

Kankakee Valley Lunch Program Nutrients per Item

Item	GFS item #	Calories	Sat. Fat	Trans. Fat	Sodium	Carbs	Total Fat	Common Allergens
Canned Fruits								
Applesauce- 1/2 cup	610283	60	0	0	0	17 g	0 g	
Blueberries- 1/2 cup		34	0	0	0	8.1g.	0	
Mandarin Orange-1/2 c.	152811	90	0	0	10 mg	20 g	0	
Mixed Fruit- 1/2 cup		69	0	0	8mg.	17.88	0	
Peaches- 1/2 cup	224448	50	0	0	5 mg	12 g.	0	
Pears - 1/2 cup	610399	60	0	0	10 mg	14g.	0	
Pineapple- 1/2 cup	189952	80	0	0	10 mg	18 g	0	
Sliced Apples 1/2 c	473171	30	0	0	0	7 g.	0	
Fresh Fruit								
Apple- One whole	540005	72	0	0	1mg.	19g.	0	
Apples, Sliced 1/2 cup	473171	66	0	0	0	10g.	0	
Banana- One whole		105	0	0	0	27g.	0	
Cantalope- 1/2 cup		52	0	0	24mg.	14g.	0	
Grapes- 3/4 cup	158901	35	0	0	5	10g.	0	
Orange- One whole	322026	70	0	0	0	18 g	0	
Frozen Fruit								
Frozen Mixed Berry		70	0	0	0	17 g	0.5	
Peach Cups		80	0	0	0	19g.	0	
strawberries(sliced)1/2 cup	293393	120	0	0	0	30g.	0	
Strawberries(whole) 1/2 c.	244630	25	0	0	0	13 g	0	
Strawberry Cups		80	0	0	0	19g.	0	
Canned Vegetable								
Beans, garbanzo- 1/2 c.	118753	80	0	0	140mg.	20g.	0 g	
Beans, green- 1/2 c.	221990	20	0	0	140mg.	4 g	0 g	
Beans, green cut - 1/2 c.	273856	30	0	0	0 mg	6 g	0 g	
Beans, Kidney- 1/2 c.	118761	120	0	0	140mg.	23 g	0 g	
Beans, Northern-1/2 c.		110	0	0	400mg.	18g.	0 g	

Potatoes	GFS item #	Calories	Sat.Fat	TransFat	Sodium	Carbs	Total Fat	Common Allergens
Tater Coins (1/2 c)	265632	150	2 g	0	280 mg	17 g	8 g	
Crispy Cubed (1/2 c)	504122	130	1.5 g	0	270 mg	18 g	6 g	wheat
Gravy (2 oz.)	464694	90	2 g	0	250 mg.	4 g	7 g	milk, wheat
Mashed Potatoes- 1/2 c.	118516	70	N/A	N/A	15mg.	10g.		
Oven Fries	614149	110	1	0	230	17 g	3.5 g	
Potato Wedges(1/2 cup)		90	0	N/A	20 mg	15 g	2.5 g	
Seasoned Wedge(1/2 c.)	457558	130	1.5 g	0	270mg.	17 g	6g.	wheat
Shoestring Oven Fries	199920	140	1	0	440 mg	23 g	5 g	
Star Hash Browns	233101	150	1	0	280 mg	17 g	8 g	
Tater Rounds-1/2 c.(St)		90	0	N/A	170 mg	14 g	3.5 g	
Bread/Grain Item	GFS item #	Calories	Sat.Fat	Trans.Fat	Sodium	Carbs	Total Fat	Common Allergens
Asian Noodles (1/2 c)		200	0.26	-	115.00	32.50	4.00	wheat
Asian Style Brown Rice (1/4 cup)	244541	210	0.5	0	450	42	2	wheat
Breadsticks (1 oz.)	406321	70	0	0	95 mg	14 g	1	wheat, soy
Breadsticks-(1 & 1/2 oz.)		90	1	0	190mg.	17g.	1g.	wheat, soy
Brown Rice .25 cup	516371	170	N/A	-	-	37 g	1 g.	wheat, milk
Croutons- (6)	748490	30	N/A	0	75mg.	5g.	0	wheat, milk
Garlic Toast (1 slice)	611910	160	0.50	-	280.00	17 g	9.00	wheat, soy, milk
Graham Crackers 1 pkg.	198472	120	1	0	105 mg	19 g	4 g	wheat
Pretzel Nuggets (4)	500171	120	-	-	80 mg	28	-	wheat
Pretzel Roll	500162	160	1.00	-	40.00	29.00	2.50	wheat
Rice- 1/3 cup		69	0.15	0	134mg.			wheat
Saltines- 1- 2 pk.	536091	25	N/A	0	80mg.	5g.		wheat
Tortilla Shells -6"(1)	882690	90	1.5g.	0	75mg.	15g.	2.5g.	wheat
Wh.Grain Ham.Bun 3 1/2"	Aunt Millie's	110	0	0	140 mg	20 g	1.5 g	wheat
Wh.grain Ham.bun 4"	Aunt Millie's	150	.5 g	0	180 mg	28 g	2 g	wheat
Wheat Pretzel- 2.5 oz.		170	N/A	0	150mg.	36g.		wheat
Whole Gr.Bread-2 slices	Aunt Millie's	140	0	0	170 mg	26 g.	1 g.	wheat
Whole Gr.Hot Dog Bun	Aunt Millie's	110	0	0	130 mg	21 g	1.5 g	wheat
Whole Grain Sub Bun	276142	150	0.50	-	180.00	28.00	2.00	wheat
Yeast Rolls- 1 oz.	recipe	88	0.3	0	145mg.	14.9g.	2.10g.	wheat
Condiments	GFS item #	Calories	Sa.Fat	Trans.Fat	Sodium	Carbs	Total Fat	Common Allergens

Bar-B-Q Sauce- 1 oz.	655937	70	0	0	290 mg	18 g	0	
Buttermilk Dress.Pks.-1		65	1	0	96mg.	N/A	7g.	
Buttermilk F.F.- 1 pk.		10	0	0	210mg.	3.5g	N/A	
Cheddar Sauce- 1/2 oz.	141931	15	0.25	0	92mg.	1.25g.	1.25g.	
Cheese Jalapeno Cups 3 oz	526160	190	6	0	560 mg	15	10 g	
Cheese Sauce Cups 3 oz.	528690	190	6	0	570 mg	14 g	10 g	
Chili Dog Sauce- 1 oz.		35	1g.	0	200mg.	9g.	2.5	
Fat Free Italian Dress. 1.5oz	824960	20	0	0	450 mg	4 g	0	
Fat free Ranch Dress.-1.5 oz.	135641	30	0	0	350 mg	6 g	0	
Fat Free Red Ranch Dress 1.5 oz		50	0	0	470 mg	12 g	0	
Garlic Parmesan Sauce 1 oz		20	0.25	0	220 mg	.5 g	2 g	
Grape jam pks. (1)	254975	35	0	0	5 mg	9g.	0	
Honey 1 TBSP	225614	60	0	0	0	17 g	0	
Hot Sauce 1 oz		5	0	0	240mg.	1g.	N/A	
Hot Sauce pkt (1)		0	0	0	40 mg	0	0	
Italian Dressing- 1 oz.	824960	10	0	0	390mg.	3g.		
Ketchup pks. (1)	634610	10	0	0	25mg.	2g.	N/A	
Lite Ranch Dressing 1.0 oz	472999	70	0	0	180	11 g	0	
Margarine cups- (1)	772331	20	0	0	45mg.	0	3g.	
Mayonaise lite Pk. (1)	188741	50	0.5	0	70 mg	2 g	4.5	
Mustard pks. - (1)	109908	0	0	0	70 mg	1 g	0	
Nacho Ch.Sauce- .25 cup	141931	60	1g.	0	360 mg	5 g	5 g	
Onions 1 tbsp	263036	27.5	0	0	7.5	6	0	
Peanut Butter- 4 T.		376	6.04g.	0	304mg			Peanut Butter
Pickle slices- 3	522368	0	0	0	370	.4g	0	
Pickle Spears		0	0	0	260	0	0	
Queso Cheese .25 cup	722110	120	5	0	430 mg	2 g	9 g	
Red Ranch Dress.-2 oz.		50	0.05	0	110mg.	2.5g.		
Red Ranch Dress.Lite-1oz		30	0	0	140mg.	2.5	0.75	
Relish pks. (1)	449024	5	0	0	70 mg	2 g	0	
Relish pks. (1)	449024	10	0	0	60mg.	3g.	N/A	
Salsa- 1 oz.	452841	10	.02g.	0	70mg.	2g.	0	
Sour Crème- 1 oz.	534331	35	1.5	0	0	2 g	2.5	
Spaghetti Sauce- 1 oz.	852759	15	0	0	130	3	0	
Strawberry Jam pk.- (1)	254983	35	0	0	0	9 g	0	
Condiments	GFS item #	Calories	Sa.Fat	Trans.Fat	Sodium	Carbs	Total Fat	Common Allergens

Sweet & Sour Sauce-1oz.		19	0	0	53mg.	4g.	.05g.	
Syrup- 1 oz.	107611	100	0	0	27mg.	20.5g.	0	
Tartar Sauce 1 oz.		148	0	0	177	4	15	
Juice	GFS item #	Calories	Sat.Fat	Trans Fat	Sodium	Carbs	Total Fat	Common Allergens
Apple- 4 oz.	118921	60	N/A	N/A	8mg.	14g.	N/A	
Grape- 4 oz.	118940	60	N/A	N/A	2mg.	16g.	N/A	
Orange- 4 oz.	118930	60	N/A	N/A	1mg.	13g.	N/A	
Pineapple/Orange		60	N/A	N/A	1mg.	16g.	N/A	
Milk	GFS item #	Calories	Sat.Fat	Trans Fat	Sodium	Carbs	Total Fat	Common Allergens
Chocolate (1%)	DFA	130	1.5 G	0	180 MG	19 G	0	dairy
Chocolate(skim)	DFA	110	0	0	180 mg	19 g	0	dairy
Dairy Lactoce Fat Free		90	0	0	130 mg	13 g	0	
Strawberry (skim)	DFA	110	0	0	125 MG	19 G	0	dairy
White (1%)	DFA	110	0	0	130mg.	12 g	0	dairy
White (skim)	DFA	90	0	0	130 MG	13 G	0	dairy
Breakfast Items	GFS item #	Calories	Sat.Fat	Trans Fat	Sodium	Carbs	Total Fat	Common Allergens
Banana Bread	230361	260	1.5 g	0	240 mg	45 g	8 g	wheat
Bosco Apple Stick		200	3	0	170mg.	36 g	3	wheat, milk
Bosco Breakfast Stick		170	3 g	0	380 mg	17 g	7 g	wheat, milk
Bosco Cream Cheese (strawb)	235411	80	4g.	0	105mg.	4g.	7g.	wheat
Bosco Cream Cheese(1oz.-reg.)	235411	80	3.5g	0	90mg.	1g.	6g.	wheat
Breakfast Burrito (1)		175	4g.	N.A	405mg.	14g.		dairy, wheat
Breakfast Pizza	160432	220	2	N/A	460mg.	27g.	8g.	dairy, wheat, soy
Cereal, Cinnamon Toast	365790	110	.05g.	N/A	160mg.	22g.	3	wheat, soy
Cereal, Cocoa Puffs	270401	100	N/A	N/A	125mg.	22g.	1.5g.	
Cereal, Frosted Flakes		110	N/A	N/A	160mg.	25g.		soy
Cereal, Golden Grahams		110	N/A	N/A	220mg.	25g.		wheat
Cereal, Honey Nut	509396	130	N/A	N/A	270mg.	25g.		Tree Nuts
Cereal, Rice Krispies		70	N/A	N/A	160mg.	16g.		
Cereal, Wheaties		80	N/A	N/A	170mg.	19g.		
Cereal, Tootie Fruities		80	N/A	0	100mg.	18g.	.05g.	
Chocolate Donuts (1 Package)	738181	320	7	0	270 mg	41 g	15 g	Egg, Milk, wheat, soy

Breakfast Items	GFS item #	Calories	Sat.Fat	Trans Fat	Sodium	Carbs	Total Fat	Common Allergens
Confetti Pancaes	395303	220	1 g	0	300 mg	36 g	7 g	Egg, Milk, wheat, soy
Dutch Waffle	607351	300	3 g	0	350 mg	43 g	13 g	Egg, Milk, wheat, soy
Egg and Cheese Muffin	460332	210	3.5 g	0	390 mg	24 g	8 g	egg, dairy, wheat
Egg Patty- (1)	462519	70	2g.	N/A	109mg.		6g.	milk, egg
French Toast (1)		200	2 g	0	280 mg	25 g	8 g	Egg, Milk, wheat, soy
French Toast Bites (ELEM)		190	8	0	270 mg	19 g	22 g	Egg, Milk, wheat, soy
French Toast Bites (MSHS)		315	13.3	0	450 mg	31.6 g	36.7 g	Egg, Milk, wheat, soy
French Toast Stix- (2)	646222	150	1.5g	0	200mg.	20.5g.	6g.	Egg, Milk, wheat, soy
Frosted Cinnamon		370	2g.	0	380mg.	74g.	6g.	wheat
Mini Pancake Wrap- 3	696180	140	1.5	0	280mg.	15g.	6g.	wheat, soy, eggs
Omelet with Cheese	240080	150	3 g	0	120 mg	3 g	11 g	milk, egg
Pancake syrup- 1 oz.	107611	80	N/A	0	22mg.	20g.	N/A	
Pancakes - 2	617650	154	0.66	0	210mg.	28g	2g.	wheat, soy, eggs
Pork Pancake Wrap	497202	240	4.5 g	0	360 mg	18 g	15 g	wheat, soy, eggs
Powdered Donuts (1 package)	738201	270	3 g	0	230 mg	41 g	11 g	Egg, milk, wheat, soy
Sausage Links (2)	278201	240	8 g	0	180 mg	0	24 g	
Sausage Patty (1)	184970	60	1	0	90 mg	0	4 g	
Turkey Bacon (2)	834770	40	0	0	220 mg	0	3	
WG Biscuit - 1	237390	170	4.5 g	N/A	380 mg	22 g	8 g	wheat
Yoplait Yogurt	551751	100	.5 g	0	65 mg	16 g	1.5 g	Dairy
Banana Muffin	262362	200	1.5g	0	110 mg	31 g	8 g	Egg, wheat
Berry Oatmeal Bar		260	1.5 g	0	125 mg	42 g	8 g	wheat
Blueberry Muffin	262370	190	1g	0	135 mg	30g	7 g	Egg, wheat
Butterscotch Oatmeal Bar	194041	150	1 g	0	110 mg	24 g	5 g	egg, wheat, milk, soy
Choc. Chip Oatmeal Bar	194031	150	1 g	0	105 mg	24 g	4.5 g	egg, wheat, milk, soy
Cinnamon mini bagel	401042	240	2.5 g	0	180 mg	42 g	6 g	milk, wheat
Cinnamon Mini Pull Apart	894291	240	1.5 g	0	270 mg	40 g	7 g	wheat
Frozen Juice Cup	602402	70	0	0	10 mg	20 g	0	
Granola Bar Bites	764031	150	1g	0	130 mg	24 g	6 g	egg, wheat, milk, soy
Nature Grain Apple Cinn.	209741	160	.5g	0	135 mg	30 g	4g	milk, wheat, soy
Nutri Grain Blueberry	498170	150	.5g	0	135 mg	30g	4g	milk, wheat, soy
Nutri Grain Strawberry	209761	160	.5g	0	150 mg	30g	4g	milk, wheat, soy
Strawberry mini bagel	401034	240	2.5 g	0	180 mg	41 g	6 g	wheat, milk
Uncrustable	527462	300	3 g	0	280	32 g	17 g	wheat, peanuts

Yogurt Pouch	707193	100	1 g	0	70 mg	18 g	2 g	dairy
Desserts	GFS item #	Calories	Sat.Fat	Trans Fat	Sodium	Carbs	Total Fat	Common Allergens
Apple Crisp		200	1.59g.	N/A	113mg	31.75g		wheat
Applesauce Cake		163.5	1.59g.	N/A	153mg	24.9g		
Brownie		108	.62g.	N/A	41.24mg.	23.17g.	1.55g.	wheat
Brownie Icing		54	.21g	N/A	17mg.	10.15g		
Chocolate Cake		150	1.65g	N/A	150mg	22.86g		wheat
Chocolate Chip Cookie	543131	106	1.37g.	N/A	70.56mg.	14.43g.	5.16g.	wheat
Jello	524611	70	N/A	N/A	80mg	17g	N/A	
New Spice Cake		196	1.65g	N/A	204mg.	29.24g.	7.70g.	eggs
Oatmeal Cookie		161	1.96g.	N/A	140mg.	19.35g	8.5g.	wheat, eggs
Peanut Butter Bars	recipe	137	1.15g.	N/A	144mg.	18.91mg.	5.68g.	peanut
Peanut Butter Cookie		146	1.63g.	N/A	132mg.	16.27	7.88g.	wheat, peanut
Pudding Vanilla	106666	176	N/A	N/A	510mg.	44g.	N/A	
Pudding, Chocolate	106593	160	N/A	N/A	660mg.	44g.	N/A	
Spice Cake Icing		50	.28g	N/A	30mg	9.4g		eggs
Sugar Cookie		173	1.29g.	N/A	207mg.	28.22	6.17g.	wheat
Whipped Topping	575542	19	.01g	N/A	36mg	3.9g		
White Cake	245747	173	.64g	N/A	150mg	28.22g		eggs
Main Course	GFS item #	Calories	Sat.Fat	Trans Fat	Sodium	Carbs	Total Fat	Common Allergens
Chicken Stix- 10	283562	313	3.6	N/A	471mg.	20g.	18.6g.	wheat, soy
BBQ Pork Slider (1) ELEM	recipe	340	3.5	0	495	37	11.5	wheat
BBQ Pork Sliders (2) HS/MS	recipe	440	3.5	0	655	56	13	wheat
Beef Patty (6-1)	205030	130	3.5 g	0.5	250 mg	1 g	8 g.	wheat, soy
Big Daddy's Pizza-BBQ Chix	627101	390	7 g.	N/A	740 mg	35 g.	19 g.	dairy, wheat
Big Daddy's Pizza-Cheese	667772	340	7 g	N/A	420 mg.	36 g.	14 g.	dairy, wheat
Bone-In Chicken Wings 5 each	159883	240	4 g	0	300 mg	3 g	17 g	
Bosco Stick with Marinara	recipe	330	5	0	700	40	10	wheat, dairy
Main Course	GFS item #	Calories	Sat.Fat	Trans Fat	Sodium	Carbs	Total Fat	Common Allergens
Breaded Chicken Patty	525480	200	1.5 g	0	290 mg	9 g	9	wheat, soy
Breaded Chicken Sandwich 6-12	525480	513	8.47 g	0	1032	39.4	25.05	wheat, soy

Breaded Chicken Sandwich K-5	525480	506	8.3 g	0	991 mg	38.65	24.3	wheat, soy
Breakfast Burrito (2)		310	6.02 g	0	500 mg	33 g	14 g	Wheat
Cheese Quesdilla	231771	330	3.5g.	N/A	830mg.	40g.	12.g	soy, milk, wheat
Cheesy Breadstick	723880	280	5 g	0	660 mg	33 g	11 g	soy, milk, wheat
Chicken & Noodles (Recipe)	recipe	244	1.88g	N/A	186mg.	21.32g	7.52	soy, milk, wheat
Chicken Drumstick - 1	603391	190	2.5 g.	0	450 mg	5 g	11 g	wheat
Chicken Enchilada - 1		273	5.3	N/A	758 mg.	28 g.	3.03 g.	wheat
Chicken Fajita (2)	recipe	348	9.3 g	0	573 mg	35 g	15.2 g	wheat, soy
Chicken Nuggets- 5	281831	265	2.5g	N/A	400mg.	16g.	15g.	wheat, soy
Chicken Nuggets- 6	281831	318	3 g	N/A	480 mg.	19.2 g.	18 g.	wheat, soy
Chicken Smackers HS 12 pcs	536620	324	3.6	0	708	24	15.6	soy, milk, wheat
Chicken Smackers K-5 8 pcs	536620	216	2.4	0	472	16	10.4	soy, milk, wheat
Chicken Smackers MS 10 pcs	536620	270	3	0	590	20	13	soy, milk, wheat
Chicken sticks- 8	283562	260	2.5	N/A	390mg.	16	15g.	wheat, soy
Chicken Tenders - 2	533830	160	1.5 g	N/A	220 mg.	8 g.	8 g.	wheat, soy
Commodity Ham Slice 1 oz	commodity/100187	37	2	0	232	2	2	
Commodity Turkey 1 oz.	commodity/110554	43	0	0	214 mg	1	1	
Diced Chicken 1 oz.		43	.33g.	N/A	13mg.	0	1.16g.	
Diced Ham-2 1/2 oz.=1 oz		75	0.625	N/A	725mg.	4.22g		
Fish Sticks- 4	863480	200	1.5g	N/A	310mg.	17g.	9g.	wheat, egg, fish, soy
General Tso Chicken	199341	210	1 g	0	450 mg	24 g	7 g	wheat, eggs, milk, soy
Grilled Cheese (Recipe)	recipe	252	6.8 g	0	659 g	27 g	11.4 g	Dairy/wheat
Grilled Chicken (Tysons)	209244	120	0.05	0	320 mg	1 g	2.5 g	soy
Honey Srirachi Chicken - 3	750892	190	1.5 g	N/A	250 mg	14 g	9 g	wheat
Hot & Spicy Chicken (Tysons)	327080	270	3g.	0	400mg.	17g.	15g.	wheat, soy
Hot Dog(8-1)turkey & beef	570662	150	4g.	0	320mg.	6g.	11g.	soy
Hot Ham and cheese on Pret. Roll	recipe	305	3.5	0	720 mg	31.5	7.5	wheat, dairy
Kougar Bowl	recipe	444	5.37	0	800.5	53.5	20.28	wheat, dairy
Lasagna Roll up (1)	234041	260	3.5 g	0	670 mg	34 g	6 g	wheat, milk
Mac & Cheese NEW!! 3/4 c	149193	310	9	0	800 mg	28 g	16 g	dairy, wheat
Mac. & Cheese-2/3 cup recipe	recipe	296	6.84	N/A	896mg.	27.44g.	12.18g.	dairy, wheat
Main Course	GFS item #	Calories	Sat.Fat	Trans Fat	Sodium	Carbs	Total Fat	Common Allergens
Meatball Sub (recipe)	recipe	374	6.8	0	941 mg	38.3	15.4 g	soy, wheat, eggs
Mini Corn Dogs - 6	497360	270	3.8 g	0	480 mg.	31 g	12 g	soy, wheat, eggs
Nacho's recipe	recipe	281	6.11g	N/A	590mg	19.28g	15.13g.	soy, wheat, dairy
Philly Cheese Sandwich		357	8 g	0	747 mg	34 g	16 g	wheat, dairy

Pizza Pepperoni, Old School	187782	370	10 g	0	670 mg	27 g	20 g	dairy, wheat
Pizza Sausage, Old School	219122	290	4g.	N/A	580mg.	37g.	10g.	dairy, wheat
Pizza, Cheese, Bar Line	585921	310	6 g	0	360 mg	30 g	12 g	dairy, wheat
Pizza, Cheese, Old School	585921	310	6 g	0	360 mg	30 g	12 g	dairy, wheat
Pizza, Pepperoni, Bar Line	585940	370	10 g	0	670 mg	27 g	20 g	dairy, wheat
Salisbury Steak recipe	recipe	186	4.22g	N/A	150mg	5.95g	10.18g.	soy, eggs
Sloppy Jo	recipe	345	4.96g	N/A	540mg	35.93g	12.77g.	wheat, soy
Spaghetti & Meat Sauce	recipe	322	4.38	N/A	150mg.	34.24g	10.71g.	soy, wheat
Stromboli Meat and Cheese	474964	260	4 g	0	640 mg	29 g	10 g	Milk, Soy, Wheat
Stuffed Crust Pizza	261680	290	2.5 g.	N/A	600 mg.	38 g.	8 g.	dairy, wheat
Sub Sandwich - Ham	recipe	287	5.75	0	650 mg	31.5	11.5	wheat and dairy
Sub Sandwich - Turkey	recipe	294	4.5	0	627 mg	30.25	10.25	wheat and dairy
Tacos- Beef recipe	recipe	369	5.8	N/A	253mg.	40.7 g	16.36	wheat
Tacos, chicken recipe	recipe	264	3.51	N/A	252mg	40.7 g	12.22	wheat
Tangerine Chicken	791710	190	1	0	380	25	4	soy, wheat, egg
Teriyaki Chicken	890911	150	2.5 g	0	410	14	2.5	soy
Turkey & Dressing		271	2.92g	N/A	400mg	18.31g	12.63g.	wheat, egg
Turkey Roasts- 2 oz.		88	1.08	N/A	386mg	1.7g.	3.28g.	
SALADS	GFS item #	Calories	Sat.Fat	Trans Fat	Sodium	Carbs	Total Fat	Common Allergens
Chef Salad (add dressing)	recipe	270	4.91g.	N/A/	1,097mg.	5.23 g	5.70 g	dairy
Southwest Chicken Salad recipe	recipe	494	3.5	0	445.1 mg	10.5 g	11.9 g	
Cobb Salad (add dressing)	recipe							
SOUP- 1 cup	GFS item #	Calories	Sat.Fat	Trans Fat.	Sodium	Carbs	Total Fat	Common Allergens
Chicken & Noodle	Recipe	98	.55g	0	207mg	12.21g	2.16g.	wheat, dairy
Chili	Recipe	210	2.5	0	720 mg	21 g	7 g	
CHEESE PRODUCTS	GFS item #	Calories	Sat.Fat	Trans Fat.	Sodium	Carbs	Total Fat	Common Allergens
Moz. Cheese Stick 1 oz.	786801	60	2 g	N/A	200 mg	1 g	3 g	milk and milk products
Am. Shredded Cheese 1/4 c	861950	110	6 g	N/A	400 mg	1 g	9 g	milk and milk products
American Slice	Commodity # 111110	90	4	0	180	1	7	milk and milk products
Moz Shredded Cheese 1/4 c	645170	90	3.5 g	N/A	210 mg	1 g	6 g	milk and milk products
updated:		4/15/2021						

