	Grades K-5			Grades 6-8			Grades 9-12		
Updated 4/13/2015	Calories	Carbs	Protein	Calories	Carbs	Protein	Calories	Carbs	Protein
BREAKFAST ENTRÉE									
Bosco, Apple Stick (RH P3678, 7" WG)	170	36	5	Same	Same	Same	Same	Same	Same
Breakfast Burrito (ham,egg,chse,9" tortilla)	261	29.09	14.6	Same	Same	Same	Same	Same	Same
Breakfast Fruit Crisp (4x6 cut)	389	56.48	5.06	Same	Same	Same	Same	Same	Same
Breakfast Pizza (RH 55110 - 1 slice)	230	23	10	Same	Same	Same	Same	Same	Same
Breakfast Pizza, Homemade	200	18.16	12.32	Same	Same	Same	Same	Same	Same
Breakfast Stacker (2 cakes/1 saus/1oz syrup)	342	54.5	10.33	Same	Same	Same	Same	Same	Same
Breakfast Stacker (2 USDA cakes/1 saus/1oz syrup)	362	53.9	10.4	Same	Same	Same	Same	Same	Same
Breakfast Taco Boat	196	14.79	8.93	Same	Same	Same	Same	Same	Same
Breakfast Wrap	361	30.78	22.18	Same	Same	Same	Same	Same	Same
Cheese Omelet (Michael's Omelet)	206	3	12.54	Same	Same	Same	Same	Same	Same
Cheese Omelet (WI Commodity-C811)	110	1	8	Same	Same	Same	Same	Same	Same
Cheese Stick (RH 72508 - 1 each)	80	0	7	Same	Same	Same	Same	Same	Same
Cheesy Cristo Bake	320	37.68	19.45	Same	Same	Same	Same	Same	Same
Cheesy Ham Melt	212	13.5	13.6	Same	Same	Same	Same	Same	Same
Chicken Breakfast Biscuit	388	48.42	6.65	Same	Same	Same	Same	Same	Same
Cinnamon Breakfast Round, UBR (RH H8164)	250	45	5	Same	Same	Same	Same	Same	Same
Cinnamon Bkfst Round-Granola (RH G7436)	270	43	5	Same	Same	Same	Same	Same	Same
Cinnamon Roll Dipper -Large (icing cup 28.58 carb)	341	61.58	5.13	Same	Same	Same	Same	Same	Same
Cinnamon Roll Dipper-Petite (icing cup 28.58 carb)	351	60.58	4.12	Same	Same	Same	Same	Same	Same
Dipper Sticks (2 ea), Honey Yogurt Dip	230	40.42	4.56	Same	Same	Same	Same	Same	Same
Egg, Hard Boiled (RH25460 1 ea)	80	1	6	Same	Same	Same	Same	Same	Same
Excellent Egg Burrito	241	26.49	12.33	Same	Same	Same	Same	Same	Same
French Toast Sticks (RH E9604 - 3 each)	214	27.96	6.58	Same	Same	Same	Same	Same	Same
Granola (homemade, 1/4 cup)	121	24.3	2.65	Same	Same	Same	Same	Same	Same
Ham Cinn-a-wich	264	34.34	11.83	Same	Same	Same	Same	Same	Same
Ham n Egg-wich (bagel)	410	41.67	22	Same	Same	Same	Same	Same	Same
Ham n Egg-wich (WG english muffin)	350	29.67	20	Same	Same	Same	Same	Same	Same
Maple Ham Wrap (RH)	244	28.8	12.01	Same	Same	Same	Same	Same	Same
Maple Ham Wrap (USDA Ham)	238	29.46	10.69	Same	Same	Same	Same	Same	Same
Maple Ham Wrap (USDA Turkey Ham)	262	29.64	13.95	Same	Same	Same	Same	Same	Same
Pancake, USDA (2 each)	160	27.4	3.4	Same	Same	Same	Same	Same	Same
Pancake on a Stick (RH G7508 - 1 each)	170	21	9	Same	Same	Same	Same	Same	Same
Pancake, WG (RH W7410 - 4", 3 each)	210	42	5	Same	Same	Same	Same	Same	Same
Pop-Tart, Brn Sugar Cinnamon WG (1 each)	180	37	2	Same	Same	Same	Same	Same	Same
Pop-Tart, Strawberry WG (1 each)	180	37	2	Same	Same	Same	Same	Same	Same
Strawberry Stacker (RH 60558 Pancake-2 ea)	202	31.21	4	Same	Same	Same	Same	Same	Same
Strawberry Stacker (USDA WG Pancake-2 ea)	222	32.58	3.52	Same	Same	Same	Same	Same	Same
Sausage Patty, Turkey (RH C7380 1 each)	80	1	7	Same	Same	Same	Same	Same	Same
Sunrise Stacker (2 cakes/1 saus/1oz syrup)	342	54.5	10.33	Same	Same	Same	Same	Same	Same
Tri Tater (1 each-56 gms)	110	13	1	Same	Same	Same	Same	Same	Same
Turkey Cheese Biscuit	340	28.5	9.5	Same	Same	Same	Same	Same	Same

Turkey Sausage Biscuit	470	31	16	Same	Same	Same	Same	Same	Same
Waffle Sticks (RH L9492 3 sticks)	170	28	4	Same	Same	Same	Same	Same	Same
Yogurt Parfait w/S'berries & Granola	228	47.46	5.85	Same	Same	Same	Same	Same	Same
Yogurt Parfait w/USDA S'berries & Granola	219	45.11	5.97	Same	Same	Same	Same	Same	Same
Yogurt, Strawberry Banana (65030-1 each)	90	19	3	Same	Same	Same	Same	Same	Same
Yogurt, Raspberry (1 container)	90	19	3	Same	Same	Same	Same	Same	Same
Yogurt, Strawberry (1 container)	90	19	3	Same	Same	Same	Same	Same	Same
BREAKFAST BREADS									
Bagel, WG (RH 92386 - 1 each)	140	29	6	Same	Same	Same	Same	Same	Same
Banana Chocolate Chip Bread (GN)	280	35	4	Same	Same	Same	Same	Same	Same
Blueberry Bread (GN)	270	33	5	Same	Same	Same	Same	Same	Same
Cinnamon Roll, WG (RH-E2482 - 2.5 oz)	190	34	5	Same	Same	Same	Same	Same	Same
Cinnamon Roll Petite, WG (RH 86546 - 1.25 oz)	100	17	2	Same	Same	Same	Same	Same	Same
Cinnamon Roll, Iced WG (RH E2482 - 1 each)	236	42.89	5.02	Same	Same	Same	Same	Same	Same
Long John (RH G8748)	260	27	5	Same	Same	Same	Same	Same	Same
Muffin, Blueberry (J9012-1.5 oz, small)	150	17	2	Same	Same	Same	Same	Same	Same
Wheat Toast (1 slice)	80	15	3	Same	Same	Same	Same	Same	Same
Muffin, Blueberry (J9012-3 oz, large)	300	34	4	Same	Same	Same	Same	Same	Same
Pretzel, Soft (RH 62266)	180	38	6	Same	Same	Same	Same	Same	Same
CEREAL, CEREAL BARS, CRACKERS									
Cereal Bar-Cocoa Puffs (RH-E0690)	150	30	3	Same	Same	Same	Same	Same	Same
Cereal Bar-Cocoa Puffs (RH-BD900)	150	30	2	Same	Same	Same	Same	Same	Same
Cereal Bar-Team Cheerios, WG Strawberry	150	30	2	Same	Same	Same	Same	Same	Same
Cinnamon Toast Crunch (bowl pak)	110	22	1	Same	Same	Same	Same	Same	Same
Frosted Flakes (RH 25660 - bowl)	110	26	1	Same	Same	Same	Same	Same	Same
Fruit Whirls (RH 26318 - bowl)	120	28	2	Same	Same	Same	Same	Same	Same
Graham Crackers (RH 22796 1 pkg, 2 crax)	60	11	1	Same	Same	Same	Same	Same	Same
Happy Shapes (RH 17728 - 3/4 cup)	120	25	2	Same	Same	Same	Same	Same	Same
Honey Nut Cherrios (bowl pak)	110	22	2	Same	Same	Same	Same	Same	Same
Kix (RH 11814 - bowl)	60	14	1	Same	Same	Same	Same	Same	Same
BEVERAGES / JUICE									
Juice, Apple (RH 641641/2 cup)	50	13	0	Same	Same	Same	Same	Same	Same
Juice, Berry (RH 15048 - 1/2 cup)	60	15	0	Same	Same	Same	Same	Same	Same
Juice, Cranberry (RH 64046 - 1/2 cup)	75	19	0	Same	Same	Same	Same	Same	Same
Juice, Fruit Punch (RH 64080 - 1/2 cup)	60	14	0	Same	Same	Same	Same	Same	Same
Juice, Grape (RH 64168 - 1/2 cup)	80	19	0	Same	Same	Same	Same	Same	Same
Juice, Orange (RH 64146 - 1/2 cup)	50	13	1	Same	Same	Same	Same	Same	Same
Juice, Tangerine (RH 14994 - 1/2 cup)	70	17	0	Same	Same	Same	Same	Same	Same
Milk, 1% (carton)	110	13	8	Same	Same	Same	Same	Same	Same
Milk, Chocolate (carton)	120	20	8	Same	Same	Same	Same	Same	Same
Milk, Skim (carton)	90	13	8	Same	Same	Same	Same	Same	Same
MISCELLANOUS ITEMS									
Cheese Sauce (3 Tb, USDA recipe)	132	3.2	6	Same	Same	Same	Same	Same	Same
Cream Cheese (RH 71302 1 pkg=1oz)	70	2	2	Same	Same	Same	Same	Same	Same
Icing (1 oz)	151	28.58	0.13	Same	Same	Same	Same	Same	Same
Jelly, Assorted (1 pkg)	35	9	0	Same	Same	Same	Same	Same	Same
Maple Syrup (1oz)	102	25.5	0	Same	Same	Same	Same	Same	Same
Margarine (1 pkg)	25	0	0	Same	Same	Same	Same	Same	Same
Salsa (1 Tbsp)	5	1	0	Same	Same	Same	Same	Same	Same
Pancake Syrup (1 oz)	105	26	0	Same	Same	Same	Same	Same	Same