

LAKELAND CENTRAL SCHOOL DISTRICT

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ANY QUESTIONS OR CONCERNS SHOULD BE MADE TO jricapito@lakelandschools.org

Item/Description:	Allergens (only if noted on spec sheet)	Serving Size	Calories	Total Fat	Sat Fat	Cholesterol	Sodium	Carbs	Dietary Fiber	Protein
				grams	grams	milligrams	milligrams	grams	grams	grams
Applesauce, Canned		1/2 Cup	51	0.06	0.01	0	1.98	13.66	1.49	0.21
Bacon, Turkey, Sliced, Jennie-O		1 slice	20	1	0	5	95	0	0	2
Barbeque Sauce, pc	Soybeans, Wheat	1 piece	50	0.5	0	0	280	11	0	0
Beans, Green, Canned		1/2 Cup	23	1	0.37	0.44	186.39	3.01	1.72	0.92
Beans, Kidney, Red		1/2 Cup	110	0	0	0	360	19	6	7
Blueberries, Frozen		1/2 Cup	40	0.5	0.04	0	1	9.4	2.2	0.33
Breadsticks, pkg.		1 pkg.	70	2.5	0	0	9	14	2	2
Broccoli, Frozen		1/2 Cup	30	0.41	0.11	0.14	125.1	5.13	2.91	2.96
Butter Blend, pc	Soy, Milk	1 piece	35	4	1	0	30	0	0	0
Carrot Sticks		1/2 Cup	25	0.15	0.02	0	41.73	5.79	1.69	0.56
Celery Sticks		1/2 Cup	12	0.13	0.03	0	59.49	2.21	1.19	0.51
Cereal, Cheerios, Bowl		1 bowl	70	1	0	0	110	14	2	2
Cereal, Froot Loops, Bowl		1 bowl	70	1	0	0	105	16	2	1
Cereal, Kix, Bowl		1 bowl	60	0.5	0	0	100	15	2	1
Cereal, Lucky Charms, Bowl		1 bowl	100	1	0	0	170	21	1	2
Cereal, Rice Krispie, Bowl		1 bowl	70	0	0	0	100	16	0	1
Cheese, American, Sliced	Milk	2 slices	106	8.6	5	25	293	1.3	0	5.6
Cheese, Cheddar, Shredded	Milk	1 oz.	110	9	6	30	180	0	0	7

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Cheese, Mozzarella, String	Milk	1 piece	90	6	3.5	20	190	1	0	7
Cheese, Provolone, Sliced	Milk	1 slice	70	6	3.5	15	180	0	0	5
Cheese, Swiss, Sliced	Milk	1 slice	80	6	3.5	20	45	0	0	6
Chicken Bites	Milk, Wheat	6 pieces	257	13	2	43	585	18	2	20
Chicken Tenders	Egg, Milk, Soy, Wheat	3 strips	240	14	3	60.01	669.11	16	2	19
Chicken, Breaded, 8 pc.	Egg, Wheat	3-4 oz.	215	14	3	43	587	10	1	12
Chicken, Fillet, Breaded	Milk, Wheat	1 fillet	235	12	2	39	534	16	2	18
Chicken, Fillet, Breaded, Spicy	Milk, Wheat	1 fillet	235	12	2	39	534	16	2	18
Chicken, General Tso	Wheat, Eggs, Milk, Soy	1 Cup	420	9	2	90	1060	56	0	28
Chicken, General Tso	Wheat, Eggs, Milk, Soy	1/2 Cup	210	4.5	1	45	530	28	0	14
Chicken, Tangerine	Wheat, Eggs, Soy	1 Cup	400	8	2	90	800	54	0	26
Chicken, Tangerine	Wheat, Eggs, Soy	1/2 Cup	200	4	1	45	400	27	0	13
Chicken, Teriyaki	Soy, Wheat	1 Cup	292	5	2	106	828	28	0	30
Corn, Canned		1/2 Cup	81	1.35	0.23	0.17	138.62	17.76	2.21	2.5
Corn, Cobbette		1 piece	80	1	0	0	10	18	1	3
Crackers, Saltines	Wheat, Soy	1 pkg.	25	0.5	0	0	80	5	0	0
Cream Cheese, pc		1 piece	110	10	7	30	85	3	0	1
Croutons, Seasoned		.25 oz.	30	1	0	0	105	5	0	1
Cucumber & Tomato Salad		1/2 Cup	103	9.19	1.31	0	287.31	4.05	1.22	0.94
Egg, Cheese, Omelet		1 Omelet	130	10	4	180	300	2	0	7

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Fish, Fillet, Pollack	Fish, Eggs, Wheat, Milk	1 piece	230	12	2	50	270	13	0.6	14
French Toast Sticks		3 sticks	220	8	2	110	310	28	0	7
Ham, Deli		2 oz.	60	1.5	0.6	20	480	1	0	9
Honey Mustard, pc	Soybean Oil, Egg	1 piece	120	12	2	10	230	5	0	0
Juice, Apple		4 oz.	57	0	0	0	10	15	0	0
Juice, Apple		6 oz.	90	0	0	0	2	21	0	0
Juice, Fruit		6 oz.	90	0	0	0	2	26	0	0
Juice, Fruit		4 oz.	60	0	0	0	10	15	0	0
Juice, Orange		4 oz.	60	0	0	0	5	14	0	1
Juice, Orange		6 oz.	80	0	0	0	0	21	0	0
Ketchup, pc		1 piece	10	0	0	0	85	3	0	0
Lettuce, Shredded		1/2 Cup	2	0.02	0	0	1.42	0.42	0.17	0.13
Marinara Sauce		1/4 Cup	33	1.42	0	0	195.6	4.13	0.81	0.81
Mayo, pc	Egg	1 piece	90	10	1.5	5	70	0	0	0
Meatballs, Beef	Milk, Soy, Wheat	4 meatballs	173	9.95	3.5	36	346.4	7.75	1.54	12.54
Milk, Chocolate, Fat Free		1/2 Pint	130	0	0	5	170	22	0	8
Milk, Strawberry, Fat Free		1/2 Pint	120	0	0	5	105	22	0	8
Milk, White, 1%		1/2 Pint	100	2	1.5	9	120	11	0	8
Milk, White, Fat Free		1/2 Pint	90	0	0	0	120	11	0	8
Mini Pancakes, pkg.		1 pkg.	200	6	1	10	370	34	2	4

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Mixed Fruit, Canned		1/2 Cup	69	0.1	0.01	0	8	17.88	1.5	0.51
Mozzarella Sticks, Breaded	Milk, Wheat, Soy	5 sticks	370	21	8	30	530	29	1	19
Pancakes, Mini, Maple Burstin		1 pkg.	200	6	1	10	370	34	2	4
Pasta, Macaroni & Cheese		1 Cup	337	13.14	6.68	31.91	807.2	41.16	1.7	14.7
Pasta, Penne with marinara sauce		1 Cup	235	2.43	0	0	556.46	46.65	2.84	7.9
Peaches, Diced, Lt. Syrup, Canned		1/2 Cup	53	0.13	0	0	6	13.99	1.3	0.5
Pears, Diced, Canned		1/2 Cup	58	0.12	0	0	2	15.02	2	0.37
Pepperoni, Turkey, Sliced		2.89 oz.	120	6	2.5	55	710	3	0	14
Pickle Chips		4-5 Slices	5	0	0	0	200	1	0	0
Pineapples, Canned		1/2 Cup	70	0	0	0	10	17	1	1
Pizza, Cheese	Wheat, Milk	1 Slice	357	14.05	7.39	30.37	524.42	50.38	1.78	21.43
Pizza, Cheese, Pepperoni	Wheat, Milk	1 slice	368	14.64	7.59	35.81	588.68	50.68	1.78	22.71
Plantains		2 slices	110	2	0	0	9	22	2	0
Potatoes, Mashed	Milk, Soy	1/2 Cup	80	1	0	0	310	17	1	2
Potatoes, Ovations, Crinkle Cut #MCF03761		1/2 Cup	90	3	0	0	115	15	1	1
Potatoes, Ovations, Straight Cut #MCF03762		1/2 Cup	110	3.5	0.5	0	130	18	1	2
Potatoes, Redstone, Spiral, McCain #MCL03622		1/2 Cup	110	5	0.5	0	300	15	1	1
Potatoes, Seasoned, McCain #MCX04717		1/2 Cup	120	4	0.5	0	135	20	2	1
Potatoes, Smile Face		4 pieces	130	4.5	0.5	0	180	20	2	2
Potatoes, Tator Tots, McCain #OIF00215A		8 pieces	130	6	1	0	310	16	2	2
Quesadilla, Cheese	Milk, Wheat	1 Sand	375	22.43	12.14	54.67	713.24	24.61	1.2	20.61

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Quesadilla, Chicken	Milk, Wheat	1 Sand	312	16.85	8.35	59.57	764.51	28.85	1	20.23
Ravioli, Cheese, Large	Milk, Egg, Wheat	3 pieces	245	6.34	1.5	50	851.19	33.25	3.62	14.62
Salad Dressing, Lt. Caesar, pc	Egg, Fish, Milk	1 piece	100	8	1.5	10	700	7	0	1
Salad Dressing, Lt. Italian, pc	Milk, Soy	1 piece	70	5	1	0	590	6	0	0
Salad Dressing, Lt. Ranch, cup	Egg, Milk, Soy	1 cup	120	9	1.5	5	440	9	0	1
Salad Dressing, Lt. Ranch, pc	Egg, Milk	1 piece	120	9	1.5	5	440	9	0	1
Salad Plate, Caesar		1 Plate	279	13.49	6.64	24.67	818.3	24.98	4.19	15.2
Salad Plate, Chef		1 Plate	350	16.9	4.68	55.23	1089.79	32.86	6.3	21.33
Salad Plate, Chicken Caesar	Milk, Wheat	1 Plate	514	25.48	8.64	63.67	1352.3	40.98	6.19	33.2
Salad Plate, Hard Boiled Egg		1 Plate	258	11.37	1.71	186.5	333.15	32	6.3	10.92
Salami, Genoa		1 oz.	100	9	3	30	450	0	0	5
Salsa, Canned		1/4 Cup	22	0.12	0.02	0	70	4.34	0.9	0.93
Sandwich, Cheese		1 Sand	332	19.2	10	50	826	24.6	4	17.2
Sandwich, Cheeseburger on a bun		1 Sand	425	21.3	8.5	81.5	808.5	31.65	2	25.8
Sandwich, Chicken Fillet on a bun	Milk, Wheat	1 Sand	385	14	2	39	814	44	3	24
Sandwich, Chicken Parmesan	Milk, Wheat	1 Sand	548	19.9	4.42	47.34	1161.46	66.44	7.22	32.06
Sandwich, Chicken Supreme	Milk, Wheat	1 Sand	536	19.91	5.02	56.5	1008.38	62.2	6.73	32.26
Sandwich, Fish Fillet on a bun		1 Sand	380	14	2	50	550	41	160	20
Sandwich, Frankfuter on a bun	Frank is Gluten Free	1 Sand	280	17	6.5	35	700	22	3	12
Sandwich, Grilled Cheese		1 Sand	293	18.02	7.7	28.37	603.87	23.3	4	11.6

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Sandwich, Ham		1 Sand	286	4.1	1.12	20.25	718.23	45.93	4.59	18.46
Sandwich, Ham & Cheese		1 Sand	339	8.4	3.62	32.75	864.73	46.58	4.59	21.26
Sandwich, Hamburger on a bun	Beef Patty is Gluten Free	1 Sand	372	17	6	69	662	31	1	23
Sandwich, Italian Combo		1 Sand	397	14.94	6.27	49.83	1005.88	45.95	4.59	23.85
Sandwich, Meatball Parmesan	Milk, Soy, Wheat	1 Sand	400	15.2	5.27	43.59	910.26	44.07	3.95	22.49
Sandwich, Meatball Parmesan	Milk, Soy, Wheat	1 Sand	340	14.7	5.27	43.59	680.26	33.07	4.95	22.49
Sandwich, Pepperoni		1 Sand	304	6.67	2.23	38.06	721.83	46.27	4.13	18.76
Sandwich, Pepperoni		1 Sand	234	6.17	1.73	38.06	641.83	32.27	3.13	14.76
Sandwich, Pepperoni & Cheese		1 Sand	361	11.04	4.74	50.56	870.09	47.65	4.59	21.83
Sandwich, Pepperoni & Cheese		1 Sand	361	11.04	4.74	50.56	870.09	47.65	4.59	21.83
Sandwich, Ribwich (Beef - patty not strips)	Soy	1 Sand	290	11	4	40	698	31.56	4	20
Sandwich, Salami		1 Sand	424	20.74	6.58	60.75	1141.71	44.2	4.13	19.2
Sandwich, Salami		1 Sand	350	20.24	6.08	60.75	1061.71	30.2	3.13	15.2
Sandwich, Salami & Cheese		1 Sand	480	25.11	9.09	73.25	1289.97	45.57	4.59	22.27
Sandwich, Turkey		1 Sand	280	3.63	0.5	25.93	630.48	44.2	4.13	22.41
Sandwich, Turkey		1 Sand	210	3.13	0	25.93	550.48	30.2	3.13	18.41
Sandwich, Turkey & Cheese		1 Sand	337	8	3.01	38.43	778.74	45.57	4.59	25.48
Sandwich, Turkey & Cheese		1 Sand	267	7.5	2.51	38.43	698.74	31.57	3.59	21.48
Sandwich, Turkey, Shredded, BBQ	Soy	1 Sand	268	5	1.1	39.09	611.08	4	4	22
Snack, Cookie, Brownie	Milk, Eggs, Soybeans, Wheat	1 cookie	150	5	1.5	10	130	26	3	2

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Snack, Cookie, Carnival (M & M)	Milk, Eggs, Soybeans, Wheat	1 cookie	170	6	1.5	10	125	28	2	2
Snack, Cookie, Chocolate Chip	Milk, Eggs, Soybeans, Wheat	1 cookie	160	5	1.5	10	120	28	2	2
Snack, Cookie, Oatmeal Raisin	Milk, Eggs, Wheat	1 cookie	160	5	1	10	125	28	2	3
Snack, Cookie, Sugar	Milk, Eggs, Soybeans, Wheat	1 cookie	160	5	1.5	10	125	28	2	2
Snack, Pretzel, Hot, 2.2 oz.	Wheat	1 Pretzel	140	0.5	0	0	150	30	3	5
Snack, Pretzel, Hot, 5 oz.	Wheat	1 Pretzel	360	2	0	0	300	76	2	12
Sour Cream, pc	Milk	1 piece	60	5	3.5	20	45	2	0	0
Syrup, pancake, pc		1 piece	120	0	0	0	25	31	0	0
Taco Shells		1 shell	50	2	0.66	0	0	7	0.66	0.66
Three Bean Salad		1/2 Cup	112	0.34	0.02	0	612.53	22.61	6	5.83
Tossed Garden Salad		1 Cup	11	0.12	0.02	0	10.77	2.25	0.91	0.65
Turkey Breast, Deli, Jennie-O		2.7 oz.	80	1.5	0	35	540	0	0	18
Yogurt, Danimals		4 oz.	110	1.5	1	5	80	19	0	5