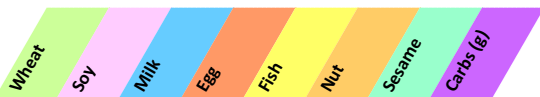
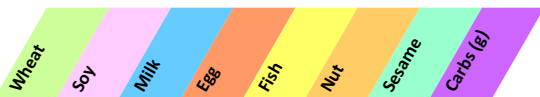


Allergens



	Wheat	Soy	Milk	Egg	Fish	Nut	Sesame	Carbs (g)
Breakfast - Cereal								
Kellogg's Jumpstart - Froot Loops, Reduced Sugar Cereal	X	X						24
Keebler Honey Grahams	X	X						17
100% Apple Juice								15
Kellogg's Jumpstart - Apple Jacks, Reduced Sugar Cereal	X	X						24
Keebler Honey Grahams	X	X						17
100% Apple Juice								15
Kellogg's Jumpstart - Frosted Flakes Multigrain, Reduced Sugar Cereal	X	X						24
Keebler Honey Grahams	X	X						17
100% Apple Juice								15
General Mills Breakfast Break - Cinnamon Toast Crunch, Reduced Sugar Cereal	X	X						22
Mini Cinnamon Animal Grahams	X	X						18
100% Apple Juice								15
General Mills Breakfast Break - Cocoa Puffs, Reduced Sugar Cereal								25
Cheddar Goldfish Crackers	X	X	X					14
100% Fruit Juice								15
Kellogg's Frosted Flakes Cereal Pouch	X	X						24
Kellogg's Apple Jacks Cereal Pouch	X	X						24
Kellogg's Froot Loops Cereal Pouch	X	X						24
Kellogg's Low Fat Granola Crunchy Clusters	X	X						47
Kellogg's Cinnamon Flakes Cereal Pouch	X	X						49
Breakfast - Yogurt								
Yogurt, Upstate Farms, Cherry Vanilla, 4 oz.			X					19
Yogurt, Upstate Farms, Strawberry Banana, 4 oz.			X					19
Yogurt, Upstate Farms, Peach, 4 oz.			X					19
Yogurt, Trix, Strawberry Banana Bash, 4 oz.			X					20
Yogurt, Trix, Raspberry Rainbow, 4 oz.			X					20
Yogurt, Yoplait, Strawberry GO BIG, 4 oz. tube (High School)			X					18
w/Keebler Honey Grahams	X	X						18
Breakfast - Hot								
Apple Cinnamon Breakfast Bosco Stick	X	X						38
Blueberry Breakfast Loaf	X	X	X	X				45
Breakfast Bosco Stick w/Egg, Cheese & Turkey Bacon	X	X	X	X				17
Breakfast Bosco Stick w/Cheese & Turkey Ham	X	X	X	X				20
Breakfast Corn Dog Bites	X	X	X	X				17
w/Tater Tots		X						14
Breakfast Pizza, Turkey Sausage & Cheese, Tony's	X	X	X					26
Chicken Filet, Tyson	X	X						8
on Biscuit	X	X	X					26
Cinnabar, Hadley Farms	X	X						45
Cinnamon Breakfast Loaf	X	X	X	X				48
Donut with Honey Glaze	X	X	X	X				41
Donut Holes with Honey Glaze	X	X	X	X				46
Egg & Cheese Omelet on English Muffin	X	X	X	X				25
French Toast Sticks, Cinnamon Glazed	X	X	X	X				26
Mini French Toast, Cinnamon Rush, Pillsbury	X	X	X	X				34
Mini French Toast, Chocolate Chip, Kellogg's	X	X	X	X				35
Mini Pancakes, Blueberry, Kellogg's	X	X	X	X				35
Mini Pancakes, Maple Flavored, Kellogg's	X	X	X	X				35
Mini Pancakes, Strawberry Splash, General Mills	X	X	X	X				40
Mini Waffles, Blueberry Bash, Pillsbury	X	X	X	X				37
Pancake Wrap, Turkey, Maple Flavored	X	X		X				17
Sausage Patty								1
on Biscuit	X	X	X					26
Sausage & Cheese Biscuit	X	X	X					28
Sausage & Cheese Croissant	X	X	X	X				17
Sausage, Egg & Cheese English Muffin	X	X	X	X				27
Sausage, Egg & Cheese Sliders	X	X	X	X				22
Turkey Bacon, Egg & Cheese English Muffin	X	X	X	X				26
Ultimate Breakfast Round, Cinnamon	X	X	X	X				44
Ultimate Breakfast Round, Oatmeal Chocolate Chip	X	X	X	X				44
Breakfast - Cold								
Breakfast Bar, Apple Blueberry Chip	X	X	X	X				48
Breakfast Bar, French Toast	X	X	X	X				47
Breakfast Bar, Apple Cinnamon	X	X	X	X				48
Cereal Bar, Cinnamon Toast Crunch, General Mills	X	X						30
Cereal Bar, Cocoa Puffs, General Mills	X	X						30
Cereal Bar, Team Cheerios, Strawberry, General Mills	X							30
Cereal Bar, Trix, General Mills	X	X						30
Chewy Bar, Rice Krispies, Cocoa, Kellogg's		X	X					27
Chewy Bar, Rice Krispies, Apple Cinnamon, Kellogg's		X	X					27
Chewy Bar, Rice Krispies, Berry, Kellogg's		X	X					27
w/Keebler Honey Grahams	X	X						18
Lender's Bagel, Plain	X	X						29
Lender's Bagel, Blueberry	X							34
Lender's Bagel, Cinnamon Raisin	X	X						33
w/Cream Cheese			X					2
Mini Bagels, Cinnamon Cream Cheese, Pillsbury	X	X	X					41
Mini Bagels, Strawberry Cream Cheese, Pillsbury	X	X	X					41
Pop-Tarts (2-pack - Middle & High), Whole Grain Frosted Brown Sugar Cinnamon	X	X						75
Pop-Tarts (2-pack - Middle & High), Whole Grain Frosted Strawberry	X	X						75
Pop-Tarts (2-pack - Middle & High), Whole Grain Fudge	X	X						76
Pop-Tarts (2-pack - Middle & High), Whole Grain Blueberry	X	X						76
Pop-Tart (single pack - Elementary), Whole Grain Frosted Strawberry, Kellogg's	X	X						38
Pop-Tart (single pack - Elementary), Whole Grain Frosted Brown Sugar Cinnamon, Kellogg's	X	X						37
Pop-Tart (single pack - Elementary), Whole Grain Frosted Fudge	X	X						38
Pop-Tart (single pack - Elementary), Whole Grain Frosted Blueberry	X	X						38
Banana Bread Slice	X	X		X				44
Pumpkin Bread Slice	X	X		X				43
Zucchini Bread Slice	X	X		X				43

Allergens



	Wheat	Soy	Milk	Egg	Fish	Nut	Sesame	Carbs (lg)
Lunch - Salads								
Chef Salad w/Turkey & Cheese			X					6
w/cROUTONS	X	X						16
& breadstick	X	X	X					17
Chef Salad w/Ham & Cheese			X					7
w/cROUTONS	X	X						16
& breadstick	X	X	X					17
Cheft Salad w/Chicken Salad		X		X				8
w/cROUTONS	X	X						16
& breadstick	X	X	X					17
Chef Salad w/Tuna Salad		X		X	X			7
w/cROUTONS	X	X						16
& breadstick	X	X	X					17
Taco Salad			X					6
w/Chicken Taco Meat	X	X						2
& Tostitos Rounds (Elementary & Middle)								25
& Tostitos Rounds (High)								33
Lunch - Burrito Bar - Select High Schools								
10" Tortilla	X	X						27
1/2 cup Cilantro Lime Rice		X						23
Tostitos Chips								33
Chicken Fajita w/Enchilada Sauce		X						8
Beef w/Enchilada Sauce		X						7
Three Bean Chili		X						10
Sweet Corn								18
Shredded Cheddar Cheese			X					0
Salsa								9
Shredded Lettuce								0
Lunch - Asian Bistro - Select High Schools								
Vegetable Fried Rice	X	X						46
Lo Mein	X	X						38
Honey Sriracha Chicken	X			X				36
Tangerine Chicken	X	X		X				37
General Tso Chicken	X	X	X	X				39
Steamed Broccoli			X					6
Szechuan Green Beans	X	X						15
Lunch - Pasta Bar - Select High Schools								
Mini Penne Noodles	X							20.5
Breadstick	X	X	X					17
Beef Meatballs	X	X						5
Chicken w/Italian Seasoning								2
Alfredo Sauce			X					6
Marinara Sauce		X						6
Steamed Broccoli			X					6
Italian Style Green Beans								5
Lunch - Chicken								
Chicken & Cheese Quesadilla (Elementary & Middle)	X	X	X					21
Chicken & Cheese Quesadilla (High)	X	X	X					28
Chicken Drumstick, Breaded, Tyson	X							5
w/Mini Biscuit	X	X	X					13
Chicken Drumstick, Mesquite, Tyson		X	X					3
Chicken Drumsticks (2), Mesquite w/BBQ Sauce		X	X					18
Chicken Filet, Tyson	X	X						14
on Bun	X	X						29
Chicken Filet, Hot & Spicy, Tyson	X	X						15
on Bun	X	X						29
Chicken Nuggets, Tyson	X							21
w/Mini Biscuit	X	X	X					13
Mega Mini Chicken Chunks, Tyson	X	X						14
w/Mini Biscuit	X	X	X					13
& Southwest Ranch Dipping Sauce		X	X	X				2
Chicken Tenders, Tyson	X	X						16
w/Mini Biscuit	X	X	X					13
Chicken Tender Wrap	X	X	X	X				47
Chicken & Waffles - Elementary								
Chicken, Tyson	X	X						8
& Waffles, Kellogg's	X	X	X	X				35
Chicken & Waffles - Middle								
Chicken, Tyson	X	X						10
& Waffles, Kellogg's	X	X	X	X				35
Chicken & Waffles - High								
Chicken, Tyson	X	X						14
& Waffle	X	X	X	X				43
Corn Dog Nuggets, Foster Farms	X	X		X				30
General Tso Chicken, Green Dragon	X	X	X	X				26
General Tso Chicken, Tyson	X	X					X	11
w/Brown Rice								23
& Dinner Roll	X	X						16
Honey Sriracha Chicken, Green Dragon	X			X				24
w/Brown Rice								23
Honey Sriracha Glazed Boneless Wings, Tyson	X							22
w/Mini Biscuit	X	X	X					13
OR over Pineapple Lime Rice		X						39
Korean BBQ Chicken Tacos	X	X						42
w/Sweet Thai Chili Slaw		X		X				12
Nachos w/Chicken & Cheese (Elementary & Middle)	X		X					32.5
Nachos w/Chicken & Cheese (High)	X		X					46
Soft Shell Chicken Tacos	X	X	X					31
Tangerine Chicken, Green Dragon	X	X		X				25
Tangerine Chicken, Tyson	X	X						11

Allergens

	Wheat	Soy	Milk	Egg	Fish	Nut	Sesame	Carbs (g)
Juice, Very Fine, Twisted Cherry, 8 oz.								31
Juice, Very Fine, Fruit Punch, 11.5 oz.								44
Juice, Very Fine, Twisted Cherry, 11.5 oz.								43
Juice, Very Fine, Krazy Kiwi, 11.5 oz.								43
Milk, White, Fat Free, 8 oz.			X					11
Milk, White, Low Fat, 8 oz.			X					13
Milk, Chocolate, Fat Free, 8 oz.			X					20
Milk, Strawberry, Fat Free, 8 oz.			X					20
Naked Juice, Berry Blast, 10 oz.								37
Naked Juice, Blue Machine, 10 oz.								50
Naked Juice, Green Machine, 10 oz.								41
Naked Juice, Mighty Mango, 10 oz.								44
Naked Juice, Strawberry Banana, 10 oz.								38
Powerade Zero, Mixed Berry, 20 oz.								0
Powerade Zero, Grape, 20 oz.								0
Powerade Zero, Fruit Punch, 20 oz.								0
Propel Zero, Grape, 16.9 oz.								0
Propel Zero, Strawberry Kiwi, 16.9 oz.								0
Switch Juice, Black Cherry, 8 oz.								30
Switch Juice, Kiwi Berry, 8 oz.								30
Switch Juice, Orange Tangerine, 8 oz.								30
Switch Juice, Watermelon Strawberry, 8 oz.								29
Switch Juice, Fruit Punch, 8 oz.								30
Switch Juice, Tropical Pineapple, 8 oz.								30
Switch Juice, Apple, 8 oz.								29
Switch Juice, Grape, 8 oz.								30
Tropicana, Fruit Medley, 10 oz.								34
Tropicana, Strawberry Kiwi, 10 oz.								38
Tropicana, Strawberry Orange, 10 oz.								40
Snacks								
Annie's Bunny Grahams, Honey	X	X	X					24
Annie's Bunny Grahams, Honey, Chocolate & Chocolate Chip	X	X	X					24
Beef Jerky, Original								6
Beef Jerky, Teriyaki	X	X						6
Beef Jerky, Peppered								7
Chips, Baked Cheetos, Crunchy			X					17
Chips, Baked Cheetos, Flamin' Hot			X					17
Chips, Baked Lay's, BBQ	X	X	X					19
Chips, Baked Lay's, Original			X					20
Chips, Baked Lay's, Sour Cream & Onion			X	X				18
Chips, Baked Ruffles, Cheddar & Sour Cream			X	X				17
Chips, Cheetos, Flamin' Hot Puffs			X					14
Chips, Cheetos, Mellow Puffs			X					13
Chips, Cheetos Fantastix, Flamin' Hot			X					20
Chips, Cheetos, Fantastix, Chili Cheese			X					19
Chips, Doritos, Cool Ranch			X					19
Chips, Doritos, Flamas			X					20
Chips, Doritos, Nacho Cheese		X	X					20
Chips, Doritos, Spicy Sweet Chili	X	X						20
Chips, Funyuns, Baked not Fried Onion Rings			X					14
Chips, Lay's, Kettle Cooked, Original								27
Chips, Lay's, Kettle Cooked, Salt & Vinegar								27
Chips, Lay's, Kettle Cooked, Smoked BBQ			X					27
Chips, Lay's, Kettle Cooked, Jalapeno Cheddar			X					27
Chips, Tostitos								29
Cinnamon Roll, Hostess	X	X	X					34
Cookies, Butter Crunchers	X	X	X	X				22
Cookies, Chocolate Chippers	X	X		X				22
Crackers, Goldfish, Cheddar	X	X	X					14
Crackers, Goldfish, XTRA Cheddar	X		X					14
Crackers, Cheez-It, Cheddar	X	X	X					14
Smartfood Popcorn, White Cheddar			X					9
Fruit Snacks, Mixed Fruit, Welch's								33
Fruit Snacks, Berries N Cherries, Welch's								33
Fruit Snacks, Scooby Doo								21
Fruit Snacks, Assorted Fruit, Mott's								38
Fruit Snacks, Mixed Berry, Mott's								38
GoGo Squeeze Applesauce, Apple Cinnamon								12
Ice Cream Sandwich, Vanilla, Reduced Fat	X	X	X					33
Ice Cream Sandwich, Cookies & Cream	X	X	X					29
Ice Cream Cup, Cotton Candy, Low Fat			X					14
Ice Cream Cup, Strawberry Sundae, Low Fat			X					15
Ice Cream Cup, Chocolate, Low Fat			X					14
Ice Cream Cup, Vanilla, Low Fat			X					14
Ice Cream Seasonal Cup, Halloween			X					16
Ice Cream Seasonal Cup, Candy Cane			X					14
Ice Cream Seasonal Cup, Valentine's Day			X					14
Ice Cream Seasonal Cup, St. Patrick's Day			X					14
Ice Cream Seasonal Cup, Spring Party			X					14
Ice Cream Seasonal Cup, Pumpkin Spice			X					15
Ice Cream Bar, Polar Blast								16
Ice Cream Bar, Chocolate Scooter	X	X	X					22
Ice Cream Bar, Strawberry Scooter	X	X	X					22
Ice Cream Bar, Salted Caramel Brownie Crunch	X	X	X					23
Ice Cream Bar, Orange Blossom			X					14
Ice Cream Bar, Fudge			X					16
Juice Twister Cup, Sour Blue Raspberry								19
Juice Twister Cup, Sour Green Apple								19
Muffin Loaves, Hostess	X	X	X	X				29
Pop-Tart, Strawberry	X	X						38
Pop-Tart, Brown Sugar Cinnamon	X	X						37

