

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

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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)
		<b>BROWN BOX FRUIT</b>														
C	✓	Apples, Sliced, <b>Brown Box</b>	USDA	100206	1/2 cup	1/2 cup fruit	50	0	0	0	0	10	12	2	9	0
C	✓	Applesauce, Unsweetened, <b>Brown Box</b>	USDA	110541	1/2 cup	1/2 cup fruit	51	0	0	0	0	2	14	1	11	0
C	✓	Applesauce, Cup, Unsweetened, <b>Brown Box</b>	USDA	110361	1/2 cup	1/2 cup fruit	51	0	0	0	0	2	14	1	11	0
C	✓	Blueberries, IQF, <b>Brown Box</b>	USDA	100243	1/2 cup	1/2 cup fruit	40	0	0	0	0	2	10	3	5	0
C	✓	Dried, Cranberries, <b>Brown Box</b>	USDA	110723	1 package	1/2 cup fruit	110	0	0	0	0	0	28	3	24	0
C	✓	Fruit Mixed, <b>Brown Box</b>	USDA	100212	1/2 cup	1/2 cup fruit	60	0	0	0	0	5	15	1	12	0
C	✓	Juice Cup, Orange, <b>Brown Box</b>	USDA	110651	4 oz	1/2 cup fruit	61	0	0	0	0	2	14	0	10	1
C	✓	Mixed Berry, Cup, Frozen, <b>Brown Box</b>	USDA	110859	1/2 cup	1/2 cup fruit	90	0	0	0	0	0	20	2	16	0
C	✓	Peaches, Diced, <b>Brown Box</b>	USDA	100220	1/2 cup	1/2 cup fruit	60	0	0	0	0	5	14	1	13	0
C	✓	Peaches, Cup, Frozen, <b>Brown Box</b>	USDA	100241	4.4 oz	1/2 cup fruit	80	0	0	0	0	0	19	1	16	1
C	✓	Pears, Diced, <b>Brown Box</b>	USDA	100225	1/2 cup	1/2 cup fruit	60	0	0	0	0	5	16	2	12	0
C	✓	Strawberries, Cup, Frozen, <b>Brown Box</b>	USDA	100256	4.5 oz	1/2 cup fruit	90	0	0	0	0	0	22	2	18	1
C	✓	Strawberry Whole, Unsweetened, IQF, <b>Brown Box</b>	USDA	110846	1/2 cup	1/2 cup fruit	39	0	0	0	0	2	10	2	5	0
		<b>FRUIT</b>														
C		Apples, Sliced	GFS		1/2 cup	1/2 cup fruit	50	0	0	0	0	20	12	2	9	0
C		Applesauce, NSA	KE		1/2 cup	1/2 cup fruit	50	0	0	0	0	10	12	1	11	0
C	✓	Applesauce, Cup, Birthday Cake	National Food G	A3800	4.5 oz	1/2 cup fruit	70	0	0	0	0	0	17	1	15	0
C	✓	Applesauce, Cup, Blue Raspberry	National Food G	A3530	4.5 oz	1/2 cup fruit	70	0	0	0	0	0	17	1	14	0
C	✓	Applesauce, Cup, Cherry	National Food G	A1520	4.5 oz	1/2 cup fruit	80	0	0	0	0	15	20	1	17	0
C	✓	Applesauce, Cup, Cinnamon	National Food G	A1510	4.5 oz	1/2 cup fruit	60	0	0	0	0	0	17	1	15	0
C	✓	Applesauce, Cup, Mango Peach	National Food G	A3810	4.5 oz	1/2 cup fruit	60	0	0	0	0	0	15	1	12	0
C	✓	Applesauce, Cup, Mixed Fruit	National Food G	A1580	4.5 oz	1/2 cup fruit	80	0	0	0	0	20	21	1	16	0
C	✓	Applesauce, Cup, Plain	National Food G	A1500	4.5 oz	1/2 cup fruit	60	0	0	0	0	0	17	1	15	0
C	✓	Applesauce, Cup, Strawberry Banana	National Food G	A3790	4.5 oz	1/2 cup fruit	70	0	0	0	0	0	17	1	14	0
C	✓	Applesauce, Cup, Wild Watermelon	National Food G	A3510	4.5 oz	1/2 cup fruit	60	0	0	0	0	15	17	1	15	0
C		Craisins, Blueberry	Ocean Spray	23446	1.16 oz	1/2 cup fruit	110	0	0	0	0	0	28	3	24	0
C		Craisins, Cherry	Ocean Spray	23444	1.16 oz	1/2 cup fruit	110	0	0	0	0	0	28	3	24	0
C		Craisins, Orange	Ocean Spray	22545	1.16 oz	1/2 cup fruit	110	0	0	0	0	0	28	3	24	0
C		Craisins, Strawberry	Ocean Spray	23445	1.16 oz	1/2 cup fruit	110	0	0	0	0	0	28	3	24	0
C		Craisins, Watermelon	Ocean Spray	22044	1.16 oz	1/2 cup fruit	110	0	0	0	0	0	28	3	24	0
C		Fruit Cocktail			1/2 cup	1/2 cup fruit	60	0	0	0	0	10	14	1	11	0
C		<b>Fruit Mixed</b>														
C		Juice Cup Frozen, Sherbet, Sour Lemon, Luigis	Luigis (J&J)	48452	4.4 oz	1/2 cup fruit	70	0	0	0	0	10	20	3	15	0

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C		Juice Cup Frozen, Sherbet, Sour Orange, Luigis	Luigis (J&J)	48451	4.4 oz	1/2 cup fruit	70	0	0	0	0	10	20	3	15	0
C		Juice Cup Frozen, Sherbet, Sour Raspberry, Luigis	Luigis (J&J)	48453	4.4 oz	1/2 cup fruit	70	0	0	0	0	10	20	3	15	0
C		Juice Cup Frozen, Sherbet, Sour Watermelon, Luigis	Luigis (J&J)	48450	4.4 oz	1/2 cup fruit	70	0	0	0	0	10	20	3	15	0
C		Juice Cup Frozen, Sidekicks, Blue Raspberry/Lemon	Sidekicks (Ridge)	2009	4.4 oz	1/2 cup fruit	90	0	0	0	0	30	22	0	18	0
C		Juice Cup Frozen, Sidekicks, Cherry Lemon	Sidekicks (Ridge)	2016	4.4 oz	1/2 cup fruit	90	0	0	0	0	25	22	0	19	0
C		Juice Cup Frozen, Sidekicks, Kiwi/Strawberry	Sidekicks (Ridge)	2014	4.4 oz	1/2 cup fruit	90	0	0	0	0	35	22	0	19	0
C		Juice Cup Frozen, Sidekicks, Strawberry/Mango	Sidekicks (Ridge)	2015	4.4 oz	1/2 cup fruit	90	0	0	0	0	35	22	0	19	0
C		Juice Cup Frozen, Sorbet, Blue Raspberry	Luigis (J&J)	48443	4.4 oz	1/2 cup fruit	70	0	0	0	0	5	19	3	15	0
C		Juice Cup Frozen, Sorbet, Strawberry/Kiwi	Luigis (J&J)	48445	4.4 oz	1/2 cup fruit	90	0	0	0	0	35	22	0	19	0
C		Juice Cup Frozen, Whole Fruit, Lemon Berry	Whole Fruit (J&J)	23060025	4.4 oz	1/2 cup fruit	70	0	0	0	0	5	19	3	16	0
C		Juice Cup Frozen, Whole Fruit, Orange/Pineapple	Whole Fruit (J&J)	23060020	4.4 oz	1/2 cup fruit	70	0	0	0	0	10	19	3	16	0
C		Juice Cup Frozen, Whole Fruit, Wild Cherry	Whole Fruit (J&J)	23060000	4.4 oz	1/2 cup fruit	70	0	0	0	0	10	19	3	16	0
C		Juice Cup, Apple (frozen)	Ardmore (Country)	41381	4 oz	1/2 cup fruit	60	0	0	0	0	15	14	0	13	0
C		Juice Cup, Fruit Punch (frozen)	Ardmore (Country)	41391	4 oz	1/2 cup fruit	60	0	0	0	0	10	14	0	13	0
C		Juice Cup, Grape (frozen)	Ardmore (Country)	41382	4 oz	1/2 cup fruit	80	0	0	0	0	15	18	0	18	1
C		Juice Cup, Orange (frozen)	Ardmore (Country)	41380	4 oz	1/2 cup fruit	50	0	0	0	0	15	12	0	10	1
C		Orange, Mandarin, whole sections, in LS			1/2 cup	1/2 cup fruit	70	0	0	0	0	10	17	1	17	1
C		Peaches, Diced, in XLS	PL		1/2 cup	1/2 cup fruit	50	0	0	0	0	5	14	1	13	0
C		Peaches, Sliced, in XLS	PL		1/2 cup	1/2 cup fruit	50	0	0	0	0	5	14	1	13	0
C		Pears, Diced, in XLS	PL		1/2 cup	1/2 cup fruit	60	0	0	0	0	0	15	2	10	0
C		Pears, Sliced	Marquis													
C		Pineapple, Tidbits, in Juice	GFS		1/2 cup	1/2 cup fruit	70	0	0	0	0	0	18	1	15	0
C		Raisins, Individual	Sysco		1 box	1/2 cup fruit	130	0	0	0	0	10	31	2	29	1
C		Raisins, Golden, Sour Lemon	Sunmaid	5085	1 box	1/2 cup fruit	120	0	0	0	0	5	29	2	27	1
C		Raisins, Golden, Sour Strawberry	Sunmaid	5086	1 box	1/2 cup fruit	120	0	0	0	0	5	29	2	27	1
C		Raisins, Golden, Sour Watermelon	Sunmaid	5087	1 box	1/2 cup fruit	120	0	0	0	0	5	29	2	27	1
C		Strawberries, IQF, Whole														
C		Tropical Fruit, Dole	Dole	9082	1/2 cup	1/2 cup fruit	90	0	0	0	0	0	21	1	20	1