



New York City Department of Education

Menu Nutrition Information



Elementary, Junior High School, and High School Product Nutrients - Updated 05/21/2018

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)
Beans	Black Beans, Braised w Plantains	VL-013	3/4 cup	342	7	1	14	55	13	436
Beans	Black Beans, Mini Empanadas	Giorgio Foods	4 each	270	9	5	16	31	3	480
Beans	Black Bean Salad	VL-011	1/2 cup	108	1	0	6	18	6	195
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	126	2	0	7	20	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	Braised Black Beans with Plantains	VEG-011	3/4 cup	343	7	1	14	55	13	436
Beans	Chickpea Falafel Nuggets	American Bean	4 each	200	5	0	8	30	7	370
Beans	Chickpea Falafel, Veggie "Meatballs" in Herbed Marinara Sauce	VEG-032	4 each	243	7	1	10	41	12	536



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Beans	Chickpeas, Italian (as M/MA)	VEG-005	1/2 cup	179	3	0	8	29	6	205
Beans	Chickpeas, Roasted (as Veg)	VL-012	1/2 cup	168	6	1	7	22	10	256
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, Brooklyn Baked Beans	VL-009	1/2 cup	155	0	0	7	27	5	255
Beans	Kidney Beans Rajma (as Veg)	VL-007	1/2 cup	205	4	0	10	29	8	306
Beans	Lentil Sloppy Joe	Hooray Puree	3/4 cup	213	2	0	12	37	13	308
Beans	Mexicali Beans (Chili as VL)	VL-019	1/2 cup	60	1	0	3	10	3	260
Beans	Pinto Beans, Seasoned w Sofrito	VL-002	1/2 cup	126	2	0	7	20	7	205
Beans	Pinto Beans, Stewed	VL-018	1/2 cup	86	4	1	4	12	2	226



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Beans	White Bean Salad	VL-016	1/2 cup	149	4	0	8	24	5	211
Beans	Vegetarian Chili	VEG-014	3/4 cup	139	2	0	8	21	7	237
Beef	Burger, 100% Beef	Advance Pierre	1 each	130	10	4	10	0	0	100
Beef	Burger, 100% Beef, on Ciabatta	SDWH-128	1 each	290	12	4	16	33	3	380
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	248	11	4	13	25	2	330
Beef	Burger, 100% Beef, BBQ w Ham Bun, Large	SDWH-097HS	1 each	268	11	4	14	29	3	370
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



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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
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	1 each	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	277	13	5	17	24	2	419
Beef	Cheeseburger, 100% Beef Chipotle w Ham Bun, Large	SDWH-093HS	1 each	297	14	5	17	28	3	459



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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	1 each	366	16	6	23	36	3	648
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	Giorgio Foods	1 each	270	10	4	21	28	6	480
Beef	Jamaican Style Beef Patty	Golden Krust	1 each	300	4	3	23	43	6	330
Beef	Sliders, Burger, 100% Beef Twin	Advance Pierre	2 each	290	10	4	16	34	3	250
Beef	Sliders, Cheeseburger, 100% Beef Twin	Advance Pierre	2 each	310	12	6	16	35	3	410
Beef	Taco, Cheesy Beef Crunchy	BF-003	1 each	264	13	4	18	21	6	378
Beef	Tacos, Beef Bite Size	BF-005	1 each	264	9	4	18	27	6	593



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Bread	Bagel, Fresh, Multigrain	New Yorker	1 each	240	2	0	9	52	5	400
Bread	Bagel, Fresh, Wheat	Aladdin	1 each	280	2	0	12	60	6	240
Bread	Bagel, Cinnamon Raisin, 2 oz, White Wheat	Neri's	1 each	150	1	0	6	31	3	130
Bread	Bagel, Cinnamon Raisin, 3 oz, White Wheat	Neri's	1 each	220	1	0	7	45	5	170
Bread	Bagel, Plain, 2 oz, White Wheat	Neri's	1 each	150	1	0	6	30	4	150
Bread	Bagel, Plain, 3 oz, White Wheat	Neri's	1 each	220	1	0	9	44	5	180
Bread	Bagel, Stick, Cinnamon Raisin, Mini	New Yorker Bagels	2 each	160	1	0	6	34	4	160
Bread	Bagel, Stick, Plain, Mini	New Yorker Bagels	2 each	165	1	0	6	33	4	165
Bread	Bagel, Stick, Poppy, Mini	New Yorker Bagels	2 each	160	1	0	6	32	4	160
Bread	Bagel-ful, Cream Cheese	Kraft	1 each	180	5	3	7	28	3	180
Bread	Biscuit, Buttermilk	Branson's	1 each	180	5	0	4	28	2	160



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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	30	2	460
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	120	1	0	6	24	3	170
Bread	Flat Bread, Frozen	Toufayan	1 each	120	3	1	4	22	3	260



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Bread	Flat Bread, Fresh	Damascus	1 each	130	1	0	6	27	4	250
Bread	Flat Bread, Mac n Cheesy Flat Bread	CH-008	1 each	342	15	8	18	37	4	727
Bread	Garlic Toast	Tasty Brands	1 each	80	4	1	2	11	2	150
Bread	Hamburger Bun, Large	Rockland/Pechter	1 each	130	2	0	4	27	3	250
Bread	Hamburger Bun, Small	Rockland /Pechter	1 each	110	1	0	3	23	2	210
Bread	Hero Roll 5", WW, Red Sodium	JJ Cassone	1 each	140	2	0	5	28	3	125
Bread	Kaiser/Vienna Roll 5"	JJ Cassone	1 each	220	2	0	9	44	4	190
Bread	Knot Roll	Wenner Bakery	1 each	70	1	0	2	14	1	130
Bread	Pita Pockets, 6.5" Round	Damascus	1 each	130	1	0	5	26	5	240
Bread	Pretzel, Whole Wheat (Soft)	NY Pretzel	1 each	160	1	0	5	31	3	75
Bread	Whole Wheat, WG, Sliced	Rockland /Pechter	1 slice	60	1	0	2	14	2	135



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Bread	Wrap, Wheat, 9" Frz	Toufayan/ Tijuana Tortilla	1 each	170	5	2	6	28	3	180
Bread, Sweet	Loaf, Mini Carrot Cheese	Cannoli Factory	1 each	250	8	2	4	36	3	45
Bread, Sweet	Loaf, Mini Honey Corn	Cannoli Factory	1 each	275	8	2	4	36	3	45
Bread, Sweet	Loaf, Zucchini Carrot	Cannoli Factory	1 each	240	5	0	4	36	3	45
Bread, Sweet	Muffin, Apple Cinnamon	Cannoli Factory	1 each	260	8	2	4	36	3	45
Bread, Sweet	Yogurt Mini Loaf, Banana	Cannoli Factory	1 each	270	8	2	4	36	3	45
Bread, Sweet	Yogurt Mini Loaf, Blueberry	Cannoli Factory	1 each	230	6	1	4	36	3	45
Bread, Sweet	Yogurt Mini Loaf, Very Berry	Cannoli Factory	1 each	260	7	1	4	36	3	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



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Breakfast	*Jelly	Diamond Crystal	1 each	40	0	0	0	9	0	0
Breakfast	*Honey Grahams	MJM	1 pkg	110	3	0	2	20	2	140
Breakfast	*Apple Juice	Juice Bowl	1 each	60	0	0	0	15	0	5
Breakfast	Breakfast Meal Kit #4 (Apple Cinnamon Cheerios, *Honey Grahams, Orange/ Tangerine Juice)	Notables/ES Foods	1 each	280	5	1	4	57	4	260
Breakfast	Apple Cinnamon Cheerios	General Mills	1 each	110	2	0	2	22	2	110
Breakfast	*Honey Grahams	MJM	1 pkg	110	3	0	2	20	2	140
Breakfast	*Orange Tangerine Juice	Notables	1 each	60	0	0	0	15	0	10
Breakfast	Breakfast Meal Kit #5 (*Fruity Cheerios, Honey Grahams, Apple Juice)	Notables/ES Foods	1 each	290	5	1	4	61	4	300
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



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Breakfast	Breakfast Quesadilla	BK-058	1 each	331	15	5	13	36	5	551
Breakfast	Breakfast Sandwich, Egg & Cheese on a Biscuit	BK-028	1 each	275	11	2	11	30	2	375
Breakfast	Breakfast Sandwich, Turkey Sausage & Cheese on a Biscuit	BK-031	1 each	305	13	3	15	30	4	446
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, Turkey Canadian Bacon, Egg & Cheese on an English Muffin	BK-044	1 each	232	8	3	15	26	3	475
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 Wrap, Cheese Omelet w Salsa	BK-014	1 each	310	15	5	13	31	4	549
Breakfast	Breakfast Wrap, Turkey Sausage Crumble, Egg & Cheese	BK-052	1 each	316	13	4	18	31	3	668
Breakfast	Cereal, Back to the Roots Organic Cinnamon Clusters	Back to the Roots	1 each	80	1	0	3	18	2	50



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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	3	170
Breakfast	Cereal, Frosted Mini-Wheats	Kellogg's	1 each	100	0	0	3	24	3	0
Breakfast	Cereal, Granola, Apple Cinnamon	ES Foods	1 each	110	3	0	2	21	2	0
Breakfast	Cereal, Granola, Blueberry	ES Foods	1 each	110	3	0	2	21	2	0
Breakfast	Cereal, Multigrain Toasted Oats	Malt O Meal	1 each	100	2	0	3	18	2	120
Breakfast	Cereal, Raisin Bran	Malt O Meal	1 each	120	1	0	3	28	4	170
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	110	2	0	3	20	3	140
Breakfast	French Toast Dippers (French Toast Sticks)	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



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Breakfast	Muffin, Bluberry Yoghurt	Cannoli Factory	1 each	230	6	1	4	36	3	45
Breakfast	Muffin, Banana Yogurt	Cannoli Factory	1 each	476	11	2	7	63	7	79
Breakfast	Muffin, Apple Cinamon	Cannoli Factory	1 each	441	14	4	7	63	5	79
Breakfast	Oatmeal (with Milk, Brown Sugar & Cinnamon)	BK-002	3/4 cup	201	3	1	8	35	4	154
Breakfast	Omelet, Cheese	Michael Foods	1 each	130	10	4	7	1	0	300
Breakfast	Omelet, Plain	Michael Foods	1 each	60	4	1	3	1	0	110
Breakfast	Pancakes, Buttermilk	US Waffles	2 each	160	2	0	3	31	2	55
Breakfast	Pancakes, Cinnamon Burst	US Waffles	1 pkg/ 2 each	180	4	1	4	37	3	85
Breakfast	Pancakes, Mini Blueberry	Aunt Jemima	1 pouch	240	6	1	5	42	3	190
Breakfast	Parfait, Cranberries ONLY	Preferred Meals	1 each	110	0	0	0	27	2	0
Breakfast	Parfait, Granola ONLY	Preferred Meals	1 each	120	4	0	3	19	2	40



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Breakfast	Parfait, Yogurt ONLY	Preferred Meals	1 each	90	1	1	4	16	0	45
Breakfast	Waffle	US Waffles	1 each	65	2	0	2	12	2	150
Cheese	American Cheese ,White, Slices	Land O Lakes	2 sl/ 1 oz	70	4	3	7	2	0	310
Cheese	Cheddar Cheese, Reduced Fat Mild, Slices	Land O Lakes	2 sl/ 1 oz	90	7	5	7	0	0	190
Cheese	Cheddar Cheese, Shredded	Land O Lakes	1/2 oz	56	5	3	4	0	0	96
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	90	6	4	7	0	0	200
Cheese	Cheesy Bread	Giorgia	1 ea	280	11	6	16	30	2	460
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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Cheese	Mozzarella Cheese, Shredded	Land O Lakes	2 oz	90	6	4	7	1	0	210
Cheese	Mozzarella Sticks, Breaded	Highliner	1 each	80	4	2	3	6	0	98
Cheese	Mozzarella Sticks, Breaded	Highliner	5 each	320	14	5	18	31	3	450
Cheese	Mozzarella String Cheese	Land O Lakes	1 each	60	3	2	7	1	0	200
Cheese	Parmesan Cheese	Pisa	1 Tbsp	20	1	1	1	1	0	90
Cheese	Swiss Cheese, Reduced Fat, Slices	Land O Lakes	2 sl/ 1 oz	90	6	4	8	1	0	115
Chicken	Chicken, Breaded Chicken Bites, Popcorn Chicken	CK-068	8 oz spoodle	309	20	4	15	18	1	570
Chicken	Chicken, Breaded Bites, Teriyaki Popcorn Chicken	CK-080	8 oz spoodle	411	20	4	17	42	3	1081
Chicken	Chicken, Dippers, Grilled Unbreaded	Advance Pierre	4 each	150	9	3	16	1	0	190
Chicken	Chicken, Dumplings, Steamed	CK-069	5 each	190	5	1	11	27	3	482
Chicken	Chicken, Patty, Breaded ABF	Don Lee Farms	1 each	210	9	2	18	14	1	420



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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, (Individual Packet)	Global Food Solutions	1 each	20	0	0	0	5	0	90
Condiment	Hot Sauce (Indiv Packet)	Diamond Crystal	1 each	15	0	0	0	4	0	180
Condiment	Jelly, Apple Non HFCS #10	Global Food Solutions	1 Tbsp	50	0	0	0	14	0	0
Condiment	Jelly, Grape (Individual Packet)	Diamond Crystal	1 each	40	0	0	0	9	0	0
Condiment	Ketchup, HFSC Free #10	Red Gold	1 Tbsp	20	0	0	0	4	0	50
Condiment	Ketchup, HFCS free (Indiv Packet)	Heinz	1 each	10	0	0	0	3	0	85
Condiment	Mayonnaise (Indiv Packet)	Diamond Crystal	1 each	50	5	1	0	2	0	75
Condiment	Mustard (Indiv Packet)	Diamond Crystal	1 each	5	0	0	0	0	0	15



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Condiment	Relish, Sweet, HFCS Free	United Pickle	1 Tbsp	15	0	0	0	4	0	180
Condiment	Table Syrup (Indiv Packet)	Diamond Crystal	1 each	80	0	0	0	21	0	10
Condiment	Tartar Sauce	SAU-021	1 Tbsp	44	2	0	0	3	0	120
Dressing	Asian Sesame, Gallon	Cain's	2 Tbsp	130	11	2	0	8	0	290
Dressing	Balsamic, Gallon	Cain's	2 Tbsp	100	9	2	0	5	0	240
Dressing	Chipotle Ranch, Gallon	Cain's	2 Tbsp	120	12	2	0	3	0	210
Dressing	Chipotle Ranch, (Indiv Cup)	Cain's	1 each	120	12	2	0	3	0	210
Dressing	French, (Indiv Cup)	Cain's	1 each	120	11	2	0	5	0	220
Dressing	Honey Mustard, (Indiv Cup)	Diamond Crystal	1 each	80	5	2	0	9	0	110
Dressing	Italian, Lite, (Indiv Cup)	Cain's	1 each	40	3	1	0	3	0	280
Dressing	Italian, Lite, Gallon	Cain's	2 Tbsp	50	4	1	0	3	0	290



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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	Ranch, (Indiv Cup)	Diamond Crystal	1 each	70	6	1	0	5	0	120
Dressing	Ranch, Low Fat, Gallon	Cain's	2 Tbsp	80	7	1	0	5	0	290
Fish	Fish Breaded Patty (Pollock)	High Liner Foods	1 each	170	6	1	11	17	2	240
Fish	Fish & Cheese Burrito	SDWH-138	1 each	472	20	9	24	50	7	683
Fish	Fish & Cheese Sandwich (Small Ham Bun)	SDWH-048K8	1 each	332	10	2	18	42	4	598
Fish	Fish & Cheese Sandwich (Large Ham Bun)	SDWH-048HS	1 each	352	10	2	19	46	5	638
Fish	Southwest Fish & Cheese Sandwich (Small Ham Bun)	SDWH-131K8	1 each	320	9	2	18	41	4	562
Fish	Southwest Fish & Cheese Sandwich (Large Ham Bun)	SDWH-131HS	1 each	339	10	2	19	45	5	602
Fish	Tuna Salad, Classic (No Bread)	FH-001	#12 scoop	121	3	0	22	2	0	444
Fish	Tuna Salad, Healthy (No Bread)	FH-002	#12 scoop	139	7	1	23	2	1	531
Fish	Tuna Salad, Tangy (No Bread)	FH-004	#12 scoop	111	4	0	23	1	0	262



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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	Apples, Large (125-138), Fresh	NY State	1 each	52	0	0	0	14	3	1
Fruit	Apple Slices (Indiv Bag)	Champlain Valley	1 bag	30	0	0	0	8	1	0
Fruit	Applesauce, #10 can	Port Royal	1/2 cup	60	0	0	0	15	2	0
Fruit	Applesauce, 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	14	1	15
Fruit	Applesauce, Peach, HFCSF, Indiv	National Food Group	1 each	50	0	0	0	14	1	15
Fruit	Applesauce, Strawberry Banana, HFCSF, Indiv	National Food Group	1 each	50	0	0	0	14	1	15
Fruit	Apricot, Fresh	USDA	2 each	34	0	0	1	8	1	1
Fruit	Bananas, Petite, Fresh	PRPR-006	1 each	105	0	0	1	27	3	1
Fruit	Cantaloupe, Diced, Fresh	USDA	1/2 cup	27	0	0	1	6	1	12
Fruit	Craisins	Ocean Spray	1 bag	110	0	0	0	28	3	0



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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	Grapefruit, Whole, Fresh	USDA	1/2 fruit	40	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	69	0	0	1	18	1	2
Fruit	Honeydew, Diced, Fresh	USDA	1/2 cup	31	0	0	0	8	1	15
Fruit	Ices, Orange Pineapple	J & J Snacks	1 each	70	0	0	0	20	3	5
Fruit	Ices, Strawberry Pomegranate	J & J Snacks	1 each	70	0	0	0	19	3	5
Fruit	Ices, Wild Cherry	J & J Snacks	1 each	70	0	0	0	19	3	10
Fruit	Mandarin, Fresh (Clementine)	USDA	2 each	60	0	0	1	15	2	2
Fruit	Nectarines, Small, Fresh	USDA	1 each	56	0	0	1	13	2	0
Fruit	Oranges, Fresh, 125's	USDA	1 each	65	0	0	1	16	3	1
Fruit	Oranges, Fresh, 138's	USDA	1 each	61	0	0	1	16	3	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)
Fruit	Peach Cup, Diced, Frozen	USDA	1 each	80	0	0	1	19	1	0
Fruit	Peach Topping, Warm	BK-004	1/4 cup	35	0	0	0	9	0	0
Fruit	Peaches, Medium, Fresh	USDA	1 each	68	0	0	2	17	3	0
Fruit	Peaches, Diced, #10 can	USDA	1/2 cup	60	0	0	0	14	0	5
Fruit	Peaches, Sliced, #10 can	USDA	1/2 cup	60	0	0	0	14	0	10
Fruit	Pears, Diced, #10 can	USDA	1/2 cup	60	0	0	0	16	2	5
Fruit	Pears, Medium, Fresh	USDA	1 each	80	0	0	1	22	4	1
Fruit	Pineapple Tidbits, #10 can	Port Royal	1/2 cup	70	0	0	1	17	0	0
Fruit	Plums, Fresh	USDA	1 each	30	0	0	0	8	1	0
Fruit	Pocket, Apple Fruit	Horizon Snack Foods	1 each	120	4	1	2	20	3	160
Fruit	Pocket, Cherry Fruit	Horizon Snack Foods	1 each	130	4	1	2	23	3	115



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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	Strawberries, Fresh (approx 4 servings/pint)	USDA	1/2 cup	23	0	0	0	6	1	1
Fruit	Strawberry Cup, Diced, Frozen	USDA	1 each	90	0	0	1	22	2	0
Fruit	Tangerines, Fresh, Small	USDA	1 each	40	0	0	1	10	1	2
Fruit	Topper, Peach Fruit	Tabatchnick	1 each	45	0	0	0	10	1	13
Fruit	Tubes, Fruit Juice Tubes, Orange (Chillers)	Steve's	1 each	50	0	0	0	13	0	5
Fruit	Tubes, Fruit Juice Tubes, Peach (Chillers)	Steve's	1 each	55	0	0	0	13	0	0
Fruit	Tubes, Fruit Juice Tubes, Strawberry Mango (Chillers)	Steve's	1 each	70	0	0	0	15	0	5
Fruit	Watermelon,Seedless, Fresh	USDA	1 slice	55	0	0	1	14	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	Lassonde Pappas	4 fl oz	50	0	0	0	13	0	13
Juice	Apple Juice, Cup, 4 oz	Suncup	1 each	50	0	0	0	13	0	10



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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	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	Lassonde Pappas	4 fl oz	80	0	0	0	20	0	15
Juice	Grape Juice, Cup, 4oz	Suncup	1 each	80	0	0	0	19	0	10
Juice	Orange Juice, Box, 4.2 oz (Indiv)	Juice Bowl	1 each	60	0	0	0	15	0	5
Juice	Orange Juice, Can, 46 oz	Lassonde Pappas	4 fl oz	60	0	0	0	15	0	15
Juice	Orange Juice, Cup, 4 oz	Suncup	1 each	60	0	0	0	14	0	0
Juice	Pineapple Juice, Can, 46 oz	Lassonde Pappas	4 fl oz	65	0	0	0	17	0	15
Juice	Strawberry/Kiwi Juice, Box, 4.2 oz (Indiv)	Juice Bowl	1 each	60	0	0	0	18	0	5
Milk	Milk, 1% Lowfat	Upstate Niagara	1 each	110	3	2	8	13	0	125
Milk	Milk, Fat Free	Upstate Niagara	1 each	90	0	0	8	13	0	125
Milk	Milk, Fat Free Chocolate	Upstate Niagara	1 each	120	0	0	8	21	0	240



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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, Lactose Free, Fat Free	Natrel	1 each	80	0	0	8	12	0	130
Milk	Milk, UHT, Chocolate, Fat Free	Natrel	1 each	160	0	0	11	29	0	170
Milk	Milk, UHT, Lowfat 1%	Natrel	1 each	100	3	2	8	12	0	130
Milk	Milk, Whole	Upstate Niagara	1 each	150	8	5	8	12	0	125
Pasta	Macaroni & Cheese, Pre-made	Pen Pak	2-3 oz spoodle	220	7	4	16	24	2	480
Pasta	Manicotti, Twin	Alfresco	1 each	310	9	6	17	34	4	270
Pasta	Penne, Baked	GR-047	1 cup	417	16	9	23	48	7	691
Pasta	Penne, Pasta Fafoli	VEG-044	1 cup	377	3	0	20	71	18	481
Pasta	Ravioli, Beef	Aunt Kitty	8 each	350	14	4	16	41	1	780
Pasta	Ravioli, Cheese & Spinach, K-8	Sevioli	6 each	130	5	3	10	24	3	220
Pasta	Rotini, Cheesy Baked	VEG-059	1 cup	417	16	9	23	48	7	691



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Type of Food	Name	Brand or SF Recipe #	Portion	Calories	Total Fat(g)	Sat. Fat(g)	Protein (g)	Total Carb(g)	Fiber (g)	Sodium (mg)
Pasta	Rotini, Mushroom Bolognese	GR-033	1/2 cup	283	5	2	22	43	11	452
Pasta	Spaghetti, Hot Lo-Mein Noodles (Sesame Lo Mein)	GR-008	1 cup	393	14	2	11	62	9	312
Pasta	Stuffed Shells	Alfresco	2 each	25`	6	4	17	34	4	401
Peanut Butter	Peanut Butter	Sunny Boy	2 Tbsp	200	15	3	8	7	2	130
Peanut Butter	Peanut Butter Portion Cup	Bk-051	#30 scoop /1 oz	177	13	3	7	6	2	115
Peanut Butter	Pre-Made, Peanut Butter	Uncrustable	1 each	502	25	5	21	47	6	457
Pizza	Pizza, Bagel	Nardone	1 each	300	11	6	22	31	4	540
Pizza	Pizza, Flatbread, Broccoli & Corn	VEG-048	1 each	335	16	8	19	30	4	704
Pizza	Pizza, Flatbread, Classic Cheese	CH-009	1 each	363	20	8	19	29	4	721
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	12	6	23	31	3	480



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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	28	3	480
Pizza	Pizza Topping, BBQ Chicken (Breaded Chicken Patty)	CK-074	#30 scoop	41	2	0	3	4	0	81
Pizza	Pizza Topping, Bruschetta Tomato	VRO-012	#30 scoop	16	0	0	0	3	1	84
Pizza	Pizza Topping, Extra Zesty	CH-015	#30 scoop	99	6	4	7	3	1	251
Pizza	Pizza Topping, Meat Lovers	TK-015	#30 scoop	34	2	0	4	1	0	182
Pizza	Pizza Topping, Ranch Chicken Pizza (Breaded Chicken Bites)	CK-071	#30 scoop	70	5	1	3	4	0	148
Pizza	Pizza Topping, Turkey Sausage Crumble	TK-008	#40 scoop	30	2	0	3	1	0	164
Pizza	Pizza Topping, Supreme	TK-016	#30 scoop	22	1	0	2	2	0	82
Pizza	Pizza Topping, Tomato Pesto	SAU-042	2 tomato slices	68	5	1	2	4	1	154
Potatoes	Baked French Fries	VS-015	1 cup	220	6	1	2	40	2	360
Potatoes	Disco Fries (from seasoned wedge cut potatoes)	VS-021	1 cup	378	18	7	11	45	4	792



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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	Home Fries (from diced potatoes)	VS-024	1 cup	244	12	3	3	34	4	280
Potatoes	Home Fries (seasoned wedge cut potatoes 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 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	184	6	1	2	30	4	403
Potatoes	Sweet Potato Wedges	VRO-011	1 cup	240	8	2	2	38	4	280
Rice & Grains	Brown Rice, Steamed	GR-024	1/2 cup	129	2	0	3	26	1	248
Rice & Grains	Brown Rice, Steamed	GR-024	1 cup	257	3	1	6	51	2	497
Rice & Grains	Fiesta Rice Bowl w Taco Meat, Cheddar Cheese, & Salsa	GR-048	1 each	422	10	5	22	61	8	876
Rice & Grains	Taco Tub	Smokewood	1 each	110	6	0	2	13	2	0



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Type of Food	Name	Brand or SF Recipe #	Portion	Calories	Total Fat(g)	Sat. Fat(g)	Protein (g)	Total Carb(g)	Fiber (g)	Sodium (mg)
Rice & Grains	Vegetable Fried Brown Rice, Pre-cooked	Minh	1/2 cup	135	2	0	3	27	2	218
Rice & Grains	Vegetable Fried Brown Rice, Pre-cooked	Minh	1 cup	279	3	0	6	54	4	438
Rice & Grains	Veggie "Fried" Rice	GR-017K8	1/2 cup	272	5	1	6	50	2	162
Rice & Grains	Veggie "Fried" Rice	GR-017HS	1 cup	544	10	1	11	100	5	323
Salad	Carrot & Lemon Salad	VRO-010	1/2 cup	50	0	0	1	12	3	166
Salad	Caesar Salad with Croutons	SB-008	1 each	113	6	2	4	12	2	294
Salad	Chef Salad	SAL-009	1 each	159	8	4	17	5	1	470
Salad	Cobb Salad	SAL-029	1 each	240	14	6	21	6	1	486
Salad	Coleslaw, Cilantro Healthy	VO-012	1/2 cup	101	8	1	1	8	2	183
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



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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	Grab & Go, Crispy Chicken	SAL-020	1 each	226	9	2	19	17	2	425
Salad	Grab & Go, Crispy Chicken Pasta Salad	SAL-023	1 each	504	17	3	29	63	9	966
Salad	Grab & Go, Italian Veggie Pasta Salad	SAL-010	1 each	426	12	3	16	68	16	809
Salad	Grab & Go, Popcorn Chicken (Breaded Chicken Bites)	SAL-018	1 each	325	20	4	16	21	2	575
Salad	Grab & Go, Tuna Salad	SAL-012	1each	145	3	0	24	7	2	452
Salad	Green Salad, Garden	VDG-004	1 cup	5	0	0	0	1	1	7
Salad	Italian Marinated Cucumber Salad	VO-018	1/2 cup	46	4	0	1	3	0	9
Salad	Kale Caesar Salad	VDG-012	1 cup	90	5	1	4	7	2	214
Salad	Kale Salad, Kid Friendly	VDG-007	1 cup	109	6	1	2	14	2	162
Salad	Kale Salad, w Orange Ginger Dressing	VDG-006	1 cup	50	2	0	2	8	2	117
Salad	Tuna Salad, Classic	FH-001	1/3 cup	121	2	0	22	2	0	444



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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	Tuna Salad, Healthy	FH-002	1/3 cup	139	7	1	23	2	1	531
Salad	Tuna Salad, Tangy (No Bread)	FH-004	1/3 cup	111	4	0	23	1	0	262
Salad	White Bean Salad	VL-016	1 cup	298	7	0	16	48	11	422
Salad Bar	Asian Red Cabbage Slaw	SB-006	1/2 cup	93	6	1	1	9	2	149
Salad Bar	Broccoli & Cranberry Salad	SB-004	1/2 cup	101	5	0	2	12	2	58
Salad Bar	Caesar Salad with Croutons	SB-008	1/2 cup	113	6	2	4	12	2	294
Salad Bar	Carrot & Lemon Salad	SB-013	1/2 cup	50	0	0	1	12	3	166
Salad Bar	Celery & Apple with Sunflower Seeds	SB-003	1/2 cup	48	1	0	1	6	2	100
Salad Bar	Greek Zucchini Salad	SB-001	1/2 cup	38	2	0	1	5	1	124
Salad Bar	Italian Classico	SB-005	1/2 cup	81	8	1	1	3	1	21
Salad Bar	Marinated Vegetable Salad	SB-007	1/2 cup	72	6	0	1	5	1	122



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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 Bar	Roasted Broccoli & Cauliflower	SB-009	1/2 cup	112	10	1	2	5	2	76
Salad Bar	Spinach & Cranberry	SB-012	1/2 cup	121	5	1	3	18	3	86
Salad Bar	Spinach, Tomato, & Roasted Red Peper Salad	SB-002	1/2 cup	71	5	1	3	5	2	202
Sandwich	Bagel, Beef Sausage & White Cheddar Cheese	Integrated Food Services	1 each	241	8	3	15	27	3	420
Sandwich	Bagel, Omelet & Turkey Canadian Bacon	30	1 each	262	4	1	11	43	4	267
Sandwich	Bagel, Toasted Cheese & Tomato	SDWH-118K8	1 each	310	9	5	21	38	5	577
Sandwich	Bagel, Toasted Cheese & Tomato	SDWH-118HS	1 each	378	9	5	24	52	6	605
Sandwich	Bagel, Turkey Bacon, Egg , & Cheese	BK-032K8	1 each	264	8	3	15	33	4	457
Sandwich	Bagel, Turkey Bacon, Egg, & Cheese	BK-032HS	1 each	333	8	3	18	46	5	485
Sandwich	Bagel, Turkey Sausage, Egg, & Cheese	BK-033K8	1 each	337	13	4	20	33	6	548
Sandwich	Bagel, Turkey Sausage, Egg, & Cheese	BK-033HS	1 each	405	13	4	23	47	7	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)
Sandwich	Ciabatta Roll, 100% Beef Mediterranean Burger	SDWH-139	1 each	351	15	6	20	36	4	531
Sandwich	Ciabatta Roll, Hot Turkey & Gravy	SDWH-135	1 each	326	11	5	24	36	3	798
Sandwich	Ciabatta Roll, Hot Turkey Melt	SDWH-134	1 each	321	11	5	25	35	3	626
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	281	4	0	28	35	3	724
Sandwich	Ciabatta Roll, Turkey Caprese	SDWH-130	1 each	329	11	5	24	37	4	723
Sandwich	English Muffin, Egg & Cheese	BK-060	1 each	215	7	2	13	26	3	385
Sandwich	Ham Bun, Chicken Cordon Bleu	SDWH-098K8	1 each	401	15	4	30	38	3	868
Sandwich	Ham Bun, Crispy Chicken Patty	SDWH-083K8	1 each	320	10	2	21	37	3	630
Sandwich	Ham Bun, Crispy Chicken Parm	SDWH-096K8	1 each	424	16	6	28	41	4	904
Sandwich	Ham Bun, Spicy Crispy Chicken	SDWH-076K8	1 each	300	12	3	16	35	3	680



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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, Large, Crispy Chicken Parm	SDWH-096HS	1 each	444	17	6	29	45	5	944
Sandwich	Ham Bun, Large, Crispy Chicken Patty	SDWH-083HS	1 each	340	10	2	22	41	6	670
Sandwich	Ham Bun, Large, Spicy Crispy Chicken	SDWH-076HS	1 each	320	12	3	17	39	4	720
Sandwich	Hero Roll, Chicken Cordon Bleu	SDWH-098HS	1 each	431	15	4	32	43	4	783
Sandwich	Hero Roll, Philly Cheese Steak (w Italian Cheese Sauce)	SDWH-085	1 each	291	11	5	19	30	4	474
Sandwich	Hero Roll, Sausage & Peppers	SDWH-112	1 each	468	22	8	32	33	3	1415
Sandwich	Kaiser Roll, Roasted Turkey & Swiss	SDWH-078	1 each	364	11	4	25	46	4	479
Sandwich	Panini (Loco Bread), Cubano	SDWH-080	1 each	282	11	5	18	23	3	836
Sandwich	Panini (Loco Bread), Red, White, & Green	VEG-010	1 each	387	22	8	19	29	5	826
Sandwich	Pita, Falafel w Tzaziki sauce	VEG-055	1 each	311	9	2	13	47	8	700
Sandwich	Pre-Made, (Bagel), Beef Sausage & White Cheddar	Hot Off The Grill/ Integrated Food Service	1 each	241	8	3	15	27	3	420



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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, (Burrito) Turkey Chorizo Breakfast Burrito	BAJA Foods	1 each	160	6	2	7	20	2	160
Sandwich	Pre-Made, (Ham Bun), Egg & Cheese	Advance Pierre	1 each	160	7	3	6	20	2	360
Sandwich	Pre-Made (Hero),Turkey & Cheese	Maramount	1 each	255	6	3	21	32	3	605
Sandwich	Pre-Made (Hero),Turkey Ham & Cheese	Maramount	1 each	263	8	3	19	30	3	599
Sandwich	Pre-Made (Kaiser), Bologna & Cheese	Maramount	1 each	313	15	6	12	34	3	585
Sandwich	Pre-Made (Kaiser), Salami & Cheese	Maramount	1 each	390	20	9	19	35	3	810
Sandwich	Pre-Made, (Pita Pocket), Egg & Cheese	Tasty Brands	1 each	140	4	2	6	13	2	330
Sandwich	Pre-Made, (Sliced Bread),Grilled Cheese	Integrated Food Services	1 each	306	14	8	14	31	3	421
Sandwich	Pre-Made, (Sliced Bread), Peanut Butter & Grape Jelly Uncrustable	Maramount	1 each	543	25	5	23	53	7	545
Sandwich	Pre-Made, (Sliced Bread), Turkey Bologna, Turkey Salami & Cheese Wedge	Tasty Brands/ Anytime Foods	1 each	280	10	4	19	29	2	480
Sandwich	Pre-Made, (Sliced Bread), Turkey Breast, Turkey Ham & Cheese Wedge	Tasty Brands/ Anytime Foods	1 each	250	9	4	19	28	2	470



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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, (Toast), Turkey Bacon, Egg, & Cheese	Tasty Brands	1 each	150	5	2	9	18	2	290
Sandwich	Quesadilla, Black Beans, Seasoned & Cheese	VEG-008	1 each	353	16	8	16	39	6	472
Sandwich	Quesadilla, Spinach & Mozzarella w Tomato	VEG-054	1 each	411	21	9	22	34	5	653
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	340	12	2	22	38	5	720
Sandwich	Whole Wheat Sliced Bread, Cheese	SDWH-033	1 each	260	9	5	18	32	4	690
Sandwich	Whole Wheat Sliced Bread, Cheese, "Grilled", Classic	SDWH-001	1 each	300	14	5	18	32	4	690
Sandwich	Whole Wheat Sliced Bread, Peanut Butter & Jelly Sandwich	SDWH-032	1 each	555	31	6	20	53	8	526
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-140	1 each	241	4	0	26	30	4	714
Sandwich	Whole Wheat Sliced Bread, Turkey (Only)	SDWH-073	1 each	225	6	2	21	30	4	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	Whole Wheat Sliced Bread, Turkey & Cheese (pre-sliced roasted turkey)	SDWH-074T	1 each	243	7	3	19	31	4	653
Sandwich	Whole Wheat Sliced Bread, Turkey-Ham & Cheese (pre-sliced turkey ham)	SDWH-074H	1 each	250	8	4	17	30	4	690
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	318	15	5	15	29	3	570
Sandwich	Wrap, Cheese Omelet	BK-048	1 each	300	15	5	13	29	3	480
Sandwich	Wrap, Cheese Omelet & Salsa	BK-014	1 each	310	15	5	13	31	4	549
Sandwich	Wrap, Crispy Chicken (Breaded Chicken Patty)	SDWH-104	1 each	391	14	4	25	44	5	603
Sandwich	Wrap, Italian Turkey	SDWH-089	1 each	328	14	3	23	32	4	537
Sandwich	Wrap, Popcorn Chicken (Breaded Chicken Bites)	SDWH-117	1 each	489	25	6	22	48	5	753
Sandwich	Wrap, Spinach, Super Hero	VEG-009	1 each	395	19	9	23	34	6	760



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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, Tuna Salad, Classic	SDWH-037	1 each	302	7	2	29	32	4	627
Sandwich	Wrap, Turkey Caesar	SDWH-094	1 each	355	16	4	24	33	4	616
Sandwich	Wrap, Turkey Sausage Crumble, Egg & Cheese	BK-052	1 each	316	13	4	18	31	3	668
Sandwich	Wrap, Tuna Salad, Classic	SDW-037	1 each	302	7	2	29	32	4	627
Sandwich	Wrap, Vegetarian (w Chickpea Salad)	VEG-051	1 each	356	9	3	15	58	15	686
Sauce	BBQ Sauce, Gallon, Pre-Made	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	Cheese Sauce Italian (White)	Land O' Lakes	1/4cup	100	7	5	6	2	0	390
Sauce	Duck Sauce	Global Food	1 each	20	0	0	0	5	0	90
Sauce	Gravy, Vegetarian	Vanee Foods	1/4 cup	25	1	0	0	4	0	310
Sauce	Hot Sauce (Indiv Packet)	Diamond Crystal	1 each	15	0	0	0	4	0	180



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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	Korean, BBQ, Gal	Korean Delights	1 oz	70	0	0	0	18	0	580
Sauce	Kung Pao, Low Sodium	Minh	1 oz	30	1	0	0	6	0	220
Sauce	Marinara Sauce, Herbed	SAU-004	1/4 cup	34	1	0	1	7	1	153
Sauce	Mayo, Garlic	SAU-027	1 Tbsp	46	2	0	0	2	0	111
Sauce	Salsa Dipping Cup, Ind, 3 oz	Red Gold	1 each	30	0	0	0	6	0	208
Sauce	Salsa Sauce, Canned	Red Gold	3 Tbsp	15	0	0	0	3	1	104
Sauce	Soy Sauce Dipper, Low Sodium	Kikkoman	1 Tbsp	10	0	0	1	1	0	575
Sauce	Spaghetti Sauce	Alfresco	1/2 cup	70	2	0	2	15	3	55
Sauce	Sweet & Sour Sauce	Minh	1 oz	45	0	0	0	11	1	75
Sauce	Taco Sauce, Mild, PC	Ortega	1 each	5	0	0	0	1	0	65
Sauce	Tartar Sauce	SAU-021	#40 scoop	73	3	0	0	4	0	200



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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	Minh	1 oz	50	0	0	1	12	1	250
Sauce	Tzatziki Sauce	SAU-031	#40 scoop	41	3	1	3	2	0	163
Sauce	Vinaigrette, Honey Mustard	SAU-035	1 oz	112	9	1	0	8	0	62
Sauce	Vinaigrette, Italian	SAU-033	1 oz	128	14	1	0	1	0	28
Snack	Bar, Granola	Nature Valley	1 each	190	7	1	3	29	2	180
Snack	Bites, Maple Breakfast	MJM	1 pkg	220	7	1	3	40	4	230
Snack	Cookies, Buttercrunch	Linden's	1 pkg/ 2 cookies	140	5	2	2	22	2	119
Snack	Cookies, Buttercrunch Minis	Linden's	1 pkg	150	6	2	2	22	2	135
Snack	Cookies, Chocolate Chip	Linden's	1 pkg/ 2 cookies	140	5	2	2	22	2	70
Snack	Cookies, Chocolate Chippers (Minis)	Linden's	1 pkg	145	6	2	2	22	2	90
Snack	Cookies, Fudge Chip	Linden's	1 pkg/ 2 cookies	136	5	1	2	20	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, Oatmeal Raisin	Linden's	1 pkg/ 2 cookies	133	5	1	2	21	2	87
Snack	Crackers, Animal	Nutritional Choices	1 pkg	120	5	0	2	20	5	115
Snack	Crackers, Animal, Cinnamon	Nutritional Choices	1 pkg	120	5	0	2	21	2	85
Snack	Crackers, Chocolate Grahams	Skeeter Snacks	1 pkg	140	5	1	2	24	3	90
Snack	Crackers, Honey Graham	MJM	1 pkg	110	3	0	2	20	2	140
Snack	Crackers, Whole Grain	Westminister Bakers	1 pkg	32	1	0	1	5	1	60
Snack	Craisins®	Ocean Spray®	1 bag	110	0	0	0	28	3	0
Snack	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	Rold Gold	1 pkg	80	2	0	2	15	2	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	3	0	2	19	2	125
Snack	Sun Chips, Multigrain	Frito Lay	1 pkg	140	6	1	2	18	3	120
Snack	Sunflower Seeds, Honey Roasted	Sun Opta	1 pkg	190	15	2	6	11	3	65
Tofu	Tofu, Crunchy, Plain	VEG-038	4 oz	370	16	2	19	39	4	493
Tofu	Tofu, Crunchy, with Kung Pao Sauce	VEG-038KP	4 oz	396	17	2	19	44	4	659
Tofu	Tofu, Crunchy, with Teriyaki Sauce	VEG-038TER	4 oz	403	16	2	19	46	4	573
Turkey	Turkey & Gravy	TK-017	6 slices/ 2 rolls of 3 sl	112	5	2	17	3	0	431
Turkey	Turkey Bologna, Pre-sliced. Red Sodium	Jennie-O	6 slices/ 3 oz	120	6	2	14	0	0	460
Turkey	Turkey Breast, Oven Roasted, Pre-sliced	Jennie-O	6 slices/ 3 oz	110	5	2	17	0	0	340
Turkey	Turkey Burger	Solo Fresco	1 each	90	2	1	16	2	0	220
Turkey	Turkey Burger on Ham Bun	SDWH-055K8	1 each	200	3	1	19	25	2	430



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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 Large Ham Bun	SDWH-055HS	1 each	220	3	1	20	29	3	470
Turkey	Turkey Burger w Cheese on Ham Bun	SDWH-084K8	1 each	235	5	2	23	26	2	535
Turkey	Turkey Burger w Cheese on Large Ham Bun	SDWH-084HS	1 each	255	5	2	23	30	3	575
Turkey	Turkey Canadian Bacon	Jennie-O	3 slices	53	3	1	7	1	0	270
Turkey	Turkey Carnitas	J.T.M	4 oz	123	4	2	15	10	5	459
Turkey	Turkey Carnitas Burrito (Tortilla Wrap)	TK-009	1 each	349	9	4	20	50	11	938
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	180
Turkey	Turkey, Shepard's Pie	TK-014	2 x 3oz sp	298	13	4	19	31	8	960
Vegetable	Broccoli, Steamed (From Fresh)	VDG-010	1/2 cup	10	0	0	1	2	1	9
Vegetable	Broccoli Trees (From Fresh)	VDG-001	1/2 cup	51	3	0	3	4	2	59



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Type of Food	Name	Brand or SF Recipe #	Portion	Calories	Total Fat(g)	Sat. Fat(g)	Protein (g)	Total Carb(g)	Fiber (g)	Sodium (mg)
Vegetable	Broccoli Trees (From Frozen)	VDG-001FZ	1/2 cup	51	3	0	3	4	2	59
Vegetable	Carrots, Orange Glazed	VRO-002	1/2 cup	61	3	0	0	8	3	186
Vegetable	Carrots, Sliced, (#10 can)	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	Carrot Sticks, Plain, Individual	Champlain Valley	1 bag	25	0	0	0	6	1	55
Vegetable	Carrot Sticks, Ranch, Individual (Veggie Snackers)	Bolthouse Farms	1 bag	30	0	0	1	7	2	210
Vegetable	Cauliflower, Parmigiana Roasted	VO-017	1/2 cup	78	4	1	3	7	2	393
Vegetable	Cauliflower, Roasted	VO-008	1/2 cup	42	2	0	2	5	2	120
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	101	8	1	1	8	2	183
Vegetable	Corn, Cob, Frzn Small	VS-023	1 each (1/4 cup)	94	1	0	3	19	2	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	Corn, Hot Confetti	VS-012	1/2 cup	124	7	0	2	16	2	100
Vegetable	Cucumber Salad	VO-005	1/2 cup	25	1	0	0	4	0	79
Vegetable	Cucumber, Slices	VO-014	1/2 cup	11	0	0	0	3	0	2
Vegetable	Egg Roll, Vegetable	Smart Foods 4 Schools	1 ea	160	5	1	5	27	4	230
Vegetable	Green Beans, Garlicky	VO-003	1/2 cup	59	4	0	1	5	2	98
Vegetable	Green Beans, Marinated	VO-004	1/2 cup	41	1	0	1	6	3	82
Vegetable	Hummus, Individual	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	1	1	0	2
Vegetable	Mushrooms, L/S, Canned	Giorgio	1 oz	6	0	0	0	1	0	6



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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	Onion Rings	VO-015	1/2 cup 10 each	396	16	3	6	55	6	396
Vegetable	Pickle Chips	Heinz	1 oz	2	0	0	0	0	0	266
Vegetable	Pimentos	Ruby	1 oz	8	0	0	1	2	1	125
Vegetable	Plantains, Roasted Sweet	VS-018	1/2 cup (4 ea)	199	4	1	2	40	2	0
Vegetable	Spinach, Parmigiana	VDG-008	1/2 cup	84	5	1	4	4	3	261
Vegetable	Spinach, Super Hero	VDG-003	1/2 cup	64	5	0	3	4	3	73
Vegetable	Tomatoes, Cherry	USDA	1/2 cup	13	0	0	1	3	1	4
Vegetable	Tomatoes, Fresh, Diced	VR-007	1/2 cup	16	0	0	1	4	1	5
Vegetable	Tomatoes, Grape	Champlain Valley	1 bag	15	0	0	1	3	1	0
Vegetable	Tomatoes, Grape	USDA	1 bag	15	0	0	1	3	1	0
Vegetable	Vegetables, "Stir Fry"	VO-010	1/2 cup	58	2	0	2	9	2	41



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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	Zucchini, Roasted	VO-001	1/2 cup	44	3	0	1	4	1	125
Yogurt	Yogurt, Cherry Vanilla	Upstate Farms	1 each	90	0	0	3	19	0	50
Yogurt	Yogurt, Peach, Nonfat	Upstate Farms	1 each	90	0	0	3	19	0	75
Yogurt	Yogurt, Strawberry, Organic	Stonyfield	1 each	80	1	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, w Granola & Cranberries	Preferred Meals	1 each	320	5	1	7	62	4	85