

The School District of Palm Beach County, Florida
School Food Service Department
Carbohydrate and Dietary Fiber Menu Items
2013-2014 School Year

Category	Menu Item Last revised March 2014	Portion Size	CHO Grams	Fiber Grams
GRAINS	Biscuits, Honey Wheat WG	1 Each	16.00	1.00
	Bread, Corn Mix - 1 Grain	1 Portion	16.88	1.25
	Bread, Corn Mix - 1.5 Grain	1 Portion	22.50	1.67
	Bread, Corn Mix - 2.0 Grain	1 Portion	33.75	2.50
	Breadsticks, WG Garlic Flavored - 1 Grain	1 Breadstick	15.00	2.00
	Crackers, Honey Grahams	1 Packet/Bag	17.00	1.00
	Hushpuppies, Whole Grain	3 Each	21.95	1.00
	Hushpuppies, Whole Grain - High Schools Only	6 Each	43.90	2.00
	Muffin, Corn Loaf (lunch portion) - 2 Grain	1 Each	38.00	3.00
	Muffin, Sweet Potato	1 Muffin	23.00	2.00
	Pasta, Penne, Whole Grain	1 Cup	40.00	6.00
	Pasta, Shells	½ Cup	20.50	1.00
	Pasta, Shells	1 Cup	41.00	2.00
	Rice w/Vegetables	1 Cup (2 #8 Scoops)	42.90	3.20
	Rice, Brown	½ Cup (1 #8 Scoop)	17.73	1.01
	Rice, Brown	¼ Cup (1 #16 Scoop)	8.87	0.51
	Rice, Mixed Black Beans	2/3 Cup (1 #6 Scoops)	39.79	4.96
	Rice, Yellow	½ Cup	21.60	1.08
	Roll, Dinner, Whole Grain (Flowers Fresh Delivered) 1-Grain	1 Roll	12.00	2.00
	Roll, Dinner, Whole Grain, Frozen 1-Grain	1 Roll	15.00	2.00
	Roll, Dinner, Whole Grain, Frozen 2-Grains	1 Roll	25.00	2.00
	Spaghetti, Pasta, Whole Grain	1 Cup	40.00	6.00
	Stuffing, Cornbread, Mix	½ Cup	22.90	1.04
Stuffing, Traditional, Mix	½ Cup	21.50	1.02	
BREAKFAST				
	Bagel Stick, Apple Cinnamon	1 Each	27.95	2.99
	Bagel Stick, Strawberry	1 Each	29.95	2.00
	Bagel, w/Cream Cheese	1 Each	27.00	3.00
	Biscuit, Sausage & Cheese	1 Each	26.00	2.00
	Biscuit, Sausage Sandwich IW (Chicken)	1 Each	26.00	1.00
	Sausage & Gravy Breakfast Round	1 Each	19.88	1.99
	Bread, Banana	1 Each	44.00	2.00
	Bread, Zucchini	1 Each	43.00	2.00
	Breadstick, Apple	1 Each	39.00	2.00
	Breakfast Breaks, Honey Nut Cheerios	1 Entire Box	57.00	2.90
	Breakfast Breaks, Golden Graham	1 Entire Box	58.00	2.00
	Breakfast Pocket with Egg/Potato/Cheese	1 Each	28.00	3.00
	Apple Cinnamon Roll WW (Baker's Delight)	1 Each	34.24	4.03
	Cinnamon Roll, WW (Baker's Delight)	1 Each	38.27	5.04
	Burrito, Brk, Sausage & Egg	1 Burrito	16.00	2.40
	Canadian Bacon, Sliced	3 Slices	1.00	0.00
	Cereal, Cheerios WG	1 Each	14.00	2.00
	Cereal, Cinnamon Toast Crunch RS	1 Each	22.00	3.00
	Cereal, Frosted Flakes R.S.	1 Each	24.00	1.00
	Cereal, Honey Nut Chex	1 Each	27.00	1.00
	Cheese, Portion Assorted	1 (1 oz.) Portion	0.50	0.00
	Donut, Honey Wheat	1 Each	39.00	2.00
	Eggs, Scrambled	¼ Cup	1.15	0.00
	French Toast Sticks	3 Sticks	27.08	3.01
	French Toast, Mini Sticks (Cinnamon & Berry)	1 Package	37.00	2.00

	French Toast, Cinnamon Glazed	1 Each	32.05	4.01
	Frudel, Fruit, Apple	1 Each	35.96	2.00
	Frudel, Fruit, Cherry	1 Each	35.96	2.00
	Grits, Corn	½ Cup	32.28	1.96
	Grits, Corn with Cheese	½ Cup	32.92	1.96
	Mini Loafs, Orange	1 Each	28.00	2.00
	Mini Loafs, Very Berry	1 Each	30.00	2.00
	Mozzarella Cheese Pocket	1 Each	30.00	2.00
	Muffin, English	½ Muffin	12.00	1.50
	Muffin, Can. Bacon, Egg, Cheese	1 Each	26.01	3.00
	Muffin, Cheese	1 Each	13.00	1.50
	Muffin, Corn (Breakfast)	1 Each	23.00	2.00
	Muffin, Eggspress	1 Each	26.01	3.00
	Muffin, Ham & Cheese	1 Each	25.33	3.00
	Muffin, Turkey Sausage & Cheese	1 Each	25.00	3.00
	Oatmeal Bars, Breakfast	1 Each	24.00	1.00
	Oatmeal, Milk	½ Cup	56.19	5.96
	Oatmeal, Peaches, Milk	½ Cup	55.11	5.48
	Oatmeal, Raisin, Milk	½ Cup	55.53	5.67
	Omelet, Cheese	1 Each	0.99	0.00
	Pancakes	1 Each	13.66	1.00
	Pancake, Blueberry Mini	1 Package	34.61	3.96
	Pancake, Maple Chip (Mini pancakes)	1 Package	35.00	4.00
	Pancake & Sausage Stick	1 Each	20.00	4.00
	Pancake & Sausage, Stick IW	1 Each	23.00	1.00
	Pizza Bagel, Sausage & Cheese, IW	1 Each	21.00	2.00
	Pizza, Breakfast, Turkey Sausage	1 Slice	22.00	3.00
	Pop Tart, Cinnamon w/ Cheese	1 Each	37.42	2.99
	Pop Tart, Strawberry w/ Cheese	1 Each	37.42	2.99
	Quesadilla, Cheese, Brk, IW- Grab & Go	1 Each	26.04	1.00
	Sandwich, Breakfast Sausage/Cheese Twist	1 Each	19.00	2.00
	Sandwich, Breakfast Ham/Egg/Cheese Twist	1 Each	20.00	2.00
	Sandwich, Chicken Tenders, Breakfast	1 Each	18.00	2.67
	Sandwich, P.B. & J. (2.8 oz.) Grape and Strawberry	1 Each	33.00	4.00
	Sausage, Turkey Patty	1 Patty	0.00	0.00
	Snack Pack (Middle & High School) Contains: 1 package of Apple Slices or 1 Banana 1 Cheese Stick 1 Cinnamon Graham Gripz or Pop tart (Strawberry or Cinnamon), or Apple Cinnamon/Berry Cereal Bar, or Oatmeal Bar	1 Pack: Apple Slices Banana Cinnamon Graham Gripz Pop tart Apple Cin./Berry Cereal Bar Oatmeal Bar Cheese Portion	8.00 23.40 19.00 37.00 27.00 24.00 0.00	1.40 2.40 3.00 3.00 3.00 1.00 0.00
	Toast, Whole Wheat	2 Slices	24.00	4.00
	Toast, Cinnamon WW	2 slices	29.18	4.09
	Turnover, Apple IW	1 Each	46.00	6.00
	Turnover, Cherry IW	1 Each	50.00	6.00
	Waffle Mini Blueberry, IW	1 Package	37.00	3.00
	Yogurt, Individual Cup, Cherry Vanilla	4 oz.	23.00	0.00
	Yogurt, Individual Cup, Peach & Strawberry	4 oz.	22.00	0.00
	Yogurt, Borden Cups	½ Cup	19.48	0.00
ENTREES	Baked Ziti w/Beef Sauce	1 Portion	39.45	6.23
	Beefaroni, Fiesta	1 Cup	28.00	2.00
	Beefaroni, Mac N Beef	1 Cup	27.51	2.04
	Burrito, Bean & Cheese (Cheesy Burrito)	1 Each	41.00	8.00
	Burrito, Beef & Bean	1 Each	38.80	7.50
	Burrito, Chicken & Cheese	1 Each	33.51	2.84
	Caribbean Basket, Secondary	1 Basket	74.39	5.56
	Country Chicken w/Gravy	1 Patty w/Gravy	17.89	1.00

Chicken Parmesan (Breaded chicken patty w/sauce)	1 Patty	20.02	1.96
Chicken, Barbecued	1 Portion	5.00	0.00
Chicken, Caribbean roasted	1 Portion	8.25	0.00
Chicken, Cherry w/Rice & Vegetables	1 Each	71.27	3.20
Chicken Fajita	1 Portion	29.78	3.23
Chicken, General TSO w/Rice & Vegetables	1 Each	49.64	3.20
Chicken, Nuggets,	5 Each	14.01	1.00
Chicken, Nuggets, Secondary w/ Roll	7 Each + 1 Roll	31.91	3.31
Chicken, Oven Roast	1 Portion	0.00	0.00
Chicken, Popcorn	1 Portion	16.00	2.13
Chicken, Buffalo Tenders	4 Pieces	21.33	1.33
Chicken, Tenders	4 Pieces	20.01	2.67
Chicken, Tenders Basket	4 Tenders + ½ cup Potato Wedges	42.39	5.65
Chicken, Teriyaki w/Rice & Vegetables	1 Each	58.62	3.20
Chili, Vegetarian, Chips	1 Cup + 10 Chips	52.30	13.83
Chili, Vegetarian	1 Cup	32.56	11.64
Chili, Vegetarian, Chips High School Only	1 Cup 15Chips	61.02	14.80
Corndog	1 Each	33.00	5.00
Fish Fillet	1 Each	14.00	2.00
Fish Sticks Nacho	4 Sticks	20.07	2.01
Fish Sticks, Sweet Potato Encrusted	4 Sticks	24.00	1.33
Fish Sticks	3 Sticks	26.00	2.00
Fish, Nacho Taco	4 Sticks + 1 Tortilla	37.40	2.02
Hot Dog	1 Each	25.00	3.00
Lasagna, Meatless	1 Portion	31.87	2.96
Macaroni & Cheese	6 oz.	30.00	1.00
Meatloaf w/Gravy	1 Slice	11.05	1.00
Apple Cinnamon Muffin Platter – 2 Grain+ Cheese Stick, 1 Yogurt	1 Each: Muffin Cheese Stick Yogurt	44.00 0.00 23.00	2.00 0.00 0.00
Blueberry Muffin Platter – 2 Grain + Cheese Stick, 1 Yogurt	1 Each Muffin Cheese Stick Yogurt	45.00 0.00 22.00	2.00 0.00 0.00
Chocolate Chip Muffin – 2 Grain + Cheese Stick, 1 Yogurt	1 Each Muffin Cheese Stick Yogurt	49.00 0.00 23.00	3.00 0.00 0.00
Banana Muffin Platter – 2 Grain + Cheese Stick, 1 Yogurt	1 Each Muffin Cheese Stick Yogurt	47.00 0.00 22.00	2.00 0.00 0.00
Muffin, Turkey Bacon, Egg & Cheese	1 Each	26.01	3.00
Nacho Beef w/Tortilla Chips	½ Cup Beef Nacho + 10 Chips	39.34	5.24
Omelet w/Cheese + 3 Pancakes	1 Omelet + 3 Pancakes	41.97	3.00
Pasta, Penne & Meatballs	1 Cup Pasta, 5 Meatballs, 8 oz. Sauce	46.07	7.99
Pasta, Penne Beef Sauce	1 Cup Pasta, 6 oz. Sauce	43.57	7.37
PB Platter w/Fruit & Cracker	1 Portion: Peanut Butter Cup Crackers Fruit (Sliced Apples)	8.00 34.00 7.80	2.00 2.00 1.40
PB Platter w/Veggies & Cracker	1Portion Peanut Butter Cup Crackers Veggies (Carrot or Celery)	8.00 34.00 3.00	2.00 2.00 1.35
Pizza, Big Daddy's, WG Cheese (Secondary A La Carte)	1 Slice	49.00	5.00

Pizza, Big Daddy's, WG Pepperoni (Secondary A La Carte)	1 Slice	48.00	5.00
Pizza, Caliendo's, WW Cheese (Secondary A La Carte)	1 Slice	43.00	4.00
Pizza, Caliendo's, WW Pepperoni (Secondary A La Carte)	1 Slice	44.00	4.00
Pizza, Tubitos, WW Cheese (Secondary A La Carte)	1 Slice	45.00	5.00
Pizza, 7" Nardone, Cheese (Secondary A La Carte)	1 Each	89.00	4.00
Pizza, 7" Nardone, Pepperoni (Secondary A La Carte)	1 Each	87.00	3.00
Pizza, Nardone, WW Pizzeria Style	1 Slice	32.00	3.00
Pizza, Bagel Jumbo Cheese	1 Each	32.00	4.00
Mini-Cheese Pizza Bagels	4 Mini Bagels	24.00	4.00
Pizza, Mexican- Fiestada	1 Each	33.00	4.00
Pizza, Quesadilla, Chicken	1 Each	36.48	3.84
Pizza, Black Bean	1 Each	36.00	6.00
Pizza, Quesadilla, Beef	1 Each	41.00	4.00
Pizza, School, Cheese, (The Max)	1 Slice	37.00	4.00
Pizza, School, Pepperoni, (The Max)	1 Slice	37.00	4.00
Pizza, Stuffed Wedge Cheese (High School)	1 Slice	40.00	5.00
Pizza, Stuffed Wedge, Pepperoni (High School)	1 Slice	40.00	4.00
Pizza, Double-Stuffed Wedges, Cheese (<i>Stuffed Crust Pizza</i>)	1 Portion	28.00	3.00
Pizza, Double-Stuffed Wedge, Pepperoni (<i>Stuffed Crust Pizza</i>)	1 Portion	27.00	3.00
Pork, Platter BBQ	#8 Scoop	15.60	2.40
Pot Roast	½ Cup	6.95	0.35
Salad, Asian Chicken (Loco bread included)	1 Portion	46.04	5.57
Salad, Buffalo Chicken (Loco bread included)	1 Portion	35.01	5.15
Salad, Chef, Garden (Loco bread included)	1 Portion	33.41	4.65
Salad, Chef, Specialty (Loco bread included)	1 Portion	33.96	5.04
Salad, Chicken Caesar (Loco bread included)	1 Portion	31.23	3.14
Salad, Chicken BLT (Loco bread included)	1 Portion	32.07	4.98
Salad, Chicken, Grilled (Loco bread included)	1 Portion	31.78	4.98
Salad, Chicken Popcorn (Loco bread included)	1 Portion	30.93	5.14
Salad, Chicken Tenders	1 Portion	33.41	5.54
Salad, Garden w/Cheese Stick (Garden Salad Deluxe) (Loco bread included)	1 Portion	32.30	4.92
Salad, Jerk Chicken (Loco bread included)	1 Portion	40.95	5.16
Salad, Mandarin Chicken (Loco bread included)	1 Portion	50.30	6.24
Salad, Mini Asian Chicken (Loco bread included) Elem	1 Portion	45.03	5.19
Salad, Mini Chicken Popcorn (Loco bread included) Elem	1 Portion	30.28	5.14
Salad, Mini Grilled Chicken Elem	1 Portion	20.87	2.21
Salad, Mini Mandarin Chicken Elem	1 Portion	39.90	4.88
Salad, Simply, Specialty	1 Portion	34.74	5.56
Salad, Spicy Chicken	1 Portion	31.01	5.15
Salad, Southwest Chicken	1 Portion	40.05	6.20
Salad, Taco	1 Portion	30.52	3.65
Salad, Turkey BLT	1 Portion	33.44	4.96
Salad, Tuna w/Loco Bread	1 Each + 1 Loco Bread	26.92	3.39
Salisbury Steak	1 Slice	6.35	0.45
Sandwich, Beef Cheese Steak (Philly Cheese Steak)	1 Each	29.80	2.10
Sandwich, Black Bean Vegan Burger	1 Each	37.96	9.98
Sandwich, Black Bean Burger	1 Each	38.96	9.98
Sandwich, Café Fav, Ham & Cheese	1 Each	31.00	3.00
Sandwich, Café Fav, Turkey & Cheese	1 Each	31.00	3.00
Sandwich, Café Fav, Hoagie (Submarine)	1 Each	39.00	3.00
Sandwich, Café Fav Flatz Ham & Cheese	1 Each	23.00	5.00
Sandwich, Café Fav Flatz Italian	1 Each	22.00	5.00
Sandwich, Café Fav Flatz Turkey & Cheese	1 Each	23.00	5.00

Sandwich, Cheese & Canadian Bacon	1 Each	21.00	4.00
Sandwich, Cheeseburger	1 Each	26.00	5.00
Sandwich, Cheeseburger, Mini-Twins	1 Package	35.00	4.00
Sandwich, Chicken Parmesan Sub	1 Each	42.14	3.48
Sandwich, Chicken Parmesan (Elementary)	1 Each	41.14	5.48
Sandwich, Chicken Tender Parmesan Sub	1 Each	42.98	4.45
Sandwich, Chicken Patty	1 Each	38.00	5.00
Sandwich, Chicken Patty Spicy	1 Each	36.00	6.00
Sandwich, Chicken Tenders	1 Each	40.01	6.00
Sandwich, Fish Fillet	1 Each	38.00	4.00
Sandwich, Fish Fillet & Cheese	1 Each	39.00	4.00
Sandwich, Grilled Chicken & Cheese	1 Each	24.75	4.00
Sandwich, Grilled Cheese	1 Each	27.00	2.00
Sandwich, Grilled Chicken	1 Each	24.00	4.00
Sandwich, Grilled Chicken, BBQ	1 Each	29.34	4.00
Sandwich, Grilled Chicken Parm	1 Each	27.14	4.48
Sandwich, Ham & Cheese, Bread	1 Each	21.82	4.00
Sandwich, Ham & Cheese, Bun	1 Each	25.82	4.00
Sandwich, Ham & Cheese, Sub	1 Each	27.94	2.52
Sandwich, Ham, Bread	1 Each	20.99	4.00
Sandwich, Ham, Bun	1 Each	24.99	4.00
Sandwich, Ham, Sub	1 Each	27.11	2.52
Sandwich, Hamburger	1 Each	25.00	5.00
Sandwich, Italian Grilled Cheese	1 Each	15.00	1.00
Sandwich, Italian Sub	1 Each	28.10	2.40
Sandwich, Meatball Sub	1 Each (4 Meatballs)	29.99	3.48
Sandwich, Mighty Breakfast HS	1 Each	29.00	3.00
Sandwich, PB & J, Crackers, & Cheese Stick (Grape & Strawberry)	1 Each	50.50	5.00
Sandwich, Pepper Jack Burger	1 Each	25.75	5.00
Sandwich, Pepper Jack Turkey Burger	1 Each	24.75	4.00
Sandwich, Pork BBQ	½ Cup	37.00	6.00
Sandwich, Sloppy Joe	½ Cup	35.02	6.20
Sandwich, Steak Sub (Philly Cheese Steak Sub)	1 Each	31.53	3.10
Sandwich, Submarine	1 Each	26.33	2.00
Sandwich, Submarine, Veggie	1 Each	31.13	3.79
Sandwich, Southwest Chicken Sub	½ Cup	28.84	2.57
Sandwich, Toasted Cheese	1 Each	24.00	4.00
Sandwich, Tuna Salad Sub	1 Each	26.72	2.30
Sandwich, Turkey & Cheese, Bread	1 Each	21.04	4.00
Sandwich, Turkey & Cheese, Bun	1 Each	25.00	4.00
Sandwich, Turkey & Cheese, Sub	1 Each	48.70	4.52
Sandwich, Turkey, Bread	1 Each	20.00	4.00
Sandwich, Turkey, Bun	1 Each	24.00	4.00
Sandwich, Turkey, Hot	1 Each	30.24	2.00
Sandwich, Turkey Sub	1 Each	26.12	2.52
Sandwich, Wrap Black Bean burger	1 Each	40.91	9.01
Sandwich, Wrap, Beef, Mexican	1 Each (1/3 Cup)	32.46	4.52
Sandwich, Chicken Ranch	1 Each	27.77	2.65
Sandwich, Wrap, Ham	1 Wrap	28.68	3.31
Sandwich, Wrap, SW Chicken	1 Wrap	29.06	3.15
Sandwich, Wrap, Tuna	1 Wrap	27.58	3.21
Sandwich, Wrap, Turkey	1 Wrap	27.85	3.31
Sandwich, Wrap, Veggie Cheese	1 Wrap	31.23	3.33
Spaghetti, Crumbles and Sauce	1 Cup Pasta, 6 oz. Sauce	43.85	8.08
Spaghetti, Crumble and Sauce w/Roll	1 Cup Pasta, 6 oz. Sauce + 1 Roll	57.61	5.63
Spaghetti, Meat Sauce	1 Cup Pasta, 6 oz. Sauce	43.57	7.37
Spaghetti w/Meatballs	1 Cup Pasta, 5 Meatballs, 8 oz. Sauce	46.04	7.97
Stuffed Shells	2 Shells	32.87	2.96
Taco Pie, Bean w/Chips	½ Cup + 10 Chips	38.71	4.90

	Taco, Soft, Turkey, IW (Taco-to-go)	1 Each	26.00	2.00
	Taco, Soft, Turkey (Elem/Middle)	1 Each (1/3 Cup)	28.85	2.45
	Taco, Soft, Turkey (High)	1 Each (1/2 Cup)	30.14	2.50
	Taco, Chicken, Santa Fe (High)	1 Each	66.31	6.27
	Tacos, Chicken, Mini	3 Each	27.00	5.00
	Tacos, Chicken, Mini Volcano(Middle & High Schools)	4 Each	36.00	6.67
	Taco, Nacho Fish Sticks	1 Each	43.16	3.46
	Taco Wedges, BBQ Chicken	3 Each	35.91	3.99
	Turkey, Roast Pre-Sliced	3 oz. Portion	5.08	0.00
	Turkey, Slow Roasted	½ cup Portion	5.24	0.00
	Yogurt Parfait, Elem Mandarin	1 Each: Parfait Crackers Cheese Portion	40.32 17.00 0.00	0.97 1.00 0.00
	Yogurt Parfait, Elem Peach	1 Each: Parfait Crackers Cheese Portion	40.32 17.00 0.00	0.97 1.00 0.00
	Yogurt Parfait, Elem Pineapple	1 Each: Parfait Crackers Cheese Portion	41.29 17.00 0.00	.97 1.00 0.00
	Yogurt Parfait, Elem Strawberry	1 Each: Parfait Crackers Cheese Portion	61.98 17.00 0.00	2.24 1.00 0.00
	Yogurt Parfait, Mandarin	1 Each: Parfait Granola	55.42 39.35	0.97 3.66
	Yogurt Parfait Peach	1 Each: Parfait Granola	55.65 39.35	0.86 3.66
	Yogurt Parfait Pineapple	1 Each: Parfait Granola	56.39 39.35	.97 3.66
	Yogurt Parfait Strawberry	1 Each: Parfait Granola	50.64 39.35	2.65 3.66
VEGETABLES	Beans, Baked	½ Cup	37.00	6.38
	Beans, Black Seasoned	½ Cup	24.67	8.29
	Beans, Green, Frozen	½ Cup	0.32	2.02
	Beans, Green, Fresh	12-15 Pieces	17.25	1.00
	Beans, Green, French	½ Cup	3.96	0.86
	Beans, Green, Italian	½ Cup	5.23	0.43
	Broccoli & Cauliflower (Winter Blend)	½ Cup	4.71	2.17
	Broccoli Florets, Raw	½ Cup	2.83	2.13
	Broccoli Florets, Raw	¾ Cup	3.68	3.20
	Broccoli, Frozen Florets	½ Cup	4.71	2.22
	Cabbage	½ Cup	6.55	2.06
	Caribbean Blend, Frozen	½ Cup	7.18	2.27
	Carrot & Bean Medley, Fresh	½ Cup	19.23	1.12
	Carrot & Celery Sticks	½ Cup	5.02	1.75
	Carrots, Baby Fresh	½ Cup	5.00	1.00
	Carrot Sticks	½ Cup	7.90	2.04
	Carrot Sticks (¾ Cup)	¾ Cup	11.24	2.99
	Carrot, Cauliflower, Broccoli (California Blend)	½ Cup	6.53	2.46
	Carrots, Baby, Frozen	½ Cup	7.72	2.13
	Carrots, Sliced	½ Cup	7.91	2.19
	Celery, Sticks	½ Cup	3.90	1.35
	Corn Cobbette	1 Each	17.00	1.00
	Corn, Fiesta	½ Cup	14.51	0.91

	Corn, Frozen	½ Cup	20.28	1.07
	Cucumber Slices, Raw	½ Cup	3.19	0.60
	Greens, Collard	½ Cup	2.88	2.24
	Peas & Carrots, Frozen	½ Cup	10.13	3.00
	Peppers, Mini Sweet, Raw	½ Cup	3.20	0.80
	Peas, Green, Frozen	½ Cup	13.01	4.23
	Plantains, Sliced	5 oz. (4 pcs)	49.43	0.86
	Potato, Baked, Whole	1 Each	24.08	2.01
	Potato, Sweet, Bites	10 Pieces	19.10	1.91
	Potato Sweet, Waffles	3-7 Pcs	17.96	2.24
	Potato, Sweet, Sticks Spicy	3-7 Pcs	32.00	4.27
	Potato, Sweet, Bake	½ Cup	55.30	3.95
	Potato, Sticks	7 Pcs	26.89	2.69
	Potato, Wedges (Roasted)	8-10 Pcs	22.38	2.98
	Potatoes, Mashed	½ Cup	15.78	1.13
	Salad, Cup	½ Cup	1.85	0.66
	Salad, Cup, Coleslaw	½ Cup	10.14	0.85
	Salad, Cup, Romaine	½ Cup	1.01	0.44
	Salad, Garden	1 Portion	5.30	1.92
	Salsa, Corn & Bean	½ Cup	29.70	7.10
	Salsa, Corn & Bean (¾ Cup)	¾ Cup	36.92	8.87
	Soup, Minestrone	1 Cup	11.99	1.84
	Soup, Tomato	1 Cup	20.00	1.00
	Soup, Vegetable	1 Cup	13.47	2.28
	Spinach, with Cheese	½ Cup	7.07	4.88
	Squash Yellow	½ Cup	2.13	0.82
	Squash & Zucchini, Raw	½ Cup	3.17	0.85
	Tomatoes, Grape, Fresh	½ Cup	5.65	1.01
	Yucca, Frozen	½ Cup	30.99	1.30
	Zucchini	½ Cup	2.20	0.85
	Zucchini & Yellow Squash	½ Cup	2.15	0.85
FRUITS	Fruit, Canned, Mandarin Orange	½ Cup	14.60	0.86
	Fruit, Canned, Assorted (Pineapple and Peach)	½ Cup	16.85	0.97
	Fruit, Canned, Tropical	½ Cup	18.72	1.97
	Fruit, Craisins, Blueberry	½ Cup	33.00	3.00
	Fruit, Craisins, Cherry	½ Cup	33.00	3.00
	Fruit, Craisins, Pomegranate	½ Cup	33.00	3.00
	Fruit, Cupped Strawberry	½ Cup	9.05	1.38
	Fruit Fresh, Apple	1 Each	15.25	2.7
	Fruit Fresh, Banana	1 Each	23.40	2.4
	Fruit Fresh, Orange	1 Each	11.75	2.4
	Fruit Fresh, Tangerine	1 Each	9.40	1.93
	Fruit Fresh, Peach	1 Each	14.12	2.16
	Fruit Fresh, Pear	1 Each	22.88	4.6
	Fruit Fresh, Strawberry	½ Cup	5.50	1.40
	Fruit Fresh, Nectarine	1 Each	15.00	2.40
	Fruit Fresh, Plum	1 Each	8.00	1.00
	Fruit, Italian Ice Frozen	½ Cup	24.50	0.00
	Fruit, Juice Assorted	½ Cup	14.06	0.00
	Fruit, Juice Assorted 6 oz.	¾ Cup	26.00	0.00
	Fruit, Raisins, Pineapple	1 Each	31.00	2.00
	Fruit, Raisins, Sour Lemon	1 Each	31.00	2.00
	Fruit, Raisins, Strawberry	1 Each	31.00	2.00
	Fruit, Shelf-Stable - Applesauce Assorted	½ Cup	14.00	2.00
	Fruit, Shelf-Stable - Pearsauce	½ Cup	16.00	1.00
	Fruit, Pre-Cupped Frozen - Applesauce	½ Cup	21.00	2.00
	Fruit, Pre-Cupped Frozen - Mixed Fruit	½ Cup	17.00	1.00
	Fruit, Pre-Cupped Frozen - Peaches	½ Cup	21.00	2.00
	Fruit, Pre-Cupped Frozen - Pineapple	½ Cup	20.00	1.00
	Fruit, Pre-Cupped Frozen - Pears	½ Cup	21.00	2.00
MILK	Milk, Velda, 1%	Half Pint (8 oz.)	12.00	0.00

	Milk, Velda, Skim	Half Pint (8 oz.)	12.00	0.00
	Milk, Velda, Fat-Free, Chocolate	Half Pint (8 oz.)	22.00	0.00
MISC.	BBQ Sauce	1 oz. Portion	7.00	0.00
	Catsup	1 oz. Portion	3.00	0.00
	Cream Cheese	1 Portion (21 grams)	2.00	0.00
	Dipping Sauce, Chipotle	1 Portion	1.00	0.00
	Gravy, Beef, Ready-Made	2 oz.	4.05	0.00
	Gravy, Chicken, Ready-Made	2 oz.	4.05	0.00
	Gravy, Turkey, Ready-Made	2 oz.	4.05	0.00
	Honey Mustard Sauce	1 oz. Portion	9.00	0.00
	Hot Sauce	1 Portion	0.00	0.00
	Jelly- Assorted	1 Portion (0.5 oz.)	10.00	0.00
	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.)	31.65	0.00
	Relish	1 Portion (0.9 grams)	3.00	0.00
	Sauce, Marinara	1 Portion (2 oz.)	7.00	1.00
	Sweet & Sour Sauce	1 oz. Portion	12.00	0.00
	Salad Dressing- Buttermilk Ranch	1 Portion (12 grams)	1.00	0.00
	Salad Dressing- Italian	1 Portion (12 grams)	1.00	0.00
	Salad Dressing- Red French	1 Portion (12 grams)	3.00	0.00
	Salad Dressing- Creamy Italian	1 Portion (12 grams)	1.00	0.00
	Salad Dressing- Balsamic	1 Portion (1.5 oz.)	3.00	0.00
	Salad Dressing-Blue Cheese	1 Portion (1.5 oz.)	2.00	0.00
	Salad Dressing- Italian	1 Portion (1.5 oz.)	2.00	0.00
	Salad Dressing- Italian Light	1 Portion (1.5 oz.)	5.00	0.00
	Salad Dressing- French	1 Portion (1.5 oz.)	11.00	0.00
	Salad Dressing- Ranch	1 Portion (1.5 oz.)	4.00	0.00
	Salad Dressing- Ranch Light	1 Portion (1.5 oz.)	9.00	1.00
	Salad Dressing- Honey Dijon Light	1 Portion (1.5 oz.)	9.00	1.00
	Salad Dressing- Caesar	1 Portion (1 oz.)	1.00	0.00
	Salad Dressing- Oriental	1 Portion (1.5 oz.)	10.00	0.00
	Salad Dressing- PanAsian Oriental	1 Portion (1.5 oz.)	11.00	0.00
	Salsa, IW	1 Portion (2 oz.)	2.00	0.00
	Sour Cream, IW	1 Portion (1 oz.)	2.00	0.00
	Spice Blend	1 Tablespoon	3.10	0.00
Taco Sauce	1 Portion (9 grams)	0.00	0.00	
Tartar Sauce	1 Portion (9 grams)	0.00	0.00	