

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)
DESSERTS/BAKING INGREDIENTS																
G		Cookie dough, 1 oz Chocolate Chip, Readi-Bake BeneFIT	Readi Bake (J&J)	4911	1 oz	0.5 GR	104	3.15	1.13	0	10.38	93.66	18.5	1.92	9.16	1.69
G		Cookie dough, 1 oz M&M, Readi-Bake BeneFIT	Readi Bake (J&J)	4912	1 oz	0.5 GR	104	3.15	1.11	0	10.2	90.67	18.54	1.98	9.16	1.6
G		Cookie dough, 1 oz Sugar, Readi-Bake BeneFIT	Readi Bake (J&J)	4915	1 oz	0.5 GR	105	3.22	1.13	0	9.68	110.15	18.67	2.01	9.15	1.51
G		Cookie dough, 1.85 oz Chocolate Chip, Readi-Bake BeneFIT	Readi Bake (J&J)	14921	1.85 oz	1 GR	192.45	5.83	2.08	0	19.21	173.26	34.23	3.55	16.94	3.13
G		Cookie dough, 1.85 oz Double Chocolate, Readi-Bake BeneFIT	Readi Bake (J&J)	14924	1.85 oz	1 GR	190.33	6.18	2.11	0	23.88	187.53	33.15	3	17.49	3.26
G		Cookie dough, 1.85 oz M&M Candy, Readi-Bake BeneFIT	Readi Bake (J&J)	14922	1.85 oz	1 GR	191.97	5.82	2.06	0	18.86	167.74	34.4	3.66	16.95	2.96
G		Cookie dough, 1.85 oz Red, White, Blue, Readi-Bake BeneFIT	Readi Bake (J&J)	14403	1.85 oz	1 GR	190	5	2	0	15	180	35	4	18	3
G		Cookie dough, 1.85 oz Sugar, Readi-Bake BeneFIT	Readi Bake (J&J)	14925	1.85 oz	1 GR	193.92	5.96	2.09	0	17.9	200	34.55	3.72	16.92	2.8
G		Cookie, Backpackers, S'Mores, Nature Valley	Nature Valley (General Mills)	16000-47296	1 pouch	1 GR	150	6	1.5	0	0	125	24	2	9	2
G		Cookie, Backpackers, Chocolate Chip, Nature Valley	Nature Valley (General Mills)	16000-47295	1 pouch	1 GR	150	6	1	0	0	130	24	2	9	2
G		Cookie, Chinese Fortune Wrapped, Asian Food Solutions	Asian Food Solutions	79203	1 cookie	1 GR	12	0	0	0	0	0	3	0	2	0.2
G		Cookie, Chocolate Chip, Darlington (IW, Nut Free Facility)	Darlington	73300	1 each	1 GR	160	4.5	1.5	0	0	90	28	2	12	2
G	✓	Cookie, Confetti Cake, Frosting Stuffed, IW, Rich's	Rich's	8202	1 each	1 GR	200	7	2	0	5	170	30	2	15	2
G		Cookie, Oatmeal Raisin, Darlington (IW, Nut Free Facility)	Darlington	73000	1 each	1 GR	160	5	1.5	0	0	90	27	2	12	2
G		Cookie, Grandma's Mini Choc Chip	Grandma's (Frito Lay)	66154	1 package	1 GR	160	6	1.5	0	0	160	25	3	11	2
G		Cookie, Graham Crax, Animal, Bakecrafters	Bakecrafters	526	1 package	1 GR	120	4.5	0	0	0	55	20	2	6	2
G		Cookie, Graham Crax, Bug Bites, Keebler	Keebler (Kelloggs)	3010055644	1 package	1 GR	120	3.5	1	0	0	115	21	1	8	2
G		Cookie, Graham Crax, Bunny Friends, Annie's	Annie's (Kelloggs)	600237000	1 package	1 GR	160	6	0.5	0	0	105	24	3	9	3
G		Cookie, Graham Crax, Chocolate Elf, Keebler	Keebler (Kelloggs)	3010040239	1 package	1 GR	120	4	1	0	0	125	20	2	7	2
G		Cookie, Graham Crax, Cinnamon Elf, Keebler	Keebler (Kelloggs)	3010040221	1 package	1 GR	120	4	1	0	0	105	21	1	8	2
G		Cookie, Graham Crax, Goldfish, Honey Bun, Pepperidge Farm	Pepperidge Farm (Campbell's)	25083	1 pouch	1 GR	130	4.5	1	0	0	130	21	1	8	2
G		Cookie, Graham Crax, Goldfish, French Toast, Pepperidge Farm	Pepperidge Farm (Campbell's)	25082	1 pouch	1 GR	130	4.5	1	0	0	140	21	2	8	2
G		Cookie, Graham Crax, Jurassic World Cinnamon, Kellogg's	Keebler (Kelloggs)	3010012027	1 pouch	1 GR	130	4	1	0	0	95	21	0	8	2
G		Cookie, Graham Crax, Gripz, Cinnamon, Keebler	Keebler (Kelloggs)	3010045682	1 pouch	1 GR	100	3	1	0	0	80	19	3	5	2
G		Cookie, Graham Crax, Teddy Grahams, Cinnamon, Nabisco	Nabisco (Mondelez)	1932001670	1 package	1 GR	90	3	0	0	0	0	16	1	5	1
G		Cookie, Graham Stix, Scooby Doo, Keebler	Keebler (Kelloggs)	3010050689	1 package	1 GR	120	3.5	1	0	0	115	21	1	8	2
G		Cookie, Presidents, Dick & Jane (Nut Free Facility)	Dick & Jane	SC8802	~7 pieces	1 GR	130	4	1	0	0	95	22	1	8	2
G		Cookie, States & Capitals, Dick & Jane (Nut Free Facility)	Dick & Jane	SC8801	~7 pieces	1 GR	130	4	1	0	0	95	22	1	8	2
G		Cookie, Strawberry Delight Smile, Fieldstone Bakery			1 each	1 GR	160	5	1.5	0	5	125	27	1	13	2
G	✓	Cookie, Triple Chocolate Fudge, IW, Rich's	Rich's	3593	1 each	1 GR	200	7	2	0	5	135	31	3	15	3
G		Cupcake, Chocolate, IW, Super Bakery	Super Bakery	9488	1.5 oz	0.5 GR	140	3	1	0	20	200	26	6	8	2
G		Cupcake, Vanilla, IW, WG, Super Bakery	Super Bakery	9489	1.5 oz	0.5 GR	140	2.5	0.5	0	20	170	27	6	7	2
G		Gelatin, Blue (Beef Gelatin)			2 Tbsp		70	0	0	0	0	80	17	0	17	1
G		Gelatin, Citrus (Beef Gelatin)	GFS		2 Tbsp		70	0	0	0	0	115	17	0	16	1

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							Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	CHO (g)	Fiber (g)	Sugar (g)	Protein (g)
G		Gelatin, Red (Beef Gelatin)	GFS		2 Tbsp		70	0	0	0	0	85	17	0	17	1
G		Gelato, Caramel Sea Salt, Francesca	Francesca	S3004MC	1 container		80	1	0.5	0	5	55	18	1	15	3
G		Gelato, Strawberry Sorbet, Francesca	Francesca	S6202MC	1 container		60	0	0	0	0	17	1	15	0	
G		Ice Cream, Frozen Fruit Bar, Triple Berry, Jonny Pop	Johnnypops	1190240	1 each		50	0.5	0	0	25	11	1	10	1	
G		Ice Cream, Frozen Fruit Bar, Strawberry Banana, Jonny Pop	Johnnypops	1190150	1 each		50	1	0.5	0	5	25	10	0	10	1
G		Ice Cream, Fudge Bars	Well's	1169624	1 each		120	1.5	1	0	105	26	2	12	3	
G		Ice Cream, Sandwiches, Low-Fat	Well's	1169528	1 each		130	1.5	1	0	65	250	26	21	3	
G		Kokobits, Imitation	Ambr (Cargill)	100107253												
G		Pudding Cup, Chocolate, Fat Free, Hunts	Snack Pack (Conagra)	2700055418	1 each		113.3	1.53	0.73	0.01	0.59	125.08	23.38	0.46	17.78	1.46
G		Pudding Cup, Vanilla, Grab N Snack, Heinz	Kraft Heinz	10043000827519	1 each		112.19	1.58	0.73	0.01	0.59	130.89	23.24	0	17.76	1.16
G		Topping, On Top, Rich's	On Top (Richs)	2559	2 Tbsp		25	2	2	0	0	0	2	0	2	0
Hershey's Ice Cream																
		Polar Blast Fruit Punch Bar	Hershey's Ice Cream		1 bar		70	0	0	0	5	16	0	12	0	
		Fudjo Bar 2 oz.	Hershey's Ice Cream		1 bar		80	0	0	0	80	16	0	15	3	
		Orange Blossom Bar 2.5 oz.	Hershey's Ice Cream		1 bar		70	1	0.5	0	5	50	14	0	13	1
		Chocolate Scooter 2.75 oz.	Hershey's Ice Cream		1 bar		170	6	1.5	0	5	85	26	0	13	2
		Strawberry Scooter 2.75 oz.	Hershey's Ice Cream		1 bar		160	6	1.5	0	75	25	0	13	2	
		RF Salted Caramel Brownie Crunch Bar	Hershey's Ice Cream		1 bar		150	4.5	1.5	0	135	23	0	12	3	
		Juice Rush Cherry Blue Raspberry - credits as 1/2 cup fruit	Hershey's Ice Cream		1 cup		110	0	0	0	20	27	0	24	1	
		Juice Rush Lemon Orange - credits as 1/2 cup fruit	Hershey's Ice Cream		1 cup		110	0	0	0	20	27	0	24	1	
		Juice Rush Strawberry Mango - credits as 1/2 cup fruit	Hershey's Ice Cream		1 cup		110	0	0	0	20	27	0	24	1	
		Tropi-Kool Fruit Bar - Banana	Hershey's Ice Cream		1 bar		160	2.5	1.5	0	10	30	33	0	27	2
		Tropi-Kool Fruit Bar - Strawberry	Hershey's Ice Cream		1 bar		110	0	0	0	0	28	1	24	0	
		Tropi-Kool Fruit Bars - Mango	Hershey's Ice Cream		1 bar		110	0	0	0	5	28	1	25	0	
		No Fat Twister Cups Sour Apple	Hershey's Ice Cream		1 cup		80	0	0	0	10	19	0	14	0	
		No Fat Twister Cups Sour Blue Raspberry	Hershey's Ice Cream		1 cup		80	0	0	0	10	19	0	14	0	
		No Fat Twister Cups Cotton Candy Yogurt	Hershey's Ice Cream		1 cup		80	0	0	5	95	15	0	15	4	
		No Fat Twister Cups Birthday Cake Yogurt	Hershey's Ice Cream		1 cup		80	0	0	5	85	16	0	15	4	
		Crazy Cone	Hershey's Ice Cream		1 cone		120	2	1	0	5	85	25	0	10	2
		Vanilla Chocolate Twist Cone	Hershey's Ice Cream		1 cone		150	2	1.5	0	5	95	30	1	20	3
		Low Fat Cookies & Cream Cone	Hershey's Ice Cream		1 cone		120	1.5	1	0	5	100	25	1	14	2
		Lemon Sherbet Cup	Hershey's Ice Cream		1 cup		100	1	0.5	0	5	40	23	0	22	1
		Orange Sherbet Cup	Hershey's Ice Cream		1 cup		100	1	0.5	0	5	40	23	0	22	1
		Raspberry Sherbet Cup	Hershey's Ice Cream		1 cup		120	1	0.5	0	5	40	27	0	25	1

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	No Fat Raspberry Yogurt Dessert Cup	Hershey's Ice Cream		1 cup		100	0	0	0	5	80	23	0	20	4
	No Fat Vanilla Yogurt Dessert Cup	Hershey's Ice Cream		1 cup		80	0	0	0	5	80	16	0	15	4
	Low Fat Cotton Candy Plastic Dessert Cup	Hershey's Ice Cream		1 cup		70	1	0.5	0	5	60	14	0	10	2
	No Fat Birthday Cake Yogurt Plastic Dessert Cups	Hershey's Ice Cream		1 cup		70	0	0	0	5	50	14	0	11	3
	Low Fat Chocolate Plastic Dessert Cup	Hershey's Ice Cream		1 cup		70	1	0.5	0	5	60	14	0	9	2
	Low Fat Chocolate Sundae Plastic Dessert Cup	Hershey's Ice Cream		1 cup		80	1	0	0	5	60	16	0	11	2
	Low Fat Strawberry Sundae Plastic Dessert Cup	Hershey's Ice Cream		1 cup		80	1	0.5	0	5	55	15	0	11	2
	Low Fat Vanilla Plastic Dessert Cup	Hershey's Ice Cream		1 cup		70	1	0.5	0	5	60	14	0	10	2
	Low Fat Spooky Sundae Plastic Dessert Cup - Seasonal	Hershey's Ice Cream		1 cup		80	1	0	0	5	60	16	0	11	2
	Low Fat Candy Cane Plastic Dessert Cup - Seasonal	Hershey's Ice Cream		1 cup		70	1	0.5	0	5	60	14	0	9	2
	Low Fat Cherry Vanilla Plastic Dessert Cup - Seasonal	Hershey's Ice Cream		1 cup		70	1	0.5	0	5	60	14	0	10	2
	Low Fat Mint Chocolate Twiste Plastic Dessert Cup - Seasonal	Hershey's Ice Cream		1 cup		70	1	0.5	0	5	60	14	0	9	2
	Low Fat Spring Party Plastic Dessert Cup - Seasonal	Hershey's Ice Cream		1 cup		70	1	0.5	0	5	60	14	0	10	2
	Low Fat Pumpkin Spice Plastic Dessert Cup - Seasonal	Hershey's Ice Cream		1 cup		70	1	0.5	0	5	65	15	0	11	2
	Mighty Mini Ice Cream Sandwich - Regular	Hershey's Ice Cream		1 sandwich		120	2.5	1	0	5	70	12	0	10	2
	RF Minty Mint Ice Cream Sandwich	Hershey's Ice Cream		1 sandwich		180	3.5	1.5	0	10	150	33	1	20	4
	RF Brownie Batter Ice Cream Sandwich	Hershey's Ice Cream		1 sandwich		180	3.5	1.5	0	10	140	33	1	20	5
	RF Vanilla Ice Cream Sandwich	Hershey's Ice Cream		1 sandwich		180	3.5	1.5	0	10	150	33	1	20	4
	RF Cookies 'N Cream Ice Cream Sandwich	Hershey's Ice Cream		1 sandwich		150	2.5	1.5	0	5	150	29	1	13	3