



New York City Department of Education
Office of SchoolFood
Product Nutritional Information

Nutritional Content Information Provided by the Individual Manufacturers.

Some SchoolFood products have multiple brands.

Please contact your SchoolFood Service Manager to determine which brands are served at your location.

Product Description	Source	Recipe Group	Portion Size	Calories	Cholesterol mg	Sodium mg	Total Fat grams	Saturated Fat g	Protein grams	Carbs grams	Dietary Fiber grams
Bagel Burst, Cinn. Raisin	East Side	Bread/Starch	1 Each	140	10	210	3.5	2	5	24	2
Bagel, Cinnamon Raisin	Bagelmania	Bread/Starch	2.3 Oz.	170	0	180	0.5	0	6	37	1
Bagel, Cinnamon Raisin	Bagelmania	Bread/Starch	3 Oz.	220	0	200	1	0	7	48	2
Bagel, Plain Low Sodium	Bagelmania	Bread/Starch	2.3 Oz.	170	0	180	0.5	0	6	36	1
Bagel, Plain Low Sodium	Bagelmania	Bread/Starch	3 Oz.	220	0	200	1	0	8	48	2
Bagel, Sesame Low Sodium	Bagelmania	Bread/Starch	3 Oz.	230	0	200	3	1	9	45	2
Bagel, Sesame Low Sodium	Bagelmania	Bread/Starch	2.3 Oz.	170	0	180	2	1	6	35	2
Bagel-fuls, Apple Cinn.	Kraft	Bread/Starch	1 Each	180	5	150	2.5	1	6	35	4
Bagel-fuls, CC	Kraft	Bread/Starch	1 Each	180	15	180	5	3	7	28	3
Bagel-fuls, Cinn. CC	Kraft	Bread/Starch	1 Each	180	10	160	4	3	6	32	3
Beans Black, # 10 can	Hanover	Vegetables	1/4 Cup	60	0	215	0	0	4	11	3
Beans, Black #10	Golbon	Vegetables	1/4 Cup	45	0	210	0	0	3	8	3
Beans, Garbanzo # 10	Furmanos	Vegetables	1/4 Cup	52	0	66	0.95	0	3	9	4
Beans, Garbanzo # 10	Golbon	Vegetables	1/4 Cup	55	0	205	1	0	3	9	4
Beans, Garbanzo # 10	Hanover	Vegetables	1/4 Cup	55	0	175	0.5	0	4	10	4
Beans, Green # 10 can	Hart	Vegetables	1/4 Cup	10	0	190	0	0	1	2	1
Beans, Green # 10 can	Libbys	Vegetables	1/4 Cup	10	0	190	0	0	0	2	1
Beans, Green # 10 can	Seneca	Vegetables	1/4 Cup	10	0	190	0	0	0	2	1
Beans, Kidney # 10 can	Furmanos	Vegetables	1/4 Cup	52	0	66	0.95	0	3	9	3
Beans, Kidney # 10 can	Hanover	Vegetables	1/4 Cup	55	0	215	0	0	5	9	4
Beef Gyro Strip	Pierre	Entrees	1 Each	150	40	170	8	3	17	6	1
Beef, Bologna	Star Value	Entrees	2 Oz.	170	30	500	14	6	6	4	0
Beef, Flame Broiled Patty	Don Lee	Entrees	1 Each	100	30	290	4.5	2	13	4	1

Product Description	Source	Recipe Group	Portion Size	Calories	Cholesterol mg	Sodium mg	Total Fat grams	Saturated Fat g	Protein grams	Carbs grams	Dietary Fiber grams
Beef, Hoagie Patty	Don Lee	Entrees	1 Each	89	15	281	3.9	2	11	5	2
Beef, Meatballs	Don Lee	Entrees	3 Each	110	30	260	4.5	2	16	4	2
Beef, Meatballs - HS	Don Lee	Entrees	4 Each	121	33	287	4.97	2	18	4	2
Beef, Patty - Jamaican Style	Golden Krust	Entrees	1 Each	360	7	285	7	2	18	55	1
Beef, Ravioli # 10	Aunt Kitty's	Entrees	1 Cup	350	105	780	14	4	16	41	1
Beef, Ravioli # 10	Venice Maid	Entrees	1 Cup	299	60	719	9.98	4	15	38	3
Beef, Roast	Hansel & Gretel	Entrees	2 Oz.	65	30	400	2	1	11	0	0
Beef, Salami	Star Value	Entrees	2 Oz.	170	35	500	15	6	7	4	0
Beef, Red. Fat Taco Meat	JTM	Entrees	2 Oz.	50	10	270	1	0	8	4	2
Beef,Italian Meat Sauce	JTM	Entrees	4 Oz.	130	35	420	4	2	17	8	3
Biscuit, Buttermilk	Pierre	Bread/Starch	1 Each	170	0	290	5	2	3	27	0
Biscuit, Cinnamon	Pierre	Bread/Starch	1 Each	220	0	310	6	2	4	38	1
Bread, 100%WW French	BakeRite/JJ Casson	Bread/Starch	1 Oz.	75	0	159	0.75	0	3	16	1
Bread, 100%WW French	Palagonia	Bread/Starch	1 Oz.	28	0	57	0.31	0	1	5	1
Bread, 100%WW Ham Bun	BakeRite	Bread/Starch	1 Each	110	0	230	2	1	5	20	3
Bread, 5" 100% WW Hero	BakeRite/JJ Casson	Bread/Starch	1 Each	137	0	275	1	0	5	28	2
Bread, 5" 100% WW Hero	Palagonia	Bread/Starch	1 Each	180	0	360	2	1	8	34	6
Bread, 100% WW Hot Dog Bun	BakeRite	Bread/Starch	1 Each	110	0	230	2	1	5	20	3
Bread, Hot Dog Bun	RP Baking	Bread/Starch	1 Each	110	0	250	1.5	0	4	22	1
Bread, Mini WW Kaiser,Dinner	BakeRite/JJ Casson	Bread/Starch	1 Each	80	0	160	1	0	3	15	2
Bread, 100% WW Dinner Roll	Palagonia	Bread/Starch	1 Each	90	0	180	1	0	4	17	3
Bread, 100%W.W. Sliced	BakeRite	Bread/Starch	1 Slice	70	0	135	1	0	2	13	1
Bread, 100%WW Sliced	RP Baking	Bread/Starch	1 Slice	70	0	140	1	0	3	14	2
Bread, 100%WW English Muffin	Bake Rite	Bread/Starch	1 Each	130	0	200	1	0	7	24	4
Bread, Cinnamon Raisin	BakeRite	Bread/Starch	1 Slice	80	0	110	0.5	0	7	16	1
Bread, Cinnamon Raisin	RP Baking	Bread/Starch	1 Slice	90	0	150	1	0	2	19	1
Bread, 100%WW Kaiser Roll	BakeRite/JJ Casson	Bread/Starch	1 Each	180	0	370	2	0	8	38	6
Bread, 100%WW Kaiser Roll	Palagonia	Bread/Starch	2 Each	180	0	360	2	1	8	34	6
Bread, Multi-Grain	MiltonsBakeRite	Bread/Starch	1 Slice	110	0	150	1	0	5	22	3
Bread, 8 Grain Multigrain	Rockland/Pechter	Bread/Starch	1 Slice	70	0	120	2	0	3	11	1

Product Description	Source	Recipe Group	Portion Size	Calories	Cholesterol mg	Sodium mg	Total Fat grams	Saturated Fat g	Protein grams	Carbs grams	Dietary Fiber grams
Bread, Oat Bran	Gold Medal	Bread/Starch	1 Slice	110	0	180	1.5	0	4	21	1
Bread, Oat Bran	RP Baking	Bread/Starch	1 Slice	80	0	135	2	0	3	15	1
Bread, 100%WW Pita Pockets	Damascus	Bread/Starch	1 Each	170	0	220	2	0	10	29	6
Bread, Pumpnickel	BakeRite	Bread/Starch	1 Slice	90	0	200	1	0	3	18	2
Bread, Pumpnickel	RP Baking	Bread/Starch	1 Slice	70	0	240	0.5	0	2	14	1
Bread, Seedless Rye	BakeRite	Bread/Starch	1 Slice	90	0	210	1	0	3	18	2
Bread, Sweet Rye Sandwich	RP Baking	Bread/Starch	1 Slice	70	0	210	0.5	0	2	13	1
Bread, Sourdough	RP Baking	Bread/Starch	1 Slice	140	0	210	1	0	5	29	1
Bread, Sunrise Banana	Acme	Breakfast	1 Each	150	15	130	5	1	3	24	2
Bread, Sunrise Carrot	Acme	Breakfast	1 Each	140	10	115	4.5	1	3	25	2
Bread, Sunrise Corn Wedge	Acme	Breakfast	1 Each	160	15	130	5	1	3	26	3
Bread, 100%WW Wraps	Damascus	Bread/Starch	1 Each	180	0	220	2	0	11	30	6
Breakfast Bruschetta	Nardone	Breakfast	1 Each	170	25	350	6	2	8	24	1
Breakfast Sausage Roll	Double B	Breakfast	1 Each	140	20	190	4.5	2	7	18	1
Carrots, Ind bag	Bolthouse	Vegetables	1 Each	15	0	20	0.37	0	0	3	1
Carrots,Ind Bag	Bunny Luv	Vegetables	1 Each	20	0	45	0	0	1	5	1
Carrots, Sliced # 10 can	Golbon	Vegetables	1/4 Cup	15	0	185	0	0	0	3	1
Carrots, Sliced # 10 can	Libby's	Vegetables	1/4 Cup	15	0	185	0	0	0	3	1
Carrots, Sliced # 10 can	Port Royal	Vegetables	1/4 Cup	14	0	184	0	0	0	2	1
Carrots Sliced # 10 can	Seneca	Vegetables	1/4 Cup	15	0	185	0	0	0	3	1
Cereal, Corn Flakes, Bowlpack	Kelloggs	Breakfast	1 Each	84	0	167	0.18	0	2	20	1
Cereal, Crispix, Bowlpack	Kellogg	Breakfast	1 Each	80	0	160	0	0	1	18	0
Cereal, Farina	Maypo	Breakfast	1/2 Cup	412	0	0	0	0	14	86	3
Cereal, Farina	Phoebe	Breakfast	1/2 Cup	412	0	0	0	0	14	82	3
Cereal, Hominy Grits	Diamond White	Breakfast	1/2 Cup	260	0	0	1	0	6	58	2
Cereal, Hominy Grits	Maypo	Breakfast	1/2 Cup	260	0	0	1	0	6	58	2
Cereal, Kix, Bowlpack	General Mills	Breakfast	1 Each	60	0	105	0	0	1	14	2
Cereal, Oatmeal	Maypo	Breakfast	1/2 Cup	150	0	0	2.5	1	6	26	4
Cereal, Oats Rolled	Phoebe	Breakfast	1/2 Cup	140	0	0	2.5	0	6	24	3
Cereal, Raisin Bran	Kelloggs	Breakfast	1 Each	1	0	2	0.01	0	0	0	0

Product Description	Source	Recipe Group	Portion Size	Calories	Cholesterol mg	Sodium mg	Total Fat grams	Saturated Fat g	Protein grams	Carbs grams	Dietary Fiber grams
Cereal, Raisin Bran, Bowlpack	Malt-O-Meal	Breakfast	1 Each	130	0	210	0.5	0	3	28	4
Cereal, Rice Krispies, Bowlpack	Kellogg's	Breakfast	1 Each	70	0	120	0	0	1	16	0
Cereal, Toasty O's, Bowlpack	Malt-O-Meal	Breakfast	1 Each	70	0	180	1	0	2	14	2
Cheese Lasagna Rollup	Alfredo	Entrees	1 Each	200	35	255	4	2	17	26	2
Cheese Lasagna Rollup	Tasty Brands	Entrees	1 Each	180	25	270	4.5	3	13	21	2
Cheese, Cream Yogurt, Plain	Hahn's	Cheese	1 Each	60	15	90	3.5	2	5	3	0
Cheese, Cream, Yogurt, Strawberry	Hahn's	Cheese	1 Each	60	10	75	3	2	4	4	0
Cheese, Stick, R-Fat Cheddar	Land O Lakes	Cheese	1 Oz.	90	20	200	7	5	7	0	0
Cheese, Stick, R-Fat Colby Jack	Land O Lakes	Cheese	1 Oz.	90	20	200	6	4	7	0	0
Cheese, Am Low Sod./Red Fat	Land O Lakes	Cheese	1 Oz.	70	15	210	4	3	7	2	0
Cheese, Shredded Mild Cheddar	Land O Lakes	Cheese	1 Oz.	110	30	190	9	6	7	0	0
Cheese, Shredded Mozzarella	Land O Lakes	Cheese	1 Oz.	90	15	210	6	4	7	1	0
Cheese, Swiss, Red Fat Alpine	Land O Lakes	Cheese	1/2 Oz.	45	10	58	3	2	4	1	0
Chicken, BBQ Patty	Zartic/Pierre	Entrees	1 Each	140	35	190	4.5	1	17	10	1
Chicken, Roasted	Gold Kist	Entrees	3 Oz.	158	57	458	11	3	14	3	0
Chicken, Roasted-HS	Gold Kist	Entrees	3 Oz.	158	57	458	11	3	14	3	0
Chicken, Tender Strips - HS	Gold Kist	Entrees	5 Each	285	94	617	15	3	19	16	0
Chicken, Tenders	Gold Kist	Entrees	4 Each	228	75	494	12	2	15	13	0
Chicken, Teriyaki Patty	Zartic/Pierre	Entrees	1 Each	140	35	300	4	1	17	9	1
Corn, Canned Kernel, #10	Libbys	Vegetables	1/4 Cup	36	0	141	0.45	0	1	8	1
Corn, Canned Kernel, #10	Northeast	Vegetables	1/4 Cup	54	0	145	0.91	0	1	10	2
Corn, Canned Kernel, #10	Seneca	Vegetables	1/4 Cup	36	0	141	0.45	0	1	8	1
Dressing, Balsamic Vinaigrette	Cains	Condiments	2 Tbsp	35	0	290	0	0	0	5	0
Dressing, Creamy Italian PC	PPI/Heinz	Condiments	1 Pkt.	45	0	110	5	1	0	1	0
Dressing, Creamy Italian PC	Winston	Condiments	1 Each	40	0	95	3	0	0	3	0
Dressing, French PC	PPI/Heinz	Condiments	1 Tbsp	45	0	70	4	1	0	2	0
Dressing, Italian (PC)	Heinz/PPI	Condiments	1 Each	10	0	110	0.5	0	0	1	0
Dressing, Lite French	Ken's	Condiments	2 Tbsp	70	0	135	5	1	0	5	0
Dressing, Ranch	Pfeiffer	Condiments	2 Tbsp	130	5	220	14	2	0	1	0
Dressing, 1000 Island PC	PPI/Heinz	Condiments	1 Tbsp	30	5	105	2.5	0	0	2	0

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Egg, Omelet, Cheese	Michaels	Breakfast	2.1 Oz.	120	170	290	9	4	7	1	0
Egg, Omelet, Plain	Michaels	Breakfast	1.25 Oz.	60	100	100	5	1	3	1	0
Eggs, Scrambled, w/Egg Whites	Michaels	Breakfast	1/4 cup	50	110	120	3	1	5	2	0
Fish & Cheese, Red. Fat	GoodHarbor/Mid	Entrees	3.6 Oz.	170	50	450	6	3	14	15	0
Fish Nuggets	Frionor	Entrees	1 Each	220	50	310	4.5	1	10	34	0
Fish Nuggets, HS	Midship	Entrees	5 Each	228	64	562	6.61	2	18	24	1
Fruit, Apple Sauce, IND	Applesnax	Fruit	1/2 cup	80	0	20	0	0	0	20	2
Fruit, Apple Sauce, IND	White House	Fruit	1/2 Cup	70	0	15	0	0	0	13	1
Fruit, Apple Sauce, # 10 can	Northeast	Fruit	1/2 Cup	50	0	15	0	0	0	14	1
Fruit, Apple Sauce, # 10	Musselman	Fruit	1/2 Cup	50	0	10	0	0	0	13	2
Fruit, Apple Slices	Champlain	Fruit	1 Each	30	0	0	0	0	0	8	1
Fruit, Apples, Fresh, With Skin	USDA 9003	Fruit	3 Each	79	0	2	0.26	0	0	21	4
Fruit, Bananas, Raw	USDA 9040	Fruit	1 Each	90	0	1	0.33	0	1	23	3
Fruit, Grapes, Green Seedless	USDA	Fruit	1 Cup	62	0	2	0.32	0	1	16	1
Fruit, Grapes, Red Seedless	USDA	Fruit	1 Cup	62	0	2	0.32	0	1	16	1
Fruit, Peaches, Sliced # 10 can	Golbon	Fruit	1/2 Cup	50	0	5	0	0	1	12	1
Fruit, Peaches, Sliced # 10 can	Northeast	Fruit	1/2 Cup	70	0	10	0	0	1	17	1
Fruit, Pears, Diced # 10 can	Imperial Isle	Fruit	1/2 Cup	105	0	0	0	0	0	26	1
Fruit, Pears, Diced # 10 can	Northeast	Fruit	1/2 Cup	84	0	4	0	0	0	21	1
Fruit, Pears Diced, # 10	Port Royal	Fruit	1/2 Cup	84	0	4	0	0	0	21	1
Pineapple Tidbits, #10	Golbon	Fruit	1/2 Cup	60	0	0	0	0	0	15	1
Pineapple Tidbits, #10	Port Royal	Fruit	1/2 Cup	70	0	10	0	0	0	17	1
Fruit, Melons, Cantaloupe	USDA	Fruit	1/2 Cup	23	0	11	0.13	0	1	6	1
Fruit, Melons, Honey Dew	USDA	Fruit	1/2 Cup	58	0	29	0.22	0	1	15	1
Garlic, Chopped in Oil	Boboris	SPICE	5 Grams	14	0	0	1	0	0	0	0
Garlic, Chopped in oil	Old World	SPICE	1 Tsp.	5	0	0	0	0	0	1	0
Ham Low Sodium	Esskay	Entrees	2 Oz.	60	15	280	1.5	1	9	1	1
Ham, Low Sodium	Esskay	Entrees	2 Oz.	60	15	280	1.5	1	9	1	1
Jelly, Grape # 10	Stratford Farms	Condiments	1 Tbsp.	50	0	15	0	0	0	13	0
Jelly, Grape, PC	Winston	Condiments	1 Each	40	0	0	0	0	0	9	0

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Juice Bowl, Apple Juice Box	Whitlock	Juice	1 Each	60	0	5	0	0	0	15	0
Juice Bowl, Fruit Punch Box	Whitlock	Juice	1 Each	60	0	5	0	0	0	14	0
Juice Bowl, Orange Juice Box	Whitlock	Juice	1 Each	60	0	5	0	0	0	15	0
Juice Bowl, Strawberry Kiwi Box	Whitlock	Juice	1 Each	70	0	5	0	0	0	18	0
Juice, Apple 46 oz.	SunPac	Juice	1/2 Cup	55	0	2	0	0	0	14	0
Juice, Apple Juice (6 oz.)	SUNCUP	Juice	6 Oz.	80	0	15	0	0	0	20	0
Juice, Apple Juice, 4 oz.	SUNCUP	Juice	4 Oz.	50	0	10	0	0	0	13	0
Juice, Fruit Punch	SUNCUP	Juice	4 Oz.	60	0	15	0	0	0	14	0
Juice, Grape 46 oz	SunPac	Juice	4 Oz.	75	0	10	0	0	0	19	0
Juice, Grape Juice, 4oz.	SUNCUP	Juice	1 Each	80	0	20	0	0	0	19	0
Juice, Orange 46 oz.	SunPac	Juice	1/2 Cup	60	0	2	0	0	0	15	0
Juice, Orange Juice (4 oz.)	SUNCUP	Juice	4 Oz..	60	0	0	0	0	0	13	0
Juice, Orange Juice (6 oz.)	SUNCUP	Juice	6 Oz.	90	0	0	0	0	0	19	0
Juice, Orange Pineapple Juice	SUNCUP	Juice	1/2 Cup	60	0	0	0	0	0	14	0
Juice, Pineapple 46 oz	SunPac	Juice	4 Oz.	65	0	1	0	0	0	16	0
Ketchup - Tomato, # 10 can	BellaVista/ Furman	Condiments	1 Tbsp.	20	0	140	0	0	0	4	0
Ketchup - Tomato, # 10 can	Golbon	Condiments	1 Tbsp	20	0	220	0	0	0	5	0
Ketchup, Tomato, # 10	RedGold	Condiments	1 Tbsp	15	0	190	0	0	0	4	0
Ketchup, Tomato , PC	PPI/Heinz	Condiments	1 Pkt.	10	0	85	0	0	0	3	0
Mayonnaise, PC	PPI/Heinz	Condiments	1 Tbsp	60	5	55	7	1	0	0	0
Mayonnaise, Reduced Fat	Gold Metal	Condiments	1 Tbsp	50	10	80	5	1	0	1	0
Milk, 1%, UHT	Eastside Entree	Milk	1/2 Pint	140	0	170	2.5	2	12	17	0
Milk, Chocolate Skim	Elmhurst	Milk	1 Each	130	5	170	0	0	8	22	0
Milk, Fat Free, Skim	Elmhurst Dairy	Milk	1/2 Pint	90	5	130	0	0	8	13	0
Milk, Lowfat,1%	Elmhurst Dairy	Milk	1/2 Pint	110	10	130	2.5	2	8	13	0
Mini Loaf, Apple Cinnamon	Super Bakery	Breakfast	1 Each	190	10	180	7	1	3	30	2
Mini Loaf, Banana	Super Bakery	Breakfast	1 Each	180	10	170	6	1	3	30	2
Mini Loaf, Blueberry	Super Bakery	Breakfast	1 Each	170	10	180	6	1	3	29	2
Mini Loaf, Corn Bread	Bakery 101	Breakfast	1 Each	230	40	170	10	2	3	32	0
Mozzarella Sticks, Breaded	High Liner	Entrees	5 Each	400	30	490	21	8	17	35	2

Product Description	Source	Recipe Group	Portion Size	Calories	Cholesterol mg	Sodium mg	Total Fat grams	Saturated Fat g	Protein grams	Carbs grams	Dietary Fiber grams
Mozzarella Sticks, Breaded HS	High Liner	Entrees	6 Each	456	36	564	25.2	10	23	35	1
Mozzarella, String Cheese	Land O Lakes	Cheese	1 Each	80	15	210	6	4	7	1	0
Muffin, Corn	Bakery 101	Breakfast	1 Each	180	25	140	7	1	3	27	1
Muffin, R-Fat Apple Cinnamon	Bakery 101	Breakfast	1 Each	180	0	160	1.5	2	2	40	2
Muffin, R-Fat Blueberry	Bakery 101	Breakfast	1 Each	180	0	160	1.5	2	2	40	2
Muffin, R-Fat Orange Cranberry	Bakery 101	Breakfast	1 Each	180	0	160	1.5	2	2	40	2
Mushrooms, Low Sodium	Giorgio	Vegetables	1/2 Cup	15	0	25	0	0	2	2	1
Mustard, Gallon	Oasis	Condiments	1 Tsp	0	0	80	0	0	0	0	0
Mustard, Gallon	Sauers	Condiments	1 Tsp	5	0	60	0	0	0	0	0
Mustard, PC	PPI/Heinz	Condiments	1 Tsp	10	0	170	0	0	0	0	0
Oil, Multipurpose, Smartfry	Whole Harvest	Miscellaneous		120	0	0	14	2	0	0	0
Pancake	Echo Lake	Breakfast	1 Each	75	2	87	0.71	0	2	15	0
Pancakes, Cinnamon Burst	Global Foods	Breakfast	1 Each	80	0	300	1	0	2	15	1
Pasta, Penne Whole Grain	Barilla	Bread/Starch	2 Oz.	202	0	0	1.52	0	7	42	6
Pasta, Rotini Whole Grain	Barilla	Bread/Starch	1/2 Cup	405	0	0	3.04	0	14	83	12
Pasta, Spaghetti Whole Grain	Barilla	Bread/Starch	2 Oz.	202	0	0	1.52	0	7	42	6
PB & Jelly Uncrustable	SMUCKERS	Entrees	4 Oz.	420	0	560	18	4	17	49	3
PB&J Cutout, on Wheat	Maramont	Entrees	4.37 oz.	523	0	528	27.45	5	19	57	5
Peanut Butter, # 10	Sunny Boy	Nuts & Seeds	2 Tbsp	200	0	130	15	3	8	7	2
Peas, Blackeye # 10 Can	Hanover	Vegetables	1/4 Cup	45	0	190	0	0	3	9	2
Peas, Green # 10	Hart	Vegetables	1/4 cup	32	0	168	0.23	0	2	5	1
Peas, Green # 10	Libbys	Vegetables	1/4 Cup	32	0	168	0	0	2	5	1
Peas, Green # 10	Port Royal	Vegetables	1/4 Cup	35	0	70	0.25	0	2	6	2
Peas, Green # 10	Seneca	Vegetables	1/4 Cup	32	0	168	0	0	2	5	1
Pickle, Sweet Relish	United Pickle	Condiments	1 Each	32	0	220	0.04	0	0	8	0
Pizza Bagel	Nardones	Entrees	1 Each	320	30	620	11	6	22	34	1
Pizza, Corner Style	Nardones	Entrees	1 Slice	270	15	500	8	4	23	29	5
Pizza, French Bread	Nardones	Entrees	1 Each	320	30	470	11	7	21	33	1
Pizza, NY Slice	Nardones	Entrees	1 Slice	340	30	570	14	8	21	32	2
Plantains, Sweet slices	Caminos Del Sol	Vegetables	1 Each	110	0	9	2	0	0	22	2

Product Description	Source	Recipe Group	Portion Size	Calories	Cholesterol mg	Sodium mg	Total Fat grams	Saturated Fat g	Protein grams	Carbs grams	Dietary Fiber grams
Plantains, Sweet-HS	Caminos Del Sol	Vegetables	1 Each	220	0	18	4	0	0	44	4
Potato, Roasted Redskin, Elem.	McCain Farmer's	Vegetables	1/4 Cup	50	0	90	1	0	1	10	1
Potato, Wedge Cut	McCain	Vegetables	1/4 Cup	67	0	23	2	0.67	1	11	1
Potato-Straight Cut French	McCain	Vegetables	1/4 Cup	93	0	247	3	0	1	16	1
Potato, Whole, Sweet #10	Cannon	Vegetables	1/2 Cup	60	0	15	0	0	0	15	1
Potato, Whole, Sweet #10	Northeast	Vegetables	1/4 Cup	56	0	12	0	0	0	14	1
Potato, Whole, Sweet, #10	Bruce's	Vegetables	1/4 Cup	51	0	15	0.17	0	0	12	1
Rice, Brown	USDA	Bread/Starch	1/2 Cup	63	0	3	0.51	0	1	13	1
Rice, Caviar Medley	Indian Harvest	Bread/Starch	1/2 Cup	160	0	10	0	0	5	35	4
Rice, Vegetable Fried	InnovAsian	Bread/Starch	1/4 Cup	45	0	62	0.7	0	1	9	1
Rice, Natural Jasmine Rose	Mars	Bread/Starch	1/2 Cup	160	0	0	1	0	4	34	2
Rice, Wild Red WG Rice	Mars	Bread/Starch	1/4 Cup	160	0	0	1	0	4	34	2
Rice, White	USDA	Bread/Starch	1/2 Cup	242	0	0	0.39	0	4	53	1
Salad, Asian Lo-Mein,HS	Salad 101	Salads	1/2 CUP	170	0	105	1	0	6	33	2
Salad, Confetti Corn, HS	Salad 101	Salads	1/2 CUP	100	0	230	5	1	2	15	2
Salad, Healthy Cole Slaw, HS	Salad 101	Salads	1/2 CUP	100	0	190	8	2	1	7	2
Salad, Cole Slaw Ind.	Sally Sherman	Salads	1/2 CUP	160	5	520	8	1	1	18	5
Salad,Potato , Ind.	Sally Sherman	Salads	1/4 Cup	140	45	540	6	1	2	22	2
Sauce, Cranberry, # 10	Ocean Spray	Condiments	2 Oz.	110	0	10	0	0	0	25	0
Sauce, Cranberry, # 10	Ruby Kist	Condiments	2 Oz.	81	0	29	0	0	0	21	1
Sauce, Duck	Winston	Condiments	2 Tbsp.	0	0	0	0	0	0	0	0
Sauce, Spaghetti Low Sodium	Red Gold/RedPack	Condiments	1/2 Cup	60	0	140	1	0	2	12	2
Sauce,Tomato Paste, # 10	Heinz	Condiments	2 Tbsp.	25	0	20	0	0	1	5	2
Sauce, Tomato Paste, # 10	Port Royal	Condiments	2 Tbsp.	30	0	20	0	0	2	6	1
Sauce, Worcestershire	Eagle Spice	Condiments	1 Tsp.	5	0	490	0	0	1	1	0
Snack, Butter Crunch Cookies	Linden's	Snacks	2 Pk.	150	10	135	5.8	2	2	23	2
Snack, Choc. Chip Cookies	Linden's	Snacks	2 Pk.	150	5	70	5.7	2	2	22	2
Snack, Choc. Chip Mini Cookies	Linden's	Snacks	2 Pk.	168	5	150	6.5	2	2	22	2
Snack, Fudge Chip Cookies	Linden's	Snacks	2 Pk.	150	15	70	5.7	2	2	20	2
Snack, Oatmeal Raisin Cookies	Linden's	Snacks	2 Pk.	142	10	75	5.4	2	2	21	2

Product Description	Source	Recipe Group	Portion Size	Calories	Cholesterol mg	Sodium mg	Total Fat grams	Saturated Fat g	Protein grams	Carbs grams	Dietary Fiber grams
Snack, Baked BBQ Potato Chips	Frito Lay's	Snacks	7/8 Oz.	110	0	190	2.5	0	2	19	2
Snack, Baked Potato Chips	Frito Lay's	Snacks	7/8 Oz.	100	0	160	1.5	0	2	20	2
Snack, Baked Sour Cream & Onion	Frito Lay's	Snacks	7/8 Oz.	110	0	190	3	0	2	19	2
Snack,Fruit Juice Ice, Cherry Apple	J & J Snacks	Snacks	1 Each	100	0	0	0	0	0	24	0
Snack, Heart Shaped Pretzels	Frito Lay's	Snacks	1 Each	110	0	240	1	0	3	23	2
Snack, Scoops, Baked	Frito Lay's	Bread/Starch	1 Each	110	0	110	2.5	0	2	19	2
Pretzel, Soft	J&J SnackFoods	Bread/Rolls/Starch	1 Each	180	0	150	1	0	6	38	1
Snack, Sun Multigrain Chips	Frito Lay's	Snacks	1 Each	140	0	120	6	1	2	18	2
Snack, Graham Crackers, Honey, Belly	J & J Snacks	Snacks	1 Oz.	130	0	95	4	0	2	20	0
Snack, Graham Crackers, Honey w/ Fil	MJM	Snacks	1 Pkg.	96	0	131	3	1	5	18	3
Syrup, Individual Package	Winston	Condiments	1 Pkt.	80	0	0	0	0	0	20	0
Taco Bites	Global Foods	Entrees	4 Each	415	25	385	10	4	17	65	1
Taco Crown/ Bowl	Smokewoods	Bread/Starch	1 Each	100	0	10	7	1	1	9	1
Taco Seasoning	Old El Paso	Spice	2 Tsp.	20	0	590	0	0	0	4	0
Taco Shells, Pancho Villa Jumb	General Mills	Bread/Starch	1 Each	100	0	0	4.5	0	1	13	1
Taco Tubs, Original	Smokewood	Bread/Starch	1 Each	110	0	0	4.5	0	1	14	1
Toast, French, WW	Echo Lake	Breakfast	1 Each	160	55	240	3	1	8	27	3
Tuna, Chunk Light	Port Royal	Entrees	2 Oz.	58	40	134	0	0	14	0	0
Tuna, Chunk Light	Imperial Isle	Entrees	2 Oz.	58	40	134	0	0	14	0	0
Turkey, Breast,Oven Roasted Log	Jennie-O	Entrees	2 oz.	45	20	330	0.5	0	10	1	0
Turkey,Bacon Strips	Jennie-O	Breakfast	3 Each	60	20	300	4	1	5	1	0
Turkey, Canadian Bacon Presliced	Jennie-O	Breakfast	1 Oz.	35	20	180	1.75	1	5	1	0
Turkey, Sausage, Patty	Jones Dairy	Breakfast	1 Each	60	30	160	3	1	7	1	0
Veg.,Beans, Green French , IQF	NonPareil	Vegetables	1/4 Cup	20	0	0	0	0	1	3	1
Veg.,Beans, Green French,Frz	Seneca	Vegetables	1/4 Cup	19	0	0	0	0	1	4	2
Veg.,Beans,Green, French, IQF	Endico	Vegetables	1/4 Cup	17	0	7	0	0	1	3	1
Veg., Broccoli, Spears Fr.	Endico	Vegetables	1/4 Cup	16	0	16	0	0	2	3	1
Veg.,Broccoli Spears,Frz.Poly	NonPareil	Vegetables	1/4 Cup	16	0	16	0	0	2	3	1
Veg., Capri Blend	Endico	Vegetables	1/4 Cup	17	0	7	0	0	1	3	1
Veg., Carrots Sliced, IQF	NonPareil	Vegetables	1/4 Cup	23	0	40	0	0	0	5	1

Product Description	Source	Recipe Group	Portion Size	Calories	Cholesterol mg	Sodium mg	Total Fat grams	Saturated Fat g	Protein grams	Carbs grams	Dietary Fiber grams
Veg., Carrots, Frozen	Seneca	Vegetables	1/4 Cup	25	0	25	0	0	1	6	2
Veg., Carrots, Sliced, Frz.	Endico	Vegetables	1/4 Cup	24	0	17	0	0	0	5	2
Veg., Collard Greens , Chopped	Endico	Vegetables	1/4 Cup	16	0	9	0.2	0	2	3	1
Veg.,Collard Greens, Chopped	NonPareil	Vegetables	1/4 Cup	19	0	13	0	0	1	1	1
Veg., Corn Frozen, IQF	NonPareil	Vegetables	1/4 Cup	63	0	0	0.63	0	2	13	1
Veg., Corn, Frozen	Endico	Vegetables	1/4 Cup	20	0	0	0	0	1	4	1
Veg., Fiesta Blend	Endico	Vegetables	1/4 Cup	31	0	17	0	0	3	7	4
Veg., Fiesta Blend	NonPareil	Vegetables	1/4 Cup	40	0	67	0.33	0	3	7	2
Veg, Flm Rstd Peppers & Onions	Simplot	Vegetables	2 Oz.	33	0	147	1.33	0	1	5	2
Veg., Italian Blend	Endico	Vegetables	1/4 Cup	13	0	7	0	0	1	3	1
Veg., Italian Blend	NonPareil	Vegetables	1/4 Cup	20	0	23	0	0	1	3	1
Veg., Normandy	Snow Fresh	Vegetables	1/4 Cup	17	0	10	0	0	1	2	1
Veg., Normandy Blend	Non Pareil	Vegetables	1/4 Cup	17	0	20	0	0	1	3	2
Veg., Normandy Blend	Endico	Vegetables	1/4 Cup	25	0	25	0	0	3	4	2
Veg., NYS Bean Trio, IQF	Allens	Vegetables	1/4 Cup	17	0	4	0	0	1	3	1
Veg., Peas & Carrots, Frz.	Endico	Vegetables	1/4 Cup	47	0	127	0	0	3	8	3
Veg., Peas & Carrots, IQF	Allens	Vegetables	1/4 Cup	33	0	17	0	0	1	7	2
Veg., Peas & Carrots, IQF	NonPareil	Vegetables	1/4 Cup	33	0	73	0	0	1	6	2
Veg.,Peas & Carrot Pride of NY	Allens	Vegetables	1/4 Cup	33	0	17	0	0	1	7	2
Veg., Spinach, Chopped, Frz.	Regal	Vegetables	1/4 Cup	14	0	79	0	0	1	1	2
Veg., Stir Fry Blend	Endico	Vegetables	1/4 Cup	17	0	3	0	0	1	4	2
Veg., Stir Fry Blend	NonPareil	Vegetables	1/4 Cup	23	0	14	0	0	1	4	1
Veg.,Spinach Chopped, IQF	Endico	Vegetables	1/4 Cup	14	0	79	0	0	1	1	1
Veg.,Spinach Chopped, IQF	NonPareil	Vegetables	1/4 Cup	14	0	79	0	0	1	1	1
Veg.,Spinach, Chopped, Frz.	Snow Fresh	Vegetables	1/4 Cup	14	0	79	0	0	1	1	1
Veg.,Spinach Crepini Roll Up	Crepini Cafe	Vegetables	1 Each	80	20	169	2.49	1	4	9	1
Vegetable Egg Roll	Local Motion/KidS	Vegetables	1 Each	120	0	250	1.5	0	4	28	2
Vegetable Patty	Don Lee Farms	Entrees	1 Each	169	0	437	9.5	2	4	18	2
Waffles, W.W.	Bake Crafters	Breakfast	1 Each	60	0	150	1.5	0	2	11	2
Yogurt, Peach	Upstate Farms	Breakfast	1 Each	90	0	75	0	0	3	19	0

Product Description	Source	Recipe Group	Portion Size	Calories	Cholesterol mg	Sodium mg	Total Fat grams	Saturated Fat g	Protein grams	Carbs grams	Dietary Fiber grams
Yogurt, 4 oz, Raspberry	Upstate Farms	Breakfast	1 Each	90	0	75	0	0	3	19	0
Yogurt, 4 oz, Strawberry/Banana	Upstate Farms	Breakfast	1 Each	90	0	75	0	0	3	19	0
Yogurt, 4oz, Strawberry	Upstate Farms	Breakfast	1 Each	90	0	75	0	0	3	19	0
Yogurt, Cherry Vanilla	Upstate Farms	Breakfast	1 Each	90	0	75	0	0	3	19	0

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