

Suffolk Public Schools
Nutrient Data for School Menus

GRAIN ITEMS	<i>manufacturer/code</i>	<i>serving size</i>	<i>calories</i>	<i>fat grams</i>	<i>sat fat grams</i>	<i>sodium mg</i>	<i>carbohydrate grams</i>	<i>protein grams</i>	<i>sugar grams</i>	<i>Fiber Grams</i>	<i>Grain Equivalents</i>	ALLERGENS (see Disclaimer)
Biscuit -WG	Pillsbury 94562-31525	1 each	180	8.00	5.00	390	23.00	4.00	2.00	3.00	2.00	milk; soy; wheat, egg, sesame
Bread Stick	Rich's 05295	1 ea = 2.4 oz	160	3.00	0.50	140	28.00	6.00	2.00	3.00	2	milk; soy; wheat, sesame, egg
Bug Bites	Kellogg's	1 bag	120	3.50	115	21.00	2.00	8.00	1.00	yes	1.00	wheat, soy
Crackers -WG	Keebler 102997	4 pkg (8 craxs)	90	2.00	0.00	160	16.00	2.00	0.00	<1	1	soy; wheat
Corn Muffins	Sky Blue CBLD196	1.5 oz	130	3.50	1.00	100	21.00	3.00	9.00	1.00	1	wheat, eggs, soy, milk
Croissant	Hadley Farms 210	1 each	115	6.00	3.50	210	13.00	2.00	3.00	1.00	1	wheat
Graham Crackers	Nabisco	2 pg (4 craxs)	120	3.00	0.00	160	22.00	0.00	8.00	1.00	1	wheat
Hamburger Bun - White	Flowers 13731900	1 each	110	11.52	4.27	496.31	23.00	23.54	2.00	3.00	2	soy; wheat
Honey Grahams	MJM	1 pkg = 3 craxs	110	30.00	3.00	140	20.00	2.00	7.00	2.00	1	wheat
Hot Dog Bun -WG	Flowers 13709190	1 each	150	2.50	0.50	300	26.00	6.00	2.00	3.00	2	soy; wheat
Rice, Brown 1/2 cup	USDA Brown Rice	#8 scoop	85	0.75	0.00	0	17.50	2.00	0.00	1.00	1	
Rice, Fried 1/2 cup	Green Dragon 78001	#8 scoop	270	2.50	0.00	440	54.00	6.00	3.00	4.00	1	
Rice, White 1/2 cup	Uncle Benns 1350	#8 scoop	170170	0.00	0.00	0	38.00	4.00	0.00	0.00	1	
Roll - Whole Wheat	Rich's 05295	1 ea = 2.1 oz	140	2.50	0.50	190	24.00	6.00	3.00	5.00	2	soy; wheat, eggs, milk, sesame seeds
Sliced Bread, Wheat	Flowers 13711620	1 slice	70	1.00	0.00	270	13.00	4.00	1.00	1.00	1	soy; wheat
Sub Roll	Costanzos 5504	6"	65	1.00	0.00	110	12.50	2.00	1.00	1.00	2	soy; wheat
Sub Roll Wheat (Flowers)	Flowers 10009110	1 each	150	2.50	0.50	300	26.00	6.00	2.00	3.00	2	wheat
Tortilla, 6"	Mission 28465	1 each	90	2.00	0.50	150	15.00	3.00	1.00	1.00	1	wheat
Tortilla 10" Flour	Mission	1 each	200	4.00	1.00	350	34.00	6.00	2.00	3.00	2	wheat
Tortilla 10" Spinach	Mission 29935	1 each	170	3.50	1.00	310	29.00	6.00	2.00	3.00	2	wheat
Stuffing	Uncle Benns 1350	1/2 c	120	1.00	0.00	750	23.00	4.00	3.00	1.00	n/a	wheat; milk, soy, palm oil

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Allergen Disclaimer
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Nutrient Data for School Menus**

BREAKFAST ITEMS	<i>manufacturer/code</i>	<i>serving size</i>	<i>calories</i>	<i>fat grams</i>	<i>sat fat grams</i>	<i>sodium mg</i>	<i>carbohydrate grams</i>	<i>protein grams</i>	<i>sugar grams</i>	<i>Fiber Grams</i>	<i>Meat/ Meat Alt.</i>	<i>Grain Equivalents</i>	ALLERGENS (see Disclaimer)
Apple, Fresh		1 each	72	0.23	0.04	1	19.06	0.36		3.31			
Applesauce		1/2 cup	52	0.06	0.01	2	13.77	2.21		1.46			
Bacon	Sysco Classic	1 slice	50	3.50	1.00	280	0.00	4.00	0.00	0.00			soy
Banana		1 each	101	0.38	0.11	1	26.04	1.24		2.96			
Biscuit	Pillsbury 94562-31525-9	1 each	180	8.00	5.00	390	23.00	4.00	2.00	3.00		2	milk; soy; wheat, sesame
Breakfast Chicken Biscuit	Tyson #5778	1 sandwich 96 grams	340	14.50	1.50	750	29.00	42.00	9.00		1.00	2	soy; wheat
Breakfast Pizza	Tonys 63912	1 slice 3.31 oz	210	8.00	2.00	480	27.00	10.00	8.00	3.00	1.00	1.5	milk; soy; wheat
Bug Bites	Kellogg's	1 bag	120	3.50	115	21.00	2.00	8.00	1.00	yes	1.00	wheat, soy	
Cereal, Cinnamon Toast Crunch	GenMills 11815	1 bowl-pack	110	3.00	0.00	160	22.00	1.00	8.00	2.00		1	wheat
Cereal, Trix (Red. Sugar)	GenMills 31922	1 bowl-pack	110	1.00	0.00	140	24.00	1.00	7.00	1.00		1	wheat
Cereal, Frosted Flakes (Red. Sugar)	Kellogg's	1 bowl-pack	100	0.00	0.00	160	24.00	2.00	7.00	2.00		1	wheat, almonds
Cereal, Golden Grahams	GenMills 119434	1 bowl-pack	100	1.00	0.00	220	24.00	1.00	8.00	1.00		2	wheat
Donut (reduced Fat, Super Donut)	SuperBakery 9302	1 each	280	9.00	2.50	370	43.00	7.00	16.00	2.00			
Egg Patty	Michael's 85017	1 each	70	6.00	1.50	105	1.00	3.00	1.00	0.00	1.00		eggs
French Toast Sticks	Michaels 85880	3 sticks	210	8.00	1.50	280	23.00	8.00	11.00	2.00	1.00	1.50	wheat, eggs, milk, soy
Grapes		1/2 cup	31	0.16	0.05	1	7.89	0.29		0.41			
Juice, Apple		4 oz	58	0.00	0.00	0	19.00	0.00		0.00			
Juice, Orange		4 oz	52	0.00	0.00	2	12.25	0.73		0.25			
Mixed Fruit (fruit cocktail)		1/2 cup	69	0.01	0.06	7.00	18.07	0.48		1.21			
Omelete, Cheese	Michaels 85137	1 each	210	17	6	500.00	3	12.00	1.00	0.00	1.00		
Orange, Fresh		1 each	62	0.16	0.00	0	15.39	1.23		3.14			egg, milk, soy
Pancakes, Mini - Blueberry	Eggo 49768	1 bag (35 grams)	200	5.00	0.95	290	34.00	4.00		3.00		2.00	
Pancakes, Mini - Maple	Eggo 49770	1 bag (35 grams)	200	5.00	0.95	300	34.00	4.00		3.00		2.00	wheat, eggs, milk, soy
Pancake & Sausage Wraps	Foster Farms 96169	1each	180	9.00	2.50	280	15.00	10.00	4.00	3.00	1.00	1.00	wheat, eggs, milk, soy
Peaches , Canned		1/2 cup	68	0.04	0.00	6	18.22	0.56		1.63			wheat, eggs, soy, gluten
Tangerine, Fresh		1 each	37	0.16	0.00	1	9.40	0.53		1.93			
Pear, Fresh		1 each	96	0.01	0.02	2	25.66	0.63		5.15			
Pears, Canned		1/2 cup	72	0.04	0.00	0.6	19.04	0.24		2.04			

Suffolk Public Schools
Nutrient Data for School Menus

Pineapple Tidbits													
		1/2 cup	70	0.00	0.00	10	17.00	1.00	14.00	1.01			
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Sausage Biscuit	Advance 10664	1 each	180	6.00	2.00	430	21.00	10.00	5.00	2.00			
Sausage Egg & Cheese Sandwich		1 each	540	34.78	9.83	1176.78	34.34	24.34		1.75	2.00	2.00	wheat, soy
Pop Tart, Br. Sugar Cin. (whole wheat)	Kellogg's 55130	1 each	180	2.50	1.00	190	37.00	2.00	15.00	3.00		1.25	egg; soy; wheat
Pop Tart, Strawberry	Kellogg's 55122	1 each	180	2.50	1.00	180	38.00	2.00	15.00	3.00		1.25	soy; wheat
Toast	Flowers 13711620	1 slice	70	1.00	0.00	270	13.00	4.00	1.00	1.00		1	soy; wheat
Yogurt, Strawberry-Banana	Trix 177260000	4 oz	80	0.00	0.00	65	16.00	4.00	13.00	0.00	1.00		dairy
Yogurt, Vanilla	Trix 177260000	4 oz	80	0.00	0.00	65	16.00	4.00	13.00	0.00	1.00		dairy
Yogurt, Parfait w/Fruit & Granola	Gen Mills	1 serving	181	2.57	0.69	90.9	35.63	4.57	13.00	3.21	1.00	0.25	dairy, soy
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Suffolk Public Schools
Nutrient Data for School Menus

LUNCH ENTREES	Recipe		servicing size	calories	fat grams	sat fat grams	sodium mg	carbohydrate grams	protein grams	sugar grams	Fiber Grams	Meat/M eat Alt.	Grain Equivalent	ALLERGENS (see Disclaimer)
All American Sub (Grades K-5)	Recipe 00-5079		1 sandwich	245	5.49	1.96	992.41	28.39	17.41		1.28	2.00	2.00	soy; wheat, milk
All American Sub (Grades 6-12)	Recipe 00-0216		1 sandwich	357	5.50	1.77	1076.91	43.01	37.73		4.00	2.00	2.00	soy; wheat, milk
Asian Chicken	Recipe 00-0065	GoldKist 110452 + rice	10 pcs chix + 1/2 c rice	645	15.70	3.54	648.22	98.90	25.34		6.20	2.00	2.00	milk, soy; wheat
BBQ Chicken	Recipe 00-0190		8 pcs cut-up	228	13.00	3.50	376.85	7.02	21.01		0.03	2.00	0	
BBQ Pork on Bun	Recipe 00-0308	#10 disher Brookwood 12300	1 sandwich 3.4 oz	300	13.50	4.00	660	25.00	25.00	9.00	3.00	2.00	2.00	soy; wheat
Cheese, Parmesan Shredded	Arezzio 2433415		1 TBS	20	1.00	0.00	30	0.00	2.00		0.00	1	0.00	milk
Cheese, Provolone	Cortona		1 oz	100	8.00	5.00	250	1.00	7.00	1.00	0.00	1.00	0.00	milk
Cheese, Shredded Cheddar	Land O Lakes 25104		1 oz	20	1.50	1.00	30	0.00	8.00		0.00		0.00	milk, soy
Cheese, Sliced American	Land O Lakes 46288		1 oz	71	3.83	1.25	212.62	2.03	7.09		0.00		0.00	milk, soy
Cheese, Swiss	Great Lakes 31056		1 oz	71	4.56	1.94	475.87	2.03	7.09		0.00		2.00	milk
Cheeseburger on Bun - ELEMENTARY	Recipe 00-0595	SmartPicks 3715	2.4 oz patty sandwich	275	11.52	4.27	496.31	23.00	23.54	6.00	3.00	2.00	2.00	milk, soy, wheat
Cheeseburger on Bun/PUB Burger - SECONDARY	Recipe 00-0600	Advance	3 oz patty sandwich	388	22.90	10.06	909.89	20.41	29.01	0.63	2.60	2.60	2.00	milk, soy, wheat
Chicken, Popcorn	Recipe 00-0346	12 pcsTyson 2940-928	3.85 oz (12 pcs)	230	13.00	2.00	585	18.00	20.00	1.00	2.00	2	1	milk, wheat
Chicken Fajita - ELEMENTARY	Recipe 00-0799	disher Goldkist 1330	1 each	264	14.22	6.78	744.39	14.53	18.60	2.00	0.67	3.00	2.00	soy, wheat
Chicken Fajita - SECONDARY	Recipe 00-0582	2.46 oz fajita #8 disher Goldkist	1 each	315	11.17	4.04	765.48	31.81	20.96	2.00	2.00	3.00	2.00	soy, wheat
Chicken Filet on Bun - ELEMENTARY	Recipe 00-0818	2.85 oz chix patty Tyson 70302-928	1 sandwich	312	10.61	1.52	503.62	31.11	27.24		6.04	2.00	2.00	soy, wheat
Chicken Filet on Bun - SECONDARY	Recipe 00-0751	4 oz chix patty Goldkist 7516	1 sandwich	367	11.10	1.07	884.13	41.20	31.47		6.20	2.00	2.00	soy, wheat
Chicken LoMein	Recipe 00-0813	#8 disher diced chicken & sauce +		292	6.50	1.42	762.1	35.95	20.16		2.78	2.00	2.00	soy; wheat, sesame
Chicken Nuggets ELEMENTARY	Recipe 00-0635	Tyson 6381	5 nuggets	260	14.00	2.50	540	15.00	17.00		2.00	2.00	1.00	soy, wheat
Chicken Nuggets SECONDARY	Recipe 00-0488	Tyson 6381	6 nuggets	312	16.80	3.00	648	18.00	20.40		2.40	2.00	1.00	soy, wheat
Chicken, Oven Fried	Recipe 00-0242	8 pcs cut-up	1 serving	255	13.31	3.55	767.24	12.03	22.51	2.00	0.92	2.00	0.25	soy, wheat
Chicken, Roasted	Recipe 00-0278	8 pcs cut-up	1 serving	200	13.00	3.50	235.05	0.06	21.01		0.03	2.00		
Chicken Sandwich, Spicy	Recipe 00-0752	GoldKist 7517	1 sandwich	326	9.50	1.00	744	38.00	28.00		6.00	2.00	3.00	milk, soy, wheat
Chicken Tenders	Recipe 00-0716	Tyson 70332	3 @ 1.41 oz	160	8.00	1.50	220	8.00	13.00	1.00	1.00	2.00	1.00	milk, soy
Chicken Wings, Boneless BBQ	Recipe 00-0808	Golkist 7518 + BBQ Sce	4 pcs + BBQ Sce	293	9.00	1.00	970.54	31.02	22.00		3.00	2.00	1.00	soy, wheat
Chicken Wings, Traditional (Elem & Middle School)	Recipe 00-0809	Recipe 00-0809	Pierce Wing Dings 11164	4 pcs	228	14.50	3.63	11	11.39	11.39	0.00	1.04	2.00	0

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Chicken Wings, Traditional (High School)	Reccipe 00-0819	Pierce Wing Dings 11164	5 pcs	275	17.50	4.38	1100	13.75	13.75	0.00	1.25	2.00	0	soy, wheat
Chicken Wings Buffalo (Middle School)	Recipe 00-0767	DQ House 3900	4 pcs	150	9.00	2.50	850	3.00	14.00		0.00	2.00	0	soy
Chicken Wings Buffalo (High School)	Recipe 00-0816	DQ House 3900	5 pcs	213	12.51	3.75	1525.8	3.75	21.26		0.00	2.00	0	soy
Fish Sticks	Recipe 00-0750	Highliner 1089867	4 each	220	8.00	1.50	210	22.00	15.00	1.00	3.00	2.00	1.50	fish, wheat
Frito Pie (Scoops)	Recipe 00-0646	JTM 5250	1 srvg +3.11 oz taco meat + 1 bag Scoops	344	19.65	6.37	498.76	21.10	22.34		3.04	2.00	1.00	milk, wheat, soy
General Tso Chicken	Recipe 00-0759	Asian Solutions 72003	1 serving = 3.96 oz Gen. Tso chix + .5 cup br rice	490	5.47	1.24	530	91.36	17.36		0.00	2.00	0.50	egg, milk, wheat, soy
Ham & Cheese Sandwich (bag Lunch)	Recipe 00-5108	Block & Barrel	1 sandwich	290	4.57	0.94	991.75	26.07	14.13		3.00	2.00	2.00	soy; wheat, milk
Hamburger on Bun - ELEMENTARY	Recipe 00-0547	Smart Picks Advance	1 sandwich	240	9.49	3.50	299.92	23.00	19.99	2.00	3.00	2.00	2.00	soy; wheat
Hamburger on Bun - SECONDARY	Recipe 00-0817	SmartPicks 373860	1 sandwich	285	14.30	5.00	442.01	19.07	23.93	2.00	2.60	2.00	2.00	soy; wheat
Hot Dog on Bun - ELEMETARY	Recipe 00-0162	Tyson	1 each	309	19.41	8.46	886.88	26.99	9.97		1.00	2.00	2.00	soy, wheat
Hot Dog on Bun - SECONDARY	Recipe 00-0807	Tyson 2.7 oz	1 each	362	25.66	11.58	1095.65	27.01	12.06		1.00	2.00	2.00	soy, wheat
Macaroni & Cheese	Recipe 00-0177	ESI 05915	3 oz	140	5.50	2.50	335	16.00	8.50	6.00	2.00	1.00	1	egg, milk, wheat
Macaroni & Cheese	Recipe	ESI 05915	6 oz	290	12.00	8.00	550	28.00	17.00	6.00	2.00	2.00	1	egg, milk, wheat
Meatball Sub	Recipe 00-5071	Advance 1-17-305	1 each 4 meatballs	405	19.49	8.03	852.19	35.99	21.33		2.79	2.00	2.00	milk, soy; wheat
Meatloaf & Gravy	Recipe 00-0627	Advance 81530CN	3 oz slice	225	16.00	6.00	470	6.00	13.00	1.00	1.00	2.00	0.00	milk, soy; wheat
Nachos (Made to Order)	Recipe 00-0382	JTM CP5550 + 20 tortilla chips	1 serving	504	24.43	7.91	1170.37	46.94	23.40		5.93	2.00	2.00	soy, wheat, milk
Nacho Grande'	Recipe 00-0073	JTM5250 (3.11 oz) + 2 oz tortilla chips	1 serving	463	24.21	7.55	679.09	40.68	23.76		5.69	2.00	2.00	milk, soy, wheat, seeds
Pizza, Buffalo Chix 8 cut	Recipe 00-0762	Nardone Buffalo Chix 16WPSBC	1 slice	280	11.00	5.00	610	27.00	19.00	2.00	3.00	2.00	2.00	milk, wheat
Pizza, Cheese (8 cut)	Recipe 00-0797	Nardone 16WPS2	1 slice	310	13.00	7.00	470	29.00	21.00		3.00	2.00	2.00	milk, wheat
Pizza, Nardone Pepperoni (8 cut)	Recipe 00-0340	Nardone 16WPSTP3	1 slice	310	12.00	7.00	570	29.00	21.00		3.00	2.00	2.00	milk, soy; wheat
Pizza, Supreme 8 cut	Recipe 00-0763	Nardone Supreme16Wsup2	1 slice	370	18.00	8.00	770	30.00	20.00	4.00	4.00	2.00	2.00	milk, wheat
Pork Chop w/gravy	Recipe 00-0728	AdvancePierre 69040 + 2 oz gravy	3.85 oz pork + 2 oz gravy	315	18.14	4.58	569.49	21.14	17.46		1.53	2.00	1.00	eggs, milk; soy; wheat

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Pork Rib Sandwich	Recipe 00-0335	Pierre 3715	1 each	323	13.65	4.56	878.24	34.15	21.16		4.01	2.00	2.00	soy; milk; wheat
SALAD: Chef	Recipe 00-0371		1 serving	190	9.19	4.29	615.15	8.24	18.27		3.31	2.00	0.00	
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SALAD: Chicken Salad Cold Plate	Recipe 00-0741		1 serving; #8 disher chicken salad	221	12.77	1.52	476.17	12.03	14.70		1.20	2.00	0.00	egg
SALAD: Caesar	Recipe 00-0039	Goldkist 7518	1 serving	267	10.00	2.48	707.52	24.25	20.91		5.06	2.00	0.00	milk, wheat, soy
SALAD: Garden Lover's w/Ham	Recipe 00-0069		1 serving	214	11.00	6.49	678.78	6.00	21.93		2.75	2.00	0.00	milk
SALAD: Olive Garden Style	Recipe 00-0473		1 serving	143	6.44	3.45	585.13	6.00	14.81		2.75	2.00	0.00	milk
SALAD: Oriental Chicken Salad	Recipe 00-0359	Goldkist 7518	1 serving	253	11.14	1.80	326.31	16.56	21.00		4.40	2.00	0.00	milk, wheat, egg
SALAD: Tuna Salad Cold Plate	Recipe 00-0726		1 serving	228	9.40	0.45	541.8	16.14	22.19		1.53	2.00	0.00	egg
Shrimp Poppers	Recipe 00-0305	SeaPack 47039	20 pcs	230	11.00	1.50	490	22.00	12.00		3.00	1.00	1.50	shellfish, wheat, soy, milk
Shrimp Poppers w/Mac & Cheese	Recipe 00-0729	SeaPack 47039 + ESI 05915mac & Ch	20 pcs + 3 oz mac & ch	375	18.40	5.50	765	36.00	20.50	3.00	4.00	2.00	2.00	shellfish, wheat, soy, milk, egg
Sloppy Joe on Bun	Recipe 00-0472	JTM 5545	#12 disher sloppy Joe	1 sandwich	405	10.00	2.70	927	58.00	27.00	8.00	2.00	2.00	wheat, soy, seeds
Spaghetti & Meat Sauce	Recipe 00-0685	#6 disher JTM CP5533	5.64 oz sauce + 1 cup spaghetti	568	17.55	6.21	778.71	61.82	42.39		10.98	2.00	1.00	soy wheat
Taco, Soft (chicken)	Recipe 00-0745	GoldKist 1325 + 1 oz cheddar + MexOrig Tortilla 10"	1 each (2.45 oz Faj)	344	13.49	5.41	661.78	33.24	23.33		3.72	2.00	2.00	wheat, soy, milk
Taco, Soft (beef) ELEMENTARY	Recipe 00-5098	JTM 5250 (3.11 oz) + 1 MexOrig Tortilla 6"	1 each	158	6.49	3.52	236.28	14.52	9.99		0.97	2.00	1.00	wheat, soy, seeds
Taco, Soft (beef) SECONDARY	Recipe 00-5745	JTM 5250 (3.11 oz) + 1 oz cheddar + MexOrig Tortilla 10"	1 each	344	13.49	5.41	661.78	33.24	23.33		3.72	2.00	1.00	wheat, soy, seeds
Tangerine Chicken Bowl ELEMENTRAY	Recipe 00-5098	Asian Solutions 72001	1 serving = 3.96 oz Or-Tang chix + .5 cup br rice	245	10.58	4.16	567.75	18.46	19.47		3.11	2.00	1.00	soy, wheat, milk
Tangerine Chicken Bowl SECONDARY	Recipe 00-0760	Asian Solutions 72001	1 serving = 3.96 oz Or-Tang chix + .5 cup br rice	483	5.47	1.24	281.49	90.63	17.36		4.69	2.00	1.00	soy, wheat, milk
Teriyaki Chicken Bowl	Recipe 00-0756	Asian Solutions 73001	1 serving	622	27.40	4.83	550.02	67.74	26.31		6.39	2.00	1.00	soy, wheat
Turkey & Cheese on Bun	Recipe 00-0606	Jennie-O 846902	2.7 oz turkey + .5 ch	170	2.51	0.23	739.92	24.46	17.80	1.99	3.28	2.50	2.00	soy; wheat, milk
Turkey, Roast	Recipe 00-0463	Sysco Classic	4 oz turkey	112	4.24	1.06	520.81	5.72	11.94	0.00	0.00	2.00	0.00	

Suffolk Public Schools
Nutrient Data for School Menus

WRAP: Chicken Elementary	Recipe 00-0697	Goldkist 62201 + Mission	1 wrap	447	16.67	5.74	818.15	52.81	23.12		1.80	2.00	2.00	wheat, milk, soy, seeds
WRAP: Chicken Secondary	Recipe 00-0236	Goldkist 62201 + Mission	1 wrap	447	16.67	5.74	818.15	52.81	23.12		1.80	2.00	2.00	wheat, milk, soy, seeds
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Suffolk Public Schools
Nutrient Data for School Menus

Other Foods	<i>manufacturer/code</i>	<i>serving size</i>	<i>calories</i>	<i>fat grams</i>	<i>sat fat grams</i>	<i>sodium mg</i>	<i>carbohydrate grams</i>	<i>protein grams</i>	<i>sugar grams</i>	<i>Fiber Grams</i>	<i>Meat/ Meat Alt.</i>	<i>Grain Equivalents</i>	ALLERGENS (see Disclaimer)
Cheese, Mozz. Shredded		1 oz	90	6.00	3.50	170	1.00	2.00		0.00			milk
Butter Buds		1 tsp	10	0.00	0.00	75	2.00	0.00		0.00			milk
Chow Mein Noodles		1/4 oz	30	0.88	0.13	72.5	5.00	0.75		<1			wheat, soy
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Suffolk Public Schools
Nutrient Data for School Menus

LUNCH FRUITS & VEGETABLES	serving size	calories	fat grams	sodium mg	carbohydrate grams	protein grams	sugar grams	Fiber Grams	ALLERGENS (see Disclaimer)
Apple, Fresh	1 each	72	0.23	1	19.06	0.36		3.31	
Apple Slices, Fresh	1 pkg = 1/2 cup	30	0.00	0	7.00	0.00	6.00	1.00	
Applesauce	1/2 cup	50	0.00	10	13.00	0.00	8.00	2.00	
Baby Carrots	2 oz carrots	52	1.69	205	8.20	1.30		1.22	
Baked Beans	1/2 cup	129	1.50	500	23.00	7.00	4.00	8.00	
Baked Potato (Elem)	1/2 potato	94	0.13	0.04	21.36	2.52		2.22	
Baked Potato (Secondary)	1 potato	188	0.26	20	42.72	5.05		4.44	
Baked Sweet Potato (Elem)	1/2 potato	103	0.17	41.04	23.61	2.29		12.10	
Baked Sweet Potato (Secondary)	1 potato	206	0.34	81.08	47.56	4.58		12.10	
Banana	1 each	101	0.38	1	26.04	1.24		2.96	
Black-Eye Peas	1/2 cup	94	0.00	320	18.00	6.00	0.00	3.00	
Butterbeans	1/2 cup	80	0.00	810	36.00	12.00		12.00	
Broccoli	2-3 spears	28	0.11	24	5.39	3.12		3.02	
Cabbage	1/2 cup	17	0.32	6	3.35	0.77		1.43	
Carrot Coins	1/2 cup	18	0.02	177	4.04	0.47		1.09	
Collards	1/2 cup	31	0.35	43	6.04	2.52		2.38	
Corn	1/2 cup	45	0.00	140	9.00	1.00	2.00	2.00	
Corn (Fiesta)	1/2 cup	63	0.72	228	14.62	2.06		1.61	
Corn on Cob	1 each	85	1.00	10	18.00	3.00	4.00	1.00	
French Fries OVEN BAKED McCain MCF03761	3 oz	173	8.00	213.45	29.35	2.67		2.67	
French Fries, Spicy Loops (BAKED) Mccain	3 oz	150	6.00	350	20.00	2.00	0.00	3.00	
Fries, Waffle (Baked) McCain MCX239,	3 oz	170	7.00	330	23.00	2.00	0.00	3.00	
Fresh Side Salad (Elem)	1 cup	12	0.19	4.82	2.51	0.78		1.24	
Fresh Side Salad (Sec)	2 cup	28	0.38	21.12	5.70	1.60		2.83	
Fruited Gelatin	1/2 cup	69	0.08	7	18.07	0.48		1.21	
Mixed Vegetables	1/2 cup	59	0.14	31.85	11.91	2.60		4.00	
Grapes	1/2 cup	31	0.16	1	7.89	0.29		0.41	
Green Beans	1/2 cup	14	0.07	169	3.04	0.81		1.28	
Green Peas	1/2 cup	55	0.27	81	9.87	3.75	3.87	3.00	
JuiceBox Juice	6.75 oz	90	0.00	10	23.00	0.00		0.00	

Suffolk Public Schools
Nutrient Data for School Menus

Kidney Beans	1/2 cup	109	0.44	436.01	19.96	6.72		8.20	
LUNCH FRUITS & VEGETABLES	serving size	calories	fat grams	sodium mg	carbohydrate grams	protein grams	sugar grams	Fiber Grams	ALLERGENS (see Disclaimer)
Mixed Fruit	1/2 cup	69	0.01	7.00	18.07	0.48		1.21	
Orange, Fresh	1 each	62	0.16	0	15.39	1.23		3.14	
Peaches , cups	1/2 cup	70	0.00	5	17.00	<1	16.00	1.00	
Pear, Fresh	1 each	96	0.01	2	25.66	0.63		5.15	
Pears, Canned	1/2 cup	72	0.04	0.6	19.04	0.24		2.04	
Pineapple Tidbits	1/2 cup	70	0.00	10	17.00	1.00	14.00	1.00	
Pinto Beans	1/2 cup	100	0.50	350	19.00	5.00	1.00	4.00	
Potato Bucks Simplot 37422	3 oz	170	9.00	360	20.00	2.00	0.00	2.00	
Potato Rounds Simplot Gems 004189	9 each	150	7.00	360	19.00	2.00	0.00	2.00	
Potato Wedges (baked) McCain USD04654	9 pcs	100	3.00	35	16.00	2.00	0.00	2.00	
Potatoes, Mashed Simplot Traditons	1/2 cup	90	1.50	380	17.00	2.00	1.00	2.00	milk
Potatoes, Scalloped Idahoan 00899	1/2 cup	120	3.00	560	24.00	2.00	1.00	2.00	milk, soy
Potatoes, Seasoned Stix (red. sodium) McCain	3 oz	150	5.00	170	25.00	2.00	<1.0	2.00	
Potatoes, Sweet glazed	1/2 cup	222	8.60	161	35.41	1.46		3.55	
Spinach	1/2 cup	30	0.48	92	4.90	3.81		3.52	
Strawberries, Fresh	1/2 cup	23	0.22	1	5.53	0.48		1.44	
Strawberries, Fresh w/topping	1/2 cup	42	0.24	37	9.43	1.29		1.44	
Squash, Zucchini	1/2 cup	36	0.86	7.2	6.46	2.74		2.40	
Succotash (mixed veks & tomatoes)	1/2 cup	63	0.40	261	13.44	2.95		2.42	
Succotash (corn & lima beans)	1/2 cup	71	0.43	266	15.13	3.18		2.83	
Tangerine, Fresh	1 each	37	0.16	1	9.40	0.53		1.93	
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Suffolk Public Schools
Nutrient Data for School Menus

MILK	manufacturer/co de	serving size	calories	fat grams	sodium mg	carbohydrate grams	protein grams	sugar grams	Fiber Grams	ALLERGENS (see Disclaimer)
Milk, Fat Free Chocolate	PET TruMoo	half pint - carton	120	0.00	180	20.00	8.00	18.00	0.00	milk
Milk, Fat Free Strawberry	PET TruMoo	half pint - carton	110	0.00	125	19.00	8.00	22.00	0.00	milk
Milk, 1 % White	PET TruMoo	half pint - carton	110	2.50	130	13.00	8.00	12.00	0.00	milk
Milk, Skim	PET TruMoo	half pint - carton	83	0.20	103	12.15	8.26	0.00	0.00	milk
Lactaid	PET DAIRY	half pint - carton	110	2.50	125	13.00	8.00	12.00	9.00	
Milk, Fat Free Chocolate SHELF STABLE	Moo-Mates	half pint - carton	140	0.00	260	27.00	8.00	25.00	<1	milk
Milk, Fat Free Strawberry SHELF STABLE	Moo-Mates	half pint - carton	130	0.00	100	25.00	8.00	25.00	<1	milk
Milk, 1 % White SHELF STABLE	Moo-Mates	half pint - carton	80	0.00	110	11.00	8.00	11.00	<1	milk
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**Suffolk Public Schools
Nutrient Data for School Menus**

SNACK ITEMS	<i>manufacturer/code</i>	<i>serving size</i>	<i>calories</i>	<i>fat grams</i>	<i>sodium mg</i>	<i>carbohydrate grams</i>	<i>protein grams</i>	<i>sugar grams</i>	<i>Fiber Grams</i>	<i>Whole Grain Rich</i>	<i>Grain Equivalents</i>	ALLERGENS (see Disclaimer)
Baked Cheetos, Crunchy	Cheetos	.875 oz	120	4.50	200	19.00	2.00	1.00	0.00	yes	1.50	milk
Baked Cheetos, Famin' Hot	Cheetos	.875 oz	130	5.00	200	19.00	2.00	1.00	0.00	yes	1.50	milk
Bug Bites	Kellogg's	1 bag	120	3.50	115	21.00	2.00	8.00	1.00	yes	1.00	wheat, soy
Fantastitcs Chili & Cheese	Fantastix	1 oz	130	5.00	200	19.00	2.00	<1	2.00	yes	1.00	milk
Fantastitcs Flaming Hot	Fantastix	1 oz	130	5.00	210	20.00	2.00	<1	1.00	yes	1.25	milk
Cheetos Reduced Fat Puffs	Cheetos	.7 oz	90	3.50	135	14.00	2.00	<1	<1	yes	1.00	milk
Cheetos Reduced Fat Puffs HOT	Cheetos	.7 oz	9	3.50	135	14.00	2.00	<1	<1	yes	1.00	milk
CapriSun	Kraft	6.75 oz	100	0.00	25	24.00	0.00	19.00	0.00	na		
Cheez-It	279263	.75 oz	100	3.50	150	14.00	2.00	0.00	1.00	yes	1.00	wheat, soy, milk
Chips/Crisps BBQ	FritoLay	.875 oz	110	2.50	170	19.00	2.00	3.00	2.00	no		wheat, soy, milk
Chips/Crisps Potato	FritoLay	.875 oz	100	1.50	115	20.00	2.00	2.00	2.00	no		soy
Chips/Crisps Sour Cr Onion	FritoLay	.875 oz	100	3.00	200	17.00	1.00	2.00	1.00	no		milk, soy
Cookie, Choc. Chippers	Lindens	1 pkg (1.1 oz)	145.1	5.50	89.9	22.30	1.50	10.50	2.00	yes	1.00	egg, soy, wheat
sugar, candy, oatmeal raisin	David's	1 cookie (1 oz)	100	3.50	85	15.00	2.00	8.00	1.00	yes	1.00	egg, mlk, soy, wheat
Grahams	Keebler 07626	1 pkg (1 oz)	120	4.00	105	21.00	2.00	8.00	1.00	yes	1.00	wheat, soy
Cookies, Frosted Birthday	Good Source 1820	1 es	172	6.70	78.2	26.90	1.70	15.00	1.00	yes	0.50	egg, milk, soy, wheat
Crisps, Cinnamon	Nature Valley/ Gen Mills	3 crisp 34g	150	5.00	135	25.00	9.00	2.00	1.00	yes	1.00	
Cupcakes, Vanilla	SuperBakery 9489	1 ea	140	2.50	170	26.00	2.00	8.00	6.00	yes	0.50	peanuts, tree nuts, eggs, milk, wheat, soy
Fruit Roll-ups,	Gen. Mills	1 roll	50	1.00	55	11.00	0.00	7.00	0.00	na		
Fruit Snacks - Scooby Doo	Betty Crocker	1 pouch	70	0.00	30	21.00	0.00	8.00	4.00	na		

**Suffolk Public Schools
Nutrient Data for School Menus**

SNACK ITEMS	<i>manufacturer</i>	<i>serving size</i>	<i>calories</i>	<i>fat grams</i>	<i>sodium mg</i>	<i>carbohydrate grams</i>	<i>protein grams</i>	<i>sugar grams</i>	<i>Fiber Grams</i>	<i>Whole Grain Rich</i>	<i>Grain Equivalents</i>	ALLERGENS (see Disclaimer)
Hershey, Polar Blast Fruit Bar	Hershey 31000	2.25 oz	70	0.00	5	16.00	0.00	12.00	0.00	na		*see Hershey statement below
Hershey, Or. Blossom Bar	Hershey 31143	2.5 oz	100	1.00	40	22.00	0.00	22.00	0.00	na		milk *see Hershey statement below
Hershey, Choc. Scooter Bar	Hershey 31165	2.75 oz	140	5.00	100	22.00	2.00	17.00	0.01	na		coconut, milk, soy, wheat *see Hershey statement below
Hershey, Str. Scooter Bar	Hershey 31166	2.75 oz	140	1.50	50	22.00	1.00	17.00	0.01	na		coconut, milk, soy, wheat *see Hershey statement below
Hershey, Crazy Cone	Hershey 31303	4 oz	120	2.00	80	24.00	2.00	10.00	0.04	na		machinery that also works with peanuts and tree
Crm Cone	Hershey 31306	4 oz	120	1.50	100	25.00	2.00	14.00	0.04	na		machinery that also works with peanuts and tree
Twist	Hershey 31307	4 oz	80	1.50	80	15.00	4.00	14.00	0.00	na		machinery that also works with peanuts and tree
Hershey, Lemon Sherbet	Hershey 31480	4 oz	100	0.50	40	23.00	<1	22.00	0.01	na		milk *see Hershey statement below
Hershey, Orange Sherbet	Hershey 31490	4 oz	100	0.50	40	23.00	<1	22.00	0.01	na		milk *see Hershey statement below
Hershey, Raspberry Sherbet	Hershey 31500	4 oz	110	1.00	40	23.00	<1	20.00	0.00	na		milk *see Hershey statement below
Hershey, Vanilla Yogurt	Hershey 31570	3 oz	80	1.00	80	16.00	4.00	22.00	0.00	na		milk *see Hershey statement below
Hershey, Raspberry Yogurt	Hershey 31580	3 oz	110	1.00	85	23.00	4.00	25.00	0.00	na		milk *see Hershey statement below
Ice Cream Cup	Hershey 31631	3 oz	80	0.00	12	12.00	3.00	22.00	0.00	na		milk *see Hershey statement below
Hershey, Choclate Ice Cream Cup	Hershey 31631	3 oz	80	0.00	12	16.00	4.00	22.00	0.00	na		milk *see Hershey statement below
Hershey, Cookies & Cream Sandwich	Hershey 344484	2.5 oz	150	2.50	150	29.00	3.00	13.00	0.00	na		milk, wheat, soy *see Hershey statement below
Hershey, Vanilla Ice Cream Cup	Hershey 31634	3 oz	180	3.50	150	33.00	4.00	20.00	0.03	na		milk, wheat, soy *see Hershey statement below
Hershey, Minty Ice Crm Sandwich	Hershey 31354	4 oz	180	3.50	150	33.00	4.00	20.00	0.03	na		milk, wheat, soy *see Hershey statement below
Hershey, Van Ice Crm Sandwich	Hershey 31350	2.5 oz	120	2.50	120	12.00	2.00	10.00	0.01	na		milk *see Hershey statement below
Yogurt	Hershey 50230	3 oz	60	0.00	65	12.00	3.00	12.00	0.00	na		milk *see Hershey statement below
Yogurt	Hershey 50245	3.75 oz	80	0.00	95	15.00	4.00	15.00	0.00	na		milk *see Hershey statement below

Suffolk Public Schools
Nutrient Data for School Menus

SNACK ITEMS	manufacturer/code	serving size	calories	fat grams	sodium mg	carbohydrate grams	protein grams	sugar grams	Fiber Grams	Whole Grain Rich	Grain Equivalents	ALLERGENS (see Disclaimer)
Hershey, Sour Apple Twister	Hershey 50255	3.75 oz	80	0.00	10	19.00	0.00	14.00	0.00	na		milk *see Hershey statement below
Hershey, Banana Crm Yogurt Twister	Hershey 50250	3.75 oz	80	0.00	75	17.00	3.00	15.00	0.00	na		milk *see Hershey statement below
Hershey, BD Cake Yogurt Twister	Hershey 50230	3.75 oz	80	0.00	85	15.00	4.00	15.00	0.00	na		milk *see Hershey statement below
Raspberry Twister	Hershey 50260	3.75 oz	80	0.00	19	19.00	0.00	14.00	0.00	na		milk *see Hershey statement below
G2 (various flavors)	Gatorade	12 oz	30	0.00	160	7.00	0.00	7.00	0.00	na		
Juice Box - Apple	Motts	6.75 oz	120	0	10	29.00	0.00	28	0	na		
Juice Box - Apple-White Grape	Motts	6.75 oz	110	0	0	26.00	0.00	25	0	na		
Juice Box - Fruit Punch	Motts	6.75 oz	60	0	5	15.00	0.00	15	0.00	na		
Munchie Mix,	FritoLay	.875 oz	100	3.00	150	17.00	3.00	2	2.00	yes	1.00	wheat
Munchie Mix, Cheddar	FritoLay	.875 oz	110	3.00	160	17.00	3.00	1	2.00	yes	1.00	wheat
Popcorn, ButterFit	Indiana	8.5 oz	130	5.00	130	21.00	1.00	6	2.00		1.00	peanuts and tree nuts
Popcorn, Kettle	Indiana	8.5 oz	130	5.00	130	21.00	1.00	6	2.00		1.00	peanuts and tree nuts
Popcorn, SeaSalt Caramel	Smartfood	1/2 oz	70	2.50	115	10.00	2.00	0.00	2.00	yes		milk
Popcorn, White Cheddar	Smartfood	1/2 oz	70	2.50	110	9.00	2.00	0.00	2.00	yes		milk
Pretzels, Hartzels	Rold Gold	.7 oz	80	1.50	200	15.00	2.00	0.00	2.00	yes	1.00	wheat
Propel Zero (various flavors)	Pepsico	16.9 oz	0	0.00	160	0.00	0.00	0.00	0.00	na		
Rice Krispie Treat (Kellogg's)	Kellogg's	40 grams	160	4.00	140	30.00	2.00	11.00	<1	na	1.00	milk, soy
Scooby Doo Cookies	Kellogg's	1 oz	120	4.00	115	20.00	2.00	8.00	<1	yes	1.00	
Slushie / Juice Alive (Blue Raspberry, Cherry Limeade, Strawberry Kiwi, Clear Lemonade, Watermelon)	Juice Alive 100% fruit jce	8 oz	120	0.00	10	30.00	<1	31.00	0.00	na		milk, soy
Sparkling Juice	Switch	6.75 oz	120	0.00	5	29.00	0.00	28.00	0.00	na		wheat, soy

**Suffolk Public Schools
Nutrient Data for School Menus**

SunChips Harvest Cheddar	FritoLay	.875 grams	110	4.00	200	15.00	2.00	1.00	2.00	yes	1.25	milk, wheat
Crunchy Fries	TGI Fridays	1 oz	120	5.00	180	18.00	1.00	1.00	1.00	yes	1.00	milk, soy
SunChips Garden Salsa	FritoLay	1 oz	110	4.00	170	15.00	2.00	1.00	2.00	yes	1.25	wheat
SNACK ITEMS	<i>manufacturer/code</i>	<i>serving size</i>	<i>calories</i>	<i>fat grams</i>	<i>sodium mg</i>	<i>carbohydrate grams</i>	<i>protein grams</i>	<i>sugar grams</i>	<i>Fiber Grams</i>	<i>Whole Grain Rich</i>	<i>Grain Equivalents</i>	ALLERGENS (see Disclaimer)
Tortilla Chips Cool Ranch	Doritos	1 oz	130	5.00	16	19.00	2.00	1.00	2.00	yes	1.50	milk
Tortilla Chips Nacho-Cheese	Doritos	1 oz	130	5.00	200	20.00	2.00	0.00	1.50	yes	1.50	milk
Tortilla Chips Spicy Sweet	Doritos	1 oz	130	5.00	180	20.00	2.00	<1	1.50	yes	1.50	milk soy
Tostitos Scoops	Tostitos	.875 oz	30			125.00				yes	1.50	milk
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Suffolk Public Schools
Nutrient Data for School Menus

Condiments	serving size	calories	fat grams	sodium mg	carbohydrate grams	protein grams	sugar grams	Fiber Grams	ALLERGENS (see Disclaimer)
BBQ Sauce	2 Tblsp	60	0.00	310	14.00	0.00	11.00	0.00	soy
Hot Dog Chili	1 oz	31	0.76	111.35	1.75	1.96		0.44	
Cole Slaw	1 oz	150	14.06	0.03	6.39	0.53		0.69	
Croutons, Seasoned	.125 oz	15	0.50	52.5	2.50	0.50		0.00	milk, wheat, soy
Gravy, Brown	2 oz	35	0.50	510	7.00	0.00	1.00	0.00	milk, soy, wheat
Gravy, Turkey	2 oz	10	0.50	280	3.00	0.00	0.00	0.00	milk, soy, wheat
Honey	1 oz	86		1.13	23.36	0.00		0.00	
Hot Sauce	1 oz	0	0.00	210	0.00	0.00	0.00	0.00	
BBQ Sauce	2 oz	85	0.16	634.46	20.55	0.00		0.34	
Jelly, grape	1 pkg/ 1/2 oz serving	35	0.00	0	9.00	0.00	6.00	0.00	
Ketchup	1 pack (9 grams)	10	0.00	105	3.00	0.00	2.00	0.00	
Lettuce Leaf & Tomato Slice	1 lettuce leaf + 2 sl tomato	6	0.07	2	1.32	0.31		0.36	
Lettuce Leaf & Tomato Slice I Pickle Chip	1 lettuce leaf + 1 sl tomato + 1 pickle chip	12	0.09	36.01	2.69	0.30		0.43	
Lettuce (Shredded) & Diced Tomatoes	1/2 c letuce + 1/4 c tomatoes	12	0.09	0.01	2.58	0.64		0.87	
Margarine	1 pat (5 grams)	35	4.00	40	0.00	0.00		0.00	soy, milk
Marinara Sauce	2 oz	36	1.81	56.7	4.54	0.45	0.45	3.00	soy, egg
Mayonnaise	12 grams	40	4.00	90	1.00	0.00	0.00	1.00	
Mustard	1 pack (5 grams)	0	0	65.00	0	0.00	0.00	0.00	
Och-chiwawa Sauce	1 tsp	24	0.00	183.66	6.01	0.00		0.88	
Olives, Ripe	15 grams	12	1.00	110	<1	0.00	0.00	0.00	
Onions, Diced	1 Tblsp	4	0.01	0.4	0.93	0.00		0.17	
Onions & Peppers	2 oz	16	0.07	1.84	3.75	0.00		0.88	
Seafood Sauce	1 pkg/ 12 grams	10	0.00	135	3.00	0.00		0.00	
Salad Dressing - Caesar	2 Tblsp	120	13.00	160	0.00	1.00		0.00	soy, egg, fish, milk
Salad Dressing - French	2 Tblsp	160	14.00	180	7.00	0.00	6.00	0.00	
Salad Dressing - Italian	2 Tblsp	10	0.00	470	2.00	0.00	1.00	0.00	milk, soy, egg
Salad Dressing - Ranch	2 Tblsp	80	8.00	240	2.00	1.00	1.00	0.00	egg, soy
Salad Dressing - 1000 Island	2 Tblsp	130	12.00	140	4.00	0.00		0.00	
Salsa	2 oz	20	0.11	243.81	3.97	0.85		0.79	
Sour Cream	1 oz	21	0.00	39.97	4.42	0.00		0.00	milk
Sweet & Sour Sauce	2 TBSP	60	0.00	110	14.00	0.00		0.00	
Syrup	2 oz	55	0.00	55	38.00	0.00	37.00	0.00	
Tartar Sauce	1 oz	78	6.45	227.49	5.27	0.04		0.12	soy, egg

Suffolk Public Schools
Nutrient Data for School Menus

Allergen Disclaimer Information:

The allergen information is based on product information sheets and ingredient labels from manufacturers. Therefore, variations may occur due to difference in suppliers, product and ingredient substitutions, and formulation changes.

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