

THESE LABELS WERE OBTAINED FROM OUR FOOD VENDORS AND THE USDA COMMODITY PROGRAM. GREENFIELD FOOD SERVICE PROVIDES THESE NUTRITIONAL FACTS FOR YOUR INFORMATION. GREENFIELD FOOD SERVICE IS NOT RESPONSIBLE FOR ANY ERRORS IN THE PRODUCT INFORMATION. VALUES ARE APPROXIMATE AND ONLY INTENDED AS A GUIDELINE. COUNTS CAN ONLY BE BASED ON WHAT A CHILD CONSUMES.

2008-09 CARB LIST							
ITEM NUMBER	FOOD ITEMS	K-3	C	4-5	C	6-A	C
141784	Alfredo Sauce	n/a	n/a	n/a	n/a	1/4 C	7
108030	Applesauce - canned	3/8 C	17	3/8 C	17	1/2 C	23
635475	Applesauce - cups	1	21	1	21	1	21
141773	Ajus mix	n/a	n/a	n/a	n/a	1 t	1
489810	Bacon	1 pc	0	1 pc	0	1 pc	0
139892	Bacon Bits	1 T	2	1 T	2	1T	2
154555	Beef base	1 oz	1	1 oz	1	1 oz	1
154561	Chicken base	1 oz	1	1 oz	1	1 oz	1
154782	Cream soup base	n/a	n/a	n/a	n/a	1/2 C	19
219914	Basil	n/a	n/a	n/a	n/a	n/a	n/a
120789	Black beans	3/8 C	13	3/8 C	13	1/2 C	17
120237	Vegetarian beans - canned	3/8 C	17	3/8 C	17	1/2 C	23
118680	Green, beans - canned	3/8 C	3	3/8 C	3	1/2 C	4
359006	Green, beans - frozen	3/8 C	6	3/8 C	6	1/2 C	8
119903	Kidney beans - canned	3/8 C	16	3/8 C	16	1/2 C	21
332381	Beef crumbles	2 1/2 oz	1	2 1/2 oz	1	2 1/2 oz	1
489760	Roast beef	2 oz	0	2 oz	0	2 oz	0
338453	Steak eze	n/a	n/a	n/a	n/a	2 1/2 oz	0

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388016	Country fried beef	n/a	n/a	n/a	n/a	1 ea	15
387957	Beef patty	1 ea	2	1 ea	2	1 ea	2
169402	Butter buds spray	n/a	n/a	n/a	n/a	n/a	n/a
169403	Butter Buds Flavoring/Granules	1 t - liquid	1	1 t - liquid	1	1 t - liquid	1
339604	Brats	1 ea	2	1 ea	2	1 ea	2
373981	Breadsticks	1 ea	16	1 ea	16	1 ea	16
359007	Broccoli - frozen	3/8 C	4	3/8 C	4	1/2 C	6
141455	Chicken broth	n/a	n/a	n/a	n/a	n/a	n/a
100683	California blend - frozen	3/8 C	5	3/8 C	5	1/2 C	7
359002	Carrots - frozen	3/8 C	8	3/8 C	8	1/2 C	11
515019	Carroteenies	1 pkg	4	1 pkg	4	1 pkg	4
354518	Whole baby carrots - frozen	3/8 C	8	3/8 C	8	1/2 C	11
100335	Cauliflower - frozen	3/8 C	4	3/8 C	4	1/2 C	6
522812	Celery - fresh	2 oz	2	2 oz	2	2 oz	2
215411	Cereal - Cinn. Toast crunch	1 pkg	22	1 pkg	22	1 pkg	22
215455	Cereal - Cocoa puffs	1 pkg	20	1 pkg	20	1 pkg	20
215395	Cereal - Cheerios	1 pkg	22	1 pkg	22	1 pkg	22
215415	Cereal - Lucky Charms	1 pkg	23	1 pkg	23	1 pkg	23
215449	Cereal - Trix	1 pkg	21	1 pkg	21	1 pkg	21
165478	Cottage Chesse	n/a	n/a	n/a	n/a	1/4 C	2
160256	Parmesan Cheese	1T	1	1T	1	1 T	1
139267	Cheese Sauce	1/4 C	5	1/4 C	5	1/4 C	5

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139254	Nacho Cheese Sauce	1/4 C	4	1/4 C	4	1/4 C	4
158230	Cheddar Cheese - shredded	1/4 C	1/2	1/4 C	1/2	1/4 C	1/2
157099	Swiss Cheese	n/a	n/a	n/a	n/a	1 sl	1/2
331324	Chicken drumsticks	1 pc	9	1 pc	9	n/a	n/a
477012	Spicy Chicken pattys	1 pc	12	1 pc	12	1 pc	12
477010	Chicken Sticks	6 pc	8	8 pc	10	8 pc	10
477006	Chicken Tenders	3 pc	15	3 pc	15	3 pc	15
330792	Chicken Popcorn	10 pc	18	10 pc	18	10 pc	18
334796	Chicken Rings	4 pc	9	5 pc	11	5 pc	11
387560	Chicken Teriyak	3 pc	6	4 pc	8	4 pc	8
137620	Hot Dog -chili	n/a	n/a	n/a	n/a	2 oz	8
220884	Chili powder	n/a	n/a	n/a	n/a	n/a	n/a
372395	Churros	1/2 pc	7	1/2 pc	7	1/2 pc	7
500440	Cilantro	n/a	n/a	n/a	n/a	1 oz	1
220987	Cinnamon	n/a	n/a	n/a	n/a	n/a	n/a
249038	Clear jel	n/a	n/a	n/a	n/a	n/a	n/a
258220	Decaf Coffee	n/a	n/a	n/a	n/a	n/a	n/a
258218	Coffee	n/a	n/a	n/a	n/a	n/a	n/a
122548	Corn - canned	3/8 C	12	3/8 C	12	1/2 C	16
122874	Crème corn - canned	3/8 C	16	3/8 C	16	1/2 C	21
354521	Corn - frozen	3/8 C	19	3/8 C	19	1/2 C	25
355941	Corn on the cob - frozen	1 pc	19	1 pc	19	1 pc	19
334799	Corn Dog	5 pc	23	6 pc	27	6 pc	27
357635	Country blend - frozen	3/8 C	12	3/8 C	12	1/2 C	16

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216247	Zoo crackers	1 pkg	25	1 pkg	25	1 pkg	25
155570	Choc. Goldfish	1 pkg	19	1 pkg	19	1 pkg	19
155573	Cheddar goldfish	1 pkg	13	1 pkg	13	1 pkg	13
155571	Pretzel goldfish	1 pkg	15	1 pkg	15	1 pkg	15
155569	Cinn. Goldfish	1 pkg	19	1 pkg	19	1 pkg	19
186120	Saltine crackers	1 pkg	4	1 pkg	4	1 pkg	4
109590	Cranberries - canned	1/4 C	26	1/4 C	26	1/4 C	26
246847	Creamer	1 pkt	2	1 pkt	2	1 pkt	2
173202	Croutons	1/4 oz	5	1/4 oz	5	1/4 oz	5
221640	Cumin	n/a	n/a	n/a	n/a	n/a	n/a
385202	Choc. Cupcakes	1 ea	34	1 ea	34	1 ea	34
385200	White cupcakes	1 ea	36	1 ea	36	1 ea	36
369212	Donut holes	2 pc	10	2 pc	10	2 pc	10
128675	Doritos	1 pkg	17	1 pkg	17	1 pkg	17
221880	Dill	n/a	n/a	n/a	n/a	n/a	n/a
518950	Hard cooked eggs	1 pc	1	1 pc	1	1 pc	1
399504	Diced eggs - frozen	1/4 C	2	1/4 C	2	1/4 C	2
349446	Fish N Cheese	1 pc	15	1 pc	15	1 pc	15
383244	Flatbread	1 pc	42	1 pc	42	1 pc	42
171505	Flour	1/4 C	22	1/4 C	22	1/4 C	22
496575	Fortune, cookie	1 pc	7	1 pc	7	1 pc	7
345931	French toast sticks	3 pc	42	3 pc	42	3 pc	42

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110558	Fruit mix - canned	3/8 C	14	3/8 C	14	1/2 C	18
222425	Garlic powder	n/a	n/a	n/a	n/a	n/a	n/a
226819	Chopped garlic	n/a	n/a	n/a	n/a	n/a	n/a
372910	Garlic toast	1 pc	12	1 pc	12	1 pc	12
215918	Granola - bulk	2 oz	48	2 oz	48	2 oz	48
670642	Country gravy	1/4 C	7	1/4 C	7	1/4 C	7
247365	Honey	1 T	17	1 T	17	1 T	17
334440	Hot Dogs	1 ea	2	1 ea	2	1 ea	2
650446	Pepp hot pockets	1 ea	42	1 ea	42	1 ea	42
100675	Italian mix, frozen	3/8 C	6	3/8 C	6	1/2 C	8
100214	Apple juice - 4 oz	1 ea	15	1 ea	15	1 ea	15
100218	Berry juice - 4 oz.	1 ea	15	1 ea	15	1 ea	15
100220	Orange tang juice - 4 oz	1 ea	24	1 ea	24	1 ea	24
100216	Punch juice - 4 oz	1 ea	15	1 ea	15	1 ea	15
100207	Apple juice - 6 oz	1 ea	23	1 ea	23	1 ea	23
100230	Berry juice - 6 oz	1 ea	24	1 ea	24	n/a	24
100224	Grape juice - 6 oz	1 ea		1 ea		1 ea	n/a
100234	Kiwi Straw juice - 6 oz	1 ea	25	1 ea	25	1 ea	25
100232	Orange tang juice - 6 oz	1 ea	27	1 ea	27	1 ea	27
100209	Punch juice - 6 oz	1 ea	24	ea	24	1 ea	24

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132506	Ketchup	1 T	4	1 T	4	1 T	4
650238	Lasagna roll ups	1 pc	17	1 pc	17	1 pc	17
231805	Lawry's	1/4 t	0	1/4 t	0	1/4 t	0
101540	Lemon juice	n/a	n/a	n/a	n/a	n/a	n/a
380655	Mac & Cheese	4 oz	21	6 oz	32	6 oz	32
111104	Mand oranges - canned	3/8 C	13	3/8 C	13	1/2 C	17
210012	Mini Marshmallows	n/a	n/a	n/a		1/4 C	10
165350	Margarine cups	1 pc	0	1 pc	0	1 pc	0
165107	Margarine	n/a	n/a	n/a	n/a	n/a	0
138624	Manwich sauce	4 oz	14	4 oz	14	4 oz	14
240750	Mayo	1 oz	1	1 oz	1	1 oz	1
240688	Mayo pks	1 pkg	1	1 pkg	1	1 pkg	1
100080	Meadow mix - frozen	3/8 C	5	3/8 C	5	1/2 C	7
287620	Meatballs	4 pc	4	5 pc	5	5 pc	5
245971	Dry Milk	1/3 C	12	1/3 C	12	1/3 C	12
247499	Molasses	1 T	71	1 T	71	1 T	71
373042	Br. Mozz Sticks	4 pc	19	6 pc	28	6 pc	28
400174	English Muffin	1 ea	23	1 ea	23	1 ea	23
123876	Mushrooms - canned	4 oz	4	4 oz	4	4 oz	4

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223450	Ground mustard	n/a	n/a	n/a	n/a	n/a	n/a
228584	Mustard pks	1 pkg	0.5	1 pkg	0.5	1 pkg	0.5
228818	Mustard	n/a	n/a	n/a	n/a	n/a	n/a
167428	Olive Oil	n/a	n/a	n/a	n/a	n/a	n/a
237637	Black Olives	n/a	n/a	n/a	n/a	n/a	n/a
124531	Onion - dehydrated	1/8 C	56	1/8 C	56	1/8 C	56
124427	Fried Onions	1 oz	11	1 oz	11	1 oz	11
522945	Onions - fresh diced	1 oz	2	1 oz	2	1 oz	2
224080	Onion Powder	n/a	n/a	n/a	n/a	n/a	n/a
224300	Oregano	n/a	n/a	n/a	n/a	n/a	n/a
100681	Oriental Blend Veggies	3/8 C	5	3/8 C	5	1/2 C	7
373006	Pancakes	3	40	3	40	3	40
224610	Paprika	n/a	n/a	n/a	n/a	n/a	n/a
224838	Parsley	n/a	n/a	n/a	n/a	n/a	n/a
190781	Rotini pasta	4 oz	88	6 oz	132	8 oz	176
188905	Macaroni pasta	4 oz	85	6 oz	127	8 oz	170
189529	Noodles	4 oz	80	6 oz	120	8 oz	160
111657	Peaches - canned	3/8 C	10	3/8 C	10	1/2 C	13
395005	Peas - frozen	3/8 C	12	3/8 C	12	1/2 C	16
359008	Peas & Carrots - frozen	3/8 C	10	3/8 C	10	1/2 C	13
112308	Pears -canned	3/8 C	11	3/8 C	11	1/2 C	14
357828	Peppers & Onions - frozen	2 oz	5	2 oz	5	2 oz	5
482450	Pepperoni	4 pc	0	4 pc	0	4 pc	0
225278	Pepper	n/a	n/a	n/a	n/a	n/a	n/a
125296	Green pepper - canned	1 oz	1	1 oz	1	1 oz	1
238401	Jalapeno peppers - canned	5 pc	1/4	5 pc	1/4	5 pc	4-Jan

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235180	Pickles	n/a	n/a	n/a	n/a	n/a	n/a
234829	Pickles - pail	6 sl	1	6 sl	1	6 sl	1
113301	Pineapple - canned	3/8 C	11	3/8 C	11	1/2 C	15
332332	Pizza patty	1 ea	6	1 ea	6	1 ea	6
375212	Breakfast pizza	1 pc	25	1 pc	25	1 pc	25
375030	French bread pizza	1 pc	30	1 pc	30	1 pc	30
375177	Round Pizza - Tony's 4"	1 pc	30	1 pc	30	1 pc	30
375051	Round Pizza - Gilaredi's 5"	1 pc	41	1 pc	41	1 pc	41
375005	Pizza patty	1 pc	33	1 pc	33	1 pc	33
375117	St. crust pizza	1 pc	44	1 pc	44	1 pc	44
375121	Dbl. St. crust pizza	1 pc	27	1 pc	27	1 pc	27
375125	SW Pizza	1 pc	33	1 pc	33	1 pc	33
373038	Pepp Pizzas	1 ea	28	1 ea	28	1 ea	28
338425	Pork Chops	1 ea	17	1 ea	17	1 ea	17
387306	Pork Sausage	1 ea	1/2	1 ea	1/2	1 ea	1/2
338445	Ribs	1 ea	9	1 ea	9	1 ea	9
126361	Dehyd. Potatoes	4 oz	2	4 oz	2	4 oz	2
126371	Mashed Potatoes	3 oz	11	3 oz	11	4 oz	14
365468	Canyon cubes	3/8 C	17	3/8 C	17	1/2 C	23
365184	Wedges	3/8 C	18	3/8 C	18	1/2 C	24
365439	Fries	3/8 C	15	3/8 C	15	1/2 C	20

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365181	Seasoned Fries	3/8 C	20	3/8 C	20	1/2 C	27
365315	Potato rounds	3/8 C	21	3/8 C	21	1/2 C	28
361066	Potato Smiles	3 pc	18	4 pc	24	4 pc	24
670877	Pretzels	1 pkg	11	1 pkg	11	1 pkg	11
372383	Pretzel roll	1 ea	45	1 ea	45	1 ea	45
206032	Choc. Pudding - canned	3 oz	22	3 oz	22	3 oz	22
206369	Buttersctch pudding - canned	3 oz	20	3 oz	20	3 oz	20
199836	Choc. Pudding instant	3 oz	20	3 oz	20	3 oz	20
375074	Quesadillas	1 ea	36	1 ea	36	1 ea	36
209685	Raisins - box	1 pkg	31	1 pkg	31	1 pkg	31
209682	Raisins- bulk	3 oz	68	3 oz	68	3 oz	68
138625	Ravioli - canned	3/4 C	25	1 C	33	1 C	33
235636	Relish	1 T	12	1 T	12	1 T	12
235849	Relish - pkg.	1 pkg	2	1 pkg	2	1 pkg	2
137224	Mexica Rice	1/2 C	17	1/2 C	17	1/2 C	17
132359	Ranch dressing	2 T	7	2 T	7	2 T	7
242677	Creamy Italian dressing	2 T	3	2 T	3	2 T	3
132361	French dressing	2 T	8	2 T	8	2 T	8
240540	Oriental dressing	2 T	12	2 T	12	2 T	12
131824	Parmesan Italian dressing	2 T	2	2 T	2	2 T	2
132357	Italian dressing	2 T	4	2 T	4	2 T	4

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389946	Salisbury Steak	1 pc	5	1 pc	5	1 pc	5
670526	Salt	0	0	0	0	0	0
209240	Salsa	2 T	3	2 T	3	2 T	3
240706	BBQ sauce	2 T	15	2 T	15	2 T	15
130559	Enchilada sauce	1/4 C	6	1/4 C	6	1/4 C	6
253114	Hot sauce	1 t	0	1 t	0	1 t	0
138680	Marinara sauce	2 T	3	2 T	3	2 T	3
131890	Pasta sauce	1/2 C	12	1/2 C	12	1/2 C	12
132558	Pizza sauce	3 oz	9	3 oz	9	3 oz	9
138707	Sweet and sour sauce	1 T	8	1 T	8	1 T	8
123218	Sauerkraut - canned	2 T	2	2 T	2	2 T	2
357936	Scandanavian blend - frozen	3/8 C	7	3/8 C	7	1/2 C	9
378560	Orange sherbet	1 ea	27	1 ea	27	1 ea	27
378563	Grape sherbet	1 ea	27	1 ea	27	1 ea	27
378565	Lemon sherbet	1 ea	25	1 ea	25	1 ea	25
378561	Raspberry sherbet	1 ea	27	1 ea	27	1 ea	27
378562	Lime sherbet	1 ea	27	1 ea	27	1 ea	27
132557	Sloppy joe sauce	1/4 C	8	1/4 C	8	1/4 C	8
151740	Tomato soup	4 oz	19	6 oz	29	6 oz	29
151724	Cream of chicken soup	1/4 C	5	1/4 C	5	1/4 C	5
950229	Cream of mushroom soup	1/4 C	8	1/4 C	8	1/4 C	8

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151710	Chicken noodle soup	4 oz	4	6 oz	5	6 oz	5
165474	Sour Cream	2 T	1	2 T	1	2 T	1
650236	Spaetzle	4 oz	34	4 oz	34	4 oz	34
357278	Spinach - frozen	3/8 C	4	3/8 C	4	1/2 C	5
136179	Stuffing mix	1 oz	6	1 1/2 oz	9	1 1/2 oz	9
232548	Brown Sugar	1 t	1/2	1 t	1/2	1 t	1/2
232106	Sugar	1 t	4	1 t	4	1 t	4
232327	Powder Sugar	1 t	3	1 t	3	1 t	3
232778	Sugar pks	1 pkg	0	1 pkg	0	1 pkg	0
100405	Sugar Snap peas - frozen	3/8 C	8	3/8 C	8	1/2 C	11
128701	Harvest Cheddar sunchips	1 pkg	19	1 pkg	19	1 pkg	19
128699	French Onion sunchips	1 pkg	18	1 pkg	18	1 pkg	18
129143	Sweet potatoes - canned	3/8 C	23	3/8 C	23	1/2 C	31
175999	Syrup	1/4 C	40	1/4 C	40	1/4 C	40
375011	Taco tris	3 pc	27	3 pc	27	3 pc	27
332351	Taco meat	2 1/2 oz	4	2 1/2 oz	4	3 oz	5
209007	Taco shells - sm	0	0	0	0	2 ea	14
208906	Taco	1 ea	12	1 ea	12	n/a	n/a
255350	Teriyak sauce	1 T	2	1 T	2	1 T	2
209365	6" tortilla	n/a	n/a	n/a	n/a	2 ea	40
209391	8" tortilla	1 ea	20	1 ea	20	n/a	n/a
128381	Nacho chips	1 oz	19	1 oz	19	1 oz	19

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110156	Tropical fruit	3/8 C	15	3/8 C	15	1/2 C	20
331985	Turkey patty (Breaded)	1 ea	13.4	1 ea	13.4	1 ea	13.4
332018	Jenni-O Turkey patty	1 ea	0.2 oz	1 ea	0.2 oz	1 ea	0.2 oz
332019	Jenni-O Turkey links (sausage)	2 ea	0.4	2 ea	0.4	2 ea	0.4
332118	Jenni-o Turkey & Gravy	6 oz	4.14	6 oz	4.14	8 oz	5.52
356950	Mixed veges	3/8 C	12	3/8 C	12	1/2 C	16
219141	Vanilla	n/a	n/a	n/a	n/a	n/a	n/a
254876	Vinegar	n/a	n/a	n/a	n/a	n/a	n/a
373004	Waffles	1 ea	14	1 ea	14	1 ea	14
100679	Winter Blend	3/8 C	4	3/8 C	4	1/2 C	5
243104	Salad dresing	1 T	3	1 T	3	1 T	3
365183	Wedges	3/8 C	18	3/8 C	18	1/2 C	24
224110	Oregano	n/a	n/a	n/a	n/a	n/a	n/a
477036	Chicken tenders	2 pc	9	2 pc	9	2 pc	9
12186	Bread	2 pc	28	2 pc	28	2 pc	28
31454	Sub buns	1 ea	26	1 ea	26	1 ea	26
33112	rolls	1 ea	16	1 ea	16	1 ea	16
51070	Hamb buns	1 ea	28	1 ea	28	1 ea	28
53440	Hot Dog buns	1 ea	23	1 ea	23	1 ea	28

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	COMMODITIES	K - 3	C	4 - 5	C	6 - A	C
	Applesauce	3/8 C	11	3/8 C	11	1/2 C	14
	Appleause cups	1 ea	22	1 ea	22	1 ea	22
	Green beans - can	3/8 C	2	3/8 C	2	1/2 C	3
	Refried Beans	3/8 C	15	3/8 C	15	1/2 C	20
	Vege Beans	3/8 C	20	3/8 C	20	1/2 C	27
	Beef Pattys	1 ea	2	1 ea	2	1 ea	2
	Carrots - frozen	3/8 C	5	3/8 C	5	1/2 C	6
	Cheese sl	1 sl	1	1 sl	1	1 sl	1
	Cheddar Cheese	1 oz	1/2	1 oz	1/2	1 oz	1/2
	Mozz cheese	1 oz	1	1 oz	1	1 oz	1
	Chicken patty	1 ea	11	1 ea	11	1 ea	11
	Breaded Chicken	n/a	n/a	n/a	n/a	1 pc	12
	Diced Chicken	2 oz	0	2 oz	0	2 oz	0
	Chicken nuggets	5 pc	8	5 pc	8	5 pc	8
	Chicken fajita meat	2 oz	1	2 oz	1	2 oz	1

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	Corn - canned	3/8 C	11	3/8 C	11	1/2 C	15
	Corn - frozen	3/8 C	12	3/8 C	12	1/2 C	16
	Eggs - frozen	n/a	n/a	n/a	n/a	n/a	n/a
	Flour	1/4 C	24	1/4C	24	1/4C	24
	Fruit mixed - canned	3/8 C	14	3/8 C	14	1/2 C	18
	Mozz. Pizza sticks	2 pc	28	2 pc	28	2 pc	28
	Oil - soybean	1 T	0	1 T	0	1T	0
	Cheese omelets	1 ea	2	1 ea	2	1 ea	2
	Orange juice - frozen cups	1 ea	14	1 ea	14	1 ea	14
	Peaches - canned	3/8 C	14	3/8 C	14	1/2 C	18
	Pears - canned	3/8 C	14	3/8 C	14	1/2 C	19
	Pizza Sticks C710	2	28	3	42	3	42
	Potato rounds	6 pc	14	8	18	8	18
	Potato wedges	3/8 C	14	3/8 C	14	1/2 C	19
	Rotini	4 oz	19	6 oz	29	8 oz	38
	White Rice B507	4 oz	22	4 oz	22	4 oz	22
	Salsa	1/4 C	2	1/4 C	2	1/4 C	2
	Spaghetti sauce	1/2 C	11	1/2 C	11	1/2 C	11
	Strawberries - frozen	3/8 C	8	3/8 C	8	1/2 C	10
	Sweet potaoes - canned	3/8 C	19	3/8 C	19	1/2 C	25
	Diced tomatoes - canned	1/4 C	3	1/4 C	3	1/4 C	3
	Tomato paste	1 T	3	1T	3	1 T	3
	Tomato sauce	1/4 C	5	1/4 C	5	1/4 C	5
	Turkey deli	2 oz	1	3 oz	1	3 oz	1
	Turkey ham	2 1/2 oz	1	3 1/2 oz	2	3 1/2 oz	2
	Turkey mini corn dogs	5 pc	29	6 pc	35	6 pc	35
	Pork taco filling	3 oz	4	4 oz	5	4 oz	5
	Turkey roast	2 1/2 oz	3	3 oz	3	3 oz	3

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RECIPES		K - 3	C	4 - 5	C	6 - A	C
Process 3 cooking							
	Spaghetti & Meat Sauce	4oz/4oz	39	5oz/6oz	54	5oz/8oz	67
	Baked Beans	n/a	n/a	n/a	n/a	n/a	29
	Sweet Potatoes	n/a	n/a	n/a	n/a	1/2 C	38
	Refried Beans	n/a	n/a	n/a	n/a	1/2 C	16
	Diced Chicken (A517) & Gravy	4 oz	5	4 oz	5	6 oz	7.5
332118	Turkey & Gravy - Jenni-O	6 oz	4.14	6 oz	4.14	8 oz	5.52
	Rice Dish (B507)	3 oz	23	3 oz	23	3 oz	23

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MILK							
	Choc. - 28 - pints						
	1% - 26 - pints						
	Skim - 13 - pints						
	Straw - 32 - pints						
GRAVIES							
	Beef Gravy	2 oz	3	2 oz	3	2 oz	3
	Chicken Gravy	2 oz	5	2 oz	5	2 oz	5

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