

New Hanover County School

| No. | Description | Portion Size | Meat/Alt OZ. | Grain/Bread SRV. | Fruit/Veg CUP | Milk FL. OZ. |
|--------|--------------------------------|--------------|-----------------|---------------------|------------------|-----------------|
| 001170 | Animal Crackers | .92 oz | | 1.000 | | |
| 000202 | Apple Crisp | SERVINGS | | | 0.250 | |
| 000108 | Apple Filled Churros | 1 EACH | | 2.000 | 0.250 | |
| 000061 | Apple Slices | 2 oz | | | 0.250 | |
| 000064 | Apples, Fresh | EACH | | | 0.500 | |
| 001111 | Apples, Spiced | 1/2 cup | | | 0.500 | |
| 001102 | Applesauce | 1/2 CUP | | | 0.500 | |
| 000002 | Bacon Ranch Pea Salad | 1/2 cup | | | 0.500 | |
| 001148 | Bagel | 1 each | | 2.000 | | |
| 000263 | Bagelers, Cinn. Brown Sugar | 1 each | | 2.000 | | |
| 000302 | Bagelers, Plain | 1 Bar | | 2.000 | | |
| 000321 | Bagels, Cinnamon-Raisin | 1 EACH | | 2.000 | | |
| 000347 | Bagels, Plain, Enriched | 1 EACH | | 2.000 | | |
| 000249 | Baked Beans | 1/2 CUP | | | 0.500 | |
| 000044 | Baked Potato | EACH | | | 0.500 | |
| 500009 | BAKED SWEET POTATOES & APPLES | 1/4 CUP | | | 0.250 | |
| 000068 | Banana | EACH | | | 0.500 | |
| 001023 | Barbeque Sauce | 1 oz | | | | |
| 000169 | Bars, Fzn, Blue Raspberry | 2.25 oz | | | 0.250 | |
| 000110 | Bars, Fzn, Green Apple | 2.25 ounces | | | 0.250 | |
| 000113 | Bars, Fzn, Sour Watermelon | 2.25 ounces | | | 0.250 | |
| 001088 | BBQ Pork Sandwich 08-09 | 1 SANDWICH | 2.000 | 2.000 | | |
| 000128 | Beef Taco Filling | 2.4 oz | 2.000 | | | |
| 000147 | Beef-a-Roni 08/09 | 3/4 cup | 2.000 | 1.000 | 0.375 | |
| 001035 | Biscuit | 1 biscuit | | 2.000 | | |
| 001077 | Biscuit, Cheese | 1 each | 1.000 | 2.000 | | |
| 001166 | Biscuit, Cinnamon Raisin | 1 each | | 2.000 | | |
| 000102 | Black Bean Salad 08-09 | 1/2 cup | | | 0.500 | |
| 000020 | Black Beans w/ Cheese | 1/2 cup | | | 0.500 | |
| 000254 | Black-Eyed Peas | 1/2 cup | | | 0.500 | |
| 000177 | Bread, White, Enriched | slices | | 1.750 | | |
| 000176 | Bread, White, w/ Whole Grain | slices | | 2.250 | | |
| 001100 | BREAD,WHEAT 05-06 | 1 SLICE | | 1.000 | | |
| 001030 | Breadstick | 1 each | | 1.000 | | |
| 001055 | Breakfast Bites | 3 EACH | 1.250 | 1.750 | | |
| 001046 | Breakfast Pizza | 1 EACH | 1.000 | 1.500 | | |
| 000434 | Broccoli Salad | 1/2 cups | | | 0.500 | |
| 001133 | Broccoli w/ Cheese Sauce | 1/2 cup | | | 0.250 | |
| 000256 | Broccoli, Fresh, Raw | 1/2 | | | 0.500 | |
| 000258 | Broccoli, Fzn, Boiled | 1/2 cup | | | 0.500 | |
| 000475 | Brown Rice | 4oz | | | | |
| 001142 | Brownie, Low Fat | 1 each | | | | |
| 000171 | Bun, Deli Roll | bun | | 2.500 | | |
| 000170 | Bun, Enriched | bun | | 3.000 | | |
| 000174 | Bun, Hamburger, Whole Grain | bun | | 1.500 | | |
| 000178 | Bun, Hot Dog, Whole Grain | bun | | 1.500 | | |
| 000464 | Burrito, Bean & Cheese, 07/08 | 1 EACH | 2.000 | 2.000 | | |
| 000046 | Burrito, Chicken & Bean, 08/09 | 5.75 oz | 2.000 | 2.500 | | |
| 000259 | Cabbage, Boiled | 1/2 cup | | | 0.500 | |
| 001132 | Cake, Frosted | 1 piece | | | | |

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| 000070 | California Blend | 4 oz | | | 0.500 | |
| 000366 | Candied Yams | 1/2 cup | | | 0.500 | |
| 000105 | Cantaloupe, Fresh | 1/2 cup | | | 0.500 | |
| 000022 | Carrot Sticks | .5 cup | | | 0.500 | |
| 000260 | Carrots, Canned, Cooked | 1/2 cup | | | 0.500 | |
| 000267 | Celery Sticks | 1/2 cup | | | 0.500 | |
| 000179 | Cereal Bar, Cinn Toast Crunch | bar | | 0.750 | | |
| 000116 | Cereal Bar, Fruity Cheerios | 1 EACH | | 1.000 | | |
| 000446 | Cereal Bar,Cocoa Puff | each | | 0.500 | | |
| 000334 | Cereal Bars, Variety 08-09 | 1 Bar | | 1.000 | | |
| 000354 | Cereal Variety, 08-09 | 1 bowl | | 1.000 | | |
| 000301 | Cereal, Berry Berry Kix | 1 bowl pac | | 1.000 | | |
| 000332 | Cereal, Cheerios | 1 bowl | | 1.000 | | |
| 000300 | Cereal, Cinn. Toast Crunch | 1 bowl pac | | 1.000 | | |
| 001074 | Cereal, Golden Grahams | 1 bowl pac | | 1.000 | | |
| 000188 | Cereal, Raisin Bran | bowl | | 1.000 | | |
| 000447 | Cheerios, Fruity Bowlpack | EACH | | 1.000 | | |
| 000117 | Cheese Sauce, Cheddar | 2 ounces | 1.000 | | | |
| 001078 | Cheese Toast | 1 slice | 1.000 | 1.000 | | |
| 001152 | Cheese, Cheddar, Shrd, (2oz) | 2 OZ | | | | |
| 001097 | Cheese, Mozz, Light, Commod | 2 TBSP | | | | |
| 001090 | Cheese, String | 1 EACH | 1.000 | | | |
| 000386 | Cheeseburger 08-09 | each | 2.000 | 2.000 | | |
| 000151 | Cheetos Cracker Trax | each | | 1.000 | | |
| 000400 | Cheetos FANTASTIX | EACH | | | | |
| 000121 | Cheez-its | Each | | 1.000 | | |
| 000381 | Cherry Tomatoes | 1/4 cup | | | 0.250 | |
| 000448 | Chex Mix,Traditional & Cheddar | 1.25 oz | | | | |
| 500054 | CHICKEN AND NOODLES | CUP | 2.000 | 1.000 | | |
| 001062 | Chicken Biscuit, 08-09 | 1 EACH | 1.000 | 2.500 | | |
| 000450 | Chicken Burger- 5 Star | Burger | 2.000 | 2.000 | | |
| 000103 | Chicken Cacciatore | 1 cup | 2.000 | 1.000 | | |
| 001015 | Chicken Dippers, Honey Mustard | 4 EACH | 2.000 | | | |
| 000474 | Chicken Dippers, Teriyaki | 4 each | 2.000 | | | |
| 001010 | Chicken Filet Sandwich 08-09 | 1 EACH | 2.000 | 2.000 | | |
| 001009 | Chicken Fryz 08-09 | 8 EACH | 2.000 | | | |
| 500052 | CHICKEN NOODLE SOUP | CUP | 0.500 | 0.500 | | |
| 001019 | Chicken Nuggets 08-09 | 5 each | 2.000 | 1.000 | | |
| 000157 | Chicken Nuggets, a la cart | 4 oz. | 2.000 | | | |
| 000471 | Chicken Quesadilla | 1 each | 2.000 | 1.000 | 0.125 | |
| 000441 | Chicken Salad - nhcs | 1/2 cup | 2.000 | | | |
| 000111 | Chicken Salad Sandwich | 1 sandwich | 2.000 | 2.000 | | |
| 000481 | Chicken Salad- Menu | Salad | 2.000 | | 0.500 | |
| 005020 | Chicken Stir Fry 05-06 | 8 OUNCES | 2.000 | | 0.625 | |
| 001091 | Chicken Strip Salad - Menu | 1 salad | 2.000 | | 0.500 | |
| 000407 | Chicken Tetrzzini | servings | 2.000 | 0.500 | 0.125 | |
| 000304 | Chicken, Grilled sandwich | 1 each | 2.000 | 2.000 | | |
| 000305 | Chicken, HS Clux Delux | 1 each | | | | |
| 001160 | Chicken, Popcorn | 5 OZ | 2.000 | 1.000 | | |
| 000118 | Chicken, Roasted, 8 Piece | 2 ounces | 4.000 | | | |

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| 000146 | Chicken, Roasted, FC, Tyson | 3 ounces | 2.000 | | | |
| 000155 | Chili con Carne & Beans | 1/2 CUP | 2.000 | | 0.375 | |
| 000467 | Chili w/ Beans, RF | 5.83 oz. | 2.000 | | 0.125 | |
| 000005 | Chips, Baked | .75 oz | | 1.000 | | |
| 000119 | Chips, Baked, Plain | Each | | 1.000 | | |
| 000394 | Chips, Cheetos | each | | | | |
| 000082 | Chips, Cheetos, Baked | each | | 1.250 | | |
| 000397 | Chips, Doritos Ranch | 1 bag | | 1.000 | | |
| 001143 | Cinnamon Bun, 3 oz | 3 oz each | | | | |
| 500083 | CINNAMON ROLLS | EACH | | 2.000 | | |
| 001059 | Cinnamon Swirl French Toast | 2 each | 1.250 | 1.500 | | |
| 001155 | Cinnamon Tastries | each | | 2.000 | | |
| 000276 | Cinnamon Toast | 1 each | | 1.000 | | |
| 000449 | Cinnamon Toast Crunch Crisps | EACH | | 1.000 | | |
| 000468 | Cole Slaw | 1/4 cup | | | 0.250 | |
| 000413 | Collards, Fzn | 1/2 cup | | | 0.500 | |
| 001126 | Cookie, RF | 1 OZ | | | | |
| 000360 | Corn Bread | g | | 1.000 | | |
| 000270 | Corn, Canned | 1/2 cup | | | 0.500 | |
| 000032 | Corn-on-the-Cob | 1 Cob | | | 0.250 | |
| 000403 | Corndog Whole Grain | 1 each | 2.000 | 2.000 | | |
| 000402 | Cornpuppies- Mini Whole Grain | 6 each | 2.000 | 2.000 | | |
| 000395 | Crackers, Peanut Butter | each | | | | |
| 000272 | CRANBERRY SAUCE: canned,swtnd | 2 oz | | | | |
| 000322 | Cream Cheese, Light | 1 oz | | | | |
| 500094 | CREAMY COLE SLAW | 1/4 CUP | | | 0.250 | |
| 000451 | Crunchmania Graham Snacks | 1 EACH | | 2.000 | | |
| 000123 | Crunchmania, Blueberry Muffin | Each | | 1.000 | | |
| 000377 | Cucumber, Raw | 1/2 cup | | | | |
| 000106 | Cucumbers and Tomatoes | 1/2 cup | | | 0.500 | |
| 000452 | Cupcake | EACH | | | | |
| 001027 | Dinner Roll | 1.2 oz | | 1.000 | | |
| 000495 | Dressing French 1.5oz FF | packet | | | | |
| 000488 | Dressing, French 12gm | packet | | | | |
| 000491 | Dressing, Honey Dijon FF 1.5oz | packet | | | | |
| 000309 | Dressing, Italian FF 1.5 oz | oz | | | | |
| 000339 | Dressing, Ranch FF 12 grams | pkt | | | | |
| 000308 | Dressing, Ranch, Lite, 1.5 oz | 1 packet | | | | |
| 000493 | Dressing, Salad Bulk | 1 Tbsp | | | | |
| 000494 | Dressing, salad variety 12 g | 12 gram | | | | |
| 000490 | Dressing, Thousand Island | packet | | | | |
| 000492 | Dressing,Thousand Island 1.5oz | packet | | | | |
| 000486 | Egg & Cheese Salad- Menu | 1 salad | 2.000 | | 0.500 | |
| 000144 | Egg Patty | 1 each | 1.000 | | | |
| 000154 | Egg Roll, Chicken, Minh | 3 ounce | 1.000 | 1.000 | 0.125 | |
| 000112 | Egg Salad- nhcs | SERVINGS | | | | |
| 000240 | Egg, Hard Boiled | 50 grams | 1.000 | | | |
| 000277 | English Muffin | 2 oz | | 2.000 | | |
| 000275 | English Muffin w/ Cheese | 1 each | 1.000 | 2.000 | | |
| 000353 | English Muffin, Egg & Cheese | 1 each | | | | |

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| 000193 | Fantastix | 1 oz. | | | | |
| 001173 | Fish & Cheese Sandwich | 1 each | 2.000 | 3.000 | | |
| 000181 | Frank, Grill, Beef/Pork 9 3/4" | each | 2.250 | | | |
| 000183 | Frank, Turkey, RF | each | 2.000 | | | |
| 000141 | French Fries | 3 oz. | | | 0.500 | |
| 000327 | French Fries High 06-07 | 3/4 cup | | | 0.500 | |
| 000029 | French Fries, Baked Elem/Mid | 1/2 cup | | | 0.500 | |
| 000143 | French Toast Sticks, IW | 3 ounces | | 2.000 | | |
| 000470 | French Toast, Cinn. Glazed | 3.25 oz (each) | 1.000 | 2.000 | | |
| 000245 | Fresh Fruit | EACH | | | 0.500 | |
| 000148 | Fruit Roll-Up | .5 oz. | | | 0.250 | |
| 000362 | Fruit, Chilled 05-06 | 1/2 cup | | | 0.500 | |
| 000139 | Garden Salad | 1/2 cup | | | 0.500 | |
| 000330 | Glazed Carrots | 1/2 cup | | | 0.500 | |
| 000132 | Go-Gurt | 1 packet | 0.500 | | | |
| 000390 | Goldfish PysEdibles | each | | 1.000 | | |
| 000125 | Graham Cookies, Giant Fish Cin | Each | | 1.000 | | |
| 000122 | Graham Snack, Bug Bites | Each | | 1.000 | | |
| 000313 | Graham, Bear | .9 oz | | 1.000 | | |
| 000093 | Graham, Bear. Choc. | .9 oz | | 1.000 | | |
| 000185 | Graham, Crackers | 1 package | | 0.500 | | |
| 000335 | Graham, Fish Giant | 1 pk | | 1.000 | | |
| 000422 | Grapes, Fresh | 1/2 cup | | | 0.500 | |
| 000239 | Gravy, Brown low sodium | FL. OZ | | | | |
| 001154 | Gravy, Chicken low sodium | 1 oz | | | | |
| 000424 | Green Beans: canned,cooked | 1/2 cup | | | 0.500 | |
| 001066 | Grilled Cheese Breakfast 08-09 | 1 sandwich | 1.000 | 2.000 | | |
| 001063 | Grilled Cheese Sandwich 05-06 | 1 SANDWICH | 2.000 | 2.000 | | |
| 001064 | GRILLED HAM & CHEESE SANDWICH | 1 SANDWICH | 2.000 | 2.000 | | |
| 000331 | Grits | 1/2 cup | | 1.000 | | |
| 000030 | Ham & Cheese Biscuit | each | 1.000 | 2.000 | | |
| 000485 | Ham & Cheese Salad- Menu | 1 salad | 2.000 | | 0.500 | |
| 001175 | Ham and Cheese Sandwich | 1 each | 2.000 | 2.000 | | |
| 000196 | Ham and Cheese Sandwich | 1 each | 2.000 | 2.000 | | |
| 001084 | HONEY MUSTARD SAUCE | 1 oz | | | | |
| 000329 | Honeydew Melon, Fresh | 1/2 cup | | | 0.500 | |
| 000162 | Hot Dog | 1 hot dog | 2.000 | 2.000 | | |
| 000127 | Hot Dog Chili, RF | 1 oz | 1.000 | | 0.500 | |
| 000182 | Hot Dog, 08/09 | each | 2.250 | 1.500 | | |
| 000184 | Hot Dog, Turkey 08-09 | each | 2.000 | 1.500 | | |
| 001109 | Hushpuppies | 3 each | | 1.000 | | |
| 000396 | Ice Cream Cookies & Cream Bar | 1 bar | | | | |
| 001178 | Ice Cream Cup 4oz | each | | | | |
| 000346 | Ice Cream Fudge Bar | 1 bar | | | | |
| 000343 | Ice Cream Sandwich | 1 sandwich | | | | |
| 000348 | Ice Cream Tom-Tom | 1 serving | | | | |
| 000011 | Jello w/ Topping | 4 oz | | | | |
| 000189 | Jello, fruit & Topping | 4 oz | | | 0.250 | |
| 000345 | Jelly | 1 PC (1/2 oz) | | | | |
| 000384 | Juice Blend, NHCS | 12 oz | | | | |

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|--------|--------------------------------|-----------------|-----------------|---------------------|------------------|-----------------|
| 000412 | Juice, 10oz Apple | 1 can | | | | |
| 000415 | Juice, 10oz Kiwi Strawberry | 1 can | | | | |
| 000411 | Juice, 10oz Orange | 1 can | | | | |
| 001067 | JUICE, APPLE K-pak | 4 oz | | | 0.500 | |
| 001068 | JUICE, GRAPE K-pak | 4 oz | | | 0.500 | |
| 001069 | JUICE, ORANGE K-Pak | 4 oz | | | 0.500 | |
| 001070 | JUICE, PINEAPPLE K-Pak | 4 oz | | | 0.500 | |
| 000359 | Juice, Variety 05-06 | 4 oz | | | 0.500 | |
| 000399 | Juicy Juice | 6.75 oz | | | | |
| 000222 | KETCHUP | each | | | | |
| 000427 | Kidney Beans: canned,drained | cup | | | | |
| 000126 | Lasagna Cheese Roll-up | Each | 2.000 | 1.500 | | |
| 000034 | Lett.Tom.&Pickle:1 of each | 1 each | | | 0.500 | |
| 000380 | Lettuce/ tomato | 1 slice of each | | | 0.250 | |
| 000187 | Lima beans canned | 1/2 cup | | | 0.500 | |
| 000428 | Lima beans canned | 1/2 cup | | | 0.500 | |
| 000406 | Macaroni & Cheese RF | 3 oz | 1.000 | 0.500 | | |
| 000199 | Macaroni & Cheese RF, 6oz | 3 oz | 1.000 | 0.500 | | |
| 000416 | Macaroni Salad nhcs | 1/2 cup | | | | |
| 001169 | Margarine | 5 GRAM | | | | |
| 000462 | Marshmallow Crispy .8oz | 1 EACH | | 0.750 | | |
| 000496 | Marshmallow Crispy 1.2oz | packet | | 0.750 | | |
| 000016 | Mashed Potatoes, Pearls | 4 oz | | | 0.500 | |
| 000134 | MaxStix,, 100% Mozzarella | 2 sticks | 2.000 | 2.000 | | |
| 001034 | Mayo, Red Cal | each | | | | |
| 000180 | Mayo, Red Fat, Pkt | pkt | | | | |
| 000478 | Mexicali Corn | 1/2 cup | | | 0.500 | |
| 000072 | Milk, Chocolate | 8 oz | | | | 8.000 |
| 000073 | Milk, Skim | 8 oz | | | | 8.000 |
| 000318 | Milk, Strawberry | 8 oz | | | | 8.000 |
| 000317 | Milk, Vanilla | 8 oz | | | | 8.000 |
| 000230 | Milk,1% | Serving | | | | 8.000 |
| 000458 | Mini-Loaf, Banana | EACH | | 1.000 | | |
| 000419 | Mixed Fruit | 1/2 cup | | | 0.500 | |
| 000432 | Mixed Vegetables, canned | 1/2 cup | | | | |
| 000159 | Muffin, Apple Cin, RF, 1.8 oz | 1.8 oz | | 1.000 | | |
| 000166 | Muffin, Banana, RF, 3.6 oz | 3.6 oz | | 2.000 | | |
| 000160 | Muffin, Blueberry, RF, 1.8 oz | 1.8 oz | | 1.000 | | |
| 000168 | Muffin, Blueberry, RF, 3.6 oz | 3.6 | | 2.000 | | |
| 000165 | Muffin, Choc Choc Chip, RF, 3. | 3.6 oz | | 2.000 | | |
| 000015 | Muffin, RF | each | | 1.000 | | |
| 000459 | Muffin-Whole Grain Assort. 1.8 | 1.8 oz | | 1.000 | | |
| 000460 | Muffin-Whole Grain Assort. 3.6 | 3.6 oz | | 1.500 | | |
| 000223 | Mustard | each | | | | |
| 000035 | Mustard Greens: frzn,boiled | 1/2 cup | | | | |
| 500126 | NACHO CHEESE SAUCE | 3 TBSP | 1.000 | | | |
| 000130 | Nachos Grande | servings | 2.000 | 1.000 | | |
| 000195 | NACHOS WITH DICED CHICKEN | SERVINGS | 2.000 | 1.000 | | |
| 500127 | NACHOS WITH GROUND BEEF | SERVINGS | 2.000 | 1.000 | | |
| 000083 | Nectarine, Fresh | EACH | | | | |

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Recipe Component List

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|--------|-------------------------------|-----------------|-----------------|---------------------|------------------|-----------------|
| 000323 | Oatmeal | 1/2 cup | | 1.000 | | |
| 000279 | Onion, Raw | 1 oz | | | | |
| 000086 | Orange, Fresh | EACH | | | | |
| 001056 | Pancake Sausage Stick | 1 EACH | 1.000 | 1.500 | | |
| 000465 | Pancakes, Mini | 2 packs | | 2.000 | | |
| 000107 | parmesan cheese | each | | | | |
| 000319 | Parsley Potatoes | 1/ 2 cup | | | 0.500 | |
| 000138 | Pasta Salad | 3/8 CUP | | 0.500 | 0.125 | |
| 001096 | PASTA W/SAUCE(NO MEAT) | 1/2 CUP | | | | |
| 000364 | Peach Crisp | 1/2 cup | | | 0.250 | |
| 001118 | Peach Cups, Fzn, Swtnd | 1/2 cup | | | | |
| 000088 | Peach, Fresh | EACH | | | 0.500 | |
| 000437 | Peaches, canned | 1/2 cup | | | 0.500 | |
| 000090 | Pear, Fresh | EACH | | | 0.500 | |
| 000438 | Pears, canned | 1/2 cup | | | 0.500 | |
| 000040 | Peas, canned | 1/2 cup | | | 0.500 | |
| 000409 | Pepperoni Pizza Hot Pocket | each | 2.000 | 2.500 | | |
| 000472 | Pepperoni Pizza WG | 1 slice | 2.000 | 2.000 | | |
| 000042 | Pickles, Dill | EACH | | | | |
| 000041 | Pickles, Sweet | EACH | | | | |
| 000092 | Pineapple, canned | 1/2 cup | | | 0.500 | |
| 000007 | Pinto Beans | CUP | | | 0.500 | |
| 000473 | Pizza, Cheese, WG 50/50 | slice | 2.000 | 2.000 | | |
| 000479 | Pizza, Cheese, Big Daddy's | slice | 2.000 | 4.000 | | |
| 000480 | Pizza, Pepperoni, Big Daddy's | slice | 2.000 | 4.000 | | |
| 001005 | Pizza, Sausage | 1 serving | 2.000 | 2.000 | 0.125 | |
| 000463 | Pizza- Whole Grain Wedge | 1 EACH | 2.000 | 2.000 | | |
| 000094 | Plums, Fresh | EACH | | | 0.500 | |
| 000095 | Poptarts | 1 each | | 1.000 | | |
| 000242 | Potato Salad nhcs | 2/3 cup | | | 0.660 | |
| 000136 | Potato Smiles | 2.4 oz (4 each) | | | 0.500 | |
| 000328 | Potato Tots | 1/ 2 cup | | | 0.500 | |
| 000461 | Potato Wedges- Seasoned | 1/2 cup | | | 0.500 | |
| 000190 | Potatoes, canned | .5 cup | | | | |
| 000133 | Pretzel 2.5 oz | 2.5 oz | | 1.000 | | |
| 000393 | Pretzel, 5oz | each | | 2.000 | | |
| 000392 | Pretzels, Cape Cod vending | each | | 1.000 | | |
| 001041 | Pudding Pop | 1.75 oz | | | | |
| 001080 | Pudding with Topping | 4 oz | | | | |
| 000097 | Raisins | 1/4 cup | | | 0.250 | |
| 001045 | Ravioli, Middle & High 08/09 | 1 cup | 2.000 | 2.000 | 0.375 | |
| 000336 | Ravioli, Mini, Elem 08/09 | 1 cup | 2.000 | 2.000 | 0.250 | |
| 000191 | Rice & Beans, Uncle Ben's | 1 cup | 0.500 | 0.500 | | |
| 000135 | Roasted Potatoes | 3 oz | | | 0.500 | |
| 001112 | Salsa, COMMODITY | 1 oz | | | | |
| 001061 | Sausage Biscuit | 1 EACH | 1.000 | 2.000 | | |
| 000057 | Sausage Patty | 1.2 oz | 1.200 | | | |
| 000172 | Scrambled Eggs 07-08 | 2 oz | 2.000 | | | |
| 001086 | Sea Nuggets | 4 each | 2.000 | 1.500 | | |
| 001164 | Seafood Combo | 3nug+8shp | 2.000 | 2.000 | | |

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| 001022 | Shape- Up | 2.25 oz | | | 0.250 | |
| 001036 | Sherbet | 1/2 cup | | | 0.250 | |
| 001018 | Shrimp, Poppers | 15 each | 1.500 | 2.000 | | |
| 000414 | Side Salad nhcs | 1 cup | | | 1.000 | |
| 000351 | Slushie Drink 05-06 | 12 oz | | | | |
| 000280 | Snack Mix | 1 oz | | 1.000 | | |
| 001141 | Sour Cream | 1 OZ | | | | |
| 001139 | Southwestern Rice & Beans | 4 oz | | 1.000 | | |
| 000131 | Spaghetti | 3/4 cup | 2.000 | 1.000 | 0.250 | |
| 000065 | Squash Casserole | 1/2 cup | | | 0.500 | |
| 000099 | Strawberries, Fresh | 1/2 cup | | | 0.500 | |
| 000019 | Strawberries, Frozen Single | each | | | 0.500 | |
| 001110 | Stuffing | 4 oz | | 1.000 | | |
| 001011 | SUB SANDWICH | Each | 2.000 | 2.000 | | |
| 000192 | Sunchips, Harvest Cheddar | 1 oz | | | | |
| 001103 | Sweet & Sour Sauce | 1 OZ | | | | |
| 000140 | Sweet Potato Fries | 3.3 oz | | | 0.500 | |
| 000062 | Sweet Potato Souffle' | 1/2 cup | | | 0.500 | |
| 000235 | Sweet Potatoes w/ Apples | 1/2 cup | | | 0.500 | |
| 000349 | SYRUP,PANCAKE | 1 oz | | | | |
| 000129 | Taco Bowl | 1 each | 2.000 | 1.000 | | |
| 001094 | Taco Bowl with Topping 05-06 | 1TACO | 2.000 | 1.000 | | |
| 001037 | Taco Sauce | 1 each | | | | |
| 000175 | TACO,BEEF | 2 EACH | | | | |
| 000100 | Tangerine, fresh | EACH | | | 0.500 | |
| 001026 | Tartar Sauce | 1 each | | | | |
| 000043 | Tator Tots | 1/2 cup | | | 0.500 | |
| 000476 | Teddy Grahams | packet | | | | |
| 000417 | Three Bean Salad - nhcs | 1/4 cup | | | | |
| 000324 | Toast, Whole Wheat Toast NHCS | 1 each | | 1.000 | | |
| 500196 | TUNA AND NOODLES | CUP | 2.000 | 1.250 | | |
| 000443 | Tuna Salad | 1/2 cup | | | | |
| 000482 | Tuna Salad - Menu | salad | 2.000 | | 0.500 | |
| 000067 | Tuna Salad Sandwich | each | | | | |
| 000483 | Turkey & Cheese Salad- Menu | 1 salad | 2.000 | | 0.500 | |
| 001174 | Turkey & Cheese sandwich | 1 each | 2.000 | 2.000 | | |
| 000197 | Turkey & Cheese Wrap | 1 each | 2.000 | 2.000 | | |
| 000142 | Turkey & Gravy | 5.23 ounces | 2.000 | | | |
| 000059 | Turnip Greens, boiled | 1/2 cup | | | 0.500 | |
| 000466 | Turnover- Apple Whole Grain | EACH | | 2.000 | 0.500 | |
| 000014 | Uncrustable | 1 each | 1.000 | 1.250 | | |
| 000109 | Vegetable Soup- scratch | 1 cup | | | 0.500 | |
| 000433 | Vegetables, Mixed | 1/2 cup | | | 0.500 | |
| 001145 | Waffle Stix | 2 STIX | | 2.000 | | |
| 000418 | Waldorf Fruit Salad- NHCS | 1/3 cup | | | | |
| 000101 | WATERMELON,CHUNKS | CUP | | | 0.500 | |
| 001032 | Wheat Roll | 1.25 oz | | 1.000 | | |
| 500208 | WHIPPED TOPPING | 2 TBSP | | | | |
| 000069 | Winter Blend Veggies | 4 oz | | | 0.500 | |
| 001149 | Yogurt | 4 oz | 1.000 | | | |