

# SODIUM, NUTRIENT, & ALLERGEN CONTENT: LUNCH MEALS

Knox County Schools Food and Nutrition Services 2019-20

Carolyn Perry-Burst MS, RD, LDN

7/9/2019

912 S. Gay St. Knoxville, TN 37902

## ABOUT THIS DOCUMENT:

This document contains information on food products used in school lunch meals for 2019-20

### 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)
  
- Allergens & Gluten 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 that 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 with the cafeteria to determine the manufacturer and to ask about substitutes.

**CAFETERIAS - Due to occasional changes in Sysco product numbering, if the Sysco number is incorrect, please use the manufacturer product number.**

If you have questions, please compare the product label to the information on the foods listed in this document. If you have children in your school with allergies, please take a picture of each product label prior to discarding the box as they come into the cafeteria and keep in a notebook:

Carolyn Perry-Burst, MS, RD, LDN @ 865 594-3801  
OR email Carolyn: carolyn.perryburst@knoxschools.org

### The allergen information in this document tracks only the following:

- Major 8 listed on foods label (Milk/Egg/Fish/Shellfish/Soy/ Peanut/Tree Nut/ Wheat)
- Celery
- Cinnamon
- Citrus
- Coconut
- Corn (specific corn ingredient listed)
- Cottonseed
- Food Dyes (Red, Yellow, Blue-each specified)
- Garlic
- Meat type (if not obvious from name)
- Mustard
- Onion
- Pineapple
- Rice
- Sesame
- Tomato
- Vanilla

**“NONE”, under allergens *only* refers to the allergens listed above.**

**Any other Allergens *will need to be checked separately***

# Nutrient & Allergen Content of KCS Foods: LUNCH

## LUNCH FOODS

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		
<b>BEANS</b>										
Beans, Red Santiago Quick Start Vegetarian Chili Mix	6233441	10298	Depends on serving size & Recipe						Tomato/Onion/Garlic/Corn (MCS)	
<b>BEEF</b>										
Beef, Ground, Bulk 81/19 1.75oz.=1 oz. eq. of M/MA	0566838	66838	119	4.4	35	0	0	0	<b>NONE</b>	
Beef, Advance Pierre Meatball (5meatballs.)	2563468	3-17-505-0	190	6	220	4	1	1	Beef/Soy/Tomato/Corn/Milk/Wheat	
Beef, Zartic/Advance Pierre Charbroiled Patty	6204770	80124ACN	150	4.5	240	1	1	0	Beef/Soy/Corn (maltodextrin & starch)/ Onion	
Beef & Pork, Frank, All meat Block & Barrel Hot Dog	1073485	74865067959	160	7	610	2	0	2	Pork/Beef	
Beef & Pork Pepperoni, Hormel Sliced ( per slice)	1843853	32048	8.75	.4	29.4	0	0	0	Pork/Beef/Corn (dextrose)/Garlic	
Beef, Rib Patty, Don Lee, Fully Cooked		CN512403	194	6	279	3.8		3.2	Beef/Corn/Tomato/Garlic/Orange/ Cottonseed Oil	
<b>CHEESE</b>										
Cheese, Arezzio Mozzarella Pizza Blend (1 oz/1/4 cup)	1466333	204643	90	4	220	1	0	0	Milk	
Cheese, Arezzio Parmesan, Dry Grated (1 Tbs)	4066878	30	20	1	85	0	0	0	Milk	
Cheese, Arezzio/Saputo Mozzarella String (1 oz.)	4384214	982118	80	3.5	200	0	0	0	Milk	
Cheese, Land 'O Lakes American Sliced Reduced Fat, RS (USDA)	1798309	46268	70	3	310	2	0	1	Milk	
Cheese, Land 'O Lakes American Shredded Sharp Processed (USDA)	7803299	741725	110	9	400	1	0	0	Milk/Artificial Color	
Cheese, WG Cheese Filled Max Stix (1 Stick)	1913797	7738712439	160	2.5	340	16	1	1	Milk/Soy/Wheat/Corn (Dextrose, Baking Powder, Starch)	
Cheese, Nardone WG Pizza Garlic Fr. Bread Pizza (1 piece)	1772454	60WGUM2	350	7	450	29	2	2	Milk/Wheat/Garlic/Corn (Dextrose)	
Cheese, Nardone WG Pizza Stuffed Crust WW Pizza (1 slice)									Wheat, Milk, Soy	
Cheese, Tony's 4x6 WG Cheese Pizza	1564596	68521	350	7	510	38	4	10	Milk/Wheat/Soy/Corn (Oil, MFS, Dextrose), Tomato/Garlic/Onion/Cottonseed	
Cheese, Wild Mike's Cheese Bites		11003	280	4	540	28	4	0	Milk/Wheat/Corn (MFS)	
Cheese, Wild Mike's Pre-Cut Cheese Pizza		20311	360	8	510	34	3	4	Milk/Wheat/Corn (MFS)/Tomato/Soy (Oil)/ Garlic	
<b>CHICKEN &amp; TURKEY</b>										
Chicken, Asian Food Solutions Sweet chili Thai (2.85 oz)		73004	120	.5	330	15	0	11	Chicken/Rice/Tomato/Garlic/Onion/Corn (maltodextrin, starch)/ Soy/Celery/Mustard	
Chicken, Asian Food Solutions Gluten Free Teriyaki (2.8 oz)	2119891	73005	112	3	355	8	0	7	Chicken/Tomato/Garlic/Corn (starch)/ Soy/ Rice/Sesame Oil/Mustard/Celery	
Chicken, Foster Farms WG Corn Dog	1064289	94124	240	2.5	390	30	5	5	Chicken/Corn (Corn, Syrup Solids)/ Wheat/ Soy/Egg	
Chicken, Foster Farms WG Corn Dog Minis (6 minis)	3137894	96086	270	3.7	420	30	4	4	Chicken/Wheat/Corn (Flour, Syrup Solids)/ Egg	

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	
<b>CHICKEN &amp; TURKEY (CONTINUED)</b>									
Chicken, Gold Kist Farms WG Breaded Drumstick (1 drumstick)		7803	290	4	550	11	2	0	Chicken/Wheat/Egg/Corn (Flour, Syrup Solids)/Celery/Garlic/Corn (starch)
Chicken, Gold Kist Farms WG Chicken Breast Tenderloins (3 pieces)		7572	220	2	450	18	2	.5	Wheat/Corn (dextrose, MCS)/Milk
Chicken, Gold Kist Farms WG Breaded Chicken Nuggets (5 nuggets)		615300	200	2	400	13	2	.5	Chicken/Soy (Protein)/Rice/Onion/Garlic/Corn (Dextrose, MCS, Maltodextrin)
Chicken, Gold Kist Farms WG Breaded Chicken Patty		662100	200	2.5	430	13	2	.5	Milk/Soy (Protein, Lecithin)/Wheat/Rice/Garlic/Onion/Corn (dextrose)
Chicken, House of Raeford WG Corn Dog Minis	3137894	20452	250	2.5	420	30	3	1	Chicken/Wheat/Milk/Soy/Egg/Soy/ Corn (Meal, Syrup, Dextrose)/Garlic
Chicken, Tyson Breaded Chunks, WG (USDA) -5 Nuggets	4665545	2155-928	240	2.5	470	16	3	1	Chicken/Wheat/Soy/Corn (starch, syrup & flour), Onion/Garlic
Chicken, Tyson Breaded Breast Strip, WG (USDA)		703322-928	280	2.5	470	11	1	0	Chicken/Onion/Garlic/Celery/Corn (maltodextrin & flour), Wheat, Soy/Rice
Chicken, Tyson Breast Grilled Filets (Commercial)	0742845	38350	120	.5	320	1	0	0	Chicken/Soy/Corn (maltodextrin & MFS)/Celery/Garlic/Onion
Chicken, Tyson Patty, Fully Cooked (USDA)	6336071	2154	180	1.5	450	14	3	1	Chicken/Wheat/Soy/Garlic/Onion/Corn (syrup, starch, maltodextrin, dextrose)
Chicken, Tyson Patties, WG Spicy (USDA)	7031946	70314-928	270	1.5	400	17	3	1	Chicken/Wheat/Soy/Corn/Onion/Garlic/Celery
Chicken, Tyson Breaded ProPortion (assorted leg, thigh & breast pieces-nutritional info is averaged)		666000-928	190	2.5	470	6	1	0	Chicken/Wheat/ Garlic/Onion/Corn (flour, starch, maltodextrin, dextrose)/Rice/Celery
Chicken, Tyson Taco Meat (USDA 3 oz. by weight)	0797383	19957-328	150	2	320	3	0	1	Chicken/Wheat/Soy/Corn (maltodextrin, starch) /Rice/Onion/Garlic
Chicken, Tyson ProPortion Spicy Chicken Tenders (4.1 ozs.-USDA)		070342-0928	150	1.5	250	5	1	2	Chicken/Wheat/Corn (starch, maltodextrin)/ Onion/Garlic/Celery/
Turkey, Jennie-O Breast Diced, .5" (USDA-3.92 oz)	4869598	6423	90	.5	530	3	0	0	Turkey/Corn (MFS)
Turkey, Jennie-O Breast All Natural CRAU Smoked (USDA 3 oz.)	702932	231918	80	0	420	0	0	0	Turkey
Turkey, Jennie-O Breast Naturally Ch Brown (USDA)	1040019	8469-02	230	3	85	0	0	0	Turkey
Turkey, Jennie-O Breast Shredded (USDA-2.55 oz.)	3372879	220120	80	0	270	0	0	0	Turkey/Corn (MFS)
Turkey, Jennie-O Breast Steak Browned (USDA-2.82 oz.)	2445623	230324	90	.5	340	0	0	0	Turkey/Corn(Dextrose)
Turkey, Jennie-O Breast & Thigh Roast Boneless (USDA)	2445623	534-100124	80	1	370	0	0	0	Turkey
Turkey, Jennie-O Breast & Thigh Roasted Skin-on (USDA-1 oz.)	0762951	317004	35	0	310	1	0	1	Turkey
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	20	.4	83	.5	0	.5	Turkey/Corn (syrup, dextrose)/Garlic
Turkey, Jennie-O Combo Pack Turkey Salami (.5 oz/slice)		2096-12	25	.4	100	.3	0	.3	Turkey/Corn (dextrose, corn syrup)/Garlic/ Mustard
Turkey Crumbles, Jennie-O, Savory (USDA 2.22 oz.)	3372881	640140	100	1.5	270	0	0	0	Turkey/Corn(Dextrose)/Onion/Garlic
Turkey Ham, Jennie-O Breast Diced .5" (USDA)	6489445	6409	100	1.5	530	1	0	0	Turkey
Turkey Ham, Jennie- O All Natural Sliced, Jennie-O (USDA 3.06 oz)	6276685	202524	100	1.5	530	0	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.)		215635	110	1.5	390	2	0	2	Turkey/Corn (MFS)/Onion

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	
<b>CHICKEN &amp; TURKEY (CONTINUED)</b>									
Turkey-Jennie-O Reduced Sodium Frank, Smoked Uncured (USDA)	3643683	256818	110	2.5	240	0	0	0	Turkey/Corn(Syrup Solids, Dextrose)
Turkey-Shady Brook RS Thick Cut Oven Roasted Breast (3.02 oz.)		700369	100	0	310	1	0	1	Turkey/Corn (dextrose)
Turkey-Shady Brook Uncured Turkey Franks		757916	120	3	320	2	0	2	Turkey/Corn (maltodextrin, dextrose)/Garlic/Onion/Celery
<b>FISH</b>									
Fish, High Liner Crunchy 1 oz. Pollock Stick (4 Sticks)	7032278	1089302	230	1.5	280	23	2	1	Fish/Wheat/Corn (Flour, Starch)/ Milk/ Onion, Cottonseed Oil
Fish, High Liner 3.6 oz. WG Breaded Pollock Portions (1)	7033592	1089869	180	1	190	16	2	1	Fish/Wheat/Corn (syrup, flour, MCS)/Garlic /Onion/Lemon/Cottonseed Oil
<b>PORK</b>									
Pork, Brookwood Pulled BBQ w/ Vinegar Sauce (2.5 oz.)	0010298	12105	186	4.3	274	2	0	2	Pork/Corn (Syrup)/ Soy/Garlic/Onion
Pork, Nick's BBQ (2.6 oz.)		23453	130	2.1	261	2	0	2	Pork/Vinegar/Spices
Pork & Beef, Frank, All Meat Block & Barrel Hot Dog (1)	1073485	7486506799	160	7	610	2	0	2	Pork/Beef
Pork & Beef Pepperoni, Hormel Sliced ( per slice)	1843853	32048	8.75	.4	29.4	0	0	0	Pork/Beef/Corn (dextrose)/Garlic
Pork, Ham, USDA (1.22 oz.)	1514102								Ham
<b>VEGETARIAN</b>									
PBJ, Advance Pierre WG Crustless Sandwich	1916832	92123	300	2.5	300	34	4	11	Peanut/Wheat/Soy/ Corn (HFC Syrup, Dextrose)
Soybutter & Grape Jelly, Albie's Crustless Sandwich	0078673	607	290	3	220	28	4	11	Soy/Wheat/Milk/Corn (Starch)
Wild Mike's Cheese Bites (4/serving)	7013429	11003	280	4	540	28	4	0	Milk/Wheat/Corn (MFS)

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	
<b>BREADS, BUNS, ROLLS, &amp; TORTILLAS</b>									
Bread, Bake Crafters WG Mini Corn Bread Loaf	4442725	1317	160	1.5	280	22	1	5	Wheat/Soy/Milk/Egg/Corn (Syrup, Flour, Starch)
Bread, Sara Lee WG Slice	N/A	3239	70	0	120	14	1	2	Wheat/Soy/Corn (HFCS)
Bread, Sara Lee WG Texas Toast	N/A	4914	90	0	170	16	2	2	Wheat/Soy/Corn (HFCS & Starch)/ Milk/Sesame
Bun, Sara Lee WG Hamburger Bun	N/A	3447	160	0	200	29	3	4	Wheat/Corn (Flour & HFCS)/Soy/Milk
Bun, Sara Lee WG Hot Dog Bun	N/A	4266	160	0	270	31	3	4	Wheat/Corn (Flour & HFCS)/Soy/Milk (Mfg.)
Roll, Ma's Heat & Serve	2321295	31848	140	1	80	32	7	10	Wheat/Egg/Milk
Rolls, Sara Lee White Deli Roll	N/A	4259	200	.5	270	38	4	6	Wheat/Soy/Corn ( Flour, HFCS, Starch)/ Sesame/Milk

Grains Continued...	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	
<b>BREADS, BUNS, ROLLS, &amp; TORTILLAS continued...</b>									
Rolls, WG Deli Roll	N/A		200	.5	250	39	4	6	Wheat/Soy(Lecithin) /Corn (Flour, Syrup, Starch)/Milk(Mfg)/Eggs (Mfg)/Tree Nuts (Mfg)
Tortilla, Mission	2593846	10411	120	1.5	320	23	3	0	Wheat
Waffle, Echo Lake (2 waffles)	7032818	MF 9201W	130	.5	360	23	4	2	Wheat/Egg/Milk/Soy (Lecithin)
<b>CHIPS &amp; CRACKERS</b>									
Chip	3574417	57766	140	1	170	20	2	0	Corn (Whole Corn & Oil)
Chips, Casa Sol WG White Tortilla Round (30g.-11 chips)	2272666	100540-0894	150	1	65	20	2	0	Corn (Whole Corn, Oil)/Lime
Chips, Doritos RF Tortilla Cool Ranch (1 oz.)	5073130	36096	130	1	160	19	2	1	Corn (Whole Corn, Oil, Starch, Bran, Syrup Solids,Dextrin)/Milk/Tomato/Onion/Garlic/Food Dyes (Red 40, Blue 1, Yellow 5)
Chips, Doritos RF Tortilla Nacho (1 oz.)	6626774	31748	130	.5	200	20	2	0	Corn (Whole Corn, Oil, Starch, Syrup Solids, Flour, Dextrin)/Milk/Tomato/Onion/Garlic/Food Dye (Red 40, Yellow 5, Yellow 6)
Chips, Doritos RF Tortilla Spicy Sweet Chili (1 oz.)	7700812	49093	130	.5	180	20	2	0	Corn (Whole Corn, Oil, Starch, Syrup Solids, Maltodextrin), Bran, Hydrolyzed Protein)/Soy/Onion/Garlic/Food Dye (Red 40, Yellow 5, Yellow 6)
Crackers, Sunshine/Kellogg's Atomic WG Cheez-It (.75 oz.)	2907295	24100-10238	100	1	200	14	1	0	Wheat/Milk/Cheese/Corn (Dextrose & Starch)/Soy (lecithin)/Onion/Garlic/Tomato
Crackers, Sunshine/Kellogg's WG Cheez-It (.75 oz.)	2908269	24100-79263	100	1	200	14	1	0	Wheat/Milk/ Corn (Dextrin & Starch)/Onion/Garlic/Tomato
<b>PASTA</b>									
Spaghetti, Labella	4862983	600732	200	0	0	42	2	2	Wheat
Ziti, Arezzio/Roseli	5776893	600539	200	0	0	41	2	2	Wheat
<b>RICE</b>									
Rice, WG Uncle Ben's Parboiled Brown Rice (1 cup cooked rice)		U12111	170	0	0	35	2	0	Rice
Rice, Sysco Imperial Parboiled	4671350	R1YK2590	170	0	0	37	1	0	Rice
<b>Other (These do not contribute to Grain COUNTS)</b>									
Stuffing, Sysco Classic Cornbread (1/2 cup -Holidays)	75704		110	0	0	19	1	2	Chicken/Wheat/Barley/Corn (Meal), Hydrolyzed Soy Protein)/Celery, Onion/Tree Nuts (Mfg.)
Stuffing, Uncle Ben's (1/2 cup -Holidays Substitute)	N/A	143483							Chicken/Wheat/Corn (Meal), Hydrolyzed Soy Protein)/Celery, Onion/Milk
*Chips, Lay's Baked Plain Potato (.875 oz.)			120	0	135	23	2	2	Corn (Starch & Oil)
*Chips, Lay's Baked BBQ (.875 oz.)	8063190	32078	120	.5	160	21	2	2	Milk/Soy/ Corn (starch, oil & dextrose)/ Soy Lecithin/Garlic/Tomato/Onion/ Food Dye (Yellow 5 & 6)
*Chips, Ruffles Potato Crisps Cheddar & Sour Cream (.8 oz.)	3373931	0-28400-44549-8	100	0	200	17	1	2	Corn (Starch, Oil, Maltodextrin)/Soy Lecithin/Milk/Onion/Garlic/ Food Dye (Yellow 5, Yellow 6)

\*These products are usually sold a la carte, but may serve as calorie replacement for very restrictive Special Diets at lunch as appropriate, per medical orders, and listed per dietitian in dietary food lists for cafeteria.

<b>Vegetables</b> The information below shows nutrient values for item without any other additions. We season with Butter Buds, which adds more sodium and contains milk & corn (dextrose)	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	
<b>VEGETABLES-BEANS/LEGUMES</b>									
Beans, Bush's Baked Bean Pot (1/2 cup)	4000873	001619	140	0	550	29	5	12	Corn (Modified Corn Starch)/Mustard/Pork/Onion/Garlic
Beans, Bush's Pinto Beans (1/2 cup)	4277612	001818	100	0	450	18	7	0	<b>NONE</b>
Beans, Bush's Taco Fiesta Black Beans (1/2 cup)	3560127	01585	110	0	470	20	4	2	Corn (Whole, Starch, Maltodextrin)/Tomato/Onion/Garlic
<b>Vegetables-DARK GREEN</b>									
Fresh, Broccoli Crowns (1/2 cup)	N/A	N/A	10	0	0	2	1	0	<b>NONE</b>
Fresh, Lettuce Romaine (1/2 cup)	N/A	N/A	8	0	2	1.5	1	0	<b>NONE</b>
Frozen, Spinach, Chopped (1/3 cup)	N/A	N/A	32	0	125	3	1	0	<b>NONE</b>
<b>Vegetables-RED/ORANGE</b>									
Canned, Angela Mia Spaghetti Sauce (1/2 cup)	5989538	5989538	60	0	520	12	3	8	Tomato/Onion/Garlic
Fresh, Bunny-Luv Baby Carrots (2 oz.)	N/A	N/A	20	0	45	5	1	0	<b>NONE</b>
Fresh, Tomatoes, Grape									
Fresh, Tomatoes, Red raw (1 slice)	N/A	N/A	3	0	1	.6	.2	0	Tomato
<b>Vegetables-OTHER</b>									
Beans, Green (USDA Low Sodium 1/2 cup)	4062394	40170	16	0	140	3	2	1	<b>NONE</b>
Cauliflower, Raw (1/4 cup)	N/A	N/A	13	0	8	2	1	0	<b>NONE</b>
Celery, Raw (2- 4" strips )	N/A	N/A	2	0	6	.2	0	0	Celery
Lettuce, Iceberg Shredded (1/4 cup)	N/A	N/A	2.5	0	2	.5	0	0	<b>NONE</b>
<b>Vegetables-STARCHY</b>									
*Corn, Sysco Classic (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	<b>NONE</b>
Potato, Basic American , Mashed, Potato Pearls	3327848	76468	70	0	320	14	1	0	Milk
Potato, Hash Brown Triangle	5021054	10734730627745	220	.	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
Potato, McCain Fry Crinkle Cut Reduced Sodium	6662019	MCF03761	90	0	115	14	1	0	Corn (dextrin, oil)/Cottonseed Oil/Rice
Potato, McCain Fry Smile Reduced Sodium (5 pieces)	4313920	OIF03456	160	1	225	25	2	0	Cottonseed (oil)/Corn (oil, dextrose)/
Potato, Scalloped Classic Casserole, Reduced Sodium	7489378	7489378	120	0	110	24	0	2	Milk/Wheat/Soy (lecithin, protein)/ Corn (syrup, MFS, hydrolyzed) / Garlic/Onion
Potato, Simplot Baby Bakers (1/2/ cup)		10071179000488	100	0	180	17	0	0	
Potato, Simplot Spudster (5 pieces)		1007119299028	150	1	340	21	0	0	Soy/Cottonseed Oil/Corn (Dextrose)/Milk
Potato, Tater Barrel (10 pieces)	5020997	10734730627684	130	1	190	16	1	1	Cottonseed Oil/Corn (dextrose)
Potato, USDA Wedge <b>USDA Brown box- NO INFORMATION for ALLERGENS</b>	0695492	100355	102	3	1	16	2	0	<b>MUST READ INDIVIDUAL CASE CONTAINER</b>

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	
<b>CANNED FRUIT</b>									
Apple, Slices packed in water (1/2 cup)	N/A	N/A	34	0	7	8	1	0	NONE
*Apple Sauce, Unsweetened (1/2 cup)	N/A	N/A	30	0	0	9	2	0	NONE
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	N/A	Corn (syrup)
Pears, USDA Extra Light Syrup (1/2 cup)	0695886	100224	60	0	5	15	2	?	NONE
Pineapple, Juice Pack-drained (1/2 cup chunks)	N/A	N/A	54	0	1	14	1	0	NONE
<b>FRESH FRUIT</b>									
Apple Slices, Raw (2 oz.)	N/A	N/A	30	0	0	7	1	0	NONE
*Apple, Whole Raw (small)	N/A	N/A	71	0	0	15	3	0	NONE
*Blueberries, Raw (1/2 cup)	N/A	N/A	42	0	0	10	2	0	NONE
*Grapes, Red or Green, Fresh (1/2 cup)	N/A	N/A	52	0	2	13	.4	0	NONE
*Kiwifruit, Raw (1/2 cup sliced)	N/A	N/A	55	0	3	13	2.7	0	NONE
*Melon, Cantaloupe, Raw (1/2 cup cubed)	N/A	N/A	27	0	13	7	1	0	NONE
*Melon, Honey Dew, Raw (1/2 cup cubed)	N/A	N/A	31	0	15	7	1	0	NONE
*^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	NONE
*Pear, Raw, Whole (120-138 count)	N/A	N/A	80	0	1	21	4.5	0	NONE
<b>FRESH FRUIT Continued...</b>									
*Pineapple, Raw, (1/2 cup, chunks)	N/A	N/A	41	0	1	10	.6	0	NONE
*Plums, Raw (1 plum)	N/A	N/A	30	0	0	7	1	0	NONE
*Strawberries, Raw (1 medium berry)	N/A	N/A	4	0	1	0	.2	0	NONE
*Tangerines, Raw, (1 medium)	N/A	N/A	47	0	2	11	1.6	0	NONE
*Watermelon, raw (1/2 cup diced)	N/A	N/A	23	0	1	5	.3	0	NONE
<b>FROZEN FRUIT</b>									
+Peaches, Cup, Frozen	0695706	100241	80	0	0	19	1	N/I	NO Ingredient information
+Strawberries, Cup, Frozen	0695140	100256	90	0	0	22	4	N/I	NO Ingredient Information

\*USDA Nutrient Database-Nutrient Information Estimated  
+USDA Product Information Sheet  
^Calculated using DOD Produce Order Guide & USDA Nutrient Database Data



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	
<b>GRAVIES</b>									
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)	8558215	96480	25	.5	330	4	0	1	Wheat/Milk/Soy/Onion/Garlic/ Corn (maltodextrin, syrup)
Gravy, Sysco Imperial Roasted Turkey (1/4 cup prepared)	9829557	92283	10	0	280	3	0	0	Wheat/Soy (protein)/Corn (starch, syrup, protein, maltodextrin)/Chicken/Garlic/ Onion/Milk/Cottonseed/Chicken
<b>SALAD DRESSINGS</b>									
Dressing, Heinz/Americana, Light Ranch Dressing	238003	35227275	20	0	115	3	0	2	Corn (syrup)/Milk/Soy (flour)/Lemon/Onion/Garlic
Dressing, Ken's Caesar Lite Refrigerated (2 TBS)	5277017	KEO808	70	0	700	5	0	3	Egg/Milk/Mustard/Onion/Garlic/Fish
Dressing, Ken's Italian, Fat Free (1.5 oz. pouch)	5954250	0807	20	0	680	5	1	2	Corn (maltodextrin)/Onion/Garlic Food Dye (Yellow 5/Yellow 6)
Dressing, Sysco Classic Fire Jalapeno Ranch Dressing	13344066	19943-SYS	240	2.5	340	2	0	1	Milk/Egg/HFCS/MSM/ Onion
Dressing, T. Marzetti French Honey Packet (1.5 oz.)	5275201	81919	190	2.5	290	13	0	12	Corn (HFCS)/Tomato/Mustard/ Onion/Garlic
Dressing, T. Marzetti Italian Lite Packet 3405	457838	81985	15	0	720	2	0	2	Garlic/Mustard/Onion/Spice/Fruit Juice?
<b>SAUCES, SPREADS, SEASONINGS &amp; DIPS</b>									
Butter Buds (used in most cooked vegetables)	0911537	49835	10	0	75	2	0	0	Milk/Corn (maltodextrin)
Ketchup, Heinz Single Pack	2495329	78004314	10	0	25	3	0	2	Tomato/HFCS/Corn Syrup/Onion
Ketchup, House Recipe Single Pack (serves as sub, if necessary)	8747859	HOUY59G	10	0	85	3	0	2	Tomato/Corn (HFCS)/Onion/Garlic/
Mayonnaise, PPIt Fat Free	3718574	6499200	10	0	95	2	0	1	Corn (MCS, HFCS,)/Egg/Mustard/Lemon Garlic/ Onions/ Yellow 6
Mustard, Heinz/Americana Packet (1/5.5 g.)		78000839	5	0	65	0	0	0	Mustard/Spices
Sauce, Heinz Honey Mustard, cup (1 oz.)	1973841	7800016	40	0	120	9	0	7	Mustard/Corn (syrup, starch)/Spice
Salsa, -----subject to Change									
Sauce, Flavor Fresh, Tarter(1 packet)	4071288	76011	60	1	130	2	0	1	Corn (HFCS, syrup)/Egg/Onion/ Citrus (lemon)
Sauce, Heinz, BBQ Cup (1 oz.)	1974534	78000818	35	0	370	8	0	3	Tomato/Corn (HFCS, MCS)/ Garlic/Onion/ Spices
Sauce, Heinz Honey Mustard, cup (1 oz.)	1973841	7800016	40	0	120	9	0	7	Mustard/Corn (syrup, starch)/Spice
Sauce, Heinz/Americana Taco (1 oz. cup)	N/A	N/A	4	0	95	0	0	0	Tomato/Corn (MFS, syrup)/Spices?
Sauce, JTM Queso Blanco (2 Ozs)	7094442	5718	118	5.3	433	2	0	0	Milk/Coconut Oil/Corn (syrup, MFS, maltodextrin)/Onion/Garlic)

**SAUCES, SPREADS, & SEASONINGS DIPS continued...**

Sauce, Sweet Baby Ray's BBQ (2 TBS/1 oz)	3369388	SJ0440HF	70	0	290	18	0	16	Corn (HFCS, MFS) Tomato, Garlic
Sauce, Sysco Classic Hot (1 teaspoon)	5728191	733	0	0	210	0	0	0	Garlic (may be incomplete)
Sauce, Trio Cheese (used for broccoli & cheese- ¼ cup)	4006987	11250763	45	0	300	9	0	2	Milk/Corn (starch, syrup)/ Egg/ Wheat/ Onion/Garlic/Food Dye (Yellow5 & 6)
Seasoning, Lawry's Taco Seasoning									
Seasoning, Badia Taco	3510817	2068	N/A						Onion/Garlic
Sour Cream, Tetra Pak, Reduced Fat (2 Tbs)	9094970	9094970	60	3.5	40	2	0	1	Milk/Corn (MFS)
Syrup, Americana Table Cup (1.5 oz)	7688963	78000841	120	0	0	31	0	19	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	
<b>COOKIES/ICE CREAM/PIE</b>									
Cookie, Bonzers Chocolate Chip	2437509	71001	110	1	70	18	1	9	Wheat/Gluten/Cottonseed (Oil)/Milk/Soy (lecithin)/Egg/Peanut (Mfg)/Tree Nuts (Mfg)/Vanilla
Cookie, Bonzers RF Vanilla	3746346	71021	110	1	80	18	1	9	Wheat/Gluten/Cottonseed (Oil)/Corn (Syrup Solids)/Soy Lecithin/Milk/Egg/ Peanut (Mfg)/Tree Nuts (Mfg)/Vanilla
Cookies, Classic Chocolate Chip		WO320-8401	110	1	80	18	1	9	Wheat/Milk/Egg/Soy (lecithin)/
Cookies, Classic Sugar		WO320-8405	110	1	100	18	1	9	Wheat/Nilk/Egg/Soy (lecithin/ Corn (starch)
Ice Cream, Mayfield Fat Free, No Sugar Added Fudge Stix (3.5 oz.)	N/A	44078	45	0	35	0	0	0	Milk/Corn (maltodextrin, polydextrose)
Pie, Pumpkin, 1/10 pie	9792771	9276	300	5	350	47	1	N/I	Wheat/Milk/Egg/Corn (syrup, dextrose, starch/Cinnamon)

**These lists track only the following allergens:**

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| <ul style="list-style-type: none"> <li>• Major 8 listed on foods label (Milk/Egg/Fish/Shellfish/Soy/ Peanut/Tree Nut/ Wheat)</li> <li>• Celery</li> <li>• Cinnamon</li> <li>• Citrus</li> <li>• Coconut</li> <li>• Corn (specific corn ingredient listed)</li> <li>• Cottonseed</li> <li>• Food Dyes (Red, Yellow, Blue-each specified)</li> </ul> | <ul style="list-style-type: none"> <li>• Garlic</li> <li>• Meat type (if not obvious from name)</li> <li>• Mustard</li> <li>• Onion</li> <li>• Rice</li> <li>• Sesame</li> <li>• Tomato</li> </ul> |
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**“NONE”, under allergens *only* refers to the allergens listed above.**  
**Any other Allergens will need to be checked separately**