

**THE SCHOOL DISTRICT OF PALM BEACH COUNTY**  
**SCHOOL FOOD SERVICE DEPARTMENT**  
**GRAMS OF CARBOHYDRATES AND DIETARY FIBER IN MENU ITEMS**

<b>Category</b>	<b>Menu Item</b> <small>FY 2012/2013 SFS ~ Nutrition &amp; Wellness Promotion Team ~ Revised September 2012</small>	<b>Portion Size</b>	<b>Fiber Grams</b>	<b>CHO Grams</b>
<b>GRAINS</b>	Biscuit, Buttermilk, IW - Grab & Go	1 Each	3.00	31.00
	Biscuits, Buttermilk	1 Each	3.00	31.00
	Bread, Corn Mix - 1 Grain	1 Portion	1.25	16.88
	Bread, Corn Mix - 1.5 Grain	1 Portion	1.67	22.50
	Breadsticks, Whole Wheat	1 Breadstick	2.00	22.00
	Crackers, Graham, Apple Cinnamon	1 Packet/Bag	2.00	19.00
	Crackers, Graham, Honey w/Calcium	1 Packet/Bag	1.00	16.00
	Crackers, Graham, Waffle Strawberry	1 Packet/Bag	1.00	19.00
	Pasta, Penne	1 Cup	2.00	42.00
	Rice w/Vegetables	1 Cup (2 #8 Scoops)	3.20	42.90
	Rice, Brown	8 oz. (1 #8 Scoop)	1.01	17.73
	Rice, Mixed Black Beans	2/3 Cup (1 #6 Scoops)	4.36	46.17
	Rice, Yellow	½ Cup	0.24	20.90
	Roll, Dinner, Whole Grain	1 Roll	2.00	12.00
	Roll, Dinner, Whole Grain, Frozen	1 Roll	2.00	15.00
	Spaghetti, Pasta	1 Cup	1.60	33.60
	Stuffing, Cornbread, Mix	½ Cup	0.00	25.36
	Stuffing, Traditional, Mix	½ Cup	0.00	10.58
<b>BREAKFAST</b>	Bagel, Sausage, IW	1 Each	2.00	21.00
	Bagel, Cheese, Brk	½ Bagel	1.50	19.00
	Bagel, Ham & Cheese, Brk	½ Bagel	1.50	18.50
	Bagel, Multigrain	1 Each	3.00	34.00
	Bagel, w/Cream Cheese	1 Each	3.00	36.00
	Bagel Stick	1 Each	3.99	33.94
	Bagels, Mini, Egg & Cheese	3 Pieces	2.00	21.00
	Biscuit, Chicken	1 Each	3.00	40.00
	Biscuit, Chicken IW - Grab & Go	1 Each	1.00	36.00
	Biscuit, Egg & Cheese	1 Each	3.00	33.06
	Biscuit, Ham & Cheese, IW - Grab & Go	1 Each	5.00	25.99
	Biscuit, Sausage & Cheese	1 Each	3.00	32.00
	Biscuit, Sausage Sandwich IW	1 Each	1.00	26.00
	Bread, Apple Cinnamon Roll IW	1 Each	4.00	32.00
	Bread, Cinnamon Roll IW	1 Each	4.00	33.00
	Breadstick, Apple	1 Each	4.00	32.00
	Breakfast Breaks, Honey Nut Cheerios	1 Entire Box	3.00	55.00
	Breakfast Breaks, Kix	1 Entire Box	3.00	47.00
	Breakfast Breaks, Honey Graham Square	1 Entire Box	2.00	58.00
	Breakfast Breaks, RS Cinnamon Toast Crunch	1 Entire Box	4.00	56.00
	Breakfast Bun, IW	1 Each	2.00	44.00
	Breakfast Pocket	1 Each	1.00	28.00
	Breakfast Round, Cinnamon IW	1 Each	6.00	44.00
	Breakfast Round, Blueberry	1 Each	6.50	45.00
	Breakfast Round, Sunberry, IW	1 Each	6.50	44.00

Burrito, Brk, Sausage & Egg	1 Burrito	1.00	28.00
Canadian Bacon, Sliced	3 Slices	0.00	1.00
Cereal, Raisin Bran	1 Each	4.00	27.00
Cereal, Frosted Mini-Wheats	1 Each	3.00	24.00
Cereal, Frosted Flakes R.S.	1 Each	0.00	25.00
Cereal, Kashi Honey Sunshine	1 Each	5.00	24.00
Cereal, Crispix	1 Each	0.00	18.00
Cereal, Rice Krispies	1 Each	0.00	16.00
Cheese, Portion	1 (1 oz.) Portion	0.00	0.00
Cheese, Mozzarella, Portion	1 (1 oz.) Portion	0.00	1.00
Donut, Honey Wheat	1 Each	2.00	39.00
Eggs, Scrambled	$\frac{1}{4}$ Cup	0.00	1.09
French Toast Sticks	3 Sticks	2.45	26.94
French Toast, Cinnamon Glazed	1 Each	3.69	31.33
Frudel, Fruit, Apple	1 Each	2.00	36.00
Frudel, Fruit, Cherry	1 Each	2.00	36.00
Grits, Corn	$\frac{1}{2}$ Cup	1.96	31.96
Grits, Corn with Cheese	$\frac{1}{2}$ Cup	1.96	32.60
Mini Loafs, Apple Cinnamon	1 Each	2.00	30.00
Mini Loafs, Banana	1 Each	2.00	30.00
Mini Loafs, Blueberry	1 Each	2.00	29.00
Mozzarella Cheese Pocket	1 Each	2.00	31.00
Muffin, Apple Cinnamon	1 Each	1.00	23.00
Muffin, Banana Nut	1 Each	2.00	25.00
Muffin, Blueberry	1 Each	1.00	22.00
Muffin, Chocolate Chips	1 Each	1.00	23.00
Muffin, Can. Bacon, Egg, Cheese	1 Each	3.00	26.56
Muffin, Cheese	1 Each	1.50	14.00
Muffin, Corn	1 Each	0.5	25.00
Muffin, Eggspress	1 Each	3.00	26.06
Muffin, Ham & Cheese	1 Each	3.00	25.33
Muffin, Turkey Sausage & Cheese	1 Each	3.00	25.00
Oatmeal, Milk	$\frac{1}{2}$ Cup	6.00	55.57
Oatmeal, Peaches, Milk	$\frac{1}{2}$ Cup	5.27	55.06
Oatmeal, Raisin, Milk	$\frac{1}{2}$ Cup	5.68	54.97
Oatmeal, Spiced Apple, Milk	$\frac{1}{2}$ Cup	5.52	51.38
Omelet, Cheese	1 Each	0.00	1.79
Omelet, Cheese, IW - Grab & Go	1 Each	0.00	1.79
Pancakes	1 Each	2.00	13.00
Pancake, Blueberry	1 Each	2.00	20.00
Pancake, Maple Chip	1 Package	2.00	30.00
Pancake & Sausage Stick	1 Each	0.80	24.00
Pancake & Sausage, Stick IW - Grab & Go	1 Each	0.80	25.08
Pancake Sausage Sandwich, IW- Grab & Go	1 Each	1.00	12.00
Pizza, Breakfast, Turkey Sausage	1 Slice	3.00	22.00
Quesadilla, Cheese, Brk, IW- Grab & Go	1 Each	0.92	29.48
Sandwich, Breakfast Sausage/Cheese Twist	1 Each	2.00	19.00
Sandwich, Breakfast Ham/Egg/Cheese Twist	1 Each	2.00	20.00
Sandwich, Café Fav. Mini-Breakfast	1 Each	3.00	22.00
Sandwich, Chicken Tenders, Breakfast	1 Each	2.67	18.00
Sandwich, P.B. & Banana. (2.8 oz.)	1 Each	4.00	34.00
Sandwich, P.B. & J. (2.8 oz.)	1 Each	4.00	34.00

	Sausage, Turkey Patty	1 Patty	0.00	0.00
	Toast, Cheese	1 Slice	2.00	12.00
	Toast, Cinnamon	1 Slice	2.05	13.57
	Toast, Whole Wheat	1 Slice	2.00	11.00
	Turnover, Apple IW	1 Each	3.00	47.00
	Turnover, Cherry IW	1 Each	3.00	50.00
	Waffle Blueberry, IW	1 Each	2.00	37.00
	Yogurt, Individual Cup	4 oz.	0.00	19.48
	Yogurt, Upstate Farms	1 Each	0.00	19.00
ENTREES	Bagel, Ham & Cheese, Lunch	1 Each	3.00	35.83
	Bagel, Turkey & Cheese	1 Each	3.00	35.00
	Baked Ziti w/Beef Sauce	1 Each	3.41	40.89
	Beefaroni, Fiesta, w/Breadstick	1 Cup + Breadstick	4.00	50.00
	Beefaroni, Fiesta, w/Roll	1 Cup + Roll	3.83	40.25
	Beefaroni, Mac N Beef w/Roll	1 Cup + Roll	3.87	39.77
	Beefaroni, Mac N Beef w/Breadstick	1 Cup + Breadstick	4.04	49.51
	Burrito, Bean & Cheese (Cheesy Burrito)	1 Each	7.96	40.95
	Burrito, Beef & Bean	1 Each	7.50	38.80
	Burrito, Chicken & Cheese	1 Each	1.52	30.80
	Caribbean Basket, Secondary	1 Basket	4.73	82.26
	Country Chicken w/Gravy	1 Patty w/Gravy	1.00	16.76
	Chicken Parmesan w/Pasta Shells	1 Patty + $\frac{1}{2}$ Cup pasta	2.28	33.79
	Chicken, Barbecued	1 Portion	0.00	4.50
	Chicken, Barbecued w/Roll	1 Portion + Roll	1.83	16.76
	Chicken, Caribbean roasted	1 Portion	0.00	8.25
	Chicken Fajita	1 Portion	1.84	24.98
	Chicken, General TSO w/Rice & Vegetables	1 Each	3.20	49.64
	Chicken, Mandarin w/Rice & Vegetables	1 Each	3.20	70.01
	Chicken, Nuggets,	5 Each	1.00	14.01
	Chicken, Nuggets, w/Roll	5 Each + Roll	2.83	26.26
	Chicken, Oven Roast	1 Portion	0.00	0.00
	Chicken, Oven Roast w/Roll	1 Portion + Roll	1.83	12.25
	Chicken, Popcorn	1 Portion	2.13	16.00
	Chicken, Popcorn, w/Roll	1 Portion + Roll	3.97	28.25
	Chicken, Buffalo Tenders w/Roll	3 Pieces + Roll	2.83	28.25
	Chicken, Tenders	4 Pieces	2.67	20.00
	Chicken, Tenders, w/Roll	4 Pieces + Roll	4.50	32.25
	Chicken, Tenders, Brown Rice	4 Pieces + $\frac{1}{2}$ Cup Rice	3.68	37.73
	Chicken, Tenders Basket w/Roll	4 Pieces + Pot. Wed. + Roll	4.00	44.01
	Chicken, Teriyaki w/Rice & Vegetables	1 Each	1.97	20.49
	Chili, Vegetarian, Chips	1 Cup + 10 Chips	15.01	67.62
	Chili, Vegetarian, Cornbread	1 Cup + Cornbread	13.52	59.12
	Corndog	1 Each	5.00	33.00
	Fish Fillet w/Roll	1 Each + Roll	1.83	26.25
	Fish Grilled w/Brown Rice	1 Fillet + $\frac{1}{2}$ Cup Rice	1.01	19.73
	Fish Sticks Nacho w/Roll	4 Sticks + Roll	2.85	30.48
	Fish Sticks, Pot. Crunch w/Roll	3 Sticks + Roll	2.85	26.45
	Fish Sticks, w/Roll	3 Sticks + Roll	2.83	36.25
	Fish, Nacho Taco	4 Sticks + 1 Tortilla	2.02	37.40
Hot Dog	1 Each	3.00	24.00	
Lasagna, Meatless	1 Portion	4.96	26.77	

Lasagna, Meatless w/Breadstick	1 Each + Breadstick	6.96	48.77
Macaroni & Cheese	6 oz.	1.00	29.00
Macaroni & Cheese w/Roll	6 oz. + 1 Roll	2.83	41.25
Meatloaf w/Gravy	1 Slice	1.00	11.78
Meatloaf w/Gravy w/Roll	1 Slice + 1 Roll	2.83	24.03
Mini-Cheese Pizza Bagels	4 Mini Bagels	3.00	21.00
Muffin, Yogurt, Cheese (Muffin Platter - 1 Grain)	1 Each without Fruit	1.57	45.34
Muffin, Graham Cracker, Yogurt, Cheese (Muffin Platter - 2 Grain)	1 Each without Fruit	2.57	61.34
<i>Fruit, Pre-Cupped - Applesauce</i>	$\frac{1}{2}$ Cup	2.00	21.00
<i>Fruit, Pre-Cupped - Mixed Fruit</i>	$\frac{1}{2}$ Cup	1.00	18.00
<i>Fruit, Pre-Cupped - Peaches</i>	$\frac{1}{2}$ Cup	0	18.00
<i>Fruit, Pre-Cupped - Pineapple</i>	$\frac{1}{2}$ Cup	0	21.00
<i>Fruit, Pre-Cupped - Pears</i>	$\frac{1}{2}$ Cup	2.00	24.00
Nacho, Sloppy Joe w/Chips	$\frac{1}{2}$ Cup + 10 Chips	4.34	41.80
Omelet, Cheese w/Toast, Lunch	1 Each	2.00	11.79
Pasta, Penne & Meatballs	1 Cup Pasta, 5 Meatballs, 8 oz. Sauce	4.78	46.40
Pasta, Penne & Meatballs w/Roll	1 Cup Pasta, 5 Meatballs, 8 oz. Sauce + 1 Roll	6.61	58.65
Pasta, Penne Beef Sauce	1 Cup Pasta, 6 oz. Sauce	3.74	43.24
Pasta, Penne Beef Sauce w/Roll	1 Cup Pasta, 6 oz. Sauce w/Roll	5.58	55.50
PB Platter w/Veggies & Cracker	1 Each	5.35	44.08
Pizza, Big Daddy's, WG Cheese	1 Slice	5.00	49.00
Pizza, Big Daddy's, WG Pepperoni	1 Slice	5.00	48.00
Pizza, Caliendo's, WW Cheese	1 Slice	4.00	43.00
Pizza, Caliendo's, WW Pepperoni	1 Slice	4.00	44.00
Pizza, Tubitos, WW Cheese	1 Slice	5.00	45.00
Pizza, 7" Nardone, Cheese	1 Each	4.00	89.00
Pizza, 7" Nardone, Pepperoni	1 Each	3.00	87.00
Pizza, Nardone, WW Pizzeria Style	1 Slice	3.00	32.00
Pizza, Double Stuffed	1 Slice	3.00	27.75
Pizza, Lil'Bites	4 Pieces	3.50	28.50
Pizza, Mexican- Fiestada	1 Each	4.00	28.00
Pizza, Quesadilla, Chicken	1 Each	3.84	36.48
Pizza, School, Cheese, WW Nardone	1 Slice	3.00	29.00
Pizza, School, Pepperoni, WW Nardone	1 Slice	3.00	31.00
Pizza, School, Cheese, (The Max)	1 Slice	4.00	37.00
Pizza, School, Pepperoni, (The Max)	1 Slice	4.00	37.00
Pizza, Stuffed Wedge Cheese	1 Slice	7.00	52.00
Pizza, Stuffed Wedge, Pepperoni	1 Slice	6.00	47.00
Pizza, Double-Stuffed Wedges, Cheese	1 Portion	3.00	28.00
Pizza, Double-Stuffed Wedge, Pepperoni	1 Portion	3.00	27.00
Pork Roast, Shredded (Cuban Pork)	$\frac{1}{2}$ Cup	0.00	0.00
Pork Roast, Shredded w/Roll (Cuban Pork)	$\frac{1}{2}$ Cup + 1 Roll	1.83	12.25

Pork, Platter BBQ	#8 Scoop	2.40	15.60
Pot Roast w/Roll	½ Cup + Roll	2.28	19.12
Quesadilla, Cheese	1 Each	1.00	32.00
Salad, Chef, Garden	1 Portion	1.46	5.50
Salad, Chef, Specialty	1 Portion	1.85	6.02
Salad, Chicken Caesar	1 Portion	0.86	16.15
Salad, Chicken BLT	1 Portion	1.80	4.82
Salad, Chicken, Grilled	1 Portion	1.80	4.82
Salad, Chicken Popcorn	1 Portion	3.45	16.02
Salad, Chicken Tenders	1 Portion	3.85	19.02
Salad, Garden w/Cheese Stick (Garden Salad Deluxe)	1 Portion	1.73	5.08
Salad, Jerk Chicken	1 Portion	3.90	27.30
Salad, Mandarin Chicken	1 Portion	2.15	29.79
Salad, Mini Grilled Chicken	1 Portion	0.71	15.80
Salad, Mini Mandarin Chicken	1 Portion	1.79	29.25
Salad, Simply, Specialty	1 Portion	2.38	5.81
Salad, Spicy Chicken	1 Portion	3.65	18.01
Salad, Southwest Chicken	1 Portion	4.27	27.27
Salad, Taco	1 Portion	2.21	25.41
Salad, Turkey BLT	1 Portion	1.77	6.81
Salad, Tuna w/Loco Bread	1 Each + 1 Loco Bread	1.39	11.42
Salisbury Steak w/Roll	1 Slice	2.28	18.33
Sandwich, Beef Cheese Steak(Philly Cheese Steak)	1 Each	3.10	29.80
Sandwich, Black Bean Burger	1 Each	10.00	43.00
Sandwich, Café Fav, Ham & Cheese	1 Each	3.00	31.00
Sandwich, Café Fav, Turkey & Cheese	1 Each	3.00	31.00
Sandwich, Café Fav, Hoagie (Submarine)	1 Each	3.00	39.00
Sandwich, Cheese	1 Each	4.00	24.00
Sandwich, Cheese & Canadian Bacon	1 Each	4.00	22.50
Sandwich, Cheeseburger	1 Each	5.00	26.00
Sandwich, Cheeseburger, Mini-Twins	1 Package	1.00	38.00
Sandwich, Chicken Parmesan Sub	1 Each	4.48	41.88
Sandwich, Chicken Parmesan (Elementary)	1 Each	5.48	40.88
Sandwich, Chicken Tender Parmesan Sub	1 Each	5.45	43.23
Sandwich, Chicken Patty	1 Each	5.00	38.00
Sandwich, Chicken Patty Spicy	1 Each	6.00	40.00
Sandwich, Chicken Tenders	1 Each	5.00	39.00
Sandwich, Fish Fillet	1 Each	4.00	38.00
Sandwich, Fish Fillet & Cheese	1 Each	4.00	39.00
Sandwich, Grilled Cheese	1 Each	4.00	26.00
Sandwich, Grilled Chicken	1 Each	4.00	24.00
Sandwich, Ham & Cheese, Bread	1 Each	4.00	21.83
Sandwich, Ham & Cheese, Bun	1 Each	4.00	25.83
Sandwich, Ham & Cheese, Sub	1 Each	3.52	27.95
Sandwich, Ham, Bread	1 Each	4.00	21.01
Sandwich, Ham, Bun	1 Each	4.00	25.01
Sandwich, Ham, Sub	1 Each	3.52	27.13
Sandwich, Hamburger	1 Each	5.00	25.00
Sandwich, Meatball Sub	1 Each (4 Meatballs)	4.47	28.88
Sandwich, PB & J w/Cheese Stick	1 Each	4.00	35.00

Sandwich, PB & J, Crackers, & Cheese Stick	1 Each	5.00	51.00
Sandwich, Pepper Jack Burger	1 Each	4.00	24.75
Sandwich, Pepper Jack Turkey Burger	1 Each	5.00	25.75
Sandwich, Pork BBQ	$\frac{1}{2}$ Cup	6.40	39.60
Sandwich, Sloppy Joe	$\frac{1}{2}$ Cup	5.10	35.02
Sandwich, Steak Sub (Philly Cheese Steak Sub)	1 Each	4.10	31.00
Sandwich, Submarine	1 Each	3.00	26.33
Sandwich, Submarine, Veggie	1 Each	3.79	31.13
Sandwich, Southwest Chicken Sub	$\frac{1}{2}$ Cup	3.57	28.26
Sandwich, Toasted Cheese	1 Each	4.00	24.00
Sandwich, Tuna Salad Sub	1 Each	3.30	25.70
Sandwich, Turkey & Cheese, Bread	1 Each	3.52	27.12
Sandwich, Turkey & Cheese, Bun	1 Each	4.00	25.00
Sandwich, Turkey & Cheese, Sub	1 Each	4.52	48.70
Sandwich, Turkey, Bread	1 Each	4.00	20.00
Sandwich, Turkey, Bun	1 Each	4.00	24.00
Sandwich, Turkey, Hot	1 Each	2.00	13.62
Sandwich, Turkey Sub	1 Each	3.52	26.12
Sandwich, Veggie Burger	1 Each	7.00	45.00
Sandwich, Wrap Black Bean burger	1 Each	8.00	39.75
Sandwich, Wrap, Beef, Mexican	1 Each (1/3 Cup)	2.98	36.81
Sandwich, Chicken Ranch	1 Each	2.28	27.51
Sandwich, Wrap, Ham	$\frac{1}{2}$ Wrap	2.77	29.31
Sandwich, Wrap, SW Chicken	1 Each	2.65	34.09
Sandwich, Wrap, Tuna	$\frac{1}{2}$ Wrap	3.09	28.49
Sandwich, Wrap, Turkey	$\frac{1}{2}$ Wrap	2.77	28.75
Sandwich, Wrap, Veggie Cheese	$\frac{1}{2}$ Wrap	3.03	32.45
Spaghetti, Crumble and Sauce	1 Cup Pasta, 6 oz. Sauce	3.63	45.61
Spaghetti, Crumble and Sauce w/Roll	1 Cup Pasta, 6 oz. Sauce + 1 Roll	5.63	57.61
Spaghetti, Meat Sauce	1 Cup Pasta, 6 oz. Sauce	3.74	43.24
Spaghetti, Meat Sauce w/Roll	1 Cup Pasta, 6 oz. Sauce + Roll	5.74	55.24
Spaghetti w/Meatballs	1 Cup Pasta, 5 Meatballs, 8 oz. Sauce	4.78	46.40
Spaghetti w/Meatballs w/Roll	1 Cup Pasta, 5 Meatballs, 8 oz. Sauce + Roll	6.78	58.40
Stuffed Shells	2 Shells	1.96	27.97
Stuffed Shells, w/Breadstick - H.S.	2 Shells + 1 Breadstick	3.96	49.97
Taco Pie, Bean w/Chips	$\frac{1}{2}$ Cup + 10 Chips	5.10	41.51
Taco Pie, Beef Crumbles w/Chips	$\frac{1}{3}$ Cup + 10 Chips	2.32	23.30
Taco Pie, Turkey w/Chips	$\frac{1}{3}$ Cup + 10 Chips	3.24	34.89
Taco, Soft, Beef Crumbles & Cheese	1 Each (1/3 Cup)	2.32	23.30
Taco, Soft, Turkey, IW (Taco-to-go)	1 Each	2.00	23.00
Taco, Soft, Turkey (Elem/Middle)	1 Each (1/3 Cup)	1.01	23.58
Taco, Soft, Turkey (High)	1 Each (1/2 Cup)	2.00	35.53
Taco, Chicken, Santa Fe (High)	1 Each	5.30	71.43
Tacos, Chicken, Mini	3 Each	5.00	25.00
Taco, Fish Grilled	1 Each	1.01	22.19
Taco, Nacho Fish Sticks	1 Each	2.02	38.41
Taco, Pork Carnitas (Taco de Carnitas)	1 Each	3.20	27.87
Taco Wedges, Beef	3 Each	3.99	29.93

	Turkey, Roast Pre-Sliced w/Roll	2 Slices (3.1 oz.) + Roll	1.83	15.87
	Turkey, Ham Steak w/Roll	2 Slices (3.1 oz.) + Roll	2.33	25.65
	Yogurt Parfait	1 Each	9.77	131.82
	Yogurt Parfait (Petit Parfait Combo)	1 Each	2.13	53.68
VEGETABLES	Beans, Baked	$\frac{1}{2}$ Cup	8.93	38.27
	Beans, Black Seasoned	$\frac{1}{2}$ Cup	6.20	26.15
	Beans, Green, Frozen	$\frac{1}{2}$ Cup	3.04	5.32
	Beans, Green, Fresh	12-15 Pieces	1.14	17.46
	Beans, Green, French	$\frac{1}{2}$ Cup	2.00	5.11
	Beans, Green, Italian	$\frac{1}{2}$ Cup	2.65	6.77
	Broccoli & Cauliflower (Winter Blend)	$\frac{1}{2}$ Cup	2.39	5.03
	Broccoli Florets, Raw	$\frac{1}{2}$ Cup	2.13	2.89
	Broccoli, Frozen Florets	$\frac{1}{2}$ Cup	2.37	6.04
	Cabbage	$\frac{1}{2}$ Cup	2.21	6.77
	Caribbean Blend, Frozen	$\frac{1}{2}$ Cup	2.74	8.25
	Carrot & Bean Medley, Fresh	$\frac{1}{2}$ Cup	1.26	19.44
	Carrot & Celery Sticks	$\frac{1}{2}$ Cup	1.75	6.20
	Carrot Sticks	$\frac{1}{2}$ Cup	2.04	8.08
	Carrot, Cauliflower, Broccoli (California Blend)	$\frac{1}{2}$ Cup	2.36	6.06
	Carrots, Baby, Frozen	$\frac{1}{2}$ Cup	2.28	7.93
	Carrots, Sliced	$\frac{1}{2}$ Cup	3.39	9.12
	Celery, Sticks	$\frac{1}{2}$ Cup	1.35	4.08
	Corn, Canned	$\frac{1}{2}$ Cup	2.39	22.78
	Corn Cobbette	1 Each	1.00	17.00
	Corn, Fiesta	$\frac{1}{2}$ Cup	1.00	17.96
	Corn, Frozen	$\frac{1}{2}$ Cup	1.07	20.30
	Greens, Collard	$\frac{1}{2}$ Cup	2.24	3.95
	Peas & Carrots, Frozen	$\frac{1}{2}$ Cup	3.07	10.24
	Peas, Black Eyed	$\frac{1}{2}$ Cup	2.78	17.39
	Peas, Green, Frozen	$\frac{1}{2}$ Cup	4.85	13.37
	Plantains, Sliced	5 oz.	5.06	64.12
	Potato, Baked, Whole	1 Each	2.71	28.35
	Potato, Sweet, Bites	10 Pieces	3.02	18.14
	Potato Sweet, Waffles	$\frac{1}{2}$ Cup	2.27	17.01
	Potato, Sweet, Wedges	3.0 oz.	3.52	24.65
	Potato, Sweet, Bake	$\frac{1}{2}$ Cup	2.04	57.19
	Potato, Sticks	7 Pcs	2.69	26.89
	Potato, Wedges (Roasted)	8-10 Pcs	1.33	24.01
	Potatoes, Mashed	$\frac{1}{2}$ Cup	1.36	15.60
	Salad, Cup	$\frac{1}{2}$ Cup	0.32	0.75
	Salad, Cup, Coleslaw	$\frac{1}{2}$ Cup	0.85	9.35
	Salad, Cup, Romaine	$\frac{1}{2}$ Cup	0.44	1.01
	Salad, Garden	1 Portion	1.73	4.40
	Salsa, Corn & Bean	$\frac{1}{2}$ Cup	8.20	30.26
Soup, Minestrone	1 Cup	1.84	11.99	
Soup, Tomato	1 Cup	1.00	20.00	
Soup, Vegetable	1 Cup	2.97	14.05	
Spinach, with Cheese	$\frac{1}{2}$ Cup	5.68	6.13	
Squash Yellow	$\frac{1}{2}$ Cup	0.91	2.26	
Squash & Zucchini, Raw	$\frac{1}{2}$ Cup	0.85	3.23	
Yucca, Frozen	$\frac{1}{2}$ Cup	1.30	30.99	
Zucchini	$\frac{1}{2}$ Cup	0.94	2.33	

	Zucchini & Yellow Squash	$\frac{1}{2}$ Cup	0.91	2.24
<b>FRUITS</b>	Fruit, Canned, Assorted	$\frac{1}{2}$ Cup	0.86	17.85
	Fruit, Cupped Strawberry	$\frac{1}{2}$ Cup	2.88	36.48
	Fruit Fresh, Apple	1 Each	2.7	15.25
	Fruit Fresh, Banana	1 Each	2.4	23.40
	Fruit Fresh, Orange	1 Each	2.4	11.75
	Fruit Fresh, Tangerine	1 Each	2.3	11.19
	Fruit Fresh, Peach	1 Each	1.9	12.40
	Fruit Fresh, Pear	1 Each	4.6	22.88
	Fruit Fresh, Grapes	1 Each	1.00	17.15
	Fruit, Italian Ice Frozen	$\frac{1}{2}$ Cup	0.00	24.50
	Fruit, Juice Assorted	$\frac{1}{2}$ Cup	0.00	14.39
	Fruit, Juice Assorted 6 oz.	$\frac{3}{4}$ Cup	0.00	23.18
	Fruit, Pre-Cupped - Applesauce	$\frac{1}{2}$ Cup	1.01	21.00
	Fruit, Pre-Cupped - Mixed Fruit	$\frac{1}{2}$ Cup	1.01	18.00
	Fruit, Pre-Cupped - Peaches	$\frac{1}{2}$ Cup	1.01	18.00
	Fruit, Pre-Cupped - Pineapple	$\frac{1}{2}$ Cup	1.01	21.00
	Fruit, Pre-Cupped - Pears	$\frac{1}{2}$ Cup	1.01	24.00
	<b>MILK</b>	Milk, Velda, 1%	Half Pint (8 oz.)	0.00
Milk, Velda, Skim		Half Pint (8 oz.)	0.00	12.00
Milk, Velda, Fat-Free, Chocolate		Half Pint (8 oz.)	0.00	22.00
<b>MISC.</b>	BBQ Sauce	1 oz. Portion	0.00	7.00
	Catsup	1 oz. Portion	0.00	3.00
	Cream Cheese	1 Portion (21 grams)	0.00	2.00
	Gravy, Beef, Ready-Made	2 oz.	0.00	2.00
	Gravy, Chicken, Ready-Made	2 oz.	0.00	1.70
	Gravy, Turkey, Ready-Made	2 oz.	0.00	2.00
	Honey Mustard Sauce	1 oz. Portion	0.00	9.00
	Jelly- Assorted	1 Portion (0.5 oz.)	0.00	10.00
	Mayonnaise	1 Portion (12 grams)	0.00	0.00
	Mustard	1 Portion (5.5 grams)	0.00	0.00
	Pancake Syrup	1 Portion (1.5 oz.)	0.00	32.00
	Relish	1 Portion (0.9 grams)	0.00	3.00
	Sauce, Marinara	1 Portion (2 oz.)	1.00	6.00
	Sweet & Sour Sauce	1 oz. Portion	0.00	11.00
	Salad Dressing- Buttermilk Ranch	1 Portion (12 grams)	0.00	1.00
	Salad Dressing- Italian	1 Portion (12 grams)	0.00	1.00
	Salad Dressing- Red French	1 Portion (12 grams)	0.00	3.00
	Salad Dressing- Thousand Island	1 Portion (12 grams)	0.00	2.00
	Salad Dressing- Creamy Italian	1 Portion (12 grams)	0.00	1.00
	Salad Dressing- Balsamic	1 Portion (1.5 oz)	0.00	2.00
	Salad Dressing-Blue Cheese	1 Portion (1.5 oz)	0.00	2.00
	Salad Dressing- Italian	1 Portion (1.5 oz)	0.00	2.00
	Salad Dressing- Italian Light	1 Portion (1.5 oz)	0.00	5.00
	Salad Dressing- Creamy Italian	1 Portion (1.5 oz)	0.00	1.00
	Salad Dressing- French	1 Portion (1.5 oz)	0.00	9.00
	Salad Dressing- French Light	1 Portion (1.5 oz)	0.00	9.00
	Salad Dressing- Ranch	1 Portion (1.5 oz)	0.00	2.00
	Salad Dressing- Ranch Light	1 Portion (1.5 oz)	1.00	9.00
	Salad Dressing- Honey Dijon	1 Portion (1.5 oz)	1.00	9.00
	Salad Dressing- Caesar	1 Portion (1.5 oz)	0.00	2.00
	Salad Dressing- Oriental	1 Portion (1.5 oz)	0.00	10.00



	Salad Dressing- Thousand Island	1 Portion (1.5 oz)	1.00	8.00
	Salsa, IW	1 Portion (2 oz.)	0.50	4.00
	Sour Cream, IW	1 Portion (1 oz.)	0.00	1.00
	Taco Sauce	1 Portion (9 grams)	0.00	1.00
	Tartar Sauce	1 Portion (9 grams)	0.00	1.00