Nutritional & Carb Information Based on Manufacture Lables & Information Version 4	Carbs	Recipe	GLÚTEN	MILK	VERSE STATE	000 1000	00000 0000	0000 000 000			0
Food Product			Gluten	Milk	Soy	Fish	Tree Nut	Peanut	Shell Fish	Wheat	Egg
Items listed below are from our purchasing order gui	de. Informo	ation is I	based off o	f the mar	nufacture i	nfromato	oin provid	ed. Alwo		with you	r physici
POPULAR ENTRÉES & ITEMS	Grams										
Apple Crisp	25		x	x							
French Toast, Sausage Links & Syrup	73			x	X		x			x	x
Waffles	30			x	x		x			x	x
AJ Pancakes	42			x	x		x			x	x
Bacon Cheeseburger on White Roll w/ American Cheese	27		1	x						x	
Bacon Cheeseburger on Wheat Roll w/ American Cheese	33		1	x	1	1				x	
Burger Regular Hamburger on Wheat Roll	25		1	X	1	1				X	
Chicken Patty Sandwich on White Roll	42				x					x	
, Chicken Popcorn Bowl w/ Mashed Potatoes, Gravy & Breadstick	53			x	x					x	
Chicken Popcorn w/ Bread Stick	33				x					x	
Chicken Popcorn w/ Garlic Knot	23				X					x	
Chicken Pot Pie High School	26			X	X					X	X
Chicken Tenders w/ Bread Stick 3PC	29				X					x	
Chickent Tenders Wrap w/ Mayo Packet, Lettuce and Tomato	48		X		X					x	x
Chicken Sticks w/ Breadstick	33			x	X					x	
Chicken Sticks w/ Texas Toast Garlic Bread Slice	31			x	X					x	
Chicken Nuggets w/ Breadstick 5PC	32				x					x	
Chicken Nuggets Tempura Batter w/ Roll 8PC	43				x					x	
Cheesesteak Sub on Club Roll w/ 20z Cheese Sauce	43			X	x					x	
Cheeseburger on White Roll w/ American Cheese	27			x						x	
Cheeseburger on Wheat Roll w/ American Cheese	33			X						X	
Chili High School	22										
Berks Hot Dog	25			X						x	
Chicken Filet Sandwich on White Hamburger Roll	20			x						x	
French Bread Pizza	44			x	X					x	
4x6 Pizza	22		ļ	X	X					X	
Elementary Popcorn Chicken Salad w/ Bread Stick	34		ļ		X	ļ				X	
Elementary Chef Salad with 2 Protiens, break stick, & 3PK Saltines	33				x	ļ				x	
Fish Sandwich on Wheat Roll	38			x		x				x	
Ham & American Cheese on Club Roll w/ Lettuce & Tomato Cup	38			X	X					X	

		1	1	1			1		1	
Ham & American Cheese Ciabatta w/ Lettuce & Tomato Cup	30							X		
Turkey & American Cheese on Club Roll w/ Lettuce & Tomato Cup	39		X	x				X		
Turkey & American Cheese on 4x4 Ciabatta w/ Lettuce & Tomato Cup	31					 		X		
General Tso Chicken w/ Brown Rice and Sauce (containes pineapple)	61			X		 		X		
Ham & American Cheese on J&J Pretzel Roll w/ Lettuce Cup (COLD)	34		X			 		X		
Ham & Corn Chowder High School	14		X	X				Х		
Ham & Bean Soup High School	24		X	X				Х	X	
Ham, Green Bean and Potato Soup High School	8									
Hot Ham & Cheese on J&J Pretzel Roll	31		X					Х		
Hot Dog on Wheat Roll	30							X		
Italian Sub on White Club Roll w/ American Cheese, Lettuce & Tomato Cup	39		X	x				X		
Lettuce & Tomato Cup (condiment)	3									
Macaroni & Cheese	25		x					X	X	
Max Cheese Sticks w/ Marinara Sauce 3PC	52		X	x				Х		
Meatball Sub on Club Roll w/ 1/4c Mozzarella Cheese	40		x	x				х		
Cheese Steak	42	X	X	X				Х		
Pasta Elementary w/ Texas Garlic Toast	80		X	X				Х		
Pasta Bar w/ Alfredo Sauce & Groin Bread Sticks	63		x	x				X		
Pasta Bar w/ Red Meat Sauce & Whole Grain Bread Sticks	63			x				X		
Pulled Pork Sandwich	24		X	X				X		
Smuckers PB & J Elementary	33		x			Х		Х		
Smuckers PB &J High & Middle	55		X	x		х		Х		
Tomato Soup Creamy High School	15		X							
vegetarian Chili High School	20									
	0									
		•	•	•	•					

	1	-		-					
APPLES									
APPLE RED DELICIOUS SLICED SKIN-ON BAG FRESH REF*	7g								
APPLE SAUCE SWEETEND	1/2c=25g		 						
	,								
4oz APPLE SAUCE CUPS PETERSON FARMS SWEETENED No Gluten, Cholesterol Free, Fat Free									
CINNAMON	22g								
BIRTHDAY CAKE	22g								
STRAWBERRY	22g								
CHERRY	22g								
ORIGNAL	22g								
STRAWBERRY BANANA	22g								
BLUE RASPBERRY	22g								
WATERMELON	22g								
BACON									
BACON, PORK COOKED 300 COUNT LAID OUT APPLEWOOD SMOKED REF	N/A								
BACON, PORK COOKED 196 COUNT ROUND LAID OUT SMOKE FLAVORED	N/A								
BACON BIT PORK REAL PIECE .25" HARDWOOD SMOKED	N/A								
BAGEL BISCUITS ENGLISH MUFFIN & BREAKFAST MUFFINS									
BAGEL, PLAIN 3 OZ SLICED THAW & SERVE FROZEN BIG & CRUSTY	47						Х		
BISCUIT, WHOLE GRAIN 2 OZ UNSLICED BAKED EASY SPLIT TRAY PACK FZ	27		Х				Х		
CROISSANT, MARGARINE WHOLE GRAIN 2.2 OZ CURVED SLICED	26		X	Х	 x		X	X	
ENGLISH MUFFIN, WHITE WHOLE GRAIN 3.5" BAKED TRAY FROZEN SLICED	24						X		
BAKERY/ BAKING ITEMS / MIXES									
	8g Ser=2g		Х						
BAKERY TOPPING, WHIPPED NON-DAIRY BAG FROZEN	Ug sei-zg		^						

BAKERY MUFFIN MIX BASIC ADD WATER COMPLETE	42g Ser=31g	X	Х			Х	Х	
BAKERY SUGAR WHITE GRANULATED CANE	N/A		Λ			Λ	X	
BAKERY MARGARINE, SOLID TFF IW REF SALTED	N/A	X						
BAKERY VANILLA IMITATION	N/A							
BAKERY CHOCOLATE CHIP SEMI-SWEET BAKING	N/A							
BAKERY FLOUR BAKING ALL PURPOSE	N/A							
BAKERY SUGAR LIGHT BROWN	N/A							
BAKERY POWDER	N/A							
BAKERY BAKING SODA	N/A							
BAKERY SUGAR POWDERED CONFECTION	N/A							
BAKERY SUGAR POWDERED CONF.	N/A							
BAKERY ICING BETTERCREAM VANILLA FZ NON DAIRY WHIPPED	N/A	X	Х					
OATMEAL ROLLED QUICK BOX SHELF STABLE REGULAR HOT	N/A		X					
STUFFING MIX TRADITIONAL (packaged in a facility that also packages TREE NUTS)	1/2c=20g	X	Х			 Х		
BEANS	.,		Λ			Λ		
BEAN SALAD 4 WAY (green bean wax bean kidney chick pea)	1/2c=23g							
BEAN, BAKED W/ BACON & BROWN SUGAR CANNED	1/2c=29g							
BEAN, BLACK FANCY CANNED	1/2c=16g							
BEAN, GARBANZO CANNED CHICKPEA	N/A							
BEAN, VEGETARIAN EXTRA FANCY IN SAUCE CANNED	1/2c=26g							
BEAN KIDNEY	1/2c =16g							
BEEF JERKY								
BEFF JERKY ORG	6g							
BEEF JERKY TERIYAKI	6g							
BEEF GLUTEN FREE								
BEEF SANDWICH SLICES FULLY COOKED* 2.20oz = a Serving	1g		Х					
BEEF HAMBURGER PATTY No Soy* 1 Patty = a Serving	0g							
BEEF MEATBALLS LS GF W/ Soy* 4 Meatballs = a Serving	4g	X	Х					
BEEF CRUMBLES* 2.20Z = a Serving	2g		Х					
BREAKFAST ITEMS								
BAGEL-FUL BROWN SUGAR NEW	32g	x	х			х		
BAGEL-FUL STRAWBERRY NEW	32g	x	х			х		
FRENCH TOAST, TRIPLE BERRY COOKED TFF FROZEN MINI	36	X	X			X	Х	
FRENCH TOAST, CINNAMON COOKED TFF FROZEN MINI	37	X	X			X	X	
STRUDEL, APPLE FILLED 2.29 OZ STICK TFF FROZEN IW FRUDEL	36	X				X		
STRUDEL, CHERRY FILLED 2.29	37	X				X	L	
MINI CINNIS PILLSBURY	40	X				<u>X</u>		
FRENCH TOAST, STICK WW product is produced in a facility that has coconut	43	x	х			<u>x</u>	x	
ROLL CINNAMON ICED	78	X	X			X	X	
ROLL SWEET WHOLE WHEAT IW W/ ICING produced in a nut-free facility	39	× ×	X	+ +		 × X	X	
PANCAKE, MAPLE WHOLE GRAIN	35	x X	X			X	X	
		^	~	I		~	^	

PANCAKE, BLUEBERRY COOKED WHOLE GRAIN	35		X	x			х	х	
POP TART CINNAMON 2 COUNT	75			X			X		
POP TART STRAWBERRY 2 COUNT	75			x			X		
POP TART SMORE FROSTED 2 COUNT	72		x	X			X	х	
MUFFIN, APPLE CINNAMON WHOLE GRAIN 2 OZ IW	31	x	x	x			X	X	
MUFFIN, BANANA WHOLE GRAIN 2 OZ	31	X		X			X	X	
MUFFIN, BLUEBERRY WHOLE GRAIN 2 OZ	30			X			X	X	
MUFFIN CHOCOLATE CHIP WHOLE GRAIN	44		x	X			X	X	
MUFFIN, APPLE CINNAMON WHOLE GRAIN 4 OZ	61	x	X	X			X	X	
MUFFIN, BANANA WHOLE GRAIN 4 OZ IW	62	X	X	X			X	X	
MUFFIN, BLUEBERRY WHOLE GRAIN 4 OZ IW	61	X	X	X			X	X	
MUFFIN, CHOCOLATE CHOCOLATE CHIP WHOLE GRAIN 4 OZ IW	64	x	X	X			X	X	
WAFFLE DUTCH	43		X	X			X	X	
BREADSTICKS									
BREAD SLICE GARLIC TEXAS TOAST Produced in nut free facility	15		x	x			x		
BREAD PULL APARTS MOZZARELLA GARLIC CHEESY PILLSBURY	35		X				x		
BREAD STICK MAX CHEESE STICKS* 3pc Serving	45		X	X			х		
BREADSTICK, WHOLE WHEAT 5.25" UNSLICED BAKED	17g			x			X		
CEREAL									
CEREAL CHEERIOS WHOLE GRAIN GLUTEN-FREE	20								
CEREAL CINNAMON TOAST CRUNCH WHOLE GRAIN	22			х			х		
CEREAL COCOA PUFFS WHOLE GRAIN REDUCED SUGAR	25						х		
CEREAL LUCKY CHARMS WHOLE GRAIN	23						х		
CEREAL REESES WHOLE GRAIN	21					х	х		
CEREAL RICE CHEX GLUTEN-FREE	24								
CEREAL TRIX WHOLE GRAIN REDUCED SUGAR	24								
CEREAL CHEX CINNAMON GLUTEN-FREE	23								
CEREAL CHEX HONEY NUT WHOLE GRAIN GLUTEN-FREE	27				x				
CEREAL FROSTED FLAKES MULTIGRAIN REDUCED SUGAR	24			х			X		
CEREAL BARS									
CEREAL BAR BREAKFAST OATMEAL CHOCOLATE CHIP IW	47g		X	X			X	х	
CEREAL BAR FRENCH TOAST WHOLE-GRAIN-RICH	47g		X	X			X	х	
CEREAL BAR BREAKFAST WHOLE WHEAT produced in a nut-free facility	39g		X	Х			х	х	
CEREAL BAR CHEERIOS FRUIT IW	30			Х			х		
CEREAL BAR CHEERIOS IW APPLE CINNAMON	30			x			х		
CEREAL BAR CHEERIOS IW STRAWBERRY	30			x			х		
CEREAL BAR CINNAMON TOAST CRUNCH IW	30			х			х		
CEREAL BAR GOLDEN GRAHAM IW	30			х			х		
CEREAL BAR COCOA PUFFS	30			х			х		
CEREAL BAR TRIX	30			х			х		

	24		v	v					v	
CEREAL BAR APPLE CINNAMON NUTRI-GRAIN	24		X	X					X	
CEREAL BAR RASPBERRY LOW FAT NUTRI-GRAIN	24		X	X					X	
CEREAL BAR STRAWBERRY LOW FAT NUTRI-GRAIN	24		X	X					X	
CEREAL BAR STRAWBERRY YOGURT NUTRI-GRAIN	23		X	X					X	
CEREAL BAR GRANOLA CHEWY APPLE CINNAMON TREAT	27		X	X						
CEREAL BAR RICE CRISPY BERRY IW KRISPIES TREAT	2/		X	X						
CHEESE	0									
CHEESE ALFREDO SAUCE* 3oz Serving	3g		X	X						
CHEESE AMERICAN LOAF YELLOW* 2 Slice 1oz (28g)	1g		X							
CHEESE AMERICAN SHRED RF YELLOW* 1/4 cup (28g)	2g		X							
CHEESE CHEDDAR MILD SHRED YELLOW* 1/4 cup (28g)	1g		X							
CHEESE MOZZARELLA SHRED PART-SKIM POUCH* 1/4 cup (28g)	1g		X				+			
CHEESE MOZZARELLA STRING IW REF*	lg		X							
CHEESE SWISS SLICED .5 OZ RF* 2 Slices	1g		X							
CHEESE CHEDDAR SLICED 175 SLICES	0g		X							
CHEESE CREAM PLAIN SPREAD SS PLASTIC CUP	2g		X							
CHEESE CREAM STRAWBERRY SPREAD SS PLASTIC CUP	4g		X				-			
CHEESE SAUCE CHEDDAR CANNED ser. Size 62 grams = 2oz (estimated)	7g		X							
CHEESE CREAM PLAIN LOAF BAG	N/A		X							
CHEESE PARMESAN	0g									
CHEESE PROVOLONE LOG ser. Size 28 grams = .98oz (estimated)	1g		X							
CHEESE CHEDDAR MILD CUBE YELLOW ser. Size 28 grams = .98oz (estimated)	1g		X							
CHEESE MUENSTER	0g									
CHEESE BLUE CRUMBLE ser. Size 100 grams = 3.52oz (estimated)	2.34g									
TYSON CHICKEN										
CHICKEN TENDERLOIN SHAPED WG* 3 PC SERVING	12g	X		X					X	
CHICKEN NUGGET WG* 5PC SERVIN	c 16g			x					x	
CHICKEN POPCORN BREADED WG 12 PC SERVING	16g			X					x	
CHICKEN STICK .4 OZ BREADED WG* 8PC SERVING	16g			x					x	
CHICKEN PATTY 3.49 OZ BREADED WG*	16g			X					X	
CHICKEN PATTY 3.49 OZ BREADED WG HOT & SPICY*	17g			x					x	
CHICKEN CHUNK BREADED BONELESS* General Tso Chicken 4PC Ser.	17g			х					x	
CHICKEN BREAST RED LABEL F/C GRILLED	1g			X						
	ig						·	1		
CHICKEN NUGGET BATTERED TEMPURA SEASONED RAW* 8PC SERVING	17g								X	
	-								X X	
CHICKEN NUGGET BATTERED TEMPURA SEASONED RAW* 8PC SERVING	17g		x							
CHICKEN NUGGET BATTERED TEMPURA SEASONED RAW* 8PC SERVING CHICKEN CRISPY FRITTERS RED LABEL BREADED & SEASONED 2 PC SERVING	17g 16g		x						x	
CHICKEN NUGGET BATTERED TEMPURA SEASONED RAW* BPC SERVING CHICKEN CRISPY FRITTERS RED LABEL BREADED & SEASONED 2 PC SERVING CHICKEN FILET CLUX DELUX BREADED	17g 16g 8g Ser=2g		x						x	
CHICKEN NUGGET BATTERED TEMPURA SEASONED RAW* BPC SERVING CHICKEN CRISPY FRITTERS RED LABEL BREADED & SEASONED 2 PC SERVING CHICKEN FILET CLUX DELUX BREADED CHIPS	17g 16g 8g Ser=2g		x	x					x	

CHIP, MULTIGRAIN ORIGINAL SS BAG	22g			x					
CHIP, MULTIGRAIN TUSCAN GARDEN SS BAG	22g			x					
CHIP, POTATO STICK HOT BAG FANTASTIX	20g		x						
CHIP, TORTILLA CHEDDER REDUCED FAT	20g		X						
CHIP, TORTILLA COOL RANCH REDUCED FAT	19g		X						
CHIP, CHEESE STICK CHILI SS FANTASTIX SNACK	19g		x						
CHIP CHEESE CURL PLAIN SS BAG SNACK	15g		x						
CHIP, POTATO BAKED BBQ TFF SS BAG	22g			x					
CHIP, POTATO BAKED ORIGINAL	22g			x					
CHIP, POTATO BAKED SOUR CREAM & CHEDDAR	22g		x	x			x		
CHIP, POTATO PLAIN	16g								
CHIP, POTATO POPPED BBQ	13g								
CHIP, POTATO POPPED SEA SALT	12g								
CHIP, POTATO RIDGED SOUR CREAM & ONION	16g		X				X		
CHIP, CHEESE PUFF WHITE CHEDDAR SS BAG AGED SNACK	14g		X						
CHIP, MULTIGRAIN CHEDDAR SS HARVEST	18g		X				х		
CHIP, MULTIGRAIN FRENCH ONION	18g		X				х		
CHIP, MULTIGRAIN GARDEN SALSA	19g		X				X		
CHIP, POTATO BAKED BBQ ALL NATURAL GLUTEN-FREE	19g			x					
CHIP, TORTILLA WHOLE GRAIN ROUND SALTED REDUCED FAT	18g	Х							
CHURRO, APPLE FILLED WHOLE-GRAIN-RICH 5"	27g		X	x			х	х	
COOKIES									
COOKIE CHOCOLATE CHIP	26g		X	x			Х	X	
COOKIE BROWNIE CHOCOLATE	26g		X	X			Х	X	
COOKIE OATMEAL RAISIN	27g		X	x			Х	х	
COOKIE SUGAR	26g		X	x			X	x	
COOKIE CHOCOLATE CHIP CARNIVAL	26g		X	x			X	x	
COOKIE, CHOCOLATE CHIP NATURAL NUT FREE	24g			x			x		
COOKIE, FORTUNE Contains yellow dye 5 & 6	4.17g								
COOKIE 20z SUGAR	31g		X	x	x	х		х	
COOKIE 20Z CHOCOLATE CHOCOLATE CHIP	33g		X	x	x	х	Х	х	
COOKIE 20Z CHOCOLATE CHIP	21g		X	x	x	х	x	х	
CONDIMENTS	Ű								
CONDIMENT BAR-B-QUE DISPENSER POUCH Carb based on 2 tbsp	9g								
CONDIMENT BBQ PLASTIC JAR ORIGINAL Carb based of 2 tbsp	17g								
CONDIMENT BBQ SS PACK	4g								
CONDIMENT HONEY MUSTARD POUCH Carb based off 2 Tbsp	6g			x				x	
CONDIMENT HOT SAUCE SHELF STABLE	0g								
CONDIMENT JELLY, ASSORTED	9g								
CONDIMENT JELLY, GRAPE SS CUP	9g								

CONDIMENT JELLY, GRAPE #10 Can ser. size 20 grams = 4 teaspoons (estimated)	13g								
CONDIMENT SELLT, GRAFE #10 CONSELS 20 grafis - 4 leaspools (estimated)	3g								
CONDIMENT KETCHUP DISPENSER POUCH* Carb based on 1 Dsp	5g								
CONDIMENT MAYO LIGHT DISPENSER POUCH	0g			x				x	
CONDIMENT MUSTOR LIGHT DIST ENGENT ODERT	0g							^	
CONDIMENT MAYO PACKET	lg							x	
	lg							x	
CONDIMENT MAYONNAISE ser. Size 14 grams = 2.8 teaspoons (estimated)	0g							^	
CONDIMENT MUSTARD, YELLOW SS POUCH	32.8g			v			v		
CONDIMENT SAUCE, ORANGE ser. Size 100 grams = 20 teaspoons (estimated)				X			X		
CONDIMENT SAUCE ORANGE MANDARIN LOW SODIUM	N/A								
CONDIMENT OLIVE GREEN W/ PIMIENTO ser. Size 15 grams = 3 teaspoons (estimated)	1g								
CONDIMENT PEANUT BUTTER, SS CUP	8g Ser=2g					X			
CONDIMENT PICKLE, DILL CRINKLE-CUT CHIP 300 COUNT 1/8" SHELF STABLE	0g								
CONDIMENT PICKLE, DILL KOSHER SPEAR 375-425 COUNT PAIL	0g								
CONDIMENT PROMIS MARGARINE CUPS	og		X	X	 				
CONDIMENT SOUR CREAM, STICK	2g		X						
CONDIMENT SOUR CREAM TUB ser. Size 30 grams = 6 teasponns (estimated)	2g		X						
CONDIMENT SYRUP PANCAKE MAPLE FLAVORED SS CUP	30g								
OIL CANOLA SALAD	0g								
GRAVY TURKEY ser. Size 61 grams = 12 teaspoons (estimated)	3g		X	X			X		
CRACKERS									
CRACKER SUNRISE BITES MAPLE	40g						Х		
CRACKER SALTINE WHOLE GRAIN SALTED IW	10g						X		
CRACKER ANIMAL	21g			х			х		
CRACKER GRAHAM CINNAMON WHOLE GRAIN BUG SHAPED	21g			х			Х		
CRACKER GRAHAM 3 COUNT PACK	16g						х		
CRACKER GRAHAM PEANUT BUTTER JELLY GRAPE WG SANDWICH	32g	X		х		x	Х		
CRACKER WHOLE GRAIN CHEDDAR GOLDFISH SHAPED	14g		x				х		
CRACKER WHOLE GRAIN CHEESE SQUARE	14g		x	х			х		
DELI MEATS & HOT DOGS									
CORN DOG, TURKEY CHILD-NUTRITION COOKED	31g		X	х			х	x	
HOT DOG, PORK BEEF 8:1 5.25" ROLLER GRILL COOKED ALL-MEAT	1g								
DELI CAPICOLA HOT COOKED ser. Size 56 grams = 1.97oz (estimated)	3g			x					
DELI ROAST BEEF TOP ROUND COOKED ser. Size 56 grams = 1.97oz (estimated)	1g			х					
DELI PEPPERONI, PORK BEEF COOKED	0g								
DELI HAM COOKED ser. Size 56 grams = 1.97oz (estimated)	1g								
DELI HAM SLICED ser. Size 56 grams = 1.97oz (estimated)	1g								
DELI BOLOGNA MINCED SLICED GLUTEN FREE	3g/4slice								
DELI SALAMI SLICED GLUTEN FREE	2g/4slice								
DELI ITALIAN STYLE COMBO GLUTEN FREE	2g/9slice								
DRESSING SALAD									

	Fa								
DRESSING, CAESAR LIGHT ser. Size 30 grams = 6 teaspoons (estimated)	5g		X		X			X	
DRESSING, ITALIAN GOLDEN ser. Size 30 grams = 6 teaspoons (estimated)	2g	 	X			 			
DRESSING, RANCH LIGHT* ser. Size 30 grams = 6 teaspoons (estimated)	2g							X	
DRESSING, CAESAR LIGHT PC ser. Size 43 grams = 8 teaspoons (estimated)	7g	 	X		X	 		X	
DRESSING 1000 ISLAND ser. Size 2 tbs.	5g							X	
Dressing RANCH LIGHT a HEINZ Product GLUTEN FREE	3g		X	X					
DRESSING ITALIAN CREAMY GLUTEN FREE	2g								
DRESSING RANCH BUTTERMILK LIGHT	2g		X				X	X	
DRESSING FRENCH HONEY LIGHT GLUTEN FREE	14g								
DRESSING 1000 ISLAND GLUTEN FREE	6g							X	
DRESSING ITALIAN LIGHT Containes Yellow # 5 & 6 GLUTEN FREE	3g								
EGG ROLL & EGGS									
EGG ROLL, VEGETABLE 3.1 OZ CHILD-NUTRITION COOKED WG	22g						X	X	
EGG, COOKED SCRAMBLED* ser. Size 1oz (28g)	lg		x					х	
EGG, PATTY* ser. Size 1 Patty	1g		x	х				х	
FISH FILET ONLY									
FISH POLLOCK, BREADED WHOLE GRAIN 3.6 OZ FILLET SKINLESS RAW FZ	16g				x		х		
FISH POLLOCK, BREADED WHOLE GRAIN 3.6 OZ FILLET SKINLESS RAW FZ	22g		x		x		х	x	
FRUIT									
FRUIT MIX BIT IN JUICE SS PLASTIC CUP	16g								
FRUIT MIX IN JUICE	13g								
FRUIT MANDARIN Karetas Brand 1/2 cup serving	17g								
FRUIT MANDARIN BROKEN SEGMENT 1/2 cup serving	23g								
FRUIT PINEAPPLE, TIDBIT 1/2 cup serving	22g								
FRUIT PEAR SLICED 1/2 cup serving	14g								
FRUIT PEAR DICED 1/2 cup serving	12.94g								
FRUIT PEACH,SLICED 1/2 cup serving	16g								
FRUIT RAISIN SEEDLESS DRIED 1 box 1/4 cup serving	22g								
FROZEN ICE CREAM & FLAVOR ICE SNACKS									
SHERBET, ORANGE CUP	23g		X						
ITALIAN ICE, BIRTHDAY CAKE CUP HAPPY	N/A								
ITALIAN ICE, STRAWBERRY LEMONADE CHILD-NUTRITION CUP HAPPY NEW YEAR 2015	25g								
G2									
DRINK, BERRY PLASTIC BOTTLE SHELF STABLE	7g								
DRINK, FRUIT PUNCH LOW CALORIE PLASTIC BOTTLE SHELF STABLE	7g								
DRINK, ORANGE LOW CALORIE PLASTIC BOTTLE SHELF STABLE	7g								
DRINK, RASPBERRY LOW CALORIE GLACIER FREEZE PLASTIC BOTTLE	7g								
JUICE									
JUICE, APPLE 100% PLASTIC BOTTLE SHELF STABLE	34g								
JUICE, ORANGE 100% PLASTIC SHELF STABLE	33g								
JUICE, GRAPEFRUIT RUBY RED 100% PLASTIC BOTTLE	39g								

JUICE SMOOTHIE, BLAST BERRY NO-SUGAR-ADDED	37g									
JUICE SMOOTHIE, GREEN MACHINE NO-SUGAR-ADDED	41g									
JUICE SMOOTHIE, MIGHTY MANGO NO-SUGAR-ADDED	43g	x								
JUICE SMOOTHIE, STRAWBERRY BANANA NON-DAIRY	38g	x								
JUICE, ACAI BERRY 100% SPARKLING CAN SHELF STABLE CARBONATED	30g	^								
JUICE, APPLE FUJI 100% SPARKLING CAN SHELF STABLE CARBONATED	29g									
JUICE, FRUIT PUNCH 100% CAN SHELF STABLE	N/A									
JUICE, ORANGE 100% SPARKLING CAN SHELF STABLE TROPIC CARB	30g									
JUICE, STRAWBERRY KIWI 100% SPARKLING CAN SHELF STABLE CARB	29g									
JUICE, ORANGE PINEAPPLE 100% CAN SHELF STABLE	N/A									
JUICE, FRUIT PUNCH 100% SPARKLING CAN SHELF STABLE CARBONATED	29g									
JUICE, APPLE CHERRY 100% CAN SHELF STABLE	N/A									
JUICE, POMEGRANATE BLUEBERRY 100% CAN	25g									
JUICE, STRAWBERRY BANANA 100% CAN	28g									
JUICE, GRAPE CONCORD RASPBERRY 100% CAN	33g									
JUICE, FRUIT PUNCH 100% CARTON FROZEN	33g									
JUICE, APPLE 100% VITAMIN C ADDED SS CUP FROZEN	13g									
JUICE, FRUIT PUNCH 100% SS CUP FROZEN	14g									
JUICE, GRAPE 100% VITAMIN C ADDED SS CUP FROZEN	19g									
JUICE, ORANGE 100% SS CUP FROZEN	13g									
JUICE, CRANBERRY APPLE 100% VITAMIN C ADDED SS CUP FROZEN	13g									
JUICE TOMATO 100%	5g									
JUICE, FRUIT VEGETABLE PUNCH 100% For Field Trip Lunches	14g									
HOMEMADE PARFAIT										
CEREAL, GRANOLA CINNAMON BULK	1/4c=17g			X				X		
STRAWBERRY WHOLE & PIECE FROZEN FOR PARFAIT USE ONLY	4oz=38g									
BLUEBERRY DOMESTIC CULTIVATED FROZEN FOR PARFAIT USE ONLY	4oz=19g									
YOGURT YOPLAIT PARFAIT PRO (SQUEEZABLE LOW FAT VANILLA BULK YOGURT)	4oz ser=20g		x							
YOGURT YOPLAIT PARFAIT PRO (SQUEEZABLE STRAWBERRY BULK YOGURT)	4oz ser=20g		X							
YOGURT FOR High School PARFAIT PROGRAM	4oz ser=21g		x							
PASTA										
PASTA MACARONI ELBOW SMALL HEAVY WALL WG SHELF STABLE	2oz=39g							x	х	
PASTA MACARONI & CHEESE RF*	6oz=31g		x					x	x	
PASTA SPAGHETTI 9.88-10.19" WHOLE GRAIN SHELF STABLE	2oz=39g							x	x	
PASTA ROTINI SHELF STABLE SMALL	1.97oz=42g							x	x	
PASTA PENNE RIGATE	1.97oz=42g							X	X	
PIE								X	A	
PIE, PUMPKIN 10" UNSLICED BAKED FROZEN	4oz= 47g									
PIZZA CRUST										
PIZZA CRUST WW SELF RISING 12X16 8 Serving Per Crust	40			X				Х		
PIZZA Carbs Based By The Slice										
	43		v	v				v		
PIZZA BIG DADDY*	43	I	X	X	I			X		

PIZZA BIG DADDY 4 MEAT*	36g		x	X				x	
PIZZA BIG DADDT 4 MEAT PIZZA BID DADDY BUFFALO CHICKEN*	35g		X	X				X	
PIZZA Nardone's BREAKFAST SAUSAGE*	21g		X	~				X	
	44g		X					X	
PIZZA Nardone's 5" ROUND CHEESE WHITE FLOUR * Peanut & tree nut free facility	29g		X					X	
PIZZA Nardone's FRENCH BREAD GARLIC WG* Peanut & tree nut free facility	33g		X				 	× X	
PIZZA Nardone's FRENCH BREAD CHEESE NON-WG* Peanut & tree nut free facility	29g		X					 X	
PIZZA Nardone's CHEESE & PEPPERONI WG* Peanut & tree nut free facility	31g		X					 X	
PIZZA Nardone's STUFFED CRUST CHEESE WEDGE WG* Peanut & tree nut free facility	28g								
PIZZA MICKEY'S CHEESE WHITE FLOUR UNCUT*	209		X					X	
	- For								
PRODUCE CARROT, BABY PEELED CARROTEENIE SS BAG FRESH REF	5g								
PORK & PORK RIB	1								
PORK SAUSAGE PATTY 2 OZ 3.25" COOKED FROZEN BREAKFAST	1g								
PORK SAUSAGE LINK 160 Links per case No Allergens or Gluten	0g								
PORK SAUSAGE LINK COOKED	2links=0g								
PORK RIB FULLY COOKED W/ SAUCE* Gluten Free	11g			X					
ΡΟΤΑΤΟ									
POTATO INCREDICRISP*	22g							х	
POTATO HASH BROWN PATTY TRIANGLE*	2ea.29g								
POTATO TATER NUGGET PARFRIED FROZEN*	16g								
POTATO FRENCH-FRY 1/2" CRINKLE*	20g								
POTATO WEDGE 8 CUT SKINLESS SEASONED*	20g								
POTATO MASHED INSTANT* Gluten Free/ Lacto-Ovo Vegetarian/ Kosher / Halal	16g		х						
PRETZEL									
PRETZEL, HEART PLAIN SALTED SS BAG	15g							X	
PRETZEL, THIN PLAIN SALTED TFF SS BAG	22g			x				<u>х</u>	
PRETZEL ROLL WG 3.5" SLICED BAKED*	22g 29g						 	X	
	30g							x	
PRETZEL, SOFT PLAIN WG-RICH 2.2 OZ*	38g		Y						
PRETZEL JUNIOR CHEESE WG I/W*	-		X					X	
PRETZEL KING WG*	31g							<u>X</u>	
PRETZEL KING CHEESE FILLED*	33g		X					<u>X</u>	
PRETZEL SOFT BAKE DELUXE	35g							X	
PUDDING	1/0 05								
PUDDING, BUTTERSCOTCH RTU CAN SHELF STABLE	1/2c=25		X	X				X	
PUDDING, CHOCOLATE RTU CANNED SHELF STABLE	1/2c=23		X	X				X	
PUDDING, VANILLA RTU CANNED SHELF STABLE	1/2c=25		X	X				X	
RICE									
RICE, BROWN LONG GRAIN Carb based off 1/4c dry	33g								

RICE, BROWN VEGETABLE COOKED FRIED BAG FROZEN	54g								
RICE, SPANISH PARBOILED Carb based off 1 cup cooked	43g								
(1/4 dry makes 1 cup cooked)	43 <u>9</u>								
SMUCKERS									
PB&J SANDWICH GRAPE WHEAT*	64g					х	Х		
WAFFLE MAPLE	41g			X			Х	x	
WAFFLE CHOCOLATE CHIP	41g		X				Х	X	
SAUCES RED & TOMATOS									
SALSA, MILD CANNED SHELF STABLE ENHANCED SAUCE*	1oz=2g								
SAUCE, SPAGHETTI TOMATO CAN SHELF STABLE PASTA*	1/2c=10g								
SAUCE, PIZZA TOMATO LOW SODIUM CAN SHELF STABLE*	1/4c=6g								
SAUCE, MARINARA TOMATO SS CUP*	7g								
TOMATO, DICED 3/4" IN JUICE PEELED CANNED CHOICE	4oz=4g								
SNACKS & POP CORN									
BREAKFAST BISCUIT BANANA 4 Waffers Per Package	35g			x			X		
BREAKFAST BISCUIT BLUE BERRY 4 Waffers Per Package	36g			х			Х		
OATMEAL SMORES BITES	24g		X	x			Х	x	
OTAMEAL CHOCOLATE CHIP BITES	24g		X	x			х	x	
SNACK MIX, CHEX CHEDDAR IW	20g		X	х			х		
SNACK MIX, CHEX CHOCOLATE CARAMEL IW	21g		X	x			х		
SNACK MIX, CHEX HABANERO LIME SS BAG XTREME	20g			X			Х		
SUN CHIP & PRETZEL CHEDDAR SS BAG HARVEST	15g		х				х		
SUN CHIP & PRETZEL SS BAG GARDEN SALSA	15g		X				х		
SNACK MIX, WHOLE-GRAIN-RICH SS BAG KID	18g		х				х		
POPCORN, CHEESE CHEDDAR WHITE COOKED DELIGHT	9g		X						
POPCORN, KETTLE COOKED POPPED GLUTEN FREE	21g			X					
POPCORN, SALTED COOKED LIGHT WHITE FULL GLUTEN FREE	10g								
FRUIT SNACK, GUSHER STRAWBERRY PUNCH SS GLUTEN FREE	20g								
FRUIT BY THE FOOT BERRY REDUCED SUGAR	16g								
FRUIT ROLLUP CRAZY COLORS	11g								
FRUIT ROLLUP HOT COLORS	11g								
FRUIT ROLLUP STRAWBERRY REDUCED SUGAR	11g								
FRUIT SCOOBY DOO ASSORTED	21g								
SOUPS									
SOUP, BROCCOLI & CHEESE	8oz=12g		x				X		
SOUP, CHICKEN NOODLE CONDENSED TUB FROZEN CLASSIC	4oz=9g			X			Х	x	
SOUP, CREAM POTATO W/ BACON CONDENSED ADD MILK TUB FROZEN	4oz=20g		х	x			Х		
SOUP, ITALIAN WEDDING CONDENSED ADD WATER TUB FROZEN	4oz=14g		X	X			X		
SOUP, TOMATO CONDENSED CAN SHELF STABLE	1cup=32g								
SPICES									
SPICE TACO SEASONING GROUND BLEND BOX SHELF STABLE SPICE	N/A								

SPICE CILANTRO FREEZE DRIED SHELF STABLE SEASONING	0g								
SPICE DILL, FRESH HERB	N/A								
SUPER BAKERY PRODUCTS									
DONUT CHOCOLATE WHOLE GRAIN THAW & SERVE	41g		X	Х			х	х	
DOUNT POWDERED SUGAR WHOLE GRAIN THAW & SERVE	41g		X	Х			х	х	
TORTILLA									
TORTILLA FLOUR GARLIC HERB 12" PRESSED SHELF STABLE	52g						Х		
TORTILLA FLOUR SPINACH HERB 12" PRESSED SHELF STABLE	51g						х		
TORTILLA FLOUR TOMATO BASIL 12" PRESSED SHELF STABLE	52g						х		
TORTILLA FLOUR WHOLE WHEAT 10" PRESSED FROZEN	31g						Х		
TORTILLA FLOUR WHOLE WHEAT 8" TFF PRESSED FZ Taco Bar Use	20g						х		
TURKEY & TUNA									
TUNA, LIGHT SKIPJACK CHUNK IN WATER CAN IMPORTED SHELF STABLE	N/A								
TURKEY, BREAST DELI FAVORITES SKINLESS OVEN ROASTED REF*	2g								
TURKEY BREAST & THIGH ROAST No Allergens or Gluten	0g								
TURKEY, WHITE & DARK MEAT W/ GRAVY COOKED BOIL IN BAG FROZEN*	4oz=2g								
VEGETABLES FROZEN									
FROZEN VEGETABLE BLEND ORIENTAL	5g								
FROZEN VEGETABLE BLEND WINTER MIX	5g								
FROZEN VEGETABLE CORN	21g								
FROZEN VEGETABLE CARROT COIN CUT	7.6g	 							
FROZEN VEGETALBLE CAULIFLOWER	3g	 			ļ				
FROZEN VEGETABLE BROCCOLI FLORET	5.35g								
FROZEN VEGETABLE PEA	N/A	 							
FROZEN VEGETABLE GREEN BEAN	7.54g								
YOGURT	00								
YOGURT CHERRY BLENDED LOW FAT RBST FREE SS CUP	20g		X						
YOGURT RASPBERRY BLENDED LOW FAT RBST FREE SS CUP	20g		X						
YOGURT, STRAWBERRY BANANA BLENDED LOW FAT RBST FREE SS CUP	20g		X						
YOGURT, STRAWBERRY BLENDED RBST FREE SS CUP	15g		X						
YOGURT, VANILLA BLENDED ALL NATURAL RBST FREE TUB	N/A		X						
YOGURT, VANILLA BLENDED LOW FAT RBST FREE TUB	N/A		X						
YOGURT BLUEBERRY GREEK FAT-FREE SS CUP	22g		X						
YOGURT, STRAWBERRY RASPBERRY GREEK FAT-FREE SS CUP	22g		X				 		
Morabito Baking Company									
Morabito Baking Company in Norristown PA is under stick Orthodox supervision, certificate on file in the Food Service Office per request.									
Spolettini Dinner Roll Whole Wheat	26g						Х		
Hamburger Roll White Flour	26g						х		
Hot Dog Roll Whole Wheat	29g						X		
Club Roll 5" White Flour	35g		x				X		

Pullman Wheat Bread 100% Carb based on 1 slice	15g		x				x		
Ciabatta 4 x 4 White Flour	30g						х		
Multi Grain Bread Carb based on 1 slice	18g						х		
Whole Wheat Bagel	49g			x			x		
Kaiser Roll Plain Whole Wheat	30g		x				X		
Subway			X				X		
Ham	44.8g		X	х			х		
Cold Cut	43.8g		x	x			X		
Subway Club	44.4g		x	X			x		
Turkey	45.9g		x	x			x		
Turkey & Ham	45.4g		x	X			X		
Swiss Premium Half Pint Bottled Milk	lorig		~						
Whole White Milk	12g		x						
1% White Milk	13g		X						
2% White Milk	12g		x						
Fat Free White Milk	13g		X						
Fat Free Chocolate Milk	20g		X						
Fat Free Stawberry Milk	19g		x						
USDA ITEMS INFORMATION BASED OF PRODUCT INFORMATION SHEET			Х						
USDA Scrambled Eggs	loz=og								
USDA Chicken Diced	loz=og								
USDA Mozzarella Shredded	loz=1g								
USDA American Yellow Cheese Sliced	2SL=2g								
USDA Cheddar Cheese Reduced Fat Yellow Shredded	1oz=0.56g								
USDA Frozen Strawberry Cups	19g								
USDA Frozen Sliced Strawberries	1/2c=19g								
USDA Frozen OJ Cup	14g								
USDA Frozen Blueberries	9g								
USDA Frozen Broccoli	1/2c=5g								
USDA Applesauce Cup Unsweetened	14g								
USDA Apple Slices	1/2c = 12g	 							
USDA Peanut Butter	1oz=8g					X			
USDA Frozen Carrots	1/2c=5.64g								
USDA Frozen Peach Cups	19g								
USDA Diced Pears in Light Syrup	1/2c=16g								
USDA Sliced Peaches in Light Syrup	1/2c=13.99g								
USDA Mixed Fruit in Light Syrup	1/2c=17.88g								
USDA Applesauce Unsweetened Number #10 can	1/2c=9g					 	 		
USDA Sliced Deli Ham	1oz=1.83g								
USDA Pork Leg	loz=0g								
USDA Chicken Fajita Strips	1oz=0.3g								I

ADDITIONAL NON-BID ITEMS									
ALMOND SLICED	6g				x	X			
ASIAN SESAME DRESSING	12g	X		X			х		
BACON BIT IMIATION MEATLESS BULK ser. Size 7 grams = .24oz (estimated)	2g			X					
BISCUIT BUTTERMILK UNSLICED BAKED FROZEN	27g		X				х		
CAKE WHITE MIX ser. Size 47 grams = 1.65oz (estimated)	35g		X	X			х	x	
CAKE YELLOW MIX ser. Size 47 grams = 1.65oz (estimated)	35g		X	X			х	x	
CAKE MIX CHOCOLATE ser. Size 47 grams = 1.65oz (estimated)	34g		X	X			х	x	
CEREAL RICE CRISPY BULK ser. Size 33 grams = 1.160z (estimated)	29g	X							
CHEESE SAUCE CHEDDAR DISP BIB	2oz=6g								
CHEESE STICK MOZZARELLA BREADED	9g		X				х		
CHICKEN CORDON BLEU	16g		x				х		
CHICKEN DICED COMMERCIAL	23g		X						
CHIPS REGULAR SOUR CREAM & ONION	23g		X						
CHIPS POTATO KETTLE SEA SALT & VINEGAR	23g		X						
CHIPS REG LAYS BBQ	15g								
COOKIES FAMOUS AMOS CHOCOLATE CHIP	38g		X	X			х	x	
CORNBREAD & MUFFINser. Size 36g = 1.26oz (estimated)	26g								
CORNMEAL YELL MED ENRICHED BAG	N/A								
DONUT GLAZED FROZEN NON-BID ITEM	18g		X	X			х	x	
DONUT LONG JOHN CREAM FILLED NON-BID ITEM	42g		X	x			х	x	
DONUT ASSORTED CAKE Has Coconut	N/A		X	x	x		x	x	
DRESSING BLUE CHEESE	2g		X					x	
GARLIC KNOT FOR PASTA BAR	17g			X			X		
GLUTEN FREE HAMBURGER ROLL Udi's Brand Dairy, Soy, & Nut Free	1 roll=39g							x	
GLUTEN FREE WHITE BREAD Udi's Brand Wheat, Dairy, Soy, & Nut Free	1Slice=35g							X	
POTATO TWICE BAKE	48g	X	X	X					
TACO SHELL HARD	21g								