

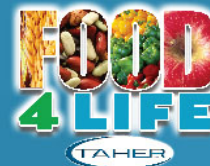
TAHER NUTRITION ANALYSIS

10/11/2017	Grades K-5			Grades 6-8			Grades 9-12		
	Calories	Carbs	Protein	Calories	Carbs	Protein	Calories	Carbs	Protein
HOT ENTREES									
Alfredo Sauce (2 oz, no pasta)	32	3.68	1.26	Same	Same	Same	Same	Same	Same
American Turkey Pot Pie	290	36.7	15.3	Same	Same	Same	Same	Same	Same
Apple Cider Pork Loin	172	10.37	17.04	Same	Same	Same	Same	Same	Same
Asian Chicken Noodle Bowl (8 oz bowl, USDA Dice Chicken)	293	46.93	20.43	Same	Same	Same	N/A	N/A	N/A
Asian Chicken Noodle Bowl (8 oz bowl, RH Diced Chicken)	283	44.74	20.76	Same	Same	Same	N/A	N/A	N/A
Asian Chicken Noodle Bowl (12oz bowl, USDA Dice Chicken)	N/A	N/A	N/A	N/A	N/A	N/A	460	76.11	31.23
Asian Chicken Noodle Bowl (12 oz bowl, RH Diced Chicken)	N/A	N/A	N/A	N/A	N/A	N/A	474	78.82	30.49
Asian Chicken Noodle Bowl w/Lemongrass (8 oz bowl)	299	37.51	19.9	Same	Same	Same	N/A	N/A	N/A
Asian Chicken Noodle Bowl w/Lemongrass (12 oz bowl)	N/A	N/A	N/A	N/A	N/A	N/A	503	71.88	29.41
Baked Potato Halves (VEG 023)	134	26.65	3.46	Same	Same	Same	Same	Same	Same
BBQ Chicken Leg (1 each, RH F8146)	133	5.8	16.01	Same	Same	Same	Same	Same	Same
BBQ Chicken Pizza (BB 14" crust)	N/A	N/A	N/A	375	39.34	19.98	Same	Same	Same
Bean & Cheese Quesadilla (2 each)	420	38.16	26.69	Same	Same	Same	Same	Same	Same
Beef n' Cheese Quesadilla (2 each)	305	27.36	17.05	Same	Same	Same	Same	Same	Same
Beef Patty w/Gravy (1.5 oz patty, 2 oz gravy)	138	4.75	10.56	Same	Same	Same	N/A	N/A	N/A
Beef Patty w/Gravy (2 oz patty, 2 oz gravy)	N/A	N/A	N/A	N/A	N/A	N/A	138	5.75	14.56
Beef Shepherd Pie (6x4 cup)	305	24.84	13.87	Same	Same	Same	Same	Same	Same
Beef Soft Taco (2 each)	305	26.93	14.93	Same	Same	Same	Same	Same	Same
Beef Teriyaki Dippers (RH F4588)	205	7.84	14.65	Same	Same	Same	Same	Same	Same
Beefy Nachos w/Cheese Sauce	483	38.6	13.9	Same	Same	Same	Same	Same	Same
Biscuit & Gravy (1/2 cup gravy, 1 biscuit)	255	21.97	12.2	Same	Same	Same	Same	Same	Same
Biscuit Bites & Gravy (1/2 cup gravy, 2 biscuits)	375	35.97	14.2	Same	Same	Same	Same	Same	Same
Breakfast Bake (Ham)	230	25.8	13.21	Same	Same	Same	Same	Same	Same
Brunchable	413	35.54	19.9	Same	Same	Same	Same	Same	Same
Buffalo Chicken Pizza (BB 14" crust)	N/A	N/A	N/A	347	30	18.63	Same	Same	Same
Burger and Fry Bake (4x6 cut)	466	27.96	21.12	Same	Same	Same	Same	Same	Same
Burger Quesadilla	416	31.31	18.53	Same	Same	Same	Same	Same	Same
Southwest Burger Quesadilla	416	31.31	18.53	Same	Same	Same	Same	Same	Same
Carnita Nachos w/Cheese Sauce (pulled pork)	552	46.92	16.9	Same	Same	Same	Same	Same	Same
Cheese Bread	336	36.22	15.36	Same	Same	Same	382	36.72	18.9
Cheese Calzone (BB 12x16 crust)	377	34.6	22.05	Same	Same	Same	Same	Same	Same
Cheese Calzone (BB 12x16 crust)	402	39.1	23.55	Same	Same	Same	Same	Same	Same
Cheese Omelet (Michaels 3")	206	3	12.54	Same	Same	Same	Same	Same	Same
Cheese Omelet (C812 WI Commodity)	130	2	7	Same	Same	Same	Same	Same	Same
Cheese Pepperoni Flatbread (1 each)	431	29.63	21.93	Same	Same	Same	Same	Same	Same
Cheese Pizza (12x16" BB Crust)	343	36.1	16.9	Same	Same	Same	N/A	N/A	N/A
Cheese Pizza (12x16" Richs Crust)	368	40.6	18.4	Same	Same	Same	N/A	N/A	N/A
Cheese Pizza (16" Rich's Crust)	368	40.62	18.36	Same	Same	Same	414	41.13	21.9
Cheese Pizza (16" Rich's Parbaked Crust)	331	29.97	15.39	Same	Same	Same	376	30.48	18.93
Cheesebread Dunkers	372	34.28	16.72	Same	Same	Same	417	34.81	20.24
Cheeseburger Pizza (Richs 14" crust)	363	37.87	19.85	Same	Same	Same	Same	Same	Same

Various selections offered daily.

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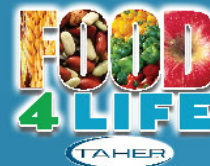
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	Calories	Carbs	Protein	Calories	Carbs	Protein	Calories	Carbs	Protein
Cheeseburger Pizza (BB 14" crust)	323	29.87	18.85	Same	Same	Same	Same	Same	Same
Chicken & Cheese Quesadilla (6" tortilla, diced chix)	303	26.42	20.55	Same	Same	Same	Same	Same	Same
Chicken & Cheese Quesadilla (6" tortilla, WI Faj chix)	299	26.92	18.97	Same	Same	Same	Same	Same	Same
Chicken and Gravy (1/2 cup)	106	3.75	18.11	Same	Same	Same	Same	Same	Same
Chicken Alfredo w/Pasta (224)	224	25.27	22.28	Same	Same	Same	Same	Same	Same
Chicken Alfredo Pizza (BB 14")	N/A	N/A	N/A	355	35.9	21.49	Same	Same	Same
Chicken Alfredo Pizza (Richs 14")	N/A	N/A	N/A	315	27.9	20.49	Same	Same	Same
Chicken and Penne (1 cup)	227	22.25	24.65	Same	Same	Same	Same	Same	Same
Chicken Bacon Ranch Pizza (14" BB Crust)	409	36.27	20.96	Same	Same	Same	Same	Same	Same
Chicken Bacon Ranch Pizza (14" Richs Crust)	369	28.27	19.96	Same	Same	Same	Same	Same	Same
Chicken Bacon Ranch Melt (1/2 sandwich)	442	27.59	25.59	Same	Same	Same	Same	Same	Same
Italian Chicken (3/4 cup)	150	11.7	16	Same	Same	Same	Same	Same	Same
Chicken Crunch	467	58.64	19.47	Same	Same	Same	Same	Same	Same
Chicken Divan	321	15.18	28.42	Same	Same	Same	Same	Same	Same
Chicken Express (Chicken Nuggets, M. Potato, Corn)	N/A	N/A	N/A	432	46.67	18.28	Same	Same	Same
Chicken Fajita (Random Chicken, 2 each)	271	29.05	21.12	Same	Same	Same	Same	Same	Same
Chicken Fajita (USDA Fajita Strips, 2 each)	315	30.12	24.68	Same	Same	Same	Same	Same	Same
Chicken Fajita (WI Fajita Strips, 2 each)	256	30.04	19.41	Same	Same	Same	Same	Same	Same
Chicken Fajita Boat (Random Chicken, 1 boat)	241	16.05	19.12	Same	Same	Same	Same	Same	Same
Chicken Fried Rice (1 1/3 cup)	285	44.1	16.8	Same	Same	Same	Same	Same	Same
Chicken, Leek & Penne Bake (1 cup)	254	27.37	24.46	Same	Same	Same	Same	Same	Same
Chicken Nuggets (GK, 5 each)	170	9	15	Same	Same	Same	Same	Same	Same
Chicken Nuggets (CS15, 5 each)	180	13	15	Same	Same	Same	Same	Same	Same
Chicken Parmesan over WG Pasta	330	35.5	21.3	Same	Same	Same	Same	Same	Same
Chicken Pasta Alfredo (1/2 cup)	228	25.92	19.56	Same	Same	Same	Same	Same	Same
Chicken Taco Boat	397	44.91	19.99	Same	Same	Same	Same	Same	Same
Chicken Tenders (RH BD336, 3 each)	190	13	15	Same	Same	Same	Same	Same	Same
Chicken Soft Taco (2 each)	250	28.45	19.52	Same	Same	Same	Same	Same	Same
Chicken-n-Cheese Quesadilla (2 halves)	303	26.42	20.55	Same	Same	Same	Same	Same	Same
Chicken-n-Cheese Quesadilla (2 halves, USDA Diced Chicken)	303	26.42	20.48	Same	Same	Same	Same	Same	Same
Chili, Beef (1/2 cup)	222	11	15	Same	Same	Same	Same	Same	Same
Chili in a Bread Bowl	425	34.45	21.57	Same	Same	Same	Same	Same	Same
Chips, Salsa & Cheese	546	40.45	18.22	Same	Same	Same	Same	Same	Same
Corn Dog (69988)	290	30	10	Same	Same	Same	Same	Same	Same
Cranberry Glazed Turkey Roast	202	16.56	18.57	Same	Same	Same	Same	Same	Same
Creamy Chicken Enchilada	263	27.35	19.43	Same	Same	Same	Same	Same	Same
Easy Egg Bake	109	1.97	10.51	Same	Same	Same	Same	Same	Same
Egg & Cheese Omelet	206	3	12.54	Same	Same	Same	Same	Same	Same
Fish Taco w/Slaw (9" soft shell)	418	44.51	19.82	Same	Same	Same	Same	Same	Same
Frank 'n Blanket	315	20	12.02	Same	Same	Same	Same	Same	Same
French Bread Pizza	366	30.36	21.34	Same	Same	Same	Same	Same	Same

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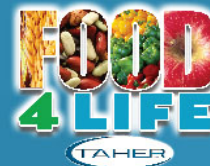
TAHER NUTRITION ANALYSIS

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	Calories	Carbs	Protein	Calories	Carbs	Protein	Calories	Carbs	Protein
French Toast, Homemade (French Bread, 1 slice k-8, 2 slices 9-12)	143	19.9	7.19	Same	Same	Same	285	39.8	14.37
Garden Pasta Alfredo	310	39.22	16.9	Same	Same	Same	389	50.69	21.27
General Tso's Chicken	311	26.26	17.04	Same	Same	Same	Same	Same	Same
Hawaiian Ham Sliders (2 each)	314	42.95	18.43	Same	Same	Same	Same	Same	Same
Hawaiian Pizza (BB 14" crust)	N/A	N/A	N/A	332	36.28	18.64	Same	Same	Same
Ham, Broccoli Tator Tot Casserole (RH 40136 Ham)	332	23.32	16.53	Same	Same	Same	Same	Same	Same
Ham, Broccoli Tator Tot Casserole (USDA Diced Ham)	329	25.13	17.01	Same	Same	Same	Same	Same	Same
Ham, Broccoli Tator Tot Casserole (USDA Turkey Ham)	334	24.3	17.18	332	36.28	18.64	Same	Same	Same
Ham Slice, Baked (2 oz)	74	1.4	8.8	Same	Same	Same	Same	Same	Same
Ham Steak, Baked (2.5 oz)	99	2.69	11.26	Same	Same	Same	Same	Same	Same
Ham, Turkey Cheese Bake (6x4)	309	37.5	17.7	Same	Same	Same	Same	Same	Same
Inside Out Pot Pie (Country chicken in a bread bowl)	352	43.3	22.27	Same	Same	Same	Same	Same	Same
Italian Veggie Calzone (BB Crust)	326	37.38	16.19	Same	Same	Same	Same	Same	Same
Italian Beef Lasagna (4x6" K-8, 3x6" 9-12)	275	31.74	14.27	Same	Same	Same	368	31.76	20.38
Italian Meatballs in a Bread Bowl	451	41.09	19.68	Same	Same	Same	Same	Same	Same
Italian Pasta Bake (6x4 or 1 cup)	292	30.43	20.29	Same	Same	Same	N/A	N/A	N/A
Italian Pasta Bake (3x6 or 1 cup)	N/A	N/A	N/A	N/A	N/A	N/A	389	40.57	27.06
Jambalaya (1 cup, made with brown rice)	254	28.04	23.54	Same	Same	Same	Same	Same	Same
King Ranch Cheesy Chicken (4 oz, NO rice)	173	8.37	18.27	Same	Same	Same	Same	Same	Same
Macaroni & Cheese (1/2 cup)	240	21.02	10.07	Same	Same	Same	Same	Same	Same
Macaroni & Cheese - Entrée (1 cup)	501	46.26	21.1	Same	Same	Same	Same	Same	Same
Margheritta Pizza (Rich's 16" crust)	420	38.19	23.51	Same	Same	Same	Same	Same	Same
Meatballs and Gravy	241	5.91	12.12	Same	Same	Same	Same	Same	Same
Meatballs and Marinara	304	14.87	13.92	Same	Same	Same	Same	Same	Same
Meatloaf	196	8.57	12.13	Same	Same	Same	Same	Same	Same
Meatloaf USDA grd beef	200	8.57	18.09	Same	Same	Same	Same	Same	Same
Mex-a-Munchie (salsa, chips, shredded cheese)	546	40.45	18.22	Same	Same	Same	Same	Same	Same
Mexican Bar (Taco Bar)	N/A	N/A	N/A	551	49.32	21.91	Same	Same	Same
Mexican Pasta (3/4 cup)	196	12.44	10.97	Same	Same	Same	Same	Same	Same
Mini Corn Dogs (RH A2409, 8 each)	300	30	9	Same	Same	Same	Same	Same	Same
Mini Corn Dogs (WI Commodity, C306, 6 each)	230	35	12	Same	Same	Same	Same	Same	Same
Mozzarella Dippers (Max Stix, RH 58612, 2 each)	300	34	14	Same	Same	Same	Same	Same	Same
Mozzarella Pizza Sticks (C710 WI Commodity)	300	32	16	Same	Same	Same	Same	Same	Same
Munchable	337	29.62	14.62	Same	Same	Same	Same	Same	Same
Orange Chicken	287	30.43	16.45	Same	Same	Same	Same	Same	Same
Oven Fried Chicken	205	18.18	18.39	Same	Same	Same	Same	Same	Same
Oven Roasted Chicken Leg (1 leg)	132	0.56	16.18	Same	Same	Same	Same	Same	Same
Pancake, USDA (2 each)	160	27.4	3.4	Same	Same	Same	Same	Same	Same
Parmesan Chicken Bites (with pasta)	395	42.64	21.2	Same	Same	Same	Same	Same	Same
Parmesan Chicken Bites (without pasta)	297	21.36	17.05	Same	Same	Same	Same	Same	Same
Parmesan Crusted Fish Filet	251	13.42	15.86	Same	Same	Same	Same	Same	Same
Pasta Bar	N/A	N/A	N/A	448	55.7	23.18	Same	Same	Same

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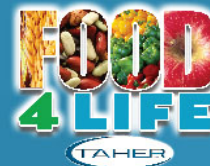
TAHER NUTRITION ANALYSIS

10/11/2017	Grades K-5			Grades 6-8			Grades 9-12		
	Calories	Carbs	Protein	Calories	Carbs	Protein	Calories	Carbs	Protein
Pepperoni Pizza (12x16" BB Crust)	378	36.1	18.1	Same	Same	Same	N/A	N/A	N/A
Pepperoni Pizza (12x16" Rich's Crust)	403	40.6	19.6	Same	Same	Same	N/A	N/A	N/A
Pepperoni Pizza (16" Rich's Crust)	403	40.6	19.6	Same	Same	Same	403	40.6	19.6
Pepperoni Pizza (16" Rich's Parbaked Crust)	366	30	16.7	Same	Same	Same	412	30.5	20.2
Peruvian Beef Stir Fry over Rice	450	63.21	23.96	Same	Same	Same	Same	Same	Same
Pineapple Clove Glazed Ham	73	3.67	9.6	Same	Same	Same	Same	Same	Same
Pizza Casserole (bake)	315	28.15	17.89	Same	Same	Same	418	37.36	23.64
Pizza Dippers (Max Stix, 2 each)	300	34	14	Same	Same	Same	Same	Same	Same
Pizza Topped Potato (110-120 count potato)	303	32	14.5	Same	Same	Same	Same	Same	Same
Popcorn Chicken (13 each)	220	14	16	Same	Same	Same	Same	Same	Same
Popcorn Chicken Bowl (Mashed Pot, Corn, Gravy)	412	47.67	20.28	Same	Same	Same	Same	Same	Same
Pork and Gravy	289	0.52	7.25	Same	Same	Same	Same	Same	Same
Potato Bar (estimate of items selected)	N/A	N/A	N/A	397	36	19.09	Same	Same	Same
Potato Crusted Fish Nuggets (4 ea)	290	21	15	Same	Same	Same	Same	Same	Same
Pretzel Pack	309	36.62	15.53	Same	Same	Same	Same	Same	Same
Pretzel's with Cheese Cubes	363	34.5	18	Same	Same	Same	Same	Same	Same
Rotini w/Meat Sauce (K-8 1/2 cup rotini, 9-12 3/4 cup)	251	29.34	12.23	Same	Same	Same	399	52.4	18.57
Salsa Chicken Bowl (Mexican Salsa Chicken)	504	61.75	27.08	Same	Same	Same	Same	Same	Same
Salisbury Steak (RH53296)	140	4	16	Same	Same	Same	Same	Same	Same
Sausage Patty (40332)	180	1	6	Same	Same	Same	Same	Same	Same
Sausage Patty (44786)	80	1	7	Same	Same	Same	Same	Same	Same
Sausage Patty, Turkey (C7380)	230	1	7	Same	Same	Same	Same	Same	Same
Sausage Pizza (12x16" BB Crust)	359	36.5	18.1	Same	Same	Same	N/A	N/A	N/A
Sausage Pizza (12x16" Rich's Crust)	384	41	19.6	Same	Same	Same	N/A	N/A	N/A
Sausage Pizza (16" Rich's Crust)	384	41	19.6	Same	Same	Same	430	41.5	23.2
Sausage Pizza (16" Rich's Parbaked Crust)	347	30.4	16.6	Same	Same	Same	392	30.9	20.2
Sausage/Pepperoni Pizza (12x16" BB Crust)	369	36.3	18.1	Same	Same	Same	N/A	N/A	N/A
Sausage/Pepperoni Pizza (12x16" Rich's Crust)	394	40.8	19.6	Same	Same	Same	N/A	N/A	N/A
Sausage/Pepperoni Pizza (16" Rich's Crust)	394	41	19.6	Same	Same	Same	440	41.5	23.2
Sausage/Pepperoni Pizza (16" Rich's Parbaked Crust)	357	30.4	16.6	Same	Same	Same	402	30.9	20.2
Scalloped Ham and Potatoes (pit ham RH 40138)	226	21.29	13.1	Same	Same	Same	Same	Same	Same
Scalloped Ham and Potatoes (USDA 100184)	208	22.21	12.13	Same	Same	Same	Same	Same	Same
Scrambled Eggs (1/4 c.)	60	1.5	5.5	Same	Same	Same	Same	Same	Same
Southwest Burger Quesadilla	416	31.31	18.53	Same	Same	Same	Same	Same	Same
Southwest Turkey Crunch	538	59.93	22.02	Same	Same	Same	Same	Same	Same

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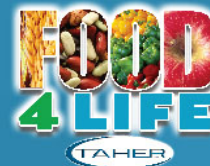
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	Calories	Carbs	Protein	Calories	Carbs	Protein	Calories	Carbs	Protein
Spaghetti w/Meatsauce	301	39.12	14.66	Same	Same	Same	429	57.89	20.66
Spaghetti Boat	469	50.49	21.13	Same	Same	Same	Same	Same	Same
Swedish Style Meatballs	276	9.15	13.22	276	9.15	13.22	321	9.66	15.57
Sweet -n-Sour Chicken Bites (6 oz)	450	67.54	16.2	Same	Same	Same	Same	Same	Same
Taco Bar	N/A	N/A	N/A	551	49.32	21.91	Same	Same	Same
Taco Pizza (14" round BB)	N/A	N/A	N/A	391	31.96	19.64	Same	Same	Same
Taco Stuffed Baked Potato	343	44.66	17.68	Same	Same	Same	Same	Same	Same
Tandoori Chicken Pizza (richs 16" crust)	338	37.54	22.24	Same	Same	Same	Same	Same	Same
Tator Tot Casserole	392	34.39	15.19	Same	Same	Same	Same	Same	Same
Tex Mex Chicken Leg (1 each)	138	7.12	16.09	Same	Same	Same	Same	Same	Same
Tex Mex Pork Bowl	591	67.78	26.39	Same	Same	Same	Same	Same	Same
Turkey ala King (3/4 cup/1 biscuit)	390	41.31	25.85	Same	Same	Same	Same	Same	Same
Turkey and Gravy (1/2 cup)	112	4.32	16.58	Same	Same	Same	Same	Same	Same
Turkey Hotpocket	332	36.58	21.71	Same	Same	Same	Same	Same	Same
Turkey Pot Pie in a Bread Bowl	284	37.1	18.3	Same	Same	Same	Same	Same	Same
Turkey Tetrazzini (3/4 cup)	269	27.51	24.52	Same	Same	Same	Same	Same	Same
Veggie Pizza (BB 14" crust)	N/A	N/A	N/A	383	33.85	19.66	Same	Same	Same
Waffle Sticks (A9496, 3 each)	210	30	3	Same	Same	Same	Same	Same	Same
Walking Taco	521	30.53	18.94	Same	Same	Same	Same	Same	Same
Western Quesadilla Omelet	297	28.94	16.12	Same	Same	Same	Same	Same	Same
HOT SANDWICHES/WRAP/FLATBREAD									
BBQ Burger	353	44.67	19	Same	Same	Same	Same	Same	Same
BBQ Chicken on Bun	315	36.4	18.56	Same	Same	Same	Same	Same	Same
BBQ Meatball Sandwich	469	51.59	18.82	Same	Same	Same	Same	Same	Same
BBQ Meatball Sub	469	50.75	18.55	Same	Same	Same	Same	Same	Same
BBQ Meatball Sub (WI-DD)	474	51.13	17.99	Same	Same	Same	Same	Same	Same
BBQ Pork Riblet (B4570, Hoagie Bun)	318	40.5	17	Same	Same	Same	Same	Same	Same
Beef Hotdog on WG Bun (42170)	320	28	12	Same	Same	Same	Same	Same	Same
Buffalo Chicken Calzone	348	40.52	21.71	Same	Same	Same	Same	Same	Same
Buffalo Chicken Wrap (9" wrap)	403	36.38	19.34	Same	Same	Same	Same	Same	Same
Buffalo Chicken Wrap (USDA wrap)	373	32.38	17.34	Same	Same	Same	Same	Same	Same
Buffalo Chicken Fajita Wrap (9" wrap)	455	34.31	30.49	Same	Same	Same	Same	Same	Same
Buffalo Chicken Fajita Wrap (USDA wrap)	394	30.88	29.12	Same	Same	Same	Same	Same	Same
Cheese Calzone	377	34.6	22.05	Same	Same	Same	Same	Same	Same
Cheeseburger on Bun (1.5 oz, 1 slice cheese)	290	23.5	16.5	Same	Same	Same	Same	Same	Same
Cheesy Flatbread	392	33.28	16.72	Same	Same	Same	437	33.81	20.24
Chicken Cordon Bleu Sandwich (WG Hamburger Bun)	475	42.21	26.25	Same	Same	Same	Same	Same	Same
Chicken Gyro	335	32.97	28.08	Same	Same	Same	Same	Same	Same
Chicken Marinara Sandwich	407	43.44	24.07	Same	Same	Same	Same	Same	Same
Chicken Patty on WG Bun (GK)	291	31	20	Same	Same	Same	Same	Same	Same
Chicken Philly Sandwich	352	34.31	28.46	Same	Same	Same	Same	Same	Same
Chicken Tender Wrap (RH 38042 tenders)	435	36.48	20.33	Same	Same	Same	Same	Same	Same
Chicken Waffle Sandwich (chicken BC912)	426	52.08	18	Same	Same	Same	Same	Same	Same

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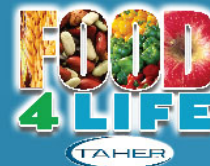
TAHER NUTRITION ANALYSIS

10/11/2017	Grades K-5			Grades 6-8			Grades 9-12		
	Calories	Carbs	Protein	Calories	Carbs	Protein	Calories	Carbs	Protein
Chicken Waffle Sandwich (chicken B6806)	496	55.08	20	Same	Same	Same	Same	Same	Same
Chili Dog	360	33.69	13.81	Same	Same	Same	Same	Same	Same
Cowboy BBQ Burger	353	44.67	19	Same	Same	Same	Same	Same	Same
Crispy Chicken Sub (35738)	396	36.66	17.62	Same	Same	Same	Same	Same	Same
Fish Patty w/Cheese on WG Bun	350	40.5	16.5	Same	Same	Same	440	48	21
Grilled Cheese Sandwich	356	29.52	13.59	Same	Same	Same	406	30.02	16.12
Grilled Chicken on WG Bun (CS24 W1)	215	23	19	Same	Same	Same	Same	Same	Same
Ham & Cheese Wafflewich	513	49.47	15.44	Same	Same	Same	Same	Same	Same
Ham, Cheese & Egg on an English Muffin	259	28.8	15	Same	Same	Same	Same	Same	Same
Hamburger on a Bun (1.5 oz patty)	240	23	14	Same	Same	Same	N/A	N/A	N/A
Hamburger on a Bun (2 oz patty)	N/A	N/A	N/A	N/A	N/A	N/A	240	24	18
Hawaiian Ham Slider (2 ea)	325	42.29	20.68	Same	Same	Same	N/A	N/A	N/A
Hot Dog on Bun	240	23	13	Same	Same	Same	Same	Same	Same
Hot Ham & Cheese Flatbread	357	30.68	19.59	Same	Same	Same	Same	Same	Same
Hot Ham & Cheese on a Bagel	375	35.49	21.95	Same	Same	Same	Same	Same	Same
Hot Ham & Cheese on a Bun	302	23.52	21.4	Same	Same	Same	Same	Same	Same
Hot Ham & Cheese Panini	357	34.44	20.68	Same	Same	Same	Same	Same	Same
Hot Shredded Turkey on WG Bun	223	22.93	20.74	Same	Same	Same	Same	Same	Same
Hot Turkey on a Bun (Turkey Gravy)	223	22.93	20.74	Same	Same	Same	Same	Same	Same
Italian Meatball Sub	357	26.81	17.48	Same	Same	Same	Same	Same	Same
Italian Turkey Panini	345	31.3	19.6	Same	Same	Same	439	31.7	26.4
New Orleans Fish Hoagie	539	58.41	22.47	Same	Same	Same	Same	Same	Same
Philly Cheese Burger	373	35.53	18.04	Same	Same	Same	Same	Same	Same
Philly Flatbread	404	30.92	19.51	Same	Same	Same	Same	Same	Same
Pizza Bagel (2 halves)	437	39.02	25.67	Same	Same	Same	Same	Same	Same
Pizza Burger Melt (2 halves)	288	26.73	16.69	Same	Same	Same	Same	Same	Same
Pizza Slider (2 each, 2 dinner rolls)	364	31.39	20.2	Same	Same	Same	Same	Same	Same
Pizza Slider (1 each, 1 hamburger bun)	324	23.39	19.2	Same	Same	Same	Same	Same	Same
Popcorn Chicken Bowl(BF086 Chicken, 1/2 c potatoes)	455	49.54	21.89	Same	Same	Same	Same	Same	Same
Porcupine Sliders (2 each)	455	57.63	19.32	Same	Same	Same	Same	Same	Same
Pulled Pork on Bun (RH 34106, SL Bun, BBQ sauce=35 cal)	292	32.35	14.38	Same	Same	Same	Same	Same	Same
Pulled Pork on Bun (USDA Pork Leg, SL Bun, BBQ sauce=35 cal)	303	32.35	15.15	Same	Same	Same	Same	Same	Same
Pulled Pork Flatbread	347	36.35	14.75	Same	Same	Same	Same	Same	Same
Pulled Pork on Pretzel Bun (RH 34106, Pretzel Bun, BBQ sauce=35 cal)	353	45.75	14.38	Same	Same	Same	Same	Same	Same
Pulled Pork on Pretzel Bun (USDA Pork Leg, Pretzel Bun, BBQ sauce=35 cal)	364	45.75	15.15	Same	Same	Same	Same	Same	Same
Pulled Pork Sliders (2 each, RH 34106, SL Bun, BBQ sauce=35 cal)	332	40.34	15.38	Same	Same	Same	Same	Same	Same
Pulled Pork Sliders (2 each, USDA Pork Leg, SL Bun, BBQ sauce=35 cal)	343	40.34	16.15	Same	Same	Same	Same	Same	Same
Salisbury Steak Sandwich	338	40.96	23.24	Same	Same	Same	Same	Same	Same
Sloppy Joe on a WG Bun	300	31.99	15.52	Same	Same	Same	Same	Same	Same
Sloppy Joe Slider (1 slider)	199	23	9.66	Same	Same	Same	Same	Same	Same
Southern Chicken Biscuit	396	52.67	10.65	Same	Same	Same	530	60.03	20
Southwest Burger (RH F4588 burger 2.5 oz)	473	54.4	23.61	Same	Same	Same	Same	Same	Same
Spicy Chicken Sandwich (RH 78476)	320	34	19	Same	Same	Same	Same	Same	Same

Various selections offered daily.

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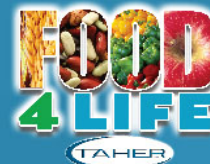
TAHER NUTRITION ANALYSIS

10/11/2017	Grades K-5			Grades 6-8			Grades 9-12		
	Calories	Carbs	Protein	Calories	Carbs	Protein	Calories	Carbs	Protein
Strawberry Stackers (2 cakes/#30 scoop s'berries)	216	33.22	4.68	Same	Same	Same	Same	Same	Same
Stromboli	339	37.47	17.75	Same	Same	Same	385	37.97	21.3
Toasted Cheese Sandwich	356	29.52	13.59	Same	Same	Same	406	30.02	16.12
Tuna Melt (cheesy)	271	31.94	22.85	Same	Same	Same	Same	Same	Same
Tuna Panini	288	34.9	19.6	Same	Same	Same	Same	Same	Same
Turkey BLT Flatbread	310	28.54	17.55	Same	Same	Same	Same	Same	Same
Vegetable Focaccia, Roasted (BB Crust)	484	51.8	23.89	Same	Same	Same	Same	Same	Same
Vegetable Focaccia, Roasted (Richs Crust)	517	57.8	25.89	Same	Same	Same	Same	Same	Same
Waffle Sandwich	320	36	11	Same	Same	Same	Same	Same	Same

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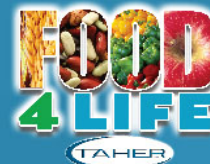
TAHER NUTRITION ANALYSIS

10/11/2017	Grades K-5			Grades 6-8			Grades 9-12		
	Calories	Carbs	Protein	Calories	Carbs	Protein	Calories	Carbs	Protein
ENTRÉE SALADS									
7 Layer Salad (no bread)	394	8.11	12.04	Same	Same	Same	408	9.84	12.04
Asian Chicken Salad (2 Tortillas RH 22110)	309	40.02	26.78	318	41.8	27.19	527	70.67	44.53
Autumn Quinoa Lunch Salad	520	61.33	17.03	Same	Same	Same	Same	Same	Same
Buffalo Chicken Pasta Salad (no bread)	389	34.38	21.59	Same	Same	Same	Same	Same	Same
Chef Salad (no bread)	210	7.08	12.99	Same	Same	Same	234	8.95	14.48
Chicken Caesar Salad (no bread)	309	23.05	20.93	Same	Same	Same	324	24.79	20.93
Chicken Waldorf Salad (no roll)	268	24.75	22.34	Same	Same	Same	Same	Same	Same
Cobb Salad (no bread)	389	15.97	14.81	397	16.84	14.81	404	17.71	14.81
Cobb Salad in a Cup (no bread)	409	17.09	17.34	Same	Same	Same	Same	Same	Same
Confetti Ham Pasta Salad (no bread)	305	27.16	14.76	Same	Same	Same	Same	Same	Same
Cravin Craisin Chicken Salad (no bread)	295	15.36	18.81	Same	Same	Same	311	17.49	20.07
Crispy Chicken Salad (no bread)	336	18.57	19.01	Same	Same	Same	406	20.31	22.55
Crispy Chicken Wrap (1 each)	355	32.9	20.1	Same	Same	Same	Same	Same	Same
Garden Vegetable Salad (no bread)	206	11.39	8.29	Same	Same	Same	221	13.13	8.29
Harvest Chicken Salad (no bread)	394	32	21.47	Same	Same	Same	414	34.12	21.47
Hummus and Vegetable Bowl	449	44.5	9.24	Same	Same	Same	482	50.76	10.19
Fruited Spinach Salad (Strawberries, no bread)	401	16.67	11.05	Same	Same	Same	410	17.93	12.32
Fruited Spinach Salad (Mandarin Oranges, no bread)	413	19.98	10.77	Same	Same	Same	422	21.24	12.04
Southwest Chicken Salad (Diced Chicken, Chips 14400, tortilla 22110)	490	50	24.26	Same	Same	Same	505	51.74	24.26
Taco Salad (chicken)	312	24.22	18.21	Same	Same	Same	469	44.18	20.24
Taco Salad (ground beef)	378	24.22	14.27	385	25.09	14.27	392	25.95	14.27
Tuna Pasta Salad	219	30.63	17.29	Same	Same	Same	Same	Same	Same
Turkey BLT Salad (no bread)	487	5.49	25.74	Same	Same	Same	Same	Same	Same
Turkey Lunch Box Salad (1.25 cup)	479	58.38	26.39	Same	Same	Same	Same	Same	Same
COLD SANDWICHES/WRAPPS									
Cheese and Vegetable Hoagie	347	33.49	16.92	Same	Same	Same	Same	Same	Same
Chicken Caesar Wrap (9")	299	27.64	24.6	Same	Same	Same	Same	Same	Same
Chicken Salad on WG Bun	281	27.46	20.33	Same	Same	Same	Same	Same	Same
Chicken Salad Slider (2 each)	339	42.29	23.99	Same	Same	Same	Same	Same	Same
Chicken Salad Sliders	341	37.46	22.33	Same	Same	Same	Same	Same	Same

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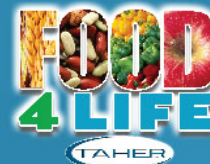
TAHER NUTRITION ANALYSIS

10/11/2017	Grades K-5			Grades 6-8			Grades 9-12		
	Calories	Carbs	Protein	Calories	Carbs	Protein	Calories	Carbs	Protein
Cold Meat Sub	364	29.22	18.58	Same	Same	Same	Same	Same	Same
Combo Sliders (2 each)	321	45.83	16.94	Same	Same	Same	Same	Same	Same
Crispy Chicken Wrap (2-6" wraps)	438	37.23	19.12	Same	Same	Same	Same	Same	Same
Crispy Chicken Wrap (1-9" wrap)	448	36.23	20.12	Same	Same	Same	Same	Same	Same
Deli Sandwich (Ham)	299	30.98	15.28	Same	Same	Same	Same	Same	Same
Deli Sandwich (Turkey)	281	30.73	16.3	Same	Same	Same	Same	Same	Same
Deli Sub (Ham)	299	30.98	15.28	Same	Same	Same	Same	Same	Same
Deli Sub (Turkey)	281	30.73	16.3	Same	Same	Same	Same	Same	Same
Double Decker PB & J Sandwich	738	84.53	23.47	Same	Same	Same	Same	Same	Same
Egg Salad Sandwich	282	30.77	10.14	Same	Same	Same	Same	Same	Same
Ham & Cheese on a Bagel	375	40.53	21.95	Same	Same	Same	Same	Same	Same
Ham & Cheese Pinwheel	409	32.63	19.09	Same	Same	Same	Same	Same	Same
Ham Wrap (2-6" wraps)	267	27.87	15.8	Same	Same	Same	Same	Same	Same
Ham Wrap (1-9" wrap)	277	26.89	16.8	Same	Same	Same	Same	Same	Same
Honey Mustard Ham Wrap (2-6" wraps)	294	29.22	15.8	Same	Same	Same	Same	Same	Same
Honey Mustard Ham Wrap (1-9" wrap)	304	28.22	16.8	Same	Same	Same	Same	Same	Same
Italian Turkey Sandwich	410	41.39	22.53	Same	Same	Same	512	51.74	28.17
Italian Sub	392	29.72	21.19	Same	Same	Same	Same	Same	Same
Made to Order Sub	N/A	N/A	N/A	361	37.83	18.94	Same	Same	Same
Salad Sliders (2 ea)	394	45.2	29.27	Same	Same	Same	Same	Same	Same
Taco Pinwheels (2 ea)	448	48.86	21.37	Same	Same	Same	Same	Same	Same
Turkey & Cheese Pinwheel	428	32.6	17.6	Same	Same	Same	Same	Same	Same
Turkey BLT Wrap (2-6" wraps)	310	28.54	16.55	Same	Same	Same	Same	Same	Same
Turkey BLT Wrap (1-9" wrap)	320	27.54	17.55	Same	Same	Same	Same	Same	Same
Turkey Ranch Wrap (2-6" wraps)	219	31.65	12.74	Same	Same	Same	Same	Same	Same
Turkey Ranch Wrap (1-9" wrap)	229	30.65	13.74	Same	Same	Same	Same	Same	Same
Veggie Hoagie	347	33.49	16.92	Same	Same	Same	Same	Same	Same
Yogurt Pak	390	51	18	Same	Same	Same	Same	Same	Same
SIDES/SIDE SALADS/DRESSINGS									
Apple Waldorf Salad (1/3 cup)	42	10.57	0.25	Same	Same	Same	Same	Same	Same
Black Eyed Pea Salad (1/4 cup)	59	11.66	3.57	Same	Same	Same	Same	Same	Same
Broccoli Salad (1/4 cup)	50	4.8	0.4	Same	Same	Same	Same	Same	Same
Caesar Side Salad (1/2 cup)	49	2.39	3.16	Same	Same	Same	Same	Same	Same
Calico Bean Bake (1/4 cup)	65	14.5	3.5	Same	Same	Same	Same	Same	Same
Cheese Stick (1 each)	90	0	7	Same	Same	Same	Same	Same	Same
Coleslaw (creamy coleslaw, 1/4 cup)	21	4.17	0.47	Same	Same	Same	Same	Same	Same
Corn Salad, Firenze (1/4 cup)	70	8.88	1.33	Same	Same	Same	Same	Same	Same
Corn Salad, Spring (1/4 cup)	98	12.85	1.51	Same	Same	Same	Same	Same	Same
Cucumber Ranch (1/2 cup)	24	1.67	0.5	Same	Same	Same	Same	Same	Same
Firenze Corn Salad (1/4 cup)	70	8.88	1.33	Same	Same	Same	Same	Same	Same
Grapefruit Orange Coleslaw (1/4 cup)	43	8.42	0.66	Same	Same	Same	Same	Same	Same

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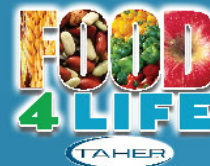
TAHER NUTRITION ANALYSIS

10/11/2017	Grades K-5			Grades 6-8			Grades 9-12		
	Calories	Carbs	Protein	Calories	Carbs	Protein	Calories	Carbs	Protein
Italian Pasta Salad (1/3 cup)	131	15.56	3.47	Same	Same	Same	Same	Same	Same
Kale Salad (2/3 cup)	96	10.03	1.08	Same	Same	Same	Same	Same	Same
Leafy Green Salad (1/2 cup)	32	1.07	0	Same	Same	Same	Same	Same	Same
Lemon Garbanzo Bean Salad (1/4 cup)	83.5	9.59	2.5	Same	Same	Same	Same	Same	Same
Mexican Street Corn (1/3 cup)	113	9.41	2.5	Same	Same	Same	Same	Same	Same
Minted Fruit Salad (1/4 cup)	35	9.03	0.37	Same	Same	Same	Same	Same	Same
Pasta Salad (1/3 cup)	131	15.56	3.47	Same	Same	Same	Same	Same	Same
Pomegranate Vinaigrette (1 TbspP)	55	2.5	0.02	Same	Same	Same	Same	Same	Same
Potato Salad, Creamy (1/4 cup)	86	14.73	2.11	Same	Same	Same	Same	Same	Same
Romaine Salad (1/4 cup)	2.5	0.49	0.17	Same	Same	Same	Same	Same	Same
Shredded Lettuce Salad	0	0.01	0	Same	Same	Same	Same	Same	Same
Side Salad (1/2 cup)	32	1.47	0.41	Same	Same	Same	Same	Same	Same
Slaw - for Fish Taco/Wrap (1/4 cup)	14	3.26	0.67	Same	Same	Same	Same	Same	Same
Spinach Salad	6	0.46	0.32	Same	Same	Same	Same	Same	Same
Three Bean Salad (1/2 cup)	170	17.9	4.72	Same	Same	Same	Same	Same	Same
Tomato and Cucumber Salad (1/2 cup)	36	7.09	1.77	Same	Same	Same	Same	Same	Same
BREADS/TORTILLA CHIPS/CHIPS									
Bread Stuffing (1/2 cup)	133	20.03	3.97	Same	Same	Same	Same	Same	Same
Cajun Potato Chips (1 oz)	155	17.83	2.18	Same	Same	Same	Same	Same	Same
Cheesy Garlic Bread (BB W9998, 2 each)	205	22.5	7.52	Same	Same	Same	Same	Same	Same
Cheesy Garlic Toast (BB W9998, 2 each)	205	22.5	7.52	Same	Same	Same	Same	Same	Same
Cinnamon Roll, WG (2.5 oz)	190	33	5	Same	Same	Same	Same	Same	Same
Cinnamon Roll, WG (Petite, 1 each)	100	16	2	Same	Same	Same	Same	Same	Same
Cornbread, Whole Grain	116	20.2	3.59	Same	Same	Same	Same	Same	Same
French Bread (1 slice)	73	13.98	2.66	Same	Same	Same	Same	Same	Same
Garlic French Toast (1 slice)	109	13.14	2.95	Same	Same	Same	Same	Same	Same
Garlic Toast (BB, 1 each)	80	11	2	Same	Same	Same	Same	Same	Same
Kettle Chips (RH C6448, 1 oz or approx. 12 chips)	140	17	2	Same	Same	Same	Same	Same	Same
Pumpkin Apple Muffin	203	34.6	3.6	Same	Same	Same	Same	Same	Same
Stuffing (1/2 cup)	133	20.03	3.97	Same	Same	Same	Same	Same	Same
Tortilla Chips (RH 67614, 1 oz)	140	19	2	Same	Same	Same	Same	Same	Same
Whole Grain Bread Stick (BB)	90	14	2	Same	Same	Same	Same	Same	Same
STARCHES									
Alfredo Rotini (1/2 cup)	136	25.12	4.89	Same	Same	Same	Same	Same	Same
Alfredo Rotini (1/2 cup, USDA Rotini)	133	25.65	5.52	Same	Same	Same	Same	Same	Same
AuGratin Potatoes RH 31390, 1/2 cup)	165	31.5	4.5	Same	Same	Same	Same	Same	Same
Breakfast Potatoes (24086, 1/2 cup)	122	22.45	2.81	Same	Same	Same	Same	Same	Same
Brown Rice (25368, 1/2 cup)	85	18	2	Same	Same	Same	Same	Same	Same
Cheese Fries	268	37.42	5.42	Same	Same	Same	Same	Same	Same
Cheesy Mashed Potatoes (1/2 cup)	68	4	4	Same	Same	Same	Same	Same	Same
Cinnamon Sweet-Apples (1/3 cup)	129	31	1	Same	Same	Same	Same	Same	Same
Coconut Turmeric Rice (1/2 cup)	201	27.3	2.8	Same	Same	Same	Same	Same	Same
French Fries, KK (RH 60816, 4oz)	227	34.67	2.67	Same	Same	Same	Same	Same	Same
Fried Rice (3/4 cup)	186	30.49	7.42	Same	Same	Same	Same	Same	Same

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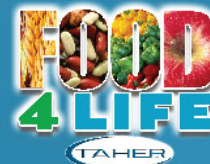
TAHER NUTRITION ANALYSIS

10/11/2017	Grades K-5			Grades 6-8			Grades 9-12		
	Calories	Carbs	Protein	Calories	Carbs	Protein	Calories	Carbs	Protein
Garlic Mashed Potatoes (1/2 cup)	15	6	0.6	Same	Same	Same	Same	Same	Same
Garlic Parmesan Fingerling Potatoes (1/2 cup)	191	18.87	4.96	Same	Same	Same	Same	Same	Same

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TAHER NUTRITION ANALYSIS

10/11/2017	Grades K-5			Grades 6-8			Grades 9-12		
	Calories	Carbs	Protein	Calories	Carbs	Protein	Calories	Carbs	Protein
Hashbrowns (RH24192, 1/2 cup)	70	15	2	Same	Same	Same	Same	Same	Same
Lemon Herb Pasta (1/2 cup)	127	20.9	3.56	Same	Same	Same	Same	Same	Same
Lime Cilantro Rice (brown rice, 1/2 cup serving)	123	26.28	2.88	Same	Same	Same	Same	Same	Same
Lime Cilantro Slaw	130	28.23	2.59	Same	Same	Same	Same	Same	Same
Lo Mein (3/4 cup)	188	36.05	7.43	Same	Same	Same	Same	Same	Same
Mashed Potatoes (1/2 cup)	79	14.6	1.4	Same	Same	Same	Same	Same	Same
Mashed Potatoes with Parsnips (1/2 cup)	136	21.9	2.48	Same	Same	Same	Same	Same	Same
Mexican Brown Rice (1/2 cup)	139	24.4	2.9	Same	Same	Same	Same	Same	Same
Oven Fries (RH60816-4 oz)	227	34.67	2.67	Same	Same	Same	Same	Same	Same
Parmesan Pasta (1/2 cup)	157	23.44	5.87	Same	Same	Same	Same	Same	Same
Parsley Noodles	121	22.02	3.92	Same	Same	Same	Same	Same	Same
Penne Pasta (no fat added)	108	21.82	3.83	Same	Same	Same	Same	Same	Same
Potato, Baked (Russet 76004)	134	31	0.4	Same	Same	Same	Same	Same	Same
Potato Wedges (RH 50504, 4 oz)	148	26.68	2.68	Same	Same	Same	Same	Same	Same
Potato Wedges (USDA FF 100356, 1/2 cup)	60	13.2	1.32	Same	Same	Same	Same	Same	Same
Potato Wedges (USDA 100355, 1/2 cup)	90	19.38	2.06	Same	Same	Same	Same	Same	Same
Potatoes Ole (1/2 cup, sweet potatoes)	107	17.78	1.79	Same	Same	Same	Same	Same	Same
Potatoes Ole (1/2 cup, tator tots 60926)	125	15.15	1.79	Same	Same	Same	Same	Same	Same
Potatoes Ole (1/2 cup, USDA rounds 100358 sweet potatoes)	119	20.99	0.92	Same	Same	Same	Same	Same	Same
Potatoes Ole (1/3 cup)	88	15.55	0.68	Same	Same	Same	Same	Same	Same
Potatoes, Roasted (1/2 cup)	148	22.51	2.82	Same	Same	Same	Same	Same	Same
Rice Pilaf (1/2 cup)	118	24.54	3.42	Same	Same	Same	Same	Same	Same
Rotini Noodles, WG (1/2 cup)	108	21.82	3.83	Same	Same	Same	Same	Same	Same
Seasoned Ranch Potatoes (1/2 cup)	153	27.5	2.8	Same	Same	Same	Same	Same	Same
Scalloped Potatoes (1/2 cup)	212	37.1	5.9	Same	Same	Same	Same	Same	Same
Sweet Potato Fries (31836, 4oz)	200	29.35	1.33	Same	Same	Same	Same	Same	Same
Tator Tots (RH60926, 4oz)	187	22.68	2.67	Same	Same	Same	Same	Same	Same
Tri-tator (RH66156-1 each)	110	13	1	Same	Same	Same	Same	Same	Same
White Rice (1/2 cup)	125	26.23	2.7	Same	Same	Same	Same	Same	Same
SAUCES/SOUPS/GRAVIES									
Beef Gravy (1 oz, Karlsburger)	9	1.87	0.28	Same	Same	Same	Same	Same	Same
Blueberry Topping (2 oz)	27	6.47	0.18	Same	Same	Same	Same	Same	Same
Cheese Sauce (USDA G-04, 3 Tbsp)	132	2.27	6	Same	Same	Same	Same	Same	Same
Cheese, Shredded (1 Tbsp)	28	0.2	1.7	Same	Same	Same	Same	Same	Same
Chicken Gravy (1 oz, Karlsburger)	9	1.87	0.28	Same	Same	Same	Same	Same	Same
Chicken Noodle Soup (Side 018, 1/2 cup)	52	6.98	3.73	Same	Same	Same	Same	Same	Same
Chicken Noodle Soup (RH 23276 Campbell, 1 cup)	60	7	3	Same	Same	Same	Same	Same	Same
Dill Dip (1 oz)	133	2.63	0.63	Same	Same	Same	Same	Same	Same

Various selections offered daily.

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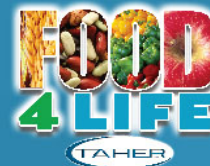
TAHER NUTRITION ANALYSIS

10/11/2017	Grades K-5			Grades 6-8			Grades 9-12		
	Calories	Carbs	Protein	Calories	Carbs	Protein	Calories	Carbs	Protein
Maple Syrup (1 oz bulk)	102	25.5	0	Same	Same	Same	Same	Same	Same
Marinara Sauce (Homemade 1/4 c.)	25	4.65	1.12	Same	Same	Same	Same	Same	Same
Marinara Sauce (RH 16540 - 1/4 c.)	37.25	6.565	1	Same	Same	Same	Same	Same	Same
Mediterranean Vegetable Soup (1 cup)	163	26.14	6.74	Same	Same	Same	Same	Same	Same
Orange Sauce (1.5 oz)	65	16.57	0.29	Same	Same	Same	Same	Same	Same
Peach Topping (2 oz)	45	11.49	0.27	Same	Same	Same	Same	Same	Same
Salsa (F6922, 1 Tbsp)	5	1	0	Same	Same	Same	Same	Same	Same
Salsa (USDA 100330, 1 Tbsp)	7.5	1	0	Same	Same	Same	Same	Same	Same
Sour Cream (1 Tbsp)	28	0.4	0.3	Same	Same	Same	Same	Same	Same
Strawberry Topping (2 oz)	20	5.24	0	Same	Same	Same	Same	Same	Same
Sweet & Sour Sauce (1 Tbsp)	29	7	0	Same	Same	Same	Same	Same	Same
Syrup (31492, 1 oz)	102	25.5	0	Same	Same	Same	Same	Same	Same
Tomato Soup - Homemade (1/2 cup)	49	6.76	1.51	Same	Same	Same	Same	Same	Same
Tomato Soup (made w/Water, 3/4 cup)	60	14.25	1.5	Same	Same	Same	Same	Same	Same
VEGETABLES - FRESH									
Baby Carrots (1/4 cup)	22	5.26	0.41	Same	Same	Same	Same	Same	Same
Black Beans (1/4 cup)	60	10.5	3.5	Same	Same	Same	Same	Same	Same
Black Eyed Peas (1/4 cup)	59	11.7	3.6	Same	Same	Same	Same	Same	Same
Broccoli Florettes (1/4 cup)	5	0.67	0	Same	Same	Same	Same	Same	Same
Carrots (1/4 cup, strips or slices)	12.5	2.9	0.27	Same	Same	Same	Same	Same	Same
Cauliflower (fresh, 1/4 cup)	6.25	1.25	0.5	Same	Same	Same	Same	Same	Same
Celery Sticks (1/4 cup)	6	1.1	0.25	Same	Same	Same	Same	Same	Same
Cherry Tomato (4 each)	12	2.68	0.6	Same	Same	Same	Same	Same	Same
Corn (1/4 cup, WK, frozen not cooked)	30	7.05	1.02	Same	Same	Same	Same	Same	Same
Cucumber Slices (1/4 cup)	4	1	0	Same	Same	Same	Same	Same	Same
Garbanzo Beans (1/4 cup - USDA 100360)	83	13.52	4.23	Same	Same	Same	Same	Same	Same
Garbanzo Beans (1/4 cup)	65	9.5	2.5	Same	Same	Same	Same	Same	Same
Green Onions (1/4 cup)	8	1.84	0.46	Same	Same	Same	Same	Same	Same
Green Pepper (1 Tb)	2	0.43	0.08	Same	Same	Same	Same	Same	Same
Green Pepper Strips (10 strips)	5	1	0	Same	Same	Same	Same	Same	Same
Jicama Sticks (1/4 cup)	13	2.5	0	Same	Same	Same	Same	Same	Same
Kale (1/4 cup)	8.25	1.75	0.5	Same	Same	Same	Same	Same	Same
Kidney Beans (1/4 cup - USDA 100370)	65	9.3	3.3	Same	Same	Same	Same	Same	Same
Kidney Beans (1/4 cup)	52	9.3	3.3	Same	Same	Same	Same	Same	Same
Pepper Medley (1/4 cup - red, green peppers)	12	2	0	Same	Same	Same	Same	Same	Same
Pickles, Dill (spear)	4.2	0.9	0.2	Same	Same	Same	Same	Same	Same
Radish (1 medium)	1	0	0	Same	Same	Same	Same	Same	Same

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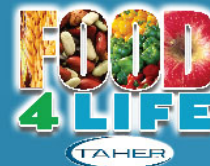
TAHER NUTRITION ANALYSIS

10/11/2017	Grades K-5			Grades 6-8			Grades 9-12		
	Calories	Carbs	Protein	Calories	Carbs	Protein	Calories	Carbs	Protein
Refried Beans (1/4 cup - RH 14228)	60	9	3	Same	Same	Same	Same	Same	Same
Refried Beans (1/4 cup - USDA 100362)	57	9.61	3.41	Same	Same	Same	Same	Same	Same
Spinach	6	0.46	0.32	Same	Same	Same	Same	Same	Same
Squash, Winter (1/4 cup)	19	4.5	0.4	Same	Same	Same	Same	Same	Same
Sugar Snap Peas (1/4 cup)	6.5	1.25	0.5	Same	Same	Same	Same	Same	Same
Tomato Wedge (1 wedge, 1/4 med tomato)	6	1.22	0.27	Same	Same	Same	Same	Same	Same
Winter Squash (1/4 cup)	19	4.5	0.4	Same	Same	Same	Same	Same	Same
VEGETABLES - COOKED									
Asparagus, Roasted (1/4 cup)	14	2.06	2.05	Same	Same	Same	Same	Same	Same
Baked Beans (1/4 cup - USDA 100364)	60	13.53	3.02	Same	Same	Same	Same	Same	Same
Baked Beans (1/4 cup)	70	14.5	3	Same	Same	Same	Same	Same	Same
Beets n' Sweets (1/4 cup)	55.5	10.46	0.82	Same	Same	Same	Same	Same	Same
Broccoli, Roasted (1/4 cup)	4	0.52	0	Same	Same	Same	Same	Same	Same
Cauliflower (1/4 cup)	7	1.5	0.5	Same	Same	Same	Same	Same	Same
Cauliflower, Roasted (1/4 cup)	6	1.03	0	Same	Same	Same	Same	Same	Same
Carrots (1/4 cup, USDA 100352)	14	2.86	0.21	Same	Same	Same	Same	Same	Same
Carrots, Glazed (1/2 cup)	79	17.8	0.01	Same	Same	Same	Same	Same	Same
Carrots, Glazed (1/2 cup, USDA 100352)	75	17.33	0.55	Same	Same	Same	Same	Same	Same
Corn (1/4 cup - USDA 100348)	33	7.96	1.05	Same	Same	Same	Same	Same	Same
Garlic Herb Broccoli (1/4 cup)	7.5	1	0.5	Same	Same	Same	Same	Same	Same
Great Northern Beans (1/4 cup)	45	8	3	Same	Same	Same	Same	Same	Same
Green Beans (1/4 cup - USDA 100351)	9	2.18	0.5	Same	Same	Same	Same	Same	Same
Green Beans (1/4 cup)	11	1.88	0.38	Same	Same	Same	Same	Same	Same
Green Peas (1/4 cup - RH 61126)	26	4.5	1.9	Same	Same	Same	Same	Same	Same
Green Peas (1/4 cup - USDA 100350)	31	5.7	2.06	Same	Same	Same	Same	Same	Same
Italian Vegetables, Roasted (1/4 cup)	35	4.9	0.75	Same	Same	Same	Same	Same	Same
Kung Fu Carrots (1/3 cup)	30	6.2	0.18	Same	Same	Same	Same	Same	Same
Spicy Pinto Beans (1/4 cup)	50	8.96	3.21	Same	Same	Same	Same	Same	Same
Sweet Potato Fluff (1/3 cup, USDA A220)	129	31.05	0.96	Same	Same	Same	Same	Same	Same
Zucchini, Roasted (1/2 cup)	48	5.14	1.75	Same	Same	Same	Same	Same	Same
FRUIT: FRESH/CANNED/COOKED									
Per 1/4 cup unless otherwise noted	Calories (kcal)	Carbs (g)	Protein (g)	Calories (kcal)	Carbs (g)	Protein (g)	Calories (kcal)	Carbs (g)	Protein (g)
Apple Slices (canned unsweetened - USDA 100206)	18	4.5	0	Same	Same	Same	Same	Same	Same
Apples, (fresh, red delicious, with skin (small 158g))	93	22.21	0.43	Same	Same	Same	Same	Same	Same
Applesauce, Sweetened (RH 10738)	45	11.5	0	Same	Same	Same	Same	Same	Same
Applesauce, Unsweetened (USDA 100208)	26	6.89	0.1	Same	Same	Same	Same	Same	Same

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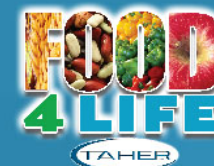
TAHER NUTRITION ANALYSIS

10/11/2017	Grades K-5			Grades 6-8			Grades 9-12		
	Calories	Carbs	Protein	Calories	Carbs	Protein	Calories	Carbs	Protein
Bananas, raw (6-6 7/8in. Long)	72	18.5	0.88	Same	Same	Same	Same	Same	Same
Blueberries (frozen - USDA 100244)	20	4.75	0.16	Same	Same	Same	Same	Same	Same
Cinnamon Apples (Side 008 - 1/2 cup)	67	16.5	0.01	Same	Same	Same	Same	Same	Same
Cantaloupe Agua Fresca (6 oz)	74	17.51	0.48	Same	Same	Same	Same	Same	Same
Cranberry Sauce (RH 12798 - 1/4 cup)	100	26	0	Same	Same	Same	Same	Same	Same
Grapes,(red or green)	26	6.83	0.27	Same	Same	Same	Same	Same	Same
Kiwi (1/4 cup)	27	6.47	0.5	Same	Same	Same	Same	Same	Same
Mandarin Oranges (RH 10868, 1/2 cup)	70	17	1	Same	Same	Same	Same	Same	Same
Melons, cantaloupe, (fresh cubed)	14	3.26	0.34	Same	Same	Same	Same	Same	Same
Melons, honeydew, (Fresh cubed)	15	3.86	0.23	Same	Same	Same	Same	Same	Same
Mixed Fruit (canned in lite syrup - RH 10668)	30	9	0.5	Same	Same	Same	Same	Same	Same
Mixed Fruit (canned in lite syrup - USDA 100212)	34	8.94	0.26	Same	Same	Same	Same	Same	Same
Oranges, (fresh, all commercial varieties small 2 3/8 dia)	45	11.28	0.9	Same	Same	Same	Same	Same	Same
Oranges,(fresh, all commercial varieties 1/4 cup sections)	21	5.29	0.42	Same	Same	Same	Same	Same	Same
Peaches, Diced (canned in lite syrup - USDA 100220)	26.5	6.7	0.25	Same	Same	Same	Same	Same	Same
Peaches, Fresh (small 2 1/2 " dia)	51	12.4	1.18	Same	Same	Same	Same	Same	Same
Peaches, Sliced (canned in Juice - RH 10704)	25	6	0	Same	Same	Same	Same	Same	Same
Peaches, Sliced (canned in lite syrup - USDA 100219)	26.5	6.7	0.25	Same	Same	Same	Same	Same	Same
Pears, Diced (canned in lite syrup - USDA 100225)	29	7.55	0.19	Same	Same	Same	Same	Same	Same
Pears, Fresh (small 148g)	84	22.54	0.53	Same	Same	Same	Same	Same	Same
Pears, Sliced (canned in juice - RH 10716)	30	7	0.5	Same	Same	Same	Same	Same	Same
Pears, Sliced (canned in lite syrup - USDA 100239)	29	7.56	0.19	Same	Same	Same	Same	Same	Same
Pineapple, Fresh (3.5"x3/4 thick slice)	42	11	0.5	Same	Same	Same	Same	Same	Same
Pineapple Tidbits	35	8.5	0.5	Same	Same	Same	Same	Same	Same
Spiced Apples									
Strawberries,(fresh)	13	3.19	0.28	Same	Same	Same	Same	Same	Same
Strawberries,(frozen, sweetened, sliced)	61	16.28	0.34	Same	Same	Same	Same	Same	Same
Strawberries (USDA sliced, sweet, frozen)	61	16.52	0.34	Same	Same	Same	Same	Same	Same
Strawberries (USDA whole, frozen)	19	5.04	0.24	Same	Same	Same	Same	Same	Same
Warm Cinnamon Apples	40	10.42	0.01	Same	Same	Same	Same	Same	Same
Watermelon, (Fresh diced)	11.5	2.75	0.25	Same	Same	Same	Same	Same	Same
Blenderless Smoothies									
Ba-Ba-Ba Banana Smoothie (1 cup)	175	38.83	4.11	Same	Same	Same	Same	Same	Same
Barney's Favorite Smoothie (1 cup)	240	54.48	4	Same	Same	Same	Same	Same	Same
Berry Banana Smoothie (1 cup)	175	38.83	4.11	Same	Same	Same	Same	Same	Same
Berry Patch Smoothie (1 cup)	150	32.48	3.5	Same	Same	Same	Same	Same	Same
Blushberry Orange Smoothie (1 cup)	230	51.86	3.75	Same	Same	Same	Same	Same	Same
Caribbean Cruise in a Cup Smoothie (1 cup)	206	41.21	4.58	Same	Same	Same	Same	Same	Same
Chocolate Dipped Strawberry Smoothie (1 cup)	154	33.51	3.84	Same	Same	Same	Same	Same	Same
Cocoa Banana Smoothie (1 cup)	179	39.86	4.46	Same	Same	Same	Same	Same	Same
Food Court Smoothie (1 cup)	155	32.27	3.75	Same	Same	Same	Same	Same	Same
Grandma's Apple Pie Smoothie (1 cup)	156	34.15	3.5	Same	Same	Same	Same	Same	Same
Island Joy Smoothie (1 cup)	177	34.35	4.09	Same	Same	Same	Same	Same	Same
It's Almost Summer Smoothie (1 cup)	158	34.03	3.72	Same	Same	Same	Same	Same	Same
Lemonade Stand Smoothie (1 cup)	151	32.48	3.5	Same	Same	Same	Same	Same	Same
Mango-licious Smoothie (1 cup)	170	36.48	3.5	Same	Same	Same	Same	Same	Same
Minty Fresh Smoothie (1 cup)	150	32.48	3.5	Same	Same	Same	Same	Same	Same
Pink Lemonade Smoothie (1 cup)	151	32.48	3.5	Same	Same	Same	Same	Same	Same
Spice is Nice Smoothie (1 cup)	158	34.49	3.5	Same	Same	Same	Same	Same	Same

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TAHER NUTRITION ANALYSIS

10/11/2017	Grades K-5			Grades 6-8			Grades 9-12		
	Calories	Carbs	Protein	Calories	Carbs	Protein	Calories	Carbs	Protein
Thin Mint Smoothie (1 cup)	154	33.51	3.85	Same	Same	Same	Same	Same	Same
Tropical Escape Smoothie (1 cup)	182	40.08	4.36	Same	Same	Same	Same	Same	Same
DESSERTS									
Apple Cranberry Crisp	163	31.24	0.9	Same	Same	Same	Same	Same	Same
Apple Fruit Crisp	134	23.75	0.09	Same	Same	Same	Same	Same	Same
Birthday Cake, Homemade (with frosting)	251	41.68	2.8	Same	Same	Same	Same	Same	Same
Brownie, Unfrosted (made with GNB mix)	160	19.05	1.42	Same	Same	Same	Same	Same	Same
Cardamom Pear Crisp	138	24.66	1.13	Same	Same	Same	Same	Same	Same
Chocolate Chip Cookie, Homemade (1.5 oz)	205	32.55	2.61	Same	Same	Same	Same	Same	Same
Chocolate Chip Cookie, 0.75 oz (GNB)	80	14	1	Same	Same	Same	Same	Same	Same
Chocolate Chip Cookie, 1.75 oz (GNB)	190	31	3	Same	Same	Same	Same	Same	Same
Churro (10")	130	13	2	Same	Same	Same	Same	Same	Same
Frozen Fruit Juice Bar	40	10	0	Same	Same	Same	Same	Same	Same
Fruited Gelatin	70	16.36	0.82	Same	Same	Same	Same	Same	Same
Harvest Bar (8x10 cut)	184	25.73	2.47	Same	Same	Same	Same	Same	Same
Jello (Knox Blox)	73	17.85	1.05	Same	Same	Same	Same	Same	Same
M&M Chocolate Chip Cookie, 0.75 oz (GNB)	80	12	1	Same	Same	Same	Same	Same	Same
M&M Chocolate Chip Cookie, 1.75 oz (GNB)	190	31	3	Same	Same	Same	Same	Same	Same
Mock Apple Crisp w/Zucchini	176	25.17	2.31	Same	Same	Same	Same	Same	Same
Peachy Keen Smoothie (1/2 cup)	39	8.52	1.29	Same	Same	Same	Same	Same	Same
Rice Krispies Bar (homemade)	161	33.47	0.94	Same	Same	Same	Same	Same	Same
Rice Krispies Treat (Kelloggs, 1 each)	50	9	0	Same	Same	Same	Same	Same	Same
Stone Fruit Cobbler	224	35.61	2.61	Same	Same	Same	Same	Same	Same
Sugar Cookie (CO286)	120	18	1	Same	Same	Same	Same	Same	Same
Sugar with Cinnamon Cookie, 0.75 oz (GNB)	80	13	1	Same	Same	Same	Same	Same	Same
Sugar with Cinnamon Cookie, 1.75 oz (GNB)	180	31	3	Same	Same	Same	Same	Same	Same
Ultimate Brownie-not frosted (60 cut)	187	31.11	2.92	Same	Same	Same	Same	Same	Same

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