














# NSLP Food Reference Chart<sup>1</sup>





Alabama Department of Education










School Nutrition Programs






8/30/2013





Item	Svg Size	Carbohydrate (grams) <sup>2,4</sup>	Bread/Grain (Ounce Equivalents) <sup>2,3</sup>	Fruit (Cups)	Vegetable (Cups) <sup>2,5</sup>	Meat/Meat Alternate (Ounce Equivalents) <sup>2,5</sup>	Meets Alabama A la Carte Standards <sup>2,6</sup>
Apple, Sliced individually cupped Pierre	4 oz	38		1/2			Yes
Applesauce, individually cupped Pierre	½ cup	21		1/2			Yes
Applesauce Fruit Cup	4 oz	21		1/2			Yes
Bagel, Breakfast Pizza Sausage Tony's 	each (2.75 oz)	23	1			1	No
Bagel, Plain Lender's	each (65 g)	32	2 1/2				No
Beans, Black, Canned	½ cup	19			1/2	1/2 c <sup>5</sup>	N/A
Beans, Chili, Canned	½ cup	21			1/2	1/2 c <sup>5</sup>	N/A
Beans, Green Cut, Canned	½ cup	6			1/2		N/A
Beans, Italian, Canned	½ cup	7			1/2		N/A
Beans, Kidney, Canned	½ cup	22			1/2	1/2 c <sup>5</sup>	N/A
Beans, Lima, Canned	½ cup	16			1/2	1/2 c <sup>5</sup>	N/A
Beans, Pinto, Canned	½ cup	20			1/2	1/2 c <sup>5</sup>	N/A
Beans, Refried Vegetarian	½ cup	22			1/2	1/2 c <sup>5</sup>	N/A
Beans, Three Bean Salad	½ cup	7			1/2	---	N/A
Beans, Vegetarian, Canned	½ cup	23			1/2	1/2 c <sup>5</sup>	N/A
Beef Patty, Breaded Advance	patty (3.88 oz)	18	1 1/4			2	N/A
Beef Patty, Breakfast Breaded Zartic	patty (2.8 oz)	12				1 1/2	N/A
Beef Patty, Flame Broiled Advance	patty (2.4 oz)	1				2	N/A
Beef Patty, Hoagie, Zartic	patty (2.4 oz)	2				2	N/A
Beef Salisbury Steak, Don Lee	patty (3 oz)	3				2	N/A
Beef Steak Nugget Advance	8 ea. (3.84 oz)	15	1 1/4			2	No
Biscuit, Cinnamon-Raisin Pillsbury	biscuit (2.2 oz)	28	2				No
Biscuit, Southern Style Pillsbury 	biscuit (2.2 oz)	24	2				No
Biscuit, Whole Grain, Pillsbury 	biscuit (2.1 oz)	22	2				No
Biscuit, WG Easy Split Pillsbury 	biscuit (2.51 oz)	28	2				No
Biscuit, WG Easy Split Mini 	biscuit (1.25oz)	15	1				Yes
Bread, Sliced WW, Flowers WF 	slice (1 oz)	12	1				N/A
Bread, Sliced WW, Alpha B. M 	slice (25.4 g)	11	1				N/A



Item	Svg Size	Carbohydrate (grams) <sup>2,4</sup>	Bread/Grain (Ounce Equivalents) <sup>2,3</sup>	Fruit (Cups)	Vegetable (Cups) <sup>2,5</sup>	Meat/Meat Alternate (Ounce Equivalents) <sup>2,5</sup>	Meets Alabama A la Carte Standards <sup>2,6</sup>
Breadstick, WW, Pierre 	ea. (42.5 g)	21	1 1/2				Yes
Brownie, Whole Grain, Dessert Innovations 	ea. (1.4 oz)	22	1/2				Yes
Brownie Cup, Whole Grain, Dave's Baking Co. 	1.5 oz	26	1/2				Yes
Bun, Hamburger WW, Eur. Bkrs 	each (2.1 oz)	28	2				N/A
Bun, Hot Dog, WW, Alpha Bkng 	each (54 g)	20	2				N/A
Burger, Garden, Morningstar	burger (100 g)	10				2	N/A
Burger, Spicy Black Bean, MorningStar Farms	burger (93 g)	18	1/4			1 1/2	N/A
Burrito, Beef & Bean Los Cabos 	ea. (5.2 oz)	39	2			2	No
Burrito, Breakfast, Sausage & Egg, Los Cabos 	ea. (3.25oz)	31	1 3/4			1	No
Carrots, Sliced Thin Allen	½ cup	8			1/2		N/A
Cereal Bar, Apple Cinnamon Nutri Grain 	bar (44 g)	30	1				No
Cereal Bar, Blueberry Nutri Grain 	bar (44 g)	30	1				No
Cereal Bar, Chocolate Chewy Cocoa Krispies 	bar (38g)	27	1				Yes
Cereal Bar, Strawberry Nutri Grain 	bar (44 g)	29	1				Yes
Cereal, Cheerios, Apple Cinnamon 	owl (28g)	23	1				Yes
Cereal, Cheerios, Honey Nut 	owl (28 g)	22	1				Yes
Cereal, Chex, Honey Nut 	owl (31g)	27	1				Yes
Cereal, Cinnamon Toast Cr Reduced Sugar 	owl (28 g)	22	1				Yes
Cereal, Cocoa Puffs Less Sugar 	owl (24 g)	20	1				Yes
Cereal, Country Corn Flakes General Mills	owl (19 g)	16	1				Yes
Cereal, Crisp Rice, Bulk	1 ¼ cups	29	1 1/2				---
Cereal, Frosted Corn Flakes	owl (28 g)	24	1				Yes
Cereal, Fruity Cheerios 	owl (24 g)	20	1				Yes
Cereal, Golden Grahams 	owl (28 g)	23	1				Yes
Cereal, Kix 	owl (17 g)	14	1				Yes
Cereal, Rice Crunchins	owl (21 g)	18	1				Yes
Cereal, Trix Reduced Sugar 	owl (21 g)	18	1				Yes
Cheese Sauce, Chef-mate WF	¼ cup	6					No
Cheese Sauce, Nacho Chef-mate WF	¼ cup	6					No
Cheese Sauce, Gehls M	¼ cup	7					No
Cheese Sauce, Nacho Gehls M	¼ cup	5					No
Cheese, String Mozz Frigo WF	string (1 oz)	0				1	Yes






















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Chicken, diced, cooked, frozen	2 oz	0				2	N/A
Chicken, fajita strips Kings Delight	3.5 oz	2				2	N/A
Chicken, Nugget Gold Kist 	5 ea. (3.4 oz)	13	1			2	No
Chicken, Patty Brded Albertville	patty (100 g)	14	---			2	N/A
Chicken, Patty Breaded Gold Kist 	patty (3.37 oz)	13	1			2	N/A
Chicken, Patty Breakfast Kings Delight	patty (1.65 oz)	8	1/2			1	N/A
Chicken, Patty Grilled Pierre/Zartic	patty (2.8 oz)	1				2	N/A
Chicken, Patty Spicy Breaded Kings Delight	patty (3.25 oz)	8	1			2	N/A
Chicken, Tender Kings Delight	3 tenders (3 oz)	13	1			2	No
Chicken, Tenderloins Koch	3 each (167 g)	24	---			2	No
Chicken, Wings of Fire Hot Tyson	4 pieces	1				—	No
Chili, Hot Dog Chefmate	¼ cup	9					No
Chili Seasoning Mix, Reduced Sodium, Foothill	1 Tbsp dry	5					N/A
Chips, Baked BBQ Lay's	pkg (1.13 oz)	24					Yes
Chips, Baked Cheetos	pkg (.88 oz)	17					Yes
Chips, Baked Cheetos Flamin Hot	pkg (.88 oz)	17					Yes
Chips, Baked Original Lay's	pkg (1.13 oz)	26					Yes
Chips, Baked Sour Cream & Onion Lay's	pkg (1.13 oz)	24					Yes
Chips, Corn Bulk Tops Golden Fl.	1 oz (34 chips)	15	1				No
Chips, Garden Salsa Sunchips 	pkg (1 oz)	19	1				Yes
Chips, Hrvst Cheddar Sunchips 	pkg (1 oz)	19	1				Yes
Chips, Original Sunchips 	pkg (1 oz)	19	1				Yes
Chips, Tortilla Baked Nacho Cheese Doritos 	pkg (.75 oz)	16	1 1/4				Yes
Chips, Tortilla Reduced Fat Cool Ranch Doritos 	pkg (1 oz)	19	1 3/4				Yes
Chips, Tortilla White Round Mission, bulk 	10 chips (28 g)	17	1				No
Chortles, Graham Crackers, Chocolate	1 bag (27g)	19	1				Yes
Chortles, Graham Crackers, Chocolate Chip	1 bag (26g)	18	1				Yes
Chortles, Graham Crackers, Cinnamon	1 bag (27g)	20	1				Yes
Cinnamon Bun, fortified, Super Bakery	bun (57 g)	25	1				No
Cookie, Choc. Chip, Reduced Fat, Otis	cookie (1 oz)	19	3/4				No
Cookie, M&M, Low Fat, Otis	cookie (1 oz)	19	3/4				No
Cookie, Oat Raisin, Reduced Fat, Otis	cookie (1 oz)	18	3/4				No
Cookie, Sugar, Reduced Fat, Otis	cookie (1 oz)	19	3/4				No

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Cookie, Carnival, Reduced Fat, Otis	cookie (1 oz)	19	3/4				
Cookies, animal crackers, Zoo animals, Keebler	pkg (28 g)	23	1				Yes
Cookie, Vanilla Wafer	wafer	4					N/A
Corn Dog, Lower Fat Foster Farms , WG 	corndog (4 oz)	33	2			2	No
Corn, Cream Style, Canned	½ cup	23			1/2		N/A
Corn, Sweet, Yellow, Canned	½ cup	20			1/2		N/A
Corn, Sweet, Yellow, Frozen	½ cup	16			1/2		N/A
Corn, Sweet, Yellow, Frozen, on cob	3" cobbett	19			1/4		N/A
Cracker, Apple Cinn Grhm Whl Grn, MJM M 	pkg (26 g)	19	1				Yes
Cracker, Choc Grhm, Whl Grn, MJM M 	pkg (26 g)	19	1				Yes
Cracker, Honey Grhm, Whl Grn MJM 	pkg (26 g)	18	1				Yes
Crackers, Belly Bears, Whl Grn, Cinn. WF 	pkg(1 oz)	21	1				Yes
Crackers, Belly Bears, Whl Grn, Choc. WF 	pkg (1 oz)	20	1				Yes
Crackers, Goldfish Pepp. Farm	pkg (21 g)	14	1				No
Crackers, Gripz choc chip grahams 	pkg (27g)	20	1				Yes
Crackers, Club Keebler	2 cracker pk	4	1/4				No
Crackers, Saltines Sunshine Krispy	4 ct pk	9	1/2				No
Crackers, Wheat Keebler	2 cracker pk	5	1/4				No
Cranberry Sauce	¼ cup	27			1/4		N/A
Crispito, Chicken Chili Tyson	each	20	1 1/4			1	No
Croissants, Whole Grain, Hadley Farms 1.25 oz 	1 roll (35g)	15	1				Yes
Croutons, Fresh Gourmet, seasoned 2.5 lb	2 Tbsp	5	1/4				No
Doughnut, unglazed, bulk	each (59 g)	26	1				No
Donut, Whole Wheat Round, Fortified, Dave's 	2.5 oz	40	2				No
Dressing, French Light, Heinz WF	pkg (12 g)	1					N/A
Dressing, French Light Bulk, Ken's	2 Tbsp	5					N/A
Dressing, French Light, Sauer M	pkg (12 g)	4					N/A
Dressing, French Light, Heinz	pkg (1.5 oz)	11					N/A
Dressing, Honey Mustard Heinz	pkg (28 g)	8					N/A
Dressing, Italian Light Bulk, Mrztti	2 Tbsp	3					N/A
Dressing, Italian Light, Heinz WF	pkg (12 g)	1					N/A
Dressing, Italian Light, Sauer M	pkg (12 g)	2					N/A
Dressing, Italian Light, Heinz	pkg (1.5 oz)	5					N/A



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Dressing, Ranch, FF, Heinz W	pkg (12 g)	2					N/A
Dressing, Ranch, FF, Sauer M	pkg (12 g)	3					N/A
Dressing, Ranch Light Bulk, Ken's	2 Tbsp	2					N/A
Dressing, Ranch, Light, Heinz	pkg (1.5 oz)	9					N/A
Dressing Mix, Ranch, Foothill Farms	1/4 tsp	0					N/A
Dressing, Rasp. Vinaigrette FF, Marzetti	pkg (1.5 oz)	13					N/A
Dressing, Thous. Island Lite Bulk, Ken's	2 Tbsp	5					N/A
Egg, Scrambled, Michael M	¼ cup	0.5				1 lg. egg	N/A
Egg, Scrambled, Rembrandt WF	¼ cup	0.5				1 lg. egg	N/A
Egg, Scrambled Square Michael M	square (1.25 oz)	1				1	N/A
Egg Roll, Beef, Amy's	each (4.2 oz)	23	1		1/4	2	No
Egg Roll, Pork, Amy's	each (4.2 oz)	23	1		1/4	2	No
Fajita Seasoning Mix, Foothill V418-AJ90	2 tsp dry	3					N/A
Fish, Cod Squares, Frionor	each (3.6 oz)	15	1			2	No
Fish, Nuggets, Cod Frionor	5 nuggets	30	2 3/4			2	No
Flatbread, Ultra Loco Gordita Bread 	piece	21	2				N/A
Frank, Beef, Kent	each (2 oz)	0				2	No
French Fries, Straight Cut Simplot, uncooked (made for frying)	½ cup	15			1/2		N/A
French Fries, Straight Cut, Simplot (made for baking)	½ cup	14			1/2		N/A
French Fries, Shoestring Simplot	½ cup	19			1/2		N/A
French Fries, Crinkle Cut, Simplot	½ cup	17			1/2		N/A
French Toast Sticks, Whole Grain Aunt Jemima 	4 sticks	43	2				No
Fruit Cocktail, Canned, Light Syrup, Drained	½ cup	18		1/2			N/A
Fruit, Mixed Individually Cupped Pierre	4 oz	18		1/2			Yes
Fruit, Mixed Individually Cupped Pierre	4 oz	17		1/2			Yes
Fruit, Snacks Cherry Roll ups Gen. Mills	1 roll	11					Yes
Fruit, Snacks Crazy Roll ups Gen. Mills	1 roll	11					Yes
Fruit, Snacks Straw Roll ups Gen. Mills	1 roll	11					Yes
Fruit Snacks, Curious George	pkg(0.9 oz)	22					Yes
Gelatin Dessert, prepared	½ cup	18					Yes
Graham Crackers, Gripz, Choc. Chip 	pouch	19	1				Yes
Graham Crackers, Gripz, Cinnamon 	pouch	19	1				Yes
Granola, bulk, Fieldstone 	1/4 cup	21	1				N/A


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Granola Bar, Chwy Oatmeal Raisin, Quaker	bar (23.8 g)	19	1/4				Yes
Granola Bar, Chwy Peanut Butter, Quaker	bar (24 g)	18	1/4				Yes
Gravy Mix, TUF Brown (cook-up), Precision 219	1/4 cup, ckd	3					N/A
Gravy Mix, TUF Country w/Pepper, Precision 220	1/4 cup, ckd	6					N/A
Gravy Mix, TUF Poultry, Precision Foods 217	1/4 cup, ckd	3					N/A
Ham, buffet, oval shape, Polks 300	2.44 oz	6				2	N/A
Ham for Biscuit, Polks 335	1.22 oz	3				1	N/A
Ham, thin sliced, Polks 0154	2.44 oz	6				2	N/A
Hoagie Roll, WW, EPI WF 	roll (77 g)	39	3				N/A
Honey	pkg (14 g)	12					N/A
Hushpuppies, Savannah Classics	3 each (52 g)	22	1 1/2				No
Jelly, Apple Cup Heinz	1/2 oz cup	9					N/A
Jelly, Grape Cup Heinz	1/2 oz cup	9					N/A
Jelly, Strawberry Cup Heinz	1/2 oz cup	9					N/A
Juice Bar, Outrageous Orange J&J	each	14		3/8			Yes
Juice Bar, Sour Apple J&J	each	15		3/8			Yes
Juice Bar, Very Berry J&J	each	14		3/8			Yes
Juice Bar, Wild Cherry J&J	each	13		3/8			Yes
Juice, Apple Mr. J	4 oz	14		1/2			Yes
Juice, Apple Mr. J	6 oz	22		3/4			Yes
Juice, Fruit Blend Mr. J	4 oz	14		1/2			Yes
Juice, Grape Mr. J	4 oz	19		1/2			Yes
Juice, Grape Mr. J	6 oz	28		3/4			Yes
Juice, Orange Mr. J	4 oz	15		1/2			Yes
Juice, Orange Mr. J	6 oz	22		3/4			Yes
Juice, Orange Pineapple Mr. J	4 oz	16		1/2			Yes
Ketchup, Heinz	packet	3					N/A
Mayonnaise, Light, Kraft	packet	0					N/A
Mayonnaise, Reg, Heinz	packet	0					N/A
Mrs. Dash Original Blend, Precision J017-S6900	1/4 tsp	0					N/A
Muffin, Apple Whl Grain, Dessert Innovations 	muffin	22	1				Yes
Muffin, Apple Cinnamon Mini, Whole Grain, Daves 	muffin	18.8	1				Yes
Muffin, Banana, Whole Grain, Dessert Innovations 	muffin	24	1				Yes

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Muffin, Banana, Mini, Whole Grain, Daves 	muffin	19	1				Yes
Muffin, Blueberry Loaf, Whole Wheat, Super Bakery 	loaf	30	1				Yes
Muffin, Blueberry Mini, Whole Grain, Daves 	muffin	18.5	1				Yes
Mustard, Yellow Heinz	packet	0					N/A
Okra, Breaded, Frozen	3 oz	16			---		N/A
Onion Rings, Farm Rich M	5 rings	27			1/8		N/A
Onion Rings, Moore's W	3 oz	26			---		N/A
Oranges, Mandarin, Juice packed	½ cup	12		1/2			Yes
Pancake, Aunt Jemima 	each	13	1				No
Pancakes, Mini, Maple Pillsbury 	pouch	34	2				No
Pancakes, Mini, Strawberry Pillsbury 	pouch	34	2				No
Pancake Pup, Don Lee 	each (3 oz)	25	1 1/2			1	No
Pasta, Penne, Whole Grain 	1 cup, ckd	41	2				N/A
Pasta, Spaghetti, Cooked, Enriched	1 cup, ckd	43	2				N/A
Pasta, Spaghetti, Whole Grain, Cooked 	2/3 cup, ckd	41	1 1/2				N/A
Peaches, Diced Individually Cupped Pierre	4 oz	18		1/2			Yes
Peaches, Canned in Light Syrup	1/2 cup	18		1/2			Yes
Peach Fruit Cup	4 oz	18		1/2			Yes
Pears, Canned in Light Syrup	1/2 cup	19		1/2			Yes
Pear Fruit Cup	4 oz	21		1/2			Yes
Peas & Carrots, Canned	1/2 cup	11			1/2		N/A
Peas & Carrots, Frozen, Boiled, Drained	1/2 cup	8			1/2		N/A
Peas, Blackeyed, Canned	1/2 cup	21			1/2	1/2 c <sup>5</sup>	N/A
Peas, Green, Canned, Drained	1/2 cup	10			1/2		N/A
Peas, Green, Frozen, Boiled, Drained	1/2 cup	11			1/2		N/A
Peppers, Pepperoncini	3 peppers	2			1/4		N/A
Pickle, Spears Dill Kaiser	spear	0			1/8		No
Pickle, Sweet Relish	1/4 cup	17			---		No
Pickle, Sliced Dill Kaiser	2 slices	0					No
Pickle, Whole Dill Kaiser	1 medium	0			1/2		No
Pineapple, Canned in Light Syrup	1/2 cup	17		1/2			Yes
Pizza, Big Daddy's, Cheese 	1/10 pizza	33	2		1/8	2	No

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Pizza, Big Daddy's, Pepperoni 	1/10 pizza	33	2		1/8	2	No
Pizza, Breakfast with Turkey Sausage, Tony's 	each	27	1 1/2			1	No
Pizza, Cheese 4X6, Tony's 	slice	37	2		1/8 c	2	No
Pizza, Cheese Deep Dish Round Tony's 	pizza	39	2		1/8 c	2	No
Pizza, Cheese Sticks, Tony's 	2 sticks	30	2			2	No
Pizza, Cheese Stuffed Crust, Tony's 	slice	40	2		1/8	2	No
Pizza, Cheese Wedge, Tony's 	wedge	37	2		1/8	2	No
Pizza, Fiestada Beef Hexagon, Tony's 	each	41	2		1/8	2	No
Pizza, French Bread Pepperoni, Tony's 	each	34	2		1/8	2	No
Pizza, Pepperoni "Hot Pocket" Stuffed Sand, Tony's 	each	32	2		1/8	2	No
Pizza, Pepperoni 4X6, Tony's 	slice	36	2		1/8	2	No
Pizza, Pepperoni Deep Dish 5", Tony's 	pizza	39	2		1/8	2	No
Pizza, Pepperoni Stuffed Crust, Tony's 	slice	40	2		1/8	2	No
Pizza, Pepperoni Wedge, Tony's 	wedge	36	2		1/8	2	No
Pizza, Turkey Sausage 4X6, Tony's 	slice	37	2		1/8	2	No
Pizza, Turkey Sausage Wedge, Tony's 	wedge	37	2		1/8	2	No
Pop Tarts, Blueberry, Frosted, Kellogg's	2 pastries	76	2				No
Pop Tarts, Straw., Whl Grn, Low Fat, Kellogg's 	2 pastries	74	2				No
Pork, BBQ, Pulled, Dry Pack, Suzannah's	1 oz	0				1	N/A
Pork, Patty, Rib Shaped, Don Lee	patty (2.66 oz)	4				2	N/A
Potato, Rounds, Simplot	8 pcs (2.52 oz)	16			1/2		No
Potato, Hash Brown Patty, Simplot	patty	14			1/4		No
Potato, Whole Small, Canned	1/2 cup	12			1/2		N/A
Potatoes, Baby Bakers, Simplot	½ c. (3.16 oz)	16			1/2		N/A
Pretzel, Soft Rod, Whole Grain, J&J 	pretzel (1 oz)	14	1 1/4				No
Pudding, Chocolate, Fat Free, Knouse	1/2 cup	23					Yes
Pudding, Vanilla, Fat Free, Knouse	1/2 cup	25					Yes
Quesadilla, Chicken, Schwan's 	ea. (4.4 oz)	32	2			2	No
Raisins, Seedless	sm. box (1.5 oz)	34		1/4			Yes
Rice Krispies Cereal Bar, Chocolate, WG 	ea. (36 g)	26	1				Yes
Rice Krispies Treats, Kellogg's	bar (37 g)	28	1/2				Yes
Rice, brown, long grain, cooked 	½ cup	22	1				N/A
Rice, Spanish Milani Gourmet M	½ cup, ckd	23	1				N/A



Item	Svg Size	Carbohydrate (grams) <sup>2,4</sup>	Bread/Grain (Ounce Equivalents) <sup>2,3</sup>	Fruit (Cups)	Vegetable (Cups) <sup>2,5</sup>	Meat/Meat Alternate (Ounce Equivalents) <sup>2,5</sup>	Meets Alabama A la Carte Standards <sup>2,6</sup>
Rice, Spanish Milani Gourmet, Precision R213-D5007	1/2 cup, ckd	23	1				N/A
Rice, white, long grain, enriched, cooked	½ cup	22	1				N/A
Rice Seasoning Mix, Asian Stir Fry, Foothill Farms	1.5 tsp	3					N/A
Roll dough, Cinnamon J&J, uncooked 	bun (2.5 oz)	36	2				No
Roll, dough, Whole Grain, Rich's WF 	roll (35 g)	14	1				---
Roll, Whole Wheat Par baked, Sister Schubert's 	roll (43 g)	22	1 1/4				Yes
Salsa, Medium	2 TBSP	2			1/8		N/A
Sauce, BBQ Bulk Cattleman's	2 TBSP	9					N/A
Sauce, BBQ Package, Flavor Fresh	pkg (12 g)	5					N/A
Sauce, Spaghetti	1/2 cup	13			1/2		N/A
Sauce, Sweet & Sour Dunk Cup, Heinz	cup (28 g)	11					N/A
Sauce, Sweet & Sour Bulk, Minor's	2 TBSP	9					N/A
Sauce, Taco, Mild Package, Heinz	pkg (9 g)	1					N/A
Sauce, Tartar Package, Heinz	pkg (12 g)	1					N/A
Sauce, Worcestershire, Low Sodium, H&H, WF	1 fluid oz	4					N/A
Sauerkraut, Solids & Liquids	1/8 cup	1			1/8		No
Sausage, Biscuit 2 pack, Williams	2 pack	28	2			0.7	No
Sausage Dog, Pork, Bryan	link	2				2	No
Sausage, Pancake on a Stick, Don Lee	stick	26	1 1/2			1	No
Sausage, Patty, Southern Quality	patty (1.5 oz, unckd)	0				1	No
Sausage, Smoked Rope Style, Bryan	2 oz	3				1	No
Sausage, Link, Williams	2 each (56 g)	0				1	No
Sausage, Smoked Cocktail, Bryan	6 pieces	5				2	No
Sloppy Joe Seasoning, Reduced Sodium, Foothill	2 tsp dry	4					N/A
Sour Cream, Light Bulk, Morningstar	2 Tbsp	3					N/A
Sour Cream, Individual, Daisy	pkg (1 oz)	1					N/A
Soy Sauce	1 TBSP	2					N/A
Spagetti/Pizza Sauce Mix, Reduced Sodium, Foothill	1 tsp dry	3					N/A
Spinach, Frozen, Cooked, Boiled	1/2 cup	5			1/2		N/A
Squash, Breaded, Uncooked	3 oz	15			---		N/A
Strawberry Glaze, Wht House WF	1/3 cup	25					N/A
Strawberry Glaze, National	1/3 cup	25					N/A
Sweet Potato Fries, Simplot Sweets	½ cup	27			1/2		N/A

Item	Svg Size	Carbohydrate (grams) <sup>2,4</sup>	Bread/Grain (Ounce Equivalents) <sup>2,3</sup>	Fruit (Cups)	Vegetable (Cups) <sup>2,5</sup>	Meat/Meat Alternate (Ounce Equivalents) <sup>2,5</sup>	Meets Alabama A la Carte Standards <sup>2,6</sup>
Sweet Potatoes, Round, Frz, Bright Harvest	½ cup	18	0		1/2		N/A
Syrup, Individual, Heinz	cup (1.5 oz)	28	0				N/A
Taco Shell, 6" Mission	2 shells	23	1 1/4				N/A
Taco Seasoning Mix, Reduced Sodium, Foothill	1.25 tsp dry	2	0				N/A
Tortilla, Whole Wheat 8", Mission 	tortilla	22	1 1/2				N/A
Tortilla, Wrap, Spinach Herb 10", Mission	tortilla	35	2 3/4				N/A
Tortilla, Wrap, Sundried Tomato Basil 10", Mission	tortilla	35	2 3/4				N/A
Turnip Greens, Frozen, Cooked, Boiled, Drained	1/2 cup	2			1/2		N/A
Vegetables, 5 way mix, Wood Farms	1/2 cup	9			1/2		N/A
Vegetables, California Mix, Wood Farms	1/2 cup	3			1/2		N/A
Vegetables, Italian Mix, Wood Farms	1/2 cup	7			1/2		N/A
Vegetables, Stew Vegetables, Frozen	3 oz	11			---		N/A
Vegetables, Stir Fry, Wood Farms	1/2 cup	3			1/2		N/A
Vegetables, Mixed, Canned, Drained	1/2 cup	8			1/2		N/A
Waffle Sticks, Whole Grain, Belgian Chef 	1 piece	14	1				No
Whipped Topping, Rich's	2 TBSP	2					N/A
Yam Patty, Allens	patty	12			---		N/A
Yogurt, Raspberry Yoplait	4 oz	17				1	Yes
Yogurt, Strawberry/Banana Dannon	4 oz	16				1	Yes
Yogurt, Strawberry Dannon	4 oz	16				1	Yes
Yogurt, Trix Watermelon Yoplait	4 oz	17				1	Yes
Yogurt, Vanilla Bulk, Yoplait	4 oz	19				1	Yes

Item	Svz Size	Carbohydrate (grams) <sup>2,4</sup>	Bread/Grain (Ounce Equivalents) <sup>2,3</sup>	Fruit (Cups)	Vegetable (Cups) <sup>2,5</sup>	Meat/Meat Alternate (Ounce Equivalents) <sup>2,5</sup>	Meets Alabama A la Carte Standards <sup>2,6</sup>
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<sup>1</sup> Indicates items that count as a whole grain, based on 50% USDA standard.

<sup>1</sup> Includes, but not limited to, items from Alabama's Statewide Procurement. This approximation is based on the most information made available to the Alabama Department of Education, School Nutrition Programs.

<sup>2</sup> Information based on food items as purchased. Ingredients added during the cooking process may alter data.

<sup>3</sup> Grain based desserts are limited to 2 oz eq per week.

<sup>4</sup> The NSLP & SBP meal patterns are based on the bread/grain, fruit, vegetable, meat/meat alternate, and milk components. No federal standard is set for carbohydrate requirements per meal.

<sup>5</sup> A serving of cooked, dry beans or peas may be counted as a vegetable or as a meat alternate, but not as both in the same meal.

<sup>6</sup> As part of the Alabama Nutrition Policy, single items that constitute the reimbursable meal may be sold a la carte. Additional portions of those items may be sold by the cafeteria.

<sup>7</sup> --- = All data not available to make determination.