

Nutrient & Allergen Content: National School Lunch Program

Knox County Schools Nutrition 2021-2022

Megan Minner MS, RD, LDN
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ABOUT THIS DOCUMENT:

This document contains information on food products used in the National School Lunch Program meals for the 2021-2022 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 grams)			Allergens (8+ - See below)
						C	F	AS	
BEANS									
Beans, Red Santiago Quick Start Vegetarian Chili Mix	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, Zartic/Tenderbroil Charbroiled Patty	6204770	10031602060533	150	4.5	240	1	1	0	Beef/Soy/Corn (maltodextrin, MCS, syrup)/ Onion /Spice
Beef, Oscar Mayer Hot Dog	1104834		180	7	680	1	0	0	Beef/Corn (dextrose, syrup)/Mustard/Flavor
Beef, All beef Hot Dog, Smithfield	1883131	70247810960	180	7	480	2	0	0	Beef/Corn (syrup)/Paprika
Beef & Pork Pepperoni, Hormel Sliced (per slice)	1843853	32048	9	.4	33	0	0	0	Pork/Beef/Corn (dextrose)/Garlic/Spice
CHEESE									
Cheese, Arezzio Mozzarella Sliced (1 slice-.75 oz.)	3546433	170753	60	2.5	125	1	0	1	Milk
Cheese, Arezzio Mozzarella, Shredded (1 oz)	9008335	100721	80	3	180	0	0	0	Milk
Cheese, USDA/Land O' Lakes Mozzarella String (1 oz.)	7024231	9703000034500	60	2	200	1	0	0	Milk
Cheese, Arezzio Imperial Parmesan, Dry Grated (2 tsps.)	2389278	504702	20	1	80	0	0	0	Milk
Cheese, Arezzio Imperial Parmesan, Grated Dry Shaker (2 tsps)	4071322	60	20	1	95	0	0	0	Milk
Cheese, Land 'O Lakes American Sliced Reduced Fat, RS (USDA)	7090914	46268	70	3	310	2	0	1	Milk
CHICKEN & TURKEY									
Chicken, Asian Food Solutions Sweet Chili Thai w/ rice (2.85 oz)	9904013	73004	150	.5	440	15	0	11	Chicken/Rice /Garlic/Onion/Corn/Rice (maltodextrin, starch)/Soy/Celery/ Mustard/ Pineapple/Natural Flavor
Chicken, Asian Food Solutions Tangerine w/rice (3.9 oz)		72001	190	1	380	25	2	13	Chicken/Wheat/Corn (starch, dextrose/ /Rice/ Garlic/ Onion/Spice/Egg/Soy/Citrus (tangerine)
Chicken, Asian Food Solutions Gluten Free Teriyaki w/ rice (2.85 oz)	2375543	73005	150	1	370	14	1	14	Chicken/ Garlic/Corn (starch)/ Soy/ Sesame Oil/Mustard/Celery
Chicken, Foster Farms WG Corn Dog	1604289	94124	240	2.5	390	30	5	5	Chicken/Wheat/Corn (Corn, meal, Syrup Solids)/ Soy/Egg/Artificial Flavor/Spice
Chicken, Foster Farms WG Corn Dog Minis (6 minis) Used as backup for House of Raeford Corn Dog Minis	3137894	96086	270	3.5	410	30	5	5	Chicken/Wheat/Corn (Flour, Syrup Solids, Dextrose)/ Egg/Spices/Flavoring
Chicken, House of Raeford Corn Dog Minnis (6 Nuggets)	3137894	20452	250	2.5	350	30	3	1	Chicken/Wheat/Milk/Soy/Egg/ Corn (Meal,Syrup, Dextrose)/Garlic/Spices (nutmeg)/Flavoring

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, Gold Kist Farms WG Breaded Drumstick (1 drumstick) 2020	3859238	7803	290	4	550	11	2	0	Chicken/Wheat/Corn (MCS)/Celery/Garlic/Spice
Chicken, Gold Kist Farms WG Chicken Breast Tenderloins (3 pieces)	7058544	7572	220	1	450	18	2	.5	Chicken/Wheat/Corn (dextrose, MCS)/Milk/Rice Spice
Chicken, Gold Kist Farms WG Breaded Chicken Nuggets (5 nuggets)	7091555	615300	200	2	400	13	2	.5	Chicken/Wheat/Soy (Protein, Lecithin) / Onion/ Garlic/Corn (maltodextrin, starch)/ Spice/Natural Flavor
Chicken, Gold Kist Farms WG Breaded Chicken Patty	7042893	662100	190	2.5	430	13	2	.5	Milk/Soy (Protein, Lecithin)/Wheat/Rice/ Garlic/Onion/Corn (dextrose, MCS)/Spice
Chicken, Tyson Breast Grilled Filets (Commercial)	8416705	10383500928	120	.5	320	1	0	0	Chicken/Soy/Corn (maltodextrin & MFS)/Celery Garlic/Onion
Chicken, Tyson Patties, WG Spicy (USDA)	7031946	70314-928	270	3	400	17	3	1	Chicken/Wheat/Soy (Protein)/Onion/Celery Corn (maltodextrin)/Garlic/Rice/Spices
Chicken, Tyson Taco Meat (USDA 3 oz. by weight)	0797383	19957-328	150	2	320	3	0	1	Chicken/Wheat/Onion/Soy/Corn (maltodextrin, Starch)/Garlic/*Natural Flavor
Chicken, Tyson ProPortion Spicy Chicken Tenders (3 Sticks.-USDA)	2444901	070342-0928	150	1.5	250	6	1	2	Chicken/Wheat/Corn (starch, maltodextrin)/ Onion/Garlic/Celery/Soy (Protein)/*Spice/ *Natural Flavor
Turkey, Jennie-O Breast Diced, .5" (USDA-3.92 oz)	6292431	6423	90	.5	530	3	0	0	Turkey/Corn (MFS)
Turkey, Jennie-O Breast All Natural CRAU Smoked (USDA 3 oz.)	7029324	231918	80	0	420	0	0	0	Turkey
Turkey, Jennie-O Breast Naturally Ch Brown (USDA)	1040019	8469-02	80	0	490	0	0	1	Turkey
Turkey, Jennie-O Breast Steak Browned (USDA-2.82 oz.)	2445623	230324	80	.5	390	0	0	0	Turkey/Corn(Dextrose)
Turkey, Jennie-O Breast & Thigh Roasted Skin-on (USDA-3.29 oz.)	0762951	317004	80	1	370	0	0	0	Turkey/Flavoring
Turkey, Jennie-O Combo Pack Turkey Ham (USDA .51 oz/slice)		2096-12	17	.25	89	.2	0	.2	Turkey
Turkey, Jennie-O Combo Pack Turkey Pepperoni (USDA .5 oz/slice)		2096-12	25	.4	83	.5	0	.5	Turkey/Corn (syrup, dextrose)/Garlic
Turkey, Jennie-O Turkey Ham Log 5% Added Water (USDA 3.01 oz.)	7851589	813030	110	1.5	480	1	0	.2	Turkey
Turkey Ham, Jennie-O Breast Diced .5" (USDA)	6489445	6409	100	1.5	530	1	0	0	Turkey
Turkey Ham, Jennie-O Sliced, Reduced Sodium (USDA 3.06 oz.)	7032375	263318	110	1.5	410	0	0	0	Turkey
Turkey, Jennie-O Perfect L'Attitudes, Slow Rstd Thigh (USDA 3.22 oz.)	0677793	215634	110	1.5	390	2	0	2	Turkey/Corn (MFS)/Onion/*Natural Flavor
Turkey-Shady Brook RS Thick Cut Oven Roasted Breast (3.02 oz.)	3859238	700369	100	0	310	1	0	1	Turkey/Corn (dextrose)/*Natural Flavor
FISH									
Fish, High Liner Crunchy 1 oz. Pollock Stick (4 Sticks)	7032278	1089302	230	1.5	320	23	2	1	Fish/Wheat/Corn (Flour, Starch)/ Milk/ Onion, Cottonseed Oil
PORK									
Pork, Nick's BBQ (2.6 oz.)	7060515	23453	130	2.1	261	2	0	2	Pork/Vinegar/*Spices (cumin & allspice)
Pork & Beef Pepperoni, Hormel Sliced (per slice)	1843853	32048	8.75	.4	29.4	0	0	0	Pork/Beef/Corn (dextrose)/Garlic/*Spices
Pork, Ham, USDA (1.22 oz.) Nutrition Information not available	1514102	100187	N/A						Ham

VEGETARIAN									
PBJ, Smuckers WG Crustless Sandwich	2223453	5150006960	300	2.5	300	34	4	11	Peanut/Wheat/Barley
Soybutter & Grape Jelly, Albie's Crustless Sandwich	0078673	607	290	3	220	28	4	11	Soy/Wheat/Milk/Corn (Starch)/Barley
Wild Mike's Cheese Bites (4/serving)	7013429	11003	280	4	540	28	4	0	Milk/Wheat/Corn (MFS)
Pizza, Wild Mike's Cheese	7001023	20311	360	8	510	34	3	4	Wheat/Barley/Garlic/Milk/Tomato/Corn (MFS)/Spice
Cheese Sticks, WG Cheese Filled Max Stix (1 Stick)	1913797	7738712439	160	2.5	340	16	1	1	Milk/Soy/Wheat/Corn (Dextrose, Baking Powder, Starch, Oil)
Pizza, Nardone WG Pizza Stuffed Crust WW Pizza (1 slice)	3130912	72WWSCM2	320	6	360	31	4	6	Wheat/Barley/Milk/Soy/Onion/Garlic/Tomato
Pizza, Nardone's 4x6 WG Cheese Pizza	3163767	68521	336	10	436	27	3	0	Milk/Wheat/Barley/Soy (flour)/Corn (Oil, MFS, Dextrose), Tomato, Garlic, Onion, Cottonseed

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	13	0	12	Milk
Milk, Chocolate Fat Free	N/A	48111	120	0	180	20	0	18	Milk/Corn (starch)
Milk, Strawberry Fat Free	N/A	46073	110	0	125	19	0	18	Milk/Strawberry
Milk, Vanilla Fat Free	N/A	47472	110	0	125	19	0	18	Milk/Vanilla

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									
Bread, Sara Lee WG Slice	N/A	3239	75	0	120	14	1	2	Wheat/Soy (lecithin)/Corn (flour) /Barley /Spice/ Coloring
Bread, Sara Lee WG Texas Toast	N/A	4914	90	0	170	16	2	2	Wheat/Soy/Corn (HFCS & Starch)/Egg (MFG) Milk/Sesame
Bun, Sara Lee WG Hamburger Bun	N/A	3447	160	0	200	30	3	4	Wheat/Barley/Corn (Flour & HFCS)/Soy (lecithin)/Milk(Mfg)/Egg (MFG)/Tree Nuts (Mfg)/Spice/Coloring
Bun, Sara Lee WG Hot Dog Bun	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 (Lecithin)
CHIPS, CRACKERS & Chow Mein Noodles									
Chips, Frito Corn Chip	4073847	12248	160	1.5	170	16	1	0	Corn
Chips, Casa Sol/Tostitos WG White Tortilla Round (30g.-11 chips)	9950674		150	1	65	20	2	0	Corn (Whole Corn, Oil)/Lime
Chips, Doritos RF Tortilla Cool Ranch (1 oz.)	5073130	36096	130	.5	150	20	2	1	Corn (Whole Corn, Oil, Starch, Bran, Syrup Solids, Dextrin)/Milk/Tomato/Onion/ Spice/ Natural Flavor/Garlic/Food Dyes (Red 40, Blue 1, Yellow 5)
Chips, Doritos RF Tortilla Nacho Cheese (1 oz.)	6626774	31748	130	1	200	20	2	0	Corn (Whole Corn, bran, Oil, Starch, Syrup Solids, flour, dextrin)/Milk/Tomato/Onion/ Spice, Garlic/Food Dye (Red 40, Yellow 5, Yellow 6)
Chips, Doritos RF Tortilla Spicy Sweet Chili (1 oz.)	7700812	49093	130	.5	200	20	2	0	Corn (whole corn, oil, starch, syrup Solids, maltodextrin, bran, hydrolyzed protein)/ Soy/Onion/Garlic/Wheat/Natural Flavor
Crackers, Sunshine/Kellogg's WG Cheez-It (.75 oz.)	2908269	24100-79263	100	1	150	14	1	0	Wheat/Milk/ Soy (lecithin)/
Noodles, Green Dragon WG Crispy Chow Mein Noodles (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, Arrezzo	5204597	AZ7K	200	0	0	42	2	0	Wheat
RICE									
Rice, WG Uncle Ben's Parboiled Brown Rice (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									
Beans, Bush's Vegetarian Baked (1/2 cup)	3560143	01638	140	0	380	30	2	6	Corn (Modified Corn Starch)/Mustard/Spice Onion/Garlic/Natural Flavor
Vegetables-DARK GREEN									
Fresh, Broccoli Crowns (1/2 cup)	N/A	N/A	10	0	0	2	1	0	Garlic/Onion/+Cheese Sauce (see Butter Buds & Trio Sauce for additional allergens)
Fresh, Lettuce Romaine (1/2 cup)	N/A	N/A	8	0	2	1.5	1	0	NKA
Frozen, Spinach, 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									
Canned, Arrezio Imperial Spaghetti Sauce (1/2 cup)	4978965	734730622788	60	0	490	10	3	1	Tomato/Onion/Garlic/Natural flavors/Spice
Fresh, Bunny-Luv Baby Carrots (2 oz.)	N/A	N/A	20	0	45	5	1	0	NKA
Fresh, Tomatoes, Grape	N/A	N/A							Tomato
Fresh, Tomatoes, Red raw (1 slice)	N/A	N/A	3	0	1	.6	.2	0	Tomato
Vegetables-OTHER									
Beans, Green (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
Lettuce, Iceberg Shredded (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 Classic (1/2 cup)	3533486	V5364	75	0	0	15	2	0	Corn/Recipe Contains
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)/Natural Flavor
Peas, Green (1/2 cup)	3608353		62	0	80	11	4	0	NKA
Potato, Basic American, Mashed, Potato Pearls	3327848	76468	70	0	320	14	1	0	Milk/Artificial Color
Potato, Simplot/Sysco Hash Brown Triangle	5021054	10734730627745	220	1.5	460	31	2	0	Cottonseed (oil)/Corn (dextrose)
Potato, McCain Crispy Seasoned Spirals	4295669	1000004108	150	1	240	25	2	0	Corn (starch, dextrose, oil)/Garlic/ Onion/Rice/ Cottonseed Oil/Spice
Potato, McCain Fry Crinkle Cut Reduced Sodium	6662019	MCF03761	90	0	115	14	1	0	Corn (dextrin, oil)/Cottonseed Oil/Rice
Potato, Simplot Lattice Cut Waffle Fry)	6206445	1007119299028	150	1	500	23	1	0	Wheat/Cottonseed Oil/Corn (Dextrose, meal, oil)/Garlic/Onion/Rice/Spice
Potato, Tater Barrel (10 pieces)	5020997	10734730627684	130	1	190	16	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, Raw (2 oz.)	N/A	N/A	30	0	0	7	1	0	Apple
Apple, Whole Raw (small)	N/A	N/A	71	0	0	15	3	0	Apple
Banana, Raw (medium)	N/A	N/A	105	0	1	27	3	0	NKA
Blueberries, Raw (1/2 cup)	N/A	N/A	42	0	0	10	2	0	NKA
Grapes, Red or Green, Fresh (1/2 cup)	N/A	N/A	52	0	2	13	.4	0	NKA
Kiwifruit, Raw (1/2 cup sliced)	N/A	N/A	55	0	3	13	2.7	0	NKA
Melon, Cantaloupe, Raw (1/2 cup cubed)	N/A	N/A	27	0	13	7	1	0	NKA
Melon, Honey Dew, Raw (1/2 cup cubed)	N/A	N/A	31	0	15	7	1	0	NKA
Orange, Raw, Fresh, 1 medium (113-125 CT)	N/A	N/A	58	0	0	14	3	0	Citrus (orange)
Peach, Raw, Fresh, 1 medium	N/A	N/A	58	0	0	14	2.2	0	NKA
Pear, Raw, Whole (120-138 count)	N/A	N/A	80	0	1	21	4.5	0	NKA
Pineapple, Raw, (1/2 cup, chunks)	N/A	N/A	41	0	1	10	.6	0	Pineapple
Plums, Raw (1 plum)	N/A	N/A	30	0	0	7	1	0	NKA
Strawberries, Raw (1 large berry)	N/A	N/A	4	0	1	1.4	.4	0	NKA
Tangerines, Raw, (1)1 medium	N/A	N/A	47	0	2	11	1.6	0	Citrus
Watermelon, raw (1/2 cup diced)	N/A	N/A	23	0	1	5	.3	0	NKA
FROZEN FRUIT									
+Peaches, Cup, Frozen	0695706	100241	80	0	0	19	1	NA	NO Ingredient information
+Strawberries, Cup, Frozen	0695140	100256	80	0	0	21	2	NA	Strawberries
+Mixed Berry, Cup, Frozen	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/Natural Flavor
Juice 4U Blue Razz 4 oz	2679165	45716	60	0	15	14	0	NA	Natural Flavors/Red 40, blue 1
Juice 4U Merry Cherry 4 oz	1436258	45717	60	0	15	14	0	NA	Natural Flavors/Apple
Juice 4U Purplelicious 4 oz (grape and apple)	1436322	45718	60	0	15	14	0	NA	Natural Flavor
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 (protein)/Corn (starch, syrup, protein, maltodextrin)/Chicken/Garlic/ Onion/Milk/Cottonseed/Natural Flavor/Spice
SALAD DRESSINGS, FATS & OILS									
Butter Buds-2 g. (used in most cooked	0911537	49835	10	0	N/A	N/A	0	0	Milk/Corn (maltodextrin)
Butter Buds Butter Spray Flavor Mist	7002606	56217	0	0	0	0	0	0	Milk/Soy (lecithin)
Aerosol Garlic Butter Pan Coating	6988588	7486542236	0	0	0	0	0	0	Milk
Dressing, Kraft Fat Free Ranch	3727526	10021000649621	20	0	80	4	0	0	Corn(syrup)/milk/garlic/onion
Dressing, Heinz/Americana, Light Ranch Dressing	238003	0071637607982	20	0	115	3	0	2	Corn (syrup, MCS, maltodextrin)/Milk/Soy/Spice/ (flour)/Lemon/Onion/Garlic
Dressing, Heinz French Packet (1 oz.)	4949822	10013000534304	120	1.5	300	6	0	3	Egg/Corn (syrup)/Tomato/Onion/ Mustard/Spice/ Lemon/Natural flavor
Dressing, Ken's Caesar Lite Refrigerated (2 TBS)	5401047	KEO808	70	0	700	5	0	3	Milk/Garlic/Fish/Citrus (lemon)/Spice
Dressing, Ken's Italian, Fat Free (1.5 oz. pouch)	5954250	KE0807B3	20	0	680	5	1	2	Corn (maltodextrin, syrup)/Onion/Garlic/Spice/Natural Flavor/Food Dye (Yellow 5/Yellow 6)
Dressing, Sysco Classic Fire Jalapeno Ranch Dressing	13344066	19943-SYS	1Garlic/40	2.5	340	2	0	1	Milk/Egg/Corn (HFCS, MCS)/Onion/Soy/Mustard/ Garlic/Spice/
Dressing, Raspberry Vinaigrette (2TBS)	6475321	71759SYS	30	0	250	8	0	7	HFCS/Celery/Red 40/Blue1/Citrus (lemon)/Spice/ Celery/Natural Flavor
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/Spice/Natural Flavor
Ketchup, House Recipe Single Pack (serves as sub, if necessary)	8747859	HOUY59G	10	0	85	3	0	2	Tomato/Corn (HFCS)Onion/Natural Flavor/Spice
Mayonnaise, Pkt Fat Free	3718574	649921	10	0	95	2	0	1	Corn (MCS, HFCS)/Egg/Mustard/Lemon/Artificial Color/Natural Flavor/Garlic/ Onions/ Yellow 6/ Blue 1
Sauce, Tartar Sauce (1 packet)	4071288	76011	60	1	13	2	0	0	Corn (HFCS, syrup)/Egg/Onion/Citrus (lemon)Natural Spice flavor/Cucumber
Mustard, Heinz/Americana Packet (1/5.5 g.)	2965424	007160317760533	0	0	65	0	0	0	Mustard/Garlic/Spices

Sauce, Heinz Honey Mustard, cup (1 oz.)	1973841	10013000714409	40	0	160	9	0	5	Mustard/Corn (syrup, starch)/Apple/Spice/ Natural Flavor
Salsa, Casa Classic (2 TBS)	7775693	48549030211	10	0	170	2	<	0	Tomato/Onion/Garlic/Natural Flavor
Sauce, Heinz, BBQ Cup (1 oz.)	1974534	10013000714607	35	0	370	8	0	3	Tomato/Corn (HFCS, MCS)/Garlic/Onion/Spice/Natural Flavor
Sauce, Chicken Dipping Cup	7098843	85837	130	2	135	2	0	0	Mustard/Egg/Tomato/Corn/Garlic/Spice
Sauce, Heinz Taco (1 oz)	4893467	10013000532409	4	0	9	1	0	1	Tomato/Corn (MFS)/Onion/Garlic/Spice
Sauce, Heinz Hot Packet	5684667	71603730440000	0	0	25	0	0	0	KNA
Sauce, JTM Queso Blanco (2oz)	7094442	7518	118	5	433	0	0	0	Milk/Coconut/Corn (syrup, MFS)/Onion/Garlic
Sauce, Sweet Baby Ray's BBQ (2 Tbsp)	3369388	SJ0440HF	70	0	2	18	0	1 6	Corn(HFCSMFS)/Tomato/Garlic/Pineapple/Mustard/Celer y
Sauce, Trio Cheese (for broccoli, 2 Tbsp)	4006987	10050000382627	22	0	150	40	0	1	Milk/Corn (starch, syrup)/Egg (MFG)/Wheat (MFG)/Onion/Garlic/Food Dye (Yellow5&^)/Natural Falvor/Spice
Seasoning, Badia Taco	3510817	2068	0	0	0	0	0	0	Onion/Garlic
Seasoning, Italian	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	
Cookie, Cookiecree Chocolate Chip	230061	225145	100	1	90	18	3	1	Wheat/Gluten/Soy/Corn (syrup & solids)/Eggs/Dairy/Peanuts (mgf)/Tree Nuts (Mfg)/Apple/Barley
Cookie, Cookiecree Sugar	3169204	225144	110	1	85	18	3.5	1	Wheat/Gluten/Soy/Egg/Milk/Corn (syrup & solids)/Peanut (Mfg)/Tree Nut(Mfg)/Apple/Barley
Ice Cream, Mayfield Fat Free Fudge Bar (3.5 oz.)	N/A	45507	100	0	85	22	0	18	Milk/Corn (syrup, maltodextrin)
Pie, Sysco Classic Pumpkin, 1/10 pie	9792771	7243	310	5	390	48	1	28	Wheat/Milk/Egg/Corn (syrup, starch)/ /Cinnamon)
Ridgefield's Sidekicks Lemon Blue Raspberry	6618078	2009	80	0	45	20	0	ND	Blue 1
Ridgefield's SideKicks Sour Cherry Lemon		2016	80	0	45	20	0	ND	NKA
Ridgefield's Sidekicks Strawberry Cream	7132498	2024	80	0	45	20	0	ND	NKA
Ridgefield's Sidekicks Orange Cream	9908887	2022	90	0	25	22	0	ND	Corn (MFS)