

COLUMBUS CITY SCHOOL DISTRICT SECONDARY MENUS SY 2020-2021 FOR MS, HS AND SCHOOLS WITH GRADES preK-8

revised 10/19/2020 \*menu subject to change

Breakfast												
Menu Items	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Cereal, Cheerios, gluten-free	1 bowl	Oats, Corn starch	100	20g	3g	1g	3g	140mg	2g	0g	0mg	1 grain
Cereal, Cinnamon Toast Crunch	1 bowl	Wheat, Soy, Cinnamon, Rice, Caramel Color	110	22g	3g	6g	1g	160mg	3g	<1g	0mg	1 grain
Cereal, Cocoa Puffs	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, Rice	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 (unspecified)	110	24g	1g	7g	1g	140mg	1.5g	0g	0mg	1 grain
Cheese, mozzarella string, light	1 oz.	Milk	60	1g	0g	1g	7g	200mg	3g	2g	10mg	1 meat
Egg, hard boiled, peeled	1	Egg	70-80	1g	0g	1g	6g	55-60 mg	5g	1.5g	170-185mg	1.5-1.75 meat
Goldfish Giant Grahams	0.9 oz.	Wheat, Cinnamon, Corn	120	19g	1g	7g	1g	140mg	4g	1g	0mg	1 grain
Muffin, Apple Cinnamon	2 oz.	Milk, Wheat, Egg, Oats, Soy, Corn, Apple, Cinnamon, Turmeric, Fruit Juice (unspecified), Vegetable Fiber (unspecified), Legume	160	27g	1g	13g	3g	100mg	5g	<1g	25mg	1 grain
Muffin, Banana	2 oz.	Milk, Wheat, Egg, Banana, Soy, Turmeric, Corn, Fruit Juice (unspecified), Vegetable Fiber (unspecified), Legume	160	28g	1g	15g	3g	100mg	4g	<1g	20mg	1 grain
Muffin, Blueberry	2 oz.	Milk, Wheat, Egg, Blueberry, Soy, Corn, Fruit Juice (unspecified), Vegetable Fiber (unspecified), Legume	160	26g	1g	14g	3g	95mg	5g	<1g	20mg	1 grain
Muffin, Chocolate Chip	2 oz.	Wheat, Soy, Milk, Egg, Chocolate, Turmeric, Corn, Fruit Juice (unspecified), Vegetable Fiber (unspecified), Legume	170	29g	1g	15g	3g	100mg	5g	1g	20mg	1 grain
Yogurt, raspberry, Danimals	4 oz.	Milk, Corn, unspecified Fruit Juice and Vegetable Juice (for color), Raspberry, Lemon, Legume	70	14g	0g	10g	4g	65mg	0g	0g	5mg	1 meat
Yogurt, strawberry, Danimals	4 oz.	Milk, Corn, Strawberry, unspecified Fruit Juice and Vegetable Juice (for color), Lemon, Legume	70	14g	0g	10g	4g	65mg	0g	0g	5mg	1 meat
Yogurt, strawberry banana, Danimals	4 oz.	Milk, Corn, Strawberry, Banana, unspecified Fruit Juice and Vegetable Juice (for color), Raspberry, Lemon, Legume	70	14g	0g	10g	4g	60mg	0g	0g	<5mg	1 meat
Yogurt, vanilla, Danimals	4 oz.	Milk, Corn, Lemon, Legume	70	14g	0g	10g	4g	60mg	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, raw, medium	1 apple	Apple	116	21g	4g	n/a	<1g	1mg	0g	0g	0mg	1 cup fruit
Applesauce, sweetened	1/2 cup	Apple, Corn Syrup	90	22g	2g	18g	0g	10mg	0g	0g	0mg	1/2 cup fruit
Banana, raw	1 med	Banana	109	28g	3g	n/a	1g	1mg	0g	0g	0mg	1/2 cup fruit
Blueberries, unsweetened, USDA	1/2 cup	Blueberry	40	10g	2g	7g	0g	1mg	1g	0g	0mg	1/2 cup fruit
Clementine, whole	2 clementine	Citrus	35	9g	1g	7g	<1g	1 mg	0g	0g	0mg	1/2 cup fruit
Cherries, no sugar added, USDA	1/2 cup	Cherry	36	8.6g	1.2g	7g	<1g	1mg	<1g	<1g	0mg	1/2 cup fruit
Oranges, mandarin, canned	1/2 cup	Citrus	64	15g	<1g	12g	0g	8mg	0g	0g	0mg	1/2 cup fruit
Oranges, raw, medium	1 orange	Citrus	62	15g	3g	n/a	1g	0mg	0g	0g	0mg	1/2 cup fruit
Peaches, sliced, light syrup	1/2 cup	Peach, Corn Syrup	70	17g	0g	13g	0g	10mg	0g	0g	0mg	1/2 cup fruit
Pears, diced, light syrup	1/2 cup	Pear	62	16g	2g	12g	0g	5mg	0g	0g	0mg	1/2 cup fruit
Pear, raw, medium	1 pear	Pear	98	25g	4g	n/a	<1g	0mg	<1g	0g	0mg	1/2 cup fruit
Pineapple Tidbits in juice	1/2 cup	Pineapple	40	10g	1g	9g	0g	5mg	0g	0g	0mg	1/2 cup fruit
Plum	1 medium	Plum	36	9g	1g	0g	<1g	114mg	0g	0g	0mg	1/2 cup fruit
Raisins, USDA	1 box	Grape	114	30g	1g	23g	1g	4mg	0g	0g	0mg	1/2 cup fruit
Strawberries, cup, frozen, USDA	4.5 oz.	Strawberry	80	21g	2g	16g	0g	1mg	0g	0g	0mg	1/2 cup fruit
Strawberries, whole, fresh	1/2 cup	Strawberry	39	10g	2g	5g	0g	2mg	0g	0g	0mg	1/2 cup fruit
100% Juice	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Apple Juice	4 oz.	Apple	70	14g	0g	12g	<1g	0mg	0g	0g	0mg	1/2 cup fruit
Orange Juice	4 oz.	Citrus	60	14g	1g	n/a	1g	12mg	0g	0g	0mg	1/2 cup fruit
Dairy: 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	13g	0g	12g	9g	125mg	2.5g	1.5g	15mg	1 milk
Chocolate Milk, Skim	8 oz.	Milk, Corn Cocoa	120	22g	0g	21g	8g	240mg	0g	0g	5 mg	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
Blazin' Buffalo Wrap	1 serving		472	53g	5g	2g	18g	1215mg	20g	4g	0mg	2 meat; 2.5 grain; 3/8 cup vegetable
Chickenless tenders with toppings	4 tenders	Wheat, Soy, Onion, Rice, Oat, Egg, Peppers, Celery Seed, Sunflower Oil	272	20g	4g	0g	12g	665mg	14g	2g	0mg	2 meat; 3/8 cup vegetable
Tortilla, wheat, 10-inch	1 each	Wheat, Barley, Legume, Corn	200	33g	1g	2g	6g	550mg	6g	2g	0mg	2.5 grain
Cheese and Bean Burrito	1 serving	Wheat, Soy, Corn, Milk, Legume, Chili powder, Garlic, Tomato, Onion, Chili Pepper, Turmeric	319	40g	9g	4g	17g	596mg	10g	4.5g	13mg	2 meat; 2 grain
Cheese and Bean Enchilada	1 serving		329	42g	n/a	4g	16g	701mg	9g	4.5g	13mg	2 meat; 2 grain; 1/8 cup 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	4g	10mg	10/19/2020 2 meat; 2 grain

Menu Items	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Enchilada Sauce	1 oz.	Tomato, Chili powder, Garlic, Corn, Onion	10	2g	n/a	0g	0g	105mg	0g	0mg	0mg	1/8 cup vegetable
Cheddar cheese, shredded, mild	1 tsp.	Milk, Corn, Potato	9	0g	0g	0g	<1g	16mg	<1g	0.5g	2.5mg	None
<b>Chicken Corn Dog</b>	<b>1 each</b>	<b>Wheat, Milk, Corn, Soy, Egg, Celery Powder/Seed</b>	<b>300</b>	<b>25g</b>	<b>3g</b>	<b>8g</b>	<b>14g</b>	<b>400mg</b>	<b>16g</b>	<b>3.5g</b>	<b>50mg</b>	<b>2 meat; 2 grain</b>
<b>Chicken Fajita</b>	<b>1 serving</b>		<b>352</b>	<b>39g</b>	<b>3g</b>	<b>2g</b>	<b>24g</b>	<b>951mg</b>	<b>12g</b>	<b>4g</b>	<b>80mg</b>	<b>2 meat; 2.5 grain; 1/4 c. vegetable</b>
Chicken Fajita strips	3 oz.	Lemon, Corn, Chili powder, Garlic, Onion	140	2g	0g	0g	17g	400mg	7g	2g	80mg	2 meat
Bell Peppers/Onions	1/4 cup	Onion	12	4g	1g	0g	<1g	1mg	0g	0g	0mg	1/4 c. vegetable
Tortilla, wheat, 10-inch	1 each	Wheat, Barley, Legume, Corn	200	33g	2g	2g	6g	550mg	5g	2g	0mg	2.5 grain
Pizza, beef pepperoni, 6-cut, whole grain	1 slice	Egg, Milk, Wheat, Barley, Corn, Garlic, Potato, Tomato, Spices, Sodium Nitrite, Yeast	420	44g	4g	7g	21g	690mg	19g	10g	50mg	2 meat; 2.5 grain; 1/8 cup vegetable
Pizza, cheese, 6-cut, whole grain	1 slice	Egg, Wheat, Barley, Yeast, Milk, Corn, Garlic, Tomato, Potato, Honey, Spices	400	44g	5g	7g	20g	600mg	16g	9g	45mg	2 meat, 2.5 grain, 1/8 cup vegetable
Pizza, French bread, cheese, whole grain	1 piece	Milk, Wheat, Barley, Corn, Garlic, Soy, Pea, Tomato, Onion	290	33g	0g	4g	17g	440mg	11g	4g	20mg	2 meat; 2 grain; 1/8 cup vegetable
Pizza, veggie, 6-cut, whole grain	1 slice	Egg, Wheat, Barley, Milk, Yeast, Honey, Corn, Garlic, Onion, Tomato, Potato, Banana Pepper, Red/Green Pepper, Yellow #5	422	49g	6g	n/a	20g	1142mg	16g	9g	45mg	2 meat, 2.5 grain, 1/8 cup vegetable
Sandwiches	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Pro	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
<b>BBQ Beef Rib Sub</b>	<b>1 serving</b>		<b>347</b>	<b>40g</b>	<b>3g</b>	<b>14g</b>	<b>19g</b>	<b>757mg</b>	<b>11g</b>	<b>3.5g</b>	<b>25mg</b>	<b>2 meat; 2 grain</b>
Chopped beef rib patty/BBQ sauce	3 oz.	Soy, Caramel Color, Tomato, Corn, Garlic, Wheat, Onion, Honey, Molasses, Milk	187	12g	1g	10g	13g	497mg	9g	3.5g	25mg	2 meat
Hoagie Bun, Whole Grain, 5"	1 bun	Wheat, Barley, Soy, Corn, Honey, Molasses, Yeast	160	28g	2g	4g	6g	260mg	2g	0g	0mg	2 grain
<b>BBQ Veggie Burger on Bun</b>	<b>1 serving</b>		<b>317</b>	<b>44g</b>	<b>8g</b>	<b>6g</b>	<b>22g</b>	<b>1005mg</b>	<b>7g</b>	<b>1g</b>	<b>&lt;5mg</b>	<b>2 meat; 2 grain</b>
Garden Veggie patty/BBQ sauce	3.5 oz.	Wheat, Soy, Egg, Milk, Corn, Mushroom, Oat, Carrot, Onion, Garlic, Rice, Jalapeno Pepper, Water Chestnut, Olive, Tomato, Turmeric	177	19g	6g	3g	17g	775mg	5g	1g	<5mg	2 meat
Bun, Hamburger, whole grain, 4"	1 each	Wheat, Barley, Soy, Corn, Honey, Molasses	140	25g	2g	3g	5g	230mg	2g	0g	0mg	2 grain
<b>Cheeseburger on Bun</b>	<b>1 serving</b>		<b>356</b>	<b>27g</b>	<b>3g</b>	<b>4g</b>	<b>20g</b>	<b>706mg</b>	<b>19g</b>	<b>8g</b>	<b>62mg</b>	<b>2.5 meat; 2 grain</b>
American cheese, yellow	0.5 oz.	Milk, Soy	50	1g	0g	<1g	3g	220mg	5g	3g	13mg	0.5 meat
Beef Patty	2.45 oz.	Citrus flour, Caramel Color	166	1g	1g	0g	12g	256mg	12g	5g	49mg	2 meat
Browning Sauce		Carrot, Celery, Onion, Parsnips, Turnips, Caramel Color										None
Bun, Hamburger, whole grain, 4"	1 each	Wheat, Barley, Soy, Corn, Honey, Molasses	140	25g	2g	3g	5g	230mg	2g	0g	0mg	2 grain
<b>Chicken Patty on Bun</b>	<b>1 serving</b>		<b>340</b>	<b>34g</b>	<b>5g</b>	<b>3g</b>	<b>24g</b>	<b>520mg</b>	<b>11g</b>	<b>1.5g</b>	<b>45mg</b>	<b>2 meat; 3 grain</b>
Chicken Patty, whole grain breaded	3.75 oz.	Onion, Garlic, Soy, Wheat, Turmeric, Carrot	200	9g	3g	0g	19g	290mg	9g	1.5g	45mg	2 meat; 1 grain
Bun, Hamburger, whole grain, 4"	1 each	Wheat, Barley, Soy, Corn, Honey, Molasses, Yeast	140	25g	2g	3g	5g	230mg	2g	0g	0mg	2 grain
<b>Egg Salad on Croissant</b>	<b>1 serving</b>		<b>324</b>	<b>32g</b>	<b>3g</b>	<b>4g</b>	<b>13g</b>	<b>514mg</b>	<b>15g</b>	<b>5g</b>	<b>255mg</b>	<b>2 meat; 2 grain</b>
Egg Salad	2.6 oz.	Egg, Corn, Turmeric, Onion, Mustard Seed, Garlic	144	5g	0g	1g	8g	294mg	9g	2.5g	250mg	2 meat
Croissant, whole grain	2.2 oz.	Wheat, Malted Barley, Soy, Egg, Milk	180	27g	3g	3g	5g	220mg	6g	2.5g	5mg	2 grain
<b>Hamburger on Bun</b>	<b>1 serving</b>		<b>306</b>	<b>26g</b>	<b>3g</b>	<b>3g</b>	<b>17g</b>	<b>486mg</b>	<b>14g</b>	<b>5g</b>	<b>49mg</b>	<b>2 meat; 2 grain</b>
Beef Patty, fully cooked	2.45 oz.	Citrus flour, Caramel Color	166	1g	1g	0g	12g	256mg	12g	5g	49mg	2 meat
Browning Sauce		Carrot, Celery, Onion, Parsnips, Turnips, Caramel Color										None
Bun, Hamburger, whole grain, 4"	1 each	Wheat, Barley, Soy, Corn, Honey, Molasses, Yeast	140	25g	2g	3g	5g	230mg	2g	0g	0mg	2 grain
<b>Salisbury Steak on Bun</b>	<b>1 serving</b>		<b>314</b>	<b>36g</b>	<b>3g</b>	<b>4g</b>	<b>21g</b>	<b>836mg</b>	<b>10g</b>	<b>3g</b>	<b>40mg</b>	<b>2 meat; 2 grain</b>
Salisbury Steak (beef)	3 oz.	Soy, Wheat, Milk, Yeast	140	4g	1g	1g	16g	430mg	7g	3g	40mg	2 meat
Brown Gravy, low sodium	~2.7 oz.	Milk, Corn, Caramel color, Garlic, Wheat, Soy, Onion, Sunflower, Red #40	34	7g	0g	0g	0g	176mg	<1g	0g	0mg	None
Bun, Hamburger, whole grain, 4"	1 each	Wheat, Barley, Soy, Corn, Honey, Molasses, Yeast	140	25g	2g	3g	5g	230mg	2g	0g	0mg	2 grain
<b>Southwest Burger on Bun</b>	<b>1 serving</b>		<b>340</b>	<b>26g</b>	<b>2g</b>	<b>3g</b>	<b>25g</b>	<b>850mg</b>	<b>16g</b>	<b>5g</b>	<b>73mg</b>	<b>2.5 meat; 2 grain</b>
Turkey Burger, all natural	2.75 oz.	Garlic, Onion	150	0g	0g	0g	17g	430mg	9g	2.5g	60mg	2 meat
American cheese, white	1/2 oz.	Milk, Soy	50	1g	0g	<1g	3g	220mg	5g	2.5g	13mg	0.5 meat
Bun, Hamburger, whole grain 4"	1 each	Wheat, Barley, Soy, Corn, Honey, Molasses, Yeast	140	25g	2g	3g	5g	230mg	2g	0g	0mg	2 grain
<b>Spicy Chicken Patty on Bun</b>			<b>340</b>	<b>34g</b>	<b>3g</b>	<b>4g</b>	<b>27g</b>	<b>560mg</b>	<b>12g</b>	<b>2g</b>	<b>45mg</b>	<b>2 meat; 3 grain</b>
Chicken Patty, spicy, breaded	3.75 oz.	Soy, Wheat, Corn, Garlic, Onion, Rice, Carrot	200	9g	1g	1g	21g	330mg	10g	2g	45mg	2 meat; 1 grain
Bun, Hamburger, whole grain 4"	1 each	Wheat, Barley, Soy, Corn, Honey, Molasses, Yeast	140	25g	2g	3g	5g	230mg	2g	0g	0mg	2 grain
<b>Turkey and Cheese Sub</b>	<b>1 serving</b>		<b>300</b>	<b>29g</b>	<b>2g</b>	<b>5g</b>	<b>27g</b>	<b>910mg</b>	<b>8g</b>	<b>3g</b>	<b>53mg</b>	<b>2.5 meat; 2 grain</b>
Turkey, all natural, fully cooked	3 oz.	None	90	0g	0g	0g	18g	450mg	1.5g	<1g	40mg	2 meat
American cheese, yellow	0.5 oz.	Milk, Soy	50	1g	0g	<1g	3g	220mg	5g	3g	13mg	0.5 meat
Hoagie Bun, Whole Grain, 5"	1 bun	Wheat, Barley, Soy, Corn, Honey, Molasses, Yeast	160	28g	2g	4g	6g	260mg	2g	0g	0mg	2 grain
<b>Turkey Ham and Cheese Sub</b>	<b>1 serving</b>		<b>330</b>	<b>32g</b>	<b>2g</b>	<b>7g</b>	<b>22g</b>	<b>840mg</b>	<b>13g</b>	<b>5g</b>	<b>73mg</b>	<b>2.5 meat; 2 grain</b>
Turkey Ham, uncured, fully cooked	3 oz.	Celery	120	3g	0g	2g	13g	360mg	6g	2g	60mg	2 meat
American cheese, yellow	0.5 oz.	Milk, Soy	50	1g	0g	<1g	3g	220mg	5g	3g	13mg	10/19/2050meat
Hoagie Bun, Whole Grain, 5"	1 bun	Wheat, Barley, Soy, Corn, Honey, Molasses, Yeast	160	28g	2g	4g	6g	260mg	2g	0g	0mg	2 grain

Menu Items	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
<b>Veggie Burger on Bun</b>	<b>1 serving</b>		<b>300</b>	<b>39g</b>	<b>8g</b>	<b>5g</b>	<b>22g</b>	<b>810mg</b>	<b>9g</b>	<b>1g</b>	<b>&lt;5mg</b>	<b>2 meat; 2 grain</b>
Garden Veggie patty	3.5 oz.	Wheat, Soy, Egg, Milk, Corn, Mushroom, Oat, Carrot, Onion, Water Chestnut, Garlic, Rice, Jalapeno Pepper, Olive	160	14g	6g	2g	17g	580mg	7g	1g	<5mg	2 meat
Bun, Hamburger, whole grain, 4"	1 each	Wheat, Barley, Soy, Corn, Honey, Molasses, Yeast	140	25g	2g	3g	5g	230mg	2g	0g	0mg	2 grain
<b>Veggie Burger with American Cheese on Bun</b>	<b>1 serving</b>		<b>350</b>	<b>40g</b>	<b>8g</b>	<b>6g</b>	<b>25g</b>	<b>1030mg</b>	<b>14g</b>	<b>4g</b>	<b>13mg</b>	<b>2.5 meat; 2 grain</b>
Garden Veggie patty	3.5 oz.	Wheat, Soy, Egg, Milk, Corn, Mushroom, Oat, Carrot, Onion, Water Chestnut, Garlic, Rice, Jalapeno Pepper, Olive	160	14g	6g	2g	17g	580mg	7g	1g	<5mg	2 meat
American cheese, yellow	0.5 oz.	Milk, Soy	50	1g	0g	<1g	3g	220mg	5g	3g	13mg	0.5 meat
Bun, Hamburger, whole grain, 4"	1 each	Wheat, Barley, Soy, Corn, Honey, Molasses, Yeast	140	25g	2g	3g	5g	230mg	2g	0g	0mg	2 grain
<b>Veggie Burger with Queso Cheese on Bun</b>	<b>1 serving</b>		<b>359</b>	<b>40g</b>	<b>8g</b>	<b>5g</b>	<b>26g</b>	<b>1026mg</b>	<b>13g</b>	<b>4g</b>	<b>15mg</b>	<b>2.5 meat; 2 grain</b>
Garden Veggie patty	3.5 oz.	Wheat, Soy, Egg, Milk, Corn, Mushroom, Oat, Carrot, Onion, Water Chestnut, Garlic, Rice, Jalapeno Pepper, Olive	160	14g	6g	2g	17g	580mg	7g	1g	<5mg	2 meat
Queso cheese, white	1 oz.	Milk, Soy, Corn, Tomatillos, Chiles, Coconut Oil, Sunflower, Jalapeno, Cilantro, Onion, Garlic	59	1g	0g	0g	4g	216mg	4g	3g	15mg	0.5 meat
Bun, Hamburger, whole grain, 4"	1 each	Wheat, Barley, Soy, Corn, Honey, Molasses, Yeast	140	25g	2g	3g	5g	230mg	2g	0g	0mg	2 grain
<b>Salads</b>	<b>Portion Size</b>	<b>Food Allergens and Intolerances</b>	<b>Calories</b>	<b>CHO</b>	<b>Fiber</b>	<b>Sugar</b>	<b>Pro</b>	<b>Sodium</b>	<b>Total Fat</b>	<b>Sat-Fat</b>	<b>Cholesterol</b>	<b>USDA Components</b>
<b>Peppers, Banana, rings</b>	<b>.5 oz. /5 rings</b>	<b>Banana Pepper</b>	<b>3</b>	<b>&lt;1g</b>	<b>&lt;1g</b>	<b>&lt;1g</b>	<b>0g</b>	<b>275mg</b>	<b>0g</b>	<b>0g</b>	<b>0mg</b>	<b>1/16 cup vegetable</b>
<b>Chef Salad</b>	<b>1 serving</b>		<b>229</b>	<b>16g</b>	<b>6g</b>	<b>n/a</b>	<b>24g</b>	<b>608mg</b>	<b>8g</b>	<b>5g</b>	<b>63mg</b>	<b>2.5 meat; 2 cups vegetable</b>
Garden Salad Mix	2 cups	Carrot	26	4g	2g	4g	2g	26mg	0g	0g	0mg	1 cup vegetable
Broccoli, raw	1/4 cup	None	6	1g	1g	n/a	<1g	6mg	<1g	0g	0mg	1/4 cup vegetable
Cucumbers, raw	1/4 cup	Cucumber	15	3g	1g	n/a	1g	0mg	0g	0g	0mg	1/4 cup vegetable
Tomato, raw	4 quarters	Tomato	26	6g	2g	n/a	1g	11mg	<1g	<1g	<1mg	1/2 cup vegetable
Turkey Breast, diced	2 oz.	None	46	1.5g	0g	0g	9g	230mg	<1g	<1g	18mg	1 meat
Turkey Ham, diced	1.5 oz.	Sodium Nitrite	55	<1g	0g	0g	7g	240mg	2g	<1g	30mg	1 meat
Cheddar cheese, shredded	1/2 oz.	Milk, Corn, Potato	55	<1g	0g	0g	3g	95mg	5g	3g	15mg	0.5 meat
<b>Citrus Salad</b>	<b>1 serving</b>		<b>395-408</b>	<b>42g</b>	<b>8g</b>	<b>n/a</b>	<b>18g</b>	<b>241-246mg</b>	<b>23g</b>	<b>6g</b>	<b>178-193mg</b>	<b>2.5 meat; 1 + 1/4 cups vegetable; 1/2 cup fruit</b>
Garden Salad Mix	1 cup	Carrot	13	3g	1g	2g	1g	13mg	0g	0g	0mg	1/4 cup vegetable
Cucumbers, raw, sliced	1/4 cup	Cucumber	15	3g	1g	n/a	1g	0mg	0g	0g	0mg	1/4 cup vegetable
Mozzarella Cheese, shredded	1/2 oz.	Milk, Potato	45	<1g	0g	<1g	3g	88mg	3g	2g	8mg	0.5 meat
Onion, raw	1/4 cup	Onion	15	3g	<1g	n/a	0g	1mg	0g	0g	0mg	1/4 cup vegetable
Tomato, raw	4 quarters	Tomato	26	6g	2g	n/a	1g	11mg	<1g	<1g	<1mg	1/2 cup vegetable
Egg, hard boiled, peeled	1	Egg	70-80	1g	0g	1g	6g	55-60 mg	5g	1.5g	170-185mg	1.5-1.75 meat
Sunflower Seeds, honey roasted	1.2 oz.	Sunflower, Honey	150	11g	3g	5g	6g	65mg	15g	2g	0mg	1 meat
Oranges, mandarin, canned	1/2 cup	Citrus	64	15	<1	12g	0	8	0	0	0mg	1/2 cup fruit
<b>Italian Salad</b>	<b>1 serving</b>		<b>225</b>	<b>9g</b>	<b>3g</b>	<b>n/a</b>	<b>22g</b>	<b>1104mg</b>	<b>10g</b>	<b>5g</b>	<b>68mg</b>	<b>2.75 meat; 1 + 1/4 cups vegetable</b>
Turkey Ham, diced	3oz.	Sodium Nitrite	110	1g	0g	0g	14g	480mg	5g	1.5g	55mg	2 meat
Mozzarella Cheese, shredded	0.75 oz.	Milk, Potato	79	1g	0g	1g	6g	158mg	5g	3g	13mg	0.75 meat
Tomato, diced	1 oz.	Tomato	4	1g	0g	0g	0g	0mg	0g	0g	0mg	1/8 cup vegetable
Peppers, Banana, rings	1 oz. /10 rings	Banana Pepper	6	1g	1g	1g	0g	440mg	0g	0g	0mg	1/8 cup vegetable
Tossed Salad Mix, prepared	2 cups	Carrot	26	5g	2g	4g	2g	26mg	0g	0g	0mg	1 cup vegetable
<b>Cold Combos</b>	<b>Portion Size</b>	<b>Food Allergens and Intolerances</b>	<b>Calories</b>	<b>CHO</b>	<b>Fiber</b>	<b>Sugar</b>	<b>Pro</b>	<b>Sodium</b>	<b>Total Fat</b>	<b>Sat-Fat</b>	<b>Cholesterol</b>	<b>USDA Components</b>
<b>Cheese Grab-n-Go (+ 1 fruit)</b>	<b>1 serving</b>											<b>2 meat, 2 grain, 1/2 cup fruit</b>
Cheese, mozzarella string, light	2 oz.	Milk	120	2g	0g	2g	14g	400mg	6g	4g	20mg	2 meat
Cinnamon Roll, whole grain	2.7 oz.	Milk, egg, barley, soy, cinnamon, molasses, wheat	270	36g	3g	0g	6g	360mg	12g	5g	0mg	2 grain
<b>Sun Butter Grab-n-Go</b>	<b>1 serving</b>		<b>630</b>	<b>68g</b>	<b>19g</b>	<b>47g</b>	<b>18g</b>	<b>470mg</b>	<b>35g</b>	<b>4g</b>	<b>0mg</b>	<b>2 meat; 2 grains; 1/2 cup fruit</b>
<b>Sun Butter</b>	<b>2.2 oz. cup</b>	<b>Sunflower</b>	<b>400</b>	<b>14g</b>	<b>14g</b>	<b>20g</b>	<b>14g</b>	<b>260mg</b>	<b>34g</b>	<b>4g</b>	<b>0mg</b>	<b>2 meat</b>
<b>Bagel, whole grain, plain</b>	<b>1.9 oz.</b>	<b>Wheat, Barley, Molasses, Corn, Honey</b>	<b>120</b>	<b>26g</b>	<b>2g</b>	<b>3g</b>	<b>4g</b>	<b>210mg</b>	<b>&lt;1g</b>	<b>0g</b>	<b>0mg</b>	<b>2 grain</b>
<b>Craisins</b>	<b>1.16oz</b>	<b>Cranberry</b>	<b>110</b>	<b>28g</b>	<b>3g</b>	<b>24g</b>	<b>0g</b>	<b>0mg</b>	<b>0g</b>	<b>0g</b>	<b>0mg</b>	<b>1/2 cup fruit</b>
<b>Turkey &amp; Cheese Wrap</b>	<b>1 serving</b>		<b>340</b>	<b>34g</b>	<b>1g</b>	<b>2g</b>	<b>27g</b>	<b>1220mg</b>	<b>12g</b>	<b>5g</b>	<b>53mg</b>	<b>2.5 meat, 2.5 grain</b>
Turkey, all natural, fully cooked	3 oz.	None	90	0g	0g	0g	18g	450mg	1.5g	<1g	40mg	2 meat
American cheese, yellow	0.5 oz.	Milk, Soy	50	1g	0g	<1g	3g	220mg	5g	3g	13mg	0.5 meat
Tortilla, wheat, 10-inch	1 each	Wheat, Barley, Legume, Corn	200	33g	1g	2g	6g	550mg	5g	2g	0mg	2.5 grain
<b>Turkey Ham &amp; Cheese Wrap</b>	<b>1 serving</b>		<b>370</b>	<b>37g</b>	<b>1g</b>	<b>5g</b>	<b>22g</b>	<b>1130mg</b>	<b>16g</b>	<b>6.5g</b>	<b>73mg</b>	<b>2.5 meat, 2.5 grain</b>
Turkey Ham, uncured, fully cooked	3 oz.	Celery	120	3g	0g	2g	13g	360mg	6g	2g	60mg	2 meat
American cheese, yellow	0.5 oz.	Milk, Soy	50	1g	0g	<1g	3g	220mg	5g	3g	13mg	0.5 meat
Tortilla, wheat, 10-inch	1 each	Wheat, Barley, Legume, Corn	200	33g	1g	2g	6g	550mg	5g	2g	0mg	2.5 grain
<b>Veg Out Wrap</b>	<b>1 serving</b>		<b>338</b>	<b>44g</b>	<b>4g</b>	<b>n/a</b>	<b>15g</b>	<b>743mg</b>	<b>12g</b>	<b>6g</b>	<b>16mg</b>	<b>2 meat; 1 + 1/16 cups vegetable; 2.5 grain</b>
Garden Salad Mix	1/2 cup	Carrot	7	1.5g	1g	2g	<1g	7mg	0g	0g	0mg	1/4 cup vegetable

Menu Items	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Tomato, raw	4 slices	Tomato	26	6g	1g	n/a	1g	11mg	<1g	<1g	<1mg	1/2 cup vegetable
Cucumbers, raw, sliced	1/4 cup	Cucumber	15	3g	1g	n/a	1g	1.5mg	0g	0g	0mg	1/4 cup vegetable
Peppers, Jalapeno, rings	.5 oz. /6 rings	Jalapeno pepper	5	1g	<1g	1g	0g	203mg	0g	0g	0mg	1/16 cup vegetable
Mozzarella Cheese, shredded	1/4 cup	Milk, Potato	90	1g	0g	1g	7g	180mg	6g	4g	15mg	2 meat
Tortilla, wheat, 10-inch	1 each	Wheat, Barley, Legume, Corn	200	33g	1g	2g	6g	550mg	5g	2g	0mg	2.5 grain
Yogurt Grab-n-Go (with cheese stick)	1 serving		480	81g	5g	49g	13g	540mg	11g	4g	15mg	2 meat; 2 grain; 1/2 cup fruit
Yogurt, raspberry, Danimals	4 oz.	Milk, Corn, unspecified Fruit Juice and Vegetable Juice (for color), Raspberry, Lemon, Legume	70	14g	0g	10g	4g	60mg	0g	0g	5mg	1 meat
Yogurt, strawberry, Danimals	4 oz.	Milk, Corn, Strawberry, unspecified Fruit Juice and Vegetable Juice (for color), Lemon, Legume	70	14g	0g	10g	4g	60mg	0g	0g	5mg	1 meat
Yogurt, strawberry banana, Danimals	4 oz.	Milk, Corn, Strawberry, Banana, unspecified Fruit Juice and Vegetable Juice (for color), Raspberry, Lemon, Legume	70	14g	0g	10g	4g	60mg	0g	0g	<5mg	1 meat
Cransins	1.16oz	Cranberry	110	28g	3g	24g	0g	0mg	0g	0g	0mg	1/2 cup fruit
Cheese, mozzarella string, light	1 oz.	Milk	60	1g	0g	1g	7g	200mg	3g	2g	10mg	1 meat
Goldfish Giant Grahams	0.9 oz. x 2	Wheat, Cinnamon, Corn	240	38g	2g	14g	2g	280mg	8g	2g	0mg	2 grain
Yogurt Parfait/Berry (HS)	8 oz.	Corn, Rice, Milk, Soy, Oat, Honey, Blueberry or Strawberry	326	64g	3g	40g	7g	171mg	4g	<1g	<6mg	2 meat; 1 grain; 1/2 cup fruit
Yogurt Parfait/Peaches (HS)	8 oz.	Corn, Rice, Milk, Soy, Oat, Honey, Peach	337	68g	1-2g	47g	7g	169mg	5g	<1g	13mg	2 meat; 1 grain; 1/2 cup fruit
Yogurt Parfait/Oranges (HS)	8 oz.	Corn, Rice, Milk, Soy, Oat, Honey, Orange	351	69g	1-2g	46g	7g	177mg	5g	<1g	13mg	2 meat; 1 grain; 1/2 cup fruit
Yogurt Parfait/Pineapple (HS)	8 oz.	Corn, Rice, Milk, Soy, Oat, Honey, Pineapple	367	73g	1-2g	50g	7g	179mg	5g	<1g	13mg	2 meat; 1 grain; 1/2 cup fruit
Yogurt Parfait/Berry (MS)	6 oz.	Corn, Milk, Soy, Oat, Honey, Rice, Strawberry or Blueberry	277	53g	3g	34g	6g	144mg	4g	<1.5g	<5mg	1.5 meat; 1 grain; 1/2 cup fruit
Yogurt Parfait/Oranges (MS)	6 oz.	Corn, Rice, Milk, Soy, Oat, Honey, Orange	301	59g	1-2g	39-43g	6g	143-153mg	4g	2g	<5mg	1.5 meat; 1 grain; 1/2 cup fruit
Yogurt Parfait/Peaches (MS)	6 oz.	Corn, Rice, Milk, Soy, Oat, Honey, Peach	281	58g	1-2g	39-43g	6g	143-153mg	4g	2g	<5mg	1.5 meat; 1 grain; 1/2 cup fruit
Yogurt Parfait/Pineapple (MS)	6 oz.	Corn, Rice, Milk, Soy, Oat, Honey, Pineapple	317	1-2g	1-2g	39-43g	6g	143-153mg	4g	2g	<5mg	1.5 meat; 1 grain; 1/2 cup fruit
Other Grains	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Breadstick, whole grain, large	1 breadstick	Wheat, Barley, Soy, Corn, Molasses, Honey, Garlic	90	17g	2g	3g	4g	180mg	<1g	0g	0mg	1.25 grain
Cornbread, mini loaf	2 oz.	Egg, Milk, Soy, Wheat, Corn, Fruit Juice powder, Vegetable Fiber, Legume, Turmeric	180	29g	1g	15g	3g	90mg	5g	<1g	15mg	1 grain
Dinner Roll, whole grain, 1.25 oz.	1 roll	Wheat, Barley, Soy, Corn, Molasses, Honey	80	15g	1g	2g	3g	135mg	1g	0g	0mg	1 grain
Muffin, Apple Cinnamon	2 oz.	Milk, Wheat, Egg, Oats, Soy, Corn, Apple, Cinnamon, Turmeric, Fruit Juice (unspecified), Vegetable Fiber (unspecified), Legume	160	27g	1g	13g	3g	100mg	5g	<1g	25mg	1 grain
Muffin, Banana	2 oz.	Milk, Wheat, Egg, Banana, Soy, Turmeric, Corn, Fruit Juice (unspecified), Vegetable Fiber (unspecified), Legume	160	28g	1g	15g	3g	100mg	4g	<1g	20mg	1 grain
Muffin, Blueberry	2 oz.	Milk, Wheat, Egg, Blueberry, Soy, Corn, Fruit Juice (unspecified), Vegetable Fiber (unspecified), Legume	160	26g	1g	14g	3g	95mg	5g	<1g	20mg	1 grain
Muffin, Chocolate Chip	2 oz.	Wheat, Soy, Milk, Egg, Chocolate, Turmeric, Corn, Fruit Juice (unspecified), Vegetable Fiber (unspecified), Legume	170	29g	1g	15g	3g	100mg	5g	1g	20mg	1 grain
Saltines 2 Ct./pkg.	8 saltines	Wheat, Soy, Corn, Yeast	100	20g	0g	0g	1g	360mg	2g	0g	0mg	1 grain
Tortilla chips, yellow corn round	1 oz.	Corn	131	21g	3g	0g	2g	70mg	5g	1g	0mg	1 grain
Cooked Vegetables	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Mashed Potatoes	1/2 cup	Potato	110	20g	1g	2g	2g	420mg	3g	<1g	0mg	1/2 cup vegetable
Gravies	Portion Size	Food Allergies and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Brown Gravy, low sodium	1 oz.	Milk, Corn, Caramel color, Garlic, Wheat, Onion, Red #40, Sunflower	13	3g	0g	0g	0g	70mg	0g	0g	0mg	None
Chicken Gravy, low sodium	1 oz.	Chicken, Corn, Coconut Oil, Soy, Milk, Caramel Color, Wheat, Turmeric	18	3g	0g	0g	0g	60mg	0g	0g	0mg	None
Fresh Vegetables	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Pro	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Broccoli, florets	1/4 cup	None	6	1g	<1g	0g	<1g	6mg	0g	0g	0mg	1/4 cup vegetable
Carrot, baby	1/4 cup	Carrot	16	4g	1g	n/a	<1g	13mg	0g	0g	0mg	1/4 cup vegetable
Celery Sticks	1/4 cup	Celery	3	<1g	<1g	0g	<1g	18mg	0g	0g	0mg	1/4 cup vegetable
Cucumbers, sliced	1/4 cup	Cucumber	15	3g	1g	0g	1g	0mg	0g	0g	0mg	1/4 cup vegetable
Green Pepper, sliced	1/4 cup	Green pepper	7	2g	<1g	<1g	<1g	<1mg	0g	0g	0mg	1/4 cup vegetable
Garden Salad Mix	1 cup	Carrot	13	3g	1g	2g	1g	13mg	0g	0g	0mg	1/2 cup vegetable

Menu Items	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Onion, sliced	1/4 cup	Onion	15	3.5g	<1g	n/a	<1g	1mg	0g	0g	0mg	1/4 cup vegetable
Tomato, quartered	1/4 cup	Tomato	13	3g	<1g	n/a	<1g	6mg	<1g	<1g	<1mg	1/4 cup vegetable
Tomato, Onion, & Cucumber Salad	1/2 cup	Tomato, Onion, Cucumber, Caramel Color, Turmeric, Legume	11	2g	<1g	n/a	0g	63mg	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
Apple, raw, medium	1 apple	Apple	116	21g	4g	n/a	<1g	1mg	0g	0g	0mg	1 cup fruit
Hot Apple Slices	1/2 cup	Apple, Cinnamon	89	22g	2g	20g	0g	15mg	0g	0g	0mg	1/2 cup fruit
Applesauce, sweetened	1/2 cup	Apple, Corn Syrup	90	22g	2g	18g	0g	10mg	0g	0g	0mg	1/2 cup fruit
Banana, raw	1 med	Banana	109	28g	3g	n/a	1g	1mg	0g	0g	0mg	1/2 cup fruit
Blueberries, unsweetened, USDA	1/2 cup	Blueberry	40	10g	2g	7g	0g	1mg	1g	0g	0mg	1/2 cup fruit
Cherries, no sugar added, USDA	1/2 cup	Cherry	36	8.6g	1.2g	7g	<1g	1mg	<1g	<1g	0g	1/2 cup fruit
Clementine, whole	1 clementine	Citrus	35	9g	1g	7g	<1g	1mg	0g	0g	0mg	1/2 cup fruit
Oranges, mandarin, canned	1/2 cup	Citrus	64	15g	<1g	12g	0g	8mg	0g	0g	0mg	1/2 cup fruit
Oranges, raw, medium	1 orange	Citrus	62	15g	3g	n/a	1g	0mg	0g	0g	0mg	1/2 cup fruit
Peaches, sliced, light syrup	1/2 cup	Peach, Corn Syrup	70	17g	0g	13g	0g	10mg	0g	0g	0mg	1/2 cup fruit
Peaches, Hot Cinnamon	1/2 cup	Peach, Corn, Cinnamon	99	27g	0g	18g	0g	10mg	0g	0g	0mg	1/2 cup fruit
Pears, diced, light syrup	1/2 cup	Pear	62	16g	2g	12g	0g	5mg	0g	0g	0mg	1/2 cup fruit
Pear, raw, medium	1 pear	Pear	98	25g	4g	n/a	<1g	0mg	<1g	0g	0mg	1/2 cup fruit
Pineapple Tidbits in juice	1/2 cup	Pineapple	40	10g	1g	9g	0g	5mg	0g	0g	0mg	1/2 cup fruit
Plum	1 medium	Plum	36	9g	1g	0g	<1g	114mg	0g	0g	0mg	1/2 cup fruit
Raisins, USDA	1 box	Grape	114	30g	1g	23g	1g	4mg	0g	0g	0mg	1/2 cup fruit
Strawberries, cup, frozen, USDA	4.5 oz.	Strawberry	80	21g	2g	16g	0g	1mg	0g	0g	0mg	1/2 cup fruit
Strawberries, whole, fresh	1/2 cup	Strawberry	39	10g	2g	5g	0g	2mg	0g	0g	0mg	1/2 cup fruit
PICNIC LUNCH:	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Pro	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Sandwich, Carrot, Apple, Juice, and Milk												
Soy Butter/Grape Jelly Sandwich	4.6 oz.	Wheat, Barley, Soy, Milk, Corn, Grape	570	55g	8g	21g	19g	440mg	32g	6g	0mg	2 meat; 2 grain
Cherry Star Juice Blend (picnic)	4.23 oz.	Apple, Pear, Carrot, Celery, Spinach, Cherry, Starfruit, Sweet Potato, Aronia, Kale, Broccoli	55	14g	0g	13g	0g	35mg	0g	0g	0mg	1/2 cup vegetable
MISC 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, strained/2nd foods	4 oz.	Apple	60	14g	1g	12g	0g	5mg	0g	0g	0mg	1/2 cup fruit
Banana, strained/ 2nd foods	4 oz.	Banana	100	24g	1g	20g	1g	5mg	0g	0g	0mg	1/2 cup fruit
Carrots, strained/2nd foods	4 oz.	Carrot	40	9g	1g	6g	<1g	40mg	0g	n/a	n/a	1/2 cup vegetable
Bread, gluten-free, sliced	2 oz.	Egg, Rice, Oat, Flaxseed, Chia Seed, Yeast, Molasses	130	24g	3g	3g	4g	315mg	2g	<1g	28mg	2 grain
Green Beans, strained/2nd foods	4 oz.	None	40	6g	2g	3g	1g	5mg	0g	n/a	n/a	1/2 cup vegetable
Milk, non-fat, lactose free, white	8 fl oz.	Milk	90	13g	0g	12g	9g	130mg	0g	0g	5mg	1 milk
Milk, soy, Silk, vanilla	8 fl oz.	Soy	150	18g	2g	15g	8g	80mg	4.5g	<1g	0mg	1 milk
Peaches, strained/2nd foods	4 oz.	Peach	70	14g	1g	13g	1g	0mg	0g	n/a	n/a	1/2 cup fruit
Pears, strained/2nd foods	4 oz.	Pear	70	17g	3g	12g	0g	5mg	0g	n/a	n/a	1/2 cup fruit
Peas, strained/2nd foods	4 oz.	Peas	50	7g	2g	2g	0g	5mg	0g	n/a	n/a	1/2 cup vegetable
Squash, strained/2nd foods	4 oz.	Squash	40	8g	1g	4g	0g	5mg	0g	n/a	n/a	1/2 cup vegetable
Dairy: 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 Cocoa	120	22g	0g	21g	8g	240mg	0g	0g	5mg	1 milk
Condiments/Seasoning	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Pro	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
BBQ sauce, Heinz, dispenser	1 Pump (2 T)	Tomato, Corn, Garlic, Soy, Wheat, Turmeric, Onion	35	9g	1g	1g	0g	390mg	0g	0g	0mg	None
Duck sauce, prepared	1 ea. (8 gm)	Corn, Caramel Color, Apricot	5	2g	0g	1g	0g	45mg	0g	0g	0mg	None
Hot sauce, dispenser	1 teaspoon	Chili pepper	0	0g	0g	0g	0g	70mg	0g	0g	0mg	None
Hot sauce, PC	1 ea. (7gm)	Chili pepper	2	0g	0g	0g	0g	120mg	0g	0g	0mg	None
Italian dressing	2 T	Garlic, Caramel Color, Turmeric, Legume	10	2g	0g	0g	0g	360mg	0g	0g	0mg	None
Italian dressing, PC	1 ea. (12 gm)	Garlic, Corn, Onion, Lemon	10	1g	0g	0g	0g	110mg	0g	0g	0mg	None
Ketchup Heinz, dispenser	1 Pump (2 T)	Tomato, Corn, Onion	40	10g	0g	8g	0g	320mg	0g	0g	0mg	None
Mayonnaise, lite, dispenser	1 Pump (2 T)	Egg, Mustard flour, Corn	70	1g	0g	0g	0g	200mg	7g	1g	<10mg	None
Soup Base, vegetable (to season)	1 T	Carrot, Onion, Celery, Corn, Tomato, Garlic	55	6g	0g	1g	1g	471mg	2g	<1g	0mg	None
Mustard, Heinz, dispenser	1 Pump (2 T)	None	0	0g	0g	0g	0g	195mg	0g	0g	0mg	None
Pan Spray, Buttermist	1 spray	Sunflower Lecithin, Milk, Soy	0	0g	0g	0g	0g	0mg	0g	0g	0mg	None
Ranch dressing, Heinz, dispenser	1 Pump (2 T)	Soy, Milk, Garlic, Corn, Onion, Lemon	50	8g	1g	5g	0g	320mg	2.5g	<1g	0mg	None
Seasonings (may be used in recipes)	N/A	Garlic, Mrs. Dash Original, Onion, Chili Powder, Cinnamon, Chipotle, Fajita, Pepper, Italian										None
Snacks, Preschool/Colerain	Portion Size	Food Allergens and Intolerances	Calorie	CHO	Fiber	Sugar	Pro	Sodium	Total Fat	Sat-Fat	Cholesterol	Components
Cheez-it, whole grain	0.75 oz.	Wheat, Milk, Soy	100	14g	1g	0g	2g	150mg	3.5g	1g	<5mg	1 grain
Goldfish Giant Grahams	0.9 oz.	Wheat, Cinnamon, Corn	120	19g	1g	7g	1g	140mg	4g	1g	0mg	1 grain

Menu Items	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Nutrition Crackers	1 oz.	Wheat, Milk, Sunflower, Egg, Honey	120	22g	2g	6g	2g	65mg	4g	0g	0mg	1 grain
Pretzel, heartzel	0.7 oz.	Wheat	80	16g	2g	<1g	2g	200mg	1g	0g	0mg	1 grain
<b>GLOSSARY</b>												
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.												
USDA is an equal opportunity provider, employer, and lender.												