

Menu Item Nutrient Report

| Item Name | Item # | Serving Size | FE (Kcal) | Fat (g) | Sfat (g) | Na (mg) | Carb (g) | Pro (g) | Allergens (Item contains the following:) | | | | | | | Vegetarian | Gluten Free | Notes |
|-------------------------------------------|--------|--------------|-----------|---------|----------|---------|----------|---------|------------------------------------------|-----|-------|-----|--------|--------------------|------|------------|-------------|--------------------------------------------------|
| | | | | | | | | | Milk | Egg | Wheat | Soy | Gluten | Peanuts /Tree Nuts | Fish | | | |
| Sausage and Egg and Cheese Breakfast Taco | TR1245 | 1 each taco | 225.60 | 10.71 | 4.62 | 466.67 | 18.45 | 11.85 | Milk | Egg | Wheat | Soy | Gluten | | | | | |
| 1/2 Herb Toasted Cheese Sandwich | TR1137 | 1/2 ea. | 141.90 | 6.30 | 3.59 | 438.03 | 14.01 | 11.01 | Milk | | Wheat | Soy | Gluten | | | V | | |
| 1/2 Herb Toasted Ham and Cheese Sandwich | TR1136 | 1/2 ea. | 173.96 | 6.80 | 3.63 | 641.76 | 15.05 | 16.23 | Milk | | Wheat | Soy | Gluten | | | | | |
| 10" Whole Wheat Tortilla | TR1074 | 1 piece | 190.00 | 4.00 | 1.00 | 550.00 | 31.00 | 4.00 | | | Wheat | Soy | Gluten | | | V | | |
| 50/50 Cheese Blend (SB) | TR1418 | 2 oz. | 200.00 | 16.00 | 10.00 | 475.00 | 1.00 | 13.00 | Milk | | | | | | | V | GF | |
| 6" Whole Wheat Tortilla | TR1427 | 1 ea. | 100.00 | 2.00 | 0.50 | 260.00 | 17.00 | 2.00 | | | Wheat | Soy | Gluten | | | V | | |
| Alfredo Sauce | TR1469 | 2 oz. | 24.51 | 0.53 | 0.29 | 99.66 | 3.36 | 1.46 | Milk | | | Soy | | | | V | GF | |
| American Cheese | TR1036 | 1 oz. | 108.64 | 8.89 | 4.94 | 375.31 | 0.99 | 5.93 | Milk | | | | | | | V | GF | |
| Applesauce | | 1/2 cup | 50 | 0 | 0 | 0 | 13 | 0 | | | | | | | | | | |
| Apple | TR1009 | 1 Medium | 95 | 0 | 0 | 2 | 25 | 0.5 | | | | | | | | V | GF | |
| Apple Juice | TR1008 | 1/2 c. | 60.00 | 0.00 | 0.00 | 15.00 | 14.00 | 0.00 | | | | | | | | V | GF | |
| Asian Chicken Salad | TR1401 | 1 ea. | 249 | 15.5 | 2 | 377 | 15.5 | 10 | Milk | | Wheat | Soy | Gluten | | | | | |
| Asian Dressing | TR1376 | 2 oz. | 150.73 | 12.92 | 1.85 | 128.66 | 6.76 | 0.00 | | | Wheat | Soy | Gluten | | | V | | |
| Asian Veggie Salad | TR1403 | 1 ea. | 186 | 8 | 1 | 76 | 21 | 14 | Milk | | Wheat | Soy | Gluten | | | V | | |
| Baby Carrot and Cauliflower Dipper | TR1094 | 4 oz. | 29 | 0 | 0 | 89 | 6 | 1.5 | | | | | | | | V | GF | |
| Baby Carrot and Celery Veggie Dipper | TR1288 | 4 oz. | 57.83 | 0.34 | 0.07 | 179.17 | 12.71 | 1.51 | | | | | | | | V | GF | |
| Baby Carrots | TR1043 | 4 oz. | 35 | 0 | 0 | 78 | 8 | 1 | | | | | | | | V | GF | |
| Baby Carrots and Zucchini Dipper | TR1096 | 4 oz. | 29.48 | 0.26 | 0.06 | 48.76 | 6.43 | 1.05 | | | | | | | | V | GF | |
| Bacon & Egg Breakfast Taco | TR1304 | 1 ea. | 298.78 | 15.47 | 6.11 | 783.78 | 23.34 | 14.16 | Milk | Egg | Wheat | Soy | Gluten | | | | | |
| Bahama Blend Vegetables | TR1097 | 4 oz. | 47.86 | 1.17 | 0.53 | 43.76 | 6.38 | 1.07 | Milk | | | Soy | | | | V | GF | |
| Baked Alfredo Garden Penne | TR1410 | 1 ea. | 313 | 8 | 4.5 | 298 | 48 | 17 | Milk | | Wheat | Soy | Gluten | | | V | | Processed in a facility that also processes Egg. |
| Baked Green Chili Chicken Wrap | TR1384 | 1 wrap | 312 | 11 | 5 | 938 | 33 | 16 | Milk | | Wheat | Soy | Gluten | | | | | |
| Baked Sweet Potato | | 1 each | 197 | 12 | 5 | 86 | 22 | 1 | Milk | | | Soy | | | | V | GF | |
| Banana | TR1010 | 1 medium | 105.02 | 0.39 | 0.13 | 1.18 | 26.95 | 1.29 | | | | | | | | V | GF | |
| Banana Muffin | TR1022 | 1 piece | 111 | 2 | 0 | 128 | 22 | 2 | Milk | Egg | Wheat | Soy | Gluten | | | V | | |

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|---------------------------------------|--------|--------------|-----------|---------|----------|-------------|----------|---------|------------------------------------------|-----|-------|-----|--------|--------------------|------------|-------------|-------|--------------------------------------------------|
| | | | | | | | | | Milk | Egg | Wheat | Soy | Gluten | Peanuts /Tree Nuts | | | | Fish |
| Barbacoa Beef Taco | TR1393 | 2 each taco | 307.92 | 11.93 | 4.28 | 505.38 | 30.65 | 23.32 | Milk | | | Soy | | | | | GF | |
| BBQ Drumstick with Rice | | 1 Each | 200 | 6 | 1.5 | 453 | 22 | 13 | | | | | | | | | GF | |
| BBQ Chicken Sandwich | TR1319 | 1 ea. | 202 | 3 | 1 | 482 | 30 | 30 | Milk | | Wheat | Soy | Gluten | | | | | |
| BBQ Stuffed Potato | TR1415 | 1 ea. | 300.51 | 5.51 | 2.07 | 592.97 | 47.71 | 16.17 | | | | Soy | | | | | GF | |
| Bean and cheese Breakfast Taco | TR1150 | 1 ea. | 249.87 | 8.74 | 4.61 | 599.13 | 29.30 | 10.97 | Milk | | Wheat | Soy | Gluten | | | V | | |
| Bean and Cheese Burrito | TR1232 | 1 burrito | 310.00 | 9.00 | 4.00 | 580.00 | 40.00 | 16.00 | Milk | | Wheat | Soy | Gluten | | | V | | |
| Beef Enchilada | TR1204 | 1 Each | 215 | 9 | 4 | 433 | 20 | 15 | Milk | | | Soy | | | | | GF | |
| Beef Fajita | TR1456 | 2 1/4 oz | 110.80 | 5.91 | 2.22 | 554.00 | 1.48 | 12.56 | | | | Soy | | | | | GF | |
| Beef Fajita (Noodles) | TR1462 | 2 1/4 oz. | 110.80 | 5.91 | 2.22 | 554.00 | 1.48 | 12.56 | | | | Soy | | | | | GF | |
| Beef Fajita Meat | TR1387 | 2 1/4 oz | 110.8 | 5.91 | 2.22 | 554 | 1.48 | 12.56 | | | | Soy | | | | | GF | |
| Beef fajita Quesadilla | TR1102 | 1 ea. | 507.30 | 21.27 | 9.27 | 1171.4 1 | 59.05 | 20.95 | Milk | | Wheat | Soy | Gluten | | | | | |
| Beef Sausage on a bun | | 1 e. | 180 | 6 | 2 | 430 | 21 | 10 | | | Wheat | Soy | Gluten | | | | | |
| Beef Taco Salad | TR1315 | 1 ea. | 379.30 | 25.15 | 8.67 | 410.42 | 20.60 | 18.44 | Milk | | | Soy | | | | | GF | |
| Beef Tamale & Pinto Beans | TR1411 | 1 ea. | 330 | 16.00 | 4 | 716 | 31.5 | 13 | Milk | | | Soy | | | | | GF | |
| Bell Pepper (SB) | TR1336 | 1/4 c. | 46.00 | 0.00 | 0.00 | 6.00 | 9.00 | 0.00 | | | | | | | | V | GF | |
| Biscuits and Gravy | | 1 each | 204 | 6.5 | 2 | 486 | 31 | 6.376 | Milk | Egg | Wheat | Soy | Gluten | | | V | | |
| Biscuit | TR1344 | 1 ea. | 170.00 | 6.00 | 2.00 | 460.00 | 26.00 | 4.00 | Milk | Egg | Wheat | Soy | Gluten | | | V | | |
| Black Bean and Veggie Tacos | TR1273 | 2 each taco | 300 | 4 | 0.5 | 215 | 58 | 12 | Milk | | | Soy | | | | V | GF | |
| Black Beans (SB) | TR1348 | 1/4 c. | 60 | 0.00 | 0.00 | 67.5 | 11 | 3.5 | | | | | | | | V | GF | |
| Black Beans Meat Alternative (Fiesta) | TR1458 | 1/2 c. | 120.00 | 0.00 | 0.00 | 135.00 | 22.00 | 7.00 | | | | | | | | V | GF | |
| Black Beans SB | TR1417 | 1/2 c. | 120.00 | 0.00 | 0.00 | 135.00 | 22.00 | 7.00 | | | | | | | | V | GF | |
| Black Olives (SB) | TR1363 | 1/4 cup | 82 | 8.6 | 0.06 | 882 | 1.92 | 0.56 | | | | | | | | V | GF | |
| Blueberry Bagel | TR1001 | 1 ea. | 140.00 | 1.00 | 0.00 | 220.00 | 29.00 | 5.00 | | | Wheat | | Gluten | | | V | | Processed in a facility that also processes Soy. |
| Blueberry Bagel W/ Butter | TR1325 | 1 bagel | 173.33 | 4.67 | 1.67 | 256.67 | 29.00 | 5.00 | Milk | | Wheat | Soy | Gluten | | | V | | |
| Blueberry Crisp | | 1/2 Cup | 164 | 8 | 3.5 | 59 | 22 | 2 | Milk | | Wheat | Soy | Gluten | | | V | | |
| Blueberry Muffin | TR1564 | 1 muffin | 114 | 2 | 0 | 128 | 21 | 7 | Milk | Egg | Wheat | Soy | Gluten | | | V | | |

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|------------------------------------------|--------|-------------------|-----------|---------|----------|---------|----------|---------|------------------------------------------|-----|-------|-----|--------|--------------------|------------|-------------|-----------------------------------------------------------------|
| | | | | | | | | | Milk | Egg | Wheat | Soy | Gluten | Peanuts /Tree Nuts | | | |
| Blueberry Cup | TR1015 | 1/2 cup, frozen | 57 | 0 | 0 | 2 | 14 | 0 | | | | | | | V | GF | |
| Blueberry Pancakes | TR1019 | 1 pkg. | 200.00 | 4.00 | 1.50 | 330.00 | 36.00 | 5.00 | Milk | Egg | Wheat | Soy | | | V | GF | |
| Blueberry Parfait | | 1 cup | 261 | 5 | 1.5 | 188 | 46 | 8 | Milk | | Wheat | Soy | Gluten | | V | | Processed in a facility that also processes Tree nuts, Peanuts. |
| Blueberry Parfait Pre-K | | 1/2 Cup | 131 | 3 | 1 | 79 | 23 | 4 | Milk | | Wheat | Soy | Gluten | | V | | Processed in a facility that also processes Tree nuts, Peanuts. |
| Braised Greens | | 1/2 Cup | 31 | 1.5 | 0.5 | 277 | 4 | 1.5 | Milk | | | Soy | | | V | GF | |
| Breadstick | TR1246 | 1 piece | 80.00 | 1.00 | 0.00 | 100.00 | 15.00 | 3.00 | | | Wheat | | Gluten | | V | | May contain Milk, Egg, Soy. |
| Breakfast Chicken and Biscuit Pre-K | | 1/2 each | 130 | 5.25 | 0 | 340 | 16 | 2.75 | Milk | | Wheat | Soy | Gluten | | | | |
| Breakfast Chicken and Biscuit | TR1130 | 1 ea. | 260.00 | 10.50 | 3.00 | 680.00 | 32.00 | 11.00 | Milk | | Wheat | Soy | Gluten | | | | May contain Egg. |
| Breakfast Vegetable Flatbread | TR1166 | 1 ea. | 167 | 8 | 4 | 300 | 17 | 9 | Milk | | Wheat | Soy | Gluten | | V | | |
| Broccoli & Cauliflower Veggie Dippers | TR1106 | 1/2 c. | 66.91 | 0.74 | 0.19 | 71.44 | 13.17 | 5.38 | | | | | | | V | GF | |
| Broccoli and Cherry Tomato Veggie Dipper | TR1107 | 1/2 c. | 12 | 0 | 0 | 6.5 | 2.5 | 0.5 | | | | | | | V | GF | |
| Broccoli, Florets (SB) | TR1352 | 1/4 cup flowerets | 4.97 | 0.06 | 0.01 | 4.79 | 0.90 | 0.53 | | | | | | | V | GF | |
| Broccoli Frittata | | 1 Piece | 317 | 17.5 | 8.5 | 711 | 18.5 | 21.5 | Milk | Egg | Wheat | | Gluten | | V | | |
| Brown Rice | TR1430 | 1 Cup | 170.00 | 1.50 | 0.00 | 0.00 | 35.00 | 4.00 | | | | | | | V | GF | |
| Buffalo Breaded Oven Baked Chicken | TR1408 | 2 oz. | 194 | 11 | 2.5 | 778 | 6 | 16 | Milk | | Wheat | Soy | Gluten | | | | |
| Buffalo Chicken Bites- Nuggets | TR1110 | 13 piece | 294 | 18 | 4 | 788 | 19 | 14 | Milk | | Wheat | Soy | Gluten | | | | |
| Buffalo Chicken Burger | TR1118 | 1 ea. | 413 | 17 | 3 | 1018 | 43 | 25 | Milk | | Wheat | Soy | Gluten | | | | |
| Buffalo Chicken Tenders | | 3 ea. | 196 | 11 | 2 | 446 | 12 | 11 | Milk | | Wheat | Soy | Gluten | | | | |
| Buffalo Sauce | TR1115 | 1 oz. | 7.9 | 0.5 | 0 | 50 | 0.7 | 0 | Milk | | | Soy | | | V | GF | |
| Calabacita with brown rice | TR1119 | 1/2 c. | 355 | 15 | 8 | 574 | 40 | 15 | Milk | | | Soy | | | V | GF | |
| Camote Breakfast Taco | | 1 Each | 167.5 | 5 | 1.5 | 341 | 23 | 5 | Milk | Egg | Wheat | Soy | Gluten | | V | | |
| Caribbean Blend Vegetables (Noodles) | TR1465 | 1/2 c. | 17.50 | 0.00 | 0.00 | 15.00 | 3.00 | 0.50 | | | | | | | V | GF | |
| Carrots, Shredded (SB) | TR1335 | 1/4 cup chopped | 41 | 0 | 0 | 69 | 9 | 1 | | | | | | | V | GF | |
| Catalina Blend Vegetables | TR1120 | 1/2 c. | 90.94 | 5.57 | 2.53 | 89.56 | 6.73 | 1.36 | Milk | | | Soy | | | V | GF | |
| Celery, chopped | TR1350 | 1/4 cup chopped | 16 | 0 | 0 | 80 | 3 | 0 | | | | | | | V | GF | |

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|-------------------------------------|--------|--------------|-----------|---------|----------|---------|----------|---------|------------------------------------------|-----|-------|-----|--------|--------------------|------------|-------------|-------|------|
| | | | | | | | | | Milk | Egg | Wheat | Soy | Gluten | Peanuts /Tree Nuts | | | | Fish |
| Honey Nut Cheerios | TR1028 | 3/4 c. | 100 | 1.5 | 0 | 160 | 22 | 2 | | | | | | Almond | | V | GF | |
| Cheddar Cheese | TR1478 | 2 oz. | 180.00 | 14.00 | 9.00 | 360.00 | 0.00 | 14.00 | Milk | | | | | | | V | GF | |
| Cheerios | TR1026 | 1 c. | 100 | 2 | 0 | 160 | 20 | 3 | | | | | | | | V | GF | |
| Cheese Blend | TR1240 | 1 oz. | 100.00 | 8.00 | 5.00 | 237.50 | 0.50 | 6.50 | Milk | | | | | | | V | GF | |
| Cheese Enchiladas | TR1261 | 2 enchiladas | 228 | 10 | 6 | 479 | 21 | 12 | Milk | | | | | | | V | GF | |
| Cheese Omelet | TR1108 | 1 ea. | 110.00 | 8.00 | 3.00 | 210.00 | 1.00 | 8.00 | Milk | Egg | | Soy | | | | V | GF | |
| Cheese Pizza | TR1083 | 1 slice | 290 | 7 | 3.50 | 290 | 31 | 20.00 | Milk | | Wheat | Soy | Gluten | | | V | | |
| Cheese Quesadilla | TR1122 | 1 ea. | 376 | 16 | 9 | 814 | 39 | 15 | Milk | | Wheat | Soy | Gluten | | | V | | |
| Cheese Sauce | TR1200 | 2 oz. | 139.05 | 11.62 | 6.28 | 429.32 | 1.52 | 6.82 | Milk | | | Soy | | | | V | GF | |
| Cheeseburger | TR1155 | 1 ea. | 316.32 | 12.84 | 5.52 | 803.53 | 29.01 | 24.09 | Milk | | Wheat | Soy | Gluten | | | | | |
| Cheesy Baked Potato | TR1198 | 1 ea. | 354 | 14 | 9 | 330 | 42 | 17 | Milk | | | Soy | | | | V | GF | |
| Chef Salad | TR1187 | 1 ea. | 189 | 9 | 5 | 497 | 12 | 18 | Milk | | | | | | | | | GF |
| Chef Salad with Black Beans | TR1224 | 1 ea. | 190 | 7 | 4 | 302 | 21 | 13 | Milk | | | | | | | V | GF | |
| Chef Salad with Crispy Chicken | TR1225 | 1 ea. | 151.37 | 8.41 | 4.69 | 347.90 | 11.88 | 9.47 | Milk | | Wheat | | Gluten | | | | | |
| Chia Bar Oatmeal Cinnamon Apple Bar | TR1129 | 1 ea. | 190.00 | 6.00 | 2.00 | 210.00 | 37.00 | 7.00 | Milk | Egg | Wheat | | Gluten | | | V | | |
| Chia Bar Oatmeal Strawberry | TR1128 | 1 ea. | 200.00 | 6.00 | 2.00 | 200.00 | 39.00 | 7.00 | Milk | Egg | Wheat | | Gluten | | | V | | |
| Chicken and Waffles | TR1140 | 1 ea. | 190 | 7 | 1.5 | 330 | 23.5 | 9 | Milk | Egg | Wheat | Soy | Gluten | | | | | |
| Chicken and Waffles Pre-K | | 1/2 ea. | 95 | 3.5 | 0.75 | 165 | 12 | 4.5 | Milk | Egg | Wheat | Soy | Gluten | | | | | |
| Chicken Biscuit | TR1017 | 1 ea. | 296.00 | 11.00 | 3.00 | 394.00 | 34.00 | 9.00 | Milk | | Wheat | Soy | Gluten | | | | | |
| Chicken Bites- Nuggets | TR1181 | 13 pieces | 290 | 18 | 4 | 480 | 19 | 14 | | | Wheat | | Gluten | | | | | |
| Chicken Breakfast Patty | TR1089 | 1 patty | 90.00 | 4.50 | 1.00 | 220.00 | 6.00 | 7.00 | | | Wheat | Soy | Gluten | | | | | |
| Chicken Burger | TR1215 | 1 ea. | 410.00 | 17.00 | 3.00 | 710.00 | 43.00 | 25.00 | | | Wheat | Soy | Gluten | | | | | |
| Chicken Enchilada | TR1476 | 1 ea. | 278 | 9 | 3.5 | 676 | 34 | 19 | Milk | | | Soy | | | | | | GF |
| Chicken Fajita on a Flour Tortilla | TR1266 | 1 Each Taco | 190 | 5 | 1 | 772 | 20.5 | 13 | Milk | | Wheat | Soy | Gluten | | | | | |
| Chicken Fajita on Corn Tortilla | TR1263 | 2 each taco | 210 | 5 | 0.5 | 514 | 29 | 14 | Milk | | | Soy | | | | | | GF |
| Chicken Fiesta Salad | TR1320 | 1 ea. | 364 | 13 | 2 | 664 | 41 | 21 | Milk | | | Soy | | | | | | GF |

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| | | | | | | | | | Milk | Egg | Wheat | Soy | Gluten | Peanuts /Tree Nuts | | | | Fish |
| Chicken Gyro | | 1 Each | 229 | 5 | 1 | 333 | 27.5 | 22 | Milk | | Wheat | Soy | Gluten | | | | | |
| Chicken Mashed Potato Bowl | TR1407 | 1 bowl | 562 | 21 | 5 | 961 | 70 | 22 | Milk | Egg | Wheat | Soy | Gluten | | | | | |
| Chicken Parmesan | TR1283 | 1 serving | 352 | 16 | 6 | 437 | 36 | 20 | Milk | | Wheat | Soy | Gluten | | | | Processed in a facility that also processes Egg. | |
| Chicken Patty | | 1 Each | 90 | 4.5 | 1 | 220 | 6 | 1 | | | Wheat | Soy | Gluten | | | | | |
| Chicken Piccata With Brown rice | TR1309 | 1 ea. | 203 | 4 | 1 | 391 | 38 | 11 | Milk | | | Soy | | | | | GF | |
| Chicken Quesadilla | TR1123 | 1 ea. | 408 | 17 | 9 | 824 | 39 | 21 | Milk | | Wheat | Soy | Gluten | | | | | |
| Chicken Salad | TR1289 | 1 #12 scoop | 150.39 | 8.06 | 1.99 | 307.42 | 3.04 | 17.32 | Milk | Egg | | Soy | | | | | GF | |
| Chicken Salad Plate | TR1385 | 1 #8 scoop | 304 | 10.5 | 2 | 597 | 25.5 | 30 | Milk | Egg | Milk | Soy | Gluten | | | | | |
| Chicken Salad Sandwich | TR1409 | 1 ea. | 313 | 10.5 | 2 | 627 | 28.5 | 34 | Milk | Egg | Wheat | Soy | Gluten | | | | | |
| Chicken Tenders | TR1479 | 3 ea. | 220.00 | 12.00 | 2.50 | 380.00 | 14.00 | 13.00 | | Egg | Wheat | Soy | Gluten | | | | | |
| Chili Mac | | 1 Each | 304 | 11 | 4.5 | 711 | 28 | 23 | Milk | | Wheat | Soy | Gluten | | | | | |
| Chili Cheese Baked Potato | | 1 Each | 302 | 8.5 | 4.5 | 286.5 | 43 | 15.5 | Milk | | Wheat | Soy | Gluten | | | | | |
| chilaquiles | | 1 each | 264 | 6.5 | 3.7 | 526 | 35 | 15 | Milk | | | Soy | | | | V | GF | |
| Chocolate Fat Free Milk | TR1002 | 1 Container | 120.00 | 0.00 | 0.00 | 180.00 | 20.00 | 8.00 | Milk | | | | | | | | V | GF |
| Chow Mein Noodles | | 1 Ounce | 100 | 4 | 1 | 180 | 14 | 2 | | Egg | Wheat | | Glute | | | | V | |
| Cilantro Lime Chicken Tacos | | 2 each | 355 | 19 | 3 | 30 | 22 | 19 | | | | | | | | | | GF |
| Cilantro Lime Drumstick w/ Brown Rice | | 1 ea | 303 | 17 | 3.2 | 268 | 20 | 13 | | | | | | | | | | |
| Cilantro Lime Drumstick with brown rice HS | TR1297 | 1 ea. | 441 | 20 | 3.21 | 192.89 | 37.5 | 15.07 | | | | | | | | | | GF |
| Cinnamon Raisin Bagel | TR1324 | 1 bagel | 193.33 | 4.17 | 1.67 | 296.67 | 35.00 | 6.00 | Milk | | Wheat | Soy | Gluten | | | | V | |
| Cinnamon Toast Crunch | TR1027 | 1 bowl (3/4 cup) | 110 | 3 | 0.5 | 160 | 22 | 1 | | | Wheat | Soy | Gluten | | | | V | |
| Cilantro Rice | | 1/2 Cup | 87 | 1 | 0 | 76 | 18 | 2 | | | | | | | | | V | GF |
| Cold Pasta Salad | TR1180 | 1 ea. | 232.00 | 4.93 | 1.36 | 168.36 | 42.75 | 9.41 | Milk | | Wheat | Soy | Gluten | | | | V | Processed in a facility that also processes Egg. |
| Cole Slaw | TR1295 | 2 oz. | 19.15 | 1.24 | 0.18 | 33.86 | 1.69 | 0.34 | | | | | | | | | V | GF |
| Cornmeal Superstar | | 1 each | 148 | 5 | 1 | 91 | 23 | 2.8 | Milk | | Wheat | Soy | Gluten | | | | V | |
| Corn Muffin | TR1032 | 1 ea. | 85.00 | 0.75 | 0.00 | 90.00 | 17.00 | 2.00 | Milk | Egg | Wheat | Soy | Gluten | | | | V | |
| Corn Tortilla | TR1429 | 1 piece | 60.00 | 1.00 | 0.00 | 0.00 | 10.00 | 1.00 | | | | | | | | | V | GF |
| Cornbread | TR1231 | 1 PIECE | 90 | 2.5 | 1 | 260 | 16 | 1 | Milk | Soy | Wheat | Milk | Gluten | | | | V | |

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| | | | | | | | | | Milk | Egg | Wheat | Soy | Gluten | Peanuts /Tree Nuts | | | |
| CQ BBQ Sauce | TR1318 | 1 fl. oz. | 23.58 | 0.00 | 0.00 | 86.67 | 5.86 | 0.00 | | | | | | | V | GF | |
| Cream Cheese Spread Cup | TR1157 | 1 oz. | 90.00 | 8.00 | 5.00 | 140.00 | 1.00 | 1.00 | Milk | | | | | | V | GF | |
| Cream Gravy | TR1271 | 1 oz. | 17.19 | 0.27 | 0.14 | 13.36 | 2.66 | 1.19 | Milk | | Wheat | | Gluten | | V | | |
| Crispy Beef Tacos | TR1253 | 2 each taco | 282 | 14 | 4 | 445 | 20 | 18 | Milk | | | Soy | | | | GF | |
| Croutons | TR1375 | 4 ea. | 131.83 | 11.64 | 5.06 | 168.96 | 6.12 | 2.05 | Milk | | Wheat | Soy | Gluten | | V | | |
| Cuban Deli Sandwich | | 1 each | 267 | 9.5 | 3.6 | 1123 | 30 | 17 | Milk | Egg | Wheat | Soy | Gluten | | | | |
| Cucumber and Carrot Veggie Dipper | TR1205 | 1/2 c. | 43.59 | 0.18 | 0.04 | 88.97 | 10.29 | 0.90 | | | | | | | V | GF | |
| Cucumber and Tomato Veggie Dipper | TR1202 | 1/2 c. | 10.65 | 0.03 | 0.01 | 2.27 | 2.44 | 0.17 | | | | | | | V | GF | |
| Deli Club Sandwich | TR1386 | 1 sandwich | 299.22 | 10.23 | 3.92 | 719.69 | 32.75 | 19.82 | Milk | | Wheat | Soy | Gluten | | | | May contain Egg. |
| Deli Ham, diced (SB) | TR1345 | 1 #6 scoop | 92.11 | 3.45 | 1.15 | 472.04 | 2.30 | 11.51 | | | | | | | | GF | |
| Deli Turkey & Cheese Sub | TR1306 | 1 ea. | 310.41 | 13.03 | 5.84 | 670.37 | 32.56 | 16.25 | Milk | | Wheat | Soy | Gluten | | | | May contain Egg. |
| Deli Turkey & Cheese Wrap | TR1321 | 1 ea. | 296.72 | 9.01 | 4.33 | 1001.91 | 35.89 | 14.53 | Milk | | Wheat | Soy | Gluten | | | | |
| Deli Turkey Sub Sandwich | TR1280 | 1 sandwich | 303.97 | 10.25 | 3.92 | 701.24 | 32.34 | 22.02 | Milk | | Wheat | Soy | Gluten | | | | May contain Egg. |
| Diced Chicken | TR1367 | 1 #12 scoop | 93.37 | 3.04 | 0.99 | 106.66 | 0.24 | 17.23 | Milk | | | Soy | | | | GF | |
| Diced Tomatoes | TR1435 | 1/2 c. | 25.00 | 0.00 | 0.00 | 220.00 | 5.00 | 1.00 | | | | | | | V | GF | |
| Diced Tomatoes (Fiesta) | TR1443 | 1/4 c. | 12.50 | 0.00 | 0.00 | 110.00 | 2.50 | 0.50 | | | | | | | V | GF | |
| Edamame (SB) | TR1341 | 1/4 c. | 62.37 | 2.84 | 0.00 | 0.00 | 5.67 | 5.67 | | | | Soy | | | V | GF | |
| Edamame Salad | TR1268 | 1/2 c. | 318.65 | 24.45 | 2.68 | 26.80 | 15.63 | 12.14 | | | | Soy | | | V | GF | |
| Edamame Salad (Noodles) | TR1466 | 1/2 c. | 318.65 | 24.45 | 2.68 | 26.80 | 15.63 | 12.14 | | | | Soy | | | V | GF | |
| Egg & Cheese Sandwich | | 1/2 each | 138 | 7 | 3.5 | 236 | 12 | 9 | Milk | Egg | Wheat | Soy | Gluten | | V | | |
| Egg & Cheese Taco | TR1141 | 1 each taco | 199 | 8.5 | 3.5 | 382 | 18 | 10 | Milk | Egg | Wheat | Soy | Gluten | | V | | |
| Egg & Potato Taco | TR1142 | 1 each taco | 177.62 | 6.54 | 1.90 | 362.10 | 20.44 | 7.51 | Milk | Egg | Wheat | Soy | Gluten | | V | | |
| Egg & Sausage & Cheese Breakfast Taco | TR1143 | 1 each taco | 230.60 | 11.21 | 4.62 | 537.92 | 18.70 | 11.60 | Milk | Egg | Wheat | Soy | Gluten | | | | |
| Egg Biscuit Pre-K | | 1/2 each | 80 | 3.5 | 1.25 | 180 | 10 | 3 | Milk | Egg | Wheat | | Gluten | | V | | |

| Item Name | Item # | Serving Size | FE (Kcal) | Fat (g) | Sfat (g) | Na (mg) | Carb (g) | Pro (g) | Allergens (Item contains the following:) | | | | | | Vegetarian | Gluten Free | Notes | |
|--------------------------------------|--------|--------------|-----------|---------|----------|---------|----------|---------|------------------------------------------|-----|-------|-----|--------|--------------------|------------|-------------|-------|--------------------------------------------------|
| | | | | | | | | | Milk | Egg | Wheat | Soy | Gluten | Peanuts /Tree Nuts | | | | Fish |
| Egg Biscuit (BIC) | TR1000 | 1 ea. | 160.00 | 7.00 | 2.50 | 360.00 | 20.00 | 6.00 | Milk | Egg | Wheat | | Gluten | | | V | | |
| Egg Biscuit sandwich | | 1 e. | 258 | 12.5 | 5 | 695 | 27 | 9 | | Egg | Wheat | Soy | Gluten | | | V | | |
| Elote En Vaso | TR1451 | 1 #8 scoop | 142.33 | 6.43 | 2.41 | 457.93 | 19.95 | 4.70 | Milk | | | Soy | | | | V | GF | |
| Ensalada Espinaca | TR1399 | 1 #6 scoop | 71.31 | 5.80 | 0.77 | 318.66 | 4.46 | 1.05 | | | | | | | | V | GF | |
| Fajita Chicken | TR1264 | 2 1/8 oz. | 67.00 | 2.00 | 0.00 | 427.00 | 1.00 | 11.00 | Milk | | | Soy | | | | | GF | |
| Fajita Vegetables | TR1135 | 1/2 c. | 23.56 | 1.40 | 0.63 | 85.50 | 2.47 | 0.23 | Milk | | | Soy | | | | V | GF | |
| Fat Free Milk | TR1005 | 1 Container | 90.00 | 0.00 | 0.00 | 130.00 | 13.00 | 8.00 | Milk | | | | | | | V | GF | |
| Feta Cheese | TR1368 | 1 #6 scoop | 149.69 | 12.07 | 8.47 | 519.94 | 2.32 | 8.06 | Milk | | | | | | | V | GF | |
| Fiesta Black Bean Salad | TR1317 | 1 ea. | 281 | 6 | 3.5 | 341 | 40 | 17 | Milk | | | | | | | V | GF | |
| Fish Burger | TR1158 | 1 ea. | 344.24 | 10.46 | 1.71 | 429.64 | 43.01 | 23.00 | Milk | Egg | Wheat | Soy | Gluten | | Fish | | | |
| Fish Tacos-Corn Tortilla | TR1277 | 2 each taco | 364 | 15 | 2 | 158 | 43 | 17 | Milk | Egg | Wheat | Soy | Gluten | | Fish | | | |
| Fish Tacos-Flour Tortilla | TR1279 | 2 each taco | 346 | 15 | 2 | 419 | 35 | 16 | Milk | Egg | Wheat | Soy | Gluten | | Fish | | | |
| Fish with Macaroni and Cheese | TR1228 | 1 order | 425 | 18 | 7 | 816 | 39 | 26 | Milk | Egg | Wheat | Soy | Gluten | | fish | | | |
| French Toast Sticks | TR1029 | 3 ea. | 150.00 | 3.50 | 1.00 | 270.00 | 22.00 | 8.00 | Milk | Egg | Wheat | Soy | Gluten | | | V | | |
| Fresh Orange | TR1125 | 1 ea. | 68.60 | 0.21 | 0.02 | 1.40 | 17.56 | 1.27 | | | | | | | | V | GF | |
| Fresh Roasted Vegetables | TR1420 | 1/2 c. | 114.82 | 6.46 | 2.89 | 112.04 | 12.28 | 2.11 | Milk | | | Soy | | | | V | GF | |
| Fresh Steamed Broccoli | TR1111 | 1/2 c. | 19.28 | 0.21 | 0.02 | 18.71 | 3.77 | 1.60 | | | | | | | | V | GF | |
| Fresh Stir Fry Vegetables | TR1124 | 1/2 c. | 70.25 | 2.65 | 0.75 | 70.23 | 9.78 | 3.58 | Milk | | Wheat | Soy | Gluten | | | V | | |
| Fruit Cocktail | TR1292 | 1/2 c. | 60.00 | 0.00 | 0.00 | 10.00 | 14.00 | 0.00 | | | | | | | | V | GF | |
| Garbanzo Beans Meat Alternative (SB) | TR1370 | 1 #8 scoop | 66.90 | 1.30 | 0.23 | 55.00 | 11.10 | 2.69 | | | | | | | | V | GF | |
| Garden Burger | TR1156 | 1 ea. | 253.81 | 4.60 | 1.68 | 596.06 | 34.03 | 20.01 | Milk | | Wheat | Soy | Gluten | | | V | | |
| Garden Lasagna | TR1247 | 1 ea. | 427 | 16 | 9 | 481 | 51 | 23 | Milk | | Wheat | Soy | Gluten | | | V | | Processed in a facility that also processes Egg. |
| Garden Salad | TR1197 | 1 ea. | 28.14 | 0.29 | 0.04 | 39.38 | 5.92 | 1.68 | | | | | | | | V | GF | |
| General Tso Sauce | TR1390 | 2 oz. | 117.18 | 3.78 | 0.38 | 699.29 | 22.68 | 0.00 | | | Wheat | Soy | Gluten | | | V | | |
| Ginger Sesame Sauce | | 1 Ounce | 28 | 1 | 0.5 | 84 | 4 | 0 | Milk | | Wheat | Soy | Gluten | | | V | | |
| Ginger Sesame Chicken & Rice | TR1391 | 1 ea. | 235 | 3.5 | 0.5 | 360 | 39 | 11 | Milk | | Wheat | Soy | Gluten | | | | | |

| Item Name | Item # | Serving Size | FE (Kcal) | Fat (g) | Sfat (g) | Na (mg) | Carb (g) | Pro (g) | Allergens (Item contains the following:) | | | | | | Vegetarian | Gluten Free | Notes |
|----------------------------------------------------|--------|----------------|-----------|---------|----------|---------|----------|---------|------------------------------------------|-----|-------|-----|--------|--------------------|------------|-------------|-------|
| | | | | | | | | | Milk | Egg | Wheat | Soy | Gluten | Peanuts /Tree Nuts | | | |
| Grape Jelly | TR1037 | 1 2/3 tbsp. | 83.33 | 0.00 | 0.00 | 25.00 | 21.67 | 0.00 | | | | | | | V | GF | |
| Grape Juice | TR1006 | 1 Container | 80 | 0.00 | 0.00 | 18 | 18 | 0.50 | | | | | | | V | GF | |
| Grapes | TR1033 | 1/2 c. | 52.09 | 0.12 | 0.04 | 1.51 | 13.67 | 0.54 | | | | | | | V | GF | |
| Green Chili Chicken Quesadilla | | 1 each | 413 | 17.5 | 9 | 1094 | 41 | 20.5 | mILK | | Wheat | Soy | Gluten | | | | |
| Grilled Chicken Breast | TR1310 | 3 ounces, dry | 120.00 | 2.50 | 0.50 | 320.00 | 1.00 | 22.00 | | | | Soy | | | | GF | |
| Grilled Chicken Breast Sandwich | TR1475 | 1 sandwich | 186 | 3 | 1 | 436 | 27 | 27 | | | Wheat | Soy | Gluten | | | | |
| Grilled Chicken Caesar Salad | | 1 Each | 410 | 19 | 5.5 | 751 | 27 | 33 | Milk | Egg | Wheat | Soy | Gluten | | | | |
| Ground Beef | TR1432 | 2 oz. | 199.00 | 11.00 | 4.00 | 313.00 | 2.00 | 23.00 | | | | | | | | GF | |
| Guacamole | | 1 Ounce | 38.00 | 3.50 | 0.50 | 52.50 | 2.00 | 0.50 | | | | | | | V | GF | |
| Hamburger | TR1152 | 1 ea. | 260.63 | 8.28 | 2.99 | 601.03 | 28.00 | 21.56 | | | Wheat | Soy | Gluten | | | | |
| Hamburger Toppings | TR1250 | 1 ea. | 10.42 | 0.04 | 0.00 | 312.16 | 2.26 | 0.25 | | | | | | | | GF | |
| Heinz Mustard | TR1272 | 1 oz. | 0.00 | 0.00 | 0.00 | 368.55 | 0.00 | 0.00 | | | | | | | V | GF | |
| Herb Toasted Cheese Sandwich | TR1113 | 1 ea. | 283.81 | 12.60 | 7.18 | 876.06 | 28.03 | 22.01 | Milk | | Wheat | Soy | Gluten | | V | | |
| Herb Toasted Ham and Cheese Sandwich | TR1112 | 1 ea. | 336.44 | 14.58 | 7.84 | 1145.80 | 29.34 | 28.59 | Milk | | Wheat | Soy | Gluten | | | | |
| Herb Toasted Spinach and Cheese Breakfast Sandwich | TR1149 | 1/2 ea. | 309.65 | 20.53 | 10.72 | 1024.28 | 17.56 | 15.63 | Milk | | Wheat | Soy | Gluten | | V | | |
| Herb Toasted Cheese Sandwich with Tomato Soup | | 1 each | 374 | 23 | 11 | 1465 | 31 | 19 | milk | | Wheat | Soy | Gluten | | V | | |
| Honey Nut Chex | TR1025 | 3/4 c. | 120.00 | 0.64 | 0.16 | 192.00 | 27.73 | 2.02 | | | | | Almond | | V | GF | |
| Indian Vegetable Curry HS | | 1 each | 305 | 6 | 1 | 393 | 55 | 9 | Milk | | | Soy | | | V | GF | |
| Indian Vegetable Curry ES and MS | | 1 each | 220 | 5 | 1 | 318 | 38 | 7 | Milk | | | Soy | | | V | GF | |
| Indain Chicken Curry HS | | 1 each | 337 | 7 | 1 | 601 | 55.5 | 14 | Milk | | | Soy | | | | GF | |
| Indian Chicken Curry ES and MS | | 1 each | 252 | 6 | 1 | 562 | 38 | 12 | Milk | | | Soy | | | | GF | |
| Hummus Plate | TR1226 | 1 ea. | 167 | 4 | 0 | 374 | 31.5 | 7 | Milk | | Wheat | Soy | Gluten | | V | | |
| Italian Dressing | TR1186 | 3 1/2 c. | 75.92 | 8.01 | 1.15 | 84.53 | 0.20 | 0.05 | | | | | | | V | GF | |
| Jalapeno | TR1222 | 1 oz. | 4.72 | 0.00 | 0.00 | 481.95 | 0.00 | 0.00 | | | | | | | V | GF | |
| Ketchup | | 1 Oz. | 33 | 0 | 0 | 83 | 7 | 0 | | | | | | | V | GF | |
| Lettuce, Leaf and Romaine Chopped (SB) | TR1332 | 1 cup shredded | 17 | 0 | 0 | 8 | 3 | 0 | | | | | | | V | GF | |

| Item Name | Item # | Serving Size | FE (Kcal) | Fat (g) | Sfat (g) | Na (mg) | Carb (g) | Pro (g) | Allergens (Item contains the following:) | | | | | | Vegetarian | Gluten Free | Notes | |
|----------------------------------------|--------|--------------------------|-----------|---------|----------|---------|----------|---------|------------------------------------------|-----|-------|-----|--------|--------------------|------------|-------------|-------------------------------------------------|------------------|
| | | | | | | | | | Milk | Egg | Wheat | Soy | Gluten | Peanuts /Tree Nuts | | | | Fish |
| Lo Mein- Chicken | | 1 Each | 196 | 4 | 1 | 186 | 22 | 22 | Milk | | Wheat | Soy | Gluten | | | | Processed in a facility that also processes egg | |
| Lo Mein- Vegetable | | 1 Each | 360 | 13 | 0 | 161 | 44 | 27 | Milk | | Wheat | Soy | Gluten | | | V | Processed in a facility that also processes egg | |
| Lettuce, Romaine Raw | TR1049 | 1 cup shredded | 17 | 0 | 0 | 8 | 3 | 0 | | | | | | | | V | GF | |
| Lowfat Milk | TR1003 | 1 Container | 110.00 | 2.50 | 1.50 | 130.00 | 13.00 | 8.00 | Milk | | | | | | | | V | GF |
| Macaroni and Cheese | | 1 1/3 Cup | 496 | 25 | 12.5 | 1224 | 48 | 29 | Milk | | Wheat | Soy | Gluten | | | | V | |
| Macaroni and Cheese Pre-K | TR1227 | 2/3 c. | 235 | 10 | 6 | 410 | 23 | 12 | Milk | | Wheat | Soy | Gluten | | | | V | |
| Macaroni and Cheese with Turkey Dog | | 1 order | 311 | 17 | 7.5 | 757 | 24.5 | 15 | Milk | | Wheat | Soy | Gluten | | | | | |
| Marinara Sauce | TR1238 | 2 oz. | 51.5 | 2 | 0 | 76 | 8.5 | 1 | Milk | | | Soy | | | | | V | GF |
| Mashed Potatoes | TR1338 | 1/2 c. | 70 | 0 | 0 | 65 | 12.5 | 2 | Milk | | | Soy | | | | | V | GF |
| Mayonnaise | TR1274 | 1 oz. | 100 | 5 | 1 | 100 | 1 | 0 | | Egg | | | | | | | V | GF |
| Meatballs | | 5 each | 150 | 9 | 3.5 | 250 | 4 | 14 | Milk | | Wheat | Soy | Gluten | | | | | |
| Meatball Sub Sandwich | TR1322 | 1 ea. | 460.33 | 21.89 | 9.07 | 639.19 | 44.53 | 25.95 | Milk | | Wheat | Soy | Gluten | | | | | May contain Egg. |
| Meatloaf | | 2 ounce | 250 | 10 | 4 | 504 | 15 | 22 | | Egg | Wheat | | Gluten | | | | | |
| Mediterranean Salad | TR1397 | 1 ea. | 347 | 21 | 6 | 1200 | 27 | 14 | Milk | | Wheat | Soy | Gluten | | | | V | |
| Melon | TR1294 | 1/2 c. | 27.20 | 0.15 | 0.04 | 12.80 | 6.53 | 0.67 | | | | | | | | | V | GF |
| Migas | TR1171 | 1/2 c. | 166 | 7 | 3 | 145 | 17 | 7 | Milk | Egg | | Soy | | | | | V | GF |
| Migas Taco | | 1 each | 243 | 10 | 3.8 | 483 | 26 | 10 | Milk | Egg | Wheat | Soy | Gluten | | | | V | |
| Mini Waffles | TR1021 | 6 waffles | 260.00 | 10.00 | 2.50 | 600.00 | 85.00 | 3.00 | Milk | Egg | Wheat | Soy | Gluten | | | | V | |
| Mixed Berry and Lemon Swirl Fruit Cup | TR1075 | 4 1/2 fl. oz. | 70.00 | 0.00 | 0.00 | 5.00 | 19.00 | 0.00 | | | | | | | | | V | GF |
| Moroccan Drumstick with rice HS | | 1 each | 373 | 16.7 | 4.8 | 538 | 36 | 19 | | | | | | | | | | GF |
| Moroccan Drumstick with rice ES and MS | | 1 each | 188.5 | 5.8 | 1.5 | 597 | 19.5 | 13 | | | | | | | | | | GF |
| Mozzarella | TR1472 | 1 ounces | 80.00 | 6.00 | 4.00 | 160.00 | 1.00 | 7.00 | Milk | | | | | | | | V | GF |
| Mushrooms | TR1339 | 1/4 cup pieces or slices | 15.40 | 0.24 | 0.04 | 3.50 | 2.28 | 2.16 | | | | | | | | | V | GF |
| Nachos-Beef | | 1 each | 294.5 | 17.3 | 5 | 589 | 21.7 | 14.5 | Milk | | | Soy | | | | | | GF |
| Nachos- Black Bean | | 1 Each | 256 | 13 | 3.5 | 165.5 | 28.5 | 8.7 | Milk | | | Soy | | | | | V | GF |
| Nacho Toppings | | 1/2 Cup | 10 | 0 | 0 | 7 | 2 | 0 | | | | | | | | | V | GF |

| Item Name | Item # | Serving Size | FE (Kcal) | Fat (g) | Sfat (g) | Na (mg) | Carb (g) | Pro (g) | Allergens (Item contains the following:) | | | | | | | Vegetarian | Gluten Free | Notes |
|-----------------------------------------------------|--------|------------------|-----------|---------|----------|---------|----------|---------|------------------------------------------|-----|-------|-----|--------|--------------------|------|------------|-------------|--------------------------------------------------|
| | | | | | | | | | Milk | Egg | Wheat | Soy | Gluten | Peanuts /Tree Nuts | Fish | | | |
| Oatmeal | TR1165 | 1 #8 scoop | 89.99 | 2.04 | 0.61 | 95.24 | 15.41 | 4.46 | Milk | | Wheat | Soy | Gluten | | | V | | |
| Oatmeal With Berries | | 1 #8 Scoop | 109 | 2 | 0.5 | 96 | 20 | 4.5 | Milk | | Wheat | Soy | Gluten | | | V | | |
| Onion | TR1361 | 1/4 cup, chopped | 16.00 | 0.04 | 0.02 | 1.60 | 3.74 | 0.44 | | | | | | | | V | GF | |
| Orange Juice | TR1007 | 1/2 c. | 60.00 | 0.00 | 0.00 | 15.00 | 12.00 | 1.00 | | | | | | | | V | GF | |
| Orange, Pineapple and Cherry Swirl Frozen Juice Cup | TR1077 | 4 1/2 fl. oz. | 70.00 | 0.00 | 0.00 | 10.00 | 19.00 | 0.00 | | | | | | | | V | GF | |
| Orange/Pineapple Juice Cup | TR1076 | 4 1/2 fl. oz. | 70.00 | 0.00 | 0.00 | 5.00 | 20.00 | 0.00 | | | | | | | | V | GF | |
| Organic Chipotle Ranch | TR1381 | 1 Oz. | 101 | 10 | 1 | 260 | 2 | 1 | Milk | | | | | | | V | GF | |
| Organic Ranch | TR1380 | 1 Oz. | 101 | 10 | 1 | 260 | 2 | 1 | Milk | | | | | | | V | GF | |
| Oven Baked Chicken | TR1176 | 2 oz | 201.96 | 12.85 | 3.67 | 348.84 | 6.43 | 15.61 | | Egg | Wheat | | Gluten | | | | | |
| Pacific Blend Vegetables | TR1201 | 1/2 c. | 65.15 | 2.78 | 1.27 | 77.71 | 8.54 | 1.43 | Milk | | | Soy | | | | V | GF | |
| Pancakes Pre-K | | 1 Each | 75 | 1.25 | 0 | 145 | 15 | 2 | Milk | Egg | Wheat | Soy | Gluten | | | V | | |
| Pancakes | TR1038 | 2 ea. | 150.00 | 2.50 | 0.00 | 290.00 | 30.00 | 4.00 | Milk | Egg | Wheat | Soy | Gluten | | | V | | |
| Parmesan Cheese | | 1 Oz. | 115 | 8 | 5 | 591 | 4 | 9 | Milk | | | | | | | V | GF | |
| Peach Cup | TR1012 | 1/2 c. | 80.00 | 0.00 | 0.00 | 0.00 | 19.00 | 1.00 | | | | | | | | V | GF | |
| Peach Parfait Pre-K | | 1/2 Cup | 132 | 2.3 | 0.6 | 72.52 | 23.42 | 4.27 | Milk | | Wheat | Soy | Gluten | | | V | | processes Tree nuts, Peanuts. |
| Peach Parfait | TR1132 | 1 1/8 c. | 268 | 4.5 | 0.5 | 192 | 47.7 | 9 | Milk | | Wheat | Soy | Gluten | | | V | | processes Tree nuts, Peanuts. |
| Peanut Butter and Jelly Sandwich | TR1160 | 1 sandwich | 542.00 | 30.00 | 6.00 | 243.60 | 50.32 | 22.00 | | | Wheat | | Gluten | Peanuts | | V | | |
| Pear, Fresh | | 1 Each | 101 | 0 | 0 | 2 | 27 | 0 | | | | | | | | V | GF | |
| Pears, Canned | TR1286 | 1/2 c. | 84.00 | 1.00 | 0.00 | 4.00 | 21.00 | 1.00 | | | | | | | | V | GF | |
| Peas and Carrots | TR1291 | 1/2 c. | 38.40 | 0.34 | 0.06 | 54.40 | 8.10 | 2.47 | | | | | | | | V | GF | |
| Penne Pasta | TR1477 | 1/2 Cup | 90 | 1 | 0 | 2.5 | 19.5 | 4 | | | Wheat | | Gluten | | | V | | Processed in a facility that also processes Egg. |
| Pepperoni Pizza | TR1087 | 1 slice | 270.00 | 9.00 | 4.00 | 570.00 | 29.00 | 20.00 | Milk | | Wheat | Soy | Gluten | | | | | |
| Peppers and Onions | TR1252 | 1/2 c. | 27.50 | 0.04 | 0.02 | 3.10 | 5.99 | 0.44 | | | | | | | | V | GF | |
| Pico de Gallo | | 1 Oz. | 5 | 0 | 0 | 30 | 1 | 0 | | | | | | | | V | GF | |
| Pineapple | TR1340 | 1/4 c. | 23.33 | 0.00 | 0.00 | 3.33 | 5.67 | 0.00 | | | | | | | | V | GF | |
| Pineapple Cup | TR1234 | 1/2 c. | 46.67 | 0.00 | 0.00 | 6.67 | 11.33 | 0.00 | | | | | | | | V | GF | |
| Pinto Beans | TR1358 | 1/2 c. | 120.00 | 0.00 | 0.00 | 140.00 | 21.00 | 7.00 | | | | | | | | V | GF | |
| Pita Bread | TR1374 | 1 piece | 110 | 2 | 0.00 | 50.00 | 21 | 1 | Milk | | Wheat | Soy | Gluten | | | V | | |

| Item Name | Item # | Serving Size | FE (Kcal) | Fat (g) | Sfat (g) | Na (mg) | Carb (g) | Pro (g) | Allergens (Item contains the following:) | | | | | | Vegetarian | Gluten Free | Notes | |
|----------------------------------|--------|------------------|-----------|---------|----------|---------|----------|---------|------------------------------------------|-----|-------|-----|--------|--------------------|------------|-------------|-------|-----------------------------|
| | | | | | | | | | Milk | Egg | Wheat | Soy | Gluten | Peanuts /Tree Nuts | | | | Fish |
| Pizza Dipper | TR1287 | 2 ea. | 341 | 13 | 5 | 605 | 38 | 20 | Milk | Egg | Wheat | Soy | Gluten | | | V | | |
| Plain Baked Potato | TR1416 | 1 ea. | 178.20 | 0.18 | 0.07 | 10.96 | 40.84 | 4.84 | | | | | | | | V | GF | |
| Pollo Al carbon ES and MS | | 1 Each | 301 | 13 | 1.8 | 409 | 20 | 24.5 | | | | Soy | | | | | GF | |
| Pollo Al Carbon HS | | 1 Each | 452 | 25.25 | 5.85 | 213 | 37 | 18.5 | | | | | | | | | GF | |
| Pollo Rancheros ES and MS | | 1 Each | 178 | 6 | 2 | 267 | 19 | 12 | Milk | | Wheat | | Gluten | | | | | |
| Pollo Ranchero HS | TR1402 | 1 ea. | 427 | 21 | 6.7 | 271 | 37 | 22 | Milk | | Wheat | | Gluten | | | | | |
| Pork Carnitas Tacos | TR1447 | 2 each taco | 347 | 16.5 | 5 | 296 | 22 | 25 | Milk | | | Soy | | | | | GF | |
| Potato Puff | TR1265 | 10 pieces | 160.00 | 8.00 | 2.00 | 330.00 | 19.00 | 2.00 | | | | | | | | V | GF | |
| Pot Stickers | | 5 piece | 190 | 4.5 | 1 | 480 | 27 | 11 | | | Wheat | | Gluten | | | | | |
| Pretty Peas | TR1262 | 1/2 c. | 101.82 | 0.93 | 0.42 | 262.62 | 16.01 | 5.34 | Milk | | | Soy | | | | V | GF | |
| Quesadilla Vegetable/Cheese Base | TR1101 | 2 1/2 oz. | 269.80 | 15.27 | 7.52 | 463.91 | 24.55 | 12.70 | Milk | | | Soy | | | | V | GF | |
| Ranch | TR1195 | 1 oz. | 94.50 | 9.45 | 0.95 | 245.70 | 1.89 | 0.95 | Milk | | | | | | | V | GF | |
| Red Beans and Rice HS | | 1 each | 293 | 2.5 | 0 | 409 | 57 | 11 | Milk | | | Soy | | | | V | GF | |
| Red Beans and Rice ES and MS | | 1 Each | 208 | 1.7 | 0 | 334 | 39 | 9 | Milk | | | Soy | | | | V | GF | |
| Red Cabbage | TR1333 | 1/4 cup, chopped | 27.59 | 0.14 | 0.02 | 24.03 | 6.56 | 1.27 | | | | | | | | V | GF | |
| Red Pepper hummus Wrap | | 1 Each | 297 | 8 | 2 | 811 | 47 | 7 | Milk | | Wheat | Soy | Gluten | | | V | | |
| Refried Black Bean Taco | | 1 each | 247.5 | 8 | 4 | 473 | 31 | 11 | Milk | | Wheat | Soy | Gluten | | | V | | |
| Refried Pinto Beans | | 1/2 Cup | 142 | 1 | 0 | 267 | 24 | 8 | Milk | | | Soy | | | | V | GF | |
| Roasted Cauliflower | TR1425 | 1/2 c. | 26.91 | 1.55 | 0.71 | 31.06 | 2.83 | 1.09 | Milk | | | Soy | | | | V | GF | |
| Roasted Red Potato Salad | TR1449 | 1 #8 scoop | 243.89 | 13.72 | 2.54 | 347.70 | 26.50 | 2.84 | | Egg | | | | | | V | GF | |
| Roasted Salsa | TR1170 | 1 oz. | 8.10 | 0.03 | 0.00 | 62.70 | 1.72 | 0.08 | | | | Soy | | | | V | GF | |
| Roasted Vegetable Salad | | 1 Each | 103 | 2.5 | 0.5 | 90 | 16 | 5 | | | | | | | | V | GF | |
| Rosemary Chicken with brown rice | TR1421 | 1 drumstick | 380 | 14 | 3 | 321.05 | 36 | 16 | | | | | | | | | GF | |
| Sausage Biscuit | TR1024 | 1 ea. | 241 | 10 | 4 | 586 | 26.5 | 10 | Milk | | Wheat | Soy | Gluten | | | | | May Contain Eggs |
| Sausage Kolache | TR1145 | 1 ea. | 170.00 | 9.50 | 3.25 | 370.00 | 15.00 | 6.00 | | | Wheat | | Gluten | | | | | May contain Milk, Egg, Soy. |
| Sausage Link | TR1020 | 1 ea. | 90.00 | 8.00 | 3.00 | 300.00 | 1.00 | 3.00 | | | | | | | | V* | GF | |
| Sausage Patty | TR1173 | 1 patty | 71.00 | 4.80 | 1.70 | 126.00 | 0.50 | 6.10 | | | | | | | | | GF | |
| Sauteed Zucchini | TR1405 | 1/2 cup | 35.02 | 1.83 | 0.83 | 23.39 | 2.75 | 0.92 | Milk | | | Soy | | | | V | GF | |

| Item Name | Item # | Serving Size | FE (Kcal) | Fat (g) | Sfat (g) | Na (mg) | Carb (g) | Pro (g) | Allergens (Item contains the following:) | | | | | | Vegetarian | Gluten Free | Notes |
|---------------------------------------------|--------|--------------|-----------|---------|----------|---------|----------|---------|------------------------------------------|-----|-------|-----|--------|--------------------|------------|-------------|--------------------------------------------------|
| | | | | | | | | | Milk | Egg | Wheat | Soy | Gluten | Peanuts /Tree Nuts | | | |
| Scrambled Eggs | TR1092 | 1/4 c. | 65.74 | 4.02 | 1.37 | 66.62 | 1.17 | 5.76 | Milk | Egg | | | | | V | GF | |
| Scrambled Eggs and Toast | TR1093 | 1 ea. | 125.64 | 5.02 | 1.37 | 181.52 | 13.17 | 9.75 | Milk | Egg | Wheat | | Gluten | | V | | |
| Scrambled Eggs with Chicken Patty and Toast | TR1139 | 1 ea. | 215.64 | 9.52 | 2.37 | 401.52 | 19.17 | 16.75 | Milk | Egg | Wheat | Soy | Gluten | | | | |
| Scrambled Eggs with potato Puff | | 1/4 Cup | 86.5 | 4.5 | 1.5 | 144 | 7 | 3.5 | Milk | Egg | | | | | V | GF | |
| Scrambled Eggs with Sausage and Potato Puff | | 1/4 Cup | 105 | 6.5 | 2 | 215 | 7 | 4 | Milk | Egg | | | | | | GF | |
| Scrambled Eggs with Toast and Sausage Patty | TR1169 | 1 ea. | 196.64 | 9.82 | 3.06 | 307.52 | 13.67 | 15.85 | Milk | Egg | Wheat | | Gluten | | | | |
| Seasoned Baby Carrots | TR1235 | 1/2 c. | 65.15 | 2.93 | 1.29 | 116.55 | 9.38 | 0.74 | Milk | | | Soy | | | V | GF | |
| Seasoned Corn | TR1208 | 1/2 cup | 78 | 4 | 1 | 247 | 12 | 1 | Milk | | | Soy | | | V | GF | |
| Seasoned Fresh Yellow Squash | TR1362 | 1/2 cup | 44.74 | 3.15 | 1.36 | 37.17 | 3.56 | 1.38 | Milk | | | Soy | | | V | GF | |
| Seasoned Fresh Zucchini | TR1312 | 1/2 cup | 26.07 | 1.39 | 0.63 | 17.39 | 2.02 | 0.67 | Milk | | | Soy | | | V | GF | |
| Seasoned Fries/oven baked fries | TR1088 | 3 oz. | 120.00 | 5.00 | 1.50 | 280.00 | 16.00 | 2.00 | | | Wheat | | Gluten | | V | | |
| Seasoned Green Beans | TR1207 | 1/2 Cup | 42.96 | 2.78 | 1.27 | 28.10 | 2.53 | 0.51 | Milk | | | Soy | | | V | GF | |
| Seasoned Mix Vegetables | TR1196 | 1/2 Cup | 9.12 | 0.24 | 0.11 | 7.37 | 1.38 | 0.30 | Milk | | | Soy | | | V | GF | |
| Shredded Cheddar | TR1434 | 1 oz. | 90.00 | 7.00 | 4.50 | 180.00 | 0.00 | 7.00 | Milk | | | | | | V | GF | |
| Sliced Jalapeno Peppers | TR1453 | 1/4 c. | 5.00 | 0.00 | 0.00 | 360.00 | 1.00 | 0.00 | | | | | | | V | GF | |
| Sliced Peaches | TR1242 | 1/2 c. | 45 | 0 | 0 | 5.00 | 11 | 1 | | | | | | | V | GF | |
| Smoked Pulled Pork | TR1448 | 2 oz. | 240.00 | 8.00 | 3.00 | 730.00 | 20.00 | 22.00 | | | | | | | | GF | |
| Soft Beef Taco | TR1189 | 1 ea. | 252 | 11 | 4 | 585 | 19 | 18 | Milk | | Wheat | Soy | Gluten | | | | |
| Sour Cream | TR1206 | 1 oz. | 23.63 | 0.00 | 0.00 | 37.80 | 2.84 | 1.89 | Milk | | | | | | V | GF | |
| Southwest Stuffed Spud with Chicken Fajita | TR1308 | 1 ea. | 288 | 4 | 4 | 673 | 42 | 20 | Milk | | | Soy | | | | GF | |
| Soy Dipping Sauce | | 1 Ounce | 31 | 1 | 0 | 749 | 4.5 | 1.5 | | | Wheat | Soy | Gluten | | V | | |
| Spaghetti and Marinara with Mozzarella | TR1243 | 1 ea. | 302.00 | 15.00 | 8.50 | 400.00 | 30.00 | 19.20 | Milk | | Wheat | Soy | Gluten | | V | | processes Egg. |
| Spaghetti and Meatballs | TR1241 | 1 ea. | 290.00 | 12.00 | 4.00 | 325.80 | 32.00 | 19.10 | Milk | | Wheat | Soy | Gluten | | | | Processed in a facility that also processes Egg. |
| Spaghetti Noodle | TR1460 | 1/2 Cup | 90.00 | 0.75 | 0.00 | 0.00 | 19.50 | 4.00 | | | | | | | | | |
| Spicy Black Bean and Corn Salad | TR1355 | 1/2 c. | 90.02 | 0.57 | 0.00 | 252.12 | 17.46 | 4.30 | | | | | | | V | GF | |
| Spicy Chicken Chef Salad | TR1369 | 1 ea. | 410 | 24 | 8 | 968 | 29 | 22 | Milk | | Wheat | Soy | Gluten | | | | |
| Spicy Mayo | | 1 Ounce | 28.5 | 2.5 | 0.5 | 55 | 1 | 0 | Milk | Egg | | Soy | | | V | GF | |

| Item Name | Item # | Serving Size | FE (Kcal) | Fat (g) | Sfat (g) | Na (mg) | Carb (g) | Pro (g) | Allergens (Item contains the following:) | | | | | | Vegetarian | Gluten Free | Notes |
|------------------------------------------|--------|-----------------|-----------|---------|----------|---------|----------|---------|------------------------------------------|-----|-------|-----|--------|--------------------|------------|-------------|-------------------------------------------------------|
| | | | | | | | | | Milk | Egg | Wheat | Soy | Gluten | Peanuts /Tree Nuts | | | |
| Spinach | TR1372 | 1/4 c. | 1.73 | 0.03 | 0.01 | 5.92 | 0.27 | 0.22 | | | | | | | V | GF | |
| Spring Roll | TR1382 | 1 ea. | 100.00 | 0.83 | 0.00 | 350.00 | 20.00 | 3.33 | | | Wheat | | Gluten | | | | |
| Squash Frittata | TR1147 | 1 piece | 315.22 | 17.69 | 8.34 | 805.96 | 17.90 | 21.28 | Milk | Egg | Wheat | | Gluten | | V | | |
| Sriracha | TR1223 | 1 oz. | 28.35 | 0.00 | 0.00 | 453.60 | 5.67 | 0.00 | | | | | | | V | GF | |
| Steak Sticks | TR1114 | 4 ea. | 178 | 10 | 3 | 174 | 12.5 | 9 | Milk | | Wheat | Soy | Gluten | | | | |
| Sauteed Spinach | TR1251 | 1/2 c. | 81 | 3.71 | 1.681 | 184.7 | 7.45 | 3.17 | Milk | | | Soy | | | V | GF | |
| Steamed Summer Squash | TR1293 | 1/2 cup, sliced | 9.04 | 0.10 | 0.03 | 1.13 | 1.89 | 0.68 | | | | | | | V | GF | |
| Strawberry Cup | TR1011 | 1/2 c. | 80.00 | 0.00 | 0.00 | 0.00 | 19.00 | 1.00 | | | | | | | V | GF | |
| Strawberry Milk | | 8 oz | 120 | 0 | 0 | 125 | 19 | 8 | milk | | | | | | | | |
| Strawberry Parfait | | 1 Cup | 261 | 4.5 | 0.5 | 190 | 47 | 8.5 | Milk | | Wheat | Soy | Gluten | | V | | Processed in a facility that also processes tree nuts |
| Strawberry/Pomegranate Juice Cups | TR1078 | 4 1/2 fl. oz. | 70.00 | 0.00 | 0.00 | 5.00 | 19.00 | 0.00 | | | | | | | V | GF | |
| Stuffed Potato with Broccoli | TR1412 | 1 ea. | 488 | 26 | 14 | 559 | 44 | 26 | Milk | | | Soy | | | V | GF | |
| SunButter | TR1162 | 1 tbsp. | 99.00 | 9.00 | 0.70 | 0.00 | 3.70 | 2.80 | | | | | | | V | GF | |
| Sunbutter and Jelly Sandwich | TR1161 | 1 sandwich | 548.00 | 38.00 | 2.80 | 239.60 | 47.12 | 19.20 | | | Wheat | | Gluten | | V | | |
| Sweet and Sour Chicken (Over Brown Rice) | TR1284 | 1 ea. | 368 | 9 | 1 | 735 | 53 | 15 | Milk | | Wheat | Soy | Gluten | | Fish | | |
| Sweet and Sour Sauce | TR1471 | 2 oz. | 70.88 | 0.00 | 0.00 | 118.13 | 17.32 | 0.00 | | | Wheat | Soy | Gluten | | Fish | V | |
| Sweet Potato Fries | TR1211 | 1/2 c. | 120 | 4.5 | 0.5 | 180 | 17 | 2 | | | | Soy | | | V | GF | |
| Sweet Potatoes | TR1073 | 1/2 c. | 100.00 | 0.00 | 0.00 | 20.00 | 24.00 | 1.00 | | | | | | | V | GF | |
| Sweet Potato Quesadilla | | 1 each | 466 | 18.5 | 9.5 | 1021 | 55 | 15 | milk | | wheat | soy | gluten | | V | | |
| Syrup | TR1035 | 1 oz. | 90.00 | 0.00 | 0.00 | 42.50 | 25.00 | 0.00 | | | | | | | V | GF | |
| Taco Ground Beef | TR1316 | 2 1/2 oz. | 197.47 | 15.05 | 5.76 | 283.42 | 1.92 | 12.66 | Milk | | | Soy | | | | | GF |
| Taco Slaw | TR1276 | 1/2 c. | 203.80 | 18.81 | 2.70 | 30.39 | 6.71 | 1.19 | | | | | | | V | GF | |
| Taco Toppings | TR1254 | 1 ea. | 35.60 | 2.26 | 1.25 | 104.27 | 2.26 | 1.37 | Milk | | | Soy | | | V | GF | |
| Taco Truck Bean & Cheese Taco | TR1305 | 1 ea. | 226.31 | 3.80 | 1.61 | 495.57 | 35.58 | 9.61 | Milk | | Wheat | Soy | Gluten | | V | | |
| Taco Truck Camote Breakfast Taco | TR1303 | 1 ea. | 203.78 | 7.97 | 2.36 | 500.03 | 22.59 | 7.91 | Milk | Egg | Wheat | Soy | Gluten | | V | | |
| Taco Truck Migas | TR1299 | 1 ea. | 225.68 | 9.69 | 3.77 | 483.01 | 22.81 | 9.69 | Milk | Egg | Wheat | Soy | Gluten | | V | | |

| Item Name | Item # | Serving Size | FE (Kcal) | Fat (g) | Sfat (g) | Na (mg) | Carb (g) | Pro (g) | Allergens (Item contains the following:) | | | | | | Vegetarian | Gluten Free | Notes | |
|----------------------------------------|--------|---------------|-----------|---------|----------|---------|----------|---------|------------------------------------------|------|-------|-----|--------|--------------------|------------|-------------|-------|-----------------|
| | | | | | | | | | Milk | Egg | Wheat | Soy | Gluten | Peanuts /Tree Nuts | | | | Fish |
| Taco Truck Potato & Egg Breakfast Taco | TR1302 | 1 ea. | 213.46 | 8.85 | 2.77 | 436.42 | 23.49 | 7.77 | Milk | Egg | Wheat | Soy | Gluten | | | V | | |
| Tartar Sauce | TR1194 | 1 Ounce | 42 | 4 | 1 | 171 | 1 | 0 | | Egg | | | | | | V | GF | |
| Tex-Mex Ranchero Sauce | TR1400 | 1 oz. | 13.98 | 0.85 | 0.12 | 47.90 | 1.45 | 0.37 | | | Wheat | | Gluten | | | V | | |
| That's It Fruit Bar | TR1016 | 1 ea. | 100.00 | 0.00 | 0.00 | 0.00 | 20.00 | 0.00 | | | | | | | | V | GF | |
| Toast | TR1031 | 1 slice | 60.00 | 1.00 | 0.00 | 115.00 | 12.00 | 4.00 | | | Wheat | | Gluten | | | V | | |
| Toasted Tortilla Wedges | TR1383 | 1 ea. | 100 | 2 | 0.5 | 260 | 17 | 0 | | | Wheat | Soy | Gluten | | | V | | |
| Tomato | TR1349 | 1/4 c. | 7.71 | 0.00 | 0.00 | 2.00 | 1.71 | 0.00 | | | | | | | | V | GF | |
| Tomatoes and Carrots Escabeche | TR1396 | 1 #8 scoop | 94.06 | 7.52 | 1.07 | 290.72 | 4.85 | 0.21 | | | | | | | | V | GF | |
| Tomato Frittata | | 1 Piece | 291 | 15 | 8 | 472 | 17 | 21.5 | Milk | Eggs | Wheat | | Gluten | | | V | | |
| Tortilla Chips | TR1419 | 2 ounces, dry | 240.00 | 12.00 | 0.80 | 0.00 | 32.00 | 4.00 | | | | | | | | V | GF | |
| Tortilla Soup- Chicken | | 1 Cup | 361 | 14 | 5 | 898 | 38.5 | 23 | milk | | Wheat | Soy | Gluten | | | | | |
| Tortilla Soup- Beans | | 1 cup | 387 | 11 | 4 | 784 | 58 | 13 | Milk | | Wheat | Soy | Gluten | | | V | | |
| Traditional Cornbread Dressing | | 1/2 Cup | 145 | 5 | 2 | 419 | 24 | 3 | milk | | Wheat | Soy | Gluten | | | V | | May Contain Egg |
| Tuna Pasta Salad | TR1423 | 1 bowl | 164.15 | 5.81 | 1.80 | 284.26 | 18.34 | 11.11 | Milk | Egg | Wheat | Soy | Gluten | | Fish | | | |
| Tuna Salad | TR1424 | 1 #8 scoop | 111.70 | 5.97 | 1.95 | 337.12 | 2.11 | 11.43 | | Egg | | | | | Fish | | GF | |
| Turkey and Gravy ES and MS | | 1 ea. | 205 | 7 | 2 | 535 | 19.5 | 18 | | | | Soy | | | | | GF | |
| Turkey and Gravy with brown rice (HS) | | 1 ea. | 289 | 7.5 | 2 | 609 | 37 | 20 | | | | Soy | | | | | GF | |
| Thanksgiving Turkey and Gravy | | 4 ounce | 120 | 6 | 2 | 460 | 2 | 16 | | | | Soy | | | | | GF | |
| Turkey Cheese Melt | TR1307 | 1 ea. | 285.18 | 14.72 | 6.58 | 784.39 | 26.39 | 18.07 | Milk | | Wheat | Soy | Gluten | | | | | |
| Turkey Hot Dog | TR1203 | 1 ea. | 220.00 | 10.00 | 2.50 | 470.00 | 23.00 | 11.00 | | | Wheat | Soy | Gluten | | | | | |
| Turkey Sandwich | TR1163 | 1 sandwich | 225.60 | 5.52 | 1.17 | 664.13 | 25.17 | 25.60 | | | Wheat | | Gluten | | | | | |
| Turkey Taco Meat | TR1433 | 3 ounces | 110.00 | 4.00 | 1.00 | 420.00 | 3.00 | 16.00 | | | Wheat | Soy | Gluten | | | | | |
| Turkey Taco Salad | TR1311 | 1 ea. | 295 | 14 | 3 | 446 | 25 | 20 | Milk | | Wheat | Soy | Gluten | | | | | |
| Vegan Lentil Chili | TR1256 | 4 oz. | 255 | 7.3 | 1.14 | 324.67 | 39.6 | 8.3 | Milk | | | Soy | | | | V | GF | |
| Vegetable Seasoning | TR1100 | 1 #10 can | 30.85 | 0.21 | 0.07 | 2369.35 | 6.75 | 1.66 | | | | | | | | V | GF | |
| Vegetarian Hummus Wrap | TR1133 | 1 ea. | 238 | 6 | 1 | 584 | 38 | 5 | Milk | | Wheat | Soy | Gluten | | | V | | |

| Item Name | Item # | Serving Size | FE (Kcal) | Fat (g) | Sfat (g) | Na (mg) | Carb (g) | Pro (g) | Allergens (Item contains the following:) | | | | | | Vegetarian | Gluten Free | Notes | |
|----------------------------------------|--------|----------------|-----------|---------|----------|---------|----------|---------|------------------------------------------|-----|-------|-----|--------|--------------------|------------|-------------|-------|-----------------------------|
| | | | | | | | | | Milk | Egg | Wheat | Soy | Gluten | Peanuts /Tree Nuts | | | | Fish |
| Vegetarian Pinto Beans | TR1121 | 1/2 c. | 139.73 | 0.68 | 0.21 | 298.26 | 23.79 | 7.54 | Milk | | | Soy | | | | V | GF | |
| Veggie Sausage and Biscuit Pre-K | | 1/2 each | 125 | 4.5 | 1.25 | 380 | 14.5 | 6.5 | Milk | Egg | Wheat | Soy | Gluten | | | V | | |
| Veggie Sausage and Biscuit | TR1138 | 1 each | 250.00 | 9.00 | 2.50 | 760.00 | 29.00 | 13.00 | Milk | Egg | Wheat | Soy | Gluten | | | V | | |
| Vetri Salad | TR1450 | 1 ea. | 421.53 | 29.83 | 4.41 | 650.85 | 11.20 | 24.45 | | | | Soy | | | | V | GF | |
| Vinaigrette Dressing | TR1267 | 1 oz | 84.06 | 8.96 | 1.28 | 0.10 | 0.00 | 0.00 | | | | | | | | V | GF | |
| Waffles-Eggo Mini | | 1 pounch | 200 | 5 | 1.5 | 220 | 35 | 4 | Milk | Egg | Wheat | Soy | Gluten | | | V | | |
| Watermelon | TR1014 | 1/2 cup, diced | 22.80 | 0.11 | 0.01 | 0.76 | 5.74 | 0.46 | | | | | | | | V | GF | |
| Watermelon Frozen Fruit Cup | TR1079 | 4 1/2 fl. oz. | 90.00 | 0.00 | 0.00 | 10.00 | 25.00 | 0.00 | | | | | | | | V | GF | |
| Whipped Sweet Potatoes | | 1/2 Cup | 168 | 2 | 1 | 43 | 36 | 1 | Milk | | | Soy | | | | V | GF | |
| Whole Grain Bagel Pre K | | 1/2 each | 70 | 0.5 | 0 | 90 | 14.5 | 3 | | | Wheat | | Gluten | | | V | | |
| Whole Grain Bagel | TR1126 | 1 ea. | 140 | 1 | 0.00 | 180 | 29 | 6 | | | Wheat | | Gluten | | | V | | |
| Whole Grain Biscuit | TR1090 | 1 biscuit | 170.00 | 6.00 | 2.00 | 460.00 | 26.00 | 4.00 | Milk | | Wheat | Soy | Gluten | | | V | | May contain Egg. |
| Whole Wheat Bread Stick | TR1353 | 2 piece | 160.00 | 2.00 | 0.00 | 200.00 | 30.00 | 6.00 | | | Wheat | | Gluten | | | V | | May contain Milk, Egg, Soy. |
| Whole Wheat Roll | TR1354 | 1 ea. | 150.00 | 4.50 | 1.00 | 220.00 | 23.00 | 3.00 | | | Wheat | Soy | Gluten | | | V | | |
| Wild Cherry Frozen Fruit Cup | TR1080 | 4 1/2 fl. oz. | 70.00 | 0.00 | 0.00 | 10.00 | 19.00 | 0.00 | | | | | | | | V | GF | |
| Wonton Strips | TR1379 | 1 oz | 100.00 | 4.00 | 1.00 | 180.00 | 14.00 | 2.00 | | | Wheat | | Gluten | | | V | | |
| Yogurt Plate with Sun Butter and Jelly | TR1422 | 1 ea. | 445 | 18.5 | 2 | 295 | 63 | 16 | Milk | | Wheat | Soy | Gluten | | | V | | |
| Yogurt Plate with Turkey Sandwich | TR1192 | 1 ea. | 265 | 4.5 | 1 | 265 | 45 | 19 | Milk | | Wheat | Soy | Gluten | | | | | |
| Zucchini Loaf | TR1023 | 1 ea. | 246.09 | 7.88 | 0.88 | 136.72 | 39.38 | 4.05 | Milk | Egg | Wheat | Soy | Gluten | | | V | | |
| Zucchini Quesadilla | TR1413 | 1 ea. | 586.59 | 25.77 | 11.64 | 1146.99 | 68.69 | 21.44 | Milk | | Wheat | Soy | Gluten | | | V | | |

Report Selections

Meal Pattern: [USDA]Meal Pattern SY 2014-2017

Serving Group: K-12

Data Source: Local