

Ingredient Group	Ingredient Number	Ingredient Description	Vendor	Vendor Item Number	Manufacturer Number	Grade	Meal Component	Serving Size	Grams	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soybeans	Tree Nuts	Wheat	Other*
16-17 A LA CARTE BEVERAGES	900437	AQUAFINA SPASH RASPBERRY 16.9OZ	PEPSI	L741		9-12	1.00	EACH	16.9 OZ	0	0	*N/A*	*N/A*	*N/A*	140	0	*N/A*	0	0	N	N	N	N	N	N	N	N	N
16-17 A LA CARTE BEVERAGES	900436	AQUAFINA SPLASH GRAPE 16.9OZ	PEPSI	L741		9-12	1.00	EACH	16.9 OZ	0	0	*N/A*	*N/A*	*N/A*	180	0	*N/A*	0	0	N	N	N	N	N	N	N	N	N
16-17 A LA CARTE BEVERAGES	900435	ARNOLD PALMER ZERO 11.5OZ	ATLANTIC FOODS		822	9-12	1.00	EACH	11.5 OZ	0	0	*N/A*	*N/A*	*N/A*	14	1	*N/A*	1	0	N	N	N	N	N	N	N	N	N
16-17 A LA CARTE BEVERAGES	900648	BAI COCONUT PINEAPPLE 16OZ	SNAPPLE			9-12	1.00	EACH	16 OZ	10	*N/A*	*N/A*	*N/A*	35	9	*N/A*	1	0	N	N	N	N	N	N	N	N	N	
16-17 A LA CARTE BEVERAGES	900446	DASANI SPARKLING WATER BERRY 12OZ	COKE		3295	9-12	1.00	EACH	12 OZ	0	0	*N/A*	*N/A*	*N/A*	35	0	*N/A*	*N/A*	0	N	N	N	N	N	N	N	N	
16-17 A LA CARTE BEVERAGES	900447	DASANI SPARKLING WATER LEMON 12OZ	COKE		3297	9-12	1.00	EACH	12 OZ	0	0	*N/A*	*N/A*	*N/A*	35	0	*N/A*	*N/A*	0	N	N	N	N	N	N	N	N	
16-17 A LA CARTE BEVERAGES	900448	DASANI SPARKLING WATER LIME 12OZ	COKE		3271	9-12	1.00	EACH	12 OZ	0	0	*N/A*	*N/A*	*N/A*	35	0	*N/A*	*N/A*	0	N	N	N	N	N	N	N	N	
16-17 A LA CARTE BEVERAGES	900467	DIET CITRUS GREEN TEA 16.9OZ	ATLANTIC FOODS		810	9-12	1.00	EACH	16.9 OZ	0	0	*N/A*	*N/A*	*N/A*	160	0	*N/A*	0	0	N	N	N	N	N	N	N	N	
16-17 A LA CARTE BEVERAGES	900441	DIET LEMON ICED TEA 12OZ	PEPSI	L742		9-12	1.00	EACH	12 OZ	0	0	*N/A*	*N/A*	*N/A*	80	0	*N/A*	0	0	N	N	N	N	N	N	N	N	
16-17 A LA CARTE BEVERAGES	900468	DIET MIXED BERRY GREEN TEA 16.9OZ	ATLANTIC FOODS		841	9-12	1.00	EACH	16.9 OZ	0	0	*N/A*	*N/A*	*N/A*	170	0	*N/A*	0	0	N	N	N	N	N	N	N	N	
16-17 A LA CARTE BEVERAGES	900454	DIET SNAPPLE HALF 'N HALF 20OZ	SNAPPLE			9-12	1.00	EACH	20 OZ	15	0	*N/A*	*N/A*	*N/A*	15	1	*N/A*	*N/A*	0	N	N	N	N	N	N	N	N	
16-17 A LA CARTE BEVERAGES	900457	DIET SNAPPLE LEMON 20OZ	SNAPPLE			9-12	1.00	EACH	20 OZ	10	0	*N/A*	*N/A*	*N/A*	15	0	*N/A*	*N/A*	0	N	N	N	N	N	N	N	N	
16-17 A LA CARTE BEVERAGES	900455	DIET SNAPPLE PEACH 20OZ	SNAPPLE			9-12	1.00	EACH	20 OZ	10	0	*N/A*	*N/A*	*N/A*	15	1	*N/A*	*N/A*	0	N	N	N	N	N	N	N	N	
16-17 A LA CARTE BEVERAGES	900456	DIET SNAPPLE RASPBERRY 20OZ	SNAPPLE			9-12	1.00	EACH	20 OZ	10	0	*N/A*	*N/A*	*N/A*	15	1	*N/A*	*N/A*	0	N	N	N	N	N	N	N	N	
16-17 A LA CARTE BEVERAGES	900438	DOLE APPLE JUICE 10OZ	PEPSI	L739		9-12	1.00	EACH	10 OZ	130	0	0	0	0	25	34	0	31	1	N	N	N	N	N	N	N	N	
16-17 A LA CARTE BEVERAGES	900439	DOLE FRUIT PUNCH 10OZ	PEPSI	L739		9-12	1.00	EACH	10 OZ	140	0	0	0	0	25	34	0	32	2	N	N	N	N	N	N	N	N	
16-17 A LA CARTE BEVERAGES	900440	DOLE ORANGE JUICE 10OZ	PEPSI	L739		9-12	1.00	EACH	10 OZ	140	0	0	0	0	25	33	0	28	2	N	N	N	N	N	N	N	N	
16-17 A LA CARTE BEVERAGES	900452	FRUIT20 CHERRY 16OZ	ATLANTIC FOODS		833	9-12	1.00	EACH	20 OZ	0	0	*N/A*	*N/A*	*N/A*	65	0	*N/A*	*N/A*	0	N	N	N	N	N	N	N	N	
16-17 A LA CARTE BEVERAGES	900451	FRUIT20 FRUIT PUNCH 16OZ	ATLANTIC FOODS		832	9-12	1.00	EACH	20 OZ	0	0	*N/A*	*N/A*	*N/A*	65	0	*N/A*	*N/A*	0	N	N	N	N	N	N	N	N	
16-17 A LA CARTE BEVERAGES	900449	FRUIT20 GRAPE 16OZ	ATLANTIC FOODS		830	9-12	1.00	EACH	20 OZ	0	0	*N/A*	*N/A*	*N/A*	65	0	*N/A*	*N/A*	0	N	N	N	N	N	N	N	N	
16-17 A LA CARTE BEVERAGES	900453	FRUIT20 LEMON 16OZ	ATLANTIC FOODS		834	9-12	1.00	EACH	20 OZ	0	0	*N/A*	*N/A*	*N/A*	65	0	*N/A*	*N/A*	0	N	N	N	N	N	N	N	N	
16-17 A LA CARTE BEVERAGES	900450	FRUIT20 STRAWBERRY 16OZ	ATLANTIC FOODS		831	9-12	1.00	EACH	20 OZ	0	0	*N/A*	*N/A*	*N/A*	65	*N/A*	*N/A*	0	0	N	N	N	N	N	N	N	N	
16-17 A LA CARTE BEVERAGES	900650	G2 FRUIT PUNCH 12OZ	PEPSI			9-12	1.00	EACH	12 OZ	30	0	*N/A*	*N/A*	*N/A*	160	7	*N/A*	7	0	N	N	N	N	N	N	N	N	
16-17 A LA CARTE BEVERAGES	900651	G2 GLACIER FREEZE 12OZ	PEPSI			9-12	1.00	EACH	12 OZ	30	0	*N/A*	*N/A*	*N/A*	160	7	*N/A*	7	0	N	N	N	N	N	N	N	N	
16-17 A LA CARTE BEVERAGES	900801	GALACTIC ICE BLUE RASPBERRY	8OZ	GALACTIC ICE	BLAST OFF BLUE			8.00	OZ	226.8	GRAMS	120	0	0	0	0	17	30	0	29	0	N	N	N	N	N	N	N
16-17 A LA CARTE BEVERAGES	900383	JUICE APPLE 4OZ	GFS	248916	41381	K-12	1 EACH=1/2F	1.00	EACH	4 OZ	60	0	0	0	15	14	0	13	0	N	N	N	N	N	N	N	N	
16-17 A LA CARTE BEVERAGES	900871	JUICE APPLE 6.75 OZ BOX	GFS	17122	84504	K-12	3/4F	1.00	EACH	6.75 OZ	90	0	*N/A*	*N/A*	*N/A*	5	21	*N/A*	20	0	N	N	N	N	N	N	N	
16-17 A LA CARTE BEVERAGES	900872	JUICE FRUIT PUNCH 6.75 OZ BOX	GFS	171171	84528TFFAC		3/4F	1.00	EACH	6.75 OZ	90	0	*N/A*	*N/A*	*N/A*	5	22	*N/A*	21	0	N	N	N	N	N	N	N	
16-17 A LA CARTE BEVERAGES	900387	JUICE GRAPE 4OZ	GFS	248983	41382	K-12	4OZ=1/2F	1.00	EACH	4 OZ	80	0	0	0	15	18	0	18	1	N	N	N	N	N	N	N	N	
16-17 A LA CARTE BEVERAGES	900388	JUICE ORANGE 4OZ	GFS	251390	100277	K-12	4OZ=1/2F	1.00	EACH	4 OZ	56	0	0	0	1	13	0	10	1	N	N	N	N	N	N	N	N	
16-17 A LA CARTE BEVERAGES	900735	JUICE ORANGE 4OZ	GFS	248878	41380	K-12	LOCAL	1.00	EACH	4 OZ	50	0	0	0	15	12	0	10	1	N	N	N	N	N	N	N	N	
16-17 A LA CARTE BEVERAGES	900620	JUICY JUICE APPLE 10OZ	ATLANTIC FOODS		10131	6-12	1.00	EACH	10 OZ	140	0	0	0	0	25	35	0	33	0	N	N	N	N	N	N	N	N	
16-17 A LA CARTE BEVERAGES	900390	JUICY JUICE APPLE 6.75OZ	GFS	171122	84526TFF	K-12	1 EACH=3/4CUPF	1.00	EACH	6.75 OZ	90	0	0	0	5	21	*N/A*	18	0	N	N	N	N	N	N	N	N	
16-17 A LA CARTE BEVERAGES	900420	JUICY JUICE BERRY 6.75OZ	ATLANTIC FOODS		806	K-12	1.00	EACH	6.75 OZ	100	0	*N/A*	*N/A*	*N/A*	15	24	*N/A*	23	0	N	N	N	N	N	N	N	N	
16-17 A LA CARTE BEVERAGES	900621	JUICY JUICE FRUIT PUNCH 10OZ	ATLANTIC FOODS		10132	6-12	1.00	EACH	10 OZ	140	0	0	0	0	25	35	0	33	0	N	N	N	N	N	N	N	N	
16-17 A LA CARTE BEVERAGES	900391	JUICY JUICE FRUIT PUNCH 6.75OZ	GFS	171171	84528TFF	K-12	1.00	EACH	6.75 OZ	100	0	0	0	0	25	24	0	21	1	N	N	N	N	N	N	N	N	
16-17 A LA CARTE BEVERAGES	900421	JUICY JUICE GRAPE 6.75OZ	ATLANTIC FOODS		804	K-12	1.00	EACH	6.75 OZ	100	0	*N/A*	*N/A*	*N/A*	15	25	*N/A*	23	0	N	N	N	N	N	N	N	N	
16-17 A LA CARTE BEVERAGES	900422	JUICY JUICE KIWI STRAWBERRY 6.75OZ	ATLANTIC FOODS		807	K-12	1.00	EACH	6.75 OZ	100	0	*N/A*	*N/A*	*N/A*	15	24	*N/A*	22	0	N	N	N	N	N	N	N	N	
16-17 A LA CARTE BEVERAGES	900423	JUICY JUICE ORANGE TANGERINE 6.75OZ	ATLANTIC FOODS		805	K-12	1.00	EACH	6.75 OZ	110	0	*N/A*	*N/A*	*N/A*	15	27	*N/A*	26	0	N	N	N	N	N	N	N	N	
16-17 A LA CARTE BEVERAGES	900379	MILK CHOCOLATE NONFAT	BORDEN	120607	120607	K-12	1.00	EACH	8 OZ	120	0	0	0	5	240	23	0	21	8	N	N	Y	N	N	N	N	N	
16-17 A LA CARTE BEVERAGES	900376	MILK FAT FREE SKIM	BORDEN	105607	105607	K-12	1.00	EACH	8 OZ	80	0	0	0	5	120	12	0	12	8	N	N	Y	N	N	N	N	N	
16-17 A LA CARTE BEVERAGES	900879	MILK FAT FREE STRAWBERRY	BORDEN	25373	105607	K-12	1.00	EACH	8 OZ	110	0	0	0	5	135	19	0	18	8	N	N	Y	N	N	N	N	N	
16-17 A LA CARTE BEVERAGES	900378	MILK LOW FAT 1%	BORDEN	104607	104607	K-12	1.00	EACH	8 OZ	100	3	2	0	10	120	12	0	12	8	N	N	Y	N	N	N	N	N	
16-17 A LA CARTE BEVERAGES	900802	MILK REDUCED FAT 2%	BORDEN	123207	123207	K-12	8.00	OUNCES	8 OZ	120	5	3	0	20	125	12	0	12	8	N	N	Y	N	N	N	N	N	
16-17 A LA CARTE BEVERAGES	900443	MINUTE MAID APPLE JUICE 10OZ	COKE		8010	6-12	1.00	EACH	10 OZ	140	0	*N/A*	*N/A*	*N/A*	25	35	*N/A*	32	0	N	N	N	N	N	N	N	N	
16-17 A LA CARTE BEVERAGES	900445	MINUTE MAID LIGHT LEMONADE 12OZ	COKE		5274	9-12	1.00	EACH	12 OZ	5	0	*N/A*	*N/A*	*N/A*	50	2	*N/A*	0	0	N	N	N	N	N	N	N	N	
16-17 A LA CARTE BEVERAGES	900444	MINUTE MAID MIXED BERRY JUICE 10OZ	COKE		4094	6-12	1.00	EACH	10 OZ	150	0	*N/A*	*N/A*	*N/A*	25	36	*N/A*	34	0	N	N	N	N	N	N	N	N	
16-17 A LA CARTE BEVERAGES	900442	MINUTE MAID ORANGE JUICE 10OZ	COKE		8033	6-12	1.00	EACH	10 OZ	140	0	*N/A*	*N/A*	*N/A*	20	33	*N/A*	30	2	N	N	N	N	N	N	N	N	
16-17 A LA CARTE BEVERAGES	900794	MONIN CARAMEL SUGAR FREE SYRUP	GFS	608962	M-FS009F	43720	LOCAL	1.00	OUNCE	30	GRAMS	0	0	0	0	0	0	0	0	N	N	N	N	N	N	N	N	
16-17 A LA CARTE BEVERAGES	900797	MONIN CHOCOLATE SUGAR FREE BEVERAGES SYRUP	GFS	342295	M-FS024F	43720		1.00	OUNCE	30	GRAMS	0	0	0	0	3	0	0	0	N	N	N	N	N	N	N	N	
16-17 A LA CARTE BEVERAGES	900795	MONIN COLD BREW COFFEE	GFS	342036	342036	43720		1.00	OUNCE	30	GRAMS	10	0	0	0	1	1	0	0	N	N	N	N	N	N	N	N	

\*N/A\* indicates nutrient data is missing or not available.  
!!! indicates ingredient may contain traces of peanuts/treenuts.

Ingredient Group	Ingredient Number	Ingredient Description	Vendor	Vendor Item Number	Manufacturer Number	Grade	Meal Component	Serving Size	Grams	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soybeans	Tree Nuts	Wheat	Other*	
16-17 A LA CARTE BEVERAGES	900793	MONIN FRENCH VANILLA SUGAR FREE SYRUP	GFS	853910	M-FS009F	43720	LOCAL	1.00 OZ	30 GRAMS	0	0	0	0	0	0	3	0	0	0	N	N	N	N	N	N	N	N		
16-17 A LA CARTE BEVERAGES	900842	MONIN HAZELNUT SUGAR FREE BEVERAGE	GFS	342304	M-FS023F	43720	LOCAL	1.00 OUNCE	30 GRAMS	0	0	0	0	0	3	0	0	0	0	N	N	N	N	N	N	Y	HAZE	N	
16-17 A LA CARTE BEVERAGES	900886	MONIN ICED COFFEE					LOCAL	1.00 OUNCE	30 GRAMS	80	0	0	0	0	19	0	0	0	0	N	N	N	N	N	N	N	N		
16-17 A LA CARTE BEVERAGES	900798	MOSAIC CLASSIC ROAST GROUND COFFEE	GFS	415383	C953	43720		6.00 FLUID OUNCES	6 OZ	0	0	0	0	0	0	0	0	0	0	N	N	N	N	N	N	N	N		
16-17 A LA CARTE BEVERAGES	900861	SNAPPLE 100% JUICED FRUIT PUNCH	DPS GROUP			43720		1.00 EACH	11.5 OZ	170	0	0	0	0	20	42	0	40	0	N	N	N	N	N	N	N	N		
16-17 A LA CARTE BEVERAGES	900862	SNAPPLE 100% JUICED GRAPE	DPSGROUP			K-12		1.00 EACH	11.5 OZ	170	0	0	0	0	30	42	0	40	0	N	N	N	N	N	N	N	N		
16-17 A LA CARTE BEVERAGES	900860	SNAPPLE 100% JUICED GREEN APPLE	DPS GROUP			43720		1.00 EACH	11.5 OZ	170	0	0	0	0	30	41	0	39	0	N	N	N	N	N	N	N	N		
16-17 A LA CARTE BEVERAGES	900424	SWITCH BLACK CHERRY 8OZ	ATLANTIC FOODS	843		K-12		1.00 EACH	8 OZ	120	0	*N/A*	*N/A*	*N/A*	5	30	*N/A*	29	0	N	N	N	N	N	N	N	N		
16-17 A LA CARTE BEVERAGES	900425	SWITCH FRUIT PUNCH 8OZ	ATLANTIC FOODS	844		K-12		1.00 EACH	8 OZ	120	0	*N/A*	*N/A*	*N/A*	5	30	*N/A*	28	0	N	N	N	N	N	N	N	N		
16-17 A LA CARTE BEVERAGES	900426	SWITCH GRAPE 8OZ	ATLANTIC FOODS	812		K-12		1.00 EACH	8 OZ	120	0	*N/A*	*N/A*	*N/A*	5	30	*N/A*	28	0	N	N	N	N	N	N	N	N		
16-17 A LA CARTE BEVERAGES	900427	SWITCH HARDCORE APPLE 8OZ	ATLANTIC FOODS	842		K-12		1.00 EACH	8 OZ	120	0	*N/A*	*N/A*	*N/A*	7	29	*N/A*	28	0	N	N	N	N	N	N	N	N		
16-17 A LA CARTE BEVERAGES	900428	SWITCH KIWI BERRY 8OZ	ATLANTIC FOODS	846		K-12		1.00 EACH	8 OZ	120	0	*N/A*	*N/A*	*N/A*	5	30	*N/A*	29	0	N	N	N	N	N	N	N	N		
16-17 A LA CARTE BEVERAGES	900429	SWITCH ORANGE TANGERINE 8OZ	ATLANTIC FOODS	811		K-12		1.00 EACH	8 OZ	120	0	*N/A*	*N/A*	*N/A*	5	30	*N/A*	29	0	N	N	N	N	N	N	N	N		
16-17 A LA CARTE BEVERAGES	900870	SWITCH TROPICAL PINEAPPLE 8 OZ	ATLANTIC	611		43628		1.00 EACH	8 OZ	120	*N/A*	*N/A*	*N/A*	*N/A*	30	*N/A*	30	*N/A*	30	*N/A*	N	N	N	N	N	N	N		
16-17 A LA CARTE BEVERAGES	900430	SWITCH WATERMELON STRAWBERRY 8OZ	ATLANTIC FOODS	845		K-12		1.00 EACH	8 OZ	120	0	*N/A*	*N/A*	*N/A*	5	29	*N/A*	28	0	N	N	N	N	N	N	N	N		
16-17 A LA CARTE BEVERAGES	900863	TEA STRAIGHT UP UNSWEETENED	DPSGROUP			43720		1.00 EACH	18.5 OZ	0	0	0	0	0	5	0	0	0	0	N	N	N	N	N	N	N	N		
16-17 A LA CARTE BEVERAGES	900587	TROPICANA ORANGE JUICE	ATLANTIC FOODS			6-12		1.00 EACH	10 OZ	140	0	0	0	0	20	33	1	28	2	N	N	N	N	N	N	N	N		
16-17 A LA CARTE BEVERAGES	900851	TROPICANA PINEAPPLE MANGO 10 OZ	ATLANTIC			43720		1.00 EACH	10 OZ	170	0	0	0	0	15	41	0	37	1	N	N	N	N	N	N	N	N		
16-17 A LA CARTE BEVERAGES	900577	VITAMIN WATER RISE	COKE			9-12		1.00 EACH	20 OZ	0	0	*N/A*	*N/A*	*N/A*	0	4	*N/A*	0	0	N	N	N	N	N	N	N	N		
16-17 A LA CARTE BEVERAGES	900576	VITAMIN WATER SQUEEZED	COKE	4791		9-12		1.00 EACH	20 OZ	0	0	*N/A*	*N/A*	*N/A*	0	5	*N/A*	0	0	N	N	N	N	N	N	N	N		
16-17 A LA CARTE BEVERAGES	900578	VITAMIN WATER XXX	COKE			9-12		1.00 EACH	20 OZ	0	0	*N/A*	*N/A*	*N/A*	0	4	*N/A*	0	0	N	N	N	N	N	N	N	N		
16-17 A LA CARTE BEVERAGES	900864	WATER CRYSTAL GEYSER	ATLANTIC	827		43720		1.00 EACH	25.3 OZ	0	0	0	0	0	0	0	0	0	0	N	N	N	N	N	N	N	N		
16-17 A LA CARTE ITEMS	900343	BAR GRANOLA CHOCOLATE CHIP	GFS	147891	31186	K-12	1 EACH=0.5G	1.00 EACH	24 GRAMS	90	2	0	0	0	80	19	1	7	1	N	N	Y	Y	BAR	N	Y	Y	BAR	Y
16-17 A LA CARTE ITEMS	900341	BAR OATMEAL CHOCOLATE CHIP	GFS	194031	45977	K-12	1 EACH=1G	1.00 EACH	35 GRAMS	150	5	1	0	0	105	24	2	8	2	Y	N	Y	N	N	Y	N	Y		
16-17 A LA CARTE ITEMS	900340	BAR OATMEAL DOUBLE CHOCOLATE	GFS	262103	45566	K-12	1 EACH=1G	1.00 EACH	35 GRAMS	150	5	1	0	15	115	24	3	8	2	Y	N	Y	N	N	Y	N	Y		
16-17 A LA CARTE ITEMS	900803	BAR ZEE ZEE CHERRY COCOA	GFS	419172	ZCH100	K-12		1.00 EACH	1.8 OZ	200	7	2	0	0	40	33	2	16	3	N	N	N	N	N	Y	N	Y		
16-17 A LA CARTE ITEMS	900361	CHEETOS CHEESE BAKED	GFS	191090	62933	K-12	1 EACH=1.25G	1.00 EACH	24.81 GRAMS	120	5	1	0	0	200	17	1	1	2	N	N	Y	N	N	N	N	N		
16-17 A LA CARTE ITEMS	900362	CHEETOS HOT BAKED	GFS	338670	62984	K-12	1 EACH=1.25G	1.00 EACH	24.81 GRAMS	120	5	1	0	0	200	16	1	0	2	N	N	Y	N	N	N	N	N		
16-17 A LA CARTE ITEMS	900566	CHEEZ-ITS	GFS	282422	24100-79263	K-12	1 EACH=1G	1.00 EACH	21 GRAMS	100	4	1	0	5	150	14	1	0	2	N	N	Y	N	N	Y	N	Y		
16-17 A LA CARTE ITEMS	900696	CHEX MIX CHEDDAR	GFS	599282	31932	K-12	1 EACH=1G	1.00 EACH	26 GRAMS	110	3	1	0	0	125	20	2	4	2	N	N	Y	N	N	Y	N	Y		
16-17 A LA CARTE ITEMS	900697	CHEX MIX CHOCOLATE CARAMEL	GFS	265971	31933	K-12	1 EACH=1G	1.00 EACH	29 GRAMS	120	4	1	0	0	50	22	2	6	2	N	N	Y	N	N	Y	N	Y		
16-17 A LA CARTE ITEMS	900364	CHEX MIX STRAWBERRY YOGURT	GFS	266020	31937	K-12	1 EACH=1G	1.00 EACH	29 GRAMS	120	3	1	0	0	55	23	2	6	2	N	N	Y	N	N	Y	N	Y		
16-17 A LA CARTE ITEMS	900344	CHIP DORITOS COOL RANCH	GFS	541502	36096	K-12	1 EACH=1.5G	1.00 EACH	28 GRAMS	130	5	1	0	0	150	20	2	0	2	N	N	Y	N	N	N	N	N		
16-17 A LA CARTE ITEMS	900859	CHIP DORITOS FLAMAS	GFS	737611	36096	43628	1 EACH=1.5G	1.00 EACH	28 GRAMS	130	5	1	0	0	200	20	2	0	2	N	N	Y	N	N	N	N	N		
16-17 A LA CARTE ITEMS	900345	CHIP DORITOS NACHO CHEESE	GFS	456090	31748	K-12	1 EACH=1.5G	1.00 EACH	28 GRAMS	130	5	1	0	0	200	20	2	0	2	N	N	Y	N	N	N	N	N		
16-17 A LA CARTE ITEMS	900346	CHIP DORITOS SPICY SWEET CHILI	GFS	788670	49093	K-12	1 EACH=1.5G	1.00 EACH	28 GRAMS	130	5	1	0	0	200	20	2	0	2	N	N	N	N	N	Y	N	Y		
16-17 A LA CARTE ITEMS	900796	CHOCOLATE SUGAR FREE SYRUP	GFS	342295	M-FS024F	-12		1.00 OUNCE	30 GRAMS	0	0	0	0	0	0	0	0	0	0	N	N	N	N	N	N	N	N		
16-17 A LA CARTE ITEMS	900749	COOKIE BLUEBERRY LEMON CRISPY BITES	GFS	862480	675825715004	K-12	1 BAG = 1G	1.00 EACH	28 GRAMS	120	4	1	0	0	60	21	2	8	2	N	N	Y	N	N	Y	N	Y		
16-17 A LA CARTE ITEMS	900353	COOKIE CARNIVAL	GFS	179801	55688	K-12	1 EACH=0.5G	1.00 EACH	40 GRAMS	170	6	2	0	10	120	27	2	13	2	Y	N	Y	N	N	Y	N	Y		
16-17 A LA CARTE ITEMS	900357	COOKIE CHOCOLATE CHIP	GFS	806661	55680	K-12	1 EACH=0.5G	1.00 EACH	40 GRAMS	160	5	2	0	10	105	27	2	13	2	Y	N	Y	Y	COC	N	Y	Y	COOK	Y
16-17 A LA CARTE ITEMS	900695	COOKIE CHOCOLATE CHIP 1OZ	NFG	60675	60675	K-12		1.00 EACH	28 GRAMS	110	4	1	0	5	65	19	1	8	1	Y	N	Y	N	N	Y	N	Y		
16-17 A LA CARTE ITEMS	900526	COOKIE STRAWBERRY DELIGHTS	GFS	171491	9825	K-12	1 EACH=1G	1.00 EACH	40 GRAMS	160	5	2	0	5	125	27	1	13	2	Y	N	Y	N	N	Y	N	Y		
16-17 A LA CARTE ITEMS	900805	COOKIE WGR TRIPLE CHOCOLATE FUDGE FILLING	GFS	864022	03593	43720	1 EACH = 1/2G	1.00 EACH	48 GRAMS	200	7	2	0	5	130	31	3	15	3	Y	N	Y	N	N	Y	N	Y		
16-17 A LA CARTE ITEMS	900750	COOKIE ZEE ZEE'S BIRTHDAY CAKE GRAHAMZ 1 OZ	NFG	610688	854114007734	K-121	1 EACH = 1G	1.00 EACH	28 GRAMS	120	4	1	0	0	50	21	0	8	2	N	N	N	N	N	Y	N	Y		
16-17 A LA CARTE ITEMS	900349	CRACKER GOLDFISH CHEDDAR	GFS	736280	18105	K-12	1 EACH=1G	1.00 EACH	21 GRAMS	100	4	1	0	0	170	14	1	0	2	N	N	Y	N	N	N	N	Y		
16-17 A LA CARTE ITEMS	900351	CRACKER GOLDFISH HONEY OAT	GFS	770960	18432	K-12	1 EACH=1G	1.00 EACH	25 GRAMS	120	4	1	0	0	55	18	1	6	2	N	N	N	N	N	Y	N	Y		
16-17 A LA CARTE ITEMS	900350	CRACKER GOLDFISH RANCH	GFS	628780	17331	K-12	1 EACH=1G	1.00 EACH	21 GRAMS	100	4	1	0	5	190	14	1	0	2	Y	N	Y	N	N	N	N	Y		
16-17 A LA CARTE ITEMS	900352	CRACKER GRAHAM SCOOPY	GFS	859550	30100-50689	K-12	1 EACH=1G	1.00 EACH	28 GRAMS	120	4	1	0	0	115	21	1	8	2	N	N	N	N	N	Y	N	Y		
16-17 A LA CARTE ITEMS	900817	FROZEN YOGURT NO FAT BIRTHDAY CAKE</																											

Ingredient Group	Ingredient Number	Ingredient Description	Vendor	Vendor Item Number	Manufacturer Number	Grade	Meal Component	Serving Size	Grams	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soybeans	Tree Nuts	Wheat	Other*
16-17 A LA CARTE ITEMS	900778	FRUIT ROLL-UP	GFS	646562	11561000	K-12	1.00	EACH	14 GRAMS	50	1	1	0	0	55	11	2	4	*N/A*	N	N	N	N	N	N	N	N	N
16-17 A LA CARTE ITEMS	900878	GOLDFISH EXTRA CHEDDAR CRACKERS	GFS	745481	23088	K-12	1.00	EACH	21 GRAMS	90	4	1	0	0	200	14	1	0	*N/A*	N	N	Y	N	N	N	N	Y	
16-17 A LA CARTE ITEMS	900788	GRAHAM'S ZEE ZEE STRAWBERRY GRAHAMZ	NFG	610687	854114007734	K-12	1 EACH = 1G	EACH	28 GRAMS	120	4	1	0	0	55	21	0	7	2	N	N	N	N	N	Y	N	Y	
16-17 A LA CARTE ITEMS	900581	HEARTZELS	GFS	893711	15940	K-12	1 EACH=1G	EACH	19.3 GRAMS	80	1	0	0	0	200	16	2	0	2	N	N	N	N	N	N	N	Y	
16-17 A LA CARTE ITEMS	900831	ICE CREAM CHOCOLATE SCOOTER	HERSHEY		2468231150	K-8		OUNCES	2.75 OZ	170	6	2	0	5	85	26	0	13	2	N	N	Y	Y	MA'N	Y	Y	MAY	Y
16-17 A LA CARTE ITEMS	900834	ICE CREAM FUDGE-O-BAR	HERSHEY		2468261152	K-8		OUNCE	2 OZ	80	0	0	0	0	80	16	0	15	3	N	N	Y	Y	MA'N	N	Y	MAY	N
16-17 A LA CARTE ITEMS	900816	ICE CREAM LF CHOCOLATE	HERSHEY		2468231665	K-8		OUNCES	3 OZ	70	1	1	0	5	60	14	0	9	2	N	N	Y	Y	MA'N	N	Y	MAY	N
16-17 A LA CARTE ITEMS	900818	ICE CREAM LF CHOCOLATE SUNDAE	HERSHEY		2468231662	K-8		OUNCES	3 OZ	80	1	0	0	5	60	16	0	11	2	N	N	Y	Y	MA'N	N	Y	MAY	N
16-17 A LA CARTE ITEMS	900819	ICE CREAM LF STRAWBERRY SUNDAE	HERSHEY		2468231663	K-8		OUNCES	3 OZ	80	1	1	0	5	55	15	0	11	2	N	N	Y	Y	MA'N	N	Y	MAY	N
16-17 A LA CARTE ITEMS	900820	ICE CREAM LF VANILLA	HERSHEY		2468231664	K-8		OUNCES	3 OZ	70	1	1	0	5	60	14	0	10	2	N	N	Y	Y	MA'N	N	Y	MAY	N
16-17 A LA CARTE ITEMS	900835	ICE CREAM ORANGE BLOSSOM	HERSHEY		2468261173	K-8		OUNCE	2.5 OZ	70	1	1	0	5	50	14	0	13	1	N	N	Y	Y	MA'N	N	Y	MAY	N
16-17 A LA CARTE ITEMS	900830	ICE CREAM RF MIGHTY MINI SANDWICH	HERSHEY		2468231352	K-8		OUNCES	2.5 OZ	120	3	1	0	5	70	12	0	10	2	N	N	Y	Y	MA'N	Y	Y	MAY	Y
16-17 A LA CARTE ITEMS	900836	ICE CREAM SALTED CARAMEL BROWNIE CRUNCH	HERSHEY		2468231167	K-8		OUNCES	2.75 OZ	150	5	2	0	0	135	23	0	12	3	N	N	Y	Y	MA'N	Y	Y	MAY	Y
16-17 A LA CARTE ITEMS	900832	ICE CREAM STRAWBERRY SCOOTER	HERSHEY		2468231151	K-8		OUNCES	2.75 OZ	160	6	2	0	0	75	25	0	13	2	N	N	Y	Y	MA'N	Y	Y	MAY	Y
16-17 A LA CARTE ITEMS	900810	JUICE RUSH CHERRY BLUE RASPBERRY	HERSHEY			K-8	1 EACH=1/2F	OZ	4.4 OZ	110	0	0	0	0	20	27	0	24	1	N	N	N	N	N	N	N	N	
16-17 A LA CARTE ITEMS	900811	JUICE RUSH LEMON ORANGE	HERSHEY			K-8	1 EACH=1/2F	OZ	4.4 OZ	110	0	0	0	0	20	27	0	24	0	N	N	N	N	N	N	N	N	
16-17 A LA CARTE ITEMS	900812	JUICE RUSH STRAWBERRY MANGO	HERSHEY			K-8	1 EACH=1/2F	OZ	4.4 OZ	110	0	0	0	0	20	27	0	24	0	N	N	N	N	N	N	N	N	
16-17 A LA CARTE ITEMS	900682	LIL' SQUARE GRAHAM'S HONEY	GFS	503370	10019320001663	K-12	1 EACH=1G	EACH	30 GRAMS	130	3	0	0	0	150	24	2	8	2	N	N	N	N	N	N	N	Y	
16-17 A LA CARTE ITEMS	900359	POPCORN WHITE CHEDDAR	GFS	641721	25566	K-12	1 EACH=0.5G	EACH	14 GRAMS	70	3	0	0	0	100	9	2	0	2	N	N	Y	N	N	N	N	N	
16-17 A LA CARTE ITEMS	900823	SEASONAL ICE CREAM CHERRY VANILLA	HERSHEY		2468231642	K-8		OUNCES	3 OZ	70	1	1	0	5	60	14	0	10	2	N	N	Y	Y	MA'N	N	Y	MAY	N
16-17 A LA CARTE ITEMS	900822	SEASONAL ICE CREAM LF CANDY CANE	HERSHEY		2468231667	K-8		OUNCES	3 OZ	70	1	1	0	5	60	14	0	9	2	N	N	Y	Y	MA'N	N	Y	MAY	N
16-17 A LA CARTE ITEMS	900824	SEASONAL ICE CREAM LF CHOCOLATE MINT	HERSHEY		2468231643	K-8		OUNCES	3 OZ	70	1	1	0	5	60	14	0	9	2	N	N	Y	Y	MA'N	N	Y	MAY	N
16-17 A LA CARTE ITEMS	900826	SEASONAL ICE CREAM LF PUMPKIN SPICE	HERSHEY		2468231668	K-8		OUNCES	3 OZ	70	1	1	0	5	65	15	0	11	2	N	N	Y	Y	MA'N	N	Y	MAY	N
16-17 A LA CARTE ITEMS	900821	SEASONAL ICE CREAM LF SPOOKY SUNDAE	HERSHEY		2468231666	K-8		OUNCES	3 OZ	80	1	0	0	5	60	16	0	11	2	N	N	Y	Y	MA'N	N	Y	MAY	N
16-17 A LA CARTE ITEMS	900825	SEASONAL ICE CREAM LF SPRING PARTY	HERSHEY		2468231644	K-8		OUNCES	3 OZ	70	1	1	0	5	60	14	0	10	2	N	N	Y	Y	MA'N	N	Y	MAY	N
16-17 A LA CARTE ITEMS	900827	SHERBET LEMON	HERSHEY		31480	K-8		OUNCES	4 OZ	100	1	1	0	5	40	23	0	22	0	N	N	Y	Y	MA'N	N	Y	MAY	N
16-17 A LA CARTE ITEMS	900828	SHERBET ORANGE	HERSHEY	31540	31540	K-8		OUNCES	4 OZ	100	1	1	0	5	40	23	0	22	0	N	N	Y	Y	MA'N	N	Y	MAY	N
16-17 A LA CARTE ITEMS	900829	SHERBET RASPBERRY	HERSHEY	31500	2468231500	K-8		OUNCES	4 OZ	120	1	1	0	5	40	27	0	25	0	N	N	Y	Y	MA'N	N	Y	MAY	N
16-17 A LA CARTE ITEMS	900360	SUNFLOWER SEEDS	GFS	504180	8130	K-12	1 EACH=1M	EACH	28.35 GRAMS	170	15	2	0	0	115	6	3	1	6	N	N	N	N	N	N	N	N	
16-17 A LA CARTE ITEMS	900877	SUNFLOWER SEEDS	NGF	B87860			1 EACH=1M	EACH	28 GRAMS	170	14	2	0	0	110	6	3	1	7	N	N	N	N	N	N	N	N	
16-17 A LA CARTE ITEMS	900789	SUNFLOWER SEEDS ZEE ZEE'S	NFG	87860		K-12	1 EACH=1M	EACH	31.18 GRAMS	200	17	2	0	0	120	5	2	1	7	N	N	N	N	N	N	N	N	
16-17 A LA CARTE ITEMS	900564	SUSHI HALF CALIFORNIA/HALF SHRIMP	FUSIAN			9-12		ROLL (10 PIECE)	226.79 GRAMS	255	8	1	0	*N/A*	305	39	*N/A*	4	7	N	Y	N	N	N	N	Y	N	Y
16-17 A LA CARTE ITEMS	900562	SUSHI SIGNATURE CALIFORNIA	FUSIAN			9-12		ROLL (10 PIECE)	223.96 GRAMS	229	6	1	0	*N/A*	335	35	*N/A*	2	7	N	Y	N	N	N	N	Y	N	Y
16-17 A LA CARTE ITEMS	900514	SUSHI SIGNATURE CHICKEN	FUSIAN			9-12		ROLL (10 PIECE)	228.21 GRAMS	339	15	4	0	0	105	33	*N/A*	1	18	N	N	Y	N	N	Y	N	Y	
16-17 A LA CARTE ITEMS	900563	SUSHI SIGNATURE SHRIMP	FUSIAN			9-12		ROLL (10 PIECE)	229.63 GRAMS	278	9	1	0	*N/A*	269	42	*N/A*	5	7	N	Y	N	N	N	N	Y	N	Y
16-17 A LA CARTE ITEMS	900565	SUSHI VEGGIE	FUSIAN			K-12		ROLL (10 PIECE)	209.79 GRAMS	212	4	1	0	*N/A*	409	40	*N/A*	8	4	N	N	N	N	N	N	Y	N	Y
16-17 BEEF PRODUCTS	900003	BEEF BBQ RIBLET	GFS	451410	3716	K-12	1 EACH=2M	EACH	91 GRAMS	200	10	4	0	40	670	13	2	10	14	N	N	Y	N	N	Y	N	Y	
16-17 BEEF PRODUCTS	900646	BEEF BRISKET	DEPOT BBQ			K-12	3OZ=3M	OZ BY WEIGHT	85 GRAMS	150	6	*N/A*	0	*N/A*	67	5	*N/A*	*N/A*	*N/A*	N	N	N	N	N	N	N	N	
16-17 BEEF PRODUCTS	900020	BEEF CIN CHILI*	GFS	343990	CP519	K-12	5.58OZ=2M	OZ BY WEIGHT	158.2 GRAMS	222	16	3	1	54	346	6	1	1	14	N	N	N	N	N	N	N	N	
16-17 BEEF PRODUCTS	900808	BEEF FLAME GRILLED PATTY	GFS	510556	9100	43628	1 EACH = 2M	EACH	76 GRAMS	180	13	5	1	35	320	2	0	0	13	N	N	N	N	N	N	Y	N	N
16-17 BEEF PRODUCTS	900519	BEEF GROUND RAW*	GFS	110520	100158	K-12	2.68OZ=2M	OZ BY WEIGHT	76 GRAMS	164	12	4	1	52	50	0	0	0	7	N	N	N	N	N	N	N	N	
16-17 BEEF PRODUCTS	900688	BEEF MEATBALL	GFS	785860	CP5035	K-12	4 EACH=2M	EACH	73.7 GRAMS	151	9	4	1	36	216	5	1	2	12	N	N	Y	N	N	Y	N	Y	
16-17 BEEF PRODUCTS	900728	BEEF MEATLOAF W/CHEESE	GFS 76564	APFK K-12	69190		LOCAL	OZ	2.9 OZ	170	10	5	0	30	390	8	1	5	12	N	N	Y	N	N	N	N	Y	
16-17 BEEF PRODUCTS	900850	BEEF PATTIES		110348		K-12		EACH	80 GRAMS	180	12	5	0	45	45	3	0	0	12	N	N	N	N	N	N	Y	N	N
16-17 BEEF PRODUCTS	900012	BEEF PATTY	GFS	203270	1-155-525-20	K-12	1 EACH=2M	EACH	70 GRAMS	110	5	2	0	35	270	1	1	0	14	N	N	N	N	N	N	Y	N	N
16-17 BEEF PRODUCTS	900726	BEEF PHILLY STEAK	GFS	720861	CP5813	K-12	LOCAL	OZ	2.86 OZ	143	8	3	1	40	389	3	0	2	13	N	N	N	N	N	Y	N	N	
16-17 BEEF PRODUCTS	900014	BEEF SLOPPY JOE	GFS	564790	CP545	K-12	3.63OZ=2M	OZ BY WEIGHT	102.9 GRAMS	145	6	2	0	44	417	10	2	8	13	N	N	N	N	N	Y	N	N	
16-17 BEEF PRODUCTS	900007	BEEF SPAGHETTI SAUCE	GFS	573201	CP5578	K-12	4.2OZ=1.5M	OZ BY WEIGHT	119.1 GRAMS	125	5	2	0	41	218	7	5	5	11	N	N	N	N	N	N	N	N	
16-17 BEEF PRODUCTS	900019	BEEF TACO FILLING*	GFS	722330	CP5250	K-12	3.17OZ=2M	OZ BY WEIGHT	89.9 GRAMS	111	5	2	0	35	292	5	2	2	13	N	N							



Ingredient Group	Ingredient Number	Ingredient Description	Vendor	Vendor Item Number	Manufacturer Number	Grade	Meal Component	Serving Size	Grams	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soybeans	Tree Nuts	Wheat	Other*
16-17 CONDIMENTS	900573	BUFFALO SAUCE- SCRATCH				6-12		1.00 TABLESPOON	14.65 GRAMS	52	6	3	0	0	332	0	0	0	0	N	N	Y	N	N	Y	N	N	
16-17 CONDIMENTS	900569	CHIPOTLE MAYONNAISE-SCRATCH*				9-12		1.00 TABLESPOON	13.73 GRAMS	50	4	1	0	8	78	2	0	1	0	Y	N	Y	N	N	Y	N	Y	
16-17 CONDIMENTS	900614	CREAM CHEESE	GFS	228427		9-12		1.00 EACH	28 GRAMS	100	9	6	0	25	95	1	0	1	2	N	N	Y	N	N	N	N	N	
16-17 CONDIMENTS	900309	DRESSING ITALIAN LITE PACKET	GFS	140931	13375	9-12		1.00 EACH	28 GRAMS	50	5	1	0	0	330	3	0	3	0	N	N	N	N	N	N	N	N	
16-17 CONDIMENTS	900314	GRAVY CHICKEN MIX	GFS	290025	5000038282	K-12		1.50 TABLESPOON	9 GRAMS	35	1	0	0	0	240	7	0	0	0	N	N	N	N	N	N	N	Y	
16-17 CONDIMENTS	900546	GRAVY CHICKEN PREPARED- SCRATCH*				K-12		1.00 OZ	31.19 GRAMS	18	0	0	0	0	121	4	0	0	0	N	N	N	N	N	N	N	Y	
16-17 CONDIMENTS	900791	HIDDEN VALLEY RANCH SEASONING MIX	GFS	618684	21007	K-12		0.25 TEASPOON	1.9 GRAMS	0	0	0	0	0	60	1	0	0	0	N	N	Y	N	N	Y	N	N	
16-17 CONDIMENTS	900326	HOT SAUCE*	GFS	264471	N/A	K-12		0.50 OZ	15.3 GRAMS	5	0	0	0	0	444	0	0	0	0	N	N	N	N	N	N	N	N	
16-17 CONDIMENTS	900893	ITALIAN DRESSING	GFS	549592	70200800878	K-12		2.00 TABLESPOONS	30 GRAMS	15	0	0	0	0	260	3	0	2	0	N	N	N	N	N	N	N	N	
16-17 CONDIMENTS	900328	JALAPENO PEPPERS	GFS	499943	N/A	6-12		0.13 CUP (7 EACH)	14.18 GRAMS	3	0	0	0	0	140	1	1	0	0	N	N	N	N	N	N	N	N	
16-17 CONDIMENTS	900571	JELLY APPLE-GRAPE	GFS	100927		K-12		0.50 TABLESPOON	10 GRAMS	25	0	0	0	0	5	7	0	5	0	N	N	N	N	N	N	N	N	
16-17 CONDIMENTS	900657	JELLY GRAPE	GFS	503233		K-12		1.00 EACH	14 GRAMS	36	0	0	0	0	1	9	0	6	0	N	N	N	N	N	N	N	N	
16-17 CONDIMENTS	900647	KC BBQ SAUCE	DEPOT BBQ			K-12		2.00 OUNCE (BY VOLUME)	57 GRAMS	76	10	*N/A*	*N/A*	*N/A*	304	17	*N/A*	*N/A*	*N/A*	N	N	Y	N	N	Y	N	N	
16-17 CONDIMENTS	900323	KETCHUP CAN*	GFS	100129	N/A	K-12		0.50 OZ	17 GRAMS	15	0	0	0	0	155	4	0	4	0	N	N	N	N	N	N	N	N	
16-17 CONDIMENTS	900293	KETCHUP PACKET	GFS	255521	78000108	K-12		1.00 EACH	9 GRAMS	10	0	0	0	0	85	3	0	2	0	N	N	N	N	N	N	N	N	
16-17 CONDIMENTS	900295	MARGARINE CUP	GFS	106490	12299	K-12		1.00 EACH	5 GRAMS	25	3	1	0	0	30	0	0	0	0	N	N	Y	N	N	Y	N	N	
16-17 CONDIMENTS	900873	MARGARINE CUP	GFS	772331		K-12		3.00 EACH	15 GRAMS	60	7	2	0	0	95	0	0	0	0	N	N	Y	N	N	Y	N	N	
16-17 CONDIMENTS	900305	MARINARA SAUCE CUP	GFS	130834	N/A	K-12		1.00 EACH	28.35 GRAMS	15	0	0	0	0	260	4	0	2	0	N	N	N	N	N	N	N	N	
16-17 CONDIMENTS	900790	MAYONNAISE	GFS	693911	93901897800	K-12		0.50 OZ	14 GRAMS	100	11	2	0	10	70	1	0	0	0	Y	N	N	N	N	N	N	N	
16-17 CONDIMENTS	900686	MAYONNAISE LITE PACKET	GFS	188741		K-12		1.00 EACH	12 GRAMS	50	5	1	0	10	70	2	0	0	0	Y	N	N	N	N	N	N	N	
16-17 CONDIMENTS	900325	MAYONNAISE LT*	GFS	429406	N/A	K-12		0.50 OZ	15 GRAMS	60	5	1	0	10	50	2	0	1	0	Y	N	N	N	N	N	N	N	
16-17 CONDIMENTS	900804	MILK-BUTTERMILK - SCRATCH	REV.12.4.18			K-12		1.00 CUP	226.8 OZ	120	5	3	0	20	125	12	0	12	64	N	N	Y	N	N	N	N	N	
16-17 CONDIMENTS	900634	MUSTARD PACKET	GFS	700051	N/A	K-12		1.00 EACH	5.5 GRAMS	4	0	0	0	0	86	0	0	0	0	N	N	N	N	N	N	N	N	
16-17 CONDIMENTS	900330	PICKLES	GFS	580511	N/A	K-12		0.13 CUP (2 EACH)	14 GRAMS	2	0	0	0	0	128	1	0	0	0	N	N	N	N	N	N	N	N	
16-17 CONDIMENTS	900768	QUESO WHITE SAUCE	NFG	601041	601041	43628	LOCAL	1.00 OUNCE	4.46 OZ	230	17	10	1	55	930	6	0	3	12	N	N	Y	N	N	N	N	N	
16-17 CONDIMENTS	900568	RANCH BUTTERMILK CHIPOTLE- SCRATCH*				9-12		2.00 TABLESPOONS	29.94 GRAMS	69	5	1	0	9	192	4	0	2	0	Y	N	Y	N	N	Y	N	Y	
16-17 CONDIMENTS	900567	RANCH BUTTERMILK-SCRATCH*				K-12		2.00 TABLESPOONS	26.3 GRAMS	58	4	1	0	9	101	3	0	2	0	Y	N	Y	N	N	N	N	N	
16-17 CONDIMENTS	900867	RANCH FAT FREE BUTTERMILK RANCH	GFS	261432	001H810	P5	HEINZ	1.00 EACH	12 GRAMS	10	0	0	0	0	125	2	0	0	0	N	N	Y	N	N	N	Y	RANC	
16-17 CONDIMENTS	900625	RANCH HIDDEN VALLEY CHIPOTLE- SCRATCH*				K-12		2.00 TABLESPOONS	31.98 GRAMS	47	2	1	0	5	311	4	0	2	1	Y	N	Y	N	N	Y	N	Y	
16-17 CONDIMENTS	900552	RANCH HIDDEN VALLEY- SCRATCH*				K-12		2.00 TABLESPOONS	28.79 GRAMS	39	2	1	0	5	237	3	0	2	1	Y	N	Y	N	N	N	N	N	
16-17 CONDIMENTS	900739	ROASTED TURKEY GRAVY	GFS	673595	550VT-GOR	K-12	1/4 CUP	0.25 CUP	61 GRAMS	35	2	1	0	0	240	3	0	0	1	N	N	Y	N	N	Y	N	Y	
16-17 CONDIMENTS	900324	SALSA*	GFS	150570	100330	K-12	0.25CUP=0.25V	0.25 CUP	64 GRAMS	20	0	0	0	0	70	4	2	2	0	N	N	N	N	N	N	N	N	
16-17 CONDIMENTS	900617	SOUP CREAM OF CHICKEN HEALTHY REQUEST	GFS	695513	4143	K-12		0.50 CUP	120 GRAMS	70	2	1	0	5	410	11	1	4	2	N	N	Y	N	N	Y	N	Y	
16-17 CONDIMENTS	900550	SOUR CREAM	GFS	285218		6-8		1.00 TABLESPOON	15.5 GRAMS	30	3	2	0	10	25	1	0	1	*N/A*	N	N	Y	N	N	N	N	N	
16-17 CONDIMENTS	900306	SYRUP CUP	GFS	160090	N/A	K-12		1.00 EACH	43 GRAMS	120	0	0	0	0	31	0	19	0	0	N	N	N	N	N	N	N	N	
16-17 DESSERT	900774	CHOCOLATE CHIP WITH CANDY COOKIE	NFG	699935	699935	K-12	LOCAL	1.00 EACH	28.35 GRAMS	130	6	3	0	5	100	18	1	4	1	Y	N	Y	N	N	Y	N	Y	
16-17 DESSERT	900687	JELLO BLUE	GFS	554901		K-12		0.25 CUP	9.5 GRAMS	35	0	0	0	0	40	9	0	9	1	N	N	N	N	N	N	N	N	
16-17 DESSERT	900370	MARSHMALLOW MINI*	GFS	191736	N/A	K-12		0.50 CUP	25 GRAMS	80	0	0	0	0	20	20	0	13	*N/A*	N	N	N	N	N	N	N	N	
16-17 DESSERT	900371	OREO PIECES*	GFS	709970	1932000073	K-12		0.25 CUP	27 GRAMS	130	5	2	0	0	105	20	1	11	1	N	N	N	N	N	Y	N	Y	
16-17 DESSERT	900372	PIE PUMPKIN	GFS	257559	09281	K-12		1.00 EACH (1/10)	122 GRAMS	300	11	5	0	45	350	47	1	21	4	Y	N	Y	N	N	Y	N	Y	
16-17 DESSERT	900373	PIE SWEET POTATO	GFS	538833	5109267	K-12		1.00 EACH (1/10)	113.4 GRAMS	342	16	7	0	23	324	46	1	25	5	Y	N	Y	N	N	Y	N	Y	
16-17 DESSERT	900374	PUDDING CHOCOLATE	GFS	163554	N/A	K-12		0.25 CUP	64 GRAMS	60	2	0	0	0	100	12	1	8	1	N	N	Y	N	N	N	N	N	
16-17 DESSERT	900375	PUDDING VANILLA	GFS	106771	N/A	K-12		0.25 CUP	64 GRAMS	65	2	0	0	0	100	13	0	8	0	N	N	Y	N	N	N	N	N	
16-17 DESSERT	900775	SUGAR COOKIE	NFG	69933	699933	K-12	LOCAL	1.00 EACH	28.35 GRAMS	120	5	2	0	5	115	18	0	1	1	Y	N	Y	N	N	Y	N	Y	
16-17 FISH PRODUCTS	900894	FISH FIRE ROASTED	GFS	218474	1089308	9-12	1 EACH = 2.25M	1.00 EACH	101 GRAMS	80	3	1	0	0	300	0	0	0	12	N	Y	N	N	N	N	Y	N	
16-17 FISH PRODUCTS	900055	FISH NUGGETS*	GFS	523291	10020540	K-8	4 EACH= 2M,1.5G	4.00 EACH	112 GRAMS	220	9	2	0	30	760	21	2	1	13	N	Y	Y	N	N	Y	N	Y	
16-17 FISH PRODUCTS	900849	FISH STICKS	GFS	110851	110851	K-12	4 EACH = 2M,1.5G	4.00 EACH	113 GRAMS	200	9	2	0	40	310	17	1	0	14	N	Y	N	N	N	N	N	Y	
16-17 FISH PRODUCTS	900056	FISH WEDGE	GFS	327162	418320	6-12	1 EACH=2M,1G	1.00 EACH	102 GRAMS	190	8	1	0	50	190	14	2	1	14	N	Y	N	N	N	N	Y	N	
16-17 FRUIT	900099	APPLE				K-12	1/4CUP (3SLICES)=1/4F	0.25 CUP (3 SLICES)	35.97 GRAMS	19	0	0	0	0	0	5	1	4	0	N	N	N	N	N	N	N	N	
16-17 FRUIT	900127	APPLE SLICED CAN	GFS	120500	100206	K-12	1/4CUP=1/4F	0.25 CUP	63 GRAMS	18	0	0	0	0	3	5	1	4	0	N	N	N	N	N	N	N	N	

Ingredient Group	Ingredient Number	Ingredient Description	Vendor	Vendor Item Number	Manufacturer Number	Grade	Meal Component	Serving Size	Grams	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soybeans	Tree Nuts	Wheat	Other*
16-17 FRUIT	900712	APRICOT CUP	GFS	139201	100261	K-12	1 EACH=1/2CUP=1/2F	1.00 EACH	128 GRAMS	110	0	0	0	0	0	25	2	23	1	N	N	N	N	N	N	N	N	N
16-17 FRUIT	900101	BANANA				K-12	1/4CUP=1/4F	0.25 CUP (1/2 BANANA)	37.5 GRAMS	33	0	0	0	0	9	1	5	0	0	N	N	N	N	N	N	N	N	N
16-17 FRUIT	900147	BLUEBERRY FROZEN	GFS	764740	100243	K-12	1/4CUP=1/4F	0.25 CUP	39 GRAMS	17	0	0	0	0	4	1	3	0	0	N	N	N	N	N	N	N	N	N
16-17 FRUIT	900106	CANTELOPE				K-12	1/4CUP=1/4F	0.25 CUP	156 GRAMS	53	0	0	0	0	25	13	1	12	1	N	N	N	N	N	N	N	N	N
16-17 FRUIT	900149	CHERRY FROZEN	GFS	522890	100235	K-12	1/4CUP=1/4F	0.25 CUP	39 GRAMS	18	0	0	0	0	4	1	4	0	0	N	N	N	N	N	N	N	N	N
16-17 FRUIT	900769	CRANBERRY-DRIED	GFS	765981	110723	K-12	LOCAL	1.00 EACH	1.16 OZ	110	0	0	0	0	28	3	24	0	0	N	N	N	N	N	N	N	N	N
16-17 FRUIT	900837	DREAMSCICLE SHIVER SHOCK	GFS	326842	440	K-6	4 OZ = 1/2F	8.00 OUNCES	226.8 GRAMS	119	0	0	0	0	18	30	1	28	0	0	N	N	N	N	N	N	N	N
16-17 FRUIT	900154	FRUIT AND NUT MIX DRIED	GFS	173891	110161	K-12	1/4CUP=1/2F	0.25 CUP	40 GRAMS	140	4	0	0	0	0	26	3	19	2	N	N	N	Y	FRU	N	Y	FRUIT	N
16-17 FRUIT	900133	FRUIT MIXED CAN	GFS	120520	100212	K-12	1/4CUP=1/4F	0.25 CUP	63 GRAMS	30	0	0	0	0	5	9	0	6	0	0	N	N	N	N	N	N	N	N
16-17 FRUIT	900110	GRAPES				K-12	1/4CUP=1/4F	0.25 CUP	37.75 GRAMS	30	0	0	0	0	1	7	0	6	0	0	N	N	N	N	N	N	N	N
16-17 FRUIT	900108	HONEYDEW				K-12	1/4CUP=1/4F	0.25 CUP	42.5 GRAMS	15	0	0	0	0	8	4	0	3	0	0	N	N	N	N	N	N	N	N
16-17 FRUIT	900384	JUICE APPLE 6OZ	GFS	373680	040301	K-12	6OZ=3/4F	1.00 EACH	6 OZ	90	0	0	0	0	5	21	0	18	0	0	N	N	N	N	N	N	N	N
16-17 FRUIT	900869	JUICE GRAPE 6 OZ	GFS	373670	04501	K-12	3/4F	1.00 EACH	188.6 GRAMS	120	0	0	0	0	15	28	0	27	0	0	N	N	N	N	N	N	N	N
16-17 FRUIT	900389	JUICE ORANGE 6OZ	GFS	373640	040100	K-12	6OZ=3/4F	1.00 EACH	6 OZ	90	0	0	0	0	0	19	0	18	0	0	N	N	N	N	N	N	N	N
16-17 FRUIT	900112	KIWI				K-12	1/4CUP=1/4F	0.25 CUP	45 GRAMS	27	0	0	0	0	1	7	1	4	1	0	N	N	N	N	N	N	N	N
16-17 FRUIT	900844	LEMON ZEST				K-12		1.00 TABLESPOON	6 GRAMS	3	0	0	0	0	0	1	1	0	0	0	N	N	N	N	N	N	N	N
16-17 FRUIT	900142	MANDARIN ORANGES	GFS	117897	N/A	K-12	1/4CUP=1/4F	0.25 CUP	70 GRAMS	45	0	0	0	0	5	10	0	10	1	0	N	N	N	N	N	N	N	N
16-17 FRUIT	900115	ORANGE				K-12	1/4CUP (4SLICES)=1/4F	0.25 CUP (4 SLICES)	42.5 GRAMS	27	0	0	0	0	1	7	2	*N/A*	1	0	N	N	N	N	N	N	N	N
16-17 FRUIT	900146	PEACH CUP	GFS	232470	100241	K-12	1 EACH=1/2CUP=1/2F	1.00 EACH	125 GRAMS	80	0	0	0	0	0	19	1	16	1	0	N	N	N	N	N	N	N	N
16-17 FRUIT	900134	PEACH DICED CAN	GFS	110700	100220	K-12	1/4CUP=1/4F	0.25 CUP	63 GRAMS	27	0	0	0	0	3	7	1	6	0	0	N	N	N	N	N	N	N	N
16-17 FRUIT	900119	PEAR				K-12	1/4CUP=1/4F	0.25 CUP (1/2 PEAR)	35 GRAMS	20	0	0	0	0	0	5	1	3	0	0	N	N	N	N	N	N	N	N
16-17 FRUIT	900136	PEAR DICED CAN	GFS	110690	100225	K-12	1/4CUP=1/4F	0.25 CUP	62 GRAMS	29	0	0	0	0	1	8	1	6	0	0	N	N	N	N	N	N	N	N
16-17 FRUIT	900138	PEAR SLICED CAN	GFS	110680	100224	K-12	1/4CUP=1/4F	0.25 CUP	62 GRAMS	29	0	0	0	0	1	8	1	7	0	0	N	N	N	N	N	N	N	N
16-17 FRUIT	900141	PINEAPPLE CAN	GFS	509221	00553	K-12	1/4CUP=1/4F	0.25 CUP	61 GRAMS	30	0	0	0	0	8	1	8	1	0	0	N	N	N	N	N	N	N	N
16-17 FRUIT	900157	RAISINS	GFS	110910	GFS 201367	K-12	1 EACH=1/4CUP=1/2F	1.00 EACH	38 GRAMS	113	0	0	0	0	4	30	1	22	1	0	N	N	N	N	N	N	N	N
16-17 FRUIT	900125	STRAWBERRY				K-12	1/4CUP=1/4F	0.25 CUP	38 GRAMS	12	0	0	0	0	0	3	1	2	0	0	N	N	N	N	N	N	N	N
16-17 FRUIT	900145	STRAWBERRY CUP	GFS	655010	100256	K-12	1 EACH=1/2CUP=1/2F	1.00 EACH	128 GRAMS	80	0	0	0	0	0	19	2	16	1	0	N	N	N	N	N	N	N	N
16-17 FRUIT	900143	STRAWBERRY FROZEN	GFS	150450	100253	K-12	1/4CUP=1/4F	0.25 CUP	55 GRAMS	19	0	0	0	0	1	5	1	3	0	0	N	N	N	N	N	N	N	N
16-17 FRUIT	900126	WATERMELON				K-12	1/4CUP=1/4F	0.25 CUP	38 GRAMS	11	0	0	0	0	0	3	0	2	0	0	N	N	N	N	N	N	N	N
16-17 GRAIN	900409	BAGEL	GFS	230264	007680000074	K-12	1 EACH=2G	1.00 EACH	57 GRAMS	140	1	0	0	0	160	28	4	4	6	0	N	N	N	N	N	N	N	Y
16-17 GRAIN	900536	BAGEL- STRAWBERRY CREAM CHEESE	GFS	401034	100-18000-38413	6-12	1 EACH=2G	1.00 EACH	69 GRAMS	240	6	3	0	10	180	41	2	13	6	0	N	N	Y	N	N	N	N	Y
16-17 GRAIN	900858	BAR APPLE CINNAMON CHEERIOS	GFS	265881	16000-31911	K-12	1G	1.00 EACH	40 GRAMS	150	4	0	0	0	95	30	3	9	2	0	N	N	N	N	N	Y	N	Y
16-17 GRAIN	900406	BAR CHERRY APPLE CRUNCH	GFS	152001	01197	K-12	1 EACH=2G	1.00 EACH	64 GRAMS	260	8	2	0	5	90	42	2	16	4	0	N	N	Y	N	N	N	N	Y
16-17 GRAIN	900704	BAR CHOCOLATE COCOA KRISPIES	GFS	282431	3800091612	K-12	1 EACH=1G	1.00 EACH	38 GRAMS	150	2	1	0	0	140	27	3	10	2	0	N	N	Y	N	N	Y	N	N
16-17 GRAIN	900857	BAR CINNAMON TOAST CRUNCH	GFS	265891		K-12	1G	1.00 EACH	40 GRAMS	150	4	0	0	0	115	30	3	9	2	0	N	N	N	N	N	Y	N	Y
16-17 GRAIN	900855	BAR COCOA PUFFS	GFS	265901	45577		1 EACH = 1G	1.00 EACH	40 GRAMS	150	3	0	0	0	100	30	3	9	3	0	N	N	N	N	N	Y	N	Y
16-17 GRAIN	900856	BAR GOLDEN GRAHAMS	GFS	265921	31913	K-12	1G	1.00 EACH	40 GRAMS	150	3	0	0	0	110	30	3	9	2	0	N	N	N	N	N	Y	N	Y
16-17 GRAIN	900469	BAR LEMON CHIP CRUNCH	GFS	645202	01186	K-12	1 EACH=2G	1.00 EACH	64 GRAMS	260	8	2	0	5	160	42	2	15	4	0	N	N	Y	N	N	Y	N	Y
16-17 GRAIN	900511	BAR OATMEAL CHOCOLATE CHIP	GFS	526283	70300	K-12	1 EACH=1G	1.00 EACH	34.02 GRAMS	140	4	1	0	0	75	24	1	9	2	0	Y	N	Y	N	N	Y	N	Y
16-17 GRAIN	900512	BAR OATMEAL STRAWBERRY	GFS	582882	70400	K-12	1 EACH=1G	1.00 EACH	34.02 GRAMS	140	5	1	0	0	75	23	1	9	2	0	Y	N	Y	N	N	Y	N	Y
16-17 GRAIN	900513	BAR TRIPLE BERRY CRUNCH	GFS	284762	01194	K-12	1 EACH=2G	1.00 EACH	64 GRAMS	260	8	2	0	5	110	43	2	16	4	0	N	N	Y	N	N	N	N	Y
16-17 GRAIN	900734	BAR ZEE ZEE BERRY APPLE CRISP BAR 2.2 OZ	NFG	B60260	B60260	K-12	1 EACH = 2G	1.00 EACH	2.2 OZ	250	8	2	0	0	80	41	3	14	4	0	N	N	N	N	N	Y	N	Y
16-17 GRAIN	900731	BAR ZEE ZEE CAMPFIRE SMORES BAR 2.2 OZ	NFG	B60480	B60480	K-12	1EACH = 2 G	1.00 EACH	2.2 OZ	250	8	3	0	0	80	42	2	14	4	0	N	N	N	N	N	Y	N	Y
16-17 GRAIN	900868	BAR ZEE ZEE CINNAMON CRISP 1.3 OZ	NFG	B60460			1G	1.00 EACH	36.85 GRAMS	150	5	2	0	0	50	24	1	9	2	0	N	N	N	N	N	Y	N	Y
16-17 GRAIN	900733	BAR ZEE ZEE CINNAMON CRISP BAR 2.2 OZ	NFG	B60430	B60430	K-12	1 EACH = 2G	1.00 EACH	2.2 OZ	250	9	1	0	0	80	39	3	13	4	0	N	N	N	N	N	Y	N	Y
16-17 GRAIN	900732	BAR ZEE ZEE OATMEAL COCOA CHIP BAR 2.2 OZ	NFG	B60440	B60440	K-12	1 EACH = 2G	1.00 EACH	2.2 OZ	250	9	3	0	0	75	40	2	13	4	0	N	N	Y	N	N	Y	N	Y
16-17 GRAIN	900410	BISCUIT	GFS	237390	9315	6-12	1 EACH=1.75G	1.00 EACH	54 GRAMS	170	8	5	0	0	380	22	3	2	4	0	Y	N	Y	N	N	Y	N	Y
16-17 GRAIN	900556	BITE OATMEAL RAISIN- SCRATCH				K-12	1 EACH=1G	1.00 EACH	49.16 GRAMS	157	4	2	0	15	143	28	2	16	3	0	Y	N	Y	N	N	Y	N	Y
16-17 GRAIN	900555	BREAD APPLE RAISIN- SCRATCH				K-12	1 EACH=1G	1.00 EACH	77.97 GRAMS	217	7	3	0															

Ingredient Group	Ingredient Number	Ingredient Description	Vendor	Vendor Item Number	Manufacturer Number	Grade	Meal Component	Serving Size	Grams	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soybeans	Tree Nuts	Wheat	Other*
16-17 GRAIN	900261	BREAD ENGLISH MUFFIN	KLOSTERMAN	9528	9528	6-12	1 EACH=2G	1.00 EACH	57 GRAMS	130	2	0	*N/A*	*N/A*	250	23	3	1	7	N	N	N	N	N	N	N	N	Y
16-17 GRAIN	900875	BREAD HAMBURGER BUN	KLOSTERMAN	3474	3474	K-12	1 EACH=2G	1.00 EACH	60 GRAMS	150	2	0	0	0	210	27	2	4	6	N	N	N	N	N	N	N	N	Y
16-17 GRAIN	900260	BREAD HOAGIE BUN	KLOSTERMAN	3744	3744	K-12	1 EACH=2.25G	1.00 EACH	66 GRAMS	170	3	0	*N/A*	*N/A*	280	30	3	4	6	N	N	N	N	N	Y	N	Y	
16-17 GRAIN	900255	BREAD HOT DOG BUN	KLOSTERMAN	3736	3736	K-12	1 EACH=2G	1.00 EACH	56 GRAMS	140	2	0	*N/A*	*N/A*	230	25	2	4	5	N	N	N	N	N	Y	N	Y	
16-17 GRAIN	900262	BREAD PITA	KLOSTERMAN	9537	9537	9-12	1 EACH=2G	1.00 EACH	57 GRAMS	100	0	0	*N/A*	*N/A*	170	20	5	1	6	N	N	N	N	N	N	N	Y	
16-17 GRAIN	900259	BREAD SLIDER BUN	KLOSTERMAN	3939	3939	K-12	1 EACH=1G	1.00 EACH	34 GRAMS	90	1	0	*N/A*	*N/A*	125	16	1	2	3	N	N	N	N	N	N	N	Y	
16-17 GRAIN	900641	BREAD WHOLE GRAIN RICH	KLOSTERMAN	1292	1292	K-12	1 EACH=1G	1.00 EACH	28 GRAMS	70	1	0	0	*N/A*	80	12	1	1	3	N	N	N	N	N	Y	N	Y	
16-17 GRAIN	900254	BREAD WHOLE WHEAT	KLOSTERMAN	1448	1448	K-12	1 EACH=1G	1.00 EACH	31 GRAMS	70	1	0	0	*N/A*	130	14	3	2	3	N	N	N	N	N	Y	N	Y	
16-17 GRAIN	900548	BREADSTICK	GFS	644051	71052 00832	K-12	1 EACH=2G	1.00 EACH	61 GRAMS	160	4	2	0	0	140	28	3	2	5	N	N	Y	N	N	N	N	Y	
16-17 GRAIN	900719	BREADSTICK 1 OZ	GFS	406321	814305012039	K-12	1 EACH=1G	1.00 EACH	28 GRAMS	70	1	0	0	0	95	14	1	2	2	N	N	Y	N	N	N	N	Y	
16-17 GRAIN	900806	BREADSTICK BLUEBERRY CINNAMON TWISTED STICK	GFS	480431	7738712611	K-12	1M/1G	1.00 EACH	65 GRAMS	190	7	3	0	5	300	24	2	7	7	N	N	Y	N	N	Y	N	Y	
16-17 GRAIN	900403	CEREAL CHEERIOS	GFS	264702	32262	K-12	1 EACH=1G	1.00 EACH	28 GRAMS	100	2	1	0	0	140	20	3	1	3	N	N	N	N	N	N	N	N	
16-17 GRAIN	900404	CEREAL RICE CHEX	GFS	268711	31921	K-12	1 EACH=1G	1.00 EACH	28 GRAMS	100	1	0	0	0	250	24	1	2	2	N	N	N	N	N	N	N	N	
16-17 GRAIN	900720	CIABATTA WG PILLSBURY	GFS	831221	137738000	K-12	1 EACH= 2G	1.00 EACH	51 GRAMS	160	30	1	0	0	170	30	3	2	5	N	N	Y	N	N	Y	N	Y	
16-17 GRAIN	900792	CINNAMON ROLL 2.5OZ	GFS	650342	01610	K-12	1EACH = 2G (WG)	2.50 OUNCES	70.87 GRAMS	220	7	2	0	40	240	36	2	16	5	Y	N	Y	N	N	Y	N	Y	
16-17 GRAIN	900777	COOKIE ANIMAL CRACKER	GFS	682840	3010020150	K-5	1EACH=1G	1.00 EACH	29 LB	120	4	1	0	0	115	22	2	8	2	N	N	N	N	N	Y	N	Y	
16-17 GRAIN	900593	COOKIE CHOCOLATE CHIP	GFS	645642	71196	K-12	1 EACH=1G	1.00 EACH	49.61 GRAMS	190	5	2	0	*N/A*	200	32	2	14	*N/A*	Y	N	Y	Y	COC N	Y	Y	COOK Y	
16-17 GRAIN	900800	COOKIE CHOCOLATE CHIP	GFS	169992	14921	EXT DAY		1.00 EACH	52.45 GRAMS	192	6	2	0	19	173	34	4	17	3	Y	N	Y	N	N	Y	N	Y	
16-17 GRAIN	900843	COOKIE FORTUNE WG	GFS	565142	79203	K-6	6 EACH=1G	6.00 EACH	28.35 GRAMS	70	0	0	0	0	0	16	0	10	1	N	N	N	N	N	Y	N	Y	
16-17 GRAIN	900369	CORNBREAD	GFS	159791	51605	K-12	1 EACH=1.5G	1.00 EACH	57 GRAMS	150	5	1	0	45	280	24	1	7	4	Y	N	Y	N	N	Y	N	Y	
16-17 GRAIN	900776	CRACKER GOLDFISH COLORS	GFS	112702	4788	K-12	1G	1.00 EACH	21.26 GRAMS	100	4	1	0	0	170	14	1	1	2	N	N	Y	N	N	N	N	Y	
16-17 GRAIN	900694	CRACKER OYSTER NACHO	NFG	600822	600822	K-12	1 EACH=1G	1.00 EACH	26 GRAMS	100	3	0	0	0	170	16	2	1	2	N	N	Y	N	N	Y	N	Y	
16-17 GRAIN	900779	CRACKER WHEAT THIN	GFS	233580	44000030377	K-12	16 EACH = 1G	16.00 EACH	31 GRAMS	140	5	1	0	0	200	22	3	5	2	N	N	Y	N	N	Y	N	Y	
16-17 GRAIN	900542	FRENCH TOAST- APPLE CINNAMON	NFG		128MC	K-12	1 EACH= 2G	1.00 EACH	94 GRAMS	260	6	1	0	0	300	45	2	17	8	N	N	Y	N	N	Y	N	Y	
16-17 GRAIN	900706	FRENCH TOAST- CHOCOLATE CHIP	GFS	498492	3800080801	K-12	1 EACH=2G	1.00 EACH	86 GRAMS	210	6	2	0	0	260	35	4	10	5	Y	N	Y	N	N	Y	N	Y	
16-17 GRAIN	900365	FRITOS	GFS	105040	32405	K-12	1 EACH=1G	1.00 EACH	28.35 GRAMS	160	10	2	0	0	160	16	1	0	2	N	N	N	N	N	N	N	N	
16-17 GRAIN	900853	FRUIT POCKET APPLE	GFS	563392	1402-1	K-12	1 EACH = 2G 1/2F	1.00 EACH	111.98 GRAMS	310	8	3	0	0	290	54	6	22	4	N	N	N	N	N	Y	N	Y	
16-17 GRAIN	900263	GARLIC TOAST	GFS	277862	N/A	K-12	1 EACH=1G	1.00 EACH	27 GRAMS	80	4	1	0	0	150	11	1	0	2	N	N	Y	N	N	Y	N	Y	
16-17 GRAIN	900854	GRAHAM'S BUG BITES	GFS	859560	3010055644	K-5	1 EACH = 1G	1.00 EACH	28 GRAMS	120	4	1	0	0	115	21	1	8	2	N	N	N	N	N	Y	N	Y	
16-17 GRAIN	900693	GRANOLA 1OZ	GFS	649742	9788	6-12	1 EACH=1G	1.00 EACH	28 GRAMS	120	4	0	0	0	75	20	2	6	3	N	N	Y	N	N	Y	Y	GRAN Y	
16-17 GRAIN	900544	GRANOLA WITH RAISINS- SCRATCH*			N/A	K-12	1/2CUP=2G	0.50 CUP	70.19 GRAMS	367	5	1	0	0	97	83	4	57	4	N	N	N	N	N	N	N	N	
16-17 GRAIN	900675	GRANOLA WITHOUT RAISINS- SCRATCH*			N/A	K-12	1/2CUP=2G	0.50 CUP	58.06 GRAMS	334	5	1	0	0	95	74	3	51	4	N	N	N	N	N	N	N	N	
16-17 GRAIN	900707	MINI CINNIS	GFS	894291	HTTPS://APPS.GF	K-12	1 EACH=2G	1.00 EACH	65 GRAMS	240	7	2	0	0	270	39	2	15	5	N	N	Y	N	N	N	N	Y	
16-17 GRAIN	900269	OATS OLD FASHIONED DRY*	GFS	304096	43293	K-12		0.50 CUP	40 GRAMS	150	3	1	0	0	0	27	4	1	5	N	N	N	N	N	N	N	N	
16-17 GRAIN	900852	PANCAKE WHOLE WHEAT			MF 7201 W	K-12	1 EACH = 1G	1.00 EACH	1.2 OZ	70	2	0	0	3	135	13	1	3	2	Y	N	Y	N	N	Y	N	Y	
16-17 GRAIN	900286	PANCAKES*	GFS	617650	43582	K-12	2 EACH=1.5G	2.00 EACH	64.66 GRAMS	160	4	1	0	7	260	27	2	7	3	Y	N	Y	N	N	Y	N	Y	
16-17 GRAIN	900727	PANINI BREAD	GFS	831161	137737000	K-12	2 PIECES = 2G	2.00 EACH	51 GRAMS	170	4	1	0	0	200	30	3	2	6	N	N	Y	N	N	Y	N	Y	
16-17 GRAIN	900740	PASTA 51% WG	GFS	229941	6738792109		2 OZ DRY = 1 C COOKED, 2G	1.00 CUP	56 GRAMS	210	2	0	0	0	0	41	4	2	7	N	N	N	N	N	N	N	Y	
16-17 GRAIN	900270	PASTA ELBOW MACARONI PREPARED*	GFS	898440	100919	K-12	0.25CUP=0.5G	0.25 CUP	35 GRAMS	44	0	0	0	0	1	10	1	1	2	N	N	N	N	N	N	N	Y	
16-17 GRAIN	900271	PASTA ROTINI COOKED*	GFS	869490	100434	K-12	0.25CUP=0.5G	0.25 CUP	35 GRAMS	44	0	0	0	0	1	10	1	1	2	N	N	N	N	N	N	N	Y	
16-17 GRAIN	900738	PASTA SPAGHETTI	GFS	221460	6738791322	K-12	2 OZ DRY, 1C COOKED = 2G	56.00 GRAMS	100 GRAMS	210	2	0	0	0	0	41	4	2	7	N	N	N	N	N	N	N	Y	
16-17 GRAIN	900272	PASTA SPAGHETTI PREPARED*	GFS	887571	100427	K-12	0.25CUP=0.5G	0.25 CUP	35 GRAMS	44	0	0	0	0	1	10	2	1	2	N	N	N	N	N	N	N	Y	
16-17 GRAIN	900809	POP-TART BLUEBERRY WG PASTRTY	GFS	865131	UPC 38000171693	43628	1 EACH = 1 GRAIN	1.00 EACH	50 GRAMS	180	3	1	0	0	180	38	3	15	2	N	N	N	N	N	Y	N	Y	
16-17 GRAIN	900807	POP-TART STRAWBERRY PASTRY	GFS	695890	UPC 3800055130	43628	1 EACH = 1 GRAIN	1.00 EACH	50 GRAMS	180	3	1	0	0	190	38	3	15	2	N	N	N	N	N	Y	N	Y	
16-17 GRAIN	900633	PRETZEL BUN	GFS	500162	7051	9-12	1 EACH=2G	1.00 EACH	62 GRAMS	160	3	1	0	0	0	29	3	2	5	N	N	N	N	N	N	N	Y	
16-17 GRAIN	900891	PRETZEL HEART	GFS		3702	K-8	1 EACH = 2G	1.00 EACH	62 GRAMS	140	1	0	0	0	150	30	3	1	5	N	N	N	N	N	N	N	Y	
16-17 GRAIN	900888	PRETZEL PUMPKIN	GFS		3678	K-8	1 EACH = 2G	1.00 EACH	62 GRAMS	140	1	0	0	0	150	30	3	1	5	N	N	N	N	N	N	N	Y	
16-17 GRAIN	900274	PRETZEL ROD	GFS	607940	31012	K-12	1 EACH=1G	1.00 EACH	28.35 GRAMS	70	1	0	0	0	65	14	1	0	2	N	N	N	N	N	N	N	Y	
16-17 GRAIN	900892	PRETZEL SHAMROCK	GFS		3703	K-8	1 EACH = 2G	1.00 EACH	62 GRAMS	140	1	0	0	0	150	30	3	1	5	N	N	N	N	N	N	N	Y	
16-17 GRAIN	900890																											

Ingredient Group	Ingredient Number	Ingredient Description	Vendor	Vendor Item Number	Manufacturer Number	Grade	Meal Component	Serving Size	Grams	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soybeans	Tree Nuts	Wheat	Other*	
16-17 GRAIN	900275	RICE BROWN PREPARED*	GFS	516371		K-12	0.25CUP=0.5G	0.25 CUP	49 GRAMS	43	0	0	0	0	1	9	1	0	1	N	N	N	N	N	N	N	N	N	N
16-17 GRAIN	900408	SQUARE APPLE GRANOLA	GFS	369330	24100	K-12	1 EACH=1G	1.00 EACH	43 GRAMS	170	5	2	0	5	170	30	2	13	2	Y	N	Y	N	N	Y	N	N	Y	
16-17 GRAIN	900407	SQUARE CINNAMON ICED	GFS	369340	24200	K-12	1 EACH=1G	1.00 EACH	43 GRAMS	160	5	2	0	5	110	30	2	11	2	Y	N	Y	N	N	Y	N	N	Y	
16-17 GRAIN	900574	TORTILLA 10" WGR	GFS	690141	33825	9-12	1 EACH=2G	1.00 EACH	62 GRAMS	180	5	2	0	0	250	29	3	2	5	N	N	N	N	N	N	N	N	Y	
16-17 GRAIN	900680	TORTILLA 10" WHITE	GFS	505749	7713-621	7-12	1 EACH=	1.00 EACH	64 GRAMS	190	7	2	0	0	460	28	3	1	5	N	N	N	N	N	N	N	N	Y	
16-17 GRAIN	900276	TORTILLA 8" WGR	GFS	761680	100938	K-12	1 EACH=1.5G	1.00 EACH	44 GRAMS	120	3	1	0	0	340	20	3	1	4	N	N	N	N	N	N	N	N	Y	
16-17 GRAIN	900575	TORTILLA 8" WGR	GFS	882700	06209	K-12	1 EACH=1.5G	1.00 EACH	38 GRAMS	110	3	2	0	0	95	19	2	1	3	N	N	N	N	N	N	N	N	Y	
16-17 GRAIN	900876	TORTILLA CHIP 2 OZ	GFS	136462	210220312	K-8	1 EACH = 2.75G	1.00 EACH	58 GRAMS	270	11	2	0	0	220	40	4	0	4	N	N	N	N	N	N	N	N	N	
16-17 GRAIN	900772	TORTILLA CHIP 3OZ	GFS	510083	203480212	43720	1EACH=2.75G	1.00 EACH	3 OZ	410	19	3	0	0	330	55	4	0	6	N	N	N	N	N	N	N	N	N	
16-17 GRAIN	900265	TORTILLA CHIP YELLOW*	GFS	163020	N/A	K-12	10 EACH=1.25G	10.00 EACH	28 GRAMS	130	5	1	0	0	100	20	2	0	2	N	N	N	N	N	N	N	N	N	
16-17 GRAIN	900752	WAFFLE - DUTCH WAFFLE	GFS	607351	4521	7-12	1 EACH = 2G	1.00 EACH	83 GRAMS	300	13	3	0	20	350	43	3	12	4	Y	N	Y	N	N	Y	N	N	Y	
16-17 GRAIN	900705	WAFFLE BLUEBERRY	GFS	269240	132264000	K-12	1 EACH=2G	1.00 EACH	70 GRAMS	210	6	1	0	0	170	37	3	12	4	Y	N	Y	N	N	Y	N	N	Y	
16-17 GRAIN	900698	WAFFLE- EGGO MAPLE	GFS	284811	3800092315	K-12	1 EACH=2G	1.00 EACH	75 GRAMS	200	5	2	0	0	220	35	4	10	4	Y	N	Y	N	N	Y	N	N	Y	
16-17 GRAIN	900713	WAFFLE STIX*	GFS	152221	00251	K-12	1 EACH=1G	1.00 EACH	31 GRAMS	70	1	0	0	0	125	14	1	3	2	Y	N	Y	N	N	Y	N	N	Y	
16-17 MEAT ALTERNATE	900715	BURRITO EGG & CHEESE		P923	40275	K-12	1 EACH=2M,1G	1.00 EACH	87.88 GRAMS	180	10	4	0	170	410	14	2	1	10	Y	N	Y	N	N	Y	N	N	Y	
16-17 MEAT ALTERNATE	900746	CHEESE AMERICAN LOW FAT	GFS	722360	46253	K-12	LOCAL	1.00 OUNCE (2 SLICES)	28 GRAMS	70	4	3	0	15	420	2	0	1	7	N	N	Y	N	N	Y	N	N	N	
16-17 MEAT ALTERNATE	900228	CHEESE AMERICAN SLICED*	GFS	334450	100018	K-12	1 EACH=0.5M	1.00 OZ BY WEIGHT (2 SLICES)	28 GRAMS	110	9	5	0	25	270	2	0	1	5	N	N	Y	N	N	N	N	N	N	
16-17 MEAT ALTERNATE	900226	CHEESE AMERICAN*	GFS	334440	100017	K-12	1OZ=1M	1.00 OZ BY WEIGHT	28 GRAMS	110	9	5	0	25	260	2	0	2	5	N	N	Y	N	N	N	N	N	N	
16-17 MEAT ALTERNATE	900223	CHEESE CHEDDAR SHREDDED*	GFS	199720	100003	K-12	1OZ=1M	1.00 OZ BY WEIGHT	28 GRAMS	113	9	6	0	30	180	0	0	0	7	N	N	Y	N	N	N	N	N	N	
16-17 MEAT ALTERNATE	900327	CHEESE CHEDDAR SLICED*	GFS	726524	N/A	9-12	1 EACH=0.75M	1.00 EACH	21 GRAMS	80	7	4	0	25	135	0	0	0	5	N	N	Y	N	N	N	N	N	N	
16-17 MEAT ALTERNATE	900221	CHEESE MOZZARELLA SHREDDED*	GFS	150610	100034	K-12	1OZ=1M	1.00 OZ BY WEIGHT	28 GRAMS	60	3	2	0	10	170	1	0	0	7	N	N	Y	N	N	N	N	N	N	
16-17 MEAT ALTERNATE	900222	CHEESE MOZZARELLA*	GFS	110960	100022	K-12	1OZ=1M	1.00 OZ BY WEIGHT	28 GRAMS	90	7	5	0	20	170	0	0	0	7	N	N	Y	N	N	N	N	N	N	
16-17 MEAT ALTERNATE	900757	CHEESE MOZZERELLA	GFS	645170	41698	K-12	1 OZ = 1M/MA	1.00 OZ	28 GRAMS	90	6	4	0	15	210	1	0	0	7	N	N	Y	N	N	N	N	N	N	
16-17 MEAT ALTERNATE	900287	CHEESE SAUCE CHEDDAR 3OZ	GFS	528690	39911	K-12	1 EACH=1M	1.00 EACH	85 GRAMS	190	10	6	0	30	570	14	0	10	10	N	N	Y	N	N	N	N	N	N	
16-17 MEAT ALTERNATE	900289	CHEESE SAUCE JALAPENO 3OZ	GFS	526160	39912	K-12	1 EACH=1M	1.00 EACH	85 GRAMS	190	10	6	0	30	560	15	0	0	10	N	N	Y	N	N	N	N	N	N	
16-17 MEAT ALTERNATE	900558	CHEESE SAUCE JALAPENO- SCRATCH				K-12	3OZ=2M	3.00 OZ	89.8 GRAMS	233	18	10	0	51	589	6	0	6	11	N	N	Y	N	N	N	N	N	N	
16-17 MEAT ALTERNATE	900559	CHEESE SAUCE- SCRATCH				K-12	3OZ=2M	3.00 OZ	84.35 GRAMS	233	18	10	0	51	535	6	0	6	11	N	N	Y	N	N	N	N	N	N	
16-17 MEAT ALTERNATE	900229	CHEESE STICK	GFS	786580	59701	K-12	1 EACH=1M	1.00 EACH	28 GRAMS	80	6	4	0	20	200	2	0	1	6	N	N	Y	N	N	N	N	N	N	
16-17 MEAT ALTERNATE	900233	COTTAGE CHEESE LOW FAT*	GFS	329487	N/A	K-12	4OZ=2M	4.00 OZ BY WEIGHT	113 GRAMS	80	1	1	0	10	440	5	0	4	14	N	N	Y	N	N	N	N	N	N	
16-17 MEAT ALTERNATE	900382	COTTAGE CHEESE LOW FAT*	BORDEN	152307	152307	K-12	4OZ=2M	4.00 OZ BY WEIGHT	113 GRAMS	90	2	1	0	10	480	5	0	5	12	N	N	Y	N	N	Y	N	N	N	
16-17 MEAT ALTERNATE	900381	EGG	BORDEN	7680	7680	K-12	1 EGG=1M	1.00 EACH	50 GRAMS	72	5	2	0	186	71	0	0	0	6	Y	N	N	N	N	N	N	N	N	
16-17 MEAT ALTERNATE	900586	EGG HARD COOKED	GFS	229431	N/A	K-12	1 EACH=1.75M	1.00 EACH	49.9 GRAMS	80	5	2	0	185	60	1	0	1	6	Y	N	N	N	N	N	N	N	N	
16-17 MEAT ALTERNATE	900417	EGG PATTY 1.25OZ	GFS	592625	N/A	K-12	1 EACH=1M	1.00 EACH	35 GRAMS	70	6	2	0	110	110	1	0	0	3	Y	N	Y	N	N	N	N	N	N	
16-17 MEAT ALTERNATE	900785	EGG PATTY 2 OZ	NFG	600378	N/A	K-12	1 EACH=1M/MA	1.00 EACH	56.7 GRAMS	95	7	2	0	137	172	2	0	1	6	Y	N	Y	N	N	Y	N	N	N	
16-17 MEAT ALTERNATE	900896	EGG SCRAMBLED	GFS	481492	46025-85877-00		1/4 CUP - 2.1 OZ = 1.5M	0.25 CUP	61 GRAMS	90	7	2	0	155	230	2	0	1	5	Y	N	Y	N	N	N	N	N	N	
16-17 MEAT ALTERNATE	900783	HUMMUS ROASTED RED PEPPER	GFS	601133	A5100	K-12	1EACH=1MA	1.00 EACH	85.05 GRAMS	110	2	0	0	0	100	18	5	4	6	N	N	N	N	N	N	N	N	N	
16-17 MEAT ALTERNATE	900290	HUMMUS*	GFS	209902	4340	9-12	4OZ=2M	4.00 OZ BY WEIGHT	112 GRAMS	240	18	2	0	0	460	16	4	4	8	N	N	N	N	N	Y	N	N	N	
16-17 MEAT ALTERNATE	900691	LASAGNA ROLL UP CHEESE	NFG	603110	603110	K-12	1 EACH=2M,1G	1.00 EACH	117.7 GRAMS	210	4	2	0	45	250	30	3	3	16	Y	N	Y	N	N	N	N	N	Y	
16-17 MEAT ALTERNATE	900767	LASGNA ROLL UP CHEESE	GFS	234041	CN 093969	K-12	LOCAL	1.00 EACH	121 GRAMS	240	6	4	0	20	390	29	2	5	15	N	N	Y	N	N	N	N	N	Y	
16-17 MEAT ALTERNATE	900234	MAC N CHEESE*	GFS	119122	43277	K-12	6OZ=2M,1G	6.00 OZ BY WEIGHT (2/3 CUP)	170 GRAMS	290	11	6	0	30	980	31	2	6	17	Y	N	Y	N	N	N	N	N	Y	
16-17 MEAT ALTERNATE	900773	MINI CHEESE RAVIOLI	GFS	524650	00834WG	K-12	7 EACH= 1MA,1/2G	7.00 EACH	61 GRAMS	120	3	1	0	15	180	15	1	1	8	Y	N	Y	N	N	N	N	N	Y	
16-17 MEAT ALTERNATE	900692	PATTY BLACK BEAN & SALSA	NFG	601479	601479	7-12	1 EACH=2M	1.00 EACH	99.22 GRAMS	130	4	0	0	0	330	12	7	4	13	N	N	N	N	N	Y	N	N	Y	
16-17 MEAT ALTERNATE	900681	PATTY VEGGIE	GFS	815690	28989-30840	7-12	1 EACH=	1.00 EACH	67 GRAMS	110	4	1	0	0	350	9	3	1	10	Y	N	Y	N	N	Y	N	N	Y	
16-17 MEAT ALTERNATE	900242	PB & GRAPE JELLY GRAHAM	GFS	226782	A1290	K-12	1 EACH=1M,1G	1.00 EACH	64 GRAMS	300	17	4	0	0	220	32	4	14	9	N	N	N	Y	PB&N	Y	N	N	Y	
16-17 MEAT ALTERNATE	900612	PB & GRAPE JELLY UNCRUSTABLE	GFS	527462	5150006960	K-12	1 EACH=1M,1G	1.00 EACH	76 GRAMS	300	17	4	0	0	320	32	3	13	10	N	N	N	Y	PB&N	N	N	N	Y	
16-17 MEAT ALTERNATE	900709	PB & GRAPE JELLY UNCRUSTABLE	GFS	516761	5150021027	9-12	1 EACH=2M,2G	1.00 EACH	150 GRAMS	630	33	7	0	0	630	64	6	28	19	N	N	N	Y	PB&N	N	N	N	Y	
16-17 MEAT ALTERNATE	900611	PB & STRAWBERRY JELLY UNCRUSTABLE	GFS	536012	5150006961	K-12	1 EACH= 1M,1G	1.00 EACH	74 GRAMS	300	17	3	0	0	280	32	4	11	8	N	N	N	Y	PB&N	N	N	N	Y	
16-17 ME																													



Ingredient Group	Ingredient Number	Ingredient Description	Vendor	Vendor Item Number	Manufacturer Number	Grade	Meal Component	Serving Size	Grams	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soybeans	Tree Nuts	Wheat	Other*
16-17 MEAT ALTERNATE	900217	YOGURT TRIX STRAWBERRY BANANA	GFS	551760	17726	K-12	1 EACH=1M	1.00 EACH	113	GRAMS 100	1	1	0	5	50	20	*N/A*	13	3	N	N	Y	N	N	N	N	N	
16-17 MEAT ALTERNATE	900220	YOGURT VANILLA*	GFS	811500	16632000	7-12	8OZ=2M	8.00 OZ BY WEIGHT	227	GRAMS 200	2	1	0	5	105	39	*N/A*	28	7	N	N	Y	N	N	N	N	N	
16-17 OIL/ SPRAY	900338	OIL VEGETABLE	GFS	110820	100439	K-12		1.00 TABLESPOON	14	GRAMS 120	14	2	0	0	0	0	0	0	0	N	N	N	N	N	N	N	N	
<p><b>Milford Exempted Village Schools Nutrition Disclaimer:</b> Nutrition information provided is for informational purposes only. The accuracy of the nutrition information contained on this site is based on data obtained from food manufacturers, food distributors, and product packaging. Nutrition information is to be used as an approximate guideline and is subject to change without notice due to preparation modifications and food substitutions. Milford Exempted Village Schools Nutrition Services Department neither assumes any legal liability nor makes any warranty or guarantee, either express or implied, regarding the completeness, accuracy, usefulness, or currency of this information.</p>																												
				21	13120	K-12		1.00 EACH	0.25	GRAMS 0	0	0	0	0	0	0	0	0	0	N	N	N	N	N	N	N	N	
				70	320000099	K-12		1.00 EACH	0.25	GRAMS 0	0	0	0	0	0	0	0	0	0	N	N	N	N	N	N	N	N	
				31	320000099	K-12		1.00 EACH	0.37	GRAMS 0	0	0	0	0	0	0	0	0	0	N	N	N	N	N	N	N	N	
				28	N/A	K-12		1.00 EACH	0.25	GRAMS 0	0	0	0	0	0	0	0	0	0	N	N	N	N	N	N	N	N	
				82	2110	7-12	2 EACH=2M,4G	2.00 EACH	162	GRAMS 420	14	6	0	30	540	52	4	4	24	N	N	Y	N	N	N	N	Y	
16-17 PIZZA PRODUCTS	900703	CALZONE CHEESE	GFS	658591	1627220120	K-12	1 EACH=2M,2G	1.00 EACH	132	GRAMS 250	5	3	0	10	430	33	4	4	19	N	N	Y	N	N	Y	N	Y	
16-17 PIZZA PRODUCTS	900881	CALZONE CHEESE MINI	GFS	507224	90748C		3EACH=2M,2G	3.00 EACH	142	GRAMS 320	11	5	0	20	470	40	4	6	17	N	N	Y	N	N	Y	N	Y	
16-17 PIZZA PRODUCTS	900285	CALZONE PEPPERONI	GFS	135191	211BC	K-12	1 EACH=2M,2G	1.00 EACH	142	GRAMS 340	13	5	0	30	510	35	3	5	20	Y	N	Y	N	N	Y	N	Y	
16-17 PIZZA PRODUCTS	900543	CHEEZY BREAD	GFS	723880	151BC	K-12	1 EACH=2M,2G	1.00 EACH	113	GRAMS 280	11	6	0	25	460	30	2	1	16	N	N	Y	N	N	Y	N	Y	
16-17 PIZZA PRODUCTS	900865	FLATBREAD CHICKEN BBQ	GILARDI	884361	16272 20125	43720	1 EACH = 2M,2 WGR	1.00 EACH	132	GRAMS 310	10	5	0	35	570	38	3	7	18	N	N	Y	N	N	Y	N	Y	
16-17 PIZZA PRODUCTS	900866	FLATBREAD GARLIC PARMESAN	GFS	884350	16272201243	43720	2M,2WG	1.00 EACH	120	GRAMS 290	10	6	0	30	550	33	3	3	16	N	N	Y	N	N	Y	N	Y	
16-17 PIZZA PRODUCTS	900533	PIZZA CHEESE 16"	GFS	575522	78637	K-12	1 EACH=2M,2G	1.00 EACH	147	GRAMS 360	16	7	0	35	490	35	3	9	21	N	N	Y	N	N	Y	N	Y	
16-17 PIZZA PRODUCTS	900701	PIZZA CHEESE 7"	GFS	408121	700736-1120	9-12	1 EACH=	1.00 EACH	223	GRAMS 470	14	6	0	30	790	61	4	6	24	N	N	Y	N	N	N	N	Y	
16-17 PIZZA PRODUCTS	900279	PIZZA DIPPERO 6"	GFS	235411	2011A	K-12	2 EACH=2M,2G	2.00 EACH	114	GRAMS 280	10	5	0	30	420	30	2	1	18	N	N	Y	N	N	N	N	Y	
16-17 PIZZA PRODUCTS	900664	PIZZA DOMINO'S CHEESE LARGE	DOMINO'S	11646	11646	K-6	1 EACH=2M,2.5G	1.00 EACH	147	GRAMS 330	13	7	0	40	790	38	2	3	16	N	N	Y	N	N	Y	N	Y	
16-17 PIZZA PRODUCTS	900666	PIZZA DOMINO'S CHEESE XLARGE	DOMINO'S	11773	11773	7-12	1 EACH=2M,3.25G	1.00 EACH	174	GRAMS 390	14	7	0	40	880	48	3	4	18	N	N	Y	N	N	Y	N	Y	
16-17 PIZZA PRODUCTS	900665	PIZZA DOMINO'S PEPP LARGE	DOMINO'S	11647	11647	K-6	1 EACH=2M,2.5G	1.00 EACH	147	GRAMS 350	15	7	0	45	870	37	2	3	16	N	N	Y	N	N	Y	N	Y	
16-17 PIZZA PRODUCTS	900667	PIZZA DOMINO'S PEPP XLARGE	DOMINO'S	11124	11124	7-12	1 EACH=2M,3.25G	1.00 EACH	178	GRAMS 400	16	8	0	45	910	46	3	4	18	N	N	Y	N	N	Y	N	Y	
16-17 PIZZA PRODUCTS	900670	PIZZA MARCOS CHEESE LARGE	MARCOS			K-6	1 EACH=1.5M,2.25G	1.00 EACH	132	GRAMS 330	14	7	0	30	590	35	4	5	16	N	N	Y	N	N	N	N	Y	
16-17 PIZZA PRODUCTS	900684	PIZZA MARCOS CHEESE LARGE	MARCOS			PS/HS	1 EACH=	1.00 EACH	100.8	GRAMS 224	9	4	0	1	0	20	1	2	11	N	N	Y	N	N	N	N	Y	
16-17 PIZZA PRODUCTS	900755	PIZZA MARCOS CHEESE MEDIUM	MARCOS			K-6	1M,1.5G	1.00 EACH	120	GRAMS 150	8	4	0	20	330	9	0	3	8	N	N	Y	N	N	N	N	Y	
16-17 PIZZA PRODUCTS	900754	PIZZA MARCO'S CHEESE MEDIUM GLUTEN FREE		K-8			1M,1.5G	1.00 EACH	322	GRAMS 213	8	4	0	20	333	9	0	3	8	N	N	Y	N	N	N	N	Y	PIZZA: MAY CONTAIN GLUTEN
16-17 PIZZA PRODUCTS	900676	PIZZA MARCOS CHEESE XLARGE	MARCOS			7-12	1 EACH=	1.00 EACH	155	GRAMS 360	12	6	0	30	645	45	2	5	18	N	N	Y	N	N	N	N	Y	
16-17 PIZZA PRODUCTS	900671	PIZZA MARCOS PEPP LARGE	MARCOS			K-6		1.00 EACH	126	GRAMS 340	16	7	0	35	730	33	1	3	15	N	N	Y	N	N	N	N	Y	PIZZA: CONTAINS PORK
16-17 PIZZA PRODUCTS	900677	PIZZA MARCOS PEPP XLARGE	MARCOS			7-12	1 EACH=	1.00 EACH	164	GRAMS 420	18	9	0	45	825	45	2	5	20	N	N	Y	N	N	N	N	Y	PIZZA: CONTAINS PORK
16-17 PIZZA PRODUCTS	900758	PIZZA PAPA JOHN'S CHEESE GLUTEN FREE	PAPA JOHN'S			K-8	1M,1.5G	1.00 EACH	360.89	GRAMS 195	9	5	0	23	435	24	2	3	8	Y	N	Y	N	N	Y	N	Y	PIZZA: MAY CONTAIN GLUTEN
16-17 PIZZA PRODUCTS	900660	PIZZA PAPA JOHN'S CHEESE LARGE	PAPA JOHN'S			K-6	1 EACH=2M,2.5G	1.00 EACH	152	GRAMS 360	15	8	0	45	930	39	2	5	15	N	N	Y	N	N	N	N	Y	
16-17 PIZZA PRODUCTS	900685	PIZZA PAPA JOHN'S CHEESE LARGE	PAPA JOHN'S			PS/HS	1 EACH=	1.00 EACH	121.6	GRAMS 288	12	6	0	36	744	31	2	4	12	N	N	Y	N	N	N	N	Y	
16-17 PIZZA PRODUCTS	900662	PIZZA PAPA JOHN'S CHEESE XLARGE	PAPA JOHN'S			7-12	1 EACH= 2M,3.25G	1.00 EACH	183	GRAMS 420	16	8	0	45	1070	51	2	6	17	N	N	Y	N	N	N	N	Y	
16-17 PIZZA PRODUCTS	900661	PIZZA PAPA JOHN'S PEPP LARGE	PAPA JOHN'S			K-6	1 EACH=2M,2.5G	1.00 EACH	156	GRAMS 390	18	9	0	50	1020	39	2	5	16	N	N	Y	N	N	N	N	Y	
16-17 PIZZA PRODUCTS	900663	PIZZA PAPA JOHN'S PEPP XLARGE	PAPA JOHN'S			7-12	1 EACH=2M,3.25G	1.00 EACH	189	GRAMS 470	20	9	1	50	1210	51	2	6	18	N	N	Y	N	N	N	N	Y	
16-17 PIZZA PRODUCTS	900281	PIZZA THE MAX CHEESE	GFS	437430	7738712680	K-12	1 EACH=2M,2G	1.00 EACH	132.39	GRAMS 270	10	3	0	10	800	32	4	5	15	N	N	Y	N	N	Y	N	Y	
16-17 PIZZA PRODUCTS	900282	PIZZA THE MAX PEPPERONI	GFS	437440	7738712681	K-12	1 EACH=2M,2G	1.00 EACH	132.39	GRAMS 270	10	4	0	15	860	32	4	5	16	N	N	Y	N	N	Y	N	Y	PIZZA: CONTAINS PORK
16-17 PIZZA PRODUCTS	900678	PIZZA TONY'S CHEESE	GFS	585921	78674	K-12	1 EACH=2M,2G	1.00 EACH	130	GRAMS 300	11	4	0	15	470	34	4	10	16	N	N	Y	N	N	Y	N	Y	
16-17 PIZZA PRODUCTS	900317	PIZZA TONY'S PEPPERONI	GFS	585940	78674	K-12	1 EACH=2M,2G	1.00 EACH	127	GRAMS 300	11	4	0	15	550	33	4	9	15	N	N	Y	N	N	Y	N	Y	
16-17 PIZZA PRODUCTS	900880	PIZZA UNO CHEESEBURGER 16"	GFS	279340	7738712680		1 EACH=2M,2G	1.00 EACH	132.39	GRAMS 360	15	7	0	40	690	35	3	5	23	N	N	Y	N	N	Y	N	Y	
16-17 PIZZA PRODUCTS	900284	PIZZA WGR CHEESE 7"	GFS	663031	700767-1120	9-12	1 EACH=2M,4G	1.00 EACH	206	GRAMS 430	12	6	0	25	700	57	6	6	23	N	N	Y	N	N	N	N	Y	
16-17 PIZZA PRODUCTS	900895	STROMBOLI	GFS	474964	51928C	43720	1 EACH = 2M,2G	1.00 EACH	119	GRAMS 270	11	4	0	30	660	28	2	4	16	N	N	Y	N	N	Y	N	Y	
16-17 PORK PRODUCTS	900702	GRAVY-COUNTRY STYLE SAUSAGE	GFS	125350		K-12		0.25 CUP	61	GRAMS 70	6	2	0	10	230	4	0	1	2	N	N	Y	N	N	Y	N	Y	GRAVY: CONTAINS PORK
16-17 PORK PRODUCTS	900069	PORK BBQ	GFS	498702	12307	6-12	4OZ=2M	4.00 OZ BY WEIGHT	113	GRAMS 230	8	3	*N/A*	65	250	16	*N/A*	16	21	N	N	N	N	N	N	N	N	PORK BBQ: CONTAINS PORK
16-17 PORK PRODUCTS	900062	PORK COUNTRY FRIED STEAK	GFS	849014	3801	6-12	1 EACH=2M,0.75G	1.00 EACH	87	GRAMS 270	17	5	0	90	380	15	2	1	13	Y	N	N	N	N	Y	N	Y	COUNTRY STEAK: CONTAINS PORK
16-17 PORK PRODUCTS	900075	PORK PANCAKE WRAP MAPLE	GFS	497202	N/A	K-12	1 EACH=1M,1G	1.00 EACH	80	GRAMS 240	15	0	25	360	18	2	4	7	Y	N	N	N	N	Y	N	Y	PANCAKE: CONTAINS PORK	
16-17 PORK PRODUCTS	900656	PORK PULLED PORK	DEPOT BBQ			9-12	3OZ=3M	3.00 OZ BY WEIGHT	85	GRAMS 158	10	*N/A*	0	*N/A*	67	0	*N/A*	*N/A*	*N/A*	N	N	N	N	N	N	N	N	
16-17 TURKEY PRODUCTS	900598	BACON*	NFG	51690	51690	K-12	3 EACH=1M	3.00 EACH	45.4	GRAMS 64	2	1	0	32	448	0	0	0	9	N	N	N	N	N	N	N	N	BACON: SEE LABEL
16-17 TURKEY PRODUCTS	900689	BAGEL SAUSAGE & GRAVY	NFG	60																								

Ingredient Group	Ingredient Number	Ingredient Description	Vendor	Vendor Item Number	Manufacturer Number	Grade	Meal Component	Serving Size	Grams	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soybeans	Tree Nuts	Wheat	Other*
16-17 TURKEY PRODUCTS	900413	PIZZA BF SAUSAGE & CHEESE	GFS	160432	63912	K-12	1 EACH=1M,1.5G	1.00 EACH	94	GRAMS	210	7	2	0	15	480	26	2	9	9	N	N	Y	N	N	Y	N	Y
16-17 TURKEY PRODUCTS	900604	PRETZEL DOG	GFS	563851	1118	9-12	1 EACH=2M,2G	1.00 EACH	113	GRAMS	270	12	4	0	50	410	30	5	5	10	N	N	N	N	N	N	N	Y
16-17 TURKEY PRODUCTS	900846	TURKEY BOLOGNA	GFS	236012	2095	K-12	2 OZ = 2M (4 SLICE)	2.00 OUNCE	56.7	GRAMS	110	9	3	0	50	690	1	0	0	7	N	N	N	N	N	N	N	TURKEY BOLOGNA: GLUTEN FREE
16-17 TURKEY PRODUCTS	900088	TURKEY BREAST DELI*	GFS	110550	100121	K-12	3.2OZ=2M	3.20 OZ BY WEIGHT	91	GRAMS	112	5	1	0	48	496	0	0	2	14	N	N	N	N	N	N	N	TURKEY: SEE USDA LABEL
16-17 TURKEY PRODUCTS	900089	TURKEY BREAST OVEN ROASTED*	GFS	645150	836402	K-12	4OZ=2M	4.00 OZ BY WEIGHT	113.4	GRAMS	90	1	1	0	40	540	3	0	0	18	N	N	N	N	N	N	N	TURKEY: GLUTEN FREE
16-17 TURKEY PRODUCTS	900588	TURKEY BREAST OVEN ROASTED*	GFS	442763	835402	K-12	3.86OZ=2M	3.86 OZ BY WEIGHT	109.43	GRAMS	90	1	1	0	35	870	2	0	1	18	N	N	N	N	N	N	N	TURKEY: GLUTEN FREE
16-17 TURKEY PRODUCTS	900090	TURKEY BREAST SLICED*	GFS	645160	230724	K-12	3.1OZ=2M	3.10 OZ BY WEIGHT	87.88	GRAMS	80	1	1	0	40	440	0	0	0	19	N	N	N	N	N	N	N	TURKEY: GLUTEN FREE
16-17 TURKEY PRODUCTS	900080	TURKEY HAM DICED*	GFS	202150	6409	K-12	3.01OZ=2M	3.01 OZ BY WEIGHT	85.33	GRAMS	100	5	2	0	60	530	1	0	0	13	N	N	N	N	N	N	N	TURKEY: GLUTEN FREE
16-17 TURKEY PRODUCTS	900845	TURKEY HAM SLICED DELI	GFS	236012	6409	K-12	3.06OZ=2M (6 SLICE)	3.06 OZ BY WEIGHT	85.33	GRAMS	100	5	2	0	60	530	1	0	0	15	N	N	N	N	N	N	N	TURKEY HAM: GLUTEN FREE
16-17 TURKEY PRODUCTS	900091	TURKEY HAM*	GFS	434663	8028	K-12	3.58OZ=2M	3.58 OZ BY WEIGHT	101.49	GRAMS	120	5	2	0	65	870	2	0	1	15	N	N	N	N	N	N	N	TURKEY: GLUTEN FREE
16-17 TURKEY PRODUCTS	900523	TURKEY HOT DOG	GFS	656882	6126-20	K-12	1 EACH=2M	1.00 EACH	56.7	GRAMS	120	9	3	0	60	260	1	0	0	8	N	N	N	N	N	N	N	HOT DOG: GLUTEN FREE
16-17 TURKEY PRODUCTS	900599	TURKEY PATTY	NFG	604721	604721	K-12	1 EACH=2M	1.00 EACH	70.9	GRAMS	90	2	1	0	60	200	2	1	0	16	N	N	N	N	N	N	N	Y
16-17 TURKEY PRODUCTS	900898	TURKEY PRETZEL DOG	GFS	863671	113	43720	1 EACH = 2M,2G	1.00 EACH	113.4	GRAMS	280	12	4	0	50	390	29	3	4	11	N	N	Y	N	N	Y	N	Y
16-17 TURKEY PRODUCTS	900082	TURKEY ROAST*	GFS	110560	100125	K-12	2OZ=2M	2.00 OZ BY WEIGHT	56	GRAMS	80	3	1	0	30	300	0	0	0	10	N	N	N	N	N	N	N	TURKEY: SEE USDA LABEL
16-17 TURKEY PRODUCTS	900847	TURKEY SALAMI	GFS	236012	2095	K-12	3 OZ = 2M (6 SLICE)	3.00 OUNCES	85.05	GRAMS	150	10	3	0	60	600	2	0	*N/A*	13	N	N	N	N	N	N	N	TURKEY SALAMI: GLUTEN FREE
16-17 TURKEY PRODUCTS	900770	TURKEY SAUSAGE EGG & CHEESE BF SLIDER	GFS	523710	55227	K-12	LOCAL	2.00 EACH	72	GRAMS	160	5	2	0	30	290	20	2	5	8	Y	N	Y	N	N	Y	N	Y
16-17 TURKEY PRODUCTS	900078	TURKEY SAUSAGE LINK	GFS	352740	6140	K-12	1 EACH=1M	1.00 EACH	29.05	GRAMS	60	4	1	0	30	80	0	0	0	6	N	N	N	N	N	N	N	TURKEY: GLUTEN FREE
16-17 TURKEY PRODUCTS	900079	TURKEY SAUSAGE PATTY	GFS	184970	6132	K-12	1 EACH=1M	1.00 EACH	29.05	GRAMS	60	4	1	0	30	80	0	0	0	6	N	N	N	N	N	N	N	TURKEY: GLUTEN FREE
16-17 VEGETABLE	900652	BEAN BLACK CAN	GFS	557714	N/A	K-12	1/4CUP=1/4V OR 1M	0.25 CUP	60	GRAMS	60	0	0	0	180	10	4	1	3	N	N	N	N	N	N	N	N	GREEN BEAN: SEE USDA LABEL
16-17 VEGETABLE	900180	BEAN GREEN CAN	GFS	110730	100307	K-12	1/4CUP=1/4V	0.25 CUP	77	GRAMS	16	0	0	0	140	2	2	1	1	N	N	N	N	N	N	N	N	GREEN BEAN: SEE USDA LABEL
16-17 VEGETABLE	900191	BEAN GREEN FROZEN	GFS	355490	100351	K-12	1/4CUP=1/4V	0.25 CUP	34	GRAMS	10	0	0	0	1	2	1	1	1	N	N	N	N	N	N	N	N	GREEN BEAN: SEE USDA LABEL
16-17 VEGETABLE	900192	BEAN LIMA FROZEN	GFS	285580	N/A	K-12	1/4CUP=1/4V	0.25 CUP	42.5	GRAMS	60	0	0	0	13	11	3	1	4	N	N	N	N	N	N	N	N	
16-17 VEGETABLE	900214	BEAN NAVY	GFS	267581	N/A	K-12	1/4CUP=1/4V OR 1M	0.25 CUP	46	GRAMS	64	0	0	0	0	12	5	0	4	N	N	N	N	N	N	N	N	
16-17 VEGETABLE	900213	BEAN PINTO	GFS	267570	N/A	K-12	1/4CUP=1/4V OR 1M	0.25 CUP	43	GRAMS	61	0	0	0	0	11	4	0	4	N	N	N	N	N	N	N	N	
16-17 VEGETABLE	900603	BEAN PINTO CAN	GFS	261475	N/A	K-12	1/4CUP=1/4V OR 1M	0.25 CUP	120	GRAMS	45	0	0	0	150	11	3	0	3	N	N	N	N	N	N	N	N	
16-17 VEGETABLE	900181	BEAN REFRIED CAN	GFS	293962	N/A	K-12	1/4CUP=1/4V OR 1M	0.25 CUP	64	GRAMS	45	1	0	0	245	8	2	0	3	N	N	N	N	N	N	N	N	
16-17 VEGETABLE	900184	BEAN VEGETARIAN CAN	GFS	120530	100364	K-12	1/4CUP=1/4V OR 1M	0.25 CUP	64	GRAMS	60	0	0	0	70	14	3	5	3	N	N	N	N	N	N	N	N	BEAN: SEE USDA LABEL
16-17 VEGETABLE	900164	BROCCOLI	GFS	256211	110282	K-12	1/4CUP=1/4V	0.25 CUP	22.75	GRAMS	8	0	0	0	8	2	1	0	1	N	N	N	N	N	N	N	N	
16-17 VEGETABLE	900193	BROCCOLI FROZEN	GFS	426288	N/A	K-12	1/4CUP=1/4V	0.25 CUP	46	GRAMS	13	0	0	0	11	3	2	1	2	N	N	N	N	N	N	N	N	BROCCOLI: SEE USDA LABEL
16-17 VEGETABLE	900208	BRUSSELS SPROUTS FROZEN	GFS	361300	N/A	K-12	1/4CUP=1/4V	0.25 CUP (3 SPROUTS)	39	GRAMS	16	0	0	0	6	3	2	1	1	N	N	N	N	N	N	N	N	
16-17 VEGETABLE	900167	CABBAGE SHREDDED	GFS	22.47	N/A	K-12	1/4CUP=1/4V	0.25 CUP	17.5	GRAMS	4	0	0	0	3	1	0	1	0	N	N	N	N	N	N	N	N	
16-17 VEGETABLE	900584	CALIFORNIA VEGETABLE BLEND	GFS	285740	N/A	K-12	1/4CUP=1/4V	0.25 CUP	22.47	GRAMS	7	0	0	0	10	2	1	1	1	N	N	N	N	N	N	N	N	
16-17 VEGETABLE	900166	CARROT	GFS	32	N/A	K-12	1/4CUP=1/4V	0.25 CUP	32	GRAMS	13	0	0	0	22	3	1	2	0	N	N	N	N	N	N	N	N	
16-17 VEGETABLE	900198	CARROT FROZEN	GFS	150390	100352	K-12	1/4CUP=1/4V	0.25 CUP	36.5	GRAMS	14	1	0	0	12	22	3	1	2	0	N	N	N	N	N	N	N	CARROT: SEE USDA LABEL
16-17 VEGETABLE	900629	CARROT MATCHSTICK SHREDDED	GFS	198161	N/A	K-12	1/4CUP=1/4V	0.25 CUP	39	GRAMS	14	0	0	0	23	3	1	2	0	N	N	N	N	N	N	N	N	
16-17 VEGETABLE	900177	CARROT SNACK 10Z	GFS	613967	N/A	K-12	1 EACH=1/4V	1.00 EACH	28.35	GRAMS	13	0	0	0	15	3	1	2	0	N	N	N	N	N	N	N	N	
16-17 VEGETABLE	900178	CARROT SNACK 2OZ	GFS	N/A	GFS 672041	K-12	1 EACH=1/2V	1.00 EACH	56.7	GRAMS	25	0	0	0	29	6	1	4	1	N	N	N	N	N	N	N	N	
16-17 VEGETABLE	900165	CAULIFLOWER	GFS	26.75	N/A	K-12	1/4CUP=1/4V	0.25 CUP	26.75	GRAMS	7	0	0	0	8	1	1	1	1	N	N	N	N	N	N	N	N	
16-17 VEGETABLE	900194	CAULIFLOWER FROZEN	GFS	285600	N/A	K-12	1/4CUP=1/4V	0.25 CUP	21.25	GRAMS	6	0	0	0	6	1	0	1	0	N	N	N	N	N	N	N	N	
16-17 VEGETABLE	900161	CELERY	GFS	25.25	N/A	K-12	1/4CUP=1/4V	0.25 CUP	25.25	GRAMS	4	0	0	0	20	1	0	0	0	N	N	N	N	N	N	N	N	
16-17 VEGETABLE	900185	CORN CAN	GFS	120483	100313	K-12	1/4CUP=1/4V	0.25 CUP	41	GRAMS	33	1	0	0	8	8	1	2	1	N	N	N	N	N	N	N	N	CORN: SEE USDA LABEL
16-17 VEGETABLE	900200	CORN COBBETTE FROZEN	GFS	120571	100349	K-12	1/4CUP=1/4V	0.25 CUP	41	GRAMS	39	0	0	0	2	9	1	1	1	N	N	N	N	N	N	N	N	CORN: SEE USDA LABEL
16-17 VEGETABLE	900199	CORN FROZEN	GFS	120490	100348	K-12	1/4CUP=1/4V	0.25 CUP	41.5	GRAMS	34	1	0	0	1	8	1	2	1	N	N	N	N	N	N	N	N	CORN: SEE USDA LABEL
16-17 VEGETABLE	900168	CUCUMBER	GFS	26	N/A	K-12	1/4CUP=1/4V	0.25 CUP	26	GRAMS	4	0	0	0	1	1	0	0	0	N	N	N	N	N	N	N	N	
16-17 VEGETABLE	900202	EDAMAME FROZEN	GFS	147270	52276	K-12	1/4CUP=1/4V	0.25 CUP	38.75	GRAMS	47	2	0	0	*N/A*	2	4	2	1	4	N	N	N	N	N	Y	N	N
16-17 VEGETABLE	900741	GARBONZO BEAN CAN	GFS	118753	118753	K-12	LOCAL	0.50 CUP	120	GRAMS	110	2	1	0	0	300	18	5	3	6	N	N	N	N	N	N	N	
16-17 VEGETABLE	900203	GREENS COLLARD FROZEN	GFS	222003	N/A	K-12	1/4CUP=1/4V	0.25 CUP	42.5	GRAMS	15	0	0	0	21	3	1	0	1	N	N	N	N	N	N	N	N	
16-17 VEGETABLE	900204	GREENS TURNIP FROZEN	GFS	221988	N/A	K-12	1/4CUP=1/4V	0.25 CUP	41	GRAMS	12	0	0															

Ingredient Group	Ingredient Number	Ingredient Description	Vendor	Vendor Item Number	Manufacturer Number	Grade	Meal Component	Serving Size	Grams	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soybeans	Tree Nuts	Wheat	Other*
16-17 VEGETABLE	900763	MUSHROOM				K-12		1.00 CUP, PIECES OR SLICES	100	GRAMS	22	0	0	*N/A*	0	5	3	1	*N/A*	3	N	N	N	N	N	N	N	
16-17 VEGETABLE	900170	ONION			GFS 110680	K-12	1/4CUP=1/4V	0.25 CUP	40	GRAMS	16	0	0	0	0	2	4	1	2	0	N	N	N	N	N	N	N	
16-17 VEGETABLE	900765	ONION RED				K-12		1.00 CUP, CHOPPED	100	GRAMS	40	0	0	*N/A*	0	4	9	2	*N/A*	1	N	N	N	N	N	N	N	
16-17 VEGETABLE	900883	ONION RINGS	GFS	234061	33504	43720	5EACH=1/4V,1G	5.00 EACH	77	GRAMS	200	8	2	0	0	230	28	3	5	3	N	N	Y	N	N	Y	N	Y
16-17 VEGETABLE	900187	PEAS CAN	GFS	150550	100315	K-12	1/4CUP=1/4V	0.25 CUP	42.5	GRAMS	30	0	0	0	0	70	6	2	2	2	N	N	N	N	N	N	N	PEAS: SEE USDA LABEL
16-17 VEGETABLE	900205	PEAS FROZEN	GFS	110510	100350	K-12	1/4CUP=1/4V	0.25 CUP	40	GRAMS	31	0	0	0	0	29	6	2	2	2	N	N	N	N	N	N	N	PEAS: SEE USDA LABEL
16-17 VEGETABLE	900173	PEPPER GREEN				K-12	1/4CUP=1/4V	0.25 CUP	37.25	GRAMS	7	0	0	0	0	1	2	1	1	0	N	N	N	N	N	N	N	
16-17 VEGETABLE	900764	PEPPER GREEN				K-12		1.00 CUP, CHOPPED	100	GRAMS	20	0	0	*N/A*	0	3	5	2	*N/A*	1	N	N	N	N	N	N	N	
16-17 VEGETABLE	900319	PIZZA SAUCE WITH BASIL*	GFS	256013	RPKIX99	K-12	0.25CUP=0.25V	0.25 CUP	61	GRAMS	30	0	0	0	0	90	6	1	3	1	N	N	N	N	N	N	N	
16-17 VEGETABLE	900179	POTATO				K-12		1.00 EACH (MEDIUM)	173	GRAMS	163	0	0	0	0	12	36	4	3	4	N	N	N	N	N	N	N	
16-17 VEGETABLE	900583	POTATO CRINKLE CUT	GFS	200697	OIF00055A	K-12	1/4CUP=1/4V	0.25 CUP	36	GRAMS	55	1	0	0	0	10	9	1	0	1	N	N	N	N	N	N	N	
16-17 VEGETABLE	900882	POTATO GROOVE CRINKLE FRIES	GFS	123790	1000007470	43720	1/2CUP=1/2V	0.50 CUP	60	GRAMS	100	3	0	0	0	170	15	2	0	1	N	N	N	N	N	N	N	
16-17 VEGETABLE	900250	POTATO MASHED PREPARED	GFS	613738	76468	K-12	1/4CUP=1/4V	0.25 CUP	9.91	GRAMS	35	0	0	0	0	55	7	1	0	7	N	N	Y	N	N	N	N	POTATO: GLUTEN FREE
16-17 VEGETABLE	900246	POTATO SEASONED ROASTERS	GFS	726590	MCF03927	K-12	1/4CUP=1/4V	0.25 CUP	42	GRAMS	50	1	0	0	0	55	10	1	0	1	N	N	N	N	N	N	N	
16-17 VEGETABLE	900247	POTATO SHOESTRING	GFS	834696	X12	K-12	1/4CUP=1/4V	0.25 CUP	26	GRAMS	50	2	0	0	0	63	9	1	0	1	N	N	N	N	N	N	N	
16-17 VEGETABLE	900623	POTATO STEAK FRY	GFS	265764	E02	K-12	1/4CUP=1/4V	0.25 CUP	65	GRAMS	90	3	1	0	0	20	15	2	0	2	N	N	N	N	N	N	N	
16-17 VEGETABLE	900538	POTATO STIX SEASONED	GFS	230962	MCX04717	7-12	1/4CUP=1/4V	0.25 CUP	34	GRAMS	60	2	0	0	0	68	10	1	0	1	N	N	N	N	N	N	N	
16-17 VEGETABLE	900186	POTATO SWEET CAN	GFS	118605	N/A	K-12	1/4CUP=1/4V	0.25 CUP	80	GRAMS	60	0	0	0	0	15	15	1	12	0	N	N	N	N	N	N	N	
16-17 VEGETABLE	900653	POTATO TATOR TOTS	GFS	141510	OIF00251A	9-12	1/4CUP=0.25V	0.25 CUP	35.5	GRAMS	65	3	1	0	0	155	8	1	0	1	N	N	N	N	N	N	N	
16-17 VEGETABLE	900243	POTATO WEDGE	GFS	110570	100355	K-12	1/4CUP=1/4V	0.25 CUP	39	GRAMS	51	2	1	0	0	21	8	1	0	1	N	N	N	N	N	N	N	POTATO: SEE USDA LABEL
16-17 VEGETABLE	900570	POTATO WEDGE	GFS	272953	S0007	7-12	1/4CUP=1/4V	0.25 CUP	38	GRAMS	55	1	0	0	0	90	12	1	0	1	N	N	N	N	N	N	N	
16-17 VEGETABLE	900252	SOUP TOMATO CLASSIC*	GFS	101427	00016	K-12	1/2CUP=1/4V	4.00 OZ	120	GRAMS	45	0	0	0	0	240	10	1	6	1	N	N	N	N	N	N	N	Y
16-17 VEGETABLE	900253	SOUP TOMATO LOW SODIUM*	GFS	514829	01718	K-12	1/2CUP=1/4V	4.00 OZ	120	GRAMS	60	2	1	0	5	40	11	2	7	2	N	N	Y	N	N	N	N	Y
16-17 VEGETABLE	900322	SPAGHETTI SAUCE*	GFS	852759	RPKMA9C	K-12	0.25CUP=0.25V	0.25 CUP	62.5	GRAMS	30	1	0	0	0	305	6	1	4	1	N	N	N	N	N	N	N	
16-17 VEGETABLE	900206	SPINACH FROZEN	GFS	527701	110392	K-12	1/4CUP=1/4V	0.25 CUP	47.5	GRAMS	16	1	0	0	0	46	3	2	0	2	N	N	N	N	N	N	N	SPINACH: SEE USDA LABEL
16-17 VEGETABLE	900209	SQUASH FROZEN	GFS	119482	62311143	K-12	1/4CUP=1/4V	0.25 CUP	51	GRAMS	19	0	0	0	0	1	5	1	2	0	N	N	N	N	N	N	N	
16-17 VEGETABLE	900210	SQUASH YELLOW SLICED FROZEN	GFS	510408	N/A	K-12	1/4CUP=1/4V	0.25 CUP	31.72	GRAMS	6	0	0	0	0	2	1	0	0	0	N	N	N	N	N	N	N	
16-17 VEGETABLE	900782	SWEET POTATO	RAW		UNPREPARED			1.00 CUP, CUBES	100	GRAMS	86	0	0	*N/A*	0	55	20	3	*N/A*	2	N	N	N	N	N	N	N	
16-17 VEGETABLE	900176	TOMATO				K-12	1/4CUP=1/4V	0.25 CUP	45	GRAMS	8	0	0	0	0	2	2	1	1	0	N	N	N	N	N	N	N	
16-17 VEGETABLE	900899	TOMATO CRUSHED CANNED	GFS	248096	RPKDX99			0.25 CUP	61	GRAMS	30	0	0	0	0	90	6	2	3	1	N	N	N	N	N	N	N	
16-17 VEGETABLE	900190	TOMATO DICED CAN	GFS	150590	100329	K-12	1/4CUP=1/4V	0.25 CUP	60	GRAMS	15	0	0	0	0	8	3	1	2	1	N	N	N	N	N	N	N	TOMATO: SEE USDA LABEL
16-17 VEGETABLE	900537	TOMATO PASTE				K-12		1.00 TBSP	16.5	GRAMS	15	0	0	0	0	8	4	1	2	1	N	N	N	N	N	N	N	
16-17 VEGETABLE	900318	TOMATO SAUCE*	GFS	111271	100334	K-12	0.25CUP=0.25V	0.25 CUP	61.5	GRAMS	15	0	0	0	0	70	4	1	2	1	N	N	N	N	N	N	N	
16-17 VEGETABLE	900211	ZUCCHINI SLICED FROZEN	GFS	533734	N/A	K-12	1/4CUP=1/4V	0.25 CUP	56	GRAMS	10	0	0	0	0	1	2	1	1	1	N	N	N	N	N	N	N	

\*N/A\* indicates nutrient data is missing or not available.  
!!! indicates ingredient may contain traces of peanuts/treenuts.