

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

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Information not complete																	
Allergen/Ingredient Information																	
Cat	Com	Item	Manufacturer	Manufacturer Number/Code	Serving Size	Meal Component	gluten	wheat	soy	milk	eggs	peanut	tree nuts	fish	dye	pork	beef
BROWN BOX MEAT/POULTRY/ENTREES																	
A	✓	Beef, Ground, 85/15 RAW Brown Box	USDA	100158	1.34 oz	1 MT											
A	✓	Cheese, American, Sliced, .5 oz. Brown Box	USDA	100018	2 slices	1 MT											
A	✓	Cheese, Cheddar, Shredded Brown Box	USDA	100003	1 oz	1 MT											
A	✓	Chicken, Fajita Strips, Grilled Brown Box	USDA	100117	1.7 oz	1 MT											
A	✓	Peanut Butter, Brown Box	USDA	100396	2 Tbsp	1 MT											
A	✓	Roast, Turkey (raw), Brown Box	USDA	100125	1.52 oz	1 MT											
MEAT/POULTRY/ENTREES																	
A	✓	Beef, Chili with Beans, JTM	JTM	CP579	5.83 oz	2 MT			X								X
A	✓	Beef, Crumbles, Cooked, Advance Pierre	Advance Pierre	9737	2.5 oz	2 MT			X								X
A		Beef, Ground, 81/19 RAW	Sysco		1.36 oz	1 MT											X
A		Beef, Ground, 80/20 RAW	GFS		1.36 oz	1 MT											X
A	✓	Beef, Meat Sauce, JTM	JTM	CP5578	5.6 oz	2 MT, 1/2 cup R/O Veg											X
A	✓	Beef, Patty, Advance Pierre	Advance Pierre	80124ADFL	1 each	2.25 MT			X								X
A		Beef, Roast, Deli, Cooked, Shaved	Gordon Choice		1.8 oz	1 MT			X								X
A	✓	Beef, Sloppy Joe, JTM	JTM	CP545	3.63 oz	2 MT			X								X
A	✓	Beef, Sous Vide, Diced, Cooked JTM	JTM	CP5887	3.28 oz	2 MT											X
A	✓	Beef, Taco Filling, JTM	JTM	CP5250	3.17 oz	2 MT			X								X
A		Bites, Nacho, Lil' Bites, Fathers Table	Father's Table	77044	8 pieces	2 MT/ 2 GR			X	X							
A	✓	Calzone, 3 Cheese, Conagra	Conagra	16272-20120	1 each	2 MT/ 2 GR	X	X	X	X							
A	✓	Calzone, Beef Pepp & Cheese, S&F	S&F	211BC	1 each	2.25 MT/ 2 GR	X	X	X	X							X
A	✓	Calzone, Buffalo Chicken, S&F	S&F	206BC	1 each	2 MT/ 2 GR	X	X	X	X							
A	✓	Calzone, Turkey Ham & Cheese, S&F	S&F	208BC	1 each	2 MT/ 2 GR	X	X	X	X							
A	✓	Cheesefilled, Bread Stick, Bosco	Bosco (Tyson)	702011-1120	1 each	1 MT/ 1 GR	X	X	X	X							
A	✓	Cheesefilled, Bread Stick, Maxstix	Conagra	77387 12722	1 each	1 MT/ 1 GR	X	X	X	X							
A	✓	Cheesefilled, Breaded Mozzarella Sticks, Rich's	Rich's	65220	6 sticks	2 MT/ 2 GR	X	X		X							
A	✓	Cheesefilled, Stuffed Stick, Beacon Street	Schwans	73338	1 stick	1 MT/ 1 GR	X	X	X	X	X						
A		Cheese, American, Processed, Loaf	Godon Choice		1 oz	1 MT				X							
A	✓	Cheese, American, Shredded, Land O Lakes	Land O Lakes	41728	1 oz	1 MT				X							
A	✓	Cheese, American, Sliced, R/F, .5 oz, Land O Lakes	Land O Lakes	46253	1 slice	.5 MT			X	X							
A	✓	Cheese, American, White, Sliced, .5 oz, Land O Lakes	Land O Lakes	46219	1 slice	.5 MT			X	X							
A	✓	Cheese, Cheddar, Shredded, Mild, Land O Lakes	Land O Lakes	41749	1 oz	1 MT				X							
A	✓	Cheese, Cheddar & Monterey Jack Blend, Shredded,	Land O Lakes	41485	1 oz	1 MT				X							
A		Cheese, Mozzarella Block, Part- Skim	Sysco		1 oz	1 MT				X							

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Cat	Com	Item	Manufacturer	Manufacturer Number/Code	Serving Size	Meal Component	gluten	wheat	soy	milk	eggs	peanut	tree nuts	fish	dye	pork	beef
A	✓	Chicken Kit, Lemongrass Thai, Tyson	Tyson	020876-0928	3.46 oz	2 MT											
A	✓	Chicken, Kit, Mandarin, Grilled, Asian Food Solutions	Asian Food Solutions	73002	2.85 oz	2 MT	X	X	X								
A	✓	Chicken, Kit, Sweet & Sour, Breaded, Asian Food Solutions	Asian Food Solutions	72005	3.9 oz	2 MT/ .5 GR	X	X			X						
A	✓	Chicken, Kit, Tangerine, Breaded, Asian Food Solutions	Asian Food Solutions	72001	3.9 oz	2 MT/ .5 GR	X	X	X		X						
A	✓	Chicken, Nugget, Goldkist	Gold Kist	615300	5 each	2 MT/ 1 GR	X	X	X								
A	✓	Chicken, Nugget, Whole Muscle, Tyson, (GLUTEN FREE-N)	Tyson	070387-0928	5 each	2 MT			X								
A	✓	Chicken, Popcorn Smackers, Gold Kist, 108 serv/cs	Gold Kist	110452	10 each	2 MT/ 1 GR	X	X	X	X							
A	✓	Chicken, Ring, Breaded, Tyson, .74 oz, 150 serv/cs	Tyson	070366-0928	5 each	2 MT/ 1 GR	X	X	X								
A	✓	Chicken, Shredded, 65/35 Dark/White, Tyson	Tyson	025560-0928	2.2 oz	2 MT											
A	✓	Chicken, Taco, Filling, Tyson	Tyson	019957-0328	3 oz	2 MT	X	X	X								
A	✓	Chicken, Tenders, Tyson	Tyson	703322-0928	3 each	2 MT / 1 GR	X	X	X								
A	✓	Chicken, Tenders Guajillo (Spicy), Gold Kist	Gold Kist	7576	3 each	2 MT/ 1 GR	X	X									
A	✓	Chicken, Wings, Boneless, Tyson	Tyson	070362-0928	5 each	2 MT / 1 GR	X	X	X								
A	✓	Chicken, Wings, Boneless, Sriracha, Tyson	Tyson	006147-0928	6 pieces	2 MT / 1 GR	X	X									
A		Chicken, Wonderbites, Advance Pierre	Advance Pierre	9832	4 each	2 MT			X								
A		Corn Dog, Chicken	Sysco		1 each	2 MT/ 2 GR	X	X	X		X						
A	✓	Corn Dog, Mini, Chicken, House of Raeford (40 Servir	House of Raeford	20420	6 each	2 MT/2 GR	X	X	X	X	X						
A		Egg Roll, Chicken, Minh	Minh	69461	1 each	1 MT/ 1 GR	X	X	X	X	X						
A		Egg Roll, Vegetable, Minh	Minh	66048	1 each	1 GR / 1/2 cup veg	X	X			X						
A		Fish, Fillet, Pollock, Potato Crunch, Viking	Highliner	6533	1 each	2 MT/.5 GR	X	X		X				X			
A		Fish, Nugget, Ocean Treasures, High Liner, 1 oz (160	Highliner	10020540	4 each	2 MT/1.5 GR	X	X	X	X				X			
A		Fish, Rectangle, Pollock, Trident	Trident	418320	1 each	2 MT/1 GR	X	X	X					X			
A		Fish, Stick, Pollock, Trident	Trident	418301	4 each	2 MT/1.5 GR	X	X						X			
A		Ham, Diced, 1/4"	Sysco		1.22 oz	1 MT										X	
A		Hot Dog, Turkey, 8/1, KE	GFS		1 each	2 MT											
A		Hot Dog, Turkey, 8/1, Sysco	Sysco		1 each	2 MT											
A		Hot Dog, Turkey, Pretzel Wrapped (Kunzler)	Kunzler	1113	1 each	2 MT/2 GR	X	X	X	X							
A	✓	Lasagna, Roll-Up, Tasty Brands	Tasty Brands	00801WG	4.3 oz	2 MT/1 GR	X	X		X							
A		Lasagna, Meat (Not for Students)	Gordon Choice		1 cup		X	X		X							X
A		Lasagna, Vegetarian (Not for Students)	Gordon Choice		1 cup		X	X	X	X							
A		Meatball, Beef, .5 oz	Godon Choice		6 each	2 MT	X	X	X	X							X
A		Meatball, Beef/Chicken, 1oz	Sysco		3 each	1.75 MT	X	X	X	X							X
A	✓	Meatloaf, Cheese & Ketchup, Advance Pierre	Advance Pierre	69190	2.9 oz	2 MT	X	X		X							X
A		Pastrami, Turkey	Sysco		2 oz												
A		Peanut Butter	Gordon Choice		2 Tbsp	1 MT						X					

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A		Peanut Butter	Gordon Choice		2 Tbsp	1 MT						X					
A	✓	Peanut Butter, Jif, Single Serve (only to be used as a MT)	Smucker	5150092100	1 unit	1 MT						X					
A	✓	Peanut Butter & Jelly, Graham Bar	Advance Pierre	A1290	1 each	1 MT/1GR	X	X	X			X					
A	✓	Peanut Butter & Jelly, Pocket, Grape	Smucker	5150006960	1 each	1 MT/1 GR	X	X				X					
A	✓	Peanut Butter & Jelly Pocket, Strawberry	Smucker	5150006961	1 each	1 MT/1GR	X	X				X					
A		Pepperoni, Bulk, Sliced, 14-16/oz	Sysco		1 oz	0.75 MT										X	X
A		Pepperoni, Deli, Stix, Unsliced	Gordon		1 oz	0.75 MT										X	X
A		Pepperoni, Sandwich, 3", Sugerdale	Sugardale	5078	1 oz	.75 MT										X	X
A	✓	Pepperoni, Turkey, 15 sl/oz, Jennie O	Jennie O	213008	1.23 oz	2 MT											
A	✓	Pizza, Buffalo Chicken, Big Daddy's	Schwans	78639	5.21 oz	2 MT/2 GR	X	X	X	X							
A	✓	Pizza, Cheesy Breadstick, S&F	S&F	151BC	1 each	2 MT/2.5 GR	X	X	X	X							
A	✓	Pizza, Cheesy Breadstick, Pepperoni, S&F	S&F	087BC	1 each	2 MT/2.25 GR	X	X	X	X							
A	✓	Pizza, Cruncher, Rich's, 288ct	Richs	65225	4 each	2 MT/2.5 GR	X	X		X							
A	✓	Pizza, Flatbread, Chicken BBQ, Gilardi	Conagra	162722-0125	1 each	2 MT/2 GR	X	X	X	X							
A	✓	Pizza, Flatbread, Garlic Parmesan, Gilardi	Conagra	162722-0124	1 each	2 MT/2 GR	X	X	X	X							
A	✓	Pizza, French Bread, Cheese 6", Tony's	Schwans	78356	1 each	2 MT/2 GR	X	X	X	X							
A	✓	Pizza, French Bread, Multi Cheese Garlic 6", Tony's	Schwans	78359	1 each	2 MT/2 GR	X	X	X	X							
A	✓	Pizza, French Bread, Pepp. 6", Tony's	Schwans	78357	1 each	2 MT/2 GR	X	X	X	X						X	X
A	✓	Pizza, Individual Round Cheese 4", Galaxy, Tony's	Schwans	78364	1 each	2 MT/2 GR	X	X	X	X							
A	✓	Pizza, Individual Round Pepp 4", Galaxy, Tony's	Schwans	78365	1 each	2 MT/2 GR	X	X	X	X							X
A	✓	Pizza, Mexican, Tony's	Schwans	68523	1 each	2 MT/2 GR	X	X	X	X							X
A	✓	Pizza, Primo, Parbaked, Cheese, 8 cut, Big Daddy's	Schwans	68591	1 each	2 MT/2 GR	X	X	X	X							
A	✓	Pizza, Primo, Parbaked, Pepp, 8 cut, Big Daddy's	Schwans	68592	1 each	2 MT/2 GR	X	X	X	X							X
A	✓	Pizza, Round Deep Dish, Cheese 5", Tony's	Schwans	78368	1 each	2 MT/2 GR	X	X	X	X							
A	✓	Pizza, Round Deep Dish, Pepp 5", Tony's	Schwans	78369	1 each	2 MT/2 GR	X	X	X	X							X
A	✓	Pizza, Self Rising w/tray, Cheese, Wedge, Max	Conagra	162722-0113	1 each	2 MT/2GR	X	X	X	X							
A	✓	Pizza, Self Rising w/tray, Turkey Pepp., Wedge, Max	Conagra	162722-0114	1 each	2 MT/2GR	X	X	X	X							
A	✓	Pizza, Stuffed Crust, Cheese, Wedge, MAX	Conagra	77387 12716	1 each	2 MT/2GR	X	X	X	X							
A	✓	Pizza, Stuffed Crust, Pepp., Wedge, MAX	Conagra	77387 12717	1 each	2 MT/2 GR	X	X	X	X							
A	✓	Pork, Pulled Barbeque, Brookwood Farms	Brookwood Farms	12307	4 oz	2 MT										X	
A	✓	Pork, Sous Vide, Diced, Cooked, JTM			3.45 oz	2 MT											
A	✓	Quesadilla, BBQ Chicken, Max	Conagra	77387-12723	3 each	2 MT/2 GR	X	X	X	X							
A	✓	Quesadilla, Cheese, Coyote Grill	Schwans	78372	2 pieces	2 MT/2 GR	X	X	X	X	X						
A	✓	Quesadilla, Chicken, Coyote Grill	Schwans	78373	2 pieces	2 MT/2 GR	X	X	X	X	X						
A	✓	Quesadilla, Taco, Max	Conagra	77387-12714	3 pieces	2 MT/2 GR	X	X	X	X							X

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A		Ravioli, Cheese, Bernardi	Bernardi	73417	3 pieces	2 MT/1 GR	X	X		X	X						
A	✓	Ravioli, Cheese, Mini, Tasty Brands, 110 serv/case	Tasty Brands	00834WG	7 pieces	1 MT/.5GR	X	X		X	X						
A	✓	Rib-BBQ, Pork, Advance Pierre	Advance Pierre	3734	2.4 oz	2 MT/1 GR	X	X	X	X						X	
A		Salami, Hard	Bremen Brand	43200-11344	1 oz	.75 MT										X	X
A		Salisbury Steak, JTM	JTM	CP5632	2.78 oz	2 MT	X	X	X	X							X
A		Sand, Soy Butter & Jam (Wow Pocket), Albies	Albies	607	1 each	1 MT/1 GR	X	X	X	X							
A	✓	Steak, Philly Beef, JTM	JTM	CP5813	2.86 oz	2 MT			X								X
A		Tuna Fish	Kitchen Essentials		1.3 oz	1 MT			X					X			
A		Turkey Bologna, Perdue	Perdue	65400	4 oz	2 MT											
A	✓	Turkey, Breast, Deli, Jennie O (\$2.82/#)	Jennie O	846902	2.7 oz	2 MT											
A	✓	Turkey, Breast, Deli, Oven Roasted, Jennie O	Jennie O	835402	3.86 oz	2 MT											
A	✓	Turkey, Breast, LOG, Jennie O (Power Pack)	Jennie O	257412	1.65 oz (5 slices)	1 MT											
A	✓	Turkey, Breast, Oven Roasted, Sliced, .76 oz, Jennie O	Jennie O	231812	4 slices	2 MT											
A	✓	Turkey, Diced, 1/2", Jennie O	Jennie O	423	3.92 oz	2 MT											
A	✓	Turkey, Ham, Deli, Jennie O	Jennie O	8028	3.58 oz	2 MT											
A	✓	Turkey, Ham, Sliced, .76 oz, Jennie O,	Jennie O	256821	4 slices	2 MT											
A	✓	Turkey, Thighs, Sous Vide, Diced, Cooked, JTM	JTM	5889	2.86 oz	2 MT											
A	✓	Wrap, Chili Cheese, Conagra	Conagra	77387-12646	1 each	2 MT/2 GR	X	X	X	X							
A		Yogurt, Bulk, Strawberry, Parfait Pro Pouch	Yoplait (General Mills)	16631000	4 oz	1 MT				X							
A		Yogurt, Bulk, Vanilla, Parfait Pro Pouch	Yoplait (General Mills)	16632000	4 oz	1 MT				X							
A		Yogurt, Bulk, Vanilla, Upstate Farms	Upstate Farms	9891	4 oz	1 MT				X							
A		Yogurt, Small, Danimals, Raspberry, Dannon (Gelatin Free)	Dannon	1014	1 each	1 MT				X							
A		Yogurt, Small, Danimals, Strawberry, Dannon (Gelatin Free)	Dannon	2731	1 each	1 MT				X							
A		Yogurt, Small, Danimals, Strawberry/Banana, Dannon	Dannon	2732	1 each	1 MT				X							
A		Yogurt, Small, Danimals, Vanilla, Dannon (Gelatin Free)	Dannon	2733	1 each	1 MT				X							
A		Yogurt, Small, Lite, Straw/Peach, Dannon	Dannon	423	1 each	1 MT				X							
A		Yogurt, Small, Lite, Raspberry/Peach, Yoplait	Yoplait (General Mills)	70470-17728	1 each	1 MT				X							
A		Yogurt, Small, Trix, Raspberry, General Mills	Trix (General Mills)	17725000	1 each	1 MT				X							
A		Yogurt, Small, Trix, Strawberry/Banana, General Mills	Trix (General Mills)	17726000	1 each	1 MT				X							
A		Yogurt, Small, Upstate, Cherry Vanilla (Gelatin Free)	Upstate Farms	9819	1 each	1 MT				X							
A		Yogurt, Small, Upstate, Peach (Gelatin Free)	Upstate Farms	9818	1 each	1 MT				X							
A		Yogurt, Small, Upstate, Raspberry (Gelatin Free)	Upstate Farms	9817	1 each	1 MT				X							
A		Yogurt, Small, Upstate, Strawberry (Gelatin Free)	Upstate Farms	9815	1 each	1 MT				X							
A		Yogurt, Small, Upstate, Strawberry/Banana (Gelatin Free)	Upstate Farms	9820	1 each	1 MT				X							
A		Yogurt, Greek, Peach, Yoplait	Yoplait (General Mills)	70470-43333	1 each					X							

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A		Yogurt, Greek, Plain, Dannon	Dannon	2714	1 each					X							
A		Yogurt, Greek, Strawberry, Yoplait	Yoplait (General Mills)	70470-43332	1 each					X							
A		Yogurt, Greek, Strawberry Raspberry, Yoplait	Yoplait (General Mills)	70470-45915	1 each					X							
A		Yogurt, Greek, Vanilla, Dannon	Dannon	60614	1 each					X							
A		Yogurt, Large, Lt N Fit, Peach, Yoplait	Yoplait (General Mills)	655000	1 each					X							
A		Yogurt, Large, Lite, Strawberry, Yoplait	Yoplait (General Mills)	650000	1 each					X							
A		Yogurt, Large, Lite, Very Vanilla, Yoplait	Yoplait (General Mills)	70470-00643	1 each					X							
A		Yogurt, Large, Lite, Blueberry/Strawberry/Mixed Berry	Yoplait (General Mills)	70470-14414	1 each												
A		Yogurt, Large, Raspberry, Yoplait	Yoplait (General Mills)	651000	1 each					X							