



**Nutritional Information for Brevard County Public Schools**

2019-2020 School Year

**NOTE:** Food Services attempts to provide nutrition information that is as accurate as possible. It is based upon standard portion product guidelines, and variations of serving sizes and/or ingredient content may occur. (Nutritional information is provided by manufacturers and USDA and is subject to change periodically) Information updated 10/4/19. For questions please contact Nutrition Team at 633-1000 x 11690.

**CATCH (Coordinated Approach to Child Health)**

CATCH is a program designed to promote physical activity, healthy food choices, and nutrition education in both the school and home environment. As part of the BCSD Wellness Policy, we have implemented this approach to child health by teaching children that eating healthy and being physically active everyday can be fun. CATCH promotes healthy eating habits in childhood that can promote behavior change that can carry into adulthood.

- Menu items that are highlighted in **Green** are **GO** foods, foods that are good to eat almost anytime. These foods are the healthier choices with the lowest fat and/ or sugars.
- Menu items that are highlighted in **Yellow** are **Slow** foods, foods that are "sometimes" foods. These foods should be eaten in moderation. These foods are higher higher in fat and/or sugar and may be processed foods.
- Menu items that are highlighted in **Red** are **Whoa** foods, foods that should only be eaten occasionally. These foods are high in fat and sugar.

**Nutritionals represent 1 serving**

**BREAKFAST FOODS**

Product Description	Kcals	Fat (gm)	% Kcals from Fat	Sat Fat (gm)	% Sat Fat	Protein (gm)	Carbs (gm)	Sodium (mg)	Dietary Fiber (gm)	Additional Comments
<b>Entrees</b>										
Biscuit, Cheese	225	11	44%	7	29%	8	24	765	1	Made with White Biscuit
Biscuit, Chicken	280	14	43%	7	23%	11	29	880	2	Made with White Biscuit
Biscuit, Bacon, Egg & Cheese	330	21	56%	10	27%	13	24	1070	1	Made with White Biscuit
Biscuit, Sausage	260	14	49%	7.5	26%	11	23	920	1	Made with White Biscuit
Breakfast Platter	330	21	56%	10	27%	13	24	1070	1	Made with White Biscuit & Turkey Bacon
Breakfast Tornado, Egg, Turkey Sausage & Cheese	180	7	35%	2	8%	7	22	280	2	Made w/Whole Grains
Breakfast Tornado, Maple Sausage & Egg	180	7	35%	2	8%	6	24	280	2	Made w/Whole Grains
Cereal, Cinnamon Toast Crunch, 25% less sugar	110	3	25%	0.5	4%	1	22	160	3	Made w/Whole Grains
Cereal, Cocoa Puffs	110	1.5	12%	0	0%	2	25	160	2	Made w/Whole Grains
Cereal, Corn Chex	100	0.5	5%	0	0%	2	24	200	1	Made w/Whole Grains
Cereal, Honey Nut Cheerios	110	2	16%	0	0%	2	22	160	2	Made w/Whole Grains
Cereal, Multigrain Cheerios	100	1	10%	0	0%	2	23	110	3	Made w/Whole Grains
Cereal, Trix	110	1	8%	0	0%	1	24	160	1	Made w/Whole Grains
Cheese, Colby Jack	90	6	60%	4	40%	7	0	200	0	

Product Description	Kcals	Fat (gm)	% Kcals from Fat	Sat Fat (gm)	% Sat Fat	Protein (gm)	Carbs (gm)	Sodium (mg)	Dietary Fiber (gm)	Additional Comments
Cheese, String Cheese	60	3	42%	2	30%	7	1	200	0	
Croissant, Egg & Cheese	340	19	50%	7	19%	13	31	600	2	Made w/Whole Grains
Croissant, Ham & Cheese	315	15	41%	6	16%	16	32	615	2	Made w/Whole Grains
Croissant, Bacon, Egg & Cheese	360	21	51%	8	19%	15	31	710	2	Made w/Whole Grains
Croissant only	220	9	37%	3.5	14%	6	30	300	2	Made w/Whole Grains
Donut Holes, 7-12	286	15	47%	7	22%	5	32	300	3	Made w/Whole Grains
French Toast Minis, Chocolate Chip, Grab & Go	210	6	26%	2	6%	5	35	260	4	Made w/Whole Grains
French Toast Sticks (WG), K-8	270	12	40%	2	7%	6	35	280	3	Made w/Whole Grains
French Toast Sticks (WG), 9-12	405	18	40%	3	7%	9	53	420	5	Made w/Whole Grains
Pancake & Sausage on a Stick	200	10	45%	3	11%	7	17	310	3	Made w/Whole Grains
Pancakes, Blueberry Mini, Grab & Go	210	6	26%	1	4%	4	35	310	4	Made w/ Whole Grain
Peanut Butter & Jelly Graham Bar	300	18	27%	3	16%	9	30	220	4	Made w/Whole Grains
Sausage Bites & Waffles	323	15	42%	2	5%	14	37	390	2	Made w/Whole Grains
Sausage Breakfast Bites	260	16	55%	3	10%	16	14	320	3	Made w/Whole Grain Breading
Sausage Breakfast Griddler	150	7.5	45%	1.5	9%	9	14	355	0	Made w/Whole Grains
Grahams, Honey Belly Bear	130	4	28%	0	0%	2	20	100	1	Made w/Whole Grains
Waffles, Mini Maple Chip	160	5	28%	0	0%	4	28	190	0	Made w/Whole Grains
Waffles, Maple Mini, Grab & Go	200	5	23%	2	7%	4	35	220	4	Made w/Whole Grains
Yogurt, 4 oz	100	1	5%	1	5%	3	20	50	0	
Yogurt Parfait	231	4	15%	1	4%	5	45	217	3	Made w/Whole Grain Cereal

**LUNCH FOODS**

<b>Entrees</b>										
BBQ Bacon Jalapeno Burger, 9-12	453	23	46	9	18	26	38	1288	4	
BBQ, Beef Mac & Cheese	482	19	36	11	20	32	61	1409	1	
Buffalo Cheese Crunchers, w/Light Ranch	565	33	52%	9	14%	20	45	1030	4	Made w/Whole Grains
Burger, Cheddar Tot 9-12	444	23	47%	9	18%	25	36	800	5	Made w/Whole Grain Bun
Calzone, Ham & Cheese w/Marinara	407	16	35%	6	13%	20	46	812	5	Made w/Whole Grains
Calzone, Pepperoni w/Marinara	454	21	42%	8	15%	20	46	836	5	Made w/Whole Grains
Calzone, Pepperoni Chicken w/Marinara	555	23	37%	6	9%	32	54	903	8	Made w/Whole Grains
Calzone, Spinach & Cheese w/Marinara	444	19	38%	9	18%	22	47	837	6	Made w/Whole Grains
Carnitas, Walking Taco	336	14	37%	5	12%	22	31	886	2	Made w/Whole Grain Tortilla Chips
Cheese Sticks w/Marinara	410	19	42%	7	15%	20	42	610	5	Made w/Whole Grains
Cheeseburger, K-8	342	16	42%	6	16%	22	30	673	4	Made w/Whole Grain Bun
Cheeseburger, 9-12	379	19	45%	7	17%	25	30	730	4	Made w/Whole Grain Bun
Cheeseburger, Deluxe Bacon, 9-12	408	21	46%	8	17%	28	30	893	4	Made w/Whole Grain Bun
Cheesy Garlic French Bread w/Marinara	380	17	40%	8	19%	20	36	750	4	Made w/Whole Grains
Chicken & Penne Alfredo, K-8	318	8	21%	4	10%	24	39	606	2	See info for optional 1 oz Roll
Chicken & Penne Alfredo, 9-12	318	8	21%	4	10%	24	39	606	2	See info for optional 2 oz Roll
Chicken & Waffles, K-12	340	14	38%	3	7%	25	28	585	2	Made w/Whole Grains
Chicken Bowl, K-8	424	20	41%	6	13%	29	34	959	4	See info for optional 1 oz Roll

Product Description	Kcals	Fat (gm)	% Kcals from Fat	Sat Fat (gm)	% Sat Fat	Protein (gm)	Carbs (gm)	Sodium (mg)	Dietary Fiber (gm)	Additional Comments
Chicken Bowl, 9-12	424	20	41%	6	13%	29	34	959	4	See info for optional 2 oz Roll
Chicken Drumstick, Breaded, K-8	347	20	52%	5	12%	29	9	821	2	Made w/Whole Grains
Chicken Drumstick, Breaded 9-12	694	22	52%	9	12%	58	18	1643	4	Made w/Whole Grains
Chicken Fajita Rice Bowl	316	8	23%	3	9%	18	45	469	6	See info for optional Mini Garlic Breadstick
Chicken, Mega Mini's K-8	273	13	43%	3	9%	24	15	514	2	See info for optional 1 oz Roll
Chicken, Mega Mini's 9-12	273	13	43%	3	9%	24	15	514	2	See info for optional 2 oz Roll
Chicken, Mega Mini's, Saucy K-8	275	13	41%	3	9%	24	15	752	2	See info for optional 1 oz Roll
Chicken, Mega Mini's, Saucy 9-12	275	13	41%	3	9%	24	15	752	2	See info for optional 2 oz Roll
Chicken, Orange w/Oriental Rice K-8	281	4	12%	1	2%	14	47	311	2	Made w/Whole Grains
Chicken, Orange w/Oriental Rice 9-12	281	4	12%	1	2%	14	47	311	2	See info for optional 2 oz Roll
Chicken, Tenders, K-8	280	13	42%	3	8%	25	16	470	2	See info for optional 1 oz Roll
Chicken, Tenders, 9-12	280	13	42%	3	8%	25	16	470	2	See info for optional 2 oz Roll
Chicken, Tenders, Saucy, 7-8	282	13	41%	2.5	8%	25	16	708	2	See info for optional 1 oz Roll
Chicken, Tenders, Saucy, 9-12	282	13	41%	2.5	8%	25	16	708	2	See info for optional 2 oz Roll
Chicken, Teriyaki w/Oriental Rice K-8	264	5	16%	1	4%	21	35	415	2	Made w/Whole Grains
Chicken, Teriyaki w/Oriental Rice 9-12	264	5	16%	1	4%	21	35	415	2	See info for optional 2 oz Roll
Chicken Wing, Buffalo, 9-12	310	24	70%	6	17%	18	3	1090	0	See info for optional 2 oz Roll
Chicken Wing, Rotisserie, 9-12	280	22	71%	6	19%	18	1	330	0	See info for optional 2 oz Roll
Chicken Wing, Sweet Thai, 9-12	340	22	58%	6	16%	18	16	316	0	See info for optional 2 oz Roll
Chili Cheese Fries, 9-12	389	17	38%	5	12%	18	41	813	3	
Corn Dog	240	8	30%	3	9%	9	30	390	5	Made w/Whole Grains
Corn Dog Nuggets	270	12	40%	4	12%	10	30	410	5	Made w/Whole Grains
Fish, Go Fish Basket	330	13	34%	3	8%	16	32	440	2	Made w/Whole Grains
Fish Tacos	547	22	35%	9	14%	28	56	610	6	Made w/Whole Grains
Fruit & Cheese Cup, K-8	377	22	52%	11	26%	18	30	317	3	Made w/Whole Grain Crackers
Fruit & Cheese Cup, 9-12	444	21	42%	11	22%	20	50	198	4	Made w/Whole Grain Pretzel
Hamburger, K-8	307	14	41%	5	14%	18	29	568	4	Made w/Whole Grain Bun
Hamburger, 9-12	317	16	45%	5	15%	19	27	577	4	Made w/Whole Grain Bun
4" Hamburger Bun (Bun only K-12)	140	2	13%	0	0%	6	28	310	3	Made w/Whole Grains
Hot Dog w/Bun	290	13	40%	4	11%	11	28	600	2	Made w/Whole Grain Bun
6" Hot Dog Bun (Bun only K-12)	150	2	12%	0	0%	5	27	300	2	Made w/Whole Grains
Hummus & Veggie Platter, K-12	353	10	26%	4	10%	20	49	608	10	Served w/Whole Grain Pita Bread
Macaroni & Cheese	286	11	36%	7	21%	15	31	790	1	See info for optional Mini Garlic Breadstick
Mac & Cheese w/Meatballs	419	15	32%	8	17%	26	44	1637	1	See info for optional Mini Garlic Breadstick
Meatloaf w/Roasted Potatoes & Gravy, K-8	332	15	39%	5	13%	17	33	527	3	See info for optional 1 oz Roll
Meatloaf w/Roasted Potatoes & Gravy, 9-12	332	15	39%	5	13%	17	33	527	3	See info for optional 2 oz Roll
Nachos w/Cheese	550	33	54%	14	22%	21	40	1363	2	Made w/Whole Grains
Nachos Supreme(Pork Taco Meat)	452	24	48%	6	13%	19	38	797	4	Made w/Whole Grains
Pig in a Blanket	284	15	46%	4	13%	10	26	427	2	Made w/Whole Grains
Pita, Ham & Cheese	265	10	33%	3	10%	20	29	715	6	Made w/Whole Grains

Product Description	Kcals	Fat (gm)	% Kcals from Fat	Sat Fat (gm)	% Sat Fat	Protein (gm)	Carbs (gm)	Sodium (mg)	Dietary Fiber (gm)	Additional Comments
Pita, Mediterranean Hummus	449	19	38%	2	4%	19	59	432	15	Served w/Whole Grain Pita Bread
Pita, Turkey & Cheese	240	5	19%	2	6%	25	42	748	6	Made w/Whole Grains
Pita, Warm Fajita Chicken	395	17	38%	8	18%	24	41	721	9	Made w/Whole Grains
Pita, Warm Spinach Caprese	321	14	39%	9	26%	21	30	694	7	Made w/Whole Grains
Pizza, Cheese (5"), Tony's K-8	330	12	33%	6	16%	17	38	480	4	Made w/Whole Grains
Pizza Crunchers w/Marinara	440	20	41%	8	17%	21	48	1020	7	Made w/Whole Grains
Pizza, Cheese, Big Daddy, 9-12	400	17	38%	9	20%	19	43	580	2	
Pizza, Fiestada	340	14	37%	6	16%	17	39	850	4	Made w/Whole Grains
Pizza, Pepperoni (5") Tony's, K-8	330	13	36%	6	16%	17	38	540	4	Made w/Whole Grains
Pizza, Pepperoni, Big Daddy, 9-12	410	17	37%	8	18%	19	43	720	2	
Potato, Baked, Vegetarian, K-8	583	26	40%	16	25%	23	66	465	7	See info for optional 1 oz Roll
Potato, Baked, Vegetarian, 9-12	583	26	40%	16	25%	23	66	465	7	See info for optional 2 oz Roll
Quesadilla, Fajita Chicken	497	23	41%	14	24%	24	52	685	7	Made w/Whole Grains
Rice & Beans	488	2	3%	0	0%	19	99	573	18	Made w/Whole Grains
Roast Beef w/Whipped Potatoes & Gravy, K-8	240	8	29%	3	10%	22	21	573	2	See info for optional 1 oz Roll
Roast Beef w/Whipped Potatoes & Gravy, 9-12	240	8	29%	3	10%	22	21	573	2	See info for optional 2 oz Roll
Roast Pork w/Whipped Potatoes & Gravy, K-8	226	6	26%	2	6%	17	24	897	2	See info for optional Stuffing
Roast Pork w/Whipped Potatoes & Gravy, 9-12	226	6	26%	2	6%	17	24	897	2	See info for optional Stuffing
Roast Turkey w/Whipped Potatoes & Gravy, K-8	218	5	21%	2	6%	21	21	837	2	See info for optional 1 oz Roll
Roast Turkey w/Whipped Potatoes & Gravy, 9-12	218	5	21%	2	6%	21	21	837	2	See info for optional 2 oz Roll
Rotini & Meat Sauce, K-8	325	9	24%	3	8%	22	39	475	4	
Rotini & Meat Sauce, 9-12	325	9	24%	3	8%	22	39	475	4	See info for optional Mini Garlic Breadstick
Salad, Bean, Craisin & Sunflower	516	18	31%	2	4%	20	78	486	18	Served w/Whole Grain Pita Bread
Salad, Chef	353	14	35%	6	15%	25	37	451	4	Served w/Pretzel Stick
Salad, Chicken Bacon Ranch	386	16	38%	4	10%	28	34	745	5	Served w/Breadstick
Salad, Cobb	429	20	41%	10	22%	33	35	617	4	Served w/Pretzel Stick
Salad, Deli Turkey	270	4	14%	1.5	5%	25	36	530	4	Served w/Pretzel Stick
Salad, Endless Summer Orange Chicken	349	6	14%	1	1%	20	61	580	10	Served w/Whole Grain Pita Bread
Salad, Grilled Chicken	311	10	28%	4	12%	27	34	683	9	Served w/Whole Grain Pita Bread
Salad, Popcorn Chicken	599	32	47%	7	11%	31	48	826	6	Made w/Whole Grains
Salad, Southwest Chicken w/Sour Cream	580	32	50%	10	16%	27	48	750	7	Served w/Whole Grain Tortilla Chips
Salad, Strawberry Spinach	282	6	27%	2	6%	25	32	544	8	Served w/Whole Grain Pita Bread
Salad, Summer Orange Chicken	349	6	14%	0.5	1%	20	61	580	10	Served w/Whole Grain Pita Bread
Salad, Taco	511	28	50%	9	16%	19	44	743	7	Served w/Whole Grain Tortilla Chips
Salad, Vegetarian w/Cheddar	521	34	58%	14	24%	19	39	642	6	Served w/Whole Grain Tortilla Chips
Sandwich, BBQ Pork	272	4	14%	1	2%	21	39	1060	3	Made w/Whole Grain Bun
Sandwich, Chicken	340	11	29%	2	4%	25	37	600	6	Made w/Whole Grains
Sandwich, Crunchy Pollock	365	12	30%	3	8%	23	43	655	4	Made w/Whole Grains
Sandwich, Cuban	321	11	30%	3	9%	25	31	761	3	Made w/Whole Grains Ciabatta Bread
Sandwich, Cuban- Ciabatta Bread only	160	3.5	20%	0	0%	5	30	170	3	Made w/Whole Grains

Product Description	Kcals	Fat (gm)	% Kcals from Fat	Sat Fat (gm)	% Sat Fat	Protein (gm)	Carbs (gm)	Sodium (mg)	Dietary Fiber (gm)	Additional Comments
Sandwich, Egg Salad	360	20	50%	4	10%	18	31	901	3	
Sandwich, Grilled Cheese	300	10	30%	5	15%	20	34	740	2	Made w/Whole Grain Bread
Sandwich, Grilled Chicken	260	5	16%	0.5	2%	29	29	700	3	Made w/Whole Grain Bread
Sandwich, All Natural Ham & Cheese	355	17	43%	6	16%	20	33	755	2	Made w/Whole Grain Croissant
Sandwich, (Hot) All Natural Ham & Cheese	275	10	32%	2	10%	20	31	765	3	Made w/Whole Grain
Sandwich, Kickin' Chicken	456	20	40%	5	10%	32	37	973	6	Made w/Whole Grain
Sandwich, Monterey Chicken	351	12	31%	4	11%	34	30	988	3	Made w/Whole Grain
Sandwich, Peanut Butter & Jelly Jamwich, Grape	310	16	47%	3	7%	10	35	300	4	Made w/Whole Grain Bread
Sandwich, Peanut Butter & Jelly Jamwich, Strawberry	300	16	48%	2	6%	10	34	310	4	Made w/Whole Grain Bread
Sandwich, Philly Chicken	333	14	38%	5	12%	25	30	753	2	Made w/Whole Grain
Sandwich, Philly Chicken Peppers & Onions	349	14	37%	5	12%	25	33	799	3	Made w/Whole Grain
Sandwich, Spicy Chicken	340	12	32%	2	5%	25	37	640	4	Made w/Whole Grains
Sandwich, Tuna & Cheese	354	13	34%	5	13%	28	31	557	2	Made w/Whole Grain Croissant
Sandwich, All Natural Turkey & Cheese	330	12	33%	5	14%	25	31	788	2	Made w/Whole Grain Croissant
Sandwich, Turkey BLT	282	7	22%	4	12%	25	36	645	4	Served on Whole Grain Pretzel Roll
Sandwich, All Natural Turkey, Ham & Cheese	345	15	39%	6	15%	22	32	768	2	Made w/Whole Grain Bread
Saucy Rotini w/Meatballs, K-8	316	7	19%	2	4%	21	43	591	3	
Saucy Rotini w/Meatballs, 9-12	316	7	19%	2	4%	21	43	591	3	See info for optional Mini Garlic Breadstick
Sliders, Cheeseburger	360	11	28%	2	5%	22	44	720	6	Made w/Whole Grain Slider Bun
Sliders, Chicken	360	11	28%	2	5%	22	44	720	6	Made w/Whole Grain Slider Bun
Sliders, Chicken Spicy	360	11	28%	2	5%	22	44	929	6	Made w/Whole Grain Slider Bun
Sliders, Hamburger	316	10	28%	3	10%	20	34	505	6	Made w/Whole Grain Slider Bun
Sub, All Natural Ham & Cheese	298	12	36%	3	10%	20	30	824	2	Made w/Whole Grain Bread
Sub, Italian Meats	322	13	37%	4	11%	23	29	884	2	Made w/Whole Grain Bread
Sub, Meatball	399	13	30%	4	9%	26	45	1080	5	Made w/Whole Grain Bun
Sub, Turkey & Cheese	273	7	23%	2	7%	25	28	857	2	Made w/Whole Grain Bread
Taco, Crunchy with Lettuce & Cheese, K-8	351	19	49%	9	24%	19	26	404	4	Made w/Whole Grain Shell
Taco, Crunchy with Lettuce & Cheese, 9-12	351	19	49%	9	24%	19	26	404	4	See info for optional Mexican Rice
Taco, Soft with Lettuce & Cheese, K-8	381	18	42%	10	24%	21	35	554	6	Made w/Whole Grain Tortilla
Taco, Soft with Lettuce & Cheese, 9-12	381	18	42%	10	24%	21	35	554	6	See info for optional Mexican Rice
Tortellini Alfredo K-12	234	8	32%	9	19%	16	26	610	2	Made w/Whole Grains
Wacky Mac & Cheese, 9-12	285	12	36%	6	20%	18	28	777	2	See info for optional Mini Garlic Breadstick
Wrap, Chicken w/Light Ranch Dressing	451	18	36%	6	12%	26	47	828	5	Made w/Whole Grain Wrap
Wrap, Chicken, Spicy, Light Ranch Dressing	451	18	36%	6	12%	26	47	1154	5	Made w/Whole Grain Wrap
Wrap, Chicken, Spicy, Warm w/Light Ranch Dressing	447	18	36%	6	12%	26	46	988	4	Made w/Whole Grain Wrap
Wrap, All Natural Ham & Cheese	345	14	36%	5	14%	19	38	809	3	Made w/Whole Grain Wrap
Wrap, Italian	332	14	37%	6	16%	21	31	794	3	Made w/Whole Grain Wrap
Wrap, All Natural Turkey & Cheese	320	9	26%	4	12%	24	36	842	3	Made w/Whole Grain Wrap
Wrap, Veggie & Hummus	489	22	40%	5	8%	17	62	322	12	Made w/Whole Grain Wrap
Yogurt & Muffin Platter, K-8	290	8	25%	4	11%	14	41	440	2	Made w/Whole Grains
Yogurt & Muffin Platter, 9-12	384	10	22%	6	14%	15	62	495	3	Made w/Whole Grains

Product Description	Kcals	Fat (gm)	% Kcals from Fat	Sat Fat (gm)	% Sat Fat	Protein (gm)	Carbs (gm)	Sodium (mg)	Dietary Fiber (gm)	Additional Comments
Yogurt Parfait, K-8	343	5	13%	2	4%	8	68	270	3	Made w/Whole Grain Cereal
Yogurt Parfait, w/Cinnamon Tortilla Crisps, 9-12	462	8	15%	3	6%	10	90	347	5	Made w/Whole Grain Cereal
Ziti, Baked	350	11	29%	5	14%	21	41	553	4	
<b>JUICE</b>										
Product Description	Kcals	Fat (gm)	% Kcals from Fat	Sat Fat (gm)	% Sat Fat	Protein (gm)	Carbs (gm)	Sodium (mg)	Dietary Fiber (gm)	Additional Comments
Juice, Apple, 100%, 4 oz carton	60	0	0%	0	0%	0	14	0	0	
Juice, Grape,100%, 4 oz carton	80	0	0%	0	0%	0	19	0	0	
Juice, Orange, 100%, 4 oz carton	60	0	0%	0	0%	0	14	0	0	
Juice, Apple, 100%, 6.75 oz Box	90	0	0%	0	0%	0	23	0	0	
Juice, Very Berry, 100%, 6.75 oz Box	100	0	0%	0	0%	0	26	0	0	
Juice, Grape, 100%, 6.75 oz Box	130	0	0%	0	0%	0	33	0	0	
<b>MILK</b>										
Product Description	Kcals	Fat (gm)	% Kcals from Fat	Sat Fat (gm)	% Sat Fat	Protein (gm)	Carbs (gm)	Sodium (mg)	Dietary Fiber (gm)	Additional Comments
Fat Free Chocolate Milk	120	0	0%	0	0%	9	20	140	0	30% RDA Calcium
Fat Free Strawberry Milk	110	0	0%	0	0%	8	18	135	0	30% RDA Calcium
Skim Milk	80	0	0%	0	0%	8	12	125	0	30% RDA Calcium
Low-Fat 1% Milk	100	2.5	23%	1.5	14%	8	12	125	0	30% RDA Calcium
Milk, Soy, Original	100	2	18%	0	0%	5	13	120	0	30% RDA Calcium
<b>SIDE DISHES</b>										
Product Description	Kcals	Fat (gm)	% Kcals from Fat	Sat Fat (gm)	% Sat Fat	Protein (gm)	Carbs (gm)	Sodium (mg)	Dietary Fiber (gm)	Additional Comments
Beans, Baked	128	0	0%	0	0%	7	29	540	5	Vegetarian
Beans, Black	120	1	4%	0	0%	7	24	308	6	Vegetarian
Beans, Green, Canned	24	0	0%	0	0%	2	5	217	2	
Beans, Green, Fresh, Garlic	42	2	36%	1	14%	1	6	63	3	
Beans, Green, Garlic	23	0.13	5%	0.03	1%	1	5	38	2	
Broccoli, Garlic	14	0	0%	0	0%	1	2	40	0	
California Blend, Roasted	51	3	47%	0.3	7%	2	5	132	2	
California Blend, Seasoned	26	0	0%	0	0%	2	5	77	2	
Carrot, Cuke & Hummus Cup	127	2	15%	0	0%	6	22	123	6	
Carrot & Celery Sticks w/Ranch Dressing	57	2	26%	0	0%	1	10	258	2	Includes lite ranch dressing
Carrot Sticks w/Ranch Dressing	66	2	23%	0	0%	1	12	251	2	Includes lite ranch dressing
Carrot Sticks w Ranch Dressing-Field Trip K-8	80	2	20%	0	0%	1	16	276	3	Includes lite ranch dressing
Carrot Sticks w Ranch Dressing-Field Trip 9-12	97	2	17%	0	0%	1	20	304	4	Includes lite ranch dressing
Carrots,Canned, Glazed	34	0	0%	0	0%	0	7	107	2	
Cauliflower	30	0	0%	0	0%	1	5	30	1	
Cauliflower, Roasted Buffalo	42	3	57%	1	24%	2	4	199	2	
Cauliflower, Roasted Garlic	56	4	61%	0.5	9%	1	5	110	3	
Celery Sticks w/Ranch Dressing	46	2	32%	0	0%	1	7	261	1	Includes lite ranch dressing
Corn, Canned	80	1	11%	0	0%	2	17	140	2	Low Sodium

Product Description	Kcals	Fat (gm)	% Kcals from Fat	Sat Fat (gm)	% Sat Fat	Protein (gm)	Carbs (gm)	Sodium (mg)	Dietary Fiber (gm)	Additional Comments
Corn & Bean Salsa	98	1	7%	1	4%	4	20	218	4	
Cucumber Slices w/Ranch Dressing	43	1.6	33%	0	0%	0	7	201	0	Includes lite ranch dressing
Jello, Strawberry w/Whipped Topping	84	1	11%	1	11%	1	17	88	0	Includes whipped topping
Jello, Berry w/Whipped Topping	84	1	11%	1	11%	1	18	85	0	Includes whipped topping
Mixed Vegetables	46	0	0%	0	0%	2	10	35	2	
Pasta Salad	72	1	5%	0.2	3%	3	15	61	1	
Peas & Carrots	45	0	0%	0	0%	3	9	66	3	
Potato Rounds (Tater Tots)	90	3.5	35%	0	0%	1	14	180	1	
Potato, Straight Oven Fries	110	4	29%	0	0%	2	17	130	1	
Potato, Roasted	140	4	23%	1	3%	2	25	160	2	
Potato, Smiles	130	5	31%	1	4%	2	20	180	2	
Potato, Whipped	116	4	29%	1	8%	2	19	358	2	
Potato, Whipped, Garlic	118	4	28%	1	8%	2	19	401	2	
Potato, Whipped with Gravy	132	4	25%	1	7%	2	22	617	2	
Potato, Seasoned Curly Fries	110	3.5	29%	0.5	4%	1	18	170	1	
Potato, Sweet Potato Fries	160	7	39%	1	6%	3	20	210	4	
Potato, Sweet Potato Souffle	314	11	31%	5	15%	3	51	202	3	
Pudding w/Whipped Topping	157	5	26%	2	9%	2	26	165	1	Includes whipped topping
Rice, Brown	131	1	5%	0	0%	3	29	2	2	
Rice, Mexican	133	1	5%	0	0%	3	29	145	2	
Rice, Oriental	130	1	5%	0	0%	3	28	30	2	
Salad, Side, Garden w/Ranch Dressing	52	2	35%	0	0%	1	9	225	1	Includes lite ranch dressing
Salad, Side, Parmesan w/Ranch Dressing	60	3	45%	1	10%	2	7	261	1	
Salad, Side, Sweet Kale	48	0	0%	0	0%	1	12	37	1	Includes fat free raspberry dressing
Stuffing, Cornbread	99	7	60%	3	25%	1	8	285	0	
Stuffing, Cornbread, (9-12)	143	10	61%	4	25%	2	12	413	1	
Vegetable Cup, Assorted	60	2	25%	0	0%	1	11	235	1	Includes lite ranch dressing
Yogurt Parfait, Mini Dessert	39	1	9%	1	4%	1	8	20	0	
<b>BAKED GOODS</b>										
Product Description	Kcals	Fat (gm)	% Kcals from Fat	Sat Fat (gm)	% Sat Fat	Protein (gm)	Carbs (gm)	Sodium (mg)	Dietary Fiber (gm)	Additional Comments
Biscuits	190	9	43%	6	28%	4	23	660	1	White Biscuit
Brownie, Low Fat, WG	149	4	23%	1	8%	3	29	199	1	Made w/Whole Grains
Cake, Chocolate w/White Frosting	186	5	24%	2	9%	3	38	200	7	Made w/Whole Grains
Cake, Chocolate Strawberry Shortcake	165	4	22%	2	10%	3	32	198	2	Made w/Whole Grains
Cake, Glazed Chocolate Chip	177	5	24%	2	10%	2	34	191	6	Made w/Whole Grains
Cake, Yellow w/White Frosting	208	4	19%	2	10%	2	39	226	0	Made w/Whole Grains
Cinnamon Breadsticks	80	2	20%	0.26	3%	2	15	64	1	Made w/Whole Grains
Cinnamon Rolls, Iced 2 oz	197	4	16%	0.5	2%	4	38	128	2	Made w/Whole Grains
Cinnamon Tortilla Crisp	119	3	19%	2	11%	2	22	77	2	Made w/Whole Grain
Cookies, 1.85 oz, Black & White, Reduced Fat, WG	193	6	28%	2	10%	3	33	179	3	Reduced Fat, Made w/Whole Grain
Cookies, 1.85 oz, Carnival, Reduced Fat, WG	193	6	28%	2	10%	3	34	163	3	Reduced Fat, Made w/Whole Grain

Product Description	Kcals	Fat (gm)	% Kcals from Fat	Sat Fat (gm)	% Sat Fat	Protein (gm)	Carbs (gm)	Sodium (mg)	Dietary Fiber (gm)	Additional Comments
Cookies, 1.85 oz, Chocolate Chip, Reduced Fat,WG	194	6	28%	2	10%	3	34	170	3	Reduced Fat, Made w/Whole Grain
Cookies,1.85 oz, Double Chocolate Chip,Reduced Fat	191	6	28%	2	10%	3	33	189	2	Reduced Fat, Made w/Whole Grain
Cookies, 1.85 oz., Sugar w/Sprinkles, WG	196	6	28%	2	10%	3	35	200	4	Reduced Fat, Made w/Whole Grain
Cookies, 1.85 oz., Sugar, Reduced Fat, WG	194	6	28%	2	10%	3	35	200	4	Reduced Fat, Made w/Whole Grain
Cookies, Black & White, WG, 1 oz	104	3	28%	1	10%	2	18	97	1	Reduced Fat, Made w/Whole Grain
Cookies, Carnival, Reduced Fat, WG, 1 oz	106	3	29%	1	10%	2	18	87	2	Reduced Fat, Made w/Whole Grain
Cookies, Choc Chip, Reduced Fat, WG, 1 oz	105	3	28%	1	10%	2	18	92	2	Reduced Fat, Made w/Whole Grain
Cookie, Double Choc, Reduced Fat, WG, 1oz	103	3	28%	1	9%	2	18	102	1	Reduced Fat, Made w/Whole Grain
Cookie, The Mouse	160	5	29%	2	10%	2	27	168	2	Reduced Fat, Made w/Whole Grain
Cookies, Sugar w/Sprinkles, Reduced Fat,WG, 1 oz	109	4	29%	1	10%	1	19	112	2	Reduced Fat, Made w/Whole Grain
Cookies, Sugar, Reduced Fat, WG, 1 oz	106	3	29%	1	10%	1	18	112	2	Reduced Fat, Made w/Whole Grain
Cupcake, Chocolate, Ultimate	132	3	21%	1	7%	2	25	197	1	Made w/Whole Grains
Garlic Breadstick (2 oz)	160	4	23%	2	8%	5	28	140	3	Made w/Whole Grains
Garlic Tortilla Crisp	181	5	25%	3	15%	4	30	150	4	Made w/Whole Grains
Jalapeno Cheese Bread, 2 oz	169	6	30%	2	10%	5	25	192	2	Made w/Whole Grains
Mini Twisted Garlic Breadstcik	80	2.5	28%	1	11%	2	14	110	1	Made w/Whole Grains
Muffin, Banana Chocolate Chip, Low Fat	223	5	20%	3	11%	4	43	230	3	Low Fat, Made w/Whole Grains
Muffin, Blueberry, Low Fat	197	4	17%	2	8%	4	38	230	2	Low Fat, Made w/Whole Grains
Muffin, Chocolate Chip, Low Fat	244	7	24%	4	15%	4	45	230	3	Low Fat, Made w/Whole Grains
Muffin, Cinnamon Spice, Low Fat	202	4	16%	2	8%	4	39	233	2	Low Fat, Made w/Whole Grains
Pepperoni Bread, 2 oz	174	6	31%	1	7%	6	25	190	2	Made w/Whole Grains
Pretzel, Cinnamon	167	3	13%	1	5%	5	33	51	2	Made w/Whole Grains
Pretzel, Parmsean	153	3	17%	1	7%	5	29	62	2	Made w/Whole Grains
Roll, Honey Wheat, Sub 12"	530	9	15%	2	3%	20	91	760	12	1/2 roll served w/6" sub. Made w/WG
Roll,Whole Grain, 1 oz	85	2	25%	0.3	4%	2	14	72	1	Made w/Whole Grains
Roll, Whole Grain, 2 oz	164	4	22%	0.6	3%	4	28	145	3	Made w/Whole Grains
<b>Fruits</b>										
Product Description										
Apple, Fresh	72	0.2	3%	0	0%	0	19	1	3	
Apples, Canned ( 1/2 cup)	45	0.3	6%	0.05	0%	0	12	1	2	
Applesauce Cup, 1/2 cup	50	0	0%	0	0%	0	14	0	1	
Banana, Fresh	105	0.38	3%	0.12	1%	1	27	1	3	
Blueberries, Fresh (1/2 cup)	34	0	0%	0	0%	1	12	0	2	
Cantaloupe, Fresh (1/2 cup)	27.2	0.15	5%	0.04	1%	1	7	13	1	
Craisins	110	0	0%	0	0%	0	28	0	3	
Fruit Cup, Fresh	46	0	0%	0	0%	1	12	0	2	
Grapes, Fresh (1/2 cup)	31	0.16	5%	0.05	1%	0	8	1	0	
Honeydew, Fresh (1/2 cup)	32	0.12	3%	0.02	0%	1	7	16	1	
Kiwi, Fresh (1/2 cup)	54	0.46	8%	0.01	0%	1	13	3	3	
Mixed Fruit, Canned (1/2 cup)	60	0	0%	0	0%	0	15	5	1	
Nectarine, Fresh	60	0.43	6%	0.02	0%	1	14	0	2	



Product Description	Kcals	Fat (gm)	% Kcals from Fat	Sat Fat (gm)	% Sat Fat	Protein (gm)	Carbs (gm)	Sodium (mg)	Dietary Fiber (gm)	Additional Comments
Orange, Fresh	62	0.15	2%	0	0%	1	15	0	3	
Peach, Fresh	38	0.24	6%	0	0%	1	9	0	2	
Peaches, Diced, Canned (1/2 cup)	53	0	0%	0	0%	1	1	14	6	
Peach Cup, Light Syrup	60	0	0%	0	0%	0	15	5	1	
Pears, Canned (1/2 cup)	60	0	0%	0	0%	0	16	5	2	
Pear Cup, Light Syrup	60	0	0%	0	0%	0	15	5	1	
Pineapple Tidbits, Canned (1/2 cup)	47	0	0%	0	0%	0	11	0	1	
Plum, Fresh	30	0.18	5%	0	0%	1	8	0	1	
Raisels	140	0.17	0%	0	0%	1	36	5	1	
Strawberries, Fresh (1/2 cup)	24	0.22	8%	0	0%	1	6	1	2	
Strawberry Cup, Frozen (1/2 cup)	80	0	0%	0	0%	1	19	0	2	
Tangerine, Fresh	45	0.26	5%	0.02	0%	1	11	2	2	
Watermelon, Fresh ( 1/2 cup)	23	0.11	4%	0	0%	1	6	1	0	
<b>Snacks</b>										
<b>Product Description</b>										
Bar, Cinnamon Crisp, Zee Zee	240	8	30%	1.5	6%	3	39	80	2	Made w/Whole Grains
Bar, Cocoa Cherry, Zee Zee Bar	200	7	32%	2	9%	3	33	40	2	Made w/Whole Grains
Bar, Oatmeal Cocoa Chip, Zee Zee	240	9	34%	2.5	9%	4	39	70	3	Made w/Whole Grains
Bar, Cocoa Krispies Chewy Granola	150	4.5	27%	1	6%	2	27	140	3	Made w/Whole Grains
Cereal, Apple Jacks, Reduced Sugar, Pouch	110	1	8%	0.5	4%	2	24	160	3	Made w/Whole Grains
Cereal, Fruit Loops, Pouch	110	1	8%	0.5	4%	2	24	170	3	Made w/Whole Grains
Cereal, Cherrios, Honey Nut, Bowlpak	110	2	16%	0	0%	2	22	160	2	Made w/Whole Grains
Cereal, Cheerios, Multigrain, Bowlpak	100	1	9%	0	0%	2	23	110	3	Made w/Whole Grains
Cereal, Cinnamon Toast Crunch, Bowlpak	110	3	25%	0.5	4%	1	22	160	3	Made w/Whole Grains
Cereal, Cocoa Puffs, Bowlpak	110	1.5	12%	0	0%	2	25	160	2	Made w/Whole Grains
Cereal, Corn Chex, Bowlpak	100	0.5	5%	0	0%	2	24	200	1	
Cheese, String Cheese	60	3	45%	2	30%	7	1	200	0	
Cheese, Colby Jack	90	6	60%	4	40%	7	0	200	0	
Chips, BBQ Baked Lays	110	3	25%	0	0%	2	19	190	2	
Chips, Dill Fries	110	3.5	29%	0.5	4%	2	19	170	1	
Chips, Funyuns	100	3.5	32%	0.5	5%	2	14	125	0	
Chips, Baked Lay's Cheddar & Sour Cream	100	3	27%	0	0%	1	17	200	1	
Chips, Baked Lay's Sour Cream & Onion	100	2.5	23%	0	0%	1	18	140	1	
Chips, Doritos Cool Ranch, RF	130	5	35%	1	7%	2	19	160	2	Reduced Fat, Made w/Whole Grains
Chips, Doritos Nacho Cheese, RF	130	5	35%	0.5	3%	2	20	200	2	Reduced Fat, Made w/Whole Grains
Chips, Doritos Spicy Sweet Chili, RF	130	5	35%	0.5	3%	2	20	180	2	Reduced Fat, Made w/Whole Grains
Chips, Doritos White Nacho Cheese	130	5	35%	1	7%	2	20	170	2	Reduced Fat, Made w/Whole Grains
Chips, Cheeto Puffs, RF	90	3.5	35%	0	0%	2	14	135	0	Reduced Fat, Made w/Whole Grains
Chips, Fantastix	130	5	35%	1	5%	2	20	200	2	Reduced Fat, Made w/Whole Grains
Chips, Flamin' Hot Cheeto Puffs, RF	90	3.5	35%	0	0%	2	14	135	0	Reduced Fat, Made w/Whole Grains
Chips, Heartzels Pretzels	80	1.5	17%	0	0%	2	15	200	2	Made w/Whole Grains

<b>Product Description</b>	<b>Kcals</b>	<b>Fat (gm)</b>	<b>% Kcals from Fat</b>	<b>Sat Fat (gm)</b>	<b>% Sat Fat</b>	<b>Protein (gm)</b>	<b>Carbs (gm)</b>	<b>Sodium (mg)</b>	<b>Dietary Fiber (gm)</b>	<b>Additional Comments</b>
Chips, Kettle Jalapeno Cheddar	180	7	35%	1	5%	3	27	160	2	Reduced Fat
Chips, Kettle Original	180	7	35%	1	5%	3	27	190	2	Reduced Fat
Chips, Kids Munchie Mix	110	3.5	29%	0	0%	3	17	160	2	Made w/Whole Grains
Chips, White Cheddar	120	4.5	34%	1	8%	2	17	190	1	Made w/Whole Grains
Crackers, Atomic Cheez-its	90	3	30%	0.5	5%	2	15	190	1	Made w/Whole Grains
Crackers, Cheez-its	100	3.5	32%	1	9%	2	14	150	1	Made w/Whole Grains
Cracker, Vanilla Dots	120	4	30%	0	0%	2	20	95	1	Made w/Whole Grains
Fruit Roll-Up	50	1	18%	0.5	9%	0	11	55	2	
Fruit Snacks, Welch's (all flavors)	130	0	0%	0	0%	1	33	20	3	
Fruit Shapes, Scooby- Doo!	70	0	0%	0	0%	0	21	30	0	
Goldfish, Cheddar Cracker	100	3.5	32%	1	9%	3	14	170	1	Made w/Whole Grains
Goldfish, Pretzel	90	1.5	15%	0	0%	2	16	200	1	Made w/Whole Grains
Graham, Goldfish	120	4	30%	1	8%	1	19	110	1	Made w/Whole Grains
Graham, Honey Belly Bear	130	4	28%	0	0%	2	20	100	1	Made w/Whole Grains
Graham Bar, PBJ	300	18	54%	3	9%	9	30	220	4	Made w/Whole Grains
Hummus, Original Cup	110	2	16%	0	0%	6	18	100	5	
Mini Loaf, Banana	160	4.5	25%	0.5	3%	3	26	105	1	Made w/Whole Grains
Mini Loaf, Wild Blueberry	150	4.5	27%	0.5	3%	3	26	105	1	Made w/Whole Grains
Muffin Top, Apple Cinnamon	160	5	28%	0.5	3%	3	27	100	1	
Muffin Top, Chocolate Chip	160	5	28%	1.5	8%	3	26	180	2	Made w/Whole Grains
Muffin Top, Chocolate Chocolate Chip	150	6	36%	1.5	9%	3	26	115	2	Made w/Whole Grains
Pop Tarts, Brown Sugar Cinnamon, LF	180	2.5	13%	1	5%	2	37	190	3	Low Fat, Made w/Whole Grains
Pop Tarts, Frosted Strawberry, LF	180	2.5	13%	1	5%	2	38	180	3	Low Fat, Made w/Whole Grains
Popcorn, White Cheddar	70	2.5	32%	0	0%	2	9	110	2	Made w/Whole Grains
Rice Krispies Treat, Original	160	4	23%	1	6%	2	30	120	0	Made w/Whole Grains
Rice Krispies Treat, Choc Chip	190	5	24%	2	9%	2	34	150	0	Made w/Whole Grains
Soft Pretzel	170	1	5%	0	0%	6	36	150	4	Made w/Whole Grains
Sunflower Seeds, Honey Roasted	190	15	71%	2	9%	6	11	65	3	
Turkey Breast Stick, All Natural BBQ	40	1	23%	0	0%	8	0	200	0	
Yogurt, Dannon Strawberry and Vanilla	70	0	0%	0	0%	4	14	60	0	
Yogurt, Danimals, Strawberry	70	0	0%	0	0%	4	14	60	0	
Yogurt, Danimals, Raspberry	80	0	0%	0	0%	4	15	65	0	
Ultra Baked Cinnamon Bun	230	7	27%	2	8%	5	37	250	2	Made w/Whole Grains
<b>Ice Cream</b>										
<b>Product Description</b>										
Chocolate Ripple, Cup	80	1	11%	0	0%	2	16	50	0	
Chocolate/Vanilla, Cup	80	1	11%	0.5	6%	2	15	50	0	
Cotton Candy, Cup	80	1	11%	0.5	6%	2	15	50	0	
Strawberry Ripple, Cup	80	1	11%	0.5	6%	2	16	50	0	
Vanilla, Cup	80	1	11%	0.5	6%	2	15	50	0	
Frozen Yogurt, Strawberry	110	2	16%	1	8%	2	22	55	0	

Product Description	Kcals	Fat (gm)	% Kcals from Fat	Sat Fat (gm)	% Sat Fat	Protein (gm)	Carbs (gm)	Sodium (mg)	Dietary Fiber (gm)	Additional Comments
Sherbet, Lemon Lime	120	1.5	11%	1	8%	1	25	20	0	
Sherbet, Orange	120	1	8%	0.5	4%	1	26	20	0	
Sherbet, Raspberry	110	1	8%	0.5	4%	1	24	20	0	
Shortcake, Chocolate	140	3.5	22%	1	6%	2	22	60	0	
Shortcake, Strawberry	130	3.5	24%	1	7%	1	23	45	0	
Fudge Bar	80	1	11%	0.5	6%	2	18	75	0	
Orange Cream Bar	70	1	13%	0.5	6%	1	14	31	0	
Orange Stuff Bar	60	0	0%	0	0%	0	14	5	0	
Sour Cherry Bar	60	0	0%	0	0%	0	14	5	0	
Cotton Candy Cone	150	3	18%	1.5	9%	3	29	100	0	
Cookies and Cream Cone	170	3.5	18%	1.5	8%	4	33	130	1	
Chocolate and Vanilla Cone	160	3.5	20%	1.5	8%	4	31	115	1	
Cotton Candy Push Up	80	1	11%	0.5	6%	2	15	50	0	
Vanilla Fudge Push Up	80	1	11%	5	6%	2	16	50	0	
Orange Sherbet Push Up	80	1	11%	0	0%	1	17	15	0	
Polar Pole Rainbow Push Up	70	0.5	6%	0	0%	0	16	15	0	
Ice Cream Sandwich, Cookies and Cream	160	3	18%	1.5	8%	3	31	160	1	
Ice Cream Sandwich	160	3	18%	1.5	8%	3	31	160	1	
Typhoon Blue Raspberry/Lemonade Bar	50	0	0%	0	0%	0	13	5	0	
Typhoon Cherry/Lemonade Cup	100	0	0%	0	0%	0	25	5	0	
Typhoon Cotton Candy Bar	60	0	0%	0	0%	0	14	5	0	
<b>Condiments</b>										
Syrup (1.5 oz)	110	0	0%	0	0%	0	30	70	0	
Dressing, Italian, Fat Free (1.5 oz)	15	0	0%	0	0%	0	5	700	1	Fat Free
Dressing, Ranch (1.5 oz)	260	28	97%	2	12%	1	2	240	0	
Dressing, Raspberry, Fat Free (1.5 oz)	45	0	0%	0	0%	0	12	115	0	Fat Free