



New York City Department of Education

Menu Nutrition Information



Elementary, Junior High School, and High School Product Nutrients - Updated 03/15/2018

Type of Food	Name	Brand or SF Recipe #	Portion	Calories	Total Fat(g)	Sat. Fat(g)	Protein (g)	Total Carb(g)	Fiber (g)	Sodium (mg)
Bagel	Bagel, Fresh, Multigrain	New Yorker	1 each	240	2	0	9	52	5	400
Bagel	Bagel, Fresh, Wheat	Aladdin	1 each	280	2	0	12	60	6	240
Bagel	Bagel, Cinnamon Raisin, 2 oz, White Wheat	Neri's	1 each	150	1	0	6	31	3	130
Bagel	Bagel, Cinnamon Raisin, 3 oz, White Wheat	Neri's	1 each	220	1	0	7	45	5	170
Bagel	Bagel, Plain, 2 oz, White Wheat	Neri's	1 each	150	1	0	6	30	4	150
Bagel	Bagel, Plain, 3 oz, White Wheat	Neri's	1 each	220	1	0	9	44	5	180
Bagel	Bagel, Tuna Salad, Classic	TB	1 each	327	7	1	25	45	5	655
Bagel	Bagel-ful, Cream Cheese	Kraft	1 each	180	5	3	7	28	3	180
Beans	Baked Beans, Brooklyn (as Veg)	VL-009	1/2 cup	155	0	0	7	27	5	255
Beans	Black Beans, Braised w Plantains, K8	VL-013	3/4 cup	254	5	0	10	42	10	334
Beans	Black Beans, Braised w Plantains, HS	VL-013	1 1/2 cup	508	10	1	19	84	19	667



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Beans	Black Beans, Cheesy Burrito	Cambo Primo	1 each	300	9	3	16	41	9	470
Beans	Black Beans, Mini Empanadas	Giorgio Foods	4 each	270	9	5	16	31	3	480
Beans	Black Bean Salad	VL-011	1/2 cup	202	3	0	12	33	10	362
Beans	Black Bean & Corn Grab 'n Go Salad	SAL-014	1 each	439	22	3	9	53	9	748
Beans	Black Bean Salsa	VL-015	1/2 cup	178	0	0	7	20	6	234
Beans	Black Beans, Seasoned w Sofrito	VL-004	1/2 cup	123	2	0	7	19	6	205
Beans	Black Beans & Pinto Beans, (Mexicali Beans)	Soupman	1/4 cup	30	1	0	2	5	2	130
Beans	Black Beans & Pinto Beans, (Mexicali Beans)	Soupman	3/4 cup	90	2	0	5	15	5	390
Beans	Chickpea Falafel Nuggets	CPFN	4 each	192	5	1	8	32	10	401
Beans	Chickpea Falafel-Rito w Vegan Specialty Sauce	VEG-037	4 each	385	12	1	15	59	14	845
Beans	Chickpea Falafel, Veggie "Meatballs" in Bombay Sweet Curry Sauce	VEG-031	4 each	255	8	1	10	41	12	613



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Beans	Chickpea Falafel, Veggie "Meatballs" in Herbed Marinara Sauce	VEG-032	4 each	243	7	1	10	41	12	536
Beans	Chickpeas, Golden Curry (as VL)	VL-017	1/2 cup	149	3	0	7	24	5	397
Beans	Chickpeas, Italian (as M/MA)	VEG-005	1/2 cup	179	3	0	8	29	6	205
Beans	Chickpeas, Italian (as Veg)	VL-008	1/2 cup	175	3	0	8	29	6	205
Beans	Chickpeas, Malini's Curried (as Veg)	VL-006	1/2 cup	175	4	1	8	27	6	237
Beans	Chickpeas, Roasted (as Veg)	VL-012	1/2 cup	168	6	1	7	23	10	256
Beans	Chickpeas, Roasted as (M/MA)	VEG-002	1/2 cup	165	5	1	7	23	5	235
Beans	Chickpeas, Roasted w Basil Pesto (as Veg)	VL-005	1/2 cup	179	6	2	8	23	10	253
Beans	Chickpea Salad	VL-010	1/2 cup	158	4	1	8	24	10	284
Beans	Hummus Cup, Pre-Made	Fresh Kids	1 each	140	11	2	3	8	2	220
Beans	Kidney Beans Rajma (as Veg)	VL-007	1/2 cup	205	4	0	10	29	8	306



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Beans	Kidney Beans, Seasoned	VL-001	1/2 cup	168	4	0	8	23	7	207
Beans	Kidney Beans, Soy Ginger Bean Salad	VL-016K8	1/2 cup	170	2	0	10	29	9	329
Beans	Kidney Beans, Soy Ginger Bean Salad	VL-016HS	1 cup	340	3	1	20	58	18	658
Beans	Lentil Sloppy Joe	Hooray Puree	3/4 cup	125	1	0	7	22	7	181
Beans	Pinto Beans, Sofrito Seasoned	VL-002	1/2 cup	123	2	0	7	19	7	205
Beans	Pinto Beans, Stewed	VL-018	1/2 cup	86	4	1	4	12	2	226
Beans	Pinto Beans, Stewed	Soupman	3/4 cup	129	6	1	6	18	3	339
Beans	Mexicali Beans (Chili as VL)	VL-019	1/2 cup	53	1	0	3	9	3	230
Beans	Vegetarian Chili	VEG-014	3/4 cup	152	2	0	8	26	8	256
Beef	Burger, 100% Beef	Advance Pierre	1 each	130	10	4	10	0	0	100
Beef	Burger, 100% Beef, on Ciabatta	SDWH-128	1each	290	12	4	16	33	3	380



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Beef	Burger, 100% Beef Cheeseburger on Ciabatta	SDWH-127	1 each	325	14	5	20	34	3	485
Beef	Burger, 100% Beef Pizza, on Ciabatta	SDWH-133	1 each	349	15	6	20	36	4	549
Beef	Burger, 100% Beef, BBQ w Ham Bun	SDWH-097K8	1 each	267	6	5	14	26	3	392
Beef	Burger, 100% Beef, BBQ w Ham Bun, Large	SDWH-097HS	1 each	306	7	5	16	32	3	480
Beef	Burger, 100% Beef, NYS	Advance Pierre	1 each	130	10	4	10	0	0	100
Beef	Burger, 100% Beef, Pizza w Ham Bun	SDWH-050	1 each	246	10	6	18	15	2	426
Beef	Burger, Beef, Grass Fed	Don Lee Farms	1 each	151	11	5	11	1	0	276
Beef	Burger, Beef, Grass Fed w Ham Bun	SDWH-062GFK8	1 each	290	15	6	18	20	3	434
Beef	Burger, Beef, Grass Fed w Ham Bun, Large	SDWH-062GFHS	1 each	329	16	6	20	27	3	523
Beef	Burger, Beef (Broiled Beef Patty w Soy)	Advance Pierre	1 each	110	6	3	10	2	0	230
Beef	Burger w Ham Bun, Cubano	SDWH-056K8	1 each	315	14	4	21	29	3	789



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Beef	Burger w Ham Bun, Cubano	SDWH-056HS	1 each	333	14	5	23	30	3	780
Beef	Cheeseburger, 100% Beef Cheeseburger on Ciabatta	SDWH-127	1 each	325	14	5	20	34	3	485
Beef	Cheeseburger, 100% Beef Cheeseburger w Bacon on Ciabatta	SDWH-132	1each	353	16	7	22	33	3	565
Beef	Cheeseburger, 100% Beef Cheeseburger w Ham Bun	100BCK8	1 each	277	8	6	18	21	3	488
Beef	Cheeseburger, 100% Beef Cheeseburger w Ham Bun, Large	100BCHS	1 each	316	9	6	20	28	3	577
Beef	Cheeseburger, 100% Beef Chipotle w Ham Bun	SDWH-093K8	1 each	334	14	7	18	22	3	587
Beef	Cheeseburger, 100% Beef Chipotle w Ham Bun, Large	SDWH-093HS	1 each	371	15	7	21	28	3	757
Beef	Cheeseburger, 100% NYS Beef Cheeseburger w Ham Bun	100NYSCBK8	1 each	277	14	6	18	21	3	488
Beef	Cheeseburger, 100% NYS Beef Cheeseburger w Ham Bun, Large	100NYSCBHS	1 each	316	15	6	20	28	3	577
Beef	Cheeseburger, Grass Fed Beef Cheeseburger w Ham Bun	SDWH-060GFK8	1 each	325	17	7	21	21	3	591
Beef	Cheeseburger, 100% Greek Style Cheeseburger w Ciabatta	SDWH-129	1each	266	16	6	23	36	3	648



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Beef	Cheeseburger, Grass Fed Beef Cheeseburger w Ham Bun, Large	SDWH-060GFHS	1 each	362	18	8	24	26	3	757
Beef	Empanada, Steak & Cheese (Crescent)	Today's Choice	1 each	270	10	4	21	28	6	480
Beef	Jamaican Style Beef Patty, WG	Golden Krust	1 each	300	4	3	23	43	6	330
Beef	Philly Steak Sandwich Slices	Maid Rite	2 oz	100	6	3	11	1	1	150
Beef	Sliders, Burger, 100% Beef	Advance Pierre	2 each	290	10	4	16	34	3	250
Beef	Sliders, Cheeseburger, 100% Beef	Advance Pierre	2 each	310	12	6	16	35	3	410
Beef	Taco, Cheesy Beef Crunchy	BF-003	1 each	384	15	6	21	20	5	681
Beef	Taco, Meat (Beef)	BF-018	1/3 cup	84	2	0	13	7	3	446
Beef	Tacos, Beef Bite Size	BF-005	1 each	376	8	3	18	28	6	738
Beef	Teriyaki Beef	BF-004	2 oz	148	6	3	11	12	1	327
Bread	Bagel, Cinnamon Raisin	Burry's	2 oz	190	1	0	6	38	3	150



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Bread	Bagel, Cinnamon Raisin	Burry's	3 oz	210	1	0	8	47	4	210
Bread	Bagel, Plain	Neris	2 oz	167	1	0	6	31	3	140
Bread	Bagel, Plain	Neris	3 oz	200	1	0	8	44	5	210
Bread	Bagel, Stick, Cinnamon Raisin, Mini	New Yorker Bagels	1 each	80	1	0	3	17	2	80
Bread	Bagel, Stick, Plain, Mini	New Yorker Bagels	1 each	80	1	0	3	16	3	80
Bread	Bagel, Stick, Poppy, Mini	New Yorker Bagels	1 each	80	1	0	3	16	2	80
Bread	Biscuit, Honey (Also called "Buttermilk Biscuit")	Branson's	1 each	170	5	2	3	26	2	260
Bread	Bread Stick, Mozzarella Stuffed (Stuffed Cheesy Bread)	Bosco	1 each	140	5	3	9	15	1	210
Bread	Bread Sticks, Toasty	Wenner	1 each	90	0	0	3	19	2	150
Bread	Bread Sticks, Twisted Cheesy (Mozzarella Filled)	Tasty Brands	1 each	160	6	3	9	17	1	230
Bread	Cheesy Bread	CH-016	1 each	280	11	6	16	90	2	460



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Bread	Ciabatta Roll I	Wenner Bakery	1 each	160	2	0	6	33	3	280
Bread	Crackers, Wheat	Westminster Bakers Co	1-2pack	32	1	0	1	5	1	60
Bread	Croissant, WG, Individually Wrapped	Global Foods	1 each	140	5	2	4	17	3	125
Bread	Dinner Roll, Par-Baked	Wenner Bakery	1 each	80	0	0	3	18	2	140
Bread	Dinner Roll, Toasted Garlic	GR-009	1 each	125	5	1	4	17	3	201
Bread	English Muffin, WW	Bake Rite	1 each	110	2	0	6	22	3	170
Bread	Flat Bread, Frz.(Loco Bread)	Father's Table	1 each	110	2	0	4	21	2	200
Bread	Flat Bread, Frz.(Loco Bread)	Global Foods Solutions	1 each	130	2	0	5	27	4	260
Bread	Flat Bread, Mac n Cheesy Flat Bread	CH-008	1 each	367	15	8	21	43	5	723
Bread	Garlic Toast	Tasty Brands	1 each	80	4	1	2	11	2	150
Bread	Hamburger Bun, Large	Bake Rite	1 each	150	3	1	6	27	3	320



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Bread	Hamburger Bun, Large	Rockland/Pechter	1 each	130	2	0	4	27	3	250
Bread	Hamburger Bun, Small	Bake Rite	1 each	110	2	1	4	20	3	230
Bread	Hamburger Bun, Small	Rockland /Pechter	1 each	130	2	0	6	26	2	290
Bread	Hero Roll 5", WW, Red Sodium	Palagonia	1 each	150	2	0	7	28	0	150
Bread	Hero Roll, Toasted Garlic	TGH	1 each	151	7	1	3	18	1	174
Bread	Kaiser/Vienna Roll	Palagonia	1 each	180	2	1	8	34	6	360
Bread	Knot Roll	Wenner Bakery	1 each	70	1	0	2	14	1	130
Bread	Loco Bread, Garlic & Herb "Nan" Style	GR-018	1 each	157	5	0	5	27	4	292
Bread	Pita Pockets, 6.5" Round	Damascus	1 each	170	2	0	10	29	6	220
Bread	Pretzel, Whole Wheat (Soft)	J&J Snack Foods	1 each	170	1	0	6	38	4	150
Bread	Whole Wheat, Sliced	BakeRite	1 slice	60	1	0	3	11	2	120



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Bread	Whole Wheat, Sliced	J J Cassone	1 slice	60	1	0	3	11	2	120
Bread	Whole Wheat, WG, Sliced	Rockland Bakery	1 slice	60	1	0	2	13	2	150
Bread	Wrap, Lahvash, 100% WW "Roll Up"	Damascus	1 each	180	2	0	11	30	6	220
Bread	Wrap, Wheat, 9" Frz	Mexamerica	1 each	150	4	1	4	27	3	160
Bread	Wrap, Wheat, 9" Frz	Tijuana Tortilla	1 each	170	5	2	6	28	3	180
Bread, Sweet	Bread, Zucchini	Sky Blue Foods	1 each	280	7	2	5	48	2	190
Bread, Sweet	Loaf, Mini Apple Cinnamon, WW	Super Bakery	1 each	190	7	1	3	30	2	180
Bread, Sweet	Loaf, Mini Carrot Cheese, WW	Angel's Bakery	1 each	140	3	1	3	25	2	170
Bread, Sweet	Loaf, Mini Honey Corn	Angel's Bakery	1 each	180	5	1	4	30	2	180
Bread, Sweet	Sunrise Carrot Bread, WW, Florentine Cut	Acme	1 each	140	5	1	3	23	2	130
Bread, Sweet	Yogurt Mini Loaf, Banana	Angel's Bakery	1 each	170	5	1	3	28	2	180



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Bread, Sweet	Yogurt Mini Loaf, Blueberry	Angel's Bakery	1 each	150	5	1	3	26	2	170
Bread, Sweet	Yogurt Mini Loaf, Very Berry	Angel's Bakery	1 each	150	5	1	3	26	2	180
Breakfast	Breakfast Burrito, Turkey Chorizo	BAJA Foods	1 each	160	6	2	7	20	2	160
Breakfast	Breakfast Meal Kit #2 (*Sunbutter Cup, Jelly, Grahams, Apple Juice)	Preferred Meals	1 each	471	24	3	11	53	7	306
Breakfast	*Sunbutter Cup	Sunbutter, LLC	1 each	266	21	3	7	7	4	160
Breakfast	*Jelly	Diamond Crystal	1 each	35	0	0	0	9	0	0
Breakfast	*Honey Grahams	MJM	1 pkg	110	3	0	2	20	2	140
Breakfast	*Apple Juice	Juice Bowl	1 each	60	0	0	0	15	0	5
Breakfast	Breakfast Meal Kit #4 (Apple Cinnamon Cheerios, *Honey Grahams, Orange/ Tangerine Juice)	Notables/ES Foods	1 each	280	5	1	4	57	4	260
Breakfast	Apple Cinnamon Cheerios	General Mills	1 each	110	2	0	2	22	2	110
Breakfast	*Honey Grahams	MJM	1 pkg	110	3	0	2	20	2	140



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Breakfast	*Orange Tangerine Juice	Notables	1 each	60	0	0	0	15	0	10
Breakfast	Breakfast Meal Kit #5 (*Fruity Cheerios, Honey Grahams, Apple Juice)	Notables/ES Foods	1 each	290	5	1	4	61	4	300
Breakfast	*Fruity Cheerios	General Mills	1 each	120	2	0	2	25	2	140
Breakfast	*Honey Grahams	MJM	1 pkg	110	3	0	2	20	2	140
Breakfast	*Apple Juice	Notables	1 each	60	0	0	0	15	0	5
Breakfast	Breakfast Quesadilla	BK-058	1 each	331	15	5	13	36	5	551
Breakfast	Breakfast Sandwich, Beef Sausage & White Cheddar on Bagel	Hot Off The Grill/Integrated Food Service	1 each	241	8	3	15	27	3	420
Breakfast	Breakfast Sandwich, Egg & Cheese on a Soft Roll (Ham Bun)	BK-030K8	1 each	205	7	2	10	25	2	425
Breakfast	Breakfast Sandwich, Egg & Cheese on a Soft Roll (Large Ham Bun)	BK-030HS	1 each	225	7	2	10	29	3	465
Breakfast	Breakfast Sandwich, Egg & Cheese on a Pita	Tasty Brands	1 each	140	4	2	6	13	2	330
Breakfast	Breakfast Sandwich, Turkey Canadian Bacon, Egg & Cheese on an English Muffin	BK-044	1 each	232	8	3	15	26	3	475



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Breakfast	Breakfast Sandwich, Turkey Sausage, Egg & Cheese on a Soft Roll (Ham Bun)	BK-050K8	1 each	295	13	4	17	26	4	606
Breakfast	Breakfast Sandwich, Turkey Sausage, Egg & Cheese on a Soft Roll (Large Ham Bun)	BK-050HS	1 each	315	14	4	18	30	5	645
Breakfast	Breakfast Toast, Turkey Bacon, Egg, & Cheese	Tasty Brands	1 each	150	5	2	9	18	2	290
Breakfast	Breakfast Wrap, Cheese Omelet w Salsa	BK-014	1 each	213	10	3	9	21	3	377
Breakfast	Breakfast Wrap, Turkey Sausage Crumble, Egg & Cheese	BK-020	1 each	316	13	4	18	31	3	668
Breakfast	Cereal, Back to the Roots Organic Cinnamon Clusters	Back to the Roots	1 each	90	0	0	3	16	3	45
Breakfast	Cereal, Back to the Roots Purple Corn Flakes	Back to the Roots	1 each	90	1	0	2	18	2	45
Breakfast	Cereal, Cinnamon Flakes, WG	Kellogg's	1 each	100	0	0	2	24	2	160
Breakfast	Cereal, Frosted Mini-Wheats	Kellogg's	1 each	101	0	0	3	24	3	0
Breakfast	Cereal, Granola, Apple Cinnamon	Notables	1 each	120	4	1	2	20	2	5
Breakfast	Cereal, Granola, Apple Cinnamon	Right Start Foods	1 each	120	3	0	2	21	2	0



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Breakfast	Cereal, Granola, Blueberry	Notables	1 each	120	3	1	2	21	2	0
Breakfast	Cereal, Granola, Blueberry	Right Start Foods	1 each	120	3	0	2	21	2	0
Breakfast	Cereal, Multigrain Toasted Oats	General Mills	1 each	101	1	0	2	23	2	116
Breakfast	Cereal, Raisin Bran	Malt O Meal	1 each	130	1	0	3	28	4	210
Breakfast	Cereal, San Franola Granola Bowl	San Franola	1 each	200	6	0	12	32	8	180
Breakfast	Cereal, Toasty-O's	Malt-O-Meal	1 each	70	1	0	2	14	2	180
Breakfast	French Toast Dippers	BK-020	3 each	160	3	1	7	29	3	300
Breakfast	Hot Cinamon Knot	BK-059	1each	91	2	0	2	15	1	132
Breakfast	Muffin, Bluberry Yoghurt	Cannoli Factory	1each	230	6	1	4	36	3	45
Breakfast	Muffin, Banana Yoghurt	Cannoli Factory	1each	476	11	2	7	63	7	79
Breakfast	Muffin, Apple Cinamon	Cannoli Factory	1each	441	14	4	7	63	5	79



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Breakfast	Oatmeal (Hot Cereal)	Maypo	1/2 cup	150	3	1	6	26	4	0
Breakfast	Oatmeal (Hot Cereal)	Phoebe	1/2 cup	140	3	0	6	24	3	0
Breakfast	Oatmeal (Hot Cereal with Milk & Brown Sugar)	BK-002	3/4 cup	193	3	1	7	35	3	155
Breakfast	Omelet, Cheese	Michael Foods	1 each	120	9	4	7	1	0	290
Breakfast	Omelet, Plain ("Fluffy Egg Omelet")	Papetti's	1 each	60	5	1	3	1	0	100
Breakfast	Pancakes, Buttermilk, WG	Echo Lake	2 each	150	3	0	4	30	2	45
Breakfast	Pancakes, Cinn Burst, WG	Screamin'	1 pkg	180	4	1	4	35	2	85
Breakfast	Pancakes, Mini Blueberry WG	Aunt Jemima	1 pouch	240	6	1	5	42	3	190
Breakfast	Parfait, Cranberries ONLY	Merrywood Dairy Farms	1 each	91	0	0	0	23	1	0
Breakfast	Parfait, Granola ONLY	Merrywood Dairy Farms	1 each	121	4	0	3	19	2	40
Breakfast	Parfait, Yogurt ONLY	Merrywood Dairy Farms	1 each	100	1	1	4	19	0	45



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Type of Food	Name	Brand or SF Recipe #	Portion	Calories	Total Fat(g)	Sat. Fat(g)	Protein (g)	Total Carb(g)	Fiber (g)	Sodium (mg)
Breakfast	Pita Pocket, Egg & Cheese	Tasty Brands	1 each	140	4	2	6	13	2	330
Breakfast	Waffle, WG	Bake Crafters	1 each	60	2	0	2	11	2	150
Breakfast	Waffle, WG	Right Start Foods	1 each	65	2	0	2	12	2	150
Cheese	American Cheese ,White, Slices	Land O Lakes	1 oz	70	4	3	7	2	0	310
Cheese	Cheddar Cheese, Reduced Fat Mild, Slices	Land O Lakes	2 sl/ 1 oz	90	7	5	7	0	0	190
Cheese	Cheddar Cheese, Shredded	Land O Lakes	1/2 oz	56	5	3	4	0	0	96
Cheese	Cheese Melt, Open Faced Breakfast Toasted	BK-001	1 each	135	5	3	3	14	2	342
Cheese	Cheese Stick, Cheddar	Land O Lakes	1 oz	90	7	5	7	0	0	200
Cheese	Cheese Stick, Colby Jack	Land O Lakes	1 ea	91	6	4	7	0	0	203
Cheese	Cream Cheese, Plain (Indiv Packet)	Hahn's	1 each	60	4	2	5	3	0	90
Cheese	Cream Cheese, Strawberry (Indiv Packet)	Hahn's	1 each	60	3	2	4	4	0	75



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Type of Food	Name	Brand or SF Recipe #	Portion	Calories	Total Fat(g)	Sat. Fat(g)	Protein (g)	Total Carb(g)	Fiber (g)	Sodium (mg)
Cheese	Mozzarella Cheese, Shredded	Land O Lakes	1 oz	91	6	4	7	1	0	213
Cheese	Mozzarella Sticks, Whole Grain	Highliner	1 each	80	4	2	3	6	0	98
Cheese	Mozzarella Sticks, Whole Grain	Highliner	5 each	320	14	5	18	31	3	450
Cheese	Mozzarella String Cheese	Land O Lakes	1 each	54	2	2	6	1	0	188
Cheese	Mozzarella Stuffed Breadstick	Bosco's Pizza Co.	2 sticks	300	10	5	20	34	4	440
Cheese	Mozzarella Stuffed Breadstick	Grand Prairie	1 stick	150	5	3	11	18	2	220
Cheese	Mozzarella Stuffed Breadstick	Grand Prairie	2 sticks	300	10	5	22	36	4	440
Cheese	Parmesan Cheese	Land O Lakes/Pisa	1/2 Tbsp	10	1	0	1	1	0	47
Cheese	Swiss Cheese, Reduced Fat, Slices	Land O Lakes	2 sl/ 1 oz	90	6	4	8	1	0	115
Cheese	Bread Sticks, Twisted Cheesy	Tasty Brands	2 each	160	6	3	9	17	1	9
Chicken	Chicken, Breaded Bites (Popcorn Chicken)	CK-068	8 oz spoodle	295	18	4	14	19	2	488



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Type of Food	Name	Brand or SF Recipe #	Portion	Calories	Total Fat(g)	Sat. Fat(g)	Protein (g)	Total Carb(g)	Fiber (g)	Sodium (mg)
Chicken	Chicken, Dippers, Grilled Unbreaded	Smart Picks	4 each	150	9	3	16	1	0	190
Chicken	Chicken, Dumplings, Whole Wheat	SoloFresco	5 each	190	5	1	11	27	3	480
Chicken	Chicken, Patty, Breaded ABF	Don Lee Farms	1 each	210	7	2	20	17	3	410
Chicken	Chicken Patty, Breaded, Spicy ABF	Perdue Farms	1 each	190	11	3	13	12	1	470
Chicken	Chicken Sliders, Sriracha, Whole Grain Bun	Advance Pierre	2 each	300	7	2	18	43	4	450
Chicken	Chicken Sliders, Teriyaki, Whole Grain Bun	Advance Pierre	2 each	280	5	1	17	44	4	430
Condiment	Duck Sauce, PC	Global Food	1 each	25	0	0	0	6	0	105
Condiment	Hot Sauce (Indiv Packet)	Diamond Crystal	1 each	15	0	0	0	4	0	180
Condiment	Hot Sauce (Indiv Packet)	Texas Pete	1 each	0	0	0	0	1	0	100
Condiment	Jelly, Apple Non HFCS #10	Global Food	1 Tbsp	60	0	0	0	14	0	0
Condiment	Jelly, Grape Non HFCS #10	Global Food	1 Tbsp	50	0	0	0	14	0	0



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Type of Food	Name	Brand or SF Recipe #	Portion	Calories	Total Fat(g)	Sat. Fat(g)	Protein (g)	Total Carb(g)	Fiber (g)	Sodium (mg)
Condiment	Jelly, Grape PC	Diamond Crystal	1 each	35	0	0	0	9	0	0
Condiment	Jelly, Grape PC	Four in One	1 each	40	0	0	0	9	0	10
Condiment	Jelly, Grape PC	Heinz	1 each	35	0	0	0	9	0	5
Condiment	Jelly, Grape PC	Winston	1 each	40	0	0	0	9	0	0
Condiment	Ketchup, HFSC Free #10	Furmano's	1 Tbsp	20	0	0	0	5	0	135
Condiment	Ketchup, HFSC Free #10	Wings	1 Tbsp	33	0	0	0	7	0	164
Condiment	Ketchup, HFCS free (Indiv Packet)	Heinz	1 each	10	0	0	0	2	0	85
Condiment	Ketchup, HFCS free (Indiv Packet)	Red Gold	1 each	10	0	0	0	2	0	25
Condiment	Ketchup, HFCS free (Indiv Packet)	Wings	1 each	10	0	0	0	2	0	80
Condiment	Mayonnaise (Indiv Packet)	Flavor Fresh	1 each	50	5	1	0	2	0	75
Condiment	Mayonnaise (Indiv Packet)	Four in One	1 each	90	9	2	0	1	0	70



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Type of Food	Name	Brand or SF Recipe #	Portion	Calories	Total Fat(g)	Sat. Fat(g)	Protein (g)	Total Carb(g)	Fiber (g)	Sodium (mg)
Condiment	Mayonnaise (Indiv Packet)	Heinz	1 each	80	9	1	0	1	0	70
Condiment	Mayonnaise (Indiv Packet)	Winston	1 each	60	7	1	0	0	0	50
Condiment	Mustard (Indiv Packet)	Four in One, Heinz, Oasis, Winston	1 each	9	0	0	0	1	0	156
Condiment	Relish, Sweet, HFCS Free	United Pickle	1 Tbsp	15	0	0	0	4	0	180
Condiment	Table Syrup (Indiv Packet)	Flavor Fresh	1 each	80	0	0	0	21	0	10
Condiment	Table Syrup (Indiv Packet)	Four in One, Winston	1 each	81	0	0	0	20	0	0
Condiment	Tartar Sauce	SAU-021	1 oz	97	9	2	0	4	0	190
Dressing	Dressing, Asian Sesame, Gallon	Cain's	1 oz	110	9	2	0	8	0	250
Dressing	Dressing, French (Indiv Cup)	Cains	1 each	120	11	2	0	5	0	220
Dressing	Dressing, Garlic, Creamy Dressing/Sauce	SAU-024	1 oz	82	7	1	0	6	0	217
Dressing	Dressing, Honey Mustard, (Indiv Cup)	Diamond Crystal	1 each	80	5	2	0	9	0	110



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Type of Food	Name	Brand or SF Recipe #	Portion	Calories	Total Fat(g)	Sat. Fat(g)	Protein (g)	Total Carb(g)	Fiber (g)	Sodium (mg)
Dressing	Dressing, Ranch, (Indiv Cup)	Diamond Crystal	1 each	70	6	1	0	5	0	120
Dressing	Dressing, Ranch, Chipotle, Gallon	Cain's	1 oz	120	12	2	0	3	0	210
Dressing	Dressing, Ranch, Low Fat, Gallon	Cain's	1 oz	80	7	1	0	5	0	210
Fish	Pollock Patty (on Fish Sandwich)	High Liner	1 each	172	6	1	11	17	2	243
Fish	Pollock Patty, Fish & Cheese Sandwich	SDWH-048K8	1 each	321	11	4	20	36	5	716
Fish	Pollock Patty, Fish & Cheese Sandwich	SDWH-048HS	1 each	359	12	4	22	42	5	802
Fish	Pollock Patty, Sweet & Sour Fish Sandwich	SDWH-058K8	1 each	318	8	2	15	46	6	532
Fish	Pollock Patty, Sweet & Sour Fish Sandwich	SDWH-058HS	1each	357	9	2	17	53	6	620
Fish	Pollock Patty, Southwest Fish & Cheese Sandwich (K8)	SDWH-131K8	1each	337	11	3	18	42	4	593
Fish	Pollock Patty, Southwest Fish & Cheese Sandwich (HS)	SDWH-131HS	1 each	357	12	3	19	46	5	633
Fish	Tuna, Chunk Light (Tuna Only)	Bumble Bee, Imperial Isle, Port Royal	#12 scoop	60	0	0	13	0	0	249



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Type of Food	Name	Brand or SF Recipe #	Portion	Calories	Total Fat(g)	Sat. Fat(g)	Protein (g)	Total Carb(g)	Fiber (g)	Sodium (mg)
Fish	Tuna, Tuna Salad, Classic (No Bread)	FH-001	#12 scoop	140	6	1	18	1	0	541
Fish	Tuna, Tuna Salad, Healthy	FH-002	#12 scoop	152	8	1	19	3	1	647
Fruit	Apples, Large NY State (125-138), Fresh	USDA	1 each	100	0	0	0	25	4	0
Fruit	Apple Slices (Indiv Bag)	Champlain Valley	1 bag	30	0	0	0	8	1	0
Fruit	Apples & Grapes	Champlain Valley	1 bag	40	0	0	0	11	2	0
Fruit	Applesauce, #10 can	Golbon	1/2 cup	60	0	0	0	15	2	10
Fruit	Applesauce, #10 can	Knouse	1/2 cup	50	0	0	0	13	2	10
Fruit	Applesauce, #10 can	Northeast	1/2 cup	60	0	0	0	15	2	24
Fruit	Applesauce, #10 can	Port Royal	1/2 cup	90	0	0	0	23	2	15
Fruit	Applesauce, Indiv	Knouse	1 each	50	0	0	0	14	2	10
Fruit	Applesauce, Cherry, HFCSF, Indiv	National Food Group	1 each	50	0	0	0	13	1	15



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Fruit	Applesauce, Peach, HFCSF, Indiv	National Food Group	1 each	50	0	0	0	13	1	24
Fruit	Applesauce, Strawberry Banana, Indiv	National Food Group	1 each	50	0	0	0	14	1	15
Fruit	Apricot, Fresh, USDA	USDA	2 each	34	0	0	1	8	1	1
Fruit	Apricot Cup, Diced, Frozen	Sunrise Growers/USDA Foods	1 each	110	0	0	1	25	2	0
Fruit	Bananas, Petite, Fresh	USDA	1 each	72	0	0	1	18	2	1
Fruit	Cantaloupe, Diced, Fresh	USDA	1/2 cup	27	0	0	1	6	1	12
Fruit	Craisins	Ocean Spray	1 bag	110	0	0	0	28	3	0
Fruit	Fruit Chillers, Peach	Steve's	1 each	50	0	0	0	13	0	0
Fruit	Grapefruit, Fresh	USDA	1/2 fruit	39	0	0	1	10	1	0
Fruit	Grapes, Fresh (Indiv Bag)	Champlain Valley	1 bag	40	0	0	1	10	1	0
Fruit	Grapes, Green or Red Seedless (14 large)	USDA	1/2 cup	52	0	0	1	14	1	2



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Type of Food	Name	Brand or SF Recipe #	Portion	Calories	Total Fat(g)	Sat. Fat(g)	Protein (g)	Total Carb(g)	Fiber (g)	Sodium (mg)
Fruit	Honeydew, Diced, Fresh	USDA	1/2 cup	31	0	0	1	9	1	15
Fruit	Ices, Orange Pineapple	J & J Snacks	1 each	70	0	0	0	18	3	5
Fruit	Ices, Strawberry Pomegranate	J & J Snacks	1 each	80	0	0	0	18	3	5
Fruit	Ices, Wild Cherry	J & J Snacks	1 each	70	0	0	0	18	3	10
Fruit	Mandarins, Fresh (Clementine)	Halo	2 each	70	0	0	1	18	3	1
Fruit	Nectarines, Small, Fresh	USDA	1 each	57	0	0	1	14	2	0
Fruit	Oranges, Fresh	USDA	1 each	69	0	0	1	18	3	1
Fruit	Peach Cup, Diced, Frozen	Sunrise Growers/Frosun Foods (USDA)	1 each	80	0	0	1	19	1	0
Fruit	Peach Topping, Warm	BK-004	1/4 cup	40	0	0	0	10	1	2
Fruit	Peaches, Medium, Fresh	USDA	1 each	58	0	0	1	14	2	0
Fruit	Peaches, Sliced, #10 can	Northeast	1/2 cup	70	0	0	1	17	1	10



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Fruit	Peaches, Sliced, #10 can	Port Royal	1/2 cup	70	0	0	1	17	0	10
Fruit	Pears, Diced, #10 can	Northeast	1/2 cup	80	0	0	0	20	2	5
Fruit	Pears, Diced, #10 can	Port Royal	1/2 cup	84	0	0	0	21	1	4
Fruit	Pears, Medium, Fresh	USDA	1 each	100	0	0	1	28	6	0
Fruit	Pineapple Tidbits, #10 can	Northeast	1/2 cup	70	0	0	0	17	1	0
Fruit	Pineapple Tidbits, #10 can	Port Royal	1/2 cup	70	0	0	0	17	0	10
Fruit	Plums, Fresh	USDA	1 each	30	0	0	0	8	1	0
Fruit	Strawberries, Fresh (approx 4 servings/pint)	USDA	1/2 cup	23	0	0	0	6	1	1
Fruit	Strawberry Cup, Diced, Frozen	Sunrise Growers/Frozsun Foods (USDA)	1 each	80	0	0	0	21	2	0
Fruit	Tangerines, Fresh, Small	USDA	1 each	40	0	0	1	10	1	2
Fruit	Topper, Peach Fruit	Tabatchnick	1 each	45	0	0	0	10	<1	13



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Type of Food	Name	Brand or SF Recipe #	Portion	Calories	Total Fat(g)	Sat. Fat(g)	Protein (g)	Total Carb(g)	Fiber (g)	Sodium (mg)
Fruit	Turnover (Pocket), Apple Fruit	Horizon Snack Foods	1 each	145	4	1	2	25	2	145
Fruit	Turnover (Pocket), Cherry Fruit	Horizon Snack Foods	1 each	145	4	1	2	25	2	105
Fruit	Watermelon, Fresh	USDA	1 slice	46	0	0	1	11	1	2
Juice	Apple Juice, Box, 4.2 oz (Indiv)	Juice Bowl	1 each	60	0	0	0	15	0	5
Juice	Apple Juice, Can, 46 oz	Bombay	4 fl oz	55	0	0	0	14	0	18
Juice	Apple Juice, Can, 46 oz	Sun Pac	4 fl oz	56	0	0	0	13	0	2
Juice	Apple Juice, Cup, 4 oz	Suncup	1 each	50	0	0	0	13	0	10
Juice	Fruit Punch Juice, Box, 4.2 oz (Indiv)	Juice Bowl	1 each	60	0	0	0	14	0	5
Juice	Grape Juice, Can, 46 oz	Bombay	4 fl oz	80	0	0	0	20	0	18
Juice	Grape Juice, Cup, 4oz	Suncup	4 fl oz	80	0	0	0	19	0	10
Juice	Grape Juice, Can, 46 oz	Sun Pac	4 fl oz	75	0	0	0	19	0	10



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Type of Food	Name	Brand or SF Recipe #	Portion	Calories	Total Fat(g)	Sat. Fat(g)	Protein (g)	Total Carb(g)	Fiber (g)	Sodium (mg)
Juice	Orange Juice, Box, 4.2 oz (Indiv)	Juice Bowl	1 each	60	0	0	0	15	0	5
Juice	Orange Juice, Can, 46 oz	Bombay	4 fl oz	60	0	0	0	15	0	18
Juice	Orange Juice, Can, 46 oz	Sun Pac	4 fl oz	60	0	0	0	14	0	2
Juice	Orange Juice, Cup, 4 oz	Suncup	1 each	60	0	0	0	14	0	0
Juice	Pineapple Juice, Can, 46 oz	Bombay	4 fl oz	65	0	0	0	17	0	18
Juice	Pineapple Juice, Can, 46 oz	Sun Pac	4 fl oz	65	0	0	0	16	0	1
Juice	Strawberry/Kiwi Juice, Box, 4.2 oz (Indiv)	Juice Bowl	1 each	70	0	0	0	18	0	5
Milk	Milk, 1% Lowfat	Upstate Niagara	1 each	116	3	2	9	14	0	133
Milk	Milk, Fat Free	Upstate Niagara	1 each	96	0	0	9	14	0	133
Milk	Milk, Fat Free Chocolate	Upstate Niagara	1 each	127	0	0	9	22	0	255
Milk	Milk, Lactose Free, Fat Free	Natrel	1 each	80	0	0	8	12	0	130



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Type of Food	Name	Brand or SF Recipe #	Portion	Calories	Total Fat(g)	Sat. Fat(g)	Protein (g)	Total Carb(g)	Fiber (g)	Sodium (mg)
Milk	Milk, UHT Chocolate, Fat Free	Natrel	1 each	160	0	0	11	27	0	170
Milk	Milk, UHT Lowfat 1%	Natrel	1 each	100	3	2	12	12	0	130
Milk	Milk, Whole	Upstate Niagara	1 each	159	9	6	9	13	0	133
Pasta	Macaroni & Cheese, Pre-Made	Pen Pak	6 oz (2x 3 oz sp)	220	7	5	16	24	2	480
Pasta	Manicotti, WG, Twin Cheese	Alfresco	1 each	260	8	5	18	29	3	270
Pasta	Manicotti, WG, Twin Cheese	Tabatchnick	1 each	230	5	3	18	30	3	380
Pasta	Manicotti, WG, Twin Cheese w Marinara Sauce	GR-010M	1 each	264	5	3	19	36	4	445
Pasta	Pasta Bowl, Grilled Chicken West Indian	CK-057	1 each	379	9	2	28	48	7	395
Pasta	Penne, WG	Barilla	1/2 cup	100	1	0	4	21	3	0
Pasta	Penne, Baked	GR-047	1cup	417	16	9	23	48	7	691
Pasta	Penne, WG, Alfredo Sauce, K-8	GR-020	1/2 cup	131	2	1	4	22	3	109



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Pasta	Penne, WG, Alfredo Sauce, HS	GR-020	1 cup	261	5	2	7	43	6	218
Pasta	Penne, WG, Baked w Meat Sauce (w Taco Meat)	GR-021TA	1 cup	360	10	4	27	41	8	846
Pasta	Penne, WG, Garlic & Herbs	GR-007	1 cup	327	16	2	7	42	6	181
Pasta	Penne, WG, Latin Pasta Bowl (w Taco Meat)	BF-013	1 cup	353	12	6	26	38	8	808
Pasta	Penne, WG, Pasta Fafiolli	VEG-044	1 cup	299	3	0	12	54	13	332
Pasta	Penne, WG, w Pesto & Basil	Solo Fresco	1/2 cup	120	6	2	4	13	3	160
Pasta	Penne, WG, Precooked Frozen	Marzetti	1/2 cup	90	1	0	3	21	3	10
Pasta	Penne, WG, West Indian w Alfredo Sauce (Rasta Pasta)	GR-019	1 cup	270	5	2	7	44	6	219
Pasta	Ravioli, Beef, K-8	Aunt Kitty	6 each	263	11	3	12	31	1	585
Pasta	Ravioli, Beef, HS	Aunt Kitty	8 each	350	14	4	16	41	1	780
Pasta	Ravioli, Cheese & Spinach, K-8	Seviroli	6 each	130	5	3	10	24	3	220



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Type of Food	Name	Brand or SF Recipe #	Portion	Calories	Total Fat(g)	Sat. Fat(g)	Protein (g)	Total Carb(g)	Fiber (g)	Sodium (mg)
Pasta	Rotini, WG	Barilla	1/2 cup	101	1	0	4	21	3	0
Pasta	Rotini, WG, Balsamic Grilled Chicken Pasta Salad	SAL-005	1 each	502	22	4	27	51	6	679
Pasta	Rotini ,WG, Cheesy Baked	VEG-020	1 cup	455	19	11	25	48	6	681
Pasta	Rotini, WG, Garlic & Herbs	GR-006	1 cup	305	14	2	7	40	6	168
Pasta	Rotini, WG, Mushroom Bolognese	GR-033	1 cup	277	5	0	11	48	10	562
Pasta	Rotini, WG, Precooked Frozen	Marzetti	1/2 cup	80	1	0	3	19	3	10
Pasta	Rotini, WG, Y-UMO! Cheesy Mac and Trees	86	1 cup	413	15	9	22	48	7	848
Pasta	Shells, Whole Grain, Cheese Stuffed	Tasty Brands	2 shells	220	6	5	4	28	2	390
Pasta	Spaghetti, WG	Barilla	1/2 cup	101	1	0	4	21	3	0
Pasta	Spaghetti, WG, Sesame Lo Mein Noodles	GR-008	1 cup	394	12	2	10	65	8	278
Pasta	Spaghetti, WG, Precooked Frozen	Marzetti	1/2 cup	100	1	0	4	23	3	10



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Type of Food	Name	Brand or SF Recipe #	Portion	Calories	Total Fat(g)	Sat. Fat(g)	Protein (g)	Total Carb(g)	Fiber (g)	Sodium (mg)
Peanut Butter	Peanut Butter	Algood	2 Tbsp	180	15	2	7	8	2	160
Peanut Butter	Peanut Butter	American	2 Tbsp	200	18	3	7	6	2	145
Peanut Butter	Peanut Butter	Sunny Boy	2 Tbsp	200	15	3	8	7	2	130
Peanut Butter	Peanut Butter Portion Cup	PBPC	2 #30 scoops	426	34	7	13	17	4	320
Peanut Butter	Pre-Made, (WG Sliced Bread), Peanut Butter w Soy & Grape Jelly Cut Out	Maramount	1 each	502	25	5	21	47	6	457
Pizza	Pizza, Bagel	Nardone	1 each	300	11	8	22	31	4	540
Pizza	Pizza, Flatbread, Broccoli & Corn	VEG-048	1 each	346	15	7	20	34	5	762
Pizza	Pizza, Flatbread, Classic Cheese	CH-009	1 each	357	17	7	20	33	5	793
Pizza	Pizza, Flatbread, Mac-n-Cheesy	CH-008	1 each	367	15	8	21	43	5	723
Pizza	Pizza, French Bread	Nardone	1 each	310	11	6	23	33	3	380
Pizza	Pizza, Loco, Cheesy Broccoli	VEG-006	1 each	397	15	7	28	36	8	692



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Type of Food	Name	Brand or SF Recipe #	Portion	Calories	Total Fat(g)	Sat. Fat(g)	Protein (g)	Total Carb(g)	Fiber (g)	Sodium (mg)
Pizza	Pizza, Slice	Nardone	1 each	310	13	6	21	29	3	480
Pizza	Pizza Topping, (Turkey) Bacon Chicken Ranch	CK-071	#40 scoop	144	7	2	11	10	1	358
Pizza	Pizza Topping, BBQ Chicken (Breaded Chicken Patty)	CK-074	#30 scoop	129	6	2	17	2	0	282
Pizza	Pizza Topping, Bruschetta Tomato	VRO-012	#30 scoop	14	0	0	1	4	1	139
Pizza	Pizza Topping, Canadian Bacon & Sausage	TK-005	2 #30 scoops	51	3	1	6	1	0	165
Pizza	Pizza Topping, Chicken Ranch Pizza (Breaded Chicken Patty)	CK-071	#40 scoop	128	6	1	11	9	1	318
Pizza	Pizza Topping, Margherita (with Fresh Tomatoes)	VRO-013	#30 scoop	31	3	0	1	2	1	107
Pizza	Pizza Topping, Pineapple & Canadian Bacon	TK-006	#30 scoop	20	0	0	1	3	0	36
Pizza	Pizza Topping, Pineapple & Turkey Ham	TK-013	#30 scoop	21	0	0	1	3	0	34
Pizza	Pizza Topping, Sausage (Turkey Crumble)	TK-008	#30 scoop	27	2	1	3	1	0	155
Pizza	Pizza Topping, Spicy Roasted Jalapeno & Onion	VEG-035	#30 scoop	10	0	0	0	1	0	30



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Type of Food	Name	Brand or SF Recipe #	Portion	Calories	Total Fat(g)	Sat. Fat(g)	Protein (g)	Total Carb(g)	Fiber (g)	Sodium (mg)
Pizza	Pizza Topping, Teriyaki Chicken (with Breaded Chicken Patty)	CK-072	#30 scoop	116	4	1	10	10	2	267
Pizza	Pizza Topping, Tomato Pesto	SAU-042	#30 scoop	68	5	1	2	4	1	154
Pizza	Pizza Topping, Veggie	VEG-023	#30 scoop	31	2	0	1	3	1	95
Potatoes	Baked French Fries	VS-015	1 cup	220	6	1	2	40	2	360
Potatoes	Disco Fries (Party Fries)	VS-021	1 cup	378	18	7	11	45	4	792
Potatoes	Home Fries (from diced potatoes)	VS-024	1 cup	244	12	3	3	34	4	280
Potatoes	Home Fries (with peppers & onions)	VS-020	1 cup	303	11	1	5	48	7	413
Potatoes	Mashed Potatoes (from frozen)	VS-016	1 cup	221	7	0	4	34	4	602
Potatoes	Seasoned Wedge Cut Potatoes	VS-017	1/2 cup	146	5	1	2	24	2	171
Potatoes	Sweet Potato Waffle Fries	VRO-009	1 cup	179	6	1	2	30	4	299
Potatoes	Sweet-N-Spicy Sweet Potato Waffle Fries	VRO-015	1 cup	181	6	1	2	30	4	403



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Type of Food	Name	Brand or SF Recipe #	Portion	Calories	Total Fat(g)	Sat. Fat(g)	Protein (g)	Total Carb(g)	Fiber (g)	Sodium (mg)
Potatoes	Sweet Potato Wedges	VRO-011	1 cup	240	8	2	2	38	4	280
Rice & Grains	Aromatic Green Rice	GR-004	3/4 cup	160	1	0	5	33	3	238
Rice & Grains	Aromatic Green Rice	GR-004	1 1/2 cup	321	2	0	9	66	6	477
Rice & Grains	Brown Rice, Steamed	GR-024K8	1/2 cup	120	1	0	3	26	1	5
Rice & Grains	Brown Rice, Steamed	GR-024HS	1 cup	240	1	0	6	51	2	11
Rice & Grains	Spanish Rice	GR-005	1/2 cup	130	8	0	2	23	1	155
Rice & Grains	Spanish Rice	GR-005	1 cup	260	15	1	5	46	2	311
Rice & Grains	Fiesta Rice Bowl	GR-048	1 each	102	4	2	10	6	3	236
Rice & Grains	Taco Tub, w Bean Flour	Smokewood	1 each	110	6	0	1	13	2	0
Rice & Grains	Vegetable Fried Rice, WG	Minh	1/2 cup	140	2	0	3	27	2	222
Rice & Grains	Veggie "Fried" Rice	GR-017K8	1/2 cup	254	3	0	6	50	3	195



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Type of Food	Name	Brand or SF Recipe #	Portion	Calories	Total Fat(g)	Sat. Fat(g)	Protein (g)	Total Carb(g)	Fiber (g)	Sodium (mg)
Rice & Grains	Veggie "Fried" Rice	GR-017HS	1 cup	509	6	1	12	99	6	390
Rice & Grains	Yellow Rice & Beans	GR-028K8	1/2 cup	158	8	0	4	29	3	336
Rice & Grains	Yellow Rice & Beans	GR-028HS	1 cup	316	15	1	8	57	5	671
Salad	Black Bean & Corn Grab 'n Go Salad	SAL-014	1 each	326	10	1	10	48	9	540
Salad	Broccoli Crown Salad	VDG-005	1/2 cup	23	1	0	1	4	1	54
Salad	Carrot & Lemon Salad	VRO-010	1/4 cup	27	0	0	1	7	2	69
Salad	Celery & Apple with Sunflower Seeds	SB-003	1/4 cup	45	3	1	1	5	1	61
Salad	Chef Salad	SAL-009	1 each	159	7	4	19	7	2	579
Salad	Chicken Caesar with Croutons (Breaded Chicken Patty)	SB-008C	1 each	293	10	3	24	27	5	614
Salad	Cobb Salad	SAL-029	1each	243	14	6	22	6	1	152
Salad	Coleslaw, Cilantro Healthy, K-8	VO-012	1/2 cup	98	8	1	1	8	2	184



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Type of Food	Name	Brand or SF Recipe #	Portion	Calories	Total Fat(g)	Sat. Fat(g)	Protein (g)	Total Carb(g)	Fiber (g)	Sodium (mg)
Salad	Coleslaw, Cilantro Healthy, HS	VO-012	1 cup	197	16	2	2	15	4	367
Salad	Coleslaw, Healthy	VO-006	1/2 cup	99	8	1	1	8	2	184
Salad	Corn, Confetti Salad	VS-011	1/2 cup	124	7	0	2	16	2	100
Salad	Cucumber Salad	VO-005	1/2 cup	25	1	0	0	4	0	79
Salad	Falafel Salad (4 nuggets)	SAL-011	1 each	225	6	1	10	37	12	463
Salad	Grab & Go, Asian Sesame Crispy Chicken	SAL-019	1 each	290	14	3	18	24	4	552
Salad	Grab & Go, BBQ Crispy Chicken (w Breaded Chicken Patty)	SAL-019	1 each	209	7	1	19	19	4	387
Salad	Grab & Go, Crispy Chicken (w Breaded Chicken Patty & Dressing)	SAL-020	1 each	255	11	2	19	22	4	465
Salad	Grab & Go, Crispy Chicken Pasta Salad	SAL-025	1 each	509	12	2	32	74	14	621
Salad	Greek Zucchini	SB-001	1/2 cup	75	4	1	2	10	3	241
Salad	Green Salad, Garden	VDG-004	1 cup	7	0	0	0	1	1	7



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Type of Food	Name	Brand or SF Recipe #	Portion	Calories	Total Fat(g)	Sat. Fat(g)	Protein (g)	Total Carb(g)	Fiber (g)	Sodium (mg)
Salad	Kale Caesar Salad	VDG-012	1 cup	90	5	1	4	7	2	214
Salad	Kale Salad, Kid Friendly	VDG-007	1 cup	129	8	1	2	14	1	220
Salad	Kale Salad, w Orange Ginger Dressing	VDG-006	1 cup	52	1	0	2	5	1	299
Salad	Pasta Salad, Veggie Italian	SAL-010	1 each	486	11	1	18	83	16	403
Salad	Popcorn Chicken Salad (Brd Chicken Bites & Salad Dr)	SAL-018	1 each	469	33	6	15	31	4	758
Salad	Spinach, Tomato, & Roasted Red Peper w Parmesan Vinaigrette Dressing	SB-002	1/2 cup	52	3	1	2	5	1	269
Salad	Tomato, Five Spice Salad	VRO-005	1/2 cup	80	7	1	7	5	2	117
Salad	Tomato, Rachael Ray's Yum O Marinated Salad	VRO-004	1/2 cup	78	7	1	1	4	1	98
Salad	Turkey & Cheese Deli Salad (In House)	SAL-001	1 each	227	13	4	19	11	1	754
Salad	Tuna Salad, Classic	FH-001	1/3 cup	141	6	1	18	1	0	473
Salad	Tuna Salad, Healthy	FH-002	1/3 cup	152	7	1	19	3	1	576



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Type of Food	Name	Brand or SF Recipe #	Portion	Calories	Total Fat(g)	Sat. Fat(g)	Protein (g)	Total Carb(g)	Fiber (g)	Sodium (mg)
Salad	White Bean Salad	VL-016	1 cup	298	7	0	16	48	11	421
Sandwich	Bagel, Beef Sausage & White Cheddar Cheese	Integrated Food Services	1 each	241	8	3	15	27	3	420
Sandwich	Bagel, Egg & Cheese	BK-029K8	1 each	267	7	2	12	35	3	386
Sandwich	Bagel, Egg & Cheese	BK-029HS	1 each	295	8	2	15	46	5	467
Sandwich	Bagel, Omelet & Turkey Canadian Bacon	30	1 each	262	4	1	11	43	4	267
Sandwich	Bagel, Toasted Cheese (Swiss) & Tomato	SDWH-061	1 each	385	13	7	24	47	5	443
Sandwich	Bagel, Tuna Salad, Classic	TB	1 each	327	7	1	25	45	5	655
Sandwich	Bagel, Turkey and Cheese, Hot	HTCB	1 each	323	7	3	25	46	5	654
Sandwich	Bagel, Turkey Bacon, Egg Omelet, & Cheese	BK-032K8	1 each	280	8	3	15	33	3	488
Sandwich	Bagel, Turkey Bacon, Egg Omelet, & Cheese	BK-032HS	1 each	307	10	3	17	42	4	586
Sandwich	Bagel, Turkey Sausage, Egg Omelet, & Cheese	BK-033K8	1 each	327	10	3	19	37	3	541



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Type of Food	Name	Brand or SF Recipe #	Portion	Calories	Total Fat(g)	Sat. Fat(g)	Protein (g)	Total Carb(g)	Fiber (g)	Sodium (mg)
Sandwich	Bagel, Turkey Sausage, Egg Omelet, & Cheese	BK-033HS	1 each	354	11	3	21	47	5	623
Sandwich	Ciabatta Roll, 100% Beef Mediterranean Burger on Ciabatta	SDWH-139	1 each	351	15	6	20	37	4	531
Sandwich	Ciabatta Roll, Hot Turkey & Gravy on Ciabatta	SDWH-135	1 each	190	6	3	14	21	2	464
Sandwich	Ciabatta Roll, Hot Turkey Supreme	SDWH-137	1 each	356	14	7	24	38	4	746
Sandwich	Ciabatta Roll, Classic Tuna Salad	SDWH-103	1 each	289	7	1	23	35	3	729
Sandwich	Ciabatta Roll, Turkey Caprese	SDWH-130	1 each	329	11	5	24	37	3	723
Sandwich	English Muffin, Omelet & Cheese	217	1 each	215	9	2	13	25	3	386
Sandwich	Ham Bun, BBQ Crispy Chicken Sandwich, ABF	SDWH-114K8	1 each	345	9	2	24	43	6	701
Sandwich	Ham Bun, Chicken Cordon Bleu Sandwich	SDWH-098K8	1 each	383	13	4	30	38	6	789
Sandwich	Ham Bun, Chicken Parm Sandwich	SDWH-096K8	1 each	401	14	4	28	41	7	794
Sandwich	Ham Bun, Chipotle Ranch Crispy Chicken, ABF	SDWH-082K8	1 each	426	20	4	24	40	6	825



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Type of Food	Name	Brand or SF Recipe #	Portion	Calories	Total Fat(g)	Sat. Fat(g)	Protein (g)	Total Carb(g)	Fiber (g)	Sodium (mg)
Sandwich	Ham Bun, Crispy Chicken	SDWH-083K8	1 each	320	9	2	24	37	6	640
Sandwich	Ham Bun, Lentil Sloppy Joe	VEG-046K8	1 each	262	3	1	13	46	12	451
Sandwich	Ham Bun, Sloppy Joe	SDWH-043	1 each	275	4	1	18	46	6	761
Sandwich	Ham Bun, Spicy Crispy Chicken	SDWH-075K8	1 each	282	12	3	16	31	3	646
Sandwich	Ham Bun. Large, BBQ Crispy Chicken Sandwich, ABF	SDWH-114HS	1 each	359	9	2	26	44	6	728
Sandwich	Ham Bun, Large, Chipotle Ranch Crispy Chicken, ABF	SDWH-082HS	1 each	465	20	4	26	47	6	914
Sandwich	Ham Bun, Large, Crispy Chicken	SDWH-083HS	1 each	359	9	2	26	44	6	728
Sandwich	Ham Bun, Large, Spicy Crispy Chicken	SDWH-075HS	1 each	339	13	3	19	39	4	788
Sandwich	Ham Bun, Large, Lentil Sloppy Joe	VEG-046HS	1 each	302	4	1	15	53	12	539
Sandwich	Hero Roll, Chicken Cordon Bleu Sandwich	SDWH-098HS	1 each	422	13	4	34	46	3	686
Sandwich	Hero Roll, Chicken Parm Sandwich	SDWH-096HS	1 each	441	14	4	31	49	4	714



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Type of Food	Name	Brand or SF Recipe #	Portion	Calories	Total Fat(g)	Sat. Fat(g)	Protein (g)	Total Carb(g)	Fiber (g)	Sodium (mg)
Sandwich	Hero Roll, Falafel Parm	VEG-039	1 each	486	16	4	23	70	14	912
Sandwich	Hero Roll, Italian (Turkey Salami, Turkey Bologna, Turkey Ham & American Cheese)	SDWH-075	1 each	352	13	4	28	33	0	1010
Sandwich	Hero Roll, Philly Cheese Steak (w Italian Cheese Sauce)	SDWH-085	1 each	316	13	6	21	29	1	636
Sandwich	Hero Roll, Sausage & Peppers	SDWH-112	1 each	334	15	7	21	33	1	684
Sandwich	Hero Roll, Turkey & Cheese	TCHK	1 each	207	3	1	16	30	2	632
Sandwich	Kaiser Roll, Turkey Pastrami & Swiss Melt	SDWH-072	1 each	327	14	5	22	31	0	516
Sandwich	Panini (Loco Bread), Cubano	SDWH-080	1 each	289	12	5	21	29	4	675
Sandwich	Panini (Loco Bread), Red, White, & Green	VEG-010	1 each	396	23	8	19	30	4	897
Sandwich	Pita, Falafel w Tzaziki sauce	VEG-055	1each	311	9	2	13	47	8	700
Sandwich	Pre-Made, (Ham Bun), Egg & Cheese	Advance Pierre	1each	160	7	3	6	20	2	360
Sandwich	Pre-Made (WG Kaiser), Bologna & Cheese	Maramount	1 each	313	15	6	15	34	3	615



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Type of Food	Name	Brand or SF Recipe #	Portion	Calories	Total Fat(g)	Sat. Fat(g)	Protein (g)	Total Carb(g)	Fiber (g)	Sodium (mg)
Sandwich	Pre-Made, (WG Sliced Bread), Peanut Butter w Soy & Grape Jelly Cut Out	Maramount	1 each	502	25	5	21	47	6	457
Sandwich	Pre-Made, (WG Sliced Bread), Turkey Bologna, Turkey Salami & Cheese Wedge	Tasty Brands/ Anytime Foods	1 each	280	10	4	19	29	2	480
Sandwich	Pre-Made, (WG Sliced Bread), Turkey Breast, Turkey Ham & Cheese Wedge	Tasty Brands/ Anytime Foods	1 each	250	9	4	19	28	2	470
Sandwich	Pre-Made, (WW Sliced Bread), Grilled Cheese	Integrated Food Services	1 each	306	14	8	14	31	3	421
Sandwich	Pre-Made (WG Kaiser), Salami & Cheese	Maramount	1 each	380	20	7	19	34	3	840
Sandwich	Pre-Made (WW Hoagie), Turkey & Cheese	Maramount	1 each	260	6	3	21	31	3	630
Sandwich	Pre-Made (WG Hoagie), Turkey Ham & Cheese	Maramount	1 each	243	7	3	19	30	2	614
Sandwich	Quesadilla, Black Beans, Seasoned & Cheese	VEG-008	1 each	346	16	7	16	38	6	500
Sandwich	Quesadilla, Corn & Cheddar	VEG-022	1 each	463	28	14	21	37	4	643
Sandwich	Quesadilla, Spinach & Mozzarella	VEG-021	1 each	368	20	9	20	29	4	730
Sandwich	Quesadilla, Spinach & Mozzarella w Tomato	VEG-054	1 each	411	21	9	22	34	5	653



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Type of Food	Name	Brand or SF Recipe #	Portion	Calories	Total Fat(g)	Sat. Fat(g)	Protein (g)	Total Carb(g)	Fiber (g)	Sodium (mg)
Sandwich	Taco, Cheesy Beef	BF-004	1 each	250	11	3	18	21	4	540
Sandwich	Waffles, Chicken (Breaded Chicken Patty, ABF) & Waffles Sandwich	SDWH-095	1 each	341	10	2	24	41	7	736
Sandwich	Whole Wheat Sliced Bread, Cheese	SDWH-033	1 each	271	10	5	21	28	4	684
Sandwich	Whole Wheat Sliced Bread, Cheese, Grilled	Integrated Food Services	1 each	306	14	8	14	31	3	421
Sandwich	Whole Wheat Sliced Bread, Cheese, "Grilled", Classic	SDWH-001	1 each	346	19	6	21	28	4	684
Sandwich	Whole Wheat Sliced Bread, Peanut Butter & Jelly Sandwich	SDWH-032	1 each	667	45	10	20	48	8	600
Sandwich	Whole Wheat Sliced Bread, Peanut Butter & Jelly Triple Decker	SDWH-071	1 each	820	45	9	24	88	11	784
Sandwich	Whole Wheat Sliced Bread, Tuna Salad, Classic	SDWH-068	1 each	270	7	1	24	28	5	722
Sandwich	Whole Wheat Sliced Bread, Turkey (Only)	SDWH-073	1 each	235	6	2	22	28	4	605
Sandwich	Whole Wheat Sliced Bread, Turkey & Cheese (pre-sliced turkey)	SDWH-069	1 each	261	9	3	24	27	3	772
Sandwich	Whole Wheat Sliced Bread, Turkey-Ham & Cheese (pre-sliced turkey)	SDWH-070	1 each	249	8	3	22	28	4	749



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Type of Food	Name	Brand or SF Recipe #	Portion	Calories	Total Fat(g)	Sat. Fat(g)	Protein (g)	Total Carb(g)	Fiber (g)	Sodium (mg)
Sandwich	Wrap, Beef Burrito	BF-017	1 each	523	20	11	28	31	6	1022
Sandwich	Wrap, Fish & Cheese Burrito	SDWH-138	1 each	472	20	9	24	50	7	683
Sandwich	Wrap, Burrito Cheesy (Black Bean & Cheese)	Cabo Primo	1 each	300	9	3	16	41	9	470
Sandwich	Wrap, Canadian Bacon, Egg, & Cheese	BK-047	1 each	288	14	5	14	26	3	591
Sandwich	Wrap, Cheese Omelet	B008	1 each	270	13	5	12	26	3	500
Sandwich	Wrap, Cheese Omelet & Salsa	BK-014	1 each	328	13	5	12	27	3	555
Sandwich	Wrap, Chickpea Falafel	VEG-007	1 each	350	9	7	14	60	15	644
Sandwich	Wrap, Falafel	VEG-028	1 each	453	19	2	14	62	15	758
Sandwich	Wrap, Italian Chicken (Breaded Chicken Bites)	SDWH-091	1 each	501	26	6	20	50	6	959
Sandwich	Wrap, Italian Turkey	SDWH-089	1 each	297	11	3	22	30	4	750
Sandwich	Wrap, Popcorn Chicken (Breaded Chicken Bites)	SDWH-120	1 each	223	8	2	9	30	4	321



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Type of Food	Name	Brand or SF Recipe #	Portion	Calories	Total Fat(g)	Sat. Fat(g)	Protein (g)	Total Carb(g)	Fiber (g)	Sodium (mg)
Sandwich	Wrap, Spinach, Super Hero	VEG-009	1 each	360	19	9	20	29	4	784
Sandwich	Wrap, Tuna Salad, Classic	SDWH-037	1 each	270	10	2	22	26	3	683
Sandwich	Wrap, Turkey Caesar	SDWH-094	1 each	296	11	3	22	30	4	647
Sandwich	Wrap, Turkey Sausage Crumble, Egg & Cheese	BK-052	1 each	316	13	4	18	31	3	668
Sandwich	Wrap, Tuna Salad, Classic (w Lettuce & Pickles)	SDW-037	1 each	275	10	2	23	27	4	823
Sandwich	Wrap, Tofu, Veggie	VEG-013	1 each	361	14	3	22	40	6	574
Sandwich	Wrap, Vegetarian (w Chickpea Salad)	VEG-051	1 each	343	8	2	13	57	10	554
Sauce	BBQ Sauce, Gallon, Pre-Made	Branson's Road House	1 oz	50	0	0	0	11	0	120
Sauce	BBQ Sauce, Indiv Cup	Branson's Road House	1 oz	50	0	0	0	11	0	120
Sauce	BBQ Sauce, Indiv Cup	Diamond Crystal	1 oz	70	0	0	0	18	0	110
Sauce	BBQ Sauce, Cajun	SAU-007	1 oz	73	0	0	0	19	0	116



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Type of Food	Name	Brand or SF Recipe #	Portion	Calories	Total Fat(g)	Sat. Fat(g)	Protein (g)	Total Carb(g)	Fiber (g)	Sodium (mg)
Sauce	BBQ Sauce, Jerk	SAU-011	1 oz	64	0	0	0	16	0	87
Sauce	BBQ Sauce, Simple	SAU-005	1 oz	74	0	0	0	19	0	175
Sauce	BBQ Sauce, Zesty	SAU -017	1 oz	25	0	0	1	6	0	145
Sauce	BBQ Sauce, Zesty Jerk	SAU-018	1 oz	25	0	0	1	6	1	148
Sauce	Cacciatore Sauce	SAU-006	1/4cup	61	1	0	2	10	2	71
Sauce	Cheese Sauce (Yellow)	Land O' Lakes	1/4cup	100	7	5	6	2	0	390
Sauce	Cheese Sauce Italian (White)	Land O' Lakes	1/4cup	100	7	5	6	2	0	390
Sauce	Curry Sauce, Malini's	SAU-013	1/4 cup	44	2	0	1	4	1	98
Sauce	Curry Sauce, Sweet (Bombay)	Asian Food Solutions	1/4 cup	50	3	0	0	6	2	230
Sauce	Curry Sauce, Sweet (Mild)	Ragozzino	1/4 cup	35	3	0	1	3	0	210
Sauce	Duck Sauce	Global Food	1 each	25	0	0	0	6	0	105



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Type of Food	Name	Brand or SF Recipe #	Portion	Calories	Total Fat(g)	Sat. Fat(g)	Protein (g)	Total Carb(g)	Fiber (g)	Sodium (mg)
Sauce	Gravy, Country	SAU-008	1 oz	21	1	0	0	3	0	215
Sauce	Gravy, Vegetarian	Vanee Foods	1/4 cup	25	1	0	0	4	0	310
Sauce	Hot Sauce (Indiv Packet)	Diamond Crystal	1 each	15	0	0	0	4	0	180
Sauce	Korean, BBQ, Gal	Korean Delights	1 oz	30	0	0	0	6	0	290
Sauce	Kung Pao, Low Sodium	Minh	1 oz	30	1	0	0	6	0	220
Sauce	Marinara Sauce, Herbed	SAU-004	1/4 cup	29	0	0	1	6	1	62
Sauce	Marinara Sauce, Pre-Made	Russo's	1/4 cup	45	1	0	0	9	1	140
Sauce	Marinara Sauce, Pre-Made	Solo Fresco	1/4 cup	20	1	0	0	3	0	190
Sauce	Mayo, Garlic	SAU-027	1 tsp	21	2	0	0	0	0	39
Sauce	Mayo, Lemony Cilantro	SAU-026	1 oz	115	11	2	0	4	1	239
Sauce	Red Pepper Sauce, Southwest	SAU-022	1 oz	17	0	0	0	3	0	113



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Type of Food	Name	Brand or SF Recipe #	Portion	Calories	Total Fat(g)	Sat. Fat(g)	Protein (g)	Total Carb(g)	Fiber (g)	Sodium (mg)
Sauce	Salsa Dipping Cup	Red Gold	2 Tbsp	10	0	0	0	2	0	70
Sauce	Salsa Dipping Cup, Ind, 3 oz	Red Gold	1 each	10	0	0	0	2	0	70
Sauce	Salsa Sauce	Tijuana Tortilla	1 oz	10	0	0	0	13	1	105
Sauce	Soy Sauce Dipper (for Dumplings)	SAU-030	1/2 oz	5	0	0	1	0	0	393
Sauce	Spaghetti Sauce	Alfredo	1/2 cup	70	2	0	2	15	3	55
Sauce	Spaghetti Sauce	Red Pack	1/2 cup	60	1	0	2	12	2	140
Sauce	Specialty Sauce	SAU -016	1 oz	81	7	1	0	5	0	172
Sauce	Sweet & Sour Sauce	JTM Food Group	1 oz	48	0	0	0	12	0	92
Sauce	Sweet & Sour Sauce	Minh	1 oz	45	0	0	0	11	1	75
Sauce	Taco Sauce, Mild, PC	Ortega	1 pkg	6	0	0	0	1	0	68
Sauce	Tartar Sauce	SAU-021	1 oz	97	9	2	0	4	0	190



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Type of Food	Name	Brand or SF Recipe #	Portion	Calories	Total Fat(g)	Sat. Fat(g)	Protein (g)	Total Carb(g)	Fiber (g)	Sodium (mg)
Sauce	Teriyaki Sauce	JTM Food Group	1 oz	66	0	0	0	16	0	246
Sauce	Teriyaki Sauce	SAU-001	1 oz	24	0	0	1	4	0	550
Sauce	Tzatziki Sauce	SAU-031	1 oz	66	7	3	1	1	0	168
Sauce	Vegan Specialty Sauce	SAU-028	1 oz	21	1	0	2	2	0	24
Sauce	Vinaigrette, Honey Mustard	SAU-035	1 oz	91	8	1	0	7	0	73
Sauce	Vinaigrette, Italian	SAU-033	1 oz	123	14	2	0	1	0	17
Snack	Bar, Granola	Nature Valley	1 ea	192	6	1	4	29	2	162
Snack	Bites, Breakfast Maple	MJM	1 pkg	225	7	2	3	40	4	230
Snack	Cookies, Buttercrunch	Linden's	1 pkg/ cookies ²	150	6	2	2	23	2	135
Snack	Cookies, Buttercrunch Minis	Linden's	1 pkg	142	6	2	1	22	2	121
Snack	Cookies, Chocolate Chip	Linden's	1 pkg/ cookies ²	150	6	2	2	22	2	70



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Type of Food	Name	Brand or SF Recipe #	Portion	Calories	Total Fat(g)	Sat. Fat(g)	Protein (g)	Total Carb(g)	Fiber (g)	Sodium (mg)
Snack	Cookies, Chocolate Minis	Linden's	1 pkg	168	7	2	2	22	2	150
Snack	Cookies, Fudge Chip	Linden's	1 pkg/ cookies ²	150	6	2	2	20	2	70
Snack	Cookies, Oatmeal Raisin	Linden's	1 pkg/ cookies ²	142	5	2	2	21	2	75
Snack	Crackers, Animal	Nutritional Choices	1 pkg	140	5	0	2	20	3	115
Snack	Crackers, Animal, Cinnamon	Nutritional Choices	1 pkg	120	5	0	2	21	2	85
Snack	Crackers, Honey Graham	Keebler	1 pkg	96	3	1	1	18	3	131
Snack	Craisins®	Ocean Spray®	1 bag	110	0	0	0	28	3	0
Snack	Educational Snacks, Presidents	Dick & Jane Baking Co	1 pkg	100	3	0	2	18	2	75
Snack	Educational Snacks, Spanish & English	Dick & Jane Baking Co	1 pkg	100	3	0	2	18	2	75
Snack	Educational Snacks, State & Capitals	Dick & Jane Baking Co	1 pkg	100	3	0	2	18	2	75
Snack	Pretzels, Heart-Shaped	Frito Lay	1 pkg	120	2	0	2	23	3	200



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Type of Food	Name	Brand or SF Recipe #	Portion	Calories	Total Fat(g)	Sat. Fat(g)	Protein (g)	Total Carb(g)	Fiber (g)	Sodium (mg)
Snack	Scoops, Baked Tostitos	Frito Lay	1 pkg	110	2	0	2	19	2	110
Snack	Sun Chips, Multigrain	Frito Lay	1 pkg	140	6	1	2	18	2	120
Snack	Sunflower Seeds, Honey Roasted	SunOpta Aseptic	1 pkg	160	14	1	5	8	2	55
Tofu	Tofu, Crunchy, Plain	VEG-038P	4.4 oz/2 sl	360	14	2	19	38	4	373
Tofu	Tofu, Crunchy, w Asian Sauce	VEG-019	4.4 oz/2 sl	271	17	3	19	9	3	265
Tofu	Tofu, Crunchy, with Kung Pao Sauce	VEG-038K	4.4 oz/2 sl	390	15	2	19	44	4	592
Tofu	Tofu, Crunchy, with Teriyaki Sauce	VEG-038T	4.4 oz/2 sl	382	15	2	19	41	4	496
Turkey	Turkey Bologna, Pre-sliced. Red Sodium	Jennie-O	6 slices/ oz 3	120	6	2	14	3	0	465
Turkey	Turkey Breast, Oven Roasted, Pre-sliced	Jennie-O	6 slices/ oz 3	105	5	2	17	2	0	345
Turkey	Turkey Burger	Maid Rite	1 each	80	2	0	14	3	0	200
Turkey	Turkey Burger	Solo Fresco	1 each	90	2	1	16	2	0	205



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Type of Food	Name	Brand or SF Recipe #	Portion	Calories	Total Fat(g)	Sat. Fat(g)	Protein (g)	Total Carb(g)	Fiber (g)	Sodium (mg)
Turkey	Turkey Burger on Ham Bun	SDWH-055K8	1 each	200	4	1	21	22	3	435
Turkey	Turkey Burger on Large Ham Bun	SDWH-055HS	1 each	239	4	1	22	27	3	513
Turkey	Turkey Burger w Cheese on Ham Bun	SDWH-084K8	1 each	235	6	3	23	23	3	592
Turkey	Turkey Burger w Cheese on Large Ham Bun	SDWH-084HS	1 each	282	8	3	26	28	3	760
Turkey	Turkey Canadian Bacon	Jennie-O	3 slices 1 oz	35	2	1	5	1	0	182
Turkey	Turkey Carnitas	J.T.M	#8 scoop	132	4	1	16	9	2	482
Turkey	Turkey Carnitas Burrito (WW Tortilla Wrap)	TK-009	1 each	254	5	2	11	18	3	515
Turkey	Turkey Ham, Pre-Sliced, Red Sodium	Jennie-O	6 slices 3 oz	100	5	2	15	1	0	410
Turkey	Turkey Sausage Patty	Branson's	1 each	90	6	2	7	1	2	160
Turkey	Turkey Sausage Patty	Jones	1 each	60	3	1	7	1	0	160
Turkey	Turkey, Shepard's Pie	TK-014	2 x 3oz sp	305	13	4	20	28	5	930



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Type of Food	Name	Brand or SF Recipe #	Portion	Calories	Total Fat(g)	Sat. Fat(g)	Protein (g)	Total Carb(g)	Fiber (g)	Sodium (mg)
Turkey	Turkey Taco Meat	Hooray Puree	4 oz	122	6	2	12	6	1	221
Vegetable	Broccoli Crowns Salad	VDG-005	1/2 cup	23	1	0	1	4	1	54
Vegetable	Broccoli, Steamed	SBC	1/2 cup	11	0	0	1	2	1	10
Vegetable	Broccoli Trees (Roasted Broccoli, From Frozen)	VDG-001FZ	1/2 cup	51	3	0	3	4	2	59
Vegetable	Cabbage, Red Shredded	USDA	1/2 cup	11	0	0	1	3	1	10
Vegetable	Cabbage, West Indian Cabbage & Carrots	VO-011	1/2 cup	73	4	1	1	9	3	215
Vegetable	Carrots, Orange Glazed (Roasted)	VRO-002	1/2 cup	62	3	0	0	8	3	186
Vegetable	Carrots, Sliced, #10	Seneca	1/2 cup	30	0	0	0	6	2	140
Vegetable	Carrots, Sliced Frozen	Endico	1/2 cup	13	0	0	0	3	1	9
Vegetable	Carrots, Sliced Frozen	Non Pareil	1/2 cup	26	0	0	0	5	2	45
Vegetable	Carrots, Steamed	SCF	1/2 cup	40	0	0	1	8	2	69



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Type of Food	Name	Brand or SF Recipe #	Portion	Calories	Total Fat(g)	Sat. Fat(g)	Protein (g)	Total Carb(g)	Fiber (g)	Sodium (mg)
Vegetable	Carrot Sticks	Champlain Valley	1 bag	25	0	0	0	6	1	55
Vegetable	Carrot Sticks	Lancaster	1 bag	25	0	0	0	5	2	55
Vegetable	Carrot Sticks, PC, Ranch/ "Veggie Snackers"	Bolthouse	1 bag	25	0	0	1	6	2	200
Vegetable	Cauliflower, Cooked	USDA	1/2 cup	14	0	0	1	3	1	15
Vegetable	Cauliflower, Roasted	VO-008	1/2 cup	45	3	0	2	5	2	118
Vegetable	Celery, Sticks	USDA	1/2 cup (6 sticks)	25	0	0	1	5	2	125
Vegetable	Coleslaw, Cilantro Healthy	VO-012	1/2 cup	99	8	1	1	8	2	184
Vegetable	Coleslaw, Healthy	VO-006	1/2 cup	99	8	1	1	8	2	184
Vegetable	Collard Greens, Braised	VDG-002	1/2 cup	44	2	0	3	6	2	58
Vegetable	Collard Greens, Chopped	Endico	1/2 cup	40	0	0	4	7	3	22
Vegetable	Corn, #10	Seneca	1/2 cup	60	2	0	2	9	2	140
Vegetable	Corn, Frz	Seneca	1/2 cup	60	2	0	2	9	2	140
Vegetable	Corn, Asian Sesame Roasted Corn	VS-014	1/2 cup	158	6	1	3	24	1	158



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Type of Food	Name	Brand or SF Recipe #	Portion	Calories	Total Fat(g)	Sat. Fat(g)	Protein (g)	Total Carb(g)	Fiber (g)	Sodium (mg)
Vegetable	Corn, Cob, Frzn Small	VS-023	1/4 cup	94	1	0	3	19	2	1
Vegetable	Corn, Hot Confetti	VS-012	1/2 cup	124	7	0	2	16	2	100
Vegetable	Cucumber, Chopped (peeled)	USDA	1/2 cup	8	0	0	0	1	1	1
Vegetable	Cucumber Salad	VO-005	1/2 cup	25	1	0	0	4	0	79
Vegetable	Cucumber, Sliced (peeled)	USDA	1/2 cup	8	0	0	1	1	1	2
Vegetable	Egg Roll, Vegetable	Smart Foods 4 Schools	1 ea	160	5	1	4	27	4	250
Vegetable	Green Beans, Garlicky	VO-003	1/2 cup	54	4	1	1	4	2	39
Vegetable	Green Beans, Marinated	VO-004	1/2 cup	40	1	0	1	6	3	81
Vegetable	Green Salad, Garden	VDG-004	1 cup	7	0	0	0	1	1	7
Vegetable	Hummus (alone)	Fresh Kids	1 each	140	11	2	3	8	2	220
Vegetable	Hummus Lunch Pack (Hummus & Pretzels)	VEG-043	(2 ind cups & 2 bags)	440	25	3	10	46	8	840
Vegetable	Lettuce, Romaine, Shredded	USDA	1 cup	8	0	0	1	2	1	4
Vegetable	Mushrooms, Pieces or Slices, Fresh	USDA	1 oz	6	0	0	0	0	0	1



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Type of Food	Name	Brand or SF Recipe #	Portion	Calories	Total Fat(g)	Sat. Fat(g)	Protein (g)	Total Carb(g)	Fiber (g)	Sodium (mg)
Vegetable	Mushrooms, L/S, Canned	Giorgio	1 oz	7	0	0	1	1	0	6
Vegetable	Onion Rings	VO-015	1/2 cup 10 each	396	16	3	6	55	6	396
Vegetable	Peas, Green L/S #10	Seneca	1/2 cup	70	1	0	4	12	3	140
Vegetable	Peppers, Green, Sliced, Fresh	USDA	1/2 cup	9	0	0	0	2	1	1
Vegetable	Peppers, Red, Sliced, Fresh	USDA	1/2 cup	14	0	0	0	3	1	2
Vegetable	Pickle Chips	B&G	1 oz	0	0	0	0	0	0	140
Vegetable	Pimentos	Ruby	1 oz	11	0	0	0	2	1	95
Vegetable	Plantains, Roasted Sweet	VS-018	1/2 cup (4 ea)	199	4	1	2	40	2	0
Vegetable	Spinach, Callaloo Style Spinach	VDG-009	1/2 cup	80	4	1	4	5	4	190
Vegetable	Spinach, Callaloo Style Spinach	VDG-009	1 cup	160	7	1	7	11	8	379
Vegetable	Spinach, Fresh	USDA	1 cup	7	0	0	1	1	1	24
Vegetable	Spinach, Frz Chopped	Endico	1/2 cup	31	0	0	3	3	1	173
Vegetable	Spinach, Frz Chopped	Non Pareil	1/2 cup	30	0	0	3	3	3	173



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Type of Food	Name	Brand or SF Recipe #	Portion	Calories	Total Fat(g)	Sat. Fat(g)	Protein (g)	Total Carb(g)	Fiber (g)	Sodium (mg)
Vegetable	Spinach, Parmesan	VDG-008	1/2 cup	83	4	1	4	5	3	264
Vegetable	Spinach, Puree	Hooray Puree	#40 scoop	9	0	0	1	2	1	35
Vegetable	Spinach, Super Hero	VDG-003	1/2 cup	72	4	1	3	4	2	190
Vegetable	Tomato, Five Spice Tomato Salad	VRO-005	1/2 cup	80	7	1	1	5	2	117
Vegetable	Tomato, Rachel Ray's Yum-o! Marinated Salad	VRO-004	1/2 cup	78	7	1	1	4	1	98
Vegetable	Tomatoes, Cherry	USDA	1/2 cup	13	0	0	1	3	1	4
Vegetable	Tomatoes, Fresh, Chopped or Sliced	USDA	1/2 cup	16	0	0	1	4	1	4
Vegetable	Tomatoes, Grape	Champlain Valley	1 bag	15	0	0	1	3	1	0
Vegetable	Tomatoes, Grape	USDA	1 bag	15	0	0	1	3	1	0
Vegetable	Toppings, Lettuce & Tomato (burger deluxe toppings)	327	1/2 cup	12	0	0	1	3	1	3
Vegetable	Vegetables, "Stir Fry"	VO-010	1/2 cup	25	0	0	1	5	2	40
Vegetable	Zucchini, Roasted	VO-001	1/2 cup	49	3	0	1	5	1	120
Yogurt	Yogurt, Cherry Vanilla	Upstate Farms	1 each	90	0	0	3	19	0	50



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Type of Food	Name	Brand or SF Recipe #	Portion	Calories	Total Fat(g)	Sat. Fat(g)	Protein (g)	Total Carb(g)	Fiber (g)	Sodium (mg)
Yogurt	Yogurt, Peach, Nonfat	Upstate Farms	1 each	90	0	0	3	19	0	75
Yogurt	Yogurt, Strawberry, Organic	Stonyfield	1 each	80	1	1	4	12	0	70
Yogurt	Yogurt, Strawberry Banana, Nonfat	Upstate Farms	1 each	90	0	0	3	19	0	75
Yogurt	Yogurt, Strawberry Banana, Organic	Stonyfield	1 each	80	1	1	4	12	0	65
Yogurt	Yogurt, Strawberry Blended, Nonfat	Upstate Farms	1 each	90	0	0	3	19	0	75
Yogurt	Yogurt Parfait, Vanilla, Low Fat	Preferred Meals	1 each	310	5	1	7	61	4	85



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Type of Food	Name	Brand or SF Recipe #	Portion	Calories	Total Fat(g)	Sat. Fat(g)	Protein (g)	Total Carb(g)	Fiber (g)	Sodium (mg)
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Type of Food	Name	Brand or SF Recipe #	Portion	Calories	Total Fat(g)	Sat. Fat(g)	Protein (g)	Total Carb(g)	Fiber (g)	Sodium (mg)
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