

**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	Nutritional Information									
							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 VEGETABLES</b>														
D	✓	Beans, Green, <b>Brown Box</b>	USDA	100307	1/2 cup	1/2 cup other vegetable	16	0	0	0	0	140	3	2	1	1
D	✓	Beans, Green, Frozen, <b>Brown Box</b>	USDA	100351	1/2 cup	1/2 cup other vegetable	19	9	9	9	9	1	4	2	1	1
D	✓	Beans, Vegetarian, <b>Brown Box</b>	USDA	100364	1/2 cup	1/2 cup legumes OR 2 MT	110	1	0	0	0	140	20	5	5	7
D	✓	Broccoli, IQF, <b>Brown Box</b>	USDA	110473	1/2 cup	1/2 cup dark green vegetable	26	0	0	0	0	22	5	3	1	3
D	✓	Carrots, IQF, <b>Brown Box</b>	USDA	100352	1/2 cup	1/2 cup red/orange vegetable	27	1	0	0	24	43	6	2	3	0
D	✓	Corn, Whole Kernel, <b>Brown Box</b>	USDA	100313	1/2 cup	1/2 cup starchy vegetable	65	1	0	0	0	15	15	2	3	2
D	✓	Corn, Whole Kernel, Frozen, <b>Brown Box</b>	USDA	100348	1/2 cup	1/2 cup starchy vegetable	67	1	0	0	0	1	16	2	3	2
D	✓	Peas, IQF, <b>Brown Box</b>	USDA	100350	1/2 cup	1/2 cup starchy vegetable	62	0	0	0	0	58	11	4	4	4
D		<b>VEGETABLES</b>														
D		Beans, Black	Bush	1885	1/2 cup	1/2 cup legumes	120	0.5	0	0	0	140	23	6	1	7
D	✓	Beans, Dehydrated, Refried Black, Seasoning, Santiago	Santiago (Basic American)	60045	1/2 cup	1/2 cup legumes OR 2 MT	210	1.5	0.5	0	0	490	37	12	3	12
D	✓	Beans, Dehydrated, Refried Pinto, Seasoning, Santiago	Santiago (Basic American)	10166	1/2 cup	1/2 cup legumes OR 2 MT	180	1.5	0.5	0	0	650	31	10	0	10
D	✓	Beans, Dehydrated, Refried Pinto, Unseasoned, Santiago	Santiago (Basic American)	54914	1/2 cup	1/2 cup legumes or 2 MT	170	1.5	0.5	0	0	610	30	10	0	10
D		Beans, Edamame, Shelled, Frozen	Simplot	52276	1/2 cup	1/2 cup legumes	75	3	0.4	0	0	4	4.5		1.5	7
D		Beans, Garbanzo	GFS	252842	1/2 cup	1/2 cup legumes	80	1.5	0	0	0	140	13	4	2	4
D		Beans, Great Northern			1/2 cup	1/2 cup legumes	120	0	0	0	0	140	21	7	1	7
D		Beans, Green Beans	PL	33563	1/2 cup	1/2 cup other	20	0	0	0	0	140	4	2	2	1
D		Beans, Green Beans, Frozen	GFS		1/2 cup	1/2 cup other	23	0	0	0	0	0	4.5	1.5	0.5	0.75
D		Beans, Lite Kidney	Sys Cls		1/2 cup	1/2 cup legumes	130	0	0	0	0	140	23	9	2	9
D		Beans, Refried			1/2 cup	1/2 cup legumes	130	1	0	0	0	360	22	5	1	8
D		Beans, Vegetarian	Sys Cls		1/2 cup	1/2 cup legumes	140	0.5	0	0	0	440	28	5	8	8
D		Beets, Salad, Sliced			1/2 cup	1/2 cup other	40	0	0	0	0	250	8	1	6	1
D		Blend, California Mix (Broccoli, Cauliflower, Carrots) Frozen	Sys Cls		1/2 cup	1/2 cup vegetable	15	0	0	0	0	15	3	1	1	0.5
D		Blend, Mixed, Frozen	Sys Rel		1/2 cup	1/2 cup vegetable	45	0	0	0	0	49	8	1.5	2	1.5
D		Blend, Riviera (Green Beans, Wax Beans, Baby Carrots)	Flavorpack (Norpac)	3093	1/2 cup	1/2 cup vegetable	18	0	0	0	0	7.5	2.5	1	1.5	0
D		Blend, Stir Fry	GFS		1/2 cup	1/2 cup vegetable	20	0	0	0	0	15	2.5	1	1	0.5
D		Broccoli, Cut, Florets, Frozen	GFS		1/2 cup	1/2 cup dark green	30	0	0	0	0	20	4	2	2	1
D		Brussel Sprouts, Frozen	GFS		1/2 cup	1/2 cup other	45	0	0	0	0	15	8	3	2	3
D		Carrots, Sliced			1/2 cup	1/2 cup red/orange	26	0	0	0	0	45	6	1.5	3	0
D		Carrots, Sliced, Krinkle Cut, Frozen	GFS		1/2 cup	1/2 cup red/orange	23	0.4	0	0	0	38	5	2	2	0
D		Cauliflower, Frozen	GFS		1/2 cup	1/2 cup other	10	0	0	0	0	10	2	1	1	1
D		<b>Corn, Baby, Whole</b>														
D		Corn, Whole Kernel	Packer		1/2 cup	1/2 cup starchy	70	0.5	0	0	0	0	17	2	7	2

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D		Corn, Whole Kernel, Frozen	Sys Rel		1/2 cup	1/2 cup starchy	70	0.5	0	0	0	0	16	2	3	2
D		Hummus, Original, Grec. Delight	Grecian Delight	9669151	2 Tbsp		70	4.5	0.5	0	0	170	7	2	1	3
D		Hummus, Roasted Red Pepper	Grecian Delight	4395	2 Tbsp		60	4	0	0	0	170	5	1	1	2
D		Juice Cup, Dragon Punch (carton)	Juice4U (Country Pure Foods)	45710	1 each	1/2 cup vegetable	50	0	0	0	0	35	13	0	12	0
D		Juice Cup, Sunset Sip (carton)	Juice4U (Country Pure Foods)	45714	1 each	1/2 cup red/orange	40	0	0	0	0	10	10	0	9	0
D		Juice Cup, Wango Mango (carton)	Juice4U (Country Pure Foods)	45711	1 each	1/2 cup vegetable	50	0	0	0	0	30	13	0	12	0
D		Peas, Green, Frozen	GFS		1/2 cup	1/2 cup starchy	53	0	0	0	0	9	3	3	4	
D		Peas, Green R/S			1/2 cup	1/2 cup starchy	80	0	0	0	0	140	16	5	5	4
D		Peppers, Strips, Blend, Frozen			1/2 cup	1/2 cup red/orange	15	0	0	0	0	3	1	1	1	
D		Potato, Canned, Diced	GFS		1/2 cup	1/2 cup starchy	53	0	0	0	0	315	11	1.5	0	0.8
D		Potato, Canned, Diced	Sysco		1/2 cup	1/2 cup starchy	52	0	0	0	0	105	12	2	1	1.5
D		Potato, Canned, Whole 60/90 ct	Sysco		1/2 cup	1/2 cup starchy	70	0	0	0	0	105	11	2	0.8	1.5
D	✓	Potato, Dehydrated, Augratin, Basic American	Basic American	20922	1/2 cup	1/2 cup starchy	120	1	0	0	0	270	25	1	0	2
D	✓	Potato, Dehydrated, Scalloped, Basic American	Basic American	94595	1/2 cup	1/2 cup starchy	110	1	0	0	0	220	24	1	4	2
D	✓	Potato, Emoticon, McCain (156 serv/case)	McCain	1000006639	4 each	1/2 cup starchy	120	4	0.5	0	0	80	18	2	0	2
D	✓	Potato, Instant Excel, Basic American	Basic American	76468	1/2 cup	1/2 cup starchy	70	1	0	0	0	340	14	1	0	2
D	✓	Potato, 1/4 " Shoe String Fries, Lamb	Lamb Weston	S34	1.97 oz	1/2 cup starchy	90	3.5	1	0	0	190	13	1	0	1
D	✓	Potato, 1/2" Crinkle Cut Fries, McCain	McCain	OIF00055A	2.6 oz	1/2 cup starchy	90	2	0	0	0	20	13	2	0	1
D	✓	Potato, Criscut Seasoned, Lamb	Lamb Weston	D23	2.2 oz	1/2 cup starchy	120	6	1.5	0	0	260	14	1	0	1
D	✓	Potato, Deli Roasters, Garlic and Rosemary, McCain	McCain	MCF03927	3.06 oz	1/2 cup starchy	100	2	0	0	0	115	19	2	0	3
D	✓	Potato, Hash Brown, Round, McCain (188 serv/case)	McCain	1000006188	2 pieces	1/2 cup starchy	100	3.5	0	0	0	105	16	1	0	1
D	✓	Potato, Hash Brown, Coins, Lamb (188 serv/case)	Lamb Weston	A26	11 pieces	1/2 cup starchy	150	8	2	0	0	280	17	2	0	2
D	✓	Potato, Hash Brown, Tiny Triangle, Simplot (106 serv/case)	Simplot	28301	5 pieces	1/2 cup starchy	230	10	1.5	0	0	490	32	3	0	3
D	✓	Potato, Seasoned 3/8" Straight Cut, Lamb	Lamb Weston	B91	2.52 oz	1/2 cup starchy	120	5	1.5	0	0	280	16	2	0	2
D	✓	Potato, Seasoned Spiral, McCain	McCain	1000004108	2.10 oz	1/2 cup starchy	100	3	0	0	0	150	17	1	0	1
D	✓	Potato, Seasoned Stick, McCain	McCain	MCX04717	2.4 oz	1/2 cup starchy	120	4	0.5	0	0	135	20	2	0	1
D	✓	Potato, Seasoned Wedge, McCain	McCain	1000000496	2.89 oz	1/2 cup starchy	120	4	0.5	0	5	140	20	2	0	2
D	✓	Potato, Sidewinder, BBQ, Simplot	Simplot	10071179032182	2.17 oz	1/2 cup starchy	90	3	0	0	0	300	15	1	0	1
D	✓	Potato, Smiles, McCain (156 serv/case)	McCain	OIF03456	4 pieces	1/2 cup starchy	130	4.5	0.5	0	0	180	20	2	0	2
D	✓	Potato, Spiral Fries, McCain	McCain	MCL03622	2.12 oz	1/2 cup starchy	110	5.5	0.5	0	0	250	14	1	0	1
D	✓	Potato, Spiral Fries, Skin-On, McCain	McCain	OIF01038A	1.98 oz	1/2 cup starchy	90	3	0	0	0	25	13	2	0	2
D	✓	Potato, Spudster, Simplot (84 serv/case)	Simplot	29902	7 pieces	1/2 cup starchy	170	8	1	0	0	430	23	2	0	2
D	✓	Potato, Starz Fries, Lamb (165 serv/case)	Lamb Weston	S0026	8 pieces	1/2 cup starchy	150	8	1	0	0	280	17	2	0	2
D	✓	Potato, Tater Tot, Oreida	Oreida (McCain)	OIF00215A	8 pieces	1/2 cup starchy	130	6	1	0	0	310	16	2	0	2
D	✓	Potato, Tater Tot, Oreida	Oreida (McCain)	1000002789	8 pieces	1/2 cup starchy	90	3.5	0	0	0	170	14	1	1	1

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D	✓	Potato, Wedge, Bakeable, Country Style, McCain	McCain	OIF00024A	2.69 oz	1/2 cup starchy	90	2.5	0	0	0	30	15	2	1	2
D	✓	Potato, Sweet, 5/16" Straight Savory, McCain,	McCain	1000004309	3.09 oz	1/2 cup red/orange	160	7.5	1	0	0	210	23	4	3	3
D	✓	Potato, Sweet, Canned, Cut, 45/55 ct,	Sys Cls		1/2 cup	1/2 cup red/orange	98	0	0	0	0	4	26	3	17	0
D	✓	Potato, Sweet, Crinkle French Fries, McCain	McCain	MCF04566	3.17 oz	1/2 cup red/orange	120	4.5	0.5	0	0	180	17	3	5	2
D	✓	Potato, Sweet, Crispy Cubes, Lamb	Lamb Weston	L0099	2.97 oz		160	7	0.5	0	0	350	22	2	5	1
D	✓	Potato, Sweet Crisscut Fries, Lamb	Lamb Weston	L0090	2.21 oz	1/2 cup red/orange	110	4.5	0	0	0	135	17	1	4	1
D	✓	Potato, Sweet, Puffs, Lamb	Lamb Weston	L0094	2.8 oz	1/2 cup red/orange	120	3.5	0	0	0	250	22	2	8	1
D	✓	Potato, Sweet, Seasoned Rib Cut, Lamb	Lamb Weston	L0097	2.33 oz	1/2 cup red/orange	100	3.5	0	0	0	350	15	2	4	1
D		Sauerkraut			2 Tbsp		5	0	0	0	0	180	1	1	1	0
D		Squash, Zucchini, Sliced, IQF Frozen			1/2 cup	1/2 cup other	11	0	0	0	0	11	1.5	0.8	0.8	0
D		Succotash, Frozen			1/2 cup	1/2 cup	83	0.4	0	0	0	45	15	2.3	2.3	2.3
D		Sugar Snap Peas, Frozen	GFS		1/2 cup	1/2 cup	30	0	0	0	0	0	5	1.5	2.3	1.5
D		Tomatoes, Diced	Rold Gold	GFSBR99	1/3 cup	1/2 cup red/orange	25	0	0	0	0	210	5	1	3	1
D		Water Chestnuts, Sliced			1 oz		60	0	0	0	0	0	14	0	0	1