

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 1/27/20

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

Sandwiches using different kinds of pre-sliced turkey, other than "turkey ham," are still available since they DO NOT fall under the World Health Organization definition of processed meats.

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

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Beans	Chickpeas, Roasted w Basil Pesto (as VL) (K-8)	VL-005	1/2 cup	179	6	2	8	23	10	253
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

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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
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

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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
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

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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
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

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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

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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
Beef	Cheeseburger, 100% Beef Chipotle w Ham Bun (HS) (Whole Wheat Bun)	SDWH-093HS	1 each	297	14	5	17	28	3	459

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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 Sautéed Onion Burger (HS) (Whole Wheat Bun)	SDWH-146HS	1 each	321	15	6	18	29	3	411

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Beef	Cheeseburger, 100% Beef Sautéed 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	Sliders, Burger, 100% Beef Twin (Whole Wheat Bun)	Advance Pierre	2 each	290	10	4	16	34	3	250
Beef	Sliders, Cheeseburger, 100% Beef Twin (Whole Grain Bun)	Advance Pierre	2 each	310	12	6	16	35	3	410
Beef	Meatloaf w Gravy	BF-020	1 each	141	10	4	10	2	0	238
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 Garlic Bread (Whole Wheat)	CH-022	2 each	520	27	11	24	46	8	1000
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

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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
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

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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
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

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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
Bread, Sweet	Cinnamon Breakfast Bread (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
Bread, Sweet	Muffin, Sweet Potato Oatmeal (Whole Wheat)	Buena Vista	1 each	260	8	1	5	44	3	220

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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
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

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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
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

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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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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	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

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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	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
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

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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	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
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

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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	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
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

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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	1 each	80	4	2	3	6	0	98
Cheese	Mozzarella Sticks, Breaded (Whole Grain, Low Sodium)	Highliner	5 each	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
Cheese	Parmesan Cheese	Pisa	1 Tbsp	20	1	1	1	1	0	90

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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

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Chicken	Chicken Drumstick, with Peach BBQ Sauce, ABF	CK-094	1 each	287	12	3	24	15	0	765
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
	Sweet and Sour Chicken Bowl with Popcorn Chicken	CK-100	1 serving	622	27	6	23	69	6	780

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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
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

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Dressing	Chipotle Ranch, Gallon	Cain's	2 Tbsp	120	12	2	0	3	0	210
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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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

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Fruit	Applesauce, Ind	Knouse	1 each	50	0	0	0	14	2	10
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
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

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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
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

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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
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
Fruit	Warm Apple Bake	FR-001	1/2 c	66	0	0	0	15	2	78

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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
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

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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
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

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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 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
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)	Sevioli	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

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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
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

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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
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

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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

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Pizza	Pizza Topping, Tomato Pesto	SAU-042	2 tomato slices	68	5	0	2	4	1	154
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	1100

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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
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

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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
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

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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
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

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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
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

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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
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

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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
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

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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
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

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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

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Sandwich	Ham Bun, Spicy Crispy Chicken (HS) (Whole Wheat, ABF)	SDWH-076HS	1 each	320	12	0	17	39	4	720
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

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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	Burrito, Southwest (Bean and Cheese)	Cabo Primo	1	308	9	3	16	42	8	423
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

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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
Sandwich	Chicken (Breaded Chicken Patty, Whole Grain, ABF) & Waffle Sandwich	SDWH-095	1 each	340	12	0	22	38	5	720

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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)
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

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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
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

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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)
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
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

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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
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

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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
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

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Tofu	Tofu & Black Bean Burrito	VEG-061	1 each	408	16	0	22	46	9	545
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

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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
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

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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, 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
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

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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
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

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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
Vegetable	Carrot Sticks, Ranch, Individual (Veggie Snackers)	Bolthouse Farms	1 bag	30	0	0	1	7	2	210
Vegetable	Cauliflower, Curried (K-8)	VO-028	1/2 cup	140	4	1	1	5	2	250
Vegetable	Cauliflower, Curried (HS)	VO-028	1 cup	70	8	1	2	10	3	500
Vegetable	Cauliflower, Marinated (K-8)	VO-024	1/2 cup	46	1	0	1	6	2	70
Vegetable	Cauliflower, Marinated (HS)	VO-024	1 cup	92	2	0	2	12	4	140

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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

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Vegetable	Chickpeas, Cranberry Chickpea Salad	VL-030	1 cup	329	11	3	14	47	19	679
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
Vegetable	Spinach, Creamed (K8)	VDG-013	1/2 cup	138	9	0	6	6	4	388

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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
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

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Sandwiches using different kinds of pre-sliced turkey, other than "turkey ham," are still available since they DO NOT fall under the World Health Organization definition of processed meats.

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	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
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

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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)
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