

























Menu Item	Serving Size	CHO Gram									Misc. Info
			wheat	milk	eggs	peanut	fish	Tree nuts	Soy protein	pork	









American Pizza	Slice	27.23	X	X							
Pork Bibimbap Bowl w/ Brown Rice	Serving	61.62	X						X	X	<i>Sesame rice</i>
Cheese Nachos	Serving	38.5		X							<i>corn</i>
Bean & Cheese Burrito	Each	53.86	X	X							<i>rice</i>
BBQ Chicken	Serving	8.7									
BBQ Pizza	Slice	36.7	X	X							
Beef & Bean Burrito	Each	46.37	X	X							<i>rice</i>
Beef Lasagna	Serving	35.20	X	X				X			
Beef Nachos	Serving	40.45		X							<i>corn</i>
Broccoli & Cheese Baked Potato	Each	46.2		X							
Brown Rice & Beans	Serving	64.95									<i>rice</i>
Breaded Chicken Drumstick	Each	5g	X								<i>corn</i>
Cheese Pizza	Slice	25.72	X	X							<i>rice</i>
Cheese Quesadilla	Each	34.11	X	X							<i>rice</i>
Cheese & Green Chili Tamale	Each	29		X							<i>corn</i>
Cheesy Breadstick	1 each 2 each	30 60	X	X				X			
Chicken Alfredo	Serving	51.13	X	X							<i>corn</i>
Chicken a la King (gravy & veg only)	Serving	10.75	X	X				X			<i>corn</i>
Chicken Fajitas	Serving	36.62	X	X				X			<i>rice</i>
Chicken Gumbo (w/ rice)	Serving	52.93	X								<i>Rice corn</i>
Chicken Nuggets, breaded	5 nuggets 4 nuggets	9.5 7.6	X					X			<i>Rice</i>
Chicken Quesadilla	Each	32.89	X	X							<i>Rice corn</i>
Chicken tamale	Each	26									<i>corn</i>
Chicken Tenders	3/serving	12	X					X			<i>rice</i>
Chicken Tender Guajillo	3/serving	14	X								
Chicken Wings	3/serving	2.01	X								
Chili Cheese Dog (chili dog)	Each	31	X	X							

Menu Item	Serving Size	CHO Gram									Misc. Info
			wheat	milk	eggs	peanut	fish	Tree nuts	Soy protein	pork	









Chili Cheese Fries	Serving	43.39		X							
Chorizo Mac & Cheese	Serving	55.39	X	X							
Crispy Taco, 1	1 Each	7.54		X							<i>corn</i>
Crispy Taco, 2	2 Each	15.08		X							<i>corn</i>
Egg Patty	1 each	1		X	X						
Garden Chili	1 cup	28.61									
Ham & Cheese Munchable (w/crackers)	Serving	22.21	X	X						X	
Ham & Turkey Munchable (w/crackers)	Serving	20.59	X							X	
Hay Stacks	Serving	49.07		X							<i>corn</i>
Korean BBQ Chicken	Serving	8.16	X						X		<i>Sesame rice</i>
Lasagna ( Beef Lasagna)	Serving	35.20	X	X							
Lasagna, Vegetable (Spinach Lasagna)	Serving	20.72	X	X							
Lemon Chicken	Serving	.7									
Mac & Cheese,	1.5 cup	64.17	X	X							
Meatloaf	Serving	9.88	X		X						
Pancakes	2 each	28	X		X						
Pasta Alfredo	Serving	50.24	X	X							
Pepperoni Calzone	1 each	77.5	X	X							<i>Rice mustard</i>
Pepperoni Pizza	Slice	32.18	X	X							<i>Rice mustard</i>
Pepperoni Stromboli	Slice	30.54	X	X							<i>Rice mustard</i>
Pig in a Blanket	Each	27.73	X								<i>rice</i>
Pork Carnitas Tacos	2 Tacos	34.02								X	<i>corn</i>
Sausage Patty, chicken	1 each	.4									
Scrambled Eggs	¼ cup	.26		X	X						
Spaghetti w/ Marinara Sauce	Serving	52.67	X	X							
Spaghetti w/ Meat Sauce	Serving	50.78	X	X							
Taco, 1 ( Crispy taco)	1 each	7.54		X							<i>corn</i>
Taco, 2 ( Crispy Taco)	2 each	15.08		X							<i>corn</i>
Taco Salad	Serving	41.35		X							<i>corn</i>

Menu Item	Serving Size	CHO Gram									Misc. Info
			wheat	milk	eggs	peanut	fish	Tree nuts	Soy protein	pork	









Teriyaki Chicken w/ Brown Rice	Serving	42.49	X						X		<i>rice</i>
Turkey a la King Veg & gravy only	Serving	9.75	X	X					X		
Turkey & Gravy, Grade 4-12	Serving	4.53	X								
Turkey & Gravy, ECE-3	Serving	4.53	X								
Veggie (Crispy) Taco	1 each	18.98		X							<i>corn</i>
Veggie (Crispy) Taco (2)	2 each	37.96		X							<i>corn</i>
Veggie Fajitas	Serving	55.22	X	X							<i>rice</i>
Veggie Pizza	1 slice	33.83	X	X							<i>rice</i>
Veggie Stromboli	each	31.7	X	X							<i>rice</i>
Waffle Sticks	2 each	27	X	x	X						<i>rice</i>
Yogurt, fruit flavored	4 oz	15		X							
Yogurt w/ Blueberry Muffin	Serving	52.11	X	X	X						
<b>Sandwiches</b>	<b>Serving Size</b>	<b>CHO Grams</b>									
Cheeseburger on a Bun	Each	28.15	X	X							
Chili Dog	Each	31.23	X	X							
Crispy Chicken Sandwich on Bun	Each	42	X								<i>rice</i>
Falafel Wrap	Each	60.12	X	X					*		
Egg Salad Sandwich	Each	32	X		X						
Falafel Flatbread	Serving	64.12	X	X					*		
(Greek)Gyro	Each	32.7	X	X					*		
Green Chili Cheeseburger	Each	27.6	X	X							
(Grilled) Mediterranean Sandwich	Each	31.42	X	X							
Ham Sandwich	Each	29.37	X							X	
Ham Torta	Each	53.33	X							X	
Hamburger on a Bun	Each	27.09	X								
Hot Dog on a Bun (all beef)	Each	28	X								

Menu Item	Serving Size	CHO Gram									Misc. Info
			wheat	milk	eggs	peanut	fish	Tree nuts	Soy protein	pork	









Hot Ham & Cheese on Bun	Each	31.38	X	X						X	
Peanut Butter & Jelly	Each	54.12	X			X					
Pepperoni Calzone	Each	52.89	X	X							<i>mustard</i>
Pig in a Blanket	Each	27.73	X								
Salsa Black Bean Burger	Each	90.2	X		X						
Sloppy Joe on a Bun	Each	36.8	X				X sauce		X sauce		<i>mustard</i>
Spicy Chicken Sandwich	Each	36.50	X						X		<i>rice</i>
Spicy Chicken Ranch Wrap	Each	45.05	X	X	X				X		<i>rice</i>
Toasted Cheese Sandwich	Each	30.05	X	X							
Turkey & Cheese Sandwich	Each	27.05	X	X							
Turkey & Provolone Sandwich	Each	26	X	X							
Turkey Ranch Wrap Sandwich	Each	37.49	X	X	X						
Turkey Sandwich	Each	26	X								
Veggie Wrap	Each	38.81	X	X	X						
WOW butter & Jelly Sandwich	Each	56.62	X						X		
<b>Black Jack Pizza 8 cut-Grades 6-8; 10 cut Grades E-5</b>	<b>Serving Size</b>	<b>CHO Grams</b>									
Buffalo Chicken, 8 cut	1 slice	44	X	X					X		
Buffalo Chicken, 10 cut	1 slice	35	X	X					X		
Cheese Pizza, 8 cut	1 slice	31	X	X					X		
Cheese Pizza, 10 cut	1 slice	25	X	X					X		
Jalapeno Pizza, 8 cut	1 slice	45	X	X					X		
Jalapeno Pizza, 10 cut	1 slice	36	X	X					X		
Pepperoni Pizza, 8 cut	1 slice	31	X	X					X	X	

Menu Item	Serving Size	CHO Gram									Misc. Info
			wheat	milk	eggs	peanut	fish	Tree nuts	Soy protein	pork	

Pepperoni Pizza, 10 cut	1 slice	25	X	X					X	X	
Sausage (Chicken) Pizza, 8 cut	1 slice	31	X	X					X		
Sausage (Chicken) Pizza, 10 cut	1 slice	25	X	X					X		
Vegetable Pizza, 8 cut	1 slice	32	X	X					X		
Vegetable Pizza, 10 cut	1 slice	26	X	X					X		
<b>Entrée Salads (no grain included in count)</b>	<b>Serving size</b>	<b>CHO Grams</b>									
Buffalo Chicken Salad	Each	15.14									
Chicken Caesar Salad	Each	6.06			X						
Chickpea Spinach Salad	Each	36.68									
Ham Chef Salad	Each	9.2		X	X					X	
Hummus Bowl w/ Flatbread	Each	62.52	X	*					*		
Mexican Chopped Salad w/ Tortilla Strips	Each	35.10			X	X					
Turkey Chef Salad	Each	7.38		X	X						
Vegetarian Chef Salad	Each	8.4		X	X						
Yogurt Basket w/cheese & granola	Each	35	X	X							
Yogurt Basket (no grain included)	Each	16		X							
Yogurt Basket w/ Blueberry Muffin	Each	52.11	X	X	X						
<b>Condiments</b>	<b>Serving Size</b>	<b>CHO Grams</b>									
BBQ Sauce	1 T.	3.4									<b>Mustard Celery seed</b>
Blueberry Syrup	2 fl. oz	23.5									
Burger Salad	Each	1.85									

Menu Item	Serving Size	CHO Gram									Misc. Info
			wheat	milk	eggs	peanut	fish	Tree nuts	Soy protein	pork	

Caesar Salad Dressing	1 fl. oz	3.52			X						
Catsup	1 T.	4.41									
Cayenne Pepper Sauce	1 t.	0									
Cinnamon Roll Glaze	Serving	18.5		X							
Cranberry Sauce	¾ fl. oz	13									
Cream Cheese, Plain	Portion Cup	1		X							
Cream Cheese, Strawberry	Portion Cup	4.0		X							
Dill Pickles	1 oz.	0									<b>Yellow#5</b>
Frank's Hot Sauce	1 oz	0									
Gravy, Beef	2 fl. Oz	2	X	X	*				X		
Gravy, Chicken	2 fl. oz	2	X	X	*				X		
Green Chili Sauce	2 fl. oz	3.27	X								
Honey	1 T.	17.46									
Italian Dressing	1 fl. oz	.62									<b>mustard</b>
Jalapeno Peppers	1 oz	1									
Jelly	1 T.	13									
Korean BBQ	1 T.	8.5	X						X		<b>Rice sesame</b>
Marinara Sauce for Breadsticks	serving	6.31		X							
Mayonnaise, light	1 T.	2			X						<b>Mustard in dispenser pack</b>
Mustard	1 T.	.32									<b>mustard</b>
Peanut Butter	¾ fl. oz	5.4				X					
Pickle Relish	1 Tbsp.	0									
Pineapple Salsa	¼ c.	8.14									
Ranch Dressing, low fat	1 T.	1.42		X	X				X		
Ranch Cup	1 oz	1		X	X						
Ranch Dispenser	2 Tbsp.	8g		X							
Salsa	1 fl. oz	1.07									
Soy Sauce	1 Tbsp.	1	X						X		
Shredded Lettuce & Tomatoes	Serving	1									
Siracha Sauce	1 t.	<1 g									
Spinach Salad Dressing	1 T.	2.62	X				X		X		

Menu Item	Serving Size	CHO Gram									Misc. Info
			wheat	milk	eggs	peanut	fish	Tree nuts	Soy protein	pork	

Syrup, homemade	2 fl. oz	26.75									
Taziki Sauce	2 T.	4.64		X							
WOW butter	2 T.	8							X		
Worcestershire Sauce	1 tsp.	0					X		X		

**\*These allergens are not ingredients but the item was processed in a plant where these allergens may be present.**

**This list indicates items containing soy protein. Items containing soy oil and/or soy lecithin are listed separately as these substances do not usually cause allergic reactions.**

**PLEASE NOTE:**

- **The ingredients are accurate to the best of our knowledge based on information from the manufacturer. The information provided is meant as a guide to the ingredients in our food products and is not definitive. The Food Services Department is not responsible for any adverse medical events incurred as a result of using this guide. The ingredients in a product and/or method of production may be changed by the manufacturer without our knowledge.**