

THE SCHOOL DISTRICT OF PALM BEACH COUNTY
SCHOOL FOOD SERVICE DEPARTMENT
GRAMS OF CARBOHYDRATES AND DIETARY FIBER IN MENU ITEMS

Category	Menu Item <small>FY 2011/2012 SFS ~ Nutrition & Wellness Promotion Team ~ Revised February 2012</small>	Portion Size	Fiber Grams	CHO Grams
GRAINS/ BREADS	Biscuit, Buttermilk, IW - Grab & Go	1 Each	2.98	30.84
	Biscuits, Buttermilk	1 Each	4.00	29.00
	Bread, Corn, Mix Recipe	1 Portion	0.84	26.16
	Breadsticks, Whole Wheat	1 Breadstick	1.00	20.00
	Crackers, Graham, Apple Cinnamon	1 Packet/Bag	1.00	18.00
	Crackers, Graham, Honey	1 Packet/Bag	2.00	17.00
	Crackers, Graham, Strawberry	1 Packet/Bag	1.00	19.00
	Pasta, Penne	1 Cup	2.00	42.00
	Rice w/Vegetables	1 Cup (2 #8 Scoops)	3.90	43.40
	Rice, Brown	6 oz. (1 #6 Scoop)	1.52	26.60
	Rice, Mixed Black Beans	2/3 Cup (1 #6 Scoops)	4.19	43.99
	Rice, Yellow	½ Cup	0.24	20.90
	Roll, Dinner, Whole Grain	1 Roll	2.00	12.00
	Roll, Dinner, Whole Grain, Frozen	1 Roll	0.50	13.00
	Spaghetti, Pasta	1 Cup	1.60	32.80
	Stuffing, Cornbread, Mix	½ Cup	1.08	23.86
	Stuffing, Traditional, Mix	½ Cup	0.34	7.09
BREAKFAST	Bagel, Sausage, IW	1 Each	1.00	20.00
	Bagel, Cheese, Brk	½ Bagel	2.00	19.50
	Bagel, Ham & Cheese, Brk	½ Bagel	2.00	18.81
	Bagel, Multigrain	1 Each	4.00	35.00
	Bagel, w/Cream Cheese	1 Each	4.00	37.00
	Bagel Stick	1 Each	3.49	31.94
	Bagels, Mini, Egg & Cheese	3 Pieces	2.00	21.00
	Biscuit, Chicken	1 Each	4.00	38.00
	Biscuit, Chicken IW - Grab & Go	1 Each	2.00	32.00
	Biscuit, Egg & Cheese	1 Each	4.00	31.06
	Biscuit, Ham & Cheese, IW - Grab & Go	1 Each	5.00	25.99
	Biscuit, Sausage & Cheese	1 Each	4.00	30.00
	Breadstick, Apple	1 Each	2.00	41.00
	Breakfast Breaks, Honey Nut Cherrios	1 Entire Box	2.00	57.00
	Breakfast Breaks, Kix	1 Entire Box	3.00	48.00
	Breakfast Breaks, Honey Graham	1 Entire Box	2.00	58.00
	Breakfast Breaks, RS Cinnamon Toast Crunch	1 Entire Box	3.00	54.00
	Breakfast Pocket	1 Each	1.00	28.00
	Breakfast Rounds, Apple, IW - Grab & Go	1 Each	6.00	44.00
	Breakfast Rounds, Pineapple, IW - Grab & Go	1 Each	6.00	44.00
	Burrito, Brk, Sausage & Egg	1 Burrito	1.00	28.00
	Canadian Bacon, Sliced	3 Slices	0.00	1.50
	Cereal, Total Raisin Bran	1 Each	3.00	25.00
	Cereal, Multigrain Cherrios	1 Each	2.00	15.00
	Cereal, Honey Nut Chex	1 Each	1.00	27.00

Cereal, WG Cheerios	1 Each	2.00	14.00
Cereal, Corn Flakes, Country	1 Each	0.90	16.00
Cereal, Rice Crunchins	1 Each	0.00	18.00
Cheese, Portion	1 (1 oz.) Portion	0.00	0.34
Cheese, Mozzarella, Portion	1 (1 oz.) Portion	0.00	1.00
Cinnamon Bun, WW, IW	1 Each	2.00	44.00
Cinnamon Roll, Apple, Whole Wheat, IW- Grab & Go	1 Each	3.99	32.94
Cinnamon Roll, Whole Wheat, IW - Grab & Go	1 Each	3.99	33.94
Donut, Honey Wheat	1 Each	2.00	39.00
Eggs, Scrambled	$\frac{1}{4}$ Cup	0.00	1.09
French Toast Sticks	3 Sticks	2.45	26.13
French Toast, Cinnamon Glazed	1 Each	3.69	31.33
Frudel, Fruit, Apple	1 Each	2.00	36.00
Frudel, Fruit, Cherry	1 Each	2.00	36.00
Grits, Corn	$\frac{1}{2}$ Cup	1.96	31.96
Grits, Corn with Cheese	$\frac{1}{2}$ Cup	1.96	32.60
Mini Loafs, Apple Cinnamon	1 Each	2.00	30.00
Mini Loafs, Banana	1 Each	2.00	30.00
Mini Loafs, Blueberry	1 Each	2.00	25.00
Mozzarella Cheese Pocket	1 Each	3.00	29.00
Muffin, Apple Cinnamon	1 Each	1.00	23.00
Muffin, Banana Nut	1 Each	2.00	24.00
Muffin, Blueberry	1 Each	1.00	22.00
Muffin, Can. Bacon, Egg, Cheese	1 Each	3.00	28.56
Muffin, Cheese	1 Each	1.50	15.00
Muffin, Corn	1 Each	3.00	34.00
Muffin, Eggspress	1 Each	3.00	28.06
Muffin, Ham & Cheese	1 Each	3.00	27.48
Muffin, Turkey Sausage & Cheese	1 Each	3.00	27.00
Oatmeal, Milk	$\frac{1}{2}$ Cup	6.00	55.67
Oatmeal, Peaches, Milk	$\frac{1}{2}$ Cup	5.27	55.06
Oatmeal, Raisin, Milk	$\frac{1}{2}$ Cup	5.70	54.97
Oatmeal, Spiced Apple, Milk	$\frac{1}{2}$ Cup	6.14	54.81
Omelet, Cheese	1 Each	0.00	1.79
Omelet, Cheese, IW - Grab & Go	1 Each	0.00	1.79
Pancakes	1 Each	1.00	13.66
Pancake, Blueberry	1 Each	1.00	14.00
Pancake, Maple Chip	1 Package	2.00	30.00
Pancake & Sausage Stick	1 Each	1.00	23.00
Pancake & Sausage, Stick IW - Grab & Go	1 Each	3.00	21.00
Pancake Sausage Sandwich, IW- Grab & Go	1 Each	0.40	15.00
Pizza, Breakfast, Turkey Sausage	1 Slice	3.00	22.00
Quesadilla, Cheese, Brk, IW- Grab & Go	1 Each	0.92	29.48
Sandwich, Café Fav. Mini-Breakfast	1 Each	3.00	22.00
Sandwich, Chicken Tenders, Breakfast	1 Each	2.33	17.67
Sandwich, P.B. & Banana. (2.8 oz.)	1 Each	4.00	32.00
Sandwich, P.B. & J. (2.8 oz.)	1 Each	4.00	32.50
Sausage, Turkey Patty	1 Patty	0.00	0.00
Toast, Cheese	1 Slice	2.00	12.00
Toast, Cinnamon	1 Slice	2.05	12.57

	Toast, Whole Wheat	1 Slice	2.00	10.00
	Waffle Blueberry, IW	1 Each	2.00	37.00
	Yogurt, Upstate Farms	1 Each	0.00	19.00
ENTREES	Bagel, Ham & Cheese, Lunch	1 Each	4.00	36.79
	Bagel, Turkey & Cheese	1 Each	4.00	38.72
	Beefaroni, Fiesta, w/Breadstick	1 Cup + Breadstick	4.00	52.00
	Beefaroni, Mac N Beef w/Breadstick	1 Cup + Breadstick	3.00	51.00
	Burrito, Bean & Cheese	1 Each	6.13	53.63
	Burrito, Beef & Bean	1 Each	5.60	51.12
	Burrito, Chicken & Cheese	1 Each	3.35	56.96
	Burrito, Chili Cheese	1 Each	4.00	36.00
	Caribbean Basket	1 Basket	11.94	145.23
	Chicken, Barbecued	1 Portion	0.00	4.50
	Chicken, Barbecued w/Roll	1 Portion + Roll	1.25	17.08
	Chicken, Breaded w/Roll	1 Portion + Roll	2.00	19.00
	Chicken Fajita	1 Portion	1.65	24.32
	Chicken, General TSO w/Rice & Vegetables	1 Each	3.79	49.72
	Chicken, Mandarin w/Rice & Vegetables	1 Each	3.79	70.02
	Chicken, Nuggets, Elem., w/Roll	5 Each + Roll	2.25	26.59
	Chicken, Nuggets, Sec., w/Roll	7 Each + Roll	2.67	32.38
	Chicken, Oven Roast	1 Portion	0.00	0.00
	Chicken, Oven Roast w/Roll	1 Portion + Roll	1.25	12.58
	Chicken, Popcorn, w/Roll	1 Portion + Roll	2.32	27.51
	Chicken, Buffalo Tenders w/Roll	3 Pieces + Roll	2.25	28.58
	Chicken, Tenders, w/Roll	4 Pieces + Roll	2.59	31.25
	Chicken, Tenders Basket w/Roll	4 Pieces + Pot. Wed. + Roll	3.92	55.26
	Chicken, Teriyaki w/Rice & Vegetables	1 Each	3.79	64.68
	Chicken Quesadilla	1 Each	3.00	36.48
	Chili, w/Beef and Cornbread	1 Cup + Cornbread	6.05	42.11
	Chili, Vegetarian, Chips	1 Cup + 7 Chips	13.98	55.47
	Chili, Vegetarian, Cornbread	1 Cup + Cornbread	12.93	62.65
	Corndog	1 Each	5.00	33.00
	Fish Fillet w/Roll	1 Each + Roll	1.25	26.58
	Fish Sticks w/Roll	3 Sticks + Roll	2.77	36.88
	Fish Sticks, Pot. Crunch w/Roll	3 Sticks + Roll	1.25	33.84
	Fish, Nacho Taco	4 Sticks + 1 Tortilla	2.02	37.40
	Fruit, Muffin, Cheese Entrée	1 Each	4.19	43.04
	Fruit, Yogurt, Cheese Entrée	1 Each	2.62	35.84
	Hot Dog	1 Each	3.00	24.00
	Lasagna, Meatless w/Breadstick	1 Each + Breadstick	5.96	46.77
	Lasagna, Turkey w/Roll	1 Each + Roll	3.22	39.55
	Macaroni & Cheese - Boil in Bag w/Roll	6 oz. + Roll	2.25	41.58
	Macaroni & Cheese w/Fish Fillet	6 oz. + 1 Fillet	1.00	43.00
	Meatloaf w/Roll	1 Slice + Roll	2.25	24.36
	Mini Cheese Pizza Bagels	4 Mini Bagels	3.00	21.00
	Muffin, Yogurt, & Cheese	1 Each	1.56	45.20
Omelet, Cheese w/Toast, Lunch	1 Each	2.00	11.79	
Pasta, Penne Beef Sauce w/Breadstick, Sec	1.5 Cup Pasta, 8 oz. Sauce, + Breadstick	6.38	85.78	
Pasta, Penne & Meatballs w/Breadstick, Sec	1.5 Cup Pasta, 7 Meatballs, 8 oz. Sauce + Breadstick	7.67	90.84	

Pasta, Penne Beef Sauce w/Breadstick (elementary)	1 Cup Pasta, 6 oz. Sauce, + Breadstick	4.74	63.24
Pasta, Penne & Meatballs w/Breadstick (elementary)	1 Cup Pasta, 5 Meatballs, 8 oz. Sauce + Breadstick	5.78	67.64
Peanut Butter & Fruit Platter	1 Each	6.15	42.93
Peanut Butter & Veggie Platter	1 Each	5.40	33.08
Pizza, Big Daddy's, Cheese	1 Slice	3.00	55.00
Pizza, Big Daddy's, Pepperoni	1 Slice	2.00	51.00
Pizza, Caliendo's, Cheese	1 Slice	3.00	36.00
Pizza, Caliendo's, Pepperoni	1 Slice	4.00	42.00
Pizza, Double Stuffed	1 Slice	3.00	27.75
Pizza, Mexican- Fiestada	1 Each	3.00	41.00
Pizza, School, Cheese, Tony's	1 Slice	4.00	36.75
Pizza, School, Pepperoni, Tony's	1 Slice	4.00	37.00
Pizza, School, Cheese, (The Max)	1 Slice	4.00	36.00
Pizza, School, Pepperoni, (The Max)	1 Slice	4.00	32.00
Pizza, Stuffed Wedge	1 Slice	6.75	50.75
Pork Carnitas	1 Portion	3.01	27.19
Pork Roast, Shredded w/Roll	½ Cup + Roll	1.25	12.58
Pork, Platter BBQ	#8 Scoop + Roll	2.09	16.70
Pot Roast w/Roll	½ Cup + Roll	1.92	15.75
Quesadilla, Cheese	1 Each	1.00	32.00
Salad, Chef, Garden	1 Portion	1.46	4.67
Salad, Chef, Specialty	1 Portion	1.85	5.22
Salad, Chicken Caesar, Specialty	1 Portion	0.86	16.31
Salad, Chicken BLT	1 Portion	2.72	7.51
Salad, Chicken, Grilled	1 Portion	1.97	5.57
Salad, Chicken Popcorn, Specialty	1 Portion	2.88	18.27
Salad, Chicken Tenders, Specialty	1 Portion	2.87	18.09
Salad, Garden w/Cheese Stick	1 Portion	1.73	5.08
Salad, Mandarin Chicken, Specialty	1 Portion	2.13	28.90
Salad, Mini Grilled Chicken	1 Portion	0.71	15.95
Salad, Mini Mandarin Chicken	1 Portion	1.88	28.29
Salad, Simply, Specialty	1 Portion	2.47	6.23
Salad, Spicy Chicken	1 Portion	3.65	18.01
Salad, Taco	1 Portion	2.60	25.99
Salad, Turkey BLT	1 Portion	2.32	8.24
Salad, Tuna w/Crackers	1 Each + 6 Crackers	1.89	15.92
Salad, Tuna w/Loco Bread	1 Each + 1 Loco Bread	1.39	11.42
Salisbury Steak w/Roll	1 Slice	1.70	18.66
Sandwich, BBQ Turkey	1 Each	4.00	28.65
Sandwich, Black Bean Burger	1 Each	10.00	43.00
Sandwich, Café Fav, Ham & Cheese	1 Each	3.00	31.00
Sandwich, Café Fav, Turkey & Cheese	1 Each	3.00	31.00
Sandwich, Café Fav, Grilled Cheese	1 Each	4.00	34.00
Sandwich, Café Fav, Hoagie (Submarine)	1 Each	3.00	39.00
Sandwich, Cheese	1 Each	4.00	24.00
Sandwich, Cheese & Canadian Bacon	1 Each	4.00	23.50
Sandwich, Cheeseburger	1 Each	5.00	26.00
Sandwich, Cheeseburger, Mini-Twin	1 Package	1.50	42.00
Sandwich, Chicken Parmesan Sub	1 Each	5.48	61.37
Sandwich, Chicken Patty	1 Each	5.00	38.00

Sandwich, Chicken Patty Spicy	1 Each	5.00	36.00
Sandwich, Chicken Parmesan (Elementary)	1 Each	5.48	41.39
Sandwich, Chicken Tenders	1 Each	5.00	39.00
Sandwich, Chicken Tender Parmesan Sub	1 Each	5.45	61.20
Sandwich, Fish Fillet	1 Each	4.00	38.00
Sandwich, Fish Fillet & Cheese	1 Each	4.00	39.00
Sandwich, Ham & Cheese, Bread	1 Each	4.00	21.79
Sandwich, Ham & Cheese, Bun	1 Each	4.00	25.79
Sandwich, Ham & Cheese, Sub	1 Each	4.52	46.88
Sandwich, Ham, Bread	1 Each	4.00	21.10
Sandwich, Ham, Bun	1 Each	4.00	25.10
Sandwich, Ham, Sub	1 Each	4.52	46.19
Sandwich, Hamburger	1 Each	4.62	25.80
Sandwich, Meatball Sub	1 Each (5 Meatballs)	5.73	49.56
Sandwich, PB & J w/Cheese Stick	1 Each	4.00	33.50
Sandwich, Pork BBQ	$\frac{1}{2}$ Cup	6.09	40.70
Sandwich, Sloppy Joe, Boil-N-Bag	$\frac{1}{2}$ Cup	5.10	33.92
Sandwich, Steak Sub	1 Each	4.67	47.25
Sandwich, Submarine	1 Each	4.00	47.15
Sandwich, Submarine, Veggie	1 Each	4.79	50.13
Sandwich, Southwest Chicken Sub	$\frac{1}{2}$ Cup	4.57	47.41
Sandwich, Toasted Cheese	1 Each	4.00	24.00
Sandwich, Tuna Salad Sub	1 Each	4.19	44.45
Sandwich, Turkey & Cheese, Bread	1 Each	4.00	23.62
Sandwich, Turkey & Cheese, Bun	1 Each	4.00	27.58
Sandwich, Turkey & Cheese, Sub	1 Each	4.52	48.70
Sandwich, Turkey, Bread	1 Each	4.00	23.01
Sandwich, Turkey, Bun	1 Each	4.00	27.01
Sandwich, Turkey, Hot	1 Each	2.00	13.31
Sandwich, Turkey Sub	1 Each	4.52	48.13
Sandwich, Veggie Burger	1 Each	7.00	45.00
Sandwich, Wrap, Beef, Mexican	1 Each (1/3 Cup)	2.79	32.97
Sandwich, Chicken Wrap	1 Each	2.28	27.51
Sandwich, Wrap, Ham	$\frac{1}{2}$ Wrap	2.77	29.54
Sandwich, Wrap, SW Chicken	1 Each	2.65	34.09
Sandwich, Wrap, Tuna	$\frac{1}{2}$ Wrap	3.09	28.49
Sandwich, Wrap, Turkey	$\frac{1}{2}$ Wrap	2.77	31.33
Sandwich, Wrap, Veggie Cheese	$\frac{1}{2}$ Wrap	3.03	32.45
Spaghetti, Beef Sauce (Sec.) w/Breadstick	1.5 Cup Pasta, 8 oz. Sauce, + Breadstick	6.26	82.06
Spaghetti, Beef Sauce (Elem.) w/Breadstick	1 Cup Pasta, 6 oz. Sauce, + Breadstick	4.74	62.44
Spaghetti w/Meatballs - Elementary w/Breadstick	1 Cup Pasta, 5 Meatballs, 8 oz. Sauce + Breadstick	5.77	66.84
Spaghetti w/Meatballs - Secondary w/Breadstick	1.5 Cup Pasta, 7 Meatballs, 8 oz. Sauce + Breadstick	7.55	87.12
Stuffed Shells w/Breadstick	2 Shells + Breadstick	3.96	50.97
Taco Pie, Bean w/Chips	$\frac{1}{2}$ Cup + 7 Chips	3.89	30.08
Taco Pie, Beef Crumbles w/Chips	1/3 Cup + 7 Chips	2.03	21.42
Taco Pie, Turkey w/Chips	1/3 Cup + 7 Chips	2.03	23.35
Taco, Soft, Beef Crumbles & Cheese	1 Each (1/3 Cup)	2.32	23.41
Taco, Soft, Turkey, IW	1 Each	2.00	23.00

	Taco, Soft, Turkey (Elem.)	1 Each (1/3 Cup)	1.01	23.58
	Taco, Soft, Turkey (Sec.)	1 Each (1/2 Cup)	2.00	35.53
	Taco, Chicken, Santa Fe	1 Each	4.55	65.39
	Taco, Chicken, Santa Fe w/Beans	1 Each	5.63	69.17
	Taco, Fish Grilled Fajita	1 Each	1.01	22.19
	Taco Wedges, Beef	3 Each	3.99	29.93
	Turkey, Roast Pre-Sliced w/Roll	2 Slices (3.1 oz.) + Roll	1.25	15.89
	Turkey, Ham Steak w/Roll	2 Slices (3.1 oz.) + Roll	1.75	25.98
	Yogurt Parfait	1 Each	9.77	131.82
	Yogurt Parfait, Elementary	1 Each	2.46	53.68
FRUITS & VEGETABLES	Beans, Baked	$\frac{1}{2}$ Cup	7.44	31.89
	Beans, Black Seasoned	$\frac{1}{2}$ Cup	5.64	19.93
	Beans, Green, Frozen	$\frac{1}{2}$ Cup	2.83	4.80
	Beans, Green, Fresh	12-15 Pieces	1.00	17.00
	Beans, Green, French	$\frac{1}{2}$ Cup	1.88	4.76
	Beans, Green, Italian	$\frac{1}{2}$ Cup	2.45	6.19
	Broccoli & Cauliflower	$\frac{1}{2}$ Cup	2.17	4.34
	Broccoli, Frozen Florets	$\frac{1}{2}$ Cup	2.23	4.46
	Cabbage	$\frac{1}{2}$ Cup	2.06	6.31
	Caribbean Blend, Frozen	$\frac{1}{2}$ Cup	2.54	7.68
	Carrot & Bean Medley	$\frac{1}{2}$ Cup	2.37	7.16
	Carrot & Celery Sticks	$\frac{1}{2}$ Cup	1.56	5.57
	Carrot Sticks	$\frac{1}{2}$ Cup	1.91	7.70
	Carrot, Cauliflower, Broccoli	$\frac{1}{2}$ Cup	2.17	5.48
	Carrots, Baby, Frozen	$\frac{1}{2}$ Cup	2.14	7.48
	Carrots, Baby, Fresh	$\frac{1}{2}$ Cup	2.14	7.48
	Carrots, Sliced	$\frac{1}{2}$ Cup	3.29	8.76
	Celery, Sticks	$\frac{1}{2}$ Cup	1.12	3.26
	Corn, Canned	$\frac{1}{2}$ Cup	2.39	22.78
	Corn Cobbette	1 Each	1.00	17.00
	Corn, Fiesta	$\frac{1}{2}$ Cup	1.00	17.94
	Corn, Frozen	$\frac{1}{2}$ Cup	2.14	17.09
	Fruit, Canned, Assorted	$\frac{1}{2}$ Cup	0.86	17.85
	Fruit, Cupped Strawberry	$\frac{1}{2}$ Cup	2.83	15.87
	Fruit Fresh, Apple	1 Each	2.7	15.25
	Fruit Fresh, Banana	1 Each	2.4	23.4
	Fruit Fresh, Orange	1 Each	2.4	11.75
	Fruit Fresh, Tangerine	1 Each	2.3	11.19
	Fruit Fresh, Peach	1 Each	1.9	12.4
	Fruit Fresh, Pear	1 Each	4.6	22.88
	Fruit Fresh, Grapes	1 Each	1.00	17.15
	Fruit, Italian Ice Frozen	$\frac{1}{2}$ Cup	0.00	24.50
	Fruit, Juice Assorted	$\frac{1}{2}$ Cup	0.00	14.39
	Fruit, Juice Assorted 6 oz.	$\frac{3}{4}$ Cup	0.00	23.18
	Fruit, Pre-Cupped, Assorted	$\frac{1}{2}$ Cup	0.80	18.60
	Greens, Collard	$\frac{1}{2}$ Cup	2.24	2.87
	Peas & Carrots, Frozen	$\frac{1}{2}$ Cup	3.01	9.02
	Peas, Black Eyed	$\frac{1}{2}$ Cup	2.78	17.40
	Peas, Green, Frozen	$\frac{1}{2}$ Cup	4.78	13.14
	Plantains, Sliced	5 oz.	5.06	64.12
Potato, Baked, Whole	1 Each	2.71	28.35	
Potato, Sweet, Bites	10 Pieces	3.02	18.14	

	Potato Sweet, Waffles	$\frac{1}{2}$ Cup	1.98	14.88
	Potato, Sweet, Wedges	3.0 oz.	3.09	24.69
	Potato, Sweet, Bake	$\frac{1}{2}$ Cup	2.04	57.19
	Potato, Sticks	7 Pcs	2.69	26.89
	Potato, Wedges (Roasted)	8-10 Pcs	1.33	24.01
	Potatoes, Mashed	$\frac{1}{2}$ Cup	1.47	16.85
	Salad, Cup	$\frac{1}{2}$ Cup	0.57	1.80
	Salad, Cup, Coleslaw	$\frac{1}{2}$ Cup	0.85	9.35
	Salad, Garden	1 Portion	1.73	4.40
	Soup, Minestrone	1 Cup	3.69	12.91
	Soup, Tomato	1 Cup	1.00	20.00
	Soup, Vegetable	1 Cup	3.13	13.72
	Spinach	$\frac{1}{2}$ Cup	4.02	4.35
	Spinach, with Cheese	$\frac{1}{2}$ Cup	4.02	4.51
	Squash Yellow	$\frac{1}{2}$ Cup	0.95	2.55
	Yucca, Frozen	$\frac{1}{2}$ Cup	1.30	30.99
	Zucchini	$\frac{1}{2}$ Cup	1.36	3.29
	Zucchini & Yellow Squash	$\frac{1}{2}$ Cup	1.12	2.97
	Zucchini & Diced Tomatoes	$\frac{1}{2}$ Cup	0.97	2.48
MILK	Milk, Velda, 1%	Half Pint (8 oz.)	0.00	11.00
	Milk, Velda, Skim	Half Pint (8 oz.)	0.00	11.00
	Milk, Velda, Fat-Free, Chocolate	Half Pint (8 oz.)	0.00	26.00
MISC.	BBQ Sauce	1 oz. Portion	0.00	10.00
	Catsup	1 oz. Portion	0.00	3.00
	Cream Cheese	1 Portion (21 grams)	0.00	2.00
	Gravy, Beef, Ready-Made	2 oz.	0.00	3.78
	Gravy, Chicken, Ready-Made	2 oz.	0.00	2.81
	Gravy, Turkey, Ready-Made	2 oz.	0.00	3.31
	Honey Mustard Sauce	1 oz. Portion	0.00	2.64
	Jelly- Assorted	1 Portion (0.5 oz.)	0.00	10.00
	Mayonnaise	1 Portion (12 grams)	0.00	0.00
	Mustard	1 Portion (5.5 grams)	0.00	0.00
	Pancake Syrup	1 Portion (1.5 oz.)	0.00	30.66
	Relish	1 Portion (0.9 grams)	0.00	3.00
	Sauce, Marinara	1 Portion (2 oz.)	1.00	6.00
	Sweet & Sour Sauce	1 oz. Portion	0.00	3.68
	Salad Dressing- Buttermilk Ranch	1 Portion (12 grams)	0.00	1.00
	Salad Dressing- Italian	1 Portion (12 grams)	0.00	1.00
	Salad Dressing- Red French	1 Portion (12 grams)	0.00	3.00
	Salad Dressing- Thousand Island	1 Portion (12 grams)	0.00	2.00
	Salad Dressing- Balsamic	1 Portion (1.5 oz)	0.00	6.00
	Salad Dressing- Italian	1 Portion (1.5 oz)	0.00	4.00
	Salad Dressing- Italian Light	1 Portion (1.5 oz)	0.00	5.00
	Salad Dressing- French	1 Portion (1.5 oz)	0.00	11.00
	Salad Dressing- French Light	1 Portion (1.5 oz)	0.00	11.00
	Salad Dressing- Ranch	1 Portion (1.5 oz)	0.00	3.00
	Salad Dressing- Honey Dijon	1 Portion (1.5 oz)	1.00	9.00
	Salad Dressing- Caesar	1 Portion (1.5 oz)	0.00	3.00
	Salad Dressing- Oriental	1 Portion (1.5 oz)	0.00	10.00
	Salad Dressing- Thousand Island	1 Portion (1.5 oz)	1.00	8.00
	Salsa, IW	1 Portion (2 oz.)	0.50	4.00
	Sour Cream, IW	1 Portion (1 oz.)	0.00	1.00

	Taco Sauce	1 Portion (9 grams)	0.00	1.00
	Tartar Sauce	1 Portion (9 grams)	0.00	1.00