

## Nutrition Information 2020-2021

	Manufacturer /Recipe	Portion	Allergen(s)	Calories	Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Protein (g)	Sodium (mg)
<b>Breakfast (Whole Grain Rich)</b>									
Bagel, Whole Wheat	Burry 3142906 MDR2120	1 bagel	<i>Wheat, Soy (may contain eggs, peanuts)</i>	230	1	0	46	8	200
Bagels, Mini Cinnamon	Pillsbury 3282797 SR1162	1 package	<i>Wheat, Soy, Milk</i>	240	6	2.5	41	6	180
Bagels, Mini Strawberry	Pillsbury 3282809 SR1188	1 package	<i>Wheat, Soy, Milk</i>	240	6	2.5	41	6	180
Cinnamon Roll	Pillsbury 1826601 MDR2087	1 roll	<i>Milk, soy wheat, egg</i>	260	12	5	36	6	300
Cinni Mini's	Pillsbury MDR1119	1 package (65 g)	<i>Wheat, Milk</i>	240	7	1.5	39	5	270
French Toast, Mini Cinnamon Rush	Pillsbury MDR1939	1 package, 75 g	<i>Wheat, Soy, Milk, Eggs</i>	220	7	1	37	4	200
French Toast Sticks, K5	Michael's MDR1223	3 sticks (2.6 oz)	<i>Wheat, Soy, Milk, Egg</i>	210	9	2	26	8	280
French Toast Sticks, 6-12	Michael's MDR1438	6 sticks	<i>Wheat, Soy, Milk, Egg</i>	420	18	4	52	16	560
Frudel, Apple	Pillsbury MDR1134	1 Frudel, 65 g	<i>Wheat, Soy, Milk</i>	210	6	1	36	5	260
Frudel, Cherry	Pillsbury MDR1133	1 Frudel, 65 g	<i>Wheat, Soy, Milk</i>	210	6	1	37	5	260
Muffin, Apple Cinnamon RF	Otis Spunkmeyer SR1165	1 each	<i>Wheat, Soy, Egg</i>	190	6	2	30	3	130
Muffin, Blueberry RF	Otis Spunkmeyer SR1135	1 each	<i>Wheat, Soy, Egg</i>	190	6	2	30	3	130
Muffin, Chocolate Chip RF	Otis Spunkmeyer SR1592	1 each	<i>Wheat Soy, Egg, Milk</i>	200	6	2	32	4	130

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Pancakes, Mini Maple Burst	Pillsbury MDR1412	1 package, 100 g	<i>Wheat, Soy, Milk, Egg</i>	210	6	1	38	4	270
Pancakes, Mini Strawberry Splash	Pillsbury MDR1413	1 package, 100 g	<i>Wheat, Soy, Milk, Egg</i>	220	6	1	40	4	260
Parfait Breakfast, Strawberry/ Blueberry	Recipe MDR1408	1 each	<i>Milk</i>	180	1	0.5	40	4	55
-Granola	General Mills MDR1409	¼ cup	<i>Soy</i>	83	3	0	13	1.5	63
Waffles, Mini Blueberry Bash	Pillsbury MDR1406	1 package, 70 g	<i>Wheat, Soy, Milk, Egg</i>	200	6	1	36	4	170
Waffles, Mini Maple Madness	Pillsbury MDR1407	1 package, 70 g	<i>Wheat, Soy, Milk, Egg</i>	200	5	1	37	4	170
Yogurt, Raspberry Rainbow	Yoplait SR1183	1 package	<i>Milk</i>	80	0.5	0	15	4	65
Yogurt, Strawberry/ Banana Trix	Yoplait SR1145	1 package	<i>Milk</i>	80	0.5	0	15	4	60
<b>Cereals (Whole Grain Rich)</b>									
Cereal Bar, Cinn Toast Crunch	General Mills SR1203	1 bar	<i>Soy, Wheat</i>	150	3.5	0	30	2	115
Cereal Bar, Cocoa Puffs	General Mills SR1308	1 bar	<i>Soy, Wheat</i>	150	3	0	30	3	100
Cheerios	General Mills SR1160	1 oz bowl	<i>-does not contain-</i>	100	2	0.5	20	3	140
Cinnamon Toast Crunch	General Mills SR1164	1 oz bowl	<i>Wheat, Soy</i>	110	3	0.5	22	1	160
Cocoa Puffs, 25% less sugar	General Mills SR1170	1.063 oz bowl	<i>Wheat</i>	110	1.5	0	25	2	120
Frosted Flakes, Reduced Sugar	Kellogg's SR1185	1 oz bowl	<i>Wheat (may contain soy)</i>	100	0	0	24	2	160
Fruit Loops, Reduced Sugar	Kellogg's MDR1180	1 oz bowl	<i>Wheat (may contain soy)</i>	110	1	0.5	24	2	160
Lucky Charms	General Mills MDR1177	1 oz bowl	<i>-does not contain-</i>	110	1	0	23	2	180

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Cracker, Cinnamon Goldfish	Pepperidge Farm MDR1405	1 pack (0.9 oz)	<i>Wheat</i>	120	3.5	1	21	2	115
Graham Crackers (3 pk)	Keebler SR1163	1, 3ct Pack, 23 g	<i>Wheat, Soy</i>	90	2.5	0	17	2	100
Cheese, String Mozzarella	Great Lakes Cheese Co. MDR1185	1 each	<i>Milk</i>	60	3	2	1	7	200
<b>Entrée</b>									
<b>Breakfast</b>									
French Toast Sticks K5	Michaels/Papettis MDR1223	3 sticks	<i>Wheat, Soy, Milk, Egg</i>	210	9	2	26	8	280
French Toast Sticks 6-12	Michaels/Papettis MDR1438	6 sticks	<i>Wheat, Soy, Milk, Egg</i>	420	18	4	52	16	560
Pancakes	Aunt Jemima MDR1048	2 each	<i>Wheat, Egg, Soy</i>	153	4	0.5	27	3.5	220
Pancakes, Cinnamon Glazed	The Max MDR1435	1 pack (3 oz)	<i>Wheat, Soy, Milk, Egg</i>	220	7	1.5	35	4	260
Waffle, 4-inch	Bakers Classic SR1038	1 waffle	<i>Wheat, Milk, Soy</i>	105	3.5	0.5	16.5	2	175
Sausage Patty, Turkey	Jennie-O MDR1081	1 patty	<i>-does not contain-</i>	60	4	1	0	6	80
Sausage Link	Jennie-O MDR1795	1 link	<i>-does not contain-</i>	60	4	1	0	6	90
<b>Chicken</b>									
Chicken Breaded Drumstick	Tyson MDR1439	1 each	<i>Wheat</i>	190	11	2.5	5	16	450
Chicken, Nugget	Tyson MDR1431	5 Nuggets, 110 g	<i>Wheat</i>	280	16	4	12	20	490
Chicken, Popcorn	Tyson SR1413	12 pieces, 93g	<i>Wheat, Soy</i>	253	15	2.5	16	15	385
Chicken, Spicy Popcorn	Tyson MDR1785	12 pieces, 92 g	<i>Wheat, Soy</i>	250	14	2.5	16	14	370

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Chicken Sticks	Tyson MDR1088	8 each	<i>Wheat, Soy</i>	260	15	3	16	15	390
Chicken, Tenders	Tyson MDR2100	3 Tenders	<i>Wheat, Soy</i>	285	13.5	2.25	16.5	24	465
Mexican									
Tortilla, 8"	Mission MDR1428	1 tortilla	<i>Wheat, Soy</i>	140	3	1	24	4	250
Tortilla, 10"	Mission MDR1171	1 tortilla	<i>Wheat, Soy</i>	180	4.5	1.5	29	5	250
Beef Taco Filling	Recipe MDR1513	½ cup	<i>Milk (whey in taco seasoning)</i>	174	9.5	4.5	7	14	560
Cheese Sauce	JTM MDR1465	½ cup	<i>Milk</i>	108	8	4.5	2	7	411
Cheddar, Shredded	Land o' Lakes SR1537	0.5 oz	<i>Milk</i>	55	4.5	2.5	0	3	90
Brown Rice	Uncle Ben's MDR1126	½ cup rice	<i>-does not contain-</i>	117	0.5	0	25	3	2
Pasta									
Chicken Alfredo	Recipe MDR1630	1 cup	<i>Wheat, Milk</i>	300	10.5	5	30.5	19	692
Penne Noodles	Recipe MDR1084	½ cup	<i>Wheat</i>	110	2	0.5	22	4	4
Macaroni & Cheese	Land O' Lakes	1 cup	<i>Wheat, Milk, Egg</i>	520	32	20	34	26	1340
Meat sauce, Beef	Recipe MDR1051	¾ cup	<i>Soy</i>	193	10	5	11	15.5	514
Meatball Sauce	Recipe MDR1052	5 meatballs + sauce	<i>Milk, Wheat, Soy</i>	236	14.5	6	13	15.5	578
Breadstick	SR1044	1 breadstick	<i>Wheat, Milk, Egg, Soy</i>	80	1	0	14	3	100
Stir Fry									
Chicken, Popcorn	Tyson SR1413	12 pieces, 93g	<i>Wheat, Soy</i>	253	15	2.5	16	15	385

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Sauce, Sweet & Sour	Minor SR2022	1 TBS (1 oz)	<i>-does not contain-</i>	35	0	0	9	0	37
Sauce, General Tso	Minor MDR1448	2 TBS (1 oz)	<i>Wheat, Soy</i>	70	0	0	16	1	520
Brown Rice	Uncle Ben's MDR1126	½ cup rice	<i>-does not contain-</i>	117	0.5	0	25	3	2
Other									
Corn Dog Mini's	Sysco Classic MDR1011	6 mini corn dogs, 4.02 oz	<i>Wheat, Soy, Egg</i>	270	12	3.5	30	10	410
Corn Dog, WGR Grain	Sysco Classic MDR1043	1 corn dog	<i>Wheat, Soy, Egg</i>	240	8	2.5	30	9	390
Fish Sticks	MDR1536	4 sticks	<i>Wheat, Fish</i>	202	6	0	23	15	337
Sandwich, Fish	MDR1102	1 sandwich	<i>Wheat, Soy, Fish</i>	280	5.5	0	39	21	460
Sandwich, Meatball Sub	MDR1065	1 sandwich	<i>Wheat, Soy, Milk</i>	379	17	7	37	22.5	847
<b>Hot Sandwiches</b>									
Hamburger Bun	Ottenburg's	1 bun	<i>Wheat, Soy</i>	130	2	0	25	6	260
BBQ Pork Sandwich	Recipe MDR1014	1 sandwich	<i>Wheat, Soy</i>	325	11.5	3.5	34	25	684
Cheeseburger	Recipe MDR1060	1 sandwich	<i>Wheat, Soy, Milk</i>	330	13.5	6	29	20.5	645
Chicken Patty Sandwich	Recipe MDR1061	1 sandwich	<i>Wheat, Soy</i>	410	17	3	42	22	610
Fish Sandwich	Recipe MDR1102	1 sandwich	<i>Wheat, Soy, Fish</i>	280	5.5	0.5	39	21	450
Grilled Chicken Sandwich	Recipe MDR1021	1 sandwich	<i>Wheat, Soy</i>	260	4.5	1	27	28	530
Hamburger	Recipe MDR1063	1 sandwich	<i>Wheat, Soy</i>	280	9	3.5	29	18	390
Hot Dog	Recipe MDR1187	1 hot dog	<i>Wheat, Soy</i>	278	12.5	3.5	27	13	557
Mascot Burger	Recipe MDR1904	1 sandwich	<i>Wheat, Milk, Soy</i>	310	12	5.5	34	18	600
Rib B Que	Recipe SR1925	1 sandwich	<i>Wheat, Soy</i>	307	13	5	35	17	870

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Spicy Chicken Patty	Recipe MDR1098	1 sandwich	<i>Wheat, Soy, Milk</i>	350	13	3	38	21	680
<b>Pizza</b>									
Cheese, Big Daddy	Recipe MDR1191	1 slice	<i>Wheat, Soy, Milk</i>	400	16	7	43	19	440
Cheese Pizza, 4x6	Nardones	1 piece	<i>Wheat, Soy, Milk</i>	315	14	6	32	20	391
Cheese, Smart 4x6	Tony's 78673 MDR1055	1 piece (4x6)	<i>Wheat, Soy, Milk</i>	310	11	4	35	16	480
French Bread	Tony's 78356 MDR1284	1 piece (4.94 oz)	<i>Wheat, Soy, Milk</i>	340	15	8	35	18	500
Pepperoni, Big Daddy	Recipe MDR1336	1 slice	<i>Wheat, Soy Milk</i>	426	18	8	43	20	526
Pepperoni, Deep Dish	Tony's MDR1464	1 piece 5"	<i>Wheat, Soy, Milk</i>	335	13.5	4.5	36	18	570
Pepperoni, Smart 4x6	Tony's 78674 MDR1057	1 piece (4x6)	<i>Wheat, Soy, Milk</i> <i>*Pork</i>	343	14	5	35	17	590
<b>Cold Sandwich/Salads</b>									
Chicken Bacon Ranch Wrap	Recipe MRD1376	1 wrap	<i>Egg, Wheat, Soy, Milk</i>	462	25	6.5	33	25	926
Chicken Caesar Wrap	Recipe MDR1381	1 wrap	<i>Fish, Milk, Soy, Wheat</i>	424	21.5	6	32	24	976
Chicken Salad Sub	Recipe MDR1467	1 sub	<i>Egg, Wheat</i> <i>(may contain soy)</i>	366	17	3.5	32	22	942
Ham and Cheese Sandwich	Recipe MDR1076	1 sandwich	<i>Wheat, Soy, Milk</i>	333	14	6	33	20	1110
Ham & Cheese Sub	Recipe MDR1103	1 sub	<i>Wheat, Soy, Milk</i>	323	15	6.5	27	20	1130
Ham, Turkey & Cheese Sandwich	Recipe MDR1775	1 sandwich	<i>Milk, Soy, Wheat</i>	333	14	6	32	21	1073
Italian Sub	Recipe MDR1078	1 sub	<i>Wheat, Soy, Milk</i>	373	20	8.5	27	21	1280

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Turkey & Cheese Sandwich	Recipe MDR1077	1 sandwich	<i>Milk, Soy, Wheat</i>	315	13	5.5	32	19.5	975
Turkey & Cheese Sub	Recipe MDR1104	1 sub	<i>Wheat, Soy, Milk</i>	323	14.5	6	26	22	1056
Tuna Salad Sub	Recipe MDR1105	1 sub	<i>Wheat, Egg, Milk, Fish (may contain soy)</i>	295	10	1.5	30	23	787
Sandwich Bread (slice)	Ottenberg's	1 slice	<i>Wheat, Soy</i>	80	1	0	16	3	140
Sub Roll, Italian	Ottenberg's	1 slice	<i>Wheat (may contain soy)</i>	150	2.5	0.5	26	6	6
Tortilla, 10"	Mission	1 (10")	<i>Wheat</i>	180	4.5	1.5	29	5	250
Chef Salad K5	Recipe MDR1070	1 salad	<i>Egg, Milk</i>	146	9	3.5	4	12	265
Chef Salad 6-12	Recipe MDR1090	1 salad	<i>Egg, Milk, Soy</i>	147	9	3.5	5	12	433
Garden Cheese Salad K5	Recipe MDR1181	1 salad	<i>Milk</i>	238	18	10	3	13	368
Garden Cheese Salad 6-12	Recipe MDR1039	1 salad	<i>Milk</i>	243	18	10	4	13.5	370
Dinner Roll	Ottenberg's MDR1374	1 roll	<i>Wheat, Soy</i>	80	1	0	16	3	130
Dinner Roll, Fresh 1 oz	Rich's SR1010	1 roll	<i>Wheat (may contain egg, milk, soy)</i>	80	1.5	0	14	3	70
Dinner Roll, Fresh 2 oz	Rich's SR1009	1 roll	<i>Wheat (may contain egg, milk, soy)</i>	170	3	0	29	7	140
Pretzel, Soft	J & J MDR1089	1 pretzel (2.2 oz)	<i>Wheat</i>	140	0.5	0	30	5	150
String Cheese	Great Lakes Cheese Co MDR1185	1 each	<i>Milk</i>	60	3	2	1	7	200
<b>Fruits/Veggies</b>									

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<b>Fruit</b>									
Apple, Fresh	Keany	1 each (125-175 ct)	-does not contain-	72	0	0	19	0	-
Apples, Sliced	Peterson Farms	1 each (2 oz)	-does not contain-	30	0	0	7	0	-
Applesauce, Cup, Unsweetened	USDA 110361	4.5 oz cup	-does not contain-	51	0	0	14	0	-
Applesauce, Unsweetened	Sysco #1501238	½ cup	-does not contain-	50	0	0	13	0	-
Applesauce, Cinnamon	Recipe	½ cup	-does not contain-	50	0	0	13	0	-
Warm Cinnamon Apples	Recipe	½ cup	-does not contain-	82	0	0	20.5	0	-
Banana, Fresh	Keany	1 each (100-120 ct)	-does not contain-	110	0	0	28	1	-
Fruit Cocktail, Extra Light Syrup (drained)	USDA 100212	½ cup	-does not contain-	60	0	0	17	0	-
Fruit Cocktail, Extra Light Syrup	Sysco #2183368	½ cup	-does not contain-	61	0	0	17	0	-
Mandarin Oranges, Light Syrup	Sysco #3548385	½ cup	-does not contain-	70	0	0	17	0	-
Orange, Fresh	Keany	1 each (113-138 ct)	-does not contain-	60	0	0	15	1	-
Peaches, Diced, Extra Light Syrup	Orchard Naturals Sysco#498734 3	½ cup	-does not contain-	50	0	0	12	0	-
Peach Cup, Frozen	USDA 100241	1 cup (4.4 oz)	-does not contain-	80	0	0	19	1	0
Peaches, Diced, Extra Light Syrup (drained)	USDA 100220	½ cup	-does not contain-	60	0	0	14	0	-

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Pears, Diced, Extra Light Syrup (drained)	USDA 100225	½ cup	-does not contain-	60	0	0	15	0	-
Pears, Diced, Extra Light Syrup	Sysco Classic #2182091	½ cup	-does not contain-	67	0	0	17	0	-
Pineapple Tidbits, in Juice	Dole Sysco#4106498	½ cup	-does not contain-	60	0	0	19	0	-
Raisins	Sysco	¼ cup	-does not contain-	130	0	0	31	1	-
Strawberries, Cup, Frozen	USDA 100026	4.5 oz cup	-does not contain-	80	0	0	19	0	-
Shape Up Birthday 100% Frozen Juice Cup (Blue Raspberry/Cherry)	J & J	4.4 fl oz	-does not contain-	70	0	0	18	0	5
Juice									
Apple Juice	Sun Cup Sysco#6777627	4 oz	-does not contain-	60	0	0	14	0	-
Grape Juice	Sun Cup Sysco#6776751	4 oz	-does not contain-	80	0	0	19	0	-
Orange Juice	Sun Cup Sysco#6777684	4 oz	-does not contain-	60	0	0	14	0	-
<b>Cold Vegetables</b>									
Baby Carrots bulk	Keany	½ cup	-does not contain-	25	0	0	6	0	55
Cherry Tomatoes	Keany	½ cup whole (about 6 cherry tomatoes)	-does not contain-	25	0	0	6	1	0
Broccoli Florets	Keany	½ cup	-does not contain-	25	0	0	2	0	0

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Celery Sticks	Keany	6 sticks is ½ cup serving	-does not contain-	10	0	0	1	0	40
Cucumbers	Keany	8 – ¼ inch slices for ½ cup serving	-does not contain-	10	0	0	2	0	0
Tossed Side Salad	Recipe	1 cup	-does not contain-	11	0	0	2	0	0
Tossed Romaine Side Salad	Recipe	1 cup	-does not contain-	13	0	0	2	0	
Sauce, Salsa Dipping Cup	Redgold Sysco # 3363365	1 ea.	-does not contain-	15	0	0	3	0	104
Sauce, Marinara Dipping Cup	Redgold	1 ea.	-does not contain-	21	1	0	4	0	115
<b>Steamed Vegetables</b>									
Black Beans	Ranch Sysco#629957 2	½ cup	May contain soy	120	0.5	0	21	7	600
Broccoli, steamed	Sysco Classic 3831153	½ cup	-does not contain-	26	0	0	4	2	20
California Vegetable Medley	Sysco Classic	½ cup	-does not contain-	16	0	0	2.5	0.5	0
Carrot Coins	Sysco Reliance	¾ cup	-does not contain-	34	0	0	6.6	0	-
Roasted Chick Peas	Recipe	½ cup	-does not contain-	174	5	0	20.5	5	637
Corn, steamed	Sysco #1435221	½ cup	-does not contain-	75	0	0	16	2	0
Green Beans	Sysco #4062394	½ cup (drained)	-does not contain-	20	0	0	4	0	290
Potatoes, Mashed	Sysco #6920993	½ cup	Milk	90	1.2	0.8	17	1.6	96
Gravy, Chicken Low Sodium	Sysco	1 TBSP	Wheat, Milk, Soy	30	1	0	4	0	130

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Gravy, Beef Low Sodium	Sysco	1 TBSP	<i>Wheat, Milk, Soy</i>	25	0.5	0	5	0	130
Potato, Tater Tots	Ore Ida Sysco# 0013553	½ cup (~8 pc)	<i>Soy</i>	133	6	1	17	2	320
Potato, Waffle Cut	Ore-Ida OIF01037A	½ cup (3.02 oz)	<i>Soy, Sunflower</i>	140	5	1	22	2	80
Potato, ¼” Shoestring French Fries	Sysco 2545937	2.25 oz	<i>Soy</i>	110	3.5	0	17	2	25
Potato, Cross Trax (Waffle Cut) Sweet Potato	Ore Ida OIF01037A	½ cup	<i>Soy</i>	130	5	0.5	21	1	220
Potato, Sweet Fries	McCain MCF0373 Sysco#3700499	¾ cup	<i>Soy</i>	110	4	0.5	17	1	140
Mixed Vegetables (5-way)	Sysco Classic 1263623	½ cup	<i>-does not contain-</i>	45	0	0	9	2	85
Oriental Vegetables	Sysco Imperial 1491000	½ cup	<i>-does not contain-</i>	15	0	0	3	0	15
<b>Milk</b>									
Skim Milk	PET	½ pt.	<i>Milk</i>	90	0	0	13	8	130
1% Low-Fat Milk	PET	½ pt.	<i>Milk</i>	100	2.5	2	12	8	130
TruMoo Chocolate	PET	½ pt.	<i>Milk</i>	120	0	0	20	8	160
TruMoo Strawberry	PET	½ pt.	<i>Milk</i>	110	0	0	19	8	125
Dairy Ease	PET	½ pt.	<i>Milk</i>	90	0	0	13	8	130
<b>Condiments</b>									
BBQ Sauce, Original	Cattleman’s/	2 TBS	<i>-does not contain-</i>	40	0	0	9	0	370

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	French Foodservice								
Buffalo Sauce, Red Hot	Frank's	1 TBS	Soy	5	0	0	1	0	380
Caesar Dressing	Sysco#4117164	1 oz.	Soy, Milk, Fish	160	17	3	1	0	400
French Dressing, Fat Free Packets	PPI Sysco#6552632	12 GM	-does not contain-	12	0	0	3	0	95
Italian Dressing, Fat Free Packets	PPI Sysco#4394383	12 GM	-does not contain-	3	0	0	0	0	95
Jelly, Asst.	Sysco #4043881	½ oz (14g)	-does not contain-	35	0	0	9	0	0
Ketchup Packets	Sysco Classic 4029500	9 gm	-does not contain-	10	0	0	3	0	100
Mayonnaise Packets	Heinz 531700 Sysco#6735138	12 GM	Milk, Egg	10	0	0	3	0	100
Mustard Packets	PPI Sysco#4394417	1/5 oz.	-does not contain-	0	0	0	0	0	50
Ranch Dressing, Fat Free Packets	PPI Sysco#6009625	12 GM	Milk	10	0	0	2	0	125
Ranch Dressing, low-fat Dispenser	Heinz Sysco#0567398	1 oz.	Soy, Milk	50	2.5	0.5	8	0	320
Sour Cream Packets, FF	Land O' Lakes Sysco #8386023	1 oz	Milk	25	0	0	4	2	30
Sriracha Sauce	Sysco#6770440	1 oz.	-does not contain-	24	0	0	5	0	543

## Nutrition Information 2020-2021

	Manufacturer /Recipe	Portion	Allergen(s)	Calories	Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Protein (g)	Sodium (mg)
Syrup Cup	Smuckers Sysco#490829 9	1.4 oz.	-does not contain-	110	0	0	28	0	20
Taco Sauce Packet	Sysco# 6004972	9 gm	-does not contain-	5	0	0	1	0	95
Tartar Sauce Packet	Sysco #4581526	12 GM	Soy, Egg, Fish	60	6	0	1	0	100
<b>Smart Snacks</b>									
Bar, Rice Krispy Treat WG	Kellogg's	1	Milk, Soy	160	4	1	30	2	140
Cereal Bar, Cinnamon Toast Crunch	General Mill's	1 bar	Wheat	150	3	0.5	30	3	115
Cereal Bar, Cocoa Puffs	General Mills	1 bar	Wheat, Soy	150	3	0.5	30	3	110
Chips, Oven Baked Cheetos	Frito-Lay	1 bag (24.8 g)	Milk	120	4.5	0.5	17	2	200
Chips, Oven Baked Flamin' Hot	Frito-Lay	1 bag (24.8 g)	Milk	120	4.5	0.5	18	2	190
Chips, Doritos Nacho Cheese Reduced Fat	Frito-Lay	1 bag (1 oz)	Milk	130	5	0.5	20	2	200
Chips, Doritos Cool Ranch Reduced Fat	Frito-Lay	1 bag (1 oz)	Milk	130	5	1	19	2	160
Chips, Doritos Spicy Sweet Chili Reduced Fat	Frito-Lay	1 bag (1 oz)	Wheat, Soy	130	5	0.5	20	2	180
Chips, Sea Salt Cracker	Kellogg's	1 bag	Wheat, Soy, Milk	90	2	0	19	2	190
Chips, Baked Lays Sour Cream & Onion	Frito-Lay	1 bag	Soy, Milk	130	3.5	0.5	24	2	190
Chips, Baked Lays Original	Frito-Lay	1 bag	Soy	130	2	0	26	2	150

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	Manufacturer /Recipe	Portion	Allergen(s)	Calories	Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Protein (g)	Sodium (mg)
Chips, Baked Lays BBQ	Frito-Lay	1 bag	<i>Wheat, Soy, Milk</i>	110	2.5	0	19	2	170
Cookie, WG Carnival	Otis Spunkmeyer	1 cookie (1.5 oz)	<i>Wheat, Soy, Milk, Egg</i>	160	5	1.5	26	2	120
Cookie, WG Chocolate Chip	Otis Spunkmeyer	1 cookie (1.5 oz)	<i>Wheat, Soy, Milk, Egg</i>	160	5	1.5	26	2	100
Cookie, WG Sugar	Otis Spunkmeyer	1 cookie (1.5 oz)	<i>Wheat, Soy, Milk, Egg</i>	150	4.5	1.5	26	2	120
Pop Tart, WG Cinnamon	Kellogg's	1 pastry	<i>Wheat, Soy</i>	180	2.5	1	37	2	190
Pop Tart, WG Strawberry	Kellogg's	1 pastry	<i>Wheat, Soy</i>	180	2.5	1	38	2	180
Pretzel, WG	Super Pretzel	2.2 oz	<i>Wheat</i>	140	0.5	0	30	5	150
Ice Cream									
Bomb Pop, Strawberry/Rasp		1.75 oz	<i>-none-</i>	40	0	0	10	0	5
Éclair Ice Cream Bar	Blue Bunny	3 oz	<i>Milk</i>	160	5	1.5	28	2	75
Fudge Bar	Blue Bunny	3 oz	<i>Milk</i>	130	1.5	1	26	3	65
Orange Dream Bar	Blue Bunny	3 oz	<i>Milk</i>	100	1	1	20	1	25
Ice Cream Cup, Vanilla	Blue Bunny	1 cup	<i>Milk</i>	80	0	0	20	4	60
Ice Cream Cup, Chocolate	Blue Bunny	1 cup	<i>Milk</i>	70	0	0	19	4	60
Ice Cream Cup, Strawberry	Blue Bunny	1 cup	<i>Milk</i>	70	0	0	17	3	55

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