

**Rock on Cafe Nutrition Analysis
2015-2016**

Breakfast Items	Brand	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergens
Bagel (Wheat)	Felix Roma Bakery	1 bagel (2 oz)	170	1	0	0	0	340	34	3	1	7	Wheat, Soy
Bagel (Wheat)	Freihofer (Thomas Bagels)	1 bagel (3.39 oz)	250	2	1	0	0	340	49	7	7	12	Wheat, Soy
Bagel Breakfast Pizza, Cheese, Whole Wheat	Nardones #96WBB	1 pizza (3.8 oz)	220	6	3	0	15	430	30	4	3	14	Wheat, Milk, Soy
Bagel Breakfast Pizza, Sausage, Whole Wheat	Nardones #96WBBS	1 pizza (3.8 oz)	240	8	3	0	20	480	30	4	3	14	Wheat, Milk, Soy
Breakfast Bar, Whole Grain	Sky Blue Foods	1 Bar (2.8oz)	230	7	2	0	15	220	39	2	15	4	Wheat, Eggs, Soy, Milk
Breakfast Sandwich, Egg and Cheese	Bake Crafters, Michael Foods, Bongards	1 sandwich	240	12	4	0	123	495	26	2	2.5	10.5	Milk, Egg, Soy, Wheat
Breakfast Sandwich, Ham and Cheese	Bake Crafters, Farmland, Bongards	1 sandwich	190	5.5	2	0	29	715	25	2	2	13	Milk, Soy, Wheat
Breakfast Sandwich, Sausage and Cheese	Bake Crafters, Jones Dairy Farm, Bongards	1 sandwich	350	23	8.5	0	42.5	515	26	2	1.5	12.5	Milk, Soy, Wheat
Breakfast Sandwich, Sausage, Egg and Cheese	Bake Crafters, Jones Dairy Farm, Michael Foods, Bongards	1 sandwich	420	29	10	0	153	625	27	2	2.5	15.5	Milk, Egg, Soy, Wheat
Cinnamon Bun, Whole Grain	Rich's #13940	1 roll	180	1	0.5	0	5	140	37	3	10	5	Egg, Wheat, May Contain Soy, Milk, and Sesame

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Egg Patty, Round	Michael Foods	1 patty (1.25 oz)	70	6	1.5	0	110	110	1	0	1	3	Egg, Soy, Milk
English Muffin, Whole Grain	Bake Crafters #802	1 muffin (57g)	120	1.5	0	0	0	250	24	2	1	5	Wheat, Soy
English Muffin, Whole Wheat	Freihofer #7260	1 muffin (61g)	110	1.5	0	0	0	170	22	3	1	6	Wheat, Soy
French Toast Sticks	RICH'S #37720	4 Sticks	413	17	3	0	0	413	52	5	12	9	Milk, Soy, Wheat
French Toast, Cinnamon Rush, Mini	Pillsbury	1 package (75g)	220	7	1	0	5	380	37	2	11	3	Wheat, Soy, Milk, Egg
French Toast, Triple Berry Blast, Mini	Pillsbury	1 package (75g)	220	7	1.5	0	5	380	37	2	11	4	Wheat, Soy, Milk, Egg
Frudel, Apple	Pillsbury	1 frudel (65g)	210	6	1.5	0	0	280	36	2	11	5	Wheat, Soy, Milk
Frudel, Cherry	Pillsbury	1 frudel (65g)	210	6	1.5	0	0	290	37	2	11	5	Wheat, Soy, Milk
Mini Cinnis	Pillsbury	1 package (65g)	240	8	2	0	0	300	40	2	15	5	Wheat, Milk, Soy
Muffin Top, Apple, Whole Grain	Muffin Town	1 muffin (2 oz)	170	6	1	0	30	120	28	2	13	3	Wheat, Egg, Oats, Soy, Milk
Muffin Top, Banana, Whole Grain	Muffin Town	1 muffin (2 oz)	160	4.5	1	0	30	140	27	2	14	3	Wheat, Egg, Oats, Soy, Milk
Muffin Top, Blueberry, Whole Grain	Muffin Town	1 muffin (2 oz)	160	6	1	0	30	120	26	2	12	3	Wheat, Egg, Oats, Soy, Milk
Muffin Top, Cho Chip, Whole Grain	Muffin Town	1 muffin (2 oz)	170	6	1	0	30	130	28	2	15	3	Wheat, Egg, Oats, Soy, Milk
Muffin Top, Choc. Choc. Chip, Whole Grain	Muffin Town	1 muffin (2 oz)	150	5	1.5	0	30	120	25	2	13	4	Wheat, Egg, Oats, Soy, Milk

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Oatmeal	N/A	1/2 cup cooked	71	1	0	0	0	4	12	2	0	3	
Pancakes- Mini Strawberry Splash	Pillsbury	1 package (3.53 oz)	230	7	1	0	10	270	40	3	14	5	Wheat, Soy, Egg, Milk
Pancakes, Cinnamon Glazed, Whole Grain	The Max	1 package (2 pancakes)	220	7	1.5	0	10	260	35	2	11	4	Wheat, Soy, Egg, Milk
Pancakes, Mini Maple Burst	Pillsbury	1 package (3.53 oz)	230	7	1	0	10	270	40	3	14	5	Wheat, Soy, Egg, Milk
Pizza, Bacon Scramble, Slice	Nardones #80WBCA1	1 slice	190	8	2	0	45	300	20	2	4	10	Milk, Egg, Soy, Wheat
Pizza, Breakfast, Round, Slice	RICH'S Crust 16" #14006	1 slice (10-cut)	281	13.5	5	0	198	471	23	2	2	15	Milk, Egg, Soy, Wheat
Pizza, Breakfast, Round, Slice	Deiorios Crust 16" #2226	1 slice (10-cut)	273	12	5	0	198	475	23	1.5	2	15	Milk, Egg, Soy, Wheat
Pizza, Breakfast, Sheet, Slice	RICH'S Crust 12" X 16" #14007	1 slice (20-cut)	281	13.5	5	0	198	470	23	2	2	15	Milk, Egg, Soy, Wheat
Pizza, Breakfast, Sheet, Slice	Deiorios Crust 12" X 16" #2274	1 slice (20-cut)	273	12	5	0	198	475	23	1.5	2	15	Milk, Egg, Soy, Wheat
Sausage Patty	Jones Dairy Farm #018716	1 patty (1.5 oz)	180	17	6	0	30	130	1	0	0	5	
Ultimate Breakfast Round (UBR)	Rich's	1 Breakfast Round (67g)	240	6	2	0	5	210	43	6	17	5	Wheat, Soy, Milk, Egg; Manufactured on shared equipment with Peanuts and Tree Nuts
Waffles, Mini Waffles Blueberry Bash	Pillsbury	1 Package (2.47oz)	210	6	1	0	5	180	38	3	13	4	Wheat, Soy, Egg, Milk

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Waffles, Mini Waffles Maple Madness	Pillsbury	1 Package (2.47oz)	210	6	1	0	5	170	38	3	13	4	Wheat, Soy, Egg, Milk
Yogurt	Trix	4oz	100	0.5	0	0	5	50	20	0	14	3	Milk

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Cereal	Brand	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergens
Apple Cinnamon Cheerios	General Mills	1 bowlpak (28g)	110	1.5	0	0	0	110	22	2	10	2	Wheat
Cheerios	General Mills	1 bowlpak (28g)	100	2	0.5	0	0	140	20	3	1	3	Wheat
Cinnamon Chex (Gluten Free)	General Mills	1 bowlpak (28g)	110	2	0	0	0	170	23	1	7	1	
Cinnamon Toast Crunch (Reduced Sugar)	General Mills	1 bowlpak (28g)	110	3	0.5	0	0	160	22	3	6	1	Wheat, Soy
Cocoa Puffs (Reduced Sugar)	General Mills	1 bowlpak (30g)	110	1.5	0	0	0	160	25	2	8	2	
Frosted Corn Flakes	General Mills	1 bowlpak (28g)	100	0.5	0	0	0	190	24	1	8	1	May contain wheat ingredients
Fruity Cheerios	General Mills	1 bowlpak (31g)	120	1.5	0	0	0	150	26	2	10	2	Wheat
Golden Grahams	General Mills	1 bowlpak (28g)	100	1	0	0	0	220	24	1	9	1	Wheat
Honey Nut Cheerios	General Mills	1 bowlpak (28g)	110	1.5	0	0	0	160	22	2	9	2	Contains almond ingredients
Honey Nut Chex (Gluten Free)	General Mills	1 bowlpak (31g)	120	0.5	0	0	0	190	27	1	9	2	Contains almond ingredients
Multi Grain Cheerios	General Mills	1 bowlpak (28g)	100	1	0	0	0	110	23	2	6	2	Wheat
Reese's Puffs	General Mills	1 bowlpak (28g)	120	3	0.5	0	0	160	21	1	10	2	Peanut, Wheat
Rice Chex (Gluten Free)	General Mills	1 bowlpak (28g)	100	0.5	0	0	0	250	24	1	2	2	
Total Raisin Bran	General Mills	1 bowlpak (33g)	100	0.5	0	0	0	110	25	3	10	2	Wheat, May contain almond ingredients
Trix (Reduced Sugar)	General Mills	1 bowlpak (28g)	110	1	0	0	0	140	24	1	7	1	

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Calzonette, Cheese (K-12)	Today's Choice (Giorgios)	3 Calzonettes	350	13	7	0	30	390	34	5	6	24	Wheat, Soy, Milk
Cheesburger on a Bun (K-5)	Freihofer #5198, Advance Pierre Smart Picks #1-15-924-20, Bongards	1 Sandwich	350	17.5	7	0	62.5	545	24	3	3.5	23.5	Wheat, Soy, Milk
Cheesburger on a Kaiser Roll (6-8)	Freihofer #3242, Advance Pierre Smart Picks #1-15-924-20, Bongards	1 Sandwich	360	17	7	0	62.5	515	28	3	4.5	22.5	Wheat, Soy, Milk
Cheese Filled Sticks	Bosco's #702011-1120	2 Breadsticks	280	10	5	0	30	420	30	2	2	18	Wheat, Soy, Milk
Cheeseburger (Double) on a Kaiser Roll (9-12)	Freihofer #3242, Advance Pierre Smart Picks #1-15-924-20, Bongards	1 Sandwich	520	28	11.5	0	112.5	615	28	3	4.5	36.5	Wheat, Soy, Milk
Cheeseburger with Bacon on a Kaiser Roll (9-12)	Freihofer #3242, Advance Pierre Smart Picks #1-15-924-20, Bongards, Prairie Creek	1 Sandwich	391	19.5	8	0	66	651	28	3	5	24	Wheat, Soy, Milk
Chicken and Gravy (6-12)	Tyson #25560-328, TRIO LS Gravy	1 Serving (3.5oz Meat and 1/3 cup Gravy)	205	7	2	0	77	307	9	0	1	25	Milk, Soy, Wheat, Made on Equipment that Processes Eggs
Chicken and Gravy (K-5)	Tyson #25560-328, TRIO LS Gravy	1 Serving (3oz Meat and 1/4 cup Gravy)	170	6	1.5	0	65	245	7	0	1	21	Milk, Soy, Wheat, Made on Equipment that Processes Eggs
Chicken Cheese Quesadilla	Father Sams, Tyson #16702-328, Land O Lakes, Foot Hill Farms	1-10 inch Quesadilla	347	15	6.5	0	52.5	765	32	2	0	22	Milk, Soy, Wheat
Chicken Cheese Quesadilla	Father Sams, Tyson #16702-328, Land O Lakes, Foot Hill Farms	1-10 inch Quesadilla	343	14.5	7	0	59.5	1010	32	2	1	21	Milk, Soy, Wheat
Chicken Filet (WG) on a Kaiser Roll (9-12)	Freihofer #3242, Tyson #70302-928	1 Sandwich	380	11.5	2	0	50	660	41	4	5	28	Wheat, Soy
Chicken Nuggets, Whole Grain (6-12)	Tyson #70364-928	6 Each	316	18	3	0	30	482	19.5	3	1.5	20	Wheat, Soy
Chicken Nuggets, Whole Grain (K-5)	Tyson #70364-928	5 Each	263	15	2.5	0	25	401	16	2.5	1	16	Wheat, Soy
Chicken Parm	Tyson #70364-928, Red Gold #RPKMA9E, Land O Lakes	1 Patty	329	18	4	0	32.5	537	19	3.5	3	20	Wheat, Soy, Milk, Egg
Chicken Parm Sandwich on a Kaiser Roll (6-12)	Tyson #70304-928, Red Gold #RPKMA9E, Land O Lakes, Freihofer #3242	1 Sandwich	479	20	4	0	32.5	817	46	6.5	7	26	Wheat, Soy, Milk, Egg
Chicken Patty (WG) on a Kaiser Roll (6-12)	Freihofer #3242, Tyson #70304-928	1 Sandwich	420	16.5	2.5	0	25	680	43	6	5	22	Wheat, Soy
Chicken Patty (WG) on a Kaiser Roll (Hot & Spicy) (6-12)	Freihofer #3242, Tyson #70314-928	1 Sandwich	420	16.5	3	0	25	680	44	6	5	21	Wheat, Soy

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Chicken Patty (WG) on a WW Bun (K-5)	Freihofer #5198, Tyson #70304-928	1 Sandwich	410	17	2.5	0	25	710	39	6	4	23	Wheat, Soy
Chicken Sandwich, BBQ using Hamburger Bun (K-5)	Freihofer #5198, Tyson #4604-928, Cains	1 Sandwich	290	5	0.5	0	55	774	32	3	8	28	Wheat, Soy
Chicken Sandwich, BBQ using Kaiser Bun (6-12)	Freihofer #3242, Tyson #4604-928, Cains	1 Sandwich	300	4.5	0.5	0	55	744	36	3	9	27	Wheat, Soy
Chicken Sandwich, Grilled using Hamburger Bun (K-5)	Freihofer #5198, Tyson #4604-928, Kens	1 Sandwich	253	4.5	0.5	0	55	607	24	3	3.5	28	Wheat, Soy
Chicken Sandwich, Grilled using Kaiser Bun (6-12)	Freihofer #3242, Tyson #4604-928, Kens	1 Sandwich	263	4	0.5	0	55	577	28	3	4.5	27	Wheat, Soy
Chicken Sausage Sub Using 6 inch Sub Roll (6-12)	Freihofer #6375	1 Sandwich	260	8.5	2	0	55	790	27	3	4	19	Wheat, Soy
Chicken Spiedie Sub (6-12)	Freihofer #6375, Lupos	1 Sub	330	10.5	1	0	62	933	27	3	4	32	Wheat, Soy
Chicken Spiedie Sub (K-5)	Freihofer #5196, Lupos	1 Sub	290	9.5	1	0	52	854	23	3	3	29	Wheat, Soy
Chicken, BBQ Oven Roasted	USDA Commodities, Cain's	1 Breast or 1 Thigh With Back or 1 Drumstick With 1 Wing (3 oz portion)	208	12.5	4	0	69	517	4.5	0	2.5	17.5	Soy, Fish
Chicken, Buffalo Sub (6-12)	Freihofer #6375, Tyson #25560-928, Frank's, Ken's	1 Sub	179	3	0.5	0	12.5	428	27	3	4	10	Soy, Wheat
Chicken, Gov't, Oven Roasted (Italian)	USDA Commodity, Ken's Dressing	1 Breast or 1 Thigh With Back or 1 Drumstick With 1 Wing (3 oz portion)	190	12	4	0	69	453	0.5	0	0	17.5	
Chicken, Popcorn (6-12)	Tyson #70368-928	15 Pieces	312	19	3	0	27	475	20	3.5	1.5	19	Wheat, Milk, Egg
Chicken, Popcorn (K-5)	Tyson #70368-928	12 Pieces	250	15	2.5	0	25	380	16	3	1	15	Wheat, Milk, Egg
Chili Con Carne & Beans	USDA Commodities	3/4 Cup	254	9.5	3.5	0	53	439	20	9	6	19	
Fish Sandwich Using Hamburger Bun (K-5)	Freihofer #5198, High Liner Foods #1089300F	1 Sandwich	320	9	1	0	50	600	39	4	4	21	Wheat, Soy, Milk, Fish
Fish Sandwich Using Kaiser Roll (6-12)	Freihofer #3242, High Liner Foods #1089300F	1 Sandwich	330	8.5	1	0	50	570	43	4	5	20	Wheat, Soy, Milk, Fish
Fish Sticks (6-12)	High Liner Foods #1089867	5 Sticks	263	10	2	0	44	338	27.5	3.75	1.25	15	Wheat, Soy, Fish
Fish Sticks (K-5)	High Liner Foods #1089867	4 Sticks	210	8	1.5	0	35	270	22	3	1	12	Wheat, Soy, Fish
French Toast Sticks (6-8)	RICH'S #37720	5 Sticks	517	22	4	0	0	517	65	7	15	12	Milk, Soy, Wheat

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French Toast Sticks (K-5)	RICH'S #37720	4 Sticks	413	17	3	0	0	413	52	5	12	9	Milk, Soy, Wheat
Fruit and Yogurt Parfait-Strawberry/Blueberry (No Granola)	Yoplait	1 Each	176	1	0.5	0	3	62	40	2	32.5	4	Milk
Grilled Cheese Sandwich (9-12)	Bimbo Bakeries #3239, Bongards	1.5 Sandwich (3 Slices Cheese per Sandwich)	460	25	12	0	56	934	46.5	3	8	20	Wheat, Soy, Milk
Grilled Cheese Sandwich (K-8)	Bimbo Bakeries #3239, Bongards	1 Sandwich (2 Slices Cheese)	265	13	5.5	0	25	497	30	2	5	11	Wheat, Soy, Milk
Ham and Cheese on a Wheat Bagel	Romas, Farmland #70247-19384-0 (LS Ham), Bongards	1 Sandwich	295	8.62	4	0	50	1138	36.25	3	2.7	20.75	Wheat, Soy, Milk
Ham and Cheese Sub (K-5)	Freihofer #5196, Farmland #70247-19384-0, Bongards	1 Sandwich	265	9.5	4	0	50	1108	25	3	5	21	Wheat, Soy, Milk
Ham and Cheese Sub using 6 inch Sub Roll (6-12)	Freihofer #6375, Farmland #70247-19384-0, Bongards	1 Sandwich	275	9	4	0	50	1078	29	3	6	20	Wheat, Soy, Milk
Hamburger (Double Burger) on a Kaiser Bun (9-12)	Freihofer #3242, Advance Pierre Smart Picks #1-15-924-21	1 Sandwich	470	23.5	9	0	100	480	27	3	4	34	Wheat, Soy
Hamburger on a Kaiser Bun (6-8)	Freihofer #3242, Advance Pierre Smart Picks #1-15-924-21	1 Sandwich	310	12.5	4.5	0	50	380	27	3	4	20	Wheat, Soy
Hamburger on a WW Bun (K-5)	Freihofer #5198, Advance Pierre Smart Picks #1-15-924-20	1 Sandwich	300	13	4.5	0	50	410	23	3	3	21	Wheat, Soy
Hot Dog on a Roll Using Hot Dog Roll (K-8)	Freihofer #5196, Hatfield #03284	1 Hot Dog	320	19	6	0	40	660	29	3	4	13	Wheat, Soy
Hot Dog using 6 inch Sub Roll (9-12)	Freihofer #6375, USDA Commodity, Farmland #70247 811577	1 Hot Dog	390	22.5	9	0	40	1000	31	3	6	14	Wheat, Soy
Lasagna, Cheese Roll-Up	TastyBrands, Red Gold #RPKMA9E	1 Roll-Up	261	7.5	4	0	30	485	35	3	11	16	Wheat, Milk, Egg, Soy
Meatball Sub Using 6 inch Sub Roll (6-12)	Freihofer #6375, Tyson #19777-328, Red Gold #RPKMA9E	1 Sub	409	15.5	3	0	67.5	604	39.5	5	8	27	Milk, Wheat, Soy
Meatball Sub Using Hot Dog Bun (K-5)	Freihofer #5196, Tyson #19777-328, Red Gold #RPKMA9E	1 Sub	341	13	2.5	0	51	570	34	5	7	23	Milk, Wheat, Soy
Mozzarella Sticks (6-12)	RICH'S #65220	6 Sticks	330	12	4	0	15	660	36	4	3	20	Milk, Wheat, Soy
Mozzarella Sticks (K-5)	RICH'S #65220	4 Sticks	220	8	3	0	10	440	24	3	2	13	Milk, Soy, Wheat

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Pasta with Meat Sauce (9-12)	USDA Commodity, Red Gold #RPKMA9E	1.5 cup pasta with 3/4 cup Meatsauce	508	22	8	1 (Naturally Occuring)	71	220	51	4	10	26	Wheat, Soy, Egg?
Pasta with Meat Sauce (K-8)	USDA Commodity, Red Gold #RPKMA9E	1 cup pasta with 1/2 cup Meatsauce	408	17.5	6	1 (Naturally Occuring)	57	176	41	3	8	21	Wheat, Soy, Egg?
Pizza, Buffalo Style White Chicken	Nardones #64WPSBC	1 Slice	280	11	5	0	30	610	27	3	2	19	Wheat, Soy, Milk
Pizza, Buffalo Style White Chicken	Nardones #16WPSBC	1 Slice	280	11	5	0	30	610	27	3	2	19	Wheat, Soy, Milk
Pizza, Buffalo Style White Chicken, Individual Round 6"	Nardones #625WBC2	1 Pizza	300	12	5	0	30	520	26	2	2	21	Wheat, Soy, Milk
Pizza, Cheese (16" round cut into wedges), K-12	Rich's #14006, Land O Lakes, Don Pepinos	1 Slice (8 Cut)	360	16.5	7.5	0	30	790	31	3	3	19	Wheat, Soy, Milk
Pizza, Cheese (16" round cut into wedges), K-12	Deiorios #2226, Land O Lakes, Don Pepinos	1 Slice (8 Cut)	340	15	7	0	30	840	29	2.5	2	19.5	Wheat, Milk
Pizza, Cheese, Homemade (Sheet Pizza) (9-12)	Rich's #14007, Land O Lakes, Don Pepinos	1 Slice (16 Cut)	410	20	9	0	37.5	920	32	3	3	23	Wheat, Soy, Milk
Pizza, Cheese, Homemade (Sheet Pizza) (9-12)	Deiorios #2274, Land O Lakes, Don Pepinos	1 Slice (16 Cut)	400	18	9	0	37.5	920	32	2.5	1	23	Wheat, Milk
Pizza, Cheese, Homemade (Sheet Pizza) (K-8)	Rich's #14007, Land O Lakes, Don Pepinos	1 Slice (20 Cut)	328	16	7.5	0	30	736	25	2.5	2.5	18.5	Wheat, Soy, Milk
Pizza, Cheese, Homemade (Sheet Pizza) (K-8)	Deiorios #2274, Land O Lakes, Don Pepinos	1 Slice (20 Cut)	320	14	7	0	30	736	25	2	1	18	Wheat, Milk
Pizza, Cheese, Individual Round 6"	Nardones #625WRM2	1 Pizza	320	12	6	0	30	380	31	3	7	22	Wheat, Soy, Milk
Pizza, French Bread, Cheese, WW	Nardones #60WUM2	1 Pizza	310	11	6	0	30	380	33	3	4	23	Wheat, Soy, Milk
Pizza, French Bread, Garlic, WW	Nardones #60WGUM2	1 Pizza	350	18	7	0	30	450	29	2	2	22	Wheat, Soy, Milk
Pizza, Garlic (16" round cut into wedges), K-12	Deiorios #2226, Land O Lakes, Don Pepinos	1 Slice (8 Cut)	350	16.5	7	0	30	741	28	2	1	19	Wheat, Milk
Pizza, Garlic (16" round cut into wedges), K-12	Rich's #14006, Land O Lakes, Don Pepinos	1 Slice (8 Cut)	370	18	7.5	0	30	691	30	3	2	19	Wheat, Soy, Milk
Pizza, Garlic, Homemade (Sheet Pizza) (K-8)	Rich's #14007, Land O Lakes, Don Pepinos	1 Slice (20 Cut)	332	17	7.5	0	30	637	25	2	1.5	18	Wheat, Soy, Milk
Pizza, Garlic, Homemade (Sheet Pizza) (K-8)	Deiorios #2274, Land O Lakes, Don Pepinos	1 Slice (20 Cut)	324	15	7	0	30	637	25	2	1.5	18	Wheat, Milk

**Rock on Cafe Nutrition Analysis
2015-2016**

Entrees	Brand	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergens
Pizza, Garlic, Homemade (Sheet Pizza)(9-12)	Rich's #14007, Land O Lakes, Don Pepinos	1 Slice (16 Cut)	415	21	9.5	0	37.5	996	31	3	2	23	Wheat, Soy, Milk
Pizza, Garlic, Homemade (Sheet Pizza)(9-12)	Deiorios #2274, Land O Lakes, Don Pepinos	1 Slice (16 Cut)	405	19	9	0	38	786	31	2	2	23	Wheat, Milk
Pizza, Pepperoni (16" round cut into wedges), K-12	Rich's #14006, Land O Lakes, Don Pepinos, Tyson #105017-269	1 Slice (8 Cut)	380	18	8	0	34	867	31	3	3	20	Wheat, Soy, Milk
Pizza, Pepperoni (16" round cut into wedges), K-12	Deiorios #2226, Land O Lakes, Don Pepinos, Tyson #105017-269	1 Slice (8 Cut)	360	17	8	0	34	917	29	2.5	2	20	Wheat, Milk
Pizza, Pepperoni, Homemade (Sheet Pizza) (9-12)	Rich's #14007, Land O Lakes, Don Pepinos, Tyson #105017-269	1 Slice (16 Cut)	425	21	10	0	42	972	31	3	3	24	Wheat, Soy, Milk
Pizza, Pepperoni, Homemade (Sheet Pizza) (9-12)	Deiorios #2274, Land O Lakes, Don Pepinos, Tyson #105017-269	1 Slice (16 Cut)	420	20	9.5	0	43	992	31	2.5	1	24	Wheat, Milk
Pizza, Pepperoni, Homemade (Sheet Pizza) (K-8)	Rich's #14007, Land O Lakes, Don Pepinos, Tyson #105017-269	1 Slice (20 Cut)	348	17.5	8	0	34	813	25	2.5	2.5	19	Wheat, Soy, Milk
Pizza, Pepperoni, Homemade (Sheet Pizza) (K-8)	Deiorios #2274, Land O Lakes, Don Pepinos, Tyson #105017-269	1 Slice (20 Cut)	340	16	8	0	34	813	25	2	1	19	Wheat, Milk
Pizza, Stuffed Crust	The Max #12616	1 Slice	310	11	6	0	30	760	32	3	4	19	Wheat, Soy, Milk
Pizza, Supreme, Individual Round 6"	Nardones #625WSUP2	1 Pizza	380	18	7	0	45	660	31	4	7	22	Wheat, Milk, Soy
Pork Chop	AdvancePierre #69019	1 Pork Chop	250	14	3.5	0	90	390	15	3	1	15	Egg, Soy, Wheat
Pulled Pork Sandwich, BBQ using a Hamburger Bun (K-5)	Freihofer #5198, Brookwood Farms #12307	1 Sandwich	313	8	2	0	49	498	35	3	15	23	Wheat, Soy
Pulled Pork Sandwich, BBQ using Kaiser Bun (6-12)	Freihofer #3242, Brookwood Farms	1 Sandwich	381	9.5	2.5	0	65	531	43	3	20	27	Wheat, Soy
Quesadilla, Cheese Pizza	The MAX #7738712531	1 Quesadilla Pizza Slice	330	12	3.5	0	10	830	40	4	3	16	Milk, Soy, Wheat
Quesadilla, Chicken Pizza	The MAX #7738712700	1 Quesadilla Pizza Slice	320	11	2.5	0	20	770	38	4	5	18	Milk, Soy, Wheat
Rib-B-Que Sandwich (Pork) (6-12)	Freihofer #3242, Advance Pierre #3787	1 Sandwich	340	11.5	3.5	0	40	680	37	4	11	19	Wheat, Soy, Milk
Rib-B-Que Sandwich (Pork) (K-5)	Freihofer #5198, Advance Pierre #3787	1 Sandwich	330	12	3.5	0	40	710	33	4	10	20	Wheat, Soy, Milk
Sloppy Joe on a Kaiser Bun (6-12)	Freihofer #3242, USDA Commodity	1 Sandwich	441	16	5.5	0	81	763	43	3	17	29	Wheat, Soy
Sloppy Joe on a, WW Hamburger Bun (K-5)	Freihofer #5198, USDA Commodity	1 Sandwich	358	12.5	4	0	61	672	35	3	12.5	24	Wheat, Soy
Taco Salad (3oz Beef and 2 oz Chips) (K-5)	USDA Commodity, Foothill Farms (Seasoning), Renzi (Chips)	1 Serving (3oz Beef and 2 oz Chips)	507	27.5	8	1 (Naturally Occuring)	58	187	42	5	2	18.5	Soy

**Rock on Cafe Nutrition Analysis
2015-2016**

Entrees	Brand	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergens
Taco Salad (4oz Beef and 2 oz Chips) (6-12)	USDA Commodity, Foothill Farms (Seasoning), Renzi (Chips)	1 Serving (4oz Beef and 2 oz Chips)	582	33	10	1 (Naturally Occuring)	77	224	43	5.5	3	23.5	Soy
Tacos on a Soft Shell (Gov't Beef and Tortilla Only) (6-12)	Father Sams, USDA Commodity	2- 6 Inch Tacos-Can Use 1- 10 Inch Tortilla With 9-12) (4oz Meat)	459	24.5	9	1 (Naturally Occuring)	77	589	35	4	3	26	Wheat, Soy
Tacos on a Soft Shell (Gov't Beef Tortilla Only) (K-5)	Father Sams, USDA Commodity	2- 6 Inch Tacos (3oz Meat)	384	19	7	1 (Naturally Occuring)	58	552	34	3	2	21	Wheat, Soy
Turkey and Cheese Sub Using 6 inch Sub Roll (6-12)	Freihofer #6375, Bongards, USDA Commodity	1 Sub	288	8	3	0	50	803	28	3	6	20	Wheat, Soy, Milk
Turkey and Cheese Sub Using Hot Dog Roll (K-5)	Freihofer #5196, Bongards, USDA Commodity	1 Sub	278	10	3	0	50	833	24	3	5	21	Wheat, Soy, Milk
Turkey and Gravy (6-12)	USDA Commodity, TRIO LS Gravy	3.5 oz Portion of Turkey with 2.5 oz Gravy	193	7	2	0	59	698	8	0	1	19	Milk, Soy, Wheat, Egg?
Turkey and Gravy (K-5)	USDA Commodity, TRIO LS Gravy	3 oz Portion of Turkey with 2 oz Gravy	160	6	1.5	0	50	580	6	0	1	16	Milk, Soy, Wheat, Egg?

**Rock on Cafe Nutrition Analysis
2015-2016**

Salads	Brand	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergens
Salad, Chef (Not Including Bread Item)	Hormel, Land O Lakes	1 Salad	182	8.5	4	0	42	789	6.75	2.5	3	19	Milk
Salad, Chicken Bacon Ranch (Not Including Bread Item)	Tyson #25560-928, Tyson #45350-928	1 Salad	150	6	2	0	54	200	6	2	1	18	
Salad, Chicken Caesar (Not Including Bread Item)	Tyson #25560-928	1 Salad	233	9.5	3	0	86	465	7.5	2.5	4.3	27.5	Milk
Salad, Chicken Spiedie (Not Including Bread Item)	Lupos	1 Salad	151	6	1	0	41	550	6.5	2.5	1.5	19	
Salad, Popcorn Chicken (Not Including Bread Item)	Tyson 70368-928, Land O Lakes	1 Salad	242	13.5	5	0	26	408	14	4	2	16	Wheat, Soy, Milk
Salad, Turkey Bacon Ranch (Not Including Bread Item)	USDA Commodity, Tyson #45350-928	1 Salad	167	4	1	0	58	787	5	2	1	23	Wheat

**Rock on Cafe Nutrition Analysis
2015-2016**

Sandwiches	Brand	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergens
Ham and Cheese	Bimbo Bakeries #3239, Farmland #70247-19384-0, Bongards	1 Sandwich	265	8.5	4	0	50	998	30	2	6	20	Wheat, Soy, Milk
Peanut Butter and Jelly (To meet protein must serve with 1oz cheese-not included in this analysis)	Bimbo Bakeries #3239, Stratford Farms Jelly, USDA Commodity or Land O Lakes	1 Sandwich	390	17	3	0	0	365	49	4	13	13	Wheat, Soy, Peanut
Turkey and Cheese	Bimbo Bakeries #3239, Gov't Turkey,	1 Sandwich	278	9	3	0	50	723	29	2	6	20	Wheat, Soy, Milk

**Rock on Cafe Nutrition Analysis
2015-2016**

Vegetables	Brand	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergens
Baked Beans	Bush's	1/2 cup	146	1	0	0	0	572	30	5	12	6	
Broccoli, Cooked	N/A	1/2 cup	25	0	0	0	0	10	5	3	1	3	
Broccoli, Raw	N/A	1/2 cup	31	0	0	0	0	30	6	2	1	2.5	
California Blend Vegetables	N/A	1/2 cup	20	0	0	0	0	17	3	1	1	1	
Carrots, Cooked	N/A	1/2 cup	27	0	0	0	0	43	6	2	3	0.4	Milk, Soy
Carrots, Glazed	N/A	1/2 cup	85	4	1	0	2	101	12	4	7.5	0.6	
Carrots, Raw	N/A	1/2 cup	25	0	0	0	0	57	6	2	3.5	0.5	
Celery Sticks	N/A	1/2 cup	12	0	0	0	0	59	2	1	1	0.5	
Chickpeas	N/A	1/4 cup	53	1	0	0	0	167	8	2.5	0	3	
Corn, Canned (Low Sodium)	Hart Brand	1/2 cup	80	1	0	0	0	140	17	2	4	2	
Corn, Frozen	N/A	1/2 cup	67	0.5	0	0	0	1	16	2	2.5	2	
Cucumber, Raw	N/A	1/2 cup	8	0	0	0	0	1	2	0.25	1	0.4	
Fiesta Blend Vegetables	N/A	1/2 cup	64	0	0	0	0	101	11	5	2	3	
French Fries, Crinkle Cut	McCain #MCF03761	1/2 cup (2.11 oz)	90	3	0	0	0	115	15	<1	0	1	Soy
Green Beans, Frozen	N/A	1/2 cup	25	0	0	0	0	1	6	3	1	1	
Green Peas, Frozen	N/A	1/2 cup	71	0	0	0	0	65	13	5	4	5	
Italian Blend Vegetables	N/A	1/2 cup	32	0	0	0	0	23	6	2	0	2	
Mashed Potatoes	TRUE	1/2 cup	72	1	0	0	0	169	13	1	0	1	Milk, Soy
Mixed Vegetables, Frozen	N/A	1/2 cup	59	0	0	0	0	32	12	4	3	3	
Peas and Carrots	N/A	1/2 cup	38	0	0	0	0	54	8	2.5	3.5	2.5	
Potato Puffs (Tatar Tots)	McCain #OIF00215A	1/2 cup	130	6	1	0	0	310	16	2	0	2	Soy
Potato Wedges, Crispy Seasoned	McCain #1000000496	1/2 cup (2.88 oz)	120	4	0.5	0	0	140	20	2	0	2	Soy
Potato, Baked	N/A	1 medium potato	161	0	0	0	0	17	37	4	2	4	
Potatoes, Crispy Bakeable Fries	McCain #MCX04717	1/2 cup	120	4	0.5	0	0	135	20	2	0	1	Soy
Refried Beans	Rosarita/USDA Commodity Salsa	1/4 cup	93	3.5	2	0	8	381	10	3	0.5	7	Milk, Soy

**Rock on Cafe Nutrition Analysis
2015-2016**

Fruits	Brand	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergens
Apple	N/A	1 medium 3" diameter	95	0	0	0	0	2	25	4	19	0.5	
Applesauce, Cinnamon	Reddi Maid with Cinnamon Added	½ cup	51	0	0	0	0	0	14.5	1.5	11	0	
Applesauce, Unsweetened	Reddi Maid	½ cup	48	0	0	0	0	0	13.5	1	11	0	
Apricots, Light Syrup, Canned	USDA Commodity	½ cup	80	0	0	0	0	5	21	2	19	0.7	
Banana	N/A	1 medium	105	0	0	0	0	1	27	3	14	1	
Blueberries, Fresh	N/A	½ cup	42	0	0	0	0	1	11	2	7	0.5	
Blueberries, Unsweetened, Frozen	USDA Commodity	½ cup	40	0	0	0	0	1	9	2	7	0.5	
Cantaloupe, Fresh	N/A	½ cup	27	0	0	0	0	12	6	1	6	0.5	
Cherries, Fresh	N/A	½ cup	49	0	0	0	0	0	12	1.5	10	0.8	
Clementine	N/A	1 each	1	35	0	0	0	1	9	1	7	0.5	
Cranberry Sauce, Canned	USDA Commodity	½ cup	209	0	0	0	0	40	54	1.4	52	0	
Fruit Cocktail, Light Syrup, Canned	USDA Commodity	½ cup	55	0	0	0	0	5	14	1	13	0.5	
Grapefruit	N/A	½ each	106	0	0	0	0	0	27	4	5	2	
Grapes, Fresh	N/A	½ cup	31	0	0	0	0	1	8	0.5	7.5	0	
Honey Dew, Fresh	N/A	½ cup	31	0	0	0	0	15	8	0.5	7	0.5	
Jello with Fruit (Lime)	N/A	½ cup	117	0	0	0	0	103	28.5	1	18	2	
Kiwi	N/A	1.5 each	70	0.5	0	0	0	3	17	3	10	1	
Mandarin Oranges, Canned	Duet	½ cup	70	0	0	0	0	22	16	1	16	1	
Nectarine	N/A	1 each	60	0.5	0	0	0	0	14	2	11	1	
Orange	N/A	1 medium	62	0	0	0	0	0	15	3	12	1	
Peach	N/A	1 medium	59	0	0	0	0	0	14	2	12.5	1	
Peaches, Canned	Del Monte	½ cup	67	0	0	0	0	10	16	1	15	0	

**Rock on Cafe Nutrition Analysis
2015-2016**

Fruits	Brand	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergens
Pear	N/A	1 medium	101	0	0	0	0	2	27	5.5	17	0.5	
Pears, Canned	Harvest of Eden	½ cup	74	0	0	0	0	6	18	2	14	0	
Pineapple, Canned	USDA Commodity	½ cup	63	0	0	0	0	1	16	1	15	0.5	
Plum	N/A	1 each	30	0	0	0	0	0	7.5	1	6.5	0.5	
Strawberries (Sweetened) with Topping	N/A	½ cup	132	0	0	0	0	22	35	2.4	32	1	
Strawberries, Fresh	N/A	½ cup	23	0	0	0	0	1	5.5	1.4	3.5	0.5	
Strawberries, Sweetened, Frozen	USDA Commodity	½ cup	122	0	0	0	0	4	33	2.4	31	0.7	
Watermelon, Chunks	N/A	½ cup	24	0	0	0	0	1	6	0.3	5	0.5	
Watermelon, Slice	N/A	1 slice (286g)	86	0	0	0	0	3	22	1	18	2	

**Rock on Cafe Nutrition Analysis
2015-2016**

Other Sides	Brand	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergens
Bread Stick, Garlic, Whole Grain	Bake Crafters #1637	1 bread stick (1.96oz)	170	5	1.5	0	0	230	27	3	2	5	Milk, Soy, Wheat
Brown Rice, Seasoned	Uncle Ben's	1/2 cup	140	4	0.5	0	0	218	24	1	0.5	3	Milk, Soy
Fruit Crisp	N/A	1/2 cup	156	5	3	0	10	39	27	2	11	2	Milk, Wheat?
Granola, Homemade1	N/A	2 oz	357	13	1	0	0	4	51	7	8.5	11	May Contain Wheat
Granola, Homemade2	N/A	2.5 oz	250	7	2	0	5	210	43	6	17	5	Wheat, Eggs, Soy, May Contain Tree Nuts and Peanuts
Granola, Sysco	Sysco	2 oz	227	3	1	0	0	113	45	4	16.5	5	Milk, Tree Nut, Wheat, Soy
Pasta w/ Sauce, Side (6-12)	USDA Commodity, Red Gold #RPKMA9E	3/4 cup Pasta w/ 3oz sauce	199	1.5	0	0	0	92.5	39	3	6	7	Wheat, Soy, Egg?
Pasta w/ Sauce, Side (K-5)	USDA Commodity, Red Gold #RPKMA9E	1/2 cup pasta w/ 2oz sauce	132	1	0	0	0	61	26	2	4	5	Wheat, Soy, Egg?
Pretzel, Soft, WG, 3oz (K-12)	New York	1 pretzel (3oz)	200	1	0	0	0	70	45	6	2	8	Wheat
Sausage Patty	Jones Dairy Farm #018716	1 patty (1.5 oz)	180	17	6	0	30	130	1	0	0	5	
Wheat Dinner Roll	Freihofer Bread #7268	1 roll	90	1	0	0	0	210	16	1	2	3	Soy, Wheat
Whole Grain White Bread Slice	Freihofer Bread #3239	1 slice	70	0.5	0	0	0	100	14	1	2	3	Soy, Wheat

**Rock on Cafe Nutrition Analysis
2015-2016**

Dairy	Brand	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergens
1% Milk	Byrne Dairy	8 oz	100	2	1	0	10	125	11	0	11	8	Milk
American Cheese	USDA Commodity	1 oz (2 Slices)	106	8.6	5	0	0	293	1.3	0	1	5.6	Milk
American Cheese	Bongards	1 oz (2 Slices)	100	9	5	0	25	270	2	0	1	5	Milk
Fat Free Chocolate Milk	Byrne Dairy	8 oz	130	0	0	0	0	240	24	0	22	9	Milk
Fat Free Strawberry Milk	Byrne Dairy	8 oz	120	0	0	0	5	110	23	0	22	8	Milk
Lataid Fat free	Lactaid	8 oz	90	0	0	0	5	125	13	0	12	8	Milk
Mozzarella String Cheese, Light	Land O Lakes	1 oz	60	2.5	2	0	10	210	1	0	0	8	Milk
Skim Milk	Byrne Dairy	8 oz	80	0	0	0	0	125	11	0	11	8	Milk
Yogurt	Trix	4 oz	100	0.5	0	0	5	50	20	0	14	3	Milk
Yogurt, Low Fat Vanilla	Yoplait	8 oz	190	1.5	1	0	5	120	37	0	28	7	Milk

**Rock on Cafe Nutrition Analysis
2015-2016**

Condiments	Brand	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergens
BBQ Sauce	Cains	2 T	50	0.5	0	0	0	350	11	0	6	0	Fish- Contains Anchovies
Grape Jelly	Stratford Farms	1T	50	0	0	0	0	15	13	0	5	0	
Ketchup	Red Gold	.5 oz	13	0	0	0	0	158.42	3.34	0	4	0	
Mayo	Cains-Light	.5 oz	47	4.25	0.47	0	4.75	118.12	1.89	0	1	0	Egg, Soy
Mustard	USDA	.5 oz	0	0	0	0	0	226.8	0	0	0	0	
Peanut Butter	USDA	2T	200	16	3	0	0	150	8	2	4	7	Peanut
Pizza Sauce	Don Pepinos	2 oz	20	1	0	0	0	100	2	0.5	2	0.5	
Sauce, Red Dipping	Red Gold #RPKMA9E	1/4 Cup	30	0.5	0	0	0	70	6	1	4.5	1	Soy
Syrup	Heinz	1.5 oz	120	0	0	0	0	40	31	0	21	0	
Taco Sauce	Heinz	9g	5	0	0	0	0	95	1	0	1	0	

**Rock on Cafe Nutrition Analysis
2015-2016**

Salad Dressing	Brand	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergens
French	Diet Source	12g	15	0.5	0	0	0	15	2	0	0	0	Soy
Italian	Light Done Right	12g	15	1	0	0	0	108	1	0	0.5	0	Soy, Milk
Italian, Lite	Ken's	.5 oz	17	1.18	0	0	0	141.75	0.95	0	1	0	Soy
Ranch	Flavor Fresh	12g	70	8	1	0	0	110	0	0	0	0	Egg, Milk, Soy
Ranch, Lite	Ken's	.5 oz	38	3.31	0.47	0	2.36	160.65	0.95	0	0.5	0	Milk, Soy, Egg

**Rock on Cafe Nutrition Analysis
2015-2016**

Juice (100% Juice)	Brand	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergens
Apple	Sun Cup	4 oz	57	0	0	0	0	10	15	0	13	0	
Fruit Punch	Sun Cup	4 oz	60	0	0	0	0	10	15	0	13	0	
Grape	Sun Cup	4 oz	90	0	0	0	0	10	22	0	19	0	
Orange	Sun Cup	4 oz	60	0	0	0	0	5	14	0	10	0	

**Rock on Cafe Nutrition Analysis
2015-2016**

Soups	Brand	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergens
Chicken Noodle	Campbell's	1/2 cup	60	2	0.5	0	10	850	7	1	1	3	Wheat, Egg, Soy
Tomato	Campbell's	1/2 cup	90	0	0	0	0	480	20	1	12	2	Wheat, Soy
Vegetable Alphabet	Campbell's	1/2 cup	80	0.5	0	0	0	450	18	2	6	2	Wheat, Egg

