

CATEGORY	DESCRIPTION	CARBS	PORTION	CONTRIBUTION
Bean/legume	beans & franks	31.75	3/4 cup	2-1/2 cup vegetable
	black bean salsa	45	1/2 cup	1/2 cup vegetable
	black beans	20	1/2 cup	1/2 cup vegetable
	chopped chickpea salad	26.9	1/2 cup	1/2 cup vegetable
	Edamame	6.58	1/2 cup	2 m/ma
	Hummus (Zee Zee's)	18	1/4 cup	1/2 cup vegetable
	refried bean	29	1/2 cup	1/2 cup vegetable
Bread	Biscuits	27	1 each	2bg
	Bosco sticks	32	2 each	1 m/ma; 2 bread grain
	Breadsticks (5")	14	1 each	1 bread grain
	Cinnamon Rolls	38	1 eacg	2 grain
	corn bread stuffing	27.7	1/2 cup	1/2 cup bread grain
	Corn muffin	23	1 each	1 bread grain
	Chortles	17	1pkg	1 WG
	dinner roll	31	1 roll	2 bread grain
	Donut holes	14.36	3 each	1 BG
	English Muffin	23	1 each	2 bg & 2 m/ma
	Garlic toast	15	1 slice	1 bread grain
	Goldfish crackers (mickey mouse)	14	1 pkg	1 bread grain
	Granola chocolate	22	1 pkg	1 bread grain
	Granola original	22	1 pkg	1 bread grain
	Hamburger bun	27	1 bun	2.5 bread grain
	Holiday cookie	16	1 cookie	.25 bread grain
	Honey Graham crackers (Disney Frozen)	21	1 pkg	1 bread grain
Hot dog bun	20	1 bun	2 bread grain	
Rice Krispie Treat	30	1 ea	1 bread grain	
Breakfast	Egg sausage cheese biscuit	29.5	1 sandwich	2bg & 1.5 m/ma
	Apple jacks - reduced sugar	24	1oz bowl	1 bread grain
	Banana Bread Slice	45	1 slice/3.4 oz.	2 bread grain
	Biscuits & gravy	35	1 biscuits w/ 2oz gravy	2 BG
	Blueberry Cinnamon Stick	24	1 breadstick	2 ounce

Blueberry pancake	35	1 pkg	2 bread grain
boiled egg	1	1 egg	1 m / ma
Breakfast burrito	25.59	burrito	2 bread grain & 1.75 m/ma
Breakfast chicken sandwich	25	1 sandwich	1 bg & 1m/ma
breakfast pizza	25	1 piece	1 m/ma & 1.5 bread grain
cake donut - chocolate	41	3.3 oz.	
cheese omelet	1	1 omelet	2 m\ma
Cherry Filled Pastry	37	1 pastry	
Cinnamon Roll	38	1 roll	2 bread grain
Cinnamon Toast Crunch	44	2 ounce	2 bread grain
confetti pancakes	36	1 package	2 bread grain
Egg biscuit sandwich	28.5	1 sandwich	2 bg & 1 m/ma
egg patty	1	1 egg	1 m/ma
Egg, bacon, cheese toast	18	1 - 2.64oz	1 m/ma & 1 bread grain
egg, ham, cheese muffin	20.3	1 sandwich	2 bread grain & 3 m/ma
egg, sausage muffin	19	1 sandwich	2 bread grain & 2 m/ma
Eggstravaganza	1.53	3 ounce	1.5 m/ma
Eggstravaganza wrap	33.65	1 wrap	1-1/4 BG & 2 M/MA
french toast mini	37	1 pkg	2 bread grain
French toast sticks	22	3 sticks	2 bread grains
Froot loops - reduced sugar	24	1oz bowl	1 bread grain
Frosted flakes	26	1oz bowl	1 bread grain
Frosted mini wheats - reduced sugar	24	1 oz bowl	1 bread grain
Glazed Donuts - Goodyman	29	3 ounce	2 bread grain
Honey Nut Cheerios	45	2 ounce	2 bread grain
Lucky Charms	46	2 ounce	2 bread grain
mini maple waffle	35	1 pkg	2 bg
maple pancake sausage sandwich	19	1 sandwich	1 bg \1mma
pancake	28	2 pancakes	2 bread grain
pancake mini maple	35	1 pkg	2 bread grain
pancake wrap	19.68	4 ea	1 mma & 1 bread grain
Pop Tarts- Strawberry	76	2 ea	2bg
popcorn chicken	25	12 pieces	2m/1g
Sausage Biscuit	28	1 sandwich	2 BG & 1m/ma

	Sausage Cheese Biscuit	28.5	1 sandich	2 bg & 2 m/ma
	Sausage muffin	19	1 sandwich	1 bg & 1m/ma
	Sausage patty	1	1 patty	1 m/ma
	Vegetarian Sausage Patty	4	1 patty	1m/ma
	Vegetarian Sausage Biscuit	31	1 sandwich	1m/ma 2 bread grain
	sliders	21	2.5oz	1-1/4 bread grain / 3/4 m \ma
	Zucchini bread	43	1 slice/3.4 oz.	2 bread grain
Chicken	Chicken Alfredo (elementary)	54.3	6oz & 1 oz chicken	3/4bg & 3m/MA
	Chicken Alfredo (Middle & High)	55.3	6oz & 2 oz chicken	1 g/4m/ma
	Chicken nuggets	16.25	5 nuggets	2 m/ma & 1 grain
	Chicken Parmesan	20	1 patty w/ sauce & cheese	
	Chicken smackers	17.55	10 each	1 bread grain; 2 m/ma
	Chicken tender	16	3 each	1 bg & 2 M/Ma
	Chicken Tender-Spicy	18	3 each	2 meat
	Chicken Sweet and Sour Rice Bowl	81	3oz chicken w/sauce + rice	
	Drumstick	4.9	1 piece	3/4 BG & 2 M/MA
	Teriyaki Chicken Rice Bowl	58.44	11.8 oz chicken, sauce, rice	
Condiments	BBQ Sauce	13	ounce	none
	BBQ Sauce pkts	11	each	none
	cheese cup	1	1ounce	1m/ma
	croutons	1	1ounce	1 bread grain
	honey mustard pkts	6	each	none
	Ketchup	5	ounce	none
	Marinara sauce pkts	4	each	none
	Mayo	2	pkt	none
	Mustard	0	ounce	none
	Pancake Syrup	31	2 once pkt	none
	Ranch dressing pkts	5	each	none
	Salsa	3.9	2oz	1/4 cup vegetable
	sunflower seeds	1.5	1ounce	1 m/ma
	sweet & sour sauce pkts	11	each	none
	tarter sauce	5.4	1 ounce	none

Dairy	Cheddar cheese sticks	0	1 ounce	1 m/ma
	Cheese curds	0	1 ounce	1 m/ma
	Colby jack cheese sticks	0	1 ounce	1m/ma
	Lactose free milk	11	8 ounces	8oz mik
	Milk 1% chocolate	24	8 ounces	8oz mik
	Milk 1% strawberry	28	8 ounces	8oz mik
	Milk 1% white	11	8 ounces	8oz mik
	Milk Chocolate (12oz)	38	12 ounces	none
	Milk Fat Free White	11	8 ounces	8oz mik
	Mozzarella cheese sticks	1	1ounce	1 m/ma
	soy milk chocolate	25	1 carton	none
	soy milk vanilla	19	1 carton	none
	Yogurt & cinnamon crisp	44	4oz yogurt / 1pkg crisp	1 m/ ma & 1 grain

Entrée	Baked Turkey Ham	2	3oz	2m\ma
	Beef hamburger patty (no bun)	1	2.25 oz patty	2m/ma
	Beef Hot dog (no bun)	1	1 each	2m/ma
	Country Chicken (elementary & middle)	16	1-3.25 patty	2 m\ma
	County Chicken (High)	18	1-4oz patty	2.5 m\ma
	Falafel Tots (vegetarian)	21	8 pieces	2M/MA
	Fish filet	16	1 filet	2m/ma
	Nacho Fish Sticks	22	4 piecs	2m/ma 1.25g
	Fish Shapes	21	4 ea	2m/ma 1.5 wg
	Lasagna (cheese)	41.4	1 each	2m/ma & 1 wg
	Macaroni & cheese	32	6 oz	1 bg & 2m\ma
	Macaroni & Cheese (side portion)	16	3 oz	1m\ma
	Mandarin Orange Chicken	28	3.6 ounce	2m/ma
	Mini Corn Dog	33	6 ea	2m/ma
	Roasted Turkey	0	2.86 ounce	2m\m2
	Salisbury Steak & gravy	6.5	1 each	2.25 m\ma
	6" Beef Taco (includes cheese & Tortilla)	32.47	2 each	2 m/ma & 2grain
	8" Beef Taco (includes cheese & Tortilla)	18.8	2 each	2m/ma & 1.5 grain
	Turkey Ham Roast	1.79	3.58oz	2 M/Ma

	Turkey and Noodles	34.75	5oz	2m/ma 1wg
Fruit	Apple Gala	22	1 each	1/2 cup fruit
	Apple Granny Smith	22	1 each	1/2 cup fruit
	apple crisp	38	1/2 cup	1/2 cup fruit
	Apple Golden delicious	22	1 each	1/2 cup fruit
	Apple Red Delicious	22	1 each	1/2 cup fruit
	apple slices (honey crisp)	7	1/2 apple (72 ct)	1/2 cup fruit
	applesauce-plain	11	1/2 cup	1/2 cup fruit
	appsauce-cinnamon flavor	14	1/2 cup	1/2 cup fruit
	Baked apples	32.5	1/2 cup	1/2 cup fruit
	Banana	18	1 each	1/2 cup fruit
	blackberries	7	1/2 cup	1/2 cup fruit
	blueberries (fresh)	10.5	1/2 cup	1/2 cup fruit
	Bueberries & yogurt	26.8	1/4 cup berries & 4z yogurt	1/4 cup fruit & 1 m/ma
	Cantaloupe	10	1/2 cup	1/2 cup fruit
	Clementine	9.8	each	1/2 cup fruit
	Craisins	28	1/4 cup (box)	1/2 cup fruit
	fruit & yogurt parfait	33.75	8 oz	1/2 cup fruit / 1m/ma
	Fruit Cocktail (mixed fruit cup)	16	4oz	1/2 cup fruit
	fruit smoothie	17.87	6oz	2.25 fruit, 1 m/ma
	Grapefruit sections	13	1/2 cup (8sections)	1/2 cup fruit
	Grapes	15.34	4oz	1/2 cup fruit
	Honey Dew melon	8	1/2 cup	1/2 cup fruit
	Kiwi	10	1 each	1/2 cup fruit
	Kiwi orange fruit cup	10.64	1/2 cup	1/2 cup fruit
	Mandadrin oranges	13	1/2 cup	1/2 cup fruit
	Mango chunks	19.24	1/2 cup	1/2 cup fruit
	Mixed berry cup	20	1/2 cup	1/2 cup fruit
	Nectarine	15	1 each	1/2 cup fruit
	Orange	21	1 each	1/2 cup fruit
	Orange Smiles	21	1 each sliced w/ peels	1/2 cup fruit
	Peach (fresh)	17	1 each	1/2 cup fruit
	peaches in juice	13.75	1/2 cup	1/2 cup fruit

	pears (fresh)	14	1 each	1/2cup fruit
	Pears in juice (diced)	20	1/2 cup	1/2 cup fruit
	Pears in juice (sliced)	16	1/2 cup	1/2 cup fruit
	Pineapple Chunks	19	1/2 cup	1/2 cup fruit
	Plum	19	1 each	1/2 cup fruit
	Raisins	45	2ounces	1/2 cup fruit
	Raisins (ZeeZees)	30	1.33 oz box	1/2 cup frit
	Raspberry	7.5	1/2 cup	1/2 cup fruit
	Start fruit	6	3.21oz	1/2 cup fruit
	strawberries	5.5	1/2 cup	1/2 cup fruit
	Strawberry cup	22	1/2 cup	
	Watermelon	8.2	1/2 cup	1/2 cup fruit
Grain	Benefit bar (Maple Brown Sugar)	24	1 bar (1.25oz)	1 bread grain
	Benefit bar (oatmal chocolate chip)	24	1 bar (1.25oz)	1 bread grain
	Benefit bar (Oatmeal Rasin)	48	1 bar (2.5oz)	2 bread grain
	Black bean wild rice	29	1/2 cup	1/4 cup grain
	Mexican Rice	23.4	1/2 cup	1 BG
	Rice pilaf	22.6	1/2 cup	1/2 cup grain
	Steamed Rice	37	3/4 cup	1BG
	Trail mix	21.6	1 cup	1 bread grain
Juice	Apple Juice (juicy Juice)	15	4.23 oz carton	1/2 cup fruit
	apple juice (Prairie Farms)	15	4 oz carton	1/2 cup fruit
	Berry Juice (Juicy Juice)	15	4.23 oz carton	1/2 cup fruit
	Fruit Punch (Juicy Juice)	15	4.23 oz. carton	1/2 cup fruit
	Orange Medley Juice (Juicy Juice)	13	4.23 oz. carton	1/2 cup fruit
	Fruit slushie (blue raspberry)	20	4.4 oz cup	1 fruit
	Fruit slushie (Kiwi Strawberry)	20	4.4 oz cup	1 fruit
	Fruit slushie (strawberry mango)	22	4.4 Oz cup	1 fruit
	Grape juice (Juicy juice)	16	4.23 oz carton	1/2 cup fruit
	orange juice (Prairie farms)	15	4 oz carton	1/2 cup fruit
	Orange Tangerine Juice (Juicy Juice)	17	4.23 oz carton	1/2 cup fruit
	Tropica Fruit Medley	34	10 ounce	none

	Tropicana Apple juice	34	10 ounce	none
	Tropicana Strawberry Kiwi Juice	38	10 ounce	none
	Tropicanna Strawberry Orange juice	40	10 ounce	none
Pasta	cheese ravioli (gluten free)	47	6 each	2 bg & 1/4 veg
	Lentil Broccoli alfredo	38.7	8oz	2m/ma
	Lentil Penned Ziti	43	8oz	2m/ma
	macaroni & cheese	31.8	6 ounces	2m/ma; 1 gain
	Past Alfredo	50	8oz	1 BG & 2 M/ma
	Penna Pasta & Broccoli	23	1 cup pasta 1/2 cup veg	2 BG & 1/2 cup veg
	Penne Pasta w/ sauce (gluten free)	54	1 cup pasta & 4oz sauce	2 bg & 1/4 veg
	Rotini w/ meat sauce	51	1 c pasta / 6oz meat sauce	2 BG & 2M/Ma
	Spaghetti w/ meat sauce	52	1c pasta / 6oz meat sauce	2bg & 2m/ma
	spaghetti w/ sauce (gluten free)	54	1 cup pasta & 4oz sauce	2 bg & 1/4 veg
	spaghetti w/ sauce (meatless)	48	1 cup pasta/ 4oz sauce	2 bread grain; 1/4 cup veg
Pizza	3 cheese calzone	33	each	2m/ma & 2 grain
	Avers Cheese Pizza	33	1 slice	2 m/ma & 2 grain
	Avers Pepperoni Pizza	33	1 slice	2 m/ma & 2 grain
	Avers Sausage Pizza	33	1 slice	2 m/ma & 2 grain
	Avers Vegetarian Pizza	34	1 slice	2m/ma & 2 grain
	big daddy cheese pizza	36	1 slice	2m/ma & 2 bread grain
	Big daddy pepperoni pizza	36	1 slice	2m/ma & 2 bread grain
	Cheese Pizza	32	1 slice	2 BG / 2 M/MA
	Cheese Quesadilla	39	1 piece	2 BG / 2 M/MA
	Chicken Quesadilla	37	1 piece	2 BG / 2 M/MA
	Chili cheese wrap (meatless)	35	1 each	2 m/ma & 2.25 bread grain
	Avers Cheese pizza	33	1/8 pie	2m/ma & 2 grain
	Avers Pepperoni Pizza	33	1/8 pie	2m/ma & 2 grain
	Avers sausage	33	1/8 pie	2m/ma & 2 grain
	Avers veggie	34	1/8 pie	2m/ma & 2 grain
	pepperoni calzone	32	each	2m/ma & 2 grain
	Pepperoni Pizza	37	slice	2m/ma & 2 grain
	Personal Pan Cheese Pizza	26	1 pie	2 bg & 2 m/ma

	Pita pizza	35	1 each	2 m/ma; 2 bread grain
	pizza stuffer (gluten free)	41	each	2m/ma & 2 grain
	stuffed crust cheese Pizza	35	slice	2m/ma & 2 grain
	stuffed crust turkey pepperoni	37	slice	2m/ma & 2 grain
	Beef Pepproni Pizza Slice (wild Mikes)	34	slice	2m/ma & 2 grain
	Chees Pizza (5" round Wild Mikes)	34	1 personal Pan	2m/ma & 2 grain
Potato	baked potato	22	1/2 potato	1/2 cup vegetable
	chili cinnamon roasted sweet potato	28.7	1/2 cup	1/2 cup vegetable
	French Fries (oven crinkle cut)	13	2oz weight	1/2 cup vegetable
	French Fries (high school deep fried)	14	2.29oz weight	1/2 cup vegetable
	Mashed potato	14.6	1/2 cup	starch veg
	Parsley baby potato	12.25	3 potatoes	1/2 cup vegetable
	potato smiles	23	1/2 cup	1/2 cup vegetable
	Potato Wedges	30	1/2 cup	1/2 cup veg
	Seasoned potate wedges	20	1/2 cup	1/2 cup vegetable
	Seasoned spiral fries	31.5	1/2 cup	1/2 cup vegetable
	stuff baked potato	46	1 potato	cup vegetable
	sweet potato fries	17	2.11oz	1/2 cup vegetable
	sweet potato puffs	15.5	1/2 cup	1/2 cup vegetable
Salad	Broccoli salad	20.45	1/2 cup	3/8 cup dark green & 1/8 cup fruit
	Carrot raisin salad	42.5	1/2 cup	1/2 cup vegetable
	Clux chef salad	31.34	1 salad	2 cup veg, 1 BG, 2 M/MA
	cole slaw	20.7	1/2 cup	1/2 cup vegetable
	Garden salad	7.45	1 cup	1/2 cup vegetable
	Kidney bean salad	16.5	1/2 cup	1/2 cup Legume
	Lentil Pasta Salad (vegetarian)	43.8	1.5 cups	2m/ma
	Pasta salad	22	3/4 cup	1/2 cup vegetable
	potato salad	26.6	1/2 cup	1/2 cup vegetable
Sandwich	BBQ Sandwich	43	1 sandwich	2bg & 2m/ma
	Beef Gyro	31	1 sandwich	2bg & 2m/ma

Cheeseburger	31	1 sandwich	2 BG & 2.5 m/ma
Chicken salad sandwich	39	1 sandiwch	2 bg & 2 m/ma
Chicken Sandwich	39	1 sandwich	2bg & 2m\ma
clux deluxe chicken sandwich	47	1 sandwich	3 BG & 2m/ma
Chicken breast filet sandwich	40.27	1 sandwich	3bg & 2m/ma
egg salad	36.7	1 each	2m/ma & 2 bread grain
Fish / bun	43	1sandwich	2BG & 2 M/MA
Grill ham & cheese Panini	32	1 sandwich	2 bg & 2 m/ma
Grilled cheese Panini	34	1 sandwich	2 bg & 2 m/ma
Grilled cheese sandwich	31	1 sandwich	2 bg & 2m\ma
grilled ham & cheese	25.25	1 sandwich	2 BG & 2.5 m/ma
Hamburger / bun	28	1 sandwich	2BG & 2 M/MA
Hot dog w/ bun	22	1 sandwich	2BG & 2 M/MA
meatball sub elem	37	1 sandwich	
meatball sub hs	43	1 sandwich	2 bg & 2.5 m/ma
Monte Cristo	53.5	1 sandwich	2 BG & 2.5 m/ma
PBJ Uncrustable (grape)	32	1 each	1 m/ma ; 1 bread grain
PBJ Uncrustable (Strawberry)	33	1 sandwich	1m/ma; 1 bread grain
PBJ handmande	47.6	1 sandwich	2m/ma; 2 bread grain
Philly cheese steak (8-12)	41.5	1 sandwich	2 bg & 3 m/ma
Philly cheese steak (k-6)	26	1 sandwich	2 bg & 2.25 m/ma
Sloppy Joe	38	1 sandwich	2bg & 2 m/ma
Soy butter & Jelly	49.7	1 sandiwch	2 bg & 2 m/ma
Spicy chicken sandwich	39	1 sandwich	2-3/4 bg & 2 m/ma
Spicy chicken Filet Sandwich	43	1 sandwich	2m/ma & 2 bread grain
steakhouse hoagie	50.8	1 sandwich	2.25 bg & 2 m/ma
Turkey & cheese on bread	29	1 sandwich	2 BG & 2.5 m/ma
Turkey & Cheese on bun	28	1 sandwich	2 BG & 2.25 M/MA
Turkey & cheese sub	37.78	1 sandwich	2 BG & 2.5 m/ma
turkey ham & cheese on bun hand made)	29	1 sandwich	2 BG & 2.5 M/ma
turkey ham & cheese on bun (IW)		1 sandwich	2m/ma & 2bg
turkey ham & chese Sub	38	1 sub	2 BG & 2.25 m/ma

Sauce

Brown Gravy	1.77	1 oz	non3
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	Country Gravy	17	1 oz	none
	General Tso	15	1oz	none
	Poultry Gravy	18	1 oz	none
	Queso Blanco	2	2oz	1 m/ma
Soup	Chili with beef	15.42	6oz	2 meat
	Tomato Bisque	17	6 oz	3/4 cup vegetable
	Vegetable soup	11	8 ounce	3/8 cup vegetable
	Vegetarian Chili (homemade)	51.99	8oz	1.25 M/MA
vegetables	asian blend	5.9	1/2 cup	1/2 cup veetable
	Baked beans	32.4	1/2 cup	1/2 cup Legume
	Broccoli	5	1/2 cup	1/2 cup vegetable
	broccoli bites	3	1/2 cup	1/2 cup vegetable
	buffalo cauliflower	6	1/2 cup	1/2 cup vegetable
	Butternut squash	13.8	1/2 cup	1/2 cup vegetable
	california blend	4.2	1/2 cup	1/2 cup vegetable
	carrot sticks	6.5	1/2 cup	1/2 cup vegetable
	carrot Snack (1/2 cup)	6.5	1/2 cup	1/2 cup vegetable
	Carrot bits (3/4 cup)	9.75	3/4 cup	3/4 cup vegetable
	Cauliflower florets	3	1/2 cup	1/2 cup vegetable
	celery sticks	2	1/2 cup	1/2 cup vegetable
	celery w/ peanut butter	8	1/2 celery 1oz peanutbutter	1/2 cup veg & 1 M/ma
	Celery w/ soy butter	7.56	1/2 cup clery 1 oz soy butter	1/2 veg & 1 M/MA
	corn	16	1/2 cup	1/2 cup vegetable
	corn on cob - 3"	7	1/2 cup	1/2 cup vegetable
	cucumber	3.4	1/2 cup	1/2 cup vegetable
	Delicata squash chips	14	1/2 cup	1/2 cup vegetable
	grape tomato	3	1/2 cup	1/2 cup vegetable
	green beans	4	1/2 cup	1/2 cup vegetable
	Green Peas	11	1/2 cup	1/2 cup veg
	Italian Blend	6	1/2 cup	1/2 cup vegetable
	kale chips	6.5	1 cup	1/2 cup vegetable
	Mixed vegetables	11	1/2 cup	1/2 cup

	Normandy blend	5.8	1/2 cup	1/2 cu vegetable
	orange glazed carrot	20	1/2 cup	1/2 cup vegetable
	Peas & carrots	12	1/2 cup	1/4 Cup RO & 1/4 cup starchy
	peppers (mixed)	4.25	1/2 cup	1/2 cup vegetable
	Roasted carrots w/ thyme	13.7	1/2 cup	1/2 cup vegetable
	roasted broccoli parmesan	6	1/2 cup	1/2 cup vegetable
	Roasted brussel sprouts	9	1/2 cup	1/2 cup vegetable
	Roasted lemon pepper broccoli	6	1/2 cup	1/2 cup vegetable
	Roasted radishes	3	1/2 cup	1/2 cup vegetable
	Roasted zucchini w/ garlic	4.6	1/2 cup	1/2 cup vegetable
	salad bar	12	1 cup	1 cup vegetable
	spinach	5.33	1/2 cup	1/2 cup vegetable
	tomato wedges	3.5	1/2 cup	1/2 cup vegetable
	veggie tray	7.59	1/2 cup	1/2 cup vegetable
Wraps	Bean & cheese burrito	44.26	1 each	2 bg & 2 m/ma
	chicken wrap	43.9	1 each	2 m/ma; 2 bread grain; 3/8 veg
	Chicken wrap with spinach	41.74	1 wrap	2m/ma; 2 bg
	Enchiladas	28.53	1 enchlada	2 BG, 2 M/ma & 1/8 RO Veg
	Falafel Wrap	56	1 each	2m/MA & 2 grain
	spicy chicken wrap	40.96	1 each	2m/ma; 2 bg
	turkey & cheese wrap	33	1 each	2m/ma; 2 bg
	Turkey and spinch wrap	34.51	1 each	2m/ma; 2 bg
	Turkey wrap	35.4	1 each	2m/ma; 2 bg
	turkey-Ham & cheese wrap	34.5	1 each	2m/ma; 2 bg
	Veggie wrap	42.57	1 each	1 BG, 1 cup veg, 1 m/ma

4/28/2021