

Nutrient & Allergen Content: National School Lunch Program

Knox County Schools Nutrition 2022-2023

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Updated 7/14/2022

ABOUT THIS DOCUMENT:

This document contains information on food products used in the National School Lunch Program meals for the 2022-2023 year.

Information provided for each product:

- ✓ Distributor Order Number (as appropriate) and Manufacturer Product Code
- ✓ Total Calories
- ✓ Saturated Fat (Sat Fat g.)
- ✓ Milligrams (mg.) Sodium
- ✓ Grams of Carbohydrate (C), Fiber (F) and Added Sugar (AS)
- ✓ Allergen Containing Foods- see list below

Abbreviations/Definitions:

- ✓ MFS (Modified Food Starch)
- ✓ MCS (Modified Corn Starch)
- ✓ Mfg. (following the name of the food/ingredient = manufactured in a facility that also packages the food listed)

Please note this information is based on manufacturer's information available on the above date. Product formulation may change and food substitutes may be necessary during the school year. Therefore, careful attention should be given to manufacturer of new or substitute foods that come into the cafeteria, as this is very important- ingredients will vary on products from one manufacturer to the next. Parents should check periodically, or any time they have a question, with the cafeteria to determine the manufacturer and to ask about substitutes.

Please Contact Megan Minner, MS, RD, LDN at 865-594-3801 or megan.minner@knoxschools.org with questions.

The allergen information in this document tracks only the following:

Major 9 Allergens (milk, egg, fish, shellfish, soy, peanut, tree nut, wheat, sesame)

- Apple
- Barley
- Celery
- Cinnamon
- Citrus (specified)
- Coconut
- Cottonseed
- Corn
- Cucumber
- Dyes (red, yellow, blue- specified)
- Garlic
- Ginger
- Mustard
- Natural Flavor
- Nutmeg
- Oats
- Onion
- Pineapple
- Pork
- Rice
- Spice
- Tomato
- Vanilla

“NKA”, No Known Allergens under allergens *only* refers to the allergens listed above.

Nutrient & Allergen Content of KCS Foods: LUNCH

Entrees: Meats/Meats + Grain	Sysco Foods #	MFG. Product Code	Calories	Sat Fat (g)	Sodium (mg)	Carbs g. (C) Fiber g. (F) & Added Sugar (AS)			Allergens (8+ - See below)	
						C	F	AS		
BEANS										
Chili Mix, Red Santiago	6233441	10298	Depends on serving size & Recipe							Tomato/Onion/Garlic/Corn (MCS)
BEEF										
Beef, Ground, Bulk 81/19 1.75oz.=1 oz. eq. of M/MA	0566838	66838	119	4.4	35	0	0	0	Beef	
Beef Patty, Zartic/Tenderbroil	6204770	10031602060533	150	4.5	240	1	1	0	Beef/Soy/Corn (maltodextrin, MCS, syrup)/ Onion	
Hot Dog, Block & Barrel	1104834		160	7	610	2	0	0	Beef/Corn (dextrose, syrup)/Mustard/	
Pepperoni, Hormel Sliced (per slice)	1843853	32048	9	.4	33	0	0	0	Pork/Beef/Corn (dextrose)/Garlic	
CHEESE										
Shredded Mozzarella Cheese, Arezzio (1 oz)	9008335	100721	80	3	180	0	0	0	Milk	
Mozzarella String Cheese, USDA/Land O' Lakes (1 oz.)	7024231	9703000034500	60	2	200	1	0	0	Milk	
Grated Parmesan Cheese, Arezzio Imperial (2 tsps.)	2389278	504702	20	1	80	0	0	0	Milk	
American Sliced Cheese, Land 'O Lakes RF/RS (USDA)	7090914	46268	70	3	310	2	0	1	Milk, Soy	
Shredded American Cheese, Land 'O Lakes (1/4 cup)		41725	110	6	400	1	0	0	Milk	
Shredded Cheddar Cheese, Casa Solana (1/4 c)			110	5	180	0	0	0	Milk, Corn (starch)	
CHICKEN & TURKEY										
Sweet Chili Thai Chicken w/ rice (2.85 oz), Asian Food Solutions	9904013	73004	150	.5	440	15	0	11	Chicken/Rice/Garlic/Onion/Corn/Rice/Soy/Celery/ Mustard/Pineapple	
Tangerine Chicken w/rice (3.9 oz), Asian Food Solutions		72001	190	1	380	25	2	13	Chicken/Wheat/Corn (starch, dextrose/Rice/ Garlic/ Onion/Egg/Soy/Citrus (tangerine)	
Teriyaki Chicken w/ rice (2.85 oz) Asian Food Solutions	2375543	73005	150	1	370	10	1	14	Chicken/ Garlic/Corn (starch)/ Soy/ Sesame Oil/Mustard/Celery	
Corn Dog, Foster Farms	1604289	94124	240	2.5	390	30	5	5	Chicken/Wheat/Corn (Corn, meal, Syrup Solids)/ Soy/Egg	
Corn Dog Minnis (6 Nuggets), House of Raeford	3137894	20452	250	2.5	350	30	3	1	Chicken/Wheat/Milk/Soy/Egg/ Corn (Meal,Syrup, Dextrose)/Garlic/nutmeg	

Entrees Meats/Meats + Grain	Sysco Foods #	MFG. Product Code	Calories	Sat Fat	Sodium (mg)	Carbs g. (C) Fiber g. (F)& Added Sugar (AS)			Allergens (8+ - See below)
						C	F	AS	
CHICKEN & TURKEY (CONTINUED)									
Chicken Nuggets (Chunks), Tyson		1837461	240	2.5	440	16	3	0	Wheat/ soy/ onion/ garlic
Chicken Tenders, Tyson	1837461	1070332 0928	110	1	200	6	1	1	Chicken/wheat/garlic/onion/soy/carrot/celery
Chicken Patty, Tyson 3.29 oz			240	2.5	460	15	3	0	Soy, corn (syrup), garlic, onion, wheat
Grilled Chicken breast, Tyson (Commercial)	8416705	10383500928	120	.5	320	1	0	0	Chicken/Soy/Corn (maltodextrin & MFS)/Celery Garlic/Onion
Chicken Taco Meat, Tyson(USDA 3 oz.)	0797383	19957-328	150	2	320	3	0	1	Chicken/Wheat/Onion/Soy/Corn (maltodextrin, Starch)/Garlic
Turkey breast diced 0.5", Jennie-O (USDA-3.92 oz)	6292431	6423	90	.5	530	3	0	0	Turkey/Corn (MFS)
Turkey Breast All Natural CRAU Smoked, Jennie-O (USDA 3 oz.)	7029324	231918	80	0	420	0	0	0	Turkey
Turkey Breast Steak Browned, Jennie-O (USDA-2.82 oz.)	2445623	230324	80	.5	390	0	0	0	Turkey/Corn(Dextrose)
Turkey Ham Log 5% Added Water, Jennie-O (USDA 3.01 oz.)	7851589	813030	110	1.5	480	1	0	.2	Turkey
Turkey Ham diced 0.5", Jennie-O (USDA)	6489445	6409	100	1.5	530	1	0	0	Turkey
Turkey Ham sliced, Jennie-O, Reduced Sodium (USDA 3.06 oz.)	7032375	263318	110	1.5	410	0	0	0	Turkey
Turkey Thigh Slow Roasted, Jennie-O Perfect L'Attitudes (USDA 3.22 oz.)	0677793	215634	110	1.5	390	2	0	2	Turkey/Corn (MFS)/Onion
FISH									
Fish Sticks, High Liner (4 Sticks)	7032278	1089302	210	1.5	330	22	2	1	Fish/Wheat/Corn (Flour, Starch)/ Milk/ Onion, Cottonseed Oil
PORK									
Pork BBQ, Nick's (2.6 oz.)	7060515	23453	130	2.1	261	2	0	2	Pork/Vinegar/*Spices (cumin & allspice)
Pepperoni, Hormel (per slice)	1843853	32048	8.75	.4	29.4	0	0	0	Pork/Beef/Corn (dextrose)/Garlic
Ham, USDA (1.22 oz.)	1514102	100187	N/A						Ham

VEGETARIAN									
PBJ Crustless Sandwich, Smuckers	2223453	5150006960	300	3	280	32	4	12	Peanut/Wheat/Barley
Soybutter & Grape Jelly Crustless Sandwich, Albie's	0078673	607	290	3	220	28	4	11	Soy/Wheat/Milk/Corn (Starch)/Barley
Cheese Bites, Wild Mike's (4/serving)	7013429	11003	280	4	540	28	4	0	Milk/Wheat/Corn (MFS)
Cheese Pizza, Wild Mike's	7001023	20311	360	8	510	34	3	4	Wheat/Barley/Garlic/Milk/Tomato/Corn (MFS)
Cheese Sticks, Cheese Filled Max Stix (1 Stick)	1913797	7738712439	160	2.5	340	16	1	1	Milk/Soy/Wheat/Corn (Dextrose, Baking Powder, Starch, Oil)
Stuffed Crust Cheese Pizza, Nardone's			320	6	360	31	4	6	Wheat, soy, milk, tomato, onion, garlic, barley
Cheese Pizza 4x6, Tony's		78673	310	4	480	35	4	0	Milk/Wheat/Barley/Soy/Corn (Oil, MFS, Dextrose), Tomato, Garlic, Onion, Cottonseed
Cheese Pizza, Big Daddy's 16"	73142	10072180731422	400	9	580	42	2	1	Wheat, barley, corn (meal), soy, milk, tomatoes, garlic, onion

Milk	Sysco Foods #	MFG. Product Code	Calories	Sat Fat	Sodium mg.	Carbs (C) Fiber (F) & Added Sugar (AS)			Allergens
						C	F	AS	
Milk, Plain Fat Free	N/A	28524	90	0	135	13	0	13	Milk
Milk, Plain 1%	N/A	32354	110	1.5	130	3	0	12	Milk
Milk, Chocolate Fat Free	N/A	48111	120	0	180	0	0	18	Milk/Corn (starch)
Milk, Strawberry Fat Free	N/A	46073	110	0	125	9	0	18	Milk/Strawberry, Artificial Color

Grains	Sysco Foods #	MFG. Product Code	Calories	Sat Fat	Sodium (mg)	Carbs g. (C) Fiber g. (F) & Added Sugar (AS)			Allergens (8+ - See below)
						C	F	AS	
BREADS, BUNS, ROLLS, & TORTILLAS									
WG Slice Bread, Sara Lee	N/A	3239	80	0	115	15	1	1	Wheat/Soy/Corn (flour) /Barley
WG Deli Roll (Hoagie), Sara Lee	N/A	4914	210	0.5	250	38	3	5	Wheat/Soy/Corn (HFCS & Starch)/Egg (MFG) Milk/Sesame
WG Hamburger Bun, Sara Lee	N/A	3447	160	0	200	30	3	4	Wheat/Barley/Corn (Flour & HFCS)/Soy (lecithin)/Milk(Mfg)/Egg (MFG)/Tree Nuts (Mfg)
WG Hot Dog Bun, Sara Lee	N/A	4266	160	0	200	31	3	4	Wheat/Barley/Corn (Flour & HFCS)/Soy/ Milk(Mfg)/ Egg (Mfg.)
Roll, Ma's Heat & Serve	2321395	31848	140	1	80	32	7	10	Wheat/Egg/Milk/Barley
Waffle, Echo Lake (2 waffles)	7032818	MF 9201W	130	.5	360	23	3	4	Wheat/Egg/Milk/Soy
CHIPS, CRACKERS & Chow Mein Noodles									
Corn Chips, Frito's	4073847	12248	160	1.5	170	16	1	0	Corn
Tortilla Chips, Casa Sol/Tostitos (30g.-11 chips)	9950674		150	1	65	20	2	0	Corn/Lime
Doritos RF Cool Ranch Chips (1 oz.)	5073130	36096	130	.5	150	20	2	1	Corn (Oil, Starch, Bran, Syrup Solids, Dextrin)/Milk/Tomato/Onion/ Garlic/Food Dyes (Red 40, Blue 1, Yellow 5)
Doritos RF Nacho Cheese Chips (1 oz.)	6626774	31748	130	1	200	20	2	0	Corn/Milk/Tomato/Onion/ Spice, Garlic/Food Dye (Red 40, Yellow 5, Yellow 6)
Doritos RF Spicy Sweet Chili Chips (1 oz.)	7700812	49093	130	.5	200	20	2	0	Corn/Soy/Onion/Garlic/Wheat
Cheez-It Crackers, Sunshine/Kellogg's (.75 oz.)	2908269	24100-79263	100	1	150	14	1	0	Wheat/Milk/ Soy
Chow Mein Noodles, Green Dragon (served with Asian Salad)	7007493	79201	100	1	180	14	2	0	Wheat/Corn (oil)/Rice (oil)/Cottonseed (oil)/Egg (Mfg.)
PASTA									
Elbow Macaroni, Barilla-Not Barilla Plus (1/2 cup cooked)	9688367	440041	100	0	0	21	1	1	Wheat
Spaghetti Noodles, Arrezzo	5204597	AZ7K	200	0	0	42	2	0	Wheat
RICE									
Brown Rice, Uncle Ben's Parboiled (1 cup cooked rice)	245123	12111	180	0	0	36	2	0	Rice

Vegetables *most cooked vegetables seasoned with butter buds	Sysco Foods #	MFG. Product Code	Calories	Sat Fat	Sodium (mg)	Carbs g. (C) Fiber g. (F) & Added Sugar (AS)			Allergens (8+ - see below)
						C	F	AS	
VEGETABLES-BEANS/LEGUMES									
Baked Beans, Bush's (1/2 cup)	3560143	01638	140	0	380	30	2	6	Corn (Modified Corn Starch)/Mustard/Spice Onion/Garlic/Natural Flavor
Ranchero Beans, Bush's	5064157		110	0	490	20	5	0	Tomato/Onion/Garlic/Corn (starch)
Vegetables-DARK GREEN									
Broccoli, fresh (1/2 cup)	N/A	N/A	10	0	0	2	1	0	NKA
Lettuce Romaine (1/2 cup)	N/A	N/A	8	0	2	1.5	1	0	NKA
Spinach, Frozen Chopped (1/3 cup)	N/A	N/A	24	0	125	3	2.7	0	Spinach Maria Contains-Garlic/Wheat /Onion/Corn (starch)/Cottonseed/ Soy (Mfg.)/Egg (Mfg.)/Milk
Vegetables-RED/ORANGE									
Spaghetti Sauce, Arrezio Imperial (1/2 cup)	4978965	734730622788	60	0	490	10	3	1	Tomato/Onion/Garlic
Baby Carrots, Bunny-Luv (2 oz.)	N/A	N/A	20	0	45	5	1	0	NKA
Glazed Carrots Recipe			64	0	130	15	3	9	Orange/Cinnamon
Tomatoes, Grape	N/A	N/A							Tomato
Tomatoes, sliced (1 slice)	N/A	N/A	3	0	1	.6	.2	0	Tomato
Vegetables-OTHER									
Green Beans, (USDA Low Sodium 1/2 cup)	069451	40170	16	0	140	3	2	1	Recipe Contains Milk/Onion/Garlic
Cauliflower, Raw (1/2 cup)	N/A	N/A	13	0	8	2.5	1	0	NKA
Celery, Raw (2- 4" strips)	N/A	N/A	2	0	6	.2	0	0	Celery
Shredded Iceberg Lettuce (used for tacos 1/4 cup)	N/A	N/A	2.5	0	2	.5	0	0	NKA
Pickles, sliced	5377894	H701	0	0	260	0	0	0	Cucumber
Vegetables-STARCHY--									
Corn, Sysco (1/2 cup)	3533486	V5364	75	0	0	15	2	0	Corn
Fiesta Blend Black Bean & Corn, Simplot –GF (1/2 cup)	4273470	7117977776	75	0	105	12	5	4	Corn (whole, MFS, maltodextrin) /Tomato/ Onion/Garlic/Citrus (lime)
Peas, Green (1/2 cup)	3608353		62	0	80	11	4	0	NKA
Mashed Potato Pearls, Basic American	3327848	76468	70	0	320	17	1	0	Milk
Potato Smiles, McCain			130	0.5	180	20	2	0	NKA
Hash Brown Potato Triangle, Simplot/Sysco	5021054	10734730627745	220	1.5	460	31	2	0	Cottonseed (oil)/Corn (dextrose)
Crispy Seasoned Spirals, McCain	4295669	1000004108	150	1	240	25	2	0	Corn (starch, dextrose, oil)/Garlic/ Onion/Rice/ Cottonseed Oil
Crinkle Cut Fry, McCain	6662019	MCF03761	90	0	115	14	1	0	Corn (dextrin, oil)/Cottonseed Oil/Rice
Waffle Fry (lattice cut), Simplot	6206445	1007119299028	160	1	570	26	2	0	Wheat/Cottonseed Oil/Corn (Dextrose, meal, oil)/Garlic/Onion/Rice
Tater Tots (barrel), Sysco (10 pieces)	5020997	10734730627684	170	1.5	360	19	1	0	Cottonseed Oil/Corn (dextrose)

Fruits	Sysco Foods #	MFG. Product Code	Calories	Sat Fat	Sodium (mg)	Carbs g. (C) Fiber g. (F) & Added Sugar (AS)			Allergens (8+ - see below)
						C	F	AS	
Please note that not all juices & fruits are always available.									
CANNED FRUIT									
Apple, Slices packed in water (1/2 cup)- based on product label	N/A	N/A	34	0	7	8	1	0	Apple
Apple Sauce, Senaca/Tree Top Unsweetened (1/2 cup)	7006104	110541	60	0	15	14	3	0	Apple
Oranges, Mandarin, Light Syrup-drained (1/2 cup)	3548385	210574865629062	70	0	10	17	1		Citrus (orange)
Peaches, Del Monte Extra Light Syrup (USDA-1/2 cup)	0695710	100219	60	0	5	14	1		Corn (syrup)
Pears, USDA Extra Light Syrup (1/2 cup)	0695886	100224	60	0	5	15	2		NKA
Pineapple, Juice Pack-drained (1/2 cup chunks)	N/A	N/A	58	0	1	14	1	0	Pineapple
FRESH FRUIT									
Apple Slices, (2 oz.)	N/A	N/A	30	0	0	7	1	0	Apple
Apple, Whole (small)	N/A	N/A	71	0	0	15	3	0	Apple
Banana (medium)	N/A	N/A	105	0	1	27	3	0	NKA
Blueberries (1/2 cup)	N/A	N/A	42	0	0	10	2	0	NKA
Grapes, Red or Green (1/2 cup)	N/A	N/A	52	0	2	13	.4	0	NKA
Kiwifruit (1/2 cup sliced)	N/A	N/A	55	0	3	13	2.7	0	NKA
Melon, Cantaloupe (1/2 cup cubed)	N/A	N/A	27	0	13	7	1	0	NKA
Melon, Honey Dew (1/2 cup cubed)	N/A	N/A	31	0	15	7	1	0	NKA
Orange, 1 medium	N/A	N/A	58	0	0	14	3	0	Citrus (orange)
Peach, 1 medium	N/A	N/A	58	0	0	14	2.2	0	NKA
Pear, Whole	N/A	N/A	80	0	1	21	4.5	0	NKA
Pineapple, (1/2 cup, chunks)	N/A	N/A	41	0	1	10	.6	0	Pineapple
Plums (1 plum)	N/A	N/A	30	0	0	7	1	0	NKA
Strawberries, (1 large berry)	N/A	N/A	4	0	1	1.4	.4	0	NKA
Tangerines, 1 medium	N/A	N/A	47	0	2	11	1.6	0	Citrus
Watermelon, 1/2 cup diced	N/A	N/A	23	0	1	5	.3	0	NKA
FROZEN FRUIT									
+Peaches, Frozen Cup	0695706	100241	80	0	0	19	1	NA	NO Ingredient information
+Strawberries, Frozen Cup	0695140	100256	80	0	0	21	2	NA	Strawberries
+Mixed Berry, Frozen Cup	7060375	110859	90	0	0	20	2	NA	NO ingredient Information
FRUIT JUICE									
Juice 4 U Sour Apple 4 oz	279140	2679140	60	0	15	14	0	NA	Yellow 5, blue 1
Juice 4U Blue Razz 4 oz	2679165	45716	60	0	15	14	0	NA	Red 40, blue 1
Juice 4U Merry Cherry 4 oz	1436258	45717	60	0	15	14	0	NA	Apple
Juice 4U Purplelicious 4 oz (grape and apple)	1436322	45718	60	0	15	14	0	NA	
Suncup Apple Juice Eco Carton 4 oz	1210863	030301	50	0	0	14	0	NA	Apple
Suncup Grape Juice 4 oz	0728824	030501	80	0	20	19	0	NA	NKA
Suncup Orange Juice Eco Carton 4 oz	1211440	030100	60	0	0	14	0	NA	Citrus (orange)

Nutritional Information Sources:

USDA Nutrient Database-Nutrient Information Estimated

USDA Product Information Sheet

Calculated using DOD Produce Order Guide & USDA Nutrient Database Data

NA = Not Available

Condiments, Sauces & Gravies	Sysco Foods #	MFG Product Code	Calories	Sat Fat	Sodium	Carbs g. (C) Fiber g. (F) & Added Sugar (AS)			Allergens (8+ - See below)
						C	F	AS	
GRAVIES									
Gravy, Conestoga Peppered Biscuit Mix (1/4 cup prepared)	6882203	99412	45	1	260	6	0	0	Wheat/Corn (starch, dextrin)/Cottonseed (oil)/Soy (Mfg.)/Egg (Mfg.)/Milk
Gravy, Pioneer Brown Fat Free Mix (1/4 cup prepared)	7054729	96480	25	.5	350	4	0	0	Beef/Wheat/Milk/Soy/Onion/Garlic/ Natural Flavor/Corn (protein, maltodextrin, syrup)/ Egg/
Gravy, Sysco Imperial Roasted Turkey (1/4 cup prepared)	9829557	92283	20	0	280	3	0	0	Wheat/Soy/Corn (starch, syrup,/Chicken/Garlic/ Onion/Milk/Cottonseed
SALAD DRESSINGS, FATS & OILS									
Butter Buds-2 g.	0911537	49835	10	0	N/A	N/A	0	0	Milk/Corn
Butter Buds Butter Spray Flavor Mist	7002606	56217	0	0	0	0	0	0	Milk/Soy
FF Ranch Dressing, Kraft	3727526	10021000649621	20	0	80	4	0	0	Corn(syrup)/milk/garlic/onion
French Dressing packet, Heinz (1 oz.)	4949822	10013000534304	120	1.5	300	6	0	3	Egg/Corn (syrup)/Tomato/Onion/ Mustard/Lemon
Caesar Lite dressing, Ken's (2 TBS)	5401047	KEO808	70	0	700	5	0	3	Milk/Garlic/Fish/Citrus (lemon)
Italian Dressing FF, Ken's (1.5 oz. pouch)	5954250	KEO807B3	20	0	680	5	1	2	Corn (maltodextrin, syrup)/Onion/Garlic/Food Dye (Yellow 5/Yellow 6)
Fire Jalapeno Ranch Dressing, Sysco	13344066	19943-SYS	1Garlic/40	2.5	340	2	0	1	Milk/Egg/Corn (HFCS, MCS)/Onion/Soy/Mustard/ Garlic
Raspberry Vinaigrette (2TBS)	6475321	71759SYS	30	0	250	8	0	7	HFCS/Celery/Red 40/Blue1/Citrus (lemon)/Celery
SAUCES, SPREADS, SEASONINGS & DIPS									
Ketchup, Heinz Single Pack (1 pack/9 g)	2495329	130005650000	10	0	25	3	0	2	Tomato/HFCS/Corn Syrup/Onion
Mayonnaise, Pkt Fat Free	3718574	649921	10	0	95	2	0	1	Corn (MCS, HFCS)/Egg/Mustard/Lemon/Garlic/ Onions/ Yellow 6/ Blue 1
Tartar Sauce (1 packet)	4071288	76011	60	1	135	2	0	0	Corn (HFCS, syrup)/Egg/Onion/Citrus (lemon)/Cucumber
Mustard, Heinz/Americana Packet (1/5.5 g.)	2965424	007160317760533	0	0	65	0	0	0	Mustard/Garlic
Honey Mustard, Heinz (1 oz.)	1973841	10013000714409	40	0	160	9	0	5	Mustard/Corn (syrup, starch)/Apple
Salsa, Casa Classic (2 TBS)	7775693	48549030211	10	0	170	2	<1	0	Tomato/Onion/Garlic
BBQ Sauce, Heinz (1 oz.)	1974534	10013000714607	35	0	370	8	0	3	Tomato/Corn (HFCS, MCS)/Garlic/Onion

Chicken Dipping Cup	7098843	85837	130	2	135	2	0	0	Mustard/Egg/Tomato/Corn/Garlic
Taco Sauce, Heinz (1 oz)	4893467	10013000532409	4	0	9	1	0	1	Tomato/Corn (MFS)/Onion/Garlic
Hot Sauce packet, Heinz	5684667	71603730440000	0	0	25	0	0	0	KNA
Queso Blanco Sauce, JTM (2oz)	7094442	7518	118	5	433	0	0	0	Milk/Coconut/Corn (syrup, MFS)/Onion/Garlic
BBQ Sauce, Sweet Baby Ray's (2 Tbsp)	3369388	SJ0440HF	70	0	2	18	0	16	Corn(HFCSMFS)/Tomato/Garlic/Pineapple/Mustard/Celery
Cheese Sauce, Trio (for broccoli, 2 Tbsp)	4006987	10050000382627	40	0	300	9	0	2	Milk/Corn (starch, syrup)/Egg (MFG)/Wheat (MFG)/Onion/Garlic/Food Dye (Yellow5&^)
Taco Seasoning, Badia	3510817	2068	0	0	0	0	0	0	Onion/Garlic
Italian Seasoning	9806472	900013506	0	0	0	0	0	0	KNA
Sour Cream, Tetra Pack, Reduced Fat (2Tbsp)	9094970	1004289	60	35	4	2	0	0	Milk/Corn (MFS)
Syrup, Americana Table Cup (1.5 oz)	7688963	78000841	120	0	0	30	0	22	Corn(syrup, HFCS)

Desserts	Sysco Foods #	MFG. Product Code	Calories	Sat Fat	Sodium (mg)	Carbs g. (C) Fiber g. (F) & Added Sugar (AS)			Allergens (8+ - See below)
						C	F	AS	
Chocolate Chip Cookie, Cookietree	230061	225145	100	1	90	18	3	1	Wheat/Gluten/Soy/Corn (syrup & solids)/Eggs/Dairy/Peanuts (mgf)/Tree Nuts (Mfg)/Apple/Barley
Sugar Cookie, Cookietree	3169204	225144	110	1	85	18	3.5	1	Wheat/Gluten/Soy/Egg/Milk/Corn (syrup & solids)/Peanut (Mfg)/Tree Nut(Mfg)/Apple/Barley
FF Fudge Bar, Mayfield (3.5 oz.)	N/A	45507	100	0	85	22	0	18	Milk/Corn (syrup, maltodextrin)
Pumpkin Pie, Sysco, 1/10 pie	9792771	7243	310	5	390	48	1	28	Wheat/Milk/Egg/Corn (syrup, starch)/Cinnamon)
Sidekicks Lemon Blue Raspberry, Ridgefield's	6618078	2009	80	0	45	20	0	ND	Blue 1
Sidekicks Sour Cherry Lemon, Ridgefield's		2016	80	0	45	20	0	ND	NKA
Sidekicks Strawberry Cream, Ridgefield's	7132498	2024	80	0	45	20	0	ND	NKA
Sidekicks Orange Cream, Ridgefield's	9908887	2022	90	0	25	22	0	ND	NKA