

revised 11/12/2020 Menu subject to change.

No pork, peanut, tree nut or seafood.

Breakfast												
Item	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Bagel, whole grain	1.9 oz.	Wheat, Barley, Honey, Molasses, Corn	120	26g	2g	3g	4g	210mg	0.5g	0g	0mg	2 grain
Cereals, whole grain, reduced sugar	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Cereal, Apple Jacks	1 bowl	Wheat, Oats, Corn, Apple, Cinnamon	110	24g	2g	8g	2g	160mg	1g	<1g	0mg	1 grain
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, Froot Loops	1 bowl	Wheat, Oats, Corn, may contain coconut oil	110	24g	2g	8g	2g	160mg	1g	<1g	0mg	1 grain
Cereal, Golden Grahams	1 bowl	Wheat, Corn, Rice	100	24g	1g	8g	1g	220mg	1g	0g	0mg	1 grain
Cereal, Trix	1 bowl	Corn, Rice, Turmeric, Fruit/Vegetable Juice (unspecified)	110	24g	1g	7g	1g	140mg	1.5g	0g	0mg	1 grain
Cinnamon Rolls or Bar, whole grain	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Cinnamon Roll, Mini Cinnis	2.29 oz.	Wheat, Milk, Barley, Cinnamon, Corn	240	39g	2g	15g	5g	270mg	7g	1.5g	0mg	2 grain
Cinnamon Toast Crunch Bar	2.36 oz.	Wheat, Milk, Legume, Cinnamon, Corn	250	40g	2g	14g	6g	280mg	8g	3g	5mg	2 grain
Swirl Roll	2.5 oz.	Sweet Potato, Wheat, Barley, Soy, Corn, Milk, Cinnamon, Orange	220	33g	3g	7g	5g	240mg	8g	1.5g	0mg	2 grain
Cheese	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Cheese, mozzarella string, light	1 oz.	Milk	60	1g	0g	1g	7g	200mg	3g	2g	10mg	1 meat
Condiments	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	T-Fat	Sat-Fat	Cholesterol	USDA Components
Grape Jelly, pc	1 each	Grape	35	9g	0g	8g	0g	0mg	0g	0g	0mg	None
Syrup, Pancake SS	2 oz.	Corn	135	36g	0g	12g	0g	90mg	0g	0g	0mg	None
French Toast, whole grain	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
French Toast Sticks	3 sticks	Wheat, Barley, Egg, Corn, Soy, Milk, Cinnamon	360	57g	3g	15g	9g	390mg	11g	1.5g	5mg	3 grain
French Toast, Mini Cinnamon ES	1 package	Wheat, Soy, Milk, Egg, Cinnamon, Molasses	220	37g	2g	11g	4g	200mg	7g	1g	0mg	2 grain
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
Craisins, plain or strawberry	1.16 oz.	Cranberry, Elderberry or Strawberry, Sunflower oil	110	27-28g	2-3g	24g	0g	0mg	0g	0g	0mg	1/2 cup fruit
Honeydew melon	1/2 cup	Melon	31	8g	<1g	n/a	<1g	9mg	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
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	1.5 oz.	Grape	130	31g	2g	28g	1g	10mg	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
Graham Cracker, whole grain	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Goldfish Giant Grahams	0.9 oz.	Wheat, Cinnamon, Corn	120	19g	1g	7g	1g	140mg	4g	1g	0mg	1 grain
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
Fruit Punch juice box	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
Mixed Berry juice box	4.23 oz.	Apple, Pear, Strawberry, Raspberry, Jujube Fruit, Natural Flavors	60	15g	0g	11g	0g	5mg	0g	0g	0mg	1/2 cup fruit
Tangerine Orange juice box	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	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
Muffins, whole grain	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
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, 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
Pancakes, whole grain	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components

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
<b>Sun Butter</b>	<b>Portion Size</b>	<b>Food Allergens and Intolerances</b>	<b>Calories</b>	<b>CHO</b>	<b>Fiber</b>	<b>Sugar</b>	<b>Protein</b>	<b>Sodium</b>	<b>Total Fat</b>	<b>Sat-Fat</b>	<b>Cholesterol</b>	<b>USDA Components</b>
Sun Butter	2.2 oz. cup	Sunflower	400	14g	14g	20g	14g	260mg	34g	4g	0mg	2 meat
<b>Turkey</b>	<b>Portion Size</b>	<b>Food Allergens and Intolerances</b>	<b>Calories</b>	<b>CHO</b>	<b>Fiber</b>	<b>Sugar</b>	<b>Protein</b>	<b>Sodium</b>	<b>Total Fat</b>	<b>Sat-Fat</b>	<b>Cholesterol</b>	<b>USDA Components</b>
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
<b>Yogurt, Danimals</b>	<b>Portion Size</b>	<b>Food Allergens and Intolerances</b>	<b>Calories</b>	<b>CHO</b>	<b>Fiber</b>	<b>Sugar</b>	<b>Protein</b>	<b>Sodium</b>	<b>Total Fat</b>	<b>Sat-Fat</b>	<b>Cholesterol</b>	<b>USDA Components</b>
Yogurt, raspberry	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	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	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

**Lunch**

<b>Bean</b>	<b>Portion Size</b>	<b>Food Allergens and Intolerances</b>	<b>Calories</b>	<b>CHO</b>	<b>Fiber</b>	<b>Sugar</b>	<b>Protein</b>	<b>Sodium</b>	<b>Total Fat</b>	<b>Sat-Fat</b>	<b>Cholesterol</b>	<b>USDA Components</b>
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
Chili Cheese Wrap SS	1 serving	Wheat, Barley, Milk, Soy, Corn, Chili pepper, Potato, Legume, Turmeric	290	37g	5g	<1g	16g	540mg	10g	3g	10mg	2 meat; 2 grain
Taco Hummus	3 oz.	Legume, Garlic, Lime, Onion	120	18g	5g	3g	6g	180mg	3g	0g	0mg	1 meat
<b>Beef Burgers</b>	<b>Portion Size</b>	<b>Food Allergens and Intolerances</b>	<b>Calories</b>	<b>CHO</b>	<b>Fiber</b>	<b>Sugar</b>	<b>Protein</b>	<b>Sodium</b>	<b>Total Fat</b>	<b>Sat-Fat</b>	<b>Cholesterol</b>	<b>USDA Components</b>
Beef patty, fully cooked ES	1.6 oz.	None	100	0g	0g	0g	8g	80mg	7g	2.5g	30mg	1.5 meat
Beef Patty, fully cooked SS	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
Salisbury Steak	3 oz.	Soy, Wheat, Milk, Yeast	140	4g	1g	1g	16g	430mg	7g	3g	40mg	2 meat
<b>Bread/Other Whole Grains</b>	<b>Portion Size</b>	<b>Food Allergens and Intolerances</b>	<b>Calories</b>	<b>CHO</b>	<b>Fiber</b>	<b>Sugar</b>	<b>Protein</b>	<b>Sodium</b>	<b>Total Fat</b>	<b>Sat-Fat</b>	<b>Cholesterol</b>	<b>USDA Components</b>
Bun, hamburger, 3.5" ES	1 each	Wheat, Barley, Soy, Corn, Honey, Molasses	110	20g	2g	3g	4g	190mg	2g	0g	0mg	1.5 grain
Bun, hamburger, 4" SS	1 each	Wheat, Barley, Soy, Corn, Honey, Molasses, Yeast	140	25g	2g	3g	5g	230mg	2g	0g	0mg	2 grain
Bun, hoagie, 5" SS	1 bun	Wheat, Barley, Soy, Corn, Honey, Molasses, Yeast	160	28g	2g	4g	6g	260mg	2g	0g	0mg	2 grain
Bun, hot dog	1 each	Wheat, Barley Soy, Corn, Honey, Molasses	110	20g	2g	3g	4g	190mg	2g	0g	0mg	2 grain
Bread, white ES	1 oz.	Wheat, Barley, Corn	70	12g	1g	1g	3g	80mg	1g	0g	0mg	1 grain
Breadstick, large SS	1 breadstick	Wheat, Barley, Soy, Corn, Molasses, Honey, Garlic	90	17g	2g	3g	4g	180mg	<1g	0g	0mg	1.25 grain
Cheez-its, whole grain	0.75 oz.	Wheat, Milk, Soy	100	14g	1g	0g	2g	150mg	3.5g	1g	<5mg	1 grain
Cornbread Mini Loaf SS	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
Cornbread Muffin SS	2.4 oz.	Egg, Milk, Soy, Wheat, Barley, Corn, Cinnamon, Honey, Legume	200	34g	1g	18g	4g	140mg	6g	1g	0mg	2 grain
Goldfish Giant Grahams	0.9 oz.	Wheat, Cinnamon, Corn	120	19g	1g	7g	1g	140mg	4g	1g	0mg	1 grain
Granola, cinnamon, gluten-free	1 oz.	Gluten-free oats, Apple, Cinnamon	110	15g	2g	4g	2g	60mg	4g	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, 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
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
Soft Pretzel	1 pretzel	Wheat, Yeast, Corn	140	30g	3g	1g	5g	150mg	0.5g	0g	0mg	2 grain
Wheat crackers	1.5 oz.	Wheat, Onion, Molasses, Honey, Garlic	180	30g	3g	4g	3g	400mg	6g	1g	0mg	2 grain
<b>Cheese</b>	<b>Portion Size</b>	<b>Food Allergens and Intolerances</b>	<b>Calories</b>	<b>CHO</b>	<b>Fiber</b>	<b>Sugar</b>	<b>Protein</b>	<b>Sodium</b>	<b>Total Fat</b>	<b>Sat-Fat</b>	<b>Cholesterol</b>	<b>USDA Components</b>
Cheese, cheddar bits	1 oz.	Milk	200	0g	0g	0g	7g	190mg	7g	4.5g	10mg	1 meat
Cheese, cheddar bits	2 oz.	Milk	220	0g	0g	0g	14g	360mg	18g	10g	60mg	2 meat
Cheese, cheddar, shelf stable	2 oz.	Milk	200	2g	0g	0g	12g	720mg	16g	12g	50mg	2 meat
Cheese, mozzarella, shelf stable	2 oz.	Milk	200	2g	0g	0g	12g	720mg	16g	12g	50mg	2 meat
Cheese, mozzarella string, light	2 oz.	Milk	120	2g	0g	2g	14g	400mg	6g	4g	20mg	11/12/2022 2 meat
Cheese, yellow, American	0.5 oz.	Milk, Soy	50	1g	0g	<1g	3g	220mg	5g	3g	13mg	0.5 meat

Lasagna Roll Up with Marinara Sauce	1 serving	Egg, Milk, Wheat, Rice, Corn, Garlic	243	37g	3g	9g	17g	521mg	4g	2g	45mg	2 meat; 1 grain; 1/2 cup vegetable
Macaroni and Cheese	6 oz.	Milk, Egg, Wheat, Legume, Turmeric	283	31g	2g	6g	15g	648mg	11g	7g	37mg	2 meat; 1 grain
<b>Chicken</b>	<b>Portion Size</b>	<b>Food Allergens and Intolerances</b>	<b>Calories</b>	<b>CHO</b>	<b>Fiber</b>	<b>Sugar</b>	<b>Protein</b>	<b>Sodium</b>	<b>Total Fat</b>	<b>Sat-Fat</b>	<b>Cholesterol</b>	<b>USDA Components</b>
Chicken Drumstick, hot-n-spicy SS	3.36 oz.	Wheat, Corn, Garlic, Onion, Rice, Celery Seed, Yeast	210	7g	NA	0g	17g	380mg	12g	2.5g	85mg	
Chicken Patty, breaded	3.75 oz.	Onion, Garlic, Soy, Wheat, Turmeric, Carrot	200	9g	3g	0g	19g	290mg	9g	1.5g	45mg	2 meat; 1 grain
Chicken Patty, spicy, breaded SS	3.75 oz.	Soy, Wheat, Corn, Garlic, Onion, Rice, Carrot	200	9g	1g	1g	21g	330mg	10g	2g	45mg	2 meat; 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
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
Chicken Tenders, spicy SS	3 each	Wheat, Soy, Corn, Garlic, Onion, Rice, Carrot, Celery	225	9g	2g	3g	20g	375mg	12g	5g	45mg	2 meat; 1 grain
Chicken and Cheese Taquito SS	2 each	Wheat, Corn, Soy, Milk, Tomato, Legume, Onion, Chili/Jalapeno Peppers	280	30g	4g	2g	16g	800mg	12g	3g	30mg	2 meat; 2 grain
Walking Taco (with chicken taco filling)	1 serving	Garlic, Citrus, Chili Pepper, Milk, Onion, Cocoa, Corn, Potato, Oat, Yeast	452	48g	4g	<1g	14g	412mg	24g	6g	58mg	2 meat; 2.5 grain
<b>Condiments/Seasoning</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>
BBQ sauce, Heinz, dispenser SS	1 Pump (2 T)	Tomato, Corn, Garlic, Soy, Wheat, Turmeric, Onion	35	9g	1g	1g	0g	390mg	0g	0g	0mg	None
BBQ sauce, pc	1 packet	Tomato, Corn, Garlic, Molasses, Wheat	15	4g	0g	2g	0g	85mg	0g	0g	0mg	None
Chipotle Ranch Dressing SS	2 T	Soy, Milk, Garlic, Lemon, Onion	50	8g	1g	5g	0g	320mg	2.5g	<1g	0mg	None
Duck sauce, pc SS	1 ea. (8 gm)	Corn, Caramel Color, Apricot	5	2g	0g	1g	0g	45mg	0g	0g	0mg	None
Grape Jelly, pc	1 each	Grape	35	9g	0g	8g	0g	0mg	0g	0g	0mg	None
Hot sauce, pc	1 ea. (7gm)	Chili pepper	2	0g	0g	0g	0g	120mg	0g	0g	0mg	None
Italian dressing SS	2 T	Garlic, Caramel Color, Turmeric, Legume	10	2g	0g	0g	0g	360mg	0g	0g	0mg	None
Italian dressing, fat-free	1 each	Garlic, Corn, Lemon	4	<1g	0g	0g	0g	110mg	0g	0g	0mg	None
Italian dressing, pc	1 ea. (12 gm)	Garlic, Corn, Onion, Lemon	10	1g	0g	0g	0g	110 mg	0g	0g	0mg	None
Ketchup Heinz, dispenser SS	1 Pump (2 T)	Tomato, Corn, Onion	40	10g	0g	8g	0g	320mg	0g	0g	0mg	None
Ketchup, pc	1 packet	Tomato, Corn	10	3g	0g	2g	0g	105mg	0g	0g	0mg	None
Mayonnaise, lite, dispenser SS	1 Pump (2 T)	Egg, Mustard flour, Corn	70	1g	0g	0g	0g	200mg	7g	1g	<10mg	None
Soup Base, vegetable (to season) SS	1 T	Carrot, Onion, Celery, Corn, Tomato, Garlic	55	6g	0g	1g	1g	471mg	2g	<1g	0mg	None
Mustard, pc	1 packet	Turmeric, Garlic	4	0g	0g	0g	0g	50mg	0g	0g	0mg	None
Mustard, Heinz, dispenser SS	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 SS	1 Pump (2 T)	Soy, Milk, Garlic, Corn, Onion, Lemon	50	8g	1g	5g	0g	320mg	2.5g	<1g	0mg	None
Ranch dressing, light, pc	1 packet	Soy, Corn, Egg, Milk, Garlic, Lemon, Onion	20	3g	0g	2g	0g	115mg	1g	0g	0mg	None
Taco sauce, pc	1 packet	Tomato, Corn, Wheat	5	1g	0g	0g	0g	95mg	0g	0g	0mg	None
Seasonings (may be used in recipes)	N/A	Garlic, Mrs. Dash Original, Onion, Chili Powder, Cinnamon, Chipotle, Fajita, Pepper, Italian										None
Wild Wild West seasoning blend SS	1/4 tsp.	Garlic, Tomato, Lemon, Onion, Cayenne pepper, Carrot	1	0g	0g	0g	0g	0mg	0g	0g	0mg	None
<b>Dynomite Dippers (non-meat)</b>	<b>Portion Size</b>	<b>Food Allergens and Intolerances</b>	<b>Calories</b>	<b>CHO</b>	<b>Fiber</b>	<b>Sugar</b>	<b>Protein</b>	<b>Sodium</b>	<b>Total Fat</b>	<b>Sat-Fat</b>	<b>Cholesterol</b>	<b>USDA Components</b>
Dynomite Dippers	5 pc.	Wheat, barley, soy, onion, potato, garlic, corn, spices (not specified)	250	25g	4g	3g	16g	463mg	11g	2g	0mg	2 meat
<b>Egg</b>	<b>Portion Size</b>	<b>Food Allergens and Intolerances</b>	<b>Calories</b>	<b>CHO</b>	<b>Fiber</b>	<b>Sugar</b>	<b>Protein</b>	<b>Sodium</b>	<b>Total Fat</b>	<b>Sat-Fat</b>	<b>Cholesterol</b>	<b>USDA Components</b>
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
<b>Fruit</b>	<b>Portion Size</b>	<b>Food Allergens and Intolerances</b>	<b>Calories</b>	<b>CHO</b>	<b>Fiber</b>	<b>Sugar</b>	<b>Protein</b>	<b>Sodium</b>	<b>Total Fat</b>	<b>Sat-Fat</b>	<b>Cholesterol</b>	<b>USDA Components</b>
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, strawberry, unsweetened	4.5 oz.	Apple, Strawberry, Natural flavors/colors	50	14g	1g	11g	0g	10mg	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
Applesauce, unsweetened	4.5 oz.	Apple	60	14g	2g	13g	0g	5mg	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
Craisins, plain or strawberry	1.16 oz.	Cranberry, Elderberry or Strawberry, Sunflower oil	110	27-28g	2-3g	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
Honeydew melon	1/2 cup	Melon	31	8g	<1g	n/a	<1g	9mg	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	1.5 oz.	Grape	130	31g	2g	28g	1g	10mg	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
<b>100% Juice</b>	<b>Portion Size</b>	<b>Food Allergens and Intolerances</b>	<b>Calories</b>	<b>CHO</b>	<b>Fiber</b>	<b>Sugar</b>	<b>Protein</b>	<b>Sodium</b>	<b>Total Fat</b>	<b>Sat-Fat</b>	<b>Cholesterol</b>	<b>USDA Components</b>

Cherry Star Juice Blend	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
<b>Milk</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>
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
<b>Pizza, whole grain</b>	<b>Portion Size</b>	<b>Food Allergens and Intolerances</b>	<b>Calories</b>	<b>CHO</b>	<b>Fiber</b>	<b>Sugar</b>	<b>Protein</b>	<b>Sodium</b>	<b>Total Fat</b>	<b>Sat-Fat</b>	<b>Cholesterol</b>	<b>USDA Components</b>
Pizza, beef pepperoni, 6-cut SS	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 ES	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
Pizza, cheese, 6-cut SS	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, turkey pepperoni ES	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
<b>Salad</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>
Garden Salad with Egg & Cheese	1 serving	Egg, Milk, Corn, Potato, Carrot	203	5g	1g	3g	13g	258mg	14g	7.5g	200mg	2.5 meat; 1/2 cup vegetable
<b>Sandwiches (ready to eat)</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>
Grilled Cheese Sandwich	4.19 oz.	Wheat, Barley, Soy, Milk, Corn, Yeast	280	31g	3g	6g	19g	454mg	10g	6g	32mg	2 meat; 2 grain
Turkey Salami and Cheese Sub	1 sandwich	Wheat, Soy, Milk, Yeast, Sodium Nitrite	300	29g	2g	5g	27g	910mg	8g	3g	53mg	2.5 meat; 2 grain
WOW 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
<b>Sun Butter</b>	<b>Portion Size</b>	<b>Food Allergens and Intolerances</b>	<b>Calories</b>	<b>CHO</b>	<b>Fiber</b>	<b>Sugar</b>	<b>Protein</b>	<b>Sodium</b>	<b>Total Fat</b>	<b>Sat-Fat</b>	<b>Cholesterol</b>	<b>USDA Components</b>
Sun Butter	2.2 oz. cup	Sunflower	400	14g	14g	20g	14g	260mg	34g	4g	0mg	2 meat
<b>Turkey</b>	<b>Portion Size</b>	<b>Food Allergens and Intolerances</b>	<b>Calories</b>	<b>CHO</b>	<b>Fiber</b>	<b>Sugar</b>	<b>Protein</b>	<b>Sodium</b>	<b>Total Fat</b>	<b>Sat-Fat</b>	<b>Cholesterol</b>	<b>USDA Components</b>
Turkey Burger, all natural	2.75 oz.	Garlic, Onion	150	0g	0g	0g	17g	430mg	9g	2.5g	60mg	2 meat
Turkey Hot Dog	2 oz.	Corn, Sodium Nitrite	130	1g	0g	0g	7g	700mg	11g	3g	45mg	2 meat
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
Turkey Stick, smokehouse	1.2 oz.	Garlic, Onion, Molasses, Chicken Broth, Sunflower Oil	40	0g	0g	0g	8g	190mg	1g	0g	20mg	1 meat
Turkey Stick, sweet BBQ	1.2 oz.	Garlic, Onion	40	0g	0g	0g	8g	190mg	1g	0g	20mg	1 meat
Turkey Stick & Cheese Stick, shelf stable	1 oz.	Turkey, Milk, Corn, Garlic, Nitrate, Turmeric	90	1g	0g	0g	5g	340mg	7g	4g	25mg	1 meat
<b>Vegetables</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>
Broccoli, fresh	1/4 cup	None	6	1g	<1g	0 g	<1g	6mg	0g	0g	0mg	1/4 cup vegetable
Carrot, baby or Carroteenis	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
Garden Salad Mix	1 cup	Carrot	13	3g	1g	2g	1g	13mg	0g	0g	0mg	1/2 cup vegetable
Green Pepper, sliced	1/4 cup	Green pepper	7	2g	<1g	<1g	<1g	<1mg	0g	0g	0mg	1/4 cup vegetable
Salsa, portion cup	3 oz.	Tomato, Jalapeno Pepper, Onion, Garlic, Natural Flavors	25	5g	1g	3g	1g	195mg	0g	0g	0mg	1/2 cup vegetable
Tomatoes, cherry	1/4 cup	Tomato	8	1.5g	<1g	n/a	<1g	3mg	0g	0g	0mg	1/2 cup vegetable
Tomato, quartered	1/4 cup	Tomato	13	3g	<1g	n/a	<1g	6mg	<1g	<1g	<1mg	1/4 cup vegetable
Zucchini, sliced	1/4 cup	Squash	4	<1g	<1g	n/a	<1g	<1mg	0g	0g	0mg	1/2 cup vegetable
<b>Yogurt, Danimals</b>	<b>Portion Size</b>	<b>Food Allergens and Intolerances</b>	<b>Calories</b>	<b>CHO</b>	<b>Fiber</b>	<b>Sugar</b>	<b>Protein</b>	<b>Sodium</b>	<b>Total Fat</b>	<b>Sat-Fat</b>	<b>Cholesterol</b>	<b>USDA Components</b>
Yogurt, raspberry	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	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	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
<b>Emergency Meal</b>	<b>Portion Size</b>	<b>Food Allergens and Intolerances</b>	<b>Calories</b>	<b>CHO</b>	<b>Fiber</b>	<b>Sugar</b>	<b>Protein</b>	<b>Sodium</b>	<b>Total Fat</b>	<b>Sat-Fat</b>	<b>Cholesterol</b>	<b>USDA Components</b>
Cheddar Cheese Lunch Kit:	1 lunch		460	62g	5g	41g	14g	930mg	18g	12g	50mg	2 meat; 1 grain; 3/4 cup vegetable; 1/2 cup fruit
White Cheddar Cheese, shelf stable	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	0mg	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
<b>Preschool Snacks, whole grain</b>	<b>Portion Size</b>	<b>Food Allergens and Intolerances</b>	<b>Calorie</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>Components</b>
Cheez-it	0.75 oz.	Wheat, Milk, Soy	100	14g	1g	0g	2g	150mg	3.5g	1g	<5mg	1 grain
Elf Grahams	1 oz.	Wheat, Honey, Soy, Molasses	120	21g	1g	8g	2g	105mg	4g	1g	0mg	1 grain
Goldfish Giant Grahams	0.9 oz.	Wheat, Cinnamon, Corn	120	19g	1g	7g	1g	140mg	4g	1g	0mg	11/12/20 grain
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

Scooby Doo Grahams	1 oz.	Wheat, Honey, Soy, Cinnamon	120	21g	1g	8g	2g	115mg	3.5g	1g	0mg	1 grain
Special Diet Order	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Pro	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Banana, strained/ 2nd foods	4 oz.	Banana	100	24g	1g	20g	1g	5mg	0g	0g	0mg	1/2 cup fruit
Beef, dried, stick, Old West	0.5 oz.	Beef, Corn, Garlic, Nitrite	40	<1g	0g	<1g	4g	200mg	1.5g	0g	10mg	0.5 meat
Beef Stick & Cheese Stick, shelf stable	1 oz.	Beef, Milk, Corn, Garlic, Nitrate, Turmeric	110	1g	0g	1g	6g	400mg	9g	5g	25mg	1 meat
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
Carrots, strained/2nd foods	4 oz.	Carrot	40	9g	1g	6g	<1g	40mg	0g	n/a	n/a	1/2 cup vegetable
Carrot, shelf stable	1/2 cup	Carrot	15	3g	1g	1g	0g	120mg	0g	0g	0mg	1/2 cup vegetable
Chicken Dippers, fully cooked	2.6 oz.	Rice, Yeast	121	<1g	0g	0g	17g	112mg	4.5g	1g	51mg	2 meat
Chicken Fajita Strips, fully cooked	2.25 oz.	Garlic, Onion, Chili powder, Corn, Lemon	105	1.5g	0g	0g	13g	300mg	5g	1.5g	60mg	1.5 meat
Corn, shelf stable	1/2 cup	Corn	35	6g	0g	2g	0g	100mg	0g	0g	0mg	1/2 cup vegetable
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
Green Beans, canned	1/2 cup	Garlic	17	4g	2g	2g	1g	5mg	0g	0g	0mg	1/2 cup vegetable
Green Beans, shelf stable	1/2 cup	None	10	2g	1g	0g	1g	105mg	0g	0g	0mg	1/2 cup vegetable
Green Beans, strained/2nd foods	4 oz.	None	40	6g	2g	3g	1g	5mg	0g	n/a	n/a	1/2 cup vegetable
Hot Dog, beef (for K-6 only)	2 oz.	Sodium nitrite	167	<1g	0g	0g	7g	580mg	15g	6g	35mg	1 meat
Milk, non-fat, lactose free, white	8 oz.	Milk	90	13g	0g	12g	9g	130mg	0g	0g	5mg	1 milk
Milk, soy, Silk, vanilla	8 oz.	Soy	150	18g	2g	15g	8g	80mg	4.5g	<1g	0mg	1 milk
Peaches, diced, shelf stable	4 oz.	Peach, Pear Juice, Natural Flavors, Lemon Juice	70	17g	1g	15g	0g	5mg	0g	0g	0mg	1/2 cup fruit
Pears, diced, shelf stable	4 oz.	Pear, Lemon Juice	70	18g	1g	15g	0g	5mg	0g	0g	0mg	1/2 cup fruit
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 and Carrot, shelf stable	1/2 cup	Pea, Carrot	30	7g	2g	3g	2g	100mg	0g	0g	0mg	1/2 cup vegetable
Peas, shelf stable	1/2 cup	Pea	40	8g	2g	4g	2g	100mg	0g	0g	0mg	1/2 cup vegetable
Peas, strained/2nd foods	4 oz.	Peas	50	7g	2g	2g	0g	5mg	0g	n/a	n/a	1/2 cup vegetable
Popcorn, light kettle	0.6 oz.	Milk, Corn, Sunflower Oil	70	13g	2g	0g	1g	65mg	2.5g	0g	0mg	0.5 grain
Potato, Emoji	4 pcs.	Potato	120	18g	2g	0g	2g	80mg	4g	<1g	0mg	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
Tortilla Chips, round	1.6 oz.	Corn	210	25g	2g	0g	3g	170mg	12g	1g	0mg	1.5 grain
Tortilla Strips	1.25 oz.	Corn	162	23g	2g	0g	1g	75 mg	8g	1g	0mg	1.25 grain
Turkey Sausage, fully cooked	2 patties	Caramel color	150	1g	0g	1g	12g	400mg	10g	3g	50mg	1.75 meat
Turkey, dried, stick, Old West	0.5 oz.	Turkey, Corn, Honey, Nitrite	35	3g	0g	3g	4g	200mg	1g	0g	10mg	0.5 meat
WOW Soy Butter	2.2 oz.	Soy	400	16g	6g	6g	14g	200mg	30g	6g	0mg	2 meat

**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.												
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