

GFS ITEM CODE	Item Name	Pack Size	Mfg Item Code	Manufacturer Award	Meal Credit	Calories	Carbs	Sugar	Sodium	Total Fat	Sat.Fat
119251	Juice Orange 6 Oz	70/6 Oz	50100	Gregory Packaging	1/2 Fruit	90	19	18	0	0	0
119271	Juice, Grape 6 Oz	70/6 Oz	50501	Gregory Packaging	1/2 Fruit	120	29	27	30	0	0
235181	Juice, Fruit Punch, 6 Oz	70/6 Oz	50800	Gregory Packaging	1/2 Fruit	90	22	22	25	0	0
234660	Cinnamon Bun / Bun, lw	240/1.5 Oz	1674hw	Hadley Farms	1=43g=1wgb	130	22	8	125	4	1
526022	Buns, Hoagie Rolls, 2 Grain	144 / 2.3 Oz	3023	Hadley Farms	1=65g=2wgb	200	34	5	230	4.5	0.5
526130	Buns, Slider, Swirl Roll	210/1.2 Oz	924	Hadley Farms, Inc.	1 Oz Eq	210	18	3	125	2	0
	Croissants, Sliced	144/2.2 Oz	139	Hadley Farms, Inc.	2 Oz Eq	190	26	3	270	8	3.5
823901	Water, Noncarbonated, Flavored, 8 Oz.	24/8oz.	81	Health Fusion Grape	Na	0	0	0	0	0	0
823910	Water, Noncarbonated, Flavored, 8 Oz.	24/8oz.	80	Health Fusion Strawberry	Na	0	0	0	0	0	0
864140	Water, Noncarbonated, Flavored, 16.9 Oz.	24/ 16.9 Oz.	87	Health Fusion Orange/Mango	Na	0	0	0	0	0	0
823930	Water, Noncarbonated, Flavored, 16.9 Oz.	24/ 16.9 Oz.	85	Health Fusion Strawberry	0	0	0	0	0	0	0
	Fish Cod Nugget (Reduced Fat)	40/4 Oz	26244	High Liner Foods (Usa) Inc	2m / 1.5g	220	22	1	270	8	1
695000	Fish, Tilapia, Chili Lime, Unbreaded	40/5 Oz	1059540	High Liner Foods (Usa) Inc	4 Oz.=2.5 Mma	210	10	0	440	9	2.5
864190	Corn Dog Nuggets WG	Approx. 40 Srv. 240/4.02 Oz	20420	House Of Raeford	6=2 Mma & W.Grains	250	31	8	630	10	1.5
	Buns, Pretzel	120/2.2 Oz	7051	J&J Snack Foods Corp.	2 Grains	160	29	2	0	2.5	1
563710	Sherbet Cup Orange	96/4 Oz	38440	J&J Snack Foods Corp.	1/4 Cup Fruit	110	23	19	20	1.5	1
	Crackers-Chocolate Cinnamon French Toast	200/1 Oz	56070	J&J Snack Foods Corp.	1.0 Bread/Grain	120	20	7	85	4	0
532430	Sorbet Juice Cups	96/4 Fl Oz	48441 Orange	J&J Snacks	1/2 C. Fruit Juice	70	19	15	5	0	0
532420	Whole Fruit Juice Cups,Swirl	96/4 Fl Oz	23060025 Mixed Berry & Lemon	J&J Snacks	1/2 C. Fruit Juice	70	19	15	5	0	0
142411	Pretzel Wg 2.2 Oz	100/2.2 Oz	31001 Superpretzel	J&J Snacks	2 W.Grains	140	30	1	150	0.5	0
607940	Pretzel Rods, Whole Wheat	180/1 Oz	31012 Superpretzel	J&J Snacks	1 W. Grains	70	14	0	65	0.5	0
500171	Pretzel Mini Nuggets, Whole Wheat	300 / .5 Oz	30185 Superpretzel	J&J Snacks	2=1. W. Grain	60	14	0	60	0	0
550840	Pretzel, Cinnamon Cream Cheese Stuffed, Wg	60/2.1 Oz	34153 Superstix Cinnamon	J&J Snacks	2 W. Grains	150	30	8	115	2.5	1

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666551	Turkey Oven Roasted White Deli	153/4 Oz 4/9.6#	2364-40	Jennie-O	4oz= 2mma	90	3	0	540	1	0.5
164711	Turkey Ham, Sliced	109/3.06 Oz Srv	2565-21	Jennie-O	3.06 = 2mma	100	1	0	530	4.5	1.5
164711	Turkey Combo Lunch Meat	7/2.67 Oz Srv.	2095	Jennie-O	6(.5)Ham Or 6(.5) Salami Or 4bologna=2mma	100,150, 110	1.,2,1	0	530,600, 370	4.5,10, 9	1.5,2.5 2.5
716210	Turkey Ham, Diced	53/3.01 Oz Srv	6409	Jennie-O	3.01=2mma	100	1	0	530	4.5	1.5
716190	Turkey & Gravy	112/4 Oz	2847-28	Jennie-O	4 Oz=2mma	120	2	0	460	6	2
717940	Turkey Breast Steak	128/3.1 Oz	2307-24	Jennie-O	2/1.53= 2mma	80	0	0	440	1	0.5
809570	Turkey Roast, Fully Cooked	209/2.47 Oz.	3170-04	Jennie-O	2.47 Oz= 2mma	80	1	0	430	3	1
809570	Turkey Oven Roasted All Natural	97/2.70 Oz	8469-02	Jennie-O	2.7 Oz= 2mma	80	0	0	540	1.5	0
245882	Turkey Taco Meat	150/2.97 Oz	2840-28	Jennie-O	2.97 Oz= 2mma	120	3	0	410	7	2
229071	Turkey Burger	200/2.22 Oz	6134	Jennie-O	2mma	110	0	0	320	6	2
226911	Turkey Crumbles, Seasoned	286/2.23 Oz	6402-40	Jennie-O	2.23 Oz= 2mma	110	1	0	140	6	1.5
666571	Turkey Bacon	192/2.91 Oz	2711-06	Jennie-O	4.3 Slices= 7.7oz= 1mma	4.3=90, 1=20	0	0	427.5 95	4.5 1	0 0
666591	Turkey Diced	160/2 Oz	6446-35	Jennie-O	2.91 Oz= 2mma	90	0	0	400	3	1
666581	Turkey Franks	160/2 Oz	6126-20	Jennie-O	2mma	120	1	0	260	9	2.5
532402	Mini Loafs,Banana, lw WG	72/2 Oz	51675 Banana Smart Choice	Jsb / Muffin Town	1 W. Grains	160	27	14	140	4.5	1
532391	Mini Loafs,Apple Cinnamon, lw WG	72/2 Oz	51666 Apple Cinnamon Smart Choice	Jsb / Muffin Town	1 W. Grains	170	27	13	120	6	0.5
273681	Muffin, Lowfat Choc Chip	96/2 Oz	02670 Choc Chip Smart Choice	Jsb / Muffin Town	1 W. Grains	170	28	15	130	6	1
273442	Muffin, Lowfat Blueberry	96/2 Oz	02661 Blueberry Smart Choice	Jsb / Muffin Town	1 W. Grains	160	26	12	120	6	1
238581	Alfredo Sauce	262/1.83 Oz	5722ce	Jtm	1 Mma	90	5	3	374	5	3.1
722110	Cheese Sauce, Queso Blanco	6/5# Bags	5718ce	Jtm	1 Mma	118	2	0	415	9	5.3
665182	Sausage Patty- Fully Cooked	384/1.25 Oz	5646ce	Jtm	1.00 Oz M/Ma	90	0	0	148	7	2.5

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339230	Pork Taco Filling	151/3.17 Oz SrV	Cp5205	Jtm	3.17 Oz= 2mma	111	5	2	275	5	1.7
339230	Pork Rib Patty With BBQ Sauce	168/2.8 Oz SrV	CP5690	JTM	2MMA	170	6	5	400	10	3.5
839441	Pork Chop, Breaded	137/3.35 Oz SrV	Cp5694	Jtm	3.35 Oz= 2mma, 50wgrain	260	11	1	330	17	4.5
158821	Turkey, Shredded Chipotle	6/5# Bags	5426ce	Jtm	4.35 Oz= 2mma & 1/8c R/Oveg & 1/8csootheveg	136	9	3	410	4	1.2
666931	Bread Pockets	120/1.25 Oz	252	Kanangroo Brands	1 Grain	90	18	1	140	1	0
618862	Cereal Treats, Rice Crispy		3800011052	Kelloggs	1 Grain	160	31	11	150	4	1
123081	Poptart/2 Pk F.Cinnamon	72/3.53 Oz	3800055125	Kellogg's	2.5 Oz Eq Grain, 2.25 Oz Eq Grain	360	75	30	360	4.5	2
123031	Poptart Pastry F. Strawberry 2 Pk	72/3.53oz	3800055133	Kellogg's	2.5 Oz Eq Grain, 2.25 Oz Eq Grain	360	75	30	360	4.5	2
695880	Poptart Toaster Pastry F. Cinnamon 1 Pk	120/1.76 Oz	3800055122	Kellogg's	1.25 Oz Eq Grain, 1 Oz Eq Grain	180	37	15	190	2.5	1
695890	Poptart Toast Pastry F. Strawberry 1 Pkg	120/1.76 Oz	3800055130	Kellogg's	1.25 Oz Eq Grain, 1 Oz Eq Grain	180	37	15	190	2.5	1
282431	Cereal Bar, Crispy Rice Chocolate Breakfast Bar	96/1.34	3800091612	Kellogg's	1 Oz Eq Grain	150	27	10	140	4.5	1
209741	Bar, Nutri-Grain, Apple Cinnamon	96/1.3	3800059779	Kellogg's	1 Oz Eq	160	30	14	130	4	0.5
209761	Bar, Nutri-Grain, Strawberry	96/1.55	3800059772	Kellogg's	1 Oz Eq Grain	160	29	14	150	4	0.5
498170	Bar, Nutri-Grain, Blueberry	96/1.55	3800090819	Kellogg's	1 Grain	160	30	15	135	4	0.5
232231	Chips--Special K Cracker Chips-Cheddar	36/87 Oz	9138	Kellogg's	No Grain Credit	90	18	1	190	2.5	0
232221	Chips--Special K Cracker Chips-Sea Salt	36/87 Oz	9141	Kellogg's	No Grain Credit	90	19	1	190	2	0
682840	Crackers-Vanilla Animals, Zoo Shaped	00/1. Oz	3010020150	Kellogg's	1 Grain	130	21	8	110	4	1
443130	Graham Snack, Cinnamon Bun Flavored	100/1.76 Oz	3800024518	Kellogg's	2 Oz Eq Grain	220	37	12	230	7	2
443121	Graham Snack, Cinnamon French Toast	100/1.76 Oz	3800024520	Kellogg's	2 Oz Eq Grain	210	37	13	220	6	2
192381	Potato, Fries, Sweet Potato, Deep Groove, Seasoned	3/5#	L0097	Lamb Weston	4.2 Oz.=1/2 R/O Veg	200	30	10	430	8	0
872570	Potato, Sweet Tots, Mini	6/2.5#	L0094	Lamb Weston	2.68=1/2c R/Oveg	120	20	7	200	3	0
135261	Cheese Sauce, Cheddar	6/100 Oz Pouch	39940	Land O' Lakes	3 Oz.=1 Mma	100	3	0	400	7	4.5
786830	Cheddar Cheese Portions, Reduced Fat	168/1 Oz.	44881	Land O' Lakes	1mma	90	0	0	200	7	5

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862650	American Cheese Slices, Reduced Fat	6/5# 480/ 1oz	46268	Land O' Lakes	1 Oz=1mma	70	2	1	310	4	3
864090	American Cheese Shredded, Reduced Fat	4/5# 320/1oz	41728	Land O' Lakes	1 Oz(1/4c)=1mma	70	2	1	470	4.5	3
862670	Cheddar Cheese Shredded	4/5# 320/1 Oz	41749	Land O' Lakes	1 Oz(1/4c)=1mma	110	0	0	190	4.5	3
780370	Mozzarella, Shredded	4/5# 640/.5 Oz	41698	Land O' Lakes	1 Oz(1/4c)=1mma	90	1	0	210	6	4
780360	Mozzarella Light String Cheese Sticks	168/1 Oz.	59703	Land O' Lakes	1mma	60	1	0	210	2.5	2
862680	Pepper Jack Cheese Sticks	168/1 Oz	44889	Land-O-Lakes	1mma	100	0	0	170	8	5
227230	Cheese Cheddar Cubes	200/1 Oz	44113	Land-O-Lakes	1 Mma	90	0	0	190	7	4.5
526191	Bbq Teriyaki Chicken	240/2.8 Oz Srv	15554-8	Ling's	2.8 Oz= 2mma	130	10	9	480	3.5	1
124516	Chow Mein Noodles	80/2.8 Oz	8-52724-00301-6	Ling's	2 Breads	170	35	3	360	0	0
146404	Rice, Brown	472/1/2 C	12111	Mars Foods	1/2 Cup=1 Grain	85	18	0	0	0.75	0
338900	Potato, Fries, 1/2" C/C	6/5#=-243 Servings	Oif00993a	Mccain	1.98 Oz.=1/2 C Veg	90	13	0	20	2	0
509661	Potato, Fries, Wedges	6/5#=-178.5 Servings	Oif00024a	Mccain	2.69 Oz.=1/2 C. Veg	90	15	0	30	2.5	0
201081	Potato, Fries, Waffle	6/4.5 #=-143/ Servings	Oif01037a	Mccain	3.02 Oz.=1/2 C. Veg	140	22	<1	80	5	1
228818	Potato Shades Smiles	6/4#-159.6/Servings	Oif03456	Mccain	2.41 Oz.(4pieces)=1/2 C.Veg	130	20	0	180	4.5	0
667401	Cookie Dough Chocolate Chip	168/1.5 Oz	91001	Michael's Bakery Products, Llc	1 Grain	165	27	14	105	6	1.5
667411	Cookie Dough Sugar	168/1.5 Oz		Michael's Bakery Products, Llc	1 Grain	165	27	14	115	6	1.7
422151	Corn Tortillas	360/1 Oz	10620	Mission Foods	1 Grain	60	12	0	0	1	0
	Pork Barbeque Semi-Dry With Vinegar Marinade	246/2.6 Oz 8/5#	23453	Nick's Famous BBQ	2.6 OZ= 2MMA	130	2	0	261	5.8	2.1
203950	Propel Fitness Water, Berry	14/16.9	50033 Berry Propel	Pepsico	0	0	0	0	160	0	0
247830	Propel Fitness Water, Kiwi Strawberry	24/16.9	50040 Kiwi Strawberry Propel	Pepsico	0	0	0	0	160	0	0
203970	Propel Fitness Water, Lemon Loose	24/16.9	50032 Lemon Propel	Pepsico	0	0	0	0	115	0	0
569311	Juice & Vegetable Smoothie, Mango	8/10 Oz	63072	Pepsico	1 Bottle = 2 Serving Of Fruit	180	44	37	10	0	0
569391	Juice & Vegetable Smoothie, Strawberry Bannana	8/10 Oz	63071	Pepsico	1 Bottle = 2 Serving Of Fruit	160	38	29	5	0	0
569231	Juice & Vegetable Smoothie, Greene Machine	8/10 Oz	63076	Pepsico	1 Bottle = 2 Serving Of Fruit	170	41	35	20	0	0
569261	Juice & Vegetable Smoothie, Berry Blast	8/10 Oz	63117	Pepsico	1 Bottle = 2 Serving Of Fruit	160	37	32	10	0	0

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191090	Chips--Baked Cheetos,	104/.875 Oz	21642	Pepsico	1.25 Bread	120	17	<1	200	4.5	5
537871	Chips--Rf Cheetos Mellow Puffs, Wg	104/.7 Oz	21910	Pepsico	1 Bread	90	14	<1	135	3.5	0
537881	Chips Cheetos Flamin Hot Puffs Wg	104/.7 Oz	21912	Pepsico	1 Bread	90	14	<1	135	3.5	0
105040	Chips--Corn Chips, Plain	104/1 Oz	32405	Pepsico	No Bread Credit Do Not Qualify	90	16	0	160	10	1.5
456090	Chips Red.Fat Doritos Nacho	72/1 Oz	31748	Pepsico	1.5 Bread	130	20	0	200	5	0.5
788670	Chips Red. Fat, Doritos, Spicy Sweet Chili	72/1 Oz	49093	Pepsico	1.5 Bread	130	20	<1	180	5	0.5
541502	Chips Red.Fat Nacho Cool Ranch Doritos	72/1 Oz	36096	Pepsico	1.5 Bread	130	19	1	160	5	1
575570	Chips--Baked Bbq Potato Chips	60/.875 Oz	32078	Pepsico	No Grain Credit	110	19	3	170	2.5	0
714230	Chips Baked Original Potato Chips	60/.875 Oz	33625	Pepsico	No Grain Credit	100	20	2	115	1.5	0
192301	Chips Baked Sour Cream & Onion	60/.875 Oz	4705	Pepsico	No Grain Credit	100	18	3	140	2.5	0
641721	Popcorn	72/.5 Oz	25566	Pepsico	No Grain Credit	70	9	0	110	2.5	0
696871	Chips--Baked Tostitos Scoops	72/.875 Oz	42537	Pepsico	1.25 Bread	110	19	0	125	2.5	0
525922	Chips, Tortilla, Bulk	16-Aug	18793	Pepsico	1.5 Bread	140	20	0	120	5	0.5
105210	Chips Pretzels, Mini	88/1 Oz	324304	Pepsico	1.5 Bread	110	23	<1	450	1	0
893711	Chips Pretzels, Heartzels	104/1 Oz	19540	Pepsico	1 Bread	80	15	0	200	1.5	0
251670	Chips--Quaker Kid's Snack Mix	104/1 Oz	36308	Pepsico	1 Whole Grain	110	17	2	160	3.5	0
522930	Chicken Popcorn	103/3.08 Oz	7916	Pilgrim's Pride	3.08 (14)=2mma,1 Wgrain.	211	13	1	400	9	2
526221	Chicken Tenders	156/3.06 Oz	6253	Pilgrim's Pride	3=2mma,1wgrain	171	9	0	398	8	2
538383	Chicken Sticks	130/3.67 Oz	49913	Pilgrim's Pride	5=2mma,1wgrain	224	11	0	434	12	3
528890	Chicken Breakfast Patty	6.5#336/1.4 Oz	6373	Pilgrim's Pride	1mma,.25wgrain	80	4	0	175	4	1
528890	Chicken Nuggets	180/2.65 Oz	6173	Pilgrim's Pride	5=2mma,.50 Wgrain	164	9	0	356	8	2
528882	Chicken Patty	180/2.65 Oz	6673	Pilgrim's Pride	2mma, .50 Wgrain	164	9	0	356	8	2
518571	Chicken Patty, Hot & Spice Without Wraps	156/3.05 Oz	66660	Pilgrim's Pride	2MMA,1WGRAIN	184	13	0	236	8	2
528900	Chicken Fajita Pieces	195/2.45 Oz	1325	Pilgrim's Pride	2.45 Oz=2mma	82	1	0	434	2	0
564930	Diced Chicken	176/2.72 Oz	1230	Pilgrim's Pride	2.72 Oz=2mma	94	1	0	195	3	1

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339090	Grilled Chicken Patty	192/2.5 Oz	26624	Pilgrim's Pride	2mma	95	1	0	312	4	1
664410	Grilled Chicken Nugget-Honey Bbq	155/3.10 Oz	26276	Pilgrim's Pride	5= 2mma	165	9	2	353	9	2
634610	Beef Shredded	171/3 Oz	16002	Quantum Foods	3 Oz.= 2mma	150	1	0	260	5	2
645922	Ketchup, 9 Gram Pack	1000/3 Oz	Redy9g	Red Gold, Lic	Na	1=10	2	2	25	0	0
645922	Ketchup, 1.5 Gal	387/1t	Redy7d	Red Gold, Lic	Na	20	4	4	50	0	0
532502	Marinara Sauce Cups	250/1.0 Oz	Redna1z	Red Gold, Lic	Na	15	3	2	120	0	0
534342	Chicken Breast Fillet-Wg	80/4 Oz	13529	Rich Chicks	4 Oz. =2 Mma	189	10	4	257	8	1
534322	Chicken Breast Fillet, Hot And Spicy-Wg	80/4 Oz	13530	Rich Chicks	4 Oz. =2 Mma	240	15	0	390	11	2.6
576272	Corn Biscuits	169/2.75 Oz	12619	Rich Products	2 Grains	250	31	5	490	12	6
662462	Pudding Cups Cake Batter	60/3 Oz	11619	Rich Products	N/A	120	19	16	120	35	0
662451	Pudding Cups Brownie	60/3 Oz	11620	Rich Products	N/A	120	20	15	125	4	0
531522	Biscuit Dough, Mini, Wg, 1 Bread	336/1.35 Oz	12549	Rich's	1 W. Grain	110	15	1	250	5	3
237390	Biscuit Dough, Wg, 1.5 Bread	216/2.1 Oz	9315	Rich's	1.5 W. Grain	180	23	2	390	8	5
912927 SPECIAL ORDER	Calzone, Pepperoni	80/5 Oz	221bc	S&F Foods Inc.	2m/Ma 2brd	340	35	5	510	13	5
503221	Hushpuppies, Sweet Corn	260 / 1.85 Oz	10020	Savannah Foods	3=1.5 Ozwgrain	160	22	5	250	7	1
527622	Sauces, Asian Flavored, Orange	6/5#--393/2tbsp Servings	69143	Schwan's	0	50	11	10	110	0	0
665471	4" Cheese Pizza, 1w	72/4.44 Oz	72578	Schwan's	2mma,2wgrains, 1/8 C R/O Veg	290	32	12	570	12	3.5
665461	4" Pepperoni Pizza, 1w	72/4.51 Oz	72579	Schwan's	2mma,2wgrains, 1/8 C R/O Veg	300	33	12	650	12	4
585921	4 X 6 Cheese Pizza	96/4.6 Oz	78673	Schwan's	2mma,2wgrains, 1/8 C R/O Veg	300	37	14	580	11	4
585940	4 X 6 Pepperoni Pizza	96/4.8 Oz	78674	Schwan's	2mma,2wgrains, 1/8 C R/O Veg	300	36	13	640	11	1.5
575522	16" Round Wg Hand Toss Cheese Pizza, Whole Pie Pre-Sliced, Rise-In-The-Oven, 8 Cut	72/4.97 Oz 8 Cut	78397	Schwan's	2mma,2wgrains, 1/8 C R/O Veg	340	36	6	670	15	7

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665451	16" Round Wg Hand Toss Cheese & Pepperoni Pizza, Whole Pie Pre-Sliced, Rise-In-The-Oven, 8 Cut	72/5 Oz 8 Cut	79392	Schwani's	2mma,2wgrains, 1/8 C R/O Veg	350	35	6	740	15	6
	Big Daddy's	72/5.15 Oz 8 Cut	78637	Schwani's	2mma,2wgrains, 1/8 C R/O Veg	360	34	9	630	16	7
575522	16" Round Wg Hand Toss Cheese Blend, Pepperoni Pizza, Whole Pie Un-Sliced, Rise-In-The-Oven, 8 Cut	72/5.18 Oz 8 Cut	78638	Schwani's	2mma,2wgrains, 1/8 C R/O Veg	370	34	9	690	16	7
503640	Breakfast Sausage Pizza With Gravy	128/3 Oz	78352	Schwani's	1MMA, 1.5W GRAIN	210	25	9	430	8	2
503640	Quesadilla, Cheese	96/4.4	78372	Schwani's	4.4 =2mma 2wgrain	320	32	3	600	13	6
277731	Egg Rolls, Chicken	603.19 Oz	69461	Schwani's Food Service, Inc.	1 M/Ma, 1 B/G, 1/4 C, Veg.	160	20	3	410	5	1
521450	Egg Rolls, Vegetable	1303.1 Oz	66048	Schwani's Food Service, Inc.	1 B/G, 1/2 C, Veg	140	22	4	150	3.5	1
499690	Waffles, lw,Wg,1 Waffle-Maple	72/2.4 Oz	33659 Maple	Smucker's	1=2 W Grains	240	42	19	310	7	1.5
499700	Waffles, lw, Wg,1 Waffle-Cinnamon	72/2.2 Oz	33660 Cinnamon	Smucker's	1=2 W Grains	240	41	19	310	7	1.5
499721	Waffles, lw,Wg,1 Waffle-Blueberry	72/2.2 Oz	33661 Blueberry	Smucker's	1=2 W Grains	220	39	0	240	6	1
207980	Juice, Orange 4 Oz	70/4 Oz	30100	Suncup	1/2 Fruit	60	13	12	0	0	0
403040	Juice, Grape 4 Oz	70/4 Oz	30501	Suncup	1/2 Fruit	80	19	18	20	0	0
230361	Breakfast Bread, Whole Wheat, lw, Banana	70/3.4 Oz	6071	Super Bakery	2 Grain	280	44	25	220	10	2
523222	Breakfast Bread, Whole Wheat, lw, Berry	70/3.4 Oz	6073	Super Bakery	2 Grain	270	43	24	190	9	2
152181	Buns, Slider, Fun Buns	168/1.0 Oz	8669	Super Bakery	1 Grain	70	14	2	150	1	0
865440	Cinnamon Rolls / Bun, lw	72 / 2.9 Oz	6070	Super Bakery	1= 2 W Grains	230	37	16	250	2	0
661591	Pizza Bagels	96/1.17 Oz	52223	Tasty Brands	2 M/Ma, 2 Grain	240	25	5	760	9	4
524650	Ravioli, Cheese	221/2.17 Oz	00834wg	Tasty Brands	1m/Ma, .50grain	7 Pieces=120	16	1	260	2.5	1.5
521771	Flatbread, Ultra Loco Thin	216 / 1.24 Oz	1193	The Fathers Table	1 W,Grain	80	17	1	95	0.5	0
	100% Fruit Juice, Frozen Cups	96/ 4 Oz		Trident Beverage	1/2 Cup Fruit	100	25	20	35	0	0
817920	Yogurt, Strawberry	48/4 Oz	9825	Upstate Farms	1 M/Ma	90	19	15	50	0	0

GFS ITEM CODE	Item Name	Pack Size	Mfg Item Code	Manufacturer Award	Meal Credit	Calories	Carbs	Sugar	Sodium	Total Fat	Sat.Fat
817910	Yogurt, Peach	48/4 Oz	9818	Upstate Farms	1 M/Ma	90	19	15	55	0	0
535290	Yogurt-Vanilla Parfait	80 Oz	9896	Upstate Farms	4 Oz=1mma	27.5	4.75	19.88	15.5	.50	.31 1.25
627440	Ice Cream Sandwich	96/3 Oz	575943	Wells Enterprise	N/A	130	25	12	105	2.5	1
	Ice Cream Cone	96/3 Oz	9180831	Wells Enterprise	N/A	120	25	17	70	2	1
787982	Strawberry Shortcake Bar	144/3 Oz	796307	Wells Enterprise	N/A	160	26	16	70	5	1
787880	Chocolate, Ice Cream Krunch Bar	144/3 Oz	796296	Wells Enterprise	N/A	160	25	16	75	5	1.5
198322	Crackers, Whole Wheat	300 / 2 Ct	30017	Westminster	1 Pk=-.25wg	32	5	0	59	1	0
668201	Milk Wht 1% 50-8flz Broughton Dairy	50	8 Fl Oz	Dean		110	13	12	130	2.5	1.5
668191	Milk Choc FF 50-8flz Trumoo	50	8 Fl Oz	Dean		120	20	18	180	0	0
668211	Milk Strawb FF 50-8flz Trumoo	50	8 Fl Oz	Dean		110	19	18	125	0	0
668151	Milk Wht Skm 50-8flz Broughton Dairy	50	8 Fl Oz	Dean		90	13	12	130	0	0
806370	Milk Wht Whl 40-8flz Rgnlbrnd	40	8 Fl Oz	Dean		150	12	11	15	8	5
170879	Milk No Lact 12-8flz Dstar	12	8 Fl Oz	Dean							
	Cottage Cheese	1/2 C		Dean	1/2 C=1 Mma	90	5	4	490	1	0.5
	Sour Cream, Low Fat			Dean	2 T	30	3	2	35	2	1
3239	Whole Wheat Bread -Wg	1 Loaf	20 Sl.	Sara Lee	1 Sl =1wgb	70	14	2	120	0.5	0
4266	Hot Dog Bund Whole Grain	1 Pkg.	16 Sl.	Sara Lee	61 G=2 Wgb	160	31	4	270	2	0
3447	Hamburger Bun, Whole Grain	1 Pkg.	12 Sl.	Sara Lee	57 G=2wgb	160	29	4	200	2	0
4259	Hoagie Buns, Whole Grain	1 Pkg.	6 Pk.	Sara Lee	75 G=2.5 Wgb	200	38	6	270	2.5	0.5
4326	Raisin Cinnamon Bread	1 Loaf	14 Sl.	Sara Lee	1 Sl =32g=1 B	100	18	9	75	1	0
5618	Texas Toast, White	1 Loaf	15 Sl.	Sara Lee	1 Sl =1b	90	18	2	160	1	0