

Ingredient Group	Ingredient Description	Vendor	Vendor Item Number	Grade	Meal Component	Serving Size	Calories (kcal)	Sodium (mg)	Carb (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soybeans	Tree Nuts	Wheat	Other*
16-17 A LA CARTE BEVERAGES	SWITCH BLACK CHERRY 8OZ	ATLANTIC FOODS	843	K-12		1.00 EACH	120	5	30	0	N	N	N	N	N	N	N	N	SWITCH: GLUTEN FREE
16-17 A LA CARTE BEVERAGES	SWITCH FRUIT PUNCH 8OZ	ATLANTIC FOODS	844	K-12		1.00 EACH	120	5	30	0	N	N	N	N	N	N	N	N	SWITCH: GLUTEN FREE
16-17 A LA CARTE BEVERAGES	SWITCH GRAPE 8OZ	ATLANTIC FOODS	812	K-12		1.00 EACH	120	5	30	0	N	N	N	N	N	N	N	N	SWITCH: GLUTEN FREE
16-17 A LA CARTE BEVERAGES	SWITCH HARDCORE APPLE 8OZ	ATLANTIC FOODS	842	K-12		1.00 EACH	120	7	29	0	N	N	N	N	N	N	N	N	SWITCH: GLUTEN FREE
16-17 A LA CARTE BEVERAGES	SWITCH KIWI BERRY 8OZ	ATLANTIC FOODS	846	K-12		1.00 EACH	120	5	30	0	N	N	N	N	N	N	N	N	SWITCH: GLUTEN FREE
16-17 A LA CARTE BEVERAGES	SWITCH ORANGE TANGERINE 8OZ	ATLANTIC FOODS	811	K-12		1.00 EACH	120	5	30	0	N	N	N	N	N	N	N	N	SWITCH: GLUTEN FREE
16-17 A LA CARTE BEVERAGES	SWITCH WATERMELON STRAWBERRY 8OZ	ATLANTIC FOODS	845	K-12		1.00 EACH	120	5	29	0	N	N	N	N	N	N	N	N	SWITCH: GLUTEN FREE
16-17 A LA CARTE ITEMS	GOGURT STRAWBERRY	GFS	885651	#N/A	1 EACH=0.5M	1.00 EACH	#N/A	#N/A	#N/A	#N/A	N	N	Y	N	N	N	N	N	GOGURT: GLUTEN FREE
16-17 A LA CARTE ITEMS	POPCORN LITE WHITE	GFS	544251	#N/A	1 EACH=0.5G	1.00 EACH	#N/A	#N/A	#N/A	#N/A	N	N	N	N	N	N	N	N	POPCORN: GLUTEN FREE
16-17 A LA CARTE ITEMS	POPCORN WHITE CHEDDAR	GFS	641721	K-12	1 EACH=0.5G	1.00 EACH	70	100	9	2	N	N	Y	N	N	N	N	N	GLUTEN FREE POPCORN
16-17 BEEF PRODUCTS	BEEF CIN CHILI*	GFS	343990	K-12	5.58OZ=2M	5.58 OZ BY WEIGHT	222	346	6	14	N	N	N	N	N	N	N	N	CIN CHILI: GLUTEN FREE
16-17 BEEF PRODUCTS	BEEF SLOPPY JOE	GFS	564790	K-12	3.63OZ=2M	3.63 OZ BY WEIGHT	145	417	10	13	N	N	N	N	N	Y	N	N	SLOPPY JOE: GLUTEN FREE
16-17 BEEF PRODUCTS	BEEF SPAGHETTI SAUCE	GFS	573201	K-12	4.2OZ=1.5M	4.20 OZ BY WEIGHT	125	218	7	11	N	N	N	N	N	N	N	N	BEEF SAUCE: GLUTEN FREE
16-17 BEEF PRODUCTS	BEEF TACO FILLING*	GFS	722330	K-12	3.17OZ=2M	3.17 OZ BY WEIGHT	111	292	5	13	N	N	N	N	N	Y	N	N	BEEF FILLING: GLUTEN FREE
16-17 CONDIMENTS	DRESSING HONEY MUSTARD PACKET	GFS	135581	#N/A		1.00 EACH	#N/A	#N/A	#N/A	#N/A	Y	N	N	N	N	N	N	N	DRESSING: GLUTEN FREE
16-17 CONDIMENTS	DRESSING ITALIAN LITE PACKET	GFS	140931	9-12		1.00 EACH	50	330	3	0	N	N	N	N	N	N	N	N	DRESSING: GLUTEN FREE
16-17 CONDIMENTS	ITALIAN DRESSING	GFS	365880	#N/A		2.00 TABLESPOONS	#N/A	#N/A	#N/A	#N/A	N	N	N	N	N	N	N	N	DRESSING: GLUTEN FREE
16-17 GRAIN	CEREAL RICE CHEX	GFS	268711	K-12	1 EACH=1G	1.00 EACH	100	250	24	2	N	N	N	N	N	N	N	N	CEREAL: GLUTEN FREE
16-17 GRAIN	FRITOS	GFS	105040	K-12	1 EACH=1G	1.00 EACH	160	160	16	2	N	N	N	N	N	N	N	N	FRITOS: GLUTEN FREE
16-17 GRAIN	TORTILLA CHIP 2OZ	GFS	682210	#N/A	1 EACH=2.25G	1.00 EACH	#N/A	#N/A	#N/A	#N/A	N	N	N	N	N	N	N	N	TORTILLA CHIPS: GLUTEN FREE
16-17 GRAIN	TORTILLA CHIP 3OZ	GFS	647320	#N/A	1 EACH=3.25G	1.00 EACH	#N/A	#N/A	#N/A	#N/A	N	N	N	N	N	N	N	N	TORTILLA CHIPS: GLUTEN FREE
16-17 MEAT ALTERNATE	YOGURT TRIX CHERRY	GFS	186911	K-12	1 EACH=1M	1.00 EACH	100	50	20	3	N	N	Y	N	N	N	N	N	YOGURT: GLUTEN FREE
16-17 MEAT ALTERNATE	YOGURT TRIX RASPBERRY	GFS	551770	K-12	1 EACH=1M	1.00 EACH	100	50	20	3	N	N	Y	N	N	N	N	N	YOGURT: GLUTEN FREE
16-17 MEAT ALTERNATE	YOGURT TRIX STRAWBERRY BANANA	GFS	551760	K-12	1 EACH=1M	1.00 EACH	100	50	20	3	N	N	Y	N	N	N	N	N	YOGURT: GLUTEN FREE
16-17 MEAT ALTERNATE	YOGURT VANILLA*	GFS	811500	7-12	8OZ=2M	8.00 OZ BY WEIGHT	200	105	39	7	N	N	Y	N	N	N	N	N	YOGURT: GLUTEN FREE
16-17 TURKEY PRODUCTS	TURKEY BREAST OVEN ROASTED*	GFS	645150	K-12	4OZ=2M	4.00 OZ BY WEIGHT	90	540	3	18	N	N	N	N	N	N	N	N	TURKEY: GLUTEN FREE
16-17 TURKEY PRODUCTS	TURKEY BREAST OVEN ROASTED*	GFS	442763	K-12	3.86OZ=2M	3.86 OZ BY WEIGHT	90	870	2	18	N	N	N	N	N	N	N	N	TURKEY: GLUTEN FREE
16-17 TURKEY PRODUCTS	TURKEY BREAST SLICED*	GFS	645160	K-12	3.1OZ=2M	3.10 OZ BY WEIGHT	80	440	0	19	N	N	N	N	N	N	N	N	TURKEY: GLUTEN FREE
16-17 TURKEY PRODUCTS	TURKEY HAM DICED*	GFS	202150	K-12	3.01OZ=2M	3.01 OZ BY WEIGHT	100	530	1	13	N	N	N	N	N	N	N	N	TURKEY: GLUTEN FREE
16-17 TURKEY PRODUCTS	TURKEY HAM*	GFS	434663	K-12	3.58OZ=2M	3.58 OZ BY WEIGHT	120	870	2	15	N	N	N	N	N	N	N	N	TURKEY: GLUTEN FREE
16-17 TURKEY PRODUCTS	TURKEY HOT DOG	GFS	656882	K-12	1 EACH=2M	1.00 EACH	120	260	1	8	N	N	N	N	N	N	N	N	HOT DOG: GLUTEN FREE
16-17 TURKEY PRODUCTS	TURKEY SAUSAGE LINK	GFS	352740	K-12	1 EACH=1M	1.00 EACH	60	80	0	6	N	N	N	N	N	N	N	N	TURKEY: GLUTEN FREE
16-17 TURKEY PRODUCTS	TURKEY SAUSAGE PATTY	GFS	184970	K-12	1 EACH=1M	1.00 EACH	60	80	0	6	N	N	N	N	N	N	N	N	TURKEY: GLUTEN FREE
16-17 VEGETABLE	POTATO MASHED PREPARED	GFS	613738	K-12	1/4CUP=1/4V	0.25 CUP	35	55	7	7	N	N	Y	N	N	N	N	N	POTATO: GLUTEN FREE

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