

# Menu Item Nutrient Report

Generated on: 1/22/2021 12:16:30 PM by Julia Jarrell

Item Name (Serving Size)	Carb (g)
1% Milk - LR1187 (1 ea.) Contains Milk.	13.00
12" Flour, WG Tortilla - LR1609 (1 ea.) Contains Gluten, Soy, Wheat.	39.10
2% Milk - LR1559 (1 ea.)	(M)
6" Hoagie Bun - LR1305 (1 ea.) Contains Gluten, Soy, Wheat.	35.00
6" Whole Grain Tortilla - LR1608 (1 ea.) Contains Gluten, Wheat.	13.65
Amazin' Raisin Strawberry & Sunflower Seeds - LR1414 (1 pkg.)	9.00
American Cheese, Sliced - LR1304 (1 oz.) Contains Milk, Soy.	2.00
American Hero Ice - LR1502 (1 ea.)	(M)
Ana's Egg & Beef Breakfast Taco - LR1465 (1 serv.) Contains Egg, Gluten, Milk, Wheat.	24.43
Animal Crackers - LR1127 (1 pkg.) Contains Gluten, Soy, Wheat.	21.00
Apple - LR1151 (1 ea.)	22.00
Apple - LR1152 (1 ea.)	22.00
Apple - LR1153 (1 ea.)	22.00
Apple - LR1154 (1 ea.)	22.00
Apple Cinnamon Cheerios - LR1628 (1 ea.)	22.00
Apple Cinnamon Muffin - LR1373 (1 ea.) Contains Egg, Gluten, Soy, Wheat.	30.00
Apple Crisps - LR1471 (1 ea.)	10.00
Apple Crisps - LR1472 (1 ea.)	10.00
Apple Izza (100% Juice) - LR1361 (1 ea.)	24.00
Apple Jacks - LR1433 (1 ea.)	24.00
Apple Juice - LR1016 (1 ea.)	12.80
Apple Juice - LR1632 (1 ea.)	12.80

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Item Name (Serving Size)	Carb (g)
Applesauce Cup - LR1048 (1 ea.)	17.00
Applesauce Cup - LR1084 (1 ea.)	24.00
Applesauce, Original - LR1601 (1 ea.)	(M)
Apricot Cup - LR1671 (1 ea.)	32.00
Asian Chicken Chunks - LR1393 (4 Piece) Contains Gluten, Soy, Wheat.	28.00
ASIAN SALAD VEGETARIAN - LR1537 (1 serv.) Contains Egg, Soy, Wheat. May contain Egg.	52.85(M)
Baby Bok Choy - LR1437 (1/2 c.)	1.53
Baby Carrots - LR1293 (1 ea.)	5.20
Baby Carrots - LR1493 (1 ea.)	(M)
Baby Carrots - LR1563 (1 c.)	(M)
Baked Beans - LR1064 (1 #6 scoop)	48.47
Baked Beans - LR1611 (1 #6 scoop)	7.91(M)
Baked Lays Original - LR1620 (7/8 oz.)	(M)
Baked Potato - LR1322 (1 ea.)	37.42
Baked Potato (and Roll) - LR1326 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	64.42
Banana - LR1156 (1 ea.)	26.95
Banana - LR1157 (1 ea.)	26.95
Banana - LR1158 (1 ea.)	26.95
Banana - LR1159 (1 ea.)	26.95
Banana - LR1626 (1 ea.)	26.95
Banana Bread Slice - LR1569 (1 ea.) Contains Egg, Gluten, Soy, Wheat.	44.00
BBQ Baked Lays - LR1256 (1 pkg.) Contains Milk, Soy.	19.00
BBQ Beef Sandwich - LR1621 (1 sandwich) Contains Gluten, Soy, Wheat.	39.27

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Item Name (Serving Size)	Carb (g)
BBQ Chicken - LR1234 (1 serv.)	5.80
BBQ Turkey Breast Stick - LR1274 (1 ea.)	0.00
BBQ Turkey Sandwich - LR1591 (1 sandwich) Contains Gluten, Soy, Wheat.	46.00
BBQ TURKEY SANDWICH on BREAD- special diets - LR1691 (1 sandwich) Contains Gluten, Wheat. Processed in a facility that also processes Milk.	32.00
BBQ TURKEY SANDWICH on GF BREAD- special diets - LR1685 (1 sandwich) Contains Egg.	38.00
BBQ Turkey Stick, String Cheese, & Pretzels - LR1276 (1 serv.) Contains Gluten, Milk, Wheat.	17.00
BBQ Wings - LR1516 (5 ea.)	4.00
Bean & Cheese Burrito - LR1668 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	40.00
Bean & Cheese Burrito (Vegetarian) - LR1096 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	40.00
Bean & Cheese Burrito (Vegetarian) - LR1560 (1 ea.) Contains Milk, Soy, Wheat.	31.00
Bean & Cheese Burrito with Queso - LR1220 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	40.40
Bean Dipz Cup - LR1670 (1 ea.)	12.00
Beans a la Charra - LR1043 (1 #6 scoop)	29.77
Beef & Cheese Stick Meal Break - LR1418 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	47.00
Beef Burrito - LR1679 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	40.00
Beef Chili - LR1169 (1 #8 scoop)	6.92
Beef Empanadas - LR1384 (2 ea.) Contains Soy.	30.00
Beef Enchiladas - LR1179 (2 ea.) Contains Milk, Soy.	43.23
Beef Jerky - LR1430 (1 pkg.)	6.00

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Item Name (Serving Size)	Carb (g)
Beef Lasagna - LR1249 (1 serv.) Contains Gluten, Milk, Wheat. Processed in a facility that also processes Egg.	38.45
Beef Nachos - LR1087 (1 serv.) Contains Milk. Processed in a facility that also processes Gluten, Wheat.	32.71
Beef Nachos - LR1089 (1 serv.) Contains Milk. Processed in a facility that also processes Gluten, Wheat.	42.02
Beefy Frito Pie - LR1146 (1 serv.) Contains Milk.	48.75
Bell Pepper - LR1315 (2 slice)	0.94
Berry Blast Naked Smoothie - LR1363 (1 ea.)	37.00
Biscuit Sticks - LR1462 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	13.00
Black Beans - LR1603 (1/2 c.)	23.00
Black Cherry Switch - LR1523 (1 ea.)	30.00
Blackberries - LR1160 (1/2 c.)	6.92
Blackberries - LR1161 (1/2 c.)	6.92
Blue Raspberry Applesauce Cup - LR1050 (1 ea.)	17.00
Blue Raspberry Ice Cup - LR1625 (1 ea.)	25.00
Blue Raspberry Lemonade Ice Cup - LR1513 (1 ea.)	(M)
Blue Raspberry Slush (100% Juice) - LR1344 (8 fl. oz.)	31.00
Blueberries - LR1162 (1/2 c.)	10.72
Blueberries - LR1163 (1/2 c.)	10.72
Blueberry Muffin - LR1375 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	32.00
Boneless BBQ Chicken Wings - LR1192 (5 ea.) Contains Gluten, Milk, Wheat.	20.00
Boneless Buffalo Chicken Wings - LR1188 (5 ea.) Contains Gluten, Milk, Wheat.	17.00

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Item Name (Serving Size)	Carb (g)
Boneless Orange Chicken Wings - LR1194 (5 ea.) Contains Gluten, Milk, Soy, Wheat.	27.50
Bosco Cheese Stick - LR1388 (1 ea.) Contains Gluten, Milk, Wheat.	25.00
Breakfast Bun - LR1703 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	40.00
Breakfast Chicken Patty - LR1589 (1 ea.) Contains Egg, Gluten, Soy, Wheat.	6.00
Breakfast Pizza - LR1031 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	27.00
Brittany's Peach Cobbler Oatmeal - LR1459 (1 serv.) Contains Gluten, Milk, Wheat.	79.58
Broccoli Florets - LR1299 (1 ea.)	3.00
Broccoli Florets - LR1543 (1 serv.)	(M)
Broccoli Florets - LR1544 (1 serv.)	(M)
Broccoli Florets - LR1557 (1 ea.)	3.00
Broccoli Florets - LR1583 (1 ea.)	(M)
Broccoli Florets - LR1586 (1 ea.)	3.00
Brown Gravy - LR1407 (2 tablespoons) Contains Gluten, Soy, Wheat.	1.91
Brownie - LR1121 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	26.50
Buffalo Veggie Nuggets (Vegetarian) - LR1432 (5 ea.) Contains Gluten, Soy, Wheat.	25.00
Buffalo Wings - LR1515 (5 ea.)	1.00
Build Your Own Burrito- Beef - LR1479 (1 ea.) Contains Gluten, Milk, Wheat. Processed in a facility that also processes Milk, Soy.	46.00
Build Your Own Burrito- Chicken - LR1475 (1 ea.) Contains Gluten, Milk, Wheat. Processed in a facility that also processes Milk, Soy.	45.61

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Item Name (Serving Size)	Carb (g)
Build Your Own Sandwich - LR1254 (1 serv.)	(M)
Bunny Grahams - LR1133 (1 pkg.) Contains Gluten, Wheat. May contain Milk, Soy.	24.00
Buttered Toast - LR1011 (1 slice) Contains Gluten, Wheat. Processed in a facility that also processes Milk.	15.00
Candy Cane Ice Cream Cup - LR1338 (1 ea.) Contains Milk.	14.00
Cantaloupe - LR1547 (1 serv.)	13.88
Carrot Spiced Smoothie - LR1568 (16 oz.) Contains Milk.	83.44
Carrot Sticks - LR1171 (1/2 c.)	5.84
Carrot Sticks & Cherry Tomatoes - LR1431 (1/2 c.)	4.65
Carrots & Celery Sticks - LR1420 (1/2 c.)	4.26
Celery - LR1175 (1/2 c.)	2.16
Celery - LR1558 (1 ea.)	(M)
Celery - LR1561 (1 ea.)	(M)
Celery Sticks - LR1173 (1/2 c.)	2.16
Celery Sticks - LR1585 (1 ea.)	(M)
Cereal - LR1134 (1 serv.) Contains Gluten, Soy, Tree nuts, Wheat. May contain Soy.	22.00
Cheddar Cheese Sauce Cup - LR1566 (1 ea.) Contains Milk, Soy.	(M)
Cheddar Chickpeas - LR1413 (1 pkg.) Contains Milk.	13.00
Cheerios Bowl - LR1000 (1 ea.)	20.00
Cheese - LR1319 (1 ounces) Contains Milk.	1.00
Cheese Burger on GF Bread - LR1656 (1 ea.) Contains Egg, Milk, Soy.	43.00
Cheese Calzone (Vegetarian) - LR1242 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	32.00
Cheese Cup - LR1113 (1 ea.) Contains Milk.	14.00

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Item Name (Serving Size)	Carb (g)
Cheese Enchiladas (Vegetarian) - LR1141 (2 ea.) Contains Milk, Soy.	29.68
Cheese Fries - LR1221 (1 serv.) Contains Milk.	24.65
Cheese Nachos (Pre-K Vegetarian Option, Select Campuses) - LR1484 (1 serv.) Contains Milk. Processed in a facility that also processes Gluten, Wheat.	31.50
Cheese Nachos (Vegetarian) - LR1041 (1 serv.) Contains Milk. Processed in a facility that also processes Gluten, Wheat.	31.50
Cheese Nachos (Vegetarian) - LR1054 (1 serv.) Contains Milk. Processed in a facility that also processes Gluten, Wheat.	40.82
Cheese Pizza - LR1701 (1 slice) Contains Gluten, Milk, Soy, Wheat.	42.10
Cheese Pizza (Vegetarian) - LR1139 (1 Slice (8 Cut)) Contains Gluten, Milk, Soy, Wheat.	35.00
Cheese Pizza (Vegetarian) - LR1155 (1 Slice (10 cut)) Contains Gluten, Milk, Soy, Wheat.	28.09
Cheese Pizza Anytimer - LR1416 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	34.00
Cheese Pizzaboli - LR1666 (1 ea.) Contains Gluten, Milk, Wheat.	34.00
Cheese Puffs and Cheese Stick - LR1639 (1 serv.) Contains Milk.	15.00
Cheese Quesadilla (Vegetarian) - LR1077 (4 slice) Contains Gluten, Milk, Wheat.	29.30
Cheese Sandwich - LR1277 (1 ea.) Contains Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Milk.	34.00
Cheese Sauce - LR1053 (3 oz.) Contains Milk.	3.56
Cheese Stick - LR1112 (1 ea.) Contains Milk.	1.00
Cheeseburger - LR1055 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	30.00

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Cheeseburger - LR1534 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	30.00
Cheeseburger Meatloaf Sandwich - LR1623 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	37.00
Cheeseburger Sliders - LR1386 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	29.82
Cheeseburger Sliders - LR1582 (1 pkg.) Contains Gluten, Milk, Soy, Wheat.	36.00
Cheetos Puffs - LR1259 (1 pkg.) Contains Milk.	13.00
Cheez-It Crackers - LR1131 (1 pkg.) Contains Gluten, Milk, Soy, Wheat.	14.00
Chef Salad - LR1212 (1 serv.) Contains Egg, Gluten, Milk, Soy, Wheat.	38.21
Cherry Applesauce Cup - LR1072 (1 ea.)	20.00
Cherry Applesauce, Unsweetened - LR1599 (1 ea.)	(M)
Cherry Slush (100% Juice) - LR1345 (8 fl. oz.)	31.00
Cherry Tomatoes - LR1285 (1 c.)	5.80
Cherry Vanilla Swirl Ice Cream Cup - LR1340 (1 ea.) Contains Milk.	14.00
Chex Mix, Chocolate Caramel - LR1553 (1 Bag)	(M)
Chex Mix, Strawberry Yogurt - LR1552 (1 Bag)	(M)
Chic Penne - LR1481 (1 serv.) Contains Broccoli, Gluten, Milk, Soy, Wheat.	46.03
Chicken & Cheese Tamales - LR1140 (2 ea.) Contains Milk.	32.00
Chicken & Cheese Taquito - LR1571 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	15.00
Chicken & Dutch Waffle - LR1466 (1 serv.) Contains Egg, Gluten, Milk, Soy, Wheat.	49.00
Chicken & Vegetable Soup - LR1400 (1 serv.) Contains Soy.	11.10



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Item Name (Serving Size)	Carb (g)
Chicken & Waffle - LR1010 (1 serv.) Contains Egg, Gluten, Milk, Soy, Wheat.	32.88
Chicken Alfredo - LR1149 (2 #8 scoop) Contains Gluten, Milk, Wheat.	30.03
Chicken Alfredo with Garlic Breadstick - LR1250 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	45.03
Chicken Breast Bites - LR1382 (5 Piece) Contains Gluten, Milk, Wheat.	17.00
Chicken Empanadas - LR1385 (2 ea.) Contains Soy.	29.00
Chicken Fajita - LR1308 (3 oz.)	3.64
Chicken Fajita Crispy Tacos - LR1208 (2 ea.)	22.08
Chicken Fajita Salad - LR1235 (1 serv.) Contains Egg, Gluten, Milk, Soy, Wheat.	45.31
Chicken Fajita Soft Tacos - LR1207 (2 ea.) Contains Gluten, Wheat.	31.38
Chicken Fried Steak - LR1201 (1 ea.) Contains Gluten, Wheat.	15.00
Chicken Noodle Soup - LR1397 (1 serv.) Contains Egg, Gluten, Soy, Wheat.	11.01
Chicken Nuggets - LR1205 (8 ea.) Contains Gluten, Soy, Wheat.	25.60
Chicken Rice Soup - LR1399 (1 serv.) Contains Soy.	5.59
Chicken Rings - LR1071 (5 ea.) Contains Gluten, Soy, Wheat.	14.96
Chicken Rings (Pre-K Option, Select Campuses) - LR1486 (5 ea.) Contains Gluten, Soy, Wheat.	14.96
Chicken Salad - LR1307 (1 #10 scoop) Contains Egg.	6.07
Chicken Sausage - LR1026 (1 ea.)	0.00
CHICKEN SAUSAGE ON BREAD-special diets - LR1690 (1 ea.) Contains Gluten, Wheat. Processed in a facility that also processes Milk.	30.00

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CHICKEN SAUSAGE, EGG PATTY ON GF BREAD- special diets - LR1686 (1 ea.) Contains Egg, Milk.	43.05
Chicken Spaghetti - LR1200 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	42.61
Chicken Spaghetti with Garlic Breadstick - LR1251 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	57.61
Chicken Tenders - LR1381 (1 serv.) Contains Gluten, Soy, Wheat.	15.00
Chicken Wings - LR1490 (5 ea.)	(M)
Chicken Wings (Plain) - LR1514 (5 Piece)	1.00
Chicken, Turkey Pepperoni, & Cheese Sandwich - LR1294 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	34.00
Chile & Cheese Tamale (Vegetarian) - LR1063 (1 ea.) Contains Milk, Soy.	26.88
Chili Cheese Dog - LR1198 (1 ea.) Contains Gluten, Milk, Wheat.	33.10
Chili Cheese Fantastix - LR1257 (1 pkg.) Contains Milk.	19.00
Chili Cheese Fries (Beef Chili) - LR1183 (1 serv.) Contains Milk.	29.30
Chili Cheese Fries (Vegetarian) - LR1184 (1 serv.) Contains Milk. Processed in a facility that also processes Milk, Soy.	35.76
Chili Cheese Nachos (Beef) - LR1172 (1 serv.) Contains Milk. Processed in a facility that also processes Gluten, Wheat.	34.96
Chili Cheese Nachos (Vegetarian Chili) - LR1174 (1 serv.) Contains Milk. Processed in a facility that also processes Gluten, Milk, Soy, Wheat.	41.43
Chili Con Queso Notable - LR1301 (1 ea.) Contains Gluten, Milk, Wheat.	57.00
Chili Mac - LR1147 (2 #8 scoop) Contains Gluten, Milk, Wheat.	26.46

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Item Name (Serving Size)	Carb (g)
Chocolate Chip Cookie - LR1123 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	18.00
Chocolate Chip Cookie - LR1124 (1 ea.) Contains Egg, Gluten, Milk, Wheat.	33.00
Chocolate Doughnut Holes - LR1032 (3 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	21.00
Chocolate Glazed Doughnut - LR1018 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	46.20
Chocolate Ice Cream Cup - LR1333 (1 ea.) Contains Milk.	14.00
Chocolate Milk - LR1186 (1 ea.) Contains Milk.	20.00
Chocolate Pudding - LR1110 (1 ea.) Contains Milk.	20.00
Chocolate Scooter Ice Cream Bar - LR1329 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	26.00
Chocolate Sundae Ice Cream Cup - LR1335 (1 ea.) Contains Milk.	16.00
Choice of Cereal - LR1421 (1 ea.)	(M)
Choice of Fruit - LR1422 (1 serv.)	(M)
Choice of Fruit 2 - LR1423 (1 serv.)	(M)
Choice of Juice - LR1222 (1 ea.)	13.15
Chopped BBQ Turkey - LR1592 (1 serv.)	17.00
Chow Mein - LR1482 (4 7/8 oz.) Contains Gluten, Soy, Wheat.	27.00
Cinnamon & Brown Sugar Peaches - LR1455 (1 #8 scoop)	23.87
Cinnamon Applesauce Cup - LR1049 (1 ea.)	17.00
Cinnamon Applesauce Cup - LR1085 (1 ea.)	25.00
Cinnamon Applesauce, Unsweet - LR1600 (1 ea.)	(M)
Cinnamon Chex Bowl - LR1001 (1 ea.)	22.00
Cinnamon Frosted Pop Tart - LR1496 (1 ea.)	(M)

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Cinnamon Frosted Pop Tart - LR1565 (1 pkg.) Contains Gluten, Soy, Wheat.	76.00
Cinnamon Gripz - LR1132 (1 pkg.) Contains Gluten, Milk, Soy, Wheat.	19.00
Cinnamon Roll - LR1029 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	36.00
Cinnamon Toast - LR1021 (1 slice) Contains Gluten, Wheat. Processed in a facility that also processes Milk.	18.65
Cinnamon Toast Crunch Bowl - LR1002 (1 ea.) Contains Gluten, Soy, Wheat.	22.00
Cinnamon Toast Crunch Cereal Bar - LR1269 (1 ea.) Contains Gluten, Soy, Wheat.	30.00
Cinnamon Toast Crunch Soft Filled Breakfast Bar - LR1224 (1 ea.) Contains Gluten, Milk, Wheat.	40.00
Clementine Izze (100% Juice) - LR1362 (1 ea.)	21.00
Cocoa Puffs Bowl - LR1003 (1 ea.)	25.00
Cocoa Puffs Cereal Bar - LR1270 (1 ea.) Contains Gluten, Soy, Wheat.	30.00
Cocoa Puffs Soft Filled Breakfast Bar - LR1225 (1 ea.) Contains Gluten, Milk, Wheat.	43.00
Combination Salad - LR1217 (1 serv.)	2.52
Confetti Cookie - LR1126 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Peanuts, Tree nuts.	30.00
Cookies & Cream Cone - LR1331 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	25.00
Cool Ranch Chips & Cheese Dip - LR1638 (1 serv.) Contains Milk, Soy.	19.00(M)
Cool Ranch Doritos - LR1260 (1 pkg.) Contains Milk.	19.00

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Cool Tropics Kiwi Strawberry Slush (100% Juice) - LR1347 (1 ea.)	(M)
Cool Tropics Paradise Punch Slush (100% Juice) - LR1348 (1 ea.)	(M)
Cool Tropics Tropical Trio Slush (100% Juice) - LR1350 (1 ea.)	(M)
Cool Tropics, Blue Raspberry Slush (100% Juice) - LR1349 (1 ea.)	(M)
Cool Tropics, Sour Apple Slush (100% Juice) - LR1548 (1 ea.)	15.00
Corn Chips, Yellow Round - LR1709 (1 pkg.)	18.00
Corn Dog - LR1095 (1 ea.) Contains Egg, Gluten, Soy, Wheat.	30.00
Cornbread - LR1148 (1 serv.) Contains Egg, Gluten, Milk, Wheat. Processed in a facility that also processes Egg, Gluten, Milk, Soy, Wheat.	35.97
Cornbread - LR1426 (1/4 c.) Contains Milk, Wheat. May contain Egg, Soy.	16.43
Cornbread Stuffing - LR1406 (1 #12 scoop) Contains Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Milk. May contain Egg, Soy.	28.85
Country Corn Flakes Bowl - LR1006 (1 ea.)	16.00
Crackers - LR1088 (2 pkg.) Contains Gluten, Wheat.	9.00
Cranberry Sauce - LR1408 (1/4 c.)	28.00
Cranberry Sauce - LR1640 (1/4 c.)	28.00
Crispy Beef Tacos - LR1209 (2 ea.) Contains Milk.	20.58
Crispy Chicken Sandwich - LR1197 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	47.00
CRISPY CHICKEN SANDWICH on BREAD- special diets - LR1684 (1 ea.) Contains Gluten, Milk, Wheat. Processed in a facility that also processes Milk.	33.00

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Crunchy Asian Salad - LR1531 (1 serv.) Contains Egg, Soy, Wheat. May contain Egg.	44.50(M)
Crunchy Cheese Snacks - LR1644 (1 ea.) Contains Milk.	16.00
Crunchy Oats & Honey Granola Bar - LR1495 (1 pkg.) Contains Soy. May contain Peanuts, Tree nuts.	29.00
DAIRY, YOGURT, GO BIG STRAWBERRY 48/4 OZ - LR1115 (1 ea.) Contains Milk.	18.00
Domino's Beef Pizza Slice - LR1239 (1 Slice (8 Cut)) Contains Gluten, Milk, Soy, Wheat.	29.00
Domino's Cheese Pizza Slice (Vegetarian) - LR1238 (1 Slice (8 Cut)) Contains Gluten, Milk, Soy, Wheat.	29.00
Domino's Pepperoni Pizza Slice - LR1237 (1 Slice (8 Cut)) Contains Gluten, Milk, Soy, Wheat.	29.00
Domino's Sausage Pizza Slice - LR1240 (1 Slice (8 Cut)) Contains Gluten, Milk, Soy, Wheat.	30.00
Donut Holes, Plain - LR1613 (6 ea.)	(M)
Doritos Flamas - LR1619 (1 ea.) Contains Milk.	(M)
Double Chocolate Muffin - LR1374 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Tree nuts.	24.00
Double Meat Cheeseburger - LR1474 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	31.00
Double Meat Hamburger - LR1473 (1 ea.) Contains Gluten, Soy, Wheat.	29.00
Dutch Waffle - LR1467 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	43.00
Egg & Cheese Biscuit - LR1457 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat. May contain Egg, Soy.	32.05

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Egg & Cheese Croissant - LR1458 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Tree nuts.	31.05
EGG BISCUIT- special diets - LR1661 (1 ea.) Contains Egg, Gluten, Milk, Wheat. May contain Egg, Soy.	30.05
Egg Patty - LR1596 (1 ea.) Contains Egg, Milk.	1.05
Elbow Macaroni - LR1510 (1 oz.) Contains Gluten, Wheat.	20.61
Elf Grahams, Cinnamon - LR1551 (1 Bag) Contains Gluten, Soy, Wheat.	21.00
Elf Grahams, Original - LR1550 (1 Bag) Contains Gluten, Soy, Wheat.	21.00
English Muffin - LR1122 (1 ea.) Contains Gluten, Soy, Wheat.	21.00
Envy Sparkling Juice, Apple - LR1697 (1 ea.)	(M)
Envy Sparkling Juice, Fruit Punch - LR1698 (1 ea.)	(M)
Fat Free Lactose Free Milk - LR1119 (1 c.) Contains Milk.	13.00
Fat Free Lactose Free Milk - LR1120 (1 c.) Contains Milk.	13.00
Fat-Free Milk - LR1189 (1 ea.) Contains Milk.	13.00
Fish Filet Sandwich - LR1098 (1 ea.) Contains Fish, Gluten, Soy, Wheat.	47.00
Fish Nuggets - LR1204 (4 Piece) Contains Fish, Gluten, Soy, Wheat.	20.00
Fish Sticks - LR1203 (4 Piece) Contains Fish, Gluten, Milk, Wheat.	18.00
Fish Sticks (Pre-K Option, Select Campuses) - LR1488 (4 Piece) Contains Fish, Gluten, Milk, Wheat.	18.00
Flamin' Hot Cheetos - LR1255 (1 pkg.) Contains Milk.	17.00
French Toast Breakfast Bites - LR1034 (3 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	19.00

# Menu Item Nutrient Report

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Item Name (Serving Size)	Carb (g)
French Toast Sticks - LR1025 (2 ea.) Contains Gluten, Soy, Wheat.	24.00
French Toast Sticks with Sausage - LR1210 (1 serv.) Contains Gluten, Soy, Wheat.	24.00
Fresh Jalapeno - LR1520 (1 ounces)	(M)
Fresh Pear - LR1505 (1 ea.)	27.11
Fried Rice - LR1480 (1 #8 scoop) Contains Egg, Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Milk, Soy.	10.20
Froot Loops Bowl - LR1004 (1 ea.) Contains Gluten, Wheat. May contain Soy.	24.00
Frosted Blueberry Pop Tart - LR1578 (1 ea.) Contains Gluten, Soy, Wheat.	(M)
Frozen Blueberries - LR1635 (1/2 c.)	9.00
Frozen Mixed Berry Cup - LR1446 (1 ea.)	(M)
Frozen Peach Cup - LR1447 (1 ea.)	(M)
Frozen Strawberries - LR1647 (2/3 c.)	37.00
Frozen Strawberry Cup - LR1428 (1 ea.)	(M)
Fruit & Yogurt Parfait (Peach) - LR1379 (1 ea.) Contains Gluten, Milk, Wheat.	70.66
Fruit & Yogurt Parfait (Strawberry) - LR1380 (1 ea.) Contains Gluten, Milk, Wheat.	84.40
FRUIT JUICE 100%, KIWI STRAWBERRY 32/6.75 OZ - LR1699 (1 ea.)	(M)
Fruit of the Day - LR1136 (1 serv.) Contains Peaches.	18.46
Fruit of the Day - LR1248 (1 serv.) Contains Peaches.	18.46
Fruit Roll Up, Crazy Colors - LR1289 (1 ea.)	17.00
Fruit Seasoning - LR1091 (1 ea.)	0.00



# Menu Item Nutrient Report

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Item Name (Serving Size)	Carb (g)
Fruit Snacks, Assorted Fruit - LR1288 (1 pkg.)	37.00
Fudge Pop Tart - LR1271 (1 ea.) Contains Gluten, Soy, Wheat.	38.00
Fudge Pop Tarts - LR1229 (1 pkg.) Contains Gluten, Soy, Wheat.	76.00
Fuji Apple - LR1452 (1 ea.)	24.00
Funyuns - LR1261 (1 pkg.) Contains Milk.	14.00
Garbanzo Beans - LR1604 (1/2 c.)	20.00
Garlic & Herb Tortilla - LR1316 (1 ea.) Contains Gluten, Wheat.	48.00
Garlic Breadstick - LR1236 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	15.00
Garlic Herb Tortilla (and Roll) - LR1323 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	75.00
Garlic Toast - LR1099 (1 slice) Contains Gluten, Wheat. Processed in a facility that also processes Milk.	15.00
Gatorade G2 Fruit Punch - LR1366 (1 ea.)	7.00
Gatorade G2 Glacier Freeze - LR1367 (1 ea.)	7.00
Gatorade G2 Grape - LR1368 (1 ea.)	7.00
Gatorade G2 Orange - LR1369 (1 ea.)	7.00
Gatorade Zero Glacier Cherry - LR1370 (1 ea.)	(M)
Gatorade Zero Glacier Freeze - LR1371 (1 ea.)	(M)
General Tso's Chicken - LR1492 (1 serv.) Contains Egg, Gluten, Milk, Soy, Wheat.	24.00
Givin' Thanks Apple Pie Ice Cup - LR1631 (1 ea.)	25.00
GLAZE, CHOCOLATE 1/12 LB - LR1688 (1 #10 can) Contains Soy.	3368.93
Glazed Cinnamon Roll - LR1529 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	52.00

# Menu Item Nutrient Report

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Item Name (Serving Size)	Carb (g)
Glazed Cinnamon Roll - LR1695 (1 ea.) Contains Egg, Gluten, Wheat. May contain Milk, Sesame, Soy.	52.00
Glazed Sweet Potatoes - LR1405 (1 #8 scoop) Contains Milk, Soy.	48.14
Gluten Free Bread- Special Diets - LR1476 (1 slice) Contains Egg.	21.00
Gold Rush Juice - LR1509 (1 ea.)	(M)
Golden Grahams Bowl - LR1005 (1 ea.) Contains Gluten, Wheat.	24.00
Goldfish Crackers - LR1128 (1 pkg.) Contains Gluten, Milk, Wheat.	14.00
Good Fortune Ice Cup - LR1506 (1 ea.)	(M)
Graham Crackers - LR1129 (1 pkg.) Contains Gluten, Soy, Wheat.	17.00
GRANOLA, BULK, NO NUTS, NO RAISINS, LF WG, 4/50 OZ BG - LR1687 (2/3 c.) Contains Gluten, Wheat.	48.00
Grape Juice, 6.75 oz. - LR1605 (1 ea.)	(M)
Grapefruit Wedges - LR1442 (1/2 c.)	12.00
Grapes - LR1178 (1/2 c.)	8.00
Grapes - LR1180 (1/2 c.)	8.00
Grapes - LR1181 (1/2 c.)	8.00
Grapes - LR1182 (1/2 c.)	8.00
Greek Salad - LR1532 (1 serv.) Contains Milk, Soy, Wheat. May contain Milk, Soy.	42.15
Green Chili Enchilada Sauce - LR1648 (1/4 c.)	3.00
Green Onion - LR1321 (1/4 c.)	1.02
Green Peas - LR1597 (1/2 c.) Contains Milk, Soy.	12.86
Grilled Cheese Sandwich - LR1665 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	31.58

# Menu Item Nutrient Report

Item Name (Serving Size)	Carb (g)
Grilled Cheese Sandwich (Vegetarian Pre-K Option, Select Campuses) - LR1483 (1 ea.) Contains Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Milk.	34.00
Grilled Cheese Sandwich (Vegetarian) - LR1036 (1 ea.) Contains Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Milk.	34.00
Grilled Cheese Sandwich (Vegetarian) - LR1554 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	30.00
Hamburger - LR1044 (1 ea.) Contains Gluten, Soy, Wheat.	29.00
Hamburger - LR1533 (1 ea.) Contains Gluten, Soy, Wheat.	29.00
Hamburger Bun - LR1612 (1 ea.)	(M)
Harvest of the Month Salad (Rainbow Chard) - LR1521 (1 serv.) Contains Egg, Gluten, Milk, Soy, Wheat.	38.31
Harvest Stew - LR1401 (1 serv.) Contains Gluten, Soy, Wheat. Processed in a facility that also processes Milk, Soy.	21.01
Head Start Fruit & Yogurt Parfait (Peach) - LR1507 (1 ea.) Contains Gluten, Milk, Wheat.	45.67
Headstart Fruit & Yogurt Parfait (Strawberry) - LR1508 (1 ea.) Contains Gluten, Milk, Wheat.	52.54
Hershey's Chocolate Milk - LR1511 (1 ea.)	(M)
Hip Hoppin' Ice Cup - LR1641 (1 ea.)	25.00
Honey - LR1108 (1 ea.)	7.00
Honey Chicken Biscuit - LR1023 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat. May contain Egg, Soy.	35.00
Honey Glazed Biscuit Sticks - LR1463 (2 ea.) Contains Gluten, Milk, Soy, Wheat.	41.36
Honey Glazed Doughnut - LR1019 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	46.00

# Menu Item Nutrient Report

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Item Name (Serving Size)	Carb (g)
Honey Nut Cheerios Bowl (Secondary Only) - LR1007 (1 ea.) Contains Tree nuts.	22.00
Honeybun - LR1030 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	30.00
Honeydew Melon - LR1546 (1 serv.)	(M)
Hot & Spicy Popcorn Chicken - LR1094 (12 ea.) Contains Gluten, Soy, Wheat.	16.21
Hot Dog - LR1061 (1 ea.) Contains Gluten, Milk, Wheat.	29.00
Hot Fantastix - LR1258 (1 pkg.) Contains Milk.	20.00
Hot Turkey Ham & Cheese Sandwich - LR1693 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	32.30
Hummus & Pretzels - LR1283 (1 serv.) Contains Gluten, Wheat.	43.00
Ice Cream Sandwich - LR1327 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	33.00
Iced Tea - LR1454 (1 c.)	0.00
IMITATION MILK, SOYMILK, VERY VANILLA, 18/8OZ -special diets - LR1617 (1 ea.) Contains Soy.	18.00
Italian Combo Wrap - LR1417 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	17.00
Italian Tomato Wedges - LR1232 (1 #8 scoop)	4.07
Jalapeno & Cheddar Kettle Chips - LR1263 (1 pkg.) Contains Milk.	27.00
Jalapeno & Cheese Tortilla - LR1317 (1 ea.) Contains Gluten, Wheat.	50.00
Jalapeno & Cheese Tortilla (and Roll) - LR1324 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	77.00
Jalapenos - LR1312 (1/4 c.)	4.00
Jelly - LR1020 (1 ea.)	6.69
Jicama - LR1556 (1 ea.)	(M)
Jicama - LR1562 (1 ea.)	(M)

# Menu Item Nutrient Report

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Item Name (Serving Size)	Carb (g)
Jicama Sticks - LR1570 (1 ea.)	(M)
Jicama Sticks - LR1588 (1 ea.)	(M)
Juicy Juice Apple Juice (100% Juice) - LR1352 (1 ea.)	22.96
Juicy Juice Apple Juice (100% Juice) - LR1354 (1 ea.)	14.39
Juicy Juice Grape Juice (100% Juice) - LR1353 (6 3/4 fl. oz.)	24.00
Juicy Juice Grape Juice (100% Juice) - LR1355 (1 ea.)	14.39
Ketchup - LR1092 (1 ea.)	3.00
Ketchup - LR1645 (1 tablespoons)	4.00
Ketchup - LR1657 (1 ea.)	2.50
Ketchup - LR1677 (1 ea.)	2.00
Ketchup - LR1696 (1 ea.)	(M)
Kettle Chips- Salt & Vinegar - LR1629 (1 Bag)	28.00
Kids Mix Snack Mix - LR1499 (1 pkg.) Contains Gluten, Milk, Wheat.	17.00
Lactose Free Milk, Fat Free - LR1704 (1 ea.)	(M)
Lettuce, Tomato, & Pickle Cup - LR1214 (1 serv.)	2.85
Lucky Charms Bowl - LR1008 (1 ea.)	23.00
Macaroni & Cheese - LR1427 (1 #12 scoop) Contains Gluten, Milk, Wheat. Processed in a facility that also processes Milk, Soy.	10.44
Macaroni & Cheese (Vegetarian Pre-K Option, Select Campuses) - LR1485 (1 #6 scoop) Contains Gluten, Milk, Wheat. Processed in a facility that also processes Milk, Soy.	20.87
Macaroni & Cheese (Vegetarian) - LR1145 (1 #6 scoop) Contains Gluten, Milk, Wheat. Processed in a facility that also processes Milk, Soy.	20.87
Mandarin Oranges - LR1436 (1/2 c.)	23.00

# Menu Item Nutrient Report

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Item Name (Serving Size)	Carb (g)
Mango Caliente Ice Cup - LR1519 (1 ea.)	(M)
Mango Naked Smoothie - LR1364 (1 ea.)	44.00
Maple Pancake & Chicken Sausage Sandwich - LR1372 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	17.00
Margarine - LR1320 (1 ounces) Contains Milk, Soy.	0.00
Marinara Sauce - LR1213 (1/2 c.)	12.00
Mashed Potatoes - LR1066 (4 1/4 oz.) Contains Milk.	16.00
Mashed Potatoes - LR1678 (1/2 c.) Contains Milk.	16.00
Meatball Sub - LR1606 (1 sandwich) Contains Gluten, Milk, Wheat.	37.24
Mega Meat Pizza - LR1478 (1 Slice (8 Cut))	(M)
Minestrone - LR1402 (1 serv.) Contains Gluten, Soy, Wheat.	14.91
Mini Blueberry Pancakes - LR1227 (1 pkg.) Contains Egg, Gluten, Milk, Soy, Wheat.	35.00
Mini Cheese Pizza Bagels - LR1663 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	6.00
Mini Cheese Raviolis (Vegetarian) - LR1150 (1 serv.) Contains Egg, Gluten, Milk, Wheat.	22.09
Mini Chicken Tacos - LR1667 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	10.33
Mini Chocolate Rice Krispie Treat - LR1266 (1 ea.) Contains Milk, Soy.	8.00
Mini Confetti Pancakes - LR1228 (1 pkg.) Contains Egg, Gluten, Milk, Soy, Wheat.	36.00
Mini Maple Pancakes - LR1226 (1 pkg.) Contains Egg, Gluten, Milk, Soy, Wheat.	35.00
Mini Pepperoni Pizza Bagels (Pork Free) - LR1664 (1 ea.) Contains Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Egg.	6.25

# Menu Item Nutrient Report

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Item Name (Serving Size)	Carb (g)
Mini Rice Krispie Treat - LR1265 (1 ea.) Contains Milk, Soy.	9.00
Mini Vanilla Ice Cream Sandwich - LR1332 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	12.00
Mini Waffles - LR1223 (1 pkg.) Contains Egg, Gluten, Milk, Soy, Wheat.	35.00
Minute Maid Apple Juice, 10 oz. - LR1439 (1 ea.)	(M)
Minute Maid Berry Juice, 10 oz. - LR1440 (1 ea.)	(M)
Minute Maid Orange Juice, 10 oz. - LR1441 (1 ea.)	(M)
Mixed Berry Fruit Snacks - LR1636 (1 ea.)	(M)
Mixed Fruit - LR1541 (1/2 c.)	15.00
Mixed Fruit Applesauce Cup - LR1073 (1 ea.)	21.00
Mixed Fruit Cup - LR1046 (1 ea.)	19.00
Mozzarella Cheese Sticks (Vegetarian) - LR1037 (5 Piece) Contains Gluten, Milk, Wheat.	33.00
Mozzarella Filled Breadstick (Vegetarian) - LR1572 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	17.00
Mustard - LR1101 (1 ea.)	1.00
Nacho Box - LR1284 (1 serv.) Contains Milk.	39.00
Nacho Cheese Chips & Cheese Stick - LR1637 (1 serv.) Contains Milk.	22.00
Nacho Cheese Doritos - LR1262 (1 pkg.) Contains Milk.	20.00
Oatmeal - LR1409 (1 #8 scoop) Contains Milk, Soy.	23.31
Onion - LR1314 (2 slice)	1.89
Onion Rings - LR1396 (5 Piece) Contains Gluten, Wheat.	28.00
Orange Blossom Bar - LR1526 (1 ea.)	14.00
Orange Chicken - LR1068 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	57.33

# Menu Item Nutrient Report

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Item Name (Serving Size)	Carb (g)
Orange Glaze - LR1464 (1 serv.)	3.93
Orange Glazed Biscuit Sticks - LR1461 (2 ea.) Contains Gluten, Milk, Soy, Wheat.	29.93
Orange Juice - LR1017 (1 ea.)	13.50
Orange Veggie Nuggets (Vegetarian) - LR1429 (1 serv.) Contains Gluten, Soy, Wheat.	65.34
Orange Wings - LR1517 (5 ea.) Contains Gluten, Soy, Wheat.	11.50
Oranges - LR1435 (1 ea.)	17.43
Oven Fried Chicken - LR1065 (6 3/4 oz.) Contains Egg, Gluten, Wheat.	10.00
Oven Fried Okra - LR1395 (17 Piece) Contains Gluten, Milk, Soy, Wheat.	24.00
Oven Roasted Chicken - LR1144 (1 serv.) Contains Soy. Processed in a facility that also processes Milk, Soy.	1.40
Pancake & Sausage on a Stick - LR1540 (1 ea.) Contains Egg, Gluten, Soy, Wheat.	17.00
Pancake Breakfast Bites - LR1022 (3 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	19.00
Pancakes - LR1058 (3 ea.) Contains Egg, Gluten, Soy, Wheat.	41.00
Pancakes with Sausage - LR1215 (1 serv.) Contains Egg, Gluten, Soy, Wheat.	27.33
Pancakes with Scrambled Eggs (Vegetarian) - LR1216 (1 serv.) Contains Egg, Gluten, Milk, Soy, Wheat.	29.33
Pancakes with Vegetarian Sausage - LR1577 (1 serv.) Contains Egg, Gluten, Milk, Soy, Wheat.	31.33
Paradise Punch - LR1598 (1 ea.)	(M)
Pathwater, 20.3 oz - LR1360 (1 ea.)	(M)
Peach Breakfast Bowl - LR1027 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	41.00



# Menu Item Nutrient Report

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Item Name (Serving Size)	Carb (g)
Peach Cup - LR1045 (1 ea.) Contains Peaches.	14.00
Peach Izze - LR1654 (1 ea.)	(M)
Peaches - LR1512 (1/2 c.)	14.00
Pear Cup - LR1047 (1 ea.)	16.00
Penne & Meat Sauce - LR1581 (1 serv.) Contains Gluten, Wheat.	41.02
Peppered Gravy - LR1218 (1 oz.) Contains Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Egg.	3.96
Pepperoni Calzone - LR1241 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	32.00
Pepperoni Pizza - LR1164 (1 Slice (8 Cut)) Contains Gluten, Milk, Soy, Wheat.	33.00
Pepperoni Pizza - LR1165 (1 Slice (10 cut)) Contains Gluten, Milk, Soy, Wheat.	26.49
Personal Cheese Pizza (Vegetarian) - LR1243 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	32.00
Personal Mexican Pizza - LR1244 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	32.00
Personal Pepperoni Pizza - LR1245 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	32.00
Personal Supreme Pizza - LR1246 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	32.00
Philly Steak - LR1501 (1 serv.)	4.80
Pickles - LR1311 (9 slice)	0.99
Pico De Gallo - LR1477 (1/2 c.)	4.82
Pineapple Tidbits - LR1491 (1/2 c.)	22.00
Pink Lemonade Smoothie Cup - LR1083 (1 ea.)	28.00
Pinto Beans - LR1610 (1/4 c.)	(M)
Pomegranate Izze - LR1653 (1 ea.)	(M)

# Menu Item Nutrient Report

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Item Name (Serving Size)	Carb (g)
Popcorn Chicken - LR1040 (10 Piece) Contains Gluten, Milk, Soy, Wheat.	17.00
Popcorn Chicken (Pre-K Option, Select Campuses) - LR1487 (10 Piece) Contains Gluten, Milk, Soy, Wheat.	17.00
Pretzel & Cheddar Breadstick - LR1387 (1 ea.) Contains Gluten, Milk, Wheat.	26.00
Pretzel Goldfish - LR1412 (1 pkg.) Contains Gluten, Milk, Wheat.	16.00
Pretzels - LR1130 (1 pkg.) Contains Gluten, Wheat.	16.00
Pulled Pork - LR1538 (3 oz.) Contains Soy.	12.75
Pulled Pork Sandwich - LR1199 (1 ea.) Contains Gluten, Soy, Wheat.	47.51
PULLED PORK SANDWICH on BREAD- special diets - LR1683 (1 ea.) Contains Gluten, Soy, Wheat. Processed in a facility that also processes Milk.	33.51
PULLED PORK SANDWICH on GF BREAD- special diets - LR1676 (1 ea.) Contains Egg, Soy.	60.51
Raisins - LR1086 (1 ea.)	32.96
Raisins - LR1633 (1 Box)	29.00
Ranch - LR1109 (2 tbsp.) Contains Egg, Milk.	2.00
Ranch Dressing - LR1103 (1 ea.) Contains Egg.	1.00
Ranchero Beef Tornado - LR1377 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	23.00
Raspberry Yogurt - LR1012 (1 ea.) Contains Milk.	14.00
Red Velvet Cookie - LR1646 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	34.00
Reduced Fat Corn Chips - LR1590 (1 ounces)	19.00
Refried Beans - LR1142 (1/2 c.)	20.00
Rice Krispie Treat - LR1267 (1 ea.) Contains Milk, Soy.	30.00

# Menu Item Nutrient Report

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Item Name (Serving Size)	Carb (g)
Roast Turkey - LR1630 (1 serv.)	1.00
Roast Turkey Breast - LR1655 (1 serv.)	1.00
Roasted Red Pepper Hummus Cup - LR1080 (1 ea.)	27.00
Roasted Red Pepper Hummus Cup - LR1555 (1 ea.)	27.00
Roasted Turkey - LR1404 (3 1/2 oz.)	0.00
ROLL, PRETZEL - LR1292 (1 ea.)	(M)
Rosati Ice Emoji Cup (100% Juice) - LR1351 (1 ea.)	(M)
Salad Dressing - LR1692 (1 ea.)	(M)
Salad Pizzazz - LR1219 (1 c.)	2.50
Salsa - LR1100 (2 tbsp.)	2.00
Salsa Dipping Cup - LR1669 (1 ea.)	5.00
Sandwich Bread - LR1309 (1 slice) Contains Gluten, Wheat. Processed in a facility that also processes Milk.	15.00
Sausage & Cheese Croissant - LR1460 (1 ea.) Contains Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Tree nuts.	29.00
Sausage & Cheese Kolache (Pork Free) - LR1616 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	16.00
Sausage & Egg Biscuit - LR1449 (1 ea.) Contains Egg, Gluten, Milk, Wheat. May contain Egg, Soy.	30.05
Sausage & Egg Croissant - LR1450 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Tree nuts.	29.05
Sausage Biscuit - LR1009 (1 ea.) Contains Gluten, Milk, Wheat. May contain Egg, Soy.	29.00
SAUSAGE CROISSANT (no egg)-special diets - LR1681 (1 ea.) Contains Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Tree nuts.	28.00

# Menu Item Nutrient Report

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Item Name (Serving Size)	Carb (g)
Sausage Kolache - LR1593 (1 ea.)	18.00
Sausage on a Bun - LR1166 (1 ea.) Contains Gluten, Milk, Wheat.	30.00
Sausage, Egg, & Cheese Croissant - LR1024 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Tree nuts.	30.05
Sausage, Egg, & Cheese Muffin - LR1451 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	23.05
Sausage, Egg, & Cheese Tornado - LR1376 (1 ea.) Contains Egg, Gluten, Milk, Wheat.	21.00
Sausage, Egg, & Cheese Tornado - LR1624 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	22.00
Scrambled Eggs - LR1059 (2 oz.) Contains Egg, Milk.	2.00
Seasonal Fruit Cup - LR1453 (1 c.)	20.62
Seasoned Corn - LR1067 (1/2 c.) Contains Milk, Soy.	14.73
Seasoned Corn - LR1674 (1/2 c.) Contains Milk, Soy.	16.17
Seasoned Curly Fries - LR1075 (3 oz.)	24.29
Seasoned Green Beans - LR1039 (1/2 c.) Contains Milk, Soy.	4.80
Seasoned Green Beans - LR1675 (1/2 c.) Contains Milk, Soy.	4.68
Seasoned Potato Wedges - LR1097 (3 oz.)	20.76
Shredded Lettuce - LR1313 (1 c.)	2.00
Shrimp Poppers - LR1383 (1 serv.) Contains Crustacean Shellfish, Gluten, Milk, Soy, Wheat.	22.00
Sliced Turkey Breast - LR1702 (1 serv.)	1.00
Smokehouse Turkey Breast Stick - LR1273 (1 ea.)	0.00
Smokehouse Turkey Stick, String Cheese, & Pretzels - LR1275 (1 serv.) Contains Gluten, Milk, Wheat.	17.00

# Menu Item Nutrient Report

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Item Name (Serving Size)	Carb (g)
Smothered Bean & Cheese Burrito - LR1206 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	42.85
Sno' Joe Ice Cup - LR1649 (1 ea.)	25.00
Soft Beef Tacos - LR1076 (2 ea.) Contains Gluten, Milk, Wheat.	29.88
Soft Pretzel - LR1390 (1 ea.) Contains Gluten, Wheat.	35.00
Soft Pretzel Rod - LR1389 (1 ea.) Contains Gluten, Wheat.	14.00
Sour Cream - LR1114 (1 ea.) Contains Milk.	4.00
Sour Cream and Onion Chips - LR1689 (1 Bag) Contains Milk, Soy.	19.00
Southwest Chicken Tornado - LR1378 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	22.00
Southwest Salad - LR1530 (1 serv.) Contains Egg, Gluten, Milk, Soy, Wheat.	53.65
Soymilk - LR1444 (1 c.) Contains Soy.	8.00
Spaghetti & Meat Sauce - LR1035 (1 serv.) Contains Gluten, Wheat.	41.02
Spaghetti and Meat Sauce with Garlic Breadstick - LR1252 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	56.02
Spaghetti and Meatballs with Garlic Toast - LR1253 (1 serv.) Contains Gluten, Milk, Wheat. Processed in a facility that also processes Milk.	58.86
Spaghetti with Meatballs - LR1247 (1 serv.) Contains Gluten, Milk, Wheat.	43.86
Spanish Chickpea Stew - LR1403 (1 serv.) Contains Soy. Processed in a facility that also processes Milk, Soy.	18.89
Spanish Rice - LR1079 (1 #6 scoop) Processed in a facility that also processes Milk, Soy.	12.44
Sparkling Juice, Strawberry Kiwi - LR1700 (1 ea.)	(M)

# Menu Item Nutrient Report

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Item Name (Serving Size)	Carb (g)
Spicy Chicken Sandwich - LR1093 (1 ea.) Contains Gluten, Soy, Wheat.	41.00
Spinach Tortilla - LR1318 (1 ea.) Contains Gluten, Wheat.	47.00
Spinach Tortilla (and Roll) - LR1325 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	74.00
Spooky Sundae Ice Cream Cup - LR1337 (1 ea.) Contains Milk.	16.00
Spring Party Ice Cream Cup - LR1339 (1 ea.) Contains Milk.	(M)
Spring Water, 16.9 oz - LR1359 (1 ea.)	(M)
Spring Water, 8 oz - LR1358 (1 ea.)	(M)
Sriracha Honey Chicken - LR1392 (1 serv.) Contains Egg, Gluten, Wheat.	24.00
Steak Bun, 7" - LR1306 (1 ea.) Contains Gluten, Soy, Wheat.	35.00
Steak Fingers - LR1202 (4 ea.) Contains Gluten, Wheat.	14.00
Steak Fingers - LR1627 (4 ea.) Contains Gluten, Soy, Wheat.	19.00
Steamed Broccoli - LR1469 (1/2 c.) Contains Broccoli, Milk, Soy.	4.27
Steamed Broccoli - LR1634 (1/2 c.) Contains Broccoli, Milk, Soy.	4.27
Steamed Brown Rice - LR1042 (1/2 c.) Contains Milk, Soy.	7.87
Steamed Carrots - LR1090 (1/2 c.) Contains Milk, Soy.	8.77
Steamed Carrots - LR1652 (1/2 c.) Contains Milk, Soy.	7.66
Steamed Okra - LR1615 (1/2 c.)	20.92
Strawberry Banana Naked Smoothie - LR1365 (1 ea.)	38.00
Strawberry Banana Yogurt - LR1014 (1 ea.) Contains Milk.	16.00
Strawberry Belgian Waffle - LR1527 (1 ea.) Contains Egg, Gluten, Milk, Wheat.	37.00
Strawberry Breakfast Bowl - LR1028 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	39.00

# Menu Item Nutrient Report

Generated on: 1/22/2021 12:16:30 PM by Julia Jarrell

Item Name (Serving Size)	Carb (g)
Strawberry Fruit Bar - LR1336 (1 ea.)	32.00
Strawberry Kiwi Slush (100% Juice) - LR1346 (8 fl. oz.)	31.00
Strawberry Milk - LR1191 (1 ea.) Contains Milk.	19.00
Strawberry Nutrigrain Bar - LR1268 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	30.00
Strawberry Pop Tart - LR1272 (1 ea.) Contains Gluten, Soy, Wheat.	38.00
Strawberry Pop Tarts - LR1230 (1 pkg.) Contains Gluten, Soy, Wheat.	76.00
Strawberry Scooter Ice Cream Bar - LR1328 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	25.00
Strawberry Smoothie Cup - LR1082 (1 ea.)	28.00
Strawberry Yogurt - LR1013 (1 ea.) Contains Milk.	16.00
Sugar Cookie - LR1607 (1 ea.)	(M)
Sugar PAcKet - LR1107 (1 ea.)	3.00
Sugar Substitute, Blue Packet - LR1105 (1 ea.)	0.00
Sugar Substitute, Pink Packet - LR1106 (1 ea.)	0.00
Sunbutter & Jelly Sandwich - LR1282 (1 serv.) Contains Gluten, Wheat. Processed in a facility that also processes Milk.	62.07
SUNBUTTER & JELLY SANDWICH on GF BREAD - special diets - LR1680 (1 serv.) Contains Egg.	74.07
Sunbutter Notable - LR1290 (1 serv.) Contains Gluten, Soy, Wheat.	65.00
Sun-dried Tomato Tortilla - LR1497 (1 ea.) Contains Gluten, Soy, Wheat.	39.10
Sunflower Kernels - LR1078 (1 ea.)	6.00
Sunflower Munchable - LR1280 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	22.00

# Menu Item Nutrient Report

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Item Name (Serving Size)	Carb (g)
Sunplash Fruit & Vegetable Juice - LR1500 (1 ea.)	15.00
Super Green Smoothie - LR1567 (16 oz.) Contains Milk.	81.92
Super Sour Applesauce Cup - LR1051 (1 ea.)	17.00
Sweet & Sour Chicken - LR1177 (10 Piece) Contains Fish, Gluten, Milk, Soy, Wheat.	40.04
Sweet & Sour Veggie Nuggets - LR1143 (5 ea.) Contains Gluten, Soy, Wheat.	37.00
Sweet & Sour Veggie Nuggets (Vegetarian) - LR1231 (5 ea.) Contains Gluten, Soy, Wheat.	52.00
Sweet & Sour Veggie Nuggets (Vegetarian) - LR1434 (5 Piece) Contains Fish, Gluten, Soy, Wheat.	48.05
Sweet Potato Fries - LR1062 (3 oz.)	22.00
Sweet Relish - LR1102 (1 ea.)	2.00
Sweet Roasted Golden Beets - LR1539 (1/2 c.) Processed in a facility that also processes Milk, Soy.	10.63
Sweet Tea - LR1443 (1 c.)	9.00
Switch Fruit Punch Sparkling Juice (100% Juice) - LR1356 (1 ea.)	30.00
Switch Strawberry Kiwi Sparkling Juice (100% Juice) - LR1357 (1 ea.)	30.00
Syrup - LR1211 (2 tbsp.)	21.00
Tabasco Sauce - LR1643 (1 ea.)	(M)
Taco Sauce Packet - LR1642 (1 ea.)	(M)
Tangerine Chicken - LR1391 (1 serv.) Contains Egg, Gluten, Soy, Wheat.	25.00
Tartar Sauce - LR1104 (1 ea.) Contains Egg.	1.00
Tater Tots - LR1060 (3 oz.)	19.00



# Menu Item Nutrient Report

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Item Name (Serving Size)	Carb (g)
Teriyaki Chicken - LR1233 (2 7/8 ounces) Contains Gluten, Soy, Wheat.	14.04
Thin Crust Veggie Pizza - LR1503 (1 Slice (8 Cut))	(M)
Tomato - LR1310 (2 slice)	1.56
Tornado- Maple Sausage & Egg - LR1618 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	24.00
Tostitos Baked Scoops - LR1264 (1 pkg.)	19.00
Trail Mix Notable - LR1411 (1 ea.) Contains Gluten, Milk, Wheat.	51.00
Triple Chocolate Cookie - LR1125 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Peanuts, Tree nuts.	31.00
Tuna Salad - LR1286 (1 #10 scoop) Contains Egg, Fish.	6.65
Tuna Salad Munchable - LR1287 (1 serv.) Contains Egg, Fish, Gluten, Milk, Soy, Wheat.	15.16
Turkey & Cheese Sandwich - LR1549 (1 ea.) Contains Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Milk.	32.00
TURKEY & CHEESE SANDWICH (ON HAMBURGER BUN) - LR1650 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	31.00
Turkey & Cheese Sub - LR1278 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	30.00
Turkey & Two Cheese Wedge Sandwich - LR1300 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	30.00
Turkey Breast - LR1291 (3 1/4 oz.)	0.00
Turkey Breast/Turkey Ham Combo - LR1303 (1 serv.)	0.52
Turkey Ham - LR1672 (1 5/8 ounces)	1.00
Turkey Ham & Cheese Anytimer - LR1614 (1 ea.)	(M)

# Menu Item Nutrient Report

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Item Name (Serving Size)	Carb (g)
Turkey Ham & Cheese Croissant - LR1504 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	30.00
Turkey Ham & Cheese Roll Up - LR1281 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	16.14
Turkey Ham & Cheese Sandwich - LR1415 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	(M)
TURKEY HAM & CHEESE SANDWICH (COMMODITY) - LR1694 (1 ea.) Contains Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Milk.	33.30
TURKEY HAM & CHEESE SANDWICH (ON HAMBURGER BUN) - LR1651 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	31.49
Turkey Ham & Cheese Wrap, Garlic Herb Tortilla - LR1707 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	51.30
Turkey Ham & Cheese Wrap, Jalapeno Cheddar Tortilla - LR1705 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	53.30
Turkey Ham & Cheese Wrap, Spinach Tortilla - LR1706 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	50.30
Turkey Ham & Cheese Wrap, Sun Dried Tomato Tortilla - LR1708 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	42.40
Turkey Ham, Sliced - LR1302 (3 1/4 oz.)	1.05
Turkey Munchable - LR1279 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	16.00
Turkey, Turkey Ham, & Cheese Wedge Sandwich - LR1584 (1 ea.)	(M)
Unsweet Tea - LR1448 (1 c.)	0.00
Unsweetened Applesauce - LR1564 (1/2 c.)	(M)
Vanilla & Chocolate Twist Cone - LR1330 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	30.00
Vanilla Almond Milk - LR1116 (1 c.) Contains Tree nuts.	1.00

# Menu Item Nutrient Report

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Item Name (Serving Size)	Carb (g)
Vanilla Belgian Waffle - LR1528 (1 ea.) Contains Egg, Gluten, Milk, Wheat.	37.00
Vanilla Doughnut Holes - LR1033 (3 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	22.00
Vanilla Ice Cream Cup - LR1334 (1 ea.) Contains Milk.	4.00
Vanilla Pediasure with Fiber - LR1117 (1 ea.) Contains Milk, Soy.	33.00
Vanilla Pudding - LR1111 (1 ea.) Contains Milk.	20.00
Vanilla Yogurt - LR1015 (1 ea.) Contains Milk.	14.00
Vegetable Egg Roll - LR1394 (1 ea.) Contains Gluten, Soy, Wheat.	24.00
Vegetable Lasagna Roll Up - LR1489 (1 ea.) Contains Egg, Gluten, Milk, Wheat.	35.65
Vegetarian Bean Chili - LR1167 (1 #6 scoop) Processed in a facility that also processes Milk, Soy.	26.46
Vegetarian Chef Salas - LR1576 (1 serv.) Contains Egg, Gluten, Milk, Soy, Wheat.	38.59
Vegetarian Greek Salad - LR1535 (1 serv.) Contains Milk, Soy, Wheat. May contain Milk, Soy.	47.95
Vegetarian Sausage & Egg Croissant - LR1594 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Tree nuts.	33.05
VEGETARIAN SAUSAGE CROISSANT (no egg)- special diets - LR1682 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Tree nuts.	32.00
Vegetarian Southwest Salad - LR1536 (1 serv.) Contains Egg, Gluten, Milk, Soy, Wheat.	58.45
Veggie Burger with Cheese - LR1622 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	37.00
Veggie Nuggets (Vegetarian) - LR1069 (5 ea.) Contains Gluten, Soy, Wheat.	25.00

# Menu Item Nutrient Report

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Item Name (Serving Size)	Carb (g)
Veggie Sausage Biscuit - LR1575 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat. May contain Egg, Soy.	33.00
Veggie Sausage Patty - LR1573 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	4.00
Veggie Sausage, Egg, & Cheese Croissant - LR1574 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Tree nuts.	34.05
Very Strawberry Applesauce Cup - LR1052 (1 ea.)	17.00
Waffle - LR1456 (2 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	24.00
Water, 8 oz. - LR1522 (1 ea.)	(M)
WG Donut (Plain) - LR1595 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	30.00
Whole Grain Biscuit - LR1602 (1 ea.) Contains Gluten, Milk, Wheat. May contain Egg, Soy.	29.00
Whole Lactose Free Milk - LR1118 (1 c.) Contains Milk.	13.00
Whole Milk - LR1445 (1 ea.) Contains Milk.	12.00
Whole Wheat Roll - LR1038 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	27.00
Wild Watermelon Applesauce Cup - LR1074 (1 ea.)	17.00
Wings - LR1518 (5 ea.)	1.00
YoDots Cookie Dough - LR1341 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	29.00
YoDots Cookies & Cream - LR1342 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	(M)
YoDots Cotton Candy - LR1343 (1 ea.) Contains Milk.	23.00
Yogurt - LR1135 (1 serv.) Contains Milk.	15.00
Zee-Zee's Honey Roasted Sunflower Kernels - LR1297 (1 ea.)	10.00

# Menu Item Nutrient Report

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<b>Item Name (Serving Size)</b>	<b>Carb (g)</b>
Zee-Zee's Meal Pack - LR1295 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	35.00
Zee-Zee's Mozzarella String Cheese - LR1298 (1 ea.) Contains Milk.	1.00
Zee-Zee's Strawberry Crisp Bar - LR1296 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	24.00

## **Legend**

(M) Indicates missing nutrient values.

## **Report Selections**

Meal Pattern: [USDA]Meal Pattern SY 2014+

Serving Group: K-12

Data Source: Local