

GST BOCES

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manufacturer's products that may contain tree nuts

Nutritional Analysis

Menu Items		Cal	Fat gram	Sat Fat gram	Sodium mg	Protein gram	Carb gram	Fiber gram	Gluten	Milk	Wheat	Eggs	Peanuts	Soy
Asian Items														
Chicken & Orange Sauce (No Rice)	#12 scoop	153.00	3.43	1.14	174.51	16.77	14.40	0.00	X	X	X			X
Chicken & Orange Sauce (No Rice)	#10 scoop	179.00	4.00	1.33	203.60	19.57	16.80	0.00	X	X	X			X
Chicken Teriyaki (No Rice)	#12 scoop	133.00	3.43	1.14	393.94	16.77	9.60	0.00	X	X	X			X
Chicken Teriyaki (No Rice)	#10 scoop	155.00	4.00	1.33	459.60	19.57	11.20	0.00	X	X	X			X
Breakfast Items														
Bagel, Blueberry (Bagel Lovers)	1 bagel	150.00	1.00	0.00	250.00	6.00	31.00	3.00	X		X			
Bagel, Cinnamon Raisin (Bagel Lovers)	1 bagel	150.00	0.50	0.00	250.00	6.00	31.00	3.00	X		X			
Bagel, Long Island (Bagel Lovers)	1 bagel	150.00	1.00	0.00	260.00	6.00	30.00	3.00	X		X			
Bagel, Plain (Bagel Lovers)	1 bagel	150.00	0.50	0.00	260.00	6.00	30.00	3.00	X		X			
Bagel, Plain (Lenders)	1 bagel	140.00	1.00	0.00	180.00	6.00	29.00	4.00	X		X			X
Breakfast on a Stick	1 each	210.00	10.00	3.00	310.00	6.00	22.00	1.00	X	X	X	X		X
Breakfast Pizza (Round Par) 8 Cut	1 slice	278.00	11.03	3.70	588.00	15.98	29.41	3.25	X	X	X	X		X
Breakfast Pizza (Round Raw) 8 Cut	1 slice	318.00	10.53	3.70	678.00	17.98	35.41	4.25	X	X	X	X		X
Breakfast Pizza (Sheet) 16 Cut	1 slice	305.00	10.75	3.64	633.00	17.79	35.35	3.25	X	X	X	X		X
Breakfast Pizza (Sheet) 20 Cut	1 slice	244.00	8.60	2.91	506.00	14.24	28.28	2.60	X	X	X	X		X
Breakfast Sandwich: Egg, Ham & Cheese on a Bagel (Lenders)	1 each	246.00	8.12	2.43	458.00	13.18	31.12	4.00	X	X	X	X		X
Breakfast Sandwich: Egg, Ham & Cheese on a Bagel (Bagelovers)	1 each	256.00	7.62	2.43	528.00	13.18	32.12	3.00	X	X	X	X		X
Breakfast Sandwich: Egg, Ham & Cheese Breakfast Wrap	1 each	213.00	10.76	4.17	573.00	11.61	17.46	1.00	X	X	X	X		X
Breakfast Sandwich: Egg, Ham & Cheese on a Biscuit	1 each	336.00	17.12	8.43	778.00	11.18	34.12	2.43	X	X	X	X		X
Breakfast Sandwich: Egg, Ham & Cheese on a English Muffin	1 each	236.00	8.62	2.43	478.00	13.18	26.12	3.00	X	X	X	X		X
Breakfast Sandwich: Egg, Ham & Cheese on a Hamburger Bun	1 each	246.00	9.12	2.43	588.00	14.18	25.12	3.00	X	X	X	X		X
Breakfast Sandwich: Egg, Sausage & Cheese on a Bagel (Lenders)	1 each	286.00	11.62	3.23	422.00	16.38	30.32	4.00	X	X	X	X		X
Breakfast Sandwich: Egg, Sausage & Cheese on a Bagel (Bagelovers)	1 each	296.00	11.12	3.23	492.00	16.38	31.32	7.00	X	X	X	X		X
Breakfast Sandwich: Egg, Sausage & Cheese Breakfast Wrap	1 each	252.00	14.25	4.97	555.00	14.77	16.64	1.00	X	X	X	X		X
Breakfast Sandwich: Egg, Sausage & Cheese on a Biscuit	1 each	376.00	20.62	9.23	742.00	14.38	33.32	2.43	X	X	X	X		X
Breakfast Sandwich: Egg, Sausage & Cheese on a English Muffin	1 each	276.00	12.12	3.23	442.00	16.38	25.32	3.00	X	X	X	X		X
Breakfast Sandwich: Egg, Sausage & Cheese on a Hamburger Bun	1 each	286.00	12.62	3.23	552.00	17.38	24.32	3.00	X	X	X	X		X
Breakfast Sandwich: Egg & Cheese on a Bagel (Lenders)	1 each	226.00	7.62	2.23	342.00	10.38	30.32	4.00	X	X	X	X		
Breakfast Sandwich: Egg & Cheese on a Bagel (Bagelovers)	1 each	236.00	7.12	2.23	412.00	10.38	31.32	3.00	X	X	X	X		
Breakfast Sandwich: Egg & Cheese Breakfast Wrap	1 each	192.00	10.25	3.97	455.00	8.77	16.64	1.00	X	X	X	X		
Breakfast Sandwich: Egg & Cheese on a Biscuit	1 each	316.00	16.62	8.23	662.00	8.38	33.32	2.43	X	X	X	X		
Breakfast Sandwich: Egg & Cheese on a English Muffin	1 each	216.00	8.12	2.23	362.00	10.38	25.32	3.00	X	X	X	X		
Breakfast Sandwich: Egg & Cheese on a Hamburger Bun	1 each	226.00	8.62	2.73	452.00	10.38	28.32	2.00	X	X	X	X		
Cereal, GM Apple Cinnamon Cheerios	1 bowl	110.00	1.50	0.00	110.00	2.00	22.00	2.00	X		X			
Cereal, GM Apple Jacks	1 bowl	110.00	1.00	0.50	160.00	2.00	24.00	3.00	X		X			X
Cereal, GM Cheerios	1 bowl	100.00	2.00	0.50	140.00	3.00	20.00	3.00	X		X			
Cereal, GM Cinnamon Toast Crunch	1 bowl	110.00	3.00	0.50	160.00	1.00	22.00	2.00	X		X			X
Cereal, GM Golden Grahams	1 bowl	100.00	1.00	0.00	220.00	1.00	24.00	1.00	X		X			
Cereal, GM Honey Nut Cheerios	1 bowl	110.00	1.50	0.00	160.00	2.00	22.00	2.00	X		X		**	
Cereal, GM Lucky Charms	1 bowl	110.00	1.00	0.00	180.00	2.00	23.00	2.00			X			
Cereal, GM Rice Chex	1 bowl	100.00	0.50	0.00	250.00	2.00	24.00	1.00			X			
Cereal, GM Trix	1 bowl	110.00	1.50	0.00	140.00	1.00	24.00	1.00			X			
Cereal, Kellogg's Frosted Flakes	1 bowl	100.00	0.00	0.00	160.00	2.00	24.00	3.00	X		X			X
Cereal, Kellogg's Frosted Mini Wheats	1 bowl	100.00	0.00	0.00	0.00	3.00	24.00	3.00	X		X			
Cereal, Kelloggs Krave	1 bowl	110.00	3.00	0.50	95.00	2.00	21.00	3.00	X	X	X			X
Cereal, Kellogg's Fruit Loops	1 bowl	110.00	1.00	0.50	170.00	2.00	24.00	3.00	X		X			X
Cereal, Kellogg's Raisin Bran	1 bowl	110.00	0.50	0.00	125.00	3.00	27.00	4.00	X		X			
Cereal, Kellogg's Rice Krispies	1 bowl	100.00	0.50	0.00	170.00	2.00	23.00	1.00			X			
Breakfast Break: (Cereal, cracker, juice) (Elmira)	1 pkg	270.00	5.00	1.00	350.00	24.00	55.00	4.00	X	X	X		**	X
Breakfast Smoothie (Strawberry): Vanilla Yogurt, Strawberries & Ice	12 oz	222.00	0.92	0.51	56.50	4.18	52.55	2.40			X			
Cinnamon Pretzel Stick	1 pkg	150.00	2.50	1.00	115.00	4.00	30.00	3.00	X	X	X	X		X
Cinnamon Roll, Hadley Farms	1 each	230.00	7.00	1.50	240.00	4.00	38.00	3.00	X	X	X	X		X
English Muffin	1 each	130.00	1.50	0.00	200.00	6.00	24.00	3.00	X		X			X
French Toast Sticks	3 each	310.00	13.00	2.50	310.00	7.00	39.00	4.00	X	X	X	X		X
Goldfish Graham Crackers	1 pkg	120.00	4.00	1.00	110.00	1.00	19.00	1.00	X		X			X
Muffin Top, Apple Cinnamon	1 each	160.00	5.00	0.50	130.00	2.00	26.00	1.00	X	X	X	X		X
Muffin Top, Banana	1 each	160.00	4.50	0.50	135.00	2.00	28.00	1.00	X	X	X	X		X
Muffin Top, Blueberry	1 each	160.00	5.00	0.50	125.00	2.00	26.00	1.00	X	X	X	X		X
Muffin Top, Chocolate Chip	1 each	170.00	6.00	1.00	130.00	2.00	28.00	1.00	X	X	X	X		X
Muffin Top, Chocolate Chocolate Chip	1 each	150.00	6.00	1.50	115.00	3.00	26.00	2.00	X	X	X	X		X
Oatmeal Bar, Apple	1 each	140.00	4.00	1.50	85.00	2.00	24.00	1.00	X	X	X	X		X
Oatmeal Bar, Chocolate Chip	1 each	130.00	3.50	1.00	75.00	2.00	24.00	1.00	X	X	X	X		X
Oatmeal Bar, Strawberry	1 each	140.00	4.00	1.50	85.00	2.00	24.00	1.00	X	X	X	X		X
Oatmeal, Instant Apple Cinnamon (Katy's Kitchen)	1 pkg	130.00	1.50	0.00	170.00	3.00	27.00	3.00		X	X	X		X
Oatmeal, Instant Maple & Brown Sugar (Katy's Kitchen)	1 pkg	160.00	2.00	0.00	240.00	4.00	32.00	3.00			X	X		X
Oatmeal, Instant Regular (Katy's Kitchen)	1 pkg	100.00	1.50	0.00	80.00	4.00	32.00	3.00			X	X		X
Oatmeal, Instant Regular (Quacker)	1 pkg	100.00	2.00	0.00	75.00	4.00	19.00	3.00			X	X		X
Pancakes, Mini	1 pkg	220.00	6.00	0.50	130.00	4.00	39.00	3.00	X		X	X		X
Pancakes, (Aunt Jemima)	2 each	240.00	1.00	0.00	1240.00	8.00	52.00	6.00	X		X	X		X
UBR, Cinnamon (Rich's)	1 each	240.00	6.00	2.00	210.00	5.00	43.00	6.29	X	X	X	X	**	X
Sausage Patty	1 each	60.00	4.00	1.00	80.00	6.00	0.00	0.00			X	X		X
Waffles, Whole Grain (Aunt Jemima)	2 each	200.00	6.00	1.00	490.00	5.00	32.00	3.00	X	X	X	X		X
Waffles, Mini	1 pkg	210.00	6.00	1.00	170.00	4.00	38.00	3.00	X	X	X	X		X
Yogurt, Trix (Raspberry Rainbow)	4 oz	100.00	0.50	0.50	50.00	3.00	20.00	0.00			X	X		X
Bun Entrees - (Hamburger Bun Unless Stated Differently)														
Bacon Cheeseburger on a Bun	1 each	361.00	18.62	7.48	772.00	22.38	27.32	2.00	X	X	X	X		X
BBQ Beef on a Bun (#10 scoop of BBQ Beef) K-8th	1 each	334.00	8.21	4.42	1209.00	19.45	41.11	3.09	X		X			X
BBQ Beef Sub (#8 scoop of BBQ Beef) 6th-12th	1 each	435.00	9.00	6.00	1413.00	22.00	60.00	3.00	X		X			X
BBQ Pork Rib on a Bun	1 each	332.00	12.13	3.54	715.00	20.16	33.13	4.01	X		X			X
Beef & Cheddar on a Bun K-12th	1 each	323.00	13.35	4.19	937.00	20.65	29.03	3.00	X	X	X	X		X
Beef & Cheddar on a Bun K-5th	1 each	299.00	9.38	5.13	832.00	18.76	29.63	2.00	X	X	X	X		X
Cheeseburger on a Bun	1 each	342.00	17.25	6.97	715.00	21.77	23.64	3.00	X	X	X	X		X
Cheesy Veggie Burger on a Bun	1 each	272.00	9.25	2.47	855.00	20.77	30.64	8.00	X	X	X	X		X
Chicken Parmesan on a Bun	1 each	370.00	11.50	3.20	925.00	26.50	40.00	6.00	X		X	X		X
Chicken Patty on a Bun	1 each	311.00	10.00	2.00	706.00	22.00	32.00	5.00	X		X	X		X
Chicken Patty, Hot & Spicy on a Bun	1 each	340.00	13.00	2.50	770.00	22.00	35.00	4.00	X		X	X		X
Egg Salad on a Bun	1 each	308.00	14.40	2.96	612.00	16.54	26.82							

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Nutritional Analysis

Menu Items		Cal	Fat gram	Sat Fat gram	Sodium mg	Protein gram	Carb gram	Fiber gram	Gluten	Milk	Wheat	Eggs	Peanuts	Soy
Sloppy Joe on a Bun (#12 scoop) K-5th	1 each	370.00	12.15	3.85	742.06	26.44	38.30	3.85	X	X	X			X
Texas Hot Dog on a Bun (Hot Dog w/Meatsauce)	1 each	447.00	21.31	7.73	1042.00	20.00	43.49	3.19	X	X	X			X
Tuna on a Bun	1 each	378.00	12.60	1.18	906.00	32.81	30.36	3.07	X	X	X			X
Turkey & Cheese on a Bun	1 each	277.00	9.28	3.08	831.00	20.69	24.86	3.00	X	X	X			X
Turkey on a Bun	1 each	253.00	6.04	0.81	812.00	21.56	24.62	3.00	X	X	X			X
Chicken														
Baked Chicken	1 serv.	164.00	10.19	3.04	576.00	14.60	3.08	0.93						
BBQ Baked Chicken	1 serv.	188.00	10.01	3.00	623.00	14.05	9.98	0.06						X
Crispy Chicken Nuggets PK-5th	4 each	173.00	9.60	1.60	320.00	11.20	10.40	1.60	X	X	X			X
Crispy Chicken Nuggets PK-8th	5 each	216.00	12.00	2.00	400.00	14.00	13.00	2.00	X	X	X			X
Crispy Chicken Nuggets 9th-12th	6 each	259.00	14.40	2.40	480.00	16.80	15.60	2.40	X	X	X			X
Popcorn Chicken Bites PK-5th	12 bites	177.00	9.43	1.71	343.00	12.00	11.14	1.71	X	X	X			X
Popcorn Chicken Bites PK-8th	14 bites	207.00	11.00	2.00	400.00	14.00	13.00	2.00	X	X	X			X
Popcorn Chicken Bites 9th-12th	15 bites	222.00	11.79	2.14	400.00	14.00	13.00	2.00	X	X	X			X
Entrée - Miscellaneous														
Cheese Stick & Yogurt (1 Cheese Stick & 4oz trix yogurt)	1 serving	180.00	6.50	4.00	260.00	10.00	20.00	0.00		X				
Fish Treasures	4 Sticks	230.00	10.00	1.50	360.00	16.00	18.00	2.00	X	X	X			X
French Toast Sticks (3 Sticks) & Sausage (2 Patties)	1 Serving	430.00	21.00	4.50	510.00	19.00	39.00	4.00	X	X	X			X
French Toast Sticks (4 Sticks) & Sausage (2 Patties)	1 Serving	533.00	25.33	5.33	613.00	21.33	52.00	5.33	X	X	X			X
Hummus	1/2 cup	200.00	0.00	0.00	800.00	16.00	32.00	8.00						X
Mozzarella Sticks (4) w/ Sauce (2 oz)	1 serving	321.00	14.90	5.00	573.00	16.20	33.00	3.40	X	X	X			X
Mozzarella Sticks (5) w/Sauce (2oz)	1 serving	395.00	18.50	7.00	655.00	20.00	40.00	4.00	X	X	X			X
Sliced Hot Ham	1 Slice	80.00	2.00	0.80	464.00	11.20	3.20	0.00						X
Turkey & Gravy (Turkey Fricasee) ES	5oz	188.00	5.00	2.00	1005.00	20.00	12.00	1.00	X	X	X			X
Turkey & Gravy (Turkey Fricasee) HS	6 oz	226.00	6.00	2.00	1204.00	24.00	14.00	1.00	X	X	X			X
NOTE FOR YOGURT MENU ITEMS BELOW: If granola topping is not added, it is only a milk allergen & the nutritional info would change.														
Fruit & Yogurt Parfait (8 oz yogurt & 1/2 cup fruit-peaches, 1 T Granola)	1 each	290.00	1.91	1.00	117.16	8.05	61.48	1.85	X	X	X			X
Fruit & Yogurt Parfait (7 oz yogurt & 1/2 cup fruit-peaches, 1 T Granola)	1 each	265.00	1.73	0.88	104.40	7.18	56.61	1.85	X	X	X			X
Yogurt (7oz) & 1 T Granola	7oz	226.00	2.13	1.20	115.00	6.84	44.50	0.25	X	X	X			X
Yogurt (8 oz) & 1 T Granola	8oz	255.00	2.38	1.38	135.00	7.75	50.25	0.25	X	X	X			X
Mexican														
Bean Nacho Grande	1 serv.	336.00	11.00	2.53	887.00	11.46	43.09	7.62	X	X	X			X
Bean Walking Taco	1 serv.	291.00	9.02	2.67	733.00	12.91	40.81	8.84	X	X	X			X
Beefy Steak Quesadilla	1 each	342.00	15.00	7.00	927.00	17.00	33.00	2.00	X	X	X			X
Cheesy Buffalo Chicken Quesadilla	1 each	331.00	13.00	5.00	799.00	21.00	32.00	2.00	X	X	X			X
Cheesy Chicken Quesadilla	1 each	388.00	17.00	7.00	834.00	26.00	31.00	2.00	X	X	X			X
Cheesy Quesadilla	1 each	379.00	20.00	10.00	1127.00	18.00	33.00	2.00	X	X	X			X
Chicken Soft Taco Elem	1 serv.	187.00	6.00	2.00	270.00	18.00	15.00	1.00	X	X	X			X
Meat Nacho Grande	1 serv.	357.00	17.00	5.00	677.00	22.00	28.00	3.00	X	X	X			X
Meat Tacos Elem	1-6" taco	262.00	12.00	4.00	562.00	22.00	17.00	2.00	X	X	X			X
Meat Tacos M/H	2 tacos	342.00	13.00	5.00	781.00	25.00	32.00	3.00	X	X	X			X
Meat Walking Taco M/H	1 serv.	312.00	15.20	4.38	522.00	21.18	22.12	2.71	X	X	X			X
Refried Beans	1/2 cup	161.00	4.00	2.00	552.00	11.00	20.81	6.84		X				
Refried Beans Gov't	1/2 Cup	235.00	3.86	1.80	874.00	14.61	38.59	7.18		X				
Shredded Cheese	2 Tbsp	48.00	4.00	2.44	131.00	3.42	1.00	0.00		X				
Pasta														
Buttered Garlic Pasta	1/2 cup	225.00	4.00	1.00	61.00	7.00	41.00	6.00	X	X	X			X
Beef Stroganoff	4oz ladel	437.00	15.00	4.00	794.00	24.00	53.00	8.00	X	X	X			X
Beef Stroganoff	5oz ladel	487.00	17.00	5.00	956.00	27.00	55.00	8.00	X	X	X			X
Chicken Alfredo	1 Cup	342.00	22.00	7.00	1029.00	23.00	13.00	1.00	X	X	X			X
Homemade Macaroni & Cheese ES	2#10 Scoop	389.00	19.00	11.00	603.00	23.00	32.00	4.00	X	X	X			X
Homemade Macaroni & Cheese HS	2#8	380.00	17.00	10.00	451.00	19.00	39.00	5.00	X	X	X			X
Macaroni Salad	1/2 cup	128.00	4.00	0.41	159.00	3.00	20.00	3.00	X	X	X			X
Pasta & Vegetables	1 cup	139.00	4.90	0.74	46.00	5.12	19.75	3.00	X	X	X			X
Pasta Salad	1/2 cup	248.00	16.00	2.00	295.00	3.77	19.21	2.38	X	X	X			X
Pasta w/Marinara Sauce	1 serv	368.00	8.00	5.00	884.00	25.00	53.00	10.00	X	X	X			X
Pasta w/Meatballs	1c./3 mt bl	347.00	9.00	2.00	640.00	16.00	48.00	6.00	X	X	X			X
Pasta w/Meatsauce*	1c./5mtbl	412.00	13.00	3.00	734.00	22.00	56.00	9.00	X	X	X			X
Pizza														
Calzone, Broccoli and Ham	1 each	315.00	9.64	4.22	914.00	20.36	39.52	4.75	X	X	X			X
Calzone, Cheese & Pepperoni	1 each	372.00	17.34	8.35	973.00	21.97	36.63	3.76	X	X	X			X
Cheese Pizza (Round Par) 8 Cut	1 slice	303.00	13.88	7.09	655.00	18.63	30.28	3.45	X	X	X			**
Cheese Pizza (Round Raw) 8 Cut	1 slice	344.00	13.40	7.09	757.00	20.68	36.51	4.50	X	X	X			**
Cheese Pizza (Sheet) 20 Cut	1 slice	268.00	11.12	5.67	573.00	16.54	29.21	2.80	X	X	X			**
Cheese Pizza (Sheet) 16 Cut	1 slice	334.00	13.90	7.09	717.00	20.67	36.51	3.50	X	X	X			**
Chicken Fajita Pizza (Round Par) 8 Cut	1 slice	242.00	6.15	2.97	588.00	18.16	30.66	4.08	X	X	X			X
Chicken Fajita Pizza (Round Raw) 8 Cut	1 slice	282.00	5.65	2.97	678.00	20.16	36.66	5.08	X	X	X			**
Chicken Fajita Pizza (Sheet) 16 Cut	1 slice	269.00	6.08	2.96	629.00	19.82	36.62	4.08	X	X	X			**
Chicken Fajita Pizza (Sheet) 20 Cut	1 slice	216.00	4.87	2.36	503.00	15.86	29.30	3.26	X	X	X			**
Chicken Wing Pizza (Round Par) 8 Cut	1 slice	325.00	14.91	4.92	902.00	19.34	29.42	3.00	X	X	X			**
Chicken Wing Pizza (Round Raw) 8 Cut	1 slice	365.00	14.41	4.92	992.00	21.34	35.42	4.00	X	X	X			**
Chicken Wing Pizza (Sheet) 16 Cut	1 slice	355.00	14.91	4.92	952.00	21.34	35.42	3.00	X	X	X			**
Chicken Wing Pizza (Sheet) 20 Cut	1 slice	284.00	11.93	3.93	762.00	17.07	28.34	2.40	X	X	X			**
Chicken Bacon Ranch Pizza (Round Raw) 8 Cut	1 slice	355.00	13.89	4.45	699.00	20.78	37.19	4.00	X	X	X			**
Chicken Bacon Ranch Pizza (Round Par) 8 Cut	1 slice	315.00	14.39	4.45	609.00	18.78	31.19	3.00	X	X	X			**
Chicken Bacon Ranch (Sheet) 20 Cut	1 slice	276.00	11.52	3.56	528.00	16.62	29.76	2.40	X	X	X			**
Chicken Bacon Ranch (Sheet) 16 Cut	1 slice	345.00	14.93	4.45	659.00	20.78	37.19	3.00	X	X	X			**
Four Cheese Pizza (Round Par) 8 Cut	1 slice	320.00	14.95	7.87	759.00	18.59	30.93	3.50	X	X	X			**
Four Cheese Pizza (Round Raw) 8 Cut	1 slice	360.00	14.45	7.87	849.00	20.59	36.93	4.50	X	X	X			**
Four Cheese Pizza (Sheet) 16 Cut	1 slice	350.00	14.95	7.87	809.00	20.59	36.93	3.50	X	X	X			**
Four Cheese Pizza (Sheet) 20 Cut	1 slice	280.00	11.96	6.29	647.00	16.47	29.55	2.80	X	X	X			**
Garlic Broccoli Pizza (Round Par) 8 Cut	1 slice	346.00	18.66	8.59	633.00	18.73	29.53	3.48	X	X	X			**
Garlic Broccoli Pizza (Round Raw) 8 Cut	1 slice	386.00	18.16	8.59	723.00	20.73	35.53	4.48	X	X	X			**
Garlic Broccoli Pizza (Sheet) 20 Cut	1 slice	301.00	14.93	6.87	547.00	16.58	28.42	2.78	X	X	X			**
Garlic Broccoli Pizza (Sheet) 16 Cut	1 slice	376.00	18.66	8.59	683.00	20.73	35.53	3.48	X	X	X			**
Garlic Pizza (Round Par) 8 Cut	1 slice	340.00	18.66	8.59	630.00	18.35	28.78	3.10	X	X	X			**
Garlic Pizza (Round Raw) 8 Cut	1 slice	380.00	18.16	8.59	720.00	20.35	34.78	4.10	X	X	X			**
Garlic Pizza (Sheet) 16 Cut	1 slice	370.00	18.66	8.59	680.00	20.35	34.78	3.10	X	X	X			**
Garlic Pizza (Sheet) 20 Cut	1 slice	296.00	14.93	6.87	544.00	16.28	27.82	2.48	X	X	X			**
Hawaiian Pizza (Round Par) 8 Cut	1 slice	294.00	10.21	4.76	731.00	18.14	35.70							

GST BOCES

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manufacturer's products that may contain tree nuts

Nutritional Analysis

Menu Items		Cal	Fat gram	Sat Fat gram	Sodium mg	Protein gram	Carb gram	Fiber gram	Gluten	Milk	Wheat	Eggs	Peanuts	Soy
Meat Lovers Pizza (Round Raw) 8 Cut	1 slice	349.00	12.77	6.25	837.00	21.61	37.43	4.63	X	X	X	X	**	X
Meat Lovers Pizza (Sheet) 16 Cut	1 slice	339.00	13.27	6.25	797.00	21.61	37.43	3.62	X	X	X	X	**	X
Meat Lovers Pizza (Sheet) 20 Cut	1 slice	274.00	10.79	5.07	646.00	17.37	29.94	2.90	X	X	X	X	**	X
Meatball Pizza (Round Par) 8 Cut	1 slice	301.00	13.11	6.19	643.00	18.63	31.26	3.75	X	X	X	X	**	X
Meatball Pizza (Round Raw) 8 Cut	1 slice	341.00	12.61	6.19	733.00	20.63	37.26	4.75	X	X	X	X	**	X
Meatball Pizza (Sheet) 16 Cut	1 slice	331.00	13.11	6.19	693.00	20.63	37.26	3.75	X	X	X	X	**	X
Meatball Pizza (Sheet) 20 Cut	1 slice	265.00	10.49	4.95	555.00	16.50	29.81	3.00	X	X	X	X	**	X
Pepperoni Pizza (Round Par) 8 Cut	1 slice	324.00	15.63	7.75	744.00	19.47	30.51	3.50	X	X	X	X	**	X
Pepperoni Pizza (Round Raw) 8 Cut	1 slice	364.00	15.13	7.75	834.00	21.48	36.51	4.50	X	X	X	X	**	X
Pepperoni Pizza (Sheet) 16 Cut	1 slice	354.00	15.63	7.75	794.00	21.47	36.51	3.50	X	X	X	X	**	X
Pepperoni Pizza (Sheet) 20 Cut	1 slice	288.00	12.85	6.34	651.00	17.34	29.21	2.80	X	X	X	X	**	X
Philly Steak Pizza (Round Par) 8 Cut	1 slice	329.00	14.83	6.49	795.00	18.48	33.11	3.27	X	X	X	X	**	X
Philly Cheese Steak Pizza (Round Raw) 8 Cut	1 slice	368.00	14.23	6.44	883.00	20.37	39.10	4.27	X	X	X	X	**	X
Philly Cheese Steak Pizza (Sheet) 16 Cut	1 slice	358.00	14.73	6.44	843.00	20.37	39.10	3.27	X	X	X	X	**	X
Philly Cheese Steak Pizza (Sheet) 20 Cut	1 slice	286.00	11.79	5.15	674.00	16.30	31.28	2.62	X	X	X	X	**	X
Pizza Dunkers w/ Dunker Sauce 16 cut (3 Strips)	3 strips = 1 slice	395.00	19.16	8.59	925.00	21.35	39.78	4.10	X	X	X	X	**	X
Pizza Dunkers w/ Dunker Sauce 20 cut (3 strips)	3 strips = 1 slice	319.00	15.38	6.87	766.00	17.19	32.36	3.39	X	X	X	X	**	X
Southern BBQ Pizza (Round Par) 8 Cut	1 slice	328.00	12.37	5.00	915.00	20.82	34.83	2.00	X	X	X	X	**	X
Southern BBQ Pizza (Round Raw) 8 Cut	1 slice	348.00	12.37	5.00	985.00	21.82	34.83	2.00	X	X	X	X	**	X
Southern BBQ Pizza (Sheet) 16 Cut	1 slice	358.00	12.37	5.00	965.00	22.82	40.83	3.00	X	X	X	X	**	X
Southern BBQ Pizza (Sheet) 20 Cut	1 slice	286.00	9.90	4.00	772.00	18.26	32.67	2.40	X	X	X	X	**	X
Taco Pizza (Round Par) 8 Cut	1 slice	236.00	6.67	3.23	497.00	15.82	31.80	4.87	X	X	X	X	**	X
Taco Pizza (Round Raw) 8 Cut	1 slice	276.00	6.17	3.23	587.00	17.82	37.80	5.87	X	X	X	X	**	X
Taco Pizza (Sheet) 16 Cut	1 slice	266.00	6.67	3.23	547.00	17.82	37.80	4.87	X	X	X	X	**	X
Taco Pizza (Sheet) 20 Cut	1 slice	213.00	5.34	2.58	438.00	14.26	30.24	3.89	X	X	X	X	**	X
Veggie Lovers Pizza (Round Par) 8 Cut	1 slice	325.00	15.16	7.79	738.00	18.37	32.65	4.02	X	X	X	X	**	X
Veggie Lovers Pizza (Round Raw) 8 Cut	1 slice	365.00	14.66	7.79	828.00	20.38	38.65	5.02	X	X	X	X	**	X
Veggie Lovers Pizza (Sheet) 16 Cut	1 slice	355.00	15.16	7.79	788.00	20.37	38.65	4.02	X	X	X	X	**	X
Veggie Lovers Pizza (Sheet) 20 Cut	1 slice	284.00	12.13	6.24	631.00	16.30	30.92	3.22	X	X	X	X	**	X
Salads														
Chef Salad	1 each	156.00	7.00	4.00	760.00	15.00	8.00	2.00	X	X	X	X	**	X
Chef Salad Vegetarian	1 each	169.00	10.00	4.00	233.00	11.00	8.00	2.00	X	X	X	X	**	X
Chicken BLT Salad	1 each	271.00	13.00	3.00	576.00	19.00	19.00	5.00	X	X	X	X	**	X
Chicken Caesar Salad	1 serv	287.00	15.00	5.00	679.00	20.00	20.00	4.00	X	X	X	X	**	X
Southwest Taco Salad	1 each	401.00	17.00	6.00	583.00	27.00	32.00	5.00	X	X	X	X	**	X
Spinach Dinner Salad	1 serv	214.00	8.00	3.00	274.00	13.00	21.00	2.00	X	X	X	X	**	X
Toss Salad	1/2 cup	17.00	0.00	0.00	13.00	1.00	3.00	1.00	X	X	X	X	**	X
Sandwiches														
Cheese Sandwich	1 Each	349.00	18.00	10.00	819.00	15.00	31.00	2.00	X	X	X	X	**	X
Egg Salad Sandwich	1 Each	298.00	13.61	3.19	636.00	13.00	30.00	3.03	X	X	X	X	**	X
Hot Beef Sandwich	1 Each	203.00	8.01	3.11	470.00	15.83	19.58	2.72	X	X	X	X	**	X
PB & Jelly Sandwich	1 Each	623.00	33.00	6.00	540.00	18.00	64.00	6.00	X	X	X	X	**	X
Sliced Ham & Cheese Sandwich	1 Each	149.00	7.00	3.00	737.00	15.00	31.00	2.00	X	X	X	X	**	X
Sliced Ham Sandwich	1 Each	216.00	3.00	1.00	710.00	15.00	31.00	2.00	X	X	X	X	**	X
Sliced Turkey & Cheese Sandwich	1 Each	276.00	6.00	2.00	889.00	21.00	30.00	2.00	X	X	X	X	**	X
Sliced Turkey Sandwich	1 Each	252.00	3.00	0.00	912.00	23.00	30.00	2.00	X	X	X	X	**	X
Toasted Cheese, Buffalo	1 Each	316.00	13.00	6.00	683.00	20.00	31.00	2.00	X	X	X	X	**	X
Toasted Cheese Sandwich	1 Each	349.00	18.00	10.00	819.00	15.00	31.00	2.00	X	X	X	X	**	X
Toasted Ham & Cheese Sandwich	1 Each	283.00	10.00	5.00	765.00	15.00	31.00	2.00	X	X	X	X	**	X
Soups														
Chili	10 oz ladle	397.00	17.00	6.00	863.00	36.00	24.00	9.00	X	X	X	X	**	X
Minestrone Soup	1 cup	79.00	1.00	1.00	792.00	3.00	14.00	3.00	X	X	X	X	**	X
Tomato Soup	1 cup	90.00	0.00	0.00	480.00	2.00	20.00	1.00	X	X	X	X	**	X
Subs														
Chicken Strip Sub	1 each	174.00	8.00	2.00	398.00	15.00	10.00	2.00	X	X	X	X	**	X
Chicken Philly Sub Elem	1 each	278.00	10.00	1.00	675.00	21.00	26.00	3.00	X	X	X	X	**	X
Chicken Philly Sub MS/HS	1 each	310.00	11.00	1.42	719.00	25.00	27.00	3.00	X	X	X	X	**	X
Egg Salad Deli Sub	1 each	308.00	14.00	3.00	326.00	17.00	27.00	3.00	X	X	X	X	**	X
Ham & Cheese Deli Sub	1 each	251.00	9.00	4.00	810.00	18.00	27.00	3.00	X	X	X	X	**	X
Ham Deli Sub	1 each	218.00	6.00	2.00	784.00	17.00	28.00	3.00	X	X	X	X	**	X
Italian Meatball Sub	3 mtbl	278.00	11.00	4.00	696.00	17.00	29.00	3.00	X	X	X	X	**	X
Italian Meatball Sub Elem	4 mtbl	324.00	13.00	5.00	629.00	20.00	33.00	4.00	X	X	X	X	**	X
Italian Meatball Sub MS/HS	5 mtbl	448.00	16.00	6.00	1030.00	26.00	51.00	5.00	X	X	X	X	**	X
Philly Cheese Steak Sub	1 each	289.00	9.00	5.00	812.00	18.00	28.00	2.00	X	X	X	X	**	X
Tuna Salad Deli Sub	1 each	380.00	13.00	1.00	908.00	33.00	31.00	3.00	X	X	X	X	**	X
Turkey Club Sub	1 each	325.00	13.00	4.00	983.00	24.00	25.00	3.00	X	X	X	X	**	X
Turkey Deli Sub	1 each	234.00	3.00	0.00	954.00	24.00	24.00	2.00	X	X	X	X	**	X
Turkey & Cheese Sub	1 each	280.00	9.00	3.00	832.00	21.00	25.00	3.00	X	X	X	X	**	X
Turkey/Ham/Cheese Sub	1 each	270.00	9.00	3.00	825.00	20.00	26.00	3.00	X	X	X	X	**	X
Wraps														
Buffalo Chicken Wrap	1 each	324.00	12.00	3.00	748.00	21.00	33.00	2.00	X	X	X	X	**	X
Chicken Caesar Wrap	1 each	347.00	14.00	3.00	709.00	22.00	33.00	2.00	X	X	X	X	**	X
Chicken Ranch Wrap	1 each	347.00	14.00	4.00	780.00	22.00	32.00	2.00	X	X	X	X	**	X
Ham & Cheese Deli Wrap	1 each	291.00	12.00	5.00	940.00	16.00	34.00	2.00	X	X	X	X	**	X
Ham Deli Wrap	1 each	258.00	9.00	3.00	914.00	15.00	35.00	2.00	X	X	X	X	**	X
Tuna Salad Deli Wrap	1 each	420.00	16.00	2.00	1038.00	31.00	68.00	2.00	X	X	X	X	**	X
Turkey & Cheese Deli Wrap	1 each	319.00	10.00	3.00	1090.00	2.00	32.00	2.00	X	X	X	X	**	X
Turkey Club Wrap	1 each	364.00	14.00	5.00	1240.00	25.00	32.00	2.00	X	X	X	X	**	X
Turkey Deli Wrap	1 each	294.00	7.00	1.00	1114.00	24.00	32.00	2.00	X	X	X	X	**	X
Side - Beans														
Greens & Beans	1/2 Cup	114.00	3.40	1.20	435.00	6.14	14.93	4.76	X	X	X	X	**	X
Vegetarian Baked Beans	1/2 cup	110.00	0.50	0.00	440.00	6.00	22.00	4.00	X	X	X	X	**	X
Side - Bread														
Bagel, White Whole Grain Bagel	1 each	140.00	1.00	0.00	180.00	6.00	29.00	4.00	X	X	X	X	**	X
Breadstick	1 each	159.00	5.00	2.00	240.00	4.00	22.00	2.00	X	X	X	X	**	X
Cornbread	1 each	150.00	5.00	1.00	280.00	4.00	24.00	1.00	X	X	X	X	**	X
Country Bread Stuffing	1 oz	36.00	1.65	0.24	76.00	1.20	4.90	0.64	X	X	X	X	**	X
Dinner Roll	1 each	90.00	1.50	0.00	180.00	4.00	17.00	1.00	X	X	X	X	**	X
Garlic Breadstick	1 slice	88.00	2.99	0.73	95.39	2.33	15.03	1.00	X	X	X	X	**	X
Hamburger Bun	1 each	140.00	2.00	0.00	310.00	7.00	23.00	3.00	X	X	X	X	**	X
Hot Dog Bun	1 each	140.00	2.00	0.00	310.00	7.00	23.00	3.00	X	X	X	X	**	X
Pretzel, Whole Grain	1 each	140.00	0.50	0.00	150.00	5.00	30.00	3.00	X	X	X	X	**	X
Italian Bread	1 each	79.00	3.70	0.67	147.00	1.76	10.00	0.54	X	X	X	X	**	X
Whole Wheat Bread HS	1 oz	70.00	1.00	0.00	150.00	3.00	13.00	2.00	X	X	X	X	**	X
Side - Dessert														
Fruity Jello w/Whipped Topping	2/3 cup	110.00	1.00	1.00	14.00	0.10	23.08	1.14	X	X	X	X	**	X

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Nutritional Analysis

Menu Items		Cal	Fat gram	Sat Fat gram	Sodium mg	Protein gram	Carb gram	Fiber gram	Gluten	Milk	Wheat	Eggs	Peanuts	Soy
Homemade Fruit Crisp, Frozen Fruit	2/3 cup	243.00	6.54	1.99	28.00	2.32	45.21	4.01	X	X	X			X
Warm Cinnamon Apple Slices	1/2 cup	72.00	0.01	0.00	4.00	0.04	19.02	1.28	X	X	X			X
Side - Fruit														
Blueberries	1/2 cup	34.00	0.00	0.00	1.00	0.55	8.11	2.10						
California Raisins	1 box	120.00	0.00	0.00	5.00	1.00	29.00	2.00						
Chilled Applesauce	1 cup	50.00	0.11	0.02	15.00	0.00	15.00	2.00						
Chilled Cinnamon Applesauce	1/2 cup	51.00	0.21	0.04	15.00	0.21	15.00	1.65						
Chilled Diced Peaches	1/2 cup	68.00	0.04	0.00	6.00	0.56	18.26	1.63						
Chilled Diced Pears	1/2 cup	72.00	0.04	0.00	6.00	0.24	19.04	2.01						
Chilled Fruit Cocktail	1/2 cup	80.00	0.00	0.00	5.00	0.00	18.00	1.00						
Chilled Mandarin Oranges	1/2 cup	70.00	0.00	0.00	10.00	1.00	17.00	1.00						
Chilled Mixed Fruit	1/2 cup	123.00	0.23	0.03	4.00	1.78	30.29	2.38						
Chilled Pineapple Tidbits	1/2 cup	63.00	0.14	0.01	1.00	0.43	16.17	0.96						
Chilled Strawberry Cup	1 serv.	122.00	0.17	0.01	4.00	0.68	33.05	2.40						
Cinnamon Applesauce	1/2 cup													
Fresh Apple	1 each	68.00	0.22	0.04	1.00	0.34	18.12	3.16						
Fresh Banana	1 each	90.00	0.33	0.11	1.00	1.10	23.07	2.63						
Fresh Cantaloupe	1/2 cup	27.00	0.15	0.04	12.00	0.66	6.36	0.70						
Fresh Grapes	1/2 cup	31.00	0.16	0.05	1.00	0.29	7.89	0.41						
Fresh Orange	1 each	45.00	0.12	0.02	0.00	0.90	11.28	2.30						
Fresh Pear	1 each	96.00	0.20	0.02	2.00	0.63	25.66	5.15						
Fresh Watermelon Slices	1/2 cup	23.00	0.11	0.01	1.00	0.47	5.78	0.31						
Frozen Fruit Juice Cup	1 each	70.00	0.00	0.00	5.00	0.00	18.00	3.00						
Side - Potato														
Baked Sweet Potato Wedges	1/2 cup	100.00	4.50	1.00	170.00	1.00	15.00	2.00	X					X
Baked Sweet Potato Waffle Fries	1/2 cup	100.00	4.50	1.00	170.00	1.00	15.00	2.00	X		X			X
Hot Baked Potato	1 Each	213.00	3.26	0.58	50.00	5.05	42.72	4.44						
Mashed Potatoes	1/2 cup	67.00	0.77	0.14	126.00	0.00	12.99	0.00	X	X	X			X
Mashed Potatoes w/Gravy	1 serv	92.00	0.90	0.14	330.00	0.64	17.91	0.24	X	X		X		X
Seasoned Potato Wedges	1/2 cup	67.00	1.82	0.91	15.00	1.21	10.93	1.21	X					X
Seasoned Roasted Potatoes	1/2 cup	146.00	6.09	1.10	415.00	2.54	21.57	2.75	X					X
Sweet Potatoes	1/2 cup	115.00	0.38	0.00	34.00	0.76	27.54	2.29	X					X
Tasty Tater Tots	1/2 cup	149.00	7.47	1.07	331.00	2.13	18.14	2.13	X					X
Side - Rice														
Mexican Rice	1/2 cup	135.00	2.43	0.27	154.00	3.19	24.95	1.86						
Fried Rice	1/2 cup	146.00	4.00	1.00	203.00		25.00	3.00						X
Seasoned Rice	1/2 cup	122.00	0.74	0.01	54.00	2.92	25.13	0.99						
Steamed Brown Rice	1/2 cup	82.00	0.48	0.00	283.00	1.92	16.80	0.48						
Side - Vegetables														
California Blend Vegetables	1/2 cup	19.00	0.00	0.00	19.00	0.62	3.12	1.25						
Capri Blend Vegetables	1/2 cup	21.00	0.00	0.00	14.29	0.71	3.57	0.71						
Carrot Coins, Canned	1/2 cup	18.00	0.14	0.03	31.00	0.47	4.04	1.10						
Carrot Coins, Frozen	1/2 cup	27.00	0.50	0.09	43.00	0.42	5.64	2.40						
Cooked Squash	1/2 Cup	45.00	0.00	0.00	0.00	0.44	11.01	3.01						X
Corn & Green Bean Medley	1/2 cup	40.00	0.45	0.08	140.00	1.47	9.14	1.45						
Crisp Carrot Sticks	1/2 cup	36.00	0.21	0.04	61.00	0.82	8.42	2.46						
Crispy Carrot & Celery Sticks	1/2 cup	13.00	0.09	0.02	34.00	0.37	2.85	1.00						
Golden Sweet Corn, Canned	1/2 cup	33.00	0.41	0.07	70.00	1.08	7.62	0.80						
Golden Sweet Corn, Frozen	1/2 cup	66.00	0.55	0.08	1.00	2.09	15.83	2.00						
Mixed Vegetables	1/2 cup	43.00	0.00	0.00	61.00	2.14	8.57	2.14						
Oriental Blend Vegetables	1/2 Cup	15.00	0.00	0.00	5.00	0.50	2.50	0.50						
Raw Broccoli	1/2 cup	15.00	0.00	0.00	15.00	1.00	3.00	1.00						
Raw Carrots	1/2 cup	36.00	0.00	0.00	61.00	1.00	8.00	1.00						
Raw Cauliflower	1/2 cup	13.00	0.00	0.00	15.00	0.00	1.00	3.00						
Raw Celery	1/2 cup	8.00	0.00	0.00	41.00	0.00	2.00	1.00						
Raw Cucumber Slices	1/2 cup	14.00	0.19	0.02	2.00	0.70	2.55	0.83						
Raw Peppers	1/2 cup	9.00	0.00	0.00	1.00	0.00	2.00	1.00						
Spinach Greens	1/2 cup	33.00	0.00	0.00	192.00	3.33	3.33	3.33						
Steamed Broccoli Florets	1/2 cup	15.00	0.00	0.00	10.00	1.00	2.00	1.00						
Steamed Broccoli Florets & Cheese Sauce	1/2 cup	61.00	2.36	0.77	235.00	3.35	7.92	2.76						X
Steamed Peas & Carrots, Frozen	1/2 cup	65.00	0.57	0.10	93.00	4.20	13.77	4.22						
Sweet Peas, Canned	1/2 Cup	59.00	0.30	0.05	140.00	3.76	10.69	3.50						
Sweet Peas, Frozen	1/2 cup	62.00	0.22	0.04	58.00	4.12	11.41	4.40						
Beverages														
Juice Bars	1 each	60.00	0.00	0.00	10.00	0.00	15.00	0.00						
Juice, Apple	4oz carton	60.00	0.00	0.00	10.00	0.00	14.00	0.00						
Juice, Grape	4oz carton	70.00	0.00	0.00	5.00	0.00	18.00	0.00						
Juice, Orange	4oz carton	60.00	0.00	0.00	0.00	1.00	14.00	0.00						
Milk Strawberry, Fat Free	8oz carton	110.00	0.00	0.00	125.00	8.00	19.00	0.00		X				
Milk, 1% White	8oz carton	110.00	2.50	1.50	130.00	8.00	13.00	0.00		X				
Milk, Chocolate Fat Free	8oz carton	120.00	0.00	0.00	180.00	8.00	20.00	0.00		X				
Milk, Skim	8oz carton	90.00	0.00	0.00	130.00	8.00	13.00	0.00		X				
Condiments														
BBQ PC	.75oz PC	16.00	0.00	0.00	155.00	0.00	4.13	0.00	X					X
BBQ Sauce, Bulk	1 oz	39.00	0.08	0.01	250.00	0.36	10.11	0.32	X					X
BBQ Sauce, Scratch	1 TBSP	20.00	0.03	0.01	189.00	0.04	5.21	0.04	X					X
Caesar Dressing, Scratch	1.5 oz serv	101.00	9.09	1.67	393.00	1.34	2.70	0.01	X	X				X
American Cheese	1 Slice	53.00	4.43	2.79	211.00	3.14	0.22	0.00	X	X				X
Chow Mein Noodles	1 TBSP	9.00	0.38	0.09	14.00	0.19	1.20	0.06	X					X
Saltine Crackers, Whole Grain	1 pkg	80.00	1.50	0.00	270.00	2.00	13.00	1.00	X		X			X
Cream Cheese	1 TBSP	45.00	3.51	2.00	95.00	2.00	1.00	0.00	X	X				X
Croutons	1 TBSP	11.00	0.35	0.00	32.00	0.35	1.77	0.00	X		X			X
Dill Pickles	1 oz (3each)	3.00	0.03	0.01	184.00	0.13	0.54	0.23						
French Dressing, Scratch	1 Tbsp	37.00	3.26	0.47	27.00	0.01	2.18	0.02	X					
French Dressing PC	1 PC (12 gm)	50.00	4.00	0.50	75.00	0.00	2.00	0.00	X					X
Graham Crackers	1 pkg.	60.00	1.50	0.00	60.00	1.00	11.00	1.00	X		X			X
Hot Sauce	2 Tbsp	47.00	4.73	0.79	701.00	0.00	0.79	0.00						
Italian Dressing, Scratch	1 tbsp	36.00	3.73	0.53	101.00	0.00	0.77	0.00						
Italian Dressing pc	1 PC	10.00	0.50	0.50	110.00	0.00	1.00	0.00		X				
Jelly	1 TBSP	50.00	0.00	0.00	0.00	0.00	12.00	0.00	X					
Cranberry Sauce	1/4 CUP	105.00	0.10	0.01	20.00	0.14	26.94	0.69	X					
Grated Parmesan Cheese	1 Tbsp	57.00	4.25	2.83	255.00	5.67	0.00	0.00	X	X				
Ketchup, 9gm	1 PC	10.00	0.00	0.00	100.00	0.00	3.00	0.00	X					X
Ketchup, Bulk	1 TBSP	14.00	0.00	0.00	172.00	0.00	3.62	0.00	X					X
Lettuce Cup	1/4 cup	2.00	0.00	0.00	2.00	0.17	0.50	0.17						
Maple Syrup	2 Tbsp	110.00	0.00	0.00	10.00	0.00	28.00	0.00	X					
Maple Syrup PC	1 each													
Mayo PC	1 pkt	90.00												

GST BOCES

Disclaimer: The data contained within this document should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice, due to our bids changing. **Please contact the kitchen manager for specific nutrition labels containing exact nutrients and ingredients.** ****Produced in a facility that manufacturer's products that may contain tree nuts**

Nutritional Analysis

Menu Items		Cal	Fat gram	Sat Fat gram	Sodium mg	Protein gram	Carb gram	Fiber gram	Gluten	Milk	Wheat	Eggs	Peanuts	Soy
Mustard, Bulk	1 TBSP	12.00	0.00	0.00	150.00	0.00	0.00	0.00	X					
Peanut Butter	2 Tbsp	200.00	16.00	3.50	130.00	6.00	8.00	2.00				**		
Land o Lakes Butter	1 pkt	25.00	3.00	0.50	30.00	0.00	0.00	0.00	X	X				X
Ranch - Scratch	1 Tbsp	15.00	0.99	0.20	78.00	0.37	0.77	0.00	X	X		X		X
Ranch PC (1.5oz)	1.5 oz PC	140.00	13.00	2.00	380.00	0.00	7.00	0.00	X	X		X		X
Ranch PC (12gm)	1 PC	60.00	7.00	1.00	100.00	0.00	1.00	0.00	X	X		X		
Relish, Bulk	1 TBSP	10.00	0.00	0.00	140.00	0.00	3.00	0.00						
Relish, PC	1 PC	10.00	0.00	0.00	55.00	0.00	2.00	0.00						
Salsa	2 Tbsp	11.00	0.06	0.01	35.00	0.47	2.18	0.45						
Sweet N' Sour Sauce	2 Tbsp	35.00	0.62	0.09	101.00	0.11	7.26	0.09	X					
Taco Sauce	1pkt													
Tartar Sauce	1 Tbsp	6.00	0.00	0.00	33.00	0.00	1.42	0.00				X		X
Tomato, Diced	1 TBSP	2.00	0.02	0.00	1.00	0.10	0.44	0.13						
Smart Snacks														
Baked Lays Potato Crisp BBQ	1 Bag	110.00	2.50	0.00	170.00	2.00	19.00	2.00	X	X	X			X
Baked Lays Potato Crisp Regular	1 Bag	100.00	1.50	0.00	115.00	2.00	20.00	2.00						X
Baked Lays Potato Crisp Sour Cream and Onion	1 Bag	100.00	2.50	0.00	140.00	2.00	18.00	1.00	X					X
Baked! Cheetos Fantastix Flamin' Hot	1 Bag	130.00	5.00	1.00	200.00	2.00	20.00	2.00	X					
Baked! Tostitos RF Crispy Rounds	1 Bag	120.00	4.50	0.50	105.00	2.00	18.00	2.00						
Baked!Cheetos Fanstastix Chili Cheese	1 Bag	130.00	5.00	1.00	200.00	2.00	19.00	2.00	X					
Cheetos RF Puffs Cheese Snacks	1 Bag	90.00	3.50	0.00	135.00	2.00	14.00	1.00	X					
Cheetos RF Puffs Flamin' Hot Cheese	1 Bag	130.00	5.00	1.00	200.00	2.00	20.00	2.00	X					
Chocolate Sundae Crunch Bar	1 each	140.00	5.00	1.50	90.00				X	X	X			X
Fudgie Bar	1 each	80.00	1.00	0.50	75.00	2.00	18.00	1.00	X					
Whole Fruit Juice Bar	1 each	40.00	0.00	0.00	5.00	2.00	9.00	2.00						
Goldfish Graham Crackers	1 pkg	120.00	4.00	1.00	110.00	1.00	19.00	1.00	X		X			X
J&J Baked Cookies (chocolate chip, chocolate, candy pieces)	1 each	194.00	6.00	2.00	170.00	3.00	34.00	3.00	X	X	X	X		X
Oatmeal Bars, Apple/Strawberry	1 each	140.00	4.00	1.50	85.00	2.00	24.00	1.00	X	X	X	X		X
Reduced Fat Doritos Cool Ranch	1 Bag	130.00	5.00	1.00	160.00	2.00	19.00	2.00	X					
Reduced Fat Doritos Nacho Cheesier	1 Bag	130.00	5.00	0.50	200.00	2.00	20.00	2.00	X					
Reduced Fat SWT N SPCY Chili	1 Bag	130.00	5.00	0.50	180.00	2.00	20.00	2.00	X		X			X
RF Ice Cream Sandwich - Vanilla or Chocolate	1 each	140.00	2.00	1.00	135.00	3.00	29.00	2.00	X	X	X			X
RF Velvet Ice Cream Dixie Cup - Van/Choc/Straw	1 each								X					
Rold Gold Pretzels Heartzels Whole Grain Rich	1 Bag	80.00	1.50	0.00	200.00	2.00	15.00	2.00	X		X			
Smart Choice Muffin	1 each	160.00	5.00	1.00	190.00	3.00	26.00	2.00	X	X	X	X		X
Smart Choice Muffin Top(Banana, Apple Cinn)	1 each	160.00	5.00	1.00	200.00	3.00	28.00	2.00	X	X	X	X		X
Smart Choice MuffinTop(cho chip, Blueberry)	1 each	150.00	4.50	1.00	185.00	3.00	24.00	2.00	X	X	X	X		X
Smartfood Delight White Cheddar Popcorn	1 Bag	70.00	2.50	0.00	110.00	2.00	9.00	2.00	X					
Strawberry Sundae Crunch Bar	1 each	140.00	5.00	1.50	65.00				X	X	X			X
SunChips MultiGrain Snack Mix Garden Salsa	1 Bag	110.00	4.00	0.00	170.00	2.00	15.00	2.00	X	X	X			
SunChips MultiGrain Snack Mix Harvest Cheddar	1 Bag	110.00	4.00	0.00	200.00	2.00	15.00	2.00	X	X	X			
Velvet Sherbet Dixie cup	1 each								X					
Individual Items														
BBQ Beef (no bun)	#8 Scoop								X					X
BBQ Pork Rib (no bun)	#8 Scoop	145.00	3.00	1.00	468.00	15.00	17.00	1.00	X	X				X
BBQ Pulled Turkey (no bun)	#8 Scoop	192.00	10.00	3.00	405.00	13.00	10.00	1.00	X					X
Cheeseburger (no bun)	1 each	202.00	15.00	7.00	405.00	15.00	1.00	0.00	X	X				
Veggie Burger (no bun)	1 each	80.00	3.00	0.00	400.00	11.00	7.00	5.00	X		X			X
Chicken Parmesan (no bun)	1 each	230.00	10.00	3.00	31.00	20.00	17.00	3.00	X	X	X	X		X
Chicken Patty (no bun)	1 each	188.00	8.00	2.00	396.00	15.00	14.00	2.00	X		X	X		X
Fish Filet (no bun)	1 each	210.00	13.00	2.00	460.00	10.00	13.00	1.00	X	X	X			X
Sliced Deli Ham (no bun)	2 oz	75.00	5.00	2.00	472.00	10.00	4.00	0.00						
Hamburger (no bun)	1 each	150.00	11.00	5.00	260.00	12.00	0.00	0.00						
Hot Dog (no bun)	1 each	160.00	14.00	6.00	650.00	6.00	2.00	0.00						X
Tuna	#12 scoop	238.00	11.00	1.00	596.00	26.00	7.00	0.00			X			X
Egg Salad	#12 Scoop	168.00	12.00	3.00	302.00	10.00	4.00	0.00						
Meatballs	4 mtbl	158.00	9.00	3.00	443.00	12.00	9.00	2.00	X	X	X	X		X
Philly steak (no bun)	2 oz	148.00	9.00	3.00	403.00	13.00	3.00	0.00	X	X				
Sliced Deli Turkey (no bun)	2 oz	113.00	4.00	1.00	502.00	14.00	25.00	0.00						