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	Allergen/Ingredient Information										
							gluten	wheat	soy	milk	eggs	peanut	tree nuts	fish	dye	pork	beef
		BROWN BOX VEGETABLES															
D	✓	Beans, Green, **Brown Box**	USDA	100307	1/2 cup	1/2 cup other vegetable											
D	✓	Beans, Green, Frozen, **Brown Box**	USDA	100351	1/2 cup	1/2 cup other vegetable											
D	✓	Beans, Vegetarian, **Brown Box**	USDA	100364	1/2 cup	1/2 cup legumes OR 2 MT											
D	✓	Broccoli, IQF, **Brown Box**	USDA	110473	1/2 cup	1/2 cup dark green vegetable											
D	✓	Carrots, IQF, **Brown Box**	USDA	100352	1/2 cup	1/2 cup red/orange vegetable											
D	✓	Corn, Whole Kernel, **Brown Box**	USDA	100313	1/2 cup	1/2 cup starchy vegetable											
D	✓	Corn, Whole Kernel, Frozen, **Brown Box**	USDA	100348	1/2 cup	1/2 cup starchy vegetable											
D	✓	Peas, IQF, **Brown Box**	USDA	100350	1/2 cup	1/2 cup starchy vegetable											
D		**VEGETABLES**															
D		Beans, Black	Bush	1885	1/2 cup	1/2 cup legumes											
D	✓	Beans, Dehydrated, Refried Black, Seasoning, Santiago	Santiago (Basic American)	60045	1/2 cup	1/2 cup legumes OR 2 MT											
D	✓	Beans, Dehydrated, Refried Pinto, Seasoning, Santiago	Santiago (Basic American)	10166	1/2 cup	1/2 cup legumes OR 2 MT											
D	✓	Beans, Dehydrated, Refried Pinto, Unseasoned, Santiago	Santiago (Basic American)	54914	1/2 cup	1/2 cup legumes or 2 MT											
D		Beans, Edamame, Shelled, Frozen	Simplot	52276	1/2 cup	1/2 cup legumes			X								
D		Beans, Garbanzo	GFS	252842	1/2 cup	1/2 cup legumes											
D		Beans, Great Northern			1/2 cup	1/2 cup legumes											
D		Beans, Green Beans	PL	33563	1/2 cup	1/2 cup other											
D		Beans, Green Beans, Frozen	GFS		1/2 cup	1/2 cup other											
D		Beans, Lite Kidney	Sys Cls		1/2 cup	1/2 cup legumes											
D		Beans, Refried			1/2 cup	1/2 cup legumes											
D		Beans, Vegetarian	Sys Cls		1/2 cup	1/2 cup legumes											
D		Beets, Salad, Sliced			1/2 cup	1/2 cup other											
D		Blend, California Mix (Broccoli, Cauliflower, Carrots) Frozen	Sys Cls		1/2 cup	1/2 cup vegetable											
D		Blend, Mixed, Frozen	Sys Rel		1/2 cup	1/2 cup vegetable											
D		Blend, Riviera (Green Beans, Wax Beans, Baby Carrots)	Flavorpack (Norpac)	3093	1/2 cup	1/2 cup vegetable											
D		Blend, Stir Fry	GFS		1/2 cup	1/2 cup vegetable											
D		Broccoli, Cut, Florets, Frozen	GFS		1/2 cup	1/2 cup dark green											
D		Brussel Sprouts, Frozen	GFS		1/2 cup	1/2 cup other											
D		Carrots, Sliced			1/2 cup	1/2 cup red/orange											
D		Carrots, Sliced, Krinkle Cut, Frozen	GFS		1/2 cup	1/2 cup red/orange											
D		Cauliflower, Frozen	GFS		1/2 cup	1/2 cup other											
D		Corn, Baby, Whole															
D		Corn, Whole Kernel	Packer		1/2 cup	1/2 cup starchy											

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D		Corn, Whole Kernel, Frozen	Sys Rel		1/2 cup	1/2 cup starchy											
D		Hummus, Original, Grec. Delight	Grecian Delight	9669151	2 Tbsp												
D		Hummus, Roasted Red Pepper	Grecian Delight	4395	2 Tbsp												
D		Juice Cup, Dragon Punch (carton)	Juice4U (Country Pure Foods)	45710	1 each	1/2 cup vegetable											
D		Juice Cup, Sunset Sip (carton)	Juice4U (Country Pure Foods)	45714	1 each	1/2 cup red/orange											
D		Juice Cup, Wango Mango (carton)	Juice4U (Country Pure Foods)	45711	1 each	1/2 cup vegetable											
D		Peas, Green, Frozen	GFS		1/2 cup	1/2 cup starchy											
D		Peas, Green R/S			1/2 cup	1/2 cup starchy											
D		Peppers, Strips, Blend, Frozen			1/2 cup	1/2 cup red/orange											
D		Potato, Canned, Diced	GFS		1/2 cup	1/2 cup starchy											
D		Potato, Canned, Diced	Sysco		1/2 cup	1/2 cup starchy											
D		Potato, Canned, Whole 60/90 ct	Sysco		1/2 cup	1/2 cup starchy											
D	✓	Potato, Dehydrated, Augratin, Basic American	Basic American	20922	1/2 cup	1/2 cup starchy				X							
D	✓	Potato, Dehydrated, Scalloped, Basic American	Basic American	94595	1/2 cup	1/2 cup starchy											
D	✓	Potato, Emoticon, McCain (156 serv/case)	McCain	1000006639	4 each	1/2 cup starchy											
D	✓	Potato, Instant Excel, Basic American	Basic American	76468	1/2 cup	1/2 cup starchy				X							
D	✓	Potato, 1/4 " Shoe String Fries, Lamb	Lamb Weston	S34	1.97 oz	1/2 cup starchy											
D	✓	Potato, 1/2" Crinkle Cut Fries, McCain	McCain	OIF00055A	2.6 oz	1/2 cup starchy											
D	✓	Potato, Criscut Seasoned, Lamb	Lamb Weston	D23	2.2 oz	1/2 cup starchy	X	X									
D	✓	Potato, Deli Roasters, Garlic and Rosemary, McCain	McCain	MCF03927	3.06 oz	1/2 cup starchy											
D	✓	Potato, Hash Brown, Round, McCain (188 serv/case)	McCain	1000006188	2 pieces	1/2 cup starchy											
D	✓	Potato, Hash Brown, Coins, Lamb (188 serv/case)	Lamb Weston	A26	11 pieces	1/2 cup starchy											
D	✓	Potato, Hash Brown, Tiny Triangle, Simplot (106 serv/case)	Simplot	28301	5 pieces	1/2 cup starchy											
D	✓	Potato, Seasoned 3/8" Straight Cut, Lamb	Lamb Weston	B91	2.52 oz	1/2 cup starchy											
D	✓	Potato, Seasoned Spiral, McCain	McCain	1000004108	2.10 oz	1/2 cup starchy											
D	✓	Potato, Seasoned Stick, McCain	McCain	MCX04717	2.4 oz	1/2 cup starchy											
D	✓	Potato, Seasoned Wedge, McCain	McCain	1000000496	2.89 oz	1/2 cup starchy											
D	✓	Potato, Sidewinder, BBQ, Simplot	Simplot	10071179032182	2.17 oz	1/2 cup starchy	X	X									
D	✓	Potato, Smiles, McCain (156 serv/case)	McCain	OIF03456	4 pieces	1/2 cup starchy											
D	✓	Potato, Spiral Fries, McCain	McCain	MCL03622	2.12 oz	1/2 cup starchy											
D	✓	Potato, Spiral Fries, Skin-On, McCain	McCain	OIF01038A	1.98 oz	1/2 cup starchy											
D	✓	Potato, Spudster, Simplot (84 serv/case)	Simplot	29902	7 pieces	1/2 cup starchy											
D	✓	Potato, Starz Fries, Lamb (165 serv/case)	Lamb Weston	S0026	8 pieces	1/2 cup starchy											
D	✓	Potato, Tater Tot, Oreida	Oreida (McCain)	OIF00215A	8 pieces	1/2 cup starchy											
D	✓	Potato, Tater Tot, Oreida	Oreida (McCain)	1000002789	8 pieces	1/2 cup starchy											

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D	✓	Potato, Wedge, Bakeable, Country Style, McCain	McCain	OIF00024A	2.69 oz	1/2 cup starchy											
D	✓	Potato, Sweet, 5/16" Straight Savory, McCain,	McCain	1000004309	3.09 oz	1/2 cup red/orange											
D	✓	Potato, Sweet, Canned, Cut, 45/55 ct,	Sys Cls		1/2 cup	1/2 cup red/orange											
D	✓	Potato, Sweet, Crinkle French Fries, McCain	McCain	MCF04566	3.17 oz	1/2 cup red/orange											
D	✓	Potato, Sweet, Crispy Cubes, Lamb	Lamb Weston	L0099	2.97 oz												
D	✓	Potato, Sweet Crisscut Fries, Lamb	Lamb Weston	L0090	2.21 oz	1/2 cup red/orange											
D	✓	Potato, Sweet, Puffs, Lamb	Lamb Weston	L0094	2.8 oz	1/2 cup red/orange											
D	✓	Potato, Sweet, Seasoned Rib Cut, Lamb	Lamb Weston	L0097	2.33 oz	1/2 cup red/orange											
D		Sauerkraut			2 Tbsp												
D		Squash, Zucchini, Sliced, IQF Frozen			1/2 cup	1/2 cup other											
D		Succotash, Frozen			1/2 cup	1/2 cup											
D		Sugar Snap Peas, Frozen	GFS		1/2 cup	1/2 cup											
D		Tomatoes, Diced	Rold Gold	GFSBR99	1/3 cup	1/2 cup red/orange											
D		Water Chestnuts, Sliced			1 oz												