

## SUSQUEHANNA TOWNSHIP SCHOOL DISTRICT

2/20/2015

## Food Item Master List

No.	Description	Source	Portion Size	Unit Cost \$	Calories (kcal)	Total Fat (g)	% Fat Cals	Sodium (mg)	Chol (mg)	Dietary Fiber (g)	Sat Fat (g)	% Sat. Fat	Carbs (g)
000376	Apple, Slices	STSD	1/2 cup	0	30	0.00	0.00%	0.00	0.00	1.00	0.00	0.00%	7.00
000493	Applesauce Unsweetened	STSD	1/2 cup	0	51	0.00	0.00%	25.66	*N/A*	1.03	0.00	0.00%	14.37
	Apricots, Halves	STSD	1/2 cup	0	79	0.00	0.00%	5.00	0.00	2.00	0.00	0.00%	21.00
000526	Bagel, Cinnamon Raisin Sec	STSD	each	0	370	1.50	3.65%	760.00	0.00	4.00	0.50	1.22%	78.00
560602	Bagel, Mini Cinn. Crm Chs Fill	STSD	each	0	240	6.00	9.00%	180.00	10.00	2.00	2.50	12.00%	41.00
560601	Bagel, Mini Straw. Crm Chs Fill	STSD	each	0	230	6.00	9.00%	180.00	10.00	2.00	2.50	11.00%	41.00
000525	Bagel, Plain Sec	STSD	each	0	380	1.50	3.55%	820.00	0.00	3.00	0.50	1.18%	78.00
560520	Bagelful, Cinnamon Cream Chs	STSD	each	0	180	3.00	5.00%	180.00	5.00	3.00	1.50	8.00%	32.00
000406	Banana	STSD	each	0	105	0.39	3.34%	1.18	0.00	3.07	0.13	1.13%	26.95
000070	BBQ Sauce Cup	STSD	each	0	40	0.50	11.25%	380.00	0.00	0.00	0.00	0.00%	9.00
000105	Beans, Baked	STSD	3/4 cup	0	195	0.18	0.84%	683.48	0.00	8.85	0.01	0.05%	38.83
000482	Beans, Green Frozen	STSD	1/2 cup	0	24	0.14	5.46%	0.84	0.00	2.52	0.03	1.29%	5.42
560685	Biscuit WG	STSD	each	0	210	10.00	16.00%	460.00	0.00	2.00	9.00	47.00%	27.00
560681	Biscuit, WG Mini	STSD	each	0	100	5.00	8.00%	230.00	0.00	1.00	4.50	23.00%	13.00
000552	Black Bean Salsa	STSD	1/2 cup	0	90	0.00	0.00%	369.04	0.00	5.18	0.00	0.00%	16.12
000483	Bosco Sticks 4"	STSD	2 sticks	0	220	6.00	24.55%	280.00	10.00	2.00	2.00	8.18%	30.00
000266	Bosco Sticks 4" w/sauce	STSD	2 sticks	0	251	9.09	32.58%	560.63	10.25	3.00	3.57	12.79%	35.50
561542	Bosco Sticks 4" pepperoni	STSD	2 sticks	0	240	9.00	13.85%	340.00	20.00	2.00	2.00	4.50%	22.50
	Bosco Sticks 6" Pretzel w/cheese	STSD	1 stick	0	190	6.00	9.00%	230.00	10.00	2.00	2.00	10.00%	26.00
000485	Bosco Sticks 7" WG	STSD	2 sticks	0	420	12.00	25.72%	580.00	10.00	64.00	4.00	8.57%	54.00
000249	Bosco Sticks 7" WG w/ sauce	STSD	2 sticks	0	223	6.61	26.71%	375.11	5.88	32.23	2.29	9.26%	28.25
561502	Bosco Sticks 7" Apple	STSD	1 stick	0	190	1.50	2.31%	170.00	0.00	2.00	0.00	0.00%	39.00
000188	Bread, Sliced	STSD	slice	0	130	1.50	10.39%	250.00	0.00	2.00	0.00	0.00%	26.00
000491	Breakfast Break Cheerio	STSD	each	0	230	4.30	16.82%	280.00	0.00	3.00	1.30	5.08%	47.00
000220	Breakfast Break HunNut Cheerio	STSD	each	0	290	5.50	17.07%	275.00	0.00	2.00	1.50	4.66%	57.00
000218	Breakfast Break Lucky Charm	STSD	each	0	185	2.97	14.47%	211.40	0.00	1.32	0.66	3.21%	36.33
000219	Breakfast Break Cinn Toast Cr	STSD	each	0	286	4.60	14.47%	294.00	0.00	1.00	0.80	2.52%	58.00
000242	Breakfast JumpStart AppleJacks	STSD	each	0	270	4.00	13.33%	230.00	0.00	0.00	1.00	3.33%	54.00
000241	Breakfast JumpStart FrFlakes	STSD	each	0	360	5.00	12.50%	335.00	0.00	0.00	1.50	3.75%	77.00
000240	Breakfast JumpStart FruitLoops	STSD	each	0	330	5.50	15.00%	280.00	0.00	0.00	1.50	4.09%	68.00
580127	Breakfast Pizza, Turkey Bacon	STSD	each	0	210	8.00	13.00%	340.00	55.00	2.00	3.50	18.00%	23.00
580141	Breakfast Pizza, Turkey Sausage	STSD	each	0	210	7.00	11.00%	480.00	15.00	2.00	2.00	10.00%	26.00
	Breakfast Sliders, Saus, Egg, Chs	STSD	2 sliders	0	150	4.50	27.00%	280.00	45.00	2.00	1.50	8.00%	21.00
	Breakfast Sliders, SW Egg, Chs	STSD	2 sliders	0	160	5.00	28.00%	310.00	45.00	2.00	1.50	8.00%	21.00
	Broccoli, Steamed	STSD	1/2 cup	0	26	0.00	0.00%	10.00	0.00	3.00	0.00	0.00%	5.00
000221	Butter Pat	STSD	each	0	36	4.06	101.81%	35.70	10.75	0.00	2.57	64.48%	0.00
000560	Calzone, WG w/sauce	STSD	each	0	382	13.86	32.63%	514.12	30.15	6.48	6.14	14.47%	40.58
000517	Carrots, Baby	STSD	1/2 cup	0	40	0.15	3.34%	88.45	0.00	3.29	0.03	0.59%	9.34
000549	Carrots, Coins	STSD	1/2 cup	0	2	0.03	16.55%	2.69	0.00	0.15	0.01	2.92%	0.35
200046	Cereal, Bar	STSD	bar	0	150	3.00	5.00%	110.00	0.00	3.00	0.50	3.00%	30.00
000488	Cereal, Honey Nut	STSD	bowl	0	110	1.50	12.27%	190.00	0.00	2.00	0.00	0.00%	22.00

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000093	Cereal, HonNut Cheerio w/milk	STSD	each	0	110	1.50	12.27%	190.00	0.00	2.00	0.00	0.00%	22.00
000306	Cheese, Cheddar HSredded	STSD	.5 oz	0	35	2.28	57.86%	45.56	7.59	0.00	1.52	38.57%	0.00
000020	Cheese, Mozz HSredded	STSD	.5 oz	0	46	3.04	60.00%	106.31	7.59	0.00	1.77	35.00%	0.51
000168	Cheese, American White	STSD	1 slice	0	50	4.00	72.00%	235.00	12.50	0.00	2.50	45.00%	1.00
000148	Cheese, Sauce Elem	STSD	ladle	0	54	1.80	30.00%	377.99	0.00	0.00	0.00	0.00%	8.10
000214	Cheese, Sauce Nacho	STSD	ladle	0	45	1.49	30.00%	557.04	0.00	0.00	0.00	0.00%	6.96
000516	Chicken Buffalo Tenders	STSD	3 tenders	0	263	15.16	51.92%	394.10	25.26	3.03	2.53	8.66%	16.17
000186	Chicken Buffalo Tenders WGRoll	STSD	3 tenders/roll	0	353	16.16	41.23%	604.11	25.26	4.03	2.53	6.45%	32.17
000467	Chicken Nuggets K8	STSD	5 nuggets	0	293	16.77	51.43%	447.18	27.95	2.79	2.79	8.57%	18.17
000275	Chicken Nuggets Sec	STSD	6 nuggets	0	352	20.12	51.43%	536.61	33.54	3.35	3.35	8.57%	21.80
000026	Chicken Nuggets w/WG Roll EL	STSD	5 nuggets/roll	0	383	17.77	41.71%	657.18	27.95	3.79	2.79	6.56%	34.17
000466	Chicken Nuggets w/WG Roll Sec	STSD	6 nuggets/roll	0	442	21.12	43.00%	746.61	33.54	6.35	3.35	6.83%	37.80
000481	Chicken Patty Gr BBQ	STSD	each	0	134	3.50	23.42%	429.86	35.00	0.00	1.00	6.69%	9.62
000375	Chicken Patty Gr BBQ WG Roll	STSD	sandwich	0	272	4.50	14.88%	780.72	35.00	2.00	1.00	3.31%	35.53
000548	Chicken Patty Gr BBQ WGRollHS	STSD	sandwich	0	302	5.00	14.90%	780.72	35.00	3.00	1.00	2.98%	41.53
000412	Chicken Patty Grilled	STSD	each	0	100	3.50	31.50%	200.00	35.00	0.00	1.00	9.00%	1.00
000163	Chicken Patty Grilled WG Roll	STSD	sandwich	0	230	4.50	17.61%	500.00	35.00	2.00	1.00	3.91%	25.00
000545	Chicken Patty Grilled WGRoll HS	STSD	sandwich	0	260	5.00	17.31%	500.00	35.00	3.00	1.00	3.46%	31.00
000500	Chicken Patty Spicy	STSD	each	0	270	15.00	50.00%	400.00	25.00	3.00	3.00	10.00%	17.00
000179	Chicken Patty Spicy WG Roll K8	STSD	sandwich	0	400	16.00	36.00%	700.00	25.00	5.00	3.00	6.75%	41.00
000557	Chicken Patty Spicy WGRoll HS	STSD	sandwich	0	420	15.96	34.18%	685.71	24.11	5.89	2.89	6.19%	46.39
	Chicken Sticks	STSD	7 pieces	0	220	13.00	20.00%	330.00	20.00	2.00	2.50	13.00%	14.00
000455	Chicken, Tenders EL	STSD	3 tenders	0	240	10.50	39.37%	375.00	52.50	1.50	2.25	8.44%	13.50
000550	Chicken, Tenders EL w/WG Roll	STSD	3 tenders/roll	0	330	11.50	31.36%	585.00	52.50	4.50	2.25	6.14%	29.50
570248	Cinnamon Bun, Mini	STSD	1 package	0	240	8.00	12.00%	300.00	0.00	2.00	2.00	11.00%	40.00
000479	Cole Slaw	STSD	1/2 cup	0	180	12.00	60.00%	240.00	10.00	2.00	2.00	10.00%	18.00
000386	Cookie, Candy WG	STSD	each	0	140	4.56	29.24%	116.25	11.02	2.04	1.51	9.68%	23.90
000385	Cookie, Choc Chip WG	STSD	each	0	140	4.36	28.08%	121.84	11.37	2.03	1.48	9.53%	24.09
000384	Cookie, Sugar WG	STSD	each	0	142	4.62	29.37%	148.59	9.50	2.04	1.53	9.73%	24.10
Barry	Corn Dog Nuggets	STSD	6 pieces	0	250	10.00	N/A	630.00	15.00	1.00	1.50	N/A	31.00
000271	Corn, Yellow	STSD	1/2 cup	0	68	0.84	11.11%	271.32	0.00	1.68	0.13	1.67%	15.62
000144	Cranberry Sauce	STSD	#40 scoop	0	37	0.00	0.00%	3.38	*N/A*	0.34	0.00	0.00%	8.46
000528	Cream Cheese Cup	STSD	each	0	86	8.22	85.57%	142.31	24.04	0.14	5.36	55.77%	1.90
000111	Croissant, WG	STSD	each	0	200	9.00	40.50%	290.00	5.00	2.00	4.00	18.00%	26.00
000454	Dressing, Lite Ranch - Bulk	STSD	#40 scoop	0	65	5.67	78.75%	275.40	4.05	0.00	0.81	11.25%	1.62
632028	FiHS Nuggets	STSD	4 nuggets	0	220	9.00	14.00%	760.00	30.00	2.00	1.50	8.00%	21.00
000456	FiHS Sandwich on WG Roll	STSD	sandwich	0	194	9.17	42.63%	203.77	20.38	0.00	1.53	7.11%	14.26
000138	FiHS w/Chz on WG Roll K8	STSD	sandwich	0	244	13.22	48.72%	441.70	33.03	0.00	4.06	14.96%	15.28
000558	FiHS w/Chz on WG Roll HS	STSD	1 each	0	404	14.72	32.77%	741.70	33.03	3.00	4.06	9.04%	45.28
000442	Fixins	STSD	1/2 cup	0	7	0.10	13.51%	332.63	0.00	0.67	0.01	1.84%	2.36
101000	Flatbread, Turkey Sausage	STSD	each	0	170	5.00	8.00%	310.00	60.00	2.00	1.50	8.00%	21.00
101311	French Toast, Mini Berry	STSD	each	0	220	7.00	11.00%	380.00	5.00	2.00	1.50	6.00%	37.00
567051	Frudel, Apple	STSD	each	0	210	6.0	9.00%	290.00	0.00	2.00	1.50	8.00%	37.00

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567050	Frudel, Cherry	STSD	each	0	210	6.0	9.00%	290.00	0.00	2.00	1.50	8.00%	37.00
	Fruit Pocket, 3.95 oz Apple	STSD	each	0	310	8.00	*N/A*	290.00	0.00	6.00	3.00	*N/A*	54.00
	Fruit Pocket, 3.95 oz Cherry	STSD	each	0	310	8.00	*N/A*	200.00	0.00	8.00	3.00	*N/A*	54.00
	Fruit Pocket, 2.00 oz Apple	STSD	each	0	160	4.20	*N/A*	145.00	0.00	3.00	1.30	*N/A*	27.00
	Fruit Pocket, 2.00 oz Cherry	STSD	each	0	160	4.20	*N/A*	102.00	0.00	3.00	1.40	*N/A*	27.00
000486	Garlic Fr Bread 1/2 sl	STSD	1/2 slice	0	185	10.00	48.65%	265.00	15.00	1.00	4.00	19.46%	14.50
	Grapes	STSD	3 oz.	0	60	0.00	0.00%	0.00	0.00	1.00	0.00	0.00%	15.00
101029	Grilled Mozzarella Sandwich	STSD	1 each	0	310	12.00	18.00%	510.00	30.00	3.00	6.00	30.00%	34.00
000469	Hamburger EL	STSD	each	0	120	8.00	60.00%	120.00	40.00	1.00	3.50	26.25%	1.00
000472	Hamburger on WG Roll EL	STSD	sandwich	0	250	9.00	32.40%	420.00	40.00	3.00	3.50	12.60%	25.00
000124	Hamburger on WG Roll MS	STSD	sandwich	0	320	13.00	36.56%	500.00	70.00	2.00	5.00	14.06%	24.00
000542	Hamburger on WG Roll HS	STSD	sandwich	0	350	13.50	34.72%	500.00	70.00	3.00	5.00	12.86%	30.00
000468	Hamburger w/Chz on WGRoll EL	STSD	sandwich	0	170	12.00	63.53%	355.00	52.50	1.00	6.00	31.76%	2.00
000137	Hamburger w/Chz on WGRoll MS	STSD	sandwich	0	240	16.00	60.00%	435.00	82.50	0.00	7.50	28.12%	1.00
000543	Hamburger w/Chz on WGRoll HS	STSD	sandwich	0	400	17.50	39.38%	735.00	82.50	3.00	7.50	16.87%	31.00
000363	Hamburger, Patty Sec	STSD	each	0	190	12.00	56.84%	200.00	70.00	0.00	5.00	23.68%	0.00
000069	Honey Mustard Cup	STSD	each	0	130	12.00	83.08%	210.00	10.00	0.00	2.00	13.85%	5.00
000209	Honey Packet	STSD	each	0	27	0.00	0.00%	0.36	0.00	0.02	0.00	0.00%	7.42
000208	Hot Sauce Packet	STSD	each	0	0	0.00	0.00%	100.00	*N/A*	0.00	0.00	0.00%	1.00
000411	Hotdog	STSD	each	0	130	12.00	83.08%	430.00	25.00	0.00	4.00	27.69%	0.00
000115	Hotdog on WG Roll	STSD	sandwich	0	250	13.00	46.80%	710.00	25.00	2.00	4.00	14.40%	22.00
000277	Ice Cream, Orange HSerbet	STSD	each	0	120	1.50	11.25%	35.00	5.00	0.00	1.00	7.50%	27.00
000278	Ice Cream, Raspberry HSerbet	STSD	each	0	120	1.50	11.25%	35.00	5.00	0.00	1.00	7.50%	27.00
000279	Ice Cream, Fudge Bar	STSD	each	0	130	1.50	10.38%	90.00	5.00	0.00	1.00	6.92%	26.00
000299	Ice Cream, Ice Cream Bar	STSD	each	0	190	13.00	61.58%	50.00	30.00	0.00	10.00	47.37%	16.00
000280	Ice Cream, Orange Dream Bar	STSD	each	0	100	1.50	13.50%	40.00	5.00	0.00	1.00	9.00%	20.00
000276	Ice Cream, Vanilla Cup	STSD	each	0	140	7.00	45.00%	50.00	25.00	0.00	4.50	28.93%	16.00
000287	Ice Cream, Vanilla Sandwich	STSD	each	0	160	5.00	28.12%	135.00	15.00	0.00	3.00	16.87%	25.00
000117	Italian Dunkers w/Marinara EL	STSD	2 sticks	0	373	16.75	40.42%	824.00	22.00	2.20	5.85	14.11%	39.30
000521	Italian Dunkers w/Marinara Sec	STSD	3 sticks	0	537	24.25	40.64%	1201.00	33.00	2.80	8.65	14.50%	55.20
000345	Jelly	STSD	each	0	37	0.00	0.07%	4.20	0.00	0.14	0.00	0.02%	9.79
000405	Juice, Apple Suncup	STSD	1/2 cup	0	57	0.00	0.00%	10.00	0.00	0.00	0.00	0.00%	15.00
000404	Juice, Fruit Punch Suncup	STSD	1/2 cup	0	60	0.00	0.00%	10.00	0.00	0.00	0.00	0.00%	15.00
000143	Juice, Orange Suncup	STSD	1/2 cup	0	60	0.00	0.00%	5.00	0.00	0.00	0.00	0.00%	14.00
000065	Ketchup Packet	STSD	packet	0	10	0.00	0.00%	105.00	0.00	0.00	0.00	0.00%	3.00
000028	Lettuce & Tomato Cup K8	STSD	each	0	6	0.09	13.02%	2.17	0.00	0.49	0.01	1.79%	1.22
000400	Macaroni & Cheese RF	STSD	3/4 cup	0	290	11.01	34.14%	980.56	30.02	1.00	6.00	18.62%	32.02
000067	Mayonnaise Packet	STSD	packet	0	89	9.92	100.00%	64.48	0.00	0.00	1.49	15.00%	0.00
000564	Meatball Sub	STSD	sandwich	0	355	11.82	29.93%	1016.70	35.66	2.92	3.06	7.74%	38.15
000551	Meatball Sub K8	STSD	sandwich	0	293	9.68	29.76%	832.46	30.00	2.78	2.57	7.90%	29.69
000351	Meatballs for Rotini	STSD	4 meatballs	0	139	6.98	45.24%	487.05	23.62	0.60	2.33	15.08%	6.01
000457	Milk, Skim	STSD	8 oz.	0	90	0.00	0.00%	130.00	5.00	0.00	0.00	0.00%	13.00
000459	Milk, 1%	STSD	8 oz.	0	110	2.50	20.45%	130.00	15.00	*N/A*	1.50	12.27%	13.00

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000460	Milk, FF Chocolate	STSD	8 oz.	0	140	0.00	0.00%	230.00	5.00	0.00	0.00	0.00%	26.00
000461	Milk, FF Cookies & Cream	STSD	8 oz.	0	130	0.00	0.00%	180.00	5.00	0.00	0.00	0.00%	25.00
000458	Milk, FF Strawberry	STSD	8 oz.	0	130	0.00	0.00%	110.00	5.00	0.00	0.00	0.00%	24.00
000061	Milk, Lactose Free	STSD	8 oz.	0	80	0.00	0.00%	125.00	5.00	0.00	0.00	0.00%	13.00
000477	Mixed Fruit	STSD	1/2 cup	0	80	0.00	0.00%	5.00	0.00	1.00	0.00	0.00%	18.00
568330	Muffin, Mini Blueberry	STSD	1 package	0	150	5.00	8.00%	100.00	15.00	1.00	1.00	5.00%	24.00
570309	Muffin, Loaf Blueberry	STSD	each	0	150	4.50	7.00%	180.00	35.00	2.00	1.00	5.00%	25.00
000066	Mustard Packet	STSD	packet	0	3	0.20	53.87%	56.75	0.00	0.17	0.01	3.33%	0.27
000555	Nachos, Cheese w/TacoMeat HS	STSD	serving	0	367	16.35	40.09%	900.20	37.04	1.67	2.34	5.74%	40.96
000146	Nachos, Cheese w/TacoMeat K8	STSD	serving	0	274	11.68	38.41%	820.20	37.04	1.00	1.67	5.50%	28.96
000029	Orange Smiles	STSD	1/2 cup	0	35	0.09	2.30%	0.00	0.00	1.77	0.01	0.38%	8.65
100510	Pancake, Mini Maple	STSD	1 package	0	230	7.00	10.00%	150.00	0.00	3.00	0.50	3.00%	41.00
100538	Pancake, Sandwich Blueberry	STSD	each	0	190	4.00	19.00%	270	10.00	2.00	1.0	5.00%	35.00
100523	Pancake, Sandwich Cinnamon	STSD	each	0	220	7.00	29.00%	260	10.00	2.00	1.50	6.00%	35.00
	Pancake, Trk Saus Stick - Blue	STSD	each	0	160	5.00	31.00%	380.00	20.00	1.00	1.00	6.00%	18.00
	Pancake, Trk Saus Stick - Apl Cn	STSD	each	0	160	5.00	31.00%	340.00	20.00	2.00	1.50	8.00%	18.00
000074	Peaches, Sliced	STSD	1/2 cup	0	70	0.00	0.00%	9.94	0.00	0.99	0.00	0.00%	16.89
000465	Peanut Butter	STSD	#40 scoop	0	152	11.98	70.82%	115.13	0.00	1.39	2.30	13.62%	5.80
000072	Pears, Sliced	STSD	1/2 cup	0	80	0.00	0.00%	5.02	0.00	2.01	0.00	0.00%	20.10
000040	Peas, Green Frozen	STSD	1/2 cup	0	74	0.26	3.12%	68.04	0.00	5.20	0.05	0.58%	13.48
000206	Pickle, Relish Sweet	STSD	packet	0	12	0.04	3.25%	72.99	0.00	0.10	0.00	0.37%	3.16
000102	Pickles, Dill Chips	STSD	4 chips	0	0	0.00	0.00%	330.00	0.00	0.00	0.00	0.00%	1.00
580195	Pizza, Deep DiHS	STSD	1 each	0	330	12.00	18.00%	590.00	15.00	4.00	4.00	20.00%	40.00
000397	Pizza, Fr Bread w/Pepperoni WG	STSD	slice	0	336	13.44	35.97%	528.12	36.56	3.00	8.12	21.75%	33.00
000122	Pizza, Fr Bread WG Cheese	STSD	slice	0	310	11.00	31.93%	439.89	29.99	3.00	7.00	20.32%	32.99
000562	Pizza, Pizzeria w/Pepperoni WG	STSD	slice	0	356	16.44	41.53%	648.13	36.56	3.00	9.12	23.05%	32.00
000396	Pizza, Pizzeria WG	STSD	slice	0	330	14.00	38.18%	560.00	30.00	3.00	8.00	21.82%	32.00
580443	Pizza, UNO	STSD	slice	0	290	10.00	15.00%	290.00	30.00	3.00	6.00	30.00%	31.00
	Pizza, UNO Pepperoni	STSD	slice	0	320	13.00	20.00%	400.00	30.00	3.00	6.00	30.00%	33.00
000563	Pizza, Veggie Personal Pan WG	STSD	slice	0	330	12.00	32.73%	490.00	30.00	5.00	6.00	16.36%	31.00
000394	Pizza, Zesty w/ Pepperoni WG	STSD	slice	0	326	13.44	37.07%	508.13	36.56	4.00	7.12	19.65%	28.00
000114	Pizza, Zesty WG	STSD	slice	0	300	11.00	33.00%	420.00	30.00	4.00	6.00	18.00%	28.00
000544	Pork, Bulled BBQ on WG Roll HS	STSD	sandwich	0	428	14.70	30.91%	1377.00	68.20	4.30	4.32	9.09%	48.30
000518	Pork, Pulled BBQ on WG Roll MS	STSD	sandwich	0	268	13.20	44.33%	1077.00	68.20	1.30	4.32	14.51%	18.30
000561	Potato, Chips	STSD	bag	0	80	5.00	56.25%	80.00	0.00	0.00	0.50	5.62%	8.00
000565	Potatoes, Wedges	STSD	serving	0	120	2.50	18.75%	5.00	0.00	2.00	0.00	0.00%	17.00
000125	Potatoes, Baby Cakes	STSD	4 cakes	0	150	9.03	54.00%	441.33	0.00	2.01	1.50	9.00%	17.05
000152	Potatoes, Mashed	STSD	#10 scoop	0	51	0.76	13.50%	230.87	0.00	1.02	0.00	0.00%	9.67
000129	Potatoes, Smiles Elem	STSD	1/2 cup	0	133	5.13	34.62%	184.72	0.00	2.05	1.03	6.93%	19.50
000475	Potatoes, Sweet	STSD	1/2 cup	0	163	4.12	22.76%	51.75	0.00	1.76	0.75	4.16%	30.27
000524	Potatoes, Tater Tots 1/2c	STSD	1/2 cup	0	120	6.00	45.00%	260.00	0.00	2.00	1.00	7.50%	14.00
000127	Potatoes, Tater Tots 1/4c	STSD	1/4 cup	0	60	3.00	45.00%	130.00	0.00	1.00	0.50	7.50%	7.00
000021	Pretzel Snack	STSD	bag	0	50	0.50	8.98%	290.00	0.00	1.00	0.00	0.00%	11.00

## SUSQUEHANNA TOWNSHIP SCHOOL DISTRICT

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## Food Item Master List

000033	Pudding, Chocolate FF	STSD	1/2 cup	0	137	0.00	0.00%	173.70	0.00*	0.00*	0.00	0.00%	32.10
000036	Pudding, Vanilla FF	STSD	1/2 cup	0	147	0.00	0.00%	204.71	0.00*	0.00*	0.00	0.00%	34.17
382557	Raisins	STSD	box	0	130	0.00	0.00%	10.00	*N/A*	31.00	0.02	*N/A*	31.00
	Ravioli, Cheese w/ Sauce	STSD	3 pieces	0	200	4.00	6.00%	380.00	40.00	3.00	1.50	8.00%	27.00
000018	Rice WG Pilaf	STSD	#12 scoop	0	57	0.50	7.90%	14.29	0.00	0.68	0.00	0.01%	11.72
000490	Roll, Hamburger WG	STSD	roll	0	130	1.00	6.92%	300.00	0.00	2.00	0.00	0.00%	24.00
570574	Roll, Hoagie, WG Split top	STSD	roll	0	160	0.00	0.00%	280.00	0.00	1.00	0.00	0.00%	35.00
000109	Roll, Hot Dog WG	STSD	roll	0	0	0.00	0.00%	0.00	0.00	0.00	0.00	0.00%	0.00
000541	Roll, Kaiser WG	STSD	roll	0	160	1.50	8.44%	300.00	0.00	3.00	0.00	0.00%	30.00
000169	Roll, Sub	STSD	roll	0	161	1.61	9.00%	310.35	0.00	3.21	0.00	0.00%	31.03
000110	Roll, Tea	STSD	roll	0	60	0.75	11.25%	110.00	0.00	0.50	0.00	0.00%	11.00
000131	Rotini w/Tomato Sauce & Chs	STSD	1/2 cup	0	281	8.23	26.34%	285.63	12.15	3.08	3.36	10.75%	39.62
001051	Salsa	STSD	1 oz.	0	10	0.00	0.00%	68.43	0.00	0.98	0.00	0.00%	1.96
000112	Saltines	STSD	pack	0	50	1.00	18.00%	105.00	0.00	0.00	0.00	0.00%	8.00
000382	Sandwich, Grilled Cheese WG	STSD	sandwich	0	288	10.19	31.82%	662.06	31.85	2.33	5.76	17.99%	31.28
000494	Sauce, Marinara	STSD	1/4 cup	0	45	1.75	35.00%	70.12	0.00	1.00	0.25	5.00%	7.51
000373	Sauce, Spaghetti	STSD	1/4 cup	0	38	1.44	33.75%	293.29	0.00	0.96	0.48	11.25%	5.29
000116	Sauerkraut	STSD	2 Tbsp.	0	5	0.00	0.00%	189.10	0.00	0.00	0.00	0.00%	1.00
445402	Sliced Turkey Combo Pk - Ham	STSD	.51 oz.	0	100	4.50	N/A	530.00	60.00	0.00	1.50	N/A	1.00
445402	Sliced Turkey Combo Pk - Salami	STSD	.5 oz.	0	150	10.00	N/A	600.00	60.00	0.00	2.50	N/A	2.00
445402	Sliced Turkey Combo Pk - bologna.	STSD	.5oz.	0	100	9.00	N/A	370.00	50.00	0.00	2.50	N/A	1.00
750512	Sloppy Joe (meat)	STSD	4.94 oz.	0	160	5.00	N/A	780.00	50.00	0.00	1.50	N/A	17.00
100685	Soft Pretzel Nuggets	STSD	2 each	0	30	0.00	0.00%	30.00	0.00	0.50	0.00	0.00%	6.50
	Soft Pretzel Stick, Cinn Bun Stfd	STSD	1 each	0	150	2.50	15.00%	115.00	5.00	3.00	1.00	6.00%	30.00
000317	Soup, Tomato	STSD	1 cup	0	86	0.00	0.00%	460.19	0.00	0.96	0.00	0.00%	19.17
000205	Sour Cream	STSD	#24 scoop	0	82	8.39	92.01%	34.02	22.11	0.00	4.89	53.66%	1.22
000150	Stuffing	STSD	#16 scoop	0	65	2.38	32.69%	279.04	0.00	0.41	0.32	4.40%	9.90
	Strawberries, Diced	STSD	cup	0	70	0.00	0.00%	0.00	0.00	2.00	0.00	0.00%	17.00
	Sun Chips	STSD	bag	0	140	6.00	9.00%	120.00	0.00	3.00	1.00	5.00%	19.00
000095	Syrup Cup	STSD	cup	0	120	0.00	0.00%	40.00	0.00	0.00	0.00	0.00%	31.00
000147	Taco Meat	STSD	serving	0	100	4.50	40.50%	270.00	50.00	0.00	1.50	13.50%	0.00
000212	Taco Sauce	STSD	packet	0	5	0.00	0.00%	95.00	0.00	0.00	0.00	0.00%	1.00
000120	Taco, Tangy Hard Sell	STSD	2 tacos	0	295	13.01	39.72%	480.68	65.03	1.73	4.68	14.31%	20.35
000121	Taco, Tangy Soft Sell	STSD	2 tacos	0	280	8.34	26.80%	549.75	50.02	0.00	2.27	7.29%	28.33
650320	Taco, Walking Chip Bag	STSD	1 bag	0	210	11.00	17.00%	340.00	0.00	2.00	1.50	8.00%	26.00
	Tater Tot Casserole	STSD	4 oz.	0	160	10.00	N/A	350.00	25.00	1.00	3.00	N/A	11.00
000174	Tuna Salad	STSD	#16 scoop	0	136	4.48	29.66%	417.90	5.81	0.31	0.71	4.70%	9.35
000141	Turkey & Gravy	STSD	serving	0	155	7.77	45.00%	595.70	71.23	0.00	2.59	15.00%	2.59
000130	Turkey Ham	STSD	2 oz.	0	81	3.04	33.75%	668.24	40.50	0.00	1.01	11.25%	2.02
000403	Turkey Ham&Chz Croissant EL	STSD	sandwich	0	321	15.66	43.92%	1109.71	52.94	2.00	7.39	20.72%	28.77
000511	Turkey Ham&Chz Croissant Sec	STSD	sandwich	0	330	16.00	43.64%	1185.00	57.50	2.00	7.50	20.46%	29.00
000334	Turkey Salad	STSD	#16 scoop	0	157	7.52	43.18%	580.02	90.17	0.39	1.62	9.31%	11.67
000118	Turkey, Chip Smk on WG Roll	STSD	sandwich	0	125	5.88	42.30%	835.00	43.75	0.00	3.13	22.50%	3.50

## Food Item Master List

000338	Turkey, Deli Smoked	STSD	3 oz.	0	90	2.25	22.50%	720.00	37.50	0.00	0.75	7.50%	3.00
000333	Turkey, Roast	STSD	2 oz.	0	69	1.26	16.50%	387.79	30.31	0.00	0.42	5.48%	3.66
000553	Veggie Cup	STSD	3/4 cup	0	23	0.14	5.60%	49.01	0.00	1.90	0.02	0.98%	5.05
000538	Veggie Tray Senior High	STSD	1 cup	0	42	0.26	5.69%	93.48	0.00	3.44	0.05	1.14%	9.27
100511	Waffle, Mini Blueberry	STSD	1 package	0	230	7.00	9.00%	200.00	5.00	3.00	1.50	5.00%	42.00
000540	Wrap, Whole Wheat	STSD	wrap	0	190	4.00	18.95%	160.00	0.00	4.00	0.50	2.37%	32.00
226450	Yogurt, 4 oz. Trix	STSD	each	0	100	0.50	1.00%	50.00	5.00	0.00	0.50	2.00%	20.00
000362	Yogurt, 4 oz. flavored	STSD	each	0	110	0.00	0.00%	75.00	0.00	0.00	0.00	0.00%	22.00
000361	Yogurt, 8 oz. flavored	STSD	each	0	210	0.00	0.00%	150.00	5.00	0.00	0.00	0.00%	45.00

*\*N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient*

*\* - denotes combined nutrient totals with either missing or incomplete nutrient data*

*1 - denotes optional nutrient values*

**NOTICE:** *The data contained within this report and the Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.*

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