheat, Soy, Gluten.	348.00	16.40	6.90	0.00	68.50	924.00	28.30	3.10	4.70	23.40	2.84	111.50	137.00	0.00	(M)	(M)
Cheeseburger, G6-12, Commercial - CAR1603 (1 ea.)Contains Milk, Wheat, Gluten.	365.00	21.00	9.00	0.00	55.00	450.00	27.50	3.00	4.00	17.50	2.16	120.00	150.00	0.00	(M)	(M)
Cheeseburger, Sliders - CAR1245 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	272.06	9.16	3.00	0.00	31.46	475.00	29.82	2.39	2.81	18.65	3.09	114.20	78.50	10.30	(M)	(M)
Cheeseburger, Sliders, Twin Pack, Don Lee Farms - CAR1614 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	272.00	7.80	2.90	0.00	45.00	355.00	31.30	2.60	3.50	19.70	2.80	82.00	100.00	0.00	(M)	(M)
Cheeseburger,American, G6-12, Commercial - CAR1740 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	360.00	21.00	9.00	0.00	52.50	590.00	27.50	3.00	4.50	16.50	2.21	103.50	137.00	0.00	(M)	(M)
Cheesy Breadstick - CAR1195 (1 ea.)Contains Milk, Egg, Wheat, Soy, Gluten.	150.00	5.50	3.00	0.00	12.50	245.00	15.00	1.50	2.00	10.00	0.90	200.00	100.00	0.00	(M)	(M)
Cheesy Italian Dunkers - CAR1152 (2 ea.)Contains Milk, Egg, Wheat, Soy, Gluten.	300.00	11.00	6.00	0.00	25.00	490.00	30.00	3.00	4.00	20.00	1.80	400.00	200.00	0.00	(M)	(M)
Cheezit Crackers WG - CAR1520 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	100.00	3.50	1.00	0.00	5.00	150.00	14.00	1.00	0.00	2.00	0.72	100.00	500.00	0.00	(M)	(M)
Chef Salad - CAR1107 (1 salad)Contains Milk, Egg.	171.46	8.77	3.77	0.00	120.71	378.82	7.05	2.29	2.69	16.77	2.11	181.23	11173.81	18.69	175.82 (M)	1.21(M)
Chef Salad - CAR1183 (1 salad)Contains Milk, Egg.	159.44	8.64	3.75	0.00	118.21	360.57	4.25	1.28	2.06	15.17	1.36	125.72	5642.37	10.79	103.14 (M)	0.67(M)
Chef Salad, Fremont - CAR1578 (1 salad)Contains Milk.	217.54	11.53	6.54	0.00	57.50	545.33	12.20	4.10	5.03	18.80	2.44	288.68	19280.29	17.77	161.17 (M)	1.13(M)
Cherry Tomatoes - CAR1006 (1/2 c.)	13.41	0.15	0.02	0.00	0.00	3.73	2.90	0.89	1.96	0.66	0.20	7.45	620.59	10.21	70.42	0.37

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Chicken & Bean Burrito - CAR1710 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	475.00	17.00	5.50	0.00	90.00	1425.00	54.50	10.00	5.00	29.50	3.96	220.00	150.00 (M)	0.00(M)	(M)	(M)
Chicken & Cheese Salad - CAR1412 (1 salad)Contains Milk.	166.62	8.02	2.30	0.00	49.36	381.71	6.91	1.20	0.68	15.63	1.01(M)	18.80(M)	4961.83 (M)	2.28(M)	53.90(M)	0.33(M)
Chicken & Cheese with Rice, Burrito - CAR1333 (1 burrito)Contains Milk, Wheat, Soy, Gluten.	482.19	15.69	5.50	0.00	90.00	797.03	62.01	6.38	4.00(M)	26.26	3.38	242.03	1150.00	12.00	52.57(M)	0.07(M)
Chicken & Waffles - CAR1798 (1 serving)Contains Milk, Wheat, Soy, Gluten.	368.03	18.68	3.03	0.00	25.29	569.54	32.69	5.54	4.51	17.18	1.82	60.47	101.17	0.00	(M)	(M)
Chicken Bacon and Ranch Sandwich - CAR1774 (1 sandwich)Contains Milk, Egg, Wheat. May contain Soy, Gluten.	423.13	22.35	4.76	0.00	70.03	785.77	31.04	3.49	3.27	27.96	2.93	64.00	2762.89	3.93	33.54(M)	0.26(M)
Chicken Burrito Bowl, Fremont - CAR1579 (1 bowl)Contains Milk, Wheat, Soy.	488.01	10.13	4.36	0.00	65.93	823.55	73.79	9.06	0.00(M)	23.39	2.20	123.05	530.30	0.00	(M)	(M)
Chicken Burrito Bowl, Redwood - CAR1478 (1 bowl)Contains Milk, Soy.	350.16	8.77	4.04	0.00	16.39(M)	307.23	45.99	6.99	2.43(M)	21.55	2.37	129.79	318.32	5.17	115.88 (M)	0.18(M)
Chicken Caesar Salad - CAR1020 (1 salad)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chicken Caesar Salad - CAR1108 (1 salad)Contains Milk, Egg, Fish. Processed in a facility that also processes Tree nuts, Wheat.	357.82	27.72	6.24	0.00	29.83	852.95	9.94	2.39	1.36	18.59	1.64	123.63	9923.65	4.56	107.79 (M)	0.66(M)
Chicken Caesar Salad - CAR1146 (1 salad)Contains Milk, Egg, Fish. Processed in a facility that also processes Tree nuts, Wheat.	284.60	20.71	5.00	0.00	22.49	682.20	8.12	1.20	0.68	17.41	1.09	95.05	4961.83	2.28	53.90(M)	0.33(M)
Chicken Caesar Salad - CAR1446 (1 ea.)Contains Milk, Egg, Fish. Processed in a facility that also processes Tree nuts, Wheat, Soy.	349.37	23.34	5.54	0.00	95.00	899.12	17.67	2.39	1.36	21.40	1.47	107.60	9923.65	4.56	107.79 (M)	0.66(M)
Chicken Caesar Salad - CAR1767 (1 salad)Contains Milk, Egg, Wheat.	272.21	11.89	2.46	0.00	37.09	927.97	24.68	3.39	1.36	17.25	2.89	94.30	9923.65	5.76	120.57 (M)	0.66(M)
Chicken Caesar Salad - CAR1808 (1 salad)Contains Milk, Egg, Fish. Processed in a facility that also processes Tree nuts, Wheat.	369.64	27.89	6.29	0.00	71.78	860.88	9.98	2.39	1.36	20.69	1.66	123.63	9923.65	5.49	107.79 (M)	0.66(M)
Chicken Caesar Salad - CAR1809 (1 salad)Contains Milk, Egg, Fish. Processed in a facility that also processes Tree nuts, Wheat.	296.41	20.88	5.05	0.00	64.44	690.13	8.15	1.20	0.68	19.50	1.11	95.05	4961.83	3.21	53.90(M)	0.33(M)

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Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Chicken Caesar Salad w/Bread stick - CAR1301 (1 ea.)Contains Milk, Egg, Fish. Processed in a facility that also processes Tree nuts, Wheat, Soy.	489.37	23.44	5.54	0.00	95.00	1059.12	47.17	6.39	2.86	25.40	3.08	107.60	9923.65	4.56	107.79 (M)	0.66(M)
Chicken Caesar Salad w/Roll - CAR1324 (1 ea.)Contains Milk, Egg, Fish. Processed in a facility that also processes Tree nuts, Wheat, Soy, Gluten.	508.06	27.55	5.82	0.00(M)	95.40(M)	1012.90	45.10	4.59(M)	5.57(M)	25.78	2.20(M)	132.20 (M)	9963.71 (M)	9.26(M)	126.72 (M)	0.68(M)
Chicken Caesar Wrap - CAR1286 (1 ea.)Contains Milk, Egg, Fish, Wheat, Soy.	387.22	20.46	5.30	0.00	86.96	833.99	26.92	2.86	1.42	21.04	2.06	82.96	361.44	2.02	68.86(M)	0.26(M)
Chicken Caesar Wrap - CAR1647 (1 ea.)Contains Milk, Egg, Fish. Processed in a facility that also processes Tree nuts, Wheat, Gluten.	446.25	24.58	5.08	0.00	20.41	882.10	38.12	4.20	2.68	21.57	2.89	178.35	4961.83	2.28	53.90(M)	0.33(M)
Chicken Caesar Wrap - CAR1726 (1 wrap)Contains Milk, Egg, Fish, Wheat, Gluten.	418.78	23.88	5.14	0.00	20.74	673.66	33.08	4.20	2.68	20.58	2.89	178.80	4961.83	2.28	53.90(M)	0.33(M)
Chicken Caesar Wrap - CAR1810 (1 wrap)Contains Milk, Egg, Fish, Wheat, Gluten.	430.60	24.05	5.19	0.00	62.69	681.59	33.11	4.20	2.68	22.67	2.91	178.80	4961.83	3.21	53.90(M)	0.33(M)
Chicken Caesar Wrap - CAR1814 (1 ea.)Contains Milk, Egg, Fish. Processed in a facility that also processes Tree nuts, Wheat, Gluten.	458.06	24.75	5.13	0.00	62.36	890.03	38.15	4.20	2.68	23.66	2.91	178.35	4961.83	3.21	53.90(M)	0.33(M)
Chicken Cordon Bleu Burger - CAR1643 (1 burger)Contains Milk, Egg, Wheat, Soy, Gluten.	420.00	18.75	5.75	0.00	77.50	791.25	38.75	4.00	4.25	25.25	2.97	142.50	250.00	1.35	(M)	(M)
Chicken Cordon Bleu Burger - CAR1644 (1 burger)Contains Milk, Wheat, Soy, Gluten.	470.56	21.79	5.53	0.00	42.63	832.44	43.25	6.00	5.25	25.29	2.97	163.75	251.88	0.15	(M)	(M)
Chicken Drumstick with BBQ sauce - CAR1494 (1 piece)	172.00	10.00	2.50	0.00	90.00	504.00	4.40	0.00	2.00	16.40	1.01	0.00	40.00	0.00	(M)	(M)
Chicken Enchilada - CAR1499 (2 ea.)Contains Milk.	323.27	13.03	5.62	0.00	23.16	599.54	32.99	3.35	1.35	18.06	1.19	244.22	531.13	0.06	0.01(M)	0.03(M)
Chicken Meatballs - CAR1131 (3 ea.)Contains Milk, Egg.	180.11	13.01	3.00	0.00	55.03	400.24	4.00	1.00	0.00	12.01	1.08	20.01	100.06	0.00	(M)	(M)
Chicken Meatballs with Sauce - CAR1133 (3 Meatballs)Contains Milk, Egg.	235.63	13.93	3.00	0.00	55.03	418.74	13.26	3.78	5.55	13.86	1.75	38.52	562.73	3.33	(M)	(M)
Chicken Nachos - CAR1794 (1 nacho)Contains Milk, Wheat, Soy.	583.50	27.18	10.57	0.00	100.00	970.38	57.42	3.02	10.00	26.05	1.81	100.50	300.00	0.00	(M)	(M)
Chicken Noodle Soup - CAR1500 (1 bowl)Contains Milk, Wheat, Gluten.	163.69	3.79	0.77	0.00	0.48	434.44	20.49	2.83	2.01	11.20	1.91	29.05	3598.07	2.63	39.21(M)	0.22(M)
Chicken Nugget - CAR1241 (5 ea.)Contains Egg, Wheat, Soy.	896.64	44.83	9.96	0.00	99.63	2092.15	59.78	14.94	0.00	59.78	8.97	199.25	0.00	0.00	(M)	(M)

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Chicken Nuggets - CAR1158 (7 ea.)Contains Wheat, Soy, Gluten.	362.06	20.89	3.48	0.00	34.81	557.01	22.28	4.18	1.39	22.28	2.51	0.00	139.25	0.00	(M)	(M)
Chicken Nuggets - CAR1272 (5 nuggets)Contains Egg, Wheat, Soy.	180.00	9.00	2.00	0.00	20.00	420.00	12.00	3.00	0.00	12.00	1.80	40.00	0.00	0.00	(M)	(M)
Chicken Nuggets, Tyson, 5 each - CAR1555 (5 ea.)Contains Wheat, Soy, Gluten.	258.27	14.90	2.48	0.00	24.83	397.33	15.89	2.98	0.99	15.89	1.79	0.00	99.33	0.00	(M)	(M)
Chicken Patty - CAR1232 (1 ea.)Contains Egg, Wheat, Soy.	106.00	9.00	2.00	0.00	28.00	470.00	11.00	3.00	1.00	13.00	1.62	40.00	100.00	0.00	(M)	(M)
Chicken Pomodoro - CAR1782 (1/3 c.)	120.40	6.28	2.15	0.00	30.94	209.35	5.67	1.58	3.62	10.10	0.70	13.28	1098.98	18.48	124.19 (M)	0.66(M)
Chicken Quesadilla - CAR1725 (1 each quesadilla)Contains Milk, Wheat, Soy, Gluten.	341.61	16.58	6.53	0.00	63.50	589.15	31.03	3.00	2.00	18.70	1.99	250.00	0.00	0.00	(M)	(M)
Chicken Ranch Wrap - CAR1653 (1 wrap)Contains Milk, Egg, Wheat, Soy, Gluten.	344.84	16.34	5.76	0.00	92.50	792.28	29.67	2.60	3.34	22.85	2.08	209.40	2630.91	1.14	26.95(M)	0.17(M)
Chicken Rice Soup - CAR1328 (1 bowl)Contains Milk. May contain Wheat, Soy, Gluten.	145.65	4.03	1.06	0.00	38.27	505.76	18.28	2.02	2.01(M)	9.51	0.64	20.06	3598.07	2.63	65.49(M)	0.26(M)
Chicken Soft Tacos - CAR1087 (2 ea.)Contains Milk, Wheat, Soy, Gluten.	325.00	13.00	4.50	0.00	71.25	577.50	32.00	2.00	2.00	20.75	1.71	220.00	150.00	0.00	(M)	(M)
Chicken Soft Tacos - CAR1160 (1 Double Taco)Contains Wheat, Gluten.	272.38	7.78	1.13	0.00	0.75	357.33	31.37	2.06	2.11	18.05	2.04	121.48	55.09	0.51	6.34(M)	0.06(M)
Chicken Taco Filling - CAR1136 (1 #12 scoop)	92.36	3.78	1.13	0.00	0.75	107.33	1.37	0.06	0.11	12.05	0.60	1.48	55.09	0.51	6.34(M)	0.06(M)
Chicken Taco Meat - CAR1792 (3 Ounce serving)Contains Wheat, Soy.	151.40	7.07	2.02	0.00	95.89	322.99	3.03	0.00	1.01	19.18	1.09	0.00	302.80	0.00	(M)	(M)
Chicken Taco Salad - CAR1550 (1 salad)Contains Milk. Processed in a facility that also processes Soy.	436.20	22.34	4.13	0.00	15.74	201.86	39.82	1.00	1.71	20.13	1.58	154.09	605.15	3.56	10.63(M)	0.06(M)
Chicken Tender Burger, Tyson - CAR1636 (1 burger)Contains Wheat, Soy, Gluten.	403.03	17.68	3.03	0.00	25.29	674.54	43.19	6.04	5.01	19.18	2.90	60.47	101.17	0.00	(M)	(M)
Chicken Teriyaki Noodle Bowl - CAR1793 (1 1/4 c.)Processed in a facility that also processes Egg. Contains Wheat, Soy, Gluten.	328.51	3.64	0.33	0.00	42.91	995.24	56.65	6.82	12.27	21.20	3.35(M)	63.79(M)	3446.74 (M)	8.77(M)	49.98(M)	2.86(M)
Chicken with Refried Bean and Rice, Burrito - CAR1302 (1 burrito)Contains Milk, Wheat, Soy, Gluten.	530.64	16.12	5.29	0.00	81.96	1034.40	71.45	9.42	4.51(M)	27.71	4.47	255.29	1154.44	12.03	52.60(M)	0.10(M)
Chocolate Chip Cookie - CAR1255 (1 ea.)Contains Milk, Egg, Wheat, Soy, Gluten.	174.10	6.28	2.91	0.01(M)	17.78(M)	138.44	28.82	1.43(M)	17.52(M)	2.67	0.67(M)	12.26(M)	198.11 (M)	0.03(M)	2.38(M)	0.02(M)

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Chocolate Chip Cookie - CAR1375 (1 ea.)Contains Milk, Egg, Wheat, Soy.	170.00	5.00	1.50	0.00	10.00	105.00	28.00	2.00	13.00	2.00	3.60	0.00	500.00	0.00	(M)	(M)
Chocolate Chip Cookie - CAR1576 (1 ea.)Contains Milk, Egg, Wheat, Soy.	176.00	5.60	1.60	0.00	8.00	136.00	28.80	1.60	12.80	3.20	5.76	0.00	800.00	0.00	(M)	(M)
Chocolate Filled Crescent - CAR1597 (1 ea.)Contains Milk, Wheat, Gluten.	230.00	8.00	1.50	0.00	0.00	270.00	37.00	2.00	10.00	6.00	1.44	20.00	0.00	0.00	(M)	(M)
Chocolate Milk - CAR1586 (1 ea.)Contains Milk.	120.00	0.00	0.00	0.00	5.00	200.00	21.00	0.00	(M)	8.00	0.72	300.00	500.00	(M)	(M)	(M)
Chocolate Mini Loaf - CAR1226 (1 ea.)Contains Milk, Egg, Wheat, Soy, Gluten.	160.00	4.50	1.00	0.00	0.00	105.00	26.00	1.00	14.00	3.00	0.36	20.00	0.00	0.00	(M)	(M)
Cinnamon Bun - CAR1046 (1 ea.)Contains Milk, Egg, Wheat.	259.06	8.63	2.16	0.00	21.59	323.83	41.02	3.24	16.19	5.40	1.17	64.77	431.77	1.29	(M)	(M)
Cinnamon Bun - CAR1071 (1 bun)May contain Milk. Contains Egg, Wheat, Soy, Gluten.	281.18	2.62	1.21	0.00	5.40	151.29 (M)	57.57	3.21	28.81	5.40	1.76(M)	23.77(M)	287.45 (M)	0.41(M)	(M)	(M)
Cinnamon Chex Cereal - CAR1166 (1 bowl)	120.00	2.50	0.00	0.00	0.00	170.00	22.00	1.00	6.00	1.00	7.20	80.00	400.00	4.80	(M)	(M)
Cinnamon Chipotle Pulled Pork - CAR1731 (3/8 c.)Contains Soy.	222.32	9.11	3.42	0.00(M)	60.37	635.05	13.37	0.02	12.42	19.19	1.33	0.48	139.33	2.09	-34.47 (M)	0.02(M)
Cinnamon Cluster Cereal - CAR1165 (1 bowl)Contains Wheat.	90.00	0.00	0.00	0.00	0.00	45.00	16.00	3.00	3.00	3.00	1.08	20.00	0.00	0.00	(M)	(M)
Cinnamon Glazed French Toast - CAR1662 (1 ea.)Contains Egg, Wheat, Soy, Gluten.	100.00	5.00	1.50	0.00	50.00	160.00	0.00	0.00	8.00	13.00	0.36	0.00	0.00	0.00	(M)	(M)
Cinnamon Glazed French Toast Sticks - CAR1663 (1 ea.)Contains Egg, Wheat, Soy, Gluten.	210.00	7.00	2.00	0.00	125.00	320.00	28.00	2.00	8.00	8.00	1.80	60.00	200.00	0.00	(M)	(M)
Cinnamon Goldfish Graham - CAR1061 (1 pkg.)Contains Wheat, Soy.	120.00	4.00	1.00	0.00	0.00	135.00	19.00	1.00	6.00	2.00	1.44	100.00	200.00	1.20	(M)	(M)
Cinnamon Pinwheel - CAR1781 (1 roll.)Contains Milk. May contain Egg, Wheat, Soy, Gluten.	92.55	1.69	0.28	0.00(M)	0.00(M)	107.12	15.66	1.67(M)	3.47(M)	3.01	0.77	7.78(M)	31.97(M)	0.00(M)	0.03(M)	0.01(M)
Cinnamon Pretzel Stick - CAR1067 (1 ea.)Contains Milk, Egg, Wheat, Soy.	150.00	2.50	1.00	0.00	5.00	115.00	30.00	3.00	8.00	4.00	1.44	20.00	100.00	0.00	(M)	(M)
Cinnamon Roll - CAR1346 (1 Cinnamon Roll)Contains Milk, Wheat, Soy, Gluten.	333.03	8.00	3.09	0.00(M)	0.19(M)	242.49	61.28	4.00(M)	25.74(M)	5.94	1.21(M)	12.32(M)	365.79 (M)	1.25(M)	17.51(M)	0.07(M)
Cinnamon Sugar Mixture, Fremont - CAR1326 (1 tbsp.)	48.48	0.01	0.00	0.00	(M)	0.05	12.38	0.26	11.99(M)	0.02	0.04	0.00(M)	1.44	0.00(M)	0.00(M)	0.02
Cinnamon Toast Crunch Cereal - CAR1295 (1 bowl)Contains Wheat, Soy, Gluten.	110.00	3.00	0.50	0.00	0.00	160.00	22.00	3.00	6.00	1.00	3.60	200.00	400.00	4.80	(M)	(M)

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Cinnamon, Ground - CAR1243 (100 g.)	247.00	1.24	0.00	0.00	(M)	10.00	80.59	53.10	(M)	3.99	8.32	(M)	295.00	(M)	(M)	3.60
Cocoa Banana Muffin - CAR1474 (1 muffin)Contains Milk, Egg, Wheat, Soy, Gluten.	385.07	12.12	6.40	0.01(M)	27.75(M)	419.71	64.86	3.68	33.17	4.75	1.37	5.18(M)	20.15(M)	2.45(M)	33.27(M)	0.03(M)
Cocoa Banana Muffin - CAR1690 (1 ea.)Contains Milk, Egg, Wheat, Soy, Gluten.	384.40	12.30	6.51	0.01	27.75	420.00	64.89	3.68	32.95	4.76	1.20	6.91	20.15	2.45	33.27(M)	0.03(M)
Cocoa Puffs Cereal - CAR1296 (1 bowl)May contain Wheat, Gluten.	110.00	1.50	0.00	0.00	0.00	120.00	25.00	2.00	8.00	2.00	4.50	100.00	500.00	6.00	(M)	(M)
Cookie, WG English and Spanish - CAR1558 (1 ea.)Contains Milk, Wheat, Soy.	130.00	4.00	1.00	0.00	0.00	95.00	22.00	1.00	8.00	2.00	1.80	0.00	0.00	0.00	(M)	(M)
Cookie, WG Food & Nutrition - CAR1559 (1 ea.)Contains Milk, Egg, Wheat. Processed in a facility that also processes Soy.	120.00	4.00	0.00	0.00	0.00	65.00	22.00	2.00	6.00	2.00	1.08	0.00	0.00	0.00	(M)	(M)
Cookie, WG Fun & Fitness - CAR1560 (1 ea.)Contains Milk, Egg, Wheat. Processed in a facility that also processes Soy.	120.00	4.00	0.00	0.00	0.00	65.00	22.00	2.00	6.00	2.00	1.08	0.00	0.00	0.00	(M)	(M)
Cookie, WG Presidents - CAR1557 (1 ea.)Contains Milk, Wheat, Soy.	130.00	4.00	1.00	0.00	0.00	95.00	22.00	1.00	8.00	2.00	0.18	100.00	0.00	0.00	(M)	(M)
Cookie, WG States & Capitals - CAR1556 (1 ea.)Contains Milk, Wheat, Soy.	130.00	4.00	1.00	0.00	0.00	95.00	22.00	1.00	8.00	2.00	1.80	0.00	0.00	0.00	(M)	(M)
Cool Ranch Doritos - CAR1198 (1 pkg.)Contains Milk.	131.63	5.06	1.01	0.00	0.00	162.00	19.24	2.02	1.01	2.02	0.37	40.50	0.00	0.00	(M)	(M)
Corn Dog - CAR1354 (1 corn dog)Contains Egg, Wheat, Soy, Gluten.	240.00	8.00	2.50	0.00	40.00	390.00	30.00	5.00	5.00	9.00	1.80	80.00	(M)	(M)	(M)	(M)
Craisins - CAR1599 (1 pkg.)	130.00	0.00	0.00	0.00	0.00	0.00	33.00	3.00	29.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Cranberry Peach Muffin - CAR1691 (1 ea.)Contains Milk, Egg, Wheat, Soy, Gluten.	366.52	9.21	4.55	0.00	27.26(M)	422.28	65.38	2.48	36.22(M)	3.69	0.66	1.05(M)	79.60	0.30	31.27(M)	0.04(M)
Cran-Orange Mini Muffin - CAR1659 (1 ea.)Contains Milk, Egg, Wheat, Soy, Gluten.	130.00	3.50	0.50	0.00	20.00	135.00	22.00	1.00	10.00	3.00	0.72	0.00	0.00	1.20	(M)	(M)
Cream Cheese - CAR1069 (1 ea.)Contains Milk.	60.00	5.00	3.00	0.00	20.00	130.00	2.00	0.00	2.00	2.00	0.00	40.00	400.00	0.00	(M)	(M)
Cream Cheese - CAR1218 (1 pkg.)Contains Milk.	70.00	7.00	4.00	0.00	20.00	115.00	1.00	0.00	1.00	1.00	0.00	40.00	300.00	(M)	(M)	(M)
Cream Cheese - CAR1468 (1 ea.)Contains Milk.	70.00	7.00	4.00	0.00	20.00	115.00	1.00	0.00	1.00	1.00	0.00	40.00	300.00	0.00	(M)	(M)
Creamy Sriracha Chicken - CAR1689 (2 #8 scoop)Contains Milk, Egg, Wheat, Soy, Gluten.	426.32	25.42	3.98	0.00	32.99(M)	1281.47	35.74	5.42	13.39	17.66	2.29	19.28	1427.12	42.70	64.42(M)	0.83(M)

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Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Crispy Chicken Wrap, Tyson, K8 - CAR1609 (1 wrap)Contains Milk, Egg, Wheat, Soy, Gluten.	433.04	22.30	5.76	0.00	37.50	803.60	40.87	4.83	4.51	20.62	3.03	206.48	410.72	1.01	34.43(M)	0.13(M)
Crispy Chicken Patty - CAR1257 (1 burger)Contains Egg, Wheat, Soy, Gluten.	318.32	11.42	2.48	0.00	19.81	696.08	38.89	5.97	4.00	15.89	2.86	59.63	0.00	0.00	(M)	(M)
Crispy Chicken Patty Only,Tyson - CAR1631 (1 ea.)Contains Wheat, Soy, Gluten.	270.00	15.00	2.50	0.00	25.00	400.00	16.00	3.00	1.00	16.00	1.80	40.00	100.00	0.00	(M)	(M)
Crispy Chicken Salad - CAR1554 (1 salad)Contains Milk, Egg, Wheat, Soy, Gluten.	340.02	17.85	5.05	0.00	67.50	689.84	25.04	4.82	2.70	21.55	4.29	163.00	14021.86	21.95	178.87(M)	1.34(M)
Crispy Chicken Salad - CAR1154 (1 salad)Contains Milk, Wheat, Soy, Gluten.	286.88	16.73	4.53	0.00	32.50	446.71	17.76	4.24	2.97	17.30	2.30	113.43	8626.60	13.01	111.78(M)	0.83(M)
Crispy Chicken Salad - CAR1553 (1 salad)Contains Milk, Wheat, Soy, Gluten.	350.02	19.85	5.05	0.00	37.50	549.84	23.04	5.82	3.70	21.55	3.39	143.00	14021.86	20.75	178.87(M)	1.34(M)
Crispy Chicken Salad K8, Koch nugget - CAR1551 (1 salad)Contains Milk, Egg, Wheat, Soy, Gluten.	278.88	15.13	4.53	0.00	56.50	558.71	19.36	3.44	2.17	17.30	3.02	129.43	8626.60	13.97	111.78(M)	0.83(M)
Crispy Chicken Sandwich - CAR1082 (1 ea.)Contains Wheat, Soy, Gluten.	410.00	17.50	3.00	0.00	25.00	680.00	43.00	6.00	5.00	20.00	2.88	60.00	100.00	0.00	(M)	(M)
Crispy Chicken Sandwich - CAR1147 (1 burger)Contains Egg, Wheat, Soy, Gluten.	347.59	13.46	2.99	0.00	55.00	645.17	37.53	3.95	3.93	19.93	2.86	39.66	100.00	1.20	(M)	(M)
Crispy Chicken Sandwich - CAR1148 (1 burger)Contains Wheat, Soy, Gluten.	407.59	17.46	2.99	0.00	25.00	675.17	42.53	5.95	4.93	19.93	2.86	59.66	100.00	0.00	(M)	(M)
Crispy Chicken Sandwich - CAR1604 (1 ea.)Contains Egg, Wheat, Soy, Gluten.	350.00	13.50	3.00	0.00	55.00	650.00	38.00	4.00	4.00	20.00	2.88	40.00	100.00	1.20	(M)	(M)
Crunchy Bean Tacos - CAR1518 (2 tacos)Contains Milk.	378.00	17.00	8.50	0.00	30.00	330.00	42.00	8.00	1.00	16.00	0.72(M)	220.00(M)	300.00(M)	0.00(M)	(M)	(M)
Crunchy Beef Tacos - CAR1439 (2 tacos)Contains Milk.	313.08	17.70	7.88	0.00	34.15	217.14	24.52	2.18	0.30	13.52	1.64	125.26	262.98	0.63	9.89(M)	0.11(M)
Crunchy Beef Tacos - CAR1481 (2 tacos)Contains Milk.	403.27	24.18	11.59	0.00	55.00	355.13	27.02	2.92	1.51	19.72	2.18	234.67	730.57	2.43	13.11(M)	0.14(M)
Crunchy Black Bean Tacos - CAR1482 (2 tacos)	286.31	7.49	2.50	0.00	0.00	135.69	45.29	7.82	0.97	9.79	2.46	78.15	0.00	0.00	(M)	(M)
Curtido Slaw - CAR1501 (1 #8 scoop)	17.90	0.07	0.02	0.00	0.00	79.49	4.13	1.58	2.06	0.72	0.27	22.68	1262.76	17.13	62.03(M)	0.45(M)
Deep Dish 100% Mozzarella Cheese Pizza - CAR1664 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	320.00	12.00	6.00	0.00	30.00	480.00	35.00	3.00	10.00	17.00	2.70	250.00	300.00	0.00	(M)	(M)
Dice Pears in Pear Juice - CAR1238 (1/2 c.)	60.00	0.00	0.00	0.00	0.00	10.00	14.00	2.00	12.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)

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Diced Apricots - CAR1747 (1/2 c.)	65.00	0.00	0.00	0.00	0.00	10.83	15.17	0.00	11.92	0.00	(M)	(M)	(M)	(M)	(M)	(M)
Diced Carrots - CAR1428 (1/2 c.)	34.01	1.26	0.00	0.00	30.23	54.16	7.56	2.52	3.78	0.00	(M)	(M)	(M)	(M)	(M)	(M)
Diced Peaches in Pear Juice - CAR1235 (1/2 c.)	50.01	0.00	0.00	0.00	0.00	10.00	12.00	0.00	10.00	0.00	0.00	0.00	300.08	1.20	(M)	(M)
Diced Pears - CAR1437 (1/2 c.)	82.11	0.00	0.00	0.00	0.00	6.84	8.21	2.74	16.42	0.00	(M)	(M)	(M)	(M)	(M)	(M)
Dinner Roll - CAR1021 (1 roll.)Contains Wheat, Gluten.	160.00	2.00	0.00	0.00	0.00	270.00	34.00	5.00	3.00	5.00	1.80	40.00	0.00	4.80	(M)	(M)
Earth Cookie - CAR1531 (1 cookie)Contains Milk, Wheat.	120.00	5.00	2.00	0.00	0.00	70.00	17.00	1.00	6.00	2.00	0.58	3.60	7.00	0.03	(M)	(M)
Egg Patty - CAR1806 (1 patty)Contains Milk, Egg.	70.00	5.00	1.50	0.00	115.00	130.00	1.00	0.00	1.00	4.00	1.08	20.00	0.00	0.00	(M)	(M)
Egg Salad - CAR1116 (1 #12 scoop)Contains Egg.	160.36	12.18	2.63	0.00	212.57	284.11	4.21	0.26	0.81(M)	7.30	0.73	34.12	352.73	0.43	11.84(M)	0.10(M)
Enchirito Bean and Cheese - CAR1059 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	342.85	10.83	4.62	0.01	20.33	827.25	46.90	9.45	2.82	16.80	3.33	201.00	592.44	1.54	(M)	(M)
Enchirito Bean and Cheese - CAR1414 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	333.00	9.64	4.03	0.01	17.36	825.68	47.10	9.45	2.82	17.02	3.33(M)	171.00 (M)	592.44 (M)	1.54(M)	(M)	(M)
English Muffin - CAR1070 (1 muffin, toaster)Contains Milk, Wheat, Soy, Gluten.	250.00	10.00	5.00	0.00	25.00	380.00	28.00	3.00	2.00	11.00	1.44	210.00	0.00	0.00	(M)	(M)
English Muffin - CAR1187 (1 muffin, toaster)Contains Milk, Wheat, Soy, Gluten.	173.33	4.67	1.50	0.00	0.00	236.67	28.00	3.00	2.00	5.00	1.44	60.00	166.67	0.00	(M)	(M)
Fajita Chicken Pizza - CAR1802 (1 slice)Contains Milk, Egg, Wheat, Soy, Gluten.	349.91	13.83	5.74	0.01	52.34	653.63	36.12	4.01	5.63	23.09	1.92	254.22	359.57	8.40	13.53(M)	0.07(M)
Fajita Chicken Salad - CAR1655 (1 salad)Contains Milk, Soy.	252.71	12.34	5.24	0.01	92.01	470.50	16.20	4.80	7.11	23.03	2.44	183.29	12622.81	56.21	345.79 (M)	2.12(M)
Fajita Chicken Strips - CAR1134 (2 7/8 oz.)Contains Soy.	120.00	6.00	2.00	0.00	75.00	310.00	2.00	0.00	0.00	15.00	0.36	0.00	0.00	0.00	(M)	(M)
Fajita Chicken Sub, Richs, Tyson, vegetable blend - CAR1646 (1 sandwich)Contains Milk. May contain Egg, Wheat, Soy, Gluten.	385.00	16.07	4.99	0.02	88.75	712.26	34.70	3.93	5.74	25.19	1.95	113.42	135.24	27.34	50.31(M)	0.22(M)
Fat Free Chocolate Milk - CAR1407 (1 Carton)Contains Milk.	130.00	0.00	0.00	0.00	5.00	170.00	25.00	1.00	23.00	8.00	(M)	300.00	500.00	(M)	(M)	(M)
Festive Tree & Bell Cookies - CAR1535 (1 cookie)Contains Milk, Wheat.	85.44	3.32	0.64	0.00	0.04	58.53	12.47	1.09	5.25	1.42	0.38	3.00	6.50	0.01	(M)	(M)
Field Trip Bag Lunch Salida - CAR1408 (1 Bag Lunch)Contains Milk, Egg, Wheat.	478.17	19.57	7.06	0.00	47.74	1045.99	54.61	10.18	17.00	23.13	2.55(M)	65.64(M)	11922.95(M)	16.43(M)	109.19 (M)	0.42(M)

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Fiesta Cookie, Bulk - CAR1541 (1 cookie)Contains Milk, Wheat.	111.06	4.31	0.83	0.00	0.05	76.04	16.19	1.55	6.84	1.85	0.50	3.90	8.50	0.01	(M)	(M)
Fish Sandwich G6-12 - CAR1621 (1 sandwich)Contains Fish, Wheat, Gluten.	310.00	8.50	0.50	0.00	55.00	670.00	41.00	4.00	4.00	19.00	2.16	60.00	0.00	0.00	(M)	(M)
Flatbread with BBQ Shredded Chicken - CAR1651 (1 ea.)Contains Milk, Wheat. May contain Soy, Gluten.	33.60	1.20	0.48	0.00	1.54	115.34	3.88	0.32	0.88	1.75	0.29	24.42	29.19	0.09	0.91(M)	0.00(M)
Four Berry Blend - CAR1764 (1/2 c.)	38.58	0.00	0.00	0.00	0.00	4.36	9.37	2.64	5.49	0.86	0.00	11.67	108.86	7.90	(M)	(M)
Four Cheese Pizza - CAR1526 (1 slice regular)Contains Milk, Wheat, Soy.	360.00	16.00	8.00	0.00	40.00	490.00	35.00	4.00	6.00	18.00	0.36	3840.00	4550.00	0.00	(M)	(M)
French Bread Pepperoni - CAR1496 (1 pizza)Contains Milk, Wheat, Soy, Gluten.	310.00	12.00	5.00	0.00	25.00	690.00	33.00	3.00	4.00	17.00	2.70	250.00	500.00	3.60	(M)	(M)
French Bread Pizza - CAR1665 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	330.00	15.00	6.00	0.00	25.00	710.00	30.00	3.00	2.00	18.00	1.80	350.00	500.00	0.00	(M)	(M)
French Toast Sticks - CAR1476 (4 stick.)Contains Wheat, Soy, Gluten.	256.38	9.86	1.97	0.00	0.00	295.82	37.47	2.96	8.88	5.92	1.80	33.53	21.69	0.00	(M)	(M)
French Toast Sticks - CAR1490 (2 stick.)Contains Wheat, Soy, Gluten.	128.19	4.93	0.99	0.00	0.00	147.91	18.73	1.48	4.44	2.96	0.90	16.76	10.85	0.00	(M)	(M)
Fresh Baked Roll - CAR1345 (1 roll.)Contains Milk, Wheat, Gluten.	158.69	4.20	0.28	0.00(M)	0.40(M)	113.78	27.43	2.19(M)	4.22(M)	4.38	0.74(M)	24.60(M)	40.06(M)	4.70(M)	18.93(M)	0.02(M)
Frosted Corn Flakes Cereal - CAR1425 (1 bowl)Contains Wheat.	100.00	0.50	0.00	0.00	0.00	190.00	24.00	1.00	8.00	1.00	6.30	150.00	500.00	4.80	(M)	(M)
Frosted Mini Wheats Cereal - CAR1170 (1 bowl)Contains Wheat.	100.00	0.00	0.00	0.00	0.00	0.00	24.00	3.00	6.00	3.00	8.10	0.00	0.00	0.00	(M)	(M)
Fruit Cocktail in Pear Juice - CAR1561 (1/2 c.)	65.00	0.00	0.00	0.00	0.00	10.83	15.17	1.08	11.92	0.00	0.00	0.00	216.67	1.30	(M)	(M)
Fruit Punch Juice - CAR1202 (1 ea.)	100.00	0.00	0.00	(M)	(M)	25.00	24.00	(M)	21.00	1.00	(M)	20.00	500.00	60.00	(M)	(M)
Fruit Punch Juice - CAR1278 (1 ea.)	60.00	0.00	0.00	(M)	(M)	15.00	15.00	(M)	13.00	0.00	(M)	20.00	500.00	60.00	(M)	(M)
Fruit Salad - CAR1711 (1 salad)Contains Milk, Wheat, Soy, Gluten.	788.75	14.88	5.41	0.00	20.04	407.56	156.80	8.04	118.80	19.86	4.14	591.57 (M)	7327.94 (M)	110.27	1131.91 (M)	3.36(M)
Fruity Cheerios - CAR1525 (1 bowl)May contain Wheat.	120.00	1.50	0.00	0.00	0.00	150.00	26.00	2.00	0.00	2.00	4.50	100.00	500.00	18.00	(M)	(M)
Galaxy Cheese Pizza - CAR1451 (1 pizza whole)Contains Milk, Wheat, Soy, Gluten.	280.00	12.00	6.00	0.00	30.00	440.00	29.00	3.00	9.00	15.00	1.80	250.00	300.00	0.00	(M)	(M)

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Garden Burger - CAR1002 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	217.59	5.46	0.49	0.00	0.00	675.17	33.53	7.95	3.93	14.93	2.86	79.66	0.00	0.00	(M)	(M)
Garden Burger - CAR1306 (1 burger)Contains Milk, Wheat, Soy, Gluten.	220.00	5.50	0.50	0.00	0.00	680.00	34.00	8.00	4.00	15.00	2.88	80.00	0.00	0.00	(M)	(M)
General Tso Chicken - CAR1699 (2 #8 scoop)Contains Wheat, Soy, Gluten.	398.39	20.58	3.01	0.00(M)	25.64(M)	484.36	39.35	4.86(M)	19.28(M)	17.20	2.51	36.75	1444.46 (M)	18.90(M)	46.09(M)	0.48(M)
Goldfish Colors - CAR1203 (1 pkg.)Contains Milk, Wheat, Gluten.	100.00	3.50	0.50	0.00	0.00	170.00	14.00	1.00	0.00	2.00	0.72	20.00	200.00	0.00	(M)	(M)
Goldfish Crackers - CAR1522 (1 ea.)Contains Milk, Wheat, Gluten.	100.00	3.50	1.00	0.00	5.00	170.00	14.00	1.00	0.00	3.00	0.36	20.00	0.00	0.00	(M)	(M)
Goldfish Pretzels - CAR1281 (1 pkg.)Contains Milk, Wheat, Gluten.	90.00	1.50	0.00	0.00	0.00	200.00	16.00	1.00	0.00	2.00	0.72	0.00	0.00	0.00	(M)	(M)
Graham Crackers - CAR1208 (1 pkg.)Contains Wheat, Soy.	120.00	3.50	1.00	0.00	0.00	115.00	21.00	1.00	8.00	2.00	0.72	100.00	500.00	0.00	(M)	(M)
Graham Crackers - CAR1371 (1 pkg.)Contains Wheat, Soy, Gluten.	90.00	2.50	0.00	0.00	0.00	95.00	17.00	1.00	5.00	2.00	0.72	100.00	500.00	0.00	(M)	(M)
Graham Crackers - CAR1519 (1 ea.)Contains Wheat, Soy, Gluten.	120.00	4.00	1.00	0.00	0.00	125.00	20.00	2.00	7.00	2.00	1.08	100.00	500.00	0.00	(M)	(M)
Granulated, Sugar - CAR1239 (1 tsp.)	15.76	0.00	0.00	0.00	(M)	0.00	4.00	0.00	4.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Grape Filled Crescent - CAR1596 (1 ea.)Contains Milk, Wheat, Gluten.	210.00	6.00	1.00	0.00	0.00	260.00	35.00	2.00	9.00	5.00	1.08	20.00	0.00	0.00	(M)	(M)
Green Beans - CAR1013 (1/2 c.)	21.67	0.00	0.00	0.00	0.00	314.17	4.33	2.17	2.17	1.08	0.00	21.67	216.67	3.90	(M)	(M)
Green Beans - CAR1430 (1/2 c.)	18.35	0.00	0.00	0.00	0.00	160.59	3.44	2.29	1.15	1.15	(M)	(M)	(M)	(M)	(M)	(M)
Green Beans - CAR1431 (1/2 c.)	21.85	0.00	0.00	0.00	0.00	1.15	4.60	2.30	1.15	1.15	(M)	(M)	(M)	(M)	(M)	(M)
Green Chili Chicken - CAR1706 (1 #8 scoop)	112.82	4.05	1.21	0.00	44.09	110.09	2.84	0.40	0.78	14.66	0.65	4.23	107.53	13.33	0.10(M)	0.10(M)
Green Chili Chicken Pizza - CAR1712 (1 slice)Contains Milk, Egg, Wheat. May contain Soy, Gluten.	338.18	12.47	5.32	0.00	38.31	537.52	35.86	4.16	5.76	22.68	2.03	257.65	471.94	8.14	12.19(M)	0.14(M)
Green Chili Chicken Salad - CAR1713 (1 salad)Contains Milk.	190.03	8.52	3.66	0.00	53.00	270.04	8.82	2.94	2.84	19.02	2.28	145.69	11130.04	32.53	162.89 (M)	1.34(M)
Green Chili Chicken Sub - CAR1714 (1 sandwich)Contains Milk. May contain Egg, Wheat, Soy, Gluten.	349.32	11.81	3.92	0.00	54.24	564.51	34.85	4.26	6.55	23.76	2.28	114.69	507.07	19.33	45.45(M)	0.43(M)
Green Egg Cookie - CAR1539 (1 cookie)Contains Milk, Wheat.	84.08	3.24	0.82	0.00	0.05	57.32	12.85	1.19	5.32	0.88	0.38	3.00	6.50	0.02	(M)	(M)

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Green Egg Cookie - CAR1540 (1 cookie)Contains Milk, Wheat.	84.08	3.24	0.82	0.00	0.05	57.32	12.85	1.19	5.32	0.88	0.38	3.00	6.50	0.02	(M)	(M)
Green Peas - CAR1022 (1/2 c.)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Grilled Cheddar Cheese Sandwich - CAR1017 (1 sandwich)Contains Milk, Wheat, Gluten.	276.69	12.63	6.83	0.00	30.38	568.56	26.00	2.00	4.00	14.63	1.44	343.75	455.63	2.40	(M)	(M)
Grilled Cheese - CAR1085 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	340.00	20.00	10.00	0.00	50.00	1180.00	28.00	2.00	6.00	14.00	1.66	374.00	548.00	2.40	(M)	(M)
Grilled Cheese on WG w/ Reduced Sodium American Cheese & Mozzarella- 1W, Fremont - CAR1320 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	280.40	9.91	5.56	0.00	31.86	580.97	30.97	3.00	5.65	18.56	1.64	466.03	524.12	0.00	(M)	(M)
Ham (turkey) & Cheddar Sandwich - CAR1153 (1 sandwich)Contains Milk, Wheat, Gluten.	291.13	12.09	5.56	0.00	50.25	697.38	27.00	2.00	5.00	18.09	1.80	252.50	303.75	3.00	(M)	(M)
Ham (Turkey) & Cheese Sandwich - CAR1769 (1 sandwich)Contains Milk, Wheat, Gluten.	310.00	14.00	6.00	0.00	60.00	675.00	28.00	2.00	5.00	18.00	1.80	250.00	300.00	3.00	(M)	(M)
Ham (turkey) & Cheese Sub 6" Sandwich - CAR1442 (1 sandwich)Contains Milk, Wheat.	331.13	13.09	6.56	0.00	50.25	767.38	33.00	5.00	3.00	22.09	1.80	232.50	303.75	9.60	(M)	(M)
Ham (Turkey) and Cheese Sub - CAR1704 (1 sandwich)Contains Milk. May contain Egg, Wheat, Soy, Gluten.	321.12	13.09	5.56	0.00	50.25	597.37	30.00	3.00	5.00	20.09	1.79	225.87	303.95	0.61	(M)	(M)
Ham (turkey) Egg Cheese Muffin - CAR1073 (1 ea.)Contains Milk, Wheat, Gluten.	275.56	11.04	4.28	0.00	70.13	756.19	23.00	3.00	4.00	24.54	1.80	271.25	151.88	1.20	(M)	(M)
Hamburger - CAR1000 (1 ea.)Contains Wheat, Gluten.	237.59	9.46	2.99	0.00	30.00	355.17	26.53	2.95	3.93	11.93	1.78	19.66	0.00	0.00	(M)	(M)
Hamburger - CAR1079 (1 ea.)Contains Wheat, Gluten.	310.00	16.50	6.50	0.00	40.00	365.00	27.00	3.00	4.00	14.00	2.16	20.00	0.00	0.00	(M)	(M)
Hamburger - CAR1266 (1 burger)Contains Wheat, Gluten.	370.00	19.50	7.50	1.00	70.00	650.00	27.00	3.00	4.00	20.00	2.52	40.00	0.00	0.00	(M)	(M)
Hamburger - CAR1750 (1 burger)Contains Wheat, Soy, Gluten.	280.00	11.50	4.00	0.50	35.00	580.00	29.00	4.00	5.00	16.00	2.52	40.00	0.00	1.20	(M)	(M)
Hamburger Bun 4" - CAR1227 (1 bun)Contains Wheat, Gluten.	140.00	2.50	0.50	0.00	0.00	280.00	27.00	3.00	4.00	4.00	1.08	20.00	0.00	0.00	(M)	(M)
Hamburger, Commercial, All Beef, K8 - CAR1562 (1 ea.)Contains Wheat, Gluten.	247.59	10.46	3.49	0.00	30.00	355.17	26.53	2.95	3.93	11.93	1.78	19.66	0.00	0.00	(M)	(M)

Menu Item Nutrient Report

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Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Hamburger, Don Lee Farms Fremont - CAR1612 (1 burger)Contains Wheat, Gluten.	298.00	11.90	4.40	0.00	56.00	699.00	27.80	3.10	4.20	20.90	2.78	28.00	0.00	0.00	(M)	(M)
Hamburger, G6-12, Commercial - CAR1602 (1 ea.)Contains Wheat, Gluten.	310.00	16.50	6.50	0.00	40.00	365.00	27.00	3.00	4.00	14.00	2.16	20.00	0.00	0.00	(M)	(M)
Hamburger, Patty only, G6-12, Commercial - CAR1633 (1 ea.)	170.00	14.00	6.00	0.00	40.00	85.00	0.00	0.00	0.00	10.00	1.08	0.00	0.00	0.00	(M)	(M)
Hamburger, Patty Only, G6-12, Commodity - CAR1634 (1 ea.)	170.00	14.00	6.00	0.00	40.00	85.00	0.00	0.00	0.00	10.00	1.08	0.00	0.00	0.00	(M)	(M)
Happy Birthday Cookie - CAR1543 (1 cookie)Contains Milk, Wheat.	111.06	4.31	4.31	0.00	0.05	76.04	16.19	1.55	6.84	1.85	0.50	3.90	8.50	0.01	(M)	(M)
Hawaiian Pizza Bold - CAR1601 (1 slice)Contains Milk, Wheat, Soy.	422.00	16.73	7.24	0.00	42.46	496.95	45.07	4.12	8.87	10.74	2.83	352.06 (M)	399.50 (M)	2.02	(M)	(M)
Hearty Garden Salad - CAR1701 (1 salad)Contains Milk, Egg.	234.05	14.86	7.68	0.00	216.00	311.33	10.33	3.10	2.97	16.67	2.19	287.33	11368.93	26.86	186.88 (M)	1.13(M)
Hearty Garden Salad, K8 - CAR1702 (1 salad)Contains Milk, Egg.	220.65	14.72	7.66	0.00	216.00	290.72	7.70	1.99	2.01	15.57	1.54	260.28	5992.57	18.24	105.03 (M)	0.62(M)
Heartzels Pretzels - CAR1765 (1 pkg.)Contains Wheat.	80.00	1.50	0.00	0.00	0.00	200.00	15.00	2.00	0.00	2.00	0.72	0.00	0.00	0.00	(M)	(M)
Holiday Wreath Cookie - CAR1532 (1 cookie)Contains Milk, Wheat.	86.65	3.32	0.64	0.00	0.04	58.49	12.46	1.19	6.26	1.42	0.38	3.00	6.50	0.01	(M)	(M)
Honey Nut Chex Cereal - CAR1168 (1 bowl)Contains Tree nuts.	120.00	0.50	0.00	0.00	0.00	190.00	27.00	1.00	9.00	2.00	4.50	100.00	500.00	6.00	(M)	(M)
Honey Sriracha Chicken - CAR1273 (6 Wings)Contains Wheat.	51.90	2.33	0.45	0.00	9.84	66.22	3.94	0.36	0.72	3.94	0.26	0.00	71.59	0.22	(M)	(M)
Hot Dog, All Beef - CAR1749 (1 ea.)Contains Wheat, Gluten.	380.00	23.50	9.50	0.00	40.00	1010.00	31.00	3.00	6.00	13.00	2.16	20.00	0.00	0.00	(M)	(M)
Hot Dog, Turkey - CAR1101 (1 serving (1 hot dog))Contains Wheat, Gluten.	261.50	11.61	3.03	0.00	60.75	553.25	28.01	3.00	4.00	13.10	2.54	121.25	0.00	0.00	(M)	(M)
Hot Dog, Turkey - CAR1374 (1 serving (1 hot dog))Contains Wheat, Gluten.	271.62	13.64	3.54	0.00	45.56	998.87	28.01	3.00	4.00	12.09	2.17	80.88	0.00	1.22	4.44(M)	0.00(M)
Hot Ham (Turkey) & American Cheese - CAR1745 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	300.00	14.00	6.00	0.00	55.00	955.00	28.00	2.00	6.00	16.00	1.91	217.00	274.00	3.00	(M)	(M)
Hot Ham (Turkey) & American Cheese on a Bun K8 - CAR1737 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	297.59	14.46	6.49	0.00	55.00	950.17	28.53	2.95	5.93	15.93	1.53	196.66	274.00	0.60	(M)	(M)

Menu Item Nutrient Report

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Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Hot Ham (Turkey) & Cheese Sandwich - CAR1034 (1 sandwich)Contains Milk, Wheat, Gluten.	288.71	12.54	6.05	0.00	50.25	692.55	27.53	2.95	4.93	18.02	1.42	232.16	303.75	0.60	(M)	(M)
Hot Turkey & Cheese - CAR1796 (1 sandwich)Contains Milk, Wheat, Gluten.	274.33	9.80	5.05	0.00	37.99	680.42	26.53	2.95	3.93	20.14	1.24	222.16	303.75	0.00	(M)	(M)
Huevos Rancheros Pizza - CAR1753 (1 slice)Contains Milk, Egg, Wheat. May contain Soy, Gluten.	360.07	13.94	5.64	0.00	79.71	722.86	40.26	5.38	6.68	20.56	2.89	269.05	363.86	3.37	8.05(M)	0.15(M)
Huevos Rancheros Salad - CAR1748 (1 salad)Contains Milk, Egg.	219.98	10.79	4.04	0.00	127.50	622.34	17.47	5.80	4.02	12.64	3.77	168.13	10960.35	19.10	143.89(M)	1.19(M)
Huevos Rancheros Wrap - CAR1752 (1 wrap)Contains Milk, Egg, Wheat, Gluten.	366.83	15.03	4.50	0.00	127.50	825.38	43.12	6.77	4.91	15.47	4.07	206.94	135.12	3.02	7.10(M)	0.14(M)
Italian Pasta Bake - CAR1503 (2 #6 scoop)Contains Milk, Wheat, Gluten.	423.65	14.51	7.09	0.00	30.38	450.80	50.59	7.57	7.14	22.89	3.46	460.67	722.02	3.08	280.37(M)	0.28(M)
Jack O' Lantern Cookie - CAR1533 (1 cookie)Contains Milk, Wheat.	85.63	3.33	0.64	0.00	0.04	58.55	12.49	1.19	5.27	1.43	0.38	3.00	6.50	0.01	(M)	(M)
Jack O' Lantern Cookie - CAR1534 (1 cookie)Contains Milk, Wheat.	85.63	3.33	0.64	0.00	0.04	58.55	12.49	1.19	5.27	1.43	0.38	3.00	6.50	0.01	(M)	(M)
Jumbo Corn Dog - CAR1668 (1 ea.)Contains Milk, Egg, Wheat, Soy, Gluten.	238.00	9.20	2.50	0.00	40.00	690.00	27.80	2.30	7.60	11.60	1.40	25.00	120.00	0.00	(M)	(M)
Ketchup - CAR1393 (1 packet)	10.00	0.00	0.00	0.00	0.00	85.00	3.00	0.00	2.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Ketchup, Simply Heinz 1.5 gallon dispenser pack - CAR1581 (1 pump)	16.68	0.00	0.00	0.00	0.00	133.41	4.17	0.00	3.34	0.00	0.00	0.00	83.38	1.00	(M)	(M)
Kidney Beans - CAR1432 (1/2 c.)	122.91	0.00	0.00	0.00	0.00	165.46	22.45	8.27	2.36	8.27	(M)	(M)	(M)	(M)	(M)	(M)
Korean Beef - CAR1102 (1 #8 scoop)Contains Wheat, Soy, Gluten.	172.86	10.48	3.40	0.01(M)	25.00	405.63	10.01	0.12	8.96(M)	9.62	1.21	10.91	71.82	0.78	2.66(M)	0.03(M)
Lettuce and Cheese Mix - CAR1445 (1 serving)Contains Milk.	67.39	5.19	3.43	0.00	17.14	111.81	1.53	0.39	0.64	4.29	0.13	120.12	334.07	0.91	(M)	(M)
Lift Off's Spinach Salad - CAR1582 (1 salad)Contains Milk, Egg.	150.04	6.52	2.54	0.00	89.34	244.34	13.78	4.52	1.99	12.68	3.45	220.64	10722.14	29.83	120.54(M)	1.79(M)
Loaded Potato Bowl & Roll - CAR1249 (1 bowl)Contains Milk, Wheat, Soy, Gluten.	513.11	19.62	3.35	0.00(M)	23.32(M)	623.95	65.37	6.99(M)	9.41(M)	20.68	2.66(M)	42.81(M)	131.73(M)	11.68(M)	105.64(M)	0.11(M)
Lucky Charms Cereal - CAR1815 (1 bowl)	110.00	1.00	0.00	0.00	0.00	180.00	23.00	2.00	10.00	2.00	4.50	10.00	50.00	0.60	(M)	(M)

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Mac and Cheese - CAR1791 (6 oz.)Contains Milk, Egg, Wheat.	290.76	11.08	6.23	0.35	31.15	1010.75	31.85	1.39	6.23	16.61	1.25	415.38	692.30	0.00	(M)	(M)
Macaroni & Cheese - CAR1504 (2 #6 scoop)Contains Milk. Processed in a facility that also processes Egg, Wheat, Soy, Gluten.	715.62	37.08	20.88	0.00	87.43	1027.33	54.97	5.78	10.00	42.50	2.92	1116.90	1294.09	1.29	189.25 (M)	0.19(M)
Maple Mini Waffles - CAR1222 (1 ea.)Contains Milk, Egg, Wheat, Soy, Gluten.	200.00	5.00	1.50	0.00	0.00	220.00	35.00	4.00	10.00	4.00	2.70	100.00	500.00	0.00	(M)	(M)
Margarine - CAR1242 (1 tbsp.)Contains Milk, Soy.	100.00	11.00	4.50	0.00	0.00	110.00	0.00	0.00	0.00	0.00	0.00	0.00	500.00	0.00	(M)	(M)
Marinara Dunk Cups - CAR1334 (1 Container)	15.00	0.00	0.00	0.00	0.00	120.00	3.00	1.00	2.00	1.00	0.36	0.00	100.00	1.20	(M)	(M)
Marinara Sauce, 2 oz. - CAR1718 (1 #16 scoop)	26.69	0.45	0.00	0.00	0.00	8.90	4.45	1.34	2.67	0.89	0.32	8.90	222.44	1.60	(M)	(M)
Marinara Sauce, NSA, Angela Mia - CAR1221 (1/2 c.)	53.38	0.89	0.00	0.00	0.00	17.80	8.90	2.67	5.34	1.78	0.64	17.80	444.88	3.20	(M)	(M)
Mayonnaise - CAR1117 (1 pump)Contains Egg, Soy.	100.00	7.00	1.00	0.00	10.00	270.00	8.00	0.00	4.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Mayonnaise - CAR1230 (1 tbsp.)Contains Egg, Soy.	100.00	11.00	2.00	0.00	10.00	85.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Mayonnaise - CAR1395 (1 packet)Contains Egg.	60.00	7.00	1.00	0.00	5.00	55.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Meat Sauce - CAR1100 (2 #8 scoop)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Meatball Sub - CAR1127 (1 sandwich)Contains Milk, Egg, Wheat.	465.23	20.65	6.17	0.00	64.33	874.14	45.88	8.78	7.55	26.82	3.19	182.52	686.73	12.33	(M)	(M)
Meatloaf - CAR1667 (1 ea.)Contains Milk, Wheat, Gluten.	170.00	10.00	5.00	0.00	30.00	390.00	8.00	1.00	5.00	12.00	1.44	60.00	200.00	9.00	(M)	(M)
Mexican Chicken Tinga Salad - CAR1779 (1 salad)Contains Milk.	204.94	8.09	3.50	0.00	47.13	381.46	15.07	4.61	5.25	18.17	2.64	151.05	14925.83	25.48	168.96 (M)	1.57(M)
Mexican Chicken Tinga Sub - CAR1780 (1 sandwich)Contains Milk. May contain Egg, Wheat, Soy, Gluten.	349.68	11.28	3.75	0.00	48.38	629.39	37.75	4.99	7.09	22.49	2.54	113.98	285.53	8.55	13.96(M)	0.32(M)
Mexican Tinga Chicken - CAR1777 (1/2 c.)	128.89	4.12	1.23	0.00	44.55	238.87	6.14	1.41	2.66	15.46	1.08	5.71	230.31	6.69	4.76(M)	0.27(M)
Mexican Tinga Chicken Pizza - CAR1778 (1 slice)Contains Milk, Egg, Wheat. May contain Soy, Gluten.	350.48	12.55	5.34	0.00	38.82	592.56	38.28	4.76	6.53	23.34	2.27	259.06	465.76	5.66	7.72(M)	0.17(M)
Mini Biscuits - CAR1746 (1 biscuit)Contains Milk, Wheat, Soy.	100.00	5.00	4.50	0.00	0.00	230.00	13.00	1.00	1.00	2.00	0.36	80.00	0.00	0.00	(M)	(M)
Mini Carrots - CAR1458 (1 ea.)	35.00	0.00	0.00	0.00	0.00	65.00	8.00	2.00	5.00	1.00	0.36	20.00	6000.00	6.00	(M)	(M)

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Mini Cheeseburger - CAR1497 (1 pkg.)Contains Milk, Wheat, Soy, Gluten.	320.00	13.00	6.00	0.50	40.00	599.99	35.00	4.00	7.00	17.00	2.70	150.00	300.00	108.00	(M)	(M)
Mini Cheeseburger - CAR1762 (1 pkg.)Contains Milk, Wheat, Soy.	390.00	17.00	8.00	0.50	50.00	830.00	41.00	5.00	9.00	18.00	3.60	150.00	500.00	126.00	(M)	(M)
Mini Cinnis - CAR1361 (1 pkg.)Contains Milk, Wheat, Gluten.	240.00	7.00	1.50	0.00	0.00	270.00	39.00	2.00	15.00	5.00	1.44	40.00	0.00	0.00	(M)	(M)
Mini Donut - CAR1456 (1 ea.)Contains Milk, Egg, Wheat, Soy.	270.00	11.00	3.00	0.00	0.00	230.00	41.00	2.00	21.00	4.00	0.72	60.00	0.00	0.00	(M)	(M)
Mini Maple Waffles - CAR1047 (1 pkg.)Contains Milk, Egg, Wheat, Soy.	210.00	6.00	1.00	0.00	0.00	170.00	38.00	3.00	13.00	4.00	0.72	20.00	0.00	0.00	(M)	(M)
Mozzarella String Cheese - CAR1211 (1 ea.)Contains Milk.	80.00	6.00	4.00	0.00	15.00	200.00	1.00	0.00	0.00	6.00	0.00	200.00	200.00	0.00	(M)	(M)
Multigrain Cheerios - CAR1546 (1 bowl)Contains Wheat.	100.00	1.00	0.00	0.00	0.00	110.00	23.00	2.00	6.00	2.00	7.20	80.00	500.00	6.00	(M)	(M)
Nacho Cheese Doritos - CAR1205 (1 pkg.)Contains Milk.	130.00	5.00	0.50	0.00	0.00	200.00	20.00	2.00	0.00	2.00	0.36	0.00	100.00	0.00	(M)	(M)
Nachos, All Beef - CAR1716 (1 ea.)Contains Milk. Processed in a facility that also processes Soy.	456.35	26.84	6.60	0.00	43.27	542.47	38.87	0.12	1.29	16.30	1.33	264.21	503.74	0.42	6.55(M)	0.07(M)
Nachos, All Beef, Queso Blanco - CAR1717 (1 ea.)Contains Milk, Soy.	455.66	27.05	6.74	0.00	42.50	504.72	38.67	0.12	0.20	15.60	1.33	245.23	472.97	0.42	6.55(M)	0.07(M)
Nachos, Bean & Cheese - CAR1357 (1 serving)Contains Milk, Soy.	476.45	24.29	12.13	0.00	30.29	308.09 (M)	48.23	5.11	0.51	15.21	1.66	353.64	302.86	0.00	(M)	(M)
Nachos, Bean & Cheese - CAR1505 (1 serving)Contains Milk. Processed in a facility that also processes Soy.	490.24	22.40	4.77	0.00	22.59	519.13	56.40	6.72	2.60	16.93	2.58	268.58	353.40	3.90	(M)	(M)
Nachos, Bean and Cheese - CAR1090 (1 ea.)Contains Milk. Processed in a facility that also processes Soy.	476.77	24.45	5.32	0.00	32.39	809.86	49.69	3.59	1.75	15.69	1.80	285.63	453.43	0.00	(M)	(M)
Nachos, Beef & Cheese LOL, Don Lee Farms, Fremont - CAR1615 (1 serving)Contains Milk, Wheat, Soy.	465.00	26.90	11.45	0.01	25.00	740.75	41.59	2.38	1.41	13.33	2.05	64.81	369.18	1.06	(M)	0.17
Nachos, Beef and Cheese - CAR1402 (1 serving)Contains Milk, Wheat, Soy.	465.00	26.90	11.45	0.01	25.00	740.75	41.59	2.38	1.41	13.33	2.05	64.81	369.18	1.06	(M)	0.17
Nachos, Cheese - CAR1089 (1 ea.)Contains Milk.	533.35	32.68	16.72	0.00	64.78	944.18	39.05	2.02	2.31	20.24	0.73	510.13	899.93	0.00	(M)	(M)
Nachos, Cheese - CAR1332 (1 serving)Contains Milk, Soy.	414.74	23.26	12.13	0.00	30.29	30.38(M)	38.46	2.02	0.00	12.13	0.73	343.36	302.86	0.00	(M)	(M)
Nachos, Chicken - CAR1092 (1 ea.)Contains Milk, Soy.	469.32	26.47	12.41	0.00	70.45	644.61	37.75	2.02	1.16	19.76	0.91	275.31	449.96	0.00	(M)	(M)

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Ninja Burger - CAR1676 (1 burger)Contains Egg, Wheat, Soy, Gluten.	351.90	17.63	6.65	0.00	40.00	468.68	34.88	3.79	10.05(M)	14.55	2.35	33.90	285.26	10.24	27.64(M)	0.27(M)
Ninja Burger - CAR1677 (1 burger)Contains Egg, Wheat, Soy, Gluten.	351.90	17.63	6.65	0.00	40.00	468.68	34.88	3.79	10.05(M)	14.55	2.35	33.90	285.26	10.24	27.64(M)	0.27(M)
Non-Fat Chocolate Milk - CAR1014 (1 Half Pint)Contains Milk.	120.00	0.00	0.00	0.00	5.00	190.00	20.00	0.00	18.00	9.00	0.00	300.00	500.00	1.20	(M)	(M)
Non-Fat Chocolate Milk - CAR1349 (1 Carton)Contains Milk.	120.00	0.00	0.00	0.00	5.00	150.00	22.00	0.00	9.00	9.00	0.36	300.00	500.00	0.00	(M)	(M)
Non-Fat Strawberry Milk - CAR1351 (1 Carton)Contains Milk.	120.00	0.00	0.00	0.00	5.00	135.00	22.00	0.00	20.00	9.00	0.00	300.00	500.00	0.00	(M)	(M)
Non-Fat White Milk - CAR1016 (1 Half Pint)Contains Milk.	90.00	0.00	0.00	0.00	5.00	135.00	13.00	0.00	12.00	9.00	0.00	300.00	500.00	2.40	(M)	(M)
Oatmeal Brown Sugar Packet - CAR1489 (1 pkg.)	160.00	2.00	0.50	0.00	0.00	262.37	32.00	3.00	12.00	4.00	2.70	82.37	750.00	0.00	78.85(M)	0.08(M)
Oatmeal Raisin BeneFIT Breakfast Bar, Read-Bake, 2.5 oz - CAR1162 (1 Bar)Contains Milk, Egg, Wheat, Soy, Gluten.	13920.00	432.00	144.00	0.00	960.00	9120.00	2304.00	144.00	1056.00	240.00	86.40	960.00	0.00	0.00	(M)	(M)
Onion Rings - CAR1382 (5 rings)Contains Milk, Wheat, Soy, Gluten.	200.00	8.00	1.50	0.00	0.00	200.00	28.00	3.00	5.00	3.00	1.08	100.00	0.00	2.40	(M)	(M)
Orange Chicken - CAR1104 (12 ea.)Contains Wheat, Soy, Gluten.	312.37	15.00	2.50	0.00	25.00	490.88	30.55	3.00	12.78	15.00	1.80	0.00	100.00	0.00	(M)	(M)
Orange Chicken - CAR1506 (12 ea.)Contains Wheat, Soy, Gluten.	66.02	0.00	0.00	0.00	0.00	95.36	16.14	0.00	13.20	0.00	0.00	0.00	0.00	13.20	(M)	(M)
Orange Chicken - CAR1649 (5 ea.)Contains Wheat, Soy, Gluten.	322.73	14.90	2.48	0.00	24.83	511.93	30.93	2.98	13.17	15.89	1.79	0.00	99.33	0.00	(M)	(M)
Orange Chicken - CAR1678 (6 oz.)Contains Wheat, Soy, Gluten.	358.60	19.64	2.88	0.00	25.64	486.92	31.86	3.80	12.53	15.81	1.99	8.26	196.78	16.93	37.55(M)	0.17(M)
Orange Chicken - CAR1763 (8 ea.)Contains Egg, Wheat, Soy.	156.36	3.47	0.50	0.00	14.87	387.00	23.60	0.50	12.68	5.95	0.54	0.00	0.00	0.60	(M)	(M)
Orange Chicken with Rice - CAR1447 (12 ea.)Contains Wheat, Soy, Gluten.	652.37	17.00	2.50	0.00	25.00	490.88	104.56	7.00	12.78(M)	23.00	3.24	0.00	100.00	0.00	(M)	(M)
Orange Chicken with Rice - CAR1759 (8 ea.)Contains Egg, Wheat, Soy.	273.55	4.16	0.50	0.00	14.87	389.03	49.10	1.88	12.68(M)	8.70	1.03	2.03	0.00	0.60	52.57(M)	0.07(M)
Orange Tangerine Juice - CAR1199 (1 ea.)	100.00	0.00	0.00	(M)	(M)	20.00	25.00	(M)	22.00	0.00	(M)	20.00	500.00	60.00	(M)	(M)
Orange Tangerine Juice - CAR1279 (1 ea.)	60.00	0.00	0.00	(M)	(M)	15.00	15.00	(M)	13.00	0.00	(M)	20.00	500.00	60.00	(M)	(M)
Organic Purple Corn Cereal - CAR1052 (1 bowl)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

Menu Item Nutrient Report

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Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Organic Vanilla Soy milk - CAR1356 (1 ea.)Contains Soy.	143.70	3.05	0.47	0.00	0.00	169.00	20.10	0.74	16.40	8.96	1.53	407.60	1220.00	0.00	(M)	(M)
Pan Dulce - CAR1403 (1 ea.)Contains Milk, Egg, Wheat, Soy, Gluten.	200.00	6.00	1.50	0.00	5.00	90.00	34.00	2.00	8.00	5.00	1.80	40.00	0.00	0.00	(M)	(M)
Pancake on a Stick - CAR1062 (1 ea.)Contains Egg, Wheat, Soy, Gluten.	198.14	9.91	2.48	0.00	24.77	307.12	16.84	2.97	3.96	6.93	1.78	19.81	0.00	0.00	(M)	(M)
Pancakes - CAR1064 (2 ea.)Contains Egg, Wheat, Soy, Gluten.	153.33	4.00	0.67	0.00	6.67	220.00	27.33	2.00	3.33	3.33	1.20	0.00	0.00	0.00	(M)	(M)
Pancakes - CAR1077 (3 ea.)Contains Egg, Wheat, Soy, Gluten.	230.00	6.00	1.00	0.00	10.00	330.00	41.00	3.00	5.00	5.00	1.80	0.00	0.00	0.00	(M)	(M)
Parfait, Fruit & Yogurt - CAR1284 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	384.98	12.75	5.17	0.00	17.50	383.49	55.14	4.62	29.46	13.02	0.72	311.59	808.12	7.84	(M)	(M)
Parfait, Fruit & Yogurt with String Cheese, Redwood - CAR1622 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	384.17	13.13	5.42	0.00	21.25	395.42	53.33	2.00	31.00	13.17	0.90	350.00	525.00	1.20	(M)	(M)
Parfait, Peach - CAR1463 (1 parfait)Contains Milk, Wheat, Soy, Gluten.	416.67	7.50	1.67	0.00	5.00	241.67	76.33	2.00	48.00	9.67	0.72	200.00	1300.00	1.20	(M)	(M)
Parfait, Peach - CAR1464 (1 parfait)Contains Milk, Wheat, Soy, Gluten.	233.33	3.75	0.83	0.00	2.50	125.83	44.17	1.00	29.00	4.83	0.36	100.00	800.00	1.20	(M)	(M)
Parfait, Tropical Fruit - CAR1413 (1 parfait)Contains Milk, Wheat, Soy, Gluten.	226.77	3.75	0.83	0.00	2.50	121.12	43.13	2.31	27.43	5.39	0.36	109.09	765.34	64.08	(M)	(M)
Parfait, Tropical Fruit - CAR1418 (1 parfait)Contains Milk, Wheat, Soy, Gluten.	310.10	6.75	1.17	0.00	2.50	184.45	55.80	3.31	32.42	6.73	0.72	109.09	765.34	64.08	(M)	(M)
Parmesan Chicken Burger - CAR1641 (1 burger)Contains Milk, Egg, Wheat, Soy, Gluten.	383.35	15.22	3.88	0.00	58.75	696.95	40.47	4.67	5.34	22.45	3.04	94.45	261.22	2.00	(M)	(M)
Parmesan Chicken Burger, Tyson G6-12 - CAR1642 (1 burger)Contains Milk, Wheat, Soy, Gluten.	446.13	19.24	3.89	0.00	28.80	737.61	45.48	6.67	6.34	22.22	3.06	116.34	247.92	0.80	(M)	(M)
Pasta Alfredo with Chicken - CAR1760 (2 #8 scoop)Contains Milk, Wheat, Gluten.	288.17	10.62	4.92	0.00	58.54	806.13	29.59	2.67	5.94	19.75	1.75	309.53	387.89	0.08	(M)	(M)
Pasta and Meatballs - CAR1715 (1 entree)Contains Milk. Processed in a facility that also processes Egg, Wheat, Soy, Gluten.	515.50	19.98	7.31	0.02	38.79	834.45	66.18	10.93	8.96	26.09	5.47	120.51	566.35	4.58	74.73(M)	1.69(M)
Pasta with Meat Sauce - CAR1335 (2 #8 scoop)Contains Wheat, Gluten.	245.45	9.03	3.05	0.00	25.00	131.44	27.41	4.88	5.45	13.98	2.96	28.07	289.17 (M)	2.08(M)	(M)	(M)

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Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Pasta with Meat Sauce, Don Lee Farms Fremont - CAR1617 (2 #8 scoop)Contains Wheat, Gluten.	245.45	7.83	2.35	0.00	39.00	51.44	27.41	4.88	5.45	16.58	3.08	32.07	289.17 (M)	2.08(M)	(M)	(M)
Pasta with Veg Sauce - CAR1336 (2 #8 scoop)Contains Milk, Wheat, Gluten.	324.41	11.66	5.37	0.00	22.78	331.79	37.94	5.68	5.36	17.17	2.59	339.19	541.51	2.31	(M)	(M)
Pasta, Spaghetti with Marinara Sauce and Parmesan Cheese, Redwood - CAR1627 (2 #6 scoop)Contains Milk. Processed in a facility that also processes Egg, Wheat, Gluten.	390.09	8.65	5.99	0.00	28.35	447.12	67.87	10.12	10.60	21.32	3.73	355.21	722.92	5.21	709.69 (M)	0.71(M)
Pasta, Spaghetti with Marinara Sauce and Two Cheese, Redwood - CAR1628 (2 #6 scoop)Contains Milk. Processed in a facility that also processes Egg, Wheat, Gluten.	471.09	14.73	10.04	0.00	43.54	649.62	68.88	10.12	10.60	27.39	3.73	557.71	925.42	5.21	709.69 (M)	0.71(M)
Pasta, Spaghetti with Meat Sauce, Redwood - CAR1629 (2 #6 scoop)Processed in a facility that also processes Egg. Contains Wheat, Gluten.	277.02	8.70	3.16	0.00	25.00	168.21	36.23	7.64	9.82	15.71	3.80	37.95	662.12	9.21	283.88 (M)	0.28(M)
PB & Grape Jelly - CAR1453 (1 ea.)Contains Wheat, Peanuts, Gluten.	300.00	17.00	3.00	0.00	0.00	280.00	32.00	4.00	14.00	9.00	1.44	20.00	0.00	0.00	(M)	(M)
PB & Grape Jelly - CAR1455 (1 ea.)Contains Wheat, Peanuts, Soy.	310.00	18.00	4.00	0.00	0.00	210.00	31.00	5.00	13.00	10.00	1.08	20.00	0.00	0.00	(M)	(M)
PB & Strawberry Jelly - CAR1461 (1 sandwich)Contains Wheat, Peanuts.	300.00	17.00	3.00	0.00	0.00	280.00	32.00	4.00	14.00	9.00	1.44	20.00	0.00	0.00	(M)	(M)
Peach Yogurt Parfait - CAR1694 (1 parfait)Contains Milk, Wheat, Soy, Gluten.	400.02	7.17	1.44	0.00	5.04	188.62	80.07	4.42	57.77	6.87	1.47	140.03	81.02	52.82	(M)	(M)
Peaches, Diced, Extra Light Syrup, Canned, Salida - CAR1436 (1/2 c.)	88.30	0.00	0.00	0.00	0.00	7.36	20.60	1.47	19.13	0.00	(M)	(M)	(M)	(M)	(M)	(M)
Peanut Butter & Mixed Fruit Jelly Sandwich - CAR1721 (1 sandwich)Processed in a facility that also processes Milk, Egg, Tree nuts. Contains Wheat, Peanuts, Soy, Gluten.	370.00	17.00	2.50	0.00	0.00	410.00	46.00	4.00	19.00	11.00	2.16	60.00	0.00	2.40	(M)	(M)
Peas and Carrots - CAR1788 (1/2 c.)	48.96	0.00	0.00	(M)	0.00	53.85	8.81	2.94	4.90	2.94	0.71	19.58	2447.88	5.88	(M)	(M)
Pepperoni Pizza - CAR1547 (1 slice regular)Contains Milk, Wheat, Soy.	432.31	18.90	8.09	0.00	41.64	550.02	43.07	4.00	7.11	10.32	2.74	349.56	400.11	0.00	(M)	(M)
Pepperoni Pizza - CAR1785 (1 slice)Contains Milk, Wheat, Soy.	270.00	9.00	4.00	0.00	20.00	570.00	29.00	3.00	3.00	20.00	1.80	450.00	750.00	6.00	(M)	(M)

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Pepperoni Pizza - CAR1789 (1 pizza whole)Contains Milk, Wheat, Soy, Gluten.	386.67	17.33	8.00	0.00	46.67	653.33	34.67	4.00	6.67	21.33	2.40	266.67	400.00	0.00	(M)	(M)
Pesto Roasted Chicken, Tyson fajita, pinenuts (1/2c cooked= 2.5 oz = 2 oz M/MA) , Recipe - CAR1805 (1/2 c.)Contains Milk, Tree nuts, Soy.	223.87	16.94	3.08	0.00	80.98	517.21	2.63	0.22	0.01	16.39	0.47	11.56	157.82	0.00	-27.89 (M)	0.40(M)
Pesto Roasted Tuna - CAR1804 (2 oz.)Contains Milk, Fish, Tree nuts, Soy.	115.93	4.21	0.31	0.00	42.29	426.40	0.16	0.07	0.00(M)	18.34	1.04	3.85(M)	52.61(M)	0.00(M)	0.02(M)	0.13(M)
Philly Cheese Steak Sub with Veggies - CAR1772 (1 ea.)Contains Milk, Wheat, Gluten.	450.06	14.84	5.07	0.00	99.01	719.87	37.15	3.04	7.71	41.55	4.00	243.52	276.41	35.05	55.91(M)	0.24(M)
Philly Cheese Steak Sub,Veggie - CAR1670 (1 ea.)Contains Milk, Wheat, Gluten.	459.33	14.90	5.11	0.00	99.17	755.39	37.16	3.04	7.71	40.79	4.06	249.82	232.09	35.05	55.91(M)	0.24(M)
Pinto Beans - CAR1434 (1/2 c.)	126.35	1.29	0.00	0.00	0.00	180.50	23.21	7.74	1.29	7.74	(M)	(M)	(M)	(M)	(M)	(M)
Pizza, 6" WG French Bread Cheese, Preschool, Fremont - CAR1590 (1/2 pizza)Contains Milk, Wheat, Soy.	175.38	7.02	3.26	0.00	15.06	386.06	17.01	1.50	2.00	12.04	1.35(M)	175.00 (M)	375.00 (M)	1.80(M)	(M)	(M)
Pizza, Bold Cheese - CAR1390 (1 slice regular)Contains Milk, Wheat, Soy.	399.50	15.98	6.99	0.00	34.96	439.45	42.95	4.00	6.99	8.99	2.70	349.56	399.50	0.00	(M)	(M)
Pizza, Bold Pepperoni with Olives - CAR1652 (1 slice regular)Contains Milk, Wheat, Soy.	459.40	21.61	8.09	0.00	41.64	775.76	44.87	4.00	7.11	10.32	3.39	349.56	400.11	0.00	(M)	(M)
Pizza, Bold Supreme - CAR1392 (1 slice regular)Contains Milk, Wheat, Soy.	477.31	22.31	8.54	0.50	46.80	733.39	44.84	4.30	7.48	11.74	3.27	359.50	451.26	7.59	8.74(M)	0.04(M)
Pizza, Bold Veggie - CAR1391 (1 slice regular)Contains Milk, Wheat, Soy.	421.90	17.40	7.01	0.00	34.96	553.78	45.80	4.50	8.02	9.41	3.13	354.05	527.87	9.86	32.33(M)	0.17(M)
Pizza, Bold, Fajita Chicken - CAR1656 (1 slice)Contains Milk, Egg, Wheat, Soy.	499.29	22.31	9.48	0.01	73.55	684.46	46.29	4.34	7.95	16.99	2.94	402.45	531.32	7.18	13.53(M)	0.07(M)
Pizza, Buffalo Chicken - CAR1462 (1 slice regular)Contains Milk, Wheat, Soy.	389.40	18.97	6.99	0.00	44.93	748.86	34.95	3.00	7.99	19.97	2.70	299.54	399.39	0.00	(M)	(M)
Pizza, Cheese - CAR1234 (1 slice)Contains Milk, Wheat, Soy, Gluten.	360.00	17.00	8.00	0.00	30.00	510.00	34.00	3.00	4.00	20.00	1.80	500.00	500.00	6.00	(M)	(M)
Pizza, Cheese - CAR1342 (1 slice)Contains Milk, Wheat.	280.00	11.00	6.00	0.00	35.00	640.00	31.00	3.00	2.00	16.00	1.80	300.00	400.00	0.00	(M)	(M)
Pizza, Cheese - CAR1383 (1 slice regular)Contains Milk, Wheat, Soy.	360.16	16.01	7.00	0.00	35.02	470.21	36.02	3.00	9.00	21.01	2.70	450.20	400.18	0.00	(M)	(M)

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Pizza, Four Cheese Primo, Preschool 16 cut, Fremont - CAR1588 (1 slice regular)Contains Milk, Wheat, Soy.	210.08	9.50	4.50	0.00	22.51	320.11	18.51	1.50	4.50	14.01	1.35(M)	225.10 (M)	200.09 (M)	0.00(M)	(M)	(M)
Pizza, French Bread Cheese - CAR1470 (1 pizza)Contains Milk, Wheat, Soy.	290.00	11.00	4.50	0.00	20.00	600.00	33.00	3.00	4.00	17.00	2.70	350.00	750.00	3.60	(M)	(M)
Pizza, Hawaiian - CAR1343 (1 slice)Contains Milk, Wheat.	260.00	11.00	5.00	0.00	35.00	670.00	27.00	3.00	3.00	16.00	1.44	250.00	400.00	1.20	(M)	(M)
Pizza, Hawaiian - CAR1388 (1 slice regular)Contains Milk, Wheat, Soy.	382.66	16.76	7.25	0.00	42.52	527.71	38.14	3.13	10.88	22.76	2.84	452.70 (M)	400.18 (M)	2.02	(M)	(M)
Pizza, New York Cheese 10 cuts - CAR1630 (1 slice)Contains Milk, Wheat, Gluten.	270.00	11.00	6.00	0.00	35.00	620.00	31.00	3.00	2.00	16.00	1.80	300.00	400.00	0.00	(M)	(M)
Pizza, New York Pepperoni 10 cuts - CAR1632 (1 slice)Contains Milk, Wheat, Gluten.	380.00	21.00	11.00	0.00	60.00	980.00	31.00	4.00	2.00	22.00	1.80	350.00	500.00	0.00	(M)	(M)
Pizza, Par Baked Four Cheese Primo, Preschool 16 cut, Fremont - CAR1594 (1 slice regular)Contains Milk, Wheat, Soy.	210.00	9.50	5.00	0.00	25.00	330.00	18.00	2.00	3.00	12.50	0.18(M)	1920.00 (M)	2275.00 (M)	0.00(M)	(M)	(M)
Pizza, Pepperoni - CAR1141 (1 slice)Contains Milk, Wheat, Soy, Gluten.	324.60	13.19	5.82	0.00	30.01	522.92	33.09	4.00	10.09	17.00	2.73	250.00	300.46	0.00	(M)	(M)
Pizza, Pepperoni - CAR1344 (1 slice)Contains Milk, Wheat.	360.00	19.00	9.00	0.00	40.00	980.00	31.00	4.00	2.00	22.00	1.80	350.00	500.00	0.00	(M)	(M)
Pizza, Pepperoni (Turkey) - CAR1282 (1 slice)Contains Milk, Wheat, Soy, Gluten.	365.33	17.27	8.10	0.00	32.67	541.99	34.13	3.00	4.07	20.67	1.87	501.33	500.00	6.32	(M)	(M)
Pizza, Pepperoni (Turkey) - CAR1385 (1 slice regular)Contains Milk, Wheat, Soy.	370.29	16.51	7.19	0.00	40.08	530.96	36.27	3.00	9.13	22.27	2.84	452.73	400.18	0.61	(M)	(M)
Pizza, Pepperoni (Turkey) 6" WG French Bread Cheese, Fremont - CAR1569 (1 pizza)Contains Milk, Wheat, Soy.	300.80	11.54	4.70	0.00	25.40	664.80	33.27	3.00	4.13	18.35	2.85	352.70	750.00	4.25	(M)	(M)
Pizza, Pepperoni (Turkey) 6" WG French Bread Cheese, Preschool, Fremont - CAR1591 (1/2 pizza)Contains Milk, Wheat, Soy.	180.78	7.29	3.36	0.00	17.76	418.46	17.14	1.50	2.07	12.72	1.42(M)	176.35 (M)	375.00 (M)	2.12(M)	(M)	(M)
Pizza, Pepperoni (Turkey) Primo Par Baked, 8 cut, Fremont - CAR1568 (1 slice regular)Contains Milk, Wheat, Soy.	370.13	16.51	8.19	0.00	45.06	550.75	35.25	4.00	6.13	19.27	0.50	3842.53	4550.00	0.61	(M)	(M)

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Pizza, Pepperoni (Turkey) Primo Par Baked, Preschool 16 cut, Fremont - CAR1595 (1 slice regular)Contains Milk, Wheat, Soy.	215.00	9.75	5.09	0.00	27.50	360.00	18.13	2.00	3.06	13.13	0.25(M)	1921.25 (M)	2275.00 (M)	0.30(M)	(M)	(M)
Pizza, Pepperoni (Turkey) Primo, Preschool 16 cut, Fremont - CAR1589 (1 slice regular)Contains Milk, Wheat, Soy.	215.52	9.78	4.61	0.00	25.10	351.54	18.64	1.50	4.57	14.68	1.42(M)	226.37 (M)	200.09 (M)	0.30(M)	(M)	(M)
Plain Yogurt Parfait - CAR1695 (1 parfait)Contains Milk, Wheat, Soy, Gluten.	354.66	7.43	1.44	0.00	7.56	191.14	66.97	4.42	45.67	8.89	1.84	190.43	30.62	52.82	(M)	(M)
Popcorn Chicken - CAR1348 (12 ea.)Contains Wheat, Soy, Gluten.	249.99	15.00	2.50	0.00	25.00	379.98	16.00	3.00	1.00	15.00	1.80	0.00	100.00	0.00	(M)	(M)
Popcorn Chicken with Onion Rings - CAR1305 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	429.17	21.75	3.79	0.00	22.92	548.33	42.67	5.75	5.92	16.75	2.73	100.00	91.67	2.40	(M)	(M)
Pork Honey Rib - CAR1041 (1 burger)Contains Milk, Wheat, Soy, Gluten.	347.59	14.46	4.99	0.00	45.00	935.17	38.53	3.95	12.93	16.93	2.14	39.66	300.00	1.20	(M)	(M)
Pork Honey Rib on a Bun K8 Commercial - CAR1567 (1 burger)Contains Milk, Wheat, Soy, Gluten.	327.59	16.46	5.49	0.00	45.00	765.17	30.53	3.95	6.93	15.93	2.14	59.66	300.00	2.40	(M)	(M)
Posole con Pollo with Tortilla Chips, Redwood - CAR1626 (1 bowl)Processed in a facility that also processes Milk, Soy.	435.51	18.42	1.13	0.00(M)	0.75(M)	430.39	49.38	1.34(M)	1.67(M)	17.82	2.20(M)	46.67(M)	833.59 (M)	0.05(M)	46.10(M)	0.05(M)
Potato Wedges - CAR1350 (1/2 c.)	90.28	2.51	0.00	0.00	0.00	30.09	15.05	2.01	0.00	2.01	0.72	0.00	0.00	3.61	(M)	(M)
Potatoes, Crinkle Cut - CAR1509 (1/2 c.)Contains Soy.	92.22	3.07	0.00	0.00	0.00	117.84	15.37	1.02	0.00	1.02	0.37	0.00	0.00	2.46	(M)	(M)
Potatoes, Deli Roasted - CAR1510 (1/2 c.)	142.70	3.57	0.51	0.00	0.00	163.09	25.48	2.04	0.00	2.04	0.73	0.00	0.00	4.89	(M)	(M)
Potatoes, French Cut - CAR1427 (1/2 c.)	87.00	3.00	1.00	0.00	0.00	100.00	15.00	1.00	0.00	1.00	(M)	(M)	(M)	(M)	(M)	(M)
Powdered Sugar - CAR1244 (1/4 c.)	120.00	0.00	0.00	(M)	(M)	0.00	30.00	(M)	30.00	0.00	(M)	(M)	(M)	(M)	(M)	(M)
Protein Pack with Egg - CAR1005 (1 pkg.)Contains Milk, Egg, Wheat, Soy, Gluten.	458.64	14.66	4.94	0.00	178.68	499.56	67.49	5.00	34.49	16.54	1.96	322.00	928.80	0.00	(M)	(M)
Protein Pack with Egg- Supper - CAR1619 (1 pkg.)Contains Milk, Egg, Wheat, Gluten.	368.64	12.16	4.94	0.00	178.68	404.56	50.49	4.00	29.49	14.54	1.24	222.00	428.80	0.00	(M)	(M)
Protein Pack with String Cheese - CAR1314 (1 pkg.)Contains Milk, Wheat, Soy, Gluten.	470.00	16.00	8.00	0.00	30.00	695.00	68.00	5.00	34.00	16.00	1.44	500.00	900.00	0.00	(M)	(M)

Menu Item Nutrient Report

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Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Protein Pack with String Cheese - CAR1508 (1 pkg.)Contains Milk. May contain Egg, Tree nuts, Wheat, Peanuts, Soy, Gluten.	558.57	25.20	5.03	0.00	15.00	564.73	75.05	5.59	33.45	16.32	3.33	341.50	700.00	0.99	6.63(M)	0.80(M)
Protein Pack with Sunflower Seeds - CAR1159 (1 pkg.)Contains Milk. May contain Egg, Tree nuts, Wheat, Peanuts, Soy, Gluten.	560.00	25.00	4.50	0.00	15.00	510.00	74.00	7.00	37.00	16.00	2.52	320.00	700.00	0.00	(M)	(M)
Protein Pack with Sunflower Seeds- Supper - CAR1620 (1 pkg.)Contains Milk. May contain Egg, Tree nuts, Wheat, Peanuts, Soy, Gluten.	470.00	22.50	4.50	0.00	15.00	415.00	57.00	6.00	32.00	14.00	1.80	220.00	200.00	0.00	(M)	(M)
Pulled Pork - CAR1728 (1/3 c.)Contains Soy.	151.10	8.11	3.04	0.00	53.75	57.80	1.01	0.00	1.01	16.23	0.55	0.00	40.06	1.83	-12.47(M)	(M)
Pumpkin Bread Slice - CAR1340 (1 slice)Contains Egg, Wheat, Soy.	270.00	10.00	2.00	0.00	0.00	220.00	43.00	2.00	24.00	6.00	1.44	100.00	1000.00	0.00	(M)	(M)
Pupusa, Bean and Cheese - CAR1511 (1 ea.)Contains Milk.	290.00	11.00	3.50	0.00	15.00	580.00	35.00	4.00	1.00	13.00	1.44	250.00	200.00	1.20	(M)	(M)
Purple Corn Cereal - CAR1167 (1 bowl)Processed in a facility that also processes Tree nuts, Soy.	90.00	1.00	0.00	0.00	0.00	45.00	18.00	2.00	3.00	2.00	0.72	0.00	0.00	0.00	(M)	(M)
Quesadilla, Cheddar Cheese - CAR1177 (1 each quesadilla)Contains Milk, Wheat, Gluten.	360.00	22.00	10.50	0.00	50.00	559.99	24.00	2.00	2.00	16.00	1.44	400.00	0.00	0.00	(M)	(M)
Quesadilla, Mozzarella Cheese - CAR1487 (1 each quesadilla)Contains Milk, Wheat, Gluten.	220.63	7.88	2.47	0.00	8.44	368.13	30.56	3.00	2.00	8.94	1.84	215.31	81.56	0.00	(M)	(M)
Raisels, Sour Watermelon - CAR1308 (1 Box)	140.00	0.00	0.00	0.00	0.00	0.00	35.00	1.00	27.00	1.00	0.72	20.00	0.00	102.00	(M)	(M)
Raisin Spice Muffin - CAR1692 (1 ea.)Contains Milk, Egg, Wheat, Soy, Gluten.	360.08	9.29	4.56	0.00	27.26(M)	421.77	63.76	3.36	32.00(M)	4.17	0.99	5.74(M)	3.02	0.24(M)	1.71(M)	0.25(M)
Raisins - CAR1023 (1 Box)	131.63	0.00	0.00	0.00	0.00	10.13	31.39	2.02	29.36	1.01	1.09	20.25	(M)	(M)	(M)	(M)
Ranch Dressing - CAR1355 (1 Container)Contains Milk, Egg, Soy.	120.00	12.00	1.50	0.00	10.00	250.00	2.00	0.00	2.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Ranch Dressing - CAR1450 (1 packet)Contains Milk, Egg, Soy.	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Ranch Salad Dressing - CAR1254 (2 tbsp.)Contains Milk, Egg, Soy.	107.19	11.15	2.10	0.00	10.76	92.65	0.76	0.00	0.79	0.51	0.01	19.22	29.89	0.00	(M)	(M)
Red Apple Cookie - CAR1527 (1 cookie)Contains Milk, Wheat.	84.60	3.24	0.63	0.00	0.03	56.73	12.48	1.16	5.48	1.38	0.37	2.10	6.50	0.01	(M)	(M)
Refried Beans - CAR1137 (1/2 c.)	125.31	1.34	0.45	0.00	0.00	459.09	21.48	7.16	0.00	7.16	1.61	38.39	0.00	0.00	86.02(M)	0.09(M)

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Refriend Bean, Cheese, and Rice Burrito - CAR1303 (1 burrito)Contains Milk, Wheat, Gluten.	482.19	11.69	3.50	0.00	15.00	1027.03	79.01	12.38	5.00(M)	17.26	4.82	262.03	1150.00	12.00	52.57(M)	0.07(M)
Rib-B-Que - CAR1671 (1 sandwich)Contains Wheat, Soy, Gluten.	262.89	7.90	2.40	0.00	32.00	767.59	33.88	3.40	9.55	15.33	2.09	39.00	220.96	0.00	(M)	(M)
Rice Bowl. Chicken - CAR1719 (1 bowl)Contains Wheat, Soy, Gluten.	409.54	7.55	2.02	0.00	75.28	1009.48	64.82	4.08	7.55(M)	22.90	2.05	47.36	283.46	40.73	162.33(M)	2.43(M)
Rice Chex Cereal - CAR1467 (1 ea.)	100.00	0.50	0.00	0.00	0.00	250.00	24.00	1.00	2.00	2.00	9.00	100.00	500.00	6.00	(M)	(M)
Rice Krispies - CAR1171 (1 bowl)	100.00	0.50	0.00	0.00	0.00	170.00	23.00	1.00	1.00	2.00	8.10	0.00	1000.00	12.00	(M)	(M)
Roasted Turkey & Cranberry Wrap - CAR1178 (1 ea.)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Turkey Slice - CAR1109 (1 slice)	22.81	0.13	0.00	0.00	8.87	106.44	0.00	0.00	0.00	4.56	0.09	0.00	0.00	0.00	(M)	(M)
Roll Hoagie 5" - CAR1122 (1 roll.)Contains Wheat, Gluten.	150.00	2.00	0.00	0.00	0.00	230.00	28.00	2.00	3.00	5.00	1.44	40.00	0.00	9.00	(M)	(M)
Roll Hoagie 6" - CAR1123 (1 roll.)Contains Wheat.	180.00	3.00	1.00	0.00	0.00	350.00	32.00	5.00	2.00	8.00	1.44	20.00	0.00	9.00	(M)	(M)
Romaine Lettuce - CAR1816 (1 c.)	25.70	0.45	0.06	0.00	0.00	12.10	3.55	3.17	1.80	1.86	1.47	49.90	13169.30	6.05	143.05	0.88
Salad Buffalo Chicken - CAR1096 (1 salad)Contains Milk, Wheat, Soy, Gluten.	346.04	19.75	5.55	0.00	40.00	957.65	23.12	5.31	3.75	21.11	2.63	150.75	10391.50	9.87	119.34(M)	0.82(M)
Salad Buffalo Chicken - CAR1491 (1 salad)Contains Milk, Wheat, Soy, Gluten.	356.68	19.86	5.56	0.00	40.00	977.50	25.16	6.23	4.30	22.07	3.24	176.26	15639.80	16.39	186.66(M)	1.26(M)
Salad Taco, Beef - CAR1417 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	451.12	23.60	4.44	0.00	39.17	376.37	40.99	2.24	1.87	19.77	2.29(M)	78.48(M)	494.98(M)	3.67(M)	67.42(M)	0.11(M)
Salad Taco, Chicken - CAR1097 (1 salad)Contains Milk, Soy.	452.71	23.42	10.61	0.00	71.25	373.40	41.58	4.02	3.43	20.29	1.65	168.67	1060.31	7.12	21.27(M)	0.11(M)
Salad Taco, Chicken - CAR1471 (1 salad)Contains Milk.	451.81	22.63	10.22	0.00	15.74	230.00	40.82	4.02	3.43	20.92	1.92	168.67	1060.31	7.12	21.27(M)	0.11(M)
Salad Taco, Chicken - CAR1811 (1 salad)Contains Milk.	463.62	22.80	10.27	0.00	57.69	237.93	40.85	4.02	3.43	23.02	1.94	168.67	1060.31	8.05	21.27(M)	0.11(M)
Salad Taco, Chicken - CAR1812 (1 salad)Contains Milk. Processed in a facility that also processes Soy.	448.02	22.50	4.18	0.00	57.69	209.79	39.85	1.00	1.71	22.22	1.60	154.09	605.15	4.49	10.63(M)	0.06(M)
Salad Taco, Fiesta - CAR1329 (1 salad)Contains Milk, Soy.	247.47	11.73	4.84	0.00	99.55	583.36	12.75	3.67	2.32	23.16	1.95	142.19	7822.19	14.48	77.35(M)	0.62(M)
Salad Taco, Fiesta Beef - CAR1138 (1 salad)Contains Milk.	160.86	8.87	4.07	0.00	25.00	234.00	10.18	3.13	2.25	10.61	1.86	127.07	7626.46	12.73	110.70(M)	0.83(M)
Salad Taco, Fiesta Chicken - CAR1176 (1 salad)Contains Milk.	192.29	8.53	3.64	0.00	13.24	243.37	10.25	3.00	2.05	17.88	1.78	124.83	7553.49	12.31	104.15(M)	0.77(M)

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Salad Taco, Fiesta Chicken - CAR1813 (1 salad)Contains Milk.	204.10	8.70	3.69	0.00	55.19	251.31	10.29	3.00	2.05	19.98	1.81	124.83	7553.49	13.24	104.15 (M)	0.77(M)
Salad Taco, Fiesta Vegetarian - CAR1157 (1 salad)Contains Milk.	145.84	4.71	2.53	0.00	12.50	220.33	16.87	6.53	1.83	8.61	1.85	139.18	7553.49	12.31	104.15 (M)	0.77(M)
Salad Taco, Vegetarian - CAR1099 (1 salad)Contains Milk.	462.71	18.92	9.11	0.00	15.00	280.90	58.08	11.02	3.43	15.04	2.82	208.67	1060.31	7.12	21.27(M)	0.11(M)
Salad Taco, Vegetarian - CAR1472 (1 salad)Contains Milk. Processed in a facility that also processes Soy.	412.53	18.62	3.02	0.00	15.00	204.35	50.85	5.58	1.71	12.17	1.99	180.25	605.15	3.56	10.63(M)	0.06(M)
Salsa - CAR1360 (2 tbsp.)	10.00	0.00	0.00	0.00	0.00	70.00	2.00	1.00	1.00	0.00	0.36	20.00	500.00	6.00	(M)	(M)
Salsa Roja - CAR1512 (1/2 c.)	53.17	0.49	0.07	0.00(M)	0.00(M)	305.12	11.57	3.49(M)	6.68(M)	2.36	0.72(M)	31.78(M)	2077.72 (M)	34.88(M)	231.51 (M)	1.25(M)
Salsa Verde - CAR1513 (1/2 c.)	58.61	1.57	0.21	0.00	0.00	70.36	11.15	3.46	6.36	1.80	1.04	20.93	276.76	20.52	10.95(M)	0.10(M)
Salsa, Chunky, Medium - CAR1381 (2 oz.)	20.00	0.00	0.00	0.00	0.00	460.00	6.00	2.00	4.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Salsa, Low-Sodium - CAR1426 (1/2 c.)	42.16	0.00	0.00	0.00	0.00	147.57	8.43	4.22	4.22	0.00	(M)	(M)	(M)	(M)	(M)	(M)
Sandwich, American Cheese Sub - CAR1744 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	292.81	12.63	5.50	0.00	48.87	948.94	27.50	2.00	5.50	17.06	1.82	212.00	274.00	2.70	(M)	(M)
Sandwich, American Cheese Sub 5" - CAR1735 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	302.81	12.63	5.50	0.00	48.87	898.94	29.50	2.00	4.50	18.06	1.82	212.00	274.00	9.30	(M)	(M)
Sandwich, American Cheese Sub, 6" - CAR1736 (1 sandwich)Contains Milk, Wheat, Soy.	332.81	13.63	6.50	0.00	48.87	1018.94	33.50	5.00	3.50	21.06	1.82	192.00	274.00	9.30	(M)	(M)
Sandwich, American Sub 6" - CAR1771 (1 sandwich)Contains Milk, Wheat.	342.81	13.63	6.50	0.00	53.87	738.94	33.50	5.00	2.50	23.06	1.71	225.00	300.00	9.30	(M)	(M)
Sandwich, Breakfast Bagel, Ham, Egg, and Cheese - CAR1754 (1 sandwich)Contains Milk, Egg, Wheat, Soy, Gluten.	348.87	13.04	4.35	0.00	121.55	597.88	37.35	4.00	4.28	20.05	2.53	144.56	261.49	3.02	(M)	(M)
Sandwich, Egg & Cheese Breakfast - CAR1050 (1 ea.)Contains Milk, Egg, Wheat, Gluten.	209.43	9.58	3.13	0.00	86.67	394.07	21.85	3.00	2.28	13.10	1.45	265.81	263.36	0.02	(M)	(M)
Sandwich, Egg & Cheese Breakfast - CAR1274 (1 ea.)Contains Milk, Egg, Wheat, Soy, Gluten.	213.87	10.54	3.35	0.00	89.05	522.88	22.35	3.00	2.78	12.05	1.50	248.06	248.49	0.02	(M)	(M)
Sandwich, Egg & Cheese Breakfast IW - CAR1048 (1 ea.)Contains Milk, Egg, Wheat, Soy.	160.00	7.00	2.50	0.00	70.00	280.00	19.00	2.00	4.00	6.00	1.08	80.00	300.00	9.00	(M)	(M)

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Sandwich, Egg Breakfast with Potato Wedge - CAR1262 (1 ea.)Contains Milk, Egg, Wheat, Soy, Gluten.	303.87	13.04	3.35	0.00	89.05	552.88	37.35	5.00	2.78	14.05	2.22	248.06	248.49	3.62	(M)	(M)
Sandwich, Egg Salad - CAR1106 (1 sandwich)Contains Egg, Wheat, Gluten.	300.36	14.18	2.63	0.00	212.57	564.11	30.21	2.26	4.81(M)	11.30	2.17	74.12	352.73	2.83	11.84(M)	0.10(M)
Sandwich, Grilled Cheese - CAR1144 (1 sandwich)Contains Milk, Wheat, Gluten.	322.25	16.18	9.11	0.00	40.50	664.75	26.00	2.00	4.00	18.18	1.44	445.00	607.50	2.40	(M)	(M)
Sandwich, Grilled Cheese, Cheddar, Commercial - CAR1565 (1 sandwich)Contains Milk, Wheat, Gluten.	360.00	20.00	10.00	0.00	60.00	620.00	28.00	2.00	4.00	18.00	1.44	440.00	600.00	2.40	(M)	(M)
Sandwich, Grilled Chicken - CAR1084 (1 ea.)Contains Wheat, Soy, Gluten.	240.00	6.00	1.50	0.00	40.00	490.00	28.00	3.00	4.00	19.00	1.80	20.00	0.00	0.00	(M)	(M)
Sandwich, Ham (turkey) & American Cheese on Sliced Bread - CAR1742 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	300.00	14.00	6.00	0.00	55.00	955.00	28.00	2.00	6.00	16.00	1.91	217.00	274.00	3.00	(M)	(M)
Sandwich, Ham (turkey) & American Cheese Sub, 5" - CAR1730 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	310.00	14.00	6.00	0.00	55.00	905.00	30.00	2.00	5.00	17.00	1.91	217.00	274.00	9.60	(M)	(M)
Sandwich, Ham (turkey) & American Cheese Sub, 6" - CAR1732 (1 sandwich)Contains Milk, Wheat, Soy.	340.00	15.00	7.00	0.00	55.00	1025.00	34.00	5.00	4.00	20.00	1.91	197.00	274.00	9.60	(M)	(M)
Sandwich, Ham (turkey) & Cheddar on Hoagie - CAR1684 (1 sandwich)Contains Milk, Wheat, Gluten.	301.13	12.09	5.56	0.00	50.25	647.38	29.00	2.00	4.00	19.09	1.80	252.50	303.75	9.60	(M)	(M)
Sandwich, Ham (turkey) & Cheddar with Lettuce, Redwood - CAR1625 (1 sandwich)Contains Milk, Wheat, Gluten.	277.98	10.09	3.78	0.00	55.13	714.83	27.83	2.30	5.67	18.22	2.12	160.95	1392.33	3.87	13.47(M)	0.08(M)
Sandwich, Ham (turkey) & Cheese Sub, 5" - CAR1552 (1 sandwich)Contains Milk, Wheat, Gluten.	301.13	12.09	5.56	0.00	50.25	647.38	29.00	2.00	4.00	19.09	1.80	252.50	303.75	9.60	(M)	(M)
Sandwich, Lunch Bag, Sun Butter & Grape Jelly, Fremont - CAR1248 (1 Bag)Contains Milk, Wheat, Soy, Gluten.	591.50	25.50	7.50	0.00(M)	25.00(M)	649.00	70.50	10.00(M)	46.50	24.00	1.53(M)	590.00	13425.00	61.80(M)	(M)	(M)
Sandwich, Lunch Bag, Sun Butter & Grape Jelly, Redwood - CAR1502 (1 Bag)Contains Milk, Wheat, Soy, Gluten.	603.50	25.73	7.54	0.00	25.00	635.00	74.56	13.30	47.84	24.36	1.70(M)	578.00	13000.00	8.10(M)	(M)	(M)

Menu Item Nutrient Report

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Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Sandwich, Lunch Bag, Turkey Ham & Cheese, WG French Roll, IW, Fremont - CAR1247 (1 Bag)Contains Milk, Wheat, Soy, Gluten.	477.94	10.96	5.15	0.00(M)	51.15(M)	1142.96	67.20	6.72(M)	35.24	28.65	3.20(M)	728.75	13530.94	62.71(M)	(M)	(M)
Sandwich, Peanut Butter & Jelly - CAR1024 (1 sandwich)Processed in a facility that also processes Milk, Egg, Tree nuts. Contains Wheat, Peanuts, Soy, Gluten.	370.00	17.01	2.50	0.00	0.00	412.25	47.67	4.07	19.34	11.05	2.19	60.80	2.50	2.42	(M)	(M)
Sandwich, Rib b que Pork, Commercial G9-12 - CAR1635 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	342.89	16.50	5.50	0.00	45.00	967.59	33.58	4.00	9.15	16.43	2.47	60.00	342.95	2.40	(M)	(M)
Sandwich, Sun Butter & Grape Jelly - CAR1150 (1 sandwich)Contains Wheat, Gluten.	395.23	18.43	2.05	0.00	0.00	405.38	45.86	6.17	18.42	11.23	2.95	61.32	2.50	2.42	(M)	(M)
Sandwich, Sun Butter & Grape Jelly with String Cheese - CAR1515 (1 sandwich)Contains Milk, Wheat, Gluten.	545.58	25.53	6.19	0.00	15.00	616.14	61.70	6.52	31.48	17.76	3.08	263.60	205.33	2.44	(M)	(M)
Sandwich, Sun butter and Jelly, IW - CAR1573 (1 ea.)Contains Wheat, Soy, Gluten.	320.00	17.00	2.00	0.00	0.00	260.00	35.00	6.00	17.00	10.00	0.72	40.00	0.00	0.00	(M)	(M)
Sandwich, Turkey & American Cheese - CAR1593 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	285.62	11.25	5.00	0.00	42.74	942.88	27.00	2.00	5.00	18.12	1.73	207.00	274.00	2.40	(M)	(M)
Sandwich, Turkey & American Cheese - CAR1743 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	285.62	11.25	5.00	0.00	42.74	942.88	27.00	2.00	5.00	18.12	1.73	207.00	274.00	2.40	(M)	(M)
Sandwich, Turkey & American Cheese Sub, 5" - CAR1733 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	295.62	11.25	5.00	0.00	42.74	892.88	29.00	2.00	4.00	19.12	1.73	207.00	274.00	9.00	(M)	(M)
Sandwich, Turkey & American Cheese Sub, 6" - CAR1734 (1 sandwich)Contains Milk, Wheat, Soy.	325.62	12.25	6.00	0.00	42.74	1012.88	33.00	5.00	3.00	22.12	1.73	187.00	274.00	9.00	(M)	(M)
Sandwich, Turkey & Cheddar with Lettuce, Redwood - CAR1624 (1 sandwich)Contains Milk, Wheat, Gluten.	256.41	5.97	2.28	0.00	36.73	696.64	26.33	2.30	4.17	21.40	1.85	145.95	1392.33	2.97	13.47(M)	0.08(M)
Satsuma Tangerine - CAR1401 (1 ea.)	49.54	0.00	0.00	0.00	0.00	0.00	10.90	1.98	9.91	0.99	0.36	39.63	99.08	65.39	(M)	(M)
Sausage Link - CAR1460 (2 sausage)	121.50	8.10	2.02	0.00	60.75	0.00	0.00	0.00	0.00	12.15	0.73	40.50	0.00	0.00	(M)	(M)
Sausage Patty - CAR1660 (1 ea.)	61.00	3.50	1.20	0.00	22.00	125.00	0.50	0.10	0.20	6.40	0.40	12.00	27.00	0.00	(M)	(M)

Menu Item Nutrient Report

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Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Sausage Pizza - CAR1723 (1 slice regular)Contains Milk, Wheat, Soy.	373.30	17.01	7.29	0.14	37.44	506.07	36.16	3.04	9.06	21.58	2.76	452.77	405.04	0.03	(M)	(M)
Shamrock Cookie - CAR1398 (1 ea.)Contains Milk, Wheat.	85.44	3.32	0.64	0.00	0.04	58.53	12.47	1.19	5.25	1.42	0.38	3.00	6.50	0.01	(M)	(M)
Shamrock Cookie - CAR1399 (1 ea.)Contains Milk, Wheat.	85.44	3.32	0.64	0.00	0.04	58.53	12.47	1.19	5.25	1.42	0.38	3.00	6.50	0.01	(M)	(M)
Shredded BBQ Chicken - CAR1650 (1 #8 scoop)	61.67	1.88	0.56	0.00	0.38	300.56	3.71	0.00	2.78	6.55	0.67	0.00	55.56	0.00	(M)	(M)
Sliced Carrots - CAR1429 (1/2 c.)	25.07	0.00	0.00	0.00	0.00	195.00	5.57	1.39	2.79	0.00	(M)	(M)	(M)	(M)	(M)	(M)
Sloppy Joe, Beef - CAR1409 (1 ea.)Contains Wheat, Soy, Gluten.	319.91	10.46	3.91	0.00	34.10	1337.14	39.11	4.14	13.14	17.20	3.62	42.74	182.86	0.00	(M)	(M)
Snickerdoodle Cookie - CAR1542 (1 ea.)Contains Egg, Wheat.	125.51	4.86	0.93	0.00	0.00	66.40	19.47	1.80	8.84	1.96	0.60	1.70	1.50	0.03	(M)	(M)
Soft Baked Pretzel - CAR1037 (1 pretzel)Contains Wheat, Gluten.	140.00	0.50	0.00	0.00	0.00	150.00	30.00	3.00	1.00	5.00	1.80	20.00	0.00	1.20	(M)	(M)
Southwest Beef Taco Filling, Commodity - CAR1783 (1/4 c.)	58.09	4.06	1.54	0.00	12.50	79.84	0.74	0.18	0.27	4.63	0.63	2.23	155.54	5.00	9.16(M)	0.08(M)
Soy Beef Taco Filling - CAR1396 (1/2 c.)Contains Wheat, Soy, Gluten.	139.05	7.96	3.41	0.00	34.10	471.44	3.99	1.25	0.17	11.48	1.25	24.46	182.86	0.21	57.45(M)	0.06(M)
Spaghetti with All Beef Meat Sauce, Commercial - CAR1605 (2 #8 scoop)Processed in a facility that also processes Egg. Contains Wheat, Gluten.	245.42	9.05	3.21	0.00	25.00	131.44	28.44	5.28	5.41	14.03	2.96	28.81	289.17 (M)	2.08(M)	(M)	(M)
Spaghetti with Beef Meat Sauce - CAR1376 (2 #8 scoop)Processed in a facility that also processes Egg. Contains Wheat, Gluten.	245.42	9.05	3.21	0.00	25.00	131.44	28.44	5.28	5.41	14.03	2.96	28.81	289.17 (M)	2.08(M)	(M)	(M)
Spaghetti with Meat Sauce - CAR1410 (2 #10 scoop)Processed in a facility that also processes Egg. Contains Wheat, Soy, Gluten.	276.84	9.13	3.60	0.00	34.10	331.38	32.87	6.32	7.66	16.46	3.44	64.72	561.19 (M)	4.50(M)	0.03(M)	0.02(M)
Spanish Rice - CAR1477 (1/2 c.)Contains Soy.	158.62	1.03	0.08	0.00	0.75	39.00	34.01	2.89	2.33(M)	4.25	1.03	5.66	120.16	4.16	110.52 (M)	0.13(M)
Spanish Rice - CAR1575 (1/2 c.)Contains Soy.	156.88	0.78	0.00	0.00	0.00	297.33	33.72	2.25	0.69(M)	3.81	0.56	0.00	345.73	6.22	(M)	(M)
Spanish Rice, Fremont - CAR1577 (1/2 c.)Contains Wheat.	146.94	0.78	0.00	0.00	0.00	218.68	30.78	2.51	0.00(M)	3.12	0.56	0.00	190.15	0.00	(M)	(M)
Spicy Korean Pulled Pork - CAR1729 (3/8 c.)Contains Wheat, Soy, Gluten.	242.85	13.44	4.14	0.00	60.37	532.22	8.28	0.09	6.75	19.39	1.21	3.22	120.80	2.17	-30.78 (M)	0.04(M)
Spicy Breaded Chicken Tenders - CAR1125 (3 strips)Contains Wheat, Soy.	260.93	15.05	2.51	0.00	25.09	391.39	17.06	3.01	1.00	15.05	1.81	40.14	100.36	0.00	(M)	(M)

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Spicy Breaded Chicken Tenders - CAR1493 (5 strips)Contains Wheat, Soy.	434.88	25.09	4.18	0.00	41.82	652.32	28.43	5.02	1.67	25.09	3.01	66.91	167.26	0.00	(M)	(M)
Spicy Chicken Sandwich - CAR1083 (1 ea.)Contains Wheat, Soy, Gluten.	410.00	17.50	3.50	0.00	25.00	680.00	44.00	6.00	5.00	19.00	3.78	60.00	100.00	0.00	(M)	(M)
Spicy Chicken Sandwich - CAR1149 (1 burger)Contains Wheat, Soy, Gluten.	407.59	17.46	3.49	0.00	25.00	675.17	43.53	5.95	4.93	18.93	3.76	59.66	100.00	0.00	(M)	(M)
Spicy Chicken Sandwich - CAR1270 (1 sandwich)Contains Egg, Wheat, Soy, Gluten.	315.35	11.42	2.48	0.00	27.74	745.61	37.90	5.97	4.99	16.88	2.69	59.63	99.06	0.00	(M)	(M)
Spicy Chicken Tenders with Biscuit - CAR1683 (3 strips)Contains Milk, Wheat, Soy, Gluten.	263.13	15.15	2.56	0.00	25.09	396.39	17.35	3.04	1.02	15.09	1.81	41.14	100.36	0.02	(M)	(M)
Spicy Popcorn Chicken - CAR1126 (12 piece)Contains Wheat, Soy, Gluten.	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Spiral Cut French Fries - CAR1267 (1 serving)	91.12	3.04	0.00	0.00	0.00	25.31	13.16	2.02	0.00	2.02	0.00	0.00	0.00	3.65	(M)	(M)
Spring Egg Cookies - CAR1537 (1 cookie)Contains Milk, Wheat.	85.40	3.32	0.64	0.00	0.00	58.49	12.46	1.19	5.26	1.42	0.38	3.00	6.50	0.01	(M)	(M)
Spring Egg Cookies - CAR1538 (1 cookie)Contains Milk, Wheat.	85.40	3.32	0.64	0.00	0.00	58.49	12.46	1.19	5.26	1.42	0.38	3.00	6.50	0.01	(M)	(M)
Strawberry Mini Pancakes - CAR1212 (1 pkg.)Contains Milk, Egg, Wheat, Gluten.	220.00	6.00	0.50	0.00	0.00	130.00	40.00	3.00	14.00	4.00	0.72	20.00	0.00	0.00	(M)	(M)
Strawberry Mini Pancakes - CAR1322 (1 pkg.)Contains Milk, Egg, Wheat, Gluten.	220.00	6.00	0.50	0.00	0.00	130.00	40.00	3.00	14.00	4.00	0.72	20.00	0.00	0.00	(M)	(M)
Strawberry Nutri-Grain Bar - CAR1206 (1 Bar)Contains Milk, Wheat, Soy.	160.00	4.00	0.50	0.00	0.00	150.00	29.00	3.00	14.00	2.00	1.80	200.00	750.00	0.00	(M)	(M)
Strawberry Yogurt Parfait, San Mateo - CAR1707 (1 parfait)Contains Milk, Wheat, Soy, Gluten.	394.98	7.17	1.18	0.00	5.04	186.10	78.56	4.42	57.77	6.87	1.65	316.43	660.62	54.03	(M)	(M)
Sugar Cookie - CAR1800 (1 cookie)Contains Milk, Egg, Wheat, Soy.	160.00	5.00	1.50	0.00	15.00	115.00	27.00	2.00	13.00	2.00	0.72	0.00	100.00	0.00	(M)	(M)
Sunflower Seeds - CAR1063 (1 pkg.)May contain Milk, Egg, Tree nuts, Wheat, Peanuts, Soy.	170.00	15.00	1.00	0.00	0.00	65.00	7.00	2.00	3.00	5.00	1.08	20.00	0.00	0.00	(M)	(M)
Sweet & Sour Chicken - CAR1672 (3 5/8 oz.)Contains Egg, Wheat, Soy, Gluten.	137.17	2.94	0.49	0.00	39.19	195.96	17.64	0.00	8.82	10.78	0.71	58.79	0.00	3.53	(M)	(M)
Sweet and Sour Chicken - CAR1680 (2 #8 scoop)Contains Wheat, Soy, Gluten.	385.39	20.53	3.01	0.00	25.64	593.72	36.91	4.20	17.58	16.08	2.30	24.01(M)	772.02(M)	32.20	35.39(M)	0.23(M)

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Syrup Packet - CAR1066 (1 pkg.)	80.00	0.00	0.00	0.00	0.00	20.00	20.00	0.00	14.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Tachos with Chip - CAR1516 (1 serving)Contains Milk. Processed in a facility that also processes Soy.	638.37	31.33	6.39	0.00	25.00	891.84	69.53	5.04	0.00	16.17	1.74	212.61	0.00	5.00	(M)	(M)
Taco Joe Sandwich - CAR1645 (1 ea.)Contains Wheat, Gluten.	258.86	10.63	3.59	0.00	25.00	439.93	29.11	3.46	4.81	13.32	2.34	26.09	283.19	8.91	23.70(M)	0.19(M)
Taco Salad, Beef - CAR1098 (1 salad)Contains Milk.	430.22	23.67	10.91	0.00	29.63	234.24	40.86	4.17	3.66	14.43	2.10	171.29	1145.74	7.61	28.94(M)	0.19(M)
Taco Suace - CAR1353 (1 packet)	0.03	0.00	0.00	0.00	0.00	0.48	0.01	0.00	0.01	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Tacos All Beef - CAR1608 (2 tacos)Contains Milk, Wheat, Gluten.	323.08	14.70	4.87	0.00	31.60	462.04	31.01	2.18	2.29	16.01	2.36	199.79	110.15	0.63	9.89(M)	0.11(M)
Tacos, All Beef Crunchy, Don Lee Farms, Fremont - CAR1616 (2 tacos)Contains Milk, Wheat.	306.87	15.64	7.14	0.00	42.86	280.61	24.89	2.70	0.00	14.79	1.58	123.36	289.22	0.00	16.90(M)	0.02(M)
Tacos, Chicken Fajita, Crunchy - CAR1669 (2 ea.)Contains Milk, Soy.	315.00	16.00	7.00	0.00	71.25	327.50	25.00	2.00	0.00	17.75	0.99	120.00	150.00	0.00	(M)	(M)
Tater Tots - CAR1373 (1/2 c.)Contains Soy.	129.77	5.99	1.00	0.00	0.00	309.45	15.97	2.00	0.00	2.00	0.00	59.89	0.00	0.00	(M)	(M)
Tater Tots with Chili & Cheese - CAR1186 (1 serving)Contains Milk.	375.65	15.00	6.00	0.00	25.00	1032.61	38.61	6.52	0.00	14.78	2.04	195.22	0.00	3.60	(M)	(M)
Tater Tots with Chili and Cheese - CAR1773 (1 serving)Contains Milk.	401.22	20.04	7.51	0.00	75.38	1286.03	29.10	2.00	0.00(M)	25.13	1.09	210.46	302.29	9.65	(M)	(M)
Teriyaki Beef Dippers - CAR1018 (4 ea.)Contains Wheat, Soy.	160.00	8.00	3.50	0.50	40.00	440.00	6.00	1.00	4.00	14.00	1.44	20.00	0.00	0.00	(M)	(M)
Teriyaki Beef Dippers - CAR1761 (4 ea.)Contains Wheat, Soy.	150.00	8.00	3.50	0.00	35.00	420.00	6.00	1.00	4.00	12.00	1.80	20.00	100.00	0.00	(M)	(M)
Teriyaki Beef Dippers, Don Lee Farms - CAR1613 (4 ea.)Contains Wheat, Soy, Gluten.	159.00	6.50	2.60	0.00	39.00	382.00	11.70	0.60	9.10	13.60	1.60	14.00	49.00	0.00	(M)	(M)
Teriyaki Beef Stir Fry - CAR1696 (4 ea.)Contains Wheat, Soy, Gluten.	255.74	11.79	3.86	0.50	40.29	1133.84	20.27	2.54	13.22	16.13	2.27	71.44	124.92	29.76	80.46(M)	2.28(M)
Teriyaki Beef Stir Fry - CAR1697 (4 ea.)Contains Wheat, Soy, Gluten.	245.74	11.79	3.86	0.00	35.29	1113.84	20.27	2.54	13.22	14.13	2.63	71.44	224.93	29.76	80.46(M)	2.28(M)
Teriyaki Chicken - CAR1038 (1 #12 scoop)Contains Wheat, Soy, Gluten.	178.93	6.11	2.04	0.00	76.80	1287.75	14.59	0.20	9.68	16.86	0.89	31.31	0.00	0.20	23.65(M)	2.71(M)
Teriyaki Chicken - CAR1415 (1 #12 scoop)Contains Wheat, Soy, Gluten.	214.47	6.33	1.27	0.00	44.30	574.36	26.55	0.00	19.54	12.37	0.46	0.00	0.00	0.00	(M)	(M)

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Teriyaki Chicken & Bacon Sandwich - CAR1517 (1 sandwich)Contains Wheat, Soy, Gluten.	323.90	8.03	1.01	0.00	70.91	1178.00	32.97	3.08	7.82	30.90	2.02	52.62	0.00	0.08	9.34(M)	1.07(M)
Teriyaki Chicken & Rice - CAR1309 (1 bowl)Contains Wheat, Soy, Gluten.	296.12	6.80	2.04	0.00	76.80	1289.78	40.10	1.58	9.68(M)	19.62	1.39	33.34	0.00	0.20	76.22(M)	2.78(M)
Teriyaki Pork - CAR1700 (1 c.)Contains Milk, Wheat, Soy, Gluten.	340.04	17.15	4.94	0.00	45.00	893.56	32.75	1.87	26.30	14.50	1.45	44.01	369.48	17.66	35.39(M)	0.23(M)
Three Bean Salad, Fremont - CAR1325 (1 #6 scoop)	184.72	6.28	0.36	0.00	0.00(M)	337.51	24.86	8.04	1.18(M)	8.71	1.88	60.76	118.18	2.26	(M)	0.03(M)
Tortilla Chips - CAR1010 (2 oz.)	283.50	14.18	6.08	0.00	0.00	30.38	34.42	2.02	0.00	4.05	0.73	40.50	0.00	0.00	(M)	(M)
Tortilla Chips - CAR1011 (1 package (2 oz))Processed in a facility that also processes Milk, Soy.	280.00	14.00	0.00	0.00	0.00	10.00	36.00	0.00	0.00	4.00	0.72	40.00	0.00	0.00	(M)	(M)
Trix Cereal - CAR1294 (1 bowl)May contain Wheat, Gluten.	111.38	1.01	0.00	0.00	0.00	141.75	24.30	1.01	7.09	1.01	5.47	101.25	506.25	4.86	(M)	(M)
Tropical Mixed Fruit - CAR1766 (1/2 c.)	43.73	0.00	0.00	0.00	0.00	5.32	11.04	1.32	8.48	0.56	0.00	9.16	267.17	64.52	(M)	(M)
Tuna Chunk - CAR1233 (2 oz.)Contains Fish, Soy.	60.00	0.50	0.00	0.00	30.00	260.00	0.00	0.00	(M)	13.00	0.72	(M)	(M)	(M)	(M)	(M)
Tuna Hoagie Sandwich - CAR1523 (1 sandwich)Contains Egg, Fish, Wheat, Soy.	425.83	21.28	4.20	0.00	56.40	872.94	33.34	5.02	3.28(M)	25.52	2.42	20.41(M)	0.50(M)	9.00(M)	0.01(M)	0.01(M)
Tuna Salad - CAR1422 (1 #16 scoop)Contains Egg, Fish, Soy.	245.83	18.28	3.20	0.00	56.40	522.94	1.34	0.02	1.28(M)	17.52	0.98	0.41(M)	0.50(M)	0.00(M)	0.01(M)	0.00(M)
Tuna Salad - CAR1475 (1 salad)Contains Egg, Fish, Soy.	263.13	18.45	3.23	0.00	56.40	547.29	4.84	1.30	2.59(M)	18.86	1.81	35.13(M)	5528.47(M)	10.49(M)	103.15(M)	0.68(M)
Tuna Sandwich - CAR1289 (1 sandwich)Contains Egg, Fish, Wheat, Soy, Gluten.	385.83	20.28	3.20	0.00	56.40	802.94	27.34	2.02	5.28(M)	21.52	2.42	40.41(M)	0.50(M)	2.40(M)	0.01(M)	0.01(M)
Tuna Sandwich on Sliced Bread, Redwood - CAR1623 (1 sandwich)Contains Egg, Fish, Wheat, Soy, Gluten.	424.16	24.70	4.00	0.00	62.08	814.71	26.00	2.00	4.00(M)	22.24	2.45	40.00(M)	0.00(M)	2.40(M)	(M)	(M)
Turkey & Cheddar Sandwich - CAR1003 (1 sandwich)Contains Milk, Wheat, Gluten.	276.74	9.34	4.56	0.00	37.99	685.25	26.00	2.00	4.00	20.21	1.62	242.50	303.75	2.40	(M)	(M)
Turkey & Cheddar Sub - CAR1548 (1 sandwich)Contains Milk, Wheat, Gluten.	286.74	9.34	4.56	0.00	37.99	635.25	28.00	2.00	3.00	21.21	1.62	242.50	303.75	9.00	(M)	(M)
Turkey & Cheddar Sub 6" Sandwich - CAR1441 (1 sandwich)Contains Milk, Wheat.	316.74	10.34	5.56	0.00	37.99	755.25	32.00	5.00	2.00	24.21	1.62	222.50	303.75	9.00	(M)	(M)
Turkey & Cheese Sandwich - CAR1287 (1 sandwich)Contains Milk, Wheat, Soy.	400.00	15.00	6.00	0.00	75.00	1400.00	35.00	5.00	3.00	37.00	2.27	187.00	474.00	9.00	(M)	(M)

Menu Item Nutrient Report

Generated on: 8/29/2018 3:18:39 PM by Ken Bristow

Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Turkey & Cheese Sandwich - CAR1770 (1 sandwich)Contains Milk, Wheat, Gluten.	295.62	11.25	5.00	0.00	47.74	662.88	27.00	2.00	4.00	20.12	1.62	240.00	300.00	2.40	(M)	(M)
Turkey & Cheese Sub Sandwich - CAR1411 (1 ea.)Contains Milk, Wheat.	335.62	12.25	6.00	0.00	42.74	832.88	34.00	5.00	3.00	22.12	1.62(M)	20.00(M)	0.00(M)	9.00(M)	(M)	(M)
Turkey & Cheese Wrap - CAR1252 (1 ea.)Contains Milk, Wheat, Soy.	430.08	19.10	10.01	0.00	100.00	1052.20	26.14	2.86	2.42	36.65	2.46	252.96	1161.44	2.02(M)	68.86(M)	0.26(M)
Turkey & Cheese Wrap - CAR1253 (1 ea.)Contains Milk, Wheat, Gluten.	421.72	20.94	10.51	0.00	73.97	849.87	34.14	3.86	4.42	25.98	2.34	352.96	961.44	2.02(M)	68.86(M)	0.26(M)
Turkey & Gravy - CAR1184 (1 #10 scoop)Contains Soy.	120.00	36.00	2.00	0.00	55.00	459.99	2.00	0.00	(M)	15.00	0.72	20.00	0.00	0.00	(M)	(M)
Turkey & Gravy, Salida - CAR1397 (1 serving)	161.48	4.67	2.33	0.00	86.78	510.94	2.50	0.45	0.07	28.31	1.90	28.80	4.31	0.03	0.28(M)	0.13(M)
Turkey and Cheese Sub - CAR1703 (1 sandwich)Contains Milk. May contain Egg, Wheat, Soy, Gluten.	306.74	10.34	4.56	0.00	37.99	585.25	29.00	3.00	4.00	22.21	1.61	215.87	303.95	0.01	(M)	(M)
Turkey Bacon Club Flatbread Sandwich - CAR1776 (1 sandwich)Contains Milk, Wheat. May contain Soy, Gluten.	380.00	19.67	8.00	0.00	65.00	851.67	31.00	3.00	3.00	21.67	2.12	244.20	300.22	0.66	(M)	(M)
Turkey Bacon Club Sandwich - CAR1775 (1 sandwich)Contains Milk, Wheat, Gluten.	340.00	16.67	7.00	0.00	65.00	801.67	28.00	2.00	5.00	19.67	1.80	250.00	300.00	3.00	(M)	(M)
Turkey Bacon Club Sandwich - CAR1795 (1 sandwich)Contains Milk, Wheat.	336.74	11.84	5.56	0.00	42.99	850.25	32.00	5.00	2.00	26.21	1.62	222.50	303.75	9.00	(M)	(M)
Turkey Cheeseburger - CAR1682 (1 ea.)Contains Milk, Wheat, Gluten.	295.56	12.04	4.28	0.00	60.13	696.19	27.00	3.00	4.00	21.54	1.44	121.25	151.88	0.00	(M)	(M)
Turkey Chorizo Sausage - CAR1639 (1 Bag)Contains Soy.	102.75	5.14	1.54	0.00	41.10	410.99	2.06	0.00	0.00	12.33	1.11	20.55	513.73	0.00	(M)	(M)
Turkey Ham Slice - CAR1110 (1 slice)	30.00	1.50	0.50	0.00	15.00	112.50	0.50	0.00	0.50	3.50	0.18	5.00	0.00	0.30	(M)	(M)
Turkey Sausage Breakfast Pizza - CAR1592 (1 ea.)Contains Milk, Wheat, Soy.	240.00	7.00	2.50	0.00	15.00	490.00	31.00	3.00	5.00	11.00	1.80	150.00	200.00	2.40	(M)	(M)
Turkey Sausage Link - CAR1459 (1 sausage)	60.75	4.05	1.01	0.00	30.38	0.00	0.00	0.00	0.00	6.08	0.37	20.25	0.00	0.00	(M)	(M)
Turkey Sausage Muffin - CAR1400 (1 ea.)Contains Wheat, Gluten.	170.00	6.00	1.50	0.00	35.00	290.00	21.00	3.00	2.00	13.00	1.44	170.00	0.00	0.00	(M)	(M)
Turkey Sausage Patty - CAR1076 (2 patty)	120.00	9.00	3.00	0.00	70.00	160.00	0.00	0.00	0.00	12.00	0.72	40.00	0.00	0.00	(M)	(M)
Turkey Sausage Sandwich - CAR1275 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	220.00	10.00	3.50	0.00	42.50	535.00	21.50	3.00	2.50	15.50	1.50	253.50	137.00	0.00	(M)	(M)

Menu Item Nutrient Report

Generated on: 8/29/2018 3:18:39 PM by Ken Bristow

Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Turkey Sausage Sandwich with Wedges - CAR1323 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	310.00	12.50	3.50	0.00	42.50	565.00	36.50	5.00	2.50	17.50	2.21	253.50	137.00	3.60	(M)	(M)
Turkey Soft Tacos - CAR1088 (2 ea.)Contains Milk, Wheat, Gluten.	327.77	12.26	3.00	0.00	62.62	658.31	31.25	2.00	2.00(M)	22.78	2.52	170.00	75.00	1.20	(M)	(M)
Turkey Spice Cookie - CAR1528 (1 cookie)Contains Milk, Wheat.	127.00	4.63	1.99	0.00	0.06	83.39	19.64	0.42	7.53	1.32	0.35	7.10	1.50	0.11	(M)	(M)
Turkey Spice Cookie - CAR1529 (1 cookie)Contains Milk, Wheat.	127.00	4.63	1.99	0.00	0.06	83.39	19.64	0.42	7.53	1.32	0.35	7.10	1.50	0.11	(M)	(M)
Valentine Cookie - CAR1327 (1 cookie)Contains Milk, Wheat.	85.44	3.32	0.64	0.00	0.04	58.30	12.47	1.19	5.25	1.42	0.38	3.00	6.43	0.01	(M)	(M)
Valentine Cookie - CAR1536 (1 cookie)Contains Milk, Wheat.	85.44	3.32	0.64	0.00	0.04	58.30	12.47	1.19	5.25	1.42	0.38	3.00	6.50	0.01	(M)	(M)
Vanilla Yogurt Parfait - CAR1708 (1 parfait)Contains Milk, Wheat, Soy, Gluten.	394.98	7.17	1.18	0.00	5.04	191.14	79.06	4.42	58.27	6.87	1.65	366.83	106.22	52.82	(M)	(M)
Vegetable Fried Rice - CAR1787 (2/3 c.)Contains Wheat, Soy.	183.05	1.70	0.00	0.00	0.00	298.31	36.61	2.71	2.03	4.07	0.49	13.56	2372.88	1.63	(M)	(M)
Vegetarian Beans - CAR1433 (1/2 c.)	121.70	1.11	0.00	0.00	0.00	154.89	22.13	5.53	5.53	7.75	(M)	(M)	(M)	(M)	(M)	(M)
Veggie Pizza - CAR1724 (1 slice regular)Contains Milk, Wheat, Soy.	380.53	17.40	7.01	0.00	35.02	583.98	38.43	3.37	9.74	21.34	3.10	453.56	434.83	8.32	21.70(M)	0.11(M)
Veggie Teriyaki Patty with Rice - CAR1310 (1 bowl)Contains Wheat, Soy.	490.00	9.00	0.50	0.00	0.00	470.00	86.00	7.00	4.00(M)	8.00	3.24	60.00	100.00	0.00	(M)	(M)
Very Berry Juice - CAR1200 (1 ea.)	100.00	0.00	0.00	(M)	(M)	15.00	24.00	(M)	21.00	0.00	(M)	20.00	500.00	60.00	(M)	(M)
Wacky Chocolate Cake - CAR1440 (1 slice)Contains Milk, Wheat, Soy, Gluten.	142.43	4.46	1.82	0.00(M)	0.00(M)	152.36	24.31	1.22(M)	10.45(M)	2.00	1.04(M)	16.71(M)	202.50(M)	0.00(M)	23.66(M)	0.03(M)
Waffle & Sausage - CAR1315 (1 serving)Contains Milk, Egg, Wheat, Soy, Gluten.	320.00	13.00	3.50	0.00	60.00	420.09	35.00	4.00	10.00	16.00	3.42	140.09	500.00	0.00	2.96(M)	0.00(M)
Waffle Sticks - CAR1072 (2 stick.)Contains Milk, Egg, Wheat, Soy.	120.00	3.50	0.50	0.00	1.00	165.00	19.00	2.50	4.00	2.50	0.90	30.00	0.00	0.00	(M)	(M)
Waffle Sticks - CAR1074 (3 stick.)Contains Milk, Egg, Wheat, Soy.	180.00	5.25	0.75	0.00	1.50	247.50	28.50	3.75	6.00	3.75	1.35	45.00	0.00	0.00	(M)	(M)
Waffle Sticks - CAR1078 (4 stick.)Contains Milk, Egg, Wheat, Soy.	240.00	7.00	1.00	0.00	2.00	330.00	38.00	5.00	8.00	5.00	1.80	60.00	0.00	0.00	(M)	(M)
Waffles Mini Bites - CAR1214 (1 pkg.)Contains Milk, Egg, Wheat, Soy, Gluten.	200.00	5.00	1.50	0.00	0.00	220.00	35.00	4.00	10.00	4.00	2.70	100.00	500.00	0.00	(M)	(M)

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Western Burger - CAR1251 (1 ea.) Contains Milk, Wheat, Soy, Gluten.	515.00	27.20	10.60	1.00	82.50	1185.00	41.70	4.20	9.00	24.20	3.37	163.50	187.00	0.96	(M)	(M)
WG Chicken Corn Dog - CAR1452 (1 corn dog) Contains Egg, Wheat, Soy, Gluten.	240.00	8.00	2.50	0.00	40.00	390.00	30.00	5.00	5.00	9.00	1.80	80.00	0.00	0.00	(M)	(M)
WG Chicken Tenders - CAR1524 (3 ea.) Contains Egg, Wheat, Soy.	177.33	8.87	1.97	0.00	19.70	413.77	11.82	2.96	0.00	11.82	0.18	39.41	0.00	0.00	(M)	(M)
WG Chocolate Cookie - CAR1420 (1 cookie) Contains Milk, Egg, Wheat, Soy.	110.00	3.50	1.00	0.00	5.00	85.00	18.00	1.00	8.00	2.00	3.60	0.00	500.00	0.00	(M)	(M)
WG Rice Krispies Treat Mini - CAR1443 (1 Bar) Contains Milk, Soy.	50.00	1.00	0.00	0.00	0.00	45.00	9.00	0.00	3.00	0.00	0.36	0.00	0.00	0.00	(M)	(M)
WG Turkey Sausage Egg & Cheese Breakfast Sliders - CAR1801 (2 slider) Contains Milk, Egg, Wheat, Soy.	150.00	4.50	1.60	0.00	25.00	280.00	21.00	2.00	8.00	8.00	0.18	100.00	100.00	0.00	(M)	(M)
White Flour - CAR1236 (1/4 c.) Contains Wheat, Gluten.	100.00	0.00	0.00	0.00	0.00	0.00	23.00	1.00	0.00	3.00	1.08	(M)	(M)	(M)	(M)	(M)
White Grape Juice - CAR1280 (1 Carton)	80.00	0.00	0.00	(M)	(M)	10.00	20.00	(M)	20.00	0.00	0.00	20.00	500.00	60.00	(M)	(M)
White Milk, 1% Low Fat - CAR1587 (1 ea.) Contains Milk.	120.00	2.50	1.50	0.00	15.00	160.00	15.00	0.00	15.00	10.00	0.00	300.00	750.00	(M)	(M)	(M)
Whole Fruit Cherry Juice Bar - CAR1372 (1 Bar)	40.00	0.00	0.00	0.00	0.00	5.00	9.00	2.00	7.00	0.00	0.00	60.00	500.00	60.00	(M)	(M)
Whole Grain Bagel, Burry - CAR1438 (1 bagel) Processed in a facility that also processes Egg. Contains Wheat, Soy, Gluten.	180.00	1.00	0.00	0.00	0.00	200.00	35.00	4.00	3.00	7.00	1.80	20.00	0.00	2.40	(M)	(M)
Whole Grain Bagel, Plain - CAR1259 (1 ea.) Contains Wheat.	170.00	1.00	0.00	0.00	0.00	260.00	35.00	3.00	2.00	6.00	1.80	60.00	0.00	0.00	(M)	(M)
Whole Grain Brownie - CAR1210 (1 ea.) Contains Milk, Egg, Wheat, Soy, Gluten.	150.00	4.50	1.50	0.00	0.00	160.00	28.00	2.00	16.00	2.00	1.80	20.00	0.00	0.00	(M)	(M)
Whole Grain Chocolate Mini Donut - CAR1457 (1 ea.) Contains Milk, Egg, Wheat, Soy.	320.00	15.00	7.00	0.00	0.00	270.00	41.00	2.00	19.00	5.00	1.80	40.00	0.00	0.00	(M)	(M)
Whole Grain Maple Turkey Pancake Wrap - CAR1423 (1 ea.) Contains Egg, Wheat, Soy, Gluten.	200.00	10.00	2.50	0.00	25.00	310.00	17.00	3.00	4.00	7.00	1.80	20.00	0.00	0.00	(M)	(M)
Whole Grain Snickerdoodle - CAR1256 (1 ea.) Contains Milk, Egg, Wheat, Soy.	82.90	3.00	1.16	0.00(M)	6.97(M)	84.60	12.94	0.85(M)	7.10(M)	1.38	0.14(M)	9.86(M)	133.70(M)	0.01(M)	0.00(M)	0.00(M)

Menu Item Nutrient Report

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Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Whole Grain Veggie Slider with Cheese - CAR1307 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	313.38	12.13	3.54	0.00	15.16	465.02	40.44	6.07	7.08	14.15	2.73	151.64	202.18	15.16	(M)	(M)
Whole Grain, Bagel, Blueberry - CAR1260 (1 bagel)Contains Wheat.	170.00	1.00	0.00	0.00	0.00	260.00	35.00	3.00	2.00	6.00	1.80	60.00	0.00	0.00	(M)	(M)
Whole Grain, Bagel, Cinnamon Raisin - CAR1261 (1 ea.)Contains Wheat.	170.00	1.00	0.00	0.00	0.00	260.00	35.00	3.00	2.00	6.00	1.80	60.00	0.00	0.00	(M)	(M)
Whole Wheat Flour - CAR1237 (1/4 c.)Contains Wheat.	100.00	0.50	0.00	0.00	(M)	0.00	21.00	3.00	(M)	4.00	0.36	(M)	(M)	(M)	(M)	(M)
Wowbutter Sandwich - CAR1786 (1 ea.)Contains Milk, Wheat, Soy.	290.00	16.00	3.00	0.00	0.00	220.00	28.00	4.00	11.00	9.00	2.70	80.00	0.00	0.00	(M)	(M)
Wrap Turkey & Cranberry - CAR1720 (1 ea.)Contains Milk, Wheat, Soy.	390.86	10.26	6.04	0.34	69.61	840.12	37.26	4.10	12.13	28.45	3.85	133.10	7380.21	19.92	64.78(M)	1.22(M)
Wrap, Chicken Ranch, San Mateo - CAR1675 (1 wrap)Contains Milk, Egg, Wheat, Gluten.	410.47	16.65	3.28	0.00	69.62	941.57	43.33	4.88	5.17	23.93	3.16	151.14	5434.14	10.05	107.49(M)	0.61(M)
Yellow Mustard - CAR1394 (1 packet)	0.00	0.00	0.00	0.00	0.00	65.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Yogurt, Strawberry - CAR1036 (1 container (4 oz))Contains Milk.	70.00	0.00	0.00	0.00	5.00	60.00	14.00	0.00	10.00	4.00	0.00	150.00	0.00	0.00	(M)	(M)
Yogurt, Strawberry Banana - CAR1377 (1 Container)Contains Milk.	70.00	0.00	0.00	0.00	5.00	60.00	14.00	0.00	10.00	4.00	0.00	150.00	0.00	0.00	(M)	(M)
Zucchini Bread Slice - CAR1341 (1 slice)Contains Egg, Wheat, Soy.	270.00	10.00	2.00	0.00	0.00	220.00	43.00	2.00	25.00	5.00	1.08	100.00	100.00	1.20	(M)	(M)

Legend

(M) Indicates missing nutrient values.

Report Selections

Meal Pattern: [USDA]Meal Pattern SY 2014+

Serving Group: K-12

Data Source: California