

ITEM:	GLUTEN FREE	EGG FREE	DAIRY FREE	VEGAN	VEGETARIAN	NUT FREE	SOY FREE	CORN FREE	CARB COUNT	FOOD DYE	SESAME
<b>WEEK A-1,3,5,7,9</b>											
WRAPS	NO	YES	YES	YES	YES	YES	YES	YES	14g/1 each	NO DYE	NONE
HAM	YES	YES	YES	NO	NO	YES	YES	YES	1g/2oz	NO DYE	NONE
TURKEY	YES	YES	YES	NO	NO	YES	YES	YES	2g/2oz	NO DYE	NONE
CHEESE SLICES	YES	YES	NO	NO	YES	YES	YES	YES	1G/1 slice	NO DYE	NONE
DORITOS	YES	YES	NO	NO	YES	YES	YES	NO	18g/1 pkg	YES DYE	NONE
PENNE PASTA	NO	YES	YES	YES	YES	YES	NO	YES	44g/1 cup	NO DYE	NONE
MARINARA	YES	YES	YES	YES	YES	YES	NO	NO	11g/0.5 cup	NO DYE	NONE
GROUND BEEF	YES	YES	YES	NO	NO	YES	YES	YES	0g/4oz	NO DYE	NONE
GARLIC BREAD	NO	YES	NO	NO	YES	YES	YES	YES	26g/1 slice	NO DYE	NONE
GREEN BEANS	YES	YES	YES	YES	YES	YES	NO	YES	4g/0.5 cup	NO DYE	NONE
BROWNIES	NO	NO	NO	NO	YES	YES	NO	NO	22g/1 each	NO DYE	NONE
TORTILLA SHELLS	NO	YES	YES	YES	YES	YES	YES	YES	14g/1 each	NO DYE	NONE
SCR EGGS	YES	NO	YES	NO	YES	YES	YES	YES	2g/0.25 cup	NO DYE	NONE
BACON	YES	YES	YES	NO	NO	YES	YES	YES	0g/2 slices	NO DYE	NONE
DICED POTATOES	YES	YES	YES	YES	YES	YES	NO	NO	16g/0.67 cup	NO DYE	NONE
CHEESE PIZZA	NO	YES	NO	NO	YES	YES	NO	NO	55g/1 slice	NO DYE	NONE
CARROTS	YES	YES	YES	YES	YES	YES	NO	YES	12g/4.5oz	NO DYE	NONE
RANCH DIP	YES	NO	NO	NO	YES	YES	NO	NO	3g/1 each	NO DYE	NONE
APPLESAUCE	YES	YES	YES	YES	YES	YES	YES	YES	14g/1 each	NO DYE	NONE
TACO MEAT	YES	YES	YES	NO	NO	YES	YES	NO	0g/4oz	NO DYE	NONE
FRITOS	YES	YES	YES	YES	YES	YES	YES	NO	20g/1 oz	NO DYE	NONE
CHOC CHIP COOKIES	NO	NO	NO	NO	YES	NO	NO	NO	17g/1 each	NO DYE	NONE
FRENCH TOAST SAND	NO	NO	NO	NO	YES	YES	NO	NO	18g/1 each	NO DYE	NONE
SAUSAGE PATTIES	YES	YES	YES	NO	NO	YES	YES	YES	1g/2 each	NO DYE	NONE
EGG PATTIES	YES	NO	YES	YES	YES	YES	NO	YES	1g/1 each	NO DYE	NONE
CHEESE SLICES	YES	YES	NO	NO	YES	YES	YES	YES	1g/1 slice	NO DYE	NONE
HAMB BUNS	NO	YES	YES	YES	YES	YES	NO	NO	28g/1 each	NO DYE	YES
CHICKEN BREAST	YES	YES	YES	NO	NO	YES	YES	YES	3g/1 each	NO DYE	NONE
WEDGED FRIES	NO	YES	YES	YES	YES	YES	NO	NO	15g/2.85oz	NO DYE	NONE
APPLE SLICES	YES	YES	YES	YES	YES	YES	YES	YES	18g/0.5oz	NO DYE	NONE
CARAMEL DIP	YES	YES	NO	NO	YES	YES	YES	NO	18g/1each	NO DYE	NONE
TURKEY	YES	YES	YES	NO	NO	YES	YES	YES	2g/4oz	NO DYE	NONE
MASHED POTATOES	YES	YES	NO	NO	YES	YES	YES	YES	14g/0.7oz	NO DYE	NONE
TURKEY GRAVY	NO	NO	NO	NO	NO	YES	NO	YES	4g/0.7 cup	NO DYE	NONE
GLAZED CARROTS	YES	YES	YES	YES	YES	YES	NO	YES	7g/0.67 cup	NO DYE	NONE
ROLLS	NO	YES	YES	YES	YES	YES	YES	YES	17g/1 each	NO DYE	NONE
PEACH CRISP	NO	YES	YES	YES	YES	YES	NO	NO	31g/0.33 cup	YES DYE	NONE
CHEESE OMELETS	YES	NO	NO	NO	YES	YES	NO	YES	4g/1 each	NO DYE	NONE

ITEM:	GLUTEN FREE	EGG FREE	DAIRY FREE	VEGAN	VEGETARIAN	NUT FREE	SOY FREE	CORN FREE	CARB COUNT	FOOD DYE	SESAME
SAUSAGE LINKS	YES	YES	YES	NO	NO	YES	YES	YES	1g/3 each	NO DYE	NONE
HASH BROWNS	YES	YES	YES	YES	YES	YES	NO	YES	16g/0.67 cup	NO DYE	NONE
CORN DOGS	NO	NO	NO	NO	NO	YES	NO	NO	27g/1 each	NO DYE	NONE
MAC & CHEESE	NO	YES	NO	NO	YES	YES	NO	NO	32g/1 cup	YES DYE	NONE
BAKED BEANS	YES	YES	YES	YES	YES	YES	YES	NO	30g/0.5 cup	NO DYE	NONE
CHERRY BL. CHICKEN	NO	NO	YES	NO	NO	YES	YES	NO	27g/3.9oz	NO DYE	NONE
FRIED RICE	NO	NO	YES	NO	YES	YES	NO	NO	54g/5.9oz	NO DYE	YES
STIR FRY VEGGIES	YES	YES	YES	YES	YES	YES	YES	YES	6g/0.75 cup	NO DYE	NONE
FORTUNE COOKIES	NO	YES	YES	YES	YES	YES	NO	YES	16g/1 pkg	NO DYE	NONE
BISCUITS	NO	YES	NO	NO	YES	YES	NO	YES	32/1 each	NO DYE	NONE
SAUSAGE GRAVY	YES	YES	NO	NO	NO	YES	NO	NO	1.33tbsp/6g	YES DYE	NONE
DICED POTATOES	NO	YES	YES	YES	YES	YES	NO	YES	17g/0.67 cup	NO DYE	NONE
TORTILLAS	YES	YES	YES	YES	YES	YES	YES	YES	14g/1 each	NO DYE	NONE
CHICKEN FAJITA	YES	YES	YES	NO	NO	YES	YES	NO	2g/3oz	NO DYE	NONE
CAESAR DRESSING	YES	NO	NO	NO	YES	YES	YES	NO	2g/2 tbsp	NO DYE	NONE
MIXED FRUIT	NO	YES	YES	YES	YES	YES	YES	YES	15g/0.5 cup	NO DYE	NONE
SUN CHIPS	NO	YES	NO	NO	YES	YES	YES	NO	19g/1pkg	NO DYE	NONE
HOT DOG BUNS	NO	YES	YES	YES	YES	YES	NO	NO	21g/1 each	NO DYE	YES
HAMBURGER BUNS	YES	YES	YES	YES	YES	YES	NO	NO	27g/ each	NO DYE	YES
HOT DOGS	YES	YES	YES	NO	NO	YES	YES	YES	1g/1 each	NO DYE	NONE
HAMBURGERS	YES	YES	YES	NO	NO	YES	YES	YES	0g/1 each	NO DYE	NONE
MAC & CHEESE	NO	YES	NO	NO	YES	YES	YES	NO	32g/ 1 cup	YES DYE	NONE
COOL RANCH DORITOS	NO	YES	NO	NO	YES	YES	YES	NO	31g/1 pkg	YES DYE	NONE
CHO CHIP COOKIES	NO	NO	NO	NO	YES	YES	YES	YES	17g/1 each	NO DYE	NONE
PANCAKES	NO	NO	NO	NO	YES	YES	NO	NO	44g/3 each	NO DYE	NONE
BACON	YES	YES	YES	NO	NO	YES	YES	YES	0g/2 slices	NO DYE	NONE
HASH BROWNS	YES	YES	YES	YES	YES	YES	NO	YES	16g/0.67 cup	NO DYE	NONE
SLIDER BUNS	NO	YES	YES	YES	YES	YES	NO	NO	19g/1 each	NO DYE	YES
SLOPPY JOES	YES	YES	YES	NO	NO	YES	YES	NO	8g/8 tbsp	NO DYE	NONE
FRITOS	YES	YES	YES	YES	YES	YES	YES	CORN	16g/1pkg	NO DYE	NONE
MAND. ORANGES	YES	YES	YES	YES	YES	YES	YES	YES	14g/0.5 cup	NO DYE	NONE
CHEESE TORTELLINI	NO	NO	NO	NO	YES	YES	YES	YES	45g/1 cup	NO DYE	NONE
ALFREDO	YES	YES	NO	NO	YES	YES	NO	NO	8g/0.5 cup	NO DYE	NONE
BREAD STICKS	NO	YES	NO	NO	YES	YES	NO	NO	30g/2 each	NO DYE	NONE
CALI. BLEND	YES	YES	YES	YES	YES	YES	YES	YES	5g/0.75 cup	NO DYE	NONE
KRISPY TREAT	NO	YES	NO	NO	YES	YES	NO	NO	17g/1 each	NO DYE	NONE
BAKED OATMEAL	NO	NO	NO	NO	YES	YES	YES	YES	52g/ 1/3 cup	NO DYE	NONE
SAUSAGE LINKS	YES	YES	YES	NO	NO	YES	YES	YES	1g/3 each	NO DYE	NONE
GRILLED CHEESE	NO	YES	NO	NO	YES	YES	NO	NO	14g/1 slice	NO DYE	YES

ITEM:	GLUTEN FREE	EGG FREE	DAIRY FREE	VEGAN	VEGETARIAN	NUT FREE	SOY FREE	CORN FREE	CARB COUNT	FOOD DYE	SESAME
LAYS	YES	YES	YES	YES	YES	YES	YES	NO	15g/1oz	NO DYE	NONE
BAKED POTATOES	YES	YES	YES	YES	YES	YES	YES	YES	36g/1each	NO DYE	NONE
CHILI	NO	YES	YES	NO	NO	YES	NO	NO	22g/1 cup	NO DYE	NONE
CHEESE SAUCE	YES	YES	NO	NO	YES	YES	YES	NO	7g/0.25 cup	NO DYE	NONE
ICE CREAM	YES	YES	NO	NO	YES	YES	YES	NO	19g/1 each	NO DYE	NONE
<b>WEEK B- 2,4,6,8</b>											
WRAPS	NO	YES	YES	YES	YES	YES	YES	YES	14g/1 each	NO DYE	NONE
HAM	YES	YES	YES	NO	NO	YES	YES	YES	1g/2oz	NO DYE	NONE
TURKEY	YES	YES	YES	NO	NO	YES	YES	YES	2g/2oz	NO DYE	NONE
CHEESE SLICES	YES	YES	NO	NO	NO	YES	YES	YES	1g/1 slice	NO DYE	NONE
DORITOS	YES	YES	NO	NO	YES	YES	YES	NO	18g/1pkg	YES DYE	NONE
PENNE PASTA	NO	YES	YES	YES	YES	YES	NO	YES	44g/1 cup	NO DYE	NONE
ALFREDO	YES	YES	NO	NO	YES	YES	NO	NO	8g/0.5 cup	NO DYE	NONE
BREAD STICKS	NO	YES	YES	YES	YES	YES	NO	NO	30g/2 each	NO DYE	NONE
BROWNIES	NO	NO	NO	NO	YES	YES	NO	NO	21g/3tbsp	NO DYE	NONE
FRENCH TOAST	NO	NO	NO	NO	YES	YES	NO	NO	21g/1 slice	NO DYE	YES
SAUSAGE LINKS	YES	YES	YES	NO	NO	YES	YES	YES	1g/3 each	NO DYE	NONE
DICED POTATOES	YES	YES	YES	YES	YES	YES	NO	YES	17g/0.67 cup	NO DYE	NONE
SUB BUNS	NO	YES	YES	YES	YES	YES	NO	NO	28g/1 each	NO DYE	NONE
MEATBALLS	YES	NO	NO	NO	NO	YES	YES	YES	4g/3 each	NO DYE	NONE
MARINARA	YES	YES	YES	YES	YES	YES	NO	NO	11g/0.5 cup	NO DYE	NONE
LAY'S CHIPS	YES	YES	YES	YES	YES	YES	YES	NO	8g/0.5oz	NO DYE	NONE
CHICKEN POT PIE	NO	YES	NO	NO	NO	YES	NO	NO	17g/8.47oz	NO DYE	NONE
CHEDDAR BISCUITS	NO	YES	NO	NO	YES	YES	NO	NO	33g/1 each	NO DYE	NONE
APPLE CRISP	NO	YES	YES	YES	YES	YES	NO	NO	25g/0.33 cup	NO DYE	NONE
CHEESE OMELETS	YES	NO	NO	NO	YES	YES	NO	YES	4g/1 each	NO DYE	NONE
SAUSAGE PATTIES	YES	YES	YES	NO	NO	YES	YES	YES	1g/2 each	NO DYE	NONE
HASH BROWNS	YES	YES	YES	YES	YES	YES	NO	YES	16g/0.67 cup	NO DYE	NONE
TACO MEAT	YES	YES	YES	NO	NO	YES	YES	NO	0g/4oz	NO DYE	NONE
CILANTRO RICE	YES	YES	YES	YES	YES	YES	YES	YES	41g/0.5 cup	NO DYE	NONE
BL. BEANS/CORN	YES	YES	YES	YES	YES	YES	YES	NO	16g/ 2/3 cup	NO DYE	NONE
QUESO	YES	YES	NO	NO	YES	YES	YES	NO	6g/ 1/4 cup	NO DYE	NONE
PENNE	NO	YES	YES	YES	YES	YES	NO	YES	44g/1 cup	NO DYE	NONE
GROUND BEEF	YES	YES	YES	NO	NO	YES	YES	YES	0g/4oz	NO DYE	NONE
MARINARA	YES	YES	YES	YES	YES	YES	NO	NO	11g/0.5 cup	NO DYE	NONE
GREEN BEANS	YES	YES	YES	YES	YES	YES	NO	NO	4g/0.5 cup	NO DYE	NONE
GARLIC BREAD	NO	YES	NO	NO	YES	YES	YES	YES	26g/1 slice	NO DYE	NONE
KRISPIE TREATS	NO	YES	NO	NO	YES	YES	YES	YES	45g/1.5 cup	NO DYE	NONE

ITEM:	GLUTEN FREE	EGG FREE	DAIRY FREE	VEGAN	VEGETARIAN	NUT FREE	SOY FREE	CORN FREE	CARB COUNT	FOOD DYE	SESAME
TORTILLAS	NO	YES	YES	YES	YES	YES	YES	YES	14g/1 each	NO DYE	NONE
SCR. EGGS	YES	NO	YES	NO	YES	YES	YES	YES	2g/0.25cup	NO DYE	NONE
BACON	YES	YES	YES	NO	NO	YES	YES	YES	0g/2 slices	NO DYE	NONE
DICED POTATOES	YES	YES	YES	YES	YES	YES	NO	YES	16g/0.67 cup	NO DYE	NONE
CHICKEN TENDERS	NO	YES	YES	NO	NO	YES	YES	NO	16g/2 each	NO DYE	NONE
WEDGED FRIES	NO	YES	YES	YES	YES	YES	NO	NO	15g/2.85oz	NO DYE	NONE
HAMBURGER BUNS	NO	YES	YES	YES	YES	YES	NO	NO	27g/1 each	NO DYE	YES
PULLED BBQ CHICKEN	YES	YES	YES	NO	NO	YES	YES	NO	15g/0.5 cup	NO DYE	NONE
MAC AND CHEESE	NO	YES	NO	NO	YES	YES	NO	NO	32g/1cup	YES DYE	NONE
CALIFORNIA BLEND	YES	YES	YES	YES	YES	YES	YES	YES	5g/0.75 cup	NO DYE	NONE
OREO FLUFF	NO	YES	NO	NO	NO	YES	NO	NO	27g/0.5 cup	NO DYE	NONE
PANCAKES	NO	NO	NO	NO	YES	YES	NO	YES	44g/3 each	NO DYE	NONE
SAUSAGE LINKS	YES	YES	YES	NO	NO	YES	YES	YES	1g/3 each	NO DYE	NONE
HASH BROWNS	YES	YES	YES	YES	YES	YES	NO	YES	16g/0.67 cup	NO DYE	NONE
SUB BUNS	NO	YES	YES	YES	YES	YES	NO	NO	28g/1 each	NO DYE	NONE
TURKEY	YES	YES	YES	NO	NO	YES	YES	YES	2g/2 oz	NO DYE	NONE
CHEDDAR CHEESE	YES	YES	NO	NO	YES	YES	YES	YES	0g/1 slice	NO DYE	NONE
SUN CHIPS	NO	YES	NO	NO	YES	YES	YES	NO	19g/1 pkg	NO DYE	NONE
HOT DOG BUNS	NO	YES	YES	YES	YES	YES	NO	NO	21g/1 each	NO DYE	YES
HAMBURGER BUNS	NO	YES	YES	YES	YES	YES	NO	NO	27g/1 each	NO DYE	YES
HOT DOGS	YES	YES	YES	NO	NO	YES	YES	YES	1g/1 each	NO DYE	NONE
HAMBURGER PATTIES	YES	YES	YES	NO	NO	YES	YES	YES	0g/1 each	NO DYE	NONE
MAC AND CHEESE	NO	YES	NO	NO	YES	YES	YES	NO	32g/1 cup	YES DYE	NONE
CHOC. CHIP COOKIES	NO	NO	NO	NO	YES	YES	YES	YES	17g/1 each	NO DYE	NONE
BISCUITS	NO	YES	NO	NO	NO	YES	NO	YES	30g/1 each	NO DYE	NONE
SAUSAGE GRAVY	NO	YES	NO	NO	YES	YES	NO	NO	6g/1.33 tbs	NO DYE	NONE
DICED POTATOES	YES	YES	YES	YES	YES	YES	NO	YES	16g/0.67 cup	NO DYE	NONE
CHEESE PIZZA	NO	YES	NO	NO	YES	YES	NO	NO	55g/1 slice	NO DYE	NONE
CARROTS	YES	YES	YES	YES	YES	YES	YES	YES	12g/4.5oz	NO DYE	NONE
RANCH	YES	NO	NO	NO	YES	YES	NO	NO	3g/1 each	NO DYE	NONE
APPLESAUCE	YES	YES	YES	YES	YES	YES	YES	YES	19g/0.5 cup	NO DYE	NONE
TEMPURA CHICKEN	NO	NO	NO	NO	NO	YES	NO	NO	20g/4oz	NO DYE	NONE
FRIED RICE	NO	YES	YES	YES	YES	YES	NO	YES	32g/5.9oz	NO DYE	YES
STIR FRY	YES	YES	YES	YES	YES	YES	YES	YES	6g/.075 cup	NO DYE	NONE
SWEET&SOUR SAUCE	NO	YES	YES	YES	YES	YES	NO	NO	17g/0.25 cup	NO DYE	NONE
FORTUNE COOKIES	NO	YES	YES	YES	YES	YES	NO	YES	16g/6 each	NO DYE	NONE
BAKED OATMEAL	NO	NO	NO	NO	YES	YES	YES	YES	52g/ 1/3 cup	NO DYE	NONE
SAUSAGE LINKS	YES	YES	YES	NO	NO	YES	YES	YES	1g/3 each	NO DYE	NONE
GRILLED CHEESE	NO	YES	NO	NO	YES	YES	NO	NO	14g/1 slice	NO DYE	NONE



