

ELEMENTARY: Itemized Food List - for schools pre-K to 6, and grades K-5

School Year 2017-2018

Revised 1/25/2018 *Menu subject to change												
Items	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Current Breakfast Items												
Beef Sausage on Bun	1 serving (2.5 oz.)	Wheat, Soy, Caramel color, Corn	170	20g	2g	4g	9g	350mg	6g	2g	20mg	1 meat; 1.25 grain
Cereal, Apple Cinnamon Cheerios, gluten-free	1 bowl	Oat, Corn, Apple, Cinnamon	110	22g	2g	10g	2g	110mg	1.5g	0g	0mg	1 grain
Cereal, Cheerios, gluten-free	1 bowl	Oats, Corn	100	20g	3g	1g	3g	140mg	2g	0g	0mg	1 grain
Cereal, Cinnamon Toast Crunch, reduced sugar	1 bowl	Wheat, Soy, Cinnamon, Rice, Caramel Color	110	22g	3g	6g	1g	160mg	3g	0.5g	0mg	1 grain
Cereal, Cocoa Puffs, reduced sugar	1 bowl	Corn, Cocoa, Caramel Color	110	25g	2g	8g	2g	120mg	1.5g	0g	0mg	1 grain
Cereal, Fruity Cheerios, gluten-free	1 bowl	Oat, Corn, Pear, Fruit/Vegetable Juice	120	26g	2g	10g	2g	150mg	1.5g	0g	0mg	1 grain
Cereal, Golden Grahams	1 bowl	Wheat, Corn	100	24g	1g	8g	1g	220mg	1g	0g	0mg	1 grain
Cereal, Rice Chex, gluten-free	1 bowl	Molasses, Rice	100	24g	1g	2g	2g	250mg	0g	0g	0mg	1 grain
Cereal, Trix, reduced sugar	1 bowl	Corn, Rice, Turmeric, Fruit/Vegetable Juice	110	24g	1g	7g	1g	140mg	1.5g	0g	0mg	1 grain
Cheese, mozzarella string, light	1 oz.	Milk	60	1g	0g	0g	7g	200mg	3g	2g	10mg	1 meat
Egg and Cheese Bosco Stick	1 stick	Wheat, Molasses, Corn, Milk, Oat, Soy, Egg	160	17g	2g	2g	8g	340mg	7g	3g	55 mg	1 meat; 1 grain
Goldfish Giant Grahams	0.9 oz.	Wheat, Soy, Cinnamon	120	19g	1g	6g	1g	110mg	4g	1.5g	0mg	1 grain
Mini Bagels with Strawberry Creamy Cheese	2.43 oz. pkg	Wheat, Barley, Corn, Strawberry, Milk, Legume	240	41g	2g	13g	6g	180mg	6g	2.5g	10mg	2 grain
Mini Cinnamon French Toast	1 package	Wheat, Soy, Corn, Milk, Egg, Cinnamon, Molasses	220	37g	2g	11g	4g	200mg	7g	1g	0mg	2 grain
Mini Cinnis	2.29 oz.	Wheat, Milk, Barley, Cinnamon, Corn	240	39g	2g	15g	5g	270mg	7g	1.5g	0mg	2 grain
Pancakes, Mini Maple	3.17 oz. pkg	Wheat, Egg, Milk, Rice, Natural Flavor	220	39g	3g	12g	4g	130mg	6g	<1g	0mg	2 grain
Pancakes, Mini Strawberry	3.17 oz. pkg	Wheat, Egg, Milk, Rice, Corn, Natural Flavor	220	40g	3g	14g	4g	130mg	6g	<1g	0mg	2 grain
Sweet Potato Swirl Roll	2.5 oz.	Wheat, Barley, Soy, Corn, Milk, Cinnamon, Orange	220	33g	3g	7g	5g	240mg	8g	1.5g	0mg	2 grain
Turkey Sausage Breakfast Pizza	3.67 oz.	Wheat, Milk, Soy, Corn, Caramel Color, Tomato, Onion, Garlic	240	31g	3g	5g	11g	490mg	7g	2.5g	15mg	1 meat; 1.75 grain
Turkey Sausage Pancake Wrap	2.85 oz.	Wheat, Egg, Soy, Corn, Caramel Color, Sodium Nitrite	200	17g	3g	4g	7g	310mg	10g	2.5g	25mg	1 meat; 1 grain
Waffle, Maple Madness	2.4 oz. pkg	Egg, Milk, Wheat, Soy, Corn, Rice	210	38g	3g	13g	4g	170mg	6g	1g	<5mg	2 grain
Yogurt, raspberry, nonfat, Danimals	4 oz.	Milk, Corn , Fruit Juice and Vegetable Juice	80	15g	0g	12g	4g	65mg	0g	0g	5mg	1 meat
Yogurt, strawberry, nonfat, Danimals	4 oz.	Milk, Corn , Natural Flavors	80	15g	0g	12g	4g	65mg	0g	0g	5mg	1 meat
Fruit	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Apple Juice-100%	4 oz.	Apple	70	14g	0g	12g	<1g	0mg	0g	0g	0mg	1 fruit
Apple, raw , medium	1 apple	Apple	116	21g	4g	n/a	<1g	1mg	0g	0g	0mg	1 fruit
Applesauce, unsweetened, USDA	4.5 oz. cup	Apple	51	14g	1g	11g	0g	2mg	0g	0g	0mg	1 fruit
Applesauce, Cinnamon, reduced sugar, USDA	4.5 oz. cup	Cinnamon, Apple	90	22g	2g	n/a	0g	15mg	0g	0g	0mg	1 fruit
Apricots, frozen, sliced, sweetened, USDA	4.5 oz. cup	None	110	25g	2g	23g	1g	2.5mg	0g	0g	0mg	1 fruit
Banana, raw, medium	1 banana	Banana	109	28g	1g	n/a	1g	12mg	0g	0g	0mg	1 fruit
Birthday Cake Applesauce, reduced sugar	4.5 oz. cup	Fruit and vegetable juices (for color)	90	22g	2g	n/a	0g	15mg	0g	0g	0mg	1 fruit
Cherry Applesauce, reduced sugar, USDA	4.5 oz.	Apple, Red #40	90	22g	2g	n/a	0g	15mg	0g	0g	0mg	1 fruit
Orange Juice - 100%	4 oz.	Citrus	60	14g	1g	n/a	1g	12mg	0g	0g	0mg	1 fruit
Orange, raw, medium	1 orange	Citrus	62	15g	3g	n/a	0g	0mg	0g	0g	0mg	1 fruit
Peaches, frozen, diced, sweetened, USDA	4.4 oz.	Peach	80	19g	1g	16g	1g	0mg	0g	0g	0mg	1 fruit
Pear, raw, medium	1 pear	Pear	98	25g	4g	n/a	<1g	0mg	<1g	0g	0mg	1 fruit
Plum, raw	1 medium		36	9g	0g	0g	<1g	114mg	0g	0g	0mg	1 fruit
Raisins, USDA	1 box	Grape	110	30g	1g	22g	1g	0mg	0g	0g	0mg	1 fruit
Strawberries, frozen, diced, sweetened, USDA	4.5 oz. cup	Strawberry	80	21g	2g	16g	0g	0mg	0g	0g	0 mg	1 fruit
Strawberry Applesauce, sweetened, USDA	4.5 oz.	Apples, Strawberry, Red #40	90	22g	2g	19g	0g	15mg	0g	0g	0mg	1 fruit
Super Sour Applesauce, reduced sugar, USDA	4.5 oz.	Apple	90	22g	2g	n/a	0g	15mg	0g	0g	0mg	1 fruit
Tangerine, raw, medium	1 medium	Citrus	37	9g	2g	n/a	<1g	1mg	0g	0g	0mg	1 fruit
Wild Watermelon Applesauce, sweetened, USDA	4.5 oz. cup	Apples, Red #40	90	22g	2g	19g	0g	15mg	0g	0g	0mg	1 fruit

Items	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Milk	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	PRO	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
White Milk, 1%	8 oz.	Milk	110	13g	0g	12g	9g	125mg	2.5g	1.5g	15mg	1 milk
Chocolate Milk, Skim	8 oz.	Milk, Corn Syrup, Cocoa	130	24g	0g	21g	8g	210mg	0g	0g	0mg	1 milk
Lunch Nutrition Information												
Main Entrée'	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Pro	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Cheddar Bits and Tortilla Strips	1 serving		272	23g	2g	0g	8g	255mg	17g	6g	30mg	2 meat; 1.25 grain
Cheddar Cheese	2 oz.	Milk	110	0g	0g	0g	7g	180mg	9g	5g	30mg	2 meat
Tortilla Strips	1.25 oz.	Corn	162	23g	2g	0g	1g	75 mg	8g	1g	0mg	1.25 grain
Cheese & Bean Enchilada	1 each		329	42g	n/a	4g	17g	701mg	9g	7.5g	12.5mg	2 meat; 2 grain; 1/8 vegetable
Cheese & Bean Burrito	5 oz.	Wheat, Soy, Corn, Milk, Legume, Chili powder, Garlic, Tomato, Onion, Chili Pepper, Turmeric	310	40g	9g	4g	16g	580mg	9g	7g	10mg	2 meat; 2 grain
Enchilada Sauce	1 oz.	Tomato, Chili powder, Garlic, Corn	10	2g	n/a	0g	0g	105mg	0g	0mg	0mg	1/8 vegetable
Cheddar cheese, shredded, mild	1 tsp.	Milk, Corn	9	0g	0g	0g	<1g	16mg	<1g	0.5g	2.5mg	None
Cheeseburger Meatloaf on Bread	1 serving		260	20g	2g	6g	14g	470mg	13g	6g	40mg	2 meat; 1 grain
Cheeseburger Meatloaf	2.9 oz.	Milk, Wheat, Tomato, Turmeric, Corn, Onion, Garlic,	190	8g	1g	5g	11g	390mg	12g	6g	40mg	2 meat
Bread, whole grain	1 oz.	Wheat, Barley, Corn	70	12g	1g	1g	3g	80mg	1g	0g	0mg	1 grain
Cheese Pizza	4 x 6"	Wheat, Milk, Garlic, Tomato, Barley, Onion	310	30g	3g	6g	22g	360mg	12g	6g	30mg	2 meat; 2 grain; 1/8 vegetable
Cheesy Bread Sticks w/ Marinara Sauce	1 serving		305	31g	<1g	5g	19g	830mg	11g	6g	30mg	2 meat; 2 grain; 1/8 vegetable
Breaded Mozzarella Cheese Sticks, whole grain	3.86 oz.	Wheat, Milk, Corn, Soy	290	27g	<1g	3g	19g	690mg	11g	6g	30mg	2 meat; 2 grain
Marinara Sauce	1 oz.	Tomato, Corn, Garlic, Onion	15	4g	0g	2g	0g	140mg	0g	0g	0mg	1/8 vegetable
Chicken Dippers, fully cooked	4 strips	Onion, garlic, celery seed	150	1g	0g	0g	16g	190mg	9g	2.5g	50mg	2 meat
Bread, whole grain	1 oz.	Wheat, Barley, Corn	70	12g	1g	1g	3g	80mg	1g	0g	0mg	1 grain
Chicken Drumstick, fully cooked, bone-in	1	Wheat, Garlic, Corn, Onion, Turmeric	190	5g	1g	0g	16g	450mg	11g	2.5g	50mg	2 meat; 0.75 grain
Bread, whole grain	1 oz.	Wheat, Barley, Corn	70	12g	1g	1g	3g	80mg	1g	0g	0mg	1 grain
Chicken Nuggets - whole grain	5 each	Soy, Wheat, Onion, Garlic, Rice, Turmeric, Carrot	200	13g	3g	0g	18g	338mg	9g	2g	25mg	2 meat; 1 grain
Bread, whole grain	1 oz.	Wheat, Barley, Corn	70	12g	1g	1g	3g	80mg	1g	0g	0mg	1 grain
Garden Salad with Egg & Cheese	1 serving		124	4g	2g	3g	11g	180mg	8g	3.5g	180mg	2.25 meat; 1 vegetable
Egg, hard boiled	1	Egg	70	1g	0g	1g	6g	55mg	5g	1.5g	170mg	1.75 meat
Cheese, cheddar, mild, shredded	1/8 cup	Milk	41	0g	0g	0g	4g	100mg	3g	2g	10mg	0.5 meat
Garden Salad Mix (iceberg lettuce, carrot and red cabbage)	1 cup	Carrot	13	3g	1g	2g	1g	13mg	0g	0g	0mg	1 vegetable
Bread, whole grain	1 oz.	Wheat, Barley, Corn	70	12g	1g	1g	3g	80mg	1g	0g	0mg	1 grain
Pepperoni Pizza (turkey pepperoni)	4 x 6"	Wheat, Milk, Garlic, Tomato, Barley, Onion, Sodium Nitrite	310	30g	3g	6g	23g	500mg	11g	6g	35mg	2 meat; 2 grain; 1/8 vegetable
Turkey Sausage and French Toast Sticks	1 serving		360	39g	2g	12g	18g	710mg	15g	3g	45mg	1.75 meat; 2 grain
Turkey Sausage, fully cooked	2 patties	Caramel Color	110	1g	0g	0g	12g	450mg	8g	2g	40mg	1.75 meat
French Toast Sticks, whole grain	2 sticks	Milk, Egg, Wheat, Barley, Corn, Soy, Cinnamon	240	38g	2g	12g	6g	260mg	7g	1g	5mg	2 grain
Bread, whole grain	1 oz.	Wheat, Barley, Corn	70	12g	1g	1g	3g	80mg	1g	0g	0mg	1 grain
Walking Taco	1 serving		308	27g	3.5g	1.5g	16g	404mg	17g	5g	44mg	2 meat; 1.25 grain
Beef Taco Meat	2.6 oz.	Garlic, Onion, Soy, Tomato, Chili pepper, Caramel Color	91	4g	1.5g	1.5g	11g	239mg	4g	1.5g	29mg	1.5 meat
Cheddar cheese, shredded	1/2 oz.	Milk, Corn	55	0g	0g	0g	3.5g	90mg	4.5g	2.5g	15mg	0.5 meat
Tortilla Strips	1.25 oz.	Corn	162	23g	2g	0g	1g	75 mg	8g	1g	0mg	1.25 grain
Bread, whole grain	1 oz.	Wheat, Barley, Corn	70	12g	1g	1g	3g	80mg	1g	0g	0mg	1 grain

Items	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Sandwiches	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Pro	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
BBQ Beef Rib on Bun	1 serving	Soy, Milk, Corn, Wheat, Tomato, Honey, Molasses, Onion, Caramel Color	310	43g	3g	10g	17g	460mg	9g	3g	30mg	2 meat; 2 grain
Chicken Patty on Bun	1 serving		310	29g	5g	3g	23g	480mg	11g	1.5g	45mg	2 meat; 2.5 grain
Chicken Patty, breaded	3.8 oz.	Onion, Garlic, Soy, Wheat, Rice, Turmeric, Carrot	200	9g	3g	0g	19g	290mg	9g	1.5g	45mg	2 meat; 1 grain
Hamburger Bun, whole grain, 3.5"	1 each	Wheat, Soy, Corn, Honey, Molasses	110	20g	2g	3g	4g	190mg	2g	0g	0mg	1.5 grain
Hamburger on Whole Grain Bun	1 sandwich		210	20g	2g	3g	12g	270mg	9g	2.5g	30mg	1.5 meat, 1.5 grain
Beef patty, fully cooked	1.6 oz.	None	100	0g	0g	0g	8g	80mg	7g	2.5g	30mg	1.5 meat
Hamburger Bun, whole grain, 3.5"	1 each	Wheat, Barley, Soy, Corn, Honey, Molasses	110	20g	2g	3g	4g	190mg	2g	0g	0mg	1.5 grain
Sun Butter and Bagel	1 serving		520	40g	16g	23g	18g	470mg	35g	4g	0mg	2 meat; 2 grain
Sun Butter	2.2 oz. cup	Sunflower	400	14g	14g	20g	14g	260mg	34g	4g	0mg	2 meat
Bagel, whole grain	1.9 oz.	Wheat, Barley, Honey, Molasses, Corn	120	26g	2g	3g	4g	210mg	0.5g	0g	0mg	2 grain
Toasted Cheese Sandwich	1 sandwich	Wheat, Barley, Soy, Milk, Legume	221	24g	2g	5g	14g	512mg	8g	5g	23mg	1.5 meat; 1.5 grain
Turkey Hot Dog on Bun (grades K-6 students only)	4 oz.		270	26g	2g	5g	12mg	930mg	13g	3g	45mg	2 meat; 2 grain
Turkey Dog	2 oz.	Corn, Nitrite	130	1g	0g	0g	7g	700mg	11g	3g	45mg	2 meat
Hot Dog Bun, Whole Grain	1 each	Wheat, Barley Soy, Corn, Honey, Molasses	140	25g	2g	4g	4g	230mg	2g	0g	0mg	2 grain
Veggie Burger with Cheese on Bun	1 serving	Soy, Milk, Corn, Wheat, Tomato, Honey, Molasses, Onion, Caramel Color	310	40g	6g	7g	14g	460mg	12g	3.5g	15mg	2 meat; 2 grain
WOW BUTTER & Grape Jelly Sandwich	4.6 oz.	Wheat, Barley, Milk, Soy, Corn, Grape	570	55g	8g	21g	19g	440mg	32g	6g	0mg	2 meat; 2 grain
Wrap	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Pro	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Chicken Fajita and Cheese Wrap	1 serving	Corn, Chili powder, Garlic, Wheat, Milk, Soy, Lemon	242	15g	1g	<1g	18g	400mg	12.5g	6g	60mg	2 meat, 1 grain
Bread, whole grain	1 oz.	Wheat, Barley, Corn	70	12g	1g	1g	3g	80mg	1g	0g	0mg	1 grain
Smoked Turkey Wrap	1 serving	Wheat, Soy, Corn	170	14g	1g	0g	20g	570mg	3g	0g	35mg	2 meat; 1 grain
Bread, whole grain	1 oz.	Wheat, Barley, Corn	70	12g	1g	1g	3g	80mg	1g	0g	0mg	1 grain
Turkey Ham Wrap	1 serving	Wheat, Soy, Corn, Celery	210	16g	1g	<1g	20g	600mg	9g	3g	60mg	2 meat; 1 grain
Bread, whole grain	1 oz.	Wheat, Barley, Corn	70	12g	1g	1g	3g	80mg	1g	0g	0mg	1 grain
Picnic Lunch: Turkey Wrap, Tortilla Strips, Carroteenis, Fruit Cup, and Milk												
Tortilla Strips	1.25 oz.	Corn	162	23g	2g	0g	1g	75 mg	8g	1g	0mg	1.25 grain
MISC SPECIAL DIET	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Pro	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
B&B Hot Dog, beef (for K-6 only)	2 oz.	Sodium nitrite	167	<1g	0g	0g	7g	580mg	15g	6g	35mg	1 meat
Beef and Beef Gravy, Gerber, strained, 2nd foods	2.5 oz.	Corn, Lemon	70	2g	0g	0g	8g	30mg	2.5g	n/a	n/a	1 meat
Beef patty, fully cooked	1.6 oz.	None	100	0g	0g	0g	8g	80mg	7g	2.5g	30mg	1.5 meat
Carrots, Gerber, strained/2nd foods	4 oz.	Carrot	40	9g	1g	6g	<1g	40mg	0g	n/a	n/a	1 vegetable
Cereal, Rice Chex, gluten-free	1 bowl	Molasses, Rice	100	24g	1g	2g	2g	250mg	0g	0g	0mg	1 grain
Cheese, mozzarella string, light	1 oz.	Milk, cheese cultures	60	1g	0g	0g	8g	210mg	2.5g	2g	10mg	1 meat
Chicken and Chicken Gravy, Gerber, strained/2nd foods	2.5 oz.	Corn	100	2g	0g	0g	7g	40mg	6g	n/a	n/a	1 meat
Chicken Fajita Strips	2.25 oz.	Garlic, Onion, Chili powder, Corn, Lemon	105	1.5g	0g	0g	13g	300mg	5g	1.5g	60mg	1.5 meat
Green Beans, canned, cooked	1/2 cup	None	15	4g	2g	2g	1g	140mg	0g	0g	0mg	1 vegetable
Green Beans, Gerber, strained/2nd foods	4 oz.	None	40	6g	2g	3g	1g	5mg	0g	n/a	n/a	1 vegetable
Milk, Homogenized, ESL	8 fl oz.	Milk	150	13g	0g	12g	8g	125mg	8g	5g	35mg	1 Milk
Milk Non-fat Lact Free	8 fl oz.	Milk	NA	NA	NA	NA	NA	NA	NA	NA	NA	1 Milk
Milk, Soy, Silk	8 fl oz.	Soy	110	9g	2g	6g	8g	95mg	4.5g	0.5g	0mg	1 Milk
Peaches, Gerber, strained/2nd foods	4 oz.	Peach	70	14g	1g	13g	1g	0mg	0g	n/a	n/a	1 fruit
Pears, Gerber, strained/2nd foods	4 oz.	Pear	70	17g	3g	12g	0g	5mg	0g	n/a	n/a	1 fruit

Items	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Peas, green, frozen	1/2 cup	Peas	60	10g	3g	3g	4g	0mg	0g	0g	0mg	1 vegetable
Peas, Gerber, strained/2nd foods	4 oz.	Peas	50	7mg	2g	2g	0g	5mg	0g	n/a	n/a	1 vegetable
Squash, Gerber, strained/2nd foods	4 oz.	Squash	40	8g	1g	4g	0g	5mg	0g	n/a	n/a	1 vegetable
Sweet Potatoes, strained, 1st foods	2.5 oz.	None	50	10g	<1g	6g	<1g	15mg	0g	n/a	n/a	1 vegetable
Tortilla Strips	1.25 oz.	Corn	162	23g	2g	0g	1g	75 mg	8g	1g	0mg	1.25 grain
Turkey and Turkey Gravy, Gerber, strained/2nd foods	2.5 oz.	Corn	80	2g	0g	0g	7g	35mg	4g	n/a	n/a	1 meat
Turkey Canadian Bacon	0.76 oz.	Sodium Nitrite	30	0g	0g	0g	4g	125mg	2g	<1g	15mg	0.5 meat
Turkey-Ham, uncured	3 oz.	Celery	90	2g	0g	1.5g	11g	338mg	5g	1.5g	45mg	1.5 meat
Turkey Sausage, fully cooked	1 patty	Caramel color	55	<1g	0g	1g	6g	225mg	4g	1g	20mg	0.75 meat
Turkey, smoked, all-natural, fully cooked	3 oz.	None	80	0g	0g	0g	18g	420mg	1.5g	0g	35mg	2 meat
Emergency Meal	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Queso Cheddar Cheese Cup Lunch Kit	1 lunch kit		602	84g	n/a	50g	11g	494mg	26g	n/a	n/a	2 meat; 1.25 grain; 2 vegetable; 1 fruit
Queso Cheddar Cheese Cup	2 oz.	Milk, Soy	70	<1g	0g	0g	3g	260mg	6g	4g	20mg	1 meat
Sunflower Seeds, roasted	1 oz.	Sunflower	165	9g	3g	8g	6g	49mg	12g	1g	0mg	1 meat
Tortilla strips	1.25 oz.	Corn	162	23g	2g	0g	1g	75mg	8g	1g	0mg	1.25 grain
Raisels (raisins)	1.5 oz.	Grape	140	36g	1g	28g	1g	5mg	0g	0g	0 mg	1 fruit
Salsa	2.6 oz.	Tomato, Jalapeno Pepper, Onion, Garlic	10	2g	0g	1g	0g	70mg	0g	0g	0mg	1 vegetable
Dragon Punch (100% Fruit/Vegetable Juice)	4.32 oz.	Apple, Pear, Carrot, Spinach	55	14g	n/a	13g	0g	35mg	0g	n/a	n/a	1 vegetable
Cooked Vegetables	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Baked Beans, prepared, cooked	1/2 cup	Navy bean, tomato, corn, garlic, molasses	142	30g	4g	7g	6g	493mg	<1g	0g	0mg	1 vegetable
Broccoli, steamed	1/2 cup	None	13	2g	1g	0g	1g	10mg	0g	0 g	0mg	1 vegetable
Corn, canned, cooked	1/2 cup	Corn	78	18g	2g	3g	2.5g	16mg	1g	<1g	0mg	1 vegetable
Corn, frozen, cooked	1/2 cup	Corn	80	17g	2g	n/a	2g	10mg	0g	0g	0mg	1 vegetable
Mashed Potatoes, prepared	1/2 cup	Milk, Soy, Corn, Caramel color, Garlic	77	16g	1g	0g	2g	290mg	<1g	0g	0mg	1 vegetable
Mixed Vegetables, frozen, cooked (green bean, carrot, pea, corn, and lima bean)	1/2 cup	Peas, Corn, Lima Beans, Carrot	45	9g	2g	3g	2g	64mg	0g	0g	0mg	1 vegetable
Potato Wedges, USDA, skin on, baked	3 oz.	None	100	14g	2g	0g	2g	20mg	3g	0g	0mg	1 vegetable
Sweet Potato Wedge, USDA, baked	3 oz.	Corn, Turmeric, Pea, Rice	140	21g	4g	10g	2g	150mg	6g	1g	0mg	1 vegetable
Fresh Vegetables	Portion	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Pro	Sodium	Fat	Sat-Fat	Cholesterol	USDA Components
Broccoli spears	1/4 cup	None	6	1g	<1g	0g	<1g	6mg	0g	0g	0mg	0.5 vegetable
Carroteenis	1/4 cup	Carrot	16	4g	1g	n/a	<1g	13mg	0g	0g	0mg	0.5 vegetable
Cucumber Slices	1/4 cup	Cucumber	15	3g	1g	0g	1g	0mg	0g	0g	0mg	0.5 vegetable
Garden Salad Mix (iceberg lettuce, carrot and red cabbage)	1 cup	Carrot	13	3g	1g	2g	1g	13mg	0g	0g	0mg	1 vegetable
Squash, yellow, sliced	1/2 cup	Squash	11	2.5g	1g	n/a	<1g	1mg	0g	0g	0mg	1 vegetable
Tomatoes, cherry	1/4 cup	Tomato	8	1.5	<1	n/a	<1	3	0g	0g	0mg	0.5 vegetable
Zucchini, sliced	1/4 cup	Squash	4	<1	<1	n/a	<1	<1	0g	0g	0mg	0.5 vegetable
Fruit	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Apple, raw , medium	1 apple	Apple	116	21g	4g	n/a	<1g	1mg	0g	0g	0mg	1 fruit
Applesauce, unsweetened, USDA	4.5 oz. cup	Apple	51	14g	1g	11g	0g	2mg	0g	0g	0mg	1 fruit
Applesauce, Cinnamon, reduced sugar, USDA	4.5 oz. cup	Cinnamon, Apple	90	22g	2g	n/a	0g	15mg	0g	0g	0mg	1 fruit
Apricots, frozen, sliced, sweetened, USDA	4.5 oz. cup	None	110	25g	2g	23g	1g	2.5mg	0g	0g	0mg	1 fruit
Banana, raw, medium	1 banana	Banana	109	28g	1g	n/a	1g	12mg	0g	0g	0mg	1 fruit
Birthday Cake Applesauce, reduced sugar	4.5 oz. cup	Fruit and vegetable juices (for color)	90	22g	2g	n/a	0g	15mg	0g	0g	0mg	1 fruit
Cherry Applesauce, reduced sugar, USDA	4.5 oz.	Apple, Red #40	90	22g	2g	n/a	0g	15mg	0g	0g	0mg	1 fruit
Orange, raw, medium	1 orange	Citrus	62	15g	3g	n/a	0g	0mg	0g	0g	0mg	1 fruit
Peaches, frozen, diced, sweetened, USDA	4.4 oz.	Peach	80	19g	1g	16g	1g	0mg	0g	0g	0mg	1 fruit
Pear, raw, medium	1 pear	Pear	98	25g	4g	n/a	<1g	0mg	<1g	0g	0mg	1 fruit
Plum, raw	1 medium		36	9g	0g	0g	<1g	114mg	0g	0g	0mg	1 fruit

Items	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Raisins, USDA	1 box	Grape	110	30g	1g	22g	1g	0mg	0g	0g	0mg	1 fruit
Strawberries, frozen, diced, sweetened, USDA	4.5 oz. cup	Strawberry	80	21g	2g	16g	0g	0mg	0g	0g	0 mg	1 fruit
Strawberry Applesauce, sweetened, USDA	4.5 oz.	Apples, Strawberry, Red #40	90	22g	2g	19g	0g	15mg	0g	0g	0mg	1 fruit
Strawberry/Banana Applesauce, unsweetened, USDA	4.5 oz. cup	Apples, Strawberry, Banana flavor	60	14g	1g	12g	0g	15mg	0g	0g	0mg	1 fruit
Super Sour Applesauce, reduced sugar, USDA	4.5 oz.	Apple	90	22g	2g	n/a	0g	15mg	0g	0g	0mg	1 fruit
Tangerine, raw, medium	1 medium	Citrus	37	9g	2g	n/a	<1g	1mg	0g	0g	0mg	1 fruit
Wild Watermelon Applesauce, sweetened, USDA	4.5 oz. cup	Apples, Red #40	90	22g	2g	19g	0g	15mg	0g	0g	0mg	1 fruit
Milk	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Pro	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
White Milk, 1%	8 oz.	Milk	110	13g	0g	12g	9g	125mg	2.5g	1.5g	15mg	1 milk
Chocolate Milk, Skim	8 oz.	Milk, Corn Syrup, Cocoa	130	24g	0g	21g	8g	210mg	0g	0g	0mg	1 milk
Condiments	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Pro	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
BBQ sauce	1 packet	Tomato, Corn, Garlic, Molasses, Wheat	15	4g	0g	2g	0g	85mg	0g	0g	0mg	None
French dressing	1 ea. (12 gm)	Garlic, Corn, Onion, Lemon	50	3g	0g	0g	0g	130mg	0g	0g	0mg	None
Ketchup	1 packet	Tomato, Corn	10	3g	0g	2g	0g	105mg	0g	0g	0mg	None
Taco sauce	1 packet	Tomato, Corn, Wheat	5	1g	0g	0g	0g	95mg	0g	0g	0mg	None
Ranch dressing, light	1 packet	Soy, Corn, Egg, Milk, Garlic, Lemon	20	3g	0g	2g	0g	115mg	1g	0g	0mg	None
Mustard	1 packet	Turmeric, Garlic	4	0g	0g	0g	0g	50mg	0g	0g	0mg	None
Italian dressing , fat-free	1 each	Garlic, Corn, Lemon	4	<1g	0g	0g	0g	110mg	0g	0g	0mg	None
Smart Snacks: A La Carte	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Pro	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Chocolate Elf Grahams, Keebler	1 oz.	Wheat, Soy, Cocoa, Molasses	120	20g	2g	7g	2g	125mg	4g	1g	0mg	1 grain
Scooby-Doo Fruit Flavored Snacks	1 pkg.	Apple, Pear, Corn, Natural Flavors/Colors	70	21g	5g	9g	0g	30mg	0g	0g	0mg	None
Snacks: ELO, Latchkey, Pre K	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Pro	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Animal Crackers, Keebler	1 oz.	Wheat, Soy	130	21g	2g	8g	2g	110mg	4g	1g	0mg	1 grain
Cheez-it, whole grain	0.75 oz.	Wheat, Milk, Soy, Turmeric	100	14g	1g	0g	2g	150mg	3.5g	1g	<5mg	1 grain
Tortilla Strips	1.25 oz.	Corn	162	23g	2g	0g	1g	75 mg	8g	1g	0mg	1.25 grain
Despicable Me Graham Snacks	1 pkg.	Wheat, Soy, Milk, Molasses, Cinnamon	140	22g	2g	8g	2g	110mg	4.5g	1.5g	0mg	1 grain
Pretzels, Goldfish, whole grain	0.75 oz.	Wheat, Barley, Milk	100	20g	2g	<1g	3g	200mg	<1g	0g	0mg	1 grain
Nutrition Crackers	1 oz.	Wheat, Milk, Sunflower, Egg, Honey	120	22g	2g	6g	2g	65mg	4g	0g	0mg	1 grain

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GLOSSARY

Calorie – The energy value of food. Calories come mainly from carbohydrate, protein and fat.

Carbohydrate (CHO) – One of the three major energy sources in food.

Cholesterol – A fat-like substance found in foods made with milk, meat, and animal fat.

Fat – One of the three major energy sources in food.

Saturated Fat – A kind of fat that tends to raise blood-cholesterol levels when eaten.

Fiber – A fragment found in plant foods.

Gram (g) – A numerical unit of mass and weight in the metric system

Milligram (mg) - A numerical unit of mass and weight in the metric system.

Ounce (oz.) – A unit of weight of one sixteenth of a pound.

Protein – One of the three major energy sources in food. Can be from animal or plant sources.

Sodium – A mineral found mainly in salt.

Starch – One of the two major types of carbohydrate.

Sugar – One of the two major types of carbohydrate.

USDA Component - United States Department of Agriculture school food group measured by amount and kind of food.