

Menu Station Key:

1 - Specials, 2 = Favorites, 3 = Café Sandwich, 4 = Peanut Butter & Jelly Sandwich Combo Meal, 5 = Salads (Deli), 6 = All

Stations

Menu is subject to change.

Item Details and Daily Features listed first;"Specials & Favorites" listing by day and cycle follows.

Menu Station	Misc. Item Details: Milk	Portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
6	Milk, 1%, half pint	each	102.5	8.0	11.7	2.6	0.0	124
6	Milk, Chocolate, 1%, half pint	each	170.0	9.0	29.0	2.5	1.3	153
6	Milk, Chocolate: Fat Free	each	130.0	8.0	24.0	0.0	0.0	220.0
6	Milk, Skim, half pint	each	85.8	8.4	11.9	0.4	0.0	127
6	Milk, Strawberry, 1%, half Pint	each	170.0	9.0	28.0	2.5	0.0	130
Station	CAFÉ SANDWICH BREAKDOWN	Portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
3	Cafe Sandwich w/ Lettuce, Tomato, &	avg.	354.8	18.6	42.4	12.3	1.5	1,002.1
3	Roast Beef	OZ	46.0	6.0	0.5	2.5	0.0	238.0
3	Smoked Ham	OZ	29.9	5.0	0.5	0.8	0.0	328.4
3	Turkey Breast	OZ	24.9	4.5	1.0	0.5	0.0	169.2
3	Cheese, Cheddar	OZ	110.0	7.1	0.4	9.4	0.0	170.0
3	Cheese, Swiss	OZ	90.0	7.0	0.0	7.0	0.0	200.0
3	Cheese, Pepper Jack	OZ	93.3	5.3	0.0	8.0	0.0	160.0
3	Cheese, Provolone	OZ	99.7	7.2	0.6	7.6	0.0	248.2
3	Lettuce Leaf	1 leaf	1.2	0.2	0.2	0.0	0.0	2.2
3	Tomato Slice	Slices	6.4	0.4	1.2	0.0	0.4	2.8
3	Mayonnaise Packet, Fat	1 pkt	5.0	0.0	1.0	0.0	0.0	130.0
3	Mustard Packet	1 pkt	9.9	0.6	1.2	0.5	0.5	168.0
3	Bread, Oat Nut	Slices	200.0	6.0	36.0	3.0	2.0	380.0
3	Steak / Sub Roll	Roll	208.0	7.3	38.5	3.1	2.1	426.4
Station	CAFÉ SANDWICH BREAKDOWN	Portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
3	Chips, Baked: Average Café Sandwich	avg.	136.1	3.1	24.6	2.3	1.3	237.5
3	Chips, Baked lays BBQ Potato	.88 oz pkg	110.0	2.0	19.0	2.5	2.0	190.0
3	Chips, Baked Nacho Cheese	.88 oz pkg	120.0	2.0	21.0	3.5	2.0	220.0
3	Chips, Cheetos Fantastix, Chili	1 oz pkg	130.0	2.0	20.0	5.0	1.0	190.0
3	Chips, Tortilla Baked Tostitos	.875 oz pkg	110.0	2.0	19.0	2.5	2.0	115.0
3	Crackers, Cinnamon Toast	Package	90.0	2.0	15.0	3.0	1.0	180.0
3	Crackers, cheez-its reduced fat	pkg	180.0	5.0	28.0	5.0	1.0	520.0
3	Pretzels, Honey Mustard Onion	1.5 oz pkg	195.0	4.5	34.5	4.5	1.5	142.5
3	Pretzels, Mini (Twists) Snyders	1.5 oz pkg	160.0	4.0	35.0	0.0	1.0	350.0
3	Pretzels, Sourdough Nibblers,	1.5 oz pkg	160.0	4.0	35.0	0.0	1.0	280.0
Peanut Butter & Jelly Sandwich Combo Meal								
4	Sandwich, Peanut Butter & Jelly on Oat-Nut Bread	Each	501.0	14.2	69.7	19.4	4.3	542.2
4	Sandwich, Cafe, Lettuce, Tomato, & Mayo / Ave.	Serving	354.8	18.6	42.4	12.3	1.5	1,002.7
4	Crackers, Cinnamon Toast Bites	Package	90.0	2.0	15.0	3.0	1.0	180.0
Menu Station	Deli Salads:	Portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
5	Salad, Chicken & Cheese Entrée	Each	169.2	17.3	6.2	8.0	1.1	615.1
5	Salad, Veggie (Cheese & Sunflower	Each	267.8	13.0	8.8	21.2	2.7	1,632.9
5	Salad, Fruit & Cottage Cheese	Each	176.3	14.0	19.5	5.1	1.3	430.5
5	Salad, Fruit & Yogurt	Each	160.3	3.8	36.5	0.4	1.3	80.5
5	Salad Dressings, Lite, Assorted, 1.5	Ave. Svg	39.9	0.3	9.3	0.0	0.1	381.7
5	Salad Dressing, Italian Fat Free	1.5 oz pkg	25.0	0.5	5.0	0.5	0.3	540.0
5	Salad Dressing, Ranch Fat Free	1.5 oz	30.0	0.0	8.0	0.0	0.0	350.0
5	Salad Dressing, Raspberry	1.5 oz pkg	39.0	0.0	9.0	0.0	0.2	380.0
5	Salad Dressing, French Fat	1.5 oz pkg	50.0	0.0	12.0	0.0	0.0	440.0
5	Salad Dressing, Honey mustard	1.5 oz pkg	60.0	0.0	14.0	0.0	0.0	170.0
5	Cookie, Oatmeal-Raisin	Each	110.0	2.0	18.0	3.5	0.6	100.0

Station	Assorted Yogurt Flavors for Entrée Fruit Salads	Portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
brk	Yogurt, 4 oz, Assorted Flavors	avg.	92.5	3.0	19.8	0.0	0.0	75.0
brk	Yogurt, Cherry Vanilla, 4 oz	each	100.0	3.0	22.0	0.0	0.0	75.0
brk	Yogurt, Peach, 4 oz	each	90.0	3.0	19.0	0.0	0.0	75.0
brk	Yogurt, Raspberry 4 oz	each	90.0	3.0	19.0	0.0	0.0	75.0
brk	Yogurt, Strawberry Banana, 4 oz	each	90.0	3.0	19.0	0.0	0.0	75.0
brk	Yogurt, Strawberry, 4 oz.	each	100.0	3.0	22.0	0.0	0.0	75.0
brk	Yogurt, Vanilla 4 oz	each	100.0	3.0	22.0	0.0	0.0	75.0
Menu Station	Misc. Item Details - Canned Fruits	Portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
	Apple Slices, canned	half cup	68.3	0.2	17.0	0.5	1.7	3.1
6	Applesauce	1/2 cup	96.9	0.2	25.4	0.2	1.5	3.8
6	Fruit Cocktail	1/2 cup	63.9	0.5	16.4	0.1	1.8	5.6
6	Mandarin Oranges	half cup	77.0	0.6	20.4	0.1	0.9	8.0
6	Peaches	1/2 cup	76.6	0.7	19.6	0.2	0.9	8.8
6	Pears	1/2 cup	61.1	0.3	16.0	0.1	1.6	4.9
6	Pineapple	1/2 cup	68.7	0.6	17.8	0.1	1.5	1.1
6	Tropical Fruit Mix	half cup	89.2	0.0	22.3	0.0	1.0	11.2
Menu Station	Misc. Item Details - Fresh Fruit & Fruit cups	Portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
6	Apples, Fresh Sliced	1/2 cup	26.5	0.2	7.0	0.1	0.7	0.0
6	Apples, Fresh Sliced, Individual Bags	2 oz bag	28.0	0.4	7.3	0.0	1.2	26.0
6	Apricot Cup, 4.5 oz each	4.5 oz	124.4	0.9	32.0	0.1	2.9	5.3
6	Bananas, Medium	1 each	108.6	1.2	27.6	0.6	2.8	1.2
6	Cantaloupe Wedge	1 wedge	23.8	0.6	5.7	0.2	0.5	6.1
6	Cantaloupe, Cubed half cup	half cup	19.9	0.5	4.7	0.2	0.5	5.1
6	Grapes	1 bunch	50.3	0.5	12.6	0.4	0.7	1.4
6	Honeydew Wedge	1 wedge	28.0	0.4	7.3	0.1	0.5	8.0
6	Honeydew, Cubed, Half Cup	half cup	19.1	0.3	5.2	0.1	0.3	5.7
6	Kiwi Fruit	1 each	46.4	0.8	11.3	0.3	2.6	3.8
6	Oranges, Mandarin, 4 oz individual	4 oz cup	76.7	0.6	20.3	0.1	0.9	7.5
6	Oranges, Medium	1 each	61.6	1.2	15.4	0.2	3.1	0.0
6	Peach Cups, 4.4 oz	4.4 oz cup	120.0	0.8	30.7	0.2	2.3	120.3
6	Pineapple, Cubed, Half Cup = 2 oz =	half cup	27.2	0.3	7.2	0.1	0.8	0.6
6	Raisins, individual box	1.33 oz box	130.0	1.0	29.0	0.0	2.0	10.0
6	Strawberries, Fresh, medium	3 medium	21.2	0.4	4.4	0.3	1.6	0.8
6	Strawberry Cup, 4.5 oz	4.5 oz	121.6	0.7	32.9	0.2	2.4	4.0
6	Watermelon Wedge	1 wedge	45.4	0.9	10.2	0.6	0.7	2.8
6	Watermelon, Cubed, half cup = 2 oz =	half cup	18.1	0.4	4.1	0.2	0.3	1.1

Breads, Rolls, Bagel, Tortilla Wraps, etc: Occasionally a site may need to, with permission, substitute one bread or roll for another in sandwiches, etc. Here are conversions (carbohydrate, etc.) for current bread options.

Menu Station	Breads, Rolls, Bagel, Tortilla Wraps, etc	Portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm.	Sodium mg
brk	Bagel, 2.47 oz	each	210.0	6.0	37.0	3.5	2.0	330.0
(any)	Bread, Flatbread specialty	1.8 oz each	140.0	5.0	25.0	2.5	2.0	260.0
(any)	Bread, Oat-Grain & Nut, OroWeat	1 Slice	100.0	3.0	18.0	1.5	1.0	190.0
(any)	Bread, Oat-Grain & Nut, OroWeat	2 Slices	200.0	6.0	36.0	3.0	2.0	380.0
(any)	Bread, "Texas" Toast	1 slice	100.0	3.0	19.0	1.5	1.0	180.0
(any)	Bread, Wheat Sandwich	1 slice	70.0	2.0	13.0	1.0	1.1	100.0
(any)	Bread, Wheat Sandwich	2 Slices	140.0	4.0	26.0	2.0	2.2	200.0
(any)	Bread, White Sandwich	1 slice	70.0	2.0	13.0	1.0	0.6	110.0
(any)	Bread, White Sandwich	2 Slices	140.0	4.0	26.0	2.0	1.2	220.0
(any)	Bun, Hamburger with MultiGrain	1.83 oz	140.0	4.0	25.0	2.0	3.0	240.0
(any)	Bun, Hot Dog	1.52 oz	110.0	4.0	20.0	1.5	1.0	220.0
(any)	Bun, Steak /Submarine Roll	76 grams	210.0	6.0	39.0	3.0	1.0	380
(any)	Crackers, Grahams, package	1 pkg	60.0	1.0	10.0	1.5	0.0	65.0
(any)	Crackers, Saltines, package	1 pkg	25.8	0.6	4.2	0.7	0.2	63.5

Menu Station	Breads, Rolls, Bagel, Tortilla Wraps, etc	Portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm.	Sodium mg
(any)	Muffin, English	each	150.0	5.0	27.0	2.0	2.0	230.0
(any)	Roll, Dinner/Parkerhouse	each	110.0	4.0	20.0	1.5	1.0	220.0
(any)	Roll, Potato "Petite" Premium (Dinner) roll	each	130.0	4.0	25.0	1.5	1.0	220.0
(any)	Roll, Potato Large, Hamburger Bun size, OroWeat	each	200.0	7.0	39.0	2.0	2.0	330.0
(any)	Tortilla, Flour, Medium 8"	1.8 oz each	166.0	4.4	28.4	3.6	1.7	244.0
(any)	Tortilla, Flour, Large, 12"	3.67 oz	356.0	9.5	58.5	8.8	3.5	725.0

Ice Cream & Frozen Treats - occasionally offered during each lunch menu cycle (usually Tuesdays Week 2 and Fridays Week 5)

menu station	Ice Cream & Frozen Treats	Serving Size	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
	Ice Cream Sandwich, Cookies 'n'	each	140.0	3.0	25.0	2.5	0.0	125.0
	Ice Cream Sandwich, Vanilla, Light	each	120.0	3.0	22.0	2.5	0.0	120.0
	Ice Cream, Cookies 'n' Cream, Lite	each	90.0	2.0	17.0	2.0	0.0	60.0
	Ice Cream, Vanilla, Light	each	80.0	2.0	15.0	1.0	0.0	55.0
	Yogurt, Frozen, Chocolate	each	90.0	3.0	18.0	1.0	0.0	65.0
	Yogurt, Frozen, Strawberry	each	90.0	3.0	18.0	1.5	0.0	65.0
	AVERAGE: Ice Cream & Frozen	each	101.7	2.7	19.2	1.8	0.0	81.7
	Smoothie Treat, 100% Fruit Juice, Apricot-Mango	2.5 oz ea	70.0	3.0	16.0	0.0	0.0	20.0
	Smoothie Treat, 100% Fruit Juice,	2.5 oz ea	90.0	3.0	22.0	0.0	0.0	0.0
	Smoothie Treat, 100% Fruit Juice:	2.5 oz ea	90.0	3.0	13.0	0.0	0.0	10.0

Cycle 3; October 26 to November 25 - Specials & Favorites

menu station	Mondays Cycle 3	portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
1	Bowl, Rainbow Pasta & Meatballs	Bowl	524.0	27.0	78.4	9.4	4.4	1,212.7
1	Breadstick, Seasoned	1 Each	134.58	4.01	23.04	1.50	0.00	141.00
2	Bean Burrito & Spanish Rice 1/2 c Weeks 1, 3, 5	Entrée	452.5	18.2	74.6	9.2	9.2	1,122.3
2	Bean & Cheese Burrito	each	332.5	15.2	48.2	8.9	8.0	783.7
2	Spanish Rice	1/2 cup	120.0	3.0	26.4	0.3	1.2	338.6
2	Cheese Crisp & Spanish Rice (1/4 c): Weeks 2 & 4	Entrée	585.3	21.6	72.3	23.6	4.1	1,146.9
2	Cheddar Cheese Crisp	serving	525.4	20.1	59.1	23.4	3.5	981.0
2	Spanish Rice	1/4 cup	60.0	1.5	13.2	0.2	0.6	169.0
1	Sauce, Salsa, Packet	pc	5.0	0.0	1.0	0.0	0.0	120.0
6	Fruit, Fresh, Seasonal, Ass't	Serving	54.4	0.8	13.5	0.3	1.8	2.3

Cycle 3; October 26 to November 25 - Specials & Favorites

menu station	Tuesdays Cycle 3	portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
1	Nachos Grande Shredded Beef	Serving	423.9	23.4	31.7	22.0	2.2	1,901.6
1	Nachos Grande : With Pulled	Serving	429.2	20.3	32.1	24.1	2.3	1,845.0
2	All Beef Hot dog on a bun	Each	395.8	14.9	21.6	27.4	1.0	1,150.8
2	Ketchup Packet	pkt	10.0	0.0	3.0	0.0	0.0	105.0
2	Mustard Packet	pc	3.8	0.2	0.3	0.2	0.1	2.6
2	Potatoes, Crinkle Fries, Baked	Cup	230.7	4.1	41.0	6.5	4.1	71.8
6	Fruit, Fresh, Seasonal, Ass't	Serving	54.4	0.8	13.5	0.3	1.8	2.3
station	Wednesdays Cycle 3	portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
1	Hamburger, Cheddar	Each	435.0	26.6	27.2	23.7	4.0	542.0
1	Ketchup Packet	pkt	10.0	0.0	3.0	0.0	0.0	105.0
1	Mustard Packet	pc	3.8	0.2	0.3	0.2	0.1	2.6
1	Potatoes, Crinkle Fries, Baked	Cup	230.7	4.1	41.0	6.5	4.1	71.8
2	Pizza, 5" Cheese	Each	370.0	12.0	46.0	16.0	2.0	820.0
2	Pizza, 5" Pepperoni	Each	380.0	14.0	44.0	17.0	2.0	840.0
2	Sliced Fresh Apples, indiv. pkg	package	27.3	0.2	7.2	0.1	0.7	0.0
2	Snack, Ass'ted, for Pizza Menu	avg.	115.1	2.1	22.2	2.2	0.5	118.5
6	Fruit, Fresh, Seasonal, Ass't	Serving	54.4	0.8	13.5	0.3	1.8	2.3

Cycle 3; October 26 to November 25 - Specials & Favorites

station	Thursdays Cycle 3	portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
1	Bowl, Noodle Oriental, Asian Chicken:	Bowl	457.1	26.0	71.1	8.4	3.9	2,250.3
1	Chicken, Asian	3 pieces	205.0	15.0	25.0	5.0	0.0	792.0
1	Noodles, Oriental Style	1 cup	251.9	11.0	46.0	3.4	3.9	1,456.3
1	Fruit Tropical 1/2 c. Pkg	Half Cup	80.0	0.0	20.0	0.0	0.9	10.0
2	Taco, Chicken Fajita, 2 oz, w/ Rice &	Entrée	408.7	24.9	52.8	11.3	5.1	1,021.9
2	Taco: Chicken Fajita (2 oz meat,	Serving	281.0	19.4	29.9	8.9	1.8	531.1
2	Beans, Refried	1/4 cup	67.7	4.0	9.7	2.2	2.6	321.8
2	Rice, Spanish	1/4 cup	60.0	1.5	13.2	0.2	0.6	169.0
2	Sauce, Salsa, Packet	pc	5.0	0.0	1.0	0.0	0.0	120.0
2	Chips, Tortilla, Baked	Package	110.0	2.0	19.0	2.5	2.0	115.0
6	Fruit, Fresh, Seasonal, Ass't	Serving	54.4	0.8	13.5	0.3	1.8	2.3
station	Fridays Cycle 3	portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
1	Sandwich, Lime Pepper Chicken Sub	Sandwich	342.9	20.6	46.5	7.6	1.0	915.0
Choice of Sauce/Dip for Sub.								
1	Ranch Dip, small packet	pc	10.0	0.0	2.0	0.0	0.0	125.0
1	Ketchup Packet	pkt	10.0	0.0	3.0	0.0	0.0	105.0
1	Mayonnaise, Fat Free, Packet	pc	5.0	0.0	1.0	0.0	0.0	130.0
1	Potatoes, Crinkle Fries, Baked	1 Cup	230.7	4.1	41.0	6.5	4.1	71.8
2	Pizza, 5" Cheese	Each	370.0	12.0	46.0	16.0	2.0	820.0
2	Pizza, 5" Pepperoni	Each	380.0	14.0	44.0	17.0	2.0	840.0
2	Sliced Fresh Apples, indiv. pkg	package	27.3	0.2	7.2	0.1	0.7	0.0
2	Snack, Ass'ted, for Pizza Menu	Ave. Svg	115.1	2.1	22.2	2.2	0.5	118.5
6	Fruit, Fresh, Seasonal, Ass't	Serving	54.4	0.8	13.5	0.3	1.8	2.3

Cycle 4: November 30 to December 17- Specials & Favorites

station	Mondays Cycle 4	portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
1	Bowl, Chicken Alfredo w/ Bowties	Serving	432.6	28.3	63.9	6.4	3.1	1,292.5
1	Breadstick, Seasoned	1 Each	134.58	4.01	23.04	1.50	0.00	141.00
2	Bean Burrito & Spanish Rice 1/2 c	Complete Entrée	452.5	18.2	74.6	9.2	9.2	1,122.3
2	Bean & Cheese Burrito	each	332.5	15.2	48.2	8.9	8.0	783.7
2	Spanish Rice	1/2 cup	120.0	3.0	26.4	0.3	1.2	338.6
2	Cheese Crisp & Spanish Rice (1/4 c):	Complete Entrée	585.3	21.6	72.3	23.6	4.1	1,146.9
2	Cheddar Cheese Crisp	serving	525.4	20.1	59.1	23.4	3.5	981.0
2	Spanish Rice	1/4 cup	60.0	1.5	13.2	0.2	0.6	169.0
2	Sauce, Salsa, Packet	pc	5.0	0.0	1.0	0.0	0.0	120.0
6	Fruit, Fresh, Seasonal, Ass't	Serving	54.4	0.8	13.5	0.3	1.8	2.3
station	Tuesdays Cycle 4	portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
1	Enchilada, Beef With Rice & Beans:	Entrée	486.4	29.6	56.4	17.0	4.9	1,583.4
1	Enchilada Chicken with Rice & Beans:	Entrée	446.7	26.9	55.7	13.9	4.9	1,430.8
1	Enchilada Pulled Seasoned Pork with Rice & Beans:	Entrée	489.0	25.6	56.5	18.3	4.9	1,694.0
1	Enchilada: Beef	Each	358.7	24.0	33.5	14.6	1.7	1,092.6
1	Enchilada: Chicken	Each	319.0	21.4	32.7	11.5	1.7	940.0
1	Enchilada: Pork	Each	361.3	20.1	33.6	15.9	1.7	1,203.2
1	Beans, Refried	1/4 cup	67.7	4.0	9.7	2.2	2.6	321.8
1	Rice, Spanish	1/4 cup	60.0	1.5	13.2	0.2	0.6	169.0
1	Chips, Tortilla, Baked Nacho Flavor	pkg	90.0	2.0	16.0	3.0	1.0	170.0
2	Chicken Patty on Bun	Each	367.6	20.4	37.6	15.1	4.4	794.9
2	Ketchup Packet	pkt	10.0	0.0	3.0	0.0	0.0	105.0
2	Mayonnaise, Fat Free, Packet	pc	5.0	0.0	1.0	0.0	0.0	130.0
2	Potatoes, Crinkle Fries, Baked	1 Cup	230.7	4.1	41.0	6.5	4.1	71.8
2	Ranch Dip, small packet	pc	10.0	0.0	2.0	0.0	0.0	125.0
6	Fruit, Fresh, Seasonal, Ass't	Serving	54.4	0.8	13.5	0.3	1.8	2.3

Cycle 4: November 30 to December 17- Specials & Favorites

menu station	Wednesdays Cycle 4	portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
1	Hamburger, Cheddar	Each	435.0	26.6	27.2	23.7	4.0	542.0
1	Ketchup Packet	pkt	10.0	0.0	3.0	0.0	0.0	105.0
1	Potatoes, Crinkle Fries, Baked	Cup	230.7	4.1	41.0	6.5	4.1	71.8
2	Pizza, 5" Cheese	Each	370.0	12.0	46.0	16.0	2.0	820.0
2	Pizza, 5" Pepperoni	Each	380.0	14.0	44.0	17.0	2.0	840.0
2	Sliced Fresh Apples, indiv. pkg	package	27.3	0.2	7.2	0.1	0.7	0.0
2	Snack, Ass'ted, for Pizza Menu	Ave. Svg	115.1	2.1	22.2	2.2	0.5	118.5
6	Fruit, Fresh, Seasonal, Ass't	Serving	54.4	0.8	13.5	0.3	1.8	2.3
station	Thursdays cycle 4	portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
1	Bowl, Rice Fried, Shrimp Poppers:	Entrée	378.1	17.9	52.1	11.1	2.4	1,344.4
1	Shrimp, Poppers	2 oz	148.5	9.5	16.2	4.7	0.0	202.5
1	Rice, Fried	One Cup	229.6	8.4	35.9	6.4	2.4	1,141.9
1	Pineapple 1/2 cup	Half Cup	68.7	0.6	17.8	0.1	1.5	1.1
2	Ravioli & Breadstick	complete Entrée	414.43	12.01	67.02	9.50	4.00	941.00
2	Breadstick	1 Each	134.58	4.01	23.04	1.50	0.00	141.00
2	Ravioli	one Cup	279.9	8.0	44.0	8.0	4.0	800.0
2	Crackers, Goldfish, Parmesan	pkg	90.0	3.0	14.0	3.5	0.0	200.0
6	Fruit, Fresh, Seasonal, Ass't	Serving	54.4	0.8	13.5	0.3	1.8	2.3
station	Fridays Cycle 4	portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
1	Crispy Chicken With Sweet Potato	Entrée	440.0	18.0	62.0	14.0	5.0	890.0
1	Crispy Chicken Tenders	2 strips	200.0	14.0	18.0	8.0	1.0	530.0
1	Sweet Potatoe Fries (oven baked)	1 cup	240.0	4.0	44.0	6.0	4.0	360.0
Choice of Dip/Sauce for Chicken:								
1	Ranch Dip, small packet	pc	10.0	0.0	2.0	0.0	0.0	125.0
1	Sauce, BBQ, "Sweet Baby Ray" OR	3 tbsp	105.0	0.0	25.5	0.0	0.0	435.0
1	Sauce, BBQ, "Ken's Cannonball"	3 tbsp	75.0	0.0	18.0	0.0	0.0	495.0
1	Fruit Tropical 1/2 c. Pkg	Half Cup	80.0	0.0	20.0	0.0	0.9	10.0
2	Pizza, 5" Cheese	Each	370.0	12.0	46.0	16.0	2.0	820.0
2	Pizza, 5" Pepperoni	Each	380.0	14.0	44.0	17.0	2.0	840.0
2	Sliced Fresh Apples, indiv. pkg	package	27.3	0.2	7.2	0.1	0.7	0.0
2	Snack, Ass'ted, for Pizza Menu	Ave. Svg	115.1	2.1	22.2	2.2	0.5	118.5
6	Fruit, Fresh, Seasonal, Ass't	Serving	54.4	0.8	13.5	0.3	1.8	2.3
menu station	ALPHABETICAL LISTING	portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
6	Apples, Fresh Sliced	1/2 cup	26.5	0.2	7.0	0.1	0.7	0.0
6	Apples, Fresh Sliced, Individual Bags	2 oz bag	28.0	0.4	7.3	0.0	1.2	26.0
	Apple Slices, canned	half cup	68.3	0.2	17.0	0.5	1.7	3.1
6	Applesauce	1/2 cup	96.9	0.2	25.4	0.2	1.5	3.8
6	Apricot Cup, 4.5 oz each	4.5 oz	124.4	0.9	32.0	0.1	2.9	5.3
	Bagel, 2.47 oz	each	210.0	6.0	37.0	3.5	2.0	330.0
6	Bananas, Medium	1 each	108.6	1.2	27.6	0.6	2.8	1.2
2	Burrito, Bean & Spanish Rice 1/2 c	Entrée:	452.5	18.2	74.6	9.2	9.2	1,122.3
2	Beans, Refried	1/4 cup	67.7	4.0	9.7	2.2	2.6	321.8
2	Beans, Western Ranch Style	Half Cup	130.0	6.0	20.0	3.0	6.0	540.0
1	Bowl, Chicken Alfredo w/ Bowties	Serving	432.6	28.3	63.9	6.4	3.1	1,292.5
1	Bowl, Chicken Homestyle: Breaded Chicken, Mashed Potatoes & Gravy,	Bowl	456.0	20.2	73.4	9.8	5.5	1,624.2
1	Bowl, Chicken Parmesan	Bowl	459.5	25.3	63.9	10.2	4.3	1,285.8
1	Bowl, Noodle Oriental, Asian Chicken:	Bowl	457.1	26.0	71.1	8.4	3.9	2,250.3
1	Bowl, Pasta Alfredo	serving	409.9	15.2	72.3	6.0	2.2	700.0
1	Bowl, Rainbow Pasta & Meatballs	Entrée	524.0	27.0	78.4	9.4	4.4	1,212.7
1	Bowl, Rice Fried , Teriyaki Chicken	Entrée	338.3	22.6	42.1	9.4	3.2	1,339.1
1	Bowl, Rice Fried with Asian Chicken:	Entrée	435.1	23.5	61.0	11.4	2.4	1,936.0
1	Bowl, Rice Fried, Crab Cakes (3):	Entrée	364.6	15.9	51.7	10.9	3.1	1,456.9
1	Bowl, Rice Fried, Egg Roll (Pork):	Entrée	530.6	30.4	55.9	21.4	3.4	1,886.9

menu station	ALPHABETICAL LISTING	portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
1	Bowl, Rice Fried, Shrimp Poppers:	Entrée	378.1	17.9	52.1	11.1	2.4	1,344.4
1	Bowl, Spaghetti Pasta & Meatballs	Entrée	539.38	27.8	81.9	9.3	5.0	1,190.2
(any)	Bread, Flatbread specialty	1.8 oz each	140.0	5.0	25.0	2.5	2.0	260.0
(any)	Bread, Oat-Grain & Nut, OroWeat	1 Slice	100.0	3.0	18.0	1.5	1.0	190.0
(any)	Bread, Oat-Grain & Nut, OroWeat	2 Slices	200.0	6.0	36.0	3.0	2.0	380.0
	Bread, Raisin, 1.59 oz slice	1 slice	130.0	3.0	25.0	2.0	1.0	125.0
(any)	Bread, "Texas" Toast	1 slice	100.0	3.0	19.0	1.5	1.0	180.0
(any)	Bread, Wheat Sandwich	1 slice	70.0	2.0	13.0	1.0	1.1	100.0
(any)	Bread, Wheat Sandwich	2 Slices	140.0	4.0	26.0	2.0	2.2	200.0
(any)	Bread, White Sandwich	1 slice	70.0	2.0	13.0	1.0	0.6	110.0
(any)	Bread, White Sandwich	2 Slices	140.0	4.0	26.0	2.0	1.2	220.0
2	Breadstick	1 Each	134.58	4.01	23.04	1.50	0.00	141.00
(any)	Bun, Hamburger with MultiGrain	1.83 oz	140.0	4.0	25.0	2.0	3.0	240.0
(any)	Bun, Hot Dog	1.52 oz	110.0	4.0	20.0	1.5	1.0	220.0
(any)	Bun, Steak /Submarine Roll	each	210.0	6.0	39.0	3.0	1.0	380.0
2	Burrito, Bean & Spanish Rice 1/2 c Weeks 1, 3, 5	Entrée:	452.5	18.2	74.6	9.2	9.2	1,122.3
2	Burrito, Bean & Cheese, 5.75 oz each	each	332.5	15.2	48.2	8.9	8.0	783.7
3	Cafe Sandwich w/ Lettuce, Tomato, & Lite Mayo	avg.	365.0	18.7	42.4	13.5	1.5	973.0
6	Cantaloupe Wedge	1 wedge	23.8	0.6	5.7	0.2	0.5	6.1
6	Cantaloupe, Cubed half cup = 2 ounces = 5 cubes	half cup	19.9	0.5	4.7	0.2	0.5	5.1
2	Cheese Crisp & Spanish Rice (1/4 c): Weeks 2 & 4	Entrée	585.3	21.6	72.3	23.6	4.1	1,146.9
2	Cheese Crisp	serving	525.4	20.1	59.1	23.4	3.5	981.0
3	Cheese, Cheddar	OZ	110.0	7.1	0.4	9.4	0.0	170.0
3	Pepper Jack Cheese	OZ	93.3	5.3	0.0	8.0	0.0	160.0
3	Cheese, Provolone	OZ	99.7	7.2	0.6	7.6	0.0	248.2
	Cheese, String Lite, Mozzarella, 1 oz	oz	79.4	7.8	0.9	4.9	0.0	149.7
3	Cheese, Swiss	OZ	90.0	7.0	0.0	7.0	0.0	200.0
2	Chicken Patty on Bun	Each	367.6	20.4	37.6	15.1	4.4	794.9
1	Chicken, Asian	3 pieces	205.0	15.0	25.0	5.0	0.0	792.0
1	Chicken, Teriyaki (unbreaded)	3 pieces	108.8	14.2	6.2	3.0	0.9	197.3
3	Chips, Assorted for Cafe Sandwich	Package	136.1	3.1	24.6	2.3	1.3	237.5
3	Chips, Baked lays BBQ Potato Crisps	.88 oz pkg	110.0	2.0	19.0	2.5	2.0	190.0
3	Chips, Baked Nacho Cheese Dorito	.88 oz pkg	120.0	2.0	21.0	3.5	2.0	220.0
3	Chips, Baked	avg.	136.1	3.1	24.6	2.3	1.3	237.5
3	Chips, Cheetos Fantastix, Chili	1 oz pkg	130.0	2.0	20.0	5.0	1.0	190.0
3	Chips, Tortilla Baked Tostitos Scoops	.875 oz pkg	110.0	2.0	19.0	2.5	2.0	115.0
1	Chips, Tortilla, Baked, Nacho flavor	pkg	90.0	2.0	16.0	3.0	1.0	170.0
5	Cookie, Oatmeal-Raisin	Each	110.0	2.0	18.0	3.5	0.6	100.0
	Crab Cakes (3 each)	3 each	135.0	7.5	15.8	4.5	0.8	315.0
3	Crackers, cheez-its reduced fat	pkg	180.0	5.0	28.0	5.0	1.0	520.0
3	Crackers, Cinnamon Toast	Package	90.0	2.0	15.0	3.0	1.0	180.0
2	Crackers, Goldfish, Parmesan	pkg	90.0	3.0	14.0	3.5	0.0	200.0
(any)	Crackers, Grahams, package	1 pkg	60.0	1.0	10.0	1.5	0.0	65.0
(any)	Crackers, Saltines, package	1 pkg	25.8	0.6	4.2	0.7	0.2	63.5
1	Crispy Chicken With Sweet Potato	Entrée	440.0	18.0	62.0	14.0	5.0	890.0
1	Crispy Chicken Tenders	2 strips	200.0	14.0	18.0	8.0	1.0	530.0
1	Egg Roll (pork & vegetable filling)	Each	301.0	22.0	20.0	15.0	1.0	745.0
1	Enchilada, Beef With Rice & Beans:	Entrée	486.4	29.6	56.4	17.0	4.9	1,583.4
1	Enchilada: Beef	Each	358.7	24.0	33.5	14.6	1.7	745.0
1	Enchilada Chicken with Rice & Beans:	Entrée	446.7	26.9	55.7	13.9	4.9	1,430.8
1	Enchilada: Chicken	Each	319.0	21.4	32.7	11.5	1.7	1,445.8
1	Enchilada Pulled Seasoned Pork with Rice & Beans:	Entrée	489.0	25.6	56.5	18.3	4.9	1,694.0

menu station	ALPHABETICAL LISTING	portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
1	Enchilada: Pork	Each	361.3	20.1	33.6	15.9	1.7	1,203.2
6	Fruit Cocktail	1/2 cup	63.9	0.5	16.4	0.1	1.8	5.6
1	Fruit, Canned, Assorted, Half Cup	Half Cup	75.2	0.4	19.5	0.1	1.3	6.1
6	Fruit, Fresh, Seasonal, Ass't	Serving	54.4	0.8	13.5	0.3	1.8	2.3
6	Grapes	1 bunch	50.3	0.5	12.6	0.4	0.7	1.4
1	Hamburger, with Cheddar cheese	Each	435.0	26.6	27.2	23.7	4.0	542.0
3	Honey Ham	OZ	29.9	5.0	0.5	0.8	0.0	328.4
6	Honeydew Wedge	1 wedge	28.0	0.4	7.3	0.1	0.5	8.0
6	Honeydew, Cubed, Half Cup = 2 oz =	half cup	19.1	0.3	5.2	0.1	0.3	5.7
	Hot Dog on Bun	Each	250.0	11.0	21.0	13.5	1.0	780.0
2	Hot Dog, All Beef on a Bun	Each	395.8	14.9	21.6	27.4	1.0	1,150.8
	Hot Dogs (2) on Buns	2 Hot Dogs	500.0	22.0	42.0	27.0	2.0	1,560.0
1,2,&3	Ice Cream Sandwich, Cookies 'n'	each	140.0	3.0	25.0	2.5	0.0	125.0
1,2,&3	Ice Cream Sandwich, Vanilla, Light	each	120.0	3.0	22.0	2.5	0.0	120.0
1,2,&3	Ice Cream, Cookies 'n' Cream, Lite	each	90.0	2.0	17.0	2.0	0.0	60.0
1,2,&3	Ice Cream, Vanilla, Light	each	80.0	2.0	15.0	1.0	0.0	55.0
1	Ketchup Packet	Packet	20.0	0.0	6.0	0.0	0.0	210.0
2	Ketchup Packet	Packet	10.0	0.0	3.0	0.0	0.0	105.0
6	Kiwi Fruit	1 each	46.4	0.8	11.3	0.3	2.6	3.8
3	Lettuce Leaf	1 leaf	1.2	0.2	0.2	0.0	0.0	2.2
1	Macaroni & Cheese	1 cup	276.3	10.4	40.2	7.6	0.9	517.5
6	Mandarin Oranges	half cup	77.0	0.6	20.4	0.1	0.9	8.0
3	Mayonnaise, Fat Free, Packet	pc	5.0	0.0	1.0	0.0	0.0	130.0
6	Milk, 1% (Low Fat)	half-pint	102.5	8.0	11.7	2.6	0.0	124.4
6	Milk, Chocolate, 1% (Low Fat)	each	170.0	9.0	29.0	2.5	1.3	153
6	Milk, Chocolate: Fat Free	each	130.0	8.0	24.0	0.0	0.0	220.0
6	Milk, Skim (Fat Free)	half-pint	85.8	8.4	11.9	0.4	0.0	127.4
6	Milk, Strawberry, 1% (Low Fat)	each	170.0	9.0	28.0	2.5	0.0	130
(any)	Muffin, English	2.01 oz	150.0	5.0	27.0	2.0	2.0	230.0
3	Mustard Packet	pc	3.8	0.2	0.3	0.2	0.1	2.6
1	Nachos Grande Shredded Beef	Serving	423.9	23.4	31.7	22.0	2.2	1,901.6
1	Nachos Grande with Chicken Fajita	Serving	398.0	21.4	31.4	20.7	2.3	1,648.0
1	Nachos Grande : With Pulled	Serving	429.2	20.3	32.1	24.1	2.3	1,845.0
1	Noodles, Oriental Style	1 cup	251.9	11.0	46.0	3.4	3.9	1,456.3
3	Oat Nut Bread	Slices	200.0	6.0	36.0	3.0	2.0	380.0
6	Oranges, Fresh, Medium	1 each	61.6	1.2	15.4	0.2	3.1	0.0
6	Oranges, Mandarin, 4 oz individual	4 oz cup	76.7	0.6	20.3	0.1	0.9	7.5
6	Peach Cups, 4.4 oz	4.4 oz cup	120.0	0.8	30.7	0.2	2.3	120.3
6	Peaches	1/2 cup	76.6	0.7	19.6	0.2	0.9	8.8
6	Pears	1/2 cup	61.1	0.3	16.0	0.1	1.6	4.9
6	Pineapple	1/2 cup	68.7	0.6	17.8	0.1	1.5	1.1
1	Pineapple Half Cup	Half Cup	68.7	0.6	17.8	0.1	1.5	1.1
6	Pineapple, Cubed, Fresh Half Cup	half cup	27.2	0.3	7.2	0.1	0.8	0.6
2	Pizza, 5" Cheese	Each	370.0	12.0	46.0	16.0	2.0	820.0
2	Pizza, 5" Pepperoni	Each	380.0	14.0	44.0	17.0	2.0	840.0
2	Potatoes, Crinkle Fries, Baked	1 Cup	230.7	4.1	41.0	6.5	4.1	71.8
3	Pretzels, Honey Mustard Onion	1.5 oz pkg	195.0	4.5	34.5	4.5	1.5	142.5
3	Pretzels, Mini (Twists) Snyders	1.5 oz pkg	160.0	4.0	35.0	0.0	1.0	350.0
3	Pretzels, Sourdough Nibblers,	1.5 oz pkg	160.0	4.0	35.0	0.0	1.0	280.0
6	Raisins, individual box	1.33 oz box	130.0	1.0	29.0	0.0	2.0	10.0
2	Ranch Dip, small packet	pc	10.0	0.0	2.0	0.0	0.0	125.0
2	Ravioli	one Cup	279.9	8.0	44.0	8.0	4.0	800.0
2	Ravioli & Breadstick	Entrée	414.43	12.01	67.02	9.50	4.00	941.00
1	Rice, Fried	One Cup	229.6	8.4	35.9	6.4	2.4	1,141.9
1	Rice, Spanish	Half Cup	120.0	3.0	26.4	0.3	1.2	338.6
1	Rice, Spanish	quarter cup	60.0	1.5	13.2	0.2	0.6	169.0
3	Roast Beef , for café sandwich	OZ	46.0	6.0	0.5	2.5	0.0	238.0

menu station	ALPHABETICAL LISTING	portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
(any)	Roll, Dinner/Parkerhouse	1.45 oz each	110.0	4.0	20.0	1.5	1.0	220.0
(any)	Roll, Potato "Petite" Premium (Dinner)	1.69 oz	130.0	4.0	25.0	1.5	1.0	220.0
(any)	Roll, Potato Large, Hamburger Bun size, OroWeat	2.61 oz each	200.0	7.0	39.0	2.0	2.0	330.0
5	Salad Dressing, French Fat Free, Hidden Valley	1.5 oz pkg	50.0	0.0	12.0	0.0	0.0	440.0
5	Salad Dressing, Honey mustard Fat Free	1.5 oz pkg	60.0	0.0	14.0	0.0	0.0	170.0
5	Salad Dressing, Italian Fat Free, Kraft Label	1.5 oz pkg	25.0	0.5	5.0	0.5	0.3	540.0
5	Salad Dressing, Ranch Fat Free	1.5 oz	30.0	0.0	8.0	0.0	0.0	350.0
5	Salad Dressing, Raspberry	1.5 oz pkg	39.0	0.0	9.0	0.0	0.2	380.0
5	Salad Dressings, Lite, Assorted, 1.5	Each	39.9	0.3	9.3	0.0	0.1	381.7
5	Salad, Chicken & Cheese Entrée,	Each	169.2	17.3	6.2	8.0	1.1	615.1
5	Salad, Fruit & Cottage Cheese,	Each	176.3	14.0	19.5	5.1	1.3	430.5
5	Salad, Fruit & Yogurt, Middle-High	serving	160.3	3.8	36.5	0.4	1.3	80.5
5	Salad, Veggie Entrée, Middle - High	Each	267.8	13.0	8.8	21.2	2.7	1,632.9
3	Sandwich, Cafe, Lettuce, Tomato, & Mayo / Ave.	avg.	365.0	18.7	42.4	13.5	1.5	973.0
1	Sandwich, Crispy Chicken Sub + Lettuce & Tomato	Each	417.6	20.4	58.7	11.1	2.4	915.0
2	Sandwich, Lime Pepper Chicken Sub	Sandwich	342.9	20.6	46.5	7.6	1.0	915.0
2	Sandwich, Meatball Sub	Serving	407.3	21.4	47.3	12.9	3.0	925.5
4	Sandwich, Peanut Butter & Jelly on Oat-Nut Bread	Each	501.0	14.2	69.7	19.4	4.3	542.2
1	Sauce, BBQ, "Ken's Cannonball"	3 tbsp	75.0	0.0	18.0	0.0	0.0	495.0
1	Sauce, BBQ, "Sweet Baby Ray"	3 tbsp	105.0	0.0	25.5	0.0	0.0	435.0
2	Sauce, Salsa, Packet	pc	5.0	0.0	1.0	0.0	0.0	120.0
1	Shrimp Poppers w/ Macaroni &	Entrée	424.8	19.9	56.4	12.4	0.9	720.0
1	Shrimp, Breaded "Poppers"	8 pieces	148.5	9.5	16.2	4.7	0.0	202.5
2	Smokies only (made with pork & beef)	7 links	233.3	8.2	2.3	21.0	0.0	828.3
2	Smokies, Beans, & Tortillas,	Entrée	529.3	18.6	50.7	27.6	7.7	1,612.3
1,2,&3	Smoothie Treat, 100% Fruit Juice, Apricot-Mango	2.5 oz ea	70.0	3.0	16.0	0.0	0.0	20.0
1,2,&3	Smoothie Treat, 100% Fruit Juice,	2.5 oz ea	90.0	3.0	22.0	0.0	0.0	0.0
1,2,&3	Smoothie Treat, 100% Fruit Juice:	2.5 oz ea	90.0	3.0	13.0	0.0	0.0	10.0
2	Snack, Ass'ted, for Pizza Menu	Ave. Svg	115.1	2.1	22.2	2.2	0.5	118.5
2	Spanish Rice	1/4 cup	73.5	1.5	13.2	1.7	0.6	187.2
2	Spanish Rice	1/2 cup	147.0	3.0	26.4	3.3	1.2	374.3
3	Steak / Sub Roll	Roll	208.0	7.3	38.5	3.1	2.1	426.4
6	Strawberries, Fresh, medium	3 medium	21.2	0.4	4.4	0.3	1.6	0.8
6	Strawberry Cup, 4.5 oz	4.5 oz	121.6	0.7	32.9	0.2	2.4	4.0
1	Sweet Potatoe Fries (oven baked)	1 cup	240.0	4.0	44.0	6.0	4.0	360.0
2	Taco, Chicken Fajita, 2 oz, w/ Rice &	Entrée	408.7	24.9	52.8	11.3	5.1	1,021.9
1	Taco, Pork 2 oz	1 taco	313.7	18.1	28.8	13.4	1.9	666.4
1	Taco, Pork 2oz w/ Rice & Beans	Entrée	441.4	23.6	51.8	15.7	5.1	1,157.2
2	Taco: Chicken Fajita (2 oz meat,	1 taco	281.0	19.4	29.9	8.9	1.8	531.1
3	Tomato, Sliced	Slices	6.4	0.4	1.2	0.0	0.4	2.8
(any)	Tortilla, Flour, Large, 12"	3.67 oz	356.0	9.5	58.5	8.8	3.5	725.0
(any)	Tortilla, Flour, Medium 8"	1.8 oz each	166.0	4.4	28.4	3.6	1.7	244.0
6	Tropical Fruit Mix	half cup	89.2	0.0	22.3	0.0	1.0	11.2
3	Turkey Breast	OZ	24.9	4.5	1.0	0.5	0.0	169.2
6	Watermelon Wedge	1 wedge	45.4	0.9	10.2	0.6	0.7	2.8
6	Watermelon, Cubed, half cup = 2 oz =	half cup	18.1	0.4	4.1	0.2	0.3	1.1
brk	Yogurt, 4 oz, Assorted Flavors	avg.	92.5	3.0	19.8	0.0	0.0	75.0
brk	Yogurt, Cherry Vanilla, 4 oz	each	100.0	3.0	22.0	0.0	0.0	75.0

menu station	ALPHABETICAL LISTING	portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
1,2,&3	Yogurt, Frozen, Chocolate	each	90.0	3.0	18.0	1.0	0.0	65.0
1,2,&3	Yogurt, Frozen, Strawberry	each	90.0	3.0	18.0	1.5	0.0	65.0
brk	Yogurt, Peach, 4 oz	each	90.0	3.0	19.0	0.0	0.0	75.0
brk	Yogurt, Raspberry 4 oz	each	90.0	3.0	19.0	0.0	0.0	75.0
brk	Yogurt, Strawberry Banana, 4 oz	each	90.0	3.0	19.0	0.0	0.0	75.0
brk	Yogurt, Strawberry, 4 oz.	each	100.0	3.0	22.0	0.0	0.0	75.0
brk	Yogurt, Vanilla 4 oz	each	100.0	3.0	22.0	0.0	0.0	75.0