

MENU ITEMS WITH LIMITED PROTEIN (<14 GM), LENNOX SCHOOL DISTRICT

| Recipe # | Recipe Description | Calories | Protein g | Portion Size | Weight (g) | Menu Name | Manufacturer | Recipe Group |
|-----------------|-------------------------------|-----------------|------------------|---------------------|-------------------|---------------------------------|---------------------|---------------------|
| 381 | APPLE JUICE 4OZ | 55 | 0 | 1 EACH | 113.4 | Apple Juice | DRIFTWOOD | BEVERAGES |
| 342 | APPLE STICK, BOSCO'S | 190 | 5 | 1 STICK | 86 | Bosco's Apple Stick | BOSCOS 3072 | ENTREES |
| 64 | APPLE, WHOLE | 72 | 0.36 | EACH | 138 | Fresh Apple | | SIDES |
| 121 | APPLES, FRESH, SLICED 2 OZ | 29 | 0.15 | 1 EACH | 56.7 | Sliced Apples (2 oz pkg) | COMMODITY | SIDES |
| 247 | APPLESAUCE | 52 | 0.2 | 1/2 CUP | 122 | Applesauce | COMMODITY | SIDES |
| 469 | ASIAN DRESSING 1.5 OZ | 180 | 0 | 1 PACKET 1.5 OZ | 42.52 | | | SIDES |
| 473 | ASIAN SALAD | 350 | 13 | 1 SERVING | 191.36 | Asian Salad | 5 STAR FG10179 | ENTREES |
| 453 | ASPARAGUS, RAW | 13 | 1.47 | 1/2 CUP | 67 | Asparagus | | SIDES |
| 239 | BAGEL AND CREAM CHEESE | 233 | 6.9 | 1 EACH | 91.5 | Bagel and Cream Cheese | TRC 19232 | ENTREES |
| 68 | BANANAS | 105 | 1.29 | EACH | 118 | Banana | | SIDES |
| 385 | BBQ PASTA SALAD MEAL | 500 | 14 | 1 EACH | 388.39 | BBQ Pasta Salad Meal | 5 STAR GOURMET | ENTREES |
| 181 | BBQ SAUCE | 19 | 0.09 | 1 2 TSP | 11.33 | BBQ Sauce | | MISCELLANEOUS |
| 15 | BEANS CANNED BLACK | 109 | 7.24 | 1/2 CUP | 120 | Black Beans | COMMODITY | SIDES |
| 93 | BEANS, CANNED, GARBANZO | 143 | 5.94 | 1/2 CUP | 120 | Garbanzo Beans | COMMODITY | SIDES |
| 105 | BEANS, CANNED, GREEN | 14 | 0.78 | 1/2 CUP | 68 | Green Beans (Canned) | COMMODITY | SIDES |
| 95 | BEANS, CANNED, KIDNEY | 109 | 6.72 | 1/2 CUP | 128 | Kidney Beans | COMMODITY | SIDES |
| 102 | BEANS, CANNED, PINTO | 103 | 5.83 | 1/2 CUP | 120 | Pinto Beans | COMMODITY | SIDES |
| 82 | BEANS, CANNED, REFRIED | 118 | 6.92 | 1/2 CUP | 126 | Refried Beans | COMMODITY | SIDES |
| 104 | BEANS, CANNED, VEGETARIAN BKD | 119 | 6.03 | 1/2 CUP | 127 | Vegetarian Beans | COMMODITY | SIDES |
| 106 | BEANS, GREEN, FROZEN, STEAMED | 19 | 1.01 | 1/2 CUP | 68 | Green Beans (Frozen) | COMMODITY | SIDES |
| 354 | BEEF TERIYAKI DUNKERS DON LEE | 152 | 13.6 | 4 PIECES | 85.05 | Teriyaki Beef Dippers (4 piece) | DON LEE 753 | ENTREES |
| 452 | BELL PEPPERS, RED, STRIPS | 14 | 0.46 | 1/2 CUP | 46 | Red Bell Pepper Strips | PRODUCE | SIDES |
| 446 | BLACK BEAN AND CORN SALAD | 59 | 2.88 | 1/2 CUP | 82.22 | Black Bean and Corn SALAD | KITCHEN RECIPE | SIDES |
| 466 | BLACKBERRIES | 31 | 1 | 1/2 CUP | 72 | Blackberries | | SIDES |
| 255 | BLUEBERRIES | 42 | 0.55 | 1/2 CUP | 74 | Blueberries | | SIDES |
| 415 | BOSCO'S MARINARA SAUCE | 40 | 1 | 1/4 CUP | 56.7 | Bosco's Marinara Sauce | BOSCOS #4108 | SIDES |

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| | | | | | | | | |
|-----|--------------------------------|-----|-------|-----------------|--------|---|-----------------|---------------|
| 257 | BROCCOLI, FRESH, COOKED | 27 | 1.86 | 1/2 CUP | 78 | Steamed Broccoli (Fresh) | | SIDES |
| 258 | BROCCOLI, FROZEN, BOILED | 26 | 2.85 | 1/2 CUP | 92 | Steamed Broccoli(Frozen) | | SIDES |
| 441 | BROCCOLI, GARLIC RECIPE | 60 | 3.02 | 1/2 CUP | 100.11 | Garlic Broccoli | KITCHEN RECIPE | SIDES |
| 256 | BROCCOLI, RAW | 15 | 1.28 | 1/2 CUP | 45.5 | Fresh Broccoli | | SIDES |
| 275 | BURRITO BREAKFAST WG | 160 | 10 | 1 EACH | 89.3 | Egg, Cheese, Sausage Breakfast Burrito | ARZ GLD 3700315 | ENTREES |
| 329 | BURRITO GRILLED BEAN&CHS | 296 | 13 | 1 EACH | 177.18 | Bean and Cheese Burrito | TRUE NAT 9737 | ENTREES |
| 221 | BUTTER PAT | 36 | 0.04 | PAT | 5 | Butter | | MISCELLANEOUS |
| 266 | CABBAGE, RED, SHREDDED | 11 | 0.5 | 1/2 CUP | 35 | Red Cabbage, Shredded | | SIDES |
| 468 | CAESAR DRESSING CREAMY 1.5 OZ | 180 | 1 | 1 PACKET 1.5 OZ | 42.52 | | | SIDES |
| 171 | CANTELOUPE, FRESH | 27 | 0.67 | 1/2 CUP | 80 | Canteloupe | | SIDES |
| 22 | CARROT STICKS | 25 | 0.57 | 1/2 CUP | 61 | Carrot Sticks | | SIDES |
| 193 | CARROTS BABY, 3 OZ BAG | 30 | 0.54 | PKG (3 OZ) | 85.05 | Baby Carrots (3 oz pkg) | | SIDES |
| 260 | CARROTS, CANNED, COOKED | 18 | 0.47 | 1/2 CUP | 73 | Steamed Carrots (Canned) | COMMODITY | SIDES |
| 262 | CARROTS, FRESH, COOKED | 27 | 0.59 | 1/2 CUP | 78 | Steamed Carrots (Fresh) | | SIDES |
| 261 | CARROTS, FROZEN, COOKED | 27 | 0.42 | 1/2 CUP | 73 | Steamed Carrots (Frozen) | COMMODITY | SIDES |
| 25 | CAULIFLOWER, FRESH, COOKED | 14 | 1.14 | 1/2 CUP | 62 | Fresh Cauliflower,Cooked | | SIDES |
| 265 | CAULIFLOWER, FROZEN COOKED | 17 | 1.45 | 1/2 CUP | 90 | Cauliflower, Cooked | | SIDES |
| 264 | CAULIFLOWER, RAW FRESH | 13 | 0.96 | 1/2 CUP | 50 | Cauliflower, Raw | | SIDES |
| 267 | CELERY STICKS | 10 | 0.41 | 1/2 CUP | 60 | Celery Sticks | | SIDES |
| 236 | CEREAL APPLE JACKS & CHEESE | 195 | 9.27 | 1 EACH | 56 | Apple Jacks and String Cheese | KELLOGGS 203149 | ENTREES |
| 308 | CEREAL FROSTED FLAKES & CHS | 186 | 9.36 | 1 EACH | 56.35 | Frosted Mini Wheats Cereal & Cheese Stick | KELLOGGS 54998 | ENTREES |
| 307 | CEREAL FRSTD MINI WHEATS & CHS | 186 | 10.36 | 1 EACH | 56.35 | Frosted Mini Wheats Cereal & Cheese Stick | KELLOGGS 04996 | ENTREES |
| 220 | CEREAL MLTIGRN CHERRIOS & | 186 | 9.36 | 1 EACH | 56.35 | Multi Grain Cheerios & | GEN MILLS | ENTREES |

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| | | | | | | | | |
|-----|--------------------------------|-----|-------|--------------|--------|-------------------------------------|-----------------|---------------|
| | CHS | | | | | Cheese Stick | 32263 | |
| 309 | CEREAL RICE CHEX & CHS | 186 | 9.36 | 1 EACH | 56.35 | Rice Chex Cereal & Cheese Stick | GEN MILLS 31921 | ENTREES |
| 359 | CHEESE STICK, BOSCOS, BREAKFST | 150 | 10 | 1 STICK | 61 | Cheese Sticks, Boscos, Breakfast | BOSCOS 3072 | ENTREES |
| 18 | CHEESE, AMERICAN, YELLOW | 53 | 3.14 | 0.5 OZ SLICE | 14.17 | American Cheese Slice | COMMODITY | ENTREES |
| 21 | CHEESE, CHEDDAR, WH RF SHRED | 85 | 8 | 1 OZ | 28 | Shredded Cheddar Cheese | COMMODITY | MISCELLANEOUS |
| 28 | CHEESE, CHEDDAR, YEL RF SHRD | 80 | 7.71 | 1 OZ | 28.35 | Cheddar Cheese, Shrd RF | COMMODITY | MISCELLANEOUS |
| 29 | CHEESE, CHEDDAR, YELLOW SHRD | 115 | 7 | 1 OZ | 28 | Cheddar Cheese Shredded | COMMODITY | MISCELLANEOUS |
| 30 | CHEESE, MOZZARELA, LITE SHRD | 75 | 6.5 | 1 OZ | 28 | Mozzarella Cheese, Lite Shredded | COMMODITY | MISCELLANEOUS |
| 33 | CHEESE, MOZZARELA, LMPS SHRD | 85 | 6.75 | 1 OZ | 28 | Mozzarella Cheese, Shredded | COMMODITY | MISCELLANEOUS |
| 386 | CHEF SALAD | 290 | 12 | 1 EACH | 181.44 | Chef Salad | 5 STAR GOURMET | ENTREES |
| 268 | CHERRIES, Fresh | 43 | 0.73 | 1/2 CUP | 69 | Cherries | | MISCELLANEOUS |
| 134 | CHICKEN TAQUITOS W/ PINTO BEAN | 271 | 10.92 | 1 EACH | 158 | Chicken Taquitos with Pinto Beans | POSADA 46580011 | ENTREES |
| 460 | CHICKEN TAQUITOS W/ REFRIED BN | 309 | 13.19 | 1 EACH | 122.03 | Chicken Taquitos With Refried Beans | POSADA 46580011 | ENTREES |
| 378 | CHIPS BAKED LAY'S 1 OZ | 130 | 2 | 1 EACH | 31.89 | Baked Lays Chips | FRITO LAY | SIDES |
| 409 | CHOCOLATE FUDGE BAR NF (DAIRY) | 110 | 3 | 1 EACH | 80 | Chocolate Fudge Bar | N/A | SIDES |
| 454 | CILANTRO, CHOPPED | 1 | 0.11 | 1 TBSP | 3.75 | Cilantro, Chopped | PRODUCE | SIDES |
| 216 | CINN FRENCH TOAST & YOGURT | 190 | 5 | 1 EACH | 141 | Cinnamon French Toast and Yogurt | GEN MILLS DANNO | ENTREES |
| 366 | CONCHA 51% WG ALL VARIETIES | 200 | 5 | 1 EACH | 63.79 | Concha | LUPITAS | ENTREES |
| 410 | COOKIES & CREAM BAR | 100 | 2 | 1 EACH | 40 | Cookies & Cream Bar | N/A | SIDES |
| 352 | CORN DOG TURKEY DON LEE FARMS | 256 | 14 | 1 EACH | 113.4 | Corn Dog (Turkey) | DON LEE CN84072 | ENTREES |
| 32 | CORN ON THE COB, FROZEN, COOKD | 80 | 2.64 | EACH | 85 | Corn on the Cob | COMMODITY | SIDES |
| 270 | CORN, CANNED, YELLOW | 65 | 2.02 | 1/2 CUP | 82 | Corn, Canned | COMMODITY | SIDES |

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| 271 | CORN, FROZEN, YELLOW, COOKED | 67 | 2.1 | 1/2 CUP | 82.5 | Steamed Corn (Frozen) | COMMODITY | SIDES |
| 244 | CRANBERRIES DRIED OCEAN SPRAY | 110 | 0 | 1 PACKET | 32.89 | Ocean Spray Cranberries | OCEAN SPRAY | SIDES |
| 322 | CREAM CHEESE | 50 | 0.86 | 1 TBSP | 14.5 | Cream Cheese | | MISCELLANEOUS |
| 377 | CUCUMBER, RAW | 7 | 0.35 | 1/2 CUP | 59.5 | Cucumber | | SIDES |
| 237 | EGG HAM BISCUIT HASH BROWN | 357 | 12.52 | 1 EACH | 127.17 | Eggs, Ham, Biscuit & Hash Brown Platter | JENNIE O PILLSB | ENTREES |
| 388 | EGG SALAD SLIDER MEAL | 320 | 9 | 1 EACH | 286.05 | Egg Salad Slider, Carrots, Juice | 5 STAR GOURMET | ENTREES |
| 370 | EGG, HARD-BOILED | 78 | 6.29 | 1 EACH | 50 | Hard Boiled Egg | | ENTREES |
| 343 | EGGS & HAM W/ BISCUIT TATERS | 355 | 11.5 | 1 EACH | 142.62 | Eggs & Ham w/ Biscuit and Tater Tots | SEE RECIPE | ENTREES |
| 334 | EGGS & T.BACON BISCUIT TATERS | 345 | 9.5 | 1 EACH | 126.07 | Eggs & Turkey Bacon w/ Biscuit and Tater Tots | SEE RECIPE | ENTREES |
| 339 | EGGS & T.SAUSAGE W/BISCUIT | 315 | 13 | 1 EACH | 114.41 | Eggs & Turkey Sausage w/ Biscuit | SEE RECIPE | ENTREES |
| 341 | FRENCH TOAST MINI CINNAMON | 220 | 3 | 1 EACH | 75 | Mini Cinnamon French Toast | PILLSBURY 37309 | ENTREES |
| 414 | FRENCH TOAST STICKS, AUNT JEM | 300 | 6 | 4 STICKS | 96 | French Toast Sticks, 4PC | AUNT JEM 43586 | ENTREES |
| 333 | FRENCH TOAST TRIPLE BERRY | 220 | 4 | 1 EACH | 75 | Triple Berry French Toast | PILLSBURY 37308 | ENTREES |
| 408 | FROG SPIT LEMON LIME PUSH POP | 80 | 1 | 1 EACH | 65 | Frog Spit Lemon Lime Push Pop | N/A | SIDES |
| 218 | FRUDEL, APPLE | 210 | 5 | 1 EACH | 65 | Apple Frudel | PILLSBRY 127852 | ENTREES |
| 337 | FRUDEL, CHERRY | 210 | 5 | 1 EACH | 65 | Cherry Frudel | PILLSBURY 27851 | ENTREES |
| 419 | FRUIT COCKTAIL, CANND LT SYRUP | 69 | 0.48 | 1/2 CUP | 121 | Fruit Cocktail | COMMODITY | SIDES |
| 458 | FRUIT SALAD, FRESH | 49 | 0.61 | 1/2 CUP | 82.83 | Fruit Salad, Fresh | PRODUCE | SIDES |
| 287 | GARDEN SALAD, SIDE SALAD | 13 | 0.98 | 1 EACH | 73.75 | Garden Salad | | ENTREES |
| 77 | GRAPE JUICE | 76 | 0.47 | 4 FL OZ | 126.4 | Grape Juice | | BEVERAGES |
| 422 | GRAPES, FRESH | 31 | 0.29 | 1/2 CUP | 46 | Grapes | | SIDES |
| 459 | GREEN ONION, CHOPPED | 2 | 0.11 | 1 TBSP | 6.25 | Green Onion, Chopped | PRODUCE | SIDES |

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|--------|--------------------------------|-----|------|-------------|--------|----------------------------------|--------------------|---------------|
| 45 | HAM CKD DICED FROZ A727 | 75 | 10 | 2.5 OZ | 71 | Ham - Diced | COMMODITY | MISCELLANEOUS |
| 46 | HAM COOKED HEATED (FROZ) A693 | 40 | 5.69 | 1.22 OZ | 34.57 | Ham | COMMODITY | MISCELLANEOUS |
| 47 | HAM COOKED SLICED (FROZ) A726 | 37 | 5.49 | 1.22 OZ | 35 | Ham - Sliced | COMMODITY | MISCELLANEOUS |
| 500128 | ITALIAN DRESSING(NEW) | 62 | 0.08 | 2 TBSP | 19 | | USDA E-22 | SIDES |
| 457 | JALAPENOS, SLICED, CANNED | 2 | 0.06 | TBSP | 6.5 | Jalapenos, Sliced | | MISCELLANEOUS |
| 456 | JICAMA WITH LEMON & TAJIN | 26 | 0.44 | 1/2 CUP | 63.96 | Jicama with Lemon and Tajin | KITCHEN RECIPE | SIDES |
| 192 | JICAMA, FRESH | 23 | 0.43 | 1/2 CUP | 60 | Jicama | | SIDES |
| 900000 | JUICE WILDBERRY 4 OZ | 60 | 0 | 4 OZ CARTON | 113.4 | Wildberry Juice | | MISCELLANEOUS |
| 182 | KETCHUP | 13 | 0.14 | 2 TSP | 11.33 | Ketchup | | MISCELLANEOUS |
| 400 | KIWI, FRESH | 55 | 1.03 | 1/2 CUP | 90 | Kiwis | | SIDES |
| 363 | LETTUCE & TOMATO CONDIMENT CUP | 11 | 0.64 | 1/2 CUP | 63.5 | Lettuce and Tomato Condiment Cup | | SIDES |
| 196 | LETTUCE, ICEBERG, SHREDDED | 10 | 0.65 | 1 CUP | 72 | Shredded Iceberg Lettuce | | SIDES |
| 1050 | MAYONNAISE PC | 50 | 0.08 | 1 Pkt 7g | 7 | Mayonnaise PC | | MISCELLANEOUS |
| 430 | MELON BALLS, FROZEN | 29 | 0.73 | 1/2 CUP | 86.5 | Melon Balls | | SIDES |
| 230 | MILK, 1% LOWFAT | 102 | 8.22 | 8 FL OZ | 244 | 1% Lowfat Milk | | SIDES |
| 188 | MILK, CHOCOLATE, NONFAT | 130 | 8 | 8 FL OZ | 226.8 | Chocolate Nonfat Milk | | BEVERAGES |
| 231 | MILK, SKIM/NONFAT | 83 | 8.26 | 8 FL OZ | 245 | Skim Milk | | BEVERAGES |
| 302 | MUFFIN BANANA WG | 231 | 4.5 | 1 EACH | 85.05 | Banana Muffin | 20 CENT 217730W | ENTREES |
| 223 | MUSTARD PC, 12 GM | 8 | 0.52 | PACKET | 12 | Mustard Packets | | MISCELLANEOUS |
| 318 | NACHO FISH TACOS (2) | 410 | 13 | 2 TACOS | 156 | Nacho Fish Tacos | LA TAPIA | ENTREES |
| 83 | NECTARINE | 62 | 1.51 | 1 EACH | 142 | Nectarine | | SIDES |
| 86 | ORANGE | 62 | 1.23 | 1 EACH | 131 | Orange | COMMODITY | SIDES |
| 380 | ORANGE JUICE 4OZ | 55 | 1 | 1 EACH | 113.4 | Orange Juice | DRIFTWOOD | BEVERAGES |
| 306 | PANCAKES MINI MAPLE | 230 | 5 | 1 EACH | 100 | Mini Maple Pancakes | PILLSBURY 32259 | ENTREES |
| 276 | PB&J GRAHAM WAFER BAR | 290 | 8 | 1 EACH | 62.37 | PB&J GRAHAM WAFER | ADV PIERE A1290 | ENTREES |
| 110 | PEACH CUP, FROZ, 4.4OZ | 80 | 1 | 1 EACH | 124.74 | Chilled Peach Cup | COMMODITY | SIDES |
| 88 | PEACH, FRESH | 59 | 1.37 | 1 EACH | 150 | Peach (Fresh) | | SIDES |

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|------|--------------------------------|-----|------|----------|-------|-----------------------------|--------------------|---------------|
| 109 | PEACHES, CANNED, DICED | 53 | 0.5 | 1/2 CUP | 126 | Peaches, Diced (Canned) | COMMODITY | SIDES |
| 437 | PEACHES, CANNED, SLCD LT SYRUP | 68 | 0.56 | 1/2 CUP | 125.5 | Peaches, Sliced (Canned) | COMMODITY | SIDES |
| 48 | PEANUT BUTTER, SMOOTH | 188 | 7.02 | 1 2 TBSP | 32 | Peanut Butter | COMMODITY | MISCELLANEOUS |
| 90 | PEARS FRESH | 101 | 0.64 | 1 EACH | 178 | Pears, Fresh | COMMODITY | SIDES |
| 112 | PEARS, CANNED, BARTLT, DICED | 58 | 0.38 | 1/2 CUP | 124 | Pears, Diced (Canned) | COMMODITY | SIDES |
| 113 | PEARS, CANNED, BARTLT, SLICD | 62 | 0.42 | 1/2 CUP | 124 | Pears, Sliced (Canned) | COMMODITY | SIDES |
| 439 | PEAS & CARROTS, FROZEN, BOILED | 38 | 2.47 | 1/2 CUP | 80 | Peas and Carrots | | SIDES |
| 1065 | PEAS, GREEN, CANNED, DRAINED | 59 | 3.76 | 1/2 CUP | 85 | Peas (Canned) | COMMODITY | SIDES |
| 40 | PEAS, GREEN, FROZEN, COOKED | 62 | 4.12 | 1/2 CUP | 80 | Peas (Frozen) | COMMODITY | SIDES |
| 467 | PEAS, SUGAR SNAPS | 13 | 0.88 | 1/2 CUP | 31.5 | Sugar Snap Peas | | SIDES |
| 42 | PICKLES, DILL SPEAR | 4 | 0.21 | EACH | 35 | Pickles | | SIDES |
| 41 | PICKLES, SWEET | 32 | 0.2 | EACH | 35 | Sweet Pickles | | SIDES |
| 411 | PICO DE GALLO SALSA | 4 | 0.19 | 1 TBSP | 19.77 | Pico de Gallo, Fresh | KITCHEN RECIPE | MISCELLANEOUS |
| 92 | PINEAPPLE, CANNED, CHUNKS | 66 | 0.45 | 1/2 CUP | 126 | Pineapple, Chunks | COMMODITY | SIDES |
| 115 | PINEAPPLE, CANNED, TIDBITS | 75 | 0.52 | 1/2 CUP | 124.5 | Pineapple Tidbits | COMMODITY | SIDES |
| 94 | PLUMS, FRESH | 30 | 0.46 | 1 EACH | 66 | Plum | | SIDES |
| 117 | POTATO, FROZEN, ROUNDS A204 | 125 | 1.87 | 1/2 CUP | 71 | Potato Rounds | COMMODITY | SIDES |
| 124 | POTATOES SWEET CUT CANNED A220 | 106 | 1.25 | 1/2 CUP | 98 | Sweet Potatoes,Cut (Can) | COMMODITY | SIDES |
| 190 | POTATOES, BAKED, RUSSET 110 CT | 179 | 4.86 | 1 EACH | 227 | Baked Potatoes | COMMODITY | SIDES |
| 116 | POTATOES, FROZ, OVEN FRY A210 | 73 | 1 | 1/2 CUP | 52 | French Fries | COMMODITY | SIDES |
| 118 | POTATOES, FROZ, WEDGES A174 | 94 | 2.06 | 1/2 CUP | 76 | Potato Wedges | COMMODITY | SIDES |
| 205 | PRETZEL DOG SANDWICH (TURKEY) | 297 | 10.9 | 1 EACH | 113.4 | Turkey Pretzel Dog Sandwich | 20CNTY 506040W | ENTREES |
| 310 | QUESADILLA BREAKFAST | 180 | 9 | 1 EACH | 60.95 | Breakfast Quesadilla | ROSE&SHOR 24072 | ENTREES |

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| 97 | RAISINS, BULK | 108 | 1.11 | 1/4 CUP | 36.25 | Raisins | COMMODITY | SIDES |
| 119 | RAISINS, REG MOIST 1.33OZ | 113 | 1.16 | 1 EACH | 38 | Raisins (1.33 oz pkg) | COMMODITY | SIDES |
| 500160 | RANCH DRESSING | 35 | 1.05 | 2 TBSP | 33 | Ranch Dressing | USDA E-19 | SIDES |
| 131 | RICE BROWN WHOLE GRAIN | 170 | 4 | 1 CUP | 47 | Brown Rice | COMMODITY | SIDES |
| 407 | RICE, MEXICAN, WHOLE GRAIN | 201 | 4.74 | 1 CUP | 213.71 | Mexican Rice | PAC. SPICE 1045 | SIDES |
| 195 | ROMAINE LETTUCE | 8 | 0.58 | 1 CUP | 47 | Romaine Lettuce | | SIDES |
| 243 | ROMAINE SALAD MIX, 3 WAY | 12 | 0.7 | 1 CUP | 58.25 | Romaine Salad Mix | | SIDES |
| 133 | ROTINI, WHOLE GRAIN, COOKED | 174 | 7.46 | 1 CUP | 140 | Rotini Pasta | COMMODITY | MISCELLANEOUS |
| 186 | SALSA, LOW-SODIUM, CANNED | 22 | 0.93 | 1/4 CUP | 62 | Salsa | | MISCELLANEOUS |
| 311 | SANDWICH BAGEL THIN | 225 | 12.55 | 1 EACH | 99.22 | Breakfast Sandwich Bagel Thin | INTGRTD 380004 | ENTREES |
| 327 | SANDWICH BREAKFAST EGG& CHEESE | 160 | 6 | 1 EACH | 66.62 | Egg and Cheese Breakfast Sandwich | ADV PIERE 68079 | ENTREES |
| 305 | SANDWICH BREAKFAST, EGG & SAUS | 260 | 14 | 1 EACH | 94 | Breakfast Sandwich | TYSON 18186 | ENTREES |
| 278 | SANDWICH EGG BAGEL, SUNNY FRSH | 208 | 8.9 | 1 EACH | 91.85 | Egg Bagel Sandwich | SUNNY FRSH,TRC | ENTREES |
| 219 | SANDWICH SUNRISE BREAKFAST | 170 | 9 | 1 EACH | 69 | Sunrise Breakfast Sandwich | PILLSBURY 31842 | ENTREES |
| 168 | SCRAMBLED EGGS | 82 | 5.47 | 1/4 CUP | 54.8 | Scrambled Eggs | | ENTREES |
| 451 | SIDEKICKS FROZEN JUICE SLUSHIE | 80 | 0 | 1 EACH | 124.74 | Sidekicks Frozen Juice | RIDGEFIELD | SIDES |
| 136 | SPAGHETTI WHOLE GRAIN CKD B836 | 174 | 7.46 | 1 EACH | 140 | Spaghetti, Whole Grain | COMMODITY | MISCELLANEOUS |
| 164 | SPINACH SALAD (JUST SPINACH) | 7 | 0.86 | 1 CUP | 30 | Spinach Salad | | SIDES |
| 99 | STRAWBERRIES, FRESH | 23 | 0.48 | 1/2 CUP | 72 | Strawberries, Fresh | | SIDES |
| 189 | STRAWBERRIES, FROZ, THAW, SLCD | 122 | 0.68 | 1/2 CUP | 128 | Sliced Strawberry (Froz) | COMMODITY | MISCELLANEOUS |
| 120 | STRAWBERRIES, FZ, DIC 4.5OZ | 122 | 0.68 | 1 EACH | 127.57 | Strawberry, Diced (Froz) | COMMODITY | SIDES |
| 263 | SWEET BABY VEGGIES | 10 | 0.42 | 1/2 CUP | 46.09 | Sweet Baby Veggies | | SIDES |
| 349 | SYRUP, PANCAKE | 46 | 0 | 1 TBSP | 19.63 | Syrup | | MISCELLANEOUS |
| 330 | TAC GO EGG CHEESE & HAM | 180 | 10 | 1 EACH | 85.05 | Tac-Go Egg & Cheese & | SUNNY FRSH | ENTREES |

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|--------|--------------------------------|-----|------|---------|--------|--------------------------------|-----------------|---------------|
| | | | | | | Ham | 4027 | |
| 249 | TAJIN SEASONING, LOW SODIUM | 3 | 0 | 1 EACH | 1.42 | Tajin Seasoning Packet | TAJIN | MISCELLANEOUS |
| 277 | TAMALE POCKET BREAKFAST CHORIZ | 200 | 8 | 1 EACH | 113.4 | Breakfast Tamale Pocket | DOS ROJOS 400W | ENTREES |
| 100 | TANGERINES, FRESH | 47 | 0.71 | 1 EACH | 88 | Tangerine | | SIDES |
| 299 | TAPATIO HOT SAUCE | 0 | 0 | 1 EACH | 7 | Tapatio Hot Sauce | TAPATIO 77885-0 | MISCELLANEOUS |
| 500190 | THOUSAND ISLAND DRESSING | 61 | 0.26 | 2 TBSP | 28 | | USDA E-16 | SIDES |
| 197 | TOMATOES, CHERRY | 13 | 0.66 | 1/2 CUP | 74.5 | Cherry Tomatoes | | SIDES |
| 198 | TOMATOES, DICED OR SLICED | 16 | 0.79 | 1/2 CUP | 90 | Tomatoes, Diced or Slice | | SIDES |
| 71 | TURKEY BREAST DELI A549 | 56 | 8.8 | 1.6 OZ | 45.36 | Turkey Breast | COMMODITY | MISCELLANEOUS |
| 72 | TURKEY BREAST DELI SMOKED A550 | 56 | 8.8 | 1.6 OZ | 45.36 | Smoked Turkey Breast | COMMODITY | MISCELLANEOUS |
| 69 | TURKEY HAM CKD A548 | 51 | 7.65 | 1.7 OZ | 47.6 | Turkey Ham | COMMODITY | MISCELLANEOUS |
| 269 | WAFFLE MINI BLUEBERRY | 210 | 4 | 1 EACH | 70 | Mini Blueberry Waffle | PILLSBURY 32264 | ENTREES |
| 338 | WAFFLE MINI MAPLE MADNESS | 210 | 4 | 1 EACH | 70 | Mini Waffle- Maple Madness | PILLSBURY 32265 | ENTREES |
| 101 | WATERMELON, CHUNKS | 23 | 0.46 | 1/2 CUP | 76 | Watermelon | | SIDES |
| 382 | WILDBERRY JUICE 4OZ | 60 | 0 | 1 EACH | 113.4 | Wildberry Juice | DRIFTWOOD | BEVERAGES |
| 215 | YOGURT PARFAIT VANILLA LF | 330 | 6.54 | 1 EACH | 269.75 | Vanilla Yogurt Parfait Low Fat | YOPLAIT NTR VLY | ENTREES |
| 335 | YOGURT WITH BANANA MUFFIN | 311 | 8.5 | 1 EACH | 198.05 | Yogurt with a Banana Muffin | 20 CEN 207730W | ENTREES |
| 336 | YOGURT WITH CHOCOLATE MUFFIN | 306 | 9 | 1 EACH | 198.05 | Yogurt with a Chocolate Muffin | 20 CEN 217A30W | ENTREES |
| 303 | ZUCCHINI BREAD SLICE | 270 | 5 | 1 EACH | 96.39 | ZUCCHINI BREAD | SUPER BKRY 6072 | ENTREES |
| 53 | ZUCCHINI SQUASH, COOKED | 18 | 1.37 | 1/2 CUP | 120 | Steamed Zucchini | | SIDES |
| 455 | ZUCCHINI SQUASH, SLICED, RAW | 9 | 0.68 | 1/2 CUP | 56.5 | Zucchini, Sliced, Fresh | PRODUCE | SIDES |