

**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	Calories	Nutritional Information								
							Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	CHO (g)	Fiber (g)	Sugar (g)	Protein (g)
	<b>BREAKFAST</b>														
AA	Bagel, Mini, Cinnamon,, Pillsbury (Thaw & Serve)	Pillsbury	138399000	1 each	2 GR	240	6	2.5	0	10	180	42	2	13	6
AA	Bagel, Mini, Strawberry, Pillsbury (Thaw & Serve)	Pillsbury	138413000	1 each	2 GR	240	6	2.5	0	10	180	41	2	13	6
AA	Bread, Banana, IW, Slice, Super Bakery	Super Bakery	6071	1 each	2 GR	260	8	1.5	0	0	240	45	2	24	5
AA	Bread, Cocoa, IW, Slice, Super Bakery	Super Bakery	6076	1 each	2 GR	250	8	1.5	0	0	240	42	2	22	5
AA	Bread, Wild Berry, IW, Slice, Super Bakery	Super Bakery	6073	1 each	2 GR	270	8	1.5	0	0	250	46	2	24	5
AA	Bread, Zucchini, IW, Slice, Super Bakery	Super Bakery	6072	1 each	2 GR	260	8	1.5	0	0	240	44	2	23	5
AA	Breakfast Bar, Apple Cinnamon, Benefit	Benefit (J&J)	40403	1 each	2 GR	290	9	3	0	15	240	48	3	22	5
AA	Breakfast Bar, Banana Chocolate, Benefit	Benefit (J&J)	40402	1 each	2 GR	280	8	3	0	15	220	48	3	23	5
AA	Breakfast Bar, Oatmeal Chocolate Chip, Benefit	Benefit (J&J)	40401	1 each	2 GR	290	9	3	0	20	240	47	3	22	5
AA	Breakfast Bar, Triple Berry Crunch, Father's Table	Father's Table	1194	2.25 oz	2 GR	260	8	1.5	0	0	125	42	3	16	4
AA	✓ Breakfast Round, UBR, IW, Rich's (Nut Free)	Rich's	8733	1 each	2 GR	280	8	3	0	5	190	44	6.3	19	5
AA	✓ Breakfast Pizza, Turkey Bacon, Egg & Cheese, Tony's	Tony's (Schwans)	78353	1 each	1 MT/1.5 GR	210	9	4	0	60	340	22	2	5	10
AA	✓ Breakfast Pizza, Turkey Sausage & Mozzarella, Tony's	Tony's (Schwans)	63912	3.31 oz	1 MT/1.5 GR	210	7	2	0	15	350	27	3	5	9
AA	Breakfast Sandwich, Egg & Cheese, Advance Pierre	Advance Pierre	68079	2.35 oz	0.75 MT/1.25 GR	150	6	2	0	65	270	19	2	4	6
AA	✓ Breakfast Slider, Turkey Sausage, Egg & Cheese, IW, Beacon Street	Beacon Street (Schwans)	55227	2.54 oz	0.75 MT/1.25 GR	160	5	1.5	0	30	290	20	2	5	8
AA	Cereal, Apple Jacks, Bowl Pack, R/S, K	Kelloggs	3800078787	1 each	1 GR	110	1	0.5	0	0	160	24	2	8	2
AA	Cereal, Cherrios, Original, Bowl Pack, GM	General Mills	16000-32262	1 each	1 GR	100	2	0.5	0	0	140	20	3	1	3
AA	Cereal, Cheerios, Honey Nut, Bowl Pack, GM	General Mills	11918000	1 each	1 GR	110	1.5	0	0	0	160	22	2	9	2
AA	Cereal, Chex, Cinnamon, Bowl Pack, GM (Gluten Free)	General Mills	16000-38387	1 each	1 GR	120	2.5	0	0	0	170	22	1	6	1
AA	Cereal, Chex, Rice, Bowl Pack, GM (Gluten Free)	General Mills	31921000	1 each	1 GR	100	0.5	0	0	0	250	24	1	2	2
AA	Cereal, Cinnamon Toast Crunch, Bowl Pack, R/S, GM	General Mills	29444000	1 each	1 GR	110	3	0.5	0	0	160	22	3	6	1
AA	Cereal, Cocoa Puffs, Bowl Pack, GM	General Mills	16000-31888	1 each	1 GR	110	1.5	0	0	0	120	25	2	8	2
AA	Cereal, Frosted Flakes, Bowl Pack, R/S, K	Kelloggs	3800054998	1 each	1 GR	100	0	0	0	0	160	24	3	7	2
AA	Cereal, Frosted Mini Wheats, Chocolate Bites, Bowl Pack, K	Kelloggs	3800045861	1 each	1 GR	100	1	0	0	0	110	23	3	6	3
AA	Cereal, Fruit Loops, Bowl Pack, R/S, K	Kelloggs	3800078788	1 each	1 GR	110	1	0.5	0	0	160	24	2	8	2
AA	Cereal, Granola, Pouch, Original, Fieldstone Bakery	Fieldstone	9788	1 each	1 GR	120	3.5	0	0	0	75	20	2	6	3
AA	Cereal, Granola, Bulk, Toasted Oat, Nature Valley, GM	Nature Valley (General Mills)	27111000	1/4 cup	1 GR	84	3	0.3	0	0	63	13	1	5	1.3
AA	Cereal, Lucky Charms, Bowl Pack, GM (Gluten Free)	General Mills	16000-31917	1 each	1 GR	110	1	0	0	0	180	23	2	10	2
AA	Cereal, Reese Puffs, Bowl Pack, (Contains Peanut Butter) GM	General Mills	16000-31919	1 each	1 GR	120	3	0.5	0	0	160	21	1	9	2
AA	Cereal, Trix, Bowl Pack, R/S, GM	General Mills	31922000	1 each	1 GR	110	1.5	0	0	0	140	24	1	7	1
AA	Cinnamon Bun Stick, Superstix, J&J	J & J	34153	1 each	2 GR	150	2.5	1	0	5	115	30	3	8	4
AA	Croissant, Stuffed Sausage, Egg, Cheese, Bakecrafters	Bakecrafters	4709	1 sandwich	2 MT/2 GR	340	17	4	0	75	520	32	2	4	15
AA	Donut Hole, Powdered Sugar, Super Bakery	Super Bakery	9202	1 each	1 GR	100	2.5	0.5	0	0	150	17	1	7	3
AA	Egg, Large Fresh, Market Price	Gordon Choice		1 each	2 MT	70	4.5	1.5	0	215	65	1	0	0	6



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AA		Pastry, Donut Hole, Richs	Rich's	2725	6 each	2 GR	264	14.4	6	0	0	288	28.8	2.4	6	4.8
AA		Pastry, Frudel, Apple, Pillsbury	Pillsbury (General Mills)	127852000	1 each	2 GR	210	6	1	0	0	260	36	2	11	5
AA		Pastry, Frudel, Cherry, Pillsbury	Pillsbury (General Mills)	127851000	1 each	2 GR	210	6	1	0	0	260	37	2	11	5
AA		Pastry, Mini Cinns, Pillsbury	Pillsbury (General Mills)	133686000	1 each	2 GR	240	7	1.5	0	0	270	39	2	15	5
AA		Pop Tart, Blueberry Frosted	Kelloggs	3800017196	1 each	1 GR	180	2.5	1	0	0	180	38	3	15	2
AA		Pop Tart, Blueberry Frosted (2 per pkg)	Kelloggs	3800017199	1 pouch	2.25 GR	360	5	2	0	0	360	76	6	30	4
AA		Pop Tart, Brown Sugar & Cinnamon	Kelloggs	3800055122	1 each	1.25 GR	190	3	1	0	0	200	38	3	16	2
AA		Pop Tart, Brown Sugar & Cinnamon (2 per pkg)	Kelloggs	3800055125	1 each	2.5 GR	370	6	2	0	0	400	76	6	31	5
AA		Pop Tart, Hot Fudge	Kelloggs	3800012070	1 each	1.25 GR	190	3	1	0	0	200	38	3	15	3
AA		Pop Tart, Hot Fudge (2 per pkg)	Kelloggs	3800012073	1 pouch	2.5 GR	370	6	2	0	0	390	76	6	30	5
AA		Pop Tart, Strawberry	Kelloggs	3800055130	1 each	1 GR	180	2.5	1	0	0	190	38	3	15	2
AA		Pop Tart, Strawberry (2 per pkg)	Kelloggs	3800055133	1 pouch	2.25 GR	360	5	2	0	0	370	76	6	30	4
AA		Sausage, Links, Turkey, Jimmy Dean	Jimmy Dean (Sara Lee)	19669	2 each	1 MT	90	6	1.5	0	30	290	1	0	1	10
AA		Sausage, Patties, Chicken, GFS	Gordon Choice		1 each	1 MT	80	6	1.5	0	40	270	0	0	0	6
AA		Sausage, Patties, Turkey, Butterball	Butterball	22655 30773	1 each	1 MT	70	5	1.5	0	30	260	0	0	0	7
AA		Waffle, Dutch J&J	J&J	4521	1 each	2 GR	300	13	3	0	20	350	43	3	12	4
AA		Waffle, Mini, Blueberry, Pillsbury	Pillsbury (General Mills)	18000-32264	1 each	2 GR	200	6	1	0	0	170	36	3	10	4
AA		Waffle, Mini, Maple, Pillsbury	Pillsbury (General Mills)	18000-32265	1 pouch	2 GR	200	5	1	0	0	170	37	3	13	4