

Summer Feeding School Program Itemized Food List



2024

RECREATION AND PARKS DEPARTMENT

revised 5/8/24

Breakfast Nutrition Information

Grains	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Bagel, whole grain	1	Wheat, Barley, Honey, Molasses, Corn	120	26g	2g	3g	4g	210mg	0.5g	0g	0mg	2 grain
Cereal, Apple Jacks	1 bowl	Wheat, Oats, Corn, Apple, Cinnamon	100	24g	2g	8g	2g	160mg	<1g	0g	0mg	1 grain
Cereal, Cinnamon Toast Crunch, reduced sugar	1 bowl	Wheat, Soy, Rice, Cinnamon	120	22g	3g	6g	1g	160mg	2.5g	0g	0mg	1 grain
Cereal, Froot Loops, reduced sugar	1 bowl	Wheat, Oats, Corn, may contain coconut oil	100	24g	2g	8g	2g	170mg	<1g	0g	0mg	1 grain
Cinnamon Tiger Bites	1	Wheat, Honey, Molasses, Cinnamon, Soy	120	21g	1g	8g	2g	105mg	4g	1g	0mg	1 grain
Honey Graham Cracker	1	Wheat, Oat, Honey	110	21g	2g	6g	1g	140mg	3g	0g	0mg	1 grain
Muffin, Apple	1	Milk, Wheat, Egg, Apple, Cinnamon, Soy, Corn, Legume, Turmeric, Fruit/Vegetable powder	130	22g	1g	10g	2g	85mg	3.5g	0g	20mg	1 grain
Muffin, Blueberry	1	Milk, Wheat, Egg, Blueberry, Soy, Corn, Legume, Turmeric, Fruit/Vegetable powder	120	15g	1g	11g	2g	90mg	3.5g	0g	15mg	1 grain
100% Fruit Juice	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Fruit Juice, Apple	1	Apple	60	15g	0g	14g	0g	5mg	0g	0g	0mg	1 fruit
Fruit Juice, Fruit Punch	1	Apple, Pear, Grape, Pineapple, Orange	60	15g	0g	13g	0g	5mg	0g	0g	0mg	1 fruit
Fruit Juice, Orange Tangerine	1	Apple, Pear, Orange, Tangerine	60	15g	0g	13g	0g	10mg	0g	0g	0mg	1 fruit
Milk and Dairy	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	PRO	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Cream cheese, plain, reduced fat	1	Milk, Legume	40	2g	0g	1g	2g	105mg	3.5g	2g	10mg	None
Cream cheese, strawberry	1	Milk, Strawberry, Corn, Legume, Fruit and Vegetable Juice (for color), Honey	60	3g	n/a	3g	<1g	55mg	5g	3g	15mg	None
White Milk, 1%	8 oz	Milk	110	12g	0g	12g	8g	125mg	2.5g	1.5g	15mg	1 milk
Smoothie, mango pineapple	1	Milk, Pear, Mango, Banana	130	36g	0g	20g	5g	65mg	0g	0g	0mg	1 meat; 1 fruit
Smoothie, peach	1	Milk, Pear, Peach, Beet	125	35g	0g	20g	5g	70mg	0g	0g	0mg	1 meat; 1 fruit
Smoothie, strawberry banana	1	Milk, Pear, Strawberry, Banana, Beet	130	36g	0g	20g	5g	70mg	0g	0g	0mg	1 meat; 1 fruit

Lunch Nutrition Information

Entrée	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Pro	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Beef Salami/Cheese/Bread												2 meat; 1 grain
Beef Salami	1	Beef, Garlic	120	0g	0g	0g	6g	440mg	10g	4g	25mg	1 meat
Cheddar cheese cup	1	Milk	180	13g	0g	0g	10g	390mg	10g	6g	30mg	1 meat
Naan Bread	1	Wheat	70	12g	2g	<1g	2g	100mg	1g	0g	0mg	1 grain
Breaded Chicken Sliders	1	Wheat, Soy, Milk, Sesame Seed, Date, Corn, Onion, Garlic, Yeast	420	51g	5g	5g	23g	840mg	14g	2.5g	50mg	2 meat; 3.5 grain
Buffalo Chicken & Cheese on Bun		Milk, Soy, Wheat	280	31g	2g	5g	21g	870mg	10g	4g	40mg	2 meat; 2 grain
Chicken/Turkey Pepperoni & Cheese Sub	1	Egg, Milk, Soy, Wheat, Barley, Yeast, Corn, Mustard, Paprika, Garlic, Sodium Nitrite	410	34g	0g	5g	21g	910mg	11g	4g	40mg	2 meat; 2 grain
Hamburger on Bun												2 meat; 1.5 grain
Beef patty, fully cooked	1	Soy	170	2g	1g	0g	12g	220mg	13g	5g	35mg	2 meat
Bun, hamburger, 3.5"	1	Wheat, Barley, Soy, Corn, Honey, Molasses	110	20g	2g	3g	4g	190mg	2g	0g	0mg	1.5 grain
Italian Hoagie (turkey salami and cheese)	1	Wheat, Barley, Yeast, Date, Smoke Flavoring, Sodium Nitrite, Milk, Soy	312	32g	3g	1g	18g	1113mg	13g	4g	62mg	2 meat; 2 grain
Turkey and Cheese on Bun	1	Wheat, Milk, Yeast, Paprika	330	27g	2g	2g	21g	660mg	15g	6g	50mg	2 meat; 2 grain
Turkey and Mozzarella Cheese on Flatbread	1	Wheat, Milk, Sesame, Soy, Legume, Barley, Sunflower oil	280	32g	3g	3g	21g	820mg	9g	3.5g	35mg	2 meat; 2 grain
Turkey Hot Dog on Bun												grain
Turkey Hot Dog	1	Corn, Celery, Cherry, Paprika	130	1g	0g	0g	0g	260mg	10g	3g	50mg	2 meat
Hot dog bun, WG, 6 inch	1	Wheat, Barley, Soy, Yeast	110	20g	2g	3g	4g	190mg	2g	0g	0mg	1.75 grain
Jammer/Pretzel/Cheese Cup												2 meat; 2 grain
WOW Butter Jammer Sandwich	1	Wheat, Soy, Milk, Grape	280	28g	4g	12g	10g	200mg	14g	3g	0mg	1 meat; 1 grain
Soft Pretzel	1	Wheat	70	14g	1g	0g	0g	40mg	0g	0g	0mg	1 grain

Cheddar cheese cup	1	Milk	180	13g	0g	0g	10g	390mg	10g	6g	30mg	1 meat
WOW Soy Butter/Strawberry Jelly Sandwich	1	Wheat, Barley, Soy, Milk, Yeast, Strawberry, Sesame	570	49g	9g	13g	11g	430mg	33g	7g	0mg	2 meat; 2 grain
Yogurt (2) /Churro/Granola												2 meat; 2 grain
Yogurt, strawberry, Danimals	1	Milk, Corn, Strawberry, unspecified Fruit Juice and Vegetable Juice (for color), Lemon	70	12g	0g	9g	4g	70mg	0g	0g	<5mg	1 meat
Yogurt, strawberry banana, Danimals	1	Milk, Corn, Strawberry, Banana, unspecified Fruit Juice and	70	12g	0g	9g	5g	70mg	0g	0g	eat	1 meat
Yogurt, vanilla, nonfat, Danimals	1	Milk, Corn, Lemon	70	12g	0g	9g	5g	70mg	0g	0g	<5mg	1 meat
Churro, Apple	1	Egg, Milk, Soy, Wheat, Corn, Apple	150	27g	1g	9g	3g	60mg	0g	0g	0mg	1 grain
Churro, Raspberry	1	Egg, Milk, Soy Wheat, Legume, Red #40, Apple, Raspberry	150	28g	1g	9g	3g	60mg	0g	0g	0mg	1 grain
Granola, cinnamon	1	Gluten-free oats, Apple, Cinnamon	110	15g	2g	4g	2g	60mg	4g	<1g	0mg	1 grain
Fresh Vegetables	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	PRO	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Broccoli florets, fresh	1/4 cup	None	6	1g	<1g	0g	<1g	6mg	0g	0g	0mg	1/4 cup vegetable
Carroteenis (baby carrots)	1/2 cup	None	31	7g	2g	n/a	<1g	25mg	0g	0g	0mg	1/2 cup vegetable
Celery sticks, raw	1/2 cup	None	6	2g	<1g	0g	<1g	35mg	0g	0g	0mg	1/2 cup vegetable
Lettuce Salad Mix	1 cup	Carrot	13	3g	1g	2g	1g	13mg	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	116	21g	4g	n/a	<1g	1mg	0g	0g	0mg	1/2 cup fruit
Applesauce, unsweetened	4.5 oz. cup	Apple	60	16g	2g	12g	0g	25mg	0g	0g	0mg	1/2 cup fruit
Oranges, raw, medium	1	Citrus	62	15g	3g	n/a	1g	0mg	0g	0g	0mg	1/2 cup fruit
Peach cup	1	Peach	80	19g	1g	16g	n/a	0mg	0g	0g	0mg	1/2 cup fruit
Strawberry Cup	1	Strawberry	90	22g	2g	16g	n/a	0mg	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
Capri Sun, Fruit Punch	6 oz.	Grape, Pear, Orange, Pineapple	80	21g	0g	20g	0g	25mg	0g	0g	0mg	3/4 cup fruit
Cherry Star Juice Blend	4.23 oz.	Apple, Pear, Carrot, Celery, Spinach, Cherry, Starfruit, Sweet Potato, Aronia, Kale, Broccoli	50	13g	0g	12g	0g	15mg	0g	0g	0mg	1/2 cup vegetable
Milk	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	PRO	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Chocolate Milk, Skim	8 oz.	Milk, Corn Syrup, Cocoa	120	22g	0g	21g	8g	240mg	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
Italian dressing	1	Garlic, Corn, Onion, Lemon	10	1g	0g	0g	0g	110 mg	0g	0g	0mg	None
Marinara Sauce	1	Tomato, Corn, Garlic, Onion	15	4g	0g	2g	0g	140mg	0g	0g	0mg	1/8 cup vegetable
Ranch dressing, fat free	1	Corn, Milk, Garlic, Turmeric	10	2g	0g	<1g	0g	125mg	0g	0g	0mg	None
Salsa Dipping Cup	1	Tomato, Jalapeno Pepper, Onion, Garlic	25	5g	1g	3g	1g	195mg	0g	0g	0mg	1/2 cup vegetable
Snacks	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	PRO	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Capri Sun, Fruit Punch	6 oz.	Grape, Pear, Orange, Pineapple	80	21g	0g	20g	0g	25mg	0g	0g	0mg	3/4 cup fruit
Cheez-it	1	Wheat, Milk, Soy	100	14g	1g	0g	2g	150mg	3.5g	1g	<5mg	1 grain
Cinnamon Belly Bears	1	Wheat, Cinnamon	120	20g	1g	7g	7g	115mg	4g	0g	0mg	1 grain
Dino Bites	1	Wheat, Corn	120	20g	2g	6g	6g	95mg	3.5g	0g	0mg	1 grain
Pretzel, Stellar	0.7 oz.	Wheat, Honey, Yeast, Malt	80	16g	1g	<1g	2g	180mg	1g	0g	0mg	1 grain
Strawberry Waffle Grahams	1	Wheat, Strawberry, Elderberry, Sweet Potato, Corn	120	21g	1g	7g	7g	95mg	3g	0g	0mg	1 grain

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.