

Cereal, Rice Krispies 1oz	23	170	X							
Cereal, Cocoa Puffs 2oz	47	220	X							
Cereal, Rice Chex Blueberry 2oz	46	350	X							
Cereal, Trix 1oz	24	140	X							
Cereal, Fruit Loops 1oz	24	160			X					
Lunch Entrees:										
Chicken Tenders**	12.7	439.8		X	X	X				
Chicken Tacos, soft**	27.2	594.3		X	X					
Mac n Cheese**	23.5	885		X	X					
Asian Chicken Bites	18.9	340.9		X	X	X				
Buffalo Chicken Bites	18	761.6		X	X	X				
Dill Chicken Bites	12	468.3		X	X	X				
Apple Yogurt Salad	53.5	273		X						
Cheesy Nachos	53.5	749	X	X						
BBQ Sandwich**	56	1299.7			X	X				
16" Pizza, cheese**	35	490		X	X	X				
16" Pizza, pepperoni**	33	580		X	X	X				
Burrito, chicken	38	560		X	X	X				
Burrito, bean	40	400		X	X	X				
Quesadilla	26.9	1086.8		X	X					
Beef Tacos	32	489	X	X	X					
Fish Nuggets	21.7	296.3			X			X		
Chicken Nuggets**	13	380.2		X	X	X				
Chicken Alfredo** + Garlic Toast	49.2	1152.2		X	X	X				
Corndog	31	660		X	X	X				X
Chicken Sandwich	42	690			X	X				
Grilled Cheese**	30.9	652.9		X	X	X				
Personal Pan Pizza, pepperoni**	30	580		X	X					
Personal Pan Pizza, cheese**	31	380		X	X					
Mandarin Orange Chicken w/Rice	21.4	324.8			X	X				X
Spaghetti**	45	553		X	X					
Cheeseburger**	30	734		X	X					
Hamburger**	29	534			X					
Hot Dog	29	880			X					
Turkey + Cheese Kit	15.8	832.8		X	X	X				
French Toast + Sausage	54	1273.3		X	X	X				

Bell Pepper Dipper	2.8	1.8	X								
Glazed Carrots	14.3	63.8	X	X							
Side Salad	2.9	23.8	X								
Pinto Beans	22.2	219.9	X								
Cucumber Dipper	1.3	1.2	X								
Baked Beans	40.1	318.9	X								
Broccoli Dipper	3.3	16.5	X								
Coleslaw	7.2	158.8	X			X					X
Black Beans	11.8	102.8	X								
Mandarin Oranges	20.4	7.5	X								
100% Fruit Juice, apple	14	5	X								
100% Fruit Juice, grape	20	10	X								
100% Fruit Juice, orange	15	15	X								
100% Fruit Juice, mixed berry	15	5	X								
Applesauce	14	2	X								
Frozen Fruit Cup	19	0	X								
Sliced Peaches	26.8	12	X								
Raisels	28	5	X								
Pineapple Tidbits	19.2	1.2	X								
Apple slices	15.1	1.1	X								
Banana	27	1.2	X								
Pear Halves	15	5	X								
Italian Ice, tangerine	34.6		X								
Italian Ice, watermelon	22		X								
Italian Ice, mango	22		X								
Apple	25	1.8	X								
Condiments:											
Ketchup	2	25	X								
Honey Mustard	14.6	361.6									
BBQ Sauce	5	130									
Ranch	5	125									
Salsa	2	70	X								
Sour Cream	4	30		X							
Jalapenos	1	236.9									
Taco Sauce	1	80				X					
Tartar Sauce	2	130				X					X

Mayonnaise	1	85				X					X
Hot Sauce	0	210									
Milk:											
Skim	12	130		X							
Low-fat 1%	12	130		X							
Strawberry fat-free	19	135		X							
Milk Chocolate 1%	30	240		X							
Soy	9	90				X					
Almond milk	1	115						X			