

All School Nutritional Information

**Please note that the information provided is accurate as of January 2024. Potential supply chain issues may result in menu changes. Should you have any questions or need clarification, please reach out to Director of Food Services Mr. Brandon Smoker at brandon.smoker@sparksd.org.*

	MFP#	US Food	Brand	Menu	Portion	Calories	Sat Fat	Sodium	Carbs
				Pizza					
	7738712616	5416532	The Max	Pizza (5 oz)-Stuffed Crust	1	320	6	700	36
	72WWSCM2	2810323	Nardone	Pizza Stuffed Crust	1	340	10	441	29
	64WPS2	2647980	Nardone	Pizza Thick Crust	1	332	9	533	28
	68521	6860506	Tony's	Pizza Thick Crust	1	350	7	510	38
	7738712514	8272270	MAX	Pizza-Pan	1	340	5	640	38
		9674904	Nardone	Rectangle Wedge Pizza	1	310	6	360	30
	78356	1587310	Tony's	French Bread Pizza	1	290	4	440	33
	60WUM2	8795205	Nardone	French Bread Pizza	1	333	11	363	28
	78637	7993553	Big Daddy	Cheese Pizza WG	1	360	7	490	35
	73142	7515059	Big Daddy	Cheese Pizza WG	1	400	9	580	42
	KAS00012	6147782	Kasa	White Pizza Non WG	1	390	9	760	43
	78639	4078004	Big Daddy	Buffalo Pizza	1	390	7	750	35
	31763	8020802	Hormel	Pepperoni (3 slices)	3 SL	7	0.2	14.5	0.06
	34543	8196743	Hormel	Sausage	1 T	44	1.28	164	0.64
	7738712700	5956461	The Max	Chicken Pizza Quesadilla	1	280	2	660	38
				Pasta					
		1607597	Dakota Growers	Pasta, Penne WG (1 cup cooked)	5 oz	190	0	0	41
	100158		UDSA	Beef, Ground Cooked (Meat Sauce)	1.34 oz	82	2	25	0
	RPKMA9E	4721015	Red Pack	Sauce, Spaghetti (Meat Sauce or Red Sauce)	1/2 cup	60	0	140	12
		1607597	Dakota Growers	Pasta, Penne WG (1 cup cooked)	5 oz	190	0	0	41
	019777-0328	2674380	Tyson	Meatballs	3	180	2.5	210	6
	RPKNA99	7519028	Red Pack	Sauce, Spaghetti	1/2 cup	60	0	490	9
LR100538				Chicken Alfredo 1 c pasta .5c sauce	1	500	9	1020	51
LR100318				Stuffed Shells with Sauce /Breadstick	2 shells	370	4	891	54
	5.9703E+13	6939045	Land O'Lakes	String Cheese(Can be offered with Red Sauce, or No Sauce)	1	60	2	200	1
	15023	1690452	NY Frozen	Breadstick (6")	1	80	0	190	16
	56367	9565631	Buttermist	Garlic Spray	1 spray	0	0	0	0
	15021	7793631	New York Frozen Foods	Garlic Breadstick (6")	1	110	1	230	17
	7738712439	4253662	The Max	Stuffed Cheese Breadstick	1	150	2	230	16
	62002	9630310	Tasty Brand	Twisted Garlic Breadstick	1	220	3	330	29
100351			USDA	Green Beans	1/2 cup	19	0	1	4
				Chicken Parmesan					
LR100384				Chicken Parmesan	1	370	1	600	52
				Chicken Filet	1				
	100021		USDA	Shredded Mozzarella Cheese	1/2 oz				
		1607597	Dakota Growers	Pasta, Penne WG (1 cup cooked)	5 oz				
	RPKNA99	7519028	Red Pack	Sauce, Spaghetti, Marinara	1/2 cup				
	15021	7793631	New York Frozen Foods	Garlic Breadstick (6") (Grades 7-8)	1	110	1	230	17
	62002	9630310	Tasty Brand	Twisted Garlic Breadstick (Grades 9-12)	1	220	3	330	29
100351			USDA	Green Beans	1/2 cup	19	0	1	4
				Breaded Chicken Variety					
5R106884	070362-0928	7746274	Tyson	White Meat Chicken Chunk (5)Boneless	5	160	1.5	270	10
	10703640928	6959803	Tyson	Chicken Nuggets tender shaped	5	240	2.5	440	16
	6216	9587346	Gold Kist	Chicken Nuggets tender shaped	3 each	255	12	345	15
	7572	4987879	Gold Kist	Chicken Tenders	3 each	220	1	470	18
	070368-0928	6931398	Tyson	Popcorn Chicken (12 pieces)	86 grams	230	2.5	350	14
	17033220928	6282617	Tyson	Chicken Tenders	3 each	190	1.5	310	11
	80120	3194909	Perdue	Chicken Nuggets dinosaur shaped	84 grams	210	2.5	400	14
	54487	6511191	Rich Chick's	Chicken Nuggets	4.2 oz	230	2	346	18
	272986	5329610	Monarch	Honey Mustard Sauce	1 oz	140	2	200	7
LR100361				Buffalo and Ranch Sauce	1 oz	72	0.8	368	4.8
	15952	8154194	Brite Harbor	BBQ Sauce	1 oz	50	0	440	13
	MCX03626	6382675	McCain	Potato Wedges (3 oz)	8 pieces	130	1	590	19
		3490125	Ovations	Low Sodium Fries	1/2 cup	130	0.5	160	22
		4122750	Basic American	Mashed Potatoes	1/2 cup	70	0	340	15
		8704462	Pioneer	Gravy	2 oz	200	0	1120	24
5I100299	OIF03456	8292377	McCain	Smiley Potatoes (4 each)	1/2 cup	130	0.5	180	20
	15023	1690452	NY Frozen	Breadstick (6")	1	80	0	190	16
	56367	9565631	Buttermist	Garlic Spray	1 spray	0	0	0	0
	15021	7793631	New York Frozen Foods	Garlic Breadstick (6")	1	110	1	230	17
	62002	9630310	Tasty Brand	Twisted Garlic Breadstick	1	220	3	330	29
1975			Nickles	WG Roll	1	80	0	140	15
				Oven Roasted Chicken	Portion	Calories	Sat Fat	Sodium	Carbs
LR100317	100098		USDA	Chicken Breast	5.25 oz	288.75	3.2	121	0
				2 Drumsticks and a Thigh	4 oz	284	4.8	96	0
				5 Wings	4 oz	284	4.8	96	0
		4122750	Basic American	Mashed Potatoes	1/2 cup	70	0	340	15
		8704462	Pioneer	Gravy	2 oz	200	0	1120	24
	94562-32267	6963383	General Mills	WG Biscuit	1	200	4	330	28
	1975		Nickles	WG Roll	1	80	0	140	15
				Mini Corn Dogs					
	9180	679639	State Fair WG	Mini Corn Dogs	6	190	2	540	17

	10000069050	8878290	Advance Pierre	Burger Patty (Grades 1-8)	1	120	3.5	100	0
	1-15-924-20	379412	Advance Food Heartland Beef	Burger Patty (2.4 oz)(Grades 1-8)	1	160	4.5	100	0
	10000055425	4885208	Advance Food Heartland Beef	Burger Patty (2.5 oz)(Grades 11-12)	1	110	2.5	270	2
	1-15-230	7423908	Advance Food Heartland Beef	Burger Patty (Grades 11-12)	1	190	5	260	0
				Beef and Bean Burger w/bun/no cheese	1	280	6	750	31
	1711		Nickles	Hamburger Bun	1	140	0	280	26
	100018		USDA	American Cheese	1 slice	55	2.5	135	1
				Bacon	1 slice	30	1	127	0
		3490125	Ovations	Low Sodium Fries	1/2 cup	130	0.5	160	22
				Grilled Cheese					
	134000	9556754	Hot off the Grill	Grilled Cheese (Single Serving wrapped)	1	280	6	581	31
LR100001				Grilled Cheese	1	254	4	741	30
		9016908	Healthy Request	Tomato Soup	8 oz	160	1	820	32
	444	5001987	Campbell's	Chicken Noodle Soup	7.25 oz	60	0.5	840	8
		6784623	Red Valley	Mixed Hot Veggies (85 g) (3 Oz) Green Beans	1/2 cup	70	0	85	12
		3490125	Ovations	Low Sodium Fries	1/2 cup	130	0.5	160	22
				Pulled Pork Sandwich					
LR100350				Pulled Pork Sand.* Recipes includes 1793	1	260	0	468	25
				but can use whichever buns you have					
				Pulled Pork	3 ounces				
	1793		Nickles	Hamburger Bun	1	150	2.5	260	27
	1854		Nickles	Kaiser Bun	1	150	0	260	25
	7051	5257241	Superpretzel	Pretzel Bun	1	160	1	0	29
		3490125	Ovations	Low Sodium Fries	1/2 cup	130	0.5	160	22
LR 100032				Cole Slaw	1/2 cup	59.5	0.45	97	7.5
	40010017	5362629	Moore's	Onion Ring Garnish	2 rings	70	0.5	87	8
	4.3274E+13	7791858	Land O'Lakes	Macaroni and Cheese(Side)	1/2 cup	205	3.75	500	22
				Baked Potato Bar					
	100340		USDA	Baked Potato (1 whole medium)	1 whole	168	0	24	58
		3006871	Country Crock	Butter	1	25	0.5	40	0
	1003158	6269222	Enjoyably Yours	Sour Cream	28 grams	60	3.5	15	1
		110473	USDA	Steamed Broccoli	1/2 cup	26	0	22	5
		1587823	ES Foods	Cheese Sauce Nacho	2 oz	100	4.5	230	3
			USDA	Beef Ground and Seasoning	2.4 ounces	130	2.5	470	3
100003			USDA	Shredded Cheese	1 oz	110	6	190	0
LR100203				Mexican Chicken	2 oz	86	0	429	2
	070368-0928	6931398	Tyson	Popcorn Chicken (12 pieces)	94 grams	250	2.5	380	16
				Sandwiches etc.					
	55291	9994911	Big Daddy	Beef and Cheese Hot Pocket	1	254	6	468	25
	55292	4943530	Big Daddy	Buffalo Chicken Hot Pocket	1	230	4	500	25
	55293	2071612	Big Daddy	Turkey and Pepperoni Hot Pocket	1	238	4	468	25
	18000-12317	8799149	Pillsbury	Cheese Filled Breadstick	1	300	6	520	32
	18000-12316	9244412	Pillsbury	Queso Filled Breadstick	1	300	6	580	33
LR100396				Sloppy Joes	1	478	8	627	29
102508				Pizza Burger	1	367	5	484	33
		7517	Gold Kist	Spicy Chicken Breast Sandwich	1	210	1.5	560	17
	1854		Nickles	Kaiser Bun	1	150	0	260	25
	1793		Nickles	Hamburger Bun	1	150	2.5	260	27
				Hot Turkey Sandwich					
	100125		USDA	Turkey Roast	3 ounces	114	2	388	0
	1254		Nickles	Bread WG	2 slices	140	0	300	26
		8704462	Pioneer	Gravy	2 oz	200	0	1120	24
		4122750	Basic American	Mashed Potatoes	1/2 cup	70	0	340	15
LR100360				Stuffing	3 oz	171	1.3	439	26
LR100391				Hot Ham and Cheese Sandwich	1	219	5	639	24
LR100542				Grilled Chicken Parmesan Sandwich	1	382	2	820	45
	C460007		Hot off the Grill	BBQ Rib Sandwich	1	282	3	548	33
	10000013717	2535771	Pierre Foods	BBQ Rib Sandwich	1	210	4.5	660	12
	665400	8976207	Gold Kist	Chicken Patty add bun	1	180	1.5	380	13
	10703040928	8705577	Tyson	Chicken Patty add bun	1	240	2.5	440	16
	666600	3600605	Gold Kist	Spicy Chicken Patty add bun	1	190	1.5	230	13
	10703140928	2127395	Tyson	Spicy Chicken Patty add bun	1	270	3	400	17
	10000069050	8878290	Advance Pierre	Burger Patty (Grades 1-8)	1	120	3.5	100	0
	1-15-924-20	379412	Advance Food Heartland Beef	Burger Patty (2.4 oz)(Grades 1-8)	1	160	4.5	100	0
	10000055425	4885208	Advance Food Heartland Beef	Burger Patty (2.5 oz)(Grades 11-12)	1	110	2.5	270	2
	1-15-230	7423908	Advance Food Heartland Beef	Burger Patty (Grades 11-12)	1	190	5	260	0
				Beef and Bean Burger w/bun/no cheese	1	280	6	750	31
	1711		Nickles	Hamburger Bun	1	140	0	280	26
	100018		USDA	American Cheese	1 slice	55	2.5	135	1
LR 100381				Rachael Reuben	1	439	6	1834	34
LR100445				BBQ Chicken with Cheddar an Bacon Hoagie	1	416	5	1040	44
LR100189				Breaded Premium Chicken Sandwich	1	380	2	640	39
LR100218				Griller Premium Chicken Sandwich	1	250	1	470	26
LR100412				Griller with Bacon/Cheese Sandwich	1	380	8	807	27
LR100151				Meatball Hoagie	1	382	5	720	35
LR100283				Italian Hoagie	1	317	4	981	36
LR100239				Buffalo Chicken Hoagie	1	451	9	1664	27

LR100401				Dubbed Club	1	306	3	1151	36
LR100140				Fish Sandwich	1	410	5	889	48
LR100391				Ham and Cheddar on a bun	1	218	5	639	24
LR100380				Turkey, Bacon, and Cheese Croissant	1	444	10	1342	30
LR100550				Turkey, Bacon, and Cheese Hoagie	1	360	3.5	1115	35
				Breakfast for Lunch					
	6657	2577048	Bake Crafters	Waffle and Sausage Sandwich	1	170	1.5	280	15
		7613524	Eggo	Mini Pancakes	1 bag	200	1	320	36
	72124702	6975924	Pillsbury	Mini Waffles	1 bag	200	1	170	37
	3800080801	7670474	Eggo	Mini CC French Toast	1 bag	190	1.5	260	35
SI101961	4521	9558891	J&J Snack Foods	Dutch Waffle	1	300	3	350	43
LR100379				Blueberry Sauce	2 oz	45	0	0.551	11
LR100386				Strawberry Sauce	2 oz	39	0	0.748	10
		8862096	Michaels	French Toast Sticks (Grades 1-8)	4	337	3	436	41
		8862096	Michaels	French Toast Sticks (Grades 9-12)	6	506	5	654	62
	37722	7893753	Farm Rich	French Toast Sticks	4	260	1.5	300	38
	37722	7893753	Farm Rich	French Toast Sticks	6	390	2.25	450	57
		3006988	Smucker's	Syrup	1	100	0	20	29
		5596937	Monarch	Syrup Sugar Free	1	25	0	75	10
LR100002				Bagel,Sausage, 1 slice of cheese, egg patty	1	458	4.3	877	52
LR100269				Croissant,Sausage, 1 slice of cheese, egg patty	1	388	7	777	29
50431	100046		USDA	Scrambled Eggs	4.5 TBSP	105	3	105	0
	110931		USDA	Egg Patty	1	70	1.5	110	1
	110037382	1217356	Sunny Fresh	Egg Patty	1	50	1	125	0
	46025-54132-00	4244778	Papetti's	Scrambled Eggs	124 grams	140	3	150	3
	100018		USDA	Cheese Slice	1	55	2.5	135	1
SI100665	70247125000	1165745	SmithField Farmland Sales Co.	Bacon(1 slice)	1	30	1	127	0
	017443-0928	9716374	Tyson	Chicken Sausage Patty	1	100	1.5	250	1
	33787	4200721	Basic American	Cheesy Hash Brown Casserole	1/2 cup	120	2	280	20
		1235149	McCain	Hash Brown Rounds	2 pieces	100	0	105	16
	110844		USDA	Home Fries	1/2 cup	52	0	15	12
	110234		USDA	Hot Cinnamon Peaches	1/2 cup	60	0	5	14
C-02			USDA	Hot Cinnamon Apples	1/2 cup	200	0	113	32
				Hot Dog					
LR100103			Primero Edge	Hot dog and bun	1	240	3.5	500	22
	1075	8947822	Kunzler	Hot dog	1	140	3.5	300	1
	1794		Nickles	Hot dog bun	1	100	0	200	21
	2265561886	6788467	Butterball	Hot dog	1	150	4	740	2
	1794		Nickles	Hot dog bun	1	100	0	200	21
		3490125	Ovations	Low Sodium Fries	1/2 cup	130	0.5	160	22
	1619	6023360	Bush	Baked Beans w/Bacon and Brown Sugar	1/2 cup	140	0	550	29
LR100387				Hot Dog Toppings Bar		48	1.5	208	1.35
				Bacon	1 slice				
			ES Foods	Cheese Sauce	1 oz				
				Sauerkraut	1/2 oz				
				Chili	1 oz				
				Totally Tacos					
	7738712714	1559533	Conagra	Totally Tacos (3 Triangles)	3 Triangles	260	2.5	580	30
		6620343	Red Gold	Salsa	3 oz	10	0	70	0
	3520026225	4628053	Riceland	Rice	1/2 cup	80	0	0	16.5
	1885	3717709	Bushs Best	Black Beans	1/2 cup	109	0	140	20
		5677034	Paris	Steamed Corn (3.58)	1/2 cup	88	0	3	21
				Oriental Chicken	Portion	Calories	Sat Fat	Sodium	Carbs
	024450-0928	7827298	Tyson	Breaded Chicken	5 oz	283	3.33	300	3.33
LR100356				General Tso's Sauce	1/2 cup	131	0.006	335	33
	72003	1745496	Green Dragon	General Tso's Chicken	3.9 oz	200	1	510	26
	15552-4	7803588	Yang's 5th Taste	Mandarin Orange Chicken	5 oz	208	0.7	389	26
	78001	7013705	Green Dragon	Vegetable Fried Rice	1/2 cup	110	0	140	19
	69039	5042775	Minh	Vegetable Egg Roll	1	130	1	450	20
		110473	USDA	Steamed Broccoli	1/2 cup	26	0	22	5
	4430012628	2014959	La Choy	Fortune Cookie	1	110	0	10	25
				Soft Beef Taco / Enchilada	Portion	Calories	Sat Fat	Sodium	Carbs
LR100548			Los Cabos	Mighty Mexican Enchilada	1	354	7	527	28
LR100217				Soft Beef Taco	1	438	11	551	26
				Tortilla Shell WG					
				Seasoned Taco Meat					
				Shredded Cheddar Cheese					
		5677034	Paris	Steamed Corn	1/2 cup	88	0	3	21
	3520026225	4628053	Riceland	Rice	1/2 cup	80	0	0	16.5
	MFP#	US Food	Brand	Nachos or Walking Taco	Portion	Calories	Sat Fat	Sodium	Carbs
	66007	5987279	Doritos	Taco in a Bag (Walking Taco)	1 Bag	190	1	280	28
		4853958	Tostitos	Tortilla Chips (Nachos)	1 bag	110	0	125	19
	203000512	5864390	Shearers	Tortilla Chips (Nachos)	1 oz	130	0.5	110	20
			USDA	Beef Ground and Seasoning	2.4 ounces	130	2.5	470	3
		7731243	Land O' Lakes	Cheese Sauce	3 oz	190	6	570	14
		6620343	Red Gold	Salsa	3 oz	10	0	70	0
	IDP100	8480154	Daisy Brand	Sour Cream	1 oz	60	4	15	1

		5677034	Paris	Steamed Corn	1/2 cup	88	0	3	21
		3717709	Bushs Best	Black Beans	1/2 cup	60	0	70	12
	19852	1100247	Fritos	Fritos	1	120	1	125	12
				GRADES 1-6 LUNCH OPTIONS					
				All meals come with fruit/veggie/milk					
#2				Sun Butter and Jelly Sandwich					
LR100007	607	1870286	EZ Jammers	Sandwich, Sunbutter	1	450	4	650	49
				WG Item	1 oz				
	1975		Nickles	WG Roll	1	80	0	140	15
		4692964	Pepperidge Farm	WG Cinnamon Cracker	1	120	1	140	19
		4977252	Pepperidge Farm	WG Cheddar Cracker	1	100	0.5	170	14
	5.9703E+13	6939045	Land O'Lakes	String Cheese	1	60	2	200	1
#3				Chef Salad					
LR100039				Tossed salad mix (iceberg lettuce, red cabbage, carrot)	2 cups	299	3	563	33
				Cucumber (1 oz)	1/4 cup				
				Carrots	1/4 oz				
				Tomato	1				
	257412	4070609	Jennie-O	Turkey Rounds	5	60	0	240	0
100003			USDA	Shredded Cheese	1 oz	110	6	190	0
				WG Item	1 oz				
1975			Nickles	WG Roll	1				
		4692964	Pepperidge Farm	WG Cinnamon Cracker	1	120	1	140	19
		4977252	Pepperidge Farm	WG Cheddar Cracker	1	100	0.5	170	14
#4				Chicken Patty Sandwich					
	665400	8976207	Gold Kist	Chicken Patty add bun	1	180	1.5	380	13
	10703140928	2127395	Tyson	Chicken Patty add bun	1	270	3	400	17
	10703040928	8705577	Tyson	Chicken Patty add bun	1	240	2.5	440	16
	666600	3600605	Gold Kist	Spicy Chicken Patty add bun	1	190	1.5	230	13
	10703140928	2127395	Tyson	Spicy Chicken Patty add bun	1	270	3	400	17
		1793	Nickles	Hamburger Bun	1	150	2.5	260	27
#5				Deli Selection					
LR100010			USDA	Meat, Ham and or Turkey and Cheese	1 Sandwich	249	1.9	875	32
				Mayonaise packet	1	90	1.5	65	0
#6	MFP#	US Food	Brand	Yogurt Basket (Yogurt, WG item)	Portion	Calories	Sat Fat	Sodium	Carbs
	9815	324319	Upstate Farms	Yogurt-Strawberry	1	90	0	50	19
	9817	324368	Upstate Farms	Yogurt-Raspberry	1	90	0	55	19
	9819	324426	Upstate Farms	Yogurt-Cherry Vanilla	1	90	0	50	19
	9818	324400	Upstate Farms	Yogurt-Peach	1	90	0	55	19
				Possible Grain Items					
	10145	7853468	Delicious Essetials	Muffin -Chocolate	1	200	2	130	32
	10143	7853344	Delicious Essetials	Muffin -Blueberry	1	190	2	130	30
				WG Item	1 oz				
1975			Nickles	WG Roll	1				
		4692964	Pepperidge Farm	WG Cinnamon Cracker	1	120	1	140	19
		4977252	Pepperidge Farm	WG Cheddar Cracker	1	100	0.5	170	14
	5.9703E+13	6939045	Land O'Lakes	String Cheese	1	60	2	200	1
Milk				Milk					
			Marburger	White Skim	1	80	0	120	12
			Marburger	Chocolate Skim	1	140	0	180	27
	6348	8512683	HP Hood LLC	Lactose Free	1	90	0	125	13
Juice				JUICE					
		602656	Sun Cup	Apple	1	50	0	10	13
		7412836	Sun Cup	Orange	1	60	0	0	13
		9606716	V Blend	Vegetable	1	40	0	10	10
				GRADES 7-12 LUNCH OPTIONS					
	MFP#	US Food	Brand	Mexican Line	Portion	Calories	Sat Fat	Sodium	Carbs
	203000512	5864390	Shearers	Tortilla Chips	2 oz	260	1	220	40
	66007	5987279	Doritos	Taco in a Bag (Walking Taco)	1 Bag	190	1	280	28
			USDA	Beef Ground and Seasoning	2.4 ounces	130	2.5	470	3
LR100203				Mexican Chicken	2 oz	86	0	429	2
		1587823	ES Foods	Cheese Sauce Nacho	2 oz	100	4.5	230	3
		53207	Red Gold	Salsa / 2 Tbsp	1	10	0	140	2
		6605018	Glenview Farms	Sour Cream	1 oz	60	3	50	2
		6602304	Del Pasado	Guacomole	2 T	50	0.5	115	3
		5677034	Paris	Steamed Corn	1/2 cup	88	0	3	21
		3717709	Bushs Best	Black Beans	1/2 cup	60	0	70	12
		110473	USDA	Steamed Broccoli	1/2 cup	26	0	22	5
LR100144				Spanish Rice	1/2 cup	61	0	137	12.5
LR 100032				Cole Slaw	1/2 cup	59.5	0.45	97	7.5
PER G-150				Pico de Gallo	3 oz	26	0	53	6
LR100355				Broccoli Salad	1/2 cup	193	3	464	14
	MFP#	US Food	Brand	Grab and Go	Portion	Calories	Sat Fat	Sodium	Carbs
LR100062				Spicy Chicken Wrap	1	499	5	1199	59
LR100061				Breaded Chicken Wrap	1	451	5	1078	53
LR100438				Raiders's Hoagie	1	279	5	931	29
	MFP#	US Food	Brand	The Greenery (PRE Boxed)	Portion	Calories	Sat Fat	Sodium	Carbs

LR100415				Grilled Chicken Salad	1	326	3	592	32
LR100153				Crispy Chicken Salad	1	410	4	591	42
LR100094				Asian Chicken Salad -not serving	1	673	5	2094	77
LR100099				Chef Salad - not serving	1	247	3	692	28
	MFP#	US Food	Brand	Pizza Line	Portion	Calories	Sat Fat	Sodium	Carbs
	7738712616	5416532	The Max	Pizza (5 oz)-Stuffed Crust	1	320	6	700	36
	72WWSCM2	2810323	Nardone	Pizza Stuffed Crust	1	340	10	441	29
	7738712514	8272270	MAX	Pizza-Pan	1	340	5	640	38
		9674904	Nardone	Rectangle Wedge Pizza	1	310	6	360	30
	78356	1587310	Tony's	French Bread Pizza	1	290	4	440	33
	60WUM2	8795205	Nardone	French Bread Pizza	1	333	11	363	28
	78637	7993553	Big Daddy	Cheese Pizza WG	1	360	7	490	35
	KAS00012	6147782	Kasa	White Pizza Non WG	1	390	9	760	43
	78639	4078004	Big Daddy	Buffalo Pizza	1	390	7	750	35
	31763	8020802	Hormel	Pepperoni (3 slices)	3 SL	7	0.2	14.5	0.06
	34543	8196743	Hormel	Sausage	1 T	44	1.28	164	0.64
	MFP#	US Food	Brand	Raider's Grill - Sandwich Line	Portion	Calories	Sat Fat	Sodium	Carbs
	665400	8976207	Gold Kist	Chicken Patty add bun	1	180	1.5	380	13
	10703140928	2127395	Tyson	Chicken Patty add bun	1	270	3	400	17
	10703040928	8705577	Tyson	Chicken Patty add bun	1	240	2.5	440	16
	666600	3600605	Gold Kist	Spicy Chicken Patty add bun	1	190	1.5	230	13
	10703140928	2127395	Tyson	Spicy Chicken Patty add bun	1	270	3	400	17
		1793	Nickles	Hamburger Bun	1	150	2.5	260	27
	10000069050	8878290	Advance Pierre	Burger Patty (Grades 1-8) add bun	1	120	3.5	100	0
	1-15-924-20	379412	Advance Food Heartland Beef	Burger Patty (2.4 oz)(Grades 1-8) add bun	1	160	4.5	100	0
	10000055425	4885208	Advance Food Heartland Beef	Burger Patty(2.5 oz)(Grades 11-12)addbun	1	110	2.5	270	2
	1-15-230	7423908	Advance Food Heartland Beef	Burger Patty (Grades 11-12)add bun	1	190	5	260	0
				Beef and Bean Burger w/bun/no cheese	1	280	6	750	31
	1711		Nickles	Hamburger Bun	1	140	0	280	26
	100018		USDA	American Cheese	1 slice	55	2.5	135	1
	55291	9994911	Big Daddy	Beef and Cheese Hot Pocket	1	254	6	468	25
	55292	4943530	Big Daddy	Buffalo Chicken Hot Pocket	1	230	4	500	25
	55293	2071612	Big Daddy	Turkey and Pepperoni Hot Pocket	1	238	4	468	25
	18000-12317	8799149	Pillsbury	Cheese Filled Breadstick	1	300	6	520	32
	18000-12316	9244412	Pillsbury	Queso Filled Breadstick	1	300	6	580	33
LR100396				Sloppy Joes	1	478	8	627	29
102508				Pizza Burger	1	367	5	484	33
		7517	Gold Kist	Spicy Chicken Breast Sandwich	1	210	1.5	560	17
	1854		Nickles	Kaiser Bun	1	150	0	260	25
	1793		Nickles	Hamburger Bun	1	150	2.5	260	27
				Hot Turkey Sandwich					
	100125		USDA	Turkey Roast	3 ounces	114	2	388	0
	1254		Nickles	Bread WG	2 slices	140	0	300	26
		8704462	Pioneer	Gravy	2 oz	200	0	1120	24
		4122750	Basic American	Mashed Potatoes	1/2 cup	70	0	340	15
LR100360				Stuffing	3 oz	171	1.3	439	26
LR100391				Hot Ham and Cheese Sandwich	1	219	5	639	24
LR100542				Grilled Chicken Parmesan Sandwich	1	382	2	820	45
	C460007		Hot off the Grill	BBQ Ribby	1	282	3	548	33
LR 100381				Rachael Reuben	1	439	6	1834	34
LR100445				BBQ Chicken with Cheddar an Bacon Hoagie	1	416	5	1040	44
LR100189				Breaded Premium Chicken Sandwich	1	380	2	640	39
LR100218				Griller Premium Chicken Sandwich	1	250	1	470	26
LR100412				Griller with Bacon/Cheese Sandwich	1	380	8	807	27
LR100151				Meatball Hoagie	1	382	5	720	35
LR100283				Italian Hoagie	1	317	4	981	36
LR100239				Buffalo Chicken Hoagie	1	451	9	1664	27
LR100401				Dubbed Club	1	306	3	1151	36
LR100140				Fish Sandwich	1	410	5	889	48
LR100391				Ham and Cheddar on a bun	1	218	5	639	24
LR100380				Turkey, Bacon, and Cheese Croissant	1	444	10	1342	30
		3490125	Ovations	Low Sodium Fries * Comes with sandwich	1/2 cup	130	0.5	160	22
				Possible Chef's Choice of Sides					
		4122750	Basic American	Mashed Potatoes	1/2 cup	70	0	340	15
		8704462	Pioneer	Gravy	2 oz	200	0	1120	24
LR100360				Stuffing	3 oz	171	1.3	439	26
	78001	5818679	Asian Food Solutions	Vegetable Fried Rice	1/2 cup	110	0	280	23
	4116400370	6042584	Mrs. T's	Large Potato and Cheddar Pierogi	3 large	170	1	510	33
	654296	4289082	Glenview Farms	Margarine	1 T	100	4	110	0
	33787	4200721	Basic American	Cheesy Hash Brown Casserole	1/2 cup	120	2	280	20
SI107308		2000065	Basic American Foods	Au Gratin Potatoes(5.56 oz)	1/2 cup	120	0	38	25
	735692	4233396	Monarch	Scalloped Potatoes	1/2 cup	110	0	200	22
	4.3274E+13	7791858	Land O'Lakes	Macaroni and Cheese(Side)	1/2 cup	205	3.75	500	22
	MCF03762	3490125	McCain	Low Sodium Fries	1/2 cup	130	0.5	160	22
	1619	6023360	Bush	Baked Beans w/Bacon and Brown Sugar	1/2 cup	140	0	550	29
		5677034	Paris	Steamed Corn	1/2 cup	88	0	3	21
	100351		USDA	Green Beans	1/2 cup	19	0	1	4

		9328451		Steamed Carrots and Peas	1/2 cup	50	0	85	10
		110473	USDA	Steamed Broccoli	1/2 cup	26	0	22	5
		8448722	Paris	Mixed Hot Veggies (85 g) (3 Oz) Green Beans	1/2 cup	70	0	85	12
				Possible Fruits					
	1401	7318256	Ocean Spray	Cranberry Sauce	1/4 cup	110	0	10	28
	110237		USDA	Diced Pears (124 g)	1/2 cup	60	0	5	16
C-02			USDA	Hot Cinnamon Apples	1/2 cup	200	0	113	31.75
	110234		USDA	Hot Cinnamon Peaches	1/2 cup	60	0	5	14
	110234		USDA	Chilled Peaches	1/2 cup	60	0	5	14
	100241		USDA	Frozen Peach cup	1 cup	80	0	0	19
	100256		USDA	Frozen Strawberry Cup	1 cup	90	0	0	22
PER C-02			USDA recipe	Apple Crisp	1 piece	203	1	161	39
LR100410				Peach Cobbler	1 piece	122	3	194	16
LR100403				Blueberry Crisp	1 piece	211	2	113	33
	160066	1328376	Harvest Value	Apple Slices in a Bag	1 bag	50	0	20	12
		2910131	Harvest Value	Mandarin Oranges (5 oz)	1/2 cup	70	0	10	17
				Fresh Strawberries (147 gram)	1/2 cup	50	0	0	11
SR105110	100256		USDA	Frozen Strawberries	1/2 cup	90	0	0	22
		9437054	Cross Valley Farms	Mixed Fruit	1/2 cup	80	0	15	20
	100212		USDA	Mixed Fruit	1/2 cup	60	0	5	15
	319-1884	1581438	Whitehouse	Applesauce	1/2 cup	42	0.004	2	12
51450				Apples	1	52	0.03	1	14
SR105089	4006441			Bananas	1	110	0	0	30
50374				Pears	1	58	0.01	1	15
SR105217		2114163		Oranges(93 gram)	1/2 Cup	43	0	0	11
		2931418	Rykoff	Pineapple Tidbits	1/2 cup	80	0	0	22
				Possible Cold Vegetables					
		3490125	Ovations	Coleslaw	1/2 cup	130	0.5	160	22
	1701	3716180	Bush	Chickpea Salad (aprox 2.14 oz)	1/2 cup	120	0	140	20
SI101498				Roma Tomatoes or Other	1/2 cup	18	0.02	5	4
11205		4788055	Cross Valley Farms	Cucumber Slices	1/2 cup	5	0	0	1
LR100130				Side Salad	1 cup	13	0.004	14	2.497
SI106795				Broccoli, Raw	1/2 cup	34	0.04	33	7
	100350			Peas	1/2 cup	62	0.04	56	11
		4204491	Cross Valley	Fresh Carrots (2.48)	1/2 cup	29	0	54	7
	1885	3717709	Bushs Best	Black Beans	1/2 cup	109	0	140	20
LR100113				Aztec Bean Salad	1/2 cup	212.5	2	639	25
SO106796		7331614	Cross Valley Farms	Celery Sticks (51g)	1/2 cup	8	0	40	1.5
				Possible Desserts					
	7166	551069	Chef Pierre	Pumpkin Pie	1 slice	360	6	460	56
	9073	3705100	On Top	Whipped Topping dollop	8 grams	25	2	0	2
	280004	8327314	Monarch	Pudding- Chocolate	1/2 cup	120	0.5	200	24
	280028	4327318	Monarch	Pudding- Vanilla	1/2 cup	130	0	200	25
	55688	6912133	Otis Spunkmayer	Carnival Cookie	1	170	1.5	130	27
PER C-02			USDA recipe	Apple Crisp	1 piece	203	1	161	39
LR100410				Peach Cobbler	1 piece	122	3	194	16
LR100403				Blueberry Crisp	1 piece	211	2	113	33
		9592197	Luigi's Real Italian Ice	Sorbet Cherry Raspberry	1	70	0	5	18
		2786861	Luigi's Real Italian Ice	Sorbet Orange	1	60	0	5	17
		8698037	Luigi's Real Italian Ice	Sorbet Strawberry Kiwi	1	60	0	5	17
		2182951	Kelloggs	Rice Krispie Treat (small)	1	50	0	45	9
	194120	1371590	Monarch	Jello (Red)	1/2 cup	5	0	17.5	0.5
	MFP#	US Food		Snacks					
			Entenmann's	Little Bites - Chocolate Chip (5)	1 bag	190	2.5	150	27
			Entenmann's	Little Bites - Blueberry (5)	1 bag	180	1.5	190	26
			Entenmann's	Little Bites - Party Cake (5)	1 bag	190	1.5	160	27
			Entenmann's	Little Bites - Pumpkin (5)	1 bag	180	1.5	160	26
			Entenmann's	Little Bites - Brownie (4)	1 bag	240	3.5	140	31
			Utz	Utz Halloween Pretzels (14.2g)	1 bag	70	0	240	11
			Welch's	Fruit Snacks - Mixed Fruit (.8 oz)	1 bag	70	0	20	17
			Pirate's Booty	Pir. Booty White Chedd. Snack (.5 oz)	1 bag	70	0	95	9
			Takis	Fuego Tortilla Chips (1 oz)	1 bag	140	2	410	17
			Frito Lay	Flamin Hot Cheetos	1 bag	170	1.5	250	15
			Frito Lay	Jalapeno Cheddar Cheetos	1 bag	160	1.5	290	15
			Frito Lay	Doritos Spicy Nacho Tortilla Chips	1 bag	150	1	190	18
			Frito Lay	Funyuns Onion Flavored Rings	1 bag	110	0.5	210	14
			Frito Lay	Cheeto Puffs	1 bag	140	1.5	230	14
			Frito Lay	Lays Wavy Original Chips	1 bag	160	1.5	140	15
			Frito Lay	Fritos Chili Cheese Corn Chips	1 bag	160	1.5	270	16
			Frito Lay	Lays Classic Chips(1.5)	1 bag	160	1.5	170	15
			Frito Lay	Lays Sour Cream & Onion Chips	1 bag	160	1.5	160	15
			Frito Lay	Lays BBQ Chips(1.5)	1 bag	150	1.5	150	16
			Frito Lay	Cheddar Cheetos(2 oz)	1 bag	160	1.5	250	15
			Frito Lay	Doritos Nacho Ch Tortilla Chips(1.75)	1 bag	140	1	210	16
			Frito Lay	Doritos Cool Ranch Tortilla Chips(1.75)	1 bag	150	1	180	18
			Frito Lay	Fritos Original Corn Chips (1 oz)	1 bag	160	1.5	170	16
			Pringles	Pringles Original (Snack)	1 tub	100	2	105	11
			Kelloggs	Rice Krispie Treat (.78 oz)	1 bar	90	0.5	105	17

			Cheez it	Cheez it Cheddar Crackers	1 bag	140	1.5	210	16
			Black Forest	Gummy Bears	1 bag	100	0	25	22
	11152	6315303	Frito Lay	Sunchips Harvest Cheddar (1 oz)	1 bag	140	0.5	170	19
			Frito Lay	Fritos Original Corn Chips (.75 oz)	1 bag	120	1	125	12
	5261	7355881	Tree Top Inc	Dried Apples	1 bag	40	0	0	10
	5260	7449870	Tree Top Inc	Dried Apples Strawberry Flavored	1 bag	40	0	0	10
	32078	1513209	Frito Lay	Lays Oven Baked BBQ (.875 oz)	1 bag	110	0	140	18
	33625	4551388		Lays Oven Baked Regular (.875 oz)	1 bag	110	0	140	19
	2840044402	5585419	Frito Lay	Ruffles Ov Baked Ch Sour Cream(1.125 oz)	1 bag	140	0.5	280	24
	44379	5585997	Frito Lay	Doritos Spicy Sweet Chili (1.75 oz)	1 bag	250	2	480	31
	14492	9732835	Welch's	Fruit Snacks - Cherry Berry (1.55 oz)	1 bag	130	0	15	32
	14498	9732827	Welch's	Fruit Snacks - Mixed Fruit (1.55 oz)	1 bag	130	0	15	32
	16000-11566	3136009	Fruit Roll-ups	Fruit Roll Up	1	50	0.5	55	11
	44439	5605332	Frito Lay	Smartfood White Cheddar Popcorn(1 oz)	1	160	2	240	13