

**Valley Local School District - Nutritional and Ingredient Information**

\*\*Ingredient and nutritional information provided reflects the current information provided to Valley Local School District Food Service. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product.

Item	Vendor	Manufacturer	Manf. Number	Serving Size	Meal Component	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Fiber (g)	Carbs	Sugar (g)	Protein
<b>Cereal</b>																
Trix	GFS	General Mills	265782	1 pk	1 oz eq GR	110	1.5	0	0	0	140	0	1.5	24	7	1
Reeses Puffs	GFS	General Mills	264761	1 pk	1 oz eq GR	120	3	0.5	0	0	150	0	1	21	9	2
Honey Nut Cheerios	GFS	General Mills	509396	1 pk	1 oz eq GR	110	1.5	0	0	0	160	0	2	23	9	2
Cinnamon Toast Crunch	GFS	General Mills	365790	1 pk	1 oz eq GR	120	2.5	0	0	0	160	0	3	22	6	1
Lucky Charms	GFS	General Mills	265811	1 pk	1 oz eq GR	110	1	0	0	0	180	0	2	23	9	2
Cocoa Puffs	GFS	General Mills	270401	1 pk	1 oz eq GR	110	1.5	0	0	0	120	0	2	25	8	2
Golden Grahams	GFS	General Mills	509434	1 pk	1 oz eq GR	100	0.5	0	0	0	210	0	1	24	8	1
Fruit Loops	GFS	Kellogg's	283620	1 pk	1 oz eq GR	110	1	0.5	0	0	160	0	2	24	8	2
Apple Jacks	GFS	Kellogg's	283611	1 pk	1 oz eq GR	110	0	0.5	0	0	160	40	2	24	8	2
Choc. Frosted Mini Wheat	GFS	Kellogg's	805630	1 pk	1 oz eq GR	101	1	0.4	0	0	106	-	3	23	6	2.4
Choc. Frosted Flakes	GFS	Kellogg's	618902	1 pk	1 oz eq GR	100	1	0.5	0	0	160	-	2	24	8	2
<b>Rice Krispy Treats</b>																
Chocolate Chip	GFS	Kellogg's	645331	1 pk	1 oz eq GR	190	5	2	0	0	150	70	1	34	14	2
Plain	GFS	Kellogg's	618862	1 pk	1 oz eq GR	160	4	1	0	0	140	40	0	30	11	2
<b>Pop Tarts</b>																
Strawberry - single	GFS	Kellogg's	695890	1 pk	1 oz eq GR	180	2.5	1	0	0	190	50	3	38	15	2
Cinnamon - single	GFS	Kellogg's	695880	1 pk	1 oz eq GR	190	3	1	0	0	200	0	3	38	16	2
Fudge - single	GFS	Kellogg's	452062	1 pk	1 oz eq GR	190	3	1	0	0	200	0	3	38	15	3
Strawberry - double	GFS	Kellogg's	123031	1 pk	2.25 oz eq GR	350	6	2	0	0	370	116	6	76	30	4
Cinnamon - double	GFS	Kellogg's	123081	1 pk	2.5 oz eq GR	370	6	2	0	0	400	0	6	76	31	5
Fudge - double	GFS	Kellogg's	452082	1 pk	2.5 oz eq GR	370	6	2	0	0	390	0	6	76	30	5
Graham Crackers	GFS	Nabisco	529974	1 pk	.75 oz eq GR	90	2	0	0	0	115	40	1	16	5	1
Item	Vendor	Manufacturer	Manf. Number	Serving Size	Meal Component	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Fiber (g)	Carbs	Sugar (g)	Protein
<b>Donuts/Muffins/C.Buns</b>																
Mini Choc. Donuts	GFS	Super Bakery	738181	1 pk	2 oz eq GR	320	16	9	0	0	310	197	3	42	19	5
Mini Powdered Donuts	GFS	Super Bakery	738201	1 pk	2 oz eq GR	270	11	4.5	0	0	290	111	2	41	19	4
Powdered Donut Ball	GFS	Super Bakery	615421	1 pk	1 oz eq GR	100	2.5	0.5	0	0	150	0	1	17	7	3
Cake Donut	GFS	Super Bakery	509942	1 pk	1 oz eq GR	150	5	1.5	0	0	190	85	1	23	12	4
Yeast Raised Donut	GFS	Super Bakery	668181	1 pk	2 oz eq GR	230	11	4	0	0	260	0	2	29	6	5
Cake Donut Holes	GFS	Rich's	839520	3 pc	1 oz eq GR	140	8	3.5	0	0	160	50	1	15	3	2
Cinnamon Buns	GFS	Super Bakery	865440	1 pk	2 oz eq GR	240	7	3	0	5	280	127	3	40	16	5
Breakfast Buns	GFS	Bake Crafters	157232	1 pk	2.25 oz eq GR	270	10	4.5	0	0	220	0	3	40	13	6
Blueberry Muffin	GFS	Chef Pierre	262370	1 pk	1 oz eq GR	190	7	1	0	10	135	0	1	30	15	2
Banana Muffin	GFS	Chef Pierre	262362	1 pk	1 oz eq GR	200	8	1.5	0	10	110	70	1	31	16	2
Apple Cinnamon Loaf	GFS	Commodity	645020	1 pk	1 oz eq GR	180	6	1	0	15	160	60	0	29	16	2
Banana Bread Loaf	GFS	Bernardi	592072	1 pk	1 oz eq GR	160	4.5	1	0	30	140	0	2	27	14	3
Blueberry Loaf	GFS	Bernardi	592048	1pk	1 oz eq GR	160	6	1	0	30	120	0	2	26	12	3
Cherry Cocoa Bar	GFS	Zee Zee's	419172	1 pk	1 oz eq GR	200	7	2	0	0	40	140	2	33	16	3
Campfire	GFS	Zee Zee's	510707	1 pk	1 oz eq GR	150	5	1.5	0	0	50	57	1	24	9	2
Apple Cinn. Texas Toast	GFS	S & F Foods	152504	1 pk	2.25 oz eq GR	260	6	1	0	0	290	6	2	45	17	8
<b>Waffles</b>																
Dutch	GFS	J & J Snacks	607351	1 pc	2 oz eq GR	300	13	3	0	20	350	0	3	43	12	4
Belgian (square)	GFS	Gordon Choice	258972	1 pc	2 oz eq GR	220	8	1.5	0	20	370	0	0	32	8	4
Homestyle (round)	GFS	Gordon Choice	894790	1 pc	1 oz eq GR	100	3.5	0.5	0	2.5	150	0	0.5	14	1.5	2.5
Ginny's W-G Waffles	GFS	Specialty	243572	1 pc	1.75 oz eq GR	290	14	6	0	15	160	0	2	37	18	4
EggoJI	GFS	Eggo	888284	1 pc	1 oz eq GR	90	3	1.5	0	5	150	25	0.5	13.5	1	2
<b>French Toast</b>																
Sticks	GFS	Papetti's	555012	3 pc	1 oz eq GR	210	9	2	0	105	290	115	2	26	11	8
Sticks	Valley Foods	Fry Foods	770115	3 pc	1 oz eq GR	240	10	2	0	0	420	0	3	33	7	4
Bites	GFS	Rich's	391073	3 pc	1 oz eq GR	190	12	5	0	15	270	0	1	19	7	2
French Toast Choc. Chip	GFS	Kellogg's (Eggo)	498492	1 pk	2 oz eq GR	190	0	1.5	0	0	260	170	4	35	11	5

<b>Pancakes</b>																
Pancakes 1.2oz	GFS	Mrs.Buttersworth	156020	3 pc	2 oz eq GR	220	4	1	0	25	480	150	2	39	7	7
Max Cinn. Pancake	GFS	Max	642230	3 pc	2oz eq GR	210	6	1	0	5	300	0	3	36	11	4
Mini Strawberry	GFS	Pillsbury	269230	1 pk	2 oz eq GR	230	6	0	0	0	260	220	2	39	14	4
Mini Maple	GFS	Pillsbury	269220	1 pk	2 oz eq GR	220	6	0.5	0	0	270	230	2	37	11	4
Mini Confetti	GFS	Eggo	395303	1 pk	2 oz eq GR	220	7	1	0	10	300	140	4	36	11	4
Pork Pancake Wrap	GFS	Gordon Choice	497202	1 pc	1 oz MT/ALT & 1 oz eq GR	240	15	4.5	0	25	370	150	1	18	5	7
Turkey Pancake Mini Wrap	GFS	Foster Farms	696180	3 pc	1 oz MT/ALT & 1 oz eq GR	180	9	2.5	0	25	280	0	3	15	4	6
<b>Item</b>	<b>Vendor</b>	<b>Manufacturer</b>	<b>Manf. Number</b>	<b>Serving Size</b>	<b>Meal Component</b>	<b>Calories</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Potassium (mg)</b>	<b>Fiber (g)</b>	<b>Carbs</b>	<b>Sugar (g)</b>	<b>Protein</b>
<b>Pizza</b>																
Turkey Sausage 50/50 Blend	GFS	Tony's	160432	1 pc	1 oz MT/ALT & 1.5 oz eq GR	210	7	2	0	15	350	330	3	27	5	9
Turkey Sausage	GFS	Tony's	659981	1 pc	1 oz MT/ALT & 1.75 oz eq GR	240	8	2.5	0	15	340	205	3	31	4	11
<b>Biscuits/Gravy</b>																
Mini Biscuit	GFS	Pillsbury	521782	1 pc	1 oz eq GR	100	4.5	3.5	0	0	210	0	0	14	0	2
2.1 oz Biscuit	GFS	Rich's	237390	1 pc	1.5 oz eq GR	170	8	4.5	0	0	380	0	3	22	3	4
2.51 oz Biscuit	GFS	Pillsbury	269200	1 pc	2.5 oz eq GR	200	8	4	0	0	330	0	2	28	3	5
Sausage Gravy	GFS	Chef-mate	464694	.25 c	.25 oz MT/ATL	90	0	2	0	10	250	85	0	4	0	2
Sausage Gravy	Valley Food	Libby's	270162	.25 c	.25 oz MT/ATL	70	6	1.5	0	5	290	-	0	4	0	2
<b>Eggs</b>																
Scrambled	GFS	Papetti's	481492	.25 c	1.5 oz MT/ALT	90	7	1.5	0	155	230	94	0	2	1	5
Scrambled Round Patties	GFS	Gordon Choice	592625	1 pc	1 oz MT/ALT	60	4	1	0	95	110	46	0	1	0	3
Omelets w/Colby Cheese	GFS	Papetti's	240080	1 pc	2 oz MT/ALT	120	10	305	0	165	300	73	0	1	0	7
Hard Boiled Diced	GFS	Gordon Choice	192198	1 oz	1 oz MT/ALT	26.6	1.6	0.5	0	61.6	20	21	0	0.3	0.3	2
<b>Sausage</b>																
Links	GFS	Advance Pierre	344090	1 pc	1 oz MT/ALT	70	5	1.5	0	25	260	0	0	0	0	7
Patties	GFS	Gordon Choice	505340	1 pc	1 oz MT/ALT	195	18.5	6.5	0	35	345	0	0	1.5	1.5	6
<b>Chicken</b>																
Homestyle Patty	GFS	Tyson	645080	1 pc	1 oz MT/ALT & .25 oz eq GR	95	4.5	1	0	12.5	215	185	1.5	6	0	7
<b>Potatoes</b>																
Hashbrown	GFS	McCain	389003	2 pc	.5 c Starch	90	2.5	0	0	0	190	170	2	15	0	2
<b>Cheese Sticks</b>																
Light Mozzarella	GFS	Land O' Lake	786801	1	1 oz MT/ALT	60	3	2	0	10	200	110	0	1	1	7
Mozzarella	GFS	Land O' Lake	786580	1	1 oz MT/ALT	80	6	4	0	20	200	55	0	2	1	6
<b>Item</b>	<b>Vendor</b>	<b>Manufacturer</b>	<b>Manf. Number</b>	<b>Serving Size</b>	<b>Meal Component</b>	<b>Calories</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Potassium (mg)</b>	<b>Fiber (g)</b>	<b>Carbs</b>	<b>Sugar (g)</b>	<b>Protein</b>
<b>Parfait Recipe- Yogurt w/ strawberries,blueberries &amp; granola</b>																
Parfait	GFS	Yoplait,Fieldstone Bakery,& Commodity	811500,649742, 128272,& 764740	Y: 5.3 Oz, G: 1pk, S: .5 c & B: .25 c	Meat/Meat Alt 2oz ,Grain 1 oz, Fruit .5c, Fruit .25c	330	4.5	0.5	0	0	155	320	5.5	66	35.5	8
without Granola	GFS	Yoplait, & Commodity	811500, 128272, & 764740	Y: 5.3 oz, S: .5c & B: .25c	Meat/Meat Alt 2oz, Fruit .5c, & Fruit .25c	210	1	0.5	0	0	80	240	3.5	46	29.5	5
without Blueberries	GFS	Yoplait,Fieldstone Bakery,& Commodity	811500, 649742, & 128272	Y: 5.3 oz,G: 1 pk & S: .5c	Meat/Meat Alt 2oz, Grain 1 oz, & Fruit .25c	310	4.5	0.5	0	0	155	320	4	61	33	8
without Granola & Blueberries	GFS	Yoplait, & Commodity	811500 & 128272	Y: 5.3 oz & .5 c	Meat/Meat Alt 2oz & Fruit .5	190	1	0.5	0	0	80	240	0	32	27	5