

9818	Breakfast Pizza, egg and Bacon Tony's 78353	2.95 oz 84 g	210	8	3.5	320	25	5	10	Y	1	1.5			Y	Y	Y	Y	
	Broccoli Florets frozen USDA	1 cup=85g	30	0	0	20	4	2	1										
3333	Broccoli, frozen florets, Monarch	1 cup=241 g	30	0	0	20	4	2	1										
7025	Cake Mix, Chocolate Gold Medal	1/3 cup	210	4.5	1	470	41	21	3						Y	Y	Y	Y	
7028	Cake Mix, White Gold medal	1/4 cup dry mix	150	4	2	240	26	15	2						Y	y	Y	Y	
7029	Cake Mix, Yellow Gold Medal	1/3 cup dry mix	150	3.5	2	240	26	15	2						Y	Y	Y	Y	
3493	California Blend Monarch 1466762	1 cup	30	0	0	35	5	3	1										
1213	Canadian Bacon, sliced, Hormel	8 slices=56g	70	3.5	1.5	590	0	0	10										
	Carrot, coins, frozen Monarch 670531	2/3 cup	35	0	0	50	7	4	1										
5404	Carrots, Belgium, Canned, Tiny, International173367	1/2 cup	35	0	0	300	9	6	1										
5402	Carrots, canned coins Monarch 170292	1/2 cup	30	0	0	250	6	4	0										
3342	Carrots, crinkle cut coins Monarch frozen	2/3 cup	35	0	0	50	7	4	1										
	Cheddar Cheese Sauce harvest Value 447924	1/4 cup	80	6	1.5	560	7	0	1						Y				
	Cheese, AM, SI, Low Fat, Low NA+ Land O Lakes	2 slices	70	4.5	2.5	300	2	2	8						Y			Y	
2808	Cheese, American Sliced , Glenview Farms 077121	2 slices	100	9	5	510	1	0	5						Y				
	Cheese, Cheddar Glenview Farms 073571	1/4 cup	110	9	5	180	1	0	7						Y				
	Cheese, Colby Jack Stick Heritage 083117	1=28g	110	9	5	180	1	0	7						Y				
	Cheese, Colby Jack Stick USDA 44878000034500	1=28g	90	6	4	200	0	0	7	Y	1				Y				
	Cheese, Cream Neufchatel														Y				
	Cheese, Mozzarella part Roseli 7332372	1=28g	96	6	3.5	240	0	0	7						Y				
2804	Cheese, Mozzarella Shredded, Roseli 073377	1/4 cup	254	15.92	10.11	619	2.77	1.13	24.3						Y				
	Cheese, Mozzarella String USDA 110396	1=28g	90	7	5	200	0	0	7	Y	1				Y				

2804	Cheese, Mozzarella, skim Glenview farms	28 g	80	6	3.5	240	0	0	7									
	Cheese, Shredded Mild Glenview farms	1oz	110	9	5	180	1	0	7	N					Y			
6102c	Cherry Aplesauce cup Monarch	1/2 cup	90	0	0	15	22	19	0					red dye				
	Chicken Breast Patty CN goldkist 63330	3 oz 84g	250	16	4	300	13	0	14	Y	2	0.8				Y	Y	
1572	Chicken Breast Raw fillet, Patuxant Farms 425024	112 g	140	4	1.5	40	0	0	25									
	Chicken broth, Canned Home Taste 550EB	1 cup=241 g	15	0	0	1070	1	0	3							Y		
	Chicken broth, Canned, College Inn	1 cup=240ml	15	1	0	900	0	1	0							Y		
	Chicken Broth, Canned, Home Taste	1 cup=241 g	10	1	0.5	570	0	0	0								Y	
	Chicken Broth, low Sodium, Keystone	1 cup=241 g	30	0	0	65	0	0	7									
	Chicken Nugget sticks Advanced Pierre 68023	3 oz	270	19	5	350	10	0	14	Y	2	1				Y		
	Chicken Nugget, Breaded Goldkist 71110	5 x .68 oz								Y	2	1		Y	Y	Y	Y	
1520	Chicken Nuggets Tyson 2378- 928	5 per serving .69 each	180	10	2	380	10	0	13	Y	2	1				Y	Y	
	Chicken Patty, breaded Advanced Pierre 63330	3.0 oz	253	16.2	4	300	13	<1	13.7	Y	2	1				Y	Y	
	Chicken Patty, Breaded WG, Tyson 2376-0928	3.53oz	260	15	3.5	530	13	0	18	Y						Y	Y	
1521	Chicken w Teriyaki Advanced Pierre 9879	3 oz 4 x .75 oz each	130	3.5	1	560	9	6	15	Y	2	2				Y	Y	
	Chicken, Boneless Grill Goldkist Farms 1330	2.48oz	67	2	0	427	1	0	11	Y	2			Y				
	Chicken, breaded mini WG Advanced Pierre 63115	1.5 oz 42 g	120	8	2	210	5	0	6	Y					Y		Y	
1505	Chicken, Breaded Strip, WG Advanced Pierre 68023	2 oz	270	19	5	350	10	0	14	Y					Y	Y		
1505	Chicken, Breaded WG Stick, Tyson 070367-09028	3 oz	230	13	2.5	340	14	1	13	Y					Y	Y		
1520	Chicken, breaded, mini Tyson 5778-928	1.6 oz	190	9	2	430	12	0	14	Y	1	0.3				Y	Y	
	Chicken, breaded, mini WG Goldkist 635300	1.63oz	96	4	1	207	7	0	8	Y	1	0.5				Y	Y	
	Chicken, breaded, mini, WG Perdue 66206	1.50 oz	110	6	1.5	190	7	0	7	Y	1	0.3			Y	Y	Y	

1571	Chicken, Breast, Boneless, Patuxant Farms 425020	3 oz	114	2.59	0.56	116	0	0	21.2										
	Chicken, diced Tyson 24160	3oz= 84g	120	4	1	115	1	0	19										
	Chicken, Diced Southern Hen's 9220	3 oz	130	3.5	1	40	0	0	26										
	Chicken, diced Goldkist 1230	2.72= 1.75 m/ma	94	3	1	195	1	0	16	N									
1574	Chicken, Drumstick, raw, Tyson 008832-0928	3 oz	90	4	1	50	0	0	12										
	Chicken, Fajita strips El Pasado 463470	3 oz 84g	110	1	0	570	3	1	21										Y
1506	Chicken, Fajita Strips Smart Serve 34-201	3 oz 85g	130	6	2	600	1	0	17										Y
	Chicken, Fajita Strips Goldkist Farms 1325	2 oz	67	2	0	427	1	0	11	Y	2				Y				Y
	Chicken, Nugget WG Goldkist Farms 6153	5-.608oz= 3.04 oz	216	12	2	400	13	1	14	Y	2	1				Y	Y		Y
	Chicken, pulled Patuxant Farms 5382635	84 g	130	3	1	80	0	0	25	N									
	Chicken, Strip Goldkist 6243	3.84oz	240	14	3	669	16	0	19	Y	2.5	1			Y	Y	Y		Y
	Chicken, Tenderlion Strips, raw, Patuxant Farms 221199	2 oz	110	1	0	35	1	1	25										
1501	Chicken, White, Diced 1/2" Patuxant Farms 464568	3 oz 84g	120	1.5	0	65	0	0	26										
1579	Chicken, 8 piece, raw Goldkist 8820	3 oz	170	10	3.5	95	0	0	19										
	Chocolate Pudding Monarch 280426	1/2 cup	140	4	1	180	25	18	2						Y				
7250	Chocolate Pudding canned Real Fresh	1/2 cup	100	0	0	160	23	16	2						Y				
6695b	Chocolate Pudding Cup Real Fresh	1/2 cup	110	2	0	105	23	18	1						Y				
	Chocolate Syrup Monarch 231765	2 Tbsp	110	0	0	75	25	15	<1										
	Cinnamon Roll, WG Hadley Farms	2.5 oz 71 g	200	6	1	170	34	12	5						Y		Y		Y
1650	Cod, Square breaded Highliner 10022642	1=84g	220	9	1.5	310	23	0	10	Y							Y		Y
7380	Corn Chips, Nacho, round Monarch 337475	10 chips=28 g	150	7	1	105	18	2	2										
1407	Corn Dog, Chicken MINI Foster farms 96086	6 each .67oz	270	12	3.5	410	30	5	10	Y	2	2			Y	Y	Y		Y

1404	Corn Dog, chicken, WG Foster farms 95150	112g 4 oz	240	8	2.5	390	30	5	9	Y	2	2			Y	Y	Y	Y	
3345	Corn on the Cob 4" Monarch	85 g	100	1	0	5	20	2	3										
7374	Corn Taco Shells 6" Tyson Foods 7530	2	140	6	1	0	19	0	2									Y	
	Corn, canned No Added Salt Hart Brand	1/2 cup	60	1.5	0	10	9	7	2										
3347	Corn, Frozen, yellow Monarch 670061	2/3 cup	102	1	0	5	21	2	3										
	Cranberry Sauce Monarch 161513	1/4 cup	110	0	0	35	25	21	0										
2801	Cream Cheese, Bulk Block, Glenview farms 5406467	2 TBSP	70	6	4	95	2	1	2						Y				
6130	Cream Cheese, Strawberry Monarch	1=21g	60	5	3	55	3	3	<1						Y				
	Cream of Chicken Soup Healthy Request Cambells	1/2 cup	70	2.5	0.5	410	9	0	2						Y		Y	Y	
	Cream of Mushroom Soup Healthy Request Cambells	1/2 cup	70	2	0.5	410	10	2	2						Y		Y	Y	
4735	Croissant small Monarch	2.2 oz	171	8.82	5	312	19	5	3.44										
	Croutons Wg Marzetti 85360	2 Tbsp	35	2	0	70	4	0	1								Y	y	
7202	Egg Noodle Harvest Value	2 oz	220	3	1	15	40	2	8							Y	Y		
2857	Egg Patty Papetti	1.5 oz 42g	84	7	1.5	130	1.25	0	3.78							Y			
	Egg Patty CN School House 40126														Y	Y			
2857	Egg Patty Papetti 46025-30012	1.25 oz	84	7	1.5	130	1	0	3.78	N						Y			
2852	Egg Whites Glenview farms	3 Tbsp 47g	25	0	0	75	0	0	5							Y			
2858	Egg, Boiled Hard US Foods	50g= 1	80	5	1.5	60	1	1	6							Y			
2850	Eggs, Whole liquid Glenview farms	3 Tbsp 47g	70	4.5	1.5	65	0	0	6							Y			
1650	Fish, Cod Rectangle 10022642	84=1 serving	220	9	1.5	310	23	0	10	Y	2	1					Y		
	Fish, Sticks Pollack High Liner 1089867	4=112g	220	8	1.5	210	22	1	15	Y	2	1.5					Y		
4742	Flatbread WG Rich's 14010	1= 62g	180	5	1	330	28	2	6						Y		Y	Y	

	Pasta, Macaroni noodle Barilla	2 oz	200	1.5	0	0	41	2	7								Y			
7205	Pasta, Penne Monarch	2 oz	210	1	0	0	42	3	7								Y			
5160	Peaches, cling canned lite Monarch 541059	1/2 cup	60	0	0	10	14	11	0											
5160	Peaches, Diced, canned Seneca Foods	1/2 cup	70	0	0	10	17	13	0											
	Peaches, sliced lit Del Monte	1/2 cup	60	0	0	5	14	12	0											
	Pears, canned Del Monte	1/2 cup	80	0	0	10	17	13	0											
5168	Pears, Sliced, Canned Monarch 162950	1/2 cup	80	0	0	5	20	14	0											
3387	Peas and carrots Monarch 170226	1/2 cup	60	0.5	0	300	10	6	3											
3385	Peas, Green Frozen Monarch 670019	2/3 cup	70	0	0	5	13	4	4											
5502	Peas, Green, early, canned Monarch 170644	1/2 cup	70	0.5	0	320	12	6	4											
	Pepperoni, Diced, Turkey, Jenni-O 642420	1 oz	80	4	1.5	480	2	1	10											
1450	Pepperoni, sliced Roseli 342229	1=28g	150	12	4	480	0	0	5											
	Pepperoni, Sliced Bonici 05017	15 slices 30 g	150	13	5	580	0	0	6											
5183	Pineapple, Tidbits, Canned International 180704	1/2 cup	80	0	0	0	19	15	0											
	Pinto Beans canned Mother's Maid	1/2 cup	100	0.5	0	140	17	0	5											
5346	Pinto Beans, Low Sodium, Furmano's	1/2 cup	90	0	0	140	16	0	6											
9820	Pizza Breakfast 3x4 WG CN The Max 12708	2.66 oz	170	5	1.5	420	24	4	8							Y	Y	Y		
4831	Pizza Crust Parbaked Rich's	1 slice= 1/8 of whole	160	3.5	0.5	270	27	2	5									Y	Y	
5724	Pizza Sauce Monarch 207061	1/4 cup	30	0.5	0	210	6	4	1											Y
9820	Pizza, Breakfast WG The Max 77387-12708	2.66 oz	170	4	1.5	420	24	4	8	Y						Y		Y	Y	
9955	Pizza, Cheese Tony's 78673	130 g	310	11	4	480	35	8	16	Y						Y		Y	Y	
9955	Pizza, Cheese 4x6 WG Tony's 78673 CN	1=130g	310	11	4	480	35	8	16	Y			2	2		Y		Y	Y	

1471	Sausage Pancake Bites Foster Farms 96169	3 pieces per serving	180	9	2.5	280	15	4	6	Y	1	1				Y	Y	Y	Y
	Sausage Pancake Bites State Fair 71000	3 pieces per serving	190	10	3	480	19	7	8	Y	1	1				Y	Y	Y	Y
	Sausage Patties Patuxant Farms 412003	1 patty=56g	240	23	8	320	0	0	7										
1288	Sausage Patty, Jimmy Dean 22110	2 oz	220	21	6	290	0	0	7	N									
1288	Sausage, Pork Jimmy Dean 22110	57g=1	220	21	7	290	0	0	7										
4840a	Sherbet Lime Luigi's	1/2 cup	110	1.5	1	15	25	19	1							Y			
4840b	Sherbet orange Luigi's	.5 cup	110	1.5	1	20	23	19	0							Y			
	Sherbet Raseberry andJ snack Luigis J	4 oz	110	1.5	1	20	23	19	1							Y			
6601b	Simply Chex Chocolate Caramel General Mills	1.03 oz	120	4	1	65	21	7	2							Y		Y	Y
4921	Soft Pretzel J and J Snacks 31012	1 oz	70	0.5	0	40	14	0	2	Y		1						Y	
6495	Sour Cream Tubes Glenview Farms	1 tube=28g	60	5	3.5	50	2	1	1										
	Spaghetti Noodle 10" Monarch 198164	2 oz	210	1	0	0	42	3	7									Y	
	Spaghetti Noodle WG Barilla 5911060	1/2 cup	200	1.5	0	0	41	2	7									Y	
	Spaghetti Noodle, 10" Harvest Value	2 oz	200	1	0	0	41	2	7									Y	
7208	Spaghetti Noodle, WG Barilla 605	1 1/8 cup	200	1.5	0	0	41	2	7									Y	
	Spaghetti Sauce Del Monte	1/2 cup	40	0	0	140	9	6	1										
	Spaghetti Sauce Angela Mia	1/2 cup	60	0	0	520	12	8	2										Y
	Spaghetti Sauce Low Na+ Vine Ripe	1/2 cup	45	1	0	140	9	7	1										Y
	Spaghetti Sauce, Low Na+ Giovanni	1/2 cup	50	1	0	140	11	6	1										Y
5725	Spaghetti Sauce, No +salt Furmano's	1/2 cup	40	0	0	45	7	2	2										
7208	Spaghetti, noodles Monarch 198164	2 oz	210	1	0	0	42	3	7									Y	
	Spanish Rice, Mix Monarch 216595	1 cup	200	0.5	0	620	43	5	5							Y		Y	Y

5355	Vegetarian Beans, Refried, El Pasado	1/2 cup	135	1	0	370	22	1	6									
4858	Waffles, belgium WG Belgium Chef	2=62g	140	2	0	250	27	5	4						Y	Y	Y	Y
4960b	Waffles, Blueberry, Pillsbury 132264	2.47 oz	210	6	1	170	37	12	4						Y	Y	Y	Y
4960a	Waffles, Maple, Pillsbury 1322650	2.47 oz	210	6	1	170	38	13	4						Y	Y	Y	Y
	Wheat Bread, sliced, WG, Sara Lee	1 slice	70	1	0	100	13	2	3						Y		Y	Y
6470	Whipped Spread Cups Glenview farms	1 cup=5g	20	2.5	0.5	35	0	0	0									
3130b	Whole Fruit Cherry Juice Bar J and J snacks CN	4 oz																
7270	Wild Rice Pilaf Monarch 358254	1 cup	200	0	0	780	43	2	5									Y
6406	WOW Butter cup	2 tbsp=32 g	200	15	3	100	8	4	7						GF			Y
	Yogurt Blueberry Patch Yoplait 5008313	4 oz	90	0	0	50	16	10	5						GF	Y		
2890	Yogurt Bulk Plain Yopliat	1 cup	130	1.5	1	170	20	13	11						GF			
2892b	Yogurt Bulk Strawberry Yopliat	8 oz	210	1.5	1	100	42	30	7						GF			
2892a	Yogurt Bulk Vanilla Yopliat	8 oz	210	1.5	1	100	42	30	7						GF			
2890	Yogurt Greek Bulk Plain Glenview Farms 1980077	8 oz	130	0	0	95	10	7	23	N						Y		
2892a	Yogurt Greek Bulk Vanilla Glenview farms 1980085	8 oz	130	0	0	95	10	7	23	N						Y		
	Yogurt Strawberry light Yoplait 7008311	4 oz	90	0	0	80	15	10	5						GF	Y		
4860b	Yogurt Trix Yoplait Raspberry/Rainbow 17725	4 oz	100	0.5	0.5	50	20	13	3	N					GF	Y		
4860a	Yogurt Trix Yoplait Strawberry/Banana 17726	4 oz	100	0.5	0.5	50	20	13	3	N					GF	Y		
4860a	Yoplait Trix704470-17726	113 g 4 oz	80	0.5	0	60	15	9	4	N					GF	Y		