

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

**Ingredient and nutritional information provided reflects the current information provided to OLSD Food Service. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product.																
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)
		MEAT/POULTRY/ ENTREES														
		Bacon, Turkey, Slices, Godshall's	Godshall's	1840-800-000	3 strips	.5 MT	75	3.75	0.75	0	30	315	1.5	0	0	9
		Bacon, Turkey, Crumbles, Godshall's	Godshall's	2070-820-000	7 g.		30	2	0.5	0	15	180	0	0	0	3
		Pizza, Crunchers, Buffalo Cheese, Rich's	Rich's	65224	4 each	2 MT/ 2.25 GR	530	31	9	0	25	730	40	4	3	21
		Taquitos, Chicken & Cheese, El Monterey	El Monterey	40818	1 each	1 MT/ 1 GR	140	6	1.5	0	15	400	15	2	1	8
		Turkey, Breast, Deli, Cajun (\$4.77 #)	Dickerson Meats													
		Vegetarian, Patty, Black Bean, Morning Star	Morningstar Farms	28989-49938-7	1 each	2 MT/.25 GR	160	7	1	0	0	410	15	5	1	14
		BREAKFAST														
		Brkfst Bar, Apple Blueberry Chip, WG, Benefit	J&J Foods	40405	1 each	2 GR	290	9	3	0	20	200	48	3	23	5
		Brkfst Bar, French Toast, WG, Benefit	J&J Foods	40404	1 each	2 GR	290	9	2.5	0	25	200	47	3	21	5
		Brkfst Bar, Oatmeal Raisin, WG, Benefit	J&J Foods	40400	1 each	2 GR	290	9	3	0	15	180	47	3	21	4
		Brkfst Bites, Maple French Toast, WG, Tools for Schools	Tools for Schools	A35021	1 bite	.5 GR	70	1.5	0.5	0	0	75	13	1	5	1
		Cereal, Granola, Cinnamon, Post	Post	07485												
		Donut, Powdered Sugar, Bake Crafters	Bakecrafters	1915	1 each	2 GR	350	15	7	0	20	250	52	2	29	3
		Waffle, 3" Maple Mini, Bulk, Bakecrafters	Bakecrafters	1584	1 each	1 GR	80	2.5	0	0	5	95	14	0	3	2
		BEVERAGE														
		Fruit Juice, Juicy Juice, Kiwi Strawberry	Juicy Juice			6.75 fl oz	100	0	0	0	0	15	24	0	22	0
		Fruit Juice, Juicy Juice, Tangerine Orange	Juicy Juice			6.75 fl oz	110	0	0	0	0	15	27	0	26	0
		Fruit Juice, Juicy Juice, Apple	Juicy Juice			6.75 fl oz	100	0	0	0	0	15	24	0	22	0
		Fruit Juice, Juicy Juice, Punch	Juicy Juice			6.75 fl oz	100	0	0	0	0	15	24	0	22	0
		Fruit Juice, Juicy Juice, Strawberry Watermelon	Juicy Juice			6.75 fl oz	100	0	0	0	0	15	24	0	23	0
		Smoothie Mix, Strawberry Banana, Bar Fresh	Bar Fresh	NSASBYM128-4	10 oz	1.25 MT/ 1/2 cup fruit	138	0	0	0	0	69	38	1.3	22.5	5
		Smoothie Mix, Mango, Bar Fresh	Bar Fresh	NSAMPYM128-4	10 oz	1.25 MT/ 1/2 cup fruit	138	0	0	0	0	69	38	1.3	25	5
		Water, Sparkling Ice, Strawberry Watermelon (HS only)	Talking Rain													
		FRUIT														
		Raisels, Fruit Splash	National Raisin Co		1 box	1/2 cup fruit	140	0	0	0	0	0	34	1	27	1
		VEGETABLES														
		Juice Cup, Calypso Crush (carton) credits as red/orange veg	Country Pure	45709	4 fl oz	1/2 cup vegetable	40	0	0	0	0	10	10	0	9	0
		BREAD/ PASTAS/STARCHES														
		Breadstick, Brown and Serve, Bake Crafters	Bakecrafters	5011	1 each	1 GR	80	1.5	0	0	0	65	14	1	1	2

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<b>Cat Com</b>	<b>Item</b>	<b>Manufacturer</b>	<b>Manufacturer Number/Code</b>	<b>Serving Size</b>	<b>Meal Component</b>	<b>Calories</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>CHO (g)</b>	<b>Fiber (g)</b>	<b>Sugar (g)</b>	<b>Protein (g)</b>
	Breadstick, Brown and Serve, Garlic, Bake Crafters	Bakecrafters	1638	1 each	1 GR	100	3.5	0.5	0	0	95	15	1	1	1
	Rice, Fried, Vegetable, Minh (168 - 1/2 cup serv)	Schwans	69074	1/2 cup	1 GR	140	1.5	0	0	0	220	27	2	2	3
	<b>DESSERTS/BAKING INGREDIENTS</b>														
	Cookie, Chocolate Celebration, Prebaked, WG Tools for Schools, Nut Free	Tools for Schools	10506	1 each	.5 GR	101	4	1	0	5	94	16	0.7	9	1.3
	Cookie, Chocolate Chunk, Prebaked, WG, Tools for Schools, Nut Free	Tools for Schools	19009	1 each	.5 GR	102	3.9	1	0	5.8	100	15.8	0.8	9	1.2
	Cookie, Double Choc Chip, WG, J&J	J&J Foods	4934	1 each	.75 GR	137	4.44	1.51	0	17.16	134.8	23.83	2.16	12.57	2.34
	Cookie, Frosted, Pink WG, Tools for Schools, Nut Free	Tools for Schools	10500	1 each	.5 GR	170	7	1.5	0	5	55	27	1	15	2
	Cookie, Frosted, White WG, Tools for Schools, Nut Free	Tools for Schools	10501	1 each	.5 GR	172	6.7	1.8	0	6.5	78	27	1	15	1.7
	Cookie, Snickerdoodle, Prebaked, WG Tools for Schools, Nut Free	Tools for Schools	19010	1 each	.5 GR	104	4	0.9	0	6.7	68.6	16	0.5	7	1
	<b>SNACKS</b>														
	Crackers, Crave-N-Rave Nacho Cheese, Darlington, Nut Free	Dalington Farms	51110	1 each	1 GR	100	3	0	0	0	170	16	2	1	2
	Crackers, Crave-N-Rave Ranch, Darlington, Nut Free	Dalington Farms	51210	1 each	1 GR	100	2.5	0	0	0	170	16	2	1	2