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When precise nutritional or allergen information is important to you due to diet or medical conditions, the information contained herein is not a substitute for reading the label on the products or contacting your school food service manager for additional details.

Private Lunch

Recipe Name	Serving	CARB (g)	Calories	Fat (g)	Sat Fat (g)	Protein (g)	Sodium (g)	Allergens
BLT Sandwich	Sandwich	75.55	924.64	61.99	12.91	23.19	1.61	Soy, Wheat
Buffalo Chicken Salad	Salad	15.29	479.84	28.51	9.71	42.90	1.82	Milk, Eggs, Soy, Wheat
Cheese Ravioli with Meat Sauce	Serving	127.10	958.13	30.71	12.26	43.11	1.40	Milk
Crispy Chicken Filet Sandwich	Sandwich	43.00	380.00	14.50	2.00	23.00	0.99	Wheat
Crispy Chicken Sandwich	Sandwich	41.12	358.08	13.62	2.02	19.13	0.75	Milk, Eggs, Soy, Wheat
Grilled Chicken Salad	Salad	2.00	310.00	22.00	11.50	27.00	0.79	Milk, Soy
Grilled Chicken Sandwich	Sandwich	29.00	230.00	5.50	1.50	18.00	0.80	Soy, Wheat
Loaded Chef Salad	Salad	9.00	590.00	25.00	13.00	71.00	7.46	Milk
Oriental Chicken Salad	Salad	29.94	306.07	13.05	5.86	16.59	0.55	Milk, Tree Nuts, Soy, Wheat
Southwest Taco Salad with Tortilla Chips	Salad	35.05	552.00	38.20	15.77	22.27	0.89	Milk, Soy
Teriyaki Chicken	Serving	48.62	336.47	4.80	1.07	24.13	0.75	Soy
Traditional Chicken Caesar Salad	Salad	1.77	397.50	34.78	10.13	25.85	1.35	Milk, Eggs, Soy
Turkey and Cheese Sub	Sub	79.83	562.11	13.43	5.01	32.27	1.57	Milk, Eggs, Soy, Wheat

Private Lunch Grades 6-12

Recipe Name	Serving	CARB (g)	Calories	Fat (g)	Sat Fat (g)	Protein (g)	Sodium (g)	Allergens
Buffalo Chicken Ranch Melt	Flatbread	57.12	648.08	35.12	8.52	26.13	1.39	Milk, Eggs, Soy, Wheat
Cheeseburger Flatbread Melt	Flatbread	45.70	599.00	34.50	14.20	28.00	1.53	Milk, Soy, Wheat
Chicken Parmesan Melt	Flatbread	68.07	683.60	30.79	8.92	36.95	1.81	Milk, Eggs, Soy, Wheat
Cuban Flatbread Melt	Flatbread	44.66	909.86	44.00	18.33	80.64	1.28	Milk, Soy, Wheat
Ham and Cheddar Flatbread	Flatbread	45.33	449.72	16.99	6.66	28.29	1.58	Milk, Soy, Wheat
Ham and Cheddar Flatbread Melt	Flatbread	47.33	559.72	25.99	11.66	35.29	1.76	Milk, Soy, Wheat
Spicy Italian Flatbread	Flatbread	47.12	554.48	28.16	9.96	26.08	1.94	Milk, Soy, Wheat
Spinach and Tomato Flatbread Melt	Flatbread	57.18	495.16	18.77	7.19	24.68	1.38	Milk, Soy, Wheat
Tangy BBQ Crispy Chicken Flatbread	Flatbread	78.29	739.84	29.51	9.21	36.90	1.70	Milk, Eggs, Soy, Wheat
Tangy BBQ Grilled Chicken Flatbread	Flatbread	66.00	660.00	28.00	12.50	35.00	1.81	Milk, Soy, Wheat
Turkey Club Flatbread	Flatbread	48.76	584.55	30.53	7.97	31.01	1.64	Milk, Eggs, Soy, Wheat
Turkey Mozzarella Flatbread	Flatbread	50.84	538.43	22.23	7.69	34.76	1.54	Milk, Soy, Wheat

Private Lunch Grades 9-12

Recipe Name	Serving	CARB (g)	Calories	Fat (g)	Sat Fat (g)	Protein (g)	Sodium (g)	Allergens
All Beef Hot Dog	2 Hot Dogs	59.00	650.00	38.00	14.00	22.00	1.44	Wheat
Bacon Cheeseburger Basket	Basket	73.20	831.00	48.00	17.08	30.13	3.06	Milk, Soy, Wheat
Baked Homestyle Meatloaf	2 Slices	10.00	373.33	22.33	9.00	30.00	0.46	Milk, Eggs, Soy, Wheat
Boneless Wing Basket	Basket	46.00	340.00	16.00	4.00	4.00	0.62	Milk, Eggs, Soy, Wheat
Boom Boom Boneless Bites	8 Bite Serving	18.63	663.70	57.89	9.22	18.37	1.21	Milk, Soy, Wheat
Breakfast for Lunch	Serving	96.88	934.81	54.22	15.81	15.82	1.23	Milk, Soy, Wheat
Cheese Tortellini with Marinara Sauce	15 Piece Serving	54.39	324.39	7.33	2.84	11.95	1.13	Milk, Eggs, Soy, Wheat
Cheese Tortellini with Meatsauce	15 Piece Serving	54.39	389.39	12.33	4.84	16.95	1.39	Milk, Eggs, Soy, Wheat
Cheesy French Bread	1/4 Sub Loaf	26.12	438.54	26.51	9.73	23.01	0.85	Milk, Eggs, Soy, Wheat
Chicken and Sausage Jambalaya	Serving	136.96	824.68	17.49	4.28	29.28	2.77	Wheat
Chicken and Waffles	Serving	87.50	1010.00	60.50	11.25	29.50	2.38	Milk, Eggs, Soy, Wheat
Chicken Philly Sub	Sub	76.33	656.26	17.53	6.78	46.44	1.73	Milk, Eggs, Soy, Wheat
Creamy Chicken Fettucine Alfredo	Serving	58.08	998.51	66.02	15.03	10.54	3.05	Milk, Soy
Creamy Chicken Penne Alfredo	Serving	58.08	998.51	66.02	15.03	10.54	3.05	Milk, Soy
Creamy Fettucine Alfredo	Serving	66.38	998.87	65.20	11.60	0.16	3.04	Milk
Creamy Penne Alfredo	Serving	66.38	1058.87	71.80	15.80	0.16	3.09	Milk
Crispy Chicken Sandwich Basket	Basket	84.12	760.08	36.12	8.39	26.76	1.53	Milk, Eggs, Soy, Wheat
Garden (Veggie) Burger	Burger	26.00	130.00	1.50	0.00	5.00	0.28	Soy, Wheat
Grilled Cheese Sandwich	Sandwich	52.00	880.00	62.00	24.00	32.00	2.82	Milk, Soy, Wheat
Grilled Chicken Sandwich Basket	Basket	72.00	632.00	28.00	7.88	25.63	1.57	Soy, Wheat
Hard Shell Beef Tacos	3 Taco Serving	21.03	153.14	6.25	2.13	2.19	0.01	Milk, Soy
Hard Shell Chicken Tacos	3 Taco Serving	63.10	456.88	18.43	6.25	6.63	0.01	Milk
Hard Shell Veggie Tacos	3 Taco Serving	92.78	648.14	21.47	7.08	18.01	0.87	Milk
Homestyle Chicken Bowl	Bowl	85.05	723.30	28.48	8.72	34.56	2.04	Milk, Soy, Wheat
Honey BBQ Boneless Bites	8 Bite Serving	47.48	336.28	6.89	1.72	18.37	1.16	Milk, Soy, Wheat
Italian Penne Marinara with Meatballs	Serving	133.77	868.07	23.02	6.32	33.34	1.67	Milk, Eggs, Soy, Wheat
Jumbo Corn Dog	2 Corn Dogs	65.00	570.00	26.00	7.00	18.00	1.46	Milk, Eggs, Soy, Wheat
Mexican Beef Enchiladas	3 Enchiladas	48.39	536.18	25.31	11.35	28.22	1.96	Milk, Soy, Wheat
Mini Calzones Cheese	4 Calzone Serving	80.11	645.56	19.22	9.33	38.01	1.19	Milk, Soy, Wheat
Monterey Chicken Sandwich	Sandwich	36.52	367.97	14.05	5.30	24.31	1.23	Milk, Soy, Wheat
Mozzarella Cheese Stuffed Breadstick	4 Stick Serving	122.87	1111.52	43.17	17.41	52.62	2.01	Milk, Soy, Wheat
Pasta Marinara	Serving	115.15	566.78	6.20	0.49	17.09	0.45	Milk, Eggs, Soy, Wheat
Pizza 16" Cheese (Non Scratch)	2 Slices	88.00	680.00	24.00	12.00	32.00	1.06	Milk, Wheat
Pizza 16" Cheese (Scratch)	2 Slices	87.86	752.28	25.49	11.60	41.40	1.59	Milk, Soy, Wheat
Pizza 16" Pepperoni (Non Scratch)	2 Slices	88.00	750.00	30.00	14.25	35.00	1.33	Milk, Wheat
Pizza 16" Pepperoni (Scratch)	2 Slices	87.86	822.28	31.49	13.85	44.40	1.85	Milk, Soy, Wheat
Pulled BBQ Pork Sandwich	Sandwich	33.55	918.68	43.76	18.11	92.55	0.86	Wheat
Quesadilla Chicken	2 Quesadillas	34.08	675.26	43.18	15.09	38.27	1.56	Milk, Soy, Wheat
Shepherd's Pie	Serving	45.96	455.83	20.17	6.71	24.13	1.53	Milk, Eggs, Soy, Wheat
Soft Shell Beef Tacos	3 Taco Serving	46.25	281.35	6.52	3.31	9.40	0.68	Milk, Soy, Wheat

Soft Shell Chicken Tacos	3 Taco Serving	46.30	283.89	6.58	3.33	9.86	0.70	Milk, Soy, Wheat
Soft Shell Veggie Tacos	3 Taco Serving	75.65	473.43	9.59	4.14	21.19	1.54	Milk, Soy, Wheat
Southern BBQ Beef Sandwich	Sandwich	40.22	272.19	2.52	0.00	7.54	0.46	Soy, Wheat
Spaghetti with Marinara Sauce	Serving	64.99	361.53	4.92	0.49	11.99	0.69	Milk, Soy
Spaghetti with Meatsauce	Serving	63.92	482.43	14.47	4.43	21.80	1.15	Milk, Soy
Sweet Maple Chicken Bites	8 Bite Serving	56.33	373.33	8.00	1.33	21.33	0.82	Milk, Soy, Wheat
Texas BBQ Pulled Chicken Sandwich	Sandwich	45.20	367.20	6.72	1.16	30.52	0.88	Wheat
Texas Toast BBQ Pork Sandwich	Sandwich	7.55	788.68	42.26	18.11	87.55	0.58	Wheat
Three Cheese Baked Ziti	Serving	95.16	723.99	24.93	11.74	34.77	1.14	Milk, Eggs, Soy, Wheat
Tuscan Chicken Pasta	Serving	118.76	768.69	18.79	3.73	29.19	1.00	Milk, Eggs, Soy, Wheat
Zesty Meatball Marinara Sub	Sub	51.66	509.05	21.27	7.51	25.96	1.40	Milk, Eggs, Soy, Wheat

Private Lunch Grades K-8

Recipe Name	Serving	CARB (g)	Calories	Fat (g)	Sat Fat (g)	Protein (g)	Sodium (g)	Allergens
All American Cheeseburger	Cheeseburger	30.20	429.00	25.50	10.70	22.50	1.17	Milk, Wheat
All Beef Hot Dog	Hot Dog	31.00	330.00	19.00	7.00	11.00	0.80	Wheat
Baked Homestyle Meatloaf	1 Slice	5.50	190.00	11.25	4.50	15.00	0.27	Milk, Eggs, Soy, Wheat
Boom Boom Boneless Bites	6 Bite Serving	13.47	457.78	39.17	6.29	13.78	0.84	Milk, Soy, Wheat
Breakfast for Lunch	Serving	75.37	672.11	36.87	10.72	10.71	0.86	Milk, Soy, Wheat
Buffalo Chicken Ranch Melt	1/2 Flatbread	28.56	324.04	17.56	4.26	13.07	0.70	Milk, Eggs, Soy, Wheat
Cheese Tortellini with Marinara Sauce	10 Piece Serving	43.51	266.30	6.55	2.49	10.13	1.01	Milk, Eggs, Soy, Wheat
Cheese Tortellini with Meatsauce	10 Piece Serving	43.51	331.30	11.55	4.49	15.13	1.27	Milk, Eggs, Soy, Wheat
Cheeseburger Flatbread Melt	1/2 Flatbread	22.85	299.50	17.25	7.10	14.00	0.76	Milk, Soy, Wheat
Chicken and Waffles	Serving	63.50	615.00	32.00	6.00	19.00	1.46	Milk, Eggs, Soy, Wheat
Chicken Parmesan Melt	1/2 Flatbread	34.04	341.80	15.40	4.46	18.48	0.91	Milk, Eggs, Soy, Wheat
Chicken Philly Sub	Sub	75.89	578.44	13.90	5.50	36.04	1.34	Milk, Eggs, Soy, Wheat
Creamy Chicken Fettucine Alfredo	Serving	46.47	798.81	52.82	12.02	8.43	2.44	Milk, Soy
Creamy Fettucine Alfredo	Serving	51.63	823.56	55.84	12.29	0.13	2.40	Milk
Creamy Penne Alfredo	Serving	51.63	823.56	55.84	12.29	0.13	2.40	Milk
Cuban Flatbread Melt	1/2 Flatbread	22.33	454.93	22.00	9.17	40.32	0.64	Milk, Soy, Wheat
Garden (Veggie) Burger	Burger	26.00	130.00	1.50	0.00	5.00	0.28	Soy, Wheat
Grilled Cheese Sandwich	Sandwich	26.00	740.00	64.00	18.00	16.00	1.74	Milk, Soy, Wheat
Ham and Cheddar Flatbread	1/2 Flatbread	22.66	224.86	8.50	3.33	14.14	0.79	Milk, Soy, Wheat
Ham and Cheddar Flatbread Melt	1/2 Flatbread	23.66	279.86	13.00	5.83	17.64	0.88	Milk, Soy, Wheat
Hard Shell Beef Tacos	2 Taco Serving	42.06	302.88	12.24	4.15	4.11	0.00	Milk
Hard Shell Chicken Tacos	2 Taco Serving	42.06	304.48	12.28	4.17	4.41	0.00	Milk
Hard Shell Veggie Tacos	2 Taco Serving	61.39	427.24	14.08	4.57	11.81	0.57	Milk
Homestyle Chicken Bowl	Bowl	41.39	407.37	16.76	6.29	23.97	1.00	Milk, Soy, Wheat
Homestyle Mac & Cheese Bowl	Bowl	25.32	227.67	11.08	2.43	6.18	0.69	Milk, Eggs, Soy, Wheat
Honey BBQ Boneless Bites	6 Bite Serving	32.70	239.49	5.17	1.29	13.78	0.81	Milk, Soy, Wheat
Italian Penne Marinara with Meatballs	Serving	97.95	628.56	16.60	4.40	23.48	1.12	Milk, Eggs, Soy, Wheat
Italian Spaghetti with Meatballs	Serving	57.33	446.74	14.06	4.22	19.16	1.00	Milk, Eggs, Soy, Wheat

Loaded Beef Nachos (Scratch)	Servings	48.96	467.27	22.65	5.20	16.96	1.09	Milk, Soy
Mexican Beef Enchiladas	2 Enchiladas	58.06	435.22	16.77	4.52	12.70	0.97	Milk, Eggs, Soy, Wheat
Mini Calzones Cheese	3 Calzone Serving	45.87	413.40	14.36	7.00	25.81	0.96	Milk, Soy, Wheat
Mini Corn Dog Nuggets	6 Nugget Serving	30.00	265.00	10.50	2.25	10.50	0.71	Milk, Eggs, Wheat
Monterey Chicken Sandwich	Sandwich	36.52	367.97	14.05	5.30	24.31	1.23	Milk, Soy, Wheat
Mozzarella Cheese Stuffed Breadstick	2 Stick Serving	61.43	619.82	28.49	10.41	27.72	1.11	Milk, Soy, Wheat
Pasta Marinara	Serving	86.60	427.10	4.75	0.38	12.86	0.35	Milk, Eggs, Soy, Wheat
Pizza 16" Cheese (Non Scratch)	Slice	44.00	340.00	12.00	6.00	16.00	0.53	Milk, Wheat
Pizza 16" Cheese (Scratch)	Slice	43.93	376.14	12.74	5.80	20.70	0.79	Milk, Soy, Wheat
Pizza 16" Pepperoni (Non Scratch)	Slice	44.00	375.00	15.00	7.13	17.50	0.66	Milk, Wheat
Pizza 16" Pepperoni (Scratch)	Slice	43.93	411.14	15.74	6.93	22.20	0.93	Milk, Soy, Wheat
Pizza Personal Cheese 5"	Pizza	37.00	340.00	11.00	6.00	25.00	0.40	Milk, Soy, Wheat
Pulled BBQ Pork Sandwich	Sandwich	33.55	918.68	43.76	18.11	92.55	0.86	Wheat
Quesadilla Chicken	Quesadilla	17.04	337.63	21.59	7.54	19.13	0.78	Milk, Soy, Wheat
Shepherd's Pie	Serving	36.77	191.33	2.80	0.03	5.97	0.54	Milk, Eggs, Soy, Wheat
Soft Shell Beef Tacos	2 Taco Serving	30.06	182.88	4.24	2.15	6.11	0.44	Milk, Soy, Wheat
Soft Shell Chicken Tacos	2 Taco Serving	30.10	184.53	4.28	2.17	6.41	0.45	Milk, Soy, Wheat
Soft Shell Veggie Tacos	2 Taco Serving	49.46	309.55	6.27	2.71	13.85	1.01	Milk, Soy, Wheat
Southern BBQ Beef Sandwich	Sandwich	40.22	272.19	2.52	0.00	7.54	0.46	Soy, Wheat
Southwest Taco Bowl	Bowl	177.22	915.83	9.00	5.00	29.84	3.23	Milk
Spaghetti with Marinara Sauce	Serving	51.80	287.60	3.85	0.38	9.56	0.54	Milk, Soy
Spaghetti with Meatsauce	Serving	51.14	385.94	11.57	3.54	17.44	0.92	Milk, Soy
Spicy Italian Flatbread	1/2 Flatbread	23.56	277.24	14.08	4.98	13.04	0.97	Milk, Soy, Wheat
Spinach and Tomato Flatbread Melt	1/2 Flatbread	28.59	247.58	9.38	3.59	12.34	0.69	Milk, Soy, Wheat
Sweet Maple Chicken Bites	6 Bite Serving	50.00	310.00	6.00	1.00	16.00	0.64	Milk, Soy, Wheat
Tangy BBQ Chicken Grilled Flatbread K-8	Serving	32.18	291.18	10.70	4.34	17.88	0.78	Milk, Soy, Wheat
Tangy BBQ Chicken Sandwich	Sandwich	36.00	265.00	5.50	1.50	18.00	0.96	Soy, Wheat
Tangy BBQ Crispy Chicken Flatbread	1/2 Flatbread	39.15	369.92	14.75	4.60	18.45	0.85	Milk, Eggs, Soy, Wheat
Texas BBQ Pulled Chicken Sandwich	Sandwich	38.80	288.13	4.98	0.77	22.01	0.68	Wheat
Three Cheese Baked Ziti	Serving	90.60	617.95	18.04	8.22	27.85	0.79	Milk, Eggs, Soy, Wheat
Turkey Club Flatbread	1/2 Flatbread	24.38	292.27	15.26	3.98	15.50	0.82	Milk, Eggs, Soy, Wheat
Turkey Mozzarella Flatbread	1/2 Flatbread	25.42	269.21	11.11	3.84	17.38	0.77	Milk, Soy, Wheat
Tuscan Chicken Pasta	Serving	89.04	600.19	15.20	3.23	25.24	0.86	Milk, Eggs, Soy, Wheat
Zesty Meatball Marinara Sub	Sub	35.01	362.86	15.97	5.52	19.32	1.10	Milk, Eggs, Soy, Wheat

Private Side All Grades

Recipe Name	Serving	CARB (g)	Calories	Fat (g)	Sat Fat (g)	Protein (g)	Sodium (g)	Allergens
Baked Seasoned Fries	5oz Serving	38.33	283.33	13.33	3.33	3.33	0.66	Soy, Wheat
Banana	Banana	0.00	0.00	0.00	0.00	0.00	0.00	N/A
Breakfast Potatoes	5oz Serving	28.62	217.76	10.01	2.51	3.38	0.54	Wheat
Brown Sugar Baked Beans	1/2 Cup Serving	34.27	184.30	1.11	0.00	6.68	0.46	Wheat
Buttered Corn Cob	1 Cob	24.36	188.06	8.35	1.34	3.06	0.20	Soy
Caesar Salad with Croutons	Serving	6.14	178.75	15.89	2.94	3.93	0.52	Milk, Eggs, Tree Nuts, Soy, Wheat
Chips & Salsa	Serving	38.00	280.00	14.00	2.00	4.00	0.23	Pending Additional Data
Churro	1/2 Churro	13.00	105.00	5.00	0.50	2.00	0.09	Eggs, Wheat
Coleslaw	4oz Serving	4.57	80.00	6.86	1.14	0.00	0.19	Eggs, Soy
Diced Pears and Peaches	Serving	1.24	5.10	0.00	0.00	0.07	0.00	N/A
Garlic Breadstick	Breadstick	16.64	117.92	4.51	0.75	3.15	0.17	Milk, Soy, Wheat
Garlic Green Beans	Serving	4.84	53.57	2.77	1.76	1.16	0.16	Pending Additional Data
Irish Brownie with Mint Icing - Holiday Recipe	Brownie	58.00	720.00	52.00	30.00	4.00	0.66	Eggs, Wheat
Mac & Cheese Side	4oz Serving	14.32	126.04	6.30	1.15	2.86	0.41	Milk, Eggs, Soy, Wheat
Mashed Potatoes	Serving	38.00	280.00	12.80	1.60	4.00	0.87	Milk, Soy
Mexican Rice	5oz Serving	95.60	447.48	2.12	0.27	7.92	0.07	Soy
Pineapple Diced	1/2 Cup Serving	3.82	15.28	0.00	0.00	0.00	0.00	N/A
Roasted Broccoli	Serving	0.80	20.06	1.86	0.34	0.16	0.02	Soy
Roasted Broccoli Parm	Serving	0.80	29.44	2.79	0.81	1.09	0.05	Milk, Soy
Roasted Sliced Carrots	Serving	0.81	28.40	2.77	1.76	0.16	0.02	N/A
Seasoned Corn	1/2 Cup Serving	16.57	99.31	2.66	0.34	1.67	0.42	Soy
Spiced Applesauce	Serving	12.35	51.45	0.00	0.00	0.00	0.02	N/A
Sweet Potato Waffle Fries	4oz Serving	31.48	203.25	8.00	0.67	2.67	0.27	Pending Additional Data
Tater Tots	5oz Serving	33.33	283.33	15.00	4.17	3.33	0.69	Pending Additional Data
Vegetable Medley	Serving	0.60	15.05	1.39	0.26	0.12	0.29	Soy
White Rice	5oz Serving	95.39	446.36	2.12	0.27	7.93	0.08	Soy
Yogurt Parfait	Serving	28.90	164.00	3.90	0.78	0.00	0.00	Pending Additional Data