

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

School Year 2019-2020

Revised 9/16/2019 *Menu subject to change

Item	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Breakfast Items												
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, 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
Cinnamon Toast Crunch Cheese Bar	2.36 oz.	Wheat, Legume, Milk, Cinnamon, Corn	250	40g	2g	14g	6g	280mg	8g	3g	5mg	2 grain
Goldfish Giant Grahams	0.9 oz.	Wheat, Cinnamon, Corn	120	19g	1g	7g	1g	140mg	4g	1g	0mg	1 grain
Mini Cinnamon French Toast	1 package	Wheat, Soy, 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, Confetti	3 oz.	Wheat, Milk, Egg, Soy, Corn	220	36g	4g	11g	4g	300mg	7g	1g	10mg	2 grain
Pancakes, Mini Maple	3.17 oz. pkg	Wheat, Egg, Milk, Rice, Grape Juice, Corn, Maple, Molasses	210	38g	3g	11g	4g	270mg	6g	<1g	0mg	2 grain
Pancakes, Mini Strawberry	3.17 oz. pkg	Wheat, Egg, Milk, Rice, Corn, Grape Juice, Potato, Beet Juice	220	40g	3g	14g	4g	260mg	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	3.63 oz.	Wheat, Barley, Yeast, Tomato, Onion, Garlic, Soy, Milk	210	22g	3g	5g	14g	300mg	7g	3g	20mg	1 meat; 1.5 grain; 1/8 cup vegetable
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, Blueberry	2.4 oz. pkg	Egg, Milk, Wheat, Soy, Corn, Rice	210	36g	3g	10g	4g	170mg	6g	1g	<5mg	2 grain
Yogurt, raspberry, nonfat, Danimals	4 oz.	Raspberry, Lemon, Legume, Milk, Corn, Fruit Juice and Vegetable Juice	70	14g	0g	10g	4g	60mg	0g	0g	5mg	1 meat
Yogurt, strawberry, nonfat, Danimals	4 oz.	Strawberry, Lemon, Legume, Milk, Corn, Fruit Juice and Vegetable Juice	70	14g	0g	10g	4g	60mg	0g	0g	5mg	1 meat
Fruit												
Item	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	1/2 cup fruit
Apple, raw, medium	1 apple	Apple	116	21g	4g	n/a	<1g	1mg	0g	0g	0mg	1 cup fruit
Applesauce, unsweetened, USDA	4.5 oz. cup	Apple	51	14g	1g	11g	0g	2mg	0g	0g	0mg	1/2 cup fruit
Applesauce, Cinnamon, sweetened	4 oz. cup	Cinnamon, Apple	60	17g	1g	15g	0g	0mg	0g	0g	0mg	1/2 cup fruit
Banana, raw, medium	1 banana	Banana	109	28g	1g	n/a	1g	12mg	0g	0g	0mg	12 cup fruit
Clementine, whole	1 clementine	Citrus	35	9g	1g	7g	<1g	1 mg	0g	0g	0mg	1/2 cup fruit
Orange Juice - 100%	4 oz.	Citrus	60	14g	1g	n/a	1g	12mg	0g	0g	0mg	1/2 cup fruit
Orange, raw, medium	1 orange	Citrus	62	15g	3g	n/a	0g	0mg	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
Plum, raw	1 medium		36	9g	0g	0g	<1g	114mg	0g	0g	0mg	1/2 cup fruit
Raisins, USDA	1 box	Grape	110	30g	1g	22g	1g	0mg	0g	0g	0mg	1/2 cup fruit
Tangerine, raw, medium	1 medium	Citrus	37	9g	2g	n/a	<1g	1mg	0g	0g	0mg	1/2 cup fruit
Milk												
Item	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
Beef & Bean Burrito	5 oz.	Wheat, Soy, Corn, Legume, Garlic, Barley	400	45g	7g	1g	15g	560mg	17g	6g	22mg	2 meat; 2 grain
Cheese & Bean Burrito	5 oz.	Wheat, Soy, Corn, Milk, Legume, Chili powder, Garlic, Onion, Chili Pepper, Turmeric	310	40g	9g	4g	16g	580mg	9g	7g	10mg	2 meat; 2 grain

Item	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Cheeseburger Meatloaf on Bun	1 serving		300	28g	3g	8g	15g	580mg	14g	6g	40mg	2 meat; 1.5 grain
Cheeseburger Meatloaf	2.9 oz.	Milk, Wheat, Tomato, Turmeric, Corn, Onion, Garlic,	190	8g	1g	5g	11g	390mg	12g	6g	40mg	2 meat
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
Cheese Pizza	4 x 6"	Wheat, Milk, Garlic, Tomato, Barley, Onion, Yeast	336	27g	3g	6g	20g	435mg	16g	10g	41mg	2 meat; 2 grain; 1/8 cup vegetable
Cheesy Bread w/ Marinara Sauce	1 serving		305	31g	<1g	5g	19g	830mg	11g	6g	30mg	2 meat; 2 grain; 1/8 cup vegetable
Breaded Mozzarella Cheese Sticks	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 cup vegetable
Chicken Drumstick, 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
Chicken Soft Taco	5.12 oz.	Wheat, Soy, Milk, Corn, Legume, Tomato, Potato	240	27g	1g	3g	17g	630mg	7g	2g	30mg	2 meat; 2 grain
Dynomite Dippers (non-meat)	5 pc.	Wheat, barley, soy, onion, potato, garlic, corn, spices (not specified)	250	25g	4g	3g	16g	463mg	11g	2g	0mg	2 meat
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		203	5g	1g	3g	13g	258mg	14g	7.5g	200mg	2.5 meat; 1/2 cup vegetable
Egg, hard boiled	1	Egg	80	1g	0g	1g	6g	55mg	5g	1.5g	170mg	1.5 meat
Cheese, cheddar, mild, shredded	1 oz.	Milk, Corn	110	1g	0g	0g	6g	190mg	9g	6g	30mg	1 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
Hard Boiled Egg, peeled	2 eggs	Egg	140-160	2g	0g	2g	12g	55-60mg	10g	3g	340-370mg	3-3.5 meat
Bread, whole grain	1 oz.	Wheat, Barley, Corn	70	12g	1g	1g	3g	80mg	1g	0g	0mg	1 grain
Macaroni and Cheese	3/4 cup	Milk, Egg, Wheat	283	31g	2g	6g	15g	648mg	11g	7g	648mg	2 meat; 1 grain
Bread, whole grain	1 oz.	Wheat, Barley, Corn	70	12g	1g	1g	3g	80mg	1g	0g	0mg	1 grain
Pepperoni Pizza (turkey)	4 x 6"	Wheat, Milk, Garlic, Tomato, Barley, Onion, Sodium Nitrite, Yeast	326	28g	3g	6g	21g	579mg	15g	9g	43mg	2 meat; 2 grain; 1/8 cup vegetable
Salisbury Steak/Gravy & Potato	1 serving		280	24g	3g	1g	18g	635mg	12g	4g	43mg	2 meat; 1/2 cup vegetable
Salisbury Steak (beef) with Gravy	3 oz.	Soy, Wheat, Milk, Caramel color, Corn, Onion, Yeast	160	6g	1g	1g	17g	580mg	8g	4g	43mg	2 meat
Potato rounds	2.4 oz.	Potato	120	18g	2g	0g	1g	80mg	4g	0g	0mg	1/2 cup vegetable
Bread, whole grain	1 oz.	Wheat, Barley, Corn	70	12g	1g	1g	3g	80mg	1g	0g	0mg	1 grain
Turkey Steak/Gravy & Potato	1 serving		229	20g	2g	0g	21g	712mg	7g	1g	41mg	2 meat; 1/2 cup vegetable
Turkey with Gravy	~3 oz.	Wheat, Turmeric, Corn, Onion	109	2g	0g	0g	20g	632mg	3g	1g	41mg	2 meat
Potato rounds	2.4 oz.	Potato	120	18g	2g	0g	1g	80mg	4g	0g	0mg	1/2 cup vegetable
Bread, whole grain	1 oz.	Wheat, Barley, Corn	70	12g	1g	1g	3g	80mg	1g	0g	0mg	1 grain
Turkey Ham/Cheese/Tortilla Strips	1 serving		292	25g	2g	2g	16g	500mg	15g	4g	42mg	2 meat; 1.25 grain
Turkey ham, all natural	1.65 oz.	Celery powder	70	1g	0g	2g	8g	225mg	4g	1g	32mg	1 meat
Cheese, mozzarella string, light	1 oz.	Milk	60	1g	0g	0g	7g	200mg	3g	2g	10mg	1 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
Turkey Sausage and French Toast	1 serving		390	40g	2g	13g	18g	660mg	17g	4g	50mg	1.75 meat; 2 grain
Turkey Sausage	2 patties	Caramel color	150	1g	0g	1g	12g	400mg	10g	3g	50mg	1.75 meat
French Toast Sticks, whole grain	2 sticks	Wheat, Barley, Egg, Corn, Soy, Milk, Cinnamon, Yeast	240	39g	2g	12g	6g	260mg	7g	1g	0mg	2 grain

Item	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
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
Yogurt /Granola/Cheese Stick	1 serving		250	30g	2g	15g	13g	305mg	8g	2g	15mg	2 meat; 1 grain
Yogurt, raspberry, nonfat, Danimals	4 oz.	Raspberry, Lemon, Legume, Milk, Corn, Fruit Juice and Vegetable Juice	70	14g	0g	10g	4g	60mg	0g	0g	5mg	1 meat
Yogurt, strawberry, nonfat, Danimals	4 oz.	Strawberry, Lemon, Legume, Milk, Corn, Fruit Juice and Vegetable Juice	70	14g	0g	10g	4g	60mg	0g	0g	5mg	1 meat
Yogurt, vanilla, nonfat, Danimals	4 oz.	Milk, Corn, Lemon, Legume	70	14g	0g	10g	4g	60mg	0g	0g	5mg	1 meat
Granola, cinnamon	1 oz.	Gluten-free oats, Apple, Cinnamon	110	15g	2g	4g	2g	60mg	4g	0g	0mg	1 grain
Cheese, mozzarella string, light	1 oz.	Milk	60	1g	0g	0g	7g	200mg	3g	2g	10mg	1 meat
Bread, whole grain	1 oz.	Wheat, Barley, Corn	70	12g	1g	1g	3g	80mg	1g	0g	0mg	1 grain
Sandwiches/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		290	19g	1g	0g	18g	584mg	16g	9g	70mg	2 meat, 1 grain
Chicken Fajita Strips	1.5 oz.	Garlic, Onion, Chili powder, Corn, Lemon	70	1g	0g	0g	9g	214mg	3.5g	1g	40mg	1 meat
Cheese, cheddar, mild, shredded	1 oz.	Milk, Corn	110	1g	0g	0g	6g	190mg	9g	6g	30mg	1 meat
Tortilla, wheat, 7 inch	1	Soy, Wheat, Corn	110	17g	1g	<1g	3g	180mg	4g	2g	0mg	1 grain
Bread, whole grain	1 oz.	Wheat, Barley, Corn	70	12g	1g	1g	3g	80mg	1g	0g	0mg	1 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		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/Jelly and Bagel	1 serving		555	49g	6g	17g	18g	470mg	35g	4g	0mg	2 meat; 2 grain
Sun Butter	2.2 oz. cup	Sunflower	400	14g	4g	6g	14g	260mg	34g	4g	0mg	2 meat
Grape Jelly	1 each	Grape	35	9g	0g	8g	0g	0mg	0g	0g	0mg	None
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	4 oz.		240	21g	2g	3g	11g	450mg	12g	3g	50mg	2 meat; 2 grain
Turkey Dog	2 oz.	Corn, Celery, Acerola Cherry	130	1g	0g	0g	7g	260mg	10g	3g	50mg	2 meat
Hot Dog Bun, Whole Grain	1 each	Wheat, Barley Soy, Corn, Honey, Molasses	110	20g	2g	3g	4g	190mg	2g	0g	0mg	2 grain
WOW Sandwich	4.6 oz.	Wheat, Barley, Milk, Soy, Corn, Grape	570	55g	8g	21g	19g	440mg	32g	6g	0mg	2 meat; 2 grain
Picnic Lunch: WOW Sandwich, Pretzels, Juice Blend, Fruit Cup, and Milk												
Chery Star (100% Fruit/Vegetable Juice)	6.75 oz.	Apple, Pear, Carrot, Celery, Spinach, Sweet Potato, Cherry, Kale, Broccoli, Starfruit, Aronia	90	23g	0g	21g	0g	40mg	0g	0g	0mg	3/4 c. 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	4 oz.	Apple	60	14g	1g	12g	0g	5mg	0g	0g	0mg	1/2 cup fruit
Applesauce, Cinnamon, sweetened	4 oz. cup	Cinnamon, Apple	60	17g	1g	15g	0g	0mg	0g	0g	0mg	1/2 cup fruit
Banana, strained	4 oz.	Banana	100	24g	1g	20g	1g	5mg	0g	0g	0mg	1/2 cup fruit
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	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	1/2 cup 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/Gravy, Gerber, strained	2.5 oz.	Corn	100	2g	0g	0g	7g	40mg	6g	n/a	n/a	1 meat
Chicken Dippers	2.6 oz.	Rice, Yeast	121	<1g	0g	0g	17g	112mg	4.5g	1g	51mg	2 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

Item	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
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
Gluten-free Bread, 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	8 fl oz.	Milk	90	13g	0g	12g	9g	130mg	0g	0g	5mg	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	1/2 cup fruit
Pears, Gerber, strained/2nd foods	4 oz.	Pear	70	17g	3g	12g	0g	5mg	0g	n/a	n/a	1/2 cup fruit
Peas, green, frozen	1/2 cup	Peas	60	10g	3g	3g	4g	0mg	0g	0g	0mg	1/2 cup vegetable
Peas, Gerber, strained/2nd foods	4 oz.	Peas	50	7g	2g	2g	0g	5mg	0g	n/a	n/a	1/2 cup vegetable
Potato, Emoji	4 pcs.	Potato	120	18g	2g	0g	2g	80mg	4g	<1g	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
Sweet Potatoes, strained, 1st foods	2.5 oz.	None	50	10g	<1g	6g	<1g	15mg	0g	n/a	n/a	1/2 cup vegetable
Taco Hummus	4 oz.	Legume (chickpea), sesame, red pepper, tomato, onion	160	20g	6g	2g	8g	380mg	6g	0g	0mg	2 meat
Tortilla Strips	1.25 oz.	Corn	162	23g	2g	0g	1g	75 mg	8g	1g	0mg	1.25 grain
Turkey/Gravy, strained	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 powder	139	4g	0g	4g	15g	450mg	7g	4g	64mg	2 meat
Turkey Sausage	2 patties	Caramel color	150	1g	0g	1g	12g	400mg	10g	3g	50mg	1.75 meat
Emergency Meal	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Cheddar Cheese Lunch Kit	1 lunch kit		460	62g	5g	41g	14g	930mg	18g	12g	50mg	2 meat; 1 grain; 3/4 cup vegetable; 1/2 cup fruit
White Cheddar Cheese	2 oz.	Milk	200	2g	0g	0g	12g	720mg	16g	12g	50mg	2 meat
Pizza Crackers	0.8 oz.	Wheat, Tomato	80	15g	2g	2g	2g	190mg	2g	0g	0mg	1 grain
Craisins	1.16oz	Orange, Berry	110	28g	3g	24g	0g	0mg	0g	0g	0 mg	1/2 cup fruit
Sunset Sip	6.75 oz.	Sweet Potato, Carrot, Pumpkin	70	17g	0g	15g	0g	20mg	0g	0g	0mg	3/4 cup 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	1/2 cup	Navy bean, tomato, corn, garlic, molasses	142	30g	4g	7g	6g	493mg	<1g	0g	0mg	1/2 cup vegetable
Broccoli, steamed	1/2 cup	None	13	2g	1g	0g	1g	10mg	0g	0 g	0mg	1/2 cup vegetable
Corn, canned	1/2 cup	Corn	78	18g	2g	3g	2.5g	16mg	1g	<1g	0mg	1/2 cup vegetable
Corn, frozen	1/2 cup	Corn	80	17g	2g	n/a	2g	10mg	0g	0g	0mg	1/2 cup vegetable
Green Beans, canned	1/2 cup	None	15	4g	2g	2g	1g	140mg	0g	0g	0mg	1/2 cup vegetable
Mixed Vegetables (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	1/2 cup vegetable
Potato Wedges, USDA, skin on, baked	3 oz.	None	100	14g	2g	0g	2g	20mg	3g	0g	0mg	1/2 cup vegetable
Sweet Potato Wedge. USDA, baked	3 oz.	Corn, Turmeric, Pea, Rice	140	21g	4g	10g	2g	150mg	6g	1g	0mg	1/2 cup vegetable
Fresh Vegetables	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Pro	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Broccoli spears	1/4 cup	None	6	1g	<1g	0 g	<1g	6mg	0g	0g	0mg	1/2 cup vegetable
Carroteenis	1/4 cup	Carrot	16	4g	1g	n/a	<1g	13mg	0g	0g	0mg	1/2 cup vegetable
Cucumber Slices	1/4 cup	Cucumber	15	3g	1g	0g	1g	0mg	0g	0g	0mg	1/2 cup vegetable
Garden Salad Mix	1 cup	Carrot	13	3g	1g	2g	1g	13mg	0g	0g	0mg	1/2 cup vegetable
Squash, yellow, sliced	1/2 cup	Squash	11	2.5g	1g	n/a	<1g	1mg	0g	0g	0mg	1/2 cup vegetable
Tomatoes, cherry	1/4 cup	Tomato	8	1.5	<1	n/a	<1	3	0g	0g	0mg	1/2 cup vegetable
Zucchini, sliced	1/4 cup	Squash	4	<1	<1	n/a	<1	<1	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
Applesauce, unsweetened, USDA	4.5 oz. cup	Apple	51	14g	1g	11g	0g	2mg	0g	0g	0mg	1/2 cup fruit
Applesauce, Cinnamon, sweetened	4 oz. cup	Cinnamon, Apple	60	17g	1g	15g	0g	0mg	0g	0g	0mg	1/2 cup fruit
Banana, raw, medium	1 banana	Banana	109	28g	1g	n/a	1g	12mg	0g	0g	0mg	1/2 cup fruit

Item	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Clementine, whole	1 clementine	Citrus	35	9g	1g	7g	<1g	1 mg	0g	0g	0mg	1/2 cup fruit
Orange, raw, medium	1 orange	Citrus	62	15g	3g	n/a	0g	0mg	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
Plum, raw	1 medium		36	9g	0g	0g	<1g	114mg	0g	0g	0mg	1/2 cup fruit
Raisins, USDA	1 box	Grape	110	30g	1g	22g	1g	0mg	0g	0g	0mg	1/2 cup fruit
Tangerine, raw, medium	1 medium	Citrus	37	9g	2g	n/a	<1g	1mg	0g	0g	0mg	0
Milk	Portion	Food Allergens and	Calories	CHO	Fiber	Sugar	Pro	Sodium	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 packet	Garlic, Corn, Onion, Lemon	50	3g	0g	0g	0g	130mg	0g	0g	0mg	None
Hot Sauce	1 packet	Red pepper	2	0g	0g	n/a	0g	120mg	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, Onion	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
Snacks: ELO, Latchkey, Pre K	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Pro	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Cheez-it, whole grain	0.75 oz.	Wheat, Milk, Soy, Turmeric	100	14g	1g	0g	2g	150mg	3.5g	1g	<5mg	1 grain
Pizza Crackers	0.8 oz.	Wheat, Tomato	80	15g	2g	2g	2g	190mg	2g	0g	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

USDA is an equal opportunity provider, employer, and lender.

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.