

US Food	Brand	Menu	Portion	Calories	Sat Fat	Sodium	Carbs
Potatoes							
	Basic American	Au Gration Potatoes	1/2 C	120	0	280	25
	McCain/Ore-Ida	3/8" French Fry	2.4 oz	90	0	30	16
	McCain	Smile/Emoji Fries	4	130	1	180	20
	McCain	Spiral Fries	1/2 C	100	0	190	17
	Ore-Ida	Tater Tots	8	90	0	160	14
	Basic American	Scalloped Potatoes	1/2 C	110	0	210	24
	Basic American	Mashed Potatoes	1/2 C	70	0	310	14
		Gravy	2 oz	15	0	320	3
Prepared Vegetables							
	Bush's	Baked Beans	1/2 cup	130	0	550	29
	USDA	Baked Beans	1/2 cup	160	0	140	29
	USDA	Black Beans	1/2 cup	100	0	140	18
	USDA	Broccoli	1/2 C	25	0	22	5
	USDA	Corn	1/2 C	70	0	1	16
	USDA	Green Beans	1/2 C	20	0	1	4
	USDA	Mixed Vegetables	1/2 C	60	0	32	12
	USDA	Peas	1/2 cup	65	0	58	11
	USDA	Carrots	1/2 C	30	0	43	6
Fresh Vegetables							
		Cucumber Slices	1/2 cup	10	0	N/A	2
		Side Salad	1 cup	15	0	15	3
		Broccoli, Raw	1/2 cup	15	0	N/A	3
		Fresh Carrots	1/2 cup	25	0	N/A	6
		Celery Sticks	1/2 cup	12	0	N/A	2
		Grape Tomatoes	1/2 cup	10	0	N/A	2
		Cauliflower	1/2 cup	12	0	N/A	3
		Red/Green Peppers	1/2 cup	19	0	N/A	5
		Lettuce/Pickle Cup	1/2 cup	5	0	N/A	2
Fruits							
	Ardmore Farms	Apple Juice	1/2 cup	60	0	15	14
	Ardmore Farms	Orange Juice	1/2 cup	60	0	15	13
	Ardmore Farms	Grape Juice	1/2 cup	80	0	15	21
	Ardmore Farms	Fruit Punch	1/2 cup	60	0	10	14
		Fresh Banana	1	90	0	1	23
		Fresh Orange	1	45	0	0	11
		Fresh Pear	1	80	0	1	21
		Fresh Strawberry	1/2 Cup	30	0	1	7
		Whole Apple	1	32	0	1	8
		Cantaloupe	1/2 cup	30	0	12	7
		Honeydew	1/2 cup	30	0	15	8
		Kiwi	1/2 cup	55	0	3	13
		Green Grapes	1/2 cup	50	0	2	14
		Red Grapes	1/2 cup	50	0	2	14
		Watermelon	1/2 cup	25	0	0	6
	Peterson Farms	Apple Slices	1 Bag	30	0	0	7
	USDA	Applesauce	1/2 cup	60	0	5	15
	USDA	Frozen Blueberries	1/2 cup	40	0	1	9
	USDA	Diced Peaches	1/2 cup	60	0	10	14
	USDA	Diced Pears	1/2 cup	60	0	5	16
		Mandarin Oranges	1/2 cup	90	0	10	23
	USDA	Mixed Fruit	1/2 cup	60	0	10	17
		Pineapple Tidbits	1/2 cup	80	0	0	22
		Warm Cinnamon Apples	1/2 cup	55	0	7	14
	USDA	Frozen Peach Cup	1	90	0	0	21
	USDA	Frozen Strawberry Cup	1	80	0	1	21
	USDA	Mixed Berry Cup	1	90	0	0	20

US Food	Brand	Menu	Portion	Calories	Sat Fat	Sodium	Carbs
		Pizza					
9416488	The Max	4x6 Pizza	1 Slice	290	4.5	610	34
	The Max	Stuffed Crust	1 Slice	320	7	740	31
2823946	Nardone	Pan Pizza	1 each	320	7	500	30
2647980	Nardone	Regular Crust	1 slice	310	7	470	29
8795205	Nardone	French Bread	1 each	330	7	530	35
5956461	The Max	Chicken Quesadilla Pizza	1 each	280	2.5	650	33
	Tasty Brands	Anytimer Pizza Kit	1 each	360	7	760	41

Pasta

US Food	Brand	Menu	Portion	Calories	Sat Fat	Sodium	Carbs
	Barilla	Pasta, Penne WG (1 cup cooked)	5 oz	180	0	0	39
	Red Pack	Sauce, Spaghetti (Meat Sauce or Red Sauce)	1/2 cup	60	0	140	12
2674380	Tyson	Meatballs	3	180	2.5	210	6
	Land O'Lakes	String Cheese(Can be offered with Red Sauce, or No Sauce)	1	60	2	200	1
7742307	Bake Crafters	Garlic Breadstick (5")	1	100	0.5	95	15
	Tasty Brands	Twisted Breadstick (Cheese-filled)	1	220	4	300	26

Gluten Free

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Chicken

US Food	Brand	Menu	Portion	Calories	Sat Fat	Sodium	Carbs
7746274	Tyson	White Meat Chicken Chunk Boneless	5	190	2	450	12
6959803	Tyson	Chicken Nuggets	5	240	2.5	440	16
6931398	Tyson	Popcorn Chicken	12	230	3	350	14
6282617	Tyson	Chicken Tenders	3	285	3	465	16
6511191	Rich Chick's	Chicken Nuggets	5	220	1	330	14
7962081	Gold Creek	Popcorn Chicken	10	250	2	570	16
1811032	Gold Creek	Chicken Tenders	3	220	1.5	460	14
3389416	Gold Creek	Chicken Nuggets	5	170	1.5	420	11
	Nickles	WG Roll	1	80	0	150	15
	Yang's 5th Taste	General Tso's Chicken	5 oz	225	0	475	31
7803588	Yang's 5th Taste	Mandarin Orange Chicken	5 oz	210	0	420	28
7853658	Minh's	Vegetable Fried Rice	1 Cup	380	0.5	650	77

Sandwiches

US Food	Brand	Menu	Portion	Calories	Sat Fat	Sodium	Carbs
2140085	Advance Food Heartland Beef	Burger Patty (2.3 oz)	1	160	5	210	1
	Nickles	Hamburger Bun	1	120	0	240	23
	USDA	American Cheese	1 slice	35	1.5	210	2
		Total	1 Each	315	6.5	660	26
9556754	Hot off the Grill	Grilled Cheese (Single Serving wrapped)	1	320	6	550	34
	Homemade	Grilled Cheese	1	280	6	840	34
9107888	Tyson	Spicy Chicken Patty	1	230	2.5	350	15
	Nickles	Hamburger Bun	1	120	0	240	23
		Total	1 Each	350	2.5	590	38
8705577	Tyson	Chicken Patty	1	240	2.5	440	16
	Nickles	Hamburger Bun	1	120	0	240	23
		Total	1 Each	360	2.5	680	39
8976207	Pilgrim's Pride	Chicken Patty	1	190	2	390	13
	Nickles	Hamburger Bun	1	120	0	240	23
		Total	1 Each	310	2	630	36
5994418	Gold Creek	Chicken Patty	1	180	1.5	420	11
	Nickles	Hamburger Bun	1	120	0	240	23
		Total	1 Each	310	1	710	36
6108369	Pierre Foods	BBQ Rib Sandwich	1	190	4	470	9
		BBQ Sauce	1.5 oz	80	0	340	21
	Nickles	Hamburger Bun	1	120	0	240	23
		Total	1 Each	415	4	1105	59
1870286	EZ Jammers	Sandwich, Sunbutter	1	280	3	200	28
		Turkey & Cheese Hoagie	1 Each	300	1.5	970	37
		Ham & Cheese Hoagie	1 Each	290	3.5	1005	39

Yogurt Basket

US Food	Brand	Yogurt Basket (Yogurt, WG item)	Portion	Calories	Sat Fat	Sodium	Carbs
	Trix	Yogurt- All Flavors	1	80	0	65	15
7853468	Otis Spunkmeyer	Muffin -Chocolate	1	190	2	130	33
7853468	Otis Spunkmeyer	Muffin -Banana	1	190	2	130	30
7853344	Otis Spunkmeyer	Muffin -Blueberry	1	190	2	130	30
4977252	Pepperidge Farm	WG Cheddar Cracker	1	100	1	170	14
4692964	Pepperidge Farm	Goldfish Graham Cracker	1	120	1	140	19
6939045	Land O'Lakes	String Cheese	1	60	2	200	1

Brand	Flavor	Portion	Calories	Sat Fat	Sodium	Carbs
Marburger	White 1%	1	100	1.5	100	12
Marburger	Chocolate 1%	1	150	1.5	190	25

US Food	Brand	Menu	Portion	Calories	Sat Fat	Sodium	Carbs
679639	State Fair WG	Mini Corn Dogs	6	190	2	540	17
		Meatball Hoagie	1	480	6	790	46
8947822	Kunzler	Hot dog	1	130	3.5	290	1
	Nickles	Hot dog bun	1	110	0	210	21
		Total	1 Each	240	3.5	500	22
		Korean Meatballs w/ Rice	4 meatballs	490	4	500	58
9016908	Healthy Request	Tomato Soup	8 oz	180	0	780	36
5001987	Campbell's	Chicken Noodle Soup	8 oz	100	1	780	14
7791858	Land O'Lakes	Macaroni and Cheese(Side)	1/2 cup	210	4	510	22
2635183	ES Foods	Cheese Sauce - 3 Cheese	2 oz	100	3.5	190	3
1587823	ES Foods	Cheese Sauce - Nacho Cheese	2 oz	100	3.5	190	3
	J&J Snack Foods	Dutch Waffle	1	330	3	330	38
7893753	Farm Rich	French Toast Sticks	4	260	1.5	300	38
8910895	Papetti's	French Toast Sticks	3	210	2	300	26
9716374	Tyson	Chicken Sausage Patty	1	100	2	180	1
3006988	Smucker's	Syrup	1	110	0	20	29
		Soft Beef Taco - 6" Shells	1	90	1	130	15
		Taco Meat	2 oz	155	4	460	2
		Shredded Cheese	1 oz	70	2.5	470	2
		Salsa	1 oz	10	0	45	2
		Sour Cream	1	60	3.5	15	1
		Nacho Grande	1	190	1	150	29
		Walking Taco - Doritos	1	190	1	200	27
		Walking Taco - Fritos	1	240	2	250	24
		Walking Taco - Tostitos	1	190	1	150	29

US Food	Brand	Yogurt Basket (Yogurt, WG item)	Portion	Calories	Sat Fat	Sodium	Carbs
	New York Frozen	Breadstick	1	110	1	200	17
	La Choy	Fortune Cookie	1	20	0	2	4
	USDA	Brown Rice	1/2 C	115	0	3	24
	Nickles	Dinner Roll	1	80	0	150	15
	Nickles	Hamburger Bun	1	120	0	240	23
	Nickles	Hoagie Bun	1	180	0	330	33
	Nickles	Hot Dog Bun	1	110	0	210	21