

### Hazelwood Nutrition Information Spreadsheet 2022-2023

Item	Manufacturer	Item Number	Serving Size	Calories	Sat Fat	Sodium	Carbs	M/MA	Grain	Comments
<b>Meat:</b>										
Alfredo Sauce	JTM	5722	1.83 oz.	90	3.1	374	5	1		GLUTEN FREE
Anytimers Turkey Ham & Cheese	Tasty Brands	10206	4.41 oz.	360	5	720	33	2	2 WG	
Anytimers Turkey Ham & Cheese Croissant WG	Tasty Brands	70073	2.52 oz.	170	3	440	17	1	1 WG	serving size should be 2 sandwiches
Anytimers Turkey & Cheese	Tasty Brands	10202	4.21 oz.	360	5	910	37	2	2 WG	
Anytimers WG Cheese Pizza Lunch Kit	Tasty Brands	10101	5.25 oz.	360	9	750	34	2	2 WG	
Anytimers WG Turkey Pepperoni Pizza	Tasty Brands	10102	5.58 oz.	350	7	880	35	2	2 WG	
Bacon (Round)	Jones	3417	1 slice	40	1.3	138	0			GLUTEN FREE
Baja Chicken, Cheese, & Rice WG Burrito WG	Los Cabos	71262	5.85 oz.	273	2.58	476	34	2	2 WG	
Baja Chicken, Cheese, & Rice WG Burrito WG	Los Cabos	71261	5.7 oz.	288	3	456	35	2	2 WG	
Bean & Cheese Extreme Burrito WG	Los Cabos	71662	5.2 oz.	291	3.6	479	41	2	2 WG	
Bean (En Fuego) & Cheese Burrito WG	Los Cabos	71471	6 oz.	323	4.3	460	42	2	2 WG	
Beef (shred) Chile Colorado WG Burrito	Los Cabos	71686	6.45 oz.	378	7	625	41	2	2.25 WG	
Beef Steak Patty Premium	JTM	CP5670	2.45 oz.	166	4.8	256	1	2		on WG Bun
Beef Steak Patty Premium	JTM	CP5683	3.00 oz.	215	6	388	1	2.5		Not for 2019 - 2020 SY
Beef & Cheddar Burrito	Los Cabos	98765	5.2 oz.	318	6.3	431	32	2	2 WG	
Beef Meatballs fully cooked	JTM	CP5035	2.6 oz.	151	3.5	216	5	2		w/WG Noodles or on WG Bun
Bratwurst CKD Skinless 5/1	Johnsonville	101543	1- 6"	290	9	910	3	2		
Breaded Beef Patti	JTM	CP5695	3.35 oz.	260	5	340	11	2	0.5 WG	
Broccoli Cheese Soup	JTM	5114	6 oz.	204	6	594	14	2		1/4 cup of dark green
Cheddar Cheese Enchiladas Red Fat	Los Cabos	64143	2- 2 oz.	300	8	350	26	2	2 WG	
Cheese - American Sliced	Land O lakes	42628	2 slices = 1 oz.	70	2.5	210	1	1		
Cheese - Swiss Sliced	Land O lakes	44261	2 slices = 1 oz.	90	3.5	115	1	1		
Cheese - Swiss Sliced	Schrbr	10086	2 slices = 1 oz.	90	4	430	1	1		Sub Item
Cheese - Pepper Jack Sliced	Land O lakes	44238	2 slices = 1 oz.	110	6	190	1	1		
Cheese - Pepper Jack Sliced	Schrbr	10459	2 slices = 1 oz.	60	3	330	0	1		Sub Item
Cheese - Shredded Mild Cheddar	Land O lakes	41749	1/4 Cup	110	6	190	1	1		
Cheese - Shredded Mozzarella	Land O lakes	41698	1/4 Cup	90	3.5	210	1	1		
Cheese - Shredded Cheddar/Monterey Jack	Land O lakes	41485	1 oz.	110	6	190	1	1		
Cheese - Sauce Ultimate Cheddar	Land O lakes	39940	3 oz.	130	6	550	4	1.5		
Cheese - Sauce Queso/Jalapeno	Land O lakes	39941	3 oz.	130	6	570	5	1.5		
Cheese Stuffed Sticks Mozzarella WG	Beacon Street	73338	2.1 oz. (2)	300	6	490	30	2	2 WG	
Cheese Stuffed Shells	Tasty Brands	00803WG	2- 2.31 oz.	230	3.5	380	29	2	1 WG	Use Contadina Sauce
Cheese Quesadilla w/Green Chili's IW WG	Los Cabos	43107	2- 2.2 oz.	291	7	371	28	2	2 WG	
Cheese, Turkey Ham 6" Stick IW	Bosco's	10205-1120	1- 6" stick	180	3	400	20	1	1.5 WG	High School Only/ A La Carte
Cheese, Chicken & Green Chile Quesadilla	Los Cabos	63560	4.45 oz.	310	6	474	32	2	2 WG	
Chicken & Cheese Burrito	Los Cabos	92271	5.2 oz.	273	3.8	351	33	2	2 WG	
Chicken & Cheese Quesadilla (Coyote Grill)	Schwans	78373	2- 2.20 oz. pcs.	300	5	570	32	2	2 WG	
Chicken - Diced	Gold Kist	1230	2.72 oz.	94	1	195	1	2		
Chicken - Popcorn Smackers Homestyle	Gold Kist	110458	4.3 oz. (10 pieces)	269	3	590	20	2	1 WG	
Chicken Breast Patty - Grilled	Tyson	70320	2.5 oz.	100	1	300	2	2		

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Chicken Drummie - Seasoned Breaded Spicy	Tyson	30016	4.40 oz.	180	2.5	320	6	2	.75 WG	
Chicken Drumstick - WG Breaded	Gold Kist	7803	4.75 oz.	220	3	420	8	2	1.50 WG	
Chicken Fajita Strips	Gold Kist	1250	2.45 oz.	110	0.5	650	3	2		
Chicken Nuggets Homestyle	Gold Kist	6153	5- .608 oz.	170	2	396	9	2	1 WG	
Chicken Breast Chunks Waffle Battered WG	Tyson	29494	3.24 oz. (6 pcs.)	210	2	320	13	1	1 WG	
Chicken Breast Filet	Gold Kist	7522	4.25 oz.	221	1.5	398	13	2	1 WG	
Chicken Breast Tenderloins (strips)	Gold Kist	7572	4.35 oz. (3)	202	1.25	382	11	2	1.25 WG	
Chicken Breast Tenderloins (strips) Spicy	Gold Kist	7576	4.35 oz. (3)	180	0	480	21	2	1.25 WG	
Chicken Patty - WG Spicy	Gold Kist	7517	4 oz.	216	1	534	16	2	1 WG	
Chicken Ring Things	Gold Kist	49918	5 - .695 oz.	207	2	352	11	2	1 WG	
Chicken Sticks Homestyle	Gold Kist	49913	5 - .733 oz.	224	3	434	11	2	1 WG	
Chicken Wings Oven Roasted	Gold Kist	7805	5 Wings	490	10	625	7	2		
Chicken Sausage Patty	Gold Kist	6390	2- 1.37 oz.	96	7.2	412	1	2		
Chicken Sausage Breakfast Patty Homestyle	Tyson	5778-928	2- 1.6 oz.	180	2	440	12	2	0.5 WG	
Chicken Soft Taco w/Red Sauce	El Monterey	41468	5.12 oz.	240	2	630	28	2	2 WG	
Chicken, Turkey Ham & 2 Cheese IW WG Wedg	Tasty Brands	70013	4.45 oz.	300	3.5	870	27	2	2 WG	All Levels
Chili Beef w/Beans R/Fat	JTM	CP579	5.83 oz.	152	1.7	230	15	2		
Chili Beef w/Beans R/Fat	JTM	CP579	3.53 oz.	92	1	139	9	1		
Corn Dog - Turkey	StateFair	28322	4 oz.	280	3.5	660	31	2	2 WG	
Corn Dog - Turkey - Mini	JTM	5090	6- .67 oz.	267	1.9	365	33	2	2 WG	
Corn Dog - Chicken - Mini	Tyson	27024	6- .67 oz.	310	3.5	490	26	2	2 WG	
Country Fried Beef Steak WG	JTM	CP5695	3.53 oz.	274	5.3	358	12	2	.5 WG	on WG Bun
Egg Liquid in Carton	Sunny	K07661	3 tbsp.	70	1.5	65	1			NO CN LABEL - ADULT FUNCTIONS
Egg Roll - Chicken & Vegetable	Minh	69049	3 oz.	150	1.5	500	19	1	1 WG	1/4 CUP OTHER VEGETABLE
Egg Roll - Chicken & Vegetable	Minh	69461	3 oz.	160	1.5	390	20	1	1 WG	1/4 Cup Other Vegetable
Egg Topping - Diced	Sunny	K07600	1 oz.	20	0.4	33	1	1		HIGH SCHOOL SALAD BAR ONLY
Fish - Pollock - Sticks Nacho WG Breaded	High Liner	38118	4- 1 oz. sticks	220	1.5	400	22	2	1 WG	LENT ONLY ES & MS
Fish - Pollock - Fillets w/Cheese WG Breaded	High Liner	53998	3.6 oz.	250	4	500	23	2	1 WG	LENT ONLY ALL LEVELS
Fish Shapes WG Breaded	High Liner	1089865	4 - 1 oz. shapes	240	1.5	310	29	2	1.5 WG	LENT ONLY HS LEVEL NO BREADSTICK
French Toast Sticks - WG	Aunt Jemima	43586	4- 1 oz. sticks	300	3	400	43		2 WG	
General Tso's WG Chicken	Yangs	15563	3.6 oz.	170	0.5	361	23	2		SERVE WITH RICE
Ham - Deli - Turkey	Jennie-O	256818	3 oz.	130	2	420	2	2		
Hot Dog - Beef	Farmland	811577	2.66 oz	240	9	720	4	2.5		
Italian Turkey Combo Sliced	Jennie-O	2096-12	3.02 oz.	150	2.5	600	3	2		
Three Cheese Cavatappi (Macaroni & Cheese)	JTM	5773	6 oz.	314	8.7	801	28	2	1 WG	Entrée Serving Size
Three Cheese Cavatappi (Macaroni & Cheese)	JTM	5773	3.53 oz.	185	5.1	471	17	1	.5 WG	Side Serving
Macaroni & Cheese	Land O lakes	43292	6 oz.	350	13	910	23	2	1 WG	
Mandarin Orange Chicken JR.	Yangs	15555-5	3.6 oz.	150	0.5	280	19	2		
Mini Twin Cheeseburger on WG Bun	Advance	1171	4.70 oz.	310	6	470	33	2	2 WG	
Mini Twin Chicken w/Pepperjack WG Bun	Advance	68213	4.5 oz.	310	4	470	36	2	2 WG	
Orange Chicken Stir Fry Kit (light dusted)	Minh	69020	2.8 oz.	150	1.5	190	9	2		Use WG Rice

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Pancake WG	Aunt Jemima	43582	3 pieces	230	1	330	41		2 WG	
Philly Beef Steak	JTM	CP5813	2.86 oz.	143	3.4	389	3	2		On WG Bun
Pizza - 4 x 6 Cheese	Tony's	78673	4.6 oz.	310	4	480	35	2	2 WG	
Pizza - 4 x 6 Sausage	Tony's	72557	4.69 oz.	290	3.5	580	37	2	2 WG	
Pizza - WG Cheese Pizza w/Skinny Crust 16"	Alpha Foods	SD162WS	4.75 oz.	340	6	640	31	2	2 WG	1/8 Cup Red/Orange Vegetable
Pizza - WG Mexican Style Spicy Supreme 16"	Alpha Foods	SP167RW (pork)	7.23 oz.	480	8	770	47	2	3 WG	1/8 Cup Red/Orange Vegetable
Pizza - WG Super Supreme Pizza 16" Rolled Edg	Alpha Foods	SP1668RW (pork)	7.19 oz.	470	8	750	46	2	3 WG	1/8 Cup Red/Orange Vegetable
Pizza - WG Mega Meat Pizza 116" Rolled Edge	Alpha Foods	SP169RW (pork)	6.75 oz.	460	8	720	46	2	3 WG	1/8 Cup Red/Orange Vegetable
Pizza - 5" WG Deep Dish Cheese Selfie Pizza	Alpha Foods	AS52W	5.7 oz.	390	7	740	46	2	2WG	1/8 Cup Red/Orange Vegetable
Pizza - 5" WG Deep Dish Pepperoni Selfie Pizza	Alpha Foods	AS54W	5.76 oz.	400	7	820	47	2	2WG	1/8 Cup Red/Orange Vegetable
Pizza - 6" WG Cheese Personal Thin Crust	Alpha Foods	AS62W	5.3 oz.	350	7	580	32	2	2 WG	1/8 Cup Red/Orange Vegetable
Pizza - 6" WG Super Supreme Personal	Alpha Foods	AS68W (pork)	6 oz.	385	7	730	32	2	2WG	1/8 Cup Red/Orange Vegetable
Pizza - WG Personal Cheese	Alpha Foods	SP62W	5.3 oz.	340	7	510	32	2	2WG	1/8 Cup Red/Orange Vegetable
Pizza - 7" Supreme Cheese	Alpha Foods	AS72	7 oz.	480	8	670	57	2	3.75WG	1/8 Cup Red/Orange Vegetable
Pizza - Cheese - WG 4" Galaxy	Tony's	78366	4.46 oz.	280	6	410	26	2	2 WG	1/8 Cup Red/Orange Vegetable
Pizza - Cheese - WG 5" Deep Dish	Tony's	78368	4.98 oz.	310	6	440	31	2	2WG	1/8 Cup Red/Orange Vegetable
Pizza - Fiestada	Tony's	68523	5.44 oz.	350	6	860	40	2	2 WG	
Pizza - Cheese - 6" French Bread WG	Tony's	72671	6"	340	8	500	35	2	2 WG	
Pizza - Pepperoni - 6" French Bread WG	Tony's	78357	6"	310	5	690	33	2	2 WG	
Pizza - Cheese Wedge Smart Pizza	Tony's	72558	4.7 oz.	300	5	450	34	2	2 WG	
Pizza - Stuffed Crust Pizza	Bosco's	701422	1/8 Pizza	310	5	540	34	2	2.25 WG	
Pizza - Wedge Turkey Pepperoni WG	Tony's	73159	4.48 oz.	300	4	550	33	2	2 WG	
Pizza - NSLP Hand Tossed Cheese Pizza	Pizza Hut	2019-2020C	1 slice	320	7	640	36	2	2 WG	
Pizza - NSLP Hand Tossed Pepperoni Pizza	Pizza Hut	2019-2020P	1 slice	350	7.8	740	35	2	2 WG	
Pizza - Cheese Jumbo Bagel WG	Tasty Brands	52106	4.95 oz.	300	5	690	33	2	2 WG	
Pizza - Cheese Mini Bagel WG	Tasty Brands	52222	4.68 oz.	260	5	560	24	2	2 WG	
Pizza - Turkey Pepperoni Mini Bagel WG	Tasty Brands	52223	4.68 oz.	230	3.5	690	25	2	2 WG	
Pizza - Turkey Pepperoni Mini Calzone WW	Giorgo	90736	5.00 oz. (3)	340	6	470	34	2	2 WG	
Pizza - Italian Cheese Mini Calzone WW	Giorgo	90743	5.00 oz. (3)	350	7	390	34	2	2 WG	
Pizza - Cheese Stuffed 5" Bosco Stick	Bosco's	702210	5" stick	160	3.5	270	16	1	1 WG	HS level/ ala carte
Pizza - Turkey Pepperoni Stuffed 4" Bosco Stix	Bosco's	703112	4" stick	120	2	230	14	0.5	1 WG	HS level/ ala carte
Pizza - Tky Ham, Cheese w/Butter 6" WG Stix	Bosco's	1008736	6" stick	190	3.5	410	20	1	1.5 WG	HS level/ ala carte
Pizza - Cheese Stuffed 6" WG Pretzel Stix	Bosco's	705672	6" stick	200	2	230	27	0.5	2 WG	HS level/ ala carte
Pizza - Turkey Ham & Cheese "RIPPERS" WG	Good Source Sol	091B	4 oz.	270	4	590	28	2	2 WG	
Pizza - Mozzarella Cheese "RIPPERS" WG	Good Source Sol	092B	4 oz.	340	4	600	32	2	2 WG	
Pizza - Beef Pepperoni "RIPPERS" WG	Good Source Sol	090B	4 oz.	280	5	540	27	2	2.5 WG	
Pizza - Buffalo Chicken "RIPPERS" WG	Good Source Sol	093B	4 oz.	250	3.5	590	27	2	2 WG	
Pork Rib Pattie with BBQ Sauce	JTM	CP5690	2.8 oz.	170	3.5	400	6	2		Pork (on WG Bun)
Ravioli - Mini Cheese - WG	Tasty Brands	00834WG	2.17 oz. (7 pcs.)	120	1	180	15	1	.5 WG	with breadstick & Meat Sauce
Ravioli - Jumbo Cheese - WG	Tasty Brands	00804WG	3.78 (3 pcs.)	200	2.5	360	24	2	1 WG	with breadstick & Sauce
Ravioli - Whole Grain Toasted	Louisa	40092	6 pieces	360	3.5	700	40	0	2.88 WG	

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Roast Beef Sandwichmaker	Hormel	41193	2 oz.	50	1	540	0			* No information on M/MA
Salami - Cotto Sliced	Oscar Mayer	4470000980	1 oz.	70	2	280	1			No Label - Info from Distributor
Sloppy Joe Meat - Beef	JTM	CP545	3.63 oz.	145	2.2	417	10	2		On WG Bun
Southwest Style Black Bean & Cheese Burrito	Los Cabos	71673	6 oz.	298	3	470	41	2	2 WG	
Spaghetti Meat Sauce	JTM	CP5578	5.6 oz.	167	2.8	290	9	2		1/2 cup Red Orange Vegetable
Spaghetti Meat Sauce	JTM	CP5578	3.53 oz.	105	1.7	183	6	1		1/4 cup Red Orange Vegetable
Spicy Sichuan Chicken Stir Fry Kit	Yangs	1555612	2.4 oz.	120	1	265	7	2		Use WG Rice
Sunwise Sandwich - Grape	Smart Choice	12228	2.8 oz.	310	2	310	33	1	1.5 WG	
Sunwise Sandwich - Strawberry	Smart Choice	12258	2.8 oz.	310	2	320	32	1	1.5 WG	
Sweet N Sour Chicken Stir Fry Kit (lightly dust)	Minh	69016	2.80 oz.	150	1.5	160	9	2		Use WG Rice
Taco Meat - Beef	JTM	5249	2.71 oz.	124	2.7	287	2	2		on WG Chips/Shells/Wraps
Tangerine Chicken	Asian	72001	3.9 oz.	190	1	380	25	2	.5 WG	
Teriyaki Chicken Stir Fry Kit (unbreaded)	Minh	69018	2.8 oz.	130	1	300	8	2		Use WG Rice
Tuna Fish	Star Kist	22120	2 oz.	60	0	250	0	2		
Turkey Bacon Bits Premium	Jennie-O	871602	1 oz.	120	2	600	2	1		
Turkey Breast Oven Roasted - Diced	Jennie-O	263520	2.93 oz.	80	0	450	0	2		6 Slices
Turkey Breast Oven Roasted - Shredded	Jennie-O	220120	2.55 oz.	80	0	270	0	2		
Turkey Breast Snack Stick - Smoke House	Jennie-O	207130	1.2 oz.	40	0	180	0	1		After School Snack Program
Turkey Breast Snack Stick - Sweet BBQ	Jennie-O	207230	1.2 oz.	40	0	200	0	1		After School Snack Program
Turkey - Deli	Jennio-O	263520	2.93 oz.	80	0	420	0	2		
Turkey Ham - Diced	Jennie-O	6409	3.01 oz	110	1.5	480	1	2		
Turkey Pastrami	Jennie-O	2655-08	3 oz.	110	1.5	750	2	2		
Chicken Sausage Breakfast Patty Homestyle	Tyson	5778-928	2- 1.6 oz.	190	2	430	12	2	.50 WG	
Turkey Sausage Breakfast Patty	JTM	5685	1.30 oz.	71	1.1	146	1	2		2 pieces per serving
Turkey Sausage Breakfast Link	Jennie-O	6140	2.5 oz.	120	2	160	0	2		
Vegetarian Garden Burger	Gardenburger	9075	1 pattie (3.4 oz)	150	2.5	520	21	2		
WG Flour Mini Chicken Tacos	Tasty Brands	25701	4.5 oz.	320	5	480	31	2	2	

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Grains:	Manufacturer	Item Number	Serving Size	Calories	Sat Fat	Sodium	Carbs	M/MA	Grain	Comments
Biscuits - WG 51%	Rich's	12549	1.35 oz.	110	3	250	15		1 WG	
Bread - WG	Bakecrafters	3357	2 slice	140	0	230	28		1 WG	26 usable slices = 13 sandwiches
Bread Bowl - WG	Super Bakery	8676	2 oz.	160	0.5	125	28		2 WG	
Breadstick - WG	Advance Pierre	133905	1.5 oz.	130	0.5	100	22		1.5 WG	
Hamburger Bun - WG	Bakecrafters	492	1.5 oz. (43 gm)	100	0	170	19		1.75 WG	
Hamburger Bun - WG	Bakecrafters	3522	2 oz. (57 gm)	130	0	250	24		2 WG	
Hot Dog Bun - WG	Bakecrafters	425	1.5 oz. (43 gm)	120	0	210	22		1.5 WG	
English Muffin WG sliced	Smart Choice	8198	2 oz. (57 gm)	130	0	200	24		1.25 WG	H.S and Adult Functions only
Fritos RF Corn Chips	Pepsico	57766	1 oz.	140	1	170	20		1.25 WG	
Happy Birthday Cup Cakes WG White	Super Bakery	9481	1.8 oz.	190	2	150	32		.5 WG	Birthday Treat
Happy Birthday Cup Cakes WG Chocolate	Super Bakery	9480	2 oz.	200	2.5	300	35		.25 WG	Birthday Treat
Pretzel - Soft WG	J&J	30110	2.2 oz.	140	0	150	30		2 WG	ES & MS only
Pretzel - Whole Wheat	J&J	30114	1 piece (5 oz.)	340	0	300	72		5 WG	HS only
Rice - Whole Grain	Prodcr	B2PE25560	1/2 Cup	108	0	5	22		1 WG	
Rye Bread	Beefsteak	73040 00404	2 slices	150	0	340	27		? WG	HS only
Taco Shells	Mission	10105	3 shells (32 gm)	150	2	0	21		1 WG	
Tortilla - 8 " WG Hearty Grains	Mission	28466	51 gm	140	1	250	24		1.75 WG	ES & MS only
Tortilla - 10" WG Hearty Grains	Mission	33825	62 gm	170	1	300	30		2 WG	HS only
Tortilla Chips - WG	Azteca	20084	28 gm (11 chips)	130	1	115	18		1 WG	
Whole Grain Rotini Noodles	Zerega	8127	100 gm	364	0.3	7.6	72.7		? WG	Waiting on Label from MFG.
Whole Grain Spaghetti Noddles	Zerega	8023	1 cup	364	0.3	7.6	72.7		? WG	Waiting on Label from MFG.
Whole Grain Spaghetti Noddles	Zerega	8023	1/2 cup	182	0.15	3.8	36			
White Wheat Hamburger Buns 12 ct.	Alpha Baking	51022	1 Bun (58gm)	147	0.32	248.14	26.47		2 WG	
White Wheat Hot Dog Buns 12 ct.	Alpha Baking	53071	1 Bun (57gm)	145	0.33	254.84	26.35		2 WG	
White Wheat Sandwich Bread 24 ct.	Alpha Baking	12385	2 Slices (56gm)	138	0.28	297.28	24.9		2 WG	
Seasoned Cube Croutons WG	Sugar Foods	73608	7 gm.	30	0	100	5			

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Vegetables:	Manufacturer	Item Number	Serving Size	Calories	Sat Fat	Sodium	Carbs.	M/MA	Grain	Comments
Baked Beans (Pork & Beans)	Unipro	70030	1/2 Cup	130	0	500	24			
Beans - Baked BBQ	Del Monte	24378	1/2 Cup	170	0	360	34			
Beans - Veggie w/Heavy Tomato Sauce	Code E	70035	1/2 Cup	130	0	470	24			
Black-Eyed Peas	Unipro	25210	1/2 Cup	102	0.2	276	17.5			
Broccoli Cheese Soup	JTM	5114	3.53 oz.	120	3.5	349	8			as a side need another vegetable
Broccoli Cheese Soup	JTM	5114	6 oz.	204	6	594	14	2		Entrée Serving Size w/Bread Bowl
Broccoli - Fresh	Taylor	K55760	1/2 Cup	25	0	25	4			Vendor Label
Broccoli - Frozen	The Inn	K05834	1/2 Cup	25	0	20	4			Vendor Label
California Blend - Fr	Garden Fresh	K06142	3/4 Cup	30	0	35	5			Vendor Label
Carrot Sticks	Taylor	K55711	3/4 Cup	35	0	65	8			Vendor Label
Carrots - Canned	Code E	35723	3/4 Cup	61	0.53	347	9			Red/Orange
Carrots - Canned	Code E	35723	1 1/4 Cup							High School/No Label for this size serv
Carrots - Frozen	Packer	93065	3/4 Cup	30	0	45	7			Red/Orange
Carrots - Frozen	Packer	93065	1 1/4 Cup							High School/No label for this size serv.
Celery Sticks	Taylor	K55721	1/2 Cup	10	0	40	1			USDA FACT SHEET
Cole Slaw Extra Creamy	Gerrys	11305	1/2 Cup	290	5	260	12			
Corn - Canned	Del Monte	2001733	1/2 Cup	60	0	320	13			
Corn - Frozen	Norpack	70085	1/2 Cup	100	0	0	21			
Corn on the Cobb	Unipro	7039	3" ear/ 1/2 Cup	90	0	0	19			
Cucumbers	Fresh	K55120	1/2 Cup	8	0.018	1	1.89			From Vendor Data Base
Fries - Crosstrax/Waffle Cut Redstone Canyon	McCain	MCL03623	1/2 Cup	170	1.5	340	20			
Fries - Oven 1/2" Crinkle	McCain	OIF00055A	1/2 Cup	90	0	20	13			
Fries - Smile Shaped Reduced Sodium	McCain	OIF03456	1/2 Cup	130	0.5	180	20			
Fries - Emoticon Shaped	McCain	6636	1/2 Cup	120	0.5	80	18			
Fries - Spiral Cut Redstone Canyon	McCain	MCL03622	1/2 Cup	110	0.5	250	14			
Fries - Straight Cut 3/8" Redstone Canyon	McCain	MCX03621	1/2 Cup	150	1	420	21			
Fries - Sweet Potato	Simplot	27805	1/2 Cup	120	1	135	19			
Fries- Tator Tots	McCain	1000002789	1/2 Cup	130	1	310	16			
Green Beans	Unipro	70003	1/2 Cup	60	0	0	4			ES & MS
Green Beans	Unipro	70003	3/4 Cup	60	0	0	7			High School/waiting on label from mfg
Hash Brown Rounds	McCain	1000006188	2.54 oz. (2)	100	0	105	16			1/2 Cup Starch Vegetable
Iceberg & Romain Lettuce	Vaughn	K55786	1 Cup	35	0	20	7			Label From Vendor
Mashed Potatoes Seasoned RS	McCain	1000002870	1/2 Cup	120	1	220	20			
Mash Makers Potatoes Red Sod Seasoned	McCain	2870	1/2 Cup	110	1	190	18			Sub item
Peas -Canned	Unipro	40745	1/2 Cup	70	0	300	12			
Pinto Beans Sriracha	Del Monte	2004379	1/2 Cup	130	0	380	25			
Potato Salad	Gerrys	10205	1/2 Cup	180	3	420	27			
Refried Beans	Allen	35218	1/2 Cup	120	0.5	140	20			
Sauerkraut, Shredded	Franks	K13450	2 Tbsp	5	0	180	1			Vendor Label
Spaghetti Sauce	Cntdna	35665	1/2 Cup	70	0	560	12			

**Hazelwood Nutrition Information Spreadsheet 2018-19**

<b>Item</b>	<b>Manufacturer</b>	<b>Item Number</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Sat Fat</b>	<b>Sodium</b>	<b>Carbs</b>	<b>M/MA</b>	<b>Grain</b>	<b>Comments</b>
Tomato Soup Smart Ladle	Heinz	78004235	1 Cup	180	0	800	40			
Tomatoes - Diced	Unipro	81201-3	1/2 Cup	25	0	220	5			
Tomatoes - Cherry	Packer	K55470	1/4 Cup	10	0	5	2			Vendor Label
Tomatoes - Whole	Packer	K55461	1/4 Cup	12	0	6	2.4			Vendor Label

### Hazelwood Nutrition Information Spreadsheet 2018-19

Item	Manufacturer	Item Number	Serving Size	Calories	Sat Fat	Sodium	Carbs	M/MA	Grain	Comments
<b>Fruit:</b>	<b>Manufacturer</b>	<b>Item Number</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Sat Fat</b>	<b>Sodium</b>	<b>Carbs.</b>	<b>M/MA</b>	<b>Grain</b>	<b>Comments</b>
Applesauce - Sweetened, Fancy, Canned	Marquis	K10050	1/2 Cup	90	0	15	23			Vendor Label/ Cherry Central
Applesauce - Unsweet. Cinn Cup	Peterson Farms	ASA10013	4.5 oz.	50	0	0	14			Vendor Label/ Peterson Farms
Applesauce - Strawberry - Unsweet Cup	Peterson Farms	ASA10014	4.5 oz.	50	0	0	14			
Applesauce - Sweetened Cinnamon Cup	Peterson Farms	ASA10002	4.5 oz.	90	0	15	22			
Applesauce - Sweet Watermelon Cup	Peterson Farms	ASA10018	4.5 oz.	90	0	0	22			
Applesauce - Unsweetened, Mixed Berries	Peterson Farms	ASA10020	4.5 oz.	50	0	0	14			
Applesauce - Unsweet Strawb Banana Cup	Peterson Farms	ASA10015	4.5 oz.	50	0	0	14			
Applesauce - Sweet Blue Raspberry Cup	Peterson Farms	ASA10008	4.5 oz.	90	0	0	22			
Applesauce - Unsweet Happy Birthday Cake Cu	Peterson Farms	ASA10027	4.5 oz.	50	0	0	14			
Applesauce - Birthday Cake	Zee Zee's	A3800	4.5 oz.	70	0	0	17			Vendor Label/ Zee Zee's
Applesauce - Blueberry Blast	Zee Zee's	A1540	4.5 oz.	70	0	0	17			
Applesauce - Cherry Extraordinary	Zee Zee's	A1520	4.5 oz.	80	0	15	20			
Applesauce - Super Sour Apple	Zee Zee's	A3540	4.5 oz.	60	0	0	17			
Fresh Apple Slices	Peterson Farms	203108	4 oz.	60	0	5	15			
Fresh Apple Slices	Peterson Farms	203102	2 oz.	30	0	0	7			equals 1/2 cup fruit
Fresh Apple	FFRUIT	K55515	1 Medium	80	0	0	22			Vendor Label
Fresh Banana	DOLE	K55550	1 Medium	110	0	0	30			Vendor Label
Fresh Orange	Sunkist	k55641	1 Medium		0	1	17			Vendor Label
Juice - Grape 100%	Sun Cup	30501	4 oz.	80	0	10	19			
Juice - Apple 100%	Sun Cup	30301	4 oz.	50	0	10	13			
Juice - Orange 100%	Sun Cup	90100	4 oz.	60	0	0	14			
Juice - Orange 100%	Sun Cup	40100	6 oz.	90	0	0	19			Map Tutor Snack
Juice - Grape 100%	Sun Cup	40501	6 oz.	120	0	15	28			Map Tutor Snack
Juice - Apple Cherry 100%	Ardmore	41357	4 oz.	60	0	15	14			
Juice - Orange Pineapple 100%	Ardmore	41389	4 oz.	60	0	20	13			
Grapes	Packer	K55580	1/2 Cup	34	0	1	9			Vendor Label
Mandarin Oranges - Canned	Packer	14919	1/2 Cup	70	0	10	17			
Mixed Fruit - Canned	Del Monte	K10190	1/2 Cup	80	0	5	18			Vendor Label
Pineapple - Canned	Del Monte	K10515	1/2 Cup	70	0	10	17			Vendor Label
Pears - Canned	Del Monte	K10482	1/2 Cup	50	0	15	12			Vendor Label
Peaches - Canned	Code E	K10353	1/2 Cup	70	0	10	17			Vendor Label
Gelatin - Assorted Flavors	Unipro	see label	2 Tbsp	70	0	55	17			Vendor label
<b>Milk:</b>			<b>Serving Size</b>	<b>Calories</b>	<b>Sat Fat</b>	<b>Sodium</b>	<b>Carbs.</b>	<b>M/MA</b>	<b>Grain</b>	<b>Comments</b>
FF Chocolate	Prairie Farms	6926	8 oz.	110	0	180	20			
FF Strawberry	Prairie Farms	17025	8 oz.	120	0	120	22			
FF Vanilla	Prairie Farms	26630	8 oz.	130	0	170	24			
Skim Milk	Prairie Farms	5404	8 oz.	80	0	120	11			
Soy Milk - Vanilla	Pearl	6141	8 oz.	60	0.31	73.5	7.1			
Soy Milk - Chocolate	Pearl	K27150	8 oz.	140	0.5	110	20			Vendor Label



**Hazelwood Nutrition Information Spreadsheet 2018-19**

<b>Item</b>	<b>Manufacturer</b>	<b>Item Number</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Sat Fat</b>	<b>Sodium</b>	<b>Carbs</b>	<b>M/MA</b>	<b>Grain</b>	<b>Comments</b>
Rice Milk - Dream Vanilla	Westsoy	K61758	8 oz.	130	0	105	26			Vendor Label
Almond Milk - Vanilla	Silk	K62422	8 oz.	90	0	150	16			Vendor Label
Almond Milk - Chocolate	Silk	K62423	8 oz.	120	0	190	23			Vendor Label

### Hazelwood Nutrition Information Spreadsheet 2018-19

Item	Manufacturer	Item Number	Serving Size	Calories	Sat Fat	Sodium	Carbs	M/MA	Grain	Comments
Condiments:	Manufacturer	Item Number	Serving Size	Calories	Sat Fat	Sodium	Carbs.	M/MA	Grain	Comments
Picante Sauce	Del Sol	78000407	14 g.	0	0	140	1			
Sour Cream	Land O lakes	64421	1 oz.	60	3.5	25	2			
Jalapeno Peppers	Viva	8739	3 Tbsp.	5	0	510	0			
Sliced Ripe Olives	Ambrosia	16914	2 Tbsp.	30	0	120	0			
Salsa Dipping Cup	Red Gold	REDSCHZC264	1.5 oz.	15	0	100	2			1/4 Red/Orange
Sauce - Marinara, Dunk Cup	Red Gold	REDNA1Z	1 oz.	15	0	83	3			1/8 Red/Orange
Sauce - BBQ Dunk Cup	Red Gold	REDOA1Z	1 oz.	40	0	75	9			
Ketchup	Red Gold	REDYL9G	9 gm.	10	0	25	2			
Ketchup - Dunk Cup Low Sodium	Red Gold	REDYS1Z	1 oz.	30	0	75	7			
Ketchup - Sriracha Hot Chili	Red Gold	HUYW8G	8 gm.	10	0	75	2			
Sauce - BBQ Pouch	Red Gold	REDOA7D	1.2 oz.	50	0	95	12			
Cheese Sauce - Ultimate Cheddar Dip Cup	Land O lakes	39911	3 oz.	190	6	570	14			
Cheese Sauce - Queso/Jalapeno Dip Cup	Land O lakes	39912	3 oz.	190	6	560	15			
Gravy - Chicken	Pioneer	94560	1/4 Cup	15	0	240	3			
Gravy - Brown	Pioneer	94587	1/4 Cup	15	0	310	3			
Jelly - Grape PC	Americana	7663850	.5 oz.	35	0	0	9			
Ranch Dressing - FF	Marzetti	81969	1.5 oz.	40	0	270	10			
FF Mayo	PPI	99810	12 gm PC	10	0	100	3			
Pickle Relish	Americna	7639520	9 gm	10	0	55	2			
Mustard	Americna	7605290	4.5 gm PC	5	0	70	0			
Sauce - BBQ PC	Naturally	364	1 oz.	40	0	200	10			
Honey Mustard Dressing	Natrlly	85116875061	30 gm.	130	2	90	9			
Ranch Dressing - Lite	Natrlly	342	1 oz.	50	1	180	1			
Italian Dressing - Lite	Natrlly	340	1 oz.	10	0	460	2			
Italian Dressing - Light	Marzetti	81985	1.5 oz.	20	0	740	2			
Syrup Cup	Sauer	6384	1 oz.	25	0	75	10			
Sweet & Sour Sauce	Sauer	6385	1 oz.	50	0	85	13			
Tartar Sauce	Americna	7643570	9 gm	20	0	85	1			
Soy Sauce	Estsun	7336580	9 gm	0	0	270	0			
Margarin PC	Land O lakes	19705	10 gm (2 pc.)	45	1.5	75	0			
Parmesan Cheese	Packer	13761	5 gm.	15	0	130	1			
Dill Slice Pickles 1/8"KK	Kaiser	2318	.5 oz. (4 pc.)	0	0	190	0			
Dill Pickle Spears	Kaiser	3313	1 oz.	0	0	380	0			
Whip Topping	Rich	2559	1 oz.	25	2	0	2			
Cream Cheese Cup	Raskas	23031	1 oz.	90	5	140	2			
Cream Cheese Cup - Strawberry	Raskas	23020	3/4 oz.	70	4	55	4			
Saltines - 51% Whole Grain	Lance	102997	2 pkgs. (4 pcs.)	45	0	110	8			

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Item	Manufacturer	Item Number	Serving Size	Calories	Sat Fat	Sodium	Carbs	M/MA	Grain	Comments
<b>Breakfast Items</b>										
Cereal - Toasty Oats	Malt O Meal	12935-3	1 Cup Bowl Pack	105	0	150	23		1 WG	K33952
Cereal - Corn Flakes	Malt O Meal	CF-5.1	1 Cup Bowl Pack	110	0	200	26		1 WG	K33953
Cereal - Crispy Rice (Gluten Free)	Malt O Meal	CR-11.0	1 Cup Bowl Pack	130	0	190	29		1 WG	K33954
Cereal - Berry Colossal Crunch	Malt O Meal	CBM-1.0	1 Cup Bowl Pack	120	0	150	26		1 WG	K33955
Cereal - Frosted Flakes	Malt O Meal	SFF-5.0	1 Cup Bowl Pack	120	0	140	28		1 WG	K33956
Cereal - Apple Zings	Malt O Meal	APL 8.0	1 Cup Bowl Pack	130	0	150	29		1 WG	K33957
Cereal - Raisin Bran	Malt O Meal	RB-5.3	1 Cup Bowl Pack	200	0	280	47		1 WG	K33958
Cereal - Cinnamon Toasters	Malt O Meal	CIN-6.0	1 Cup Bowl Pack	130	0.5	140	24		1 WG	K33959
Cereal - Honey Graham Toasters	Malt O Meal	GRA-6.6	1 Cup Bowl Pack	120	0	260	23		1 WG	K33960
Cereal - Tootie Fruities	Malt O Meal	FFO-7.0	1 Cup Bowl Pack	130	0	150	28		1 WG	K33962
Cereal - Marshmallow Mateys	Malt O Meal	MAR-5.4	1 Cup Bowl Pack	120	0	200	25		1 WG	K33964
Cereal - Coco Roos	Malt O Meal	COC-10.0	1 Cup Bowl Pack	120	1	110	26		1 WG	K33966
Bagels - Honey Wheat Sliced	Smart Choice	88195	2.5 oz.	170	0	140	34		2 WG	
Breakfast Kits - Cocoa Puffs	Notables	38096	1 Kit	280	0.5	280	60		2 WG	K20442
Breakfast Kits - Lucky Charms	Notables	38100	1 Kit	282	1	325	58		2 WG	K20446
Breakfast Kits - Cinnamon Toast Crunch	Notables	38095	1 Kit	280	1.5	310	57		2 WG	K20448
Breakfast Kits - Trix	Notables	38097	1 Kit	283	0	245	60		2 WG	K20450
Cereal Bars - Strawberry Cheerios	General Mills	31914000	1 Bar (40 gm)	150	0.5	90	30		1 WG	K34123
Cereal Bars - Trix	General Mills	31915000	1 Bar (40 gm)	150	0.5	105	30		1 WG	K34124
Cereal Bars - Cocoa Puffs	General Mills	45577000	1 Bar (40 gm)	150	0.5	110	30		1 WG	K34138
Cereal Bars - Cinnamon Toast Crunch	General Mills	45576000	1 Bar (40 gm)	150	0.5	115	30		1 WG	K34139
Cereal Bars - Fruity Cheerios	General Mills	31912000	1 Bar (40 gm)	150	0.5	105	30		1 WG	K34143
Cereal Bars - Golden Grahams	General Mills	31913000	1 Bar (40 gm)	150	0.5	110	30		1 WG	K34148
Cheese, Egg, Turkey Bacon 6" Stick WG	Bosco's	8735-1120	1 stick (67 gm)	170	3	380	17	1	1.25 WG	
Cheese, Egg 6" Stick w/Maple Topping WG	Bosco's	10200-1120	1 Stick (63 gm)	150	2.5	380	18	1	1 WG	
Cheese Omlet Pita Pocket IW	Tasty Brands	55401	2.43 oz.	150	2	350	80	1.25	1 WG	
Cheese Stuffed Breakfast Sandwich WG	Beacon Street	55299	2.27 oz.	160	3	260	17	1	1 WG	
Cinnamon Glazed French Toast WG	Sunny Fresh	40094	2.9 oz.	210	2.5	320	28	1	1.5 WG	
Egg, Cheese, & Turkey Bacon Breakfast Toast	Tasty Brands	55104	2.64 oz.	180	2	320	18	1	1 WG	
Egg & Cheese WG Breakfast Wrap	Sunny Fresh	40275	3.1 oz.	180	4	410	14	2	1 WG	
Cheese, Egg, Green Chile Salsa Breakfast Burrit	Los Cabos	98339	3.75 oz.	246	4	320	29	1	1.75 WG	
Cheese, Egg, Turkey Sausage Breakfast Burrito	Los Cabos	98337	3.2 oz.	206	3	400	26	1	1.50 WG	
Crescent Chocolate Filled	Pillsbury	149979000	2.29 oz.	230	1	270	37	0	2 WG	
Crescent Grape Filled	Pillsbury	149978000	2.29 oz.	210	1	260	35	0	2 WG	
French Toast Cinnamon Rush - Mini	General Mills	18000-37309	2.64 oz.	190	1	370	34		2 WG	
French Toast Triple Berry Blast - Mini	Pillsbury	137308000	2.64 oz.	220	1	190	37	0	2 WG	
Frudel - Apple - Hot Breakfast	Pillsbury	127852000	2.29 oz.	210	1	280	36	0	2 WG	
Fruit Cups - Tropical Fruit	Orchard Naturals	K10644	4 oz.	70	0	0	17			Vendor Label
Fruit Cups - Mandarin Oranges	Orchard Naturals	K10646	4 oz.	50	0	10	13			Vendor Label
Fruit Cups - Pineapple Tidbits	Orchard Naturals	K10652	4 oz.	60	0	10	16			Vendor Label

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Fruit Cups - Peaches	Orchard Naturals	K10648	4 oz.	50	0	15	13			Vendor Label
Fruit Cups - Pears	Orchard Naturals	K10650	4 oz.	50	0	15	13			Vendor Label
Fruit Cups - Mixed Fruit	Orchard Naturals	K10642	4 oz.	50	0	15	13			Vendor Label
Mini Cinnis WG	Pillsbury	133686000	2.29 oz.	240	1	270	39	0	2 WG	
Muffins - Assorted - Averages	Smart Choice		2 oz.	134	1	126	26		1 WG	
Muffins - Blueberry	Smart Choice	6661	3.6 oz.	290	1	330	45		1.75 WG	K09617
Muffins - Apple Cinnamon	Smart Choice	666	3.6 oz.	300	1.5	320	47		1.75 WG	K09616
Muffins - Chocolate Chip	Smart Choice	2670	3.6 oz.	290	1	330	45		1.75 WG	
Muffins - Banana	Smart Choice	6675	3.6 oz.	280	1.5	360	48		1.75 WG	
Oatmeal - Instant	Quaker	31682	43 gm	160	0	200	33			
Pancakes - Maple Burst - Mini	Aunt Jemima	137732000	3.17 oz.	220	0.5	130	39		2 WG	
Southwest Egg & Cheese Sliders	Beacon Street	55230	2 pieces (75gm)	160	1.5	300	21	1	1 WG	
Turkey Bacon Scramble Breakfast Pizza	Tony's	78353	2.95 oz.	210	3.5	320	25	1	1.5 WG	
Turkey Sausage & Cheese Breakfast Rounds	Tasty Brands	55202	2.72 oz.	160	2	370	19	1	1 WG	
Turkey Sausage & Cheese Sandwich	Anytime Foods	70052	2.81 oz.	190	2	380	19	1.25	1 WG	
Turkey Sausage Breakfast Pizza	Schwan's	63912	3.31 oz.	210	2	480	26	1	1.50 WG	
Turkey Sausage, Egg, & Cheese Burrito WG IW	Los Cabos	98337	3.2 oz.	205	2.5	400	26	1	1.50 WG	
Turkey Sausage, Egg & Cheese Sliders 51%	Beacon Street	55227	2.54 oz.	160	1.5	290	20	0.75	1.25 WG	
Turkey Sausage, Egg, & Cheese Tac-Go	Sunny Fresh	40274	3.2 oz.	180	3.5	410	14	2	1 WG	
Yogurt - Strawberry Banana Bash	Trix	17726000	4 oz.	100	0.5	50	20	1		Low Fat/Gluten Free
Yogurt - Raspberry Rainbow	Trix	17725000	4 oz.	100	0.5	50	20	1		Low Fat/Gluten Free
Yogurt - Triple Cherry	Trix	31077000	4 oz.	100	0.5	50	20	1		Low Fat/Gluten Free
Yogurt - Assorted - Averages	Upstate	Assorted Flavors	4 oz.	90	0	50	19	1		Sub Item
Yogurt - Strawberry	Danimals	2731	4 oz.	110	1	80	19	1		
Breakfast Milk - Variety (Skim & Chocolate)			8 oz.	110	0	180				
<b>GLUTEN FREE (DIET) ENTRÉES</b>										
GLUTEN FREE PEPPERONI PIZZA	MR. SIPS	300153	6 oz.	430	9	500	45			
GLUTEN FREE CHEESE PIZZA	MR. SIPS	300151	7 oz.	480	9	370	59			
GLUTEN FREE MACARONI & CHEESE	MR. SIPS	300950	5 oz.	250	5	640	29			
GLUTEN FREE CHICKEN CHUNKS	MR. SIPS	300152	5.5 oz.	312	2	862	18			
<b>GLUTEN FREE LUNCH BOX #2 - 4 ENTREES</b>										
GLUTEN FREE CHICKEN CHUNKS	MR. SIPS	300193	156g	312	2	862	18			
GLUTEN FREE BARBECUE BEEF	MR. SIPS	300193	6 oz.	400	8	790	52			