

2021 - 2022 SCHOOL YEAR						
CARBOHYDRATE, CALORIE, AND FAT CONTENT OF LAUSD MENU ITEMS						
<ul style="list-style-type: none"> <li>Items are categorized by Meal Type and Food Type. Categories include 1) Breakfast; 2) Lunch/Supper; 3) Grain, Snack, Cracker; 4) Fruit - Fresh, Dried, Shelf-Stable; 5) Juice - Refrigerated, Shelf-Stable; 6) Frozen Fruit/Veg - Juice Cup, Slush, and Other; 7) Vegetable - Fresh, Cooked, Shelf-Stable; 8) Shelf-Stable Meal Kits; 9) Milk; and 10) Condiments</li> </ul>						
<ul style="list-style-type: none"> <li>Within each category, items are listed in alphabetical order by the item's common name and NOT by the adjective that describes it. For example, Fiesta Bean &amp; Cheese Burrito is in the Lunch category under, "Burrito," and BBQ Beef Rib Sandwich, is also in the Lunch category, under "Sandwich." Kiwi Strawberry Slush is in the Fruit - Frozen Juice Cup Slush category, under "Slush," whereas Nectarine is in the Fruit - Fresh, Dried category. Ruffle Fries is in the Vegetable category under "Potato, Ruffle Fries."</li> </ul>						
<ul style="list-style-type: none"> <li>Refer to the school menu for help identifying the names of unfamiliar items. For an item whose name is not common or obvious, it may be listed under the name of what the item is filled with. For example, Beef &amp; Cheese Sunrise Stick is in the Breakfast category and Beef &amp; Cheese Chimichanga is in the Lunch category, both under "Beef."</li> </ul>						
<ul style="list-style-type: none"> <li>Have the name and phone number of the Food Service Manager. If the item you need information on does not match the menu, the manager can tell you if there was a menu change and what new item was served. You may also contact your district Nutrition Specialist if you need further assistance finding information.</li> </ul>						
<ul style="list-style-type: none"> <li>Nutrition Specialist Email: <b>NE/NW</b> - Kim Nguyen, duyen.nguyen@lausd.net; <b>East/South</b> - Kayley Drain, kayley.drain@lausd.net; <b>Central</b> - Homa Hashemi, homa.hashemi@lausd.net; <b>West</b> - Ivy Marx, ivy.marx@lausd.net</li> </ul>						
MENU ITEM	FOOD CATEGORY	SERVING SIZE	Total Carbohydrate (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)
<b>BREAKFAST</b>						
BEEF & CHEESE SUNRISE STICK	ENTRÉE	2.4 OZ.	17.00	169.00	7.40	4.00
BISCUIT, TURKEY SAUSAGE	ENTRÉE	EACH 3 OZ.	25.00	230.00	10.00	4.50
BURRITO, BEEF, EGG, & CHEESE	ENTRÉE	EACH 3 OZ.	22.31	222.88	10.37	3.86
BURRITO, FIESTA BEAN & CHEESE	ENTRÉE	EACH 3.25 OZ.	29.95	214.02	6.40	2.21
CEREAL - BLUEBERRY RICE CHEX	GRAIN	EACH 2 OZ	46.00	240.00	5.00	0.50
CEREAL - CINNAMON CHEX	GRAIN	EACH 2 OZ	46.00	240.00	5.00	0.50
CEREAL - CINNAMON TOAST CRUNCH	GRAIN	EACH 2 OZ	44.00	230.00	5.00	0.50
CEREAL - GRANOLA CHOCOLATE ROCKIN'OLA	GRAIN	EACH 2 OZ	33.00	180.00	4.50	0.50
CEREAL - HONEY BUNCHES OF OAT VANILLA	GRAIN	EACH 2 OZ	47.00	220.00	3.00	0.00
CEREAL - RICE CHEX	GRAIN	EACH 2 OZ	48.00	210.00	1.00	0.00
COFFEE CAKE, CAFÉ LA IND. WRAPPED	GRAIN	EACH 3.4 OZ.	45.00	310.00	12.00	1.50
FRENCH TOAST, CINNAMON	ENTRÉE	EACH 2.9 OZ	29.00	210.00	7.00	2.50
FRENCH TOAST TRIO	ENTRÉE	EACH 2.9 OZ.	25.61	207.77	8.79	2.10
MUFFIN, BLUEBERRY	GRAIN	EACH 1.8 OZ.	23.00	130.00	3.50	0.00
OMELET, TURKEY & CHEESE (Individually Wrapped)	ENTRÉE	EACH 3.2 OZ.	13.00	180.00	10.00	4.00
PAN DULCE, CINNAMON	GRAIN	EACH 2.25 OZ.	33.00	200.00	6.50	1.50
POP TART (CINNAMON POCKET) 2 per pouch	GRAIN	1 POUCH	73.00	340.00	6.00	2.00
POP TART (STRAWBERRY POCKET) 2 per pouch	GRAIN	1 POUCH	76.00	350.00	5.00	2.00
SCONE, BANANA CHOCOLATE CHIP	GRAIN	EACH 2.8 OZ.	30.20	252.00	8.20	2.80
SCONE, BERRY	GRAIN	EACH 2.8 OZ.	28.50	243.00	7.30	2.70
WAFFLE, BUTTERY MAPLE	GRAIN	EACH 2.4 OZ.	37.00	250.00	9.00	4.00
<b>LUNCH/SUPPER</b>						
BEAN & CHEESE CHIMICHANGA	ENTRÉE	EACH 5.5 OZ.	43.00	350.00	13.00	5.00
BEAN & TWO CHEESE DIP	MEAT/MEAT ALT	EACH 3.35 OZ.	16.00	180.00	8.00	4.50
BEEF PHILLY STEAK PINWHEEL	ENTRÉE	EACH 4 OZ.	33.00	320.00	12.00	6.00
BEEF TERIYAKI DIPPER & RICE (wrapped tray)	ENTRÉE	1 SERVING	74.07	455.26	9.15	3.07
BEEF TERIYAKI DIPPER & RICE BOWL (recipe)	ENTRÉE	1 SERVING	82.00	492.00	9.00	3.00
BROWN RICE ONLY (Beef Teriyaki Dipper Bowl)	GRAIN	5.5 OZ. SERVING	62.57	297.19	2.66	0.47
BEEF TERIYAKI DIPPERS (NO RICE)	MEAT/MEAT ALT	4 PIECES	11.70	159.00	6.50	2.60
BEEF STEAK WITH GRAVY (IND. WRAPPED)	ENTRÉE	EACH 3.15 OZ.	4.69	137.19	7.17	2.37
BURGER, ALL AMERICAN	ENTRÉE	EACH 4.25 OZ.	29.60	275.10	8.67	2.95
BURGER, POSSIBLE (vegan)	ENTRÉE	1 BURGER	35.00	280.00	6.50	0.00
BUN, HAMBURGER ONLY for Possible Burger	GRAIN	1 BUN	26.00	140.00	2.00	0.00
BURGER, TURKEY	ENTRÉE	1 SANDWICH	29.00	300.00	11.00	2.50
TURKEY PATTY ONLY - NO BUN	MEAT/MEAT ALT	1 PATTY	0.00	150.00	9.00	2.50
BUN KNOT ROLL (for turkey burger)	GRAIN	1 BUN	29.00	150.00	2.00	0.00
BURRITO, BEAN & GREEN CHILI (VEGAN)	ENTRÉE	EACH 5.35 OZ	48.00	310.00	7.00	1.00
BURRITO, BEEF & BEAN (a.k.a. Beefy Bean Burrito)	ENTRÉE	EACH 5.2 OZ	39.00	279.00	8.00	2.00
BURRITO, BEEF & CHEESE (a.k.a. TACO SNACK)	ENTRÉE	EACH 4.75 OZ.	29.80	293.00	14.00	5.00
CALZONE, THREE CHEESE	ENTRÉE	EACH 5 OZ.	40.00	320.00	12.00	6.00
CHALUPA, BEEF ZESTY	ENTRÉE	EACH 3.11 OZ	11.20	244.50	14.00	6.00
CHEDDAR CHEESE CUP	MEAT/MEAT ALT	EACH 3 OZ.	14.00	190.00	10.00	6.00
CHEDDAR CHEESE RANCH, PLANK	MEAT/MEAT ALT	EACH 1 OZ.	1.00	100.00	8.00	6.00
CHEESEBURGER	ENTRÉE	EACH 4.2 OZ	30.00	270.00	9.00	3.50
CHEESEBURGER SLIDERS	ENTRÉE	EACH 4.55 OZ.	31.10	273.00	8.00	2.90
CHEESE POCKET, ITALIAN	ENTRÉE	EACH 2.27 OZ.	17.00	160.00	6.00	3.00
CHEESY PILLOWS	ENTRÉE	1 SERVING	29.00	290.00	14.00	5.00
CHICKEN & RICE, CHERRY BLOSSOM	ENTRÉE	1 SERVING	87.75	508.77	8.70	1.48
CHICKEN & RICE, YANG'S ORANGE	ENTRÉE	1 SERVING	66.63	376.23	5.02	0.86
BROWN RICE FOR CHERRY AND ORANGE CHICKEN	GRAIN	4.2 OZ. SERVING	47.63	226.23	2.02	0.36
CHICKEN DRUMSTICK	MEAT/MEAT ALT	1 EACH	5.86	199.16	11.72	2.93
CHICKEN DRUMSTICK & RUFFLE FRIES	ENTRÉE	1 SERVING	25.41	309.14	15.38	2.93
CHICKEN DUMPLINGS	ENTRÉE	6 PIECES	31.00	240.00	7.00	0.50
CHICKEN FILET, GOLDEN SANDWICH	ENTRÉE	1 SANDWICH	38.00	350.00	11.00	1.50
CHICKEN FILLET, GOLDEN BREADED (NO BUN)	MEAT/MEAT ALT	1 PATTY	9.00	200.00	9.00	1.50
CHICKEN PATTY, HOT & SPICY BREADED (NO BUN)	MEAT/MEAT ALT	1 PATTY	14.00	210.00	10.00	2.00
CHICKEN, POPCORN	MEAT/MEAT ALT	10 PIECES	17.00	200.00	13.00	3.00
CHICKEN SANDWICH, HOT & SPICY	ENTRÉE	1 SANDWICH	43.00	360.00	12.00	2.00
BUN KNOT ROLL, ONLY (for chicken sandwich)	GRAIN	1 BUN	29.00	150.00	2.00	0.00
CHICKEN TENDERS & TOTS	ENTRÉE	1 SERVING	26.23	323.97	15.70	2.03
CHICKEN TENDERS	MEAT/MEAT ALT	1 SERVING	12.20	233.74	12.20	2.03
CHILI, 3-BEAN (VEGAN)	ENTRÉE	1 SERVING	33.00	180.00	0.50	0.00
CHIK' N NUGGETS (VEGAN)	ENTRÉE	5 NUGGETS	24.00	250.00	11.00	1.50
FISH, BREADED CHEESE WEDGES	ENTRÉE	3 WEDGES	19.00	230.00	10.00	1.00
FISH FILLET	MEAT/MEAT ALT	1 SERVING	13.00	190.00	11.00	1.50
FISH FILLET & TOTS	ENTRÉE	1 SERVING	27.04	280.23	14.51	1.50
GARLIC BREAD, CHEESY	ENTRÉE	EACH 4.5 OZ.	29.00	395.00	21.71	8.00
HOT DOG, TURKEY ALL STAR	ENTRÉE	1 SERVING	28.00	270.00	12.00	3.00

MENU ITEM	FOOD CATEGORY	SERVING SIZE	Total Carbohydrate (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	
HOT DOG ONLY, NO BUN	MEAT/MEAT ALT	2 OZ.	1.00	130.00	10.00	3.00	
HUMMUS CUP, ZEE ZEE	MEAT/MEAT ALT	EACH 4.5 OZ.	27.00	170.00	3.50	0.00	
HUMMUS CUP, ZEE ZEE	MEAT/MEAT ALT	EACH 3.0 OZ.	18.00	110.00	2.00	0.00	
NACHOBOLI, CHEESE	ENTRÉE	1 EACH. 4.9 OZ	34.00	310.00	13.00	7.00	
PASTA, PENNE RIGATI & TURKEY MEATBALLS	ENTRÉE	1 SERVING	76.88	488.28	8.88	1.15	
PASTA, PENNE RIGATI ONLY, NO MEATBALLS, 1/2 CUP	GRAIN	1 SERVING	23.00	110.00	1.00	0.00	
PIZZA, DEEP DISH TURKEY PEPPERONI 5"	ENTRÉE	EACH 4.98 OZ.	31.00	310.00	13.00	6.00	
PIZZA KIT, ITALIANO (cold)	ENTRÉE	1 EACH KIT	34.30	312.12	11.21	6.04	
PIZZA, SAUSAGE (TURKEY)	ENTRÉE	EACH 5.2 OZ.	28.00	339.00	16.00	9.00	
PIZZA WEDGE, CHEESE	ENTRÉE	EACH 5.24 OZ.	34.58	328.00	13.00	6.00	
PIZZA WEDGE, PEPPERONI (TURKEY-BEEF)	ENTRÉE	EACH 4.71 OZ.	31.00	320.00	15.00	7.00	
PIZZABOLI	ENTRÉE	1 EACH	34.00	310.00	12.00	6.00	
PORK CHOP	MEAT/MEAT ALT	EACH 3.35 OZ.	11.00	260.00	17.00	4.50	
PORK CHOP & MASHED POTATOES	ENTRÉE	1 SERVING	29.53	349.35	17.87	4.99	
PUPUSA, BEEF & CHEESE	ENTRÉE	EACH 5.5 OZ.	35.00	290.00	11.00	3.50	
QUESADILLA, CHEESE	ENTRÉE	EACH 5.15 OZ.	28.00	370.00	20.00	11.00	
SANDWICH, BBQ BEEF RIB	ENTRÉE	EACH 4.36 OZ.	32.88	282.29	9.79	3.21	
SANDWICH, CHICKEN FILET, GOLDEN	ENTRÉE	1 SANDWICH	38.00	350.00	11.00	1.50	
SANDWICH, CHICKEN HOT & SPICY	ENTRÉE	1 SANDWICH	43.00	360.00	12.00	2.00	
BUN KNOT ROLL (for chicken sandwich)	GRAIN	1 BUN	29.00	150.00	2.00	0.00	
SANDWICH, FIESTADA STUFFED (BEEF & CHEESE)	ENTRÉE	EACH 4.46 OZ.	31.00	320.00	14.00	7.00	
SANDWICH, GRILLED CHEESE TOASTED, Ind. Wrapped	ENTRÉE	EACH 4.18 OZ	31.00	306.00	14.00	8.00	
SANDWICH, SUNBUTTER & JELLY	ENTRÉE	1 SANDWICH	56.00	610.00	34.00	4.00	
SANDWICH, TURKEY BREST SMOKED	ENTRÉE	1 SANDWICH	29.00	230.00	3.50	0.00	
TURKEY BREST, SLICED ONLY - NO BREAD	MEAT/MEAT ALT	3 OZ. SERVING	0.00	80.00	1.50	0.00	
SANDWICH, TURKEY BREST & CHEESE	ENTRÉE	1 SANDWICH	27.00	330.00	15.00	6.00	
SANDWICH, TURKEY HAM DELI	ENTRÉE	1 SANDWICH	31.00	270.00	8.00	2.00	
TURKEY HAM ONLY - NO BREAD	MEAT/MEAT ALT	3 OZ. SERVING	3.00	120.00	6.00	1.50	
YOGURT, STRAWBERRY	MEAT/MEAT ALT	EACH 8 OZ.	38.00	180.00	0.00	0.00	
GRANOLA, ONLY (FIELDSTONE) SERVED W/YOGURT	GRAIN	EACH 1 OZ.	20.00	120.00	3.00	0.50	
<b>GRAIN, SNACK, CRACKER</b>							
BISCUIT, HONEY	GRAIN	EACH, 1	30.00	190.00	6.00	2.00	
BUN, HAMBURGER (for Possible Burger)	GRAIN	1 BUN	26.00	140.00	2.00	0.00	
BUN KNOT ROLL (for turkey burger, chicken sandwich)	GRAIN	1 BUN	29.00	150.00	2.00	0.00	
CHEDDAR CHEESE CUP	MEAT/MEAT ALT	EACH 3 OZ.	14.00	190.00	10.00	6.00	
CHEDDAR CHEESE RANCH, PLANK	MEAT/MEAT ALT	EACH 1 OZ.	1.00	100.00	8.00	6.00	
CHICKPEAS, CHEDDAR	MEAT/MEAT ALT	EACH 0.83 OZ.	13.00	120.00	5.00	0.50	
CHIPS, FRITOS CORN	GRAIN	EACH 1 OZ.	16.00	160.00	10.00	1.50	
CHIPS, SUN - CHEDDAR	GRAIN	EACH 1 OZ.	19.00	140.00	6.00	0.50	
CHIPS, SUN - GARDEN SALSA	GRAIN	EACH 1 OZ.	19.00	140.00	6.00	0.50	
CRACKER, CHEEZ-IT	GRAIN	EACH 0.75 OZ.	14.00	100.00	3.50	1.00	
CRACKER, CHOCOLATE MINI BELLY BEAR GRAHAM	GRAIN	EACH 1 OZ.	20.00	120.00	4.00	0.00	
CRACKER, FOOD & NUTRITION	GRAIN	EACH 1 OZ.	22.00	120.00	4.00	0.00	
CRACKER, HONEY GRAHAM	GRAIN	EACH 1 OZ.	21.00	110.00	3.00	0.50	
CRACKER, HONEY MAID SQUARES	GRAIN	1.06 OZ.	24.00	130.00	3.00	0.00	
CRACKER, PRETZEL PETITE	GRAIN	0.7 OZ.	14.00	70.00	0.50	0.00	
CRACKER, PRETZEL GOLDFISH	GRAIN	1 IND. BAG	16.00	90.00	1.50	0.00	
COOKIE, CHOCOLATE CHIP WG	GRAIN	EACH 1.2 OZ.	23.80	148.00	5.30	1.60	
CORNBREAD	GRAIN	EACH 2.5 OZ.	33.00	190.00	6.00	0.50	
CHURRO	GRAIN	EACH 1.48 OZ.	23.00	140.00	4.00	1.50	
GRANOLA (FIELDSTONE)	GRAIN	EACH 1 OZ.	20.00	120.00	3.00	0.50	
PASTA, PENNE RIGATI 1/2 CUP	GRAIN	1 SERVING	23.00	110.00	1.00	0.00	
POPCORN, KETTLE	GRAIN	EACH 1 OZ.	22.00	130.00	4.00	0.00	
RICE, BROWN (for Beef Teriyaki Dipper Bowl)	GRAIN	5.5 OZ. SERVING	62.57	297.19	2.66	0.47	
TURKEY STICK - BBQ, BUFFALO, OR SMOKEHOUSE FLAVORS	MEAT/MEAT ALT	EACH 1.2 OZ.	0.00	40.00	1.00	0.00	
WOWBUTTER CUP (snack)	MEAT/MEAT ALT	EACH 1.12 OZ.	8.00	200.00	15.00	3.00	
<b>FRUIT - FRESH, DRIED, SHELF-STABLE</b>							
APPLE - FRESH (RED/GREEN)	FRUIT	1 EACH	20.48	87.04	0.00	0.00	
APPLE SLICES - FRESH	FRUIT	1 IND. PKG	8.00	34.00	0.00	0.00	
APPLE CRISP TREE TOP (DRIED)	FRUIT	EACH 0.34 OZ.	10.00	40.00	0.00	0.00	
APPLESAUCE CUP	FRUIT	EACH 4.5 OZ.	14.00	60.00	0.00	0.00	
APPLESAUCE CUP, Orange Dreamsicle (Zee Zee)	FRUIT	EACH 4.5 OZ.	18.00	70.00	0.00	0.00	
APPLESAUCE CUP, Strawberry-Banana (Zee Zee)	FRUIT	EACH 4.5 OZ.	16.00	60.00	0.00	0.00	
BANANA - FRESH	FRUIT	1 EACH	31.06	121.04	0.45	0.15	
CRANBERRIES - DRIED (Cherry Flavor)	FRUIT	EACH 1.16 OZ.	27.00	110.00	0.00	0.00	
KIWI - FRESH	FRUIT	1 EACH	11.14	46.00	0.40	0.02	
MIXED FRUIT CUP	FRUIT	EACH 4.5 OZ CUP	19.00	80.00	0.00	0.00	
MIXED FRUIT MEDLEY, CANNED (1/2 C)	FRUIT	1 SERVING	17.00	60.00	0.00	0.00	
NECTARINE - FRESH	FRUIT	1 EACH	11.96	49.90	0.36	0.03	
ORANGE - FRESH	FRUIT	1 EACH	9.70	44.50	0.00	0.00	
PEACH - FRESH	FRUIT	1 EACH	10.68	43.68	0.28	0.02	
PEACH CUP (NATIONAL)	FRUIT	EACH 4.5 OZ	18.00	70.00	0.00	0.00	
PEACH CUP (STRAWBERRY BANANA FLAVOR)	FRUIT	EACH 4 OZ.	12.00	50.00	0.00	0.00	
PEACHY PEACHES, CANNED (1/2 C)	FRUIT	1 SERVING	13.91	59.62	0.00	0.00	
PEARS - FRESH	FRUIT	1 EACH	2.00	100.00	0.00	0.00	
PEARS, PERFECT, CANNED (1/2 C)	FRUIT	1 SERVING	15.59	59.81	0.12	0.00	
PLUM - FRESH	FRUIT	1 EACH	11.51	46.36	0.28	0.02	
PLUOT - FRESH	FRUIT	1 EACH	9.50	40.00	0.00	0.00	
<b>JUICE - REFRIGERATED, SHELF-STABLE</b>							
APPLE JUICE, DRIFTWOOD	FRUIT JUICE	EACH 4 OZ.	15.00	55.00	0.00	0.00	
APPLE JUICE, ROCKVIEW	FRUIT JUICE	EACH 4 OZ.	14.00	60.00	0.00	0.00	
ORANGE JUICE, DRIFTWOOD	FRUIT JUICE	EACH 4 OZ.	14.00	55.00	0.00	0.00	
ORANGE JUICE, ROCKWIEW	FRUIT JUICE	EACH 4 OZ.	13.00	60.00	0.00	0.00	
WILDBERRY JUICE DRIFTWOOD	FRUIT JUICE	EACH 4 OZ.	15.00	60.00	0.00	0.00	
WILDBERRY JUICE ROCKVIEW	FRUIT JUICE	EACH 4 OZ.	14.00	60.00	0.00	0.00	
BERRY, VERY JUICE BOX	FRUIT JUICE	EACH 4.23 OZ.	17.00	60.00	0.00	0.00	
FRUIT PUNCH JUICE BOX (SUNCUP)	FRUIT JUICE	EACH 4.23 OZ.	15.00	60.00	0.00	0.00	
MANGO SPLASH JUICE BOX (SUNCUP)	FRUIT JUICE	EACH 4.23 OZ.	15.00	60.00	0.00	0.00	

MENU ITEM	FOOD CATEGORY	SERVING SIZE	Total Carbohydrate (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)
ORANGE MEDLEY JUICE BOX	FRUIT	EACH 4.23 OZ.	13.00	50.00	0.00	0.00
PARADISE PUNCH JUICE BOX (SUNCUP)	VEGETABLE JUICE	EACH 4.23 OZ.	14.00	60.00	0.00	0.00
<b>FROZEN FRUIT/VEG - JUICE CUP, SLUSH, AND OTHER</b>						
CUP, BLACK CHERRY JUICE	FRUIT JUICE	EACH 4.4 OZ.	22.00	90.00	0.00	0.00
CUP, CHERRY SMOOTH	VEGETABLE JUICE	EACH 4.4 OZ.	22.00	100.00	0.00	0.00
CUP, SOUR WATERMELON	FRUIT JUICE	1 EACH	20.00	70.00	0.00	0.00
SLUSH, BERRY BERRY BLUE	VEGETABLE JUICE	EACH 4 OZ.	19.00	80.00	0.00	0.00
SLUSH, HULA COOLER	FRUIT JUICE	EACH 4 OZ.	19.00	70.00	0.00	0.00
SLUSH, KIWI STRAWBERRY	FRUIT JUICE	EACH 4 OZ.	15.00	60.00	0.00	0.00
SLUSH, PARADISE PUNCH	FRUIT JUICE	EACH 4 OZ.	16.00	60.00	0.00	0.00
SLUSH, TROPICAL TRIO	VEGETABLE	EACH 4 OZ.	20.00	80.00	0.00	0.00
STRAWBERRY CREAMSICLE	FRUIT JUICE	EACH 4.4 OZ.	23.00	90.00	0.00	0.00
BLUEBERRY PEAR FRUIT POP	FRUIT	EACH 3.5 OZ.	21.00	80.00	0.00	0.00
<b>VEGETABLE - FRESH, COOKED, CUP, CANNED</b>						
CARROTS, PETITE BABY (Individual Bag)	VEGETABLE	EACH 2.5 OZ.	5.84	24.81	0.09	0.02
CELERY STICKS (Individual Bag)	VEGETABLE	EACH 2.3 OZ	2.00	10.00	0.00	0.00
COLESLAW (Individual Bag)	VEGETABLE	EACH 2 OZ.	4.00	20.00	0.00	0.00
CORN, SWEET WHOLE KERNEL	VEGETABLE	1 SERVING	16.07	66.63	0.57	0.08
CUP, MARINARA (RED GOLD)	VEGETABLE	EACH 2.5 OZ.	7.00	40.00	1.00	0.00
CUP, SALSA	VEGETABLE	EACH 3 OZ.	5.00	25.00	0.00	0.00
POTATOES, CREAMY MASHED	VEGETABLE	1 SERVING	18.53	89.35	0.87	0.49
POTATOES, CREAMY MASHED WITH RANCH	VEGETABLE	1 SERVING	18.53	89.35	0.87	0.49
POTATO RUFFLE FRIES (1/2 C)	VEGETABLE	1 SERVING	19.55	109.98	3.67	0.00
POTATO TOTS, MINI (1/2 C)	VEGETABLE	1 SERVING	14.00	90.00	3.50	0.00
POTATO, WEDGES ROASTED	VEGETABLE	1 SERVING	19.00	140.00	6.00	1.00
ROMAINE SALAD (Individual Bag)	VEGETABLE	EACH 2.6 OZ.	4.00	25.00	0.00	0.00
<b>SHELF-STABLE MEAL KITS</b>						
CHEESE STICK MEAL KIT - CHEESE STICK, WHITE CHEDDAR	MEAT/MEAT ALT	EACH 2 OZ.	2.00	200.00	16.00	12.00
MARINARA SAUCE	VEGETABLE	EACH 2.5 OZ.	7.00	40.00	1.00	0.00
APPLESAUCE, STRAWBERRY	FRUIT	EACH 4.5 OZ.	15.00	60.00	0.00	0.00
WHEAT CRACKERS	GRAIN	EACH 1 OZ.	19.00	110.00	0.00	0.50
CHOCOLATE NO-NUT BUTTER MEAL KIT: NO-NUT BUTTER CUP	MEAT/MEAT ALT	EACH 1 OZ.	14.00	170.00	11.00	1.00
SUNFLOWER SEEDS	MEAT/MEAT ALT	EACH 1.2 OZ.	11.00	190.00	17.00	1.50
VEGETABLE JUICE PUNCH	VEGETABLE	EACH 4 OZ.	16.00	60.00	0.00	0.00
APPLESAUCE CUP, STRAWBERRY	FRUIT	EACH 4.5 OZ.	15.00	60.00	0.00	0.00
(only 1 of the applesauces) APPLESAUCE CUP, UNSWEETENED	FRUIT	EACH 4.5 OZ	14.00	50.00	0.00	0.00
CRACKERS, STRAWBERRY BITES	GRAIN	EACH 1 OZ.	19.00	120.00	4.50	0.00
(only 1 of the crackers) CRACKER, WHEAT ES	GRAIN	EACH 1 OZ.	19.00	110.00	3.50	0.50
HUMMUS MEAL KIT - HUMMUS CUP, ROASTED RED PEPPER	MEAT/MEAT ALT	EACH 3 OZ.	12.00	110.00	7.00	0.00
SUNFLOWER SEEDS, HONEY ROASTED	MEAT/MEAT ALT	EACH 1 OZ.	4.00	190.00	17.00	1.50
VEGETABLE JUICE PUNCH	VEGETABLE	EACH 4 OZ.	16.00	60.00	0.00	0.00
RAISINS	FRUIT	EACH 1.33 OZ.	29.00	120.00	0.00	0.00
CRACKERS, WHEAT ES	GRAIN	EACH 1 OZ.	19.00	110.00	3.50	0.50
SUNBUTTER MEAL - SUNBUTTER CUP	MEAT/MEAT ALT	EACH 2.2 OZ.	6.00	200.00	17.00	2.00
VEGETABLE , MANGO JUICE	VEGETABLE	EACH 4 OZ.	13.00	50.00	0.00	0.00
RAISINS, SUNMAID	FRUIT	EACH 1.34 OZ.	29.00	120.00	0.00	0.00
CRACKERS, WHEAT MJM	GRAIN	EACH 1 OZ.	21.00	110.00	3.00	0.50
WOWBUTTER MEAL KIT - WOWBUTTER CUP	MEAT/MEAT ALT	EACH 1.12 OZ.	8.00	200.00	15.00	3.00
SUNFLOWER SEEDS, HONEY ROASTED	MEAT/MEAT ALT	EACH 1.2 OZ.	11.00	190.00	15.00	1.50
RAISINS	FRUIT	EACH 1.33 OZ.	29.00	120.00	0.00	0.00
VEGETABLE JUICE PUNCH	VEGETABLE	EACH 4 OZ.	16.00	60.00	0.00	0.00
CRACKERS, WHEAT ES	GRAIN	EACH 1 OZ.	19.00	110.00	3.50	0.50
<b>MILK</b>						
MILK CHOCOLATE FAT-FREE	MILK	EACH 8 OZ.	22.00	120.00	0.00	0.00
MILK LACTOSE FREE, FAT-FREE	MILK	EACH 8 OZ.	13.00	90.00	0.00	0.00
MILK SOY VANILLA	SOY MILK	EACH 8 OZ.	18.00	150.00	4.50	0.50
MILK WHITE LOW FAT 1%	MILK	EACH 8 OZ.	14.00	120.00	2.50	1.50
MILK WHITE FAT-FREE	MILK	EACH 8 OZ.	12.00	90.00	0.00	0.00
<b>CONDIMENTS</b>						
CONDIMENT - BBQ SAUCE	CONDIMENT	EACH 1 OZ.	10.32	44.47	0.09	0.01
CONDIMENT - KETCHUP HEINZ	CONDIMENT	EACH 9 G	2.61	11.09	0.00	0.00
CONDIMENT - KETCHUP RED GOLD	CONDIMENT	EACH 9 g	2.00	10.00	0.00	0.00
CONDIMENT - MUSTARD HEINZ	CONDIMENT	EACH 5.5 G	0.00	0.00	0.00	0.00
CONDIMENT - RANCH DRESSING, Packet "Salad Fresh"	CONDIMENT	EACH, 12 GM	4.00	21.00	1.00	0.00
CONDIMENT - RANCH , Pre-made Gallon, Marzetti	CONDIMENT	1 OZ.	1.00	150.00	16.00	2.50
CONDIMENT - TACO SAUCE	CONDIMENT	EACH 9 G	0.00	0.00	0.00	0.00
CONDIMENT - TAJIN	CONDIMENT	1 EACH	0.00	2.00	0.00	0.00