

**Baltimore County Public Schools
Office of Food and Nutrition Services
Summer Foods 2019**

Item			Nutritional Information							Allergens			
#	Recipe Description	Pack size	Calories	Protein g	Sodium mg	Total Fat g	Carbs g	Fiber g	Sugar g	Wheat	Soy	Milk	Egg
1650	NOTABLES COCOA PUFF CEREAL BAR	48 EACH											
	Cereal Bar		150	3	100	3	30	3	9	yes	yes		
	Gold Fish Crackers		110	2	60	3.5	20	2	3	yes	yes	yes	
	Orange/Tangerine Juice		60	0	10	0	15	0	14				
1651	NOTABLES GOLDEN GRAHAM CEREAL BAR	48 EACH											
	Cereal Bar		150	2	110	3	30	3	9	yes	yes		
	Sunflower Kernals		190	6	65	15	11	3	5				
	Fruit Juice		60	0	10	0	15	0	14				
1453	BREAKFAST BREAK, CINNA POPTART	72 EACH											
	Pop Tart		180	2	190	2.5	37	3	15	yes	yes		
	Cinnamon Grahams		100	1	140	3	18	1	7	yes	yes		
	Apple Juice		60	0	10	0	15	0	12				
	JUMP START STRAWBERRY NUTRI GRAIN	44 EACH											
	NUTRI GRAIN BAR		160	2	150	4	30	3	14	yes	yes	yes	
	ELF GRAHAMS		120	2	105	4	21	1	8	yes	yes		
	Apple Juice		60	0	5	0	15	1	15				
913	BREAKFAST BREAK, CINNA TST CRUNC	60											
	Cereal Bar		150	3	115	3	30	3	8	yes	yes		
	Animal Crackers		120	2	115	4.5	20	2	6	yes	yes		yes
	Pear Juice		60	0	10	0	15	0	13				
MILK													
230	MILK, 1%, WHITE	50 CARTON	110	8	135	2.5	13	0				yes	
916	MILK, FAT FREE, CHOCOLATE	50 CARTON	130	8	210	0	23	0				yes	
FRUITS/VEGETABLES													
202	APPLE SLICES	200 CASE	29	0	1	0	8	1.4					
177	APPLESAUCE, IND CUP	1 SRVG	52	0.21	2	0.1	14.64	1.05					
	BABY CARROTS	100 pks	26	0.5	57	0.1	6	1					
1603	CHERRY SMOOTH N GOOD	84 EACH	100	0	25	0	25	0					
1602	SUNBELIEVABLE	84 EACH	110	0	25	0	26	0					
1456	GOLD RUSH VEG JUICE	40 case	40	0	60	0	10	0					
1378	MANGO SWIRL	44 case	55	0	15	0	14	0					
1352	COOL TROPICS	60 CASE	60	0	25	0	15	0					
	MIXED FRUIT CUP	72 CASE	80	0	10	0	19	1					
	FROZEN STRAWBERRY CUP	96 case	122	1	4	0	33	2					

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	FROZEN PEACH CUP	96 case	80	0	15	0	19	1					
LUNCH ITEMS													
1543	AdvancePierre BOLOGNA & CHEESE SUB	45 CASE	270	13	690	10	34	3		YES	YES	YES	
1541	Bake Crafters TURKEY & CHEESE SUB	80 CASE	290	21	750	11	31	3	6	YES	YES	YES	
1448	Anytime Food SMKD TURK HAM & CHE WRAP	80 CASE	200	16	560	8	16	1	2	YES	YES	YES	
636	Anytime Foods TURKEY HAM, CHEESE, CRACKER LUNCH	48 CASE	360	18	730	17	34	1	9				
	Turkey ham		50	8	280	2.5	0	0	0				
	Cheese		80	7	280	6	2	0	1	yes	yes		
	Crackers		90	1	115	4.5	11	1	1		yes	yes	
	Cinnamon Graham Crackers		110	2	45	3.5	20	0	6	yes	yes	yes	yes
1635	TURKEY,CHEESE, CRACKER LUNCH	48 CASE	360	18	920	16	39	3	12				
	Turkey		50	7	470	1.5	1	0	1				
	Cheese		80	7	280	6	2	0	1	yes	yes		
	Crackers		90	1	110	4.5	11	2	1		yes	yes	
	Chocolate chip graham crackers		140	3	50	4	23	1	8	yes	yes	yes	yes
MISCELLANEOUS													
	Ranch Dressing	100	90	0	160	9	2	0			yes	yes	yes
DAY CARE BREAKFAST													
	CINNAMON FLAKES CEREAL	96 CASE	100	2	170	0	24	3	6	yes	yes		
	CINNAMON RICE CHEX CEREAL	96 CASE	110	1	170	2	23	1	7				
	MINI WHEATS CERL	96 CASE	100	3	0	0	24	0	6	yes			