

Menu Nutrient Report - Calories

Item Name (Serving Size)	Calories (Kcal)
1% milk (1 cup)	100
Asian Chicken Salad E - LR1017 (1 salad) Contains Dairy, Milk.	227.78
Asian Chicken Salad HS/Adult - LR1019 (1 salad) Contains Dairy, Milk.	427.05
Asian Chicken Salad M - LR1020 (1 salad) Contains Dairy, Milk.	231.23
Bacon, Egg, and Cheese Croissant - LR1197 (1 sandwich) Contains Dairy, Egg, Gluten, Soy, Wheat.	230.00
Baked Beans - LR1007 (1/2 c.) Contains Fish, Soy.	163.20
Banana Berry Bread - LR1059 (1 square) Contains Gluten, Milk, Soy, Wheat.	199.74
BBQ Teriyaki Chicken - LR1271 (2/3 c.) Contains Gluten, Soy, Wheat.	153.33
Bleu Cheese Dressing, Packets - LR1211 (1 pkg.) Contains Egg, Milk.	229.97
Breaded Baked Chicken - LR1071 (3 Ounce serving) Contains Egg, Wheat.	92.09
Breaded Baked Chicken Drumsticks - LR1089 (1 drumstick) Contains Gluten, Wheat.	190.00
Breakfast Burrito - LR1064 (1 burrito) Contains Gluten, Milk, Wheat.	287.80
Breakfast Chicken Filet - LR1265 (2 1/8 Ounce serving) Contains Gluten, Soy, Wheat.	140.00
Breakfast Pizza Sliders - LR1179 (2 ea.) Contains Dairy, Egg, Gluten, Soy, Wheat.	160.00
Breakfast Rolled Tacos - Egg & Cheese - LR1188 (1 Rolled Taco) Contains Dairy, Egg, Gluten, Wheat.	140.00
Buffalo Chicken Chopped Salad E - LR1041 (1 salad) Contains Dairy, Milk.	72.44
Buffalo Chicken Chopped Salad HS/Adult - LR1155 (1 salad) Contains Dairy, Milk.	93.82
Buffalo Chicken Chopped Salad M - LR1153 (1 salad) Contains Dairy, Milk.	76.44
Caesar Dressing, Packets - LR1212 (1 pkg.) Contains Egg, Fish, Milk.	160.00
Cereal, Cheerios, Multigrain	100
Cereal, frosted Flakes, Cinnamon, Reduces Sugar, Multigrain	100
Cereal, Mini Wheats, Frosted, Bite Size	100
Cereal, Raisin Bran	110
Cereal, Rice Chex	100
Cereal, Rice Krispies, Whole Grain, 96/1 oz Bowls, Kelloggs, 3800078789 - LR1166 (1 Ounce serving) Contains Wheat.	98.77
Cheese Stick, Colby Jack - LR1161 (1 stick.) Contains Dairy, Milk.	80.00
Cheese Stick, Mild Cheddar - LR1162 (1 piece) Contains Dairy, Milk.	110.00
Cheeseburger E/M - LR1072 (1 burger) Contains Dairy, Milk, Soy, Wheat.	371.00
Cheeseburger HS/Adult - LR1250 (1 burger) Contains Dairy, Milk, Soy, Wheat.	408.00
Chef Salad E - LR1033 (1 salad) Contains Dairy, Egg, Milk. Processed in a facility that also processes Peanuts, Tree nuts.	115.67
Chef Salad M/HS/Adult - LR1034 (1 salad) Contains Dairy, Egg, Milk. Processed in a facility that also processes Peanuts, Tree nuts.	115.67
Chicken and Cheese Taquito - LR1245 (3 taquito) Contains Corn/Corn Products, Dairy, Gluten, Milk, Soy, Wheat.	420.00
Chicken and Waffle Sandwich - LR1148 (1 sandwich) Contains Gluten, Milk, Soy, Wheat. May contain Soy.	300.00
Chicken and Waffles E - LR1083 (1 serving) Contains Egg, Gluten, Milk, Soy, Wheat.	297.20
Chicken and Waffles HS/Adult - LR1151 (1 serving) Contains Egg, Gluten, Milk, Soy, Wheat.	594.39

Chicken and Waffles M - LR1150 (1 serving) Contains Egg, Gluten, Milk, Soy, Wheat.	501.06
Chicken Bites - LR1090 (6 piece) Contains Gluten, Wheat.	350.00
Chicken Caesar Salad E - LR1021 (1 salad) Contains Milk.	181.51
Chicken Caesar Wrap - LR1095 (1 wrap) Contains Gluten, Milk, Wheat.	285.92
Chicken Caesar Wrap - LR1137 (1 wrap) Contains Gluten, Milk, Wheat.	319.27
Chicken Patty Sandwich E/M - LR1088 (1 sandwich) Contains Gluten, Wheat.	416.76
Chicken Patty Sandwich HS/Adult - LR1263 (1 sandwich) Contains Soy, Wheat.	350.00
Chicken Salad Wrap HS - LR1102 (1 wrap) Contains Egg, Gluten, Wheat.	352.58
Chocolate Bear Graham - LR1168 (1 pkg.) Contains Gluten, Wheat.	120.00
Choolate Milk (1 cup)	150
Cole Slaw - LR1049 (1 #8 scoop) Contains Egg.	41.94
Cookie - LR1082 (1 cookie) Contains Gluten, Milk, Wheat.	142.32
Corn on the Cobb - LR1011 (1 piece) Contains Milk, Soy.	185.44
Cornbread - LR1074 (1 Ounce serving) Contains Dairy, Egg, Gluten, Milk, Wheat.	143.00
Cream Cheese Cups - LR1191 (1 ea.) Contains Dairy.	100.00
Creamy Italian Dressing, Packets - LR1205 (1 pkg.) Contains Milk.	170.00
Croutons, seasoned - LR1232 (1 oz) Contains Gluten, Wheat.	131.83
Cuban Flatbread Dipping Sauce - LR1123 (2 tbsp.) Contains Egg.	63.36
Cuban Sandwich E - LR1047 (1 sandwich) Contains Gluten, Milk, Wheat.	262.24
Cuban Sandwich HS/Adult - LR1125 (1 ea.) Contains Gluten, Milk, Wheat.	394.48
Cuban Sandwich M - LR1124 (1 sandwich) Contains Gluten, Milk, Wheat.	333.06
Danimals Strawberry Nonfat Yogurt - LR1177 (1 container (4 oz)) Contains Dairy.	70.00
Chilled Fruit	68
Danimals Vanilla Nonfat Yogurt - LR1176 (1 container (4 oz)) Contains Dairy.	70.00
Dried Fruit - LR1199 (1/4 c.) Contains Gluten.	105.50
Egg and Cheese Melt - LR1144 (1 sandwich) Contains Dairy, Egg, Soy, Wheat.	199.94
Egg Roll - LR1084 (1 egg roll) Contains Egg, Gluten, Wheat.	140.00
Fat Free Strawberry Milk (1 cup)	110
FF Ranch Dressing, Packets - LR1207 (1 pkg.) Contains Milk.	40.00
Fish Nuggets - LR1069 (5 nuggets) Contains Fish, Gluten, Milk, Wheat.	230.00
Fresh Fruit	40.576
Fried Rice - LR1053 (1 #8 scoop) Contains Soy.	108.96
Fruit Salad E - LR1035 (1 salad) Contains Dairy, Gluten, Milk.	171.61
Fruit Salad HS/Adult - LR1037 (1 salad) Contains Dairy, Gluten, Milk.	179.05
Fruit Salad M - LR1036 (1 salad) Contains Dairy, Gluten, Milk.	177.71
Gavin's Granola - Cinnamon - LR1222 (1 oz 1 serving) Processed in a facility that also processes Egg, Gluten, Milk, Peanuts, Soy, Tree nuts, Wheat.	130.00
Golden Crispy Chicken Nuggets - LR1070 (5 nugget) Contains Gluten, Soy, Wheat.	52.65

Greek Chicken Wrap - LR1100 (1 wrap) Contains Gluten, Wheat.	339.89
Greek Chicken Wrap - LR1138 (1 wrap) Contains Gluten, Wheat.	373.23
Greek Dressing, Packets - LR1213 (1 pkg.) Contains Milk.	217.57
Grilled Chicken Sandwich - LR1252 (1 sandwich) Contains Wheat.	251.23
Grilled Turkey Salad E - LR1022 (1 salad) Contains Dairy, Egg, Milk. Processed in a facility that also processes Peanuts, Tree nuts.	86.47
Grilled Turkey Salad HS/Adult - LR1024 (1 salad) Contains Dairy, Egg, Milk. Processed in a facility that also processes Peanuts, Tree nuts.	109.41
Grilled Turkey Salad M - LR1023 (1 salad) Contains Dairy, Egg, Milk. Processed in a facility that also processes Peanuts, Tree nuts.	90.46
Ham & Cheese Stromboli - LR1157 (1 stromboli) Contains Dairy, Gluten, Milk, Soy, Wheat.	280.00
Ham and Cheese English Muffin - LR1149 (1 sandwich) Contains Dairy, Gluten, Soy, Wheat.	190.00
Ham and Cheese Flatbread - LR1255 (1 sandwich) Contains Dairy, Gluten, Milk, Soy, Wheat. May contain Soy.	367.13
Ham and Cheese Sandwich - LR1129 (1 sandwich) Contains Dairy, Soy, Wheat.	277.13
Ham and Cheese Sandwich - LR1134 (1 sandwich) Contains Dairy, Soy, Wheat.	317.13
Ham and Cheese Sub - LR1258 (1 sandwich) Contains Dairy, Gluten, Milk, Soy, Wheat.	377.13
Ham and Cheese Wrap - LR1130 (1 wrap) Contains Dairy, Gluten, Soy, Wheat.	277.13
Ham and Cheese Wrap - LR1131 (1 wrap) Contains Dairy, Gluten, Soy, Wheat.	317.13
Hamburger E/M - LR1251 (1 burger) Contains Wheat.	316.00
Hamburger HS/Adult - LR1264 (1 sandwich) Contains Wheat.	353.00
Hard Boiled Egg - LR1171 (1 egg) Contains Egg.	70.00
Harvest Chicken Salad E - LR1040 (1 salad) Contains Dairy, Gluten, Milk.	140.47
Harvest Chicken Salad M/HS/Adult - LR1224 (1 salad) Contains Dairy, Gluten, Milk.	191.08
Honey Mustard Dressing, Cups - LR1210 (1 Container) Contains Egg, Soy.	120.00
Honey Mustard Dressing, Packets - LR1208 (1 pkg.) Contains Egg.	460.00
Hot Rolls - LR1056 (1 roll (1 oz)) Contains Gluten, Milk, Wheat.	89.09
Italian Bread - LR1078 (1 slice) Contains Gluten, Milk, Wheat.	147.77
Italian Sub - LR1254 (1 sandwich) Contains Dairy, Gluten, Milk, Soy, Wheat.	349.22
Lite Ranch Cup - 1 oz - LR1217 (1 Ounce serving) Contains Dairy, Egg.	90.00
Mac & Cheese - LR1054 (1 c.) Contains Gluten, Milk, Wheat. May contain Egg.	356.47
Meatball Sub - H - LR1126 (1 sandwich) Contains Dairy, Gluten, Milk, Soy, Wheat.	432.49
Meatball Sub - LR1259 (1 sandwich) Contains Dairy, Gluten, Milk, Soy, Wheat.	269.49
Meatball Sub - LR1260 (1 sandwich) Contains Dairy, Gluten, Milk, Soy, Wheat.	398.49
Mini French Toast - LR1172 (1 pkg.) Contains Egg, Milk, Soy, Wheat.	200.00
Mini Pepperoni Calzones - LR1156 (4 mini calzones) Contains Dairy, Gluten, Milk, Soy, Wheat.	400.00
Orange Chicken - LR1270 (1/2 c.) Contains Egg, Gluten, Soy, Wheat.	150.00
Pan Asian Sesame Dressing, Packets - LR1209 (1 pkg.) Contains Gluten, Sesame, Soy, Wheat.	180.00
PB&J Uncrustable HS/Adult - LR1068 (1 sandwich) Contains Gluten, Peanuts, Wheat.	600.00
PB&J Uncrustables E/M - LR1067 (1 sandwich) Contains Gluten, Peanuts, Wheat.	300.00
Peanut Butter Cups - LR1178 (1 ea.) Contains Peanuts.	180.00

Pepperoni Slices - LR1239 (8 ea.) Contains Milk, Soy.	26.67
Pizza Taco - LR1249 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	330.00
Ranch Dressing, Packets - LR1216 (1 pkg.) Contains Egg, Milk.	190.00
Remy's Graham Crackers - LR1200 (1 pkg.) Contains Egg, Gluten, Milk, Wheat. Processed in a facility that also processes Peanuts, Soy, Tree nuts.	106.21
Sausage Biscuit - LR1174 (1 sandwich) Contains Dairy, Gluten, Soy, Wheat.	250.00
Sausage Pancake Bites - LR1185 (6 pcs.) Contains Dairy, Egg, Gluten, Soy, Wheat.	240.00
Savory Herb Cracker - LR1164 (1 pkg.) Contains Gluten, Wheat.	90.00
Savory Pizza Crackers - LR1165 (1 pkg.) Contains Gluten, Wheat.	80.00
Shredded Mozzarella Cheese - LR1238 (2 Ounce serving) Contains Dairy, Milk.	180.00
Snack'n Waffles Buttery Maple - LR1193 (1 waffle) Contains Dairy, Egg, Gluten, Wheat.	250.00
Snack'n Waffles Sweet Cinnamon - LR1195 (1 waffle) Contains Dairy, Egg, Gluten, Wheat.	250.00
Snack'n Waffles Wild Blueberry - LR1194 (1 waffle) Contains Dairy, Egg, Gluten, Wheat.	250.00
Southwest Chicken Salad E - LR1039 (1 salad) Contains Dairy, Milk.	99.89
Southwest Chicken Salad HS/Adult - LR1235 (1 salad) Contains Dairy, Milk.	165.71
Southwest Chicken Salad M - LR1234 (1 salad) Contains Dairy, Milk.	99.89
Southwest Chicken Wrap - LR1093 (1 wrap) Contains Gluten, Milk, Wheat.	315.70
Southwest Chicken Wrap HS - LR1139 (1 wrap) Contains Gluten, Milk, Wheat.	349.05
Stir Fry Noodles - LR1027 (2/3 c.) Contains Gluten, Soy, Wheat.	112.39
Stir Fry Vegetables - LR1005 (1 #8 scoop) Contains Gluten, Soy, Wheat.	50.02
Strawberry Waffle Graham - LR1169 (1 pkg.) Contains Gluten, Wheat.	120.00
String Cheese, Mozzarella - LR1160 (1 Ounce serving) Contains Milk.	80.00
Three Cheese Sauce - LR1262 (1 Ounce serving) Contains Milk.	60.40
Toast - LR1170 (1 slice) Contains Gluten, Soy, Wheat.	103.29
Tornado - Egg, Turkey Sausage, and Cheese - LR1163 (1 Tornado) Contains Dairy, Egg, Gluten, Soy, Wheat.	180.00
Turkey and Cheese Sandwich - LR1135 (1 sandwich) Contains Dairy, Gluten, Soy, Wheat.	291.67
Turkey and Cheese Sandwich HS - LR1136 (1 sandwich) Contains Dairy, Soy, Wheat.	331.67
Turkey and Cheese Sub - LR1256 (1 sandwich) Contains Dairy, Gluten, Milk, Soy, Wheat.	391.67
Turkey and Cheese Wrap - LR1132 (1 wrap) Contains Dairy, Gluten, Soy, Wheat.	291.67
Turkey Bacon Ranch Flatbread E/M - LR1201 (1 sandwich) Contains Dairy, Gluten, Milk, Wheat. May contain Soy.	246.51
Turkey Bacon Ranch Flatbread HS/Adult - LR1202 (1 sandwich) Contains Dairy, Gluten, Milk, Wheat. May contain Soy.	262.01
Vanilla Bear Graham - LR1167 (1 pkg.) Contains Gluten, Wheat.	120.00
WG 6" Flatbread - LR1253 (1 ea.) Contains Dairy, Gluten, Wheat. May contain Soy.	180.00
WG Apple Farmer's Market Bar - LR1175 (3 Ounce serving) Contains Gluten, Milk, Wheat.	269.15
WG Biscuit - LR1266 (1 biscuit) Contains Dairy, Gluten, Soy, Wheat.	170.00
WG Blueberry Flavored Mini Pancakes - LR1180 (3 Ounce serving) Contains Egg, Gluten, Milk, Soy, Wheat.	199.88
WG Breaded Ravioli - LR1241 (7 ea.) Contains Dairy, Gluten, Wheat.	180.00
WG Breakfast Pizza, Egg and Bacon - LR1187 (1 ea.) Contains Dairy, Egg, Gluten, Wheat.	180.00

WG Breakfast Pizza, Sausage Gravy - LR1186 (1 piece) Contains Dairy, Gluten, Soy, Wheat.	190.00
WG Chicken Strips - LR1158 (4 strip) Contains Gluten, Soy, Wheat.	1.26
WG Cinnabar - LR1192 (1 Bar) Contains Soy, Wheat.	280.00
WG Egg, Pork Sausage, Bean & Cheese Burrito - LR1183 (1 burrito) Contains Dairy, Egg, Gluten, Pork, Soy, Wheat.	220.00
WG Fiestada Pizza - LR1221 (1 ea.) Contains Dairy, Gluten, Soy, Wheat.	360.00
WG Maple Flavored Mini Pancakes - LR1181 (1 ea.) Contains Dairy, Egg, Gluten, Soy, Wheat.	280.00
WG Maple Glaze French Toast Sticks - LR1196 (3 stick.) Contains Egg, Gluten, Milk, Soy, Wheat.	210.00
WG Mini Flatbread, 4" - LR1237 (2 ea.) Contains Gluten, Milk, Wheat. May contain Soy.	160.00
WG Muffin Loafs - LR1223 (1 muffin) Contains Egg, Gluten, Milk, Soy, Wheat.	157.50
WG Strawberry Flavored Mini Pancakes - LR1182 (3 Ounce serving) Contains Egg, Gluten, Milk, Soy, Wheat.	209.88
WG Waffle - LR1159 (2 ea.) Contains Egg, Milk, Soy, Wheat.	221.06
Whole Wheat Bagel - LR1190 (1 bagel) Contains Gluten, Soy, Wheat.	180.00
WW Pizzeria Style Cheese Pizza - LR1220 (1 slice) Contains Gluten, Milk, Wheat.	310.00
WW Pizzeria Style Turkey Pepperoni Pizza - LR1219 (1 slice) Contains Gluten, Milk, Wheat.	310.00