

Marshall County Schools- Child Nutrition Program

Selected Nutritional Information* 2018-2019

<i>Item Number</i>	<i>Description</i>	<i>Brand Name</i>	<i>Serving Size</i>	<i>Calories</i>	<i>Fat Grams</i>	<i>Sat Fat</i>	<i>Carbs</i>	<i>Cholesterol</i>	<i>Sodium</i>	<i>Protein</i>	<i>Fiber</i>	<i>Sugar</i>
1002	Bacon, Sliced	GFS	3 slices	60	5	2	0	15	190	5	0	0
1004	Beef, Ground	GFS	4 oz raw	280	22	9	0	75	65	21	0	0
1005	Beef, Taco Filling	GFS 776548M	3.32 OZ	165	12	4	5	27	319	12	2	2
1005A	Beef, Taco Filling	Kitchen Essentials 42571	2 OZ	120	9	3.5	3	20	260	8	1	0
1006	Beef, Patties	AdvancePierre 9100 CN 085311	1 patty	180	13	5	2	35	320	13	0	0
1006C	Beef, Corned	Carl Buddig 73114	3 OZ	140	8	3	2	60	1150	15		2
1007c	Burrito, Beef, Cheese and Bean	Fernando's 05218	1 burrito/5 oz.	360	15	7	40	25	460	16	5	3
1010	Chicken, Popcorn Smackers	GoldKist Farms 110452	~10 pieces	269	13	3	20	60	590	18	3	0
1011	Chicken, Fajita Meat	Perdue 07325	3 oz	100	2.50	1	2	65	570	18	0	1
1011A	Chicken, Diced	Tyso 22830-0928	2.30 oz	100	4	1.15	1	42	92	14	0	0
1013	Chicken, Drumsticks Breaded	Tyson 666010-0928	1 Drumstick	190	11	2.5	5	50	450	16	1	0
1014	Chicken, Nuggets	GoldKist Farms 615300	5 nuggets	184	8	2	13	33	380	15	2	0
1014S	Chicken, Nugget Hot 'N Spicy	Tyson 70372-928	CN=5	200	10	2	10	45	340	19	1	1
1018	Chicken, Patty Breaded	GoldKist Farms 665400	1 patty/3.05oz	184	8	2	13	33	378	15	2	0
1018S	Chicken, Patty Breaded Hot 'N Spicy	Tyson 005567-0928	1 patty	210	11	2.5	12	55	470	15	1	0

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1019	Chicken, Patty Grilled	Tyson038300-0928	1 patty/3.0 oz	120	2.5	.5	1	60	390	23	0	0
1020	Chicken, Pulled meat	Tyson 25560-928	2.20 oz	95	3.6	1	.1	44	84	15	0	0
1020A	Chicken, Breast Boneless Raw 4 oz.	GFS 20502	1 piece	100	2	0.5	0	60	270	22	0	0
1021	Chicken, Patty Breaded	Tyson 005778-0928	1 patty/1.45 oz.	90	4.5	1	6	15	220	7	1	0
1022	Chicken, Strips Tangerine	AsianFoodGMDragon 72001	3.9oz	190	4	1	25	45	380	14	2	13
1022G	Chicken, Strips General Tso	Tyson Foods 026074-0928	4 OZ	224	12	2.4	10	92	288	18	0	8
1023	Chicken, Strips Sweet Thai Chili	AsianFoodSolutionsGNDragon 73004	2.85 oz	120	2	0.5	15	45	330	11	0	11
1023C	Chicken, Teriyaki	AsianFoodSolutionsGNDragon 73001	2.85 oz	146	2.50	1	14	53	414	15	0	14
1024	Corn Dogs, Mini	GFS 96082	6 mini corn dogs	270	12	3.7	30	38	420	11	5	6
1026	Corn Dogs, Chicken,Batter	GFS 96080	1 corn dog	240	8	2.5	30	40	390	9	5	5
1027A	Egg Roll, Chicken	Schwan, Minh 69461 Est# P-5630D;	1 roll/ 3 oz.	160	5	1	20	30	410	10	3	3
1028	Fish, Sweet Potato Crusted	HighLinerFoods 1089870	1pc/3.6oz	200	7	1	18	50	150	14	1	5
1030	Fish, Nuggets	GFS 10026693	4 nuggets	230	9	1.5	22	50	210	15	3	1
1031	Fish, Sticks Nacho Encrusted WG	High Liner Foodservice 38118	4 - 1 OZ Sticks	230	9	1.5	22	50	350	15	2	0
1035	Ham, Sliced To Serve	Hormel 32225	6 slices	90	2.25	.75	1.5	45	525	15	0	2
1038	Hot Dogs	GFS 154792	1 hot dog	180	17	6	2	35	580	6	0	1
1044	Meatballs	GFS 04-6107-90	6 meatballs	270	20	8	8	40	270	14	2	1

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1048	Pepperoni, Sliced CN Label	Hormel 31763	1.25 oz./20 slices	175	16.2	7.4	0	43.6	587	6.2	0	0
1049A	Pierogi, Potato Amer Cheese	Mrs. T's 41164-00833	6 pieces	180	5	3	24	50	230	9	3	0
1050	Pork, Rib-B-Q Patty	GFS 100640	1 Patty/2.5 oz.	160	10	3.5	8	30	390	12	1	5
1051	Pork, BBQ, Shredded	Gordon Choice	7 OZ	333	14	4.41	28	79	1208	26	2	23
1054a	Quesadilla, Cheesiest Con Queso	ConAgra The Max 100 77387 12658 3	4.02 oz/3 Triangles	260	10	2.5	30	10	600	14	3	2
1054b	Quesadilla, Chicken/Cheese Southwest	Schwan 78373 (Coyote Grill)	2/2.20 oz slices	300	11	4.5	31	40	560	19	3	2
1054c	Quesadilla, Totally Taco	ConAgra 7738712714 (The Max)	3 pieces	250	8	2.5	30	10	600	15	4	2
1055S	Sandwich, SoyButter & Grape Jelly WG IW	Albie's Foods #607	1	290	16	3	28	0	220	9	4	11
1057	Roast Beef, Sliced	GFS 90410014	2 oz	70	1	0.5	0	25	320	11	0	0
1060	Sausage, Patties LS 2 oz	Jones Dairy Farm 018717	1 patty	230	22	7	1	40	170	7	0	0
1062	Steak, Hoagie RS	AdvancePierre6140	3 oz	210	15	6	0	56	52	17	0	0
1064	Steak, Salisbury	AdvancePierre16-627	1 steak/2.7 oz	184.3	13	5	3.4	39.5	218	13.9	1.2	1
1065A	Taco, Chicken Filling	Tyson 19957-03	3 oz	150	7	2	3	95	320	19	0	1
1069	Turkey, Chunks w/gravy	Jennie-O 2862-28	4.16 oz	120	5	1.5	2	40	500	18	0	0
1070	Turkey, Deli Style Sliced	Jennie-O 2099	3 oz (6 slices)	110	4.5	1.5	0	45	340	17	0	0
1073	Veggie Burger	Kellogg's Gardenburger 8405971116	1 Patty/3.40 oz	150	4.5	2.5	21	10	520	7	3	0

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1073S	Veggie, Sausage Pattie Breakfast	Kellogg's 28989 97152	1 Patty	80	3	0	3	0	260	9	1	0
1516	Pizza, French Bread Cheese	Schwan Tony's 78356	1 slice	290	11	4.5	33	20	560	17	3	4
1517	Pizza, French Bread Garlic Cheese	Schwan Tonys 78359	1 slice/4.29 oz.	330	16	6	30	20	700	17	3	2
1518	Pizza, French Bread Pepperoni	Schwans Tony's 78357	1 slice/4.93 oz	310	12	5	33	25	670	17	3	4
1520	Pizza, Stuffed Crust Cheese	ConAgra The Max 77387 12616	1 slice/5.00 oz	320	12	6	38	35	700	17	3	5
1521	Pizza, Stuffed Crust Pepperoni	ConAgra The Max 77387 12615	1 slice/5.75oz	330	12	6	38	35	760	17	3	5
1526	Pizza, Pepperoni 4*6	Schwan Tony's 78674	1 slice/4.48 oz	300	11	4	33	15	550	15	4	9
1534	Pizza, Deep Dish 5" Cheese	Schwan Tonys 78368	1 slice/4.98 oz	320	12	6	35	30	480	17	3	10
1536	Pizza, Deep Dish 5" Pepperoni	Schwan Tonys 78369	1 slice/4.98 oz	330	13	5	35	35	540	17	3	10
1542	Pizza, Cheese 4*6	Schwan Tony 78673	1 slice/4.6 oz	300	11	4	34	15	470	16	4	10
1557	Calzone, Pizza Pepperoni & Cheese WG	Albie's Foods 813	1	300	13	5	30	25	460	14	3	4
2001A	Cereal, Chex Rice, Bowl Pack	General Mills - Rice Chex 31921000	1 bowl	100	0.5	0	24	0	250	2	1	2
2002	Cereal, Cheerios, Bowl Pack	General Mills - WG Cheerios 32262000	1 bowl	100	2	0.5	20	0	140	3	3	1
2002A	Cereal, Cherrios Fruity, Bowl Pack	General Mills 16000-31916	1 bowl	120	1.5	0	25	0	140	2	2	9
2004	Cereal, Cinnamon Toast Crunch, Bowl Pack	General Mills -CTC 16000-29444	1 bowl	110	3	0.5	22	0	160	1	3	6
2005	Cereal, Chex Cinnamon, Gluten Free	General Mills 38387000	1 Bowl	120	2.5	0	22	0	170	1	1	6
2010	Cereal, Cocoa Puffs, Bowl Pack	General Mills 16000-31888	1 bowl	110	1.5	0	25	0	120	2	2	8

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2015	Cereal, Granola Crunchy Clusters	Kellogg's 3800049834	1/4 C	198	2.25	0	43	0	86	5	4	16
2016	Cereal, Golden Grahams Bowl Pack	General Mills 16000-11943	1 bowl	100	1	0	24	0	220	1	1	8
2029	Cereal, Trix, Reduced Sugar, Bowl Pack	General Mills 16000-31922	1 bowl	110	1.5	0	24	0	140	1	1	7
2030	Cereal, Frosted Mini Wheats, Original, Bowl Pack	Kellogg's Frst Mini Wht 380000-4996	1 bowl 28g	100	0	0	24	0	0	3	3	6
2201	Bagel, Cinnamon Raisin IW	Pinnacle Lenders 076800 000783	1 bagel	170	1	0	34	0	160	7	5	8
2201A	Bagel, Plain WG, Sliced IW	Pinnacle Lenders 75	1 bagel	140	1	0	28	0	160	6	4	4
2203	Bars, Cereal WG Cocoa Puffs	General Mills 45577000	1 bar	150	3	0.5	30	0	0	3	3	9
2203A	Bars, Cereal Cheerios Apple Cinnamon	General Mills 319110000	1 bar	150	3	0.5	30	0	95	2	3	9
2203B	Bars, Cereal Trix WG	General Mills 100-16000-31915-5	1 bar	150	3.5	0.5	30	0	100	2	2	9
2203C	Bars, Cereal Cinnamon Toast Crunch	General Mills 100-16000-45576-1	1 bar	150	3	0.5	30	0	115	3	3	8
2203D	Cereal Bar, Cheerio Strawberry	General Mills 31914000	1 Bar	150	3.5	0.5	30	0	85	2	3	9
2205	Breakfast Bar, Banana Chocolate Chunk	Redi-Bake 40402	1 bar	280	8	3	48	15	220	5	3	23
2206	Breakfast Bar, Oatmeal Chocolate Chip	Redi-Bake 40401	1 bar	290	9	3	47	20	240	5	3	22
2207A	Breakfast Bread, Banana IW	Super Bakery 6071	1 slice	280	10	2	44	0	220	5	2	25
2207B	Breakfast Bread, Zucchini IW	Super Bakery 6072	1 slice	270	10	2	43	0	220	5	2	25
2207D	Bun, Cinnamon IW	Super Bakery 6070	1 bun	240	8	2	38	20	300	5	3	15

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2208	Breakfast, Pizza Sausage	Schwan Tonys 63912	1 slice/3.31oz	210	7	2	26	15	480	9	2	9
2208A	Pizza, Breakfast Sausage, IW	Tony's 63913	1 Slice	240	8	2.5	31	15	340	11	3	4
2210	Breakfast Stick, Bacon Egg & Cheese	Tyson Bosco's 10201-1120	1 stick	160	6	2.5	17	60	370	9	2	1
2210A	Bread Stick, Apple Jammer, WG, IW	Albie's Foods 711	1	200	3	0.5	41	0	190	5	3	15
2211	Bagels Mini, Cinnamon Creamy Cheese	Pillsbury 138399000	1 Pack	240	6	2.5	41	10	180	6	2	13
2211A	Bagels Mini, Strawberry Creamy Cheese	Pillsbury 138413000	1 Pack	240	6	2.5	41	10	180	6	2	13
2212	Calzone, Egg & Cheese	Albie's Foods 823	1 Calzone	350	15	8	42	135	460	13	3	3
2213	Churro, Apple WG	Tiopepe 41110	1churro	150	4	1	27	0	60	3	1	9
2213A	Churro, Raspberry Bulk	Tio Pepe's 41112	1 churro	160	4	1.0	28	0	60	3	1	9
2216	Pastry, Whole Grain	Super Bakery 18400	1	230	11	4	29	0	260	5	2	6
2222	Egg, Patty Round	Papetti's Michael Fds 46025-30004-00	1 patty/2 oz.	90	7	1.5	2	155	180	5	0	1
2226	Eggs in a Bag	Papetti's 46025-85877-00	1.94 oz (1/4 C)	83	6	2	1	140	204	5	0	1
2227	Eggs, Omelet w/Cheese	Papetti's, Michael's Fds 46025-85137-00	1 Omelet	130	10	3.5	1	165	280	7	0	0
2227A	Eggs, Whites Liquid Frozen	Sunny Fresh 10032	3 tbsp	30	0	0	1	0	80	5	0	0
2228	Elfin Loaf, Banana IW	AjinomotoWindsor Bernardi 431609	1 loaf/2 oz.	160	5	1	27	30	140	3	2	14
2230	Elfin Loaf, Blueberry IW	AjinomotoWindsor Bernardi 431633	1 loaf/2 oz.	160	6	1	26	30	120	3	2	12

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2233	French Toast, Mini Berry Blast, IW	General Mills 137308000	1 Pouch	220	7	1	37	0	190	4	2	11
2234	French Toast Mini, Chocolate Chip IW	Kellogg's Eggo 3800080801	1 Bag/3.03 oz	210	6	1.5	35	0	260	5	4	10
2235	French Toast Mini, Cinnamon Rush, IW	Gen Mills Pillsbury 18000-373093	1 bag/2.64 oz	220	7	1	37	0	200	4	2	11
2236	French Toast Mini, Original	Kellogg's Eggo 3800080693	1 bag/3.03 oz	210	5	1.5	37	0	240	4	3	13
2239	French Toast, Cinnamon w/Glaze WG	Micheal Foods 46025-75014-00	1	200	8	2	25	110	280	8	2	11
2240	Granola Bites, S'mores	GeneralMills Nature Valley 4729600	1 Pouch/1.24 oz	150	6	1.5	24	0	125	2	2	9
2241	Muffin, Chocolate/Choc Chip IW	OtisSpunkmeyer Aryzta 10145	1 muffin/2 oz	190	6	2	32	45	130	4	2	17
2241A	Muffin, Apple Cinnamon IW	Aryzta 10146	1 muffin/2 oz.	190	6	2	30	40	130	3	2	16
2241B	Muffin, Bananna IW	Aryzta 10144	1 muffin/2 oz.	190	6	2	31	40	130	3	2	17
2242	Pancakes, WG	Pinnacle 0019600-43582	1	230	6	1	41	10	330	5	3	5
2244	Pancakes, Mini, Maple Burst'n, WG, IW	General Mills 18000-377329	1 bag/3.17 oz	220	6	0.5	39	0	130	4	3	12
2244A	Pancakes Mini, Strawberry Splash, IW	General Mills 137731000	1 bag/3.17 oz	220	6	0.5	40	0	130	4	3	14
2245	Pancake On A Stick	GFS 96081	1 Stick	240	15	4.5	18	25	360	7	2	4
2247	Pretzel Stick, Cheese Filled 6"	Tyson Bosco's 705672-1120	1 Stick/2.5 OZ	200	7	2	27	10	230	7	3	3
2249	Pastry, Pop Tart Frosted Fudge WG	Kellogg 3800012070	1 Pastry	180	3	1	38	0	190	3	3	16
2249A	Frudel, Cherry IW	General Mills 18000-27851	1 Frudel	210	6	1	37	0	260	5	2	11
2249B	Frudel, Apple IW	General Mills 18000-27852	1 Frudel	210	6	1	36	0	260	5	2	11

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2250	Waffles, WW	Speciality Foods 71885	1 Waffle	290	14	6	37	15	160	4	2	18
2251A	Rolls, Cinnamon IW, 2 oeg	General Mills Pillsbury 18000-33686	1 roll/2.20 oz	240	7	1.5	39	0	270	5	2	15
2255	Waffles, MINI, Maple Madness IW	GeneralMills Pillsbury 132265000	1 bag/2.47 oz	210	6	1	38	0	170	4	3	13
2258	Waffle, MINI, Cinnamon IW	Kellogg's Eggos 38000-92313	1 bag/2.65 oz	200	5	1.5	35	0	270	5	4	10
3029	Rice, Fried Vegetable WG	Minh 69074	3 OZ Serving	140	1.8	0	27.5	0	220	3	2	2
3226	Beans, Refried	Santiago 10166	1/2 C	180	1.5	0.5	30	0	640	10	10	0
3236	Corn	GFS	1/2C	80	1	0	17	0	310	2	2	4
3505	Potato, Curly Fries	McCain OIF01038A	1/2C	90	3	0	13	0	25	2	2	0
3507	Potato, Crinkle Cut	Ore IDA OIF00055A	2.54oz.	110	2.5	0	17	0	25	2	2	0
3511	Potato, Pearls (Mashed)	Basic American Excel 76468	4.16 OZ	70	1	0	15	0	320	1	1	0
3512	Potato, Tater Tot	McCain, Ore-Ida 1000002789	2.52 oz	90	3.5	0	14	0	170	1	1	0
3516	Potato, Hash Brown Rounds	McCanin Foodservice 1000006188	2 Rounds	100	3.5	0	16	0	105	1	1	0
3520	Potato, Wedges	McCain OIF 00024A	2.69 oz	90	2.5	0	15	0	20	1	1	0
3522	Potato, Smiles	McCain Ore-Ida OIF03456	4 pieces=1/2 cup	130	4.5	0.5	20	0	180	2	2	0
3524	Potato, Waffle Cut	McCain Ore-Ida OIF01037A	3.02 oz	140	5	1	22	0	80	2	3	0
4004	Applesauce, Unsweetened	GFS 71497	1/2C	50	0	0	13	0	10	0	2	9
4006	Fruit, Mix Diced	GFS F009390161034	1/2C	60	0	0	13	0	5	1	1	13

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4008	Fruit, Cocktail	GFS F009390122530	1/2 C	70	0	0	18	0	15	0	1	16
4010	Oranges, Mandarin LS	GFS 112002	1/2C	90	0	0	20	0	10	1	0	19
4011	Peach, Cups	Dole 38900030732	1 cup	80	0	0	19	0	5	1	1	18
4014	Peach, Sliced in Juice	GFS 610267	1/2 C	50	0	0	12	0	5	0	0	10
4016	Pear, Slice in Juice	GFS 007957233540	1/2C	60	0	0	14	0	10	0	2	12
4020	Pineapple, Tidbit in Unsweetened Juice	GFS 114520	1.2C	70	0	0	18	0	0	0	1	15
4022	Raisins	Boghosian 10108010	1/4C	130	0	0	31	0	10	1	2	29
4022A	Raisins, Individual	Boghosian 1018805	1 Box	130	0	0	31	0	10	1	2	29
4024	Strawberries, Whole	GFS 9390124463	1/2C	25	0	0	6.50	0	0	0	1.5	4
4028	Blueberry, IQF	GFS 9390116672	1/2C	40	0	0	805	0	0	0	2	6
5001	Biscuit, WG	GeneralMills Pillsbury 132271000	1 biscuit	200	9	7	27	0	440	4	2	2
5003	Breadsticks, WG	Aunt Millie's 7736	1 stick/1oz.	80	1	0	14	0	100	2	1	2
5005A	Croissant, Sliced WG	Tyson Sara Lee CP41315	1 croissant	220	9	3.5	30	0	300	6	0	0
5006	Dough Pizza 12*16	KB Pizza 85626	1 - 10 cut	160	1	0	33	0	280	6	3	4
5007	Bun, Pretzel Roll WG Gourmet	JJSnack 7051	1 bun	160	2.5	1	29	0	40	5	3	2
5007F	Flatbread, WG Oven Fired	Rich's 14010	1 Flatbread	180	5	1	29	0	330	6	3	2
5007W	Lasagna, Pasta Sheets	Gordon Choice 1586	1 Sheet	210	1	0	41	25	10	8	0	0

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5008	Macaroni, Elbow	Dakota Growers 6738792109	1 c	210	1.5	0	41	0	0	7	4	2
5010	Macaroni, Rotini	Dakota Growers 67387920201	1 c	210	1.5	0	41	0	0	7	4	2
5010W	Macaroni, Rotini White	GFS	1 c	210	1	0	42	0	0	7	2	3
5011A	Macaroni, Penne	Dakota Growers 6738792010	1 c	210	1.5	0	41	0	0	7	4	2
5012	Nacho Chips, Bulk	Pepisco 62399	1 OZ ~13 Chips	140	5	1	20	0	115	2	2	0
5017	Noodles, Egg WG	GFS 9390110816	2 oz dry	220	3	1	40	55	15	8	1	2
5017A	Noodles, Egg Med	KitchenEssentials 9390165454	2 oz dry	220	3	1	40	55	15	8	1	2
5019	Shell, Tart Cup	Keebler 3010034140	1 pastry/3 oz.	140	6	3	19	0	70	2	0	5
5020	Wrap, Wheat Tortilla Soft 8"	Mission Foods 33824	1 wrap	150	4	1	24	0	200	4	2	2
5021	Wrap, Wheat Tortilla Soft 6"	Mission Foods 33822	1 wrap	90	2.50	0.5	14	0	125	3	1	1
5022	Spaghetti	Dakota Growers 6738791322	2 oz dry	210	1.5	0	41	0	0	7	4	2
5022W	Spaghetti White	GFS	2 oz dry	210	1	0	42	0	0	7	2	3
5028	Wrap, Cheese Jalapeno Tortillas 9" WW	Tyson Foods, Inc. 024000-0621	1 Wrap	160	4	1.5	27	0	250	4	2	1
5030	Wrap, Sundried Tomato Basil 9" WW	Tyson Foods, Inc. 024001-0621	1 Wrap	160	4	1	26	0	200	5	3	2
5500	Cheese, Cheddar Shredded	GFS 26811	1/2 C	220	18	10	2	60	360	14	0	0
5552	Cheese, Mozzarella Loaf	GFS	1 oz	80	6	305	1	20	240	6	0	0
5554	Cheese, Mozzarella, Shredded	Vitorri 26559	1 oz	80	6	3.5	1	15	170	8	0	0

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5560	Cheese, Processed American Sliced	GFS 11D61GF	1 Slice (0.5 OZ)	55	4.5	3	0	12.50	175	2.5	0	0
5561	Cheese, Mozzarella String	LandOLakes 59703	1 stick	60	3	2	1	10	200	7	0	1
5562	Cottage Cheese- Low Fat	GFS 25063	1/2 C	80	1	0.5	5	10	440	14	0	4
5563	Cream Cheese, Low Fat	GFS 30046	1 oz.	60	4.5	3.5	1	15	95	2	0	0
5564	Cream Cheese, Loaf	Philadelphia 61600							0			0
5565	Cream Cheese, Strawberry	GFS 30059	1 oz	90	7	5	4	20	90	1	0	2
5570	Margarine, Spread Cups	GFS 22119GFS	1	20	2.5	0.5	0	0	30	0	0	0
5571	Milk, Soy Vanilla	Kikkoman 06184	1 Carton	140	3	0	20	0	170	8	0	16
5571A	Milk, Soy Chocolate	Kikkoman 06185	1 Carton	140	3.5	0.5	19	0	115	8	2	14
5574	Sour Cream, Cup	Pauly 00321	1 Cup	50	5	3	2	20	30	0	0	1
5584	Yogurt- Strawberry/Banana	Yoplait 70470-17726	1	100	0.5	0.5	20	5	50	3	0	13
5585	Yogurt--Raspberry Rainbow	Yoplait 70470-17725	1	100	0.5	0.5	20	5	50	3	0	13
5586	Yogurt- Cherry	Yoplait 70470-31077	1	100	0.5	0.5	20	5	50	3	0	13
5589	Yogurt, Vanilla Parfait Pro LF	Yoplait 70470-16632	4oz	100	.75	0.5	19.5	2.5	52	3.5	0.5	14
5595	Milk, Half and Half	GFS 4879600	2 tbsp	40	3	2	1	15	30	1	0	1
5597	Buttermilk, 1%	Country Fresh 41959	1 C	120	2.5	1.5	14	15	400	9	0	13
5597A	Buttermilk, 1%	Country Fresh 58176	1 C	120	2.5	1.5	14	15	400	9	0	13

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6004	Bars, Nutri Grain Apple Cinnamon	Kellogg's 38000-59779	1 bar	160	4	0.5	30	0	130	2	3	14
6010	Bars, Nutri Grain Strawberry	Kellogg's 38000-59772	1 bar	160	4	0.5	30	0	150	2	3	14
6028	Catsup, Pouch	Heinz 78000075	1 tbsp	20	0	0	5	0	160	0	0	4
6035C	Cookies, Grahams Gripz Cinnamon	Keebler 3010045682	1 pack	100	3	1	19	0	80	2	3	5
6046	Crackers, Cheddar	PepperidgeFarm 18105	1 pack	100	4	0.5	14	0	170	2	1	0
6046b	Crackers, Snack Mix Chocolate Carmel	General Mills 16000-31933	1 bag	120	4	1	21	21	65	2	2	7
6047	Crackers, Snack Mix Strawberry Yogurt	General Mills 16000-31937	1 bag	120	3	1	23	0	55	2	2	6
6054a	Doritos, Nacho Cheese Flavor	Doritos 31748	1 bag/1oz	130	5	0.5	20	0	200	2	2	0
6054B	Doritos, Cool Ranch Flavor	Doritos 36096	1bag/ 1 oz	130	5	1	19	0	160	2	2	1
6055	Dressing, Coleslaw	Marzetti 80064	2 Tbsp.	160	15	2.5	6	15	340	0	0	6
6057	Dressing, Bernard Ranch	Bernard Foods	2 tbsp.	100	5	1.5	2	5	190	1	0	1
6059	Dressing Cups, Ranch Lite	Flavor Fresh 70808	1	70	6	0	5	5	125	0	0	3
6060	Dressing Gallon, French California Fat Free	Marzetti 80089	2 tbsp	45	0	0	10	0	320	0	0	8
6066	Dressing Gallon, Italian Golden	GFS 100087460	2 tbsp	12	13	2	2	0	340	0	0	2
6074	Dressing Packets, French Fat Free	Ken KE0809B3	1	45	0	0	12	0	440	0	1	9
6076	Dressing Packets, Italian Light	Marzetti 81985	1	15	1	0	2	0	720	0	0	2
6078	Dressing Packets, Ranch Lite	Ken's Foods KE0041B3	1	150	13	2	6	10	360	0	0	2

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6085	Dressing, Ceasar	Cardini 06007	2 tbsp	160	17	2.5	1	30	190	1	0	0
6088	Dressing, Salad Packets Miracle Whip	Kraft Miracle Whip 2100066371	1	35	3	0	2	0	85	0	0	1
6103	Gravy, Brown Low Sodium	Trio BG 5000038572	1/8 cup	12.5	0.25	0	2.5	0	65	0	0	0
6104	Gravy, Mix Poultry Low Sodium	Trio 500038482	1/8 cup	20	0.5	0	3	0	65	0	0	0
6106	Gravy, Turkey	GFS 57249	1/8 cup	12.5	0	0	2	0	190	0.5	0	0
6108	Jelly Packets, Assorted	Smucker 5150000774	1	35	0	0	9	0	0	0	0	8
6110	Jelly, Grape	Smucker 5150000328	1 TBSP	50	0	0	13	0	0	0	0	12
6111	Mayonnaise, LiGHT	Hellman's 4800126730	1 Tbsp	35	3.5	0.5	1	0	130	0	0	0
6111A	Mayonnaise, Pouch	Heinz 10013000516706	1 TBSP	100	11	2	0	10	85	0	0	0
6112	Mustard	Crown Collection	1 TBSP	0	0	0	0	0	80	0	0	0
6114	Mustard, Packets	Heinz 78000701	1	0	0	0	0	0	65	0	0	0
6115	Mustard, Pouch	Heinz 76001455	1 tsp	0	0	0	0	0	65	0	0	0
6116	WOW Butter (Peanut Free)	WOW Butter 40100	1.12 OZ = 2 Tbsp.	200	15	3	8	0	100	7	2	4
6118	Potato Chip, Baked RF	Bkdlays 44396	1 Bag	130	2	0	26	0	150	2	2	2
6118B	Potato Crisps, BBQ	Kelloggs 3010010292	1 Bag	90	2.5	0	17	0	180	1	1	2
6124	Pudding- Vanilla Rtu ZTF	GFS 33140	1/2 cup	130	3	0	25	0	200	0	0	15
6126	Pudding-Chocolate Rtu ZTF	GFS 33136	1/2 cup	140	3.5	0.5	24	0	160	2	1	17

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6128	Snack, Rice Krispies Marshmlw Square	Kellogg 38000-11052	1 Bar	160	4	1	30	0	140	2	0	11
6129	Snack Mix, Kid's Mix	PepsiCo Quaker 36308	1	100	3	0	17	0	150	3	2	2
6130	Salad Seasoning with Cheese	Trade East 51406	0.2 tsp	0	0	0	0	0	70	0	0	0
6132	Salsa, Mild	Red Gold REDSC99	1.5 OZ	15	0	0	3	0	105	0	0	1
6134	Sauce Cups, Barbecue LS	Red Gold REDOA1Z	1 oz.	40	0	0	9	0	75	0	0	8
6136	Sauce Cups, Honey Mustard	Heinz - Taste Pleaser 78000361	1 oz.	70	6	1	5	10	220	0	0	2
6138	Sauce Cups, Sweet and Sour	GFS 76090	1 oz	45	0	0	11	0	120	0	0	10
6140	Sauce, Barbecue	Sweet Baby Ray's SJ0440HF	2 TBSP	70	0	0	18	0	290	0	0	16
6142	Sauce, Cheddar Cheese	GFS 33149	1/4 cup	70	4.5	0.5	6	0	550	1	0	3
6143	Sauce, Hot Packets	GFS 76088	1	0	0	0	0	0	40	0	0	0
6143H	Sauce, Hot	Texa Pete 1.0012	1 tsp (4g)	0	0	0	0	0	100	0	0	0
6144	Sauce, Pizza	RedPack RPKIL9E	1/4 C	19	0	0	3	0	38	0	1	2
6148	Sauce, Spaghetti	Redpack RPKMA9C	1.20 OZ	15	0	0	3	0	135	1	1	2
6148a	Sauce, Marinara	Red Pack #RPKNA99	1.4 OZ	20	1	0	3	0	160	1	0	2
6149	Sauce, Taco Packets	GFS 76098	1 packet	5	0	0	1	0	70	0	0	0
6150	Sauce, Tarter Packets	GFS 76008	1 packet	45	3.5	0.5	3	5	100	0	0	2
6151	Sauce, Teriyaki	Kikkoman 01046	1 TBSP	15	0	0	3	0	320	1	0	3

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6158	Soup, Cream of Chicken	Campbell 1036	1 Cup	110	7	1.5	10	10	740	2	2	1
6160	Soup, Tomato	Campbell's 00016	1 cup	90	0	0	20	0	480	2	1	12
6164	Syrup, Cup	GFS 78000498	1	120	0	0	31	0	0	0	0	19
7013E	Egg, Liquid Frozen	GFS93901-28412-00	3 TBSP	70	5	1.5	0	210	70	6	0	0
7019	Graham Cracker Crumbs	Keebler 3010015347	1/4 Cup	130	3.5	0	23	0	135	2	2	6
7071	Rice, Brown Parboiled Long Grain	UncleBen 12111	1/2 cup	170	1.5	0	35	0	0	0	2	0
7076	Salt, Granulated Iodized	Gordon Choice 110027463	1.5 g	0	0	0	0	0	590	0	0	0
7077	Salt, Salt Free Seasoning Herb All Purpose	Trade East 093901647245	0.25 tsp	0	0	0	0	0	0	0	0	0
7090	Sugar, Powdered	Pioneer 355226	1 oz	110	0	0	28	0	0	0	0	27
7120	Seasoning, Candadian Chix	Trade East 77696	1/ 4 tsp	0	0	0	0	0	70	0	0	0
7125	Seasoning, Rosemary Garlic	Trade East 2008814	1/4 tsp	0	0	0	0	0	65	0	0	0
8000	Juice, Apple	Suncup 090301	4 oz	60	0	0	14	0	5	0	0	12
8002	Juice, Grape	Suncup 090501	4 oz	80	0	0	19	0	10	0	0	18
8004	Juice, Orange	Suncup 090100	4 oz	60	0	0	13	0	0	0	0	15
8008	Juice, Tomato	Campbell 00366							0		2	0
8009A	Juice, Fruit Punch 6.75 oz	Totally Juice 410805	6.75 oz	100	0	0	25	0	10	0	0	23
8009B	Juice, Fruit Punch	Suncup 090800	4 OZ	60	0	0	14	0	5	0	0	12

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8024	Sherbet, Lime	Blue Bunny 1026619	4 oz.	100	1	0.5	24	5	15	0	0	21
8026	Sherbet, Orange	J&J Snacks, Luigi 38440	4 oz.	110	1.5	1	23	5	20	1	0	19
8028	Sherbet, Raspberry	J&J Snacks, Luigi 38441	4 oz.	110	1.5	1	23	5	20	0	0	19
8030	Slushie Cup, BlueRaspberry-Lemon	Country Pure Foods 2009	1 Cup	90	0	0	22	0	30	0	0	18
8031	Slushie Cup, Cherry Smooth 'n Good	Country Pure Foods 2021	1 Cup	100	0	0	25	0	25	0	0	21
8032	Slushie Cup, Kiwi-Strawberry	Country Pure Foods 2014	1 Cup	90	0	0	22	0	35	0	0	19
8033	Slushie Cup, Strawberry-Mango	Country Pure Foods 2015	1 Cup	90	0	0	22	0	35	0	0	19
D202	Cheese, Colby Jack Ind.		1 - 1 OZ Stick	90	6	4	0	20	200	7	0	0
D215	Cheese, Mozz. Lt. Shredded		1 OZ	60	3	2	1	10	170	7	0	0
D217	Cheese, Mozzarella String Sticks		1- 1 OZ Stick	90	7	5	0	20	200	7	0	0
D222	Cheese, American Blend Yellow, Sliced		1 OZ	80	5	3	2	15	300	6	0	2
D244	Chicken, White Meat, Canned		2 OZ	76	4	0	0	46	286	12	0	0
D255	Chicken, Diced		2 oz	72	2	0	0	42	56	12	0	0
D272	Chicken Strips, WG Breaded Tender Shaped	Gold Kist Farms 62210	3 -1.02oz strips	216	12	2	13	62	370	14	2	1
D272S	Chicken, WG Breaded Tenders Hot 'N Spicy	Tyson 70344-928	3 Tenders	260	15	2.5	17	25	390	15	3	1
D285	Chicken Nuggets, WG	Gold Kist Farms 612100	5 Nuggets	184	8	2	12	35	400	15	2	0

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D289	Chicken, Roasted Cut-Up 8 Piece		1 Breast or 1 Drumstick and 1 wing or 1 thigh	100	7	2	0	37	200	9	0	0
D300	Chicken, Strips Tangerine	Tyson 026073-0928	4 OZ	92	12	2	10	88	288	18	0	6
D301	Chicken, Popcorn WG Breaded	Tyson 70368-928	12 Pieces	250	15	2.5	16	25	380	15	3	1
D370	Fish, Sticks, WG		4 Sticks	200	9	1.5	17	40	310	14	1	0
D401	Fruit Mix Dried		1/4 cup	104	0	0	27	0	7	0	2	23
D406	Ham, Diced Cooked		1.22 OZ	37	2	1	2	18	232	5	0	1
D411	Macaroni and Cheese, RDF/WG	Land O Lakes 43274000034500	3 OZ	140	6	3	15	13	335	9	1	3
D490	Peppers/Onions Strips, Blend		1/2 C	20	0	0	5	0	8	1	1	3
D504L	Pizza, Cheese Wedge WG	Nadone 96WWED2	1 Slice	310	12	6	30	30	360	22	3	6
D504M	Pizza, Pepperoni Wedge WG	Nardone 96WWEDP2	1 Slice	350	17	7	29	40	580	22	3	6
D510	Pork, BBQ Pulled	JTM CP5416	4.00 by weight	170	6	2.1	13	44	566	17	2	9
D517	Potato Oven French Cut LS		1/2	87	3	1	15	0	100	1	1	0
D535	Raisins		1.33 oz	114	0	0	30	0	4	1	1	23
D551	Salisbury Steak	JTM cp5632	1- 2.78oz Steak	158	9	3.4	5	43	303	14	1	1
D620	Turkey, Deli Breast, Sliced, Frozen		2.86 oz	86	2	0	2	36	428	16	0	0
N0106	Muffin, English 100% Whole Wheat	Nickles 0106	1 muffin	110	1.5	0	21	0	180	6	3	1

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N1105	Bread, Whole Grain White Texas	Nickles 1105	1 Slice	90	1	0	17	0	200	3	2	2
N1254	Bread, Whole Grain White Pullman	Nickles 1254	1 slice	70	0.5	0	13	0	150	3	1	2
N1293	Bread, Whole Wheat 100%	Nickles 1293	1 slice	100	1	0	19	0	170	5	3	3
N1594	Bun, Slider Whole Grain Wheat	Nickles 1594	1 Bun	90	1	0	17	0	170	3	2	3
N1766	Bun, Hamburger 4" Wheat Round	Nickles 1766	1 Bun	130	2	0	24	0	240	5	3	4
N1793	Bun, Hamburger Whole Grain White	Nickles 1793	1 Bun	100	1.50	0	21	0	200	4	3	3
N1794	Bun, Hot Dog Whole Grain White	Nickles 1794	1 Bun	100	1.50	0	21	0	200	4	3	3
N1817	Bun, Hot Dog Wheat	Nickles 1817	1 Bun	130	2	0	24	0	240	5	3	4
N1975	Roll, Split Top Wheat	Nickles 1975	1 Roll	80	1	0	15	0	150	3	2	1
N1980	Bun, Steak Whole Grain White 6"	Nickles 1980	1 Bun	170	1.50	0	32	0	330	8	4	5
UD100	Milk, Chocolate Skim	United Dairy	8 OZ	130	0	0	24	0	210	8	0	21
UD105	Milk, Skim	United Dairy	8 OZ	80	0	0	13	0	125	9	0	12
UD110	Milk, 1%	United Dairy	8 OZ	110	2.5	1.5	13	15	125	9	0	12

Sunday, October 21, 2018

**Disclaimer- Marshall County Board of Education strives to keep the information up to date and accurate : however, nutrition information is always subject to change. This document is an ongoing work in progress and products and continually added.*