

Menu Item Nutrient Report - GLUTEN FREE

Item Name	Serving Size	FE (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)	Allergens (Item contains the following:)							Vegetarian	Gluten Free
								Milk	Egg	Wheat	Soy	Gluten	Peanuts /Tree Nuts	Fish		
50/50 Cheese Blend (SB)	2 oz.	200.00	16.00	10.00	475.00	1.00	13.00	Milk							V	GF
Alfredo Sauce	2 oz.	24.51	0.53	0.29	99.66	3.36	1.46	Milk			Soy				V	GF
American Cheese	1 oz.	108.64	8.89	4.94	375.31	0.99	5.93	Milk							V	GF
Apple	1 large (3-1/4" dia)	116.41	0.38	0.07	2.45	30.80	0.58								V	GF
Apple Juice	1/2 c.	60.00	0.00	0.00	15.00	14.00	0.00								V	GF
Baby Carrot and Cauliflower Dipper	4 oz.	34.02	0.23	0.09	61.24	7.49	1.45								V	GF
Baby Carrot and Celery Veggie Dipper	4 oz.	57.83	0.34	0.07	179.17	12.71	1.51								V	GF
Baby Carrots	4 oz.	39.69	0.15	0.03	88.45	9.34	0.73								V	GF
Baby Carrots and Zucchini Dipper	4 oz.	29.48	0.26	0.06	48.76	6.43	1.05								V	GF
Bahama Blend Vegetables	4 oz.	47.86	1.17	0.53	43.76	6.38	1.07	Milk			Soy				V	GF
Banana	1 medium (7" to 7-7/8" long)	105.02	0.39	0.13	1.18	26.95	1.29								V	GF
Barbacoa Beef Taco	2 each taco	307.92	11.93	4.28	505.38	30.65	23.32	Milk			Soy					GF
BBQ Stuffed Potato	1 ea.	300.51	5.51	2.07	592.97	47.71	16.17				Soy					GF
Beef Enchilada	2 ea.	235.73	8.73	3.37	450.43	31.23	11.30	Milk			Soy					GF
Beef Fajita	2 1/4 oz	110.80	5.91	2.22	554.00	1.48	12.56				Soy					GF
Beef Fajita (Noodles)	2 1/4 oz.	110.80	5.91	2.22	554.00	1.48	12.56				Soy					GF
Beef Fajita Meat	2 1/4 oz	110.8	5.91	2.22	554	1.48	12.56				Soy					GF
Beef Taco Salad	1 ea.	379.30	25.15	8.67	410.42	20.60	18.44	Milk			Soy					GF
Beef Tamale & Pinto Beans	1 ea.	316.70	16.00	3.90	652.15	31.52	12.51				Soy					GF
Bell Pepper (SB)	1/4 c.	46.00	0.00	0.00	6.00	9.00	0.00								V	GF
Black Bean and Veggie Tacos	2 each taco	94.24	1.02	0.34	106.63	16.94	4.43	Milk			Soy				V	GF
Black Beans (SB)	1/4 c.	60	0.00	0.00	67.5	11	3.5								V	GF
Black Beans Meat Alternative (Fiesta)	1/2 c.	120.00	0.00	0.00	135.00	22.00	7.00								V	GF
Black Beans SB	1/2 c.	120.00	0.00	0.00	135.00	22.00	7.00								V	GF

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								Milk	Egg	Wheat	Soy	Gluten	Peanuts /Tree Nuts	Fish		
Black Olives (SB)	1/4 cup	82	8.6	0.06	882	1.92	0.56								V	GF
Blueberry Cup	1/2 cup, frozen	39.90	0.11	0.02	2.10	9.70	0.00								V	GF
Broccoli & Cauliflower Veggie Dippers	1/2 c.	66.91	0.74	0.19	71.44	13.17	5.38								V	GF
Broccoli and Cherry Tomato Veggie Dipper	1/2 c.	22.75	0.28	0.03	21.38	3.90	1.80								V	GF
Broccoli, Florets (SB)	1/4 cup flowerets	4.97	0.06	0.01	4.79	0.90	0.53								V	GF
Brown Rice	1 Cup	170.00	1.50	0.00	0.00	35.00	4.00								V	GF
Buffalo Sauce	1 oz.	7.9	0.5	0	616	0.7	0	Milk			Soy				V	GF
Calabacita with brown rice	1/2 c.	273	6	1.5	499	49	6.2	Milk			Soy				V	GF
Caribbean Blend Vegetables (Noodles)	1/2 c.	17.50	0.00	0.00	15.00	3.00	0.50								V	GF
Carrots, Shredded (SB)	1/4 cup chopped	52.48	0.31	0.05	88.32	12.26	1.19								V	GF
Catalina Blend Vegetables	1/2 c.	90.94	5.57	2.53	89.56	6.73	1.36	Milk			Soy				V	GF
Celery, chopped	1/4 cup chopped	4.04	0.04	0.01	20.20	0.75	0.17								V	GF
Honey Nut Cheerios	3/4 c.	100	1.5	0	160	22	2					Almond			V	GF
Cheddar Cheese	2 oz.	180.00	14.00	9.00	360.00	0.00	14.00	Milk							V	GF
Cheerios	1 c.	100	2	0	160	20	3								V	GF
Cheese Blend	1 oz.	100.00	8.00	5.00	237.50	0.50	6.50	Milk							V	GF
Cheese Enchiladas	2 enchiladas	376.00	18.60	10.00	710.00	32.80	18.00								V	GF
Cheese Omelet	1 ea.	110.00	8.00	3.00	210.00	1.00	8.00	Milk	Egg		Soy				V	GF
Cheese Sauce	2 oz.	139.05	11.62	6.28	429.32	1.52	6.82	Milk			Soy				V	GF
Cheesy Baked Potato	1 ea.	386.78	17.61	9.48	654.94	43.12	15.07	Milk			Soy				V	GF
Chef Salad	1 ea.	201.06	9.98	5.26	595.12	12.44	17.43	Milk								GF
Chef Salad with Black Beans	1 ea.	201.44	8.00	4.59	400.71	21.85	12.45	Milk							V	GF
Chicken Enchilada	1 ea.	186.47	9.10	5.00	391.82	20.43	8.71	Milk			Soy					GF
Chicken Fajita on Corn Tortilla	2 each taco	210.56	5.40	0.63	514.50	29.47	14.23	Milk			Soy					GF

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								Milk	Egg	Wheat	Soy	Gluten	Peanuts /Tree Nuts	Fish			
Chicken Fiesta Salad	1 ea.	433.37	14.03	2.91	646.68	54.90	23.17	Milk			Soy						GF
Chicken Piccata With Brown rice	1 ea.	371	7	1	730	48	27	Milk			Soy						GF
Chicken Salad	1 #12 scoop	150.39	8.06	1.99	307.42	3.04	17.32	Milk	Egg		Soy						GF
Chicken Salad Plate	1 #8 scoop	258.10	12.29	3.03	557.44	11.61	27.07	Milk	Egg		Soy						GF
Chocolate Fat Free Milk	1 Container	120.00	0.00	0.00	180.00	20.00	8.00	Milk							V		GF
Cilantro Lime Drumstick with brown rice	1 ea.	441	20	3.21	192.89	37.5	15.07										GF
Cole Slaw	2 oz.	19.15	1.24	0.18	33.86	1.69	0.34								V		GF
Corn Tortilla	1 piece	60.00	1.00	0.00	0.00	10.00	1.00								V		GF
CQ BBQ Sauce	1 fl. oz.	23.58	0.00	0.00	86.67	5.86	0.00								V		GF
Cream Cheese Spread Cup	1 oz.	90.00	8.00	5.00	140.00	1.00	1.00	Milk							V		GF
Crispy Beef Tacos	2 each taco	363.07	23.31	8.01	507.69	22.18	16.03	Milk			Soy						GF
Cucumber and Carrot Veggie Dipper	1/2 c.	43.59	0.18	0.04	88.97	10.29	0.90								V		GF
Cucumber and Tomato Veggie Dipper	1/2 c.	10.65	0.03	0.01	2.27	2.44	0.17								V		GF
Deli Ham, diced (SB)	1 #6 scoop	92.11	3.45	1.15	472.04	2.30	11.51										GF
Diced Chicken	1 #12 scoop	93.37	3.04	0.99	106.66	0.24	17.23	Milk			Soy						GF
Diced Tomatoes	1/2 c.	25.00	0.00	0.00	220.00	5.00	1.00								V		GF
Diced Tomatoes (Fiesta)	1/4 c.	12.50	0.00	0.00	110.00	2.50	0.50								V		GF
Edamame (SB)	1/4 c.	62.37	2.84	0.00	0.00	5.67	5.67				Soy				V		GF
Edamame Salad	1/2 c.	318.65	24.45	2.68	26.80	15.63	12.14				Soy				V		GF
Edamame Salad (Noodles)	1/2 c.	318.65	24.45	2.68	26.80	15.63	12.14				Soy				V		GF
Elote En Vaso	1 #8 scoop	142.33	6.43	2.41	457.93	19.95	4.70	Milk			Soy				V		GF
Ensalada Espinaca	1 #6 scoop	71.31	5.80	0.77	318.66	4.46	1.05								V		GF
Fajita Chicken	2 1/8 oz.	67.00	2.00	0.00	427.00	1.00	11.00	Milk			Soy						GF
Fajita Vegetables	1/2 c.	23.56	1.40	0.63	85.50	2.47	0.23	Milk			Soy				V		GF

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								Milk	Egg	Wheat	Soy	Gluten	Peanuts /Tree Nuts	Fish		
Fat Free Milk	1 Container	90.00	0.00	0.00	130.00	13.00	8.00	Milk							V	GF
Feta Cheese	1 #6 scoop	149.69	12.07	8.47	519.94	2.32	8.06	Milk							V	GF
Fiesta Black Bean Salad	1 ea.	301.65	8.37	5.05	461.15	38.57	18.10	Milk							V	GF
Fresh Orange	1 ea.	68.60	0.21	0.02	1.40	17.56	1.27								V	GF
Fresh Roasted Vegetables	1/2 c.	114.82	6.46	2.89	112.04	12.28	2.11	Milk			Soy				V	GF
Fresh Steamed Broccoli	1/2 c.	19.28	0.21	0.02	18.71	3.77	1.60								V	GF
Fruit Cocktail	1/2 c.	60.00	0.00	0.00	10.00	14.00	0.00								V	GF
Garbanzo Beans Meat Alternative (SB)	1 #8 scoop	66.90	1.30	0.23	55.00	11.10	2.69								V	GF
Garden Salad	1 ea.	28.14	0.29	0.04	39.38	5.92	1.68								V	GF
Grape Jelly	1 2/3 tbsp.	83.33	0.00	0.00	25.00	21.67	0.00								V	GF
Grape Juice	1 Container	40.00	0.00	0.00	9.00	9.00	0.50								V	GF
Grapes	1/2 c.	52.09	0.12	0.04	1.51	13.67	0.54								V	GF
Grilled Chicken Breast	3 ounces, dry	120.00	2.50	0.50	320.00	1.00	22.00				Soy					GF
Ground Beef	2 oz.	199.00	11.00	4.00	313.00	2.00	23.00									GF
Hamburger Toppings	1 ea.	10.42	0.04	0.00	312.16	2.26	0.25									GF
Heinz Mustard	1 oz.	0.00	0.00	0.00	368.55	0.00	0.00								V	GF
Honey Nut Chex	3/4 c.	120.00	0.64	0.16	192.00	27.73	2.02					Almond			V	GF
Italian Dressing	3 1/2 c.	75.92	8.01	1.15	84.53	0.20	0.05								V	GF
Jalapeno	1 oz.	4.72	0.00	0.00	481.95	0.00	0.00								V	GF
Lettuce, Leaf and Romaine Chopped (SB)	1 cup shredded	7.99	0.14	0.02	3.76	1.55	0.58								V	GF
Lettuce, Romaine Raw	1 cup shredded	7.99	0.14	0.02	3.76	1.55	0.58								V	GF
Lowfat Milk	1 Container	110.00	2.50	1.50	130.00	13.00	8.00	Milk							V	GF
Marinara Sauce	2 oz.	75.52	3.01	0.53	111.14	12.29	1.66	Milk			Soy				V	GF
Mashed Potatoes	1/2 c.	58.10	2.07	1.06	202.87	6.37	3.94	Milk			Soy				V	GF

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								Milk	Egg	Wheat	Soy	Gluten	Peanuts /Tree Nuts	Fish		
Mayonnaise	1 oz.	94.50	9.45	1.89	189.00	1.89	0.00		Egg						V	GF
Melon	1/2 c.	27.20	0.15	0.04	12.80	6.53	0.67								V	GF
Migas	1/2 c.	208.23	9.65	3.68	350.33	18.26	9.93	Milk	Egg		Soy				V	GF
Mixed Berry and Lemon Swirl Fruit Cup	4 1/2 fl. oz.	70.00	0.00	0.00	5.00	19.00	0.00								V	GF
Mozzarella	1 ounces	80.00	6.00	4.00	160.00	1.00	7.00	Milk							V	GF
Mushrooms	1/4 cup pieces or slices	15.40	0.24	0.04	3.50	2.28	2.16								V	GF
Onion	1/4 cup, chopped	16.00	0.04	0.02	1.60	3.74	0.44								V	GF
Orange Juice	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	4 1/2 fl. oz.	70.00	0.00	0.00	10.00	19.00	0.00								V	GF
Orange/Pineapple Juice Cup	4 1/2 fl. oz.	70.00	0.00	0.00	5.00	20.00	0.00								V	GF
Organic Chipotle Ranch	2 oz.	203.01	20.07	2.00	520.67	4.52	2.09	Milk							V	GF
Organic Ranch	2 oz.	189.00	18.90	1.89	491.40	3.78	1.89	Milk							V	GF
Pacific Blend Vegetables	1/2 c.	65.15	2.78	1.27	77.71	8.54	1.43	Milk			Soy				V	GF
Peach Cup	1/2 c.	80.00	0.00	0.00	0.00	19.00	1.00								V	GF
Pears	1/2 c.	84.00	1.00	0.00	4.00	21.00	1.00								V	GF
Peas and Carrots	1/2 c.	38.40	0.34	0.06	54.40	8.10	2.47								V	GF
Peppers and Onions	1/2 c.	27.50	0.04	0.02	3.10	5.99	0.44								V	GF
Pineapple	1/4 c.	23.33	0.00	0.00	3.33	5.67	0.00								V	GF
Pineapple Cup	1/2 c.	46.67	0.00	0.00	6.67	11.33	0.00								V	GF
Pinto Beans	1/2 c.	120.00	0.00	0.00	140.00	21.00	7.00								V	GF
Plain Baked Potato	1 ea.	178.20	0.18	0.07	10.96	40.84	4.84								V	GF
Pork Carnitas	2 each taco	272.79	7.48	2.13	463.44	33.21	14.81	Milk			Soy					GF
Potato Puff	10 pieces	160.00	8.00	2.00	330.00	19.00	2.00								V	GF
Pretty Peas	1/2 c.	101.82	0.93	0.42	262.62	16.01	5.34	Milk			Soy				V	GF
Quesadilla Vegetable/Cheese Base	2 1/2 oz.	269.80	15.27	7.52	463.91	24.55	12.70	Milk			Soy				V	GF

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								Milk	Egg	Wheat	Soy	Gluten	Peanuts /Tree Nuts	Fish		
Ranch	1 oz.	94.50	9.45	0.95	245.70	1.89	0.95	Milk							V	GF
Red Cabbage	1/4 cup, chopped	27.59	0.14	0.02	24.03	6.56	1.27								V	GF
Roasted Cauliflower	1/2 c.	26.91	1.55	0.71	31.06	2.83	1.09	Milk			Soy				V	GF
Roasted Red Potato Salad	1 #8 scoop	243.89	13.72	2.54	347.70	26.50	2.84		Egg						V	GF
Roasted Salsa	1 oz.	8.10	0.03	0.00	62.70	1.72	0.08				Soy				V	GF
Rosemary Chicken with brown rice	1 drumstick	380	14	3	321.05	36	16									GF
Sausage Link	1 ea.	90.00	8.00	3.00	300.00	1.00	3.00								V*	GF
Sausage Patty	1 patty	71.00	4.80	1.70	126.00	0.50	6.10									GF
Sauteed Zucchini	1/2 cup	35.02	1.83	0.83	23.39	2.75	0.92	Milk			Soy				V	GF
Scrambled Eggs	1/4 c.	65.74	4.02	1.37	66.62	1.17	5.76	Milk	Egg						V	GF
Seasoned Baby Carrots	1/2 c.	65.15	2.93	1.29	116.55	9.38	0.74	Milk			Soy				V	GF
Seasoned Corn	1/2 cup	78	4	1	247	12	1	Milk			Soy				V	GF
Seasoned Fresh Yellow Squash	1/2 cup	44.74	3.15	1.36	37.17	3.56	1.38	Milk			Soy				V	GF
Seasoned Fresh Zucchini	1/2 cup	26.07	1.39	0.63	17.39	2.02	0.67	Milk			Soy				V	GF
Seasoned Green Beans	1/2 Cup	42.96	2.78	1.27	28.10	2.53	0.51	Milk			Soy				V	GF
Seasoned Mix Vegetables	1/2 Cup	9.12	0.24	0.11	7.37	1.38	0.30	Milk			Soy				V	GF
Shredded Cheddar	1 oz.	90.00	7.00	4.50	180.00	0.00	7.00	Milk							V	GF
Sliced Jalapeno Peppers	1/4 c.	5.00	0.00	0.00	360.00	1.00	0.00								V	GF
Sliced Peaches	1/2 c.	50.00	0.00	0.00	5.00	12.00	1.00								V	GF
Smoked Pulled Pork	2 oz.	240.00	8.00	3.00	730.00	20.00	22.00									GF
Sour Cream	1 oz.	23.63	0.00	0.00	37.80	2.84	1.89	Milk							V	GF
Southwest Stuffed Spud with Chicken Fajita	1 ea.	302	4	2	670	47	20	Milk			Soy					GF
Spicy Black Bean and Corn Salad	1/2 c.	90.02	0.57	0.00	252.12	17.46	4.30								V	GF
Spinach	1/4 c.	1.73	0.03	0.01	5.92	0.27	0.22								V	GF
Sriracha	1 oz.	28.35	0.00	0.00	453.60	5.67	0.00								V	GF
Steamed Spinach	1/2 c.	26.68	0.00	0.00	153.42	2.67	2.67								V	GF

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Steamed Summer Squash	1/2 cup, sliced	9.04	0.10	0.03	1.13	1.89	0.68								V	GF
Strawberry Cup	1/2 c.	80.00	0.00	0.00	0.00	19.00	1.00								V	GF
Strawberry/Pomegranate Juice Cups	4 1/2 fl. oz.	70.00	0.00	0.00	5.00	19.00	0.00								V	GF
Stuffed Potato with Broccoli	1 ea.	545.11	29.44	15.78	1102.97	48.40	23.50	Milk			Soy				V	GF
SunButter	1 tbsp.	99.00	9.00	0.70	0.00	3.70	2.80								V	GF
Sweet Potato Fries	1/2 c.	81.83	2.92	0.59	116.91	12.28	0.59				Soy				V	GF
Sweet Potatoes	1/2 c.	100.00	0.00	0.00	20.00	24.00	1.00								V	GF
Syrup	1 oz.	90.00	0.00	0.00	42.50	25.00	0.00								V	GF
Taco Ground Beef	2 1/2 oz.	197.47	15.05	5.76	283.42	1.92	12.66	Milk			Soy					GF
Taco Slaw	1/2 c.	203.80	18.81	2.70	30.39	6.71	1.19								V	GF
Taco Toppings	1 ea.	35.60	2.26	1.25	104.27	2.26	1.37	Milk			Soy				V	GF
Tartar Sauce	16 1/2 oz.	200.63	20.01	4.00	618.13	4.15	0.03		Egg						V	GF
That's It Fruit Bar	1 ea.	100.00	0.00	0.00	0.00	20.00	0.00								V	GF
Tomato	1/4 c.	7.71	0.00	0.00	2.00	1.71	0.00								V	GF
Tomatoes and Carrots Escabeche	1 #8 scoop	94.06	7.52	1.07	290.72	4.85	0.21								V	GF
Tortilla Chips	2 ounces, dry	240.00	12.00	0.80	0.00	32.00	4.00								V	GF
Tuna Salad	1 #8 scoop	111.70	5.97	1.95	337.12	2.11	11.43		Egg				Fish			GF
Turkey and Gravy with brown rice	1 #10 scoop	342	9	2	462.64	38	21				Soy					GF
Vegan Lentil Chili	4 oz.	204.90	7.16	1.13	360.55	30.67	4.96	Milk			Soy				V	GF
Vegetable Seasoning	1 #10 can	30.85	0.21	0.07	2369.35	6.75	1.66								V	GF
Vegetarian Pinto Beans	1/2 c.	139.73	0.68	0.21	298.26	23.79	7.54	Milk			Soy				V	GF
Vetri Salad	1 ea.	421.53	29.83	4.41	650.85	11.20	24.45				Soy				V	GF
Vinaigrette Dressing	1 oz	84.06	8.96	1.28	0.10	0.00	0.00								V	GF
Watermelon	1/2 cup, diced	22.80	0.11	0.01	0.76	5.74	0.46								V	GF

Item Name	Serving Size	FE (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)	Allergens (Item contains the following:)							Vegetarian	Gluten Free
								Milk	Egg	Wheat	Soy	Gluten	Peanuts /Tree Nuts	Fish		
Watermelon Frozen Fruit Cup	4 1/2 fl. oz.	90.00	0.00	0.00	10.00	25.00	0.00								V	GF
Wild Cherry Frozen Fruit Cup	4 1/2 fl. oz.	70.00	0.00	0.00	10.00	19.00	0.00								V	GF

Report Selections

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

Serving Group: K-12

Data Source: Local