

## OFNS Menu Nutrition Information

New York City Department of Education - Office of Food and Nutrition Services

Elementary, Junior High School, and High School Product Nutrients - Updated 8/19/19

To search this document, use ctrl+F (for windows) and command+F (for mac)

All meat items (beef, sausages, poultry) have been reviewed; those listed below do not meet the World Health Organization definition of processed meats.

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Type of Food	Name	Brand or SF Recipe #	Portion	Calories	Total Fat(g)	Sat. Fat(g)	Protein (g)	Total Carb(g)	Fiber (g)	Sodium (mg)
Beans	Black Beans, Braised w Plantains	VEG-011	3/4 cup	342	7	1	14	55	13	436
Beans	Black Beans, Mini Empanadas	Giorgio Foods	4 each	270	9	5	16	31	3	480
Beans	Black Bean Salad (K8) (Hot or Cold)	VL-011	1/2 cup	108	1	0	6	18	6	195
Beans	Black Bean Salad (HS) (Hot or Cold)	VL-011	1 cup	218	3	0	13	35	11	390
Beans	Black Beans, Seasoned w Sofrito	VL-004	1/2 cup	126	2	0	7	20	6	205
Beans	Chickpea Falafel Nuggets	American Bean	4 each	200	5	0	8	30	7	370
Beans	Chickpeas, Moroccan Chickpea Tagine	VEG-050	3/4 cup	221	6	1	9	34	12	258
Beans	Chickpeas, Roasted (as VL) (K-8)	VL-012	1/2 cup	168	6	1	7	22	10	256
Beans	Chickpeas, Roasted (as VL) (HS)	VL-012	1 cup	336	11	3	15	45	20	513
Beans	Chickpeas, Roasted w Basil Pesto (as VL) (K-8)	VL-005	1/2 cup	179	6	2	8	23	10	253

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Beans	Chickpeas, Roasted w Basil Pesto (as VL) (HS)	VL-005	1 cup	358	13	4	16	46	20	505
Beans	Chickpeas, Roasted w Spinach Cilantro Pesto (K-8)	VL-026	1/2 cup	179	6	2	8	23	10	255
Beans	Chickpeas, Roasted w Spinach Cilantro Pesto (HS)	VL-026	1 cup	358	13	4	16	46	20	511
Beans	Chickpea Salad (K-8)	VL-010	1/2 cup	138	4	1	7	21	9	248
Beans	Chickpea Salad (HS)	VL-010	1 cup	276	7	3	13	42	18	498
Beans	Hummus Cup, Pre-Made	Fresh Kids	1 each	140	11	2	3	8	2	220
Beans	Kidney Beans, Brooklyn Baked Beans (K-8)	VL-009	1/2 cup	155	0	0	7	27	5	255
Beans	Kidney Beans, Brooklyn Baked Beans (HS)	VL-009	1 cup	309	1	0	15	54	11	511
Beans	Kidney Beans Rajma (as VL) (K-8)	VL-007	1/2 cup	205	4	0	10	29	8	306
Beans	Kidney Beans Rajma (as VL) (HS)	VL-007	1 cup	410	9	0	21	57	17	613

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Beans	Lentil Sloppy Joe	Hooray Puree	3/4 cup	213	2	0	12	37	13	308
Beans	Marinated Bean Salad (K8) (Hot or Cold)	VL-025	1/2 cup	198	6	1	10	28	10	382
Beans	Marinated Bean Salad (HS) (Hot or Cold)	VL-025	1 cup	395	11	2	20	55	20	764
Beans	Mexicali Beans, (Chili as VL) (K-8)	VL-019	1/2 cup	60	1	0	3	10	3	260
Beans	Mexicali Beans, (Chili as VL) (HS)	VL-019	1 cup	120	2	0	6	20	6	520
Beans	Pinto Beans, Seasoned w/ Sofrito (K-8)	VL-002	1/2 cup	126	2	0	7	20	7	205
Beans	Pinto Beans, Seasoned w/ Sofrito (HS)	VL-002	1 cup	252	4	0	14	40	14	410
Beans	Pinto Beans, Stewed (K-8)	VL-018	1/2 cup	86	4	1	4	12	2	226
Beans	Pinto Beans, Stewed (HS)	VL-018	1 cup	172	8	2	8	24	4	252
Beans	White Bean Salad (K-8)	VL-016	1/2 cup	149	4	0	8	24	5	211

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Beans	White Bean Salad (HS)	VL-016	1 cup	298	7	0	16	48	11	422
Beans	Vegetarian Chili	VEG-014	3/4 cup	139	2	0	8	21	7	237
Beef	Beef and Broccoli	BF-019	1/2 cup	194	8	3	18	14	3	441
Beef	Burger, 100% Beef (No Bun)	Advance Pierre	1 each	130	10	4	10	0	0	100
Beef	Burger, 100% Beef, w Ciabatta (Whole Wheat)	SDWH-128	1 each	290	12	4	16	33	3	380
Beef	Burger, 100% Beef , w Ham Bun (K-8) (Whole Wheat Bun)	SDWH-062	1 each	240	11	4	13	23	2	310
Beef	Burger, 100% Beef , w Ham Bun (HS) (Whole Wheat Bun)	SDWH-062	1 each	260	11	4	14	27	3	350
Beef	Burger, 100% Beef Cheeseburger w Ciabatta (Whole Wheat Bun)	SDWH-127	1 each	325	14	5	20	34	3	485
Beef	Burger, 100% Beef Pizza, on Ciabatta (Whole Wheat Bun)	SDWH-133	1 each	349	15	6	20	36	4	549
Beef	Burger, 100% Beef, BBQ w Ham Bun (K-8) (Whole Wheat Bun)	SDWH-097K8	1 each	248	11	4	13	25	2	330

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Beef	Burger, 100% Beef, BBQ w Ham Bun (HS) (Whole Wheat Bun)	SDWH-097HS	1 each	268	11	4	14	29	3	370
Beef	Burger, 100% Beef, NYS (No Bun)	Advance Pierre	1 each	130	10	4	10	0	0	100
Beef	Burger, 100% Beef, NYS w Bun (Whole Wheat Bun)	SDWH-062NYK	1 each	242	11	4	13	23	2	311
Beef	Burger, 100% Beef, Pizza w Ham Bun (K-8) (Whole Wheat Bun)	SDWH-050	1 each	293	14	6	17	25	2	453
Beef	Burger, 100% Beef, Pizza w Ham Bun (HS) (Whole Wheat Bun)	SDWH-050	1 each	313	15	6	18	29	3	493
Beef	Burger, 100% Beef Mediterranean Burger (Whole Wheat Bun)	SDWH-139	1 each	351	15	6	20	36	4	531
Beef	Cheeseburger, 100% Beef Cheeseburger on Ciabatta (Whole Wheat Bun)	SDWH-127	1 each	325	14	5	20	34	3	485
Beef	Cheeseburger, 100% Beef Cheeseburger w Ham Bun (K8) (Whole Wheat Bun)	SDWH060K8	1 each	275	13	5	17	24	2	415
Beef	Cheeseburger, 100% Beef Cheeseburger w Ham Bun (HS) (Whole Wheat Bun)	SDWH060HS	1 each	295	13	5	17	28	3	455
Beef	Cheeseburger, 100% Beef Chipotle w Ham Bun (K8) (Whole Wheat Bun)	SDWH-093K8	1 each	277	13	5	17	24	2	419

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Beef	Cheeseburger, 100% Beef Chipotle w Ham Bun (HS) (Whole Wheat Bun)	SDWH-093HS	1 each	297	14	5	17	28	3	459
Beef	Cheeseburger, 100% NYS Beef Cheeseburger w Ham Bun (K8) (Whole Wheat Bun)	SDWH-060NYK8	1 each	275	13	5	17	24	2	415
Beef	Cheeseburger, 100% NYS Beef Cheeseburger w Ham Bun (HS) (Whole Wheat Bun)	SDWH-060NYH	1 each	297	14	5	18	28	3	465
Beef	Cheeseburger, 100% Greek Style Cheeseburger w Ciabatta (Whole Wheat Bun)	SDWH-129	1each	366	16	6	23	36	3	648
Beef	Cheeseburger, 100% Beef Sauteed Onion Burger (HS) (Whole Wheat Bun)	SDWH-146HS	1 each	321	15	6	18	29	3	411
Beef	Cheeseburger, 100% Beef Sauteed Onion Burger (K8) (Whole Wheat Bun)	SDWH-146K8	1 each	300	15	6	17	25	2	371
Beef	Empanada, Steak & Cheese	Giorgio Foods	1 each	270	10	4	21	28	6	480
Beef	Jamaican Style Beef Patty	Golden Krust	1 each	300	4	3	23	43	6	330
Beef	Taco, Cheesy Beef Crunchy	BF-003	1 each	264	13	4	18	21	6	378
Beef	Tacos, Beef Bite Size	BF-005	1 each	264	9	4	18	27	6	593

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Beef	Taco Meat, Beef (alone)	JTM	3 oz spoodle	89	2	1	12	6	3	214
Bread	Bagel, Cinnamon Raisin, 2 oz, White Wheat	Neri's	1 each	150	1	0	6	31	3	130
Bread	Bagel, Cinnamon Raisin, 3 oz, White Wheat	Neri's	1 each	220	1	0	7	45	5	170
Bread	Bagel, Plain, 2 oz, White Wheat	Neri's	1 each	150	1	0	6	30	4	150
Bread	Bagel, Plain, 3 oz, White Wheat	Neri's	1 each	220	1	0	9	44	5	180
Bread	Bagel, Stick, 7 Grain (multigrain)	New Yorker Bagels	2 each	150	1	0	6	30	6	140
Bread	Bagel, Stick, Blueberry (Whole Wheat)	New Yorker Bagels	2 each	150	1	0	6	30	4	140
Bread	Bagel, Stick, Cinnamon Raisin (Whole Wheat)	New Yorker Bagels	2 each	160	1	0	6	34	4	160
Bread	Bagel, Stick, Cranberry (Whole Wheat)	New Yorker Bagels	2 each	160	1	0	6	32	6	110
Bread	Bagel, Stick, French Toast (Whole Wheat)	New Yorker Bagels	2 each	150	1	0	6	30	6	140

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Bread	Bagel, Stick, Plain (Whole Wheat)	New Yorker Bagels	2 each	165	1	0	6	33	4	165
Bread	Bagel, Stick, Poppy (Whole Wheat)	New Yorker Bagels	2 each	160	1	0	6	32	4	160
Bread	Biscuit, Buttermilk (Whole Wheat)	Branson's	1 each	180	5	0	4	28	2	160
Bread	Bread Stick, Mozzarella Stuffed (Stuffed Cheesy Bread) (Whole Wheat)	Bosco	1 each	140	5	3	9	15	1	210
Bread	Breadstick, Warm (Whole Wheat)	GR-025	1 each	90	0	0	3	19	2	150
Bread	Cheesy Bread (Whole Wheat)	CH-016	1 each	280	11	6	16	30	2	460
Bread	Ciabatta Roll (Whole Wheat)	Wenner Bakery	1 each	160	2	0	6	33	3	280
Bread	Crackers, Wheat (Whole Wheat)	Westminster Bakers Co	1-2pack	32	1	0	1	5	1	60
Bread	Croissant, WG, Individually Wrapped	Global Foods	1 each	140	5	2	4	17	3	125
Bread	Dinner Roll, Par-Baked (Whole Wheat)	Wenner Bakery	1 each	80	0	0	3	18	2	140



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Bread	English Muffin, WW	Bake Rite	1 each	120	1	0	6	24	3	170
Bread	Flat Bread, Frozen (Whole Wheat)	Toufayan	1 each	120	3	1	4	22	3	260
Bread	Flat Bread, Fresh (Whole Wheat)	Damascus	1 each	130	1	0	6	27	4	250
Bread	Garlic Toast (Whole Wheat)	Tasty Brands	1 each	80	4	1	2	11	2	150
Bread	Hamburger Bun, (HS) (Whole Wheat)	Rockland/Pechter	1 each	130	2	0	4	27	3	250
Bread	Hamburger Bun, (K8) (Whole Wheat)	Rockland/Pechter	1 each	110	1	0	3	23	2	210
Bread	Hero Roll 5", WW, Red Sodium (Whole Wheat)	JJ Cassone	1 each	140	2	0	5	28	3	125
Bread	Kaiser/Vienna Roll 5" (Whole Wheat)	JJ Cassone	1 each	220	2	0	9	44	4	190
Bread	Bread Knot (Whole Wheat)	Wenner Bakery	1 each	70	1	0	2	14	1	130
Bread	Knot Roll, Garlic (Whole Wheat)	GR-029	1 each	100	3	0	2	15	1	168

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Bread	Pretzel, Whole Wheat (Soft)	NY Pretzel	1 each	160	1	0	5	31	3	75
Bread	Whole Wheat Sliced Bread	Rockland /Pechter	1 slice	60	1	0	2	14	2	135
Bread	Wrap, Wheat, 9" (Whole Wheat)	Toufayan/ Tijuana Tortilla	1 each	170	5	2	6	28	3	180
Bread, Sweet	Mini Loaf, Banana Yogurt (Whole Wheat)	Cannoli Factory	1 each	270	8	2	4	36	3	45
Bread, Sweet	Mini Loaf, Blueberry Yogurt (Whole Wheat)	Cannoli Factory	1 each	230	6	1	4	36	3	45
Bread, Sweet	Mini Loaf, Carrot Cheese (Whole Wheat)	Cannoli Factory	1 each	250	8	2	4	36	3	45
Bread, Sweet	Mini Loaf, Honey Corn (Whole Wheat)	Cannoli Factory	1 each	275	8	2	4	36	3	45
Bread, Sweet	Mini Loaf, Very Berry (Whole Wheat)	Cannoli Factory	1 each	260	7	1	4	36	3	180
Bread, Sweet	Mini Loaf, Zucchini Carrot (Whole Wheat)	Cannoli Factory	1 each	240	5	0	4	36	3	45

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Bread, Sweet	Cinnamon Crumble (Whole Wheat)	Buena Vista	1 each	280	10	1	4	37	2	2
Bread, Sweet	Cinnamon Twist (Whole Wheat)	E.S. Foods	1 each	270	10	5	5	28	3	160
Bread, Sweet	Muffin, Apple Cinnamon (Whole Wheat)	Cannoli Factory	1 each	250	8	2	4	36	3	45
Bread, Sweet	Muffin, Blueberry Yogurt (Whole Wheat)	Cannoli Factory	1each	230	6	1	4	36	3	45
Bread, Sweet	Muffin, Banana Yogurt (Whole Wheat)	Cannoli Factory	1each	270	6	1	4	36	3	45
Bread, Sweet	Muffin, Honey Corn (Whole Wheat)	Cannoli Factory	1each	275	7	1	4	36	3	45
Breakfast	Breakfast Burrito, Turkey Chorizo (Whole Wheat)	BAJA Foods	1 each	160	6	2	7	20	2	160
Breakfast	Bagel, Beef Sausage & White Cheddar Cheese (Whole Wheat)	Integrated Foods	1 each	241	8	3	15	27	3	420
Breakfast	Bagel, Turkey Sausage, Egg, & Cheese (K8) (Whole Wheat)	BK-033K8	1 each	337	13	4	20	33	6	548
Breakfast	Bagel, Turkey Sausage, Egg, & Cheese (HS) (Whole Wheat)	BK-033HS	1 each	405	13	4	23	47	7	576

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Breakfast	Breakfast Meal Kit #2 (Sunbutter Cup, Jelly, Grahams, Apple Juice)	Preferred Meals	1 each	471	24	3	11	53	7	306
Breakfast	*Sunbutter Cup	Sunbutter, LLC	1 each	266	21	3	7	7	4	160
Breakfast	*Jelly	Diamond Crystal	1 each	40	0	0	0	9	0	0
Breakfast	*Honey Grahams	MJM	1 pkg	110	3	0	2	20	2	140
Breakfast	*Apple Juice	Juice Bowl	1 each	60	0	0	0	15	0	5
Breakfast	Breakfast Meal Kit #4 (Apple Cinnamon Cheerios, Honey Grahams, Orange/ Tangerine Juice)	Notables/ES Foods	1 each	280	5	1	4	57	4	260
Breakfast	*Apple Cinnamon Cheerios	General Mills	1 each	110	2	0	2	22	2	110
Breakfast	*Honey Grahams	MJM	1 pkg	110	3	0	2	20	2	140
Breakfast	*Orange Tangerine Juice	Notables	1 each	60	0	0	0	15	0	10
Breakfast	Breakfast Meal Kit #5 (Fruity Cheerios, Honey Grahams, Apple Juice)	Notables/ES Foods	1 each	290	5	1	4	61	4	300

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Breakfast	*Fruity Cheerios	General Mills	1 each	120	2	0	2	25	2	140
Breakfast	*Honey Grahams	MJM	1 pkg	110	3	0	2	20	2	140
Breakfast	*Apple Juice	Notables	1 each	60	0	0	0	15	0	5
Breakfast	Breakfast Quesadilla (Whole Wheat)	BK-058	1 each	331	15	5	13	36	5	551
Breakfast	Egg & Cheese on a Biscuit (Whole Wheat)	BK-028	1 each	275	11	2	11	30	2	375
Breakfast	Egg & Cheese on a Soft Roll (K-8) (Whole Wheat)	BK-030K8	1 each	205	7	2	10	25	2	425
Breakfast	Egg & Cheese on a Soft Roll (HS) (Whole Wheat)	BK-030HS	1 each	225	7	2	10	29	3	465
Breakfast	Pre-Made, Turkey Chorizo Breakfast Burrito (Whole Wheat)	BAJA Foods	1 each	160	6	0	7	20	2	160
Breakfast	Specialty Breakfast Sandwich (Turkey Sausage, Egg and Pancake Sandwich)	BK-070	1 each	380	18	6	17	33	4	536
Breakfast	Specialty Breakfast Sandwich (Egg, Pesto, Mozzarella Cheese, and English Muffin)	BK-070A	1 each	333	17	5	16	27	4	595

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Breakfast	Turkey Sausage & Cheese on a Biscuit (Whole Wheat)	BK-031	1 each	305	13	3	15	30	4	446
Breakfast	Turkey Sausage & Egg on English Muffin (Whole Wheat)	BK-062	1 each	270	11	3	16	26	5	461
Breakfast	Turkey Sausage, Egg & Cheese on a Soft Roll (K8) (Whole Wheat)	BK-050K8	1 each	295	13	4	17	26	4	606
Breakfast	Turkey Sausage, Egg & Cheese on a Soft Roll (HS) (Whole Wheat)	BK-050HS	1 each	315	14	4	18	30	5	645
Breakfast	Turkey Sausage Crumble, Egg, & Cheese on Ciabatta (Whole Wheat)	BK-063	1 each	306	10	3	18	36	3	768
Breakfast	Breakfast Wrap, Cheese Omelet w Salsa (Whole Wheat)	BK-014	1 each	310	15	5	13	31	4	549
Breakfast	Breakfast Wrap, Turkey Sausage Crumble, Egg & Cheese (Whole Wheat)	BK-052	1 each	316	13	4	18	31	3	668
Breakfast	Cereal, Back to the Roots Organic Cinnamon Clusters	Back to the Roots	1 each	110	0	0	3	23	3	45
Breakfast	Cereal, Back to the Roots Purple Corn Flakes	Back to the Roots	1 each	110	2	0	3	23	2	60
Breakfast	Cereal, Frosted Mini-Wheats	Kellogg's	1 each	100	0	0	3	24	3	0

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Type of Food	Name	Brand or SF Recipe #	Portion	Calories	Total Fat(g)	Sat. Fat(g)	Protein (g)	Total Carb(g)	Fiber (g)	Sodium (mg)
Breakfast	Cereal, Granola, Apple Cinnamon	ES Foods	1 each	110	3	0	2	21	2	0
Breakfast	Cereal, Multigrain Toasted Oats	Malt O Meal	1 each	100	2	0	3	18	2	120
Breakfast	Cereal, Toasty-O's	Malt-O-Meal	1 each	110	2	0	3	20	3	140
Breakfast	Cereal, Cinnamon Flakes, WG	Kellogg's	1 each	100	0	0	2	24	3	170
Breakfast	Cereal, Granola, Blueberry	ES Foods	1 each	110	3	0	2	21	2	0
Breakfast	Ciabatta Roll, Turkey Sausage Crumble, Egg, & Cheese (Whole Wheat)	BK-063	1 each	306	10	3	18	36	3	768
Breakfast	Egg & Cheese on Ciabatta (Whole Wheat)	BK-064	1 each	255	8	2	13	35	3	495
Breakfast	Egg & Cheese on an English Muffin (Whole Wheat)	BK-060	1 each	215	7	2	13	26	3	385
Breakfast	English Muffin, Turkey Sausage & Egg (Whole Wheat)	BK-062	1 each	270	11	3	16	26	5	461
Breakfast	Hot Cinnamon Knot (Whole Wheat)	BK-059	1each	91	2	0	2	15	1	132

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Breakfast	Oatmeal (with Milk, Brown Sugar & Cinnamon)	BK-002	3/4 cup	201	3	1	8	35	4	154
Breakfast	Omelet, Cheese	Michael Foods	1 each	130	10	4	7	1	0	300
Breakfast	Omelet, Plain	Michael Foods	1 each	60	4	1	3	1	0	110
Breakfast	Pancakes, Buttermilk	US Waffles	2 each	160	2	0	3	31	2	55
Breakfast	Pancakes, Cinnamon Burst	US Waffles	1 pkg/ 2 each	180	4	1	4	37	3	85
Breakfast	Pre-Made, (Bagel), Beef Sausage & White Cheddar (Whole Wheat)	Integrated Foods	1 each	241	8	3	15	27	3	420
Breakfast	French Toast Dippers (French Toast Sticks) (Whole Wheat)	BK-020	3 each	160	3	1	7	29	3	300
Breakfast	Waffle (Whole Wheat)	US Waffles	1 each	65	2	0	2	12	2	150
Breakfast	Waffle, Mini Blueberry (Whole Wheat)	Pillsbury	1 pkg	210	6	1	4	37	3	170
Cheese	American Cheese ,White, Slices	Land O Lakes	2 sl/ 1 oz	70	4	3	7	2	0	310



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Cheese	Cheddar Cheese, Reduced Fat Mild, Slices	Land O Lakes	2 sl/ 1 oz	90	7	5	7	0	0	190
Cheese	Cheddar Cheese, Shredded	Land O Lakes	1/2 oz	56	5	3	4	0	0	96
Cheese	Cheese Stick, Cheddar	Land O Lakes	1 oz	90	7	5	7	0	0	200
Cheese	Cheese Stick, Colby Jack	Land O Lakes	1 ea	90	6	4	7	0	0	200
Cheese	Cream Cheese, Plain (Ind Packet)	Hahn's	1 each	60	4	2	5	3	0	90
Cheese	Cream Cheese, Strawberry (Ind Packet)	Hahn's	1 each	60	3	2	4	4	0	75
Cheese	Mozzarella Cheese, Shredded	Land O Lakes	2 oz	90	6	4	7	1	0	210
Cheese	Mozzarella Sticks, Breaded (Whole Grain, Low Sodium)	Highliner	<b>1 each</b>	80	4	2	3	6	0	98
Cheese	Mozzarella Sticks, Breaded (Whole Grain, Low Sodium)	Highliner	<b>5 each</b>	320	14	5	18	31	3	450
Cheese	Mozzarella String Cheese (Low Sodium)	Land O Lakes	1 each	60	3	2	7	1	0	200

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Cheese	Parmesan Cheese	Pisa	1 Tbsp	20	1	1	1	1	0	90
Cheese	Swiss Cheese, Reduced Fat, Slices	Land O Lakes	2 slices	90	6	4	8	1	0	115
Chicken	Chicken, Crispy Chicken Parmigiana, ABF	CK-085	1 each	317	15	6	25	18	15	707
Chicken	Chicken, Baked Breaded Bites, ABF	CK-096	10 each	350	23	6	19	16	2	360
Chicken	Chicken, Dumplings, Teriyaki, (Whole Wheat, ABF)	CK-069	5 each	190	5	1	11	27	3	482
Chicken	Chicken, Patty, Breaded (Whole Grain, ABF)	Don Lee Farms	1 each	210	9	2	18	14	1	420
Chicken	Chicken Patty, Breaded, Spicy (Whole Grain, ABF)	Perdue Farms	1 each	190	11	3	13	12	1	470
Chicken	Chicken Drumstick, Roasted, ABF	CK-091	1 each	257	16	4	24	2	0	696
Chicken	Chicken Breast, Roasted, ABF	CK-093	1 each	270	16	10	29	1	0	540
Chicken	Chicken Drumstick, with Peach BBQ Sauce, ABF	CK-094	1 each	287	12	3	24	15	0	765

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Chicken	Chicken Breast, with Peach BBQ Sauce, ABF	CK-097	1 each	336	17	10	29	14	0	765
Chicken	Chicken Sliders, BBQ, (Whole Grain, ABF)	Golden Platter	2 each	283	3	1	23	39	2	460
Chicken	Chicken, Tenders, Breaded, (Whole Grain, ABF)	CK-095	3 each	220	12	3	15	13	2	460
Chicken	Chicken, Stewed Chicken (Chicken Thigh), ABF	CK-090	1 each	315	23	6	23	4	1	446
Chicken	Chicken, Quesadilla, ABF (Whole Wheat Wrap)	CK-088	1 each	347	16	7	27	25	4	472
Condiment	Duck Sauce, (Ind Packet)	Global Food Solutions	1 each	20	0	0	0	5	0	90
Condiment	Hot Sauce (Ind Packet)	Diamond Crystal	1 each	15	0	0	0	4	0	180
Condiment	Jelly, Grape (Ind Packet)	Diamond Crystal	1 each	40	0	0	0	9	0	0
Condiment	Ketchup, HFSC Free #10	Global Food Solutions	1 Tbsp	50	0	0	0	14	0	0
Condiment	Ketchup, HFCS free (Ind Packet)	Heinz	1 each	10	0	0	0	3	0	85

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Condiment	Mayonnaise (Ind Packet)	Diamond Crystal	1 each	50	5	1	0	2	0	75
Condiment	Mustard (Ind Packet)	Diamond Crystal	1 each	5	0	0	0	0	0	15
Condiment	Relish, Sweet, Gallon	United Pickle	1 Tbsp	15	0	0	0	4	0	180
Condiment	Table Syrup (Ind Packet)	Diamond Crystal	1 each	80	0	0	0	21	0	10
Condiment	Table Syrup (Ind Packet)	Lucky Brand	1 each	100	0	0	0	31	0	20
Condiment	Tartar Sauce	SAU-021	1 Tbsp	44	2	0	0	3	0	120
Dressing	Asian Sesame, Gallon	Cain's	2 Tbsp	130	11	2	0	8	0	290
Dressing	Balsamic, Gallon	Cain's	2 Tbsp	100	9	2	0	5	0	240
Dressing	Caesar, (No Buttermilk)	SAU-039	2 Tbsp	140	14	3	2	2	0	176
Dressing	Chipotle Ranch, Gallon	Cain's	2 Tbsp	120	12	2	0	3	0	210

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Dressing	Chipotle Ranch, (Ind Cup)	Cain's	1 each	120	12	2	0	3	0	210
Dressing	French, (Ind Cup)	Cain's	1 each	120	11	2	0	5	0	220
Dressing	Honey Mustard, (Ind Cup)	Diamond Crystal	1 each	80	5	2	0	9	0	110
Dressing	Italian, Lite, (Ind Cup)	Cain's	1 each	40	3	1	0	3	0	280
Dressing	Italian, Lite, Gallon	Cain's	2 Tbsp	50	4	1	0	3	0	290
Dressing	Ranch, (Ind Cup)	Diamond Crystal	1 each	70	6	1	0	5	0	120
Dressing	Ranch, Low Fat, Gallon	Cain's	2 Tbsp	80	7	1	0	5	0	290
Fish	Fish Breaded Patty (Pollock) (Whole Grain)	High Liner Foods	1 each	170	6	1	11	17	2	240
Fish	Fish & Cheese Burrito (Whole Grain)	SDWH-138	1 each	472	20	9	24	50	7	683
Fish	Fish & Cheese Sandwich (K8) (Whole Grain)	SDWH-048K8	1 each	332	10	2	18	42	4	598

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Type of Food	Name	Brand or SF Recipe #	Portion	Calories	Total Fat(g)	Sat. Fat(g)	Protein (g)	Total Carb(g)	Fiber (g)	Sodium (mg)
Fish	Fish & Cheese Sandwich (HS) (Whole Grain)	SDWH-048HS	1 each	352	10	2	19	46	5	638
Fish	Southwest Fish & Cheese Sandwich (K8) (Whole Grain)	SDWH-131K8	1 each	320	9	2	18	41	4	562
Fish	Southwest Fish & Cheese Sandwich (HS) (Whole Grain)	SDWH-131HS	1 each	339	10	2	19	45	5	602
Fish	Tuna Salad, Classic (No Bread)	FH-001	#12 scoop	121	3	0	22	2	0	444
Fish	Tuna Salad, Healthy (No Bread)	FH-002	#12 scoop	139	7	0	23	2	1	531
Fish	Tuna Salad, Tangy (No Bread)	FH-004	#12 scoop	111	4	0	23	1	0	262
Fruit	Apples, Large (125-138), Fresh	NY State	1 each	61	0	0	0	16	3	1
Fruit	Apple Slices (Ind Bag)	Champlain Valley	1 bag	30	0	0	0	8	1	0
Fruit	Applesauce, #10 can	Port Royal	1/2 cup	60	0	0	0	15	2	0
Fruit	Applesauce, Ind	Knouse	1 each	50	0	0	0	14	2	10

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Fruit	Applesauce, Cherry, Ind	National Food Group	1 each	50	0	0	0	14	1	15
Fruit	Applesauce, Peach, Ind	National Food Group	1 each	50	0	0	0	14	1	15
Fruit	Applesauce, Strawberry Banana, Ind	National Food Group	1 each	50	0	0	0	14	1	15
Fruit	Apricot, Fresh	USDA	2 each	34	0	0	1	8	1	1
Fruit	Bananas, Petite, Fresh	PRPR-006	1 each	105	0	0	1	27	3	1
Fruit	Cantaloupe, Diced, Fresh	USDA	1/2 cup	27	0	0	1	6	1	12
Fruit	Craisins	Ocean Spray	1 bag	110	0	0	0	28	3	0
Fruit	Grapefruit, Whole, Fresh	USDA	1/2 fruit	40	0	0	1	10	1	0
Fruit	Grapes, Fresh (Ind Bag)	Champlain Valley	1 bag	40	0	0	1	10	1	0
Fruit	Grapes, Green or Red Seedless (14 large)	USDA	1/2 cup	69	0	0	1	18	1	2

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Fruit	Honeydew, Diced, Fresh	USDA	1/2 cup	59	0	0	1	15	1	27
Fruit	Ices, Orange Pineapple	J & J Snacks	1 each	70	0	0	0	20	3	5
Fruit	Ices, Strawberry Pomegranate	J & J Snacks	1 each	70	0	0	0	19	3	5
Fruit	Ices, Wild Cherry	J & J Snacks	1 each	70	0	0	0	19	3	10
Fruit	Mandarin, Fresh (Clementine)	USDA	2 each	107	0	0	2	27	4	2
Fruit	Nectarines, Small, Fresh	USDA	1 each	56	0	0	1	13	2	0
Fruit	Oranges, Fresh, 125 ct	USDA	1 each	65	0	0	1	16	3	1
Fruit	Oranges, Fresh, 138 ct	USDA	1 each	61	0	0	1	16	3	1
Fruit	Peach Cup, Diced, Frozen	USDA	1 each	80	0	0	1	19	1	0
Fruit	Peach Topping, Warm	BK-004	1/4 cup	35	0	0	0	10	0	0



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Fruit	Peaches, Medium, Fresh	USDA	1 each	68	0	0	2	17	3	0
Fruit	Peaches, Diced, #10 can	USDA	1/2 cup	60	0	0	0	14	0	5
Fruit	Peaches, Sliced, #10 can	USDA	1/2 cup	70	0	0	0	17	1	0
Fruit	Pears, Diced, #10 can	USDA	1/2 cup	80	0	0	1	14	2	0
Fruit	Pears, Medium, Fresh	USDA	1 each	80	0	0	1	22	4	1
Fruit	Pineapple Tidbits, #10 can	Port Royal	1/2 cup	70	0	0	1	17	0	0
Fruit	Plums, Fresh	USDA	1 each	30	0	0	0	8	1	0
Fruit	Strawberries, Fresh	USDA	1/2 cup	23	0	0	0	6	1	1
Fruit	Strawberry Cup, Diced, Frozen	USDA	1 each	90	0	0	1	22	2	0
Fruit	Tangerines, Fresh, Small	USDA	1 each	40	0	0	1	10	1	2

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Fruit	Topper, Peach Fruit	Tabatchnick	1 each	45	0	0	0	10	1	13
Fruit	Tubes, Fruit Juice Tubes, Orange (Chillers)	Steve's	1 each	50	0	0	0	13	0	5
Fruit	Tubes, Fruit Juice Tubes, Peach (Chillers)	Steve's	1 each	55	0	0	0	13	0	0
Fruit	Tubes, Fruit Juice Tubes, Strawberry Mango (Chillers)	Steve's	1 each	70	0	0	0	15	0	5
Fruit	Watermelon, Seedless, Fresh	USDA	1 slice	45	0	0	1	44	1	2
Juice	Apple Juice, Box, 4.2 oz (Ind)	Juice Bowl	1 each	60	0	0	0	15	0	5
Juice	Apple Juice, Can, 46 oz	Lassonde Pappas	4 fl oz	50	0	0	0	13	0	13
Juice	Apple Juice, Cup, 4 oz	Suncup	1 each	50	0	0	0	13	0	10
Juice	Fruit Punch Juice, Box, 4.2 oz (Ind)	Juice Bowl	1 each	60	0	0	0	14	0	5
Juice	Grape Juice, Can, 46 oz	Lassonde Pappas	4 fl oz	80	0	0	0	20	0	15

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Juice	Grape Juice, Cup, 4oz	Suncup	1 each	80	0	0	0	19	0	10
Juice	Orange Juice, Box, 4.2 oz (Ind)	Juice Bowl	1 each	60	0	0	0	15	0	5
Juice	Orange Juice, Can, 46 oz	Lassonde Pappas	4 fl oz	60	0	0	0	15	0	15
Juice	Orange Juice, Cup, 4 oz	Suncup	1 each	60	0	0	0	14	0	0
Juice	Pineapple Juice, Can, 46 oz	Lassonde Pappas	4 fl oz	65	0	0	0	17	0	15
Juice	Strawberry/Kiwi Juice, Box, 4.2 oz (Ind)	Juice Bowl	1 each	60	0	0	0	18	0	5
Milk	Milk, 1% Low fat	Upstate Niagara	1 each	110	3	0	8	13	0	125
Milk	Milk, Fat Free	Upstate Niagara	1 each	90	0	0	8	13	0	125
Milk	Milk, Fat Free Chocolate	Upstate Niagara	1 each	120	0	0	8	21	0	240
Milk	Milk, Whole	Upstate Niagara	1 each	150	8	0	8	12	0	125

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Milk	Milk, UHT, Chocolate, Fat Free	Natrel	1 each	160	0	0	11	29	0	170
Milk	Milk, UHT, Lactose Free, Fat Free	Natrel	1 each	80	0	0	8	12	0	130
Milk	Milk, UHT, Low Fat 1%	Natrel	1 each	100	3	0	8	12	0	130
Milk	Milk, UHT, Soymilk	Kikkoman	1 each	130	5	0	8	15	2	110
Milk	Milk, UHT, Low Fat 1%	Natrel	1 each	100	3	0	8	12	0	130
Pasta	Macaroni & Cheese, Pre-made	Pen Pak	2-3 oz spoodle	220	7	0	16	24	2	480
Pasta	Manicotti, Twin	Alfresco	1 each	310	9	0	17	34	4	270
Pasta	Penne, Pasta Choice (K-8) (Whole Wheat)	GR-049	1/2 cup	97	1	0	4	20	3	45
Pasta	Penne, Pasta Choice (HS) (Whole Wheat)	GR-049	1 cup	193	2	0	9	40	6	90
Pasta	Penne, Baked (Whole Wheat)	GR-047	1 cup	417	16	0	23	51	7	691

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Type of Food	Name	Brand or SF Recipe #	Portion	Calories	Total Fat(g)	Sat. Fat(g)	Protein (g)	Total Carb(g)	Fiber (g)	Sodium (mg)
Pasta	Penne, Pasta Fagioli (Whole Wheat)	VEG-063	1 cup	439	11	0	20	75	14	352
Pasta	Penna, Pasta Marinara (Whole Wheat)	GR050	1 cup	201	2	0	9	42	7	170
Pasta	Ravioli, Beef (Whole Wheat)	Aunt Kitty	8 each	350	14	0	16	41	1	780
Pasta	Ravioli, Cheese & Spinach (K-8) (Whole Wheat)	Seviroli	6 each	130	5	0	10	24	3	220
Pasta	Rotini, Pasta Choice (K-8) (Whole Wheat)	GR-049	1/2 cup	97	1	0	4	20	3	45
Pasta	Rotini, Pasta Choice (HS) (Whole Wheat)	GR-049	1 cup	193	2	0	9	40	6	90
Pasta	Rotini, Cheesy Baked (Whole Wheat)	VEG-059	1 cup	417	16	0	23	48	7	691
Pasta	Rotini, Pasta Primavera Bake (K8) (Whole Wheat)	GR-059	1 cup	188	5	1	7	30	6	167
Pasta	Rotini, Pasta Primavera Bake (HS) (Whole Wheat)	GR-059	2 cup	376	10	2	14	60	12	334
Pasta	Spaghetti, Hot Lo-Mein Noodles (Sesame Lo Mein)	GR-008	1 cup	398	14	0	11	62	9	336

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Pasta	Spaghetti, Pasta Choice (K-8) (Whole Wheat)	GR-049	1/2 cup	97	1	0	4	20	3	45
Pasta	Spaghetti, Pasta Choice (HS) (Whole Wheat)	GR-049	1 cup	193	2	0	9	40	6	90
Pasta	Stuffed Shells in Marinara Sauce (Whole Wheat)	GR-052	2 each	298	7	4	18	44	6	619
Peanut Butter	Peanut Butter	Sunny Boy	2 Tbsp	200	15	0	8	7	2	130
Peanut Butter	Peanut Butter Portion Cup	BK-051	#30 scoop /1 oz	200	15	0	8	7	2	130
Peanut Butter	Pre-Made, PBJ Sandwich (Uncrustables) (Whole Wheat)	Uncrustable	1 each	534	25	0	23	53	7	545
Pizza	Pizza, Bagel (Whole Wheat)	Nardone	1 each	300	11	0	22	31	4	540
Pizza	Pizza, Flatbread, Personal Pesto (Whole Wheat, Low Sodium)	CH-019	1 each	249	14	0	12	18	2	579
Pizza	Pizza, French Bread (Whole Wheat, Low Sodium)	Nardone	1 each	310	12	0	23	31	3	400
Pizza	Pizza, Personal Rounds (Whole Wheat, Low Sodium)	Nardone	1 each	320	12	0	22	31	3	380

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Pizza	Pizza, Slice (Whole Wheat, Low Sodium)	Nardone	1 each	310	13	0	21	28	3	480
Pizza	Pizza Topping, BBQ Chicken (Breaded Chicken Patty, ABF)	CK-074	#30 scoop	41	2	0	3	4	0	81
Pizza	Pizza Topping, Bruschetta Tomato	VRO-012	#30 scoop	16	0	0	0	3	1	84
Pizza	Pizza Topping, Extra Zesty	CH-015	#30 scoop	96	6	0	7	2	1	236
Pizza	Pizza Topping, Margherita	VRO-013	2 tomato slices	10	0	0	0	2	1	3
Pizza	Pizza Topping, Ranch Chicken Pizza (Breaded Chicken Bites, ABF)	CK-071	#30 scoop	50	3	0	2	3	0	103
Pizza	Pizza Topping, Ranch Chicken Pizza (Grilled Chicken Strips, ABF)	CK-071	#30 scoop	69	2	0	8	1	0	120
Pizza	Pizza Topping, Turkey Crumble	TK-008	#40 scoop	30	2	0	3	1	0	164
Pizza	Pizza Topping, Assorted Toppings	TK-016	#30 scoop	22	1	0	2	2	0	82
Pizza	Pizza Topping, Tomato Pesto	SAU-042	2 tomato slices	68	5	0	2	4	1	154

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Type of Food	Name	Brand or SF Recipe #	Portion	Calories	Total Fat(g)	Sat. Fat(g)	Protein (g)	Total Carb(g)	Fiber (g)	Sodium (mg)
Potatoes	Baked French Fries	VS-015	1 cup	220	6	0	2	40	2	360
Potatoes	Chili Cheese Fries	VS-025	1 cup	290	11	0	6	43	3	520
Potatoes	Disco Fries (From Seasoned Wedge Cut Potatoes)	VS-021	1 cup	375	18	0	11	45	4	757
Potatoes	Home Fries (From Diced Potatoes)	VS-024	1 cup	244	12	0	3	34	4	280
Potatoes	Home Fries (From Seasoned Wedge Cut Potatoes with Peppers & Onions)	VS-020	1 cup	303	11	0	5	48	7	413
Potatoes	Mashed Potatoes (From Frozen)	VS-016	1 cup	221	7	0	4	34	4	602
Potatoes	Mashed Potato Bowl with Popcorn Chicken	CK-084	1 serving	596	32	0	23	54	5	1405
Potatoes	Marinated Potato Salad	VS-026	1 cup	195	10	0	2	27	2	231
Potatoes	Seasoned Wedge Cut Potatoes	VS-017	1 cup	240	8	0	4	40	4	280
Potatoes	Sweet Potato Waffle Fries (K-8)	VRO-009	1/2 cup	90	3	0	1	15	2	150



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Potatoes	Sweet Potato Waffle Fries (HS)	VRO-009	1 cup	179	6	0	2	30	4	299
Potatoes	Sweet-N-Spicy Sweet Potato Waffle Fries (K-8)	VRO-015	1/2 cup	92	3	0	1	15	2	202
Potatoes	Sweet-N-Spicy Sweet Potato Waffle Fries (HS)	VRO-015	1 cup	184	6	0	2	30	4	403
Potatoes	Sweet Potato Wedges (K-8)	VRO-011	1/2 cup	120	4	0	1	19	2	140
Potatoes	Sweet Potato Wedges (HS)	VRO-011	1 cup	240	8	0	2	38	4	280
Rice & Grains	Brown Rice, Steamed (K-8)	GR-024	1/2 cup	129	2	0	3	26	1	248
Rice & Grains	Brown Rice, Steamed (HS)	GR-024	1 cup	257	3	0	6	51	2	497
Rice & Grains	Croutons	GR-055	1/2 cup	95	5	0	2	14	2	218
Rice & Grains	Rice and Beans (K-8)	GR-053	1/2 cup	192	6	0	5	29	4	238
Rice & Grains	Rice and Beans (HS)	GR-053	1 cup	384	12	1	9	58	8	475

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Rice & Grains	Fiesta Rice Bowl w Taco Meat, Cheddar Cheese, & Salsa	GR-048	1 each	422	10	0	22	61	8	876
Rice & Grains	Taco Tub	Smokewood	1 each	110	6	0	2	13	2	0
Rice & Grains	Burrito Bowl w Grilled Chicken Strips and Mexicali Beans (ABF)	GR-057	1 each	501	15	1	24	62	7	823
Rice & Grains	Vegetable Rice (K-8)	GR-054	1/2 cup	165	4	0	3	28	2	275
Rice & Grains	Vegetable Rice (HS)	GR-054	1 cup	331	8	0	6	56	4	550
Salad	Bruschetta Tomato Salad (K-8)	VRO-016	1/2 cup	45	2	0	1	7	2	45
Salad	Bruschetta Tomato Salad (HS)	VRO-016	1 cup	90	3	0	2	14	3	90
Salad	Carrot & Lemon Salad (K-8)	VRO-010	1/2 cup	50	0	0	1	12	3	166
Salad	Carrot & Lemon Salad (HS)	VRO-010	1 cup	100	1	0	2	24	7	331
Salad	Caesar Salad with Croutons	SB-008	1 each	113	6	0	4	12	2	294

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Salad	Chef Salad	SAL-009	1 each	159	8	0	17	5	1	470
Salad	Coleslaw, Cilantro Healthy	VO-012	1/2 cup	101	8	0	1	8	2	183
Salad	Corn, Confetti Salad (K-8) [Hot or Cold]	VS-011	1/2 cup	124	7	0	2	16	2	100
Salad	Corn, Confetti Salad (HS) [Hot or Cold]	VS-011	1 cup	247	14	0	4	33	4	200
Salad	Cucumber Salad (K-8)	VO-005	1/2 cup	25	1	0	0	4	0	79
Salad	Cucumber Salad (HS)	VO-005	1 cup	50	2	0	1	7	1	158
Salad	Grab & Go, Asian Sesame Grilled Chicken Salad (ABF)	SAL-035	1 each	306	11	2	22	32	5	508
Salad	Grab & Go, Chicken Caesar Salad w Pita (Whole Wheat, ABF)	SAL-030	1 each	511	30	0	21	43	6	924
Salad	Grab & Go, Chopped Salad (ABF)	SAL-038	1 each	382	14	4	27	41	6	673
Salad	Grab & Go, Crispy Breaded Chicken (Whole Wheat, ABF)	SAL-020	1 each	226	9	0	19	17	2	425

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Salad	Grab & Go, Crispy Chicken Pasta Salad (Whole Wheat, ABF)	SAL-023	1 each	504	17	0	29	63	9	966
Salad	Grab & Go, Grilled Chicken Caesar Salad with Pita (Whole Wheat, ABF)	SAL-034	1 each	299	12	2	21	26	5	410
Salad	Grab & Go, Grilled Chicken Pasta Salad (Whole Wheat, ABF)	SAL-037	1 each	390	10	2	27	50	8	641
Salad	Grab & Go, Grilled Chicken Salad (ABF)	SAL-036	1 each	117	3	1	17	5	2	103
Salad	Grab & Go, Italian Veggie Pasta Salad (Whole Wheat)	SAL-010	1 each	426	12	0	16	68	16	809
Salad	Grab & Go, Popcorn Chicken (Breaded Chicken Bites) (Whole Wheat, ABF)	SAL-018	1 each	325	20	0	16	21	2	575
Salad	Grab & Go, Tuna Salad	SAL-012	1 each	145	3	0	24	7	2	452
Salad	Green Salad, Garden	VDG-004	1 cup	5	0	0	0	1	1	7
Salad	Italian Marinated Cucumber Salad (K-8)	VO-018	1/2 cup	46	4	0	1	3	0	9
Salad	Italian Marinated Cucumber Salad (HS)	VO-018	1 cup	91	8	0	1	6	1	18

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Type of Food	Name	Brand or SF Recipe #	Portion	Calories	Total Fat(g)	Sat. Fat(g)	Protein (g)	Total Carb(g)	Fiber (g)	Sodium (mg)
Salad	Kale Caesar Salad	VDG-012	1 cup	90	5	0	4	7	2	214
Salad	Kale Salad, Kid Friendly	VDG-007	1 cup	109	6	0	2	14	2	162
Salad	Kale Salad, w Orange Ginger Dressing	VDG-006	1 cup	50	2	0	2	8	2	117
Salad	White Bean Salad	VL-016	1/2 cup	149	4	0	8	24	5	210
Salad	Cobb Salad	SAL-029	1 each	240	14	0	21	6	1	486
Salad Bar	Asian Red Cabbage Slaw	SB-006	1/2 cup	93	6	0	1	9	2	149
Salad Bar	Broccoli & Cranberry Salad	SB-004	1/2 cup	101	5	0	2	12	2	58
Salad Bar	Caesar Salad with Croutons	SB-008	1/2 cup	113	6	0	4	12	2	294
Salad Bar	Carrot & Lemon Salad	SB-013	1/2 cup	50	0	0	1	12	3	166
Salad Bar	Celery & Apple with Sunflower Seeds	SB-003	1/2 cup	48	1	0	1	6	2	100

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Salad Bar	Greek Zucchini Salad	SB-001	1/2 cup	38	2	0	1	5	1	124
Salad Bar	Italian Classico	SB-005	1/2 cup	81	8	0	1	3	1	21
Salad Bar	Marinated Vegetable Salad	SB-007	1/2 cup	72	6	0	1	5	1	122
Salad Bar	Roasted Broccoli & Cauliflower	SB-009	1/2 cup	112	10	0	2	5	2	76
Salad Bar	Spinach & Cranberry	SB-012	1/2 cup	121	5	0	3	18	3	86
Salad Bar	Spinach, Tomato, & Roasted Red Pepper Salad	SB-002	1/2 cup	71	5	0	3	5	2	202
Sandwich	Bagel, Toasted Cheese & Tomato (Whole Wheat)	SDWH-118K8	1 each	310	9	0	21	38	5	577
Sandwich	Bagel, Toasted Cheese & Tomato (Whole Wheat)	SDWH-118HS	1 each	378	9	0	24	52	6	605
Sandwich	Ciabatta Roll, Hot Turkey & Gravy (Whole Wheat)	SDWH-135	1 each	326	11	0	24	36	3	798
Sandwich	Ciabatta Roll, Hot Turkey Melt (Whole Wheat)	SDWH-134	1 each	321	11	0	25	35	3	626

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Sandwich	Ciabatta Roll, Hot Turkey Supreme (Whole Wheat)	SDWH-137	1 each	356	14	0	24	38	4	746
Sandwich	Ciabatta Roll, Classic Tuna Salad (Whole Wheat)	SDWH-103	1 each	281	4	0	28	35	3	724
Sandwich	Ciabatta Roll, Turkey Caprese (Whole Wheat)	SDWH-130	1 each	329	11	0	24	37	4	723
Sandwich	Gyro Pita (Whole Wheat)	SDWH-081	1 each	328	13	0	23	33	6	815
Sandwich	Ham Bun, Crispy Chicken Patty (K8) (Whole Wheat, ABF)	SDWH-083K8	1 each	320	10	0	21	37	3	630
Sandwich	Ham Bun, Crispy Chicken Parm (K8) (Whole Wheat, ABF)	SDWH-096K8	1 each	424	16	0	28	41	4	904
Sandwich	Ham Bun, Spicy Crispy Chicken (K8) (Whole Wheat, ABF)	SDWH-076K8	1 each	300	12	0	16	35	3	680
Sandwich	Ham Bun, Crispy Chicken Parm (HS) (Whole Wheat, ABF)	SDWH-096HS	1 each	444	17	0	29	45	5	944
Sandwich	Ham Bun, Crispy Chicken Patty (HS) (Whole Wheat, ABF)	SDWH-083HS	1 each	340	10	0	22	41	6	670
Sandwich	Ham Bun, Spicy Crispy Chicken (HS) (Whole Wheat, ABF)	SDWH-076HS	1 each	320	12	0	17	39	4	720

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Sandwich	Hero Roll, Philly Cheese Steak (w Italian Cheese Sauce) (Whole Wheat)	SDWH-085	1 each	291	11	0	19	30	4	474
Sandwich	Hero Roll, Turkey Sausage & Peppers (Whole Wheat)	SDWH-112	1 each	468	22	0	32	33	3	1415
Sandwich	Kaiser Roll, Roasted Turkey & Swiss (Whole Wheat)	SDWH-078	1 each	364	11	0	25	46	4	479
Sandwich	Panini (Loco Bread), Red, White, & Green (Whole Wheat)	VEG-010	1 each	387	22	0	19	29	5	826
Sandwich	Pita, Falafel w Tzatziki sauce (Whole Wheat)	VEG-055	1 each	311	9	0	13	47	8	700
Sandwich	Pre-Made, (Burrito) Turkey Chorizo Breakfast (Whole Wheat)	BAJA Foods	1 each	160	6	0	7	20	2	160
Sandwich	Pre-Made, (Ham Bun), Egg & Cheese (Whole Wheat)	Advance Pierre	1 each	160	7	0	6	20	2	360
Sandwich	Pre-Made (Hero), Turkey & Cheese (Whole Wheat)	Maramount	1 each	255	6	0	21	32	3	605
Sandwich	Pre-Made, (Sliced Bread), Grilled Cheese (Whole Wheat)	Integrated Foods	1 each	306	14	0	14	31	3	421
Sandwich	Pre-Made, (Sliced Bread), Peanut Butter & Grape Jelly Uncrustable (Whole Wheat)	Maramount	1 each	543	25	0	23	53	7	545



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Sandwich	Pre-Made, (Sliced Bread), Turkey Bologna, Turkey Salami & Cheese Wedge (Whole Wheat)	Tasty Brands	1 each	280	10	0	19	29	2	480
Sandwich	Pre-Made, (Sliced Bread), Turkey Breast, Turkey Ham & Cheese Wedge (Whole Wheat)	Tasty Brands	1 each	250	9	0	19	28	2	470
Sandwich	Quesadilla, Black Bean & Cheese, Seasoned (Whole Wheat, Low Sodium)	VEG-008	1 each	353	16	0	16	39	6	472
Sandwich	Quesadilla, Cheese (Whole Wheat, Low Sodium)	CH-020	1 each	426	26	0	21	32	4	654
Sandwich	Quesadilla, Spinach & Mozzarella w Tomato (Whole Wheat, Low Sodium)	VEG-054	1 each	411	21	0	22	34	5	653
Sandwich	Sunflower Seed Butter & Jelly Sandwich (Whole Wheat)	SDWH-148	1 each	562	35	4	18	54	8	530
Sandwich	Taco, Cheesy Beef Crunchy	BF-003	1 each	264	13	0	18	21	6	378
Sandwich	Tacos, Bite Sized Beef	BF-005	1 each	264	9	0	18	27	6	503
Sandwich	Tacos, Veggie	VEG-062	1 each	259	14	0	9	27	5	539
Sandwich	Tacos, Veggie with Scoops	VEG-064	1 each	294	13	0	10	35	5	668

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Sandwich	Chicken (Breaded Chicken Patty, Whole Grain, ABF) & Waffle Sandwich	SDWH-095	1 each	340	12	0	22	38	5	720
Sandwich	Whole Wheat Sliced Bread, Cheese (Whole Wheat)	SDWH-033	1 each	260	9	0	18	32	4	690
Sandwich	Whole Wheat Sliced Bread, Cheese, "Grilled", Classic	SDWH-001	1 each	300	14	0	18	32	4	690
Sandwich	Whole Wheat Sliced Bread, Peanut Butter & Jelly Sandwich	SDWH-032	1 each	555	31	0	20	53	8	526
Sandwich	Whole Wheat Sliced Bread, Peanut Butter & Jelly Triple Decker	SDWH-071	1 each	755	38	0	26	82	11	725
Sandwich	Whole Wheat Sliced Bread, Tuna Salad, Classic	SDWH-140	1 each	241	4	0	26	30	4	714
Sandwich	Whole Wheat Sliced Bread, Turkey (no cheese)	SDWH-073	1 each	225	6	0	21	30	4	615
Sandwich	Whole Wheat Sliced Bread, Turkey & Cheese (pre-sliced roasted turkey)	SDWH-074T	1 each	243	7	0	19	31	4	653
Sandwich	Wrap, Fish & Cheese Burrito (Whole Wheat)	SDWH-138	1 each	472	20	0	24	50	7	683
Sandwich	Wrap, Cheese Omelet (Whole Wheat)	BK-048	1 each	300	15	0	13	29	3	480

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Sandwich	Wrap, Cheese Omelet & Salsa (Whole Wheat)	BK-014	1 each	310	15	0	13	31	4	549
Sandwich	Wrap, Crispy Chicken (Breaded Chicken Patty) (Whole Wheat, ABF)	SDWH-104	1 each	391	14	0	25	44	5	603
Sandwich	Wrap, Curried Chicken (Breaded Chicken Bites) (Whole Wheat, ABF)	SDWH-141	1 each	526	29	0	22	49	6	869
Sandwich	Wrap, Italian Turkey	SDWH-089	1 each	328	14	0	23	32	4	537
Sandwich	Wrap, Popcorn Chicken (Breaded Chicken Bites) (Whole Wheat, ABF)	SDWH-117	1 each	489	25	0	22	48	5	753
Sandwich	Wrap, Spinach, Super Hero (Whole Wheat)	VEG-009	1 each	395	19	0	23	34	6	760
Sandwich	Wrap, Tuna Salad, Classic (Whole Wheat)	SDWH-037	1 each	302	7	0	29	32	4	627
Sandwich	Wrap, Turkey Caesar (Whole Wheat)	SDWH-094	1 each	355	16	0	24	33	4	616
Sandwich	Wrap, Turkey Sausage Crumble, Egg & Cheese (Whole Wheat)	BK-052	1 each	316	13	0	18	31	3	668
Sandwich	Wrap, Vegetarian (w Chickpea Salad) (Whole Wheat)	VEG-051	1 each	356	9	0	15	58	15	686

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Type of Food	Name	Brand or SF Recipe #	Portion	Calories	Total Fat(g)	Sat. Fat(g)	Protein (g)	Total Carb(g)	Fiber (g)	Sodium (mg)
Sauce	BBQ Sauce, Gallon, Pre-Made	Branson's Road House	2 Tbsp	50	0	0	0	11	0	120
Sauce	BBQ Sauce, Ind Cup	Diamond Crystal	1 oz	70	0	0	0	18	0	110
Sauce	Cheese Sauce Italian (White)	Land O' Lakes	1/4cup	100	7	0	6	2	0	390
Sauce	Duck Sauce, Ind Cup	Global Food	1 each	20	0	0	0	5	0	90
Sauce	Gravy, Vegetarian	Vanee Foods	1/4 cup	25	1	0	0	4	0	310
Sauce	Hot Sauce (Ind Packet)	Diamond Crystal	1 each	15	0	0	0	4	0	180
Sauce	Korean, BBQ, Gal	Korean Delights	1 Tbsp	35	0	0	0	9	0	290
Sauce	Kung Pao, Low Sodium	Minh	2 Tbsp	35	1	0	0	6	0	220
Sauce	Marinara Sauce, Herbed	SAU-004	1/4 cup	34	1	0	1	7	1	153
Sauce	Mayo, Garlic	SAU-027	1 Tbsp	46	2	0	0	2	0	111

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Sauce	Peach BBQ Sauce	SAU-044	1 Tbsp	21	0	0	0	5	0	40
Sauce	Salsa Dipping Cup, Ind, 3 oz	Red Gold	1 each	30	0	0	0	6	0	208
Sauce	Salsa Sauce, Canned	Red Gold	3 Tbsp	15	0	0	0	3	1	104
Sauce	Soy Sauce Dipper, Low Sodium	Kikkoman	1 Tbsp	10	0	0	1	1	0	575
Sauce	Spaghetti Sauce	Alfredo	1/2 cup	70	2	0	2	15	3	55
Sauce	Sweet & Sour Sauce	Minh	2 Tbsp	45	0	0	0	11	1	75
Sauce	Taco Sauce, Mild, PC	Ortega	1 each	5	0	0	0	1	0	65
Sauce	Tartar Sauce	SAU-021	#40 scoop	73	3	0	0	4	0	200
Sauce	Teriyaki Sauce	Minh	2 Tbsp	50	0	0	1	12	1	250
Sauce	Tzatziki Sauce	SAU-031	#40 scoop	41	3	0	3	2	0	163

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Sauce	Vinaigrette, Honey Mustard	SAU-035	2 Tbsp	113	9	0	0	8	0	62
Sauce	Vinaigrette, Italian	SAU-033	2 Tbsp	128	14	0	0	1	0	28
Snack	Bar, Granola	Nature Valley	1 each	190	7	0	3	29	2	180
Snack	Bites, Maple Breakfast	MJM	1 pkg	220	7	0	3	40	4	230
Snack	Cookies, Buttercrunch	Linden's	1 pkg/ 2 cookies	140	5	0	2	22	2	119
Snack	Cookies, Buttercrunch Minis	Linden's	1 pkg	150	6	0	2	22	2	135
Snack	Cookies, Chocolate Chip	Linden's	1 pkg/ 2 cookies	140	5	0	2	22	2	70
Snack	Cookies, Chocolate Chippers (Minis)	Linden's	1 pkg	145	6	0	2	22	2	90
Snack	Cookies, Fudge Chip	Linden's	1 pkg/ 2 cookies	136	5	0	2	20	2	70
Snack	Cookies, Oatmeal Raisin	Linden's	1 pkg/ 2 cookies	133	5	0	2	21	2	87

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Snack	Crackers, Animal	Nutritional Choices	1 pkg	120	5	0	2	20	5	115
Snack	Crackers, Animal, Cinnamon	Nutritional Choices	1 pkg	120	5	0	2	21	2	85
Snack	Crackers, Chocolate Grahams	Skeeter Snacks	1 pkg	140	5	0	2	24	3	90
Snack	Crackers, Honey Graham	Remy's	1 pkg	100	3	0	2	19	2	10
Snack	Crackers, Whole Wheat	Westminister Bakers	1 pkg	32	1	0	1	5	1	60
Snack	Craisins®	Ocean Spray®	1 bag	110	0	0	0	28	3	0
Snack	Pretzels, Heart-Shaped	Rold Gold	1 pkg	80	2	0	2	15	2	200
Snack	Chips, Baked Tostitos Scoops	Frito Lay	1 pkg	110	3	0	2	19	2	125
Snack	Sunflower Seeds, Honey Roasted	Sun Opta	1 pkg	190	15	0	6	11	3	65
Tofu	Tofu & Black Bean Burrito	VEG-061	1 each	408	16	0	22	46	9	545

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Tofu	Tofu, Crunchy, Plain	VEG-038	4 oz	370	16	0	19	39	4	493
Tofu	Tofu, Crunchy, with Kung Pao Sauce	VEG-038KP	4 oz	396	17	0	19	44	4	659
Tofu	Tofu, Crunchy, with Teriyaki Sauce	VEG-038TER	4 oz	403	16	0	19	46	4	573
Turkey	Turkey & Gravy	TK-017	6 slices/ 2 rolls of 3 oz	112	5	0	17	3	0	431
Turkey	Turkey Bologna, Pre-sliced. Red Sodium	Jennie-O	6 slices/ 3 oz	120	6	0	14	0	0	460
Turkey	Turkey Breast, Oven Roasted, Pre-sliced	Jennie-O	6 slices/ 3 oz	110	5	0	17	0	0	340
Turkey	Turkey Burger (No bun)	Solo Fresco	1 each	90	2	0	16	2	0	220
Turkey	Turkey Burger (K-8) (Whole Wheat)	SDWH-055K8	1 each	200	3	0	19	25	2	430
Turkey	Turkey Burger (HS) (Whole Wheat)	SDWH-055HS	1 each	220	3	0	20	29	3	470
Turkey	Turkey Burger w Cheese (K-8) (Whole Wheat)	SDWH-084K8	1 each	235	5	0	23	26	2	535



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Turkey	Turkey Burger w Cheese (HS) (Whole Wheat)	SDWH-084HS	1 each	255	5	0	23	30	3	575
Turkey	Turkey Burger, Fiesta Turkey Burger (HS) (Whole Wheat)	SDWH-145HS	1 each	285	7	0	24	33	4	704
Turkey	Turkey Burger, Fiesta Turkey Burger (K-8) (Whole Wheat)	SDWH-145K8	1 each	265	7	0	23	29	3	664
Turkey	Turkey Carnitas	J.T.M	4 oz	123	4	0	15	10	5	459
Turkey	Turkey Carnitas Burrito (Whole Wheat Tortilla Wrap)	TK-009	1 each	349	9	0	20	50	11	938
Turkey	Turkey Sausage Patty	Branson's	1 each	90	6	0	7	1	2	180
Turkey	Turkey, Shepard's Pie	TK-014	2 x 3oz sp	298	13	0	19	31	8	960
Vegetable	Broccoli, Steamed (From Fresh) (K-8)	VDG-010	1/2 cup	10	0	0	1	2	1	9
Vegetable	Broccoli, Steamed (From Fresh) (HS)	VDG-010	1 cup	20	0	0	2	4	2	19
Vegetable	Broccoli with Garlic & Oil (From Fresh) (K-8)	VDG-001	1/2 cup	55	4	0	3	4	2	69

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Type of Food	Name	Brand or SF Recipe #	Portion	Calories	Total Fat(g)	Sat. Fat(g)	Protein (g)	Total Carb(g)	Fiber (g)	Sodium (mg)
Vegetable	Broccoli with Garlic & Oil (From Fresh) (HS)	VDG-001	1 cup	110	7	0	5	9	4	138
Vegetable	Broccoli with Garlic & Oil (From Frozen) (K-8)	VDG-001FZ	1/2 cup	51	3	0	2	3	2	67
Vegetable	Broccoli with Garlic & Oil (From Frozen) (HS)	VDG-001FZ	1 cup	103	7	0	5	7	3	134
Vegetable	Broccoli, Baked Broccoli (HS)	VDG-015	1 cup	183	11	0	9	11	4	354
Vegetable	Broccoli, Baked Broccoli (K-8)	VDG-015	1/2 cup	91	6	0	4	5	2	177
Vegetable	Broccoli, Roasted Broccoli and Cauliflower (K-8)	VO-023	1/2 cup	39	2	0	2	5	2	49
Vegetable	Broccoli, Roasted Broccoli and Cauliflower (HS)	VO-023	1 cup	79	3	0	4	9	4	99
Vegetable	Butternut Squash (K-8)	VRO-018	1/2 cup	126	5	0	1	22	3	321
Vegetable	Butternut Squash (HS)	VRO-018	1 cup	251	10	0	2	44	6	643
Vegetable	Carrots, Slow Roasted Carrots (K-8)	VRO-020	1/2 cup	113	5	0	0	18	3	247

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Vegetable	Carrots, Slow Roasted Carrots (HS)	VRO-020	1 cup	225	9	1	0	36	6	495
Vegetable	Carrots, Orange Ginger Carrots (K-8)	VRO-019	1/2 cup	67	3	0	0	9	3	206
Vegetable	Carrots, Orange Ginger Carrots (HS)	VRO-019	1 cup	135	5	0	0	19	6	412
Vegetable	Carrots, Orange Glazed (K-8)	VRO-002	1/2 cup	61	3	0	0	8	3	186
Vegetable	Carrots, Orange Glazed (HS)	VRO-002	1 cup	122	5	0	0	16	6	371
Vegetable	Carrots, Sliced, (#10 can)	Seneca	1/2 cup	30	0	0	0	6	2	140
Vegetable	Carrots, Sliced (Frozen)	Endico	1/2 cup	25	0	0	0	5	2	40
Vegetable	Carrots, 'Brown Sugar Carrots' (K-8)	VRO-017	1/2 cup	103	4	0	0	15	3	201
Vegetable	Carrots, 'Brown Sugar Carrots' (HS)	VRO-017	1 cup	206	9	0	0	30	6	402
Vegetable	Carrot Sticks, Plain, Individual	Champlain Valley	1 bag	25	0	0	0	6	1	55

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Vegetable	Carrot Sticks, Ranch, Individual (Veggie Snackers)	Bolthouse Farms	1 bag	30	0	0	1	7	2	210
Vegetable	Cauliflower, Parmigiana Roasted (K-8)	VO-017	1/2 cup	78	4	0	3	7	2	393
Vegetable	Cauliflower, Parmigiana Roasted (HS)	VO-017	1 cup	156	9	0	6	14	6	786
Vegetable	Cauliflower, Roasted (K-8)	VO-008	1/2 cup	42	2	0	2	5	2	120
Vegetable	Cauliflower, Roasted (HS)	VO-008	1 cup	84	4	0	4	9	4	240
Vegetable	Celery, Sticks	USDA	1/2 cup (6 sticks)	8	1	0	0	2	1	40
Vegetable	Chickpeas Balsamic Chickpea Salad (K-8)	VL-031	1/2 cup	164	5	2	7	23	9	339
Vegetable	Chickpeas, Balsamic Chickpea Salad (HS)	VL-031	1 cup	329	11	3	14	47	19	679
Vegetable	Chickpeas, Cranberry Chickpea Salad	VL-030	1/2 cup	164	5	2	7	23	9	339
Vegetable	Chickpeas, Cranberry Chickpea Salad	VL-030	1 cup	329	11	3	14	47	19	679

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Type of Food	Name	Brand or SF Recipe #	Portion	Calories	Total Fat(g)	Sat. Fat(g)	Protein (g)	Total Carb(g)	Fiber (g)	Sodium (mg)
Vegetable	Coleslaw, Cilantro Healthy (K-8)	VO-012	1/2 cup	101	8	0	1	8	2	183
Vegetable	Coleslaw, Cilantro Healthy (HS)	VO-012	1 cup	202	16	0	2	15	5	366
Vegetable	Corn, Cob, Small, Frozen	VS-023	1 each	94	1	0	3	19	2	1
Vegetable	Corn, Hot Confetti (K-8)	VS-012	1/2 cup	124	7	0	2	17	2	100
Vegetable	Corn, Hot Confetti (HS)	VS-012	1 cup	247	14	0	4	33	4	200
Vegetable	Cucumber Salad (K-8)	VO-005	1/2 cup	25	1	0	0	4	0	79
Vegetable	Cucumber Salad (HS)	VO-005	1 cup	50	2	0	1	7	1	148
Vegetable	Cucumber, Slices (K-8)	VO-014	1/2 cup	11	0	0	0	3	0	2
Vegetable	Cucumber, Slices (HS)	VO-014	1 cup	22	0	0	0	6	1	3
Vegetable	Green Beans, Garlicky (K-8)	VO-003	1/2 cup	59	4	0	1	5	2	146

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Vegetable	Green Beans, Garlicky (HS)	VO-003	1 cup	112	4	0	2	10	4	292
Vegetable	Green Beans, Garlic Teriyaki (K-8)	VO-021	1/2 cup	39	0	0	1	9	2	132
Vegetable	Green Beans, Garlic Teriyaki (HS)	VO-021	1 cup	77	0	0	3	17	5	264
Vegetable	Green Beans, Marinated (K-8)	VO-004	1/2 cup	42	1	0	1	6	3	82
Vegetable	Green Beans, Marinated (HS)	VO-004	1 cup	84	2	0	3	13	6	164
Vegetable	Hummus, Individual	Fresh Kids	1 each	140	11	0	3	8	2	220
Vegetable	Hummus Lunch Pack (Hummus & Pretzels)	VEG-043	(2 ind cups & 2 bags)	440	25	0	10	46	8	840
Vegetable	Kale Chips, Crispy Baked (K-8)	VDG-014	1 cup	71	4	0	3	7	3	109
Vegetable	Kale Chips, Crispy Baked (HS)	VDG-014	2 cup	142	8	0	7	15	6	218
Vegetable	Lettuce, Romaine, Shredded	USDA	1 cup	8	0	0	1	2	1	4

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Vegetable	Mushrooms, Pieces or Slices, Fresh	USDA	1/2 cup	10	0	0	2	3	0	3
Vegetable	Mushrooms, L/S, Canned	Giorgio	1 oz	25	0	0	1	4	1	25
Vegetable	Medley, Corn, Peas and Carrots (HS)	VO-022	1 cup	172	9	0	4	20	4	472
Vegetable	Medley, Corn, Peas and Carrots (K8)	VO-022	1/2 cup	86	4	0	2	10	2	236
Vegetable	Pickle Chips	Heinz	2 oz	3	0	0	0	1	0	332
Vegetable	Pimentos	Ruby	1 oz	9	0	0	1	2	1	125
Vegetable	Plantains, Roasted Sweet (K-8)	VS-018	1/2 cup (4 ea)	199	4	0	2	40	2	0
Vegetable	Plantains, Roasted Sweet (HS)	VS-018	1 cup (8 ea)	298	8	0	4	80	4	0
Vegetable	Red Cabbage, Braised (K8)	VO-019	1/2 cup	66	3	0	1	11	2	95
Vegetable	Red Cabbage, Braised (HS)	VO-019	1 cup	133	5	0	1	23	4	190

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Vegetable	Spinach, Creamed (K8)	VDG-013	1/2 cup	138	9	0	6	6	4	388
Vegetable	Spinach, Creamed (HS)	VDG-013	1 cup	275	18	0	12	12	8	777
Vegetable	Spinach, Parmigiana (K-8)	VDG-008	1/2 cup	84	5	0	4	4	3	261
Vegetable	Spinach, Parmigiana (HS)	VDG-008	1 cup	168	10	0	8	8	7	521
Vegetable	Spinach, Super Hero (K-8)	VDG-003	1/2 cup	67	5	0	4	5	4	88
Vegetable	Spinach, Super Hero (HS)	VDG-003	1 cup	133	10	0	8	10	8	176
Vegetable	Tomatoes, Cherry	USDA	1/2 cup	13	0	0	1	3	1	4
Vegetable	Tomatoes, Fresh, Diced	VR-007	1/2 cup	16	0	0	1	4	1	5
Vegetable	Tomatoes, Grape	Champlain Valley	1 bag	15	0	0	1	3	1	0
Vegetable	Tomatoes, Grape	USDA	1 bag	15	0	0	1	3	1	0



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Elementary, Junior High School, and High School Product Nutrients - Updated 8/19/19

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All meat items (beef, sausages, poultry) have been reviewed; those listed below do not meet the World Health Organization definition of processed meats.

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Vegetable	Tomatoes, Roasted Tomato Salsa	VRO-022	1/2 cup	36	0	0	1	6	2	308
Vegetable	Tomatoes, Tomato Salad (K-8)	VRO-021	1/2 cup	45	2	0	1	7	2	45
Vegetable	Tomatoes, Tomato Salad (HS)	VRO-021	1 cup	89	3	1	2	14	3	90
Vegetable	Vegetables, "Stir Fry" (K-8)	VO-010	1/2 cup	58	2	0	2	9	2	41
Vegetable	Vegetables, "Stir Fry" (HS)	VO-010	1 cup	115	5	0	3	17	5	83
Vegetable	Zucchini, Roasted (K-8)	VO-001	1/2 cup	44	3	0	1	4	1	125
Vegetable	Zucchini, Roasted (HS)	VO-001	1 cup	87	6	0	3	7	2	251
Vegetable	Zucchini, Roasted with Tomatoes (K-8)	VO020	1/2 cup	57	3	0	2	5	2	130
Vegetable	Zucchini, Roasted with Tomatoes (HS)	VO020	1 cup	114	7	0	3	10	4	260
Yogurt	Yogurt, Cherry Vanilla	Upstate Farms	1 each	90	0	0	3	19	0	50

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Yogurt	Yogurt, Peach, Nonfat	Upstate Farms	1 each	90	0	0	3	19	0	75
Yogurt	Yogurt, Strawberry, Organic	Stonyfield	1 each	80	1	0	4	12	0	70
Yogurt	Yogurt, Strawberry Banana, Nonfat	Upstate Farms	1 each	90	0	0	3	19	0	75
Yogurt	Yogurt, Strawberry Banana, Organic	Stonyfield	1 each	80	1	0	4	12	0	65
Yogurt	Yogurt, Strawberry Blended, Nonfat	Upstate Farms	1 each	90	0	0	3	19	0	75
Yogurt	Yogurt Parfait, Vanilla, Low Fat, w Granola & Cranberries	Preferred Meals	1 each	320	5	0	7	62	4	85
Yogurt	*Parfait, Cranberries ONLY	Preferred Meals	1 each	110	0	0	0	27	2	0
Yogurt	*Parfait, Granola ONLY	Preferred Meals	1 each	120	4	0	3	19	2	40
Yogurt	*Parfait, Yogurt ONLY	Preferred Meals	1 each	90	1	0	4	16	0	45