

## Nutrition Facts

2020-2021

## Meal Pattern Requirements

<https://fns-prod.azureedge.net/sites/default/files/dietaryspecs.pdf>

## Altmar-Parish Williamstown Central School District

## Food Allergy and Nutrition Information Disclaimer

The nutritional information and product ingredients is obtained solely from the vendor or manufacturer of the specific product. Altmar-Parish Williamstown (APW) does not warrant nor guarantee the information provided by the vendor or manufacturer and expressly disclaims any liability arising from the provided information. APW offers the information solely as a courtesy and makes no representation concerning its accuracy. Manufacturers' formulations may change without notice. Vendors may substitute items sent on our order. Please be aware that there are factors that may affect a product's actual nutritional value and/or ingredient composition at any given time.

# Lunch

## Meat/Meat Alternative

Bacon	<a href="http://www.myfitnesspal.com/food/calories/patrick-cudahy-bacon-28173746">http://www.myfitnesspal.com/food/calories/patrick-cudahy-bacon-28173746</a>
Cheese, Cheddar	<a href="https://www.nutritionvalue.org/Cheese%2C_reduced_fat%2C_cheddar_nutritional_value.html">https://www.nutritionvalue.org/Cheese%2C_reduced_fat%2C_cheddar_nutritional_value.html</a>
Cheese, String	<a href="https://www.landolakesfoodservice.com/products/cheese/land-o-lakes-light-mozzarella-string-cheese/">https://www.landolakesfoodservice.com/products/cheese/land-o-lakes-light-mozzarella-string-cheese/</a>
Cheese, Sliced American	<a href="https://www.landolakesfoodservice.com/products/cheese/alpine-lace-reduced-fat-reduced-sodium-process-american-cheese-product-yellow-160-slices/">https://www.landolakesfoodservice.com/products/cheese/alpine-lace-reduced-fat-reduced-sodium-process-american-cheese-product-yellow-160-slices/</a>
Cheese, Mozzarella	<a href="https://fns-prod.azureedge.net/sites/default/files/fdd/100021_Mozzarella_Cheese_LMPS_Shredded.pdf">https://fns-prod.azureedge.net/sites/default/files/fdd/100021_Mozzarella_Cheese_LMPS_Shredded.pdf</a>
Chicken, Diced	<a href="https://fns-prod.azureedge.net/sites/default/files/fdd/100101_Diced_Chicken.pdf">https://fns-prod.azureedge.net/sites/default/files/fdd/100101_Diced_Chicken.pdf</a>
Chicken, Grilled Breast	<a href="http://www.goldkistfarms.com/media/1331/7520-grilled-breast-fillet.pdf?mode=pad&amp;width=400&amp;height=300&amp;rnd=131625574590000000">http://www.goldkistfarms.com/media/1331/7520-grilled-breast-fillet.pdf?mode=pad&amp;width=400&amp;height=300&amp;rnd=131625574590000000</a> <a href="http://www.tysonfoodservice.com/products/38351-928">http://www.tysonfoodservice.com/products/38351-928</a>
Chicken, Patty	<a href="http://www.goldkistfarms.com/media/1239/6616-cn-phd-homestyle-wg-breaded-patty.pdf?mode=pad&amp;width=400&amp;height=300&amp;rnd=131453733350000000">http://www.goldkistfarms.com/media/1239/6616-cn-phd-homestyle-wg-breaded-patty.pdf?mode=pad&amp;width=400&amp;height=300&amp;rnd=131453733350000000</a>
Chicken, Sliders	<a href="http://www.goldkistfarms.com/media/1924/635300-homestyle-wg-breaded-breakfast-patty-220.pdf">http://www.goldkistfarms.com/media/1924/635300-homestyle-wg-breaded-breakfast-patty-220.pdf</a>
Chicken, Smackers	<a href="http://www.goldkistfarms.com/media/1247/110452-cn-wg-breaded-chicken-smackers.pdf?mode=pad&amp;width=400&amp;height=300&amp;rnd=131453733350000000">http://www.goldkistfarms.com/media/1247/110452-cn-wg-breaded-chicken-smackers.pdf?mode=pad&amp;width=400&amp;height=300&amp;rnd=131453733350000000</a>
Deli Turkey	<a href="https://www.hormelfoodservice.com/products/bread-readyr-turkey-oven-roasted-whole-muscle-sliced-1-oz-slices-62-lb/">https://www.hormelfoodservice.com/products/bread-readyr-turkey-oven-roasted-whole-muscle-sliced-1-oz-slices-62-lb/</a>
Deli Ham	<a href="https://www.hormelfoodservice.com/products/bread-readyr-ham-buffet-smoked-1-oz-43-lb/">https://www.hormelfoodservice.com/products/bread-readyr-ham-buffet-smoked-1-oz-43-lb/</a>
Egg, Patty 1.25oz	<a href="http://agri.nv.gov/uploadedFiles/agri.nv.gov/Content/Resources/Data_and_Reports/Food_and_Nutrition/CN/Michael%20Foods_85017%20Round%20Egg%20Patty.pdf">http://agri.nv.gov/uploadedFiles/agri.nv.gov/Content/Resources/Data_and_Reports/Food_and_Nutrition/CN/Michael%20Foods_85017%20Round%20Egg%20Patty.pdf</a>
Egg, Scrambled	<a href="https://ulfweb.com/assets/PDF/nutritional/763176.pdf">https://ulfweb.com/assets/PDF/nutritional/763176.pdf</a>
Hamburger, 2oz	<a href="https://www.tysonfoodservice.com/products/beef/burgers-patties/10000068050-68050">https://www.tysonfoodservice.com/products/beef/burgers-patties/10000068050-68050</a>
Hamburger, 3oz	<a href="http://district.schoolnutritionandfitness.com/simplifiedculinaryservices/files/NutritionData/Beef_Patties_Maid-Rite.pdf">http://district.schoolnutritionandfitness.com/simplifiedculinaryservices/files/NutritionData/Beef_Patties_Maid-Rite.pdf</a>

Meatballs	<a href="http://district.schoolnutritionandfitness.com/simplifiedculinaryservices/files/NutritionData/Beef_Meatballs_Maid-Rite.pdf">http://district.schoolnutritionandfitness.com/simplifiedculinaryservices/files/NutritionData/Beef_Meatballs_Maid-Rite.pdf</a>
Pork, Pulled BBQ	<a href="https://www.itmfoodgroup.com/products?channel=k-12&amp;ppi=CP5406">https://www.itmfoodgroup.com/products?channel=k-12&amp;ppi=CP5406</a>
Sausage, Breakfast	<a href="https://www.jonesdairyfarmfoodservice.com/products/breakfast-sausage/patties/lower-sodium-pork#nutritional">https://www.jonesdairyfarmfoodservice.com/products/breakfast-sausage/patties/lower-sodium-pork#nutritional</a>
Sausage, Italian	<a href="http://www.myfitnesspal.com/food/calories/103504283">http://www.myfitnesspal.com/food/calories/103504283</a>
Taco Meat	<a href="https://fns-prod.azureedge.net/sites/default/files/fdd/100119-turkey-taco-filling.pdf">https://fns-prod.azureedge.net/sites/default/files/fdd/100119-turkey-taco-filling.pdf</a>
Tuna	<a href="https://fns-prod.azureedge.net/sites/default/files/fdd/100195-tuna-chunk-light-kosher.pdf">https://fns-prod.azureedge.net/sites/default/files/fdd/100195-tuna-chunk-light-kosher.pdf</a>
Yogurt, Dannon, Strawberry	<a href="http://danimals.com/kids-yogurt-and-smoothies/nonfat-yogurt/strawberry/?httpreferer=google">http://danimals.com/kids-yogurt-and-smoothies/nonfat-yogurt/strawberry/?httpreferer=google</a>
Yogurt, Parfait	<a href="https://www.generalmills.com/products/category/yogurt/bulk/yoplait-parfaitpro/lowfat-vanilla">https://www.generalmills.com/products/category/yogurt/bulk/yoplait-parfaitpro/lowfat-vanilla</a>
Yogurt, Gogurt	<a href="https://www.generalmills.com/products/category/yogurt/yoplait-portable/go-gurt-strawberry">https://www.generalmills.com/products/category/yogurt/yoplait-portable/go-gurt-strawberry</a>

## Combination Foods

Lasagna	
Pizza, Buffalo Chicken	<a href="https://www.schwansfoodservice.com/product/?page=big_daddy_s_primo_16_wg_rising_crust_buffalo_chicken_pizza-78639">https://www.schwansfoodservice.com/product/?page=big_daddy_s_primo_16_wg_rising_crust_buffalo_chicken_pizza-78639</a>
Pizzas, Cheese	<a href="https://www.schwansfoodservice.com/product/?page=big_daddy_s_primo_16_wg_rising_crust_four_cheese_pizza-78637">https://www.schwansfoodservice.com/product/?page=big_daddy_s_primo_16_wg_rising_crust_four_cheese_pizza-78637</a>
Pepperoni	<a href="http://www.cssd.org/files/filesystem/Pepperoni.pdf">http://www.cssd.org/files/filesystem/Pepperoni.pdf</a>
Pizza, Fiestada	<a href="https://www.schwansfoodservice.com/product/?page=tony_s_fiestada_51_wg_beef_pizza-68523">https://www.schwansfoodservice.com/product/?page=tony_s_fiestada_51_wg_beef_pizza-68523</a>
Pizza, Chicken Quesadilla	<a href="https://www.conagrafoodservice.com/products/max-chicken-quesadilla-pizza">https://www.conagrafoodservice.com/products/max-chicken-quesadilla-pizza</a>
Pizza, Poppers	<a href="http://sapiazza.com/wp-content/uploads/2017/06/11003_Wild-Mikes.pdf">http://sapiazza.com/wp-content/uploads/2017/06/11003_Wild-Mikes.pdf</a>
Pizza, Stuffed Crust	<a href="http://www.conagrafoodservice.com/products/stuffed-crust-cheese-large-cn-546-oz">www.conagrafoodservice.com/products/stuffed-crust-cheese-large-cn-546-oz</a>
Macaroni and Cheese	<a href="http://www.cssd.org/files/filesystem/Mac_n_cheese.pdf">http://www.cssd.org/files/filesystem/Mac_n_cheese.pdf</a>
PBJ	<a href="https://www.smuckers.com/products/uncrustables/uncrustables-sandwiches/peanut-butter-and-grape-jelly">https://www.smuckers.com/products/uncrustables/uncrustables-sandwiches/peanut-butter-and-grape-jelly</a>

# Fruits

Apple, Fresh	<a href="https://fns-prod.azureedge.net/sites/default/files/fdd/100517_Empire_Apples_Fresh.pdf">https://fns-prod.azureedge.net/sites/default/files/fdd/100517_Empire_Apples_Fresh.pdf</a>
Applesauce cup	<a href="https://www.nationalfoodgroup.com/products/applesauce/applesauce-cups/cinnamon-applesauce-4-5-oz-1">https://www.nationalfoodgroup.com/products/applesauce/applesauce-cups/cinnamon-applesauce-4-5-oz-1</a>
Apple Juice	<a href="http://www.mesc.org/aspin_nutrition/index.php?dir=Shamrock/J-K/&amp;file=2280961-Juice%2C%20Apple%20Carton%20100%25.pdf">http://www.mesc.org/aspin_nutrition/index.php?dir=Shamrock/J-K/&amp;file=2280961-Juice%2C%20Apple%20Carton%20100%25.pdf</a>
Banana, Fresh	<a href="http://nutritiondata.self.com/facts/fruits-and-fruit-juices/1846/2">http://nutritiondata.self.com/facts/fruits-and-fruit-juices/1846/2</a>
Mixed Fruit Cups	<a href="https://www.nationalfoodgroup.com/products/vegetables-and-fruits/fruit-cups/four-fruit-mixed-fruit-4-5-oz">https://www.nationalfoodgroup.com/products/vegetables-and-fruits/fruit-cups/four-fruit-mixed-fruit-4-5-oz</a>
Orange Juice	<a href="http://district.schoolnutritionandfitness.com/webstercentralsd/files/NutritionData/Juice/Orange_Juice_4oz..pdf">http://district.schoolnutritionandfitness.com/webstercentralsd/files/NutritionData/Juice/Orange_Juice_4oz..pdf</a>
Peach Cup, Frozen	<a href="https://fns-prod.azureedge.net/sites/default/files/fdd/100241_Peaches_Diced_Cups.pdf">https://fns-prod.azureedge.net/sites/default/files/fdd/100241_Peaches_Diced_Cups.pdf</a>
Pears, Diced	<a href="https://fns-prod.azureedge.net/sites/default/files/fdd/110237_Pears_Diced_Extra_Light_Sucrose_Syrup.pdf">https://fns-prod.azureedge.net/sites/default/files/fdd/110237_Pears_Diced_Extra_Light_Sucrose_Syrup.pdf</a>
Pear, Fresh	<a href="http://nutritiondata.self.com/facts/fruits-and-fruit-juices/2005/2">http://nutritiondata.self.com/facts/fruits-and-fruit-juices/2005/2</a>
Strawberry cup, Frozen	<a href="https://fns-prod.azureedge.net/sites/default/files/fdd/100256_Strawberries_Diced_Cups.pdf">https://fns-prod.azureedge.net/sites/default/files/fdd/100256_Strawberries_Diced_Cups.pdf</a>

# Vegetables

Broccoli	<a href="https://fns-prod.azureedge.net/sites/default/files/fdd/110473_Broccoli_No_Salt_Added_Frozen.pdf">https://fns-prod.azureedge.net/sites/default/files/fdd/110473_Broccoli_No_Salt_Added_Frozen.pdf</a>
Beans, Baked, vegetarian	<a href="https://fns-prod.azureedge.net/sites/default/files/fdd/100364_Beans_Vegetarian_Low_sodium_Canned.pdf">https://fns-prod.azureedge.net/sites/default/files/fdd/100364_Beans_Vegetarian_Low_sodium_Canned.pdf</a>
Beans, Baked, Bush's	<a href="https://bushbeans.com/en_US/product/original">https://bushbeans.com/en_US/product/original</a>
Beans, Black	<a href="http://www.bushbeans.com/en_US/product/reduced-sodium-black-beans">www.bushbeans.com/en_US/product/reduced-sodium-black-beans</a>
Beans, Green	<a href="https://fns-prod.azureedge.net/sites/default/files/fdd/100351_Green_Beans_No_Salt_Added_Frozen.pdf">https://fns-prod.azureedge.net/sites/default/files/fdd/100351_Green_Beans_No_Salt_Added_Frozen.pdf</a>
Beans, Garbanzo	<a href="https://www.bushbeans.com/en_US/product/garbanzo-beans">https://www.bushbeans.com/en_US/product/garbanzo-beans</a>
Carrots, Frozen	<a href="https://fns-prod.azureedge.net/sites/default/files/fdd/100352_Carrots_Sliced_No_Salt_Added_Frozen.pdf">https://fns-prod.azureedge.net/sites/default/files/fdd/100352_Carrots_Sliced_No_Salt_Added_Frozen.pdf</a>
Carrots, Raw	<a href="http://nutritiondata.self.com/facts/vegetables-and-vegetable-products/3026/2">http://nutritiondata.self.com/facts/vegetables-and-vegetable-products/3026/2</a>
Celery	<a href="http://nutritiondata.self.com/facts/vegetables-and-vegetable-products/2396/2">http://nutritiondata.self.com/facts/vegetables-and-vegetable-products/2396/2</a>

Corn, Canned	<a href="https://fns-prod.azureedge.net/sites/default/files/fdd/100313_Corn_No_Salt_Added_Canned.pdf">https://fns-prod.azureedge.net/sites/default/files/fdd/100313_Corn_No_Salt_Added_Canned.pdf</a>
Corn, Frozen	<a href="https://fns-prod.azureedge.net/sites/default/files/fdd/100348_Corn_Whole_Kernel_No_Salt_Added_Frozen.pdf">https://fns-prod.azureedge.net/sites/default/files/fdd/100348_Corn_Whole_Kernel_No_Salt_Added_Frozen.pdf</a>
Cucumber, Raw	<a href="http://nutritiondata.self.com/facts/vegetables-and-vegetable-products/2439/2">http://nutritiondata.self.com/facts/vegetables-and-vegetable-products/2439/2</a>
Dipping Sauce	<a href="https://fns-prod.azureedge.net/sites/default/files/fdd/100336_Spaghetti_Sauce_Canned.pdf">https://fns-prod.azureedge.net/sites/default/files/fdd/100336_Spaghetti_Sauce_Canned.pdf</a>
Egg roll	<a href="https://www.schwansfoodservice.com/product/?page=minh_31oz_wg_vegetable_egg_roll-66048">https://www.schwansfoodservice.com/product/?page=minh_31oz_wg_vegetable_egg_roll-66048</a>
Fries, Curley	<a href="https://www.mccainusafoodservice.com/products/details/mccain-redstone-canyon-skin-on-spiral-fries/">https://www.mccainusafoodservice.com/products/details/mccain-redstone-canyon-skin-on-spiral-fries/</a>
Fries, French	<a href="http://www.mccainusafoodservice.com/Product/Detail/McCainBakeableRegularCrinkleFries3_8InchXL?backUrl=%2FProduct%2FList%3FCurrentSiteSectionID%3D10%26CurrentFilter.FreeText%3DSweet%2520Potato%2520fries">http://www.mccainusafoodservice.com/Product/Detail/McCainBakeableRegularCrinkleFries3_8InchXL?backUrl=%2FProduct%2FList%3FCurrentSiteSectionID%3D10%26CurrentFilter.FreeText%3DSweet%2520Potato%2520fries</a>
Fries, Smile	<a href="http://www.mccainusafoodservice.com/Product/Detail/McCainSmilesCrispyMashedPotatoShapes?backUrl=%2FProduct%2FList%3FCurrentSiteSectionID%3D10%26CurrentFilter.FreeText%3DSmiles">http://www.mccainusafoodservice.com/Product/Detail/McCainSmilesCrispyMashedPotatoShapes?backUrl=%2FProduct%2FList%3FCurrentSiteSectionID%3D10%26CurrentFilter.FreeText%3DSmiles</a>
Fries, Emoticons	<a href="https://mccainusafoodservice.com/products/details/mccain-emoticons-crispy-mashed-potato-shapes/">https://mccainusafoodservice.com/products/details/mccain-emoticons-crispy-mashed-potato-shapes/</a>
Hash Brown, Rounds	<a href="http://www.mccainusafoodservice.com/Product/Detail/MCCAIN%C2%AEHASHBROWNROUNDS1000006188?backUrl=%2FProduct%2FList%3FCurrentSiteSectionID%3D10%26CurrentFilter.FreeText%3D1000006188">http://www.mccainusafoodservice.com/Product/Detail/MCCAIN%C2%AEHASHBROWNROUNDS1000006188?backUrl=%2FProduct%2FList%3FCurrentSiteSectionID%3D10%26CurrentFilter.FreeText%3D1000006188</a>
Jalapenos	<a href="http://www.ambrosia-foods.com/wp-content/uploads/2015/07/SPEC-Peppers-Jalapeno-Slcd-4-1-gal-17458.pdf">http://www.ambrosia-foods.com/wp-content/uploads/2015/07/SPEC-Peppers-Jalapeno-Slcd-4-1-gal-17458.pdf</a>
Lettuce, Iceburg	<a href="http://nutritiondata.self.com/facts/vegetables-and-vegetable-products/2476/2">http://nutritiondata.self.com/facts/vegetables-and-vegetable-products/2476/2</a>
Lettuce, Romaine	<a href="http://nutritiondata.self.com/facts/vegetables-and-vegetable-products/2475/2">http://nutritiondata.self.com/facts/vegetables-and-vegetable-products/2475/2</a>
Potato Salad	<a href="http://www.keybrand.com/deli/view/johnstons-salads/JHS-potato-salad">http://www.keybrand.com/deli/view/johnstons-salads/JHS-potato-salad</a>
Salsa	<a href="https://fns-prod.azureedge.net/sites/default/files/fdd/100330_Salsa_Low_Sodium_Canned.pdf">https://fns-prod.azureedge.net/sites/default/files/fdd/100330_Salsa_Low_Sodium_Canned.pdf</a>
Tater Tots	<a href="https://www.mccainusafoodservice.com/products/details/ore-ida-tater-tots/">https://www.mccainusafoodservice.com/products/details/ore-ida-tater-tots/</a>
Tomato, Grape, Raw	<a href="https://www.eatthismuch.com/food/view/grape-tomatoes,164311/">https://www.eatthismuch.com/food/view/grape-tomatoes,164311/</a>

# Grains

Bagel, Small	<a href="http://www.cssd.org/files/filesystem/Bagel,%20large.pdf">http://www.cssd.org/files/filesystem/Bagel,%20large.pdf</a>
Bagel, Large	<a href="http://www.cssd.org/files/filesystem/Bagel,%20large.pdf">http://www.cssd.org/files/filesystem/Bagel,%20large.pdf</a>
Bread, Garlic	<a href="https://bakecrafters.com/product/1605">https://bakecrafters.com/product/1605</a>
Brown Rice	<a href="https://www.unclebens.com/products/natural-whole-grain-brown-rice">https://www.unclebens.com/products/natural-whole-grain-brown-rice</a>
Chips, Dorito 1.4oz	<a href="https://www.pepsicoschoolsource.com/productdesc.aspx?pid=16">https://www.pepsicoschoolsource.com/productdesc.aspx?pid=16</a>
Chips, Dorito 1oz	<a href="https://www.pepsicoschoolsource.com/productdesc.aspx?pid=13">https://www.pepsicoschoolsource.com/productdesc.aspx?pid=13</a>
Crackers, Graham, Zee Zee	<a href="https://www.nationalfoodgroup.com/products/dry-snacks/chips-pretzels-crackers/birthday-cake-grahamz">https://www.nationalfoodgroup.com/products/dry-snacks/chips-pretzels-crackers/birthday-cake-grahamz</a>
CROUTONS	<a href="http://www.myfitnesspal.com/food/calories/726542598">www.myfitnesspal.com/food/calories/726542598</a> <a href="http://www.myfitnesspal.com/food/calories/726542598">www.myfitnesspal.com/food/calories/726542598</a>
Hamburger Bun	<a href="https://bakecrafters.com/product/492">https://bakecrafters.com/product/492</a>
Dinner Roll 1oz	<a href="https://bakecrafters.com/product/4061">https://bakecrafters.com/product/4061</a>
Dinner Roll 2oz	<a href="https://bakecrafters.com/product/4064">https://bakecrafters.com/product/4064</a>
Dutch Waffle	<a href="http://www.jj snackfoodservice.com/JJproductFinder/DefaultWebService.aspx?gitemkey=9771">http://www.jj snackfoodservice.com/JJproductFinder/DefaultWebService.aspx?gitemkey=9771</a>
Egg Roll	<a href="https://www.schwansfoodservice.com/product/?page=minh_31oz_wg_vegetable_egg_roll-66048">https://www.schwansfoodservice.com/product/?page=minh_31oz_wg_vegetable_egg_roll-66048</a>
French Toast Bites	<a href="https://richsfoodservice.com/products/08061/">https://richsfoodservice.com/products/08061/</a>
French Toast Sticks	<a href="https://richsfoodservice.com/products/37722/">https://richsfoodservice.com/products/37722/</a>
Granola,	<a href="https://www.fieldstonebakery.com/126.84/granola-packet-2-oz-nutrition">https://www.fieldstonebakery.com/126.84/granola-packet-2-oz-nutrition</a>
Pancakes	<a href="https://bakecrafters.com/product/1475">https://bakecrafters.com/product/1475</a>
Pasta, Penne, WG	<a href="http://www.marzettifoodservice.com/wp-content/uploads/2016/05/41308-31063.pdf">http://www.marzettifoodservice.com/wp-content/uploads/2016/05/41308-31063.pdf</a>
Pasta, Penne, WH	<a href="http://www.marzettifoodservice.com/wp-content/uploads/2016/05/41308-26015-2.pdf">http://www.marzettifoodservice.com/wp-content/uploads/2016/05/41308-26015-2.pdf</a>
Pizza Crust, Whole Grain Sheet	<a href="http://www.cssd.org/files/filesystem/WG%20Sheet%20shell.pdf">http://www.cssd.org/files/filesystem/WG%20Sheet%20shell.pdf</a>
Slider roll	<a href="https://turano.com/product/brioche-rolls/#:~:text=Flour%20(Wheat%2C%20Malted%20Barley),Soybean%20Oil%2C%20Turmeric%20and%20Paprika.">https://turano.com/product/brioche-rolls/#:~:text=Flour%20(Wheat%2C%20Malted%20Barley),Soybean%20Oil%2C%20Turmeric%20and%20Paprika.</a>
Sub Roll, 5"	<a href="https://bakecrafters.com/product/4062">https://bakecrafters.com/product/4062</a>

Sub Roll, 7"	<a href="https://bakecrafters.com/product/4021">https://bakecrafters.com/product/4021</a>
Tortilla Chips	<a href="http://www.tysonfoodservice.com/products/7721-621">http://www.tysonfoodservice.com/products/7721-621</a>
Tortilla Wraps, 10"	<a href="http://www.myfitnesspal.com/food/calories/4811081">http://www.myfitnesspal.com/food/calories/4811081</a>
Tortilla Wraps, 8"	<a href="http://www.myfitnesspal.com/food/calories/435438298">http://www.myfitnesspal.com/food/calories/435438298</a>

## Condiments

Cheese, Parmesan	<a href="http://www.kraftheinz-foodservice.com/products/pages/productdisplay?upc=10021000666611">http://www.kraftheinz-foodservice.com/products/pages/productdisplay?upc=10021000666611</a>
Cream Cheese	<a href="https://www.kraftheinz-foodservice.com/product/10021000610959">https://www.kraftheinz-foodservice.com/product/10021000610959</a>
CROUTONS	<a href="http://www.myfitnesspal.com/food/calories/726542598">www.myfitnesspal.com/food/calories/726542598</a>
Dressing, Caesar 1.5 oz	<a href="http://www.myfitnesspal.com/food/calories/kens-caesar-dressing-1-5-oz-packet-28031002">www.myfitnesspal.com/food/calories/kens-caesar-dressing-1-5-oz-packet-28031002</a>
Dressing, Italian, 1oz	<a href="http://www.dcbrands.com/product-specifications/?sku=70804">http://www.dcbrands.com/product-specifications/?sku=70804</a>
Dressing, Ranch 1oz	<a href="http://www.dcbrands.com/product-specifications/?sku=70808">http://www.dcbrands.com/product-specifications/?sku=70808</a>
Dressing, Honey Mustard, 1oz	<a href="http://www.dcbrands.com/product-specifications/?sku=70807">http://www.dcbrands.com/product-specifications/?sku=70807</a>
Sauce, BBQ, 1oz	<a href="http://www.dcbrands.com/product-specifications/?sku=70809">http://www.dcbrands.com/product-specifications/?sku=70809</a>
Jalapeno Peppers	<a href="https://www.myfitnesspal.com/food/calories/jalapeno-peppers-vlasic-jalapeno-pepper-sliced-hot-163457733">https://www.myfitnesspal.com/food/calories/jalapeno-peppers-vlasic-jalapeno-pepper-sliced-hot-163457733</a>
Ketchup cup 1oz	<a href="https://redgoldfoods.com/products/detail/Foodservice/1-oz-red-gold-naturally-balanced-tomato-ketchup">https://redgoldfoods.com/products/detail/Foodservice/1-oz-red-gold-naturally-balanced-tomato-ketchup</a>
Margarine cup	<a href="https://www.unileverfoodsolutions.us/product/promise-portion-cups">https://www.unileverfoodsolutions.us/product/promise-portion-cups</a>
Mustard Packet	<a href="http://andrewsfoodservice.com/nutritionals/2014/22597.pdf">http://andrewsfoodservice.com/nutritionals/2014/22597.pdf</a>
Mayonnaise Packet	<a href="http://www.myfitnesspal.com/food/calories/americana-mayonnaise-packet-12g-36452504">http://www.myfitnesspal.com/food/calories/americana-mayonnaise-packet-12g-36452504</a>
Sauce, Alfredo	<a href="https://www.nestleprofessional.us/stouffers/stouffers-alfredo-sauce-gluten-free-4-x-64-ounces">https://www.nestleprofessional.us/stouffers/stouffers-alfredo-sauce-gluten-free-4-x-64-ounces</a>

Sauce, "Riggi" [https://fns-prod.azureedge.net/sites/default/files/fdd/100336\\_Spaghetti\\_Sauce\\_Canned.pdf](https://fns-prod.azureedge.net/sites/default/files/fdd/100336_Spaghetti_Sauce_Canned.pdf);  
<http://www.myfitnesspal.com/food/calories/mccormick-crushed-red-pepper-flakes-633380290> <https://www.nestleprofessional.us/stouffers/stouffers-alfredo-sauce-gluten-free-4-x-64-ounces>

Sour Cream Packet [https://www.landolakesfoodservice.com/Foodservice/media/LOL-FS-Media/PDF-Resources/alt-nutritionals-64407-fat-free-sour-cream-100\\_1-oz-portions.pdf](https://www.landolakesfoodservice.com/Foodservice/media/LOL-FS-Media/PDF-Resources/alt-nutritionals-64407-fat-free-sour-cream-100_1-oz-portions.pdf)

Syrup Cup, 1oz [https://www.casdonline.org/cms/lib/PA02217736/Centricity/Domain/41/Americana\\_R\\_Syrup\\_1\\_5\\_oz\\_Cup\\_Heinz\\_Foodservice.pdf](https://www.casdonline.org/cms/lib/PA02217736/Centricity/Domain/41/Americana_R_Syrup_1_5_oz_Cup_Heinz_Foodservice.pdf)

## Milk

Milk, Chocolate, Fat Free <http://www.myfitnesspal.com/food/calories/byrne-dairy-fat-free-chocolate-milk-479094109?v2=false>

Milk, 1% [www.myfitnesspal.com/nutrition-facts-calories/byrne-dairy-milk-1](http://www.myfitnesspal.com/nutrition-facts-calories/byrne-dairy-milk-1)

Milk, Strawberry, Fat Free <http://www.myfitnesspal.com/food/calories/621028296>



# Snacks

Chips, Frito Lay, ALL	<a href="https://www.pepsicoschoolsource.com/viewbrand.aspx">https://www.pepsicoschoolsource.com/viewbrand.aspx</a>
Cookies, Chocolate Chip	<a href="http://www.ijsnackfoodservice.com/JJproductFinder/DefaultWebService.aspx?gitemkey=7163">http://www.ijsnackfoodservice.com/JJproductFinder/DefaultWebService.aspx?gitemkey=7163</a>
Crackers, Cheez-it	<a href="https://www.kelloggsspecialtychannels.com/Home/ProductDetails/32104#">https://www.kelloggsspecialtychannels.com/Home/ProductDetails/32104#</a>
Crackers, Goldfish	<a href="https://www.pepperidgefarm.com/product/goldfish-cheddar-baked-with-whole-grain/">https://www.pepperidgefarm.com/product/goldfish-cheddar-baked-with-whole-grain/</a>
Crackers, Graham, Zee Zee	<a href="http://www.nationalfoodgroup.com/Products/?search=Zee%20Zees%20grahamz">http://www.nationalfoodgroup.com/Products/?search=Zee%20Zees%20grahamz</a>
Ghel's Chips	<a href="https://www.gehls.com/Gehls/Gehls-Images/Products/Chips/G05501_spec.pdf">https://www.gehls.com/Gehls/Gehls-Images/Products/Chips/G05501_spec.pdf</a>
Ghels Cheese Sauce	<a href="https://www.gehls.com/Gehls/Gehls-Images/Products/Cheese-Sauce/Cheddar/G05101_spec.pdf">https://www.gehls.com/Gehls/Gehls-Images/Products/Cheese-Sauce/Cheddar/G05101_spec.pdf</a>
Ice Cream, Hershey's	<a href="https://www.hersheyicecream.com/smart-snacks-in-schools/products.html">https://www.hersheyicecream.com/smart-snacks-in-schools/products.html</a>
Kids Snack Mix	<a href="http://district.schoolnutritionandfitness.com/santaclaritavfsa/files/labels/ALaCarte/Munchie_Mix_200728.pdf">http://district.schoolnutritionandfitness.com/santaclaritavfsa/files/labels/ALaCarte/Munchie_Mix_200728.pdf</a>
Nutrition Bar, Zee Zee	<a href="http://www.nationalfoodgroup.com/Products/Dry/?range=51%2C100%2C108">http://www.nationalfoodgroup.com/Products/Dry/?range=51%2C100%2C108</a>
Pizza Crunchers, Cheese	<a href="http://district.schoolnutritionandfitness.com/santaclaritavfsa/files/2016/LunchEntrees/Pizza_Cheese_Cruncher_Richs401960.pdf">http://district.schoolnutritionandfitness.com/santaclaritavfsa/files/2016/LunchEntrees/Pizza_Cheese_Cruncher_Richs401960.pdf</a>
Popcorn, Pirates Booty	<a href="http://www.piratebrands.com/pirates-booty/aged-white-cheddar">http://www.piratebrands.com/pirates-booty/aged-white-cheddar</a>
Popcorn, FIT	<a href="http://www.popcornindiana.com/products/original-kettlecorn/">http://www.popcornindiana.com/products/original-kettlecorn/</a>
Pretzel, Jumbo	<a href="http://www.ijsnackfoodservice.com/JJproductFinder/DefaultWebService.aspx?gitemkey=700">http://www.ijsnackfoodservice.com/JJproductFinder/DefaultWebService.aspx?gitemkey=700</a>
Rice Krispy Treats	<a href="https://www.kelloggsspecialtychannels.com/Home/ProductDetails/1891087/rice-krispies-treats-made-with-whole-grain-product#">https://www.kelloggsspecialtychannels.com/Home/ProductDetails/1891087/rice-krispies-treats-made-with-whole-grain-product#</a>
Rice Krispy Treat, Mini	<a href="https://www.kelloggsspecialtychannels.com/Home/ProductDetails/4214357/kellogg-s-rice-krispies-treats-mini-squares-made-with-whole-grain-product?segid=6#">https://www.kelloggsspecialtychannels.com/Home/ProductDetails/4214357/kellogg-s-rice-krispies-treats-mini-squares-made-with-whole-grain-product?segid=6#</a>

# Beverage

## Coke Products

Coke Zero	<a href="http://www.coca-colaproductfacts.com/en/products/coca-cola-zero/">http://www.coca-colaproductfacts.com/en/products/coca-cola-zero/</a>
Coke Zero, Caffeine Free	<a href="http://www.coca-colaproductfacts.com/en/products/caffeine-free-coke-zero/">http://www.coca-colaproductfacts.com/en/products/caffeine-free-coke-zero/</a>
Diet Coke	<a href="http://www.coca-colaproductfacts.com/en/products/diet-coke/">http://www.coca-colaproductfacts.com/en/products/diet-coke/</a>
Diet Coke, Caffeine Free	<a href="http://www.coca-colaproductfacts.com/en/products/caffeine-free-diet-coke/">http://www.coca-colaproductfacts.com/en/products/caffeine-free-diet-coke/</a>
Diet Dr. Pepper	<a href="https://www.drpepper.com/en/products/drpepper-diet">https://www.drpepper.com/en/products/drpepper-diet</a>
Fanta Orange Zero	<a href="http://www.coca-colaproductfacts.com/en/products/fanta-zero/">http://www.coca-colaproductfacts.com/en/products/fanta-zero/</a>
Sprite Zero	<a href="http://www.coca-colaproductfacts.com/en/products/sprite-zero/">http://www.coca-colaproductfacts.com/en/products/sprite-zero/</a>

Fruit 20, Grape	<a href="http://www.adirondackbeverages.com/Products/FruitFlavoredSpringWater/WhiteGrape/tabid/108/Default.aspx">http://www.adirondackbeverages.com/Products/FruitFlavoredSpringWater/WhiteGrape/tabid/108/Default.aspx</a>
Fruit 20, Lemon	<a href="http://www.adirondackbeverages.com/Products/FruitFlavoredSpringWater/Lemon/tabid/107/Default.aspx">http://www.adirondackbeverages.com/Products/FruitFlavoredSpringWater/Lemon/tabid/107/Default.aspx</a>
Fruit 20, Orange	<a href="http://www.adirondackbeverages.com/Products/FruitFlavoredSpringWater/Orange/tabid/159/Default.aspx">http://www.adirondackbeverages.com/Products/FruitFlavoredSpringWater/Orange/tabid/159/Default.aspx</a>
Fruit 20, Raspberry	<a href="http://www.adirondackbeverages.com/Products/FruitFlavoredSpringWater/Raspberry/tabid/106/Default.aspx">http://www.adirondackbeverages.com/Products/FruitFlavoredSpringWater/Raspberry/tabid/106/Default.aspx</a>
Fruit 20, Strawberry	<a href="http://www.adirondackbeverages.com/Products/FruitFlavoredSpringWater/Strawberry/tabid/158/Default.aspx">http://www.adirondackbeverages.com/Products/FruitFlavoredSpringWater/Strawberry/tabid/158/Default.aspx</a>
G2 Lemon Lime	<a href="http://www.myfitnesspal.com/food/calories/gatorade-g2-lemon-lime-240ml-8-oz-486548442">http://www.myfitnesspal.com/food/calories/gatorade-g2-lemon-lime-240ml-8-oz-486548442</a>
G2 Mixed Berry	<a href="https://www.fatsecret.com/calories-nutrition/gatorade/g2-thirst-quencher---mixed-berry">https://www.fatsecret.com/calories-nutrition/gatorade/g2-thirst-quencher---mixed-berry</a>
G2 Orange	<a href="http://www.myfitnesspal.com/food/calories/gatorade-g2-orange-12-oz-363595660">http://www.myfitnesspal.com/food/calories/gatorade-g2-orange-12-oz-363595660</a>
PowerAde Zero, Mixed Berry	<a href="http://www.coca-colaproductfacts.com/en/products/powerade-zero/">http://www.coca-colaproductfacts.com/en/products/powerade-zero/</a>
PowerAde Zero Fruit Punch	<a href="https://www.fatsecret.com/calories-nutrition/powerade/zero-fruit-punch-(bottle)">https://www.fatsecret.com/calories-nutrition/powerade/zero-fruit-punch-(bottle)</a>
PowerAde Zero, Grape	<a href="http://www.coca-colaproductfacts.com/en/products/powerade-zero-grape/">http://www.coca-colaproductfacts.com/en/products/powerade-zero-grape/</a>
Switch, Apple	<a href="http://www.switchbev.com/juice/hardcore-apple/">http://www.switchbev.com/juice/hardcore-apple/</a>
Switch, Black Cherry	<a href="http://www.switchbev.com/juice/black-cherry/">http://www.switchbev.com/juice/black-cherry/</a>
Switch, Fruit Punch	<a href="http://www.switchbev.com/juice/fruit-punch/">http://www.switchbev.com/juice/fruit-punch/</a>
Switch, Watermelon/Strawberry	<a href="http://www.switchbev.com/juice/watermelon-strawberry/">http://www.switchbev.com/juice/watermelon-strawberry/</a>

# Breakfast Entree

Breakfast Sandwich, IW	<a href="https://www.advancepierre.com/product/68243_Egg-Cheese-on-a-Whole-Grain-English-Muffin-CN.aspx">https://www.advancepierre.com/product/68243_Egg-Cheese-on-a-Whole-Grain-English-Muffin-CN.aspx</a>
Cereal, Whole Grain Cheerios	<a href="https://www.cheerios.com/products/multi-grain-cheerios/">https://www.cheerios.com/products/multi-grain-cheerios/</a>
Cereal, Cinnamon Toast Crunch	<a href="https://www.generalmills.com/products/category/cereal/single-serve/bowlpak/cinnamon-toast-crunch-25-less-sugar">https://www.generalmills.com/products/category/cereal/single-serve/bowlpak/cinnamon-toast-crunch-25-less-sugar</a>
Cheese, String	<a href="https://www.landolakesfoodservice.com/products/cheese/land-o-lakes-light-mozzarella-string-cheese/">https://www.landolakesfoodservice.com/products/cheese/land-o-lakes-light-mozzarella-string-cheese/</a>
CinnaBar	<a href="http://www.hadleyfarms.com/Nutritionals%20PDF/805IW.pdf">http://www.hadleyfarms.com/Nutritionals%20PDF/805IW.pdf</a>
Cinnamon Twist	<a href="https://www.generalmills.com/products/category/frozen-baked-goods/cinnamon-rolls-twirls/freezer-to-oven/pillsbury-place-and-bake-twist-4-25oz">https://www.generalmills.com/products/category/frozen-baked-goods/cinnamon-rolls-twirls/freezer-to-oven/pillsbury-place-and-bake-twist-4-25oz</a>
Crackers, Graham, Zee Zee	<a href="http://www.nationalfoodgroup.com/Products/?search=Zee%20Zees%20grahamz">http://www.nationalfoodgroup.com/Products/?search=Zee%20Zees%20grahamz</a>
Donuts, Mini Powdered	<a href="http://crsonesource.com/extended/11867.pdf">http://crsonesource.com/extended/11867.pdf</a>
Jiffy	<a href="https://www.tysonfoodservice.com/products/breakfast-sticks/breakfast-sticks/10077900190107">https://www.tysonfoodservice.com/products/breakfast-sticks/breakfast-sticks/10077900190107</a>
Muffin, Apple Cinnamon	<a href="http://bakecrafters.com/product/1203">http://bakecrafters.com/product/1203</a>
Pancakes	<a href="http://www.generalmills.com/products/category/meals/frozen-breakfast/pillsbury-mini-pancakes-maple-burstn">www.generalmills.com/products/category/meals/frozen-breakfast/pillsbury-mini-pancakes-maple-burstn</a>
Yogurt, Dannon, Strawberry	<a href="http://danimals.com/kids-yogurt-and-smoothies/nonfat-yogurt/strawberry/?httpreferer=google">http://danimals.com/kids-yogurt-and-smoothies/nonfat-yogurt/strawberry/?httpreferer=google</a>