

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

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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 MEAT/POULTRY/ENTREES</b>																
A	✓	Beef, Ground, 85/15 RAW <b>Brown Box</b>	USDA	100158	1.34 oz	1 MT	82	6	2	1	26	25	0	0	0	7
A	✓	Cheese, American, Sliced, .5 oz. <b>Brown Box</b>	USDA	100018	2 slices	1 MT	110	9	5	0	25	270	2	0	1	5
A	✓	Cheese, Cheddar, Shredded <b>Brown Box</b>	USDA	100003	1 oz	1 MT	110	9	6	0	30	190	0	0	0	6
A	✓	Chicken, Fajita Strips, Grilled <b>Brown Box</b>	USDA	100117	1.7 oz	1 MT	61	2	1	0	37	303	1	0	1	9
A	✓	Peanut Butter, <b>Brown Box</b>	USDA	100396	2 Tbsp	1 MT	200	16	3	0	0	160	8	2	3	7
A	✓	Roast, Turkey (raw), <b>Brown Box</b>	USDA	100125	1.52 oz	1 MT	57	3	1	0	23	194	0	0	0	8
<b>MEAT/POULTRY/ENTREES</b>																
A	✓	Beef, Chili with Beans, JTM	JTM	CP579	5.83 oz	2 MT	152	5	2	0	31	230	15	4	5	13
A	✓	Beef, Crumbles, Cooked, Advance Pierre	Advance Pierre	9737	2.5 oz	2 MT	120	7	3	0	30	430	1	0	0	13
A		Beef, Ground, 81/19 RAW	Sysco		1.36 oz	1 MT										
A		Beef, Ground, 80/20 RAW	GFS		1.36 oz	1 MT	105	7	3	1	36	29	0	0	0	10
A	✓	Beef, Meat Sauce, JTM	JTM	CP5578	5.6 oz	2 MT, 1/2 cup R/O Veg	167	7	3	0	55	290	9	2	7	15
A	✓	Beef, Patty, Advance Pierre	Advance Pierre	80124ADFL	1 each	2.25 MT	130	8	4	1	35	250	1	1	0	12
A		Beef, Roast, Deli, Cooked, Shaved	Gordon Choice		1.8 oz	1 MT	54	1	1	0	18	297	1	0	1	10
A	✓	Beef, Sloppy Joe, JTM	JTM	CP545	3.63 oz	2 MT	145	6	2	0	44	417	10	2	8	13
A	✓	Beef, Sous Vide, Diced, Cooked JTM	JTM	CP5887	3.28 oz	2 MT	114	4	2	0	62	42	0	0	0	20
A	✓	Beef, Taco Filling, JTM	JTM	CP5250	3.17 oz	2 MT	111	5	2	0	35	292	5	2	2	13
A		Bites, Nacho, Lil' Bites, Fathers Table	Father's Table	77044	8 pieces	2 MT/ 2 GR	270	10	4	0	15	440	32	3	1	11
A	✓	Calzone, 3 Cheese, Conagra	Conagra	16272-20120	1 each	2 MT/ 2 GR	250	5	2	0	10	430	33	4	4	19
A	✓	Calzone, Beef Pepp & Cheese, S&F	S&F	211BC	1 each	2.25 MT/ 2 GR	280	11	6	0	25	590	32	3	6	19
A	✓	Calzone, Buffalo Chicken, S&F	S&F	206BC	1 each	2 MT/ 2 GR	270	10	5	0	30	610	29	3	4	18
A	✓	Calzone, Turkey Ham & Cheese, S&F	S&F	208BC	1 each	2 MT/ 2 GR	280	11	5	0	40	590	31	3	4	19
A	✓	Cheesefilled, Bread Stick, Bosco	Bosco (Tyson)	702011-1120	1 each	1 MT/ 1 GR	150	5	3	0	15	220	17	2	1	10
A	✓	Cheesefilled, Bread Stick, Maxstix	Conagra	77387 12722	1 each	1 MT/ 1 GR	130	5	2	0	5	280	15	1	2	9
A	✓	Cheesefilled, Breaded Mozzarella Sticks, Rich's	Rich's	65220	6 sticks	2 MT/ 2 GR	300	12	4	0	20	560	32	4	2	20
A	✓	Cheesefilled, Stuffed Stick, Beacon Street	Schwans	73338	1 stick	1 MT/ 1 GR	150	6	3	0	15	250	15	1	2	9
A		Cheese, American, Processed, Loaf	Godon Choice		1 oz	1 MT	100	8	5	0	30	410	2	0	0	6
A	✓	Cheese, American, Shredded, Land O Lakes	Land O Lakes	41728	1 oz	1 MT	70	5	3	0	15	470	2	0	0	7
A	✓	Cheese, American, Sliced, R/F, .5 oz, Land O Lakes	Land O Lakes	46253	1 slice	.5 MT	35	2	1	0	8	210	1	0	1	4
A	✓	Cheese, American, White, Sliced, .5 oz, Land O Lakes	Land O Lakes	46219	1 slice	.5 MT	55	5	3	0	13	220	1	0	1	3
A	✓	Cheese, Cheddar, Shredded, Mild, Land O Lakes	Land O Lakes	41749	1 oz	1 MT	110	9	6	0	30	190	1	0	0	6
A	✓	Cheese, Cheddar & Monterey Jack Blend, Shredded,	Land O Lakes	41485	1 oz	1 MT	110	9	6	0	25	190	1	0	0	7
A		Cheese, Mozzarella Block, Part- Skim	Sysco		1 oz	1 MT	80	6	3	0	20	190	2	0	1	7

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A	✓	Cheese, Mozzarella, Shredded, Land O Lakes	Land O Lakes	41698	1 oz	1 MT	90	6	4	0	15	180	1	0	1	7
A		Cheese, Mozzarella, Sliced, 1/2 oz (640 slices) Bongards	Bongards	10038-1	1 slice	.5 MT	40	3	2	0	8	100	1	0	0	3
A		Cheese, Parmesan, Blend	Wisconsin Cheese	7745												
A		Cheese, Pepperjack, Sliced, 1/2 oz (640 slices) Bongards	Bongards	10404-1	1 slice	.5 MT	50	4	3	0	13	115	1	0	0	3
A		Cheese, Pepperjack, Loaf	Sysco		1 oz	1 MT	100	8	5	0	25	190	0	0	0	7
A		Cheese, Provolone, Loaf	Sysco		1 oz	1 MT	100	7	5	0	20	250	1	0	0	7
A		Cheese, Swiss, Sliced, 1/2 oz (640 slices) Bongards	Bongards	10403-1	1 slice	.5 MT	50	4	2	0	10	68	1	0	0	4
A		Cheese, Cube, Cheddar, R/F, Land O Lakes	Land O Lakes	44113	1 pkg	1 MT	90	7	5	0	20	190	0	0	0	7
A	✓	Cheese, Cube, Colby Jack, R/F, Land O Lakes	Land O Lakes	44115	1 pkg	1 MT	90	7	4	0	20	180	1	0	0	7
A	✓	Cheese, Stick, Cheddar, R/F, Land O Lakes	Land O Lakes	44881	1 each	1 MT	90	7	5	0	20	200	0	0	0	7
A	✓	Cheese, Stick, Colby Jack, R/F, Land O Lakes	Land O Lakes	44878	1 each	1 MT	90	6	4	0	20	200	1	0	0	7
A	✓	Cheese, String, Land O Lakes	Land O Lakes	59703	1 each	1 MT	60	3	2	0	10	200	1	0	1	7
F	✓	Cheese, Sauce, Alfredo RF, JTM	JTM	5722	1.83 oz	1 MT	90	5	3	0	19	374	5	0	3	6
A	✓	Cheese, Sauce, Beef, JTM	JTM	CP5157	3.45 oz	2 MT	164	9	4	0	50	381	7	0	3	13
A	✓	Cheese, Sauce, Cheddar, RTU, Land O Lakes	Land O Lakes	39940	3 oz	1 MT	130	10	6	0	30	550	5	0	0	7
A		Cheese, Sauce, Nacho RTU	Sysco		1/4 cup		70	5	1	0	5	460	6	0	2	1
A	✓	Cheese, Sauce, Queso Blanco, RTU, JTM	JTM	5718	2 oz	1 MT	118	9	5	0	30	433	2	0	0	7
A	✓	Cheese, Sauce, White, Ultimate, RTU, Land O Lakes	Land O Lakes	39944	3 oz	1 MT	130	10	6	0	30	540	3	0	0	8
A		Chicken & Dumplings (not for students)	Gordon Choice		1 cup		500	25	7	0	95	1030	38	1	3	23
A		Chicken Lasagna (not for students)	Godon Choice		1 cup		380	22	12	1	75	460	22	1	4	21
A	✓	Chicken, Black Forest Ham, Sliced, .5 oz, Tyson	Tyson	020980-0328	7 slices	2 MT	140	8	3	0	70	578	4	0	2	14
A	✓	Chicken, Breast, Patty, Grill Marks, Tyson	Tyson	038350-0928	1 each	2.5 MT	120	3	1	0	60	320	1	0	0	22
A	✓	Chicken, Breast, Patty, Breaded, Tyson	Tyson	070302-0928	1 each	2 MT/ 1 GR	200	9	2	0	45	290	9	3	0	19
A	✓	Chicken, Breast, Patty, Breaded, BLENDED, Tyson	Tyson	002154-0928	1 each	2 MT/ 1 GR	240	13	3	0	25	460	15	3	1	14
A	✓	Chicken, Breast, Patty, Breaded, Spicy, Tyson	Tyson	070312-0928	1 each	2 MT/ 1 GR	200	10	2	0	45	330	9	1	1	19
A	✓	Chicken, Breast, Patty, Breaded, Spicy, BLENDED Tyson	Tyson	070314-0928	1 each	2 MT/ 1 GR	270	15	3	0	25	400	17	3	1	15
A		Chicken, Breast, Strips, Roasted, Perdue	Perdue	80300	3.2 oz	2 MT	114	3	0	0	64	737	3	0	0	24
A	✓	Chicken, Chunks, Breaded, Dark Meat (no sauce), Tyson	Tyson	024450-0928	3 oz	2 MT	170	10	2	0	90	180	2	0	0	18
A	✓	Chicken, Crumbles, Cooked, Tyson	Tyson	036233-0928	3 oz	2 MT	105	5	2	0	60	113	0	0	0	15
A	✓	Chicken, Diced, 1/2" White/Dark, Tyson	Tyson	022830-0928	2.3 oz	2 MT	100	4	1	0	42	92	1	0	0	14
A	✓	Chicken, Drumstick, Breaded, Tyson	Tyson	666010-0928	1 piece	2 MT/ .75 G	190	11	3	0	50	450	5	1	0	16
A	✓	Chicken, Drumstick, Buffalo, Tyson	Tyson	00413-0928	1 piece	2.5 MT	170	10	3	0	85	250	5	0	0	16
A	✓	Chicken, Fajita Strips, Grilled, Tyson	Tyson	003522-0928	2.8 oz	2 MT	121	7	2	0	74	307	2	0	0	15
A	✓	Chicken, Kit, General Tso's, Breaded, Tyson	Tyson	026074-0928	4 oz	2 MT	230	12	3	0	90	290	11	0	8	19
A	✓	Chicken Kit, Korean BBQ Spicy, Tyson	Tyson	010749-0928	3.10 oz	2 MT	150	6	2	0	65	460	10	1	9	14

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A	✓	Chicken Kit, Lemongrass Thai, Tyson	Tyson	020876-0928	3.46 oz	2 MT	160	7	2	0	70	300	12	0	10	14
A	✓	Chicken, Kit, Mandarin, Grilled, Asian Food Solutions	Asian Food Solutions	73002	2.85 oz	2 MT	150	3	1	0	60	460	15	0	14	15
A	✓	Chicken, Kit, Sweet & Sour, Breaded, Asian Food Solutions	Asian Food Solutions	72005	3.9 oz	2 MT/ .5 GR	200	4	1	0	45	350	27	2	14	13
A	✓	Chicken, Kit, Tangerine, Breaded, Asian Food Solutions	Asian Food Solutions	72001	3.9 oz	2 MT/ .5 GR	190	4	1	0	45	380	25	2	13	14
A	✓	Chicken, Nugget, Goldkist	Gold Kist	615300	5 each	2 MT/ 1 GR	182	10	2	0	34	328	10	0	0	14
A	✓	Chicken, Nugget, Whole Muscle, Tyson, (GLUTEN FREE-N)	Tyson	070387-0928	5 each	2 MT	141	6	1	0	50	249	3	0	0	18
A	✓	Chicken, Popcorn Smackers, Gold Kist, 108 serv/cs	Gold Kist	110452	10 each	2 MT/ 1 GR	251	14	2	0	50	476	15	2	0	17
A	✓	Chicken, Ring, Breaded, Tyson, .74 oz, 150 serv/cs	Tyson	070366-0928	5 each	2 MT/ 1 GR	300	18	3	0	50	450	15	1	1	21
A	✓	Chicken, Shredded, 65/35 Dark/White, Tyson	Tyson	025560-0928	2.2 oz	2 MT	95	4	1	0	44	84	1	0	0	15
A	✓	Chicken, Taco, Filling, Tyson	Tyson	019957-0328	3 oz	2 MT	150	7	2	0	95	320	3	0	1	19
A	✓	Chicken, Tenders, Tyson	Tyson	703322-0928	3 each	2 MT / 1 GR	285	14	2	0	60	465	17	2	0	24
A	✓	Chicken, Tenders Guajillo (Spicy), Gold Kist	Gold Kist	7576	3 each	2 MT/ 1 GR	218	11	1	0	58	345	14	2	0	16
A	✓	Chicken, Wings, Boneless, Tyson	Tyson	070362-0928	5 each	2 MT / 1 GR	200	9	2	0	25	338	13	3	0	18
A	✓	Chicken, Wings, Boneless, Sriracha, Tyson	Tyson	006147-0928	6 pieces	2 MT / 1 GR	290	13	3	0	55	370	22	2	4	22
A		Chicken, Wonderbites, Advance Pierre	Advance Pierre	9832	4 each	2 MT	150	7	2	0	45	350	4	1	2	17
A		Corn Dog, Chicken	Sysco		1 each	2 MT/ 2 GR	250	9	3	0	40	390	30	5	5	9
A	✓	Corn Dog, Mini, Chicken, House of Raeford (40 Servings)	House of Raeford	20420	6 each	2 MT/2 GR	290	14	4	0	55	380	30	3	7	10
A		Egg Roll, Chicken, Minh	Minh	69461	1 each	1 MT/ 1 GR	160	5	2	0	30	390	20	3	2	9
A		Egg Roll, Vegetable, Minh	Minh	66048	1 each	1 GR / 1/2 cup veg	140	4	1	0	0	150	22	4	4	4
A		Fish, Fillet, Pollock, Potato Crunch, Viking	Highliner	6533	1 each	2 MT/.5 GR	200	11	2	0	45	310	13	1	0	13
A		Fish, Nugget, Ocean Treasures, High Liner, 1 oz (160)	Highliner	10020540	4 each	2 MT/1.5 GR	220	10	2	0	25	770	21	2	1	13
A		Fish, Rectangle, Pollock, Trident	Trident	418320	1 each	2 MT/1 GR	180	8	2	0	40	280	14	2	0	14
A		Fish, Stick, Pollock, Trident	Trident	418301	4 each	2 MT/1.5 GR	200	9	2	0	40	310	17	1	0	14
A		Ham, Diced, 1/4"	Sysco		1.22 oz	1 MT	43	1	1	0	18	439	2	0	1	5
A		Hot Dog, Turkey, 8/1, KE	GFS		1 each	2 MT	120	9	3	0	45	660	3	0	1	7
A		Hot Dog, Turkey, 8/1, Sysco	Sysco		1 each	2 MT	140	12	4	0	50	480	1	0	0	7
A		Hot Dog, Turkey, Pretzel Wrapped (Kunzler)	Kunzler	1113	1 each	2 MT/2 GR	280	12	4	0	50	390	29	3	4	11
A	✓	Lasagna, Roll-Up, Tasty Brands	Tasty Brands	00801WG	4.3 oz	2 MT/1 GR	240	6	4	0	20	390	29	2	5	15
A		Lasagna, Meat (Not for Students)	Gordon Choice		1 cup		260	11	5	0	35	690	26	3	7	16
A		Lasagna, Vegetarian (Not for Students)	Gordon Choice		1 cup		240	9	5	0	25	520	25	2	7	12
A		Meatball, Beef, .5 oz	Godon Choice		6 each	2 MT	270	20	8	1	40	750	8	2	1	14
A		Meatball, Beef/Chicken, 1oz	Sysco		3 each	1.75 MT	240	18	7	1	65	500	7	1	1	13
A	✓	Meatloaf, Cheese & Ketchup, Advance Pierre	Advance Pierre	69190	2.9 oz	2 MT	170	10	5	0	30	390	8	1	5	12
A		Pastrami, Turkey	Sysco		2 oz		80	4	1	0	30	630	0	0	0	11
A		Peanut Butter	Gordon Choice		2 Tbsp	1 MT	190	15	3	0	0	130	7	2	3	7

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A		Peanut Butter	Gordon Choice		2 Tbsp	1 MT	190	15	3	0	0	130	7	2	3	7
A	✓	Peanut Butter, Jif, Single Serve (only to be used as a MT)	Smucker	5150092100	1 unit	1 MT	180	15	3	0	0	130	8		3	7
A	✓	Peanut Butter & Jelly, Graham Bar	Advance Pierre	A1290	1 each	1 MT/1GR	310	18	4	0	0	210	31	5	13	10
A	✓	Peanut Butter & Jelly, Pocket, Grape	Smucker	5150006960	1 each	1 MT/1 GR	300	17	3	0	0	280	32	4	14	9
A	✓	Peanut Butter & Jelly Pocket, Strawberry	Smucker	5150006961	1 each	1 MT/1GR	300	17	3	0	0	280	32	4	14	9
A		Pepperoni, Bulk, Sliced, 14-16/oz	Sysco		1 oz	0.75 MT	150	14	5	0	30	540	0	0	0	6
A		Pepperoni, Deli, Stix, Unsliced	Gordon		1 oz	0.75 MT	120	11	4	0	25	490	1			6
A		Pepperoni, Sandwich, 3", Sugerdale	Sugardale	5078	1 oz	.75 MT	140	13	4	0	30	470	0	0	0	6
A	✓	Pepperoni, Turkey, 15 sl/oz, Jennie O	Jennie O	213008	1.23 oz	2 MT	60	3	1	0	25	320	1	0	0	6
A	✓	Pizza, Buffalo Chicken, Big Daddy's	Schwans	78639	5.21 oz	2 MT/2 GR	390	19	7	0	45	750	35	3	8	20
A	✓	Pizza, Cheesy Breadstick, S&F	S&F	151BC	1 each	2 MT/2.5 GR	260	11	5	0	20	380	28	3	2	15
A	✓	Pizza, Cheesy Breadstick, Pepperoni, S&F	S&F	087BC	1 each	2 MT/2.25 GR	290	13	5	0	25	550	27	3	3	16
A	✓	Pizza, Cruncher, Rich's, 288ct	Richs	65225	4 each	2 MT/2.5 GR	420	20	9	0	30	670	41	6	3	20
A	✓	Pizza, Flatbread, Chicken BBQ, Gilardi	Conagra	162722-0125	1 each	2 MT/2 GR	310	10	5	0	35	570	38	3	7	18
A	✓	Pizza, Flatbread, Garlic Parmesan, Gilardi	Conagra	162722-0124	1 each	2 MT/2 GR	290	10	6	0	30	550	33	3	3	16
A	✓	Pizza, French Bread, Cheese 6", Tony's	Schwans	78356	1 each	2 MT/2 GR	290	11	4	0	20	440	33	0	4	17
A	✓	Pizza, French Bread, Multi Cheese Garlic 6", Tony's	Schwans	78359	1 each	2 MT/2 GR	320	15	6	0	25	580	30	0	3	18
A	✓	Pizza, French Bread, Pepp. 6", Tony's	Schwans	78357	1 each	2 MT/2 GR	300	12	5	0	25	560	33	0	4	18
A	✓	Pizza, Individual Round Cheese 4", Galaxy, Tony's	Schwans	78364	1 each	2 MT/2 GR	280	12	6	0	30	410	26	3	8	15
A	✓	Pizza, Individual Round Pepp 4", Galaxy, Tony's	Schwans	78365	1 each	2 MT/2 GR	290	13	6	0	35	490	26	3	5	16
A	✓	Pizza, Mexican, Tony's	Schwans	68523	1 each	2 MT/2 GR	360	14	6	0	25	710	43	4	8	17
A	✓	Pizza, Primo, Parbaked, Cheese, 8 cut, Big Daddy's	Schwans	68591	1 each	2 MT/2 GR	360	16	8	0	40	470	35	4	6	18
A	✓	Pizza, Primo, Parbaked, Pepp, 8 cut, Big Daddy's	Schwans	68592	1 each	2 MT/2 GR	360	16	8	0	45	560	35	4	6	19
A	✓	Pizza, Round Deep Dish, Cheese 5", Tony's	Schwans	78368	1 each	2 MT/2 GR	310	13	6	0	30	440	31	3	9	16
A	✓	Pizza, Round Deep Dish, Pepp 5", Tony's	Schwans	78369	1 each	2 MT/2 GR	310	13	6	0	30	510	31	3	8	17
A	✓	Pizza, Self Rising w/tray, Cheese, Wedge, Max	Conagra	162722-0113	1 each	2 MT/2GR	290	11	6	0	35	690	33	3	4	16
A	✓	Pizza, Self Rising w/tray, Turkey Pepp., Wedge, Max	Conagra	162722-0114	1 each	2 MT/2GR	320	12	6	0	30	740	33	4	4	17
A	✓	Pizza, Stuffed Crust, Cheese, Wedge, MAX	Conagra	77387 12716	1 each	2 MT/2GR	300	9	3	0	10	500	38	3	5	16
A	✓	Pizza, Stuffed Crust, Pepp., Wedge, MAX	Conagra	77387 12717	1 each	2 MT/2 GR	290	9	3	0	15	550	37	3	5	17
A	✓	Pork, Pulled Barbeque, Brookwood Farms	Brookwood Farms	12307	4 oz	2 MT	230	16	3	0	65	250	16	0		21
A	✓	Pork, Sous Vide, Diced, Cooked, JTM			3.45 oz	2 MT	133	5	2	0	67	46	0	0	0	20
A	✓	Quesadilla, BBQ Chicken, Max	Conagra	77387-12723	3 each	2 MT/2 GR	270	8	2	0	15	400	35	4	7	15
A	✓	Quesadilla, Cheese, Coyote Grill	Schwans	78372	2 pieces	2 MT/2 GR	310	12	6	0	45	560	32	3	3	19
A	✓	Quesadilla, Chicken, Coyote Grill	Schwans	78373	2 pieces	2 MT/2 GR	300	11	5	0	45	570	32	3	3	19
A	✓	Quesadilla, Taco, Max	Conagra	77387-12714	3 pieces	2 MT/2 GR	260	9	3	0	10	510	30	4	1	14

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**Nutritional and Ingredient Information\*\***  
**2018-2019**

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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)
A		Ravioli, Cheese, Bernardi	Bernardi	73417	3 pieces	2 MT/1 GR	180	3	2	0	50	470	23	1	1	15
A	✓	Ravioli, Cheese, Mini, Tasty Brands, 110 serv/case	Tasty Brands	00834WG	7 pieces	1 MT/.5GR	120	3	2	0	25	200	15	1	1	8
A	✓	Rib-BBQ, Pork, Advance Pierre	Advance Pierre	3734	2.4 oz	2 MT/1 GR	130	7	3	0	40	440	3	1	2	13
A		Salami, Hard	Bremen Brand	43200-11344	1 oz	.75 MT	120	10	4	0	30	460	1	0	1	5
A		Salisbury Steak, JTM	JTM	CP5632	2.78 oz	2 MT	157	9	4	1	43	313	5	1	1	14
A		Sand, Soy Butter & Jam (Wow Pocket), Albies	Albies	607	1 each	1 MT/1 GR	290	16	3	0	0	220	28	4	11	9
A	✓	Steak, Philly Beef, JTM	JTM	CP5813	2.86 oz	2 MT	143	8	3	0	40	389	3	8	2	13
A		Tuna Fish	Kitchen Essentials		1.3 oz	1 MT	40	0	0	0	26	73	0	0	0	9
A		Turkey Bologna, Perdue	Perdue	65400	4 oz	2 MT	200	14	5	0	90	1500	6	0	0	12
A	✓	Turkey, Breast, Deli, Jennie O (\$2.82/#)	Jennie O	846902	2.7 oz	2 MT	90	2	1	0	35	500	0	0	1	18
A	✓	Turkey, Breast, Deli, Oven Roasted, Jennie O	Jennie O	835402	3.86 oz	2 MT	100	1	1	0	40	890	2	0	1	18
A	✓	Turkey, Breast, LOG, Jennie O (Power Pack)	Jennie O	257412	1.65 oz (5 slices)	1 MT	50	1	0	0	25	240	0	0	0	10
A	✓	Turkey, Breast, Oven Roasted, Sliced, .76 oz, Jennie O	Jennie O	231812	4 slices	2 MT	90	1	0	0	40	420	0	0	0	18
A	✓	Turkey, Diced, 1/2", Jennie O	Jennie O	423	3.92 oz	2 MT	90	1	1	0	40	560	3	0	0	18
A	✓	Turkey, Ham, Deli, Jennie O	Jennie O	8028	3.58 oz	2 MT	110	5	2	0	65	850	1	0	1	15
A	✓	Turkey, Ham, Sliced, .76 oz, Jennie O,	Jennie O	256821	4 slices	2 MT	130	6	2	0	60	430	2	0	2	14
A	✓	Turkey, Thighs, Sous Vide, Diced, Cooked, JTM	JTM	5889	2.86 oz	2 MT	88	2	1	0	64	57	0	0	0	17
A	✓	Wrap, Chili Cheese, Conagra	Conagra	77387-12646	1 each	2 MT/2 GR	310	11	3	0	10	580	37	5	1	16
A		Yogurt, Bulk, Strawberry, Parfait Pro Pouch	Yoplait (General Mills)	16631000	4 oz	1 MT	113	1	0	0	0	60	23	0	17	4
A		Yogurt, Bulk, Vanilla, Parfait Pro Pouch	Yoplait (General Mills)	16632000	4 oz	1 MT	113	1	1	0	0	60	23	0	17	4
A		Yogurt, Bulk, Vanilla, Upstate Farms	Upstate Farms	9891	4 oz	1 MT	107	1	1	0	7	100	19	0	15	5
A		Yogurt, Small, Danimals, Raspberry, Dannon (Gelatin Free)	Dannon	1014	1 each	1 MT	70	0	0	0	5	60	14	0	10	4
A		Yogurt, Small, Danimals, Strawberry, Dannon (Gelatin Free)	Dannon	2731	1 each	1 MT	70	0	0	0	5	60	14	0	10	4
A		Yogurt, Small, Danimals, Strawberry/Banana, Dannon	Dannon	2732	1 each	1 MT	70	0	0	0	5	60	14	0	10	4
A		Yogurt, Small, Danimals, Vanilla, Dannon (Gelatin Free)	Dannon	2733	1 each	1 MT	70	0	0	0	5	60	14	0	10	4
A		Yogurt, Small, Lite, Straw/Peach, Dannon	Dannon	423	1 each	1 MT	50	0	0	0	5	50	10	0	7	3
A		Yogurt, Small, Lite, Raspberry/Peach, Yoplait	Yoplait (General Mills)	70470-17728	1 each	1 MT	100	2	1	0	5	70	17		13	4
A		Yogurt, Small, Trix, Raspberry, General Mills	Trix (General Mills)	17725000	1 each	1 MT	80	1	0	0	5	65	15	0	9	4
A		Yogurt, Small, Trix, Strawberry/Banana, General Mills	Trix (General Mills)	17726000	1 each	1 MT	80	1	0	0	5	60	15	0	9	4
A		Yogurt, Small, Upstate, Cherry Vanilla (Gelatin Free)	Upstate Farms	9819	1 each	1 MT	90	0	0	0	5	55	19	1	15	3
A		Yogurt, Small, Upstate, Peach (Gelatin Free)	Upstate Farms	9818	1 each	1 MT	90	0	0	0	5	55	19	1	15	3
A		Yogurt, Small, Upstate, Raspberry (Gelatin Free)	Upstate Farms	9817	1 each	1 MT	90	0	0	0	5	55	19	1	15	3
A		Yogurt, Small, Upstate, Strawberry (Gelatin Free)	Upstate Farms	9815	1 each	1 MT	90	0	0	0	5	50	19	1	15	3
A		Yogurt, Small, Upstate, Strawberry/Banana (Gelatin Free)	Upstate Farms	9820	1 each	1 MT	90	0	0	0	5	55	19	1	15	3
A		Yogurt, Greek, Peach, Yoplait	Yoplait (General Mills)	70470-43333	1 each		100	0	0	0	5	55	11		7	14

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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)
A		Yogurt, Greek, Plain, Dannon	Dannon	2714	1 each		80	0	0	0	5	60	6	0	6	15
A		Yogurt, Greek, Strawberry, Yoplait	Yoplait (General Mills)	70470-43332	1 each		100	0	0	0	5	55	11		7	14
A		Yogurt, Greek, Strawberry Raspberry, Yoplait	Yoplait (General Mills)	70470-45915	1 each		140	0	0	0	5	50	23		18	12
A		Yogurt, Greek, Vanilla, Dannon	Dannon	60614	1 each		80	0	0	0	5	60				
A		Yogurt, Large, Lt N Fit, Peach, Yoplait	Yoplait (General Mills)	655000	1 each		90	0	0	0	5	80	16		10	5
A		Yogurt, Large, Lite, Strawberry, Yoplait	Yoplait (General Mills)	650000	1 each		90	0	0	0	5	80	16		10	5
A		Yogurt, Large, Lite, Very Vanilla, Yoplait	Yoplait (General Mills)	70470-00643	1 each		90	0	0	0	5	80	16		10	5
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		90	0	0	0	5	80	16		10	5