

<b>Recipe Name</b>	<b>Serving Size</b>	<b>Unit</b>	<b>Carb (g)</b>
10" Whole wheat Tortilla 12ct	1	piece	37
10" Whole Wheat Tortilla Fiesta	1	piece	37
100% Juice Cups, Frozen, Wild Cherry	4.4	fluid ounce	19
5.75" Corn Tortilla 100ct (3.5oz)	1	piece	10
50/50 Cheese Blend	1	Ounce	1
50/50 Leaf Lettuce Blend	1	Cup	1
6" Whole wheat Tortilla	1	Each	18
Al Pastor Marinated Chicken	2	Ounce	5
Al Pastor Marinated Pork	2	Ounce	6
Apple Juice 4oz Borden (Breakfast)	1	Carton	14
Apple Juice 6 oz (Snack Program)	1	Carton	22
Applesauce Cups	4.5	Ounce	14
Apricots, frozen, sliced	0.5	Cup	25
Asian BBQ Chicken Sandwich	1	Each	50
Asian Chicken Salad	1	Each	43
Asian Dressing (SB)	2	Ounce	10
Asian Edamame	1	serving	13
Asian Edamame Salad	0.5	Cup	7.5
Asian Noodles	1	Ounce	22
Asian Salad Bar Option A	1	Each	24.5
Asian Salad Bar Option B	1	Each	34.5
Asian sauce	1	tablespoon	4
Asian Slaw	0.25	Cup	3
Asian Spaghetti Noodle	0.5	Cup	23
Asian Veggie Salad	1	Each	52
Baby Carrot and Cauliflower Dipper	0.5	Cup	5
Baby Carrot and Celery Veggie Dipper	0.5	Cup	5
Baby Carrots	0.5	Cup	7
Baby Carrots and Zucchini Dipper	0.5	Cup	5
Bacon Egg Breakfast Taco	1	Each	20
Bacon (Taco Bar)	30	scoop	0
Bagel and Egg Box Breakfast	1	Each	37
Bagel and Egg Box FNF	1	Each	29.5
Bagel Egg and Cheese Sandwich	1	Each	27
Bagel, White Whole Grain	1	Each	29
Bagel, Whole Grain Mini Bagel	2	Each	31
Baked Alfredo Garden Penne	1	Each	51
Baked Catfish	1	serving	11
Baked Potato Salad Option A	1	Each	39
Baked Potato Salad Option B	1	Each	48
Baked Potato with BBQ Pork	1	Each	52
Baked Sweet Potato	1	Each	22
Banana Smoothie with Homemade Granola	1	Each	66

Bananas, Fresh	1 medium (7" to	27
Banh Mi Mayo Spread	1 Ounce	1
Banh Mi Sandwich	1 sandwich	48
Barbacoa	3 Ounce	4
Barbacoa and Egg Breakfast Taco	1 each taco	19
Barbacoa Beef Taco	2 each taco	24
Basil Vinagrette Dressing	0.5 tablespoon	1
BBQ Baked Beans	0.5 Cup	27
BBQ Chicken Sandwich	1 Each	38
BBQ Cole Slaw	0.5 Cup	4.5
BBQ Drum Stick with Spanish Rice (HS)	1 Each	56.5
BBQ Drumstick with Spanish Rice	1 Each	32
Bean and Cheese Breakfast Taco	1 Each	28.5
Bean and Cheese Breakfast taco (BIC)	1 Each	34
Bean and Cheese Burrito	1 burrito	46
Bean and Cheese Nachos	1 Each	30
Bean Dip	0.5 Cup	18
Beef Enchilada	1 Each	18
Beef Fajita	2.75 Ounce	1.5
Beef Fajita Quesadilla	1 Each	46
Beef Nachos	1 Each	22.5
Beef Tamale with Pinto Beans	1 serving	32
Beef with Broccoli	1 serving	9
Biscuit	1 Each	31
Black Bean Fiesta Salad	1 Each	54.5
Black Beans	0.25 1/4 Cup	11
Black Eyed Peas	0.25 Cup	8
Black Olives	0.25 Cup	2
Blueberries	0.5 cup, frozen	10
Blueberry Crisp	0.5 Cup	31.5
Blueberry Muffin	1 Each	21
Blueberry Yogurt Parfait with Granola	1 serving	51
Braised Greens	0.5 Cup	10.5
Breaded Chicken and Cheese Wrap	1 Each	50
Breaded Oven Baked Chicken	3 Ounce	11
Breakfast Breaded Chicken Breast MS/HS	1 patty	7
Breakfast Chicken Patty	1 pattie	6
Breakfast Sausage Biscuit	1 Each	32
Breakfast Sausage Patty	1 Each	4
Breakfast Snack Pack Box	1 Each	60.5
Breakfast Syrup	1 Ounce	17.5
Breakfast Taco with Egg and Cheese on a Flour Tortilla	1 Each	19
Breakfast Vegetable Flatbread	1 Each	19.1

Breakfast Veggie Sausage Link	2 Each	3
Broccoli Cauliflower Veggie Dippers	0.5 Cup	4
Broccoli and Cherry Tomato Veggie Dipper	0.5 Cup	4.5
Broccoli, Florets	0.25 Cup	1
Brown Rice	1 Cup	35
Buffalo Breaded Chicken Wrap	1 Each	53
Buffalo Breaded Oven Baked Chicken	3 Ounce	11.5
Buffalo Chicken Burger	1 Each	44
Buffalo Chicken Tenders	3 Each	14
Buffalo Chicken Wrap Box	1 Each	66.5
Buffalo Sauce	1 fluid ounce	1
Bunny Grahams	1 Bag	25
Cabbage Green, raw	1 cup, chopped	5
Cabbage, Shredded SB	0.25 cup, chopped	1.5
Caesar Dressing	2 tablespoon	0
Caesar Salad Bar Option A	1 Each	16
Caesar Salad Bar Option B	1 Each	20
Cajun Drumstick	1 Each	2.5
Carrot and Celery Veggie Dipper	0.5 Cup	8
Carrots, Shredded	1/4 Cup	3
Catfish Strips, breaded	2 strips	11
Cauliflower and Cherry Tomato Veggie Dipper	0.5 Cup	3
Celery, chopped	0.25 cup chopped	1
Celery, raw	0.5 Cup	2
Cereal, Cheerios	1 bowl	20
Cereal, Cinnamon Toast Crunch	1 bowl	22
Cereal, Cocoa Flakes	1 bowl	22
Cereal, Sprouted Oat Honey O's	1 Container	23
Cheddar Cheese (Taco Bar)	0.5 Ounce	0.5
Cheese and Cracker Snack Pack Box FNF	1 Each	40
Cheese Enchiladas with Red Sauce	1 Each	16
Cheese Quesadilla	1 Each	45
Cheese Ravioli	1 serving	44
Cheese Sauce	0.25 Cup	2
Cheese, Cream Cheese Spread	2 tablespoon	1
Cheese, feta	1 cubic inch	0.5
Cheese, mexican, queso cotija	0.5 Ounce	0.5
Cheeseburger	1 Each	35.5
Cheesy Baked Potato	1 Each	44
Chef Salad	1 Each	13
Chef Salad Option A	1 Each	3
Chef Salad Option B	1 Each	13
Chef Salad with Black Beans	1 Each	51.5

Cherry Tomato and Carrot Veggie Dipper	0.5 Cup	6
Cherry/Grape Tomatoes	1 Cup	6
Chia Bar Breakfast Box	1 Each	64
Chia Oatmeal Bar, Cinnamon Apple	1 Each	37
Chia Oatmeal Bar, Strawberry	1 Each	39
Chicken and Biscuit Sandwich	1 Each	37
Chicken and Biscuit Sandwich MS and HS	1 Each	38
Chicken and Pepper Sandwich	1 Each	35
Chicken and Waffles	1 Each	20
Chicken and Waffles (MS and HS)	1 Each	21
Chicken Burger ES	1 Each	51
Chicken Burger MS/HS	1 Each	44
Chicken Dumplings	4.5 Ounce	14
Chicken Enchilada with Red Sauce	1 Each	14
Chicken Fajita Corn Taco	2 each taco	24
Chicken Fajita Flour Taco	2 each taco	40
Chicken Fiesta Salad	1 Each	38
Chicken Gyro	1 Each	32
Chicken Lo Mein	1 Each	25
Chicken Nuggets	3 Ounce	17
Chicken Parmesan	1 serving	36.5
Chicken Quesadilla	1 Each	45
Chicken Ramen	1 serving	7
Chicken Salad	0.5 Cup	3
Chicken Salad Box (Square Fare)	1 Each	33
Chicken Salad Box FNF	1 Each	33
Chicken Salad Plate	1 Each	30
Chicken Salad Sandwich	1 Each	25
Chicken Salad Sandwich Box (Square Fare)	1 Each	29
Chicken Salad Sandwich Box FNF	1 Each	27
Chicken Tender	3 Each	14
Chicken Tender and Cheese Wrap Box (Square Fare)	1 Each	64
Chicken Tender and Cheese Wrap Box FNF	1 Each	52.5
Chicken Tender and Roll Box FNF	1 Each	47
Chicken Tenders	3 Each	14
Chicken Tortilla Soup	1 Cup	38
Chicken, Crispy WG Patty	1 Each	16
Chipotle Ranch	1 fluid ounce	2.5
Chips and Bean Dip Box (Square Fare)	1 Each	70
Chips and Bean Dip Box FNF	1 Each	70
Chips and Rice	1 serving	43
Chorizo (Taco Bar)	1 Ounce	1
Chorizo and Egg Breakfast Taco	1 Each	19

Cilantro Lime Chicken Fiesta	2 Ounce	3
Cilantro Lime Vinaigrette	1 tablespoon	1
Cilantro Rice	1 Cup	38
Cinnamon Oatmeal	0.5 Cup	19.5
Citrus Vinaigrette	1 Ounce	2
Colorful Spicy Chicken Pasta	10 Each	30
Concord Grape Jelly	1 tablespoon	10
Corn and Black Bean Salsa	0.25 Cup	11.5
Corn and Black Bean Salsa Summer	0.25 Cup	11.5
Corn on the Cob	1 ear	14
Corn Tortilla (Taco Bar)	1 Each	10
Creamy Garlic Dressing	1 Ounce	26
Crispy Barbacoa Beef Taco	2 each taco	22
Crispy Beef Tacos	2 each taco	23.5
Crispy Chicken Taco	2 each taco	18
Crispy Noodles	0.8 Ounce	14.5
Crispy Pinto Bean Tacos	2 each taco	40
Crispy Taco Shells	2 Each	18
Croutons	4 Each	5
Cucumber and Carrot Veggie Dipper	0.5 Cup	5
Cucumber and Tomato Veggie Dipper	0.5 Cup	3
Cucumbers, Sliced	0.25 Cup	1
Curried Chick Peas	1 Each	27
Deli Turkey	1.5 Ounce	0.5
Deli Turkey Cheese Wrap	1 Each	41.5
Deli Turkey and Cheese Sub	1 Each	32.5
Deli Turkey Sliced	1.5 Ounce	0.5
Diced Onion	0.125 cup, chopped	2
Diced Sausage (Taco Bar)	0.5 Ounce	0
Diced Tomatoes	0.5 Cup	5
Diced Tomatoes Fiesta	0.25 Cup	2.5
Dill Pickles	5 slices	0
Edamame (SB)	0.25 Cup	4
Egg and Bagel Box (Square Fare)	1 Each	34
Egg and Cheese Sandwich on an English Muffin	1 Each	25.5
Egg and Cheese Taco	1 each taco	19
Egg and Cheese Taco Summer	1 each taco	19
Egg and Potato Taco	1 each taco	21
Egg Cheese and Cracker Box (Square Fare)	1 Each	47
Egg Cheese and Cracker Box FNF	1 Each	27
Egg Patty	1 patty	1
Elote En Vaso	1 no. 8 scoop	19.5
English Muffin	1 Each	24

Ensalada Espinaca	0.666667 Cup	4.5
Fajita Chicken Salad Box FNF	1 Each	33
Fajita. Chicken strips	2.8 ounces	2
Fat Free Chocolate Milk Borden	1 Carton	19
Fiesta Diced Chicken	2 Ounce	0
Fiesta Flatbread	1 Each	35
Fiesta Salad Bar Option A	1 Each	38.5
Fiesta Salad Option B	1 Each	46
Fiesta Wrap Box FNF	1 Each	59.5
Fish Burger	1 Each	51
Fish Fillet	1 portion	16
Fish Mac and Cheese	1 order	42
Fish Tacos, Corn Tortilla	2 each taco	42
Fish Tacos, Flour Tortilla	2 each taco	58
Flaming Hot Cheetoh	1 ounces	17
Flour Tortilla (Taco Bar)	1 Each	18
Flyrite Chicken Sandwich	1 sandwich	36
Flyrite Spicy Chicken Sandwich	1 sandwich	10
French Toast Sticks	3 Each	22
Fresh Apple	1 medium (3 dia	25
Fresh Roasted Vegetables	0.5 Cup	14.5
Fresh Steamed Broccoli	0.5 Cup	3.5
Fresh Strawberries	0.5 Cup	6
Fresh Tomato, Diced	1 no. 16 scoop	1.5
Fried Rice	0.5 Cup	24.5
Fried Rice with Chicken Tenders	1 Each	38.5
Fried Rice with Steamed Edamame	1 Each	33
Frito Lay Fritos Regular	1 Ounce	20
Frito Pie	1 serving	11
Garbanzo Beans (SB)	0.25 Cup	9.5
Garden Lasagna	1 Each	34.5
Garden Vegetable Salad w/ Ham Cheese	1 Each	44.5
Garden Vegetable Salad w/ Red Beans and Cheese	1 Each	43
Garlic Green Beans	0.5 Cup	6
Garlic Hummus	0.5 Cup	25
Garlic Toast	1 Slice	21
Garlic Toast (SB)	1 Slice	21
General Tso Chicken	1 serving	19
Ginger and Garlic Carrots	0.5 Cup	11
goldfish	1 Bag	14
Grapefruit	0.5 large	13.5
Grapes, Fresh, Red or Green	0.5 Cup	13.5
Grass Fed Hamburger	1 Each	35

Grated Parmesan Cheese	1 Ounce	0
Gravy	1 Ounce	1
Greek chicken	2 Ounce	1.5
Greek Garbanzo Salad	0.5 Cup	18
Green Bell Pepper (SB)	0.25 Cup	2
Green Chili Pork	2 Ounce	11.5
Grilled Chicken Breast Fillet	3 ounces, dry	1
Grilled Chicken Breast Sandwich	1 sandwich	36
Grilled Chicken Caesar Salad	1 Each	28
Grilled Zucchini Food Truck	0.5 Cup	4
Ground Taco Meat	2 Ounce	5
Guacamole	0.7 Ounce	2
Ham and Cheese Sandwich	1 Each	43.5
Ham and Cheese Sandwich Box (Square Fare)	1 Each	47
Ham and Cheese Sandwich Box FNF	1 Each	47
Ham and Cheese Sandwich Box Sack Lunch	1 Each	48.5
Hamburger	1 Each	35
Hamburger Toppings	1 Each	4
Handmade Burger	1 Each	38
Handmade Spinach and Mushroom Burger	1 burger	42.5
Hard Boiled Egg	1 Each	1
Homemade Beef Chili	0.5 Cup	2.5
Homemade Chilli	0.5 Cup	2.5
Homemade Cornbread	1 piece	28
Homemade Cornbread (SB)	1 piece	28
Homemade Granola	0.333333 Cup	32
Homestyle Potatoes	0.5 Cup	24
Honey Dew, Canteloupe, and Grapes Fruit Cup	0.5 Cup	14.5
Hummus	0.5 Cup	25
Hummus and Pita Box (Square Fare)	1 Each	52
Hummus Plate	1 Each	50.5
Hummus Wrap Box (Square Fare)	1 Each	78.5
Indian Chicken and Vegetable Curry	1 Each	48
Indian Chicken and Vegetable Curry (HS)	1 Each	64
Indian Vegetable Curry	1 Each	46.5
Indian Vegetable Curry (HS)	1 Each	64
Italian Dressing	1 Ounce	0
Jamaican Beef Patties	1 patty	53
Kale	0.5 Cup	3
Ketchup	1 Ounce	6.5
Kind Bar- Caramel Almond and Sea Salt	1 Bar	15
Kind Bar- Dark Chocolate Nuts and Sea Salt	1 Bar	16
Kind Bar- Fruit and Nuts in Yogurt	1 Bar	19

Korean Chicken	2 Ounce	9.5
Korean Drumstick	1 Each	12.5
Korean Drumstick with Fried Rice	1 Each	37.5
Korean Drumstick with Fried Rice (HS)	1 Each	61
Lactaid 1%	1 Cup	13
Lays Kettle Cooked	1 Package	27
Lettuce Fiesta	0.25 cup shredded	0
Lettuce, Romaine Raw	1 cup shredded	1.5
Lo Mein Noodles	0.5 Cup	31.5
Mac and Cheese	2 no. 6 scoop	52
Mandarin Orange	0.5 Cup	14
Mandarin Oranges	0.25 Cup	7
Mango	0.5 Cup	16
Mango Chicken	1 serving	26
Mango Salsa	2 Ounce	6
Mango Smoothie	1 Each	44
Marinara Sauce	2 Ounce	7
Mashed Potatoes	0.5 Cup	13
Mayonnaise	1 Ounce	1
Mayonnaise, Reduced Calorie	1 tablespoon	1
Meatball Sub Sandwich	1 Each	37.5
Meatballs, CN Dark Meat Chicken Italian	2.65 ounces	2
Meatloaf	1 piece	15
Mediterranean Baked Potato	1 Each	44
Mediterranean Burger	1 Each	33
Mediterranean Flatbread	1 Each	40
Mediterranean Salad	1 Each	32
Mediterranean Salad Bar Option A	1 Each	10
Mediterranean Salad Bar Option B	1 Each	12
Mediterranean Salad Mix	1 Each	5
Mediterranean Salad Veg	1 Each	41
Mediterranean Taco	1 each taco	41
Milk 1% Borden	1 Carton	12
Milk, Fat Free Strawberry	1 Carton	18
Mixed Berries, Cups, Frozen	1 Container	20
Mixed Berry Cup	0.5 Cup	9
Mixed Berry Yogurt Parfait with Granola	1 serving	50.5
Moroccan Chicken (HS)	1 Each	36
Moroccan Chicken Taco	1 each taco	41
Mustard	1 Ounce	0
Nacho Average Bacon and Egg Taco on Corn	1 Each	11
Nacho Average Bacon and Egg Taco on Flour	1 Each	19
Nacho Average Nopales and Egg Taco on corn	1 Each	12



Nacho Average Nopales and Egg Taco on Flour	1 Each	20
Nacho Average Potato Egg Breakfast Taco	1 Each	31
Nacho Average Potato Egg Breakfast Taco on Corn	1 Each	18
Nacho Average Potato Egg Breakfast Taco on Flour	1 Each	25
Nacho Average Sausage and Egg Taco on Corn	1 Each	11
Nacho Average Sausage and Egg Taco on Flour	1 Each	19
Nacho Sliced Jalapeno Peppers (Fiesta)	1.25 Ounce	1
Nacho Toppings	0.5 Cup	3
Naked Juice- Berry Blast	1 Each	37
Naked Juice- Strawberry Banana	1 Each	38
Nectarines, raw	1 large	16.5
Oatmeal	1 no. 8 scoop	19.5
Onion, sliced	0.125 cup, sliced	1
Orange Chicken	1 serving	4.5
Orange Juice 4oz Borden	1 Carton	13
Orange Juice 6oz Borden (Snack program)	1 Carton	22
Oranges, Fresh	1 fruit (2-7/8" di	17.5
Oven Baked Cheetos	1 ounces	16
Oven Roasted Edamame	0.5 Cup	8
Parmesan Brussels Sprouts	0.5 Cup	5
Pasta Salad Box FNF	1 Each	0
Peach	1 medium (2-2/3	14
Peach Crisp	0.5 Cup	38
Peach Smoothie with Granola	1 Each	55
Peach Yogurt Parfait with Granola	1 serving	53
Peach Yogurt Parfait with Granola MS/HS	1 serving	53
Peaches	0.5 Cup	12
Peaches, frozen, diced, 4.4 oz units	0.5 Cup	19
Pears, Fresh	1 medium	27
Pepperoni Pizza	1 Slice	30
Peppers and Onions (Taco Bar)	0.5 Cup	2
Philly Cheese steak	1 Each	32
Philly Flatbread	1 Each	37
Pickle Relish	1 tablespoon	3
Pickle Slices	5 Slice	0
Pickled Jalapeno	1 Ounce	0.886
Pico de Gallo	1 Ounce	2.5
Pineapple Cup	0.5 Cup	14
Pineapple, tidbits, drained SB	1 no. 16 scoop	5.5
Pinto Bean Dip w/ Chips	1 serving	34.5
Pinto Bean Dip with Chips	0.5 Cup	34
Pinto Bean Tacos	2 each taco	42
Pinto Beans Fiesta	0.5 Cup	21

Pinto Beans SB	1 no. 16 scoop	10.5
Pirates Booty	1 ounces	14
Pita Bread/Flat Bread	1 Each	26
Pizza Box FNF	1 Each	43
Pizza Dipper	2 Each	41
Pizza Hut Cheese Pizza	1 Slice	29
Pizza Hut Pepperoni Pizza	1 Slice	29
Plain Bagel New	1 Each	25
Plain Baked Potato	1 Each	37
Plums, raw	1 fruit (2-1/8" di	7.5
Pork Carnitas	2 Ounce	3
Pork Carnitas Tacos	2 each taco	23
Potato Puff	8 pieces	16
Potato Puff (Taco Bar)	3 piece	6
Pretzels	1 Bag	14
Pulled Pork sandwich	1 Each	49
Purple Corn Flakes	1 Container	25
Ranch Dressing	1 Ounce	2.5
Red Beans	0.25 Cup	6
Red Pepper Hummus Wrap	1 Each	62
Refried Beans (BIC)	0.25 Cup	16
Refried Black Bean Taco	1 each taco	32
Rice Chex	1 bowl	24
Ripe Plantain Slices	2 slices	29
Roasted Broccoli	0.5 Cup	5
Roasted Butternut Squash	0.5 Cup	7
Roasted Cauliflower	0.5 Cup	4.5
Roasted Garbanzo Beans	1 each taco	18
Roasted Garlic Mashed Potatoes	0.5 Cup	21
Roasted Poblano Peppers and Onions (Taco Bar)	1 Ounce	3
Roasted Red Pepper Hummus	0.5 Cup	20.5
Roasted Red Pepper Hummus Plate	1 Each	47
Roasted Red Potato Salad	1 no. 8 scoop	24
Roasted Salsa	1 Ounce	2
Roasted Sweet Potatoes	0.5 Cup	8
Salsa	2 tablespoon	2
Salsa Verde	1 Ounce	2.5
Sausage and cheese on an English Muffin	1 Each	25.5
Sausage Kolache	1 Each	14
Sausage Patty	1 patty	1
Sausage, Breakfast Turkey Patty	1 patty	1
Sausage, Chicken, Breakfast, Link	2 link	0
Sausage, Egg and Cheese Breakfast Taco	1 each taco	19.5

Sauteed Spinach	0.5 Cup	8
Scrambled Eggs (Taco Bar)	0.25 Cup	1
Seasoned Baby Carrots	0.5 Cup	7
Seasoned Carrots	0.5 Cup	5
Seasoned Corn	0.5 Cup	12.5
Seasoned Green Beans	0.5 Cup	5.5
Seasoned Peas and Carrots	0.5 Cup	11
Seasoned Potato Wedges	2.69 Ounce	17
Seasoned Roasted Zucchini	0.5 Cup	5
Seeds, pumpkin and squash seed kernels, dried	1 Ounce	3
Shredded Cheddar	1 Ounce	1
Shredded Mozzarella	1 ounces	1
Skim Milk Borden	1 Carton	12
Sliced Jalapeno Peppers	0.5 Ounce	0.5
Sliced Jalapeno Peppers Fiesta	1 Ounce	1
Sliced Jalapeno Peppers SB	0.25 Cup	1
Sliced Oven Roasted Turkey Breast W/ White Meat	2 Ounce	0.5
Sliced Peaches	0.5 Cup	12
Smartfood Delight	1 ounces	18
Snack Pack Box (Square Fare)	1 Each	41.5
Snack Pack Box FNF	1 Each	36.5
Soft Chicken Tacos	2 each taco	37.5
Sour Cream	2 tablespoon	2
Southern Salad Bar Option A	1 Each	4
Southern Salad Bar Option B	1 Each	10
Southern Salad with Black Eyed Peas and Cheese	1 Each	49
Southern Salad with Ham and Cheese	1 Each	50
Southwest Quinoa	0.5 Cup	19
Southwest Quinoa Salad Bar Option A	1 Each	30
Southwest Quinoa Salad Bar Option B	1 Each	32
Southwest Salad with Black Beans and Cheese	1 Each	51
Southwest Salad with Chicken and Cheese	1 Each	51.5
Soy Milk	8 fluid ounce	9.5
Soy Dipping Sauce	1 Ounce	3
Spaghetti and Marinara with Mozzarella Cheese	1 serving	29.5
Spaghetti and Meatballs	1 serving	29.5
Spanish Rice	1/2 Cup	27
Spanish Rice	1 Cup	54
Spicy Black Bean and Corn Salad	1 no. 16 scoop	11
Spicy Chicken Chef Salad	1 Each	16
Spicy Guacamole	2 tablespoon	3
Spring Berry Salad Bar Option A	1 Each	4
Spring Berry Salad Bar Option B	1 Each	20.5

Spring Berry Salad w/ Chicken	1 Each	49.5
Spring Berry Salad w/ Garbanzo Beans	1 Each	57
Spring Roll	1 Each	12
Squash and Cherry Tomato Veggie Dipper	0.5 Cup	3.5
Sriracha	1 Ounce	5.5
Steak Fajita Wrap Box FNF	1 Each	47.5
Steamed Edamame	0.5 Cup	8.5
Strawberries, fresh	0.25 cup sliced	3
Strawberries, frozen, diced, 4.5 oz units	0.5 Cup	22
Strawberries, frozen, whole, unsweetened 30 lbs	0.5 Cup	10
Strawberry Agua Fresca	6 fluid ounce	6.5
Strawberry Chia Bar	1 Each	39
Strawberry Crisp	0.5 Cup	31
Strawberry Smoothie with Granola	1 Each	52
Strawberry Yogurt Parfait with Granola	1 serving	51
Stuffed Potato with Broccoli	1 Each	44
Sun Butter and Jelly FNF	1 Each	78
Sun Butter and Jelly Sack Lunch	1 Each	80.5
Sun Butter and Jelly Sandwich	1 sandwich	71
Sun Butter Portion Cup 1 oz	1 ounces	7
Sweet Sour Chicken ES MS	1 Each	36.5
Sweet n' Sour Chicken (HS)	1 serving	26
Sweet Potato Fries	3.17 Ounce	17
Taco Toppings	1 Each	3.5
Taco Truck Bacon Egg Breakfast Taco	1 Each	19
Taco Truck Bean Cheese Breakfast Taco	1 Each	25.5
Taco Truck Camote Breakfast Taco	1 Each	29
Tacos Al Pastor	2 each taco	29
Tangerines, Fresh	1 medium (2-1/2	12
Tartar Sauce	1 Ounce	1.5
Tex Mex Pizza	1 Each	37
Thanksgiving Day Turkey	3 Ounce	0
Toasted Cheese Sandwich	1 Each	44
Toasted Pita Chips	8 pieces	27
Toasted Pumpkin Seeds	0.25 Cup	0
Toasted Tortilla Wedges	1 Each	18
Tomato	0.25 Cup	1.5
Tomato and Basil Grilled Cheese Sandwich	1 sandwich	48
Tomato Frittata	1 piece	8
Tomato Sauce	1 no. 10 can	3
Tomato Soup	0.5 Cup	5
Tomatoes and Carrots Escabeche	0.5 Cup	6
Tortilla Chips Fiesta	2 Ounce	32

Tossed Asian Veggie Salad	1 Each	8
Tossed Caesar Salad	1 Each	7.5
Tossed Chef Salad	1 Each	6
Tossed Fiesta Salad	1 Each	5.5
Tossed Garden Vegetable Salad	1 Each	6
Tossed Mediterranean Salad	1 Each	7.5
Tossed Potato Vegetable Salad	1 Each	8
Tossed Southern Salad	1 Each	9
Tossed Southwest Salad	1 Each	10
Tossed Spring Berry Salad	1 Each	8.5
Traditional Cornbread Dressing	0.5 Cup	13
Turkey Cheese Wrap	1 Each	38.25
Turkey and Cheese Sandwich	1 sandwich	43.5
Turkey and Cheese Sandwich Box FNF	1 Each	48
Turkey and Cheese Sandwich Box Sack Lunch	1 Each	47
Turkey and Cheese Sub	1 Each	30
Turkey and Cheese Sub Box (Square Fare)	1 Each	35
Turkey and Cheese Sub Box FNF	1 Each	35
Turkey and Cheese Wrap Box (Square Fare)	1 Each	52
Turkey and Cheese Wrap Box FNF	1 Each	43
Turkey Gravy	2 Ounce	2.5
Turkey Hot Dog with Bun	1 Each	35
Turkey Pot Pie	1 serving	38.5
Tzatziki sauce	1 Ounce	1
Ultra Lococ breadsticks	1 breadstick	14
UNO Cheese Pizza	1 Slice	31
UNO Pepperoni Pizza	1 Slice	31
Veg Refried Pinto Beans	0.5 Cup	21
Vegan Hummus	0.5 Cup	27
Vegan Lentil Chili-Frito Pie	1 serving	43
Vegan Refried Pinto Beans (Taco Bar)	0.5 Cup	21
Vegetable Lo Mein	1 Each	32
Vegetarian Hummus Wrap	1 Each	65
Vegetarian Hummus Wrap Vegetables	0.5 Cup	3
Vegetarian Manicotti	1 Each	27
Vegetarian Philly Baked Potato	1 Each	51
Vegetarian Pinto Beans	0.5 Cup	21
Vegetarian Red Beans Rice (HS)	1 Each	57
Vegetarian Red Beans and Rice	1 Each	39
Vegetarian Refried Pinto Beans (Fiesta Veg)	0.5 Cup	22.5
Vegetarian Spinach and Mushroom Burger	1 Each	22
Vegetarian Taquito	1 serving	43
Vegetarian Tortilla Soup	1 Cup	55

Veggie Burger	1 Each	51
Veggie Pasta Salad Bar Option A	1 Each	24.5
Veggie Pasta Salad Bar Option B	1 Each	29
Veggie Sausage Link and Biscuit Sandwich	1 Each	35
Veggie Sausage Sandwich on English Muffin	1 Each	28
Vinagrette Dressing	0.06 Cup	0
Watermelon, Fresh	0.5 cup, diced	6
Watermelon, Orange, and Mango Fruit Cup	0.5 Cup	16
WG egg, cheese, potato empanada	1 Each	20
Whipped Sweet Potatoes	0.5 Cup	26
Whole Milk	0.5 Cup	5.5
Whole Grain Banana Mini Muffin	1 Each	20
Whole Grain Blueberry Mini Muffin	1 Each	19.5
Whole Grain Breaded Chicken	3 ounces	11
Whole Grain Corn Mini Muffin	1 Each	23
Whole Grain Crispy Chow Mein Noodles	0.8 ounces	14.5
Whole Kernel Corn	0.25 Cup	8.5
Whole Wheat Bagel	1 Each	25
Whole Wheat Dinner Rolls	1 Each	30
Whole Wheat Pancakes (1.4 oz)	1 Each	15
Whole Wheat Pita Bread	1 Each	26
Whole Wheat Toast	1 Each	21
Yellow Cheddar Cheese Sliced	1 Ounce	1
Yogurt	4 Ounce	18
Yogurt Parfait with Blueberries Box FNF	1 Each	39
Yogurt Parfait with Peaches Box FNF	1 Each	35.5
Yogurt Parfait with Strawberries Box FNF	1 Each	55
Yogurt Plate with Sun Butter and Jelly	1 Each	73.5
Yogurt Plate with Turkey and Cheese Sandwich	1 Each	58
Yogurt Strawberry Banana	1 Container	15
Yuca Steak Cut Fries	3 fries	25
Zesty Black Beans	0.5 Cup	24