



INGREDIENT LIST

PRODUCE	SUB-GROUP	SERVING SIZE	COMPONENT CONTRIBUTION
APPLES, Red Delicious		1/2 CUP	1/2 CUP FRUIT
BANANAS		1/2 CUP	1/2 CUP FRUIT
ORANGES		1/2 CUP	1/2 CUP FRUIT
KIWI FRUIT		1/2 CUP	1/2 CUP FRUIT
PEARS		1/2 CUP	1/2 CUP FRUIT
TANGERINES		1/2 CUP	1/2 CUP FRUIT
BROCCOLI, Fresh Floret	Dark Green	1/2 CUP	1/2 CUP VEGETABLE
CABBAGE, Red Shredded	Other	1/2 CUP	1/2 CUP VEGETABLE
CABBAGE, Green Shredded	Other	1/2 CUP	1/2 CUP VEGETABLE
CARROTS, Fresh whole	Orange/Red	1/2 CUP	1/2 CUP VEGETABLE
CARROTS, Fresh Baby	Orange/Red	1/2 CUP	1/2 CUP VEGETABLE
CARROTS, Sliced (frozen)	Orange/Red	1/2 CUP	1/2 CUP VEGETABLE
CELERY, Fresh	Other	1/2 CUP	1/2 CUP VEGETABLE
CUCUMBER, Fresh	Other	1/2 CUP	1/2 CUP VEGETABLE
CILANTRO, Fresh Herb	Other	1/2 CUP	1/2 CUP VEGETABLE
LETTUCE, Romaine Heads	Dark Green	1 CUP	1/2 CUP VEGETABLE
LETTUCE, Spring Mix	Dark Green	1 CUP	1/2 CUP VEGETABLE
ONIONS, White	Other	1/2 CUP	1/2 CUP VEGETABLE
ONIONS, Yellow	Other	1/2 CUP	1/2 CUP VEGETABLE
ONIONS, Red	Other	1/2 CUP	1/2 CUP VEGETABLE
PEPPERS, Green	Other	1/2 CUP	1/2 CUP VEGETABLE
PEPPERS, Red	Other	1/2 CUP	1/2 CUP VEGETABLE
POTATO, Baking	Starchy	1/2 CUP	1/2 CUP VEGETABLE
SWEET POTATO	Orange/Red	1/2 CUP	1/2 CUP VEGETABLE
SQUASH, Zucchini	Other	1/2 CUP	1/2 CUP VEGETABLE
SQUASH, Zucchini (frozen)	Other	1/2 CUP	1/2 CUP VEGETABLE
SQUASH, Acorn	Other	1/2 CUP	1/2 CUP VEGETABLE
SQUASH, Summer sliced (frozen)	Other	1/2 CUP	1/2 CUP VEGETABLE
TOMATO, Fresh	Orange/Red	1/2 CUP	1/2 CUP VEGETABLE
SPINACH, Fresh	Dark Green	1 CUP	1/2 CUP VEGETABLE
SPINACH (frozen)	Dark Green	1/2 CUP	1/2 CUP VEGETABLE

OTHER FRUITS/VEGETABLES			
BEANS, Green (frozen)	Other	1/2 CUP	1/2 CUP VEGETABLE
BROCCOLI (frozen)	Dark Green	1/2 CUP	1/2 CUP VEGETABLE
CORN, Kernel (frozen)	Starchy	1/2 CUP	1/2 CUP VEGETABLE
GREENS, Collard (frozen)	Dark Green	1/2 CUP	1/2 CUP VEGETABLE
MUSHROOMS, Canned	Other	1/2 CUP	1/2 CUP VEGETABLE
JALAPENO PEPPERS, Canned	Other	1/2 CUP	1/2 CUP VEGETABLE
PEAS, Green (frozen)	Starchy	1/2 CUP	1/2 CUP VEGETABLE
JUICE, Apple 100% 4 floz carton		1/2 CUP	1/2 CUP FRUIT
JUICE, Orange 100% 4 floz carton		1/2 CUP	1/2 CUP FRUIT
RAISINS, Seedless		1/4 CUP	1/2 CUP FRUIT
CANNED GROCERIES			
BEANS, Baked Oven Vegetarian (canned)	Legume	1/2 CUP	2 MMA
BEANS, Black (canned)	Legume	1/2 CUP	2 MMA
BEANS, Kidney Dark Red Low Sodium (canned)	Legume	1/2 CUP	2 MMA
BEANS, Pinto Low Sodium (canned)	Legume	1/2 CUP	2 MMA
BEANS, Refried Vegetarian (canned)	Legume	1/2 CUP	2 MMA
PEPPERS, Jalapeno slices (canned)	Other	1/2 CUP	1/2 CUP VEGETABLE
POTATO Sweet (canned)	Orange/Red	1/2 CUP	1/2 CUP VEGETABLE
POTATO, Mashed low sodium pearls	Starchy	1/2 CUP	1/2 CUP VEGETABLE
SAUCE, Marinara	Orange/Red	1/2 CUP	1/2 CUP VEGETABLE
SAUCE, Pizza	Orange/Red	1/2 CUP	1/2 CUP VEGETABLE
SAUCE, Spaghetti No salt Added	Orange/Red	1/2 CUP	1/2 CUP VEGETABLE
TOMATO, Diced No Salt Added	Orange/Red	1/2 CUP	1/2 CUP VEGETABLE
TOMATO, Paste No Salt Added	Orange/Red	1/2 CUP	1/2 CUP VEGETABLE
TOMATO, Puree	Orange/Red	1/2 CUP	1/2 CUP VEGETABLE
APPLESAUCE		1/2 CUP	1/2 CUP FRUIT
FRUIT COCKTAIL, w/ Lt Syrup		1/2 CUP	1/2 CUP FRUIT
PEACHES, Diced w/ Lt Syrup		1/2 CUP	1/2 CUP FRUIT
PEARS, Diced w/ Lt Syrup		1/2 CUP	1/2 CUP FRUIT
PINEAPPLE, Chunks w/ Juice		1/2 CUP	1/2 CUP FRUIT
MEAT/POULTRY/FISH			
BEEF, Ground Crumbles 85/15 Fully Cooked		2.5 OZ	2 MMA
BEEF Meat, Taco, fully cooked		2.75 OZ	2 MMA
BEEF Meatball, full cooked		5 EACH	2 MMA
BEEF Patty, Cooked		2.5 OZ	2 MMA
BEEF, Philly Steak Meat (raw)		3 OZ	2 MMA
CHICKEN, Drumstick ABF Fresh		4 OZ	2 MMA

CHICKEN, Diced cooked, natural blend		1 OZ	1 M/M
CHICKEN, Strips cooked (unbreaded)		3 OZ	2 M/M
CHICKEN Meat, Taco, fully cooked		2 OZ	2 M/M
CHICKEN, Patty, whole grain breaded		3.4 OZ	2 M/M
SAUSAGE, Chicken, Cooked patty		1.36 OZ	1 M/M
PEPPERONI, Chicken, sliced		16 SLICES	1 M/M
TURKEY Deli, Breast		4 OZ	2 M/M
TURKEY Deli, Turkey Ham		4 OZ	2 M/M
FISH, Sticks, Whole Grain breaded		4 EACH	2 M/M
FISH, Filet, Whole Grain breaded		3.6 OZ	2 M/M
FISH, Tuna, light chunk in water		1 OZ	1 M/M
EGGS			
EGG, Whole frozen		1.5 OZ	1 M/M
EGG, Hardboiled whole peeled		1 LARGE	2 M/M
OTHER			
GARDEN BURGER		2.5 OZ	2 M/M
TOFU, Firm		2.2 OZ (1/4 CUP)	1 M/M
HUMMUS		1 oz (2 TB)	1 M/M
BREADS			
BREAD, Whole Wheat sliced		1 SLICE	1 GRAIN
BUN, Hamburger, Whole Wheat		1 BUN	2 GRAIN
BUN, Hot Dog, Whole Wheat		1 BUN	2 GRAIN
ROLL, Sub Whole Wheat		1 BUN	2 GRAIN
BISCUIT ready to eat, Honey Wheat Whole Grain		1 EACH	2 GRAIN
BREADSTICK Dough, Honey Wheat Whole Grain		1 EACH	0.75 GRAIN
BAGEL, Whole Wheat		1 EACH	2 GRAIN
MUFFIN ready to eat, English Whole Grain		1 EACH	2 GRAIN
ROLL Dough, Dinner HoneyWheat Whole Grain		1 OZ	1 GRAIN
FLATBREAD, Whole Grain		1 EACH	2 GRAINS
CRACKER, Animal		1 OZ	1 GRAIN
CRACKER, Graham Honey		1 OZ	1 GRAIN
CRACKER, Saltines Whole Grain		1 PACK	0.25 GRAIN
CROUTONS, Whole Grain		0.5 OZ	0.5 GRAIN
PIZZA Dough Whole Grain		8 CUT	2 GRAINS
PASTA, Macaroni Elbows Whole Grain		1/2 CUP COOKED	1 GRAIN
PASTA, Penne Whole Grain		1/2 CUP COOKED	1 GRAIN
PASTA, Rotini Whole Grain		1/2 CUP COOKED	1 GRAIN
PASTA, Spaghetti Whole Grain		1/2 CUP COOKED	1 GRAIN
TORTILLA Bulk, Reduced Fat Chip Crispy Round		1 OZ (10 EACH)	1 GRAIN
TORTILLA, Corn, Yellow 6"		1 EACH	1 GRAIN
TORTILLA, Flour 6" Whole Grain		1 EACH	1 GRAIN
TORTILLA, Flour 9" Whole Grain		1 EACH	2 GRAIN
RICE, Brown Long Grain Converted (partially cooked)		1/2 CUP COOKED	1 GRAIN
CEREALS			

CEREAL, Granola Nature Valley Oats N Honey		1 EACH	1 GRAIN
CEREAL, Cheerios Whole Grain		1 EACH	1 GRAIN
CEREAL , Frosted Mini Wheats Whole Grain		1 EACH	1 GRAIN
CEREAL, Rice Krispies		1 EACH	1 GRAIN
OATS, Rolled		1/2 CUP COOKED	1 GRAIN
DAIRY PRODUCTS			
CHEESE, Cottage LF, 1% Milkfat		4 OZ	1 M/M
CHEESE, Bleu Crumbles		1 OZ	1 M/M
CHEESE, Feta		1 OZ	1 M/M
CHEESE, Cheddar Sliced		1 OZ (2 SLICES)	1 M/M
CHEESE, Parmesan Shredded		1 OZ	1 M/M
CHEESE, Pepper Jack Sliced		1 OZ (2 SLICES)	1 M/M
CHEESE, Provolone Sliced		1 OZ (2 SLICES)	1 M/M
CHEESE, Swiss Sliced		1 OZ (2 SLICES)	1 M/M
CHEESE, American Sliced		1 OZ (3 SLICES)	1 M/M
CHEESE, Cheddar Shredded		1 OZ	1 M/M
CHEESE, Mozzarella Part Skim shredded		1 OZ	1 M/M
CHEESE, Mozzarella Reduced Fat Sticks		1 STICK	1 M/M
CHEESE SAUCE, Reduced Fat Cheddar		3 OZ	1 M/M
YOGURT , Vanilla Low Fat		4 OZ (1/2 CUP)	1 M/M
YOGURT, Plain Non-Fat		4 OZ (1/2 CUP)	1 M/M
MILK, 1%		8 OZ (1 CUP)	1 MILK
MILK, Unflavored, Fat Free		8 OZ (1 CUP)	1 MILK
OTHER GROCERIES			
CORNMEAL, Degermed, Enriched, Yellow			
BREAD CRUMB, Plain			
FLOUR, All Purpose Bleached			
GARLIC, Chopped in Water			
JELLY , Grape Concord			
JUICE , Lemon			
JUICE , Lime			
OIL, Salad (Zero Trans Fat)-Canola			
PAN COATING			
SUGAR, Brown (Dark)			
SUGAR, Granulated Cane			
SUGAR, Powdered (Confectioners)			
BAKING SODA			
BAKING POWDER			
CORN STARCH			
VINEGAR			
HERBS/SEASONINGS (dried)			
SEASONING, Cajun			
SEASONING, Caribbean Jerk			

SEASONING, Italian Salt Free			
SEASONING, Lemon Pepper Salt Free			
SEASONING, Mexican Salt Free			
SEASONING, Taco			
SOUP Base, Beef Low Sodium			
SOUP Base, Chicken Low Sodium			
SOUP Base, Vegetable Low Sodium			
SPICE, Ginger, ground			
SPICE, Basil Leaves Sweet			
SPICE, Chili Powder, Dark			
SPICE, Cinnamon Ground			
SPICE, Asian Blend			
SPICE, Cilantro			
SPICE, Cumin Ground			
SPICE, Garlic Granulated			
SPICE, Mustard Dry			
SPICE, Nutmeg Ground			
SPICE, Onion Powder			
SPICE, Oregano Leaf			
SPICE, Paprika Ground			
SPICE, Pepper Black, Shaker Ground			
SPICE, Pepper Cayenne Ground			
SPICE, Red Pepper Flakes			
SPICE, Thyme Leaves Dried			
SPICE, Bay Leaf			
SPICE, Mustard, Dry			
SPICE, Turmeric, Ground			
SPICE, Allspice, Ground			
SPICE, Celery Seed			
SPICE, Cloves, Ground			
SPICE, Curry Powder			
SPICE, Rosemary, Dried			
VANILLA EXTRACT			
CONDIMENTS			
DRESSING , Bleu Cheese Lite			
DRESSING , Caesar Reduced Fat			
DRESSING, Italian Reduced Fat			
DRESSING , Ranch Reduced Fat			
DRESSING, Raspberry Vinaigrette			
MARGARINE, Spread Zero Trans Fat			
MAYONNAISE, Reduced Calorie			
MUSTARD, Prepared			
HONEY			
PEANUT BUTTER, Creamy			
SUN BUTTER, Creamy			
RELISH, Sweet			
SAUCE, Barbecue			
SAUCE, Buffalo Wing			
SAUCE, Salsa			
SAUCE, Worcestershire			
SAUCE, Hot (Tabasco)			
SAUCE, Soy			