

School Nutrient Analysis and Allergens for 2019-2020 School Year

Lunch Entrees

	Brand Name	Code#	Portion (Grams)	Carbohydrates	Milk	Wheat	Soy	Peanuts	Tree Nuts	Eggs	Fish	Shell Fish
Asian Bowl		000656	1 serving	56.52		X	X			X		
Bacon Cheeseburger on Bun	-----	Recipe 000531	1 sandwich	27.8	X		X					
Bar-B-Q no Bun (vinegar based)	Brookwood Farms	12300	1 portion=2oz. no bun	2.8			X					
BBQ Max Snax	The Max	7738712723	3 triangles =1 serving	36	X	X	X					
Beef & Cheese Taco	-----	Recipe 000442	1 portion	27.72	X	X	X					
Beef and Cheese Taco Stick	Integrated/Hot off the Grill	Com. C45019 Pur. 270019	1 portion	31.87	X	X	X					
Beef Cheese Steak Sandwich (Wafer Steak)	Silver Springs Farm	Recipe 000280	1 sandwich	27.1	X	X	X					
Beef Taco Filling	JTM/Culinary Standards	83119	3 oz.	4			X					
Beef Taco Filling	JTM/Culinary Standards	CP5252	2.94 oz.	3			X					
Buffalo Cheese Crunchers	Rich's- Farm Rich	65224	4 per serving	43	X	X	X					
Calzone – Pizza	Albie's Foods	813	1 serving	30	X	X	X					
Cheese Slice- American	Bongards	4/5#	.5 oz.	2	X		X					
Cheese Stick	Rich's	65219	5 pieces	35	X	X	X					
Cheese, Mozzarella, Part Skim Milk	-----		½ oz.	1	X							
Cheeseburger on Bun	-----	Recipe 000004	1 cheeseburger on bun	27.7	X	X	X					
Cheesy Bread Stick 6"	Gilardi	16272-20117	2 sticks-4.42 oz.	36	X	X	X					
Cheesy Garlic Bread	Tony's	72565	1 serving	36	X	X	X					
Chicken – Baked (with breading)	Gold Kist Farms	7810	1 portion=3 oz.	11		X				X		
Chicken- Drumstick	Tyson	16660100928	1 portion	6		X						
Chicken - Teriyaki	Asian Foods Solutioin	73001	2.8 oz.	14		X	X					
Tangerine Chicken	Asian Food Solutions	72001NAE	3.9 oz.	25		X	X			X		
Chicken Bowl	-----	Recipe 000449	1 serving	53.2	X	X	X					
Chicken Chunks over Rice	-----	Recipe D18 and B03	¾ c chicken (7.92) ½ c rice (22.25)	30.17								
Chicken Fajita – Elem.	-----	Recipe 000445	1 fajita with shell	26.01	X	X	X					
Chicken Fajita Strips	Commodity	100117	1.7 oz=1 serving	1			X					
Chicken Nuggets (Bites)	Proview	40430-WG	4 Elem.	13	X	X	X					
Chicken Nuggets (Bites)	Proview	40430-WG	5 Middle/High	16.25	X	X	X					
Chicken Parmesan w/Noodles	-----	Recipe 000405	1 serving	37.26	X	X	X					
Chicken Pattie (breaded) no bun	Tyson	70304-928	1 patty	16		X	X					
Chicken Pattie-"Spicy" no bun	Proview	60325 WG	3.98 portion	16	X	X	X			X		
Chicken Snack-atizers	Perdue	89541	13= 1 portion	19		X	X					
Chicken Tenders (Breaded)	Tyson	70334-928	3 pieces	16		X	X					
Chicken Wings	Gold Kist Farms	7805	5 wings=2.136 oz.	3		X						
Corn Dog Nuggets (Chicken Pop Dogs)	Foster Farms	96086	6 nuggets	30		X	X			X		
Fiestada Pizza	Tony's	68523	1 portion	43	X	X	X					
Fish Sticks	Trident	418308	4 sticks	20		X	X				X	
Fish Sticks	Trident	418308	2 sticks	10		X	X				X	
Gravy, Chicken, Dehydrated (990087)			1 serving (2 oz.)	3.0								
Grilled Cheese (pre-packaged)	ES Foods	16939	1 sandwich	32	X	X	X					
Ham	Commodity	19693	1 oz. (1.2oz=1oz protein)	.35								
Hamburger Pattie- no bun	Don Lee Farms	CNQ262403KS	1 patty	1.1			X					
Hot Dog no Bun	Stoney Creek Farms	1790	1 hot dog without bun	3			X					

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Hot Dog no Bun (Beef)	Kunzler & Company	078102	1	1								
Individual Pizza - Cheese	Tony's	78364	1	29	X	X	X					
Individual Pizza- Pepperoni	Tony's	78365	1	29	X	X	X					
Individual Pizza Pie- Cheese	Tony's Galaxy	78364	1 pizza	29	X	X	X					
Individual Pizza Pie- Pepperoni	Tony's Galaxy	78365	1 pizza	29X	X	X	X					
Lasagna- 4 Cheese	Tasty Brand	00822WG	1 portion= 6.5 oz.	31	X	X				X		
Macaroni & Cheese	ES Foods	05915	1cup portion	37.33	X	X				X		
Meatball- Pork (3 meatballs)	JTM	CP5039	3 meatballs=2 oz	6	X	X	X					
Meatballs- Deluxe Beef (no Bun)	Advance Pierre	1-17-305-0	5 pieces = 1 serving	3	X	X	X					
Mozzarella Cheese Sticks	Rich's	65219	5 Sticks	35	X	X	X					
Nacho Cheese Sauce/Trenton Farms	Trenton Farms		2 oz.	5	X		X					
Nachos w/Chili & Cheese	-----	Recipe 000189	10-12 nacho chips(17.4) 1/3 c. meat (4) 2 oz. cheese (5)	26.40	X		X					
Peanut Butter & Jelly (Advance 2 Pk)	Advance (2pk)	A1004	1 Pkg.	65		X	X	X				
Pizza- Galaxy 4" round – Cheese	Tony's	78364	1 serving	26	X	X	X					
Pizza- Galaxy 4" round – Pepperoni	Tony's	78365	1 serving	26	X	X	X					
Pizza- Cheese – Uno- Secondary	Uno	094520	1 Slice	37	X	X	X					
Pizza Cheese Crunchers	Rich's	65225	4 pieces	41	X	X	X					
Pizza- Cheese-Elementary	Tony's (Schwan's)	78697	1 slice	33	X	X	X					
Pizza Cruncher Buffalo	Rich's	65224	1 portion	43	X	X	X					
Pizza -Fiestada Pizza	Tony's	62050	1 portion	43	X	X	X					
Pizza- Pepperoni – Elementary	Tony's	78910	1 slice	34	X	X	X					
Pizza- Pepperoni – Uno – Secondary	Uno	094522	1 slice	37	X	X	X					
Pizza Quesadilla- Cheese	The Max-Con Agra	77387-12699	1 portion	39	X	X	X					
Pizza-Big Daddy Buffalo Chicken Pizza	Tony's	095227	1/8 slice	35	X	X	X					
Pizza- Ultimate Meat Pizza	Uno Foods	1CN20045	1/8 of 16"	36	X	X						
Popcorn Chicken	Perdue	89541	13 pieces	19		X	X					
Rib B Que (Pork Rib Pattie with built in sauce) w/o bun	Commodity	3834	1 Rib B Que w/o bun	4	X	X	X					
Salad- Chef with Ham & Cheese	Elem. & Middle	00174	1 pated	30.06	X	X	X					
Salad- Chef with Turkey & Cheese	Elem & Middle	000567	1 plated	31.26	X	X	X					
Salad – Chef with Ham & Cheese	High	000566	1 plated	37.06	X	X	X					
Salad – Chef with Turkey & Cheese	High	000568	1 plated	38.26	X	X	X					
Salad- Country Chicken Salad	-----	Recipe CNS16	1 plated	32.82	X	X	X					
Salad- Southwest Chicken Salad	-----	Recipe CNS15	1 Plated	33.5	X		X					
Sausage – Pork	Tyson	SL29667	1 pattie	.5			X					
Shrimp Poppers	Riches	47039	1 cup=3 oz.	22		X	X					X
Sloppy Joe w/o bun	JTM	914231	½ c. n= 4.28 oz.	14		X	X				X	
Smiley Face Mashed Potatoes	McCain	1000006639	4=2.4 oz	18			X					
Soft Taco (Beef)		Recipe 000442	1 portion	27.72	X	X	X					
Soup- Vegetable Beef		Recipe H-04A	1 cup	8.97			X					
Spaghetti Sauce w/Beef	JTM	91751	5.66 oz.	11								
Spaghetti with Meat Sauce		Recipe 000018	6 oz. sauce with ½ c noodles	33.2		X						
String Cheese			1 each	0	X							
Stromboli	Giogio	5193	4.2 oz. portion	29	X	X	X					
Stuffed Crust Pizza- Pepperoni – High School	ConAgra	77387-12671	1 slice	35	X	X	X					
Sub-Turkey, Ham and Cheese			1 oz. each-turkey, Ham & Cheese on sub roll	54.35	X	X	X					
Sub- Turkey, Ham and Cheese on Wrap		000172	1 serving	27.43	X	X	X					

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Taco Filling w/Beef	JTM Food Group	CP5252	3.53 oz. serving	4			X					
Tangerine Chicken	Asian Food Solutions	72001NAE	3.9 oz. Serving	25		X	X			X		
Teriyaki Chicken Bowl		Recipe CNS-33	Recipe	42.94		X	X					
Totally Taco	Max Snax (Con Agra)	77387-12714	1 portion= 4.09 Oz	29		X	X					
Turkey			1.4 oz. = 1 oz.									
Turkey & Cheese Anytimers	Anytime Foods	10206	1 serving	40	X	X	X			X		
Turkey & Cheese Wedge Sandwich	Tasty Brands	70013	1 sandwich	27	X	X	X					
Turkey- diced with gravy	Jennie-O	2847-28	4 oz. with gravy	2			X					
Turkey Ham & Cheese Rippers			3 sticks (4 oz.)	28	X	X	X			X		
Vegetable Beef Soup	-----	Recipe H-04A	1 cup	10.9								
Vegetarian Chili (w/o potato)	JTM	92851	8 oz.	33								
Yogurt Parfait- lunch		Recipe 000475	1 parfait	93.32	X	X	X		X Granola			
Yogurt Plate		Recipe 000415	1 plated	45.7	X							

Breads and Grains

Cheesy Bread Stick 6"	Gilardi	16272-20119	2 Sticks – 4.42 oz.	27	X	X	X					
Captain's Wafers			1 pkg.	9		X						
Corn Muffin 3.1 oz	National Food Group	615552	1 each	36	X	X	X			X		
Corn Chip – Tostitos Walking Taco Chips	Frito-Lay	20510	1.5 oz bag	28								
Garlic Knot	Tasty Brands	62200	0=2 oz.	23	X	X	X					
Hamburger Bun- Whole Grain	Flowers	13731900	1 bun	26		X	X					
Honey Grahams			3 ct. pkg.	17		X	X					
Hot Dog Bun- Whole Grain	Flowers	1709190	1 bun	26		X	X					
Mexican Original – 10" Honey Wheat Tortilla Wraps	Mexican Original	7838-621	1 Wrap	34		X	X					
Rice (Cooking Rice) (Oven or Steamer)			½ cup	22.25								
Roll- White Wheat- Frozen	J & J Snack Foods	01519	1 each	14	X	X	X					
Roll- Purchased (1 oz.) Whole Grain			1 each	14	X	X	X					
Saltine Crackers			1pkg	8		X	X					
Stuffing	Rothbury Farms	27707	1/2 cup	16		X	X					
Sub Roll – Whole Grain – Flowers	Flowers		1 bun	26		X	X					
Tortilla Chips- Rounds			1 oz	17.01		X						
Tostitos Scoops- Chips	Tostitos	028400648714	1 bag	28								
Waffles – Dutch	J & J		1 waffle	43	X	X	X					

Fruits and Vegetables

Apple-Fresh			1 med -5.5 oz	19								
Apples, sliced, bagged			½ cup	7								
Applesauce			½ cup	24								
Applesauce-Rockin Blue Raspberry	Zee Zees	A88350	1 portion- 4.5 oz.	22								
Applesauce-Wild Watermelon	Zee Zees	A3510	1 portion -4.5 oz	22								
Mandarin Oranges in Juice	Zee Zees	605376	1 portion-4.5 oz.	21								
Tropical Mixed Fruit	Zee Zees	608770	1 portion- 4.5 oz.	15								

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Baked Beans	Recipe I-06	2/3 cup	35.99								
Baked Potato-Plain		1 portion – 7 oz. w/skin	42								
Banana - fresh		1 med. -5 oz	20.0								
Black Olives		1 med. olive	.2								
Blueberries		½ cup	8								
Broccoli- Fresh		½ cup	3.0								
Broccoli Spears-Steamed		½ cup	3								
Butternut Squash		½ c. =3.5 oz.	10								
Cabbage-Steamed		½ cup = 3.5 oz	3.5								
Carrots- raw (baby)		1 bag	4.0								
Carrots- Raw- Shredded		4 oz.	11								
Carrots-Cooked		½ cup- 2.5 oz	4.0								
Cherry Tomatoes		½ cup = 4 oz	4								
Chickpeas		½ cup – 2.9 oz.	22.5								
Cole Slaw		½ cup	7.44								
Collard Greens- cooked		½ cup= 3 oz.	5								
Corn- Sweet Kernel		½ cup = 4.5 oz	18								
Cranberry Sauce (garnish)		1/8cup	13.5								
Cucumbers- Fresh with peel-slice		½ cup – 2 oz.	2.0								
Dried Fruit – Mixzees	Zee Zee's	609271	1.33 oz. serving	30							
Fiesta Beans		½ cup	20								
French Fries- Baked		3 oz.	25.0								
Fruitables –Gold Rush	Apple & Eve	24025	1 container – 4.23 oz.	10							
Fruitable – Tropical Twist	Apple & Eve	24023	1 container – 4.23 oz.	14							
Fruitable – Power Punch	Apple & Eve	24024	1 container – 4.23 oz.	14							
Garden Salad (no dressing)		½ cup	3.7								
Grapes – fresh		½ cup (small bunch= 4 Oz.)	20								
Green Beans		½ cup	3								
Ice Juicy		1 each	20								
Lettuce and Tomato		½ c. lettuce chopped 1 oz. sliced tomato	.5 1								
Lima Beans (Baby)		½ cup- 3 oz.	20.0								
Mashed Potatoes without Gravy	Tuf	ATTKU5ZT	½ cup	18	X	X	X				
Mixed Fruit (Fruit Cup)		½ cup	18								
Mixed Vegetables		½ cup	11.9								
Mushrooms – Fresh-raw diced or sliced		½ cup- 1.5 oz.	1.5								
Onions- chopped- raw		1/2 cup – 3 oz.	8								
Orange-Fresh		1 small – 5 oz.	11.0								
Peaches		½ cup	15								
Pear – fresh		1 Med. -7 oz. 1 small – 5 oz.	25 18								
Pears		½ cup	18								
Peas		½ cup	10								
Peppers- Sweet, Green, Raw, Chopped		1/2 cup- 2.5 oz.	5.0								
Peppers. Sweet, Red, Raw, Chopped		½ cup – 2.5 oz.	5.0								
Peppers-Sweet, Yellow, Raw, Chopped		½ cup- 2.5 oz.	5.0								
Pineapple Chunks in juice		½ cup	15.0								
Pineapple cup- frozen	Zee Zee's	607059B	4.5 oz. cup	22							

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Potatoes Au Gratin	Real	888	4 oz.=1/2 c	18	X		X					
Potatoes, Mashed, Dehyd (011381)			½ cup									
Refried Beans			½ cup	18								
Sidewinder Fries	Simplot	10071179032168	½ cup= 3.17 oz.	21			X					
Spiced Apples		Recipe 000434	½ c	19.89								
Spinach – Raw			½ cup	.5								
Spinach- Steamed			½ cup – 3.5 oz.	3.5								
Strawberries, Frozen, Sliced, Sweetened			½ cup	29.91								
Strawberries- Fresh			6 med. or 3 large-2 oz.	4								
Strawberry Cup Frozen			½ cup	33								
Sweet Peas			½ cup- 3 oz.	10								
Sweet Potato – Whole			1med.- 4 oz.	24								
Sweet Potato Waffle Fries	McCain	MCF05074	2.11 oz	15			X					
Sweet Potatoes- recipe 000456			½ cup	24.12								
Three Bean Salad			½ cup -4.4 oz.	20								

Breakfast Entrees

Apple Oatmeal Bar	Appleways	75100	1 portion	46	X	X	X				X	
Appleway Strawberry Oatmeal Bar	Appleways	75400	1 portion	46	X	X	X				X	
Bacon – Pork Cured			1 slice	0.1								
Bagel- Mini - Cinnamon Creamy Cheese	Pillsbury	100-18000-38399-0	1 pkg.	41	X	X						
Banana Bread	Super Bakery	6071	1 pkg.	44		X	X				X	
Benefit – Apple Blueberry Chip	BeneFIT	40405	1 bar – 2.5 oz.	48	X	X	X				X	
BeneFit – Apple Cinnamon	BeneFIT	40403	1 bar- 2.5 oz.	48	X	X	X					
BeneFit – Banana Choc. Chip	BeneFIT	40402	1 bar – 2.5 oz.	48	X	X	X				X	
BeneFit – French Toast	BeneFIT	40404	1 bar – 2.5 oz.	47	X	X	X				X	
BeneFit – Oatmeal Chocolate Chip	BeneFIT	40401	1 bar – 2.5 oz.	47	X	X	X				X	
Breakfast Chicken Pattie w/ Biscuit	Advance Pierre Foods	68102	1 portion	28	X	X	X				X	
Cereal- Cinnamon Toast Crunch	General Mills		1 each	18		X	X					
Cereal- Rice Chex	General Mills		1 each	23								
Cereal- Trix	General Mills		1 each	27								
Cheese Slice- American	Bongards	4/5#	.5 oz.	2	X		X					
Chicken Biscuit	Advance	68102	1 serving	28	X	X	X				X	
Eggs- Frozen – Whole			¼ c- 3TBS	1							X	
Egg- Hard Cooked	Sunny Fresh	100047	1 egg	0							X	
French Toast Sticks	Rich's	37720	3 sticks	36		X	X					
Ham			1 oz.	0.35								
Honey Grahams			3 ct. pkg.	23		X	X					
Muffin, Top, Blueberry	National Food Group	607168	1 each	41	X	X	X				X	
Pancake & Sausage on Stick	Don Lee Farms	CNQ71303PW	1 portion	21.8	X	X	X				X	
Pancakes, Mini, Blueberry	Eggo's – Kellogg's		1 package	35	X	X	X				X	
Pancakes, Bites, Blueberry	Eggo-Kellogg's	13041	1 pouch	35	X	X	X				X	
Pancakes, Mini, Maple	Eggo's-Kellogg's		1 package	35	X	X	X				X	
Peanut Butter and Jelly	Advance Pierre		1 each	34		X	X	X				
Pop Tart- Fudge	E. S. Foods	61247	1 each	38	X	X	X		X		X	

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Sausage Pattie (Beef) on Bun	Advance Pierre	1297	1 sandwich	26	X	X	X				
Sausage Pattie (Beef) on Bun	Tyson	0464	1 portion	20		X	X				
Sausage Pattie - Pork	Tyson	SL29667	1 patty	1		X					
Pork Sausage on Biscuit- Breakfast	Don Lee Farms	QSC295P	1 serving	16.5	X	X	X				
Strawberry Banana Yogurt			4 oz.	42	X						
Strawberry Yogurt			4 oz.	42	X						
Uber- Ultimate Breakfast Round Baked	Rich's Foods	08733	1 package	44	X	X	X		X		
Yogurt Parfait-Breakfast			Recipe	50.49	X			X Granola			
Zee Zee's Cocoa Cherry Bar	National Food Group	60450	1 bar – 2.2 oz.	39		X	X				
ZeeZee's Campfire Smores	National Food Groups	B60480	1 bar – 2.2 oz.	42		X	X				
Zucchini Bread			1 pre-pkg.	43		X	X				

Condiments

Bar B Que Sauce			1 T								
Beef & Cheese Sauce			3,45 oz.	7	X		X				
Cheese, Blend (051054)			½ oz.	2	X						
Dressing, Asian Sesame			1 qt. added to chicken			X	X				
Dressing, French			1 packet								
Dressing, Italian			1 packet	4							
Dressing, Poppy seed, Creamy											
Dressing, Ranch			1 packet	2							
Gravy, Brown			1 oz	8							
Honey			1 packet	7.42							
Ketchup			1 packet	2.26							
Maple Syrup			1 oz	14							
Mayonnaise			1 packet	0.413							
Mustard			1 packet	0.568							
Sriracha Sauce			1 oz.	2							
Taco Sauce			1 packet	2							
Tartar Sauce			1 packet	7.94							

Beverages

Fruit Punch			4 oz.	15							
Juice Apple			4 oz.	13							
Juice Orange			4 oz.	13							
Milk Chocolate			8 oz.	20	X						
Milk Strawberry			8 oz.	20	X						
Milk 1% White			8 oz.	13	X						
Milk Skim			8 oz.	11	X						
Pearl-Organic Soymilk- Vanilla			8.25 oz.	7.1		X					

Snacks

Bear Grahams (MJM)			1 package	18		X	X				
Bug Bites											
Cheez-It	Kellogg's	24100-10971	1 oz. Package	20	X	X	X				

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Cinnamon Toast Crunch Cereal Bar			1 Bar	30		X	X					
Cheetos	Frito Lay	62933Frito	1 package .875 oz.	14	X							
Doritos Nacho Cheese	Frito Lay	31748Frito	1 package- 1 oz.	16	X							
Doritos Cool Ranch	Frito Lay	36096Frito	1 package- 1 oz.	18	X							
Chex Mix, Cheddar	General Mills	31932	1 package- .92 oz.	20	X	X	X					
Chex Mix, Traditional	General Mills	24004	1 package- 1.75 oz.	36		X	X					
Doritos Flamas	Frito Lay	62829Frito	1 package- 1 oz.	16	X							
Doritos Spicy Sweet Chili	Frito Lay	49093Frito	1 package- 1 oz.	18		X	X					
Cheetos Fantastix Chili Cheese	Frito Lay	336098Frito	1 package- 1oz.	19	X							
Cheetos Fantastix Flamin' Hot	Frito Lay	43578Frito	1 package- 1 oz.	20	X							
Granola- Chocolate	Rockin'ola	8114100	1.0 oz. pouch	21								
Tostito Scoops	Frito Lay	42537Frito	1 package - .875 oz.	19	X	X	X					
Frito Lay BBQ		KCMaster 32078	1 package - .875 oz.	19			X					
Popcorn- White Cheddar	Frito Lay	25566Frito	1 package- .5 oz.	9	X							
Frito Lays Regular Chips	Frito Lay	33625 Frito	1 package- .875 oz.	19			X					
Sour Cream Chips	Frito Lay	33627	1 package - .875 oz.	19	X		X					
Cheddar and Sour Cream	Frito Lay	568821 Lay's	1 packaaage- 8 oz.									
Sun Chips- Garden Salsa	Frito Lay	44428	1 portion	15		X						
Linden Choc. Chipper Cookie	Lindens	300090	1 package- 1 oz.	19		X	X			X		
Sun Chip- Harvest Cheddar	Frito Lay	44427	1 package	15	X	X						
Linden Butter Cruncher Cookie	Lindens	300091	1 package- 1.1 oz.	23		X	X			X		
Fruit by the Foot- nBerry	General Mills	12106	1 package									
Elf Grahams			1 oz. pkg.	20		X	X					
Rice Krispy Treat	Kellogg's	26547	1 package- 1.3 oz.	28	X		X					
Ice Cream –Bar-Orange Blossom	Hershey's		2.5 oz.	14	x							
Ice Cream – Bar- Fudjo	Hershey's		2.5 oz.	24	X							
Ice Cream- Bar- Choc. Scooter	Hershey's		2.75 oz.	26	X	X	X					
Ice Cream- Bar- Strawberry Scooter	Hershey's		2.75 oz.	25	X	X	X					
Ice Cream- Bar- Salted Caramel	Hershey's		2.75	23	X	X	x					
Polar Blast Fruit Bar	Hershey's		16									
Ice Cream Sandwich – Brownie Batter	Hershey's		1 sandwich- 4 oz.	33	X	X	X					
Ice Cream Sandwich – Vanilla	Hershey's		1 sandwich- 4 oz.	33	X	X	X					
Ice Cream Sandwich –Cookie&Cream	Hershey's		1 sandwich- 4 oz.	29	X	X	X					
Ice Cream Sandwich – Minty Mint	Hershey's		1 sandwich- 4 oz.	33	X	X	X					
Salted Caramel Brownie Crunch Bar	Hershey's		1 bar	23	X	X	X					
Cotton Candy Cup	Hershey's		3 oz. cup	14	X		X					
Strawberry Sundae Cup	Hershey's		3 oz. cup	15	X							
Chocolate Sundae Cup	Hershey's		3 oz. cup	16	X		X					
Vanilla Cup	Hershey's		3 oz. cup	14	X							
Chocolate Cup	Hershey's		3 oz. cup	14	X							
Orange Sherbet	Hershey's		4 oz. cup	23	X							
Lemon Sherbet	Hershey's		4 oz. cup	23	X							
Raspberry Sherbet	Hershey's		4 oz. cup	23	X							
Birthday Cake Twister Cup	Hershey's		3.75 oz. cup	16	X							
Cotton Candy Twister Cup	Hershey's		3.75 oz. cup	15	X							
Sour Apple Twister Cup	Hershey's		3.75 oz. cup	19								
Sour Blue Raspberry	Hershey's		3.75 oz. cup	19								
Cookie & Cream Cone	Hershey's		4 oz. cone	25	X	X	X					

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School Nutrient Analysis and Allergens for 2019-2020 School Year

Brand Name	Code#	Portion (Grams)	Carbohydrates	Milk	Wheat	Soy	Peanuts	Tree Nuts	Eggs	Fish	Shell Fish
Vanilla/Chocolate Twist	Hershey's	4 oz. cone	30	X	X	X					
Crazy Cone	Hershey's	4 oz. cone	25	X	X	X					
Juice Rush Cherry/Blue Raspberry		1 cup= 4.4 oz.=1/2 c. fruit	27								
Juice Rush Lemon/Orange		1 cup= 4.4 oz.=1/2 c. fruit	27								
Juice Rush Strawberry Mango		1 cup= 4.4 oz.=1/2 c. fruit	27								
Pretzel, Soft	30410	1 portion- 2.2 oz.	30		X	X					
Scooby-Doo Bones, Cinnamon		1 pkg	20		X	X					
Welch's Slush – Concord Berry		1 Container	21								
Welch's Slush – Concord Grape		1 Container	23								
Welch's Slush – White Grape Cherry		1 Container	23								
Welch's Slush – White Grape Peach		1 Container	23								
Whole Grain Frosted Cookies	Good Source	1.5 oz.	27	X	X	X			X		

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