

## School Nutrient Analysis and Allergens for 2022-2023 School Year

	Brand Name	Code#	Portion	Carbohydrates (Grams)	Milk	Wheat	Soy	Peanuts	Tree Nuts	Eggs	Fish	Shell Fish
<b>Lunch Entrees</b>												
Anytimers- Turkey Ham & Cheese Lunch Kit	Anytime Foods	10206	1 kit	40	X	X	X			X		
Bacon Cheeseburger		Recipe 000431	1 burger	27.8	X	X	X					
Bar-B-Q no Bun (vinegar based)	Brookwood Farms	12300	1 portion=2oz. no bun	2.8			X					
Beef & Cheese Taco	-----	Recipe 000442	1 portion	37.72	X	X	X					
BLT Salad	-----	Recipe CNS564	1 plated	28.91	X					X		
Buffalo Chicken Dip – Middle School		Recipe 000595	1 portion	19.93	X							
Buffalo Chicken Dip- High School		Recipe 000596	1 portion	29.93	X							
Buffalo Chicken Tot Bake		Recipe 000593	1 serving	10.68	X		X					
Calzone -Pizza	National Foods	162M	1-5oz portion	32	X	X	X					
Catfish Strips	USDA		2 oz	7.41							X	
Cheese Filled Breadstick	Gilaridi	16272-2011	2 each	36	X	X	X					
Cheese Slice- American	Bongards	4/5#	.5 oz.	2	X		X					
Cheese Stick	Rich's	65219	5 pieces	35	X	X	X					
Cheese Stick, Beef Stick <u>Meal Break</u>	ES Foods	61406	Juice	16								
			Beef Stick	0								
			Cheese Stick-Jumbo	2	X		X					
			Apple Sauce- Straw.	15		X						
			Cheez-it crackers	14								
Cheeseburger on Bun	-----	Recipe 000004	1 cheeseburger on bun	27.7	X	X	X					
Cheesy Garlic Bread	Tony's	72565	1 serving	36	X	X	X					
Chef Salad with Ham & Cheese Elem/Middle		CNS000174	1 plate	30.06	X							
Chicken Drum Stick	Tyson	16660100928	1 portion	6		X						
Chicken Fajita – Elem.	-----	Recipe 000445	1 fajita with shell	26.01	X	X	X					
Chicken Fajita Strips	Commodity	100117	1.7 oz=1 serving	1			X					
Chicken Parmesan		Recipe 000584	1 serving	28.83	X	X						
Chicken Pattie (breaded) no bun	Tyson	2376-928	1 patty	9		X	X					
Chicken Tenders (Breaded)	Tyson	070332-0928	3 pieces-.21 oz	12		X	X					
Chicken Wings- Boneless	Tyson	10703620928	5 wings	10		X	X					
Chicken/Turkey w/ gravy (Chow Mein) w/o Rice		Recipe #D-16	(6 oz ladle)									
Chili – Premium Three Bean	JTM	5383	8 oz.	38								
Corn Dog Nuggets	House of Raeford	20452	6 nuggets	30	X	X	X			X		
Fiesta Beef Hot Pocket	Big Daddy	55291	1 pocket	31	X	X	X					
Fish Sticks	High Liner	26240	4 sticks	22	X	X					X	
Garlic Cheesy Bread	Tony's	72565	1 portion	36	X	X	X					
Grilled Cheese	ES Food	16939	1 sandwich	31	X	X	X					
Ham	Commodity	19693	1 oz. (1.2oz=1oz protein)	.35								
Hamburger Pattie- no bun	Don Lee Farms	CNQ262403KS	1 patty	1.1			X					
Hot Dog no Bun	Kumzler	1145	1 hot dog without bun	1			X					
Hot Honey Slider w/bun		Recipe 000585	1 portion	49.79	X		X					
Jalapeno Mozzarella Bites	Rich's	19864	8 pieces	36	X	X						
Macaroni & Cheese	ES Foods	05915	6 oz	28	X	X				X		
Meatballs- Deluxe Beef (no Bun)	Tyson	1-17-305-0	5 pieces = 1 serving	3	X	X	X					
Nacho Cheese Sauce	Bay Valley		2 oz.	6	X							
Nachos w/Chili & Cheese	-----	Recipe 000189	10-12 nacho chips									
			(17.4)									
			1/3 c. meat (4)	27.40	X		X					
2 oz. cheese (6)												

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Peanut Butter & Jelly	Smacker's	5150021027	1-5.3 portion	64		X		X				
Pizza- Cheese – Uno- Secondary	Uno	094520	1 Slice	39	X	X	X					
Pizza Cheese Crunchers	Rich's	65225	4 pieces	18	X	X						
Pizza- Cheese-Elementary (Smart Pizza)	Tony's	78673	1 slice	33	X	X	X					
Pizza Cruncher Buffalo	Rich's	65225	2 pieces	40	X	X	X					
Pizza -Fiestada Pizza	Tony's	68523	1 portion	39	X	X	X					
Pizza- Galaxy- Pepperoni	Tony's	78365	4"	26	X	X	X					
Pizza- Galaxy-Cheese	Tony's	78364	1 -4"	26	X	X	X					
Pizza Garlic Cheese on French Bread	Tony's	68724	1	29	X	X	X					
Pizza Individual – Cheese	Tony's Galaxy	78364	1	29	X	X	X					
Pizza Individual – Pepperoni	Tony's Galaxy	78365	1	29	X	X	X					
Pizza- Meat Lovers	Uno	1CN20045	1 Portion	36	X	X						
Pizza- Pepperoni – Elementary (Smart Pizza)	Tony's	78674	1 slice	33	X	X	X					
Pizza- Pepperoni – Uno – Secondary	Uno	094522	1 slice	36	X	X	X					
Pizza Quesadilla- Cheese	The Max-Con Agra	77387-12699	1 portion	39	X	X	X					
Pizza-Big Daddy Buffalo Chicken Pizza	Schwan's/Tony's	78639	1/8 slice	35	X	X	X					
Popcorn Chicken	Tyson	002940-0928	3.85 oz	14		X	X					
Quesadilla- Two Cheese and Chicken	Cabo Primo	43560	1 portion	31.77	X	X	X					
Salad- Chef Salad w/ Ham and Cheese		Recipe CNS18	1 plated	32	X		X					
Salad- Chef Salad w/ Ham and Cheese (H)	-----	CNS 000566	1 plate	37.06	X	X	X					
Salad- Chef Salad w/ Turkey and Cheese (H)	-----	CNS 000568	1 plate	37.26	X	X						
Salad- Chef with Ham & Cheese	-----	Recipe CNS18	1 plate	32	X	X	X					
Salad- Chef with Turkey & Cheese Elem/Middle	-----	CNS 000567	1 plate	31.26	X							
Salad- Country Chicken Salad	-----	Recipe CNS16	1 plated	36.82	X	X	X					
Salad- Southwest Chicken Salad	-----	Recipe CNS15	1 Plated	35.04	X		X					
Sloppy Joe Mac Bowl		Recipe 000594	1 portion	30.14	X	X	X					
Soft Taco (Beef)		Recipe 000442	1 portion	27.72	X	X	X					
Spaghetti Sauce w/Beef	JTM	91751	5.66 oz.	10								
Spaghetti with Meat Sauce		Recipe 000018	6 oz. sauce with ½ c noodles	33.2		X						
Sub-Turkey, Ham and Cheese		CNS000171	1 oz. each-turkey, Ham & Cheese on sub roll	27.84	X	X	X					
Taco Cup Elem/Middle with chips		Recipe 000586	1 cup	45.01	X							
Taco Cup High with chips		Recipe 000587	1 cup	55.01	X							
Taco Cup Salad		Recipe 000586	1 portion	45.01	X	X						
Taco Filling with Beef	JTM	CP5252	3 oz. Serving	3								
Teriyaki Chicken Bowl		Recipe 000410	1 bowl	42.94								
Tuna Sub		Recipe000591	1 sand.	33.18		X	X			X		
Tuna Wrap		Recipe 000176	1 wrap	39.18		X						
Turkey & Cheese Wedge Sandwich	Tasty Brands	70013	1 sandwich	27	X	X	X					
Turkey and Gravy	Jennie-O		4 oz	2			X					
Turkey Ham & Cheese Wrap	-----	CNS 000172	1 wrap	27.43	X	X						
Turkey, Ham & Cheese Sub		Recipe 000443	1 sub	30.33	X	X	X					
Vegetable Beef Soup		Recipe H4	1 cup	9								
Yogurt Parfait- lunch		Recipe 000475	1 parfait	93.32	X	X	X					
Yogurt Plate		Recipe 000415	1 plated	45.7	X							
Yogurt, String Cheese and Cheez its		CNS 000574	1 plate	52.74	X	X						

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<b><i>Breads and Grains</i></b>												
Bread Stick	Bake Crafter	1637	1 each= 1.96 oz	<b>26.0 X</b>	X					X		
Cheesy Bread Stick 6"	Gilardi	16272-20119	2 Sticks – 4.42 oz.	<b>27</b>	X	X	X					
Cinnamon Crisp-ZeeZee's	National Foods	B60430	Pkg	<b>39</b>		X	X					
Corn muffin	National Foods	615552	1 each	<b>36</b>	X	X	X			X		
Doritos	Pepsico	20518	1.4oz ag	<b>28</b>	X							
Garlic Knot	Tasty Brand	62200	1	<b>23</b>	X	X	X					
Hamburger Bun- Whole Grain	Flowers	13731900	1 bun	<b>26</b>		X	X					
Hoagie Roll	Bake Crafter	4062	1 roll=2 oz	<b>28</b>	X	X	X					
Hot Dog Bun- Whole Grain	Flowers	1709190	1 bun	<b>26</b>		X	X					
Mexican Original – 10" Honey Wheat Tortilla Wraps	Mexican Original	7838-621	1 Wrap	<b>34</b>		X	X					
Roll- Purchased (1 oz.) Whole Grain	Flowers	95933450	1 each	<b>14</b>		X	X					
Roll- White Wheat- Frozen	J & J Snack Foods	01519	1 each	<b>14</b>	X	X	X					
Spaghetti Noodle			½ cup	<b>21.41</b>								
Stuffing - Bread		Recipe B6	½ cup	<b>22.65</b>		X	X					
Stuffing mix	Tuf	ATTU5ZT	½ cup	<b>18.0</b>								
Sub Roll – Whole Grain – Flowers	Flowers		1 bun	<b>26</b>		X	X					
Tortilla Chips- Rounds			1 oz	<b>17.01</b>		X						
Tostitos Scoops	Pepsico	42537	1 bag	<b>19</b>								
Tostito's Rounds- Bagged	Pepsico		1 Bag= 1.45 oz	<b>29</b>								
Waffles – Dutch	J & J		1 waffle	<b>43</b>	X	X	X					

### ***Fruits and Vegetables***

Apple Sauce	ZeeZees		1 portion	<b>14</b>								
Apple-Fresh			1 med -5.5 oz	<b>19</b>								
Apples, sliced, bagged			½ cup	<b>7</b>								
Applesauce- Strawberry	Zee Zees		½ cup	<b>14</b>								
Applesauce-cinnamon	ZeeZees		1 portion	<b>13</b>								
Applesauce-Rockin Blue Raspberry	Zee Zees	A88350	1 portion- 4.5 oz.	<b>15</b>								
Applesauce-Wild Watermelon	Zee Zees	A3510	1 portion -4.5 oz	<b>17</b>								
Au Gratin Potatoes	Basic America Foods	20922	½ cup	<b>22</b>	X							
Baked Beans		Recipe	½ cup	<b>35.99</b>								
Banana – fresh			1 med. -5 oz	<b>20.0</b>								
Broccoli- Fresh			½ cup	<b>4.92</b>								
Broccoli Spears-Steamed			½ cup	<b>3.0</b>								
Butternut Mashed Potatoes		Recipe 000592	½ cup	<b>17.22</b>								
Butternut Squash			½ c. =3.5 oz.	<b>10</b>								
Cabbage-Steamed			½ cup = 3.5 oz	<b>3.5</b>								
Carrots- raw (baby)			1 bag	<b>4.0</b>								
Carrots- Raw- Shredded			4 oz.	<b>11</b>								
Cherry Tomatoes			½ cup = 4 oz	<b>4.57</b>								
Cole Slaw			½ cup	<b>7.44</b>								
Collard Greens- cooked			½ cup= 3 oz.	<b>5</b>								
Corn- Sweet Kernel			½ cup = 4.5 oz	<b>18</b>								
Cran-Berries – Craisins	Ocean Spray		1 bag = ½ cup serving	<b>27</b>								
Cranberry Sauce			¼ cup	<b>69</b>								
Cucumbers- Fresh with peel-slice			½ cup – 2 oz.	<b>2.0</b>								

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Fiesta Beans			½ cup	20								
French Fries	Cavendish	5621005311	3 oz.	22		X	X					
French Fries- Baked			3 oz.	25.0								
Garden Salad (no dressing)			1 cup	7.4								
Grapes – fresh			½ cup (small bunch= 4 oz.)	20								
Green Beans			½ cup	3								
Harvest Mixed Fruit	ZeeZees		1portion	19								
Lettuce and Tomato			½ c. lettuce chopped 1 oz. sliced tomato	.5 1								
Mandarin Oranges in Juice BITZ	Zee Zees	615359	1 portion-4.5 oz.	21								
Mashed Potatoes without Gravy	Tuf	ATTKU5ZT	½ cup	16.4	X	X	X					
Mixed Fruit (Fruit Cup)			½ cup	19								
Mixed Fruit Cup	Ze Zees	1765	4.5 oz cup	19								
Mixed Vegetables			½ cup	11.9								
Orange-Fresh			1 small – 5 oz. 1 med.-7 oz.	11.0 18								
Peaches			½ cup	14.46								
Peaches, Diced, cup	Zee Zees	1740	4.5 cup	18								
Pear – fresh			1 Med. -7 oz. 1 small – 5 oz.	25 18								
Pear Cup, diced	Zee Zees	1780	4.5 oz cup	19								
Pears			½ cup	15								
Peas			½ cup	10								
Pineapple	ZeeZees		1 portion	22								
Pineapple Chunks in juice			½ cup	15								
Pizza Green Beans		Recipe000589	½ cup	7.8								
Potations, Emoticon	McCain	1000006639	½ cup	18								
Potato- Baked-Whole		Fresh – 7 oz	Med. Potato	42								
Potatoes Au Gratin	Real	888	4 oz.=1/2 c	18	X		X					
Refried Beans			½ cup	19.57								
Roasted Carrot Sticks		Recipe #000588	½ cup	6.9								
Sidewinder Fries	Simplot	10071179032168	½ cup= 3.17 oz.	21								
Spiced Apples		Recipe 000434	½ c	19.82			X					
Spinach – Raw			½ cup	.5								
Spinach- Steamed			½ cup – 3.5 oz.	4.0								
Strawberries- Fresh			6 med. Or 3 large-2 oz.	4								
Strawberries, Frozen, Sliced, Sweetened			½ cup	29.91								
Strawberry Cup Frozen			½ cup	33								
Sweet Peas			½ cup- 3 oz.	10								
Sweet Potato Waffle Fries	McCain	MCF05074	2.11 oz	24								
Sweet Potatoes- recipe 000456			½ cup	24.12			X					
Tator Tots	York	5621031956	1?2 cup	22								
Three Bean Salad			½ cup -4.4 oz.	15.7		X						
Tropical Mixed Fruit	Zee Zees	608770	1 portion- 4.5 oz.	15								

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<b>Breakfast Entrees</b>												
Appleway Apple Oatmeal Bar	Appleways	75100	1 portion	48	X	X	X			X		
Appleway Strawberry Oatmeal Bar	Appleways	75400	1 portion	46	X	X	X			X		
Bacon – Pork Cured			1 slice	0.1								
Banana Bread	Super Bakery	6071	1 pkg.	44	X	X	X			X		
BeneFit – Banana Choc. Chip	JJ Snacks	40402	1 bar – 2.5 oz.	48	X	X	X			X		
Benefit – Cocoa Chip	JJ Snacks	40406	1 bar – 2.5 oz.	48	X	X	X			X		
BeneFit – French Toast	JJ Snacks	40404	1 bar – 2.5 oz.	47	X	X	X			X		
BeneFit – Oatmeal Chocolate Chip	JJ Snacks	40401	1 bar – 2.5 oz.	47	X	X	X			X		
Breakfast Break – Trix	ES Foods	61114	As packaged	56	X	X	X					
Breakfast Break- Coco Puffs	ES Foods	61101	As packaged	54	X	X	X					
Cheese Slice- American	Bongards	4/5#	.5 oz.	2	X		X					
Chicken Biscuit	Bake Crafter	6625	1 serving	29	X	X	X			X		
Dunkin Sticks	Super Bakery	7012	1pkg	48	X	X	X			X		
Egg and Cheese Burrito	Losais	98339	1Burrito	29.92		X				X		
Egg Stravaganza	Sunny Fresh	40928- 110026385	2 oz	1	X					X		
Egg, Colby Cheese Omelet	Sunny Fresh	40176	1 each	1	X		X			X		
Eggo Mini (maple)	Kellogs		1 pouch	35	X	X				X		
French Toast Sticks	Rich's	37720	3 sticks	36		X	X					
Grahams-French Toast	ZeeZees	614680		32		X	X					
Grahams-Strawberry	ZeeZees	610687	1pkg	21		X	X					
Mini Cinnis Cinnamon	General Mills	133686000	1 pkg	40	X	X	X					
Muffin Top- Blueberry	National Foods	607168	1-3.1 oz	41	X	X	X			X		
Pancake & Sausage on Stick	Don Lee Farms	CNQ71303PW	1 portion	21.8	X	X	X			X		
Pancakes, Choc Chip Mini	DeWafelbakkers	633	1 pkg	37	X	X	X			X		
Pancakes, Mini, Blueberry	Eggo's – Kellogg's		1 package	41.3	X	X	X			X		
Pancakes, Mini, Maple	Eggo's-Kellogg's		1 package	35	X	X	X			X		
Sausage Pattie – Pork	Rangeline	1001868700	1 patty	Less than 1								
Sausage Pattie Pork on Bun	Don Lee Farms	QSC295P	1 sandwich	16.5	X	X	X					
Strawberry Banana Yogurt			4 oz.	42	X							
Strawberry Yogurt			4 oz.	42	X							
String Cheese	Bongards	402951	1 each	0	X							
Waffle Sandwich	Bake Crafter	6744	1 portion	16						X		
Waffle, Dutch	J & J Snack Food	4521	1 waffle	43	X	X	X			X		
Waffle, Envy-Maple	Marson	S721MA/S722M A	1 Waffle	33	X	X				X		
Waffle, Envy-Vanilla	Marson	S721VA/S722V A	1 waffle	33	X	X				X		
Yogurt Parfait-Breakfast			Recipe 000473	50.49	X							
Zee Zee's Birthday Cake	National Foods Group	810358031195	1 bar	41		X	X					
Zee Zee's Camp fire Smores	National Foods Group	B60480	1 bar	42		X	X					
Zee Zee's Strawberry Crisp	National Foods Group	B60470	1 bar	41	X	X	X					
Zee Zee's Cocoa Cherry Bar	National Food Group	60450	1 bar – 2.2 iz,	39		X	X					

### Condiments

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Bar B Que Sauce		1 T									
Beef & Cheese Sauce		3,45 oz.	7	X		X					
Cheese, Blend (051054)		½ oz.	2	X							
Dressing, Asian Sesame		1 qt. added to chicken			X	X					
Dressing, French		1 packet									
Dressing, Italian		1 packet	4								
Dressing, Ranch		1 packet	2								
Gravy, Brown		1 oz	8								
Honey		1 packet	7.42								
Ketchup		1 packet	2.26								
Maple Syrup		1 oz	14								
Mayonnaise		1 packet	0.413								
Mustard		1 packet	0.568								
Sriracha Sauce		1 oz.	2								
Taco Sauce		1 packet	2								
Tartar Sauce		1 packet	7.94								

### *Beverages*

Fruit Punch		4 oz.	15								
Juice Apple		4 oz.	13								
Juice Orange		4 oz.	13								
Milk Chocolate		8 oz.	20	X							
Milk Strawberry		8 oz.	20	X							
Milk 1% White		8 oz.	13	X							
Milk Skim		8 oz.	11	X							
Pearl-Organic Soymilk- Vanilla		8.25 oz.	7.1			X					

### *Snacks*

Bear Grahams	MJM		1 package	18		X	X				
Bear Grahams- Chocolate Bear	MJM	402001	1 pkg	20		X	X				
Bear Grahams- Apple Cinnamon Bear	MJM	403001	1 pkg	20		x	x				
Bear Grahams- Vanilla Bear	MJM	404001	1 pkg	20		X	X				
Bug Bites Grahams	Keebler		1 pkg	21		x	x				
Cheez-It	Kellogg's	24100-10971	1 oz. Package	20	X	X	X				
Cinnamon Toast Crunch Cereal Bar			1 Bar	30		X	X				
Cinnamon Grahams 3 ct	MJM	308151	1 pkg	20		X	X				
Dinosaur Grahams-Strawberry	MJM	407001	1 pkg	20		X	X				
Dinosaur Grahams- Lemon	MJM	409001	1 pkg	20		X	X				
Honey Grahams- 3ct -Low Fat	MJM	300151	1 Pkg	20		X	X				
Honey Grahams – 3 count- with fiber	MJM	301151	1 pkg	20		X	X				
Notables w/ strawberry Grahams/fruit punch	Notables	S729961 pkg	Grahams Fruit punch	19 24	X	X	X		X		
Notables w/ Goldfish and Fruit Punch	Notables	35156	Goldfish Fruit Punch	16 24	X	X					
Waffles Grahams- Apple Cinnamon	MJM	423001	1 pkg	20		X	X				
Waffle Grahams- Strawberry	MJM	405001	1 pkg	21		X	X				

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