

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

|  | Brand Name       | Code#         | Portion                   | Carbohydrates<br>(Grams) | Milk | Wheat | Soy | Peanuts | Tree<br>Nuts | Eggs | Fish | Shell<br>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<br>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<br>noodles                | 33.2                     |      | X     |     |         |              |      |      |               |
| Sub-Turkey, Ham and Cheese                      |                  | CNS000171     | 1 oz. each-turkey, Ham<br>& 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=<br>4 oz.)               | 20                       |      |       |     |         |              |      |      |               |
| Green Beans                             |            |                | ½ cup                                       | 3                        |      |       |     |         |              |      |      |               |
| Harvest Mixed Fruit                     | ZeeZees    |                | 1portion                                    | 19                       |      |       |     |         |              |      |      |               |
| Lettuce and Tomato                      |            |                | ½ c. lettuce chopped<br>1 oz. sliced tomato | .5<br>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.<br>1 med.-7 oz.             | 11.0<br>18               |      |       |     |         |              |      |      |               |
| Peaches                                 |            |                | ½ cup                                       | 14.46                    |      |       |     |         |              |      |      |               |
| Peaches, Diced, cup                     | Zee Zees   | 1740           | 4.5 cup                                     | 18                       |      |       |     |         |              |      |      |               |
| Pear – fresh                            |            |                | 1 Med. -7 oz.<br>1 small – 5 oz.            | 25<br>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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## School Nutrient Analysis and Allergens for 2022-2023 School Year

|                                  | Brand Name           | Code#               | Portion         | Carbohydrates<br>(Grams) | Milk | Wheat | Soy | Peanuts | Tree<br>Nuts | Eggs | Fish | Shell<br>Fish |
|----------------------------------|----------------------|---------------------|-----------------|--------------------------|------|-------|-----|---------|--------------|------|------|---------------|
| <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-<br>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<br>A   | 1 Waffle        | 33                       | X    | X     |     |         |              | X    |      |               |
| Waffle, Envy-Vanilla             | Marson               | S721VA/S722V<br>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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## School Nutrient Analysis and Allergens for 2022-2023 School Year

| Brand Name             | Code# | Portion                | Carbohydrates<br>(Grams) | Milk | Wheat | Soy | Peanuts | Tree<br>Nuts | Eggs | Fish | Shell<br>Fish |
|------------------------|-------|------------------------|--------------------------|------|-------|-----|---------|--------------|------|------|---------------|
| 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<br>Fruit punch  | 19<br>24 | X | X | X |  | X |  |  |
| Notables w/ Goldfish and Fruit Punch       | Notables  | 35156       | Goldfish<br>Fruit Punch | 16<br>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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