

# Menu Nutrition Information

The Office of Food & Nutrition Services upholds the highest nutritional standards, consistently meeting and often exceeding USDA guidelines for school meals. The Menu Nutrition Information provides a comprehensive menu list with nutritional values which includes calories, macronutrients, and sodium. This resource is designed to inform families, students and schools of the nutritional values of our menu choices.

Note: Specific product brands may not be specified in the Menu Nutrition Information. Please speak to your school kitchen Manager for additional information if needed.

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Updated: November 8, 2024

Category	Menu Item	Recipe/ Brand	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Total Carb (g)	Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)
Beef	100% Beef Burger Patty (no bun)	Don Lee	1 each	140	9	4	190	1	0	0	0	12
Beef	100% Beef Hamburger (K8)	SDWH-	1 each	270	12	5	400	24	2	2	1	15
Beef	100% Beef Hamburger (HS)	SDWH-	1 each	289	12	5	440	28	3	2	2	16
Beef	100% Beef Hamburger (Infant-Toddler)	SDWH-	1 each	135	6	2	200	12	1	1	1	8
Beef	100% Beef BBQ Burger on Hamburger Bun (HS)	SDWH-	1 each	280	12	4	432	28	3	3	3	15
Beef	100% Beef Cheeseburger on Ciabatta	SDWH-	1 each	375	15	6	615	36	3	3	2	21
Beef	100% Beef Cheeseburger on Hamburger Bun (K8)	SDWH-	1 each	305	14	6	545	26	2	3	1	18
Beef	100% Beef Cheeseburger on Hamburger Bun (HS)	SDWH-	1 each	325	15	6	585	30	3	3	2	18
Beef	Caribbean Style Beef Patty	Golden	1 each	370	14	6	460	45	3	4	3	14
Beef	Caribbean Style Beef Patty, Halal	Golden	1 each	370	14	6	460	45	3	4	3	14
Breakfast	Egg & Cheese on Ciabatta	BK-064	1 each	275	8	2	535	36	3	3	2	12
Breakfast	Egg & Cheese on a Soft Roll (K-8)	BK-030K8	1 each	205	7	2	465	26	2	3	1	9
Breakfast	Egg & Cheese on a Soft Roll (HS)	BK-030HS	1 each	225	8	2	504	30	3	3	2	9
Breakfast Sandwich	Egg & Cheese on a Croissant	BK-084	1 each	228	10	4	447	24	2	4	3	10
Breakfast	Egg, Omelet, Plain USDA	USDA	1.25 oz.	50	3	1	50	1	0	0	0	4
Breakfast	Egg, Omelet, Plain USDA	USDA	1.25 oz.	60	5	1	50	1	0	0	0	4
Cheese	Cheese Cubes, Colby Jack	Bongard's	1 each	90	7	4	180	1	0	0	0	7
Cheese	Cheese Stick, Cheddar	Bongard's	1 each	90	6	4	210	1	0	0	0	8
Cheese	Cheese Stick, Colby Jack	Bongard's	1 each	90	6	4	210	1	0	0	0	8
Cheese	Cheese Stick, Mozzarella String Cheese	Bongard's	1 each	60	3	2	200	1	0	1	0	7
Cheese	Hard Grated Parmesan Cheese	Pisa	1 Tbsp	20	1	1	90	1	0	1	0	1
Cheese	Shredded, Mild Cheddar Cheese	Lanudo	1 oz	110	9	6	190	1	0	0	0	6
Cheese	Shredded, Mild Cheddar & Monterey Jack	Lanudo	1 oz	110	9	6	190	1	0	1	0	7
Cheese	Shredded, Mozzarella	Bongard's	1 oz	80	6	3	190	2	0	1	0	7
Cheese	Sliced, American White Cheese	Bongard's	2 slices	70	5	3	290	4	0	2	0	5
Cheese	Sliced, Blended Provolone	Bongard's	2 slices	90	7	4	170	1	0	0	0	6
Cheese	Sliced, Mild Cheddar Cheese, Reduced Fat	Bongard's	2 slices	80	6	4	220	1	0	0	0	7
Cheese	Sliced, Mozzarella	Bongard's	3 slices	80	6	4	200	1	0	0	0	6
Cheese	Sliced, Pepper Jack	Bongard's	2 slices	100	8	5	230	1	0	0	0	6
Cheese	Sliced, Swiss Cheese, Reduced Fat	Bongard's	2 slices	100	7	5	135	1	0	0	0	7
Sandwich - Cheese	Cheese Sandwich on Sliced Bread	SDWH-	1 each	260	10	5	830	32	4	6	2	14

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Sandwich	Classic "Grilled" Cheese Sandwich	SDWH-001	1 each	300	15	5	830	32	4	6	2	14
Sandwich	Grilled Cheese Sandwich (pre-made)	Power Up	1 each	285	10	5	420	33	3	4	2	19
Sandwich	Grilled Cheese Sandwich (pre-made)	Winkle Sta	1 each	300	14	8	420	31	3	6	0	14
Sandwich	Three-Cheese Grilled Cheese	SDWH-162	1 each	307	22	7	535	16	3	2	1	13
Chicken	BBQ Chicken Bites	CH-129	1 serving	289	14	3	617	24	2	8	8	17
Chicken	BBQ Roasted Chicken Thigh	CK-128	1 each	402	27	8	623	10	0	6	6	27
Chicken	Chicken Grilled Strips, Dark Meat	Don Lee Farms	3-4 each	95	2	1	95	1	0	0		16
Chicken	Chicken Fajitas	CK-116	2 each	388	9	1	693	51	7	7	0	26
Chicken	Chicken Pot Pie	CK-123	6 oz	143	3	1	511	9	1	3	1	17
Chicken	Chicken Quesadilla	CK-088	1 each	421	17	8	546	36	6	5	0	29
Chicken	Chicken Roasted Drumstick	CK-091	1 each	270	16	4	510	1	0	0	0	28
Chicken	Chicken Roasted Thigh	CK-092	1 each	340	26	7	510	2	0	0	0	24
Chicken	Chicken Shawarma	CK-127	4 oz	149	7	1	446	4	1	1	0	17
Chicken	Chicken Slider	Golden Pla	2 each	283	3	1	460	39	2	10	10	23
Chicken	Chicken Tenders	CK-095	3 each	220	12	3	460	13	2	1	0	15
Chicken	Crispy Chicken Bites	Golden Platte	10 each	220	12	3	460	13	2	1	1	15
Chicken	Crispy Chicken Bites	Winkle Sta	13 each	260	12	3	480	23	2	2	1	17
Chicken	Halal Chicken Tenders	CK087	3 each	220	12	3	460	13	2	1	NA	15
Chicken	Halal Chicken Tenders Fajitas	CK-117	1 each	504	18	3	954	58	11	7	NA	24
Chicken	Hawaiian Grilled Chicken	CK-132	4 oz	180	7	1	445	11	1	9	5	17
Chicken	Sweet & Sour Chicken Bites	CK-125	8 oz	345	14	3	676	37	3	18	13	18
Chicken	Tomato Glazed Chicken Thigh	Ck-135	1 each	443	37	8	590	3	0	0	0	25
Chicken	Teriyaki Grilled Chicken	CK-134	4 oz	123	2	1	213	6	0	5	5	16
Chicken - Sandwich	Chicken Tender Melt (K8)	SDWH10369	1 each	326	13	4	805	36	4	5	1	18
Chicken - Sandwich	Chicken Tender Melt (HS)	SDWH10369	1 each	345	14	4	845	40	4	5	2	19
Chicken - Sandwich	Chicken Salad Sandwich	SDWH10369	1 each	410	13	3	420	29	2	4	4	24
Chicken - Sandwich	Chimichurri Chicken Wrap	SDWH10369	1 each	328	12	2	394	31	3	2	1	23
Chicken - Sandwich	Halal Crispy Chicken Patty Sandwich (K8)	SDWH10369	1 each	330	13	3	670	36	4	3	NA	18
Chicken - Sandwich	Halal Crispy Chicken Patty Sandwich (HS)	SDWH10369	1 each	350	13	3	710	40	5	3	NA	19
Chicken - Sandwich	Wrap, Chicken Caesar	SDWH10369	1 each	489	24	4	711	46	7	4	1	23
Chicken - Sandwich	Wrap, Chicken Tender	SDWH10369	1 each	400	17	4	643	43	5	3	1	22
Chicken - Sandwich	Wrap, Curried Chicken	SDWH10369	1 each	526	29	6	835	49	5	2	1	22
Chicken - Sandwich	Wrap, Halal Chicken Tender	SDWH10369	1 each	399	17	4	642	43	5	3	NA	21
Chicken - Sandwich	Wrap, Halal Chicken Caesar	SDWH10369	1 each	486	24	5	955	49	5	6	NA	22
Fish	Braised Tuna with Tomato Sauce	FH-003	3 oz	105	1	0	571	6	1	4	1	23
Fish	Fish Breaded Patty (no bun)	Unifamer Fish	1 each	160	6	1	250	16	1	1	0	9
Fish	Fish Sticks	Unifamer Fish	4 each	180	4	0	290	20	2	0	0	16
Fish	Tuna Salad, Classic (No Bread)	FH-001	3 oz	121	3	0	444	2	0	12	1	22
Fish	Tuna Salad, Healthy (No Bread)	FH-002	3 oz	139	7	0	531	2	1	12	0	23
Fish - Sandwich	Fish and Cheese Sandwich (K8)	SDWH10369	1 each	307	9	2	608	41	3	4	1	15
Fish - Sandwich	Fish and Cheese Sandwich (HS)	SDWH10369	1 each	327	10	2	648	45	4	4	2	16

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Category	Menu Item	Recipe/ Brand	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Total Carb (g)	Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)
Fish - Sandwich	Tuna "Classic" Salad on Ciabatta Roll	SDWH-107	1 each	301	4	0	724	35	3	3	3	28
Fish - Sandwich	Tuna "Classic" Salad on Sliced Bread	SDWH-107	1 each	241	4	0	694	26	4	3	3	26
Fish - Sandwich	Wrap, Tuna Salad, Classic	SDWH-027	1 each	302	7	0	627	32	4	11	2	29
Pizza	French Bread Pizza	Nardone	1 each	333	16	11	363	28	3	3	0	22
Pizza	Garlic French Bread Pizza	Nardone	1 each	380	24	12	405	24	2	1	0	21
Pizza	Grandma's Pizza	CH023	1 each	405	25	12	466	28	3	4	1	22
Pizza	Personal Round	Nardone	1 each	343	17	10	457	29	3	6	0	20
Pizza	Pizza Slice	Nardone	1 each	336	16	10	435	27	3	6	0	20
Pizza	Pineapple Pizza	CH-024	1 each	360	17	10	457	33	3	9	0	20
Pizza	Plant Powered Ranch Pizza	CH025A	1 each	401	19	10	641	33	4	6	0	26
Pizza	Sicilian Pizza	Nardone	1 each	333	16	10	424	27	3	6	0	20
Turkey	Turkey Burger Patty (no bun)	Maidrite	1 each	80	2	0	200	3	0	0	0	14
Turkey	Turkey Burger (K-8)	SDWH-084	1 each	190	3	1	410	26	2	2	1	17
Turkey	Turkey Burger (HS)	SDWH-084	1 each	210	3	1	450	30	3	2	2	18
Turkey	Turkey Cheeseburger (K-8)	SDWH-084	1 each	225	5	1	555	28	2	3	1	20
Turkey	Turkey Cheeseburger (HS)	SDWH-084	1 each	245	5	1	595	32	3	3	2	20
Turkey	Turkey Chili	TK-021	4 oz	133	6	2	278	12	3	5	0	10
Turkey	Turkey Taco Filling	USDA	2 oz	97	6	1	156	4	0	2	0	9
Turkey	Soft Turkey Tacos	TK-019	2 each	467	23	8	686	44	5	5	0	27
Vegetarian	Black Bean & Cheese Empanada	Winkie's	1 each	350	13	8	460	42	4	2	2	15
Vegetarian	Black Bean & Cheese Empanada	Stella	1 each	340	13	6	480	45	7	2	2	14
Vegetarian	Garlic and Tomato Panini	VEG-083	1 each	200	12	6	205	14	2	2	0	11
Vegetarian	Manicotti with Marinara Sauce	GR-059	2 each	358	10	6	403	42	6	8	3	18
Vegetarian	Mozzarella Sticks, Breaded	Highliner	5 each	400	22	8	380	32	3	3	2	19
Vegetarian	Quesadilla, Fiesta	CH-020	1 each	426	26	13	654	32	2	2	1	21
Vegetarian	Quesadilla, Fiesta Mozzarella	CH-022	1 each	363	19	7	649	34	2	4	1	20
Vegetarian	Quesadilla, Seasoned Black Bean & Cheese	VEG-008	1 each	353	15	7	444	39	7	3	0	15
Vegetarian	Red, White, & Green Panini (Hot or Cold)	VEG-010	1 each	359	22	7	783	29	4	5	1	19
Vegetarian	Southwest Bean and Cheese Burrito	Caro's	1 each	310	10	4	420	42	7	3	0	15
Vegetarian	Sweet Potato Quesadilla Rollup	VEG-084	1 each	427	22	9	514	42	7	5	0	17
Vegetarian	Veggie Cheeseburger (K8)	SDWH-10	1 each	290	15	3	705	31	4	4	2	21
Vegetarian	Veggie Cheeseburger (HS)	SDWH-10	1 each	310	16	3	745	35	5	4	3	22
Vegetarian	Veggie Cheeseburger (K8), Mushroom Swiss	SDWH-19	1 each	294	15	3	568	29	4	4	2	22
Vegetarian	Veggie Cheeseburger (HS), Mushroom Swiss	SDWH-19	1 each	314	16	3	607	33	5	4	3	22
Vegetarian	Fiesta Quesadilla	CH-020	1 each	426	25	13	623	32	4	4	0	20
Vegetarian	Zucchini Parmigiana Hero	SDWH-15	1 each	449	20	9	1097	40	5	7	NA	25
Vegetarian	Wrap, Super Hero Spinach	VEG-009	1 each	401	19	9	856	34	6	3	NA	23
Vegan	Carolina Pinto Beans	VE-032	4 oz	120	0	0	472	22	8	3	0	7
Vegan	BBQ Veggie Burger (K-8)	SDWH-17	1 each	250	12	1	524	30	4	5	4	17
Vegan	BBQ Veggie Burger (HS)	SDWH-17	1 each	269	12	1	563	34	5	5	5	18
Vegan	BBQ Veggie Nuggets	VE-031	1 serving	160	5	0	466	22	2	7	7	13

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Vegan	Black-eyed Peas with Tomato & Kale	VE-026	4 oz	215	4	0	306	29	9	7	0	9
Vegan	Cajun Beans (K8)	VE-023	1/2 cup	110	0	0	217	20	7	2	0	7
Vegan	Chickpea Shawarma	VE-028	4 oz	228	12	2	566	25	10	5	0	8
Vegan	Big City Bean Taco	VE-001	1 each	401	10	0	700	65	12	7	0	15
Vegan	Braised Black Beans with Plantains	VEG-011	3/4 cup	342	7	1	436	55	13	18	0	14
Vegan	Braised Black Beans with Plantains Rice Bowl	VE-009	1 each	530	12	1	570	91	12	39	0	13
Vegan	Egyptian Chickpeas	VE-027	6 oz	174	4	1	318	26	10	7	2	8
Vegan	Falafel	VE-029	1 serving	330	6	1	320	58	10	5	1	13
Vegan	Falafel Nuggets	Better Winkie Star	4 each	210	4	0	360	36	7	4	0	9
Vegan	Falafel Nuggets	Better Winkie Star	4 each	170	4	0	360	26	7	4	0	8
Vegan	Guisado Kidney Beans (K8)	VE-022	1/2 cup	239	10	1	311	26	8	7	0	9
Vegan	Hawaiian Veggie Nuggets	VEG-087	1 serving	205	9	1	720	24	3	7	5	14
Vegan	Hummus, Original	Tribe Winkie Star	1 each	110	7	1	220	9	2	1	0	3
Vegan	Hummus, Original	Tribe Winkie Star	1 each	180	14	2	250	11	3	2	0	4
Vegan	Kidney Bean Rajma (K8)	VE-020	1/2 cup	153	1	0	331	26	6	5	2	7
Vegan	Mediterranean Chickpeas	VE-002	1/2 cup	240	6	2	336	38	15	10	2	11
Vegan	Rainbow Wrap	VE-033	1 each	427	20	4	583	47	9	4	0	13
Vegan	Teriyaki Veggie Nuggets	VE-017	7 each	230	5	0	848	37	2	20	20	15
Vegan	Three Bean Chili	VE-004	6 oz	150	2	0	260	23	7	5	1	8
Vegan	Veggie Nuggets	Golden Blender 360 360 360	7 each	120	5	0	370	13	2	0	0	13
Vegan	Veggie Burger on a Bun (K-8)	Golden Blender 360 360 360	1 each	240	12	1	500	28	4	2	2	17
Vegan	Veggie Burger on a Bun (HS)	Golden Blender 360 360 360	1 each	260	12	1	540	32	5	3	3	18
Vegan	Veggie Burger Patty (no bun)	Golden Blender 360 360 360	1 each	130	11	1	290	5	1	1	1	14
Vegan	Veggie Burger Patty (no bun)	Don Lee	1 each	140	9	1	240	7	4	1	0	10
Vegan	White Beans/Rustic White Beans	VE-014	4 oz	132	1	0	144	24	5	3	0	5
Vegan	Zesty Chickpea Stew	VE-007	6 oz	218	6	1	278	33	12	11	1	9
Sandwich - Vegan	Peanut Butter & Jelly Sandwich	SDWTF- 333	1 each	531	25	6	447	46	10	18	15	22
Sandwich - Vegan	Peanut Butter & Jelly Triple Decker Sandwich	SDWTF- 333	1 each	722	31	7	621	71	13	30	26	28
Sandwich - Vegan	Sunflower Seed Butter & Jelly Sandwich	SDWTF- 148	1 each	557	35	4	510	48	8	18	11	18
Sandwich - Vegan	Wrap, Black Bean	Opstate Farm	1 each	306	6	2	521	52	9	6	1	13
Yogurt	Yogurt, Cherry Vanilla	Opstate Farm	4 oz	80	0	0	75	15	0	12	7	3
Yogurt	Yogurt, Peach	Opstate Farm	4 oz	80	0	0	75	15	0	12	7	3
Yogurt	Yogurt, Strawberry	Opstate Farm	4 oz	80	0	0	75	15	0	12	7	3
Yogurt	Yogurt, Strawberry Banana	Opstate Farm	4 oz	80	0	0	75	15	0	12	7	3
Yogurt	Yogurt, Vanilla	Opstate Farm	4 oz	80	0	0	75	15	0	12	7	3
Vegetable - Additional	Medley, Corn, Peas and Carrots	VO-022	1/2 cup	86	4	0	212	10	2	5	0	2
Vegetable - Additional	Medley, Corn, Peas and Carrots	VO-022	1 cup	172	9	0	424	20	4	10	0	4
Vegetable - Beans, Peas &	Beans, Baked Beans	VBPL-035	1/2 cup	152	0	0	282	29	7	10	10	7

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Vegetable - Beans, Peas &	Beans, Baked Beans	VBPL-035	1 cup	304	0	0	564	58	14	20	20	14
Vegetable - Beans, Peas &	Beans, Balsamic Chickpea Salad	VBPL-030	1/2 cup	187	8	2	302	24	9	7	2	7
Vegetable - Beans, Peas &	Beans, Balsamic Chickpea Salad	VBPL-030	1 cup	374	16	4	604	48	18	14	4	14
Vegetable - Beans, Peas &	Beans, BBQ Beans	VBPL-009	1/2 cup	155	0	0	255	27	5	9	8	7
Vegetable - Beans, Peas &	Beans, BBQ Beans	VBPL-009	1 cup	309	1	0	511	53	11	18	16	15
Vegetable - Beans, Peas &	Beans, Black-eyed Pea	USDA	1/2 cup	90	0	0	140	14	4	2	0	5
Vegetable - Beans, Peas &	Beans, Black Beans LS		1/2 cup	100	0	0	140	18	6	2	0	7
Vegetable - Beans, Peas &	Beans, Black Bean and Corn Salad	VBPL-032	1/2 cup	136	3	0	199	21	6	2	0	7
Vegetable - Beans, Peas &	Beans, Black Bean and Corn Salad	VBPL-032	1 cup	272	6	0	398	42	12	4	0	14
Vegetable - Beans, Peas &	Beans, Black Bean Salad	VBPL-011	1/2 cup	109	1	0	195	18	6	2	0	6
Vegetable - Beans, Peas &	Beans, Black Bean Salad	VBPL-011	1 cup	218	3	0	390	35	11	3	0	13
Vegetable - Beans, Peas &	Beans, Black Bean Salsa	VBPL-015	1/2 cup	112	0	0	203	20	6	2	0	7
Vegetable - Beans, Peas &	Beans, Black Bean Salsa	VBPL-015	1 cup	223	0	0	406	40	12	3	0	14
Vegetable - Beans, Peas &	Beans, Black Beans Seasoned w Sofrito	VBPL-004	1/2 cup	126	2	0	208	20	6	2	0	7
Vegetable - Beans, Peas &	Beans, Black Beans Seasoned w Sofrito	VBPL-004	1 cup	252	4	0	417	39	12	4	0	14
Vegetable - Beans, Peas &	Beans, Garbanzo, Canned	Furmano's	1/2 cup	110	2	1	140	18	8	3	0	8
Vegetable - Beans, Peas &	Beans, Garbanzo, Canned	USDA	1/2 cup	130	2	0	140	21	4	4	0	5
Vegetable - Beans, Peas &	Beans, Chickpeas, Roasted	VBPL-012	1/2 cup	168	6	1	256	22	10	4	0	7
Vegetable - Beans, Peas &	Beans, Chickpeas, Roasted	VBPL-012	1 cup	336	11	3	513	45	20	8	0	15
Vegetable - Beans, Peas &	Beans, Chickpeas Roasted with Basil Pesto	VBPL-005	1/2 cup	174	6	2	221	23	10	4	0	8
Vegetable - Beans, Peas &	Beans, Chickpeas Roasted with Basil Pesto	VBPL-005	1 cup	348	13	4	442	46	20	8	0	16
Vegetable - Beans, Peas &	Beans, Chickpeas Roasted with Spinach Cilantro Pesto	VBPL-026	1/2 cup	172	6	2	221	23	10	4	0	8

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Vegetable - Beans, Peas &	Beans, Chickpeas Roasted with Spinach Cilantro Pesto	VBPL-026	1 cup	344	12	3	442	45	20	8	0	15
Vegetable - Beans, Peas &	Beans, Chickpea Salad	VBPL-010	1/2 cup	163	7	1	161	20	9	4	0	7
Vegetable - Beans, Peas &	Beans, Chickpea Salad	VBPL-010	1 cup	326	14	3	322	40	18	8	0	0
Vegetable - Beans, Peas &	Beans, Chickpeas, Seasoned	VBPL-020	1/2 cup	138	4	1	201	20	8	4	1	6
Vegetable - Beans, Peas &	Beans, Chickpeas, Seasoned	VBPL-020	1 cup	276	9	3	402	40	16	9	2	12
Vegetable - Beans, Peas &	Beans, Cilantro Black Bean Salad	VBPL-029	1/2 cup	202	3	0	391	33	10	3	0	12
Vegetable - Beans, Peas &	Beans, Cilantro Black Bean Salad	VBPL-029	1 cup	404	5	1	782	65	21	6	0	23
Vegetable - Beans, Peas &	Beans, Gremolata Marinated White Beans	VBPL-039	1/2 cup	155	1	0	199	29	5	3	0	6
Vegetable - Beans, Peas &	Beans, Gremolata Marinated White Beans	VBPL-039	1 cup	310	2	0	398	58	10	6	0	12
Vegetable - Beans, Peas &	Beans, Marinated Bean Salad	VBPL-025	1/2 cup	126	4	1	247	18	10	3	0	6
Vegetable - Beans, Peas &	Beans, Marinated Bean Salad	VBPL-025	1 cup	252	8	2	494	36	20	6	0	12
Vegetable - Beans, Peas &	Beans, Pinto	Furmano's	1/2 cup	90	0	0	140	16	6	0	0	6
Vegetable - Beans, Peas &	Beans, Pinto	Margaret Holmes	1/2 cup	120	1	0	80	22	7	1	0	8
Vegetable - Beans, Peas &	Beans, Pinto	USDA	1/2 cup	120	1	0	140	22	9	1	0	5
Vegetable - Beans, Peas &	Beans, Pinto Beans Seasoned with Sofrito	VL-002	1/2 cup	126	2	0	205	20	7	1	0	7
Vegetable - Beans, Peas &	Beans, Pinto Beans Seasoned with Sofrito	VL-002	1 cup	252	4	0	409	40	14	2	0	14
Vegetable - Beans, Peas &	Bean, Great Northern	USDA	1/2 cup	150	1	0	140	28	5	2	0	6
Vegetable - Beans, Peas &	Beans, White Bean Salad	VBPL-016	1/2 cup	149	4	0	211	24	5	3	0	8
Vegetable - Beans, Peas &	Beans, White Bean Salad	VBPL-016	1 cup	298	7	0	422	48	11	5	0	16
Vegetable - Beans, Peas &	Fiesta Black Beans	VBPL-028	1/2 cup	109	1	0	195	18	6	2	0	6
Vegetable - Beans, Peas &	Fiesta Black Beans	VBPL-028	1 cup	218	3	0	390	35	11	3	0	13
Vegetable - Beans, Peas &	Beans, Red Kidney	Furmano's	1/2 cup	100	0	0	140	16	5	1	0	7

# Menu Nutrition Information

Category	Menu Item	Recipe/ Brand	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Total Carb (g)	Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)
Vegetable - Beans, Peas &	Beans, Red Kidney	Margaret Holmes	1/2 cup	120	1	0	90	21	7	1	0	8
Vegetable - Beans, Peas &	Beans, Red Kidney	USDA	1/2 cup	120	1	0	140	23	5	1	0	6
Vegetable - Dark Green	Broccoli, Chipotle Broccoli	VDG-028	1/2 cup	45	3	0	59	4	2	2	1	2
Vegetable - Dark Green	Broccoli, Chipotle Broccoli	VDG-028	1 cup	90	5	1	118	8	4	3	1	4
Vegetable - Dark Green	Broccoli, Baked Broccoli	VDG-015	1/2 cup	69	5	1	75	4	2	1	0	3
Vegetable - Dark Green	Broccoli, Baked Broccoli	VDG-015	1 cup	137	9	1	149	8	4	3	0	7
Vegetable - Dark Green	Broccoli, Fresh Florets	VDG-023	1/2 cup	15	0	0	15	3	1	1	0	1
Vegetable - Dark Green	Broccoli, Fresh Florets	VDG-023	1 cup	30	0	0	30	6	2	3	0	3
Vegetable - Dark Green	Broccoli Salad	VDG-024	1/2 cup	88	4	2	129	11	1	7	3	3
Vegetable - Dark Green	Broccoli Salad	VDG-024	1 cup	177	8	4	258	21	2	14	5	6
Vegetable - Dark Green	Broccoli, Steamed	VDG-010	1/2 cup	10	0	0	9	2	1	5	0	1
Vegetable - Dark Green	Broccoli, Steamed	VDG-010	1 cup	20	0	0	19	4	2	3	0	2
Vegetable - Dark Green	Broccoli, with Roasted Garlic	VDG-001	1/2 cup	55	4	0	69	4	2	1	0	3
Vegetable - Dark Green	Broccoli, with Roasted Garlic	VDG-001	1 cup	110	7	0	138	9	4	2	0	5
Vegetable - Dark Green	Green Garden Salad	VDG-004	1 cup	7	0	0	7	1	1	0	0	0
Vegetable - Dark Green	Green Garden Salad	VDG-004	2 cups	14	0	0	14	2	2	0	0	0
Vegetable - Dark Green	Kale, Kid Friendly Kale Salad	VDG-007	1 cup	109	6	1	162	14	2	10	5	2
Vegetable - Dark Green	Kale, Kid Friendly Kale Salad	VDG-007	2 cups	218	12	2	324	28	4	20	11	4
Vegetable - Dark Green	Kale Caesar Salad	VDG-012	1 cup	62	4	1	88	5	2	2	2	3
Vegetable - Dark Green	Kale Caesar Salad	VDG-012	2 cups	134	8	2	176	10	2	2	4	6
Vegetable - Dark Green	Kale Caesar Salad with Buttermilk Caesar	VDG018	1 cup	137	11	1	355	16	2	2	1	4
Vegetable - Dark Green	Kale Caesar Salad with Buttermilk Caesar	VDG018	2 cups	274	22	2	710	32	4	4	2	8

# Menu Nutrition Information

Category	Menu Item	Recipe/ Brand	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Total Carb (g)	Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)
Vegetable - Dark Green	Kale, Sweet and Tangy Braised Kale	VDG-029	1/2 cup	93	10	0	281	14	3	3	1	4
Vegetable - Dark Green	Kale, Sweet and Tangy Braised Kale	VDG-029	1 cup	185	20	0	562	28	5	5	1	7
Vegetable - Dark Green	Lemon Arugula Salad	VDG-026	1 cup	90	6	1	108	7	1	5	3	2
Vegetable - Dark Green	Lemon Arugula Salad	VDG-026	2 cups	180	13	2	216	15	2	10	6	4
Vegetable - Dark Green	Lettuce, Romaine, Chopped	Taylor Farms	1 cup	6	0	0	3	1	1	0	0	0
Vegetable - Dark Green	Spinach, Parmigiana Spinach	VDG-008	1/2 cup	73	4	0	212	4	3	2	0	4
Vegetable - Dark Green	Spinach, Parmigiana Spinach	VDG-008	1 cup	146	8	1	424	7	7	4	0	7
Vegetable - Dark Green	Spinach, Super Hero	VDG-003	1/2 cup	75	4	0	226	4	4	2	0	4
Vegetable - Dark Green	Spinach, Super Hero	VDG-003	1 cup	151	8	0	453	8	8	4	0	8
Vegetable - Dark Green	Tomato Vinaigrette Salad	VDG-027	1/2 cup	71	7	0	48	3	2	2	0	1
Vegetable - Dark Green	Tomato Vinaigrette Salad	VDG-027	1 cup	142	13	1	97	7	4	4	0	2
Vegetable - Other	Cilantro Healthy Coleslaw	VO-012	1/2 cup	101	8	0	183	8	2	5	2	1
Vegetable - Other	Cilantro Healthy Coleslaw	VO-012	1 cup	202	16	1	366	15	4	10	4	2
Vegetable - Other	Cauliflower, Curried	VO-028	1/2 cup	70	4	0	262	5	2	2	0	1
Vegetable - Other	Cauliflower, Curried	VO-028	1 cup	140	8	1	524	11	3	5	0	2
Vegetable - Other	Cauliflower, Marinated	VO-024	1/2 cup	47	1	0	74	6	2	3	0	1
Vegetable - Other	Cauliflower, Marinated	VO-024	1 cup	94	2	0	148	12	4	6	0	2
Vegetable - Other	Cauliflower, Parmigiana Roasted	VO-017	1/2 cup	65	4	0	335	6	2	3	0	3
Vegetable - Other	Cauliflower, Parmigiana Roasted	VO-017	1 cup	130	8	1	671	12	4	5	0	5
Vegetable - Other	Celery, Sticks	USDA	6 each	8	1	0	40	2	1	1	0	0
Vegetable - Other	Cucumber, Slices	VO-014	1/2 cup	11	0	0	2	3	0	5	0	0
Vegetable - Other	Cucumber, Slices	VO-014	1 cup	22	0	0	3	6	1	3	0	0



# Menu Nutrition Information

Category	Menu Item	Recipe/ Brand	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Total Carb (g)	Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)
Vegetable - Other	Greek Zucchini Salad	VO-006	1/2 cup	42	3	0	100	5	1	3	0	1
Vegetable - Other	Green Beans, Garlic Teriyaki	VO-021	1/2 cup	41	0	0	135	9	2	5	4	1
Vegetable - Other	Green Beans, Garlic Teriyaki	VO-021	1 cup	83	0	0	270	18	4	9	7	3
Vegetable - Other	Green Beans, Garlicky	VO-003	1/2 cup	56	4	0	146	5	2	1	0	1
Vegetable - Other	Green Beans, Garlicky	VO-003	1 cup	112	8	1	292	10	4	2	0	2
Vegetable - Other	Green Beans, Savory	VO-004	1/2 cup	50	3	0	65	5	2	1	0	1
Vegetable - Other	Green Beans, Savory	VO-004	1 cup	100	6	0	130	10	4	2	0	2
Vegetable - Other	Green Beans, Marinated	VO-033	1/2 cup	36	1	0	16	6	2	3	0	2
Vegetable - Other	Green Beans, Marinated	VO-033	1 cup	71	3	0	32	11	4	5	0	3
Vegetable - Other	Italian Marinated Cucumber Salad	VO-018	1/2 cup	45	4	0	9	3	0	1	0	1
Vegetable - Other	Italian Marinated Cucumber Salad	VO-018	1 cup	90	8	0	18	6	1	2	0	1
Vegetable - Other	Mediterranean Zucchini and Tomato Salad (K8)	VO-029	1/2 cup	86	5	0	255	8	2	5	1	2
Vegetable - Other	Mediterranean Zucchini and Tomato Salad (HS)	VO-029	1 cup	172	10	1	510	16	4	10	2	4
Vegetable - Other	Mushrooms, Fresh	USDA	1/2 cup	10	0	0	3	3	0	8	0	2
Vegetable - Other	Oven Roasted Squash/Summer Squash	VO-035	1/2 cup	47	3	0	68	4	1	3	0	1
Vegetable - Other	Oven Roasted Squash/Summer Squash	VO-035	1 cup	94	7	0	136	7	2	5	0	3
Vegetable - Other	Pickle Chips	Heinz	1 oz	0	0	0	250	1	0	0	0	0
Vegetable - Other	Roasted Broccoli and Cauliflower	VO-023	1/2 cup	39	2	0	49	5	2	2	0	2
Vegetable - Other	Roasted Broccoli and Cauliflower	VO-023	1 cup	78	3	0	98	9	4	3	0	4
Vegetable - Other	Roasted Cauliflower	VO-034	1/2 cup	78	6	0	306	6	2	2	0	2
Vegetable - Other	Roasted Cauliflower	VO-034	1 cup	156	12	0	612	12	4	4	0	4
Vegetable - Other	Roasted Zucchini and Tomatoes	VO-020	1/2 cup	57	3	0	130	5	2	4	0	2

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Vegetable - Other	Roasted Zucchini and Tomatoes	VO-021	1 cup	114	6	1	260	10	4	9	0	3
Vegetable - Other	Vegetables, "Stir Fry"	VO-010	1/2 cup	58	2	0	42	9	2	5	1	2
Vegetable - Other	Vegetables, "Stir Fry"	VO-010	1 cup	116	5	0	84	17	5	9	2	3
Vegetable - Other	Guacamole	Wrinkle Star	1 each	100	9	2	170	5	3	0	0	1
Vegetable - Other	Jollof Cauliflower	VO-041	1/2 Cup	108	7	0	73	9	2	5	0	2
Vegetable - Other	Jollof Cauliflower	VO-041	1 Cup	217	14	2	146	18	5	10	1	4
Vegetable - Other	Zucchini, Roasted	VO-001	1/2 cup	44	3	0	125	4	1	3	0	1
Vegetable - Other	Zucchini, Roasted	VO-001	1 cup	87	6	0	251	7	2	6	0	3
Vegetable - Red/Orange	Bruschetta Tomato Salad	VRO-016	1/2 cup	45	2	0	45	7	2	4	1	1
Vegetable - Red/Orange	Bruschetta Tomato Salad	VRO-016	1 cup	90	3	0	90	14	3	8	2	2
Vegetable - Red/Orange	Sweet Potato Waffle Fries	VRO-009	1/2 cup	160	6	1	190	25	1	8	1	1
Vegetable - Red/Orange	Sweet Potato Waffle Fries	VRO-009	1 cup	320	12	2	380	50	2	16	2	2
Vegetable - Red/Orange	Carrots, Glazed Carrots	VRO-017	1/2 cup	103	4	0	164	15	3	12	8	1
Vegetable - Red/Orange	Carrots, Glazed Carrots	VRO-017	1 cup	206	9	0	328	30	6	24	15	3
Vegetable - Red/Orange	Carrots, Italian Roasted	VRO-032	1/2 cup	50	2	0	193	7	3	4	0	1
Vegetable - Red/Orange	Carrots, Italian Roasted	VRO-032	1 cup	100	4	0	386	15	6	4	0	2
Vegetable - Red/Orange	Carrot & Lemon Salad	VRO-010	1/2 cup	50	0	0	166	12	3	6	0	1
Vegetable - Red/Orange	Carrot & Lemon Salad	VRO-010	1 cup	100	1	0	331	24	7	11	0	2
Vegetable - Red/Orange	Carrots, Shredded	USDA	3 oz	30	0	0	65	7	3	4	0	0
Vegetable - Red/Orange	Carrots, Sliced, Canned	Seneca	1/2 cup	30	0	0	140	6	2	4	0	0
Vegetable - Red/Orange	Carrots, Sliced, Frozen	Endico	1/2 cup	25	0	0	40	5	2	9	0	0
Vegetable - Red/Orange	Carrots, Slow Roasted Baby Carrots	VRO-020	1/2 cup	113	5	0	195	19	2	15	10	1

# Menu Nutrition Information

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Vegetable - Red/Orange	Carrots, Slow Roasted Baby Carrots	VRO-020	1 cup	226	10	1	390	38	4	30	20	2
Vegetable - Red/Orange	Carrot Sticks, Plain, Individual	Lancaster Farms	1 bag	30	0	0	0	9	2	5	0	1
Vegetable - Red/Orange	Carrot Sticks, Plain, Individual	Bolthouse Farms	1 bag	30	0	0	35	9	2	5	0	1
Vegetable - Red/Orange	Carrot Sticks, Plain, Individual	Fresh Health	1 bag	35	0	0	65	8	2	5	0	1
Vegetable - Red/Orange	Carrots, Topped Bag, Fresh	USDA	1/2 cup	45	1	0	87	10	3		0	1
Vegetable - Red/Orange	Carrots, Ranch, Ind	Bolthouse Farms	1/3 cup	30	0	0	200	7	2	5	0	1
Vegetable - Red/Orange	Pimentos	Ruby	1/2 cup	30	0	0	350	6	1	4	1	1
Vegetable - Red/Orange	Veg, Tomatoes, Cherry, Fresh	USDA	1 cup	26	0	0		9	2	4	0	1
Vegetable - Red/Orange	Roasted Fresh Tomatoes	VRO-023	1/2 cup	67	6	0	119	2	1	1	0	1
Vegetable - Red/Orange	Roasted Fresh Tomatoes	VRO-023	1 cup	135	13	1	238	5	2	3	0	1
Vegetable - Red/Orange	Sweet Potatoes, Honey Diced	VRO-024	1/2 cup	178	5	0	325	33	3	19	10	2
Vegetable - Red/Orange	Sweet Potatoes, Honey Diced	VRO-024	1 cup	355	10	1	649	66	5	38	20	4
Vegetable - Red/Orange	Sweet Potato Wedges	VRO-011	1/2 cup	200	7	1	230	32	2	10	2	2
Vegetable - Red/Orange	Sweet Potato Wedges	VRO-011	1 cup	400	14	2	460	64	4	20	4	4
Vegetable - Red/Orange	Tomatoes, Cherry	USDA	1/2 cup	13	0	0	4	3	1	2	0	1
Vegetable - Red/Orange	Tomatoes, Fresh Diced	VRO-007	1/2 cup	16	0	0	5	4	1	2	0	1
Vegetable - Red/Orange	Tomatoes, Roasted Tomato Salsa	VRO-022	1/2 cup	36	0	0	307	6	2	3	0	1
Vegetable - Red/Orange	Ginger Carrots	VRO-028	1/2 Cup	51	3	0	185	6	2	4	1	1
Vegetable - Red/Orange	Ginger Carrots	VRO-028	1 Cup	102	5	0	370	12	4	7	1	2
Vegetable - Red/Orange	Roasted Carrot Coins	VRO-029	1/2 Cup	41	1	0	93	6	2	3	0	1
Vegetable - Red/Orange	Roasted Carrot Coins	VRO-029	1 Cup	83	3	0	187	12	5	7	0	2
Vegetable - Red/Orange	Spiced Sweet Potatoes	VRO-030	1/2 Cup	120	3	0	109	22	2	8	0	2

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Vegetable - Red/Orange	Spiced Sweet Potatoes	VRO-030	1 Cup	240	7	0	217	42	5	16	0	4
Vegetable - Red/Orange	Tomatoes, Tomato Salad	VRO-021	1/2 cup	45	2	0	45	7	2	4	1	1
Vegetable - Red/Orange	Tomatoes, Tomato Salad	VRO-021	1 cup	89	3	1	90	14	3	9	1	2
Vegetable - Starchy	Cinnamon Plantains	VS-011	4 each	286	8	1	97	52	2	44	0	2
Vegetable - Starchy	Cinnamon Plantains	VS-011	8 each	572	16	2	194	104	4	88	0	4
Vegetable - Starchy	Corn, Confetti Salad	VS-011	1/2 cup	129	6	0	103	18	2	3	0	0
Vegetable - Starchy	Corn, Confetti Salad	VS-011	1 cup	259	12	1	206	36	5	5	0	0
Vegetable - Starchy	Corn, Hot Confetti	VS-012	1/2 cup	128	6	0	103	18	2	2	0	0
Vegetable - Starchy	Corn, Hot Confetti	VS-012	1 cup	255	12	0	206	36	4	4	0	0
Vegetable - Starchy	Corn, Street Style Corn	VS-027	1/2 cup	138	3	1	293	22	2	6	1	3
Vegetable - Starchy	Corn, Street Style Corn	VS-027	1 cup	276	6	1	586	44	4	11	1	6
Vegetable - Starchy	Curry Potato	VS-037	1 cup	296	13	3	789	45	4	0	0	3
Vegetable - Starchy	Home Fries (using Diced Potatoes)	VS-024	1 cup	252	12	2	307	36	4	4	0	3
Vegetable - Starchy	Home Fries (using Seasoned Wedge Cut Potatoes)	VS-020	1 cup	315	11	1	453	50	6	6	0	5
Vegetable - Starchy	Marinated Potato Salad	VS-026	1 cup	195	10	2	231	27	2	0	0	2
Vegetable - Starchy	Plantains	Big Banana VS-018	4 each	200	4	1	0	39	2	32	0	1
Vegetable - Starchy	Plantains	Big Banana VS-019	8 each	400	8	2	0	78	4	64	0	2
Vegetable - Starchy	Potatoes, Seasoned Wedge Cut	VS-017	1 cup	240	8	0	280	40	4	0	0	2
Vegetable - Starchy	Veg, Corn Canned	Hanover	1/2 cup	100	1	0	100	20	1	5	0	2
Vegetable - Starchy	Veg, Corn Canned	Libby's	1/2 cup	80	1	0	140	17	2	4	NA	2
Vegetable - Starchy	Basil Corn Salad	VS-028	1/2 Cup	117	4	0	88	18	2	2	0	0
Vegetable - Starchy	Basil Corn Salad	VS-028	1 Cup	235	9	0	176	37	5	5	0	0

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Category	Menu Item	Recipe/ Brand	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Total Carb (g)	Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)
Vegetable - Starch	Herbed Roasted Potatoes	VS-031	1 cup	202	9	2	251	31	3	0	0	2
Vegetable - Starch	Seasoned Peas	VS-034	1/2 Cup	94	3	0	179	13	4	5	0	5
Vegetable - Starch	Seasoned Peas	VS-034	1 cup	188	6	0	358	26	8	10	0	10
Salad Grab & Go	Grab & Go, Asian Sesame Grilled Chicken Salad	SAL-035	1 each	306	11	2	508	32	5	4	8	22
Salad Grab & Go	Grab & Go Asian Sesame Crispy Chicken Salad	SAL-024	1 each	430	20	4	871	44	7	9	5	20
Salad Grab & Go	Grab & Go, Chopped Salad	SAL-038	1 each	368	13	4	639	39	6	4	2	26
Salad Grab & Go	Power Protein Garden Greens Salad (HS)	SAL-041	1 each	362	21	13	641	29	5	5	1	19
Salad Grab & Go	Power Protein Garden Greens Salad (K8)	SAL-041	1 each	356	21	13	645	27	4	4	1	19
Salad Grab & Go	Chicken Breaded Bite Salad	SAL-018	1 each	394	16	3	787	42	7	5	2	22
Salad Grab & Go	Grab & Go, BBQ Crispy Chicken Salad (K8)	SAL-019	1 each	400	12	3	806	51	5	13	10	23
Salad Grab & Go	Grab & Go, BBQ Halal Crispy Chicken Salad	SAL-019HAL	1 each	410	15	3	846	50	6	13	10	20
Salad Grab & Go	Grab & Go, Black Bean and Corn Salad	SAL-014	1 each	148	3	0	222	23	7	3	0	8
Salad Grab & Go	Grab & Go Chicken Caesar Salad with Croutons	SAL-022	1 each	475	31	5	821	33	5	2	1	19
Salad Grab & Go	Grab & Go, Chicken Caesar Salad with Pita (HS)	SAL-030	1 each	441	23	4	824	40	7	3	2	22
Salad Grab & Go	Grab & Go, Chicken Caesar Salad with Pita (K8)	SAL-030	1 each	435	37	4	821	39	6	3	2	22
Salad Grab & Go	Grab & Go, Grilled Chicken Caesar Salad with Pita	SAL-034	1 each	299	12	2	410	26	5	3	1	21
Salad Grab & Go	Grab & Go, Grilled Chicken Salad	SAL-036	1 each	117	3	1	103	5	2	2	0	17
Salad Grab & Go	Grab & Go Chicken Salad	SAL-044	1 each	331	9	1	724	34	6	6	3	22
Salad Grab & Go	Grab & Go Balsamic Chicken Salad	SAL-044BC	1 each	421	16	2	900	41	7	13	6	22
Salad Grab & Go	Grab & Go, Hummus (2 Hummus, 2 Crackers, Indv. Carrot and Apple)	VEG-057	1 each	526	21	1	816	78	12	21	4	10
Salad Grab & Go	Grab & Go, Tuna Salad	SAL-012	1 each	145	3	0	452	7	2	4	2	24
Salad Grab & Go	Southwest Black Bean Cobb Salad	SAL-032	1 each	404	16	8	655	45	10	4	1	23
Salad Grab & Go	Halal Crispy Chicken Grab & Go Salad	SAL-020HAL	1 each	356	15	3	725	38	6	4	1	20
Salad Grab & Go	Grab & Go, Crispy Chicken Pasta Salad	SAL-023	1 each	617	17	4	519	58	10	5	0	25
Salad Grab & Go	Grab & Go, Italian Veggie Pasta Salad	SAL-010	1 each	537	29	3	206	60	15	5	0	15
Salad Grab & Go	Mediterranean Chicken Pasta Salad	SAL-037	1 each	440	17	2	143	48	6	5	0	25
Salad Grab & Go	Sesame Noodle Bowl with Veggie Nuggets	SAL-046	1 each	471	24	2	879	55	8	19	13	18
Salad Bar	Caesar Salad	SB-008	1/2 cup	48	4	1	79	2	1	1	0	1
Salad Bar	Italian Classico	SB-005	1/2 cup	79	8	1	21	2	1	1	0	1
Salad Bar	Marinated Vegetable Salad	SB-007	1/2 cup	80	6	0	179	6	1	3	0	1
Salad Bar	Spinach, Tomato, & Roasted Red Pepper Salad	SB-002	1/2 cup	50	4	0	133	3	1	1	0	2
Salad Bar	Strawberry Cucumber Salad	SB-011	1/2 cup	60	4	0	76	6	1	4	1	1
Fruit	Apples	NY State	1 each	61	0	0	1	16	3	12	0	0
Fruit	Applesauce, Unsweetened, Canned USDA	USDA	1/2 cup	60	0	0	15	15	1	18	0	0

# Menu Nutrition Information

Category	Menu Item	Recipe/ Brand	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Total Carb (g)	Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)
Fruit	Applesauce (individual cup)	Krouse- White	1/2 cup	50	0	0	0	14	2	10	0	0
Fruit	Applesauce (individual cup)	USDA	1/2 cup	60	0	0	0	14	1	12	0	0
Fruit	Applesauce (individual cup)	USDA	1/2 cup	50	0	0	0	14	1	12	0	0
Fruit	Applesauce (individual cup)	Chinke Star/Deto	1/2 cup	50	0	0	0	14	1	12	0	0
Fruit	Applesauce (individual cup)	National Fonkie	1/2 cup	50	0	0	0	14	1	12	0	0
Fruit	Applesauce, Peach (individual cup)	National Fonkie	1 each	50	0	0	0	14	1	12	0	0
Fruit	Applesauce, Peach (individual cup)	National Fonkie	1 each	50	0	0	0	14	1	12	0	0
Fruit	Applesauce, Strawberry Banana (individual cup)	National Fonkie	1 each	50	0	0	0	14	1	12	0	0
Fruit	Applesauce, Strawberry Banana (individual cup)	National Fonkie	1 each	50	0	0	0	14	1	12	0	0
Fruit	Applesauce, Strawberry Banana (individual cup)	Krouse- Champla	1 each	60	0	0	10	15	2	12	0	0
Fruit	Apple Slices (individual bag)	Peterson/ Farm	1 bag	30	0	0	0	8	1	6	0	0
Fruit	Apple Slices (individual bag)	Peterson/ Farm	1 bag	30	0	0	0	7	1	6	0	0
Fruit	Apple Slices (individual bag)	Driscoll	1 bag	35	0	0	0	8	1	7	0	0
Fruit	Bananas	PRPR-006	1 each	105	0	0	1	27	3	13	0	1
Fruit	Cantaloupe, Diced	USDA	1/2 cup	27	0	0	12	6	1	16	0	1
Fruit	Cinnamon Apple Topping	FR-004	1/2 cup	65	0	0	4	17	2	14	2	0
Fruit	Grapefruit	USDA	1/2 fruit	40	0	0	0	10	1	16	0	1
Fruit	Grapes, Green or Red Seedless (about 14 large)	USDA	1/2 cup	69	0	0	2	18	1	10	0	1
Fruit	Honeydew, Diced	USDA	1/2 cup	59	0	0	27	15	1	13	0	1
Fruit	Ices, Orange Pineapple	J&J Fonkie	1 each	70	0	0	0	20	3	15	0	0
Fruit	Ices, Strawberry Pomegranate	J&J Fonkie	1 each	70	0	0	0	20	3	15	0	0
Fruit	Ices, Wild Cherry	J&J Fonkie	1 each	70	0	0	5	19	3	15	0	0
Fruit	Ices, Orange Pineapple Cherry Swirl	J&J Fonkie	1 each	70	0	0	5	20	3	15	0	0
Fruit	Mandarin (Clementine)	USDA	2 each	107	0	0	2	27	4	15	0	2
Fruit	Nectarines, Small	USDA	1 each	56	0	0	0	13	2	13	0	1
Fruit	Oranges, 125 ct	USDA	1 each	65	0	0	1	16	3	16	0	1
Fruit	Oranges, 138 ct	USDA	1 each	61	0	0	1	16	3	14	0	1
Fruit	Peaches, Medium	USDA	1 each	68	0	0	0	17	3	7	0	2
Fruit	Peaches, Sliced (canned)	PORT Ratol	1/2 cup	70	0	0	0	17	1	16	9	1
Fruit	Peaches, Sliced (canned)	PORT Ratol	1/2 cup	70	0	0	10	17	1	14	9	1
Fruit	Peaches, Sliced (canned)	Dolly	1/2 cup	70	0	0	10	17	1	14	9	1
Fruit	Pears, Diced (canned)	PORT Dolly	1/2 cup	80	0	0	0	14	2	14		1
Fruit	Pears, Diced (canned)	PORT Dolly	1/2 cup	80	0	0	5	20	2	14	9	1
Fruit	Pears, Medium	USDA	1 each	80	0	0	1	22	4	8	0	1
Fruit	Pineapple Tidbits (canned)	PORT Ratol	1/2 cup	70	0	0	0	17	1	14	0	1
Fruit	Pineapple Tidbits (canned)	PORT Ratol	1/2 cup	70	0	0	10	17	1	14	0	1
Fruit	Pineapple Tidbits (canned)	Dolly	1/2 cup	70	0	0	0	17	2	14	0	0
Fruit	Plums	USDA	1 each	30	0	0	0	8	1	11	0	0
Fruit	Strawberries	USDA	1/2 cup	23	0	0	1	6	1	15	0	0
Fruit	Watermelon, Seedless	USDA	1 slice	45	0	0	2	44	1	18	0	1
Bread	Bagel, Cinnamon Raisin, 2 oz	Neri's	1 each	170	1	0	280	37	4	9	6	6

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Bread	Bagel, Cinnamon Raisin, 3 oz	Neri's	1 each	220	1	0	280	47	6	11	8	7
Bread	Bagel, Plain, 2 oz	Neri's	1 each	170	1	0	280	35	5	3	2	7
Bread	Bagel, Plain, 3 oz	Neri's	1 each	210	1	0	280	44	6	3	3	8
Bread	Bagel, Plain, 2 oz. (IW)	Neri's	1 each	150	1	0	180	30	4	3	2	6
Bread	Biscuit, Buttermilk	Branson's	1 each	180	6	0	200	27	2	3	3	4
Bread	Bread Knot	Europastu	1 each	75	1	0	140	16	2	2	2	3
Bread	Bread Knot, Garlic	GR-029	1 each	88	2	0	152	16	2	2	2	3
Bread	Bread Knot, Seasoned	GR-058	1 each	99	3	0	152	16	2	2	2	3
Bread	Breadstick, Warm	GR-025	1 each	110	0	0	190	22	3	2	1	4
Bread	Ciabatta Roll	Europastu	1 each	180	2	0	290	35	4	2	2	7
Bread	Crackers, Honey Graham	MJM	1 each	110	3	1	140	20	2	6	6	2
Bread	Crackers, Whole Grain	ES Foods	1 pack	110	4	0	160	19	2	2	2	2
Bread	Crackers, Whole Grain	MJM	1 pack	80	3	0	190	14	2	2	2	2
Bread	Croissant	BakeCo	1 each	130	4	2	180	21	2	3	3	4
Bread	Croissant	Right Start	1 each	134	6	3	167	17	2	1	1	3
Bread	Croissant, Individually Wrapped	Bake Co.	1 each	130	4	2	180	21	2	3	3	4
Bread	Dinner Roll	Wenmer Bakery	1 each	90	0	0	160	19	2	1	1	3
Bread	Flat Bread/ Naan Bread	Toufayan	1 each	160	3	0	260	26	4	1	1	6
Bread	Whole Grain Wrap 9 inch	Toufayan	1 each	170	4	1	150	28	4	1	0	5
Bread	Whole Grain Wrap 6.25 inch	Toufayan	1 each	110	3	1	105	19	3	0	0	4
Bread	Hamburger Bun (K8)	Rockland	1 each	110	1	0	210	23	2	2	1	3
Bread	Hamburger Bun (HS)	Rockland	1 each	130	2	0	250	27	3	2	2	4
Bread	Mini Loaf, Apple Cinnamon	Right Start	1 each	160	5	1	140	25	3	10	10	4
Bread	Mini Loaf, Honey Corn	Right Start	1 each	160	5	1	115	28	2	10	10	2
Bread	Mini Loaf, Zucchini Carrot	Wild Kale	1 each	180	9	2	30	21	3	4	3	5
Bread	Muffin, Banana Yogurt	Right Start	1 each	160	4	1	125	27	2	12	11	2
Bread	Muffin, Blueberry Yogurt	Right Start	1 each	150	5	1	135	27	2	10	10	2
Bread	Muffin, Sweet Potato Oatmeal	Stuefa	1 each	260	7	1	210	45	3	20	7	5
Bread	Sliced Bread	Rockland / Dechter	1 slice	60	1	0	125	12	2	1	1	2
Cereal	Cereal, Frosted Mini-Wheats	Kellogg's	1 each	100	1	0	0	24	3	6	6	2
Cereal	Cereal, Multigrain Toasted Cheerios	General	1 each	110	1	1	105	23	2	6	6	2
Cereal	Cereal Toasted Oats	Milk-O-Meal	1 each	110	2	1	140	21	3	0	0	3
Cereal	Cereal, Toasted Oats	Cheerios	1 each	100	2	1	140	21	4	1	1	4
Cereal	Cereal, Granola, Apple Cinnamon	Right Start	1 each	125	3	0	0	19	2	5	3	3
Cereal	Cereal, Granola, Apple Cinnamon	Stuefa	1 each	120	3	0	0	19	3	5	3	2
Cereal	Cereal, Granola, Apple Cinnamon	Stuefa	1 each	110	3	0	0	22	2	6	6	2
Cereal	Cereal, Granola, Blueberry	Stuefa	1 each	120	3	0	0	19	2	3	0	2
Cereal	Cereal, Granola, Blueberry	Stuefa	1 each	110	3	0	0	22	2	6	6	2
Cereal	Oatmeal with milk	BK-002	3/4 cup	201	3	1	154	35	4	10	6	8
Cereal	Oatmeal (vegan)	VE-012	3/4 cup	161	2	0	112	30	4	6	6	6
Breakfast	Omelet, Plain	Wichner Foods	1 each	60	4	1	110	1	0	0	0	3

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Breakfast	Pancakes, Buttermilk	Global Foods	2 each	150	3	0	45	30	2	6	6	4
Breakfast	Pancakes, Cinnamon Burst	Global Foods	2 each	180	3	0	86	35	2	10	10	4
Breakfast	Waffle	Global Foods	1 each	70	2	0	140	13	2	1	1	2
Pasta	Butternut Squash Mac & Cheese	GR-067	1/2 cup	163	8	5	258	13	1	1	1	10
Pasta	Pasta Marinara	GR-050	1 cup	203	1	0	143	43	5	4	1	7
Pasta	Pasta Primavera (K8)	VE-010	1 cup	206	4	0	37	37	7	10	0	7
Pasta	Pasta Primavera (HS)	VE-010	2 cups	412	8	1	75	75	14	20	0	14
Pasta	Pasta & Peas	GR-068	1/2 cup	105	6	0	225	11	2	2	0	3
Pasta	Pasta & Peas	GR-068	1 cup	209	12	1	449	22	3	4	0	6
Pasta	Penne Bruschetta	GR-066	6 oz	197	7	0	157	27	4	4	0	5
Pasta	Sesame Noodles	GR-008	1 cup	404	14	2	319	62	9	11	8	11
Pasta	Southwest Pasta	GR-060	1 cup	164	1	0	95	34	6	4	1	7
Rice	Brown Rice, Steamed (K8)	GR-024	1/2 cup	80	1	0	0	18	1	0	0	2
Rice	Brown Rice, Steamed (HS)	GR-024	1 cup	160	0	0	0	36	2	0	0	4
Rice	Southern Seasoned Brown Rice	GR069	1 cup	131	2	0	100	22	1	1	0	2
Rice	Vegetable Fried Rice	MINH	1/2 cup	140	2	0	219	27	2	2	0	3
Rice	Vegetable Fried Rice	MINH	1 cup	278	3	0	438	54	4	4	0	6
Snack	Crackers, Animal	Nutrition at Choices	1 pkg	120	5	0	85	21	2	7	6	2
Snack	Crackers, Whole Wheat	ES Foods	1 pkg	110	4	0	160	19	2	2	2	2
Snack	Crackers, Whole Wheat	MJM	1 pkg	80	3	0	190	14	2	2	2	2
Snack	Crispy Tortillas	Frito Lay	1 pkg	110	3	0	95	19	2	0	0	2
Snack	Pretzels, Heart-Shaped	Rold Gold	1 pkg	80	1	0	200	16	2	1	0	2
Snack	Sunflower Seeds, Honey Roasted	Sun Opta	1 pkg	190	15	2	65	11	3	5	4	6
Snack	Sunflower Seeds, Honey Roasted	Winkle Sta	1 pkg	190	15	2	55	10	3	4	3	6
Condiment	Cream Cheese, Plain (Individual Packet)	Hahn's	1 each	60	4	2	90	3	0	4	0	5
Condiment	Jelly, Grape (individual packet)	Diamond	1 each	40	0	0	0	9	0	5	NA	0
Condiment	Jelly, Grape (individual packet)	Four in One	1 each	40	0	0	0	9	0	6	NA	0
Condiment	Ketchup (individual packet)	Red Gold	1 each	10	0	0	25	2	0	2	2	0
Condiment	Ketchup (individual packet)	Sara's	1 each	10	0	0	65	2	0	2	2	0
Condiment	Mayonnaise (individual packet)	Four in One	1 each	50	5	1	75	2	0	8	NA	0
Condiment	Mayonnaise (individual packet)	Winston	1 each	90	10	2	70	0	0	0	NA	0
Condiment	Mayonnaise (Gallon)	Four in One	1 Tbsp	50	3	0	105	2	0	1	NA	0
Condiment	Mustard (individual packet)	Heinz	1 each	0	0	0	65	0	0	0	NA	0
Condiment	Mustard (individual packet)	Winston	1 each	5	0	0	70	0	0	0	NA	0
Condiment	Mustard (individual packet)	Four in One	1 each	5	0	0	40	0	0	0	NA	0
Condiment	Mustard (Gallon)	Admiratio	1 Tsp	4	0	0	50	0			NA	0



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Condiment	Mustard (Gallon)	Chefler Foods/	1 Tsp	0	0	0	50	0	0	0	0	0
Condiment	Sweet Relish	United Pickle	2 Tbsp	5	0	0	340	2	0	1	0	0
Condiment	Table Syrup (individual packet)	Winston	1 each	80	0	0	0	20	0	13	NA	0
Condiment	Table Syrup (individual packet)	Lucky Brand	1 each	90	0	0	0	22	0	17	17	0
Condiment	Tartar Sauce	SAU-021	0.80 oz	62	5	1	144	5	0	3	3	0
Condiment	Peanut Butter Portion Cup	BK-051	1 oz	200	17	3	130	6	3	0	NA	9
Dressing	Asian Sesame, Gallon	Cain's	2 Tbsp	130	11	2	290	8	0	8	NA	0
Dressing	Olive Oil & Balsamic Vinaigrette, Gallon	Mike's Amazing	2 Tbsp	105	9	2	240	6	0	5	4	0
Dressing	Chipotle Ranch, Gallon	Mike's Amazing	2 Tbsp	140	14	2	210	4	0	3	3	0
Dressing	Chipotle Ranch (individual cup)	Cain's	1 each	110	12	2	210	3	0	2	2	0
Dressing	French (individual cup)	Cain's	1 each	120	11	2	220	5	0	4	4	0
Dressing	Honey Mustard (individual cup)	Diamond Crystal	1 each	80	5	2	110	9	0	4	NA	0
Dressing	Low Fat Ranch, Gallon	Cains	2 Tbsp	80	7	1	290	5	0	1	NA	0
Dressing	Ranch (individual cup)	Diamond Crystal	1 each	70	6	1	120	5	0	4	NA	0
Pizza Topping	Pizza Topping, Bruschetta Tomato	VRO-012	1 oz	16	0	0	84	3	1	3	NA	0
Pizza Topping	Pizza Topping, Margherita Tomato	VRO-013	2 slices	10	0	0	3	2	1	1	NA	0
Pizza Topping	Pizza Topping, Pepper & Onion	VEG065	1 oz	13	0	0	4	3	0	1	0	0
Sauce	Apple Citrus Pico de Gallo	SAU-057	2 oz	67	2	0	141	12	1	9	0	1
Sauce	Marinara Sauce, Herbed	SAU-004	1/4 cup	34	1	0	61	7	1	5	NA	1
Sauce	BBQ Sauce	Branson's Road	2 Tbsp	50	0	0	120	11	0	9	NA	0
Sauce	BBQ Sauce (individual cup)	Diamond Crystal	1 oz	70	0	0	110	18	0	2	NA	0
Sauce	Gravy, Vegetarian	Vanee Foods	1/4 cup	25	1	0	310	4	0	1	1	0

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Sauce	Peach BBQ Sauce	SAU-044	1 Tbsp	21	0	0	40	5	0	4	NA	0
Sauce	Salsa Dipping Cup (individual cup)	Red Gold	1 each	30	0	0	208	6	0	11	NA	0
Sauce	Salsa Sauce, Canned	USDA	1/2 cup	35	0	0	140	8	1	6	NA	1
Sauce	Salsa Sauce, Canned	USDA/ Del	2 Tbsp	10	0	0	30	2	1	1	NA	0
Sauce	Salsa Sauce, Canned	USDA/ Red Gold	2 Tbsp	10	0	0	70	2	0	0	NA	0
Sauce	Spaghetti Sauce	Alfredo	1/2 cup	70	1	0	125	13	3	9	4	2
Sauce	Spaghetti Sauce	Red Pack	1/2 cup	60	1	0	140	12	2	8	4	2
Sauce	Taco Sauce, Mild (individual packet)	Ortega	1 each	5	0	0	65	1	0	1	NA	0
Sauce	Vinaigrette, Honey Mustard	SAU-035	2 Tbsp	113	9	0	62	8	0	5	NA	0
Sauce	Vinaigrette, Italian	SAU-033	2 Tbsp	128	14	0	28	1	0	5	NA	0
Milk	Milk, 1% Low fat	Upstate Niagara	1 each	110	3	0	125	13	0	12	0	8
Milk	Milk, Fat Free	Upstate Niagara	1 each	90	0	0	125	13	0	11	0	8
Milk	Milk, Fat Free Chocolate	Upstate Niagara	1 each	120	0	0	240	21	0	12	20	8
Milk	Milk, Whole	Upstate Niagara	1 each	150	8	0	125	12	0	4	0	8
Milk	Milk, UHT, Low Fat 1%	Natrel	1 each	100	3	0	130	12	0	2	0	8

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Beef	100% Beef Burger Patty (no bun)	Don Lee Farms	1 each	140	9	4	190	1	0	0	0	12
Beef	100% Beef Hamburger (K8)	SDWH-062K8	1 each	270	12	5	400	24	2	2	1	15
Beef	100% Beef Hamburger (HS)	SDWH-062HS	1 each	289	12	5	440	28	3	2	2	16
Beef	100% Beef Hamburger (Infant-Toddler)	SDWH-062IT	1 each	135	6	2	200	12	1	1	1	8
Beef	100% Beef BBQ Burger on Hamburger Bun (HS)	SDWH-097HS	1 each	280	12	4	432	28	3	3	3	15
Beef	100% Beef Cheeseburger on Ciabatta	SDWH-127	1 each	375	15	6	615	36	3	3	2	21
Beef	100% Beef Cheeseburger on Hamburger Bun (K8)	SDWH-060K8	1 each	305	14	6	545	26	2	3	1	18
Beef	100% Beef Cheeseburger on Hamburger Bun (HS)	SDWH-060HS	1 each	325	15	6	585	30	3	3	2	18
Beef	Caribbean Style Beef Patty	Golden Krust	1 each	370	14	6	460	45	3	4	3	14
Beef	Caribbean Style Beef Patty, Halal	Golden Krust	1 each	370	14	6	460	45	3	4	3	14
Breakfast Sandwich	Egg & Cheese on Ciabatta	BK-064	1 each	275	8	2	535	36	3	3	2	12
Breakfast Sandwich	Egg & Cheese on a Soft Roll (K-8)	BK-030K8	1 each	205	7	2	465	26	2	3	1	9
Breakfast Sandwich	Egg & Cheese on a Soft Roll (HS)	BK-030HS	1 each	225	8	2	504	30	3	3	2	9
Breakfast Sandwich	Egg & Cheese on a Croissant	BK-084	1 each	228	10	4	447	24	2	4	3	10
Breakfast	Egg, Omelet, Plain USDA	USDA (microwavable)	1.25 oz.	50	3	1	50	1	0	0	0	4
Breakfast	Egg, Omelet, Plain USDA	USDA (cargill foods)	1.25 oz.	60	5	1	50	1	0	0	0	4
Cheese	Cheese Cubes, Colby Jack	Bongard's	1 each	90	7	4	180	1	0	0	0	7
Cheese	Cheese Stick, Cheddar	Bongard's	1 each	90	6	4	210	1	0	0	0	8
Cheese	Cheese Stick, Colby Jack	Bongard's	1 each	90	6	4	210	1	0	0	0	8
Cheese	Cheese Stick, Mozzarella String Cheese	Bongard's	1 each	60	3	2	200	1	0	1	0	7
Cheese	Hard Grated Parmesan Cheese	Pisa	1 Tbsp	20	1	1	90	1	0	1	0	1
Cheese	Shredded, Mild Cheddar Cheese	Land O Lakes	1 oz	110	9	6	190	1	0	0	0	6
Cheese	Shredded, Mild Cheddar & Monterey Jack	Land O Lakes	1 oz	110	9	6	190	1	0	1	0	7
Cheese	Shredded, Mozzarella	Bongard's	1 oz	80	6	3	190	2	0	1	0	7
Cheese	Sliced, American White Cheese	Bongard's	2 slices	70	5	3	290	4	0	2	0	5
Cheese	Sliced, Blended Provolone	Bongard's	2 slices	90	7	4	170	1	0	0	0	6
Cheese	Sliced, Mild Cheddar Cheese, Reduced Fat	Bongard's	2 slices	80	6	4	220	1	0	0	0	7
Cheese	Sliced, Mozzarella	Bongard's	3 slices	80	6	4	200	1	0	0	0	6
Cheese	Sliced, Pepper Jack	Bongard's	2 slices	100	8	5	230	1	0	0	0	6
Cheese	Sliced, Swiss Cheese, Reduced Fat	Bongard's	2 slices	100	7	5	135	1	0	0	0	7
Sandwich - Cheese	Cheese Sandwich on Sliced Bread	SDWH-033	1 each	260	10	5	830	32	4	6	2	14
Sandwich - Cheese	Classic "Grilled" Cheese Sandwich	SDWH-001	1 each	300	15	5	830	32	4	6	2	14
Sandwich - Cheese	Grilled Cheese Sandwich (pre-made)	Power Up	1 each	285	10	5	420	33	3	4	2	19
Sandwich - Cheese	Grilled Cheese Sandwich (pre-made)	Winkle Star	1 each	300	14	8	420	31	3	6	0	14
Sandwich - Cheese	Three-Cheese Grilled Cheese	SDWH-163	1 each	307	22	7	535	16	3	2	1	13

Chicken	BBQ Chicken Bites	CH-129	1 serving	289	14	3	617	24	2	8	8	17
Chicken	BBQ Roasted Chicken Thigh	CK-128	1 each	402	27	8	623	10	0	6	6	27
Chicken	Chicken Grilled Strips, Dark Meat	Don Lee Farms	3-4 each	95	2	1	95	1	0	0		16
Chicken	Chicken Fajitas	CK-116	2 each	388	9	1	693	51	7	7	0	26
Chicken	Chicken Pot Pie	CK-123	6 oz	143	3	1	511	9	1	3	1	17
Chicken	Chicken Quesadilla	CK-088	1 each	421	17	8	546	36	6	5	0	29
Chicken	Chicken Roasted Drumstick	CK-091	1 each	270	16	4	510	1	0	0	0	28
Chicken	Chicken Roasted Thigh	CK-092	1 each	340	26	7	510	2	0	0	0	24
Chicken	Chicken Shawarma	CK-127	4 oz	149	7	1	446	4	1	1	0	17
Chicken	Chicken Slider	Golden Platter	2 each	283	3	1	460	39	2	10	10	23
Chicken	Chicken Tenders	CK-095	3 each	220	12	3	460	13	2	1	0	15
Chicken	Crispy Chicken Bites	Golden Platter	10 each	220	12	3	460	13	2	1	1	15
Chicken	Crispy Chicken Bites	Winkle Star	13 each	260	12	3	480	23	2	2	1	17
Chicken	Halal Chicken Tenders	CK087	3 each	220	12	3	460	13	2	1	NA	15
Chicken	Halal Chicken Tenders Fajitas	CK-117	1 each	504	18	3	954	58	11	7	NA	24
Chicken	Hawaiian Grilled Chicken	CK-132	4 oz	180	7	1	445	11	1	9	5	17
Chicken	Sweet & Sour Chicken Bites	CK-125	8 oz	345	14	3	676	37	3	18	13	18
Chicken	Tomato Glazed Chicken Thigh	Ck-135	1 each	443	37	8	590	3	0	0	0	25
Chicken	Teriyaki Grilled Chicken	CK-134	4 oz	123	2	1	213	6	0	5	5	16
Chicken - Sandwich	Chicken Tender Melt (K8)	SDWH187K8	1 each	326	13	4	805	36	4	5	1	18
Chicken - Sandwich	Chicken Tender Melt (HS)	SDWH187HS	1 each	345	14	4	845	40	4	5	2	19
Chicken - Sandwich	Chicken Salad Sandwich	Golden Platter	1 each	410	13	3	420	29	2	4	4	24
Chicken - Sandwich	ChimiChurri Chicken Wrap	SDWH-171	1 each	328	12	2	394	31	3	2	1	23
Chicken - Sandwich	Halal Crispy Chicken Patty Sandwich (K8)	SDWH147K8	1 each	330	13	3	670	36	4	3	NA	18
Chicken - Sandwich	Halal Crispy Chicken Patty Sandwich (HS)	SDWH147HS	1 each	350	13	3	710	40	5	3	NA	19
Chicken - Sandwich	Wrap, Chicken Caesar	SDWH-106	1 each	489	24	4	711	46	7	4	1	23
Chicken - Sandwich	Wrap, Chicken Tender	SDWH-087	1 each	400	17	4	643	43	5	3	1	22
Chicken - Sandwich	Wrap, Curried Chicken	SDWH-141	1 each	526	29	6	835	49	5	2	1	22
Chicken - Sandwich	Wrap, Halal Chicken Tender	SWDH087HAL	1 each	399	17	4	642	43	5	3	NA	21
Chicken - Sandwich	Wrap, Halal Chicken Caesar	SDWH106HAL	1 each	486	24	5	955	49	5	6	NA	22
Fish	Braised Tuna with Tomato Sauce	FH-003	3 oz	105	1	0	571	6	1	4	1	23
Fish	Fish Breaded Patty (no bun)	High Liner Foods	1 each	160	6	1	250	16	1	1	0	9
Fish	Fish Sticks	Channel Fish	4 each	180	4	0	290	20	2	0	0	16
Fish	Tuna Salad, Classic (No Bread)	FH-001	3 oz	121	3	0	444	2	0	12	1	22
Fish	Tuna Salad, Healthy (No Bread)	FH-002	3 oz	139	7	0	531	2	1	12	0	23
Fish - Sandwich	Fish and Cheese Sandwich (K8)	SDWH-048K8	1 each	307	9	2	608	41	3	4	1	15
Fish - Sandwich	Fish and Cheese Sandwich (HS)	SDWH-048HS	1 each	327	10	2	648	45	4	4	2	16
Fish - Sandwich	Tuna "Classic" Salad on Ciabatta Roll	SDWH-103	1 each	301	4	0	724	35	3	3	3	28
Fish - Sandwich	Tuna "Classic" Salad on Sliced Bread	SDWH-140	1 each	241	4	0	694	26	4	3	3	26
Fish - Sandwich	Wrap, Tuna Salad, Classic	SDWH-037	1 each	302	7	0	627	32	4	11	2	29
Pizza	French Bread Pizza	Nardone	1 each	333	16	11	363	28	3	3	0	22

Pizza	Garlic French Bread Pizza	Nardone	1 each	380	24	12	405	24	2	1	0	21
Pizza	Grandma's Pizza	CH023	1 each	405	25	12	466	28	3	4	1	22
Pizza	Personal Round	Nardone	1 each	343	17	10	457	29	3	6	0	20
Pizza	Pizza Slice	Nardone	1 each	336	16	10	435	27	3	6	0	20
Pizza	Pineapple Pizza	CH-024	1 each	360	17	10	457	33	3	9	0	20
Pizza	Plant Powered Ranch Pizza	CH025A	1 each	401	19	10	641	33	4	6	0	26
Pizza	Sicilian Pizza	Nardone	1 each	333	16	10	424	27	3	6	0	20
Turkey	Turkey Burger Patty (no bun)	Maidrite	1 each	80	2	0	200	3	0	0	0	14
Turkey	Turkey Burger (K-8)	SDWH-055K8	1 each	190	3	1	410	26	2	2	1	17
Turkey	Turkey Burger (HS)	SDWH-055HS	1 each	210	3	1	450	30	3	2	2	18
Turkey	Turkey Cheeseburger (K-8)	SDWH-084K8	1 each	225	5	1	555	28	2	3	1	20
Turkey	Turkey Cheeseburger (HS)	SDWH-084HS	1 each	245	5	1	595	32	3	3	2	20
Turkey	Turkey Chili	TK-021	4 oz	133	6	2	278	12	3	5	0	10
Turkey	Turkey Taco Filling	USDA	2 oz	97	6	1	156	4	0	2	0	9
Turkey	Soft Turkey Tacos	TK-019	2 each	467	23	8	686	44	5	5	0	27
Vegetarian	Black Bean & Cheese Empanada	Winkle Star	1 each	350	13	8	460	42	4	2	2	15
Vegetarian	Black Bean & Cheese Empanada	Buena Vista	1 each	340	13	6	480	45	7	2	2	14
Vegetarian	Garlic and Tomato Panini	VEG-083	1 each	200	12	6	205	14	2	2	0	11
Vegetarian	Manicotti with Marinara Sauce	GR-059	2 each	358	10	6	403	42	6	8	3	18
Vegetarian	Mozzarella Sticks, Breaded	Highliner	5 each	400	22	8	380	32	3	3	2	19
Vegetarian	Quesadilla, Fiesta	CH-020	1 each	426	26	13	654	32	2	2	1	21
Vegetarian	Quesadilla, Fiesta Mozzarella	CH-022	1 each	363	19	7	649	34	2	4	1	20
Vegetarian	Quesadilla, Seasoned Black Bean & Red, White, & Green Panini (Hot or Cold)	VEG-008	1 each	353	15	7	444	39	7	3	0	15
Vegetarian	Southwest Bean and Cheese Burrito	Cabo Primo	1 each	310	10	4	420	42	7	3	0	15
Vegetarian	Sweet Potato Quesadilla Rollup	VEG-084	1 each	427	22	9	514	42	7	5	0	17
Vegetarian	Veggie Cheeseburger (K8)	SDWH168K8	1 each	290	15	3	705	31	4	4	2	21
Vegetarian	Veggie Cheeseburger (HS)	SDWH168HS	1 each	310	16	3	745	35	5	4	3	22
Vegetarian	Veggie Cheeseburger (K8), Mushroom Swiss	SDWH192K8	1 each	294	15	3	568	29	4	4	2	22
Vegetarian	Veggie Cheeseburger (HS), Mushroom Swiss	SDWH192HS	1 each	314	16	3	607	33	5	4	3	22
Vegetarian	Fiesta Quesadilla	CH-020	1 each	426	25	13	623	32	4	4	0	20
Vegetarian	Zucchini Parmigiana Hero	SDWH-158	1 each	449	20	9	1097	40	5	7	NA	25
Sandwich - Vegetarian	Wrap, Super Hero Spinach	VEG-009	1 each	401	19	9	856	34	6	3	NA	23
Vegan	Carolina Pinto Beans	VE-032	4 oz	120	0	0	472	22	8	3	0	7
Vegan	BBQ Veggie Burger (K-8)	SDWH170K8	1 each	250	12	1	524	30	4	5	4	17
Vegan	BBQ Veggie Burger (HS)	SDWH170HS	1 each	269	12	1	563	34	5	5	5	18
Vegan	BBQ Veggie Nuggets	VE-031	1 serving	160	5	0	466	22	2	7	7	13
Vegan	Black-eyed Peas with Tomato & Kale	VE-026	4 oz	215	4	0	306	29	9	7	0	9
Vegan	Cajun Beans (K8)	VE-023	1/2 cup	110	0	0	217	20	7	2	0	7
Vegan	Chickpea Shawarma	VE-028	4 oz	228	12	2	566	25	10	5	0	8
Vegan	Big City Bean Taco	VE-001	1 each	401	10	0	700	65	12	7	0	15

Vegan	Braised Black Beans with Plantains	VEG-011	3/4 cup	342	7	1	436	55	13	18	0	14
Vegan	Braised Black Beans with Plantains Rice Bowl	VE-009	1 each	530	12	1	570	91	12	39	0	13
Vegan	Egyptian Chickpeas	VE-027	6 oz	174	4	1	318	26	10	7	2	8
Vegan	Falafel	VE-029	1 serving	330	6	1	320	58	10	5	1	13
Vegan	Falafel Nuggets	Better Brands	4 each	210	4	0	360	36	7	4	0	9
Vegan	Falafel Nuggets	Winkle Star	4 each	170	4	0	360	26	7	4	0	8
Vegan	Guisado Kidney Beans (K8)	VE-022	1/2 cup	239	10	1	311	26	8	7	0	9
Vegan	Hawaiian Veggie Nuggets	VEG-087	1 serving	205	9	1	720	24	3	7	5	14
Vegan	Hummus, Original	Tribe	1 each	110	7	1	220	9	2	1	0	3
Vegan	Hummus, Original	Winkle Star-Hannah	1 each	180	14	2	250	11	3	2	0	4
Vegan	Kidney Bean Rajma (K8)	VE-020	1/2 cup	153	1	0	331	26	6	5	2	7
Vegan	Mediterranean Chickpeas	VE-002	1/2 cup	240	6	2	336	38	15	10	2	11
Vegan	Rainbow Wrap	VE-033	1 each	427	20	4	583	47	9	4	0	13
Vegan	Teriyaki Veggie Nuggets	VE-017	7 each	230	5	0	848	37	2	20	20	15
Vegan	Three Bean Chili	VE-004	6 oz	150	2	0	260	23	7	5	1	8
Vegan	Veggie Nuggets	Golden Platter	7 each	120	5	0	370	13	2	0	0	13
Vegan	Veggie Burger on a Bun (K-8)	SDWH167K8	1 each	240	12	1	500	28	4	2	2	17
Vegan	Veggie Burger on a Bun (HS)	SDWH167HS	1 each	260	12	1	540	32	5	3	3	18
Vegan	Veggie Burger Patty (no bun)	Golden Platter	1 each	130	11	1	290	5	1	1	1	14
Vegan	Veggie Burger Patty (no bun)	Don Lee	1 each	140	9	1	240	7	4	1	0	10
Vegan	White Beans/Rustic White Beans	VE-014	4 oz	132	1	0	144	24	5	3	0	5
Vegan	Zesty Chickpea Stew	VE-007	6 oz	218	6	1	278	33	12	11	1	9
Sandwich - Vegan	Peanut Butter & Jelly Sandwich	SDWH-032	1 each	531	25	6	447	46	10	18	15	22
Sandwich - Vegan	Peanut Butter & Jelly Triple Decker Sandwich	SDWH-071	1 each	722	31	7	621	71	13	30	26	28
Sandwich - Vegan	Sunflower Seed Butter & Jelly Sandwich	SDWH-148	1 each	557	35	4	510	48	8	18	11	18
Sandwich - Vegan	Wrap, Black Bean	VEG-051B	1 each	306	6	2	521	52	9	6	1	13
Yogurt	Yogurt, Cherry Vanilla	Upstate Farms	4 oz	80	0	0	75	15	0	12	7	3
Yogurt	Yogurt, Peach	Upstate Farms	4 oz	80	0	0	75	15	0	12	7	3
Yogurt	Yogurt, Strawberry	Upstate Farms	4 oz	80	0	0	75	15	0	12	7	3
Yogurt	Yogurt, Strawberry Banana	Upstate Farms	4 oz	80	0	0	75	15	0	12	7	3
Yogurt	Yogurt, Vanilla	Upstate Farms	4 oz	80	0	0	75	15	0	12	7	3
Fruit	Apples	NY State	1 each	61	0	0	1	16	3	12	0	0
Fruit	Applesauce, Unsweetened, Canned USDA	USDA	1/2 cup	60	0	0	15	15	1	18	0	0
Fruit	Applesauce (individual cup)	Knouse-Musselman	1/2 cup	50	0	0	0	14	2	10	0	0
Fruit	Applesauce (individual cup)	White House	1/2 cup	60	0	0	0	14	1	12	0	0
Fruit	Applesauce (individual cup)	USDA/ Cherry Central Winkle	1/2 cup	50	0	0	0	14	1	12	0	0
Fruit	Applesauce (individual cup)	Star/Peterson Farms	1/2 cup	50	0	0	0	14	1	12	0	0
Fruit	Applesauce (individual cup)	National Food Group/ZeeZee's	1/2 cup	50	0	0	0	14	1	12	0	0

Fruit	Applesauce, Peach (individual cup)	National Food Group	1 each	50	0	0	0	14	1	12	0	0
Fruit	Applesauce, Peach (individual cup)	Winkle Star	1 each	50	0	0	0	14	1	12	0	0
Fruit	Applesauce, Strawberry Banana (individual cup)	National Food Group	1 each	50	0	0	0	14	1	12	0	0
Fruit	Applesauce, Strawberry Banana (individual cup)	Winkle Star/Peterson	1 each	50	0	0	0	14	1	12	0	0
Fruit	Applesauce, Strawberry Banana (individual cup)	Knouse-Musselman	1 each	60	0	0	10	15	2	12	0	0
Fruit	Apple Slices (individual bag)	Champlain Valley/ DOD	1 bag	30	0	0	0	8	1	6	0	0
Fruit	Apple Slices (individual bag)	Peterson Farms	1 bag	30	0	0	0	7	1	6	0	0
Fruit	Apple Slices (individual bag)	Driscoll	1 bag	35	0	0	0	8	1	7	0	0
Fruit	Bananas	PRPR-006	1 each	105	0	0	1	27	3	13	0	1
Fruit	Cantaloupe, Diced	USDA	1/2 cup	27	0	0	12	6	1	16	0	1
Fruit	Cinnamon Apple Topping	FR-004	1/2 cup	65	0	0	4	17	2	14	2	0
Fruit	Grapefruit	USDA	1/2 fruit	40	0	0	0	10	1	16	0	1
Fruit	Grapes, Green or Red Seedless (about 14 large)	USDA	1/2 cup	69	0	0	2	18	1	10	0	1
Fruit	Honeydew, Diced	USDA	1/2 cup	59	0	0	27	15	1	13	0	1
Fruit	Ices, Orange Pineapple	J & J Snacks	1 each	70	0	0	0	20	3	15	0	0
Fruit	Ices, Strawberry Pomegranate	J & J Snacks	1 each	70	0	0	0	20	3	15	0	0
Fruit	Ices, Wild Cherry	J & J Snacks	1 each	70	0	0	5	19	3	15	0	0
Fruit	Ices, Orange Pineapple Cherry Swirl	J & J Snacks	1 each	70	0	0	5	20	3	15	0	0
Fruit	Mandarin (Clementine)	USDA	2 each	107	0	0	2	27	4	15	0	2
Fruit	Nectarines, Small	USDA	1 each	56	0	0	0	13	2	13	0	1
Fruit	Oranges, 125 ct	USDA	1 each	65	0	0	1	16	3	16	0	1
Fruit	Oranges, 138 ct	USDA	1 each	61	0	0	1	16	3	14	0	1
Fruit	Peaches, Medium	USDA	1 each	68	0	0	0	17	3	7	0	2
Fruit	Peaches, Sliced (canned)	Port Royal	1/2 cup	70	0	0	0	17	1	16	9	1
Fruit	Peaches, Sliced (canned)	Maui Farms	1/2 cup	70	0	0	10	17	1	14	9	1
Fruit	Peaches, Sliced (canned)	Dolly	1/2 cup	70	0	0	10	17	1	14	9	1
Fruit	Pears, Diced (canned)	Port Royal	1/2 cup	80	0	0	0	14	2	14		1
Fruit	Pears, Diced (canned)	Dolly	1/2 cup	80	0	0	5	20	2	14	9	1
Fruit	Pears, Medium	USDA	1 each	80	0	0	1	22	4	8	0	1
Fruit	Pineapple Tidbits (canned)	Port Royal	1/2 cup	70	0	0	0	17	1	14	0	1
Fruit	Pineapple Tidbits (canned)	Maui Plantation	1/2 cup	70	0	0	10	17	1	14	0	1
Fruit	Pineapple Tidbits (canned)	Dolly	1/2 cup	70	0	0	0	17	2	14	0	0
Fruit	Plums	USDA	1 each	30	0	0	0	8	1	11	0	0
Fruit	Strawberries	USDA	1/2 cup	23	0	0	1	6	1	15	0	0
Fruit	Watermelon, Seedless	USDA	1 slice	45	0	0	2	44	1	18	0	1
Juice	Apple Juice, Box, 4.2 oz	Juice Bowl	1 each	70	0	0	5	16	0	13	0	0
Juice	Apple Juice, Box, 4.2 oz	Apple & Eve	1 each	60	0	0	5	14	0	13	0	0
Juice	Fruit Punch Juice, Box, 4.2 oz	Juice Bowl	1 each	70	0	0	5	17	0	14	0	0

Juice	Fruit Punch Juice, Box, 4.2 oz	Apple & Eve	1 each	60	0	0	5	15	0	13	0	0
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Category	Menu Item	Recipe/ Brand	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Total Carb (g)	Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)
Vegetable - Additional	Medley, Corn, Peas and Carrots	VO-022	1/2 cup	86	4	0	212	10	2	5	0	2
Vegetable - Additional	Medley, Corn, Peas and Carrots	VO-022	1 cup	172	9	0	424	20	4	10	0	4
Vegetable - Beans, Peas & Lentils	Beans, Baked Beans	VBPL-035	1/2 cup	152	0	0	282	29	7	10	10	7
Vegetable - Beans, Peas & Lentils	Beans, Baked Beans	VBPL-035	1 cup	304	0	0	564	58	14	20	20	14
Vegetable - Beans, Peas & Lentils	Beans, Balsamic Chickpea Salad	VBPL-030	1/2 cup	187	8	2	302	24	9	7	2	7
Vegetable - Beans, Peas & Lentils	Beans, Balsamic Chickpea Salad	VBPL-030	1 cup	374	16	4	604	48	18	14	4	14
Vegetable - Beans, Peas & Lentils	Beans, BBQ Beans	VBPL-009	1/2 cup	155	0	0	255	27	5	9	8	7
Vegetable - Beans, Peas & Lentils	Beans, BBQ Beans	VBPL-009	1 cup	309	1	0	511	53	11	18	16	15
Vegetable - Beans, Peas & Lentils	Beans, Black-eyed Pea	USDA	1/2 cup	90	0	0	140	14	4	2	0	5
Vegetable - Beans, Peas & Lentils	Beans, Black Beans LS		1/2 cup	100	0	0	140	18	6	2	0	7
Vegetable - Beans, Peas & Lentils	Beans, Black Bean and Corn Salad	VBPL-032	1/2 cup	136	3	0	199	21	6	2	0	7
Vegetable - Beans, Peas & Lentils	Beans, Black Bean and Corn Salad	VBPL-032	1 cup	272	6	0	398	42	12	4	0	14
Vegetable - Beans, Peas & Lentils	Beans, Black Bean Salad	VBPL-011	1/2 cup	109	1	0	195	18	6	2	0	6
Vegetable - Beans, Peas & Lentils	Beans, Black Bean Salad	VBPL-011	1 cup	218	3	0	390	35	11	3	0	13
Vegetable - Beans, Peas & Lentils	Beans, Black Bean Salsa	VBPL-015	1/2 cup	112	0	0	203	20	6	2	0	7
Vegetable - Beans, Peas & Lentils	Beans, Black Bean Salsa	VBPL-015	1 cup	223	0	0	406	40	12	3	0	14
Vegetable - Beans, Peas & Lentils	Beans, Black Beans Seasoned w Sofrito	VBPL-004	1/2 cup	126	2	0	208	20	6	2	0	7
Vegetable - Beans, Peas & Lentils	Beans, Black Beans Seasoned w Sofrito	VBPL-004	1 cup	252	4	0	417	39	12	4	0	14
Vegetable - Beans, Peas & Lentils	Beans, Garbanzo, Canned	Furmano's	1/2 cup	110	2	1	140	18	8	3	0	8
Vegetable - Beans, Peas & Lentils	Beans, Garbanzo, Canned	USDA	1/2 cup	130	2	0	140	21	4	4	0	5
Vegetable - Beans, Peas & Lentils	Beans, Chickpeas, Roasted	VBPL-012	1/2 cup	168	6	1	256	22	10	4	0	7
Vegetable - Beans, Peas & Lentils	Beans, Chickpeas, Roasted	VBPL-012	1 cup	336	11	3	513	45	20	8	0	15
Vegetable - Beans, Peas & Lentils	Beans, Chickpeas Roasted with Basil Pesto	VBPL-005	1/2 cup	174	6	2	221	23	10	4	0	8

Vegetable - Beans, Peas & Lentils	Beans, Chickpeas Roasted with Basil Pesto	VBPL-005	1 cup	348	13	4	442	46	20	8	0	16
Vegetable - Beans, Peas & Lentils	Beans, Chickpeas Roasted with Spinach Cilantro Pesto	VBPL-026	1/2 cup	172	6	2	221	23	10	4	0	8
Vegetable - Beans, Peas & Lentils	Beans, Chickpeas Roasted with Spinach Cilantro Pesto	VBPL-026	1 cup	344	12	3	442	45	20	8	0	15
Vegetable - Beans, Peas & Lentils	Beans, Chickpea Salad	VBPL-010	1/2 cup	163	7	1	161	20	9	4	0	7
Vegetable - Beans, Peas & Lentils	Beans, Chickpea Salad	VBPL-010	1 cup	326	14	3	322	40	18	8	0	0
Vegetable - Beans, Peas & Lentils	Beans, Chickpeas, Seasoned	VBPL-020	1/2 cup	138	4	1	201	20	8	4	1	6
Vegetable - Beans, Peas & Lentils	Beans, Chickpeas, Seasoned	VBPL-020	1 cup	276	9	3	402	40	16	9	2	12
Vegetable - Beans, Peas & Lentils	Beans, Cilantro Black Bean Salad	VBPL-029	1/2 cup	202	3	0	391	33	10	3	0	12
Vegetable - Beans, Peas & Lentils	Beans, Cilantro Black Bean Salad	VBPL-029	1 cup	404	5	1	782	65	21	6	0	23
Vegetable - Beans, Peas & Lentils	Beans, Gremolata Marinated White Beans	VBPL-039	1/2 cup	155	1	0	199	29	5	3	0	6
Vegetable - Beans, Peas & Lentils	Beans, Gremolata Marinated White Beans	VBPL-039	1 cup	310	2	0	398	58	10	6	0	12
Vegetable - Beans, Peas & Lentils	Beans, Marinated Bean Salad	VBPL-025	1/2 cup	126	4	1	247	18	10	3	0	6
Vegetable - Beans, Peas & Lentils	Beans, Marinated Bean Salad	VBPL-025	1 cup	252	8	2	494	36	20	6	0	12
Vegetable - Beans, Peas & Lentils	Beans, Pinto	Furmano's	1/2 cup	90	0	0	140	16	6	0	0	6
Vegetable - Beans, Peas & Lentils	Beans, Pinto	Margaret Holmes	1/2 cup	120	1	0	80	22	7	1	0	8
Vegetable - Beans, Peas & Lentils	Beans, Pinto	USDA	1/2 cup	120	1	0	140	22	9	1	0	5
Vegetable - Beans, Peas & Lentils	Beans, Pinto Beans Seasoned with Sofrito	VL-002	1/2 cup	126	2	0	205	20	7	1	0	7
Vegetable - Beans, Peas & Lentils	Beans, Pinto Beans Seasoned with Sofrito	VL-002	1 cup	252	4	0	409	40	14	2	0	14
Vegetable - Beans, Peas & Lentils	Bean, Great Northern	USDA	1/2 cup	150	1	0	140	28	5	2	0	6
Vegetable - Beans, Peas & Lentils	Beans, White Bean Salad	VBPL-016	1/2 cup	149	4	0	211	24	5	3	0	8
Vegetable - Beans, Peas & Lentils	Beans, White Bean Salad	VBPL-016	1 cup	298	7	0	422	48	11	5	0	16
Vegetable - Beans, Peas & Lentils	Fiesta Black Beans	VBPL-028	1/2 cup	109	1	0	195	18	6	2	0	6
Vegetable - Beans, Peas & Lentils	Fiesta Black Beans	VBPL-028	1 cup	218	3	0	390	35	11	3	0	13
Vegetable - Beans, Peas & Lentils	Beans, Red Kidney	Furmano's	1/2 cup	100	0	0	140	16	5	1	0	7

Vegetable - Beans, Peas & Lentils	Beans, Red Kidney	Margaret Holmes	1/2 cup	120	1	0	90	21	7	1	0	8
Vegetable - Beans, Peas & Lentils	Beans, Red Kidney	USDA	1/2 cup	120	1	0	140	23	5	1	0	6
Vegetable - Dark Green	Broccoli, Chipotle Broccoli	VDG-028	1/2 cup	45	3	0	59	4	2	2	1	2
Vegetable - Dark Green	Broccoli, Chipotle Broccoli	VDG-028	1 cup	90	5	1	118	8	4	3	1	4
Vegetable - Dark Green	Broccoli, Baked Broccoli	VDG-015	1/2 cup	69	5	1	75	4	2	1	0	3
Vegetable - Dark Green	Broccoli, Baked Broccoli	VDG-015	1 cup	137	9	1	149	8	4	3	0	7
Vegetable - Dark Green	Broccoli, Fresh Florets	VDG-023	1/2 cup	15	0	0	15	3	1	1	0	1
Vegetable - Dark Green	Broccoli, Fresh Florets	VDG-023	1 cup	30	0	0	30	6	2	3	0	3
Vegetable - Dark Green	Broccoli Salad	VDG-024	1/2 cup	88	4	2	129	11	1	7	3	3
Vegetable - Dark Green	Broccoli Salad	VDG-024	1 cup	177	8	4	258	21	2	14	5	6
Vegetable - Dark Green	Broccoli, Steamed	VDG-010	1/2 cup	10	0	0	9	2	1	5	0	1
Vegetable - Dark Green	Broccoli, Steamed	VDG-010	1 cup	20	0	0	19	4	2	3	0	2
Vegetable - Dark Green	Broccoli, with Roasted Garlic	VDG-001	1/2 cup	55	4	0	69	4	2	1	0	3
Vegetable - Dark Green	Broccoli, with Roasted Garlic	VDG-001	1 cup	110	7	0	138	9	4	2	0	5
Vegetable - Dark Green	Green Garden Salad	VDG-004	1 cup	7	0	0	7	1	1	0	0	0
Vegetable - Dark Green	Green Garden Salad	VDG-004	2 cups	14	0	0	14	2	2	0	0	0
Vegetable - Dark Green	Kale, Kid Friendly Kale Salad	VDG-007	1 cup	109	6	1	162	14	2	10	5	2
Vegetable - Dark Green	Kale, Kid Friendly Kale Salad	VDG-007	2 cups	218	12	2	324	28	4	20	11	4
Vegetable - Dark Green	Kale Caesar Salad	VDG-012	1 cup	62	4	1	88	5	2	2	2	3
Vegetable - Dark Green	Kale Caesar Salad	VDG-012	2 cups	134	8	2	176	10	2	2	4	6
Vegetable - Dark Green	Kale Caesar Salad with Butter Milk	VDG018	1 cup	137	11	1	355	16	2	2	1	4
Vegetable - Dark Green	Kale Caesar Salad with Butter Milk	VDG018	2 cups	274	22	2	710	32	4	4	2	8
Vegetable - Dark Green	Kale, Sweet and Tangy Braised Kale	VDG-029	1/2 cup	93	10	0	281	14	3	3	1	4
Vegetable - Dark Green	Kale, Sweet and Tangy Braised Kale	VDG-029	1 cup	185	20	0	562	28	5	5	1	7
Vegetable - Dark Green	Lemon Arugula Salad	VDG-026	1 cup	90	6	1	108	7	1	5	3	2
Vegetable - Dark Green	Lemon Arugula Salad	VDG-026	2 cups	180	13	2	216	15	2	10	6	4
Vegetable - Dark Green	Lettuce, Romaine, Chopped	Taylor Farms	1 cup	6	0	0	3	1	1	0	0	0
Vegetable - Dark Green	Spinach, Parmigiana Spinach	VDG-008	1/2 cup	73	4	0	212	4	3	2	0	4
Vegetable - Dark Green	Spinach, Parmigiana Spinach	VDG-008	1 cup	146	8	1	424	7	7	4	0	7
Vegetable - Dark Green	Spinach, Super Hero	VDG-003	1/2 cup	75	4	0	226	4	4	2	0	4
Vegetable - Dark Green	Spinach, Super Hero	VDG-003	1 cup	151	8	0	453	8	8	4	0	8
Vegetable - Dark Green	Tomato Vinaigrette Salad	VDG-027	1/2 cup	71	7	0	48	3	2	2	0	1
Vegetable - Dark Green	Tomato Vinaigrette Salad	VDG-027	1 cup	142	13	1	97	7	4	4	0	2
Vegetable - Other	Cilantro Healthy Coleslaw	VO-012	1/2 cup	101	8	0	183	8	2	5	2	1
Vegetable - Other	Cilantro Healthy Coleslaw	VO-012	1 cup	202	16	1	366	15	4	10	4	2
Vegetable - Other	Cauliflower, Curried	VO-028	1/2 cup	70	4	0	262	5	2	2	0	1
Vegetable - Other	Cauliflower, Curried	VO-028	1 cup	140	8	1	524	11	3	5	0	2
Vegetable - Other	Cauliflower, Marinated	VO-024	1/2 cup	47	1	0	74	6	2	3	0	1
Vegetable - Other	Cauliflower, Marinated	VO-024	1 cup	94	2	0	148	12	4	6	0	2
Vegetable - Other	Cauliflower, Parmigiana Roasted	VO-017	1/2 cup	65	4	0	335	6	2	3	0	3
Vegetable - Other	Cauliflower, Parmigiana Roasted	VO-017	1 cup	130	8	1	671	12	4	5	0	5
Vegetable - Other	Celery, Sticks	USDA	6 each	8	1	0	40	2	1	1	0	0
Vegetable - Other	Cucumber, Slices	VO-014	1/2 cup	11	0	0	2	3	0	5	0	0
Vegetable - Other	Cucumber, Slices	VO-014	1 cup	22	0	0	3	6	1	3	0	0
Vegetable - Other	Greek Zucchini Salad	VO-006	1/2 cup	42	3	0	100	5	1	3	0	1
Vegetable - Other	Green Beans, Garlic Teriyaki	VO-021	1/2 cup	41	0	0	135	9	2	5	4	1

Nutritionals not the same on labels

Vegetable - Other	Green Beans, Garlic Teriyaki	VO-021	1 cup	83	0	0	270	18	4	9	7	3
Vegetable - Other	Green Beans, Garlicky	VO-003	1/2 cup	56	4	0	146	5	2	1	0	1
Vegetable - Other	Green Beans, Garlicky	VO-003	1 cup	112	8	1	292	10	4	2	0	2
Vegetable - Other	Green Beans, Savory	VO-004	1/2 cup	50	3	0	65	5	2	1	0	1
Vegetable - Other	Green Beans, Savory	VO-004	1 cup	100	6	0	130	10	4	2	0	2
Vegetable - Other	Green Beans, Marinated	VO-033	1/2 cup	36	1	0	16	6	2	3	0	2
Vegetable - Other	Green Beans, Marinated	VO-033	1 cup	71	3	0	32	11	4	5	0	3
Vegetable - Other	Italian Marinated Cucumber Salad	VO-018	1/2 cup	45	4	0	9	3	0	1	0	1
Vegetable - Other	Italian Marinated Cucumber Salad	VO-018	1 cup	90	8	0	18	6	1	2	0	1
Vegetable - Other	Mediterranean Zucchini and Tomato Salad (K8)	VO-029	1/2 cup	86	5	0	255	8	2	5	1	2
Vegetable - Other	Mediterranean Zucchini and Tomato Salad (HS)	VO-029	1 cup	172	10	1	510	16	4	10	2	4
Vegetable - Other	Mushrooms, Fresh	USDA	1/2 cup	10	0	0	3	3	0	8	0	2
Vegetable - Other	Oven Roasted Squash/Summer Squash	VO-035	1/2 cup	47	3	0	68	4	1	3	0	1
Vegetable - Other	Oven Roasted Squash/Summer Squash	VO-035	1 cup	94	7	0	136	7	2	5	0	3
Vegetable - Other	Pickle Chips	Heinz	1 oz	0	0	0	250	1	0	0	0	0
Vegetable - Other	Roasted Broccoli and Cauliflower	VO-023	1/2 cup	39	2	0	49	5	2	2	0	2
Vegetable - Other	Roasted Broccoli and Cauliflower	VO-023	1 cup	78	3	0	98	9	4	3	0	4
Vegetable - Other	Roasted Cauliflower	VO-034	1/2 cup	78	6	0	306	6	2	2	0	2
Vegetable - Other	Roasted Cauliflower	VO-034	1 cup	156	12	0	612	12	4	4	0	4
Vegetable - Other	Roasted Zucchini and Tomatoes	VO-020	1/2 cup	57	3	0	130	5	2	4	0	2
Vegetable - Other	Roasted Zucchini and Tomatoes	VO-021	1 cup	114	6	1	260	10	4	9	0	3
Vegetable - Other	Vegetables, "Stir Fry"	VO-010	1/2 cup	58	2	0	42	9	2	5	1	2
Vegetable - Other	Vegetables, "Stir Fry"	VO-010	1 cup	116	5	0	84	17	5	9	2	3
Vegetable - Other	Guacamole	Wrinkle Star	1 each	100	9	2	170	5	3	0	0	1
Vegetable - Other	Jollof Cauliflower	VO-041	1/2 Cup	108	7	0	73	9	2	5	0	2
Vegetable - Other	Jollof Cauliflower	VO-041	1 Cup	217	14	2	146	18	5	10	1	4
Vegetable - Other	Zucchini, Roasted	VO-001	1/2 cup	44	3	0	125	4	1	3	0	1
Vegetable - Other	Zucchini, Roasted	VO-001	1 cup	87	6	0	251	7	2	6	0	3
Vegetable - Red/Orange	Bruschetta Tomato Salad	VRO-016	1/2 cup	45	2	0	45	7	2	4	1	1
Vegetable - Red/Orange	Bruschetta Tomato Salad	VRO-016	1 cup	90	3	0	90	14	3	8	2	2
Vegetable - Red/Orange	Sweet Potato Waffle Fries	VRO-009	1/2 cup	160	6	1	190	25	1	8	1	1
Vegetable - Red/Orange	Sweet Potato Waffle Fries	VRO-009	1 cup	320	12	2	380	50	2	16	2	2
Vegetable - Red/Orange	Carrots, Glazed Carrots	VRO-017	1/2 cup	103	4	0	164	15	3	12	8	1
Vegetable - Red/Orange	Carrots, Glazed Carrots	VRO-017	1 cup	206	9	0	328	30	6	24	15	3
Vegetable - Red/Orange	Carrots, Italian Roasted	VRO-032	1/2 cup	50	2	0	193	7	3	4	0	1
Vegetable - Red/Orange	Carrots, Italian Roasted	VRO-032	1 cup	100	4	0	386	15	6	4	0	2
Vegetable - Red/Orange	Carrot & Lemon Salad	VRO-010	1/2 cup	50	0	0	166	12	3	6	0	1
Vegetable - Red/Orange	Carrot & Lemon Salad	VRO-010	1 cup	100	1	0	331	24	7	11	0	2
Vegetable - Red/Orange	Carrots, Shredded	USDA	3 oz	30	0	0	65	7	3	4	0	0
Vegetable - Red/Orange	Carrots, Sliced, Canned	Seneca	1/2 cup	30	0	0	140	6	2	4	0	0
Vegetable - Red/Orange	Carrots, Sliced, Frozen	Endico	1/2 cup	25	0	0	40	5	2	9	0	0
Vegetable - Red/Orange	Carrots, Slow Roasted Baby Carrots	VRO-020	1/2 cup	113	5	0	195	19	2	15	10	1
Vegetable - Red/Orange	Carrots, Slow Roasted Baby Carrots	VRO-020	1 cup	226	10	1	390	38	4	30	20	2
Vegetable - Red/Orange	Carrot Sticks, Plain, Individual	Lancaster Farms	1 bag	30	0	0	0	9	2	5	0	1

Vegetable - Red/Orange	Carrot Sticks, Plain, Individual	Bolthouse Farms	1 bag	30	0	0	35	9	2	5	0	1
Vegetable - Red/Orange	Carrot Sticks, Plain, Individual	Fresh Health Kids	1 bag	35	0	0	65	8	2	5	0	1
Vegetable - Red/Orange	Carrots, Topped Bag, Fresh	USDA	1/2 cup	45	1	0	87	10	3		0	1
Vegetable - Red/Orange	Carrots, Ranch, Ind	Bolthouse Farms	1/3 cup	30	0	0	200	7	2	5	0	1
Vegetable - Red/Orange	Pimentos	Ruby	1/2 cup	30	0	0	350	6	1	4	1	1
Vegetable - Red/Orange	Veg, Tomatoes, Cherry, Fresh	USDA	1 cup	26	0	0		9	2	4	0	1
Vegetable - Red/Orange	Roasted Fresh Tomatoes	VRO-023	1/2 cup	67	6	0	119	2	1	1	0	1
Vegetable - Red/Orange	Roasted Fresh Tomatoes	VRO-023	1 cup	135	13	1	238	5	2	3	0	1
Vegetable - Red/Orange	Sweet Potatoes, Honey Diced	VRO-024	1/2 cup	178	5	0	325	33	3	19	10	2
Vegetable - Red/Orange	Sweet Potatoes, Honey Diced	VRO-024	1 cup	355	10	1	649	66	5	38	20	4
Vegetable - Red/Orange	Sweet Potato Wedges	VRO-011	1/2 cup	200	7	1	230	32	2	10	2	2
Vegetable - Red/Orange	Sweet Potato Wedges	VRO-011	1 cup	400	14	2	460	64	4	20	4	4
Vegetable - Red/Orange	Tomatoes, Cherry	USDA	1/2 cup	13	0	0	4	3	1	2	0	1
Vegetable - Red/Orange	Tomatoes, Fresh Diced	VRO-007	1/2 cup	16	0	0	5	4	1	2	0	1
Vegetable - Red/Orange	Tomatoes, Roasted Tomato Salsa	VRO-022	1/2 cup	36	0	0	307	6	2	3	0	1
Vegetable - Red/Orange	Ginger Carrots	VRO-028	1/2 Cup	51	3	0	185	6	2	4	1	1
Vegetable - Red/Orange	Ginger Carrots	VRO-028	1 Cup	102	5	0	370	12	4	7	1	2
Vegetable - Red/Orange	Roasted Carrot Coins	VRO-029	1/2 Cup	41	1	0	93	6	2	3	0	1
Vegetable - Red/Orange	Roasted Carrot Coins	VRO-029	1 Cup	83	3	0	187	12	5	7	0	2
Vegetable - Red/Orange	Spiced Sweet Potatoes	VRO-030	1/2 Cup	120	3	0	109	22	2	8	0	2
Vegetable - Red/Orange	Spiced Sweet Potatoes	VRO-030	1 Cup	240	7	0	217	42	5	16	0	4
Vegetable - Red/Orange	Tomatoes, Tomato Salad	VRO-021	1/2 cup	45	2	0	45	7	2	4	1	1
Vegetable - Red/Orange	Tomatoes, Tomato Salad	VRO-021	1 cup	89	3	1	90	14	3	9	1	2
Vegetable - Starchy	Cinnamon Plantains	VS-011	4 each	286	8	1	97	52	2	44	0	2
Vegetable - Starchy	Cinnamon Plantains	VS-011	8 each	572	16	2	194	104	4	88	0	4
Vegetable - Starchy	Corn, Confetti Salad	VS-011	1/2 cup	129	6	0	103	18	2	3	0	0
Vegetable - Starchy	Corn, Confetti Salad	VS-011	1 cup	259	12	1	206	36	5	5	0	0
Vegetable - Starchy	Corn, Hot Confetti	VS-012	1/2 cup	128	6	0	103	18	2	2	0	0
Vegetable - Starchy	Corn, Hot Confetti	VS-012	1 cup	255	12	0	206	36	4	4	0	0
Vegetable - Starchy	Corn, Street Style Corn	VS-027	1/2 cup	138	3	1	293	22	2	6	1	3
Vegetable - Starchy	Corn, Street Style Corn	VS-027	1 cup	276	6	1	586	44	4	11	1	6
Vegetable - Starchy	Curry Potato	VS-037	1 cup	296	13	3	789	45	4	0	0	3
Vegetable - Starchy	Home Fries (using Diced Potatoes)	VS-024	1 cup	252	12	2	307	36	4	4	0	3
Vegetable - Starchy	Home Fries (using Seasoned Wedge Cut Potatoes)	VS-020	1 cup	315	11	1	453	50	6	6	0	5
Vegetable - Starchy	Marinated Potato Salad	VS-026	1 cup	195	10	2	231	27	2	0	0	2
Vegetable - Starchy	Plantains	Big Banana VS-018	4 each	200	4	1	0	39	2	32	0	1
Vegetable - Starchy	Plantains	Big Banana VS-018	8 each	400	8	2	0	78	4	64	0	2
Vegetable - Starchy	Potatoes, Seasoned Wedge Cut	VS-017	1 cup	240	8	0	280	40	4	0	0	2
Vegetable - Starchy	Veg, Corn Canned	Hanover	1/2 cup	100	1	0	100	20	1	5	0	2
Vegetable - Starchy	Veg, Corn Canned	Libby's	1/2 cup	80	1	0	140	17	2	4	NA	2
Vegetable - Starchy	Basil Corn Salad	VS-028	1/2 Cup	117	4	0	88	18	2	2	0	0
Vegetable - Starchy	Basil Corn Salad	VS-028	1 Cup	235	9	0	176	37	5	5	0	0
Vegetable - Starchy	Herbed Roasted Potatoes	VS-031	1 cup	202	9	2	251	31	3	0	0	2
Vegetable - Starchy	Seasoned Peas	VS-034	1/2 Cup	94	3	0	179	13	4	5	0	5

Vegetable - Starchy	Seasoned Peas	VS-034	1 cup	188	6	0	358	26	8	10	0	10
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Category	Menu Item	Recipe/ Brand	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Total Carb (g)	Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)
Salad Grab & Go	Grab & Go, Asian Sesame Grilled Chicken Salad	SAL-035	1 each	306	11	2	508	32	5	4	8	22
Salad Grab & Go	Grab & Go Asian Sesame Crispy Chicken Salad	SAL-024	1 each	430	20	4	871	44	7	9	5	20
Salad Grab & Go	Grab & Go, Chopped Salad	SAL-038	1 each	368	13	4	639	39	6	4	2	26
Salad Grab & Go	Power Protein Garden Greens Salad (HS)	SAL-041	1 each	362	21	13	641	29	5	5	1	19
Salad Grab & Go	Power Protein Garden Greens Salad (K8)	SAL-041	1 each	356	21	13	645	27	4	4	1	19
Salad Grab & Go	Chicken Breaded Bite Salad	SAL-018	1 each	394	16	3	787	42	7	5	2	22
Salad Grab & Go	Grab & Go, BBQ Crispy Chicken Salad (K8)	SAL-019	1 each	400	12	3	806	51	5	13	10	23
Salad Grab & Go	Grab & Go, BBQ Halal Crispy Chicken Salad	SAL-019HAL	1 each	410	15	3	846	50	6	13	10	20
Salad Grab & Go	Grab & Go, Black Bean and Corn Salad	SAL-014	1 each	148	3	0	222	23	7	3	0	8
Salad Grab & Go	Grab & Go Chicken Caesar Salad with Croutons	SAL -022	1 each	475	31	5	821	33	5	2	1	19
Salad Grab & Go	Grab & Go, Chicken Caesar Salad with Pita (HS)	SAL-030	1 each	441	23	4	824	40	7	3	2	22
Salad Grab & Go	Grab & Go, Chicken Caesar Salad with Pita (K8)	SAL-030	1 each	435	37	4	821	39	6	3	2	22
Salad Grab & Go	Grab & Go, Grilled Chicken Caesar Salad with Pita	SAL-034	1 each	299	12	2	410	26	5	3	1	21
Salad Grab & Go	Grab & Go, Grilled Chicken Salad	SAL-036	1 each	117	3	1	103	5	2	2	0	17
Salad Grab & Go	Grab & Go Chicken Salad	SAL-044	1 each	331	9	1	724	34	6	6	3	22
Salad Grab & Go	Grab & Go Balsamic Chicken Salad	SAL-044BC	1 each	421	16	2	900	41	7	13	6	22
Salad Grab & Go	Grab & Go, Hummus (2 Hummus, 2 Crackers, Indv. Carrot and Apple)	VEG-057	1 each	526	21	1	816	78	12	21	4	10
Salad Grab & Go	Grab & Go, Tuna Salad	SAL-012	1 each	145	3	0	452	7	2	4	2	24
Salad Grab & Go	Southwest Black Bean Cobb Salad	SAL-032	1 each	404	16	8	655	45	10	4	1	23
Salad Grab & Go	Halal Crispy Chicken Grab & Go Salad	SAL-020HAL	1 each	356	15	3	725	38	6	4	1	20
Salad Grab & Go	Grab & Go, Crispy Chicken Pasta Salad	SAL-023	1 each	617	17	4	519	58	10	5	0	25
Salad Grab & Go	Grab & Go, Italian Veggie Pasta Salad	SAL-010	1 each	537	29	3	206	60	15	5	0	15
Salad Grab & Go	Mediterranean Chicken Pasta Salad	SAL-037	1 each	440	17	2	143	48	6	5	0	25
Salad Grab & Go	Sesame Noodle Bowl with Veggie Nuggets	SAL-046	1 each	471	24	2	879	55	8	19	13	18
Salad Bar	Caesar Salad	SB-008	1/2 cup	48	4	1	79	2	1	1	0	1
Salad Bar	Italian Classico	SB-005	1/2 cup	79	8	1	21	2	1	1	0	1
Salad Bar	Marinated Vegetable Salad	SB-007	1/2 cup	80	6	0	179	6	1	3	0	1
Salad Bar	Spinach, Tomato, & Roasted Red Pepper Salad	SB-002	1/2 cup	50	4	0	133	3	1	1	0	2
Salad Bar	Strawberry Cucumber Salad	SB-011	1/2 cup	60	4	0	76	6	1	4	1	1

Category	Menu Item	Recipe/ Brand	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Total Carb (g)	Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)
Fruit	Apples	NY State	1 each	61	0	0	1	16	3	12	0	0
Fruit	Applesauce, Unsweetened, Canned	USDA	1/2 cup	60	0	0	15	15	1	18	0	0
Fruit	Applesauce (individual cup)	White House	1/2 cup	50	0	0	0	14	2	10	0	0
Fruit	Applesauce (individual cup)	White House	1/2 cup	60	0	0	0	14	1	12	0	0
Fruit	Applesauce (individual cup)	USDA, Cherry Control	1/2 cup	50	0	0	0	14	1	12	0	0
Fruit	Applesauce (individual cup)	Winkle Star	1/2 cup	50	0	0	0	14	1	12	0	0
Fruit	Applesauce (individual cup)	National Food	1/2 cup	50	0	0	0	14	1	12	0	0
Fruit	Applesauce, Peach (individual cup)	National Food Group	1 each	50	0	0	0	14	1	12	0	0
Fruit	Applesauce, Peach (individual cup)	Winkle Star	1 each	50	0	0	0	14	1	12	0	0
Fruit	Applesauce, Strawberry Banana (individual cup)	National Food	1 each	50	0	0	0	14	1	12	0	0
Fruit	Applesauce, Strawberry Banana (individual cup)	Winkle Star	1 each	50	0	0	0	14	1	12	0	0
Fruit	Applesauce, Strawberry Banana (individual cup)	Star/Peterson	1 each	60	0	0	10	15	2	12	0	0
Fruit	Apple Slices (individual bag)	Champlain Valley/DOB	1 bag	30	0	0	0	8	1	6	0	0
Fruit	Apple Slices (individual bag)	Peterson Farms	1 bag	30	0	0	0	7	1	6	0	0
Fruit	Apple Slices (individual bag)	Driscoll	1 bag	35	0	0	0	8	1	7	0	0
Fruit	Bananas	PRPR-006	1 each	105	0	0	1	27	3	13	0	1
Fruit	Cantaloupe, Diced	USDA	1/2 cup	27	0	0	12	6	1	16	0	1
Fruit	Cinnamon Apple Topping	FR-004	1/2 cup	65	0	0	4	17	2	14	2	0
Fruit	Grapefruit	USDA	1/2 fruit	40	0	0	0	10	1	16	0	1
Fruit	Grapes, Green or Red Seedless (about 14 large)	USDA	1/2 cup	69	0	0	2	18	1	10	0	1
Fruit	Honeydew, Diced	USDA	1/2 cup	59	0	0	27	15	1	13	0	1
Fruit	Ices, Orange Pineapple	J & J Snacks	1 each	70	0	0	0	20	3	15	0	0
Fruit	Ices, Strawberry Pomegranate	J & J Snacks	1 each	70	0	0	0	20	3	15	0	0
Fruit	Ices, Wild Cherry	J & J Snacks	1 each	70	0	0	5	19	3	15	0	0
Fruit	Ices, Orange Pineapple Cherry Swirl	J & J Snacks	1 each	70	0	0	5	20	3	15	0	0
Fruit	Mandarin (Clementine)	USDA	2 each	107	0	0	2	27	4	15	0	2
Fruit	Nectarines, Small	USDA	1 each	56	0	0	0	13	2	13	0	1
Fruit	Oranges, 125 ct	USDA	1 each	65	0	0	1	16	3	16	0	1
Fruit	Oranges, 138 ct	USDA	1 each	61	0	0	1	16	3	14	0	1
Fruit	Peaches, Medium	USDA	1 each	68	0	0	0	17	3	7	0	2
Fruit	Peaches, Sliced (canned)	Port Royal	1/2 cup	70	0	0	0	17	1	16	9	1
Fruit	Peaches, Sliced (canned)	Maui Farms	1/2 cup	70	0	0	10	17	1	14	9	1
Fruit	Peaches, Sliced (canned)	Dolly	1/2 cup	70	0	0	10	17	1	14	9	1
Fruit	Pears, Diced (canned)	Port Royal	1/2 cup	80	0	0	0	14	2	14		1
Fruit	Pears, Diced (canned)	Dolly	1/2 cup	80	0	0	5	20	2	14	9	1
Fruit	Pears, Medium	USDA	1 each	80	0	0	1	22	4	8	0	1
Fruit	Pineapple Tidbits (canned)	Port Royal	1/2 cup	70	0	0	0	17	1	14	0	1
Fruit	Pineapple Tidbits (canned)	Maui Plantation	1/2 cup	70	0	0	10	17	1	14	0	1
Fruit	Pineapple Tidbits (canned)	Dolly	1/2 cup	70	0	0	0	17	2	14	0	0



Fruit	Plums	USDA	1 each	30	0	0	0	8	1	11	0	0
Fruit	Strawberries	USDA	1/2 cup	23	0	0	1	6	1	15	0	0
Fruit	Watermelon, Seedless	USDA	1 slice	45	0	0	2	44	1	18	0	1

Category	Menu Item	Recipe/ Brand	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Total Carb (g)	Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)
Bread	Bagel, Cinnamon Raisin, 2 oz	Neri's	1 each	170	1	0	280	37	4	9	6	6
Bread	Bagel, Cinnamon Raisin, 3 oz	Neri's	1 each	220	1	0	280	47	6	11	8	7
Bread	Bagel, Plain, 2 oz	Neri's	1 each	170	1	0	280	35	5	3	2	7
Bread	Bagel, Plain, 3 oz	Neri's	1 each	210	1	0	280	44	6	3	3	8
Bread	Bagel, Plain, 2 oz. (IW)	Neri's	1 each	150	1	0	180	30	4	3	2	6
Bread	Biscuit, Buttermilk	Branson's	1 each	180	6	0	200	27	2	3	3	4
Bread	Bread Knot	Europastry	1 each	75	1	0	140	16	2	2	2	3
Bread	Bread Knot, Garlic	GR-029	1 each	88	2	0	152	16	2	2	2	3
Bread	Bread Knot, Seasoned	GR-058	1 each	99	3	0	152	16	2	2	2	3
Bread	Breadstick, Warm	GR-025	1 each	110	0	0	190	22	3	2	1	4
Bread	Ciabatta Roll	Europastry	1 each	180	2	0	290	35	4	2	2	7
Bread	Crackers, Honey Graham	MJM	1 each	110	3	1	140	20	2	6	6	2
Bread	Crackers, Whole Grain	ES Foods	1 pack	110	4	0	160	19	2	2	2	2
Bread	Crackers, Whole Grain	MJM	1 pack	80	3	0	190	14	2	2	2	2
Bread	Croissant	BakeCo	1 each	130	4	2	180	21	2	3	3	4
Bread	Croissant	Right Start	1 each	134	6	3	167	17	2	1	1	3
Bread	Croissant, Individually Wrapped	Bake Co.	1 each	130	4	2	180	21	2	3	3	4
Bread	Dinner Roll	Wenner Bakery	1 each	90	0	0	160	19	2	1	1	3
Bread	Flat Bread/ Naan Bread	Toufayan	1 each	160	3	0	260	26	4	1	1	6
Bread	Whole Grain Wrap 9 inch	Toufayan	1 each	170	4	1	150	28	4	1	0	5
Bread	Whole Grain Wrap 6.25 inch	Toufayan	1 each	110	3	1	105	19	3	0	0	4
Bread	Hamburger Bun (K8)	Rockland /Dechter	1 each	110	1	0	210	23	2	2	1	3
Bread	Hamburger Bun (HS)	Rockland/Dechter	1 each	130	2	0	250	27	3	2	2	4
Bread	Mini Loaf, Apple Cinnamon	Right Start	1 each	160	5	1	140	25	3	10	10	4
Bread	Mini Loaf, Honey Corn	Right Start	1 each	160	5	1	115	28	2	10	10	2
Bread	Mini Loaf, Zucchini Carrot	Wild Kale	1 each	180	9	2	30	21	3	4	3	5
Bread	Muffin, Banana Yogurt	Right Start	1 each	160	4	1	125	27	2	12	11	2
Bread	Muffin, Blueberry Yogurt	Right Start	1 each	150	5	1	135	27	2	10	10	2
Bread	Muffin, Sweet Potato Oatmeal	Buena Vista	1 each	260	7	1	210	45	3	20	7	5
Bread	Sliced Bread	Rockland /Dechter	1 slice	60	1	0	125	12	2	1	1	2
Cereal	Cereal, Frosted Mini-Wheats	Kellogg's	1 each	100	1	0	0	24	3	6	6	2
Cereal	Cereal, Multigrain Toasted Cheerios	General Mills	1 each	110	1	1	105	23	2	6	6	2
Cereal	Cereal Toasted Oats	Mait-O-Meal/ Scouters	1 each	110	2	1	140	21	3	0	0	3
Cereal	Cereal, Toasted Oats	Cheerios	1 each	100	2	1	140	21	4	1	1	4
Cereal	Cereal, Granola, Apple Cinnamon	Right Start	1 each	125	3	0	0	19	2	5	3	3
Cereal	Cereal, Granola, Apple Cinnamon	Teri Nichols	1 each	120	3	0	0	19	3	5	3	2
Cereal	Cereal, Granola, Apple Cinnamon	San Franola	1 each	110	3	0	0	22	2	6	6	2
Cereal	Cereal, Granola, Blueberry	Teri Nichols	1 each	120	3	0	0	19	2	3	0	2

Cereal	Cereal, Granola, Blueberry	San Franola	1 each	110	3	0	0	22	2	6	6	2
Cereal	Oatmeal with milk	BK-002	3/4 cup	201	3	1	154	35	4	10	6	8
Cereal	Oatmeal (vegan)	VE-012	3/4 cup	161	2	0	112	30	4	6	6	6
Breakfast	Omelet, Plain	Michael Foods	1 each	60	4	1	110	1	0	0	0	3
Breakfast	Pancakes, Buttermilk	Global Foods	2 each	150	3	0	45	30	2	6	6	4
Breakfast	Pancakes, Cinnamon Burst	Global Foods	2 each	180	3	0	86	35	2	10	10	4
Breakfast	Waffle	Global Foods	1 each	70	2	0	140	13	2	1	1	2
Pasta	Butternut Squash Mac & Cheese	GR-067	1/2 cup	163	8	5	258	13	1	1	1	10
Pasta	Pasta Marinara	GR-050	1 cup	203	1	0	143	43	5	4	1	7
Pasta	Pasta Primavera (K8)	VE-010	1 cup	206	4	0	37	37	7	10	0	7
Pasta	Pasta Primavera (HS)	VE-010	2 cups	412	8	1	75	75	14	20	0	14
Pasta	Pasta & Peas	GR-068	1/2 cup	105	6	0	225	11	2	2	0	3
Pasta	Pasta & Peas	GR-068	1 cup	209	12	1	449	22	3	4	0	6
Pasta	Penne Bruschetta	GR-066	6 oz	197	7	0	157	27	4	4	0	5
Pasta	Sesame Noodles	GR-008	1 cup	404	14	2	319	62	9	11	8	11
Pasta	Southwest Pasta	GR-060	1 cup	164	1	0	95	34	6	4	1	7
Rice	Brown Rice, Steamed (K8)	GR-024	1/2 cup	80	1	0	0	18	1	0	0	2
Rice	Brown Rice, Steamed (HS)	GR-024	1 cup	160	0	0	0	36	2	0	0	4
Rice	Southern Seasoned Brown Rice	GR069	1 cup	131	2	0	100	22	1	1	0	2
Rice	Vegetable Fried Rice	MINH	1/2 cup	140	2	0	219	27	2	2	0	3
Rice	Vegetable Fried Rice	MINH	1 cup	278	3	0	438	54	4	4	0	6
Snack	Crackers, Animal	Nutritional Choices	1 pkg	120	5	0	85	21	2	7	6	2
Snack	Crackers, Whole Wheat	ES Foods	1 pkg	110	4	0	160	19	2	2	2	2
Snack	Crackers, Whole Wheat	MJM	1 pkg	80	3	0	190	14	2	2	2	2
Snack	Crispy Tortillas	Frito Lay	1 pkg	110	3	0	95	19	2	0	0	2
Snack	Pretzels, Heart-Shaped	Rold Gold	1 pkg	80	1	0	200	16	2	1	0	2
Snack	Sunflower Seeds, Honey Roasted	Sun Opta	1 pkg	190	15	2	65	11	3	5	4	6
Snack	Sunflower Seeds, Honey Roasted	Winkle Star	1 pkg	190	15	2	55	10	3	4	3	6

Category	Menu Item	Recipe/ Brand	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Total Carb (g)	Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)
Condiment	Cream Cheese, Plain (individual packet)	Hahn's	1 each	60	4	2	90	3	0	4	0	5
Condiment	Jelly, Grape (individual packet)	Diamond Crystal	1 each	40	0	0	0	9	0	5	NA	0
Condiment	Jelly, Grape (individual packet)	Four in One	1 each	40	0	0	0	9	0	6	NA	0
Condiment	Ketchup (individual packet)	Red Gold	1 each	10	0	0	25	2	0	2	2	0
Condiment	Ketchup (individual packet)	Sarad Fresh (Four in One)	1 each	10	0	0	65	2	0	2	2	0
Condiment	Mayonnaise (individual packet)	Four in One	1 each	50	5	1	75	2	0	8	NA	0
Condiment	Mayonnaise (individual packet)	Winston	1 each	90	10	2	70	0	0	0	NA	0
Condiment	Mayonnaise (Gallon)	Four in One	1 Tbsp	50	3	0	105	2	0	1	NA	0
Condiment	Mustard (individual packet)	Heinz	1 each	0	0	0	65	0	0	0	NA	0
Condiment	Mustard (individual packet)	Winston	1 each	5	0	0	70	0	0	0	NA	0
Condiment	Mustard (individual packet)	Four in One	1 each	5	0	0	40	0	0	0	NA	0
Condiment	Mustard (Gallon)	Admiration	1 Tsp	4	0	0	50	0			NA	0
Condiment	Mustard (Gallon)	Chener Foods/ Mike's Amazing	1 Tsp	0	0	0	50	0	0	0	0	0
Condiment	Sweet Relish	United Pickle	2 Tbsp	5	0	0	340	2	0	1	0	0
Condiment	Table Syrup (individual packet)	Winston	1 each	80	0	0	0	20	0	13	NA	0
Condiment	Table Syrup (individual packet)	Lucky Brand	1 each	90	0	0	0	22	0	17	17	0
Condiment	Tartar Sauce	SAU-021	0.80 oz	62	5	1	144	5	0	3	3	0
Condiment	Peanut Butter Portion Cup	BK-051	1 oz	200	17	3	130	6	3	0	NA	9
Dressing	Asian Sesame, Gallon	Cain's	2 Tbsp	130	11	2	290	8	0	8	NA	0
Dressing	Onion & Balsamic Vinaigrette, Gallon	Mike's Amazing	2 Tbsp	105	9	2	240	6	0	5	4	0
Dressing	Chipotle Ranch, Gallon	Mike's Amazing	2 Tbsp	140	14	2	210	4	0	3	3	0
Dressing	Chipotle Ranch (individual cup)	Cain's	1 each	110	12	2	210	3	0	2	2	0
Dressing	French (individual cup)	Cain's	1 each	120	11	2	220	5	0	4	4	0
Dressing	Honey Mustard (individual cup)	Diamond Crystal	1 each	80	5	2	110	9	0	4	NA	0
Dressing	Low Fat Ranch, Gallon	Cains	2 Tbsp	80	7	1	290	5	0	1	NA	0
Dressing	Ranch (individual cup)	Diamond Crystal	1 each	70	6	1	120	5	0	4	NA	0
Pizza Topping	Pizza Topping, Bruschetta Tomato	VRO-012	1 oz	16	0	0	84	3	1	3	NA	0
Pizza Topping	Pizza Topping, Margherita Tomato	VRO-013	2 slices	10	0	0	3	2	1	1	NA	0
Pizza Topping	Pizza Topping, Pepper & Onion	VEG065	1 oz	13	0	0	4	3	0	1	0	0
Sauce	Apple Citrus Pico de Gallo	SAU-057	2 oz	67	2	0	141	12	1	9	0	1
Sauce	Marinara Sauce, Herbed	SAU-004	1/4 cup	34	1	0	61	7	1	5	NA	1
Sauce	BBQ Sauce	Branson's Road	2 Tbsp	50	0	0	120	11	0	9	NA	0
Sauce	BBQ Sauce (individual cup)	Diamond Crystal	1 oz	70	0	0	110	18	0	2	NA	0
Sauce	Gravy, Vegetarian	Vanee Foods	1/4 cup	25	1	0	310	4	0	1	1	0
Sauce	Peach BBQ Sauce	SAU-044	1 Tbsp	21	0	0	40	5	0	4	NA	0
Sauce	Salsa Dipping Cup (individual cup)	Red Gold	1 each	30	0	0	208	6	0	11	NA	0
Sauce	Salsa Sauce, Canned	USDA	1/2 cup	35	0	0	140	8	1	6	NA	1
Sauce	Salsa Sauce, Canned	USDA/ Del	2 Tbsp	10	0	0	30	2	1	1	NA	0
Sauce	Salsa Sauce, Canned	USDA/ Red Gold	2 Tbsp	10	0	0	70	2	0	0	NA	0

Sauce	Spaghetti Sauce	Alfredo	1/2 cup	70	1	0	125	13	3	9	4	2
Sauce	Spaghetti Sauce	Red Pack	1/2 cup	60	1	0	140	12	2	8	4	2
Sauce	Taco Sauce, Mild (individual packet)	Ortega	1 each	5	0	0	65	1	0	1	NA	0
Sauce	Vinaigrette, Honey Mustard	SAU-035	2 Tbsp	113	9	0	62	8	0	5	NA	0
Sauce	Vinaigrette, Italian	SAU-033	2 Tbsp	128	14	0	28	1	0	5	NA	0

Category	Menu Item	Recipe/ Brand	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Total Carb (g)	Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)
Milk	Milk, 1% Low fat	Upstate	1 each	110	3	0	125	13	0	12		8
Milk	Milk, Fat Free	Upstate	1 each	90	0	0	125	13	0	11		8
Milk	Milk, Fat Free Chocolate	Upstate	1 each	120	0	0	240	21	0	12		8
Milk	Milk, Whole	Upstate Niagara	1 each	150	8	0	125	12	0	4		8
Milk	Milk, UHT, Chocolate Fat Free	Natrel	1 each	160	0	0	170	29	0	2		11
Milk	Milk, UHT, Lactose Free Fat Free	Natrel	1 each	80	0	0	130	12	0	1		8
Milk	Milk, UHT, Low Fat 1%	Natrel	1 each	100	3	0	130	12	0	2		8
Milk	Milk, UHT, Soymilk	Kikkoman	1 each	130	5	0	110	15	2	8		8