

revised 4/13/2021 *menu subject to change

Breakfast													
Bagel, whole grain	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components	
Bagel, whole grain SS		Wheat, Yeast	140	29g	4g	5g	6g	180mg	1g	0g	0mg	2 grain	
Bagel, whole grain ES	1.9 oz.	Wheat, Barley, Honey, Molasses, Corn	120	26g	2g	3g	4g	210mg	0.5g	0g	0mg	2 grain	
Cereals, whole grain, reduced sugar	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components	
Cereal, Apple Jacks	1 bowl	Wheat, Oats, Corn, Apple, Cinnamon	110	24g	2g	8g	2g	160mg	1g	<1g	0mg	1 grain	
Cereal, Cheerios, gluten-free	1 bowl	Oats, Corn starch	100	20g	3g	1g	3g	140mg	2g	0g	0mg	1 grain	
Cereal, Cinnamon Toast Crunch	1 bowl	Wheat, Soy, Cinnamon, Rice, Caramel Color	110	22g	3g	6g	1g	160mg	3g	<1g	0mg	1 grain	
Cereal, Cocoa Puffs	1 bowl	Corn, Cocoa, Caramel Color	110	25g	2g	8g	2g	120mg	1.5g	0g	0mg	1 grain	
Cereal, Froot Loops	1 bowl	Wheat, Oats, Corn, may contain coconut oil	110	24g	2g	8g	2g	160mg	1g	<1g	0mg	1 grain	
Cereal, Golden Grahams	1 bowl	Wheat, Corn, Rice	100	24g	1g	8g	1g	220mg	1g	0g	0mg	1 grain	
Cereal, Rice Chex, gluten-free	1 bowl	Molasses, Rice	100	24g	1g	2g	2g	250mg	0g	0g	0mg	1 grain	
Cereal, Trix	1 bowl	Corn, Rice, Turmeric, Fruit/Vegetable Juice (unspecified)	110	24g	1g	7g	1g	140mg	1.5g	0g	0mg	1 grain	
Granola, protein	1.5 oz.	Oat, Soy, Sunflower Seed, Corn, Cinnamon	180	24g	4g	8g	8g	50mg	6g	0.5g	0mg	1 meat + 1 grain	
Cinnamon Rolls or Bar, whole grain	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components	
Cinnamon Roll SS	2.7 oz.	Milk, Egg, Wheat, Soy, Barley, Corn, Yeast, Cinnamon, Date	260	36g	3g	10g	6g	300mg	12g	5g	0mg	2 grain	
Cinnamon Roll, Mini Cinnis	2.29 oz.	Wheat, Milk, Barley, Cinnamon, Corn	240	39g	2g	15g	5g	270mg	7g	1.5g	0mg	2 grain	
Cinnamon Toast Crunch Bar	2.36 oz.	Wheat, Milk, Legume, Cinnamon, Corn	250	40g	2g	14g	6g	280mg	8g	3g	5mg	2 grain	
Swirl Roll	2.5 oz.	Sweet Potato, Wheat, Barley, Soy, Corn, Milk, Cinnamon, Orange	220	33g	3g	7g	5g	240mg	8g	1.5g	0mg	2 grain	
Cheese	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components	
Cheese stick, cheddar	1 oz.	Milk	110	1g	0g	0g	7g	180mg	9g	6g	30mg	1 meat	
Cheese stick, marble (Colby/Monterey jack)	1 oz.	Milk	110	1g	0g	0g	7g	170mg	9g	5g	30mg	1 meat	
Cheese stick, mozzarella string, light	1 oz.	Milk	60	1g	0g	1g	7g	200mg	3g	2g	10mg	1 meat	
Condiments	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	T-Fat	Sat-Fat	Cholesterol	USDA Components	
Grape Jelly, pc	1 each	Grape	35	9g	0g	8g	0g	0mg	0g	0g	0mg	None	
Syrup, Pancake SS	2 oz.	Corn	135	36g	0g	12g	0g	90mg	0g	0g	0mg	None	
French Toast, whole grain	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components	
French Toast Sticks	3 sticks	Wheat, Barley, Egg, Corn, Soy, Milk, Cinnamon	360	57g	3g	15g	9g	390mg	11g	1.5g	5mg	3 grain	
French Toast, Mini Cinnamon ES	1 package	Wheat, Soy, Milk, Egg, Cinnamon, Molasses	220	37g	2g	11g	4g	200mg	7g	1g	0mg	2 grain	
Fruit	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components	
Apple, raw, medium	1 apple	Apple	116	21g	4g	n/a	<1g	1mg	0g	0g	0mg	1 cup fruit	
Applesauce, sweetened	1/2 cup	Apple, Corn Syrup	90	22g	2g	18g	0g	10mg	0g	0g	0mg	1/2 cup fruit	
Applesauce, unsweetened	4.5 oz. cup	Apple	60	16g	2g	12g	0g	25mg	0g	0g	0mg	1/2 cup fruit	
Banana, raw	1 med	Banana	109	28g	3g	n/a	1g	1mg	0g	0g	0mg	1/2 cup fruit	
Blueberries, unsweetened, USDA	1/2 cup	Blueberry	40	10g	2g	7g	0g	1mg	1g	0g	0mg	1/2 cup fruit	
Clementine, whole	2 clementine	Citrus	35	9g	1g	7g	<1g	1 mg	0g	0g	0mg	1/2 cup fruit	
Craisins, plain or strawberry	1.16 oz.	Cranberry, Elderberry or Strawberry, Sunflower oil	110	27-28g	2-3g	24g	0g	0mg	0g	0g	0mg	1/2 cup fruit	
Honeydew melon	1/2 cup	Melon	31	8g	<1g	n/a	<1g	9mg	0g	0g	0mg	1/2 cup fruit	
Oranges, mandarin, canned	1/2 cup	Citrus	64	15g	<1g	12g	0g	8mg	0g	0g	0mg	1/2 cup fruit	
Oranges, raw, medium	1 orange	Citrus	62	15g	3g	n/a	1g	0mg	0g	0g	0mg	1/2 cup fruit	
Peaches, sliced, light syrup	1/2 cup	Peach, Corn Syrup	70	17g	0g	13g	0g	10mg	0g	0g	0mg	1/2 cup fruit	
Pears, diced, light syrup	1/2 cup	Pear	62	16g	2g	12g	0g	5mg	0g	0g	0mg	1/2 cup fruit	
Pear, raw, medium	1 pear	Pear	98	25g	4g	n/a	<1g	0mg	<1g	0g	0mg	1/2 cup fruit	
Pineapple Tidbits in juice	1/2 cup	Pineapple	40	10g	1g	9g	0g	5mg	0g	0g	0mg	1/2 cup fruit	
Plum	1 medium	Plum	36	9g	1g	0g	<1g	114mg	0g	0g	0mg	1/2 cup fruit	
Raisins	1.5 oz.	Grape	130	31g	2g	28g	1g	10mg	0g	0g	0mg	1/2 cup fruit	
Strawberries, cup, frozen, USDA	4.5 oz.	Strawberry	80	21g	2g	16g	0g	1mg	0g	0g	0mg	1/2 cup fruit	
Strawberries, whole, fresh	1/2 cup	Strawberry	39	10g	2g	5g	0g	2mg	0g	0g	0mg	1/2 cup fruit	
Graham Cracker, whole grain	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components	
Goldfish Giant Grahams	0.9 oz.	Wheat, Cinnamon, Corn	120	19g	1g	7g	1g	140mg	4g	1g	0mg	1 grain	
100% Juice	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components	
Apple Juice, fresh	4 oz.	Apple	70	14g	0g	12g	<1g	0mg	0g	0g	0mg	1/2 cup fruit	
Apple, juice box, shelf stable	4.23 oz.	Apple	60	14g	0g	12g	0g	5mg	0g	0g	0mg	1/2 cup fruit	
Capri Sun juice blend, Berry Breeze	6 oz.	Grape, strawberry, pear	90	24g	0g	20g	0g	20mg	0g	0g	0mg	1/2 cup fruit	
Capri Sun juice blend, Fruit Dive	6 oz.	Grape, apple, cherry	80	21g	0g	20g	0g	25mg	0g	0g	0mg	1/2 cup fruit	
Capri Sun juice blend, Fruit Punch	6 oz.	Grape, pear, orange, pineapple	80	21g	0g	20g	0g	25mg	0g	0g	0mg	1/2 cup fruit	
Cherry Star Juice Blend	4.23 oz.	Apple, Pear, Carrot, Celery, Spinach, Cherry, Starfruit, Sweet Potato, Aronia, Kale, Broccoli	55	14g	0g	13g	0g	35mg	0g	0g	0mg	1/2 cup vegetable	
Envy Juice, Cherry Apple	8 oz.	Apple, Fruit/Vegetable Juice	110	29g	0g	28g	0g	5mg	0g	0g	0mg	1 cup fruit	
Envy Juice, Fruit Punch	8 oz.	Apple, Pear, Fruit/Vegetable Juice	110	29g	0g	28g	0g	5mg	0g	0g	0mg	1 cup fruit	
Fruit Punch, juice box, shelf stable	4.23 oz.	Apple, Pear, Jujube Fruit, Cherry, Orange, Pineapple, Vegetable Color	60	15g	0g	13g	0g	15mg	0g	0g	0mg	1/2 cup fruit	
Mixed Berry, juice box, shelf stable	4.23 oz.	Apple, Pear, Strawberry, Raspberry, Jujube Fruit, Natural Flavors	60	15g	0g	11g	0g	5mg	0g	0g	0mg	1/2 cup fruit	
Sidekick Juice Blend Raspberry-Lemon	4.4 oz.	Grape, Pear, Turmeric, Legume, Blueberry	90	22g	0g	19g	0g	30mg	0g	0g	0mg	1/2 cup fruit	

Sidekicks Juice Cup, Kiwi-Strawberry	4.4 oz.	Grape, Pear, Turmeric, Legume, Artificial Flavors, Unspecified Vegetable Juice (for color), Yellow #5, Blue #1	90	22g	0g	19g	0g	30mg	0g	0g	0mg	1/2 cup fruit
Sidekicks Juice Cup, Strawberry-Mango	4.4 oz.	Grape, Pear, Turmeric, Legume, Unspecified Vegetable Juice (for color)	90	22g	0g	21g	0g	50mg	0g	0g	0mg	1/2 cup fruit
Tangerine Orange, juice box, shelf stable	4.23 oz.	Apple, Pear, Jujube Fruit, Orange, Tangerine, Passion fruit, Natural Flavors	60	15g	0g	13g	0g	15mg	0g	0g	0mg	1/2 cup fruit
Whole Fruit 100% Frozen Juice Cup Mixed Berry and Lemon Swirl	4.4 oz.	Apple, Pineapple, Turmeric, Legume	70	19g	3g	16g	0g	5mg	0g	0g	0mg	1 fruit
Whole Fruit 100% Frozen Juice Cup Wild Cherry	4.4 oz.	Apple, Pineapple, Legume	70	19g	3g	16g	0g	10mg	0g	0g	0mg	1 fruit
Milk	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
White Milk, 1%	8 oz.	Milk	110	13g	0g	12g	9g	125mg	2.5g	1.5g	15mg	1 milk
Chocolate Milk, Skim	8 oz.	Milk, Corn, Cocoa	120	22g	0g	21g	8g	240mg	0g	0g	5mg	1 milk
Muffins, whole grain	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Muffin, Apple Cinnamon	2 oz.	Milk, Wheat, Egg, Oats, Soy, Corn, Apple, Cinnamon, Turmeric, Fruit Juice (unspecified), Vegetable Fiber (unspecified), Legume	160	27g	1g	13g	3g	100mg	5g	<1g	25mg	1 grain
Muffin, Blueberry	2 oz.	Milk, Wheat, Egg, Blueberry, Soy, Corn, Fruit Juice (unspecified), Vegetable Fiber (unspecified), Legume	160	26g	1g	14g	3g	95mg	5g	<1g	20mg	1 grain
Muffin, Chocolate Chip	2 oz.	Wheat, Soy, Milk, Egg, Chocolate, Turmeric, Corn, Fruit Juice (unspecified), Vegetable Fiber (unspecified), Legume	170	29g	1g	15g	3g	100mg	5g	1g	20mg	1 grain
Pancakes, whole grain	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Pancakes, Confetti	3 oz.	Wheat, Milk, Egg, Soy, Corn	220	36g	4g	11g	4g	300mg	7g	1g	10mg	2 grain
Pancakes, Mini Maple	3.17 oz. pkg	Wheat, Egg, Milk, Rice, Grape Juice, Corn, Maple, Molasses	210	38g	3g	11g	4g	270mg	6g	<1g	0mg	2 grain
Turkey	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Turkey Sausage Breakfast Pizza	3.63 oz.	Wheat, Barley, Yeast, Tomato, Onion, Garlic, Soy, Milk	210	22g	3g	5g	14g	300mg	7g	3g	20mg	1 meat; 1.5 grain; 1/8 cup vegetable
Yogurt, Danimals	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Yogurt, raspberry	4 oz.	Milk, Corn, unspecified Fruit Juice and Vegetable Juice (for color), Raspberry, Lemon, Legume	70	14g	0g	10g	4g	65mg	0g	0g	5mg	1 meat
Yogurt, strawberry	4 oz.	Milk, Corn, Strawberry, unspecified Fruit Juice and Vegetable Juice (for color), Lemon, Legume	70	14g	0g	10g	4g	65mg	0g	0g	5mg	1 meat
Yogurt, strawberry banana	4 oz.	Milk, Corn, Strawberry, Banana, unspecified Fruit Juice and Vegetable Juice (for color), Raspberry, Lemon, Legume	70	14g	0g	10g	4g	60mg	0g	0g	<5mg	1 meat
Lunch												
Bean	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Bean Dip Cup	3 oz.	Legume (pinto bean), Garlic, Jalapeno/Chili Pepper, Onion, Fruit and Vegetable Juice (color)	80	12g	4g	0g	3g	190mg	1.5g	0g	0mg	1 meat
Beef Chili with Bean SS	6 oz.	Tomato, Legume, Soy, Onion, Paprika, Caramel Color	163	16g	5g	5g	14g	274mg	5g	2g	32mg	2 meat; 3/8 cup vegetable
Cheese and Bean Burrito	1 serving	Wheat, Soy, Corn, Milk, Legume, Chili powder, Garlic, Tomato, Onion, Chili Pepper, Turmeric	319	40g	9g	4g	17g	596mg	10g	4.5g	13mg	2 meat; 2 grain
Chili Cheese Wrap SS	1 serving	Wheat, Barley, Milk, Soy, Corn, Chili pepper, Potato, Legume, Turmeric	290	37g	5g	<1g	16g	540mg	10g	3g	10mg	2 meat; 2 grain
Refried Beans, vegetarian, dry	3.4 oz.	Legume	140	23g	9g	0g	9g	550mg	3g	1g	0mg	2 meat
Three Bean Chili with Cheese SS	4 oz.	Onion, Corn, Soy, Garlic, Spices, Legume, Tomato, Pepper, Celery, Lime, Potato, Yeast, Wheat, Carrot, Milk	198	22g	n/a	4g	14g	568mg	7g	2g	6mg	2 meat; 3/8 cup vegetable
Beef	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Beef, BBQ, dried 0.5 oz. stick	2 sticks	Beef, Maple, Molasses, Onion, Garlic, Paprika, Sodium Nitrite	70	2g	0g	2g	8g	190mg	2g	3g	20mg	1 meat
Beef Stick & Cheese Stick	1 oz.	Beef, Milk, Corn, Garlic, Nitrate, Turmeric	100	1g	0g	1g	6g	400mg	9g	5g	25mg	1 meat
Beef patty, fully cooked ES	1.6 oz.	None	100	0g	0g	0g	8g	80mg	7g	2.5g	30mg	1.5 meat
Beef Patty, fully cooked SS	2.45 oz.	Citrus flour, Caramel Color	166	1g	1g	0g	12g	256mg	12g	5g	49mg	2 meat
Browning Sauce SS		Carrot, Celery, Onion, Parsnips, Turnips, Caramel Color										None
Salisbury Steak	3 oz.	Soy, Wheat, Milk, Yeast	140	4g	1g	1g	16g	430mg	7g	3g	40mg	2 meat
Sloppy Joe on Bun SS	1 serving		299	36g	4g	12g	19g	689mg	8g	2g	44mg	2 meat; 2 grain; 1/8 cup vegetable
Sloppy Joe, Beef, reduced fat	1/2 cup	Tomato, Soy, Caramel Color, Peppers, Onion, Garlic, Chili Powder	159	11g	2g	9g	14g	459mg	6g	2g	44mg	2 meat; 1/8 cup vegetable
Bun, Hamburgers, whole grain 4"	1 each	Wheat, Barley, Soy, Corn, Honey, Molasses, Yeast	140	25g	2g	3g	5g	230mg	2g	0g	0mg	2 grain

Bread/Other Whole Grains	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Bun, hamburger, 3.5" ES	1 each	Wheat, Barley, Soy, Corn, Honey, Molasses	110	20g	2g	3g	4g	190mg	2g	0g	0mg	1.5 grain
Bun, hamburger, 4" SS	1 each	Wheat, Barley, Soy, Corn, Honey, Molasses, Yeast	140	25g	2g	3g	5g	230mg	2g	0g	0mg	2 grain
Bun, hoagie, 5" SS	1 bun	Wheat, Barley, Soy, Corn, Honey, Molasses, Yeast	160	28g	2g	4g	6g	260mg	2g	0g	0mg	2 grain
Bun, hot dog	1 each	Wheat, Barley, Soy, Corn, Honey, Molasses	110	20g	2g	3g	4g	190mg	2g	0g	0mg	2 grain
Bread, white ES	1 oz.	Wheat, Barley, Corn	70	12g	1g	1g	3g	80mg	1g	0g	0mg	1 grain
Breadstick, large SS	1 breadstick	Wheat, Barley, Soy, Corn, Molasses, Honey, Garlic	90	17g	2g	3g	4g	180mg	<1g	0g	0mg	1.25 grain
Cheez-its, whole grain	0.75 oz.	Wheat, Milk, Soy	100	14g	1g	0g	2g	150mg	3.5g	1g	<5mg	1 grain
Cornbread muffin SS	3 oz.	Egg, Milk, Soy, Wheat, Corn, Legume, Turmeric	240	35g	2g	15g	4g	150mg	8g	1g	0mg	2 grain
Goldfish Giant Grahams	0.9 oz.	Wheat, Cinnamon, Corn	120	19g	1g	7g	1g	140mg	4g	1g	0mg	1 grain
Granola, cinnamon, gluten-free	1 oz.	Gluten-free oats, Apple, Cinnamon	110	15g	2g	4g	2g	60mg	4g	0g	0mg	1 grain
Muffin, Apple Cinnamon	2 oz.	Milk, Wheat, Egg, Oats, Soy, Corn, Apple, Cinnamon, Turmeric, Fruit Juice (unspecified), Vegetable Fiber (unspecified), Legume	160	27g	1g	13g	3g	100mg	5g	<1g	25mg	1 grain
Muffin, Blueberry	2 oz.	Milk, Wheat, Egg, Blueberry, Soy, Corn, Fruit Juice (unspecified), Vegetable Fiber (unspecified), Legume	160	26g	1g	14g	3g	95mg	5g	<1g	20mg	1 grain
Muffin, Chocolate Chip	2 oz.	Wheat, Soy, Milk, Egg, Chocolate, Turmeric, Corn, Fruit Juice (unspecified), Vegetable Fiber (unspecified), Legume	170	29g	1g	15g	3g	100mg	5g	1g	20mg	1 grain
Pretzel, heartzel	0.7 oz.	Wheat	80	16g	2g	<1g	2g	200mg	1g	0g	0mg	1 grain
Soft Pretzel	1 pretzel	Wheat, Yeast, Corn	140	30g	3g	1g	5g	150mg	0.5g	0g	0mg	2 grain
Tortilla Strips	1.25 oz.	Corn	162	23g	2g	0g	1g	75 mg	8g	1g	0mg	1.25 grain
Wheat crackers	1.6 oz.	Wheat, Onion, Molasses, Honey, Garlic	170	30g	3g	4g	3g	370mg	6g	1g	0mg	2 grain
Cheese	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Cheese, cheddar dip cup, shelf stable	2 oz.	Milk	140	1g	0g	0g	6g	780mg	12g	7g	30mg	1 meat
Cheese, smoked gouda dip cup, shelf stable	2 oz.	Milk	140	1g	0g	0g	8g	780mg	12g	7g	40mg	1 meat
Cheese slice, yellow, American	0.5 oz.	Milk, Soy	50	1g	0g	<1g	3g	220mg	5g	3g	13mg	0.5 meat
Cheese stick, cheddar	1 oz.	Milk	110	1g	0g	0g	7g	180mg	9g	6g	30mg	1 meat
Cheese stick, marble (Colby/Monterey jack)	1 oz.	Milk	110	1g	0g	0g	7g	170mg	9g	5g	30mg	1 meat
Cheese stick, mozzarella string, light	1 oz.	Milk	60	1g	0g	1g	7g	200mg	3g	2g	10mg	1 meat
Macaroni and Cheese ES	3/4 cup	Milk, Egg, Wheat	283	31g	2g	6g	15g	648mg	11g	7g	37mg	2 meat; 1 grain
Toasted Cheese Sandwich SS	1 serving		360	34g	4g	4g	18g	1070mg	22g	10g	50mg	2 meat; 2 grain
American cheese, yellow	2 oz.	Milk, Soy	200	4g	0g	2g	12g	880mg	20g	10g	50mg	2 meat
Texas Toast, whole grain	2 slices	Wheat, Barley, Corn, Sunflower Lecithin* (*from pan spray)	160	30g	4g	2g	6g	190mg	2g	0g	0mg	2 grains
Veg Out Sub SS	1 serving	Tomato, Jalapeno Pepper, Cucumber, Carrot, Milk, Soy, Wheat, Barley, Corn, Honey, Molasses, Yeast	413	43g	4g	n/a	18g	1103mg	22g	10g	43mg	2 meat; 2 grain, 1 and 1/16 cups vegetable
Chicken	Portion Size	Cucumber, Carrot, Milk,	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Hot and Spicy Chicken and Waffle SS	1 serving		400	36g	NA	7g	22g	650mg	18g	3.5g	105mg	2 meat; 2.75 grain
Chicken Drumstick, hot-n-spicy	3.36 oz.	Wheat, Garlic, Corn, Onion, Rice, Celery Seed	210	7g	NA	0g	17g	380mg	12g	2.5g	85mg	2 meat; 0.75 grain
Waffles, whole grain, Belgian	1 each	Wheat, Milk, Soy, Egg	180	29g	4g	6g	4g	270mg	6g	1g	20mg	2 grain
Chicken Nuggets - whole grain	5 each	Soy, Wheat, Onion, Garlic, Rice, Turmeric, Carrot	200	13g	3g	0g	18g	338mg	9g	2g	25mg	2 meat; 1 grain
Chicken Patty, breaded	3.8 oz.	Onion, Garlic, Soy, Wheat, Rice, Turmeric, Carrot	200	9g	3g	0g	19g	290mg	9g	1.5g	45mg	2 meat; 1 grain
Chicken Patty, spicy, breaded SS	3.75 oz.	Soy, Wheat, Corn, Garlic, Onion, Rice, Carrot	200	9g	1g	1g	21g	330mg	10g	2g	45mg	2 meat; 1 grain
Chicken Salad, canned	2.9 oz.	Chicken, Egg, Soy, Mustard, Garlic, Celery, Water Chestnut, Onion	140	8g	1g	4g	8g	230mg	9g	1.5g	30mg	1 meat
Chicken Tenders, spicy SS	3 each	Wheat, Soy, Corn, Garlic, Onion, Rice, Carrot, Celery	225	9g	2g	3g	20g	375mg	12g	5g	45mg	2 meat; 1 grain
Walking Taco (with chicken taco filling)	1 serving	Garlic, Citrus, Chili Pepper, Milk, Onion, Cocoa, Corn, Potato, Oat, Yeast	452	48g	4g	<1g	14g	412mg	24g	6g	58mg	2 meat; 2.5 grain
Condiments/Seasoning	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Pro	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
BBQ sauce, pc	1 packet	Tomato, Corn, Garlic, Molasses, Wheat	15	4g	0g	2g	0g	85mg	0g	0g	0mg	None
Chipotle Ranch Dressing SS	2 T	Soy, Milk, Garlic, Lemon, Onion	50	8g	1g	5g	0g	320mg	2.5g	<1g	0mg	None
Duck sauce, pc SS	1 ea. (8 gm)	Corn, Caramel Color, Apricot	5	2g	0g	1g	0g	45mg	0g	0g	0mg	None
Grape Jelly, pc	1 each	Grape	35	9g	0g	8g	0g	0mg	0g	0g	0mg	None
Hot sauce, pc	1 ea. (7gm)	Chili pepper	2	0g	0g	0g	0g	120mg	0g	0g	0mg	None
Italian dressing SS	2 T	Garlic, Caramel Color, Turmeric, Legume	10	2g	0g	0g	0g	360mg	0g	0g	0mg	None
Italian dressing, fat-free	1 each	Garlic, Corn, Lemon	4	<1g	0g	0g	0g	110mg	0g	0g	0mg	None
Italian dressing, pc	1 ea. (12 gm)	Garlic, Corn, Onion, Lemon	10	1g	0g	0g	0g	110 mg	0g	0g	0mg	None
Ketchup, pc	1 packet	Tomato, Corn	10	3g	0g	2g	0g	105mg	0g	0g	0mg	None
Mustard, pc	1 packet	Turmeric, Garlic	4	0g	0g	0g	0g	50mg	0g	0g	0mg	None
Syrup, Pancake SS	2 oz.	Corn	135	36g	0g	12g	0g	90mg	0g	0g	0mg	None
Ranch dressing, Heinz, dispenser SS	1 Pump (2 T)	Soy, Milk, Garlic, Corn, Onion, Lemon	50	8g	1g	5g	0g	320mg	2.5g	<1g	0mg	None

Ranch dressing, light, pc	1 packet	Soy, Corn, Egg, Milk, Garlic, Lemon, Onion	20	3g	0g	2g	0g	115mg	1g	0g	0mg	None
Seasonings (may be used in recipes)	N/A	Garlic, Mrs. Dash Original, Onion, Chili Powder, Cinnamon, Chipotle, Fajita, Pepper, Italian										None
Soup Base, vegetable (to season) SS	1 T	Carrot, Onion, Celery, Corn, Tomato, Garlic	55	6g	0g	1g	1g	471mg	2g	<1g	0mg	None
Taco sauce, pc	1 packet	Tomato, Corn, Wheat	5	1g	0g	0g	0g	95mg	0g	0g	0mg	None
Dynomite Dippers (non-meat)	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Dynomite Dippers	5 pc.	Wheat, barley, soy, onion, potato, garlic, corn, spices (not specified)	250	25g	4g	3g	16g	463mg	11g	2g	0mg	2 meat
Egg	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Egg, hard boiled, peeled	1	Egg	70-80	1g	0g	1g	6g	55-60 mg	5g	1.5g	170-185mg	1.5-1.75 meat
Egg and French Toast Sticks SS	1 serving		450	59g	3g	18g	15g	650mg	17g	3.5g	195mg	2 meat; 3 grain
Scrambled egg, precooked	2 oz.	Egg, Milk, Corn, Liquid Pepper	90	2g	0g	0g	6g	260mg	6g	2g	190mg	2 meat
French Toast Sticks, whole grain	3 sticks	Wheat, Barley, Egg, Corn, Soy, Milk, Cinnamon	360	57g	3g	18g	9g	390mg	11g	1.5g	5mg	3 grain
Fruit	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Apple, raw, medium	1 apple	Apple	116	21g	4g	n/a	<1g	1mg	0g	0g	0mg	1 cup fruit
Apple Slices, Hot Cinnamon	1/2 cup	Apple, Cinnamon	89	22g	2g	20g	0g	15mg	0g	0g	0mg	1/2 cup fruit
Applesauce, strawberry, unsweetened	4.5 oz.	Apple, Strawberry, Natural flavors/colors	50	14g	1g	11g	0g	10mg	0g	0g	0mg	1/2 cup fruit
Applesauce, sweetened	1/2 cup	Apple, Corn Syrup	90	22g	2g	18g	0g	10mg	0g	0g	0mg	1/2 cup fruit
Applesauce, unsweetened	4.5 oz. cup	Apple	60	16g	2g	12g	0g	25mg	0g	0g	0mg	1/2 cup fruit
Banana, raw	1 med	Banana	109	28g	3g	n/a	1g	1mg	0g	0g	0mg	1/2 cup fruit
Blueberries, unsweetened, USDA	1/2 cup	Blueberry	40	10g	2g	7g	0g	1mg	1g	0g	0mg	1/2 cup fruit
Clementine, whole	2 clementine	Citrus	35	9g	1g	7g	<1g	1 mg	0g	0g	0mg	1/2 cup fruit
Craisins, plain or strawberry	1.16 oz.	Cranberry, Elderberry or Strawberry, Sunflower oil	110	27-28g	2-3g	24g	0g	0mg	0g	0g	0mg	1/2 cup fruit
Honeydew melon	1/2 cup	Melon	31	8g	<1g	n/a	<1g	9mg	0g	0g	0mg	1/2 cup fruit
Oranges, mandarin, canned	1/2 cup	Citrus	64	15g	<1g	12g	0g	8mg	0g	0g	0mg	1/2 cup fruit
Oranges, raw, medium	1 orange	Citrus	62	15g	3g	n/a	1g	0mg	0g	0g	0mg	1/2 cup fruit
Peaches, Hot Cinnamon	1/2 cup	Peach, Corn, Cinnamon	99	27g	0g	18g	0g	10mg	0g	0g	0mg	1/2 cup fruit
Peaches, sliced, light syrup	1/2 cup	Peach, Corn Syrup	70	17g	0g	13g	0g	10mg	0g	0g	0mg	1/2 cup fruit
Peaches, diced, shelf stable	4 oz.	Peach, Pear Juice, Natural Flavors, Lemon Juice	70	17g	1g	15g	0g	5mg	0g	0g	0mg	1/2 cup fruit
Pears, diced, light syrup	1/2 cup	Pear	62	16g	2g	12g	0g	5mg	0g	0g	0mg	1/2 cup fruit
Pear, raw, medium	1 pear	Pear	98	25g	4g	n/a	<1g	0mg	<1g	0g	0mg	1/2 cup fruit
Pineapple Tidbits in juice	1/2 cup	Pineapple	40	10g	1g	9g	0g	5mg	0g	0g	0mg	1/2 cup fruit
Plum	1 medium	Plum	36	9g	1g	0g	<1g	114mg	0g	0g	0mg	1/2 cup fruit
Raisins	1.5 oz.	Grape	130	31g	2g	28g	1g	10mg	0g	0g	0mg	1/2 cup fruit
Strawberries, cup, frozen, USDA	4.5 oz.	Strawberry	80	21g	2g	16g	0g	1mg	0g	0g	0mg	1/2 cup fruit
Strawberries, whole, fresh	1/2 cup	Strawberry	39	10g	2g	5g	0g	2mg	0g	0g	0mg	1/2 cup fruit
100% Juice	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Cherry Star Juice Blend	4.23 oz.	Apple, Pear, Carrot, Celery, Spinach, Cherry, Starfruit, Sweet Potato, Aronia, Kale, Broccoli	55	14g	0g	13g	0g	35mg	0g	0g	0mg	1/2 cup vegetable
Milk	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Pro	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
White milk, 1%	8 oz.	Milk	110	13g	0g	12g	9g	125mg	2.5g	1.5g	15mg	1 milk
Chocolate milk, Skim	8 oz.	Milk, Corn Cocoa	120	22g	0g	21g	8g	240mg	0g	0g	5 mg	1 milk
Pizza, whole grain	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Pizza, beef and turkey pepperoni, 8-cut SS	1/8 pizza	Wheat, Milk, Garlic, Tomato, Barley, Onion, Yeast, Corn, Legume, Celery powder, Cherry powder, Lime	350	34g	3g	7g	19g	570mg	17g	8g	45mg	2 meat; 2 grain; 1/8 cup vegetable
Pizza, cheese ES	4 x 6"	Wheat, Milk, Garlic, Tomato, Barley, Onion, Yeast	336	27g	3g	6g	20g	435mg	16g	10g	41mg	2 meat; 2 grain; 1/8 cup vegetable
Pizza, four cheese, 8-cut SS	1/8 pizza	Wheat, Soy, Milk, Garlic, Tomato, Barley, Onion, Yeast, Corn, Legume	360	35g	4g	6g	18g	490mg	16g	8g	40mg	2 meat; 2 grain; 1/8 cup vegetable
Pizza, turkey pepperoni ES	4 x 6"	Wheat, Milk, Garlic, Tomato, Barley, Onion, Sodium Nitrite, Yeast	326	28g	3g	6g	21g	579mg	15g	9g	43mg	2 meat; 2 grain; 1/8 cup vegetable
Pizza, Turkey Sausage Pizza, 8-cut SS	1 slice	Wheat, Barley, Milk, Soy, Corn, Garlic, Onion, Tomato, Legume	381	36g	4g	6g	21g	646mg	18g	8g	51mg	2.5 meat; 2 grain; 1/8 vegetable
Salad	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Pro	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Super Garden Salad (with cheese) SS	1 serving	Tomato, Hot Pepper, Cucumber, Carrot, Milk, Soy	254	16g	n/a	n/a	14g	1109mg	20g	10g	50mg	2 meat; 1 and 3/16 cups vegetable
Taco Salad with Tortilla Chips SS	1 serving		310	29g	6g	4g	20g	470mg	15g	6g	50mg	2.5 meat; 5/8 cup vegetable; 1 grain
Beef Taco Meat	3.2 oz.	Garlic, Corn, Soy, Chili Pepper, Tomato, Caramel Color	111	5g	2g	2g	13g	292mg	5g	2g	35mg	2 meat; 1/8 cup vegetable
Cheddar cheese, shredded	1/2 oz.	Milk, Corn, Potato	55	<1g	0g	0g	4g	95mg	5g	3g	15mg	0.5 meat
Garden Salad Mix	1 cup	Carrot	13	3g	1g	2g	1g	13mg	0g	0g	0mg	1/2 cup
Tortilla chips, yellow corn round	1 oz.	Corn	131	21g	3g	0g	2g	70mg	5g	1g	0mg	1 grain
Sandwiches, Premade, Individually Wrapped	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Pro	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Grilled Cheese Sandwich	4.19 oz.	Wheat, Barley, Soy, Milk, Corn, Yeast	280	31g	3g	6g	19g	454mg	10g	6g	32mg	2 meat; 2 grain
Turkey and Cheese Sub	1 sandwich	Wheat, Soy, Milk, Yeast, Corn, Sunflower oil, Sodium Nitrite	260	30g	n/a	6g	18g	1050mg	8g	3g	35mg	2 meat; 2 grain
Turkey Ham and Cheese on Bun ES	4 oz.	Wheat, Milk, Yeast, Sodium Nitrite, Paprika	320	27g	2g	2g	20g	730mg	15g	6g	55mg	2 meat; 2 grain
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Veggie Cheese Burger on Bun SS	1 serving	Soy, Milk, Corn, Wheat, Tomato, Honey, Molasses, Onion, Caramel Color	310	40g	6g	7g	14g	460mg	12g	3.5g	15mg	2 meat; 2 grain

WOW Soy Butter/Grape Jelly Sandwich	4.6 oz.	Wheat, Barley, Soy, Milk, Corn, Grape	570	55g	8g	21g	19g	440mg	32g	6g	0mg	2 meat; 2 grain
Sun Butter or WOW Butter	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Sun Butter	2.2 oz. cup	Sunflower	400	14g	14g	20g	14g	260mg	34g	4g	0mg	2 meat
Sun Butter Grab-n-Go SS			630	68g	19g	47g	18g	470mg	34g	4g	0mg	2 meat; 2 grain; 1/2 cup fruit
Sun Butter	2.2 oz. cup	Sunflower	400	14g	14g	20g	14g	260mg	34g	4g	0mg	2 meat
Bagel, whole grain	1.9 oz.	Wheat, Barley, Honey, Molasses, Corn	120	26g	2g	3g	4g	210mg	0.5g	0g	0mg	2 grain
Craisins, strawberry	1.16 oz.	Cranberry, Elderberry, Strawberry, Sunflower oil	110	28g	3g	24g	0g	0mg	0g	0g	0mg	1/2 cup fruit
WOW Soy Butter	1.12 oz.	Soy	200	8g	3g	3g	7g	100mg	15g	3g	0mg	
Turkey	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Chili Cheese Coney (grades K-12 only) SS	1 serving		308	26g	2g	n/a	16g	1045mg	17g	4g	80mg	2.25 meat; 2 grain; 1/4 cup vegetable
Hot dog, turkey, precooked	2 oz.	Corn, Sodium Nitrite, Smoke flavoring	130	0g	0g	0g	7g	694mg	11g	3g	45mg	2 meat
Sloppy Joe, Beef, precooked	<1 oz.	Tomato, Soy, Caramel Color, Green/Red Peppers, Onion, Chili Powder, Garlic	40	3g	<1g	2g	3g	115mg	2g	<1g	12mg	0.25 meat
Onion, raw	1/4 cup	Onion	15	3g	<1g	n/a	0g	1mg	0g	0g	0mg	1/4 cup vegetable
Cheddar cheese, shredded	1 Tablespoon	Milk, Corn, Potato	28	0g	0g	0g	2g	45mg	2g	1g	23mg	None
Hot dog bun, WG, 6 inch	2 oz.	Wheat, Barley, Soy, Yeast	110	20g	2g	3g	4g	190mg	2g	0g	0mg	2 grain
Southwest Burger on Bun SS	1 serving		340	26g	2g	3g	25g	880mg	16g	6g	73mg	2.5 meat; 2 grain
Turkey Burger, all natural	2.75 oz.	Garlic, Onion	150	0g	0g	0g	17g	430mg	9g	2.5g	60mg	2 meat
American cheese, yellow	0.5 oz.	Milk, Soy	50	1g	0g	<1g	3g	220mg	5g	3g	13mg	0.5 meat
Bun, Hamburger, whole grain 4"	1 each	Wheat, Barley, Soy, Corn, Honey, Molasses, Yeast	140	25g	2g	3g	5g	230mg	2g	0g	0mg	2 grain
Turkey and Cheese Sub SS	1 serving		300	29g	2g	5g	27g	910mg	8g	3g	53mg	2.5 meat; 2 grain
Turkey, all natural , fully cooked	3 oz.	None	90	0g	0g	0g	18g	450mg	1.5g	<1g	40mg	2 meat
American cheese, yellow	0.5 oz.	Milk, Soy	50	1g	0g	<1g	3g	220mg	5g	3g	13mg	0.5 meat
Hoagie Bun, Whole Grain, 5"	1 bun	Wheat, Barley, Soy, Corn, Honey, Molasses, Yeast	160	28g	2g	4g	6g	260mg	2g	0g	0mg	2 grain
Turkey Canadian Bacon and Cheese Melt SS	1 serving	Milk, Soy, Wheat, Barley, Corn, Yeast, Sunflower Lecithin (from pan spray), Sodium Nitrite	300	32g	4g	3g	33g	770mg	15g	6g	58mg	2 meat; 2 grain
Turkey/Gravy & Potato SS	1 serving		229	20g	2g	0g	21g	712mg	7g	1g	41mg	2 meat; 1/2 cup vegetable
Turkey with Gravy	~3 oz.	Wheat, Turmeric, Corn, Onion	109	2g	0g	0g	20g	632mg	3g	1g	41mg	2 meat
Potato rounds	2.4 oz.	Potato	120	18g	2g	0g	1g	80mg	4g	0g	0mg	1/2 cup vegetable
Turkey Stick & Cheese Stick	1 oz.	Turkey, Milk, Corn, Garlic, Nitrate, Turmeric	90	1g	0g	0g	5g	340mg	7g	4g	25mg	1 meat
Turkey, honey peppered, dried 0.5 oz. stick	2 sticks	Honey, Corn, Garlic, in Beef Collagen Casing, Sodium Nitrite	60	4g	0g	2g	8g	210mg	2g	3g	20mg	1 meat
Turkey Stick, smokehouse	1.2 oz.	Garlic, Onion, Molasses, Chicken Broth, Sunflower Oil	40	0g	0g	0g	8g	190mg	1g	0g	20mg	1 meat
Turkey Stick, sweet BBQ	1.2 oz.	Garlic, Onion	40	0g	0g	0g	8g	190mg	1g	0g	20mg	1 meat
Vegetables	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Pro	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Broccoli, fresh	1/4 cup	None	6	1g	<1g	0g	<1g	6mg	0g	0g	0mg	1/4 cup vegetable
Carrot, baby or Carroteenis	1/4 cup	Carrot	16	4g	1g	n/a	<1g	13mg	0g	0g	0mg	1/4 cup vegetable
Carrot, shelf stable	1/2 cup	Carrot	15	3g	1g	0g	0g	120mg	0g	0g	0mg	1/2 cup vegetable
Celery Sticks	1/4 cup	Celery	3	<1g	<1g	0g	<1g	18mg	0g	0g	0mg	1/4 cup vegetable
Corn, shelf stable	1/2 cup	Corn	35	6g	1g	2g	0g	100mg	0g	0g	0mg	1/2 cup vegetable
Cucumbers, sliced	1/4 cup	Cucumber	15	3g	1g	0g	1g	0mg	0g	0g	0mg	1/4 cup vegetable
Fries, Spiral, battered	3 oz.	Potato, Wheat, Garlic, Onion, Caramel Color	150	20g	1g	1g	2g	360mg	8g	1g	0mg	1/2 cup vegetable
Garden Salad Mix	1 cup	Carrot	13	3g	1g	2g	1g	13mg	0g	0g	0mg	1/2 cup vegetable
Green Beans, shelf stable	1/2 cup	None	10	2g	1g	0g	1g	105mg	0g	0g	0mg	1/2 cup vegetable
Green Pepper, sliced	1/4 cup	Green pepper	7	2g	<1g	<1g	<1g	<1mg	0g	0g	0mg	1/4 cup vegetable
Mashed Potatoes, shelf stable, drv	1.65 oz.	Milk, Artificial color/flavor, sulfite	180	34g	2g	0g	4g	800mg	2g	0g	0mg	1 cup vegetable
Mixed Vegetables	1/2 cup	Peas, Corn, Green Beans, Carrot	47	9g	2g	3g	2g	64mg	0g	0g	0mg	1/2 cup vegetable
Peas and Carrot, shelf stable	1/2 cup	Pea, Carrot	30	7g	2g	3g	2g	100mg	0g	0g	0mg	1/2 cup vegetable
Peas, shelf stable	1/2 cup	Pea	40	8g	2g	4g	2g	100mg	0g	0g	0mg	1/2 cup vegetable
Potato Wedges, USDA, skin on, baked	3 oz.	Potato	100	14g	2g	0g	2g	20mg	3g	0g	0mg	1/2 cup vegetable
Salsa, portion cup	3 oz.	Tomato, Jalapeno Pepper, Onion, Garlic, Natural Flavors	25	5g	1g	3g	1g	195mg	0g	0g	0mg	1/2 cup vegetable
Tomatoes, cherry	1/4 cup	Tomato	8	1.5g	<1g	n/a	<1g	3mg	0g	0g	0mg	1/2 cup vegetable
Tomato, quartered	1/4 cup	Tomato	13	3g	<1g	n/a	<1g	6mg	<1g	<1g	<1mg	1/4 cup vegetable
Zucchini, sliced	1/4 cup	Squash	4	<1g	<1g	n/a	<1g	<1mg	0g	0g	0mg	1/2 cup vegetable
Yogurt, Danimals	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Yogurt, raspberry	4 oz.	Milk, Corn, unspecified Fruit Juice and Vegetable Juice (for color), Raspberry, Lemon, Legume	70	14g	0g	10g	4g	60mg	0g	0g	5mg	1 meat
Yogurt, strawberry	4 oz.	Milk, Corn, Strawberry, unspecified Fruit Juice and Vegetable Juice (for color), Lemon, Legume	70	14g	0g	10g	4g	60mg	0g	0g	5mg	1 meat
Yogurt, strawberry banana	4 oz.	Milk, Corn, Strawberry, Banana, unspecified Fruit Juice and Vegetable Juice (for color), Raspberry, Lemon, Legume	70	14g	0g	10g	4g	60mg	0g	0g	<5mg	1 meat
Emergency Meal	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Office of Food Services		J. Marcum RDN/LD										Office: 617-254-1818; 2 meat; 2 grain; 3/4 cup vegetable; 1/2 cup fruit
Cheddar Cheese Lunch Kit:	1 lunch		460	62g	5g	41g	14g	930mg	18g	12g	50mg	

White Cheddar Cheese, shelf stable	2 oz.	Milk	200	2g	0g	0g	12g	720mg	16g	12g	50mg	2 meat
Pizza Crackers	0.8 oz.	Wheat, Tomato	80	15g	2g	2g	2g	190mg	2g	0g	0mg	1 grain
Craisins	1.16oz	Orange, Berry	110	28g	3g	24g	0g	0mg	0g	0g	0mg	1/2 cup fruit
Sunset Sip	6.75 oz.	Sweet Potato, Carrot, Pumpkin	70	17g	0g	15g	0g	20mg	0g	0g	0mg	3/4 cup vegetable
Preschool Snacks, whole grain	Portion Size	Food Allergens and Intolerances	Calorie	CHO	Fiber	Sugar	Pro	Sodium	Total Fat	Sat-Fat	Cholesterol	Components
Cheez-it	0.75 oz.	Wheat, Milk, Soy	100	14g	1g	0g	2g	150mg	3.5g	1g	<5mg	1 grain
Elf Grahams	1 oz.	Wheat, Honey, Soy, Molasses	120	21g	1g	8g	2g	105mg	4g	1g	0mg	1 grain
Goldfish Giant Grahams	0.9 oz.	Wheat, Cinnamon, Corn	120	19g	1g	7g	1g	140mg	4g	1g	0mg	1 grain
Nutrition Crackers	1 oz.	Wheat, Milk, Sunflower, Egg, Honey	120	22g	2g	6g	2g	65mg	4g	0g	0mg	1 grain
Pretzel, heartzel	0.7 oz.	Wheat	80	16g	2g	<1g	2g	200mg	1g	0g	0mg	1 grain
Scoby Doo Grahams	1 oz.	Wheat, Honey, Soy, Cinnamon	120	21g	1g	8g	2g	115mg	3.5g	1g	0mg	1 grain
Strawberry Waffle Grahams	1 oz.	Wheat, Strawberry, Elderberry, Sweet Potato, Corn	110	21g	1g	7g	2g	95mg	3g	0g	0mg	1 grain
Special Diet Order	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Pro	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Banana, strained/ 2nd foods	4 oz.	Banana	100	24g	1g	20g	1g	5mg	0g	0g	0mg	1/2 cup fruit
Bread, gluten-free, sliced	2 oz.	Egg, Rice, Oat, Flaxseed, Chia Seed, Yeast, Molasses	130	24g	3g	3g	4g	315mg	2g	<1g	28mg	2 grain
Carrots, strained/2nd foods	4 oz.	Carrot	40	9g	1g	6g	<1g	40mg	0g	n/a	n/a	1/2 cup vegetable
Cereal, Rice Chex, gluten-free	1 bowl	Molasses, Rice	100	24g	1g	2g	2g	250mg	0g	0g	0mg	1 grain
Chicken Dippers, fully cooked	2.6 oz.	Rice, Yeast	121	<1g	0g	0g	17g	112mg	4.5g	1g	51mg	2 meat
Chicken Fajita Strips, fully cooked	2.25 oz.	Garlic, Onion, Chili powder, Corn, Lemon	105	1.5g	0g	0g	13g	300mg	5g	1.5g	60mg	1.5 meat
Granola, cinnamon	1 oz.	Gluten-free oats, Apple, Cinnamon	110	15g	2g	4g	2g	60mg	4g	0g	0mg	1 grain
Green Beans, canned	1/2 cup	Garlic	17	4g	2g	2g	1g	5mg	0g	0g	0mg	1/2 cup vegetable
Green Beans, strained/2nd foods	4 oz.	None	40	6g	2g	3g	1g	5mg	0g	n/a	n/a	1/2 cup vegetable
Hot Dog, beef (for K-6 only)	2 oz.	Sodium nitrite	167	<1g	0g	0g	7g	580mg	15g	6g	35mg	1 meat
Milk, non-fat, lactose free, white	8 oz.	Milk (lactose free)	90	13g	0g	12g	9g	130mg	0g	0g	5mg	1 milk
Milk, soy, Silk, vanilla	8 oz.	Soy	150	18g	2g	15g	8g	80mg	4.5g	<1g	0mg	1 milk
Peaches, strained/2nd foods	4 oz.	Peach	70	14g	1g	13g	1g	0mg	0g	n/a	n/a	1/2 cup fruit
Pears, strained/2nd foods	4 oz.	Pear	70	17g	3g	12g	0g	5mg	0g	n/a	n/a	1/2 cup fruit
Peas, strained/2nd foods	4 oz.	Peas	50	7g	2g	2g	0g	5mg	0g	n/a	n/a	1/2 cup vegetable
Potato, Emoji	4 pcs.	Potato	120	18g	2g	0g	2g	80mg	4g	<1g	0mg	1/2 cup vegetable
Squash, strained/2nd foods	4 oz.	Squash	40	8g	1g	4g	0g	5mg	0g	n/a	n/a	1/2 cup vegetable
Tortilla Chips, round	1.6 oz.	Corn	210	25g	2g	0g	3g	170mg	12g	1g	0mg	1.5 grain
Turkey Sausage, fully cooked	2 patties	Caramel color	150	1g	0g	1g	12g	400mg	10g	3g	50mg	1.75 meat
GLOSSARY												
Calorie – The energy value of food. Calories come mainly from carbohydrate, protein and fat.												
Carbohydrate (CHO) – One of the three major energy sources in food.												
Cholesterol – A fat-like substance found in foods made with milk, meat, and animal fat.												
Fat – One of the three major energy sources in food.												
Saturated Fat – A kind of fat that tends to raise blood-cholesterol levels when eaten.												
Fiber – A fragment found in plant foods.												
Gram (g) – A numerical unit of mass and weight in the metric system												
Milligram (mg) – A numerical unit of mass and weight in the metric system.												
Ounce (oz.) – A unit of weight of one sixteenth of a pound.												
Protein – One of the three major energy sources in food. Can be from animal or plant sources.												
Sodium – A mineral found mainly in salt.												
Starch – One of the two major types of carbohydrate.												
Sugar – One of the two major types of carbohydrate.												
USDA Component - United States Department of Agriculture school food group measured by amount and kind of food.												
USDA is an equal opportunity provider, employer, and lender.												