

## Itemized Food List - for remote learning

School Year 2020-21 Revised 10/5/2020 \*Menu subject to change

### Breakfast Nutrition Information

Item	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Cereal, Apple Jacks	1 serving	Wheat, Oats, Corn, Apple, Cinnamon	110	24g	2g	8g	2g	160mg	1g	<1g	0mg	1 grain
Cereal, Froot Loops	1 serving	Wheat, Oats, Corn, may contain coconut oil	110	24g	2g	8g	2g	160mg	1g	<1g	0mg	1 grain
Cheez-it, whole grain	0.75 oz.	Wheat, Milk, Soy, Turmeric, Yeast, Paprika	100	14g	1g	0g	2g	150mg	3.5g	1g	<5mg	1 grain
Nutri-Grain Bar, Apple Cinnamon	1 bar	Milk, Oat, Wheat, Corn, Cinnamon, Soy, Legume, Apple	130	25g	1g	13g	2g	125mg	3.5g	<1g	0mg	1 grain
Nutri-Grain Bar, Blueberry	1 bar	Milk, Oat, Wheat, Corn, Cinnamon, Soy, Legume, Blueberry, Vegetable Juice for color, Apple	130	25g	1g	13g	2g	125mg	3.5g	<1g	0mg	1 grain
Nutri-Grain Bar, Strawberry	1 bar	Milk, Oat, Wheat, Corn, Cinnamon, Soy, Legume, Blueberry, Vegetable Juice for color, Apple	130	25g	1g	12g	2g	140mg	3.5g	<1g	0mg	1 grain
Fruit	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
100% Juice, Apple	4.23 oz.	Apple	60	14g	0g	12g	0g	5mg	0g	0g	0mg	1/2 cup fruit
100% Juice, Fruit Punch	4.23 oz.	Apple, Pear, Jujube Fruit, Cherry, Orange, Pineapple, Vegetable Color	60	15g	0g	13g	0g	15mg	0g	0g	0mg	1/2 cup fruit
100% Juice, Mixed Berry	4.23 oz.	Apple, Pear, Strawberry, Raspberry, Jujube Fruit, Natural Flavors	60	15mg	0g	11g	0g	5mg	0g	0g	0mg	1/2 cup fruit
100% Juice, Tangerine Orange	4.23 oz.	Apple, Pear, Jujube Fruit, Orange, Tangerine, Passion fruit, Natural Flavors	60	15g	0g	13g	0g	15mg	0g	0g	0mg	1/2 cup fruit
Milk	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
White Milk, 1%	8 oz.	Milk	110	12g	0g	12g	8g	125mg	2.5g	1.5g	15mg	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
Beef Stick & Cheese Stick	1 oz.	Beef, Milk, Corn, Garlic, Nitrate, Turmeric	110	1g	0g	1g	6g	400mg	9g	5g	25mg	1 meat
Cheddar Cheese	2 oz.	Milk	200	2g	0g	0g	12g	720mg	16g	12g	50mg	2 meat
Granola, protein	1.5 oz.	Oat, Soy, Sunflower Seed, Corn, Cinnamon	180	24g	4g	8g	8g	50mg	6g	0.5g	0mg	1 meat + 1 grain
Mozzarella Cheese	2 oz.	Milk	200	2g	0g	0g	12g	720mg	16g	12g	50mg	2 meat
Turkey Stick & Cheese Stick	1 oz.	Turkey, Milk, Corn, Garlic, Nitrate, Turmeric	90	1g	0g	0g	5g	340mg	7g	4g	25mg	1 meat
WOW Butter	2.2 oz.	Soy	400	16g	6g	6g	14g	200mg	30g	6g	0mg	2 meat
Grains	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Pro	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Elf Grahams	1 oz.	Wheat, Honey, Soy, Molasses	120	21g	1g	8g	2g	105mg	4g	1g	0mg	1 grain
Scooby Doo Grahams	1 oz.	Wheat, Honey, Soy, Cinnamon	120	21g	1g	8g	2g	115mg	3.5g	1g	0mg	1 grain
Tortilla Chips, round	1.6 oz.	Corn	210	25g	2g	0g	3g	170mg	12g	1g	0mg	1.5 grain
Wheat crackers	1.5 oz.	Wheat, Onion, Molasses, Honey, Garlic	180	30g	3g	4g	3g	400mg	6g	1g	0mg	2 grain
Vegetables	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Pro	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Carrot	1/2 cup	Carrot	15	3g	1g	1g	0g	120mg	0g	0g	0mg	1/2 cup vegetable
Corn	1/2 cup	Corn	35	6g	0g	2g	0g	100mg	0g	0g	0mg	1/2 cup vegetable
Green Beans	1/2 cup	None	10	2g	1g	0g	1g	105mg	0g	0g	0mg	1/2 cup vegetable
Peas	1/2 cup	Pea	40	8g	2g	4g	2g	100mg	0g	0g	0mg	1/2 cup vegetable
Peas and Carrot	1/2 cup	Pea, Carrot	30	7g	2g	3g	2g	100mg	0g	0g	0mg	1/2 cup vegetable
Salsa	3 oz.	Tomato, Jalapeno Pepper, Onion, Garlic, Natural Flavors	25	5g	1g	3g	1g	195mg	0g	0g	0mg	1/2 cup vegetable
Fruit	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Applesauce, unsweetened	4.5 oz.	Apple	60	14g	2g	13g	0g	5mg	0g	0g	0mg	1/2 cup fruit
Applesauce, strawberry, unsweetened	4.5 oz.	Apple, Strawberry, Natural flavors/colors	50	14g	1g	11g	0g	10mg	0g	0g	0mg	1/2 cup fruit
Mandarin Orange, segments	4 oz.	Orange	50	12g	1g	5g	0g	0mg	0g	0g	0mg	1/2 cup fruit
Peaches, diced	4 oz.	Peach, Pear Juice, Natural Flavors, Lemon Juice	70	17g	1g	15g	0g	5mg	0g	0g	0mg	1/2 cup fruit
Pears, diced	4 oz.	Pear, Lemon Juice	70	18g	1g	15g	0g	5mg	0g	0g	0mg	1/2 cup fruit
Milk	Portion	Food Allergens and	Calories	CHO	Fiber	Sugar	Pro	Sodium	Fat	Sat-Fat	Cholesterol	USDA Components

Item	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Chocolate Milk, Skim	8 oz.	Milk, Corn, Cocoa	120	22g	0g	21g	8g	240mg	0g	0g	5mg	1 milk
SPECIAL DIET (by diet order only)	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Pro	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Applesauce, Gerber, strained, 2nd food	4 oz.	Apple	60	14g	1g	12g	0g	5mg	0g	0g	0mg	1/2 cup fruit
Applesauce, unsweetened	4.5 oz.	Apple	51	14g	1g	11g	0g	2mg	0g	0g	0mg	1/2 cup fruit
Applesauce, Cinnamon, sweetened	4 oz.	Cinnamon, Apple	60	17g	1g	15g	0g	0mg	0g	0g	0mg	1/2 cup fruit
Banana, Gerber, strained, 2nd food	4 oz.	Banana	100	24g	1g	20g	1g	5mg	0g	0g	0mg	1/2 cup fruit
Beef, dried, stick	0.5 oz.	Beef, Corn, Garlic, Nitrite	40	<1g	0g	<1g	4g	200mg	1.5g	0g	10mg	0.5 meat
Carrots, Gerber, strained/2nd foods	4 oz.	Carrot	40	9g	1g	6g	<1g	40mg	0g	n/a	n/a	1/2 cup vegetable
Cereal, Cheerios, apple cinnamon, gluten free	1 bowl	Wheat, Oats, Corn, Apple, Cinnamon	110	22g	2g	9g	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	<1g	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, 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
Cherry Star (100% Fruit/Vegetable Juice)	4.23 oz.	Apple, Pear, Carrot, Celery, Spinach, Sweet Potato, Cherry, Kale, Broccoli, Starfruit, Aronia	55	14g	0g	13g	0g	35mg	0g	0g	0mg	1/2 c. vegetable
Cheez-it, whole grain	0.75 oz.	Wheat, Milk, Soy, Turmeric, Yeast, Paprika	100	14g	1g	0g	2g	150mg	3.5g	1g	<5mg	1 grain
Chicken Salad	2.9 oz.	Chicken, Egg, Soy, Mustard, Garlic, Celery, Water Chestnut, Onion	140	8g	1g	4g	8g	230mg	9g	1.5g	30mg	1 meat
Craisins	1.16oz	Cranberry	110	28g	3g	24g	0g	0mg	0g	0g	0mg	1/2 cup fruit
Fruit Mix	4 oz.	Pear, Peach, Pineapple	50	14g	1g	10g	0g	0mg	0g	0g	0mg	1/2 cup fruit
Goldfish Giant Grahams	0.9 oz.	Wheat, Cinnamon, Corn	120	19g	1g	7g	1g	140mg	4g	1g	0mg	1 grain
Grape Jelly	1 each	Grape	35	9g	0g	8g	0g	0mg	0g	0g	0mg	None
Milk Non-fat, lactose free	8 fl oz.	Milk	90	13g	0g	12g	9g	130mg	0g	0g	5mg	1 Milk
Milk, Soy, Silk, vanilla	8 fl oz.	Soy	110	9g	2g	6g	8g	95mg	4.5g	<1g	0mg	1 Milk
Mozzarella Cheese	2 oz.	Milk	200	2g	0g	0g	12g	720mg	16g	12g	50mg	2 meat
Pears, Gerber, strained/2nd foods	4 oz.	Pear	70	17g	3g	12g	0g	5mg	0g	n/a	n/a	1/2 cup fruit
Peas, Gerber, strained/2nd foods	4 oz.	Peas	50	7g	2g	2g	0g	5mg	0g	n/a	n/a	1/2 cup vegetable
Pretzel, heartzel	0.7 oz.	Wheat	80	16g	2g	<1g	2g	200mg	1g	0g	0mg	1 grain
Raisins	1.5 oz.	Grape	130	31g	2g	28g	1g	10mg	0g	0g	0mg	1/2 cup fruit
Salsa	3 oz.	Tomato, Jalapeno Pepper, Onion, Garlic, Natural Flavors	25	5g	1g	3g	1g	195mg	0g	0g	0mg	1/2 cup vegetable
Squash, Gerber, strained/2nd foods	4 oz.	Squash	40	8g	1g	4g	0g	5mg	0g	n/a	n/a	1/2 cup vegetable
Sun Butter	2.2 oz. cup	Sunflower	400	14g	4g	6g	14g	260mg	34g	4g	0mg	2 meat
Taco Hummus	3 oz.	Legume (chickpea), onion, garlic, lime	120	18g	3g	5g	6g	180mg	3g	0g	0mg	1 meat
Tortilla Strips	1.25 oz.	Corn	162	23g	2g	0g	1g	75 mg	8g	1g	0mg	1.25 grain
Turkey, dried, stick	0.5 oz.	Turkey, Corn, Honey, Nitrite	35	3g	0g	3g	4g	200mg	1g	0g	10mg	0.5 meat
Wheat crackers	1.5 oz.	Wheat, Onion, Molasses, Honey, Garlic	180	30g	3g	4g	3g	400mg	6g	1g	0mg	2 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.