

OLENTANGY FOOD SERVICE
Nutritional and Ingredient Information**
2018-2019

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|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------|--------------------------------------------|---------------------------|--------------------------|--------------|----------------|-------------------------|---------------|-------------------|---------------|------------------|-------------|---------|-----------|-----------|-------------|
| | Information not complete | | | | | | | | | | | | | | | |
| Cat | Com | Item | Manufacturer | Manufacturer Number/Code | Serving Size | Meal Component | Nutritional Information | | | | | | | | | |
| | | | | | | | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | CHO (g) | Fiber (g) | Sugar (g) | Protein (g) |
| E | | BREADS/PASTA/STARCHES | | | | | | | | | | | | | | |
| E | | Bagel, Sliced, Blueberry, IW, Bakecrafters | Bakecrafters | 696 | 1 each | 2 GR | 140 | 1 | 0 | 0 | 0 | 220 | 29 | 2 | 5 | 5 |
| E | | Bagel, Sliced, Plain, Bakecrafters, | Bakecrafters | 936 | 1 each | 2.5 GR | 160 | 0.5 | 0 | 0 | 0 | 280 | 34 | 4 | 4 | 5 |
| E | | Bagel, Sliced, White, Bulk, Lenders | Lenders (Pinnacle) | 7680000074 | 1 each | 2 GR | 140 | 1 | 0 | 0 | 0 | 180 | 29 | 4 | 5 | 6 |
| E | | Bagel, Sliced, White, IW, Lenders | Bakecrafters | 959 | 1 each | 2 GR | 120 | 0.5 | 0 | 0 | 0 | 210 | 26 | 2 | 3 | 4 |
| E | | Biscuit, EZ Split, Large, Pillsbury | Pillsbury (General Mills) | 94562-32271 | 1 each | 2 GR | 200 | 9 | 7 | 0 | 0 | 410 | 27 | 2 | 2 | 4 |
| E | | Biscuit, EZ Split, Small, Pillsbury | Pillsbury (General Mills) | 132272000 | 1 each | 1 GR | 100 | 4.5 | 3.5 | 0 | 0 | 210 | 14 | 1 | 1 | 2 |
| E | | Bread, Bowl, Superbakery | Super Bakery | 8676 | | | | | | | | | | | | |
| E | | Bread, Ciabatta Bread, Pillsbury | Pillsbury (General Mills) | 137738000 | 1 each | 2 GR | 170 | 3 | 0.5 | 0 | 0 | 150 | 29 | 3 | 2 | 6 |
| E | ✓ | Bread, Flatbread, Rich's | Rich's | 14010 | 1 each | 2 GR | 170 | 5 | 1 | 0 | 0 | 330 | 28 | | 2 | 6 |
| E | | Bread, Garlic Toast, Bakecrafters | Bakecrafters | 1605 | 1 slice | 1 GR | 100 | 3.5 | 0.5 | 0 | 0 | 120 | 14 | 1 | 1 | 3 |
| E | | Bread, Garlic Toast, GFS/Coles | GFS (Coles) | 447 | 1 slice | 1 GR | 80 | 3.5 | 1 | 0 | 0 | 150 | 11 | 1 | 0 | 2 |
| E | | Bread, Panini, Pillsbury | Pillsbury (General Mills) | 137737000 | 1 slice | 1 GR | 90 | 1.75 | 0.25 | 0 | 0 | 90 | 15 | 1.5 | 1 | 3 |
| E | | Breadstick, Brown and Serve, Bake Crafters | | | 1 each | 2 GR | 140 | 2 | 0 | 0 | 0 | 120 | 25 | 2 | 1 | 4 |
| E | | Breadstick, Twisted, Garlic, Coles | Coles | 832 | 1 each | 2 GR | 160 | 4 | 1.5 | 0 | 0 | 140 | 28 | 3 | 2 | 5 |
| E | | Breaded Onion Ring | Tasty Brands | 33504 | 5 pieces | 1 GR | 200 | 8 | 1.5 | 0 | 0 | 200 | 28 | 3 | 5 | 3 |
| E | | Chinese Noodles | | | 28g | | 130 | 6 | 2 | 0 | 0 | 260 | 18 | 2 | 0 | 3 |
| E | | Churro, Apple | Tiopepe (J&J) | 41110 | 1 each | 1 GR | 150 | 4 | 1 | 0 | 0 | 60 | 27 | 1 | 9 | 3 |
| E | | Churro, Raspberry | Tiopepe (J&J) | 41112 | 1 each | 1 GR | 160 | 4 | 1 | 0 | 0 | 60 | 28 | 1 | 9 | 3 |
| E | | Crackers, Assorted, Nabisco, NON WG | Nabisco (Mondelez) | 2060 | | | | | | | | | | | | |
| E | | Crackers, Saltine, Zesta, NON WG | Keebler (Kelloggs) | 3010001008 | 1 each | 0.25 GR | 25 | 0.5 | 0 | 0 | 0 | 90 | 5 | 0 | 0 | 1 |
| E | | Crackers, Ritz, NON WG | Nabisco (Mondelez) | 19320016585 | 1 each | 0.25 GR | 70 | 3 | 1 | 0 | 0 | 90 | 8 | 0 | 1 | 1 |
| E | | Croissant, Large, Hadley Farms | Hadley Farms | 167 | 1 each | 2 GR | 180 | 6 | 2.5 | 0 | 5 | 220 | 27 | 3 | 3 | 5 |
| E | | Croissant, Small, Hadley Farms | Hadley Farms | 134 | 1 each | 1 GR | 110 | 4.5 | 2 | 0 | 0 | 150 | 15 | 1 | 1 | 3 |
| E | | CROUTONS, IW | Fresh Gourmet | 74627 | 1 each | .5 GR | 50 | 1.5 | 0 | 0 | 0 | 140 | 8 | 1 | 1 | 2 |
| E | | CROUTONS, Bulk | | | | | | | | | | | | | | |
| E | | Muffin, Loaf Mini, Cornbread, Bakecrafters | Bakecrafters | 2111 | 1 each | 1 GR | 180 | 6 | 0.5 | 0 | 15 | 90 | 29 | 1 | 15 | 3 |
| E | | Pasta, Elbow Macaroni, NON WG | Arezzio | 600536 | | | | | | | | | | | | |
| E | | Pasta, Penne, NON WG | | | 2 oz | | 200 | 1 | 0 | 0 | 0 | 41 | 2 | 2 | 7 | |
| E | | Pasta, Rotini, NON WG | | | 2 oz | | 200 | 1 | 0 | 0 | 0 | 41 | 2 | 2 | 7 | |
| E | | Pasta, Spaghetti, NON WG | | | 2 oz | | 210 | 1 | 0 | 0 | 0 | 42 | 2 | 3 | 7 | |
| E | | Rice, Brown, Parboiled | Sysco | | 1 cup | | 170 | 1.5 | 0 | 0 | 0 | 36 | 2 | 0 | 4 | |
| E | | Tortilla Pieces, Round, Yellow, GFS | Casasol (Tyson) | 111590-0894 | 11 pieces | 1 GR | 150 | 7 | 1 | 0 | 0 | 65 | 20 | 2 | 0 | 2 |
| E | | Tortilla Pieces, Triangle, White, KE | | | 9 each | 1 GR | 150 | 6 | 1 | 0 | 0 | 70 | 21 | 1 | 0 | 2 |
| E | | Tortillas, 6" Corn, Mexican Original | | | 1 each | 1 GR | 130 | 1.5 | 0 | 0 | 0 | 75 | 27 | 2 | 0 | 3 |

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| | Information not complete | | | | | | | | | | | | | | | |
| | Nutritional Information | | | | | | | | | | | | | | | |
| Cat | Com | Item | Manufacturer | Manufacturer Number/Code | Serving Size | Meal Component | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | CHO (g) | Fiber (g) | Sugar (g) | Protein (g) |
| E | | Tortillas, 6" Ultragrain, Mission | Mission | 33822 | | | | | | | | | | | | |
| E | | Tortillas, 8" Ultragrain, Aztec | Azteca | 6209 | 1 each | 1.75 GR | 110 | 3 | 1.5 | 0 | 0 | 95 | 19 | 2 | 1 | 3 |
| E | | Tortilla, 10" Wheat, Mission | Mission | 33825 | 1 each | 2 GR | 180 | 4.5 | 1.5 | 0 | 0 | 250 | 29 | 3 | 2 | 5 |
| EE | | GLUTEN FREE GRAIN PRODUCTS (available with note from approved medical provider) | | | | | | | | | | | | | | |
| EE | | GF, Bread, sliced, Udi's ~96 slices per case | | | 1 slice | | 120 | 4 | 0 | 0 | 0 | 230 | 21 | 0 | 3 | 2 |
| EE | | GF, Hamburger Bun, IW, Udi's | | | 1 each | | 230 | 6 | 0 | 0 | 0 | 440 | 39 | 5 | 6 | 6 |
| EE | | GF, Pasta, Penne, Barilla | | | | | | | | | | | | | | |
| EE | | GF, Pizza Crust, Richs | | | 1/4th crust | | 160 | 3.5 | 1 | 0 | 0 | 200 | 29 | 1 | 1 | 2 |