

High School

2011 / 2012

Gordon Food Service®

GFS Reorder Number	MONDAYS	Serving Size														
			Calories	Protein (gm)	Fat (gm)	Saturated Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Carbohydrates (gm)	Fiber (gm)	Sugar (gm)	Sodium (mg)	Iron (mg)	Vitamin C (mg)	Vitamin A (IU)	Calcium (mg)
Sandwich Day																
473723	CHIX PTY BRD O/R CN 60-3.4Z TYS	1 EACH	250	12	15.2	3.8	0.0	65	16	1.9	1	710	1.90	0	0	20
509205	CHIX PTY GRLLD O/R CN 90-2.65Z MCCAR	1 EACH	160	13	11.1	3.0	0.0	45	2	0.0	2	380	0.74	0	100	20
100640	PORK RIB PTY CKD BBQ CN 100-2.5Z GFS	1 EACH	160	11	9.8	3.5	0.0	29	8	1.4	6	393	1.40	1	110	31
734136	SAUCE BBQ 4-1GAL GFS	2 TBSP	60	0	0.0	0.0	0.0	0	14	0.0	8	460	0.00	0	300	0
211729	TURKEY PULLED WHT CKD 10# GFS	3 OZ	119	25	1.7	0.0	0.0	73	0	0.0	0	48	1.70	0	0	13
101656	SOUP CRM OF CHIX 12-5 HNZ	0.5 CUP	102	2	4.9	1.2	0.0	11	12	0.0	2	828	0.00	0	137	22
863860	BUN WHL WHE FLT RND SLCD 6-16CT GFS	1 EACH	103	4	1.4	0.4	0.0	0	21	3.6	2	216	1.35	5	0	31
533930	BUN BRAT SLCD 6" 12-8CT TUR	1 EACH	160	6	1.7	0.6	0.0	0	31	1.1	2	273	0.57	0	0	37
758906	POTATO CHEESE BAKE 6-34Z REDI SHRED	3.53 OZ	420	10	12.0	6.0	2.0	21	69	5.0	6	2168	1.00	16	236	32
819492	KETCHUP DISPENSER PK 2-1.5GAL HNZ	1 TBSP	15	0	0.0	0.0	0.0	0	4	0.0	4	190	0.00	0	100	0
860221	MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	1 TSP	0	0	0.0	0.0	0.0	0	0	0.0	0	80	0.00	0	0	0
107042	DRESSING SALAD 4-1GAL GFS	1 TBSP	50	0	4.5	1.0	0.0	5	2	0.0	1	130	0.00	0	0	1
198013	ORANGES NAVEL FCY 113CT MRKN	1 EACH	80	2	0.0	0.0	0.0	0	22	7.7	14	0	0.00	79	100	60
212768	STRAWBERRY CLAMSHELL 8# MRKN	1 CUP	48	1	0.0	0.0	0.0	0	12	3.0	7	1	0.00	88	18	24
197831	GRAPES RED SEEDLESS 9-2#AVG P/L	100 Gram	67	1	0.0	0.0	0.0	0	17	1.0	16	2	0.00	4	100	14
200565	MELON MUSK CANTALOUPE 12CT P/L	0.5 CUP	52	1	0.0	0.0	0.0	0	14	1.2	13	24	0.00	50	3600	10
473171	APPLE FRSH SLCD 100-2Z P/L	1 PACKAG	30	0	0.0	0.0	0.0	0	7	1.1	6	0	0.00	21	0	20
201367	APPLE DELICIOUS RED 125CT MRKN	1 EACH	72	0	0.0	0.0	0.0	0	19	2.8	14	1	0.00	7	75	8
200794	APPLE DELICIOUS GOLDEN 100CT MRKN	1 EACH	72	0	0.0	0.0	0.0	0	19	2.8	14	1	0.00	7	75	8
582271	APPLE GRANNY SMITH 113CT MRKN	1 EACH	80	0	0.0	0.0	0.0	0	22	4.6	15	0	0.00	5	100	0
326089	WATERMELON RED SEEDLESS 2CT GFS	2 CUP	81	0	0.0	0.0	0.0	0	22	0.0	20	0	0.00	14	1501	20
197904	MELON HNYDEW 6-1CT P/L	1 EACH	360	10	0.0	0.0	0.0	0	90	10.0	80	180	0.00	180	500	60
198056	PEAR 10SZ 95-110CT MRKN	1 CUP	96	0	0.0	0.0	0.0	0	25	4.9	17	2	0.00	7	38	15
287008	KIWI 35CT MRKN	1 EACH	42	1	0.7	0.0	0.0	0	10	2.1	6	2	0.00	64	60	23
197858	GRAPES WHITE SEEDLESS 17#AVG MRKN	100 Gram	67	1	0.0	0.0	0.0	0	17	1.0	16	2	0.00	4	100	14
610372	PEACH DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	300	0
610364	PEAR DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	2.5	10	5	0.00	1	0	0
610232	FRUIT COCKTAIL IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	200	0
610372	PEACH DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	300	0
610364	PEAR DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	2.5	10	5	0.00	1	0	0

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610232	FRUIT COCKTAIL IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	200	0
194263	FRANKS 3 MEAT FOOTLONG 6/# 2-5# GFS	1 EACH	232	8	21.2	6.8	0.8	57	2	0.0	1	767	0.76	0	0	54
586854	BUN HOT DOG FOOTLONG SLCD 12-6CT GFS	1 EACH	240	7	4.3	0.8	0.0	0	44	1.7	5	370	2.55	0	0	40
304913	FRANKS 3 MEAT CLASSIC 8/# 2-5# GFS	1 EACH	174	6	15.7	5.0	0.6	43	2	0.0	1	576	0.56	0	0	40
517830	BUN HOT DOG WHEAT WHL 12-12CT GFS	1 EACH	90	4	0.9	0.0	0.0	0	19	3.9	2	170	1.29	0	0	40
819492	KETCHUP DISPENSER PK 2-1.5GAL HNZ	1 TBSP	15	0	0.0	0.0	0.0	0	4	0.0	4	190	0.00	0	100	0
860221	MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	1 TSP	0	0	0.0	0.0	0.0	0	0	0.0	0	80	0.00	0	0	0
517186	RELISH SWT PICKLE 4-1GAL GFS	1 TBSP	15	0	0.0	0.0	0.0	0	4	0.0	4	140	0.00	0	0	0
200697	FRIES 1/2" C/C OVEN 6-5# MCC	2.54 OZ	110	2	4.3	0.0	0.0	0	17	2.2	0	25	0.72	5	0	0
574783	FRIES WEDGE 8CUT W/SKIN 6-5# LAMB	3 OZ	110	2	3.4	0.8	0.0	0	18	1.7	0	20	0.84	3	0	0
183850	FRIES 1/4" TWISTERS OVENABL 6-5# LAMB	1 CUP	140	2	5.0	1.7	0.0	0	21	1.7	0	20	0.84	6	0	0
198013	ORANGES NAVEL FCY 113CT MRKN	1 EACH	80	2	0.0	0.0	0.0	0	22	7.7	14	0	0.00	79	100	60
212768	STRAWBERRY CLAMSHELL 8# MRKN	1 CUP	48	1	0.0	0.0	0.0	0	12	3.0	7	1	0.00	88	18	24
197831	GRAPES RED SEEDLESS 9-2#AVG P/L	100 Gram	67	1	0.0	0.0	0.0	0	17	1.0	16	2	0.00	4	100	14
200565	MELON MUSK CANTALOUPE 12CT P/L	0.5 CUP	52	1	0.0	0.0	0.0	0	14	1.2	13	24	0.00	50	3600	10
473171	APPLE FRSH SLCD 100-2Z P/L	1 PACKAG	30	0	0.0	0.0	0.0	0	7	1.1	6	0	0.00	21	0	20
201367	APPLE DELICIOUS RED 125CT MRKN	1 EACH	72	0	0.0	0.0	0.0	0	19	2.8	14	1	0.00	7	75	8
200794	APPLE DELICIOUS GOLDEN 100CT MRKN	1 EACH	72	0	0.0	0.0	0.0	0	19	2.8	14	1	0.00	7	75	8
582271	APPLE GRANNY SMITH 113CT MRKN	1 EACH	80	0	0.0	0.0	0.0	0	22	4.6	15	0	0.00	5	100	0
326089	WATERMELON RED SEEDLESS 2CT GFS	2 CUP	81	0	0.0	0.0	0.0	0	22	0.0	20	0	0.00	14	1501	20
197904	MELON HNYDEW 6-1CT P/L	1 EACH	360	10	0.0	0.0	0.0	0	90	10.0	80	180	0.00	180	500	60
198056	PEAR 10SZ 95-110CT MRKN	1 CUP	96	0	0.0	0.0	0.0	0	25	4.9	17	2	0.00	7	38	15
287008	KIWI 35CT MRKN	1 EACH	42	1	0.7	0.0	0.0	0	10	2.1	6	2	0.00	64	60	23
197858	GRAPES WHITE SEEDLESS 17#AVG MRKN	100 Gram	67	1	0.0	0.0	0.0	0	17	1.0	16	2	0.00	4	100	14
610372	PEACH DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	300	0
610364	PEAR DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	2.5	10	5	0.00	1	0	0
610232	FRUIT COCKTAIL IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	200	0
610372	PEACH DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	300	0
610364	PEAR DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	2.5	10	5	0.00	1	0	0

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473723	CHIX PTY BRD O/R CN 60-3.4Z TYS	1 EACH	250	12	15.2	3.8	0.0	65	16	1.9	1	710	1.90	0	0	20
509205	CHIX PTY GRLLD O/R CN 90-2.65Z MCCAR	1 EACH	160	13	11.1	3.0	0.0	45	2	0.0	2	380	0.74	0	100	20
100640	PORK RIB PTY CKD BBQ CN 100-2.5Z GFS	1 EACH	160	11	9.8	3.5	0.0	29	8	1.4	6	393	1.40	1	110	31
734136	SAUCE BBQ 4-1GAL GFS	2 TBSP	60	0	0.0	0.0	0.0	0	14	0.0	8	460	0.00	0	300	0
211729	TURKEY PULLED WHT CKD 10# GFS	3 OZ	119	25	1.7	0.0	0.0	73	0	0.0	0	48	1.70	0	0	13
101656	SOUP CRM OF CHIX 12-5 HNZ	0.5 CUP	102	2	4.9	1.2	0.0	11	12	0.0	2	828	0.00	0	137	22
863860	BUN WHL WHE FLT RND SLCD 6-16CT GFS	1 EACH	103	4	1.4	0.4	0.0	0	21	3.6	2	216	1.35	5	0	31
533930	BUN BRAT SLCD 6" 12-8CT TUR	1 EACH	160	6	1.7	0.6	0.0	0	31	1.1	2	273	0.57	0	0	37
285670	VEG BLND ITAL 30# GFS	0.67 CUP	35	2	0.0	0.0	0.0	0	6	1.7	2	40	0.00	0	1250	0
198013	ORANGES NAVEL FCY 113CT MRKN	1 EACH	80	2	0.0	0.0	0.0	0	22	7.7	14	0	0.00	79	100	60
212768	STRAWBERRY CLAMSHELL 8# MRKN	1 CUP	48	1	0.0	0.0	0.0	0	12	3.0	7	1	0.00	88	18	24
197831	GRAPES RED SEEDLESS 9-2#AVG P/L	100 Gram	67	1	0.0	0.0	0.0	0	17	1.0	16	2	0.00	4	100	14
200565	MELON MUSK CANTALOUPE 12CT P/L	0.5 CUP	52	1	0.0	0.0	0.0	0	14	1.2	13	24	0.00	50	3600	10
473171	APPLE FRSH SLCD 100-2Z P/L	1 PACKAG	30	0	0.0	0.0	0.0	0	7	1.1	6	0	0.00	21	0	20
201367	APPLE DELICIOUS RED 125CT MRKN	1 EACH	72	0	0.0	0.0	0.0	0	19	2.8	14	1	0.00	7	75	8
200794	APPLE DELICIOUS GOLDEN 100CT MRKN	1 EACH	72	0	0.0	0.0	0.0	0	19	2.8	14	1	0.00	7	75	8
582271	APPLE GRANNY SMITH 113CT MRKN	1 EACH	80	0	0.0	0.0	0.0	0	22	4.6	15	0	0.00	5	100	0
326089	WATERMELON RED SEEDLESS 2CT GFS	2 CUP	81	0	0.0	0.0	0.0	0	22	0.0	20	0	0.00	14	1501	20
197904	MELON HNYDEW 6-1CT P/L	1 EACH	360	10	0.0	0.0	0.0	0	90	10.0	80	180	0.00	180	500	60
198056	PEAR 10SZ 95-110CT MRKN	1 CUP	96	0	0.0	0.0	0.0	0	25	4.9	17	2	0.00	7	38	15
287008	KIWI 35CT MRKN	1 EACH	42	1	0.7	0.0	0.0	0	10	2.1	6	2	0.00	64	60	23
197858	GRAPES WHITE SEEDLESS 17#AVG MRKN	100 Gram	67	1	0.0	0.0	0.0	0	17	1.0	16	2	0.00	4	100	14
610372	PEACH DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	300	0
610364	PEAR DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	2.5	10	5	0.00	1	0	0
610232	FRUIT COCKTAIL IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	200	0
610372	PEACH DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	300	0
610364	PEAR DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	2.5	10	5	0.00	1	0	0
610232	FRUIT COCKTAIL IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	200	0

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517810	BUN HAMB SLCD WHEAT WHL 4" 10-12 GFS	1 EACH	120	6	1.6	0.0	0.0	0	24	5.9	3	210	1.62	0	0	60
860221	MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	1 TSP	0	0	0.0	0.0	0.0	0	0	0.0	0	80	0.00	0	0	0
149195	PICKLE DILL SLCD HAMB 4-1GAL GFS	1 OZ	0	0	0.0	0.0	0.0	0	0	0.0	0	390	0.00	0	0	0
285590	BROCCOLI CUTS IQF 30# GFS	0.75 CUP	30	2	0.0	0.0	0.0	0	4	1.7	2	20	0.00	30	0	20
290319	SAUCE MIX CHS INST 8-32Z TRIO	1.67 TBSP	50	0	1.0	0.5	0.0	0	9	0.0	2	330	0.00	0	0	0
576646	CARROT STIX STRAIGHT CUT 2-5# RSS	1 CUP	52	1	0.0	0.0	0.0	0	13	3.8	6	88	0.00	8	15406	42
768146	CARROT BABY WHL PETITE 4-5# MRKN	0.375 CUP	29	1	0.0	0.0	0.0	0	7	2.3	4	37	0.00	3	12050	10
781592	CELERY STIX 4-3# RSS	1 CUP, STF	17	1	0.0	0.0	0.0	0	4	2.5	2	99	0.00	4	557	50
592315	PEPPERS GREEN LRG 5# GFS	1 CUP	30	1	0.0	0.0	0.0	0	7	3.0	3	4	0.00	119	551	15
199044	TOMATO CHERRY 12-1PT MARKON	4 EACH	21	1	0.0	0.0	0.0	0	5	1.0	0	9	0.00	19	609	5
732494	CAULIFLOWER REG CUT 2-3# RSS	1.5 CUP	29	0	0.0	0.0	0.0	0	5	4.5	5	69	0.00	119	251	0
418439	CUCUMBER SELECT 24CT P/L	0.33 EACH	15	1	0.0	0.0	0.0	0	3	1.0	2	0	0.00	6	200	20
499951	BROCCOLI CRWN ICELESS CLN 4-3# MRKN	1 STALK	44	4	0.0	0.0	0.0	0	7	4.4	3	55	1.48	132	750	61
198439	BEAN GREEN CLND FOOD SRVC 2-5#	0.75 CUP	25	1	0.0	0.0	0.0	0	5	3.3	2	0	0.00	5	100	40
856215	PEA PODS 10# P/L	1 CUP	26	2	0.0	0.0	0.0	0	5	1.9	3	3	1.26	38	685	27
198013	ORANGES NAVEL FCY 113CT MRKN	1 EACH	80	2	0.0	0.0	0.0	0	22	7.7	14	0	0.00	79	100	60
212768	STRAWBERRY CLAMSHELL 8# MRKN	1 CUP	48	1	0.0	0.0	0.0	0	12	3.0	7	1	0.00	88	18	24
197831	GRAPES RED SEEDLESS 9-2#AVG P/L	100 Gram	67	1	0.0	0.0	0.0	0	17	1.0	16	2	0.00	4	100	14
200565	MELON MUSK CANTALOUPE 12CT P/L	0.5 CUP	52	1	0.0	0.0	0.0	0	14	1.2	13	24	0.00	50	3600	10
473171	APPLE FRSH SLCD 100-2Z P/L	1 PACKAG	30	0	0.0	0.0	0.0	0	7	1.1	6	0	0.00	21	0	20
201367	APPLE DELICIOUS RED 125CT MRKN	1 EACH	72	0	0.0	0.0	0.0	0	19	2.8	14	1	0.00	7	75	8
200794	APPLE DELICIOUS GOLDEN 100CT MRKN	1 EACH	72	0	0.0	0.0	0.0	0	19	2.8	14	1	0.00	7	75	8
582271	APPLE GRANNY SMITH 113CT MRKN	1 EACH	80	0	0.0	0.0	0.0	0	22	4.6	15	0	0.00	5	100	0
326089	WATERMELON RED SEEDLESS 2CT GFS	2 CUP	81	0	0.0	0.0	0.0	0	22	0.0	20	0	0.00	14	1501	20
197904	MELON HNYDEW 6-1CT P/L	1 EACH	360	10	0.0	0.0	0.0	0	90	10.0	80	180	0.00	180	500	60
198056	PEAR 10SZ 95-110CT MRKN	1 CUP	96	0	0.0	0.0	0.0	0	25	4.9	17	2	0.00	7	38	15
287008	KIWI 35CT MRKN	1 EACH	42	1	0.7	0.0	0.0	0	10	2.1	6	2	0.00	64	60	23
197858	GRAPES WHITE SEEDLESS 17#AVG MRKN	100 Gram	67	1	0.0	0.0	0.0	0	17	1.0	16	2	0.00	4	100	14
610372	PEACH DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	300	0
610364	PEAR DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	2.5	10	5	0.00	1	0	0

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610232	FRUIT COCKTAIL IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	200	0
610372	PEACH DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	300	0
610364	PEAR DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	2.5	10	5	0.00	1	0	0
158704	BEEF GRND 80/20 3-10# GFS	4 OZ	290	21	22.4	9.0	1.1	75	0	0.0	0	65	2.24	0	0	20
860166	SAUCE SLOPPY JOE 4-10 MANWICH	0.25 CUP	40	1	0.0	0.0	0.0	0	9	1.9	6	410	0.64	3	300	0
734136	SAUCE BBQ 4-1GAL GFS	2 TBSP	60	0	0.0	0.0	0.0	0	14	0.0	8	460	0.00	0	300	0
863860	BUN WHL WHE FLT RND SLCD 6-16CT GFS	1 EACH	103	4	1.4	0.4	0.0	0	21	3.6	2	216	1.35	5	0	31
221708	FRIES 3/8" R/C LNG GRD A 6-5# GFS	3 OZ	120	2	4.3	0.8	0.0	0	18	1.7	0	25	0.85	6	0	0
200697	FRIES 1/2" C/C OVEN 6-5# MCC	2.54 OZ	110	2	4.3	0.0	0.0	0	17	2.2	0	25	0.72	5	0	0
574783	FRIES WEDGE 8CUT W/SKIN 6-5# LAMB	3 OZ	110	2	3.4	0.8	0.0	0	18	1.7	0	20	0.84	3	0	0
183850	FRIES 1/4" TWISTERS OVENABL 6-5# LAMB	1 CUP	140	2	5.0	1.7	0.0	0	21	1.7	0	20	0.84	6	0	0
221708	FRIES 3/8" R/C LNG GRD A 6-5# GFS	3 OZ	120	2	4.3	0.8	0.0	0	18	1.7	0	25	0.85	6	0	0
198013	ORANGES NAVEL FCY 113CT MRKN	1 EACH	80	2	0.0	0.0	0.0	0	22	7.7	14	0	0.00	79	100	60
212768	STRAWBERRY CLAMSHELL 8# MRKN	1 CUP	48	1	0.0	0.0	0.0	0	12	3.0	7	1	0.00	88	18	24
197831	GRAPES RED SEEDLESS 9-2#AVG P/L	100 Gram	67	1	0.0	0.0	0.0	0	17	1.0	16	2	0.00	4	100	14
200565	MELON MUSK CANTALOUPE 12CT P/L	0.5 CUP	52	1	0.0	0.0	0.0	0	14	1.2	13	24	0.00	50	3600	10
473171	APPLE FRSH SLCD 100-2Z P/L	1 PACKAG	30	0	0.0	0.0	0.0	0	7	1.1	6	0	0.00	21	0	20
201367	APPLE DELICIOUS RED 125CT MRKN	1 EACH	72	0	0.0	0.0	0.0	0	19	2.8	14	1	0.00	7	75	8
200794	APPLE DELICIOUS GOLDEN 100CT MRKN	1 EACH	72	0	0.0	0.0	0.0	0	19	2.8	14	1	0.00	7	75	8
582271	APPLE GRANNY SMITH 113CT MRKN	1 EACH	80	0	0.0	0.0	0.0	0	22	4.6	15	0	0.00	5	100	0
326089	WATERMELON RED SEEDLESS 2CT GFS	2 CUP	81	0	0.0	0.0	0.0	0	22	0.0	20	0	0.00	14	1501	20
197904	MELON HNYDEW 6-1CT P/L	1 EACH	360	10	0.0	0.0	0.0	0	90	10.0	80	180	0.00	180	500	60
198056	PEAR 10SZ 95-110CT MRKN	1 CUP	96	0	0.0	0.0	0.0	0	25	4.9	17	2	0.00	7	38	15
287008	KIWI 35CT MRKN	1 EACH	42	1	0.7	0.0	0.0	0	10	2.1	6	2	0.00	64	60	23
197858	GRAPES WHITE SEEDLESS 17#AVG MRKN	100 Gram	67	1	0.0	0.0	0.0	0	17	1.0	16	2	0.00	4	100	14
610372	PEACH DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	300	0
610364	PEAR DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	2.5	10	5	0.00	1	0	0
610232	FRUIT COCKTAIL IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	200	0
610372	PEACH DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	300	0

High School

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GFS Reorder Number	MONDAYS	Serving Size	Calories	Protein (gm)	Fat (gm)	Saturated Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Carbohydrates (gm)	Fiber (gm)	Sugar (gm)	Sodium (mg)	Iron (mg)	Vitamin C (mg)	Vitamin A (IU)	Calcium (mg)
			60	0	0.0	0.0	0.0	0	14	2.5	10	5	0.00	1	0	0
610364	PEAR DCD IN JCE 6-10 GFS	0.5 CUP														

The nutrition printed is the most up to date information as provided to GFS as of August 2011. Please be aware that manufacturers may change formulations, which can affect the It is a good practice to verify nutrition information on the actual label of each product. If you have any questions regarding this information, please contact the Nutrition Resource Ce

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GFS Reorder Number	TUESDAYS	Serving Size	Calories	Protein (gm)	Fat (gm)	Saturated Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Carbohydrates (gm)	Fiber (gm)	Sugar (gm)	Sodium (mg)	Iron (mg)	Vitamin C (mg)	Vitamin A (IU)	Calcium (mg)
Mexican Day																
539635	CRISPITO CHIX CHS 72-2.75Z TYS	1 EACH	180	9	6.9	2.3	0.0	15	22	0.8	4	280	0.77	0	0	80
314463	CRISPITO CHIX CHILI CN 72-3.25Z TYS	1 EACH	240	8	13.7	3.6	0.0	30	20	1.8	2	340	0.91	0	0	100
576646	CARROT STIX STRAIGHT CUT 2-5# RSS	1 CUP	52	1	0.0	0.0	0.0	0	13	3.8	6	88	0.00	8	15406	42
768146	CARROT BABY WHL PETITE 4-5# MRKN	0.375 CUP	29	1	0.0	0.0	0.0	0	7	2.3	4	37	0.00	3	12050	10
781592	CELERY STIX 4-3# RSS	1 CUP, STRIPS	17	1	0.0	0.0	0.0	0	4	2.5	2	99	0.00	4	557	50
592315	PEPPERS GREEN LRG 5# GFS	1 CUP	30	1	0.0	0.0	0.0	0	7	3.0	3	4	0.00	119	551	15
199044	TOMATO CHERRY 12-1PT MARKON	4 EACH	21	1	0.0	0.0	0.0	0	5	1.0	0	9	0.00	19	609	5
732494	CAULIFLOWER REG CUT 2-3# RSS	1.5 CUP	29	0	0.0	0.0	0.0	0	5	4.5	5	69	0.00	119	251	0
418439	CUCUMBER SELECT 24CT P/L	0.33 EACH	15	1	0.0	0.0	0.0	0	3	1.0	2	0	0.00	6	200	20
499951	BROCCOLI CRWN ICELESS CLN 4-3# MRKN	1 STALK	44	4	0.0	0.0	0.0	0	7	4.4	3	55	1.48	132	750	61
198439	BEAN GREEN CLND FOOD SRVC 2-5#	0.75 CUP	25	1	0.0	0.0	0.0	0	5	3.3	2	0	0.00	5	100	40
856215	PEA PODS 10# P/L	1 CUP	26	2	0.0	0.0	0.0	0	5	1.9	3	3	1.26	38	685	27
426598	DRESSING RNCH BTRMLK 4-1GAL GFS	2 TBSP	160	0	18.0	3.0	0.0	5	1	0.0	1	260	0.00	0	0	0
198013	ORANGES NAVEL FCY 113CT MRKN	1 EACH	80	2	0.0	0.0	0.0	0	22	7.7	14	0	0.00	79	100	60
212768	STRAWBERRY CLAMSHELL 8# MRKN	1 CUP	48	1	0.0	0.0	0.0	0	12	3.0	7	1	0.00	88	18	24
197831	GRAPES RED SEEDLESS 9-2#AVG P/L	100 Gram	67	1	0.0	0.0	0.0	0	17	1.0	16	2	0.00	4	100	14
200565	MELON MUSK CANTALOUPE 12CT P/L	0.5 CUP	52	1	0.0	0.0	0.0	0	14	1.2	13	24	0.00	50	3600	10
473171	APPLE FRSH SLCD 100-2Z P/L	1 PACKAGE	30	0	0.0	0.0	0.0	0	7	1.1	6	0	0.00	21	0	20
201367	APPLE DELICIOUS RED 125CT MRKN	1 EACH	72	0	0.0	0.0	0.0	0	19	2.8	14	1	0.00	7	75	8
200794	APPLE DELICIOUS GOLDEN 100CT MRKN	1 EACH	72	0	0.0	0.0	0.0	0	19	2.8	14	1	0.00	7	75	8
582271	APPLE GRANNY SMITH 113CT MRKN	1 EACH	80	0	0.0	0.0	0.0	0	22	4.6	15	0	0.00	5	100	0
326089	WATERMELON RED SEEDLESS 2CT GFS	2 CUP	81	0	0.0	0.0	0.0	0	22	0.0	20	0	0.00	14	1501	20
197904	MELON HNYDEW 6-1CT P/L	1 EACH	360	10	0.0	0.0	0.0	0	90	10.0	80	180	0.00	180	500	60
198056	PEAR 10SZ 95-110CT MRKN	1 CUP	96	0	0.0	0.0	0.0	0	25	4.9	17	2	0.00	7	38	15
287008	KIWI 35CT MRKN	1 EACH	42	1	0.7	0.0	0.0	0	10	2.1	6	2	0.00	64	60	23
197858	GRAPES WHITE SEEDLESS 17#AVG MRKN	100 Gram	67	1	0.0	0.0	0.0	0	17	1.0	16	2	0.00	4	100	14
610372	PEACH DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	300	0
610364	PEAR DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	2.5	10	5	0.00	1	0	0
610232	FRUIT COCKTAIL IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	200	0
610372	PEACH DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	300	0
610364	PEAR DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	2.5	10	5	0.00	1	0	0

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GFS Reorder Number	TUESDAYS	Serving Size	Calories	Protein (gm)	Fat (gm)	Saturated Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Carbohydrates (gm)	Fiber (gm)	Sugar (gm)	Sodium (mg)	Iron (mg)	Vitamin C (mg)	Vitamin A (IU)	Calcium (mg)
610232	FRUIT COCKTAIL IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	200	0
331023	TORTILLA FLOUR 10" FZ 12-24 MEXORIG	1 EACH	180	6	4.0	0.6	0.0	0	30	1.1	1	240	1.14	0	0	60
714360	SHELL TACO YEL JUMBO 8-25CT MISSFD	2 EACH	200	3	9.0	2.2	0.0	0	28	3.0	1	0	1.29	0	0	20
776548	TACO FILLING BEEF 4-5# GFS	1 CUP	100	8	7.3	2.2	0.0	20	3	1.1	1	240	1.68	1	100	20
242489	LETTUCE SHRDD TACO 1/8CUT 4-5# RSS	.25 CUP	2	0	0.0	0.0	0.0	0	0	0.1	0	2	0.00	1	33	3
222321	SAUCE TACO A/P 4-1GAL GRSZ	1 TBSP	10	0	0.0	0.0	0.0	0	2	0.0	2	65	0.00	0	0	0
358991	CORN SUPER SWT 30# GFS	0.67 CUP	70	3	0.9	0.0	0.0	0	14	1.8	6	0	0.00	6	100	0
198013	ORANGES NAVEL FCY 113CT MRKN	1 EACH	80	2	0.0	0.0	0.0	0	22	7.7	14	0	0.00	79	100	60
212768	STRAWBERRY CLAMSHELL 8# MRKN	1 CUP	48	1	0.0	0.0	0.0	0	12	3.0	7	1	0.00	88	18	24
197831	GRAPES RED SEEDLESS 9-2#AVG P/L	100 Gram	67	1	0.0	0.0	0.0	0	17	1.0	16	2	0.00	4	100	14
200565	MELON MUSK CANTALOUPE 12CT P/L	0.5 CUP	52	1	0.0	0.0	0.0	0	14	1.2	13	24	0.00	50	3600	10
473171	APPLE FRSH SLCD 100-2Z P/L	1 PACKAGE	30	0	0.0	0.0	0.0	0	7	1.1	6	0	0.00	21	0	20
201367	APPLE DELICIOUS RED 125CT MRKN	1 EACH	72	0	0.0	0.0	0.0	0	19	2.8	14	1	0.00	7	75	8
200794	APPLE DELICIOUS GOLDEN 100CT MRKN	1 EACH	72	0	0.0	0.0	0.0	0	19	2.8	14	1	0.00	7	75	8
582271	APPLE GRANNY SMITH 113CT MRKN	1 EACH	80	0	0.0	0.0	0.0	0	22	4.6	15	0	0.00	5	100	0
326089	WATERMELON RED SEEDLESS 2CT GFS	2 CUP	81	0	0.0	0.0	0.0	0	22	0.0	20	0	0.00	14	1501	20
197904	MELON HNYDEW 6-1CT P/L	1 EACH	360	10	0.0	0.0	0.0	0	90	10.0	80	180	0.00	180	500	60
198056	PEAR 10SZ 95-110CT MRKN	1 CUP	96	0	0.0	0.0	0.0	0	25	4.9	17	2	0.00	7	38	15
287008	KIWI 35CT MRKN	1 EACH	42	1	0.7	0.0	0.0	0	10	2.1	6	2	0.00	64	60	23
197858	GRAPES WHITE SEEDLESS 17#AVG MRKN	100 Gram	67	1	0.0	0.0	0.0	0	17	1.0	16	2	0.00	4	100	14
610372	PEACH DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	300	0
610364	PEAR DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	2.5	10	5	0.00	1	0	0
610232	FRUIT COCKTAIL IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	200	0
610372	PEACH DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	300	0
610364	PEAR DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	2.5	10	5	0.00	1	0	0
610232	FRUIT COCKTAIL IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	200	0
109760	PIZZA BEEF FIESTADA 96-5.3Z TONY	1 EACH	341	17	12.0	4.5	0.0	30	42	3.0	9	780	3.00	0	500	251
107201	PIZZA TACO WDG WG IQF 288-1.36Z MAX	3 EACH	290	14	10.4	3.5	0.0	10	30	3.5	0	690	2.32	0	100	199

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GFS Reorder Number	TUESDAYS	Serving Size	Calories	Protein (gm)	Fat (gm)	Saturated Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Carbohydrates (gm)	Fiber (gm)	Sugar (gm)	Sodium (mg)	Iron (mg)	Vitamin C (mg)	Vitamin A (IU)	Calcium (mg)
576646	CARROT STIX STRAIGHT CUT 2-5# RSS	1 CUP	52	1	0.0	0.0	0.0	0	13	3.8	6	88	0.00	8	15406	42
768146	CARROT BABY WHL PETITE 4-5# MRKN	0.375 CUP	29	1	0.0	0.0	0.0	0	7	2.3	4	37	0.00	3	12050	10
781592	CELERY STIX 4-3# RSS	1 CUP, STRIPS	17	1	0.0	0.0	0.0	0	4	2.5	2	99	0.00	4	557	50
592315	PEPPERS GREEN LRG 5# GFS	1 CUP	30	1	0.0	0.0	0.0	0	7	3.0	3	4	0.00	119	551	15
199044	TOMATO CHERRY 12-1PT MARKON	4 EACH	21	1	0.0	0.0	0.0	0	5	1.0	0	9	0.00	19	609	5
732494	CAULIFLOWER REG CUT 2-3# RSS	1.5 CUP	29	0	0.0	0.0	0.0	0	5	4.5	5	69	0.00	119	251	0
418439	CUCUMBER SELECT 24CT P/L	0.33 EACH	15	1	0.0	0.0	0.0	0	3	1.0	2	0	0.00	6	200	20
499951	BROCCOLI CRWN ICELESS CLN 4-3# MRKN	1 STALK	44	4	0.0	0.0	0.0	0	7	4.4	3	55	1.48	132	750	61
198439	BEAN GREEN CLND FOOD SRVC 2-5#	0.75 CUP	25	1	0.0	0.0	0.0	0	5	3.3	2	0	0.00	5	100	40
856215	PEA PODS 10# P/L	1 CUP	26	2	0.0	0.0	0.0	0	5	1.9	3	3	1.26	38	685	27
426598	DRESSING RNCH BTRMLK 4-1GAL GFS	2 TBSP	160	0	18.0	3.0	0.0	5	1	0.0	1	260	0.00	0	0	0
198013	ORANGES NAVEL FCY 113CT MRKN	1 EACH	80	2	0.0	0.0	0.0	0	22	7.7	14	0	0.00	79	100	60
212768	STRAWBERRY CLAMSHELL 8# MRKN	1 CUP	48	1	0.0	0.0	0.0	0	12	3.0	7	1	0.00	88	18	24
197831	GRAPES RED SEEDLESS 9-2#AVG P/L	100 Gram	67	1	0.0	0.0	0.0	0	17	1.0	16	2	0.00	4	100	14
200565	MELON MUSK CANTALOUPE 12CT P/L	0.5 CUP	52	1	0.0	0.0	0.0	0	14	1.2	13	24	0.00	50	3600	10
473171	APPLE FRSH SLCD 100-2Z P/L	1 PACKAGE	30	0	0.0	0.0	0.0	0	7	1.1	6	0	0.00	21	0	20
201367	APPLE DELICIOUS RED 125CT MRKN	1 EACH	72	0	0.0	0.0	0.0	0	19	2.8	14	1	0.00	7	75	8
200794	APPLE DELICIOUS GOLDEN 100CT MRKN	1 EACH	72	0	0.0	0.0	0.0	0	19	2.8	14	1	0.00	7	75	8
582271	APPLE GRANNY SMITH 113CT MRKN	1 EACH	80	0	0.0	0.0	0.0	0	22	4.6	15	0	0.00	5	100	0
326089	WATERMELON RED SEEDLESS 2CT GFS	2 CUP	81	0	0.0	0.0	0.0	0	22	0.0	20	0	0.00	14	1501	20
197904	MELON HNYDEW 6-1CT P/L	1 EACH	360	10	0.0	0.0	0.0	0	90	10.0	80	180	0.00	180	500	60
198056	PEAR 10SZ 95-110CT MRKN	1 CUP	96	0	0.0	0.0	0.0	0	25	4.9	17	2	0.00	7	38	15
287008	KIWI 35CT MRKN	1 EACH	42	1	0.7	0.0	0.0	0	10	2.1	6	2	0.00	64	60	23
197858	GRAPES WHITE SEEDLESS 17#AVG MRKN	100 Gram	67	1	0.0	0.0	0.0	0	17	1.0	16	2	0.00	4	100	14
610372	PEACH DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	300	0
610364	PEAR DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	2.5	10	5	0.00	1	0	0
610232	FRUIT COCKTAIL IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	200	0
610372	PEACH DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	300	0
610364	PEAR DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	2.5	10	5	0.00	1	0	0
610232	FRUIT COCKTAIL IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	200	0

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GFS Reorder Number	TUESDAYS	Serving Size	Calories	Protein (gm)	Fat (gm)	Saturated Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Carbohydrates (gm)	Fiber (gm)	Sugar (gm)	Sodium (mg)	Iron (mg)	Vitamin C (mg)	Vitamin A (IU)	Calcium (mg)
776548	TACO FILLING BEEF 4-5# GFS	1 CUP	100	8	7.3	2.2	0.0	20	3	1.1	1	240	1.68	1	100	20
105050	CHIP CORN CHILI CHS 104-SSV FRITOS	1 PACKAGE	160	2	9.9	1.4	0.0	0	15	1.1	1	260	0.00	0	0	40
158801	CHIP NACHO CHS FUN 120CT DORITOS	1 PACKAGE	80	1	4.5	1.0	0.0	0	10	0.0	0	100	0.00	0	0	20
158801	CHIP NACHO CHS FUN 120CT DORITOS	1 PACKAGE	80	1	4.5	1.0	0.0	0	10	0.0	0	100	0.00	0	0	20
415020	CHIP TORTL BITE SZ 104-SSV TOSTITOS	1 PACKAGE	140	2	7.9	1.1	0.0	0	18	1.1	0	110	0.28	0	0	20
677108	TOMATO DCD SALSA STYLE 6-10 ELVER	0.5 CUP	30	3	0.0	0.0	0.0	0	7	2.6	4	230	1.30	12	400	20
576646	CARROT STIX STRAIGHT CUT 2-5# RSS	1 CUP	52	1	0.0	0.0	0.0	0	13	3.8	6	88	0.00	8	15406	42
768146	CARROT BABY WHL PETITE 4-5# MRKN	0.375 CUP	29	1	0.0	0.0	0.0	0	7	2.3	4	37	0.00	3	12050	10
781592	CELERY STIX 4-3# RSS	1 CUP, STRIPS	17	1	0.0	0.0	0.0	0	4	2.5	2	99	0.00	4	557	50
592315	PEPPERS GREEN LRG 5# GFS	1 CUP	30	1	0.0	0.0	0.0	0	7	3.0	3	4	0.00	119	551	15
199044	TOMATO CHERRY 12-1PT MARKON	4 EACH	21	1	0.0	0.0	0.0	0	5	1.0	0	9	0.00	19	609	5
732494	CAULIFLOWER REG CUT 2-3# RSS	1.5 CUP	29	0	0.0	0.0	0.0	0	5	4.5	5	69	0.00	119	251	0
418439	CUCUMBER SELECT 24CT P/L	0.33 EACH	15	1	0.0	0.0	0.0	0	3	1.0	2	0	0.00	6	200	20
499951	BROCCOLI CRWN ICELESS CLN 4-3# MRKN	1 STALK	44	4	0.0	0.0	0.0	0	7	4.4	3	55	1.48	132	750	61
198439	BEAN GREEN CLND FOOD SRVC 2-5#	0.75 CUP	25	1	0.0	0.0	0.0	0	5	3.3	2	0	0.00	5	100	40
856215	PEA PODS 10# P/L	1 CUP	26	2	0.0	0.0	0.0	0	5	1.9	3	3	1.26	38	685	27
426598	DRESSING RNCH BTRMLK 4-1GAL GFS	2 TBSP	160	0	18.0	3.0	0.0	5	1	0.0	1	260	0.00	0	0	0
198013	ORANGES NAVEL FCY 113CT MRKN	1 EACH	80	2	0.0	0.0	0.0	0	22	7.7	14	0	0.00	79	100	60
212768	STRAWBERRY CLAMSHELL 8# MRKN	1 CUP	48	1	0.0	0.0	0.0	0	12	3.0	7	1	0.00	88	18	24
197831	GRAPES RED SEEDLESS 9-2#AVG P/L	100 Gram	67	1	0.0	0.0	0.0	0	17	1.0	16	2	0.00	4	100	14
200565	MELON MUSK CANTALOUPE 12CT P/L	0.5 CUP	52	1	0.0	0.0	0.0	0	14	1.2	13	24	0.00	50	3600	10
473171	APPLE FRSH SLCD 100-2Z P/L	1 PACKAGE	30	0	0.0	0.0	0.0	0	7	1.1	6	0	0.00	21	0	20
201367	APPLE DELICIOUS RED 125CT MRKN	1 EACH	72	0	0.0	0.0	0.0	0	19	2.8	14	1	0.00	7	75	8
200794	APPLE DELICIOUS GOLDEN 100CT MRKN	1 EACH	72	0	0.0	0.0	0.0	0	19	2.8	14	1	0.00	7	75	8
582271	APPLE GRANNY SMITH 113CT MRKN	1 EACH	80	0	0.0	0.0	0.0	0	22	4.6	15	0	0.00	5	100	0
326089	WATERMELON RED SEEDLESS 2CT GFS	2 CUP	81	0	0.0	0.0	0.0	0	22	0.0	20	0	0.00	14	1501	20
197904	MELON HNYDEW 6-1CT P/L	1 EACH	360	10	0.0	0.0	0.0	0	90	10.0	80	180	0.00	180	500	60
198056	PEAR 10SZ 95-110CT MRKN	1 CUP	96	0	0.0	0.0	0.0	0	25	4.9	17	2	0.00	7	38	15
287008	KIWI 35CT MRKN	1 EACH	42	1	0.7	0.0	0.0	0	10	2.1	6	2	0.00	64	60	23
197858	GRAPES WHITE SEEDLESS 17#AVG MRKN	100 Gram	67	1	0.0	0.0	0.0	0	17	1.0	16	2	0.00	4	100	14
610372	PEACH DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	300	0
610364	PEAR DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	2.5	10	5	0.00	1	0	0

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GFS Reorder Number	TUESDAYS	Serving Size	Calories	Protein (gm)	Fat (gm)	Saturated Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Carbohydrates (gm)	Fiber (gm)	Sugar (gm)	Sodium (mg)	Iron (mg)	Vitamin C (mg)	Vitamin A (IU)	Calcium (mg)
610232	FRUIT COCKTAIL IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	200	0
610372	PEACH DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	300	0
610364	PEAR DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	2.5	10	5	0.00	1	0	0
188190	QUESADILLA CHS 48-5Z MAX	1 EACH	340	16	12.8	4.3	0.0	6	41	2.8	0	910	0.00	0	750	301
677108	TOMATO DCD SALSA STYLE 6-10 ELVER	0.5 CUP	30	3	0.0	0.0	0.0	0	7	2.6	4	230	1.30	12	400	20
555169	RICE SPANISH 6-36Z UBEN	2 OZ	200	5	0.6	0.0	0.0	0	44	0.6	2	820	3.42	10	385	55
285590	BROCCOLI CUTS IQF 30# GFS	0.75 CUP	30	2	0.0	0.0	0.0	0	4	1.7	2	20	0.00	30	0	20
290319	SAUCE MIX CHS INST 8-32Z TRIO	1.67 TBSP	50	0	1.0	0.5	0.0	0	9	0.0	2	330	0.00	0	0	0
198013	ORANGES NAVEL FCY 113CT MRKN	1 EACH	80	2	0.0	0.0	0.0	0	22	7.7	14	0	0.00	79	100	60
212768	STRAWBERRY CLAMSHELL 8# MRKN	1 CUP	48	1	0.0	0.0	0.0	0	12	3.0	7	1	0.00	88	18	24
197831	GRAPES RED SEEDLESS 9-2#AVG P/L	100 Gram	67	1	0.0	0.0	0.0	0	17	1.0	16	2	0.00	4	100	14
200565	MELON MUSK CANTALOUPE 12CT P/L	0.5 CUP	52	1	0.0	0.0	0.0	0	14	1.2	13	24	0.00	50	3600	10
473171	APPLE FRSH SLCD 100-2Z P/L	1 PACKAGE	30	0	0.0	0.0	0.0	0	7	1.1	6	0	0.00	21	0	20
201367	APPLE DELICIOUS RED 125CT MRKN	1 EACH	72	0	0.0	0.0	0.0	0	19	2.8	14	1	0.00	7	75	8
200794	APPLE DELICIOUS GOLDEN 100CT MRKN	1 EACH	72	0	0.0	0.0	0.0	0	19	2.8	14	1	0.00	7	75	8
582271	APPLE GRANNY SMITH 113CT MRKN	1 EACH	80	0	0.0	0.0	0.0	0	22	4.6	15	0	0.00	5	100	0
326089	WATERMELON RED SEEDLESS 2CT GFS	2 CUP	81	0	0.0	0.0	0.0	0	22	0.0	20	0	0.00	14	1501	20
197904	MELON HNYDEW 6-1CT P/L	1 EACH	360	10	0.0	0.0	0.0	0	90	10.0	80	180	0.00	180	500	60
198056	PEAR 10SZ 95-110CT MRKN	1 CUP	96	0	0.0	0.0	0.0	0	25	4.9	17	2	0.00	7	38	15
287008	KIWI 35CT MRKN	1 EACH	42	1	0.7	0.0	0.0	0	10	2.1	6	2	0.00	64	60	23
197858	GRAPES WHITE SEEDLESS 17#AVG MRKN	100 Gram	67	1	0.0	0.0	0.0	0	17	1.0	16	2	0.00	4	100	14
610372	PEACH DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	300	0
610364	PEAR DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	2.5	10	5	0.00	1	0	0
610232	FRUIT COCKTAIL IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	200	0
610372	PEACH DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	300	0
610364	PEAR DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	2.5	10	5	0.00	1	0	0

The nutrition printed is the most up to date information as provided to GFS as of August 2011. Please be aware that manufacturers may change formulations, which can affect the nutrition. It is a good practice to verify nutrition information on the actual label of each product. If you have any questions regarding this information, please contact the Nutrition Resource Center.

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GFS Reorder Number	Description	Serving Size	WEDNESDAYS															
			Calories	Protein (gm)	Fat (gm)	Saturated Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Carbohydrates (gm)	Fiber (gm)	Sugar (gm)	Sodium (mg)	Iron (mg)	Vitamin C (mg)	Vitamin A (IU)	Calcium (mg)		
Chicken Day																		
693367	CHIX TNDR BRD FRTR CN 3-3.56# TYS	3 EACH	240	14	15.4	2.9	0.0	40	13	1.0	0	560	1.92	0	0	40		
613738	POTATO PRLS EXCEL 12-28Z BAMER	3.53 OZ	371	7	5.0	1.0	1.0	0	74	6.0	3	1733	1.00	30	10	36		
587095	ROLL DNNR POTATO 1Z 12-12CT GFS	1 EACH	100	3	2.0	0.0	0.0	0	19	1.0	3	135	0.99	0	0	20		
198013	ORANGES NAVEL FCY 113CT MRKN	1 EACH	80	2	0.0	0.0	0.0	0	22	7.7	14	0	0.00	79	100	60		
212768	STRAWBERRY CLAMSHELL 8# MRKN	1 CUP	48	1	0.0	0.0	0.0	0	12	3.0	7	1	0.00	88	18	24		
197831	GRAPES RED SEEDLESS 9-2#AVG P/L	100 Gram	67	1	0.0	0.0	0.0	0	17	1.0	16	2	0.00	4	100	14		
200565	MELON MUSK CANTALOUPE 12CT P/L	0.5 CUP	52	1	0.0	0.0	0.0	0	14	1.2	13	24	0.00	50	3600	10		
473171	APPLE FRSH SLCD 100-2Z P/L	1 PACKAGE	30	0	0.0	0.0	0.0	0	7	1.1	6	0	0.00	21	0	20		
201367	APPLE DELICIOUS RED 125CT MRKN	1 EACH	72	0	0.0	0.0	0.0	0	19	2.8	14	1	0.00	7	75	8		
200794	APPLE DELICIOUS GOLDEN 100CT MRKN	1 EACH	72	0	0.0	0.0	0.0	0	19	2.8	14	1	0.00	7	75	8		
582271	APPLE GRANNY SMITH 113CT MRKN	1 EACH	80	0	0.0	0.0	0.0	0	22	4.6	15	0	0.00	5	100	0		
326089	WATERMELON RED SEEDLESS 2CT GFS	2 CUP	81	0	0.0	0.0	0.0	0	22	0.0	20	0	0.00	14	1501	20		
197904	MELON HNYDEW 6-1CT P/L	1 EACH	360	10	0.0	0.0	0.0	0	90	10.0	80	180	0.00	180	500	60		
198056	PEAR 10SZ 95-110CT MRKN	1 CUP	96	0	0.0	0.0	0.0	0	25	4.9	17	2	0.00	7	38	15		
287008	KIWI 35CT MRKN	1 EACH	42	1	0.7	0.0	0.0	0	10	2.1	6	2	0.00	64	60	23		
197858	GRAPES WHITE SEEDLESS 17#AVG MRKN	100 Gram	67	1	0.0	0.0	0.0	0	17	1.0	16	2	0.00	4	100	14		
610372	PEACH DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	300	0		
610364	PEAR DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	2.5	10	5	0.00	1	0	0		
610232	FRUIT COCKTAIL IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	200	0		
610372	PEACH DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	300	0		
610364	PEAR DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	2.5	10	5	0.00	1	0	0		
610232	FRUIT COCKTAIL IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	200	0		
344160	CHIX POPCORN HMSTYL BRD FC 6-5# COMM	12 PIECE	230	12	13.9	2.6	0.0	30	14	0.9	0	240	1.74	0	100	20		
802850	SAUCE GEN TSO 2-1GAL ASIAN	1 TBSP	35	0	0.0	0.0	0.0	0	8	0.0	8	180	0.00	1	0	0		
108251	RICE 25# UBEN	0.25 CUP	167	4	0.5	0.0	0.0	0	37	0.5	0	3	2.35	0	24	61		
727630	RICE BROWN PARBOIL 25# PAREX	3.53 OZ	364	8	2.0	0.0	0.0	0	78	3.0	0	10	2.00	0	0	0		
164100	VEG BLND MALIBU 6-4# FLAVRPAC	1 CUP	35	1	0.0	0.0	0.0	0	6	1.9	3	45	0.95	18	1000	20		
591173	COOKIE FORTUNE WRPD 336CT 7#	3 EACH	110	2	1.1	0.5	0.0	0	24	0.0	11	0	0.27	0	0	0		

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GFS Reorder Number	WEDNESDAYS	Serving Size	Calories	Protein (gm)	Fat (gm)	Saturated Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Carbohydrates (gm)	Fiber (gm)	Sugar (gm)	Sodium (mg)	Iron (mg)	Vitamin C (mg)	Vitamin A (IU)	Calcium (mg)
198013	ORANGES NAVEL FCY 113CT MRKN	1 EACH	80	2	0.0	0.0	0.0	0	22	7.7	14	0	0.00	79	100	60
212768	STRAWBERRY CLAMSHELL 8# MRKN	1 CUP	48	1	0.0	0.0	0.0	0	12	3.0	7	1	0.00	88	18	24
197831	GRAPES RED SEEDLESS 9-2#AVG P/L	100 Gram	67	1	0.0	0.0	0.0	0	17	1.0	16	2	0.00	4	100	14
200565	MELON MUSK CANTALOUPE 12CT P/L	0.5 CUP	52	1	0.0	0.0	0.0	0	14	1.2	13	24	0.00	50	3600	10
473171	APPLE FRSH SLCD 100-2Z P/L	1 PACKAGE	30	0	0.0	0.0	0.0	0	7	1.1	6	0	0.00	21	0	20
201367	APPLE DELICIOUS RED 125CT MRKN	1 EACH	72	0	0.0	0.0	0.0	0	19	2.8	14	1	0.00	7	75	8
200794	APPLE DELICIOUS GOLDEN 100CT MRKN	1 EACH	72	0	0.0	0.0	0.0	0	19	2.8	14	1	0.00	7	75	8
582271	APPLE GRANNY SMITH 113CT MRKN	1 EACH	80	0	0.0	0.0	0.0	0	22	4.6	15	0	0.00	5	100	0
326089	WATERMELON RED SEEDLESS 2CT GFS	2 CUP	81	0	0.0	0.0	0.0	0	22	0.0	20	0	0.00	14	1501	20
197904	MELON HNYDEW 6-1CT P/L	1 EACH	360	10	0.0	0.0	0.0	0	90	10.0	80	180	0.00	180	500	60
198056	PEAR 10SZ 95-110CT MRKN	1 CUP	96	0	0.0	0.0	0.0	0	25	4.9	17	2	0.00	7	38	15
287008	KIWI 35CT MRKN	1 EACH	42	1	0.7	0.0	0.0	0	10	2.1	6	2	0.00	64	60	23
197858	GRAPES WHITE SEEDLESS 17#AVG MRKN	100 Gram	67	1	0.0	0.0	0.0	0	17	1.0	16	2	0.00	4	100	14
610372	PEACH DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	300	0
610364	PEAR DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	2.5	10	5	0.00	1	0	0
610232	FRUIT COCKTAIL IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	200	0
610372	PEACH DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	300	0
610364	PEAR DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	2.5	10	5	0.00	1	0	0
610232	FRUIT COCKTAIL IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	200	0
344160	CHIX POPCORN HMSTYL BRD FC 6-5# COMM	12 PIECE	230	12	13.9	2.6	0.0	30	14	0.9	0	240	1.74	0	100	20
613738	POTATO PRLS EXCEL 12-28Z BAMER	3.53 OZ	371	7	5.0	1.0	1.0	0	74	6.0	3	1733	1.00	30	10	36
285620	CORN CUT IQF 30# GFS	0.67 CUP	105	3	0.9	0.0	0.0	0	22	2.7	2	5	0.90	3	115	5
290025	GRAVY MIX CHIX 8-22.6Z TRIO	1 TBSP	35	0	1.0	0.5	0.0	0	6	0.0	0	280	0.00	0	0	0
316938	ROLL DNNR WHEAT PULL APART 16-12 GFS	2 EACH	150	5	1.5	0.5	0.0	0	31	1.5	3	308	1.53	0	1	8
198013	ORANGES NAVEL FCY 113CT MRKN	1 EACH	80	2	0.0	0.0	0.0	0	22	7.7	14	0	0.00	79	100	60
212768	STRAWBERRY CLAMSHELL 8# MRKN	1 CUP	48	1	0.0	0.0	0.0	0	12	3.0	7	1	0.00	88	18	24
197831	GRAPES RED SEEDLESS 9-2#AVG P/L	100 Gram	67	1	0.0	0.0	0.0	0	17	1.0	16	2	0.00	4	100	14
200565	MELON MUSK CANTALOUPE 12CT P/L	0.5 CUP	52	1	0.0	0.0	0.0	0	14	1.2	13	24	0.00	50	3600	10
473171	APPLE FRSH SLCD 100-2Z P/L	1 PACKAGE	30	0	0.0	0.0	0.0	0	7	1.1	6	0	0.00	21	0	20

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GFS Reorder Number	WEDNESDAYS	Serving Size														
			Calories	Protein (gm)	Fat (gm)	Saturated Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Carbohydrates (gm)	Fiber (gm)	Sugar (gm)	Sodium (mg)	Iron (mg)	Vitamin C (mg)	Vitamin A (IU)	Calcium (mg)
201367	APPLE DELICIOUS RED 125CT MRKN	1 EACH	72	0	0.0	0.0	0.0	0	19	2.8	14	1	0.00	7	75	8
200794	APPLE DELICIOUS GOLDEN 100CT MRKN	1 EACH	72	0	0.0	0.0	0.0	0	19	2.8	14	1	0.00	7	75	8
582271	APPLE GRANNY SMITH 113CT MRKN	1 EACH	80	0	0.0	0.0	0.0	0	22	4.6	15	0	0.00	5	100	0
326089	WATERMELON RED SEEDLESS 2CT GFS	2 CUP	81	0	0.0	0.0	0.0	0	22	0.0	20	0	0.00	14	1501	20
197904	MELON HNYDEW 6-1CT P/L	1 EACH	360	10	0.0	0.0	0.0	0	90	10.0	80	180	0.00	180	500	60
198056	PEAR 10SZ 95-110CT MRKN	1 CUP	96	0	0.0	0.0	0.0	0	25	4.9	17	2	0.00	7	38	15
287008	KIWI 35CT MRKN	1 EACH	42	1	0.7	0.0	0.0	0	10	2.1	6	2	0.00	64	60	23
197858	GRAPES WHITE SEEDLESS 17#AVG MRKN	100 Gram	67	1	0.0	0.0	0.0	0	17	1.0	16	2	0.00	4	100	14
610372	PEACH DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	300	0
610364	PEAR DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	2.5	10	5	0.00	1	0	0
610232	FRUIT COCKTAIL IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	200	0
610372	PEACH DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	300	0
610364	PEAR DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	2.5	10	5	0.00	1	0	0
610232	FRUIT COCKTAIL IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	200	0
509183	CHIX NUGGET CRSPY BRD O/R 10.65# TYS	4 EACH	250	11	16.1	3.8	0.0	75	16	0.9	1	670	1.90	0	100	20
613738	POTATO PRLS EXCEL 12-28Z BAMER	3.53 OZ	371	7	5.0	1.0	1.0	0	74	6.0	3	1733	1.00	30	10	36
290025	GRAVY MIX CHIX 8-22.6Z TRIO	1 TBSP	35	0	1.0	0.5	0.0	0	6	0.0	0	280	0.00	0	0	0
316938	ROLL DNNR WHEAT PULL APART 16-12 GFS	2 EACH	150	5	1.5	0.5	0.0	0	31	1.5	3	308	1.53	0	1	8
198013	ORANGES NAVEL FCY 113CT MRKN	1 EACH	80	2	0.0	0.0	0.0	0	22	7.7	14	0	0.00	79	100	60
212768	STRAWBERRY CLAMSHELL 8# MRKN	1 CUP	48	1	0.0	0.0	0.0	0	12	3.0	7	1	0.00	88	18	24
197831	GRAPES RED SEEDLESS 9-2#AVG P/L	100 Gram	67	1	0.0	0.0	0.0	0	17	1.0	16	2	0.00	4	100	14
200565	MELON MUSK CANTALOUPE 12CT P/L	0.5 CUP	52	1	0.0	0.0	0.0	0	14	1.2	13	24	0.00	50	3600	10
473171	APPLE FRSH SLCD 100-2Z P/L	1 PACKAGE	30	0	0.0	0.0	0.0	0	7	1.1	6	0	0.00	21	0	20
201367	APPLE DELICIOUS RED 125CT MRKN	1 EACH	72	0	0.0	0.0	0.0	0	19	2.8	14	1	0.00	7	75	8
200794	APPLE DELICIOUS GOLDEN 100CT MRKN	1 EACH	72	0	0.0	0.0	0.0	0	19	2.8	14	1	0.00	7	75	8
582271	APPLE GRANNY SMITH 113CT MRKN	1 EACH	80	0	0.0	0.0	0.0	0	22	4.6	15	0	0.00	5	100	0
326089	WATERMELON RED SEEDLESS 2CT GFS	2 CUP	81	0	0.0	0.0	0.0	0	22	0.0	20	0	0.00	14	1501	20
197904	MELON HNYDEW 6-1CT P/L	1 EACH	360	10	0.0	0.0	0.0	0	90	10.0	80	180	0.00	180	500	60
198056	PEAR 10SZ 95-110CT MRKN	1 CUP	96	0	0.0	0.0	0.0	0	25	4.9	17	2	0.00	7	38	15

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GFS Reorder Number	WEDNESDAYS	Serving Size	Calories	Protein (gm)	Fat (gm)	Saturated Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Carbohydrates (gm)	Fiber (gm)	Sugar (gm)	Sodium (mg)	Iron (mg)	Vitamin C (mg)	Vitamin A (IU)	Calcium (mg)
287008	KIWI 35CT MRKN	1 EACH	42	1	0.7	0.0	0.0	0	10	2.1	6	2	0.00	64	60	23
197858	GRAPES WHITE SEEDLESS 17#AVG MRKN	100 Gram	67	1	0.0	0.0	0.0	0	17	1.0	16	2	0.00	4	100	14
610372	PEACH DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	300	0
610364	PEAR DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	2.5	10	5	0.00	1	0	0
610232	FRUIT COCKTAIL IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	200	0
610372	PEACH DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	300	0
610364	PEAR DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	2.5	10	5	0.00	1	0	0
610232	FRUIT COCKTAIL IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	200	0
344160	CHIX POPCORN HMSTYL BRD FC 6-5# COMM	12 PIECE	230	12	13.9	2.6	0.0	30	14	0.9	0	240	1.74	0	100	20
802850	SAUCE GEN TSO 2-1GAL ASIAN	1 TBSP	35	0	0.0	0.0	0.0	0	8	0.0	8	180	0.00	1	0	0
108251	RICE 25# UBEN	0.25 CUP	167	4	0.5	0.0	0.0	0	37	0.5	0	3	2.35	0	24	61
727630	RICE BROWN PARBOIL 25# PAREX	3.53 OZ	364	8	2.0	0.0	0.0	0	78	3.0	0	10	2.00	0	0	0
285730	PEAS & CARROT 30# GFS	0.67 CUP	60	2	0.0	0.0	0.0	0	9	2.7	4	60	0.90	5	1500	0
591173	COOKIE FORTUNE WRPD 336CT 7#	3 EACH	110	2	1.1	0.5	0.0	0	24	0.0	11	0	0.27	0	0	0
198013	ORANGES NAVEL FCY 113CT MRKN	1 EACH	80	2	0.0	0.0	0.0	0	22	7.7	14	0	0.00	79	100	60
212768	STRAWBERRY CLAMSHELL 8# MRKN	1 CUP	48	1	0.0	0.0	0.0	0	12	3.0	7	1	0.00	88	18	24
197831	GRAPES RED SEEDLESS 9-2#AVG P/L	100 Gram	67	1	0.0	0.0	0.0	0	17	1.0	16	2	0.00	4	100	14
200565	MELON MUSK CANTALOUPE 12CT P/L	0.5 CUP	52	1	0.0	0.0	0.0	0	14	1.2	13	24	0.00	50	3600	10
473171	APPLE FRSH SLCD 100-2Z P/L	1 PACKAGE	30	0	0.0	0.0	0.0	0	7	1.1	6	0	0.00	21	0	20
201367	APPLE DELICIOUS RED 125CT MRKN	1 EACH	72	0	0.0	0.0	0.0	0	19	2.8	14	1	0.00	7	75	8
200794	APPLE DELICIOUS GOLDEN 100CT MRKN	1 EACH	72	0	0.0	0.0	0.0	0	19	2.8	14	1	0.00	7	75	8
582271	APPLE GRANNY SMITH 113CT MRKN	1 EACH	80	0	0.0	0.0	0.0	0	22	4.6	15	0	0.00	5	100	0
326089	WATERMELON RED SEEDLESS 2CT GFS	2 CUP	81	0	0.0	0.0	0.0	0	22	0.0	20	0	0.00	14	1501	20
197904	MELON HNYDEW 6-1CT P/L	1 EACH	360	10	0.0	0.0	0.0	0	90	10.0	80	180	0.00	180	500	60
198056	PEAR 10SZ 95-110CT MRKN	1 CUP	96	0	0.0	0.0	0.0	0	25	4.9	17	2	0.00	7	38	15
287008	KIWI 35CT MRKN	1 EACH	42	1	0.7	0.0	0.0	0	10	2.1	6	2	0.00	64	60	23
197858	GRAPES WHITE SEEDLESS 17#AVG MRKN	100 Gram	67	1	0.0	0.0	0.0	0	17	1.0	16	2	0.00	4	100	14
610372	PEACH DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	300	0
610364	PEAR DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	2.5	10	5	0.00	1	0	0

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GFS Reorder Number	WEDNESDAYS	Serving Size	Calories	Protein (gm)	Fat (gm)	Saturated Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Carbohydrates (gm)	Fiber (gm)	Sugar (gm)	Sodium (mg)	Iron (mg)	Vitamin C (mg)	Vitamin A (IU)	Calcium (mg)
610232	FRUIT COCKTAIL IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	200	0
610372	PEACH DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	300	0
610364	PEAR DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	2.5	10	5	0.00	1	0	0
610232	FRUIT COCKTAIL IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	200	0

The nutrition printed is the most up to date information as provided to GFS as of August 2011. Please be aware that manufacturers may change formulations, which can affect the It is a good practice to verify nutrition information on the actual label of each product. If you have any questions regarding this information, please contact the Nutrition Resource C

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GFS Reorder Number		Serving Size	THURSDAYS													
			Calories	Protein (gm)	Fat (gm)	Saturated Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Carbohydrates (gm)	Fiber (gm)	Sugar (gm)	Sodium (mg)	Iron (mg)	Vitamin C (mg)	Vitamin A (IU)	Calcium (mg)
Pasta Day																
654571	PASTA PENNE RIGATE WHL WHEAT 2-5# GFS	2 OZ	180	7	1.1	0.0	0.0	0	41	6.2	2	0	1.68	0	0	0
413370	PASTA SPAGHETTI 10" 4-5# GFS	2 OZ	208	7	1.1	0.0	0.0	0	42	2.2	3	0	2.24	0	0	10
413320	PASTA ELBOW MACAR 4-5# GFS	2 OZ	208	7	1.1	0.0	0.0	0	42	2.2	3	0	2.24	0	0	10
867850	PASTA ROTINI WHL WHEAT 2-5# GFS	2 OZ	180	7	1.1	0.0	0.0	0	41	6.2	2	0	1.70	0	0	0
292346	PASTA NOODL EGG 1/2" XTRA WD 2-5# GFS	2 OZ	213	8	2.2	0.6	0.0	53	40	1.1	2	12	2.80	0	35	17
437972	SAUCE SPAGHETTI TRAD 6-10 RAGU	0.5 CUP	78	3	2.5	0.0	0.0	0	11	2.5	8	479	1.25	11	678	24
158704	BEEF GRND 80/20 3-10# GFS	4 OZ	290	21	22.4	9.0	1.1	75	0	0.0	0	65	2.24	0	0	20
580295	BREADSTICK FREN PARBK 120-1.8Z RICH	1 EACH	137	5	0.5	0.0	0.0	0	28	1.0	1	300	1.53	1	0	13
198013	ORANGES NAVEL FCY 113CT MRKN	1 EACH	80	2	0.0	0.0	0.0	0	22	7.7	14	0	0.00	79	100	60
212768	STRAWBERRY CLAMSHELL 8# MRKN	1 CUP	48	1	0.0	0.0	0.0	0	12	3.0	7	1	0.00	88	18	24
197831	GRAPES RED SEEDLESS 9-2#AVG P/L	100 Gram	67	1	0.0	0.0	0.0	0	17	1.0	16	2	0.00	4	100	14
200565	MELON MUSK CANTALOUPE 12CT P/L	0.5 CUP	52	1	0.0	0.0	0.0	0	14	1.2	13	24	0.00	50	3600	10
473171	APPLE FRSH SLCD 100-2Z P/L	1 PACKAGE	30	0	0.0	0.0	0.0	0	7	1.1	6	0	0.00	21	0	20
201367	APPLE DELICIOUS RED 125CT MRKN	1 EACH	72	0	0.0	0.0	0.0	0	19	2.8	14	1	0.00	7	75	8
198013	ORANGES NAVEL FCY 113CT MRKN	1 EACH	80	2	0.0	0.0	0.0	0	22	7.7	14	0	0.00	79	100	60
212768	STRAWBERRY CLAMSHELL 8# MRKN	1 CUP	48	1	0.0	0.0	0.0	0	12	3.0	7	1	0.00	88	18	24
197831	GRAPES RED SEEDLESS 9-2#AVG P/L	100 Gram	67	1	0.0	0.0	0.0	0	17	1.0	16	2	0.00	4	100	14
200565	MELON MUSK CANTALOUPE 12CT P/L	0.5 CUP	52	1	0.0	0.0	0.0	0	14	1.2	13	24	0.00	50	3600	10
473171	APPLE FRSH SLCD 100-2Z P/L	1 PACKAGE	30	0	0.0	0.0	0.0	0	7	1.1	6	0	0.00	21	0	20
201367	APPLE DELICIOUS RED 125CT MRKN	1 EACH	72	0	0.0	0.0	0.0	0	19	2.8	14	1	0.00	7	75	8
200794	APPLE DELICIOUS GOLDEN 100CT MRKN	1 EACH	72	0	0.0	0.0	0.0	0	19	2.8	14	1	0.00	7	75	8
582271	APPLE GRANNY SMITH 113CT MRKN	1 EACH	80	0	0.0	0.0	0.0	0	22	4.6	15	0	0.00	5	100	0
326089	WATERMELON RED SEEDLESS 2CT GFS	2 CUP	81	0	0.0	0.0	0.0	0	22	0.0	20	0	0.00	14	1501	20
197904	MELON HNYDEW 6-1CT P/L	1 EACH	360	10	0.0	0.0	0.0	0	90	10.0	80	180	0.00	180	500	60
198056	PEAR 10SZ 95-110CT MRKN	1 CUP	96	0	0.0	0.0	0.0	0	25	4.9	17	2	0.00	7	38	15
287008	KIWI 35CT MRKN	1 EACH	42	1	0.7	0.0	0.0	0	10	2.1	6	2	0.00	64	60	23
197858	GRAPES WHITE SEEDLESS 17#AVG MRKN	100 Gram	67	1	0.0	0.0	0.0	0	17	1.0	16	2	0.00	4	100	14
610372	PEACH DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	300	0
610364	PEAR DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	2.5	10	5	0.00	1	0	0
610232	FRUIT COCKTAIL IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	200	0
610372	PEACH DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	300	0

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GFS Reorder Number	THURSDAYS	Serving Size														
			Calories	Protein (gm)	Fat (gm)	Saturated Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Carbohydrates (gm)	Fiber (gm)	Sugar (gm)	Sodium (mg)	Iron (mg)	Vitamin C (mg)	Vitamin A (IU)	Calcium (mg)
610364	PEAR DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	2.5	10	5	0.00	1	0	0
610232	FRUIT COCKTAIL IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	200	0
496286	RAVIOLI FORT/ENRICHED CN 6-10 CHBOY	1 CUP	250	16	7.1	2.4	0.0	31	31	4.7	7	690	2.36	0	200	19
600504	LETTUCE BLND ICEBERG/ROMN 4-5# RSS	3 OZ	17	0	0.0	0.0	0.0	0	2	0.9	1	20	0.00	3	350	10
560545	SPINACH BABY CLND 2-2# P/L	1.765 CUP	22	3	0.0	0.0	0.0	0	4	3.0	0	160	3.00	28	6715	99
511481	BOK CHOY 1-30#	3.53 OZ	13	2	0.0	0.0	0.0	0	2	2.0	0	0	0.00	0	0	0
426598	DRESSING RNCH BTRMLK 4-1GAL GFS	2 TBSP	160	0	18.0	3.0	0.0	5	1	0.0	1	260	0.00	0	0	0
726044	DRESSING ITAL CLSC 4-1GAL PMLL	2 TBSP	114	0	11.7	1.8	0.0	1	2	0.0	2	317	0.00	2	59	11
330795	DRESSING FREN RED CALIF 4-1GAL GFS	2 TBSP	130	0	10.8	1.9	0.0	0	6	0.0	8	290	0.00	1	100	0
330795	DRESSING FREN RED CALIF 4-1GAL GFS	2 TBSP	130	0	10.8	1.9	0.0	0	6	0.0	8	290	0.00	1	100	0
198013	ORANGES NAVEL FCY 113CT MRKN	1 EACH	80	2	0.0	0.0	0.0	0	22	7.7	14	0	0.00	79	100	60
212768	STRAWBERRY CLAMSHELL 8# MRKN	1 CUP	48	1	0.0	0.0	0.0	0	12	3.0	7	1	0.00	88	18	24
197831	GRAPES RED SEEDLESS 9-2#AVG P/L	100 Gram	67	1	0.0	0.0	0.0	0	17	1.0	16	2	0.00	4	100	14
200565	MELON MUSK CANTALOUPE 12CT P/L	0.5 CUP	52	1	0.0	0.0	0.0	0	14	1.2	13	24	0.00	50	3600	10
473171	APPLE FRSH SLCD 100-2Z P/L	1 PACKAGE	30	0	0.0	0.0	0.0	0	7	1.1	6	0	0.00	21	0	20
201367	APPLE DELICIOUS RED 125CT MRKN	1 EACH	72	0	0.0	0.0	0.0	0	19	2.8	14	1	0.00	7	75	8
198013	ORANGES NAVEL FCY 113CT MRKN	1 EACH	80	2	0.0	0.0	0.0	0	22	7.7	14	0	0.00	79	100	60
212768	STRAWBERRY CLAMSHELL 8# MRKN	1 CUP	48	1	0.0	0.0	0.0	0	12	3.0	7	1	0.00	88	18	24
197831	GRAPES RED SEEDLESS 9-2#AVG P/L	100 Gram	67	1	0.0	0.0	0.0	0	17	1.0	16	2	0.00	4	100	14
200565	MELON MUSK CANTALOUPE 12CT P/L	0.5 CUP	52	1	0.0	0.0	0.0	0	14	1.2	13	24	0.00	50	3600	10
473171	APPLE FRSH SLCD 100-2Z P/L	1 PACKAGE	30	0	0.0	0.0	0.0	0	7	1.1	6	0	0.00	21	0	20
201367	APPLE DELICIOUS RED 125CT MRKN	1 EACH	72	0	0.0	0.0	0.0	0	19	2.8	14	1	0.00	7	75	8
200794	APPLE DELICIOUS GOLDEN 100CT MRKN	1 EACH	72	0	0.0	0.0	0.0	0	19	2.8	14	1	0.00	7	75	8
582271	APPLE GRANNY SMITH 113CT MRKN	1 EACH	80	0	0.0	0.0	0.0	0	22	4.6	15	0	0.00	5	100	0
326089	WATERMELON RED SEEDLESS 2CT GFS	2 CUP	81	0	0.0	0.0	0.0	0	22	0.0	20	0	0.00	14	1501	20
197904	MELON HNYDEW 6-1CT P/L	1 EACH	360	10	0.0	0.0	0.0	0	90	10.0	80	180	0.00	180	500	60
198056	PEAR 10SZ 95-110CT MRKN	1 CUP	96	0	0.0	0.0	0.0	0	25	4.9	17	2	0.00	7	38	15
287008	KIWI 35CT MRKN	1 EACH	42	1	0.7	0.0	0.0	0	10	2.1	6	2	0.00	64	60	23
197858	GRAPES WHITE SEEDLESS 17#AVG MRKN	100 Gram	67	1	0.0	0.0	0.0	0	17	1.0	16	2	0.00	4	100	14
610372	PEACH DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	300	0

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			Calories	Protein (gm)	Fat (gm)	Saturated Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Carbohydrates (gm)	Fiber (gm)	Sugar (gm)	Sodium (mg)	Iron (mg)	Vitamin C (mg)	Vitamin A (IU)	Calcium (mg)
610364	PEAR DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	2.5	10	5	0.00	1	0	0
610232	FRUIT COCKTAIL IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	200	0
610372	PEACH DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	300	0
610364	PEAR DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	2.5	10	5	0.00	1	0	0
610232	FRUIT COCKTAIL IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	200	0
413320	PASTA ELBOW MACAR 4-5# GFS	2 OZ	208	7	1.1	0.0	0.0	0	42	2.2	3	0	2.24	0	0	10
290319	SAUCE MIX CHS INST 8-32Z TRIO	1.67 TBSP	50	0	1.0	0.5	0.0	0	9	0.0	2	330	0.00	0	0	0
283760	PEAS GREEN IQF 30# KE	0.67 CUP	70	5	0.0	0.0	0.0	0	12	3.6	4	200	0.89	6	400	0
127671	ROLL DNNR PANINI PARBK 120-1.5Z TUR	1 EACH	123	5	0.4	0.0	0.0	0	25	0.9	0	296	0.43	0	0	38
198013	ORANGES NAVEL FCY 113CT MRKN	1 EACH	80	2	0.0	0.0	0.0	0	22	7.7	14	0	0.00	79	100	60
212768	STRAWBERRY CLAMSHELL 8# MRKN	1 CUP	48	1	0.0	0.0	0.0	0	12	3.0	7	1	0.00	88	18	24
197831	GRAPES RED SEEDLESS 9-2#AVG P/L	100 Gram	67	1	0.0	0.0	0.0	0	17	1.0	16	2	0.00	4	100	14
200565	MELON MUSK CANTALOUPE 12CT P/L	0.5 CUP	52	1	0.0	0.0	0.0	0	14	1.2	13	24	0.00	50	3600	10
473171	APPLE FRSH SLCD 100-2Z P/L	1 PACKAGE	30	0	0.0	0.0	0.0	0	7	1.1	6	0	0.00	21	0	20
201367	APPLE DELICIOUS RED 125CT MRKN	1 EACH	72	0	0.0	0.0	0.0	0	19	2.8	14	1	0.00	7	75	8
198013	ORANGES NAVEL FCY 113CT MRKN	1 EACH	80	2	0.0	0.0	0.0	0	22	7.7	14	0	0.00	79	100	60
212768	STRAWBERRY CLAMSHELL 8# MRKN	1 CUP	48	1	0.0	0.0	0.0	0	12	3.0	7	1	0.00	88	18	24
197831	GRAPES RED SEEDLESS 9-2#AVG P/L	100 Gram	67	1	0.0	0.0	0.0	0	17	1.0	16	2	0.00	4	100	14
200565	MELON MUSK CANTALOUPE 12CT P/L	0.5 CUP	52	1	0.0	0.0	0.0	0	14	1.2	13	24	0.00	50	3600	10
473171	APPLE FRSH SLCD 100-2Z P/L	1 PACKAGE	30	0	0.0	0.0	0.0	0	7	1.1	6	0	0.00	21	0	20
201367	APPLE DELICIOUS RED 125CT MRKN	1 EACH	72	0	0.0	0.0	0.0	0	19	2.8	14	1	0.00	7	75	8
200794	APPLE DELICIOUS GOLDEN 100CT MRKN	1 EACH	72	0	0.0	0.0	0.0	0	19	2.8	14	1	0.00	7	75	8
582271	APPLE GRANNY SMITH 113CT MRKN	1 EACH	80	0	0.0	0.0	0.0	0	22	4.6	15	0	0.00	5	100	0
326089	WATERMELON RED SEEDLESS 2CT GFS	2 CUP	81	0	0.0	0.0	0.0	0	22	0.0	20	0	0.00	14	1501	20
197904	MELON HNYDEW 6-1CT P/L	1 EACH	360	10	0.0	0.0	0.0	0	90	10.0	80	180	0.00	180	500	60
198056	PEAR 10SZ 95-110CT MRKN	1 CUP	96	0	0.0	0.0	0.0	0	25	4.9	17	2	0.00	7	38	15
287008	KIWI 35CT MRKN	1 EACH	42	1	0.7	0.0	0.0	0	10	2.1	6	2	0.00	64	60	23
197858	GRAPES WHITE SEEDLESS 17#AVG MRKN	100 Gram	67	1	0.0	0.0	0.0	0	17	1.0	16	2	0.00	4	100	14
610372	PEACH DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	300	0
610364	PEAR DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	2.5	10	5	0.00	1	0	0

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GFS Reorder Number		Serving Size	THURSDAYS													
			Calories	Protein (gm)	Fat (gm)	Saturated Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Carbohydrates (gm)	Fiber (gm)	Sugar (gm)	Sodium (mg)	Iron (mg)	Vitamin C (mg)	Vitamin A (IU)	Calcium (mg)
610232	FRUIT COCKTAIL IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	200	0
610372	PEACH DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	300	0
610364	PEAR DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	2.5	10	5	0.00	1	0	0
610232	FRUIT COCKTAIL IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	200	0
654571	PASTA PENNE RIGATE WHL WHEAT 2-5# GFS	2 OZ	180	7	1.1	0.0	0.0	0	41	6.2	2	0	1.68	0	0	0
437972	SAUCE SPAGHETTI TRAD 6-10 RAGU	0.5 CUP	78	3	2.5	0.0	0.0	0	11	2.5	8	479	1.25	11	678	24
158704	BEEF GRND 80/20 3-10# GFS	4 OZ	290	21	22.4	9.0	1.1	75	0	0.0	0	65	2.24	0	0	20
600504	LETTUCE BLND ICEBERG/ROMN 4-5# RSS	3 OZ	17	0	0.0	0.0	0.0	0	2	0.9	1	20	0.00	3	350	10
560545	SPINACH BABY CLND 2-2# P/L	1.765 CUP	22	3	0.0	0.0	0.0	0	4	3.0	0	160	3.00	28	6715	99
511481	BOK CHOY 1-30#	3.53 OZ	13	2	0.0	0.0	0.0	0	2	2.0	0	0	0.00	0	0	0
426598	DRESSING RNCH BTRMLK 4-1GAL GFS	2 TBSP	160	0	18.0	3.0	0.0	5	1	0.0	1	260	0.00	0	0	0
726044	DRESSING ITAL CLSC 4-1GAL PMLL	2 TBSP	114	0	11.7	1.8	0.0	1	2	0.0	2	317	0.00	2	59	11
330795	DRESSING FREN RED CALIF 4-1GAL GFS	2 TBSP	130	0	10.8	1.9	0.0	0	6	0.0	8	290	0.00	1	100	0
580295	BREADSTICK FREN PARBK 120-1.8Z RICH	1 EACH	137	5	0.5	0.0	0.0	0	28	1.0	1	300	1.53	1	0	13
198013	ORANGES NAVEL FCY 113CT MRKN	1 EACH	80	2	0.0	0.0	0.0	0	22	7.7	14	0	0.00	79	100	60
212768	STRAWBERRY CLAMSHELL 8# MRKN	1 CUP	48	1	0.0	0.0	0.0	0	12	3.0	7	1	0.00	88	18	24
197831	GRAPES RED SEEDLESS 9-2#AVG P/L	100 Gram	67	1	0.0	0.0	0.0	0	17	1.0	16	2	0.00	4	100	14
200565	MELON MUSK CANTALOUPE 12CT P/L	0.5 CUP	52	1	0.0	0.0	0.0	0	14	1.2	13	24	0.00	50	3600	10
473171	APPLE FRSH SLCD 100-2Z P/L	1 PACKAGE	30	0	0.0	0.0	0.0	0	7	1.1	6	0	0.00	21	0	20
201367	APPLE DELICIOUS RED 125CT MRKN	1 EACH	72	0	0.0	0.0	0.0	0	19	2.8	14	1	0.00	7	75	8
200794	APPLE DELICIOUS GOLDEN 100CT MRKN	1 EACH	72	0	0.0	0.0	0.0	0	19	2.8	14	1	0.00	7	75	8
582271	APPLE GRANNY SMITH 113CT MRKN	1 EACH	80	0	0.0	0.0	0.0	0	22	4.6	15	0	0.00	5	100	0
326089	WATERMELON RED SEEDLESS 2CT GFS	2 CUP	81	0	0.0	0.0	0.0	0	22	0.0	20	0	0.00	14	1501	20
197904	MELON HNYDEW 6-1CT P/L	1 EACH	360	10	0.0	0.0	0.0	0	90	10.0	80	180	0.00	180	500	60
198056	PEAR 10SZ 95-110CT MRKN	1 CUP	96	0	0.0	0.0	0.0	0	25	4.9	17	2	0.00	7	38	15
287008	KIWI 35CT MRKN	1 EACH	42	1	0.7	0.0	0.0	0	10	2.1	6	2	0.00	64	60	23
197858	GRAPES WHITE SEEDLESS 17#AVG MRKN	100 Gram	67	1	0.0	0.0	0.0	0	17	1.0	16	2	0.00	4	100	14
610372	PEACH DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	300	0
610364	PEAR DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	2.5	10	5	0.00	1	0	0
610232	FRUIT COCKTAIL IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	200	0

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GFS Reorder Number		Serving Size	THURSDAYS													
			Calories	Protein (gm)	Fat (gm)	Saturated Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Carbohydrates (gm)	Fiber (gm)	Sugar (gm)	Sodium (mg)	Iron (mg)	Vitamin C (mg)	Vitamin A (IU)	Calcium (mg)
610372	PEACH DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	300	0
610364	PEAR DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	2.5	10	5	0.00	1	0	0
610232	FRUIT COCKTAIL IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	200	0
108197	PASTA LASGN RIDG CURLY 2 1/8" 10# GFS	2 OZ	210	7	1.1	0.0	0.0	0	42	2.2	3	0	1.68	0	0	0
437972	SAUCE SPAGHETTI TRAD 6-10 RAGU	0.5 CUP	78	3	2.5	0.0	0.0	0	11	2.5	8	479	1.25	11	678	24
158704	BEEF GRND 80/20 3-10# GFS	4 OZ	290	21	22.4	9.0	1.1	75	0	0.0	0	65	2.24	0	0	20
193600	CHEESE BLND MOZZ SHRD FTHR 4-5# PG	0.25 CUP	80	7	5.0	3.6	0.0	20	0	0.0	0	160	0.00	0	200	150
600504	LETTUCE BLND ICEBERG/ROMN 4-5# RSS	3 OZ	17	0	0.0	0.0	0.0	0	2	0.9	1	20	0.00	3	350	10
560545	SPINACH BABY CLND 2-2# P/L	1.765 CUP	22	3	0.0	0.0	0.0	0	4	3.0	0	160	3.00	28	6715	99
511481	BOK CHOY 1-30#	3.53 OZ	13	2	0.0	0.0	0.0	0	2	2.0	0	0	0.00	0	0	0
426598	DRESSING RNCH BTRMLK 4-1GAL GFS	2 TBSP	160	0	18.0	3.0	0.0	5	1	0.0	1	260	0.00	0	0	0
726044	DRESSING ITAL CLSC 4-1GAL PMLL	2 TBSP	114	0	11.7	1.8	0.0	1	2	0.0	2	317	0.00	2	59	11
330795	DRESSING FREN RED CALIF 4-1GAL GFS	2 TBSP	130	0	10.8	1.9	0.0	0	6	0.0	8	290	0.00	1	100	0
198013	ORANGES NAVEL FCY 113CT MRKN	1 EACH	80	2	0.0	0.0	0.0	0	22	7.7	14	0	0.00	79	100	60
212768	STRAWBERRY CLAMSHELL 8# MRKN	1 CUP	48	1	0.0	0.0	0.0	0	12	3.0	7	1	0.00	88	18	24
197831	GRAPES RED SEEDLESS 9-2#AVG P/L	100 Gram	67	1	0.0	0.0	0.0	0	17	1.0	16	2	0.00	4	100	14
200565	MELON MUSK CANTALOUPE 12CT P/L	0.5 CUP	52	1	0.0	0.0	0.0	0	14	1.2	13	24	0.00	50	3600	10
473171	APPLE FRSH SLCD 100-2Z P/L	1 PACKAGE	30	0	0.0	0.0	0.0	0	7	1.1	6	0	0.00	21	0	20
201367	APPLE DELICIOUS RED 125CT MRKN	1 EACH	72	0	0.0	0.0	0.0	0	19	2.8	14	1	0.00	7	75	8
200794	APPLE DELICIOUS GOLDEN 100CT MRKN	1 EACH	72	0	0.0	0.0	0.0	0	19	2.8	14	1	0.00	7	75	8
582271	APPLE GRANNY SMITH 113CT MRKN	1 EACH	80	0	0.0	0.0	0.0	0	22	4.6	15	0	0.00	5	100	0
326089	WATERMELON RED SEEDLESS 2CT GFS	2 CUP	81	0	0.0	0.0	0.0	0	22	0.0	20	0	0.00	14	1501	20
197904	MELON HNYDEW 6-1CT P/L	1 EACH	360	10	0.0	0.0	0.0	0	90	10.0	80	180	0.00	180	500	60
198056	PEAR 10SZ 95-110CT MRKN	1 CUP	96	0	0.0	0.0	0.0	0	25	4.9	17	2	0.00	7	38	15
287008	KIWI 35CT MRKN	1 EACH	42	1	0.7	0.0	0.0	0	10	2.1	6	2	0.00	64	60	23
197858	GRAPES WHITE SEEDLESS 17#AVG MRKN	100 Gram	67	1	0.0	0.0	0.0	0	17	1.0	16	2	0.00	4	100	14
610372	PEACH DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	300	0
610364	PEAR DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	2.5	10	5	0.00	1	0	0
610232	FRUIT COCKTAIL IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	200	0
610372	PEACH DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	300	0

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GFS Reorder Number		Serving Size	THURSDAYS													
			Calories	Protein (gm)	Fat (gm)	Saturated Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Carbohydrates (gm)	Fiber (gm)	Sugar (gm)	Sodium (mg)	Iron (mg)	Vitamin C (mg)	Vitamin A (IU)	Calcium (mg)
610364	PEAR DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	2.5	10	5	0.00	1	0	0
610232	FRUIT COCKTAIL IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	200	0
197904	MELON HNYDEW 6-1CT P/L	1 EACH	360	10	0.0	0.0	0.0	0	90	10.0	80	180	0.00	180	500	60
198056	PEAR 10SZ 95-110CT MRKN	1 CUP	96	0	0.0	0.0	0.0	0	25	4.9	17	2	0.00	7	38	15
287008	KIWI 35CT MRKN	1 EACH	42	1	0.7	0.0	0.0	0	10	2.1	6	2	0.00	64	60	23
197858	GRAPES WHITE SEEDLESS 17#AVG MRKN	100 Gram	67	1	0.0	0.0	0.0	0	17	1.0	16	2	0.00	4	100	14
610372	PEACH DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	300	0
610364	PEAR DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	2.5	10	5	0.00	1	0	0
610232	FRUIT COCKTAIL IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	200	0
610372	PEACH DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	300	0
610364	PEAR DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	2.5	10	5	0.00	1	0	0

The nutrition printed is the most up to date information as provided to GFS as of August 2011. Please be aware that manufacturers may change formulations, which can affect the nut It is a good practice to verify nutrition information on the actual label of each product. If you have any questions regarding this information, please contact the Nutrition Resource Cente

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GFS Reorder Number		Serving Size	Calories	Protein (gm)	Fat (gm)	Saturated Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Carbohydrates (gm)	Fiber (gm)	Sugar (gm)	Sodium (mg)	Iron (mg)	Vitamin C (mg)	Vitamin A (IU)	Calcium (mg)
FRIDAYS																
Assorted Day																
437440	PIZZA WGRAIN PEPP SLC 96-4.67Z MAX	1 EACH	270	16	10.6	4.0	0.0	15	32	4.0	0	861	2.65	0	500	250
415550	FRENCH BRD WGRAIN PEPP 60-5.12Z TONY	1 EACH	331	17	11.6	2.9	0.0	25	35	1.4	4	510	2.90	15	500	249
585921	PIZZA 4X6 CHS WHL GRN 50/50 96-4.6Z	1 EACH	300	16	10.4	3.9	0.0	16	36	3.9	16	631	1.30	0	300	350
415540	FRENCH BRD WGRAIN CHS 60-5.1Z TONY	1 EACH	320	16	10.3	2.9	0.0	21	35	1.5	4	600	2.94	15	500	300
437440	PIZZA WGRAIN PEPP SLC 96-4.67Z MAX	1 EACH	270	16	10.6	4.0	0.0	15	32	4.0	0	861	2.65	0	500	250
268577	PIZZA 4X6 PEPP 50/50 96-4.65Z TONY	1 EACH	319	16	13.2	4.0	0.0	20	36	2.6	15	750	2.64	0	300	249
437410	PIZZA WGRAIN PEPP STFD 72-5.75Z MAX	1 EACH	390	18	16.3	4.9	0.0	20	46	3.3	0	999	4.89	0	500	300
148500	PIZZA CHS SMRT 50/50 72-4.61Z GALAXY	1 EACH	320	14	12.9	6.5	0.0	15	34	2.6	12	581	2.58	0	301	301
624010	PIZZA SOUTHWEST 96-5Z THE MAX	1 EACH	281	16	9.9	2.8	0.0	10	33	4.3	0	740	2.83	0	99	249
717070	PIZZA CHS HARV R/E 9-16" BIG DADDY	1 SLICE	341	20	11.7	3.9	0.0	30	39	2.6	4	620	2.60	0	400	250
866760	PIZZA MT COMBO R/E 9-16" BIG DADDY	1 SLICE	360	20	13.1	4.3	0.0	30	41	2.9	4	811	2.90	0	400	249
437400	PIZZA WGRAIN DBL STFD 96-3.74Z MAX	1 EACH	240	17	7.4	4.2	0.0	20	28	3.2	0	550	3.18	0	400	300
134678	PIZZA PEPP STFD CRST PREBK 72CT MAX	1 SLICE	390	18	16.3	4.9	0.0	20	46	1.6	0	999	4.89	0	500	300
134651	PIZZA CHS STFD CRST PREBK 72CT MAX	1 SLICE	390	18	14.7	4.9	0.0	15	46	1.6	0	941	4.89	0	549	350
190985	PIZZA 4X6 PEPP STFD CRST 80-5.7Z TONY	1 EACH	371	20	13.5	4.5	0.0	20	44	3.0	15	720	3.00	0	300	251
437430	PIZZA WGRAIN CHS SLC 96-4.67Z MAX	1 EACH	270	15	10.6	2.6	0.0	11	32	4.0	0	800	5.30	0	502	250
285630	BEAN GREEN CUT IQF 30# GFS	100 Gram	34	1	0.0	0.0	0.0	0	7	2.0	2	3	1.00	2	183	42
198013	ORANGES NAVEL FCY 113CT MRKN	1 EACH	80	2	0.0	0.0	0.0	0	22	7.7	14	0	0.00	79	100	60
212768	STRAWBERRY CLAMSHELL 8# MRKN	1 CUP	48	1	0.0	0.0	0.0	0	12	3.0	7	1	0.00	88	18	24
197831	GRAPES RED SEEDLESS 9-2#AVG P/L	100 Gram	67	1	0.0	0.0	0.0	0	17	1.0	16	2	0.00	4	100	14
200565	MELON MUSK CANTALOUPE 12CT P/L	0.5 CUP	52	1	0.0	0.0	0.0	0	14	1.2	13	24	0.00	50	3600	10
473171	APPLE FRSH SLCD 100-2Z P/L	1 PACKAG	30	0	0.0	0.0	0.0	0	7	1.1	6	0	0.00	21	0	20
201367	APPLE DELICIOUS RED 125CT MRKN	1 EACH	72	0	0.0	0.0	0.0	0	19	2.8	14	1	0.00	7	75	8
198013	ORANGES NAVEL FCY 113CT MRKN	1 EACH	80	2	0.0	0.0	0.0	0	22	7.7	14	0	0.00	79	100	60
212768	STRAWBERRY CLAMSHELL 8# MRKN	1 CUP	48	1	0.0	0.0	0.0	0	12	3.0	7	1	0.00	88	18	24
197831	GRAPES RED SEEDLESS 9-2#AVG P/L	100 Gram	67	1	0.0	0.0	0.0	0	17	1.0	16	2	0.00	4	100	14
200565	MELON MUSK CANTALOUPE 12CT P/L	0.5 CUP	52	1	0.0	0.0	0.0	0	14	1.2	13	24	0.00	50	3600	10
473171	APPLE FRSH SLCD 100-2Z P/L	1 PACKAG	30	0	0.0	0.0	0.0	0	7	1.1	6	0	0.00	21	0	20
201367	APPLE DELICIOUS RED 125CT MRKN	1 EACH	72	0	0.0	0.0	0.0	0	19	2.8	14	1	0.00	7	75	8

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GFS Reorder Number	FRIDAYS	Serving Size														
			Calories	Protein (gm)	Fat (gm)	Saturated Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Carbohydrates (gm)	Fiber (gm)	Sugar (gm)	Sodium (mg)	Iron (mg)	Vitamin C (mg)	Vitamin A (IU)	Calcium (mg)
200794	APPLE DELICIOUS GOLDEN 100CT MRKN	1 EACH	72	0	0.0	0.0	0.0	0	19	2.8	14	1	0.00	7	75	8
582271	APPLE GRANNY SMITH 113CT MRKN	1 EACH	80	0	0.0	0.0	0.0	0	22	4.6	15	0	0.00	5	100	0
326089	WATERMELON RED SEEDLESS 2CT GFS	2 CUP	81	0	0.0	0.0	0.0	0	22	0.0	20	0	0.00	14	1501	20
197904	MELON HNYDEW 6-1CT P/L	1 EACH	360	10	0.0	0.0	0.0	0	90	10.0	80	180	0.00	180	500	60
198056	PEAR 10SZ 95-110CT MRKN	1 CUP	96	0	0.0	0.0	0.0	0	25	4.9	17	2	0.00	7	38	15
287008	KIWI 35CT MRKN	1 EACH	42	1	0.7	0.0	0.0	0	10	2.1	6	2	0.00	64	60	23
197858	GRAPES WHITE SEEDLESS 17#AVG MRKN	100 Gram	67	1	0.0	0.0	0.0	0	17	1.0	16	2	0.00	4	100	14
610372	PEACH DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	300	0
610364	PEAR DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	2.5	10	5	0.00	1	0	0
610232	FRUIT COCKTAIL IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	200	0
610372	PEACH DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	300	0
610364	PEAR DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	2.5	10	5	0.00	1	0	0
610232	FRUIT COCKTAIL IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	200	0
793350	BREAD TX TST WHT 1"SLCD 12-22Z GFS	1 SLICE	130	4	1.5	0.0	0.0	0	26	1.0	3	300	2.00	0	0	40
101427	SOUP TOMATO 12-5 CAMP	0.5 CUP	90	2	0.0	0.0	0.0	0	20	1.2	12	480	1.20	6	400	0
270644	CRACKER SALTINE 300-4CT KEEB	1 PACKAG	25	0	0.5	0.0	0.0	0	5	0.0	0	80	0.00	0	0	0
509809	SHERBET CUP ORNG 96-3.2FLZ CLOVRV	1 EACH	137	1	1.8	0.9	0.0	4	30	0.9	23	35	0.00	12	55	55
509795	SHERBET CUP RASPB 96-3.2FLZ CLOVRV	1 EACH	110	1	1.8	0.9	0.0	5	24	0.0	23	35	0.00	0	100	40
746819	SHERBET CUP LIME 96-3.2Z CLOVRV	1 EACH	134	1	1.8	0.9	0.0	4	29	0.0	22	35	0.00	12	55	55
198013	ORANGES NAVEL FCY 113CT MRKN	1 EACH	80	2	0.0	0.0	0.0	0	22	7.7	14	0	0.00	79	100	60
212768	STRAWBERRY CLAMSHELL 8# MRKN	1 CUP	48	1	0.0	0.0	0.0	0	12	3.0	7	1	0.00	88	18	24
197831	GRAPES RED SEEDLESS 9-2#AVG P/L	100 Gram	67	1	0.0	0.0	0.0	0	17	1.0	16	2	0.00	4	100	14
200565	MELON MUSK CANTALOUPE 12CT P/L	0.5 CUP	52	1	0.0	0.0	0.0	0	14	1.2	13	24	0.00	50	3600	10
473171	APPLE FRSH SLCD 100-2Z P/L	1 PACKAG	30	0	0.0	0.0	0.0	0	7	1.1	6	0	0.00	21	0	20
201367	APPLE DELICIOUS RED 125CT MRKN	1 EACH	72	0	0.0	0.0	0.0	0	19	2.8	14	1	0.00	7	75	8
198013	ORANGES NAVEL FCY 113CT MRKN	1 EACH	80	2	0.0	0.0	0.0	0	22	7.7	14	0	0.00	79	100	60
212768	STRAWBERRY CLAMSHELL 8# MRKN	1 CUP	48	1	0.0	0.0	0.0	0	12	3.0	7	1	0.00	88	18	24
197831	GRAPES RED SEEDLESS 9-2#AVG P/L	100 Gram	67	1	0.0	0.0	0.0	0	17	1.0	16	2	0.00	4	100	14

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GFS Reorder Number	FRIDAYS	Serving Size														
			Calories	Protein (gm)	Fat (gm)	Saturated Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Carbohydrates (gm)	Fiber (gm)	Sugar (gm)	Sodium (mg)	Iron (mg)	Vitamin C (mg)	Vitamin A (IU)	Calcium (mg)
200565	MELON MUSK CANTALOUPE 12CT P/L	0.5 CUP	52	1	0.0	0.0	0.0	0	14	1.2	13	24	0.00	50	3600	10
473171	APPLE FRSH SLCD 100-2Z P/L	1 PACKAG	30	0	0.0	0.0	0.0	0	7	1.1	6	0	0.00	21	0	20
201367	APPLE DELICIOUS RED 125CT MRKN	1 EACH	72	0	0.0	0.0	0.0	0	19	2.8	14	1	0.00	7	75	8
200794	APPLE DELICIOUS GOLDEN 100CT MRKN	1 EACH	72	0	0.0	0.0	0.0	0	19	2.8	14	1	0.00	7	75	8
582271	APPLE GRANNY SMITH 113CT MRKN	1 EACH	80	0	0.0	0.0	0.0	0	22	4.6	15	0	0.00	5	100	0
326089	WATERMELON RED SEEDLESS 2CT GFS	2 CUP	81	0	0.0	0.0	0.0	0	22	0.0	20	0	0.00	14	1501	20
197904	MELON HNYDEW 6-1CT P/L	1 EACH	360	10	0.0	0.0	0.0	0	90	10.0	80	180	0.00	180	500	60
198056	PEAR 10SZ 95-110CT MRKN	1 CUP	96	0	0.0	0.0	0.0	0	25	4.9	17	2	0.00	7	38	15
287008	KIWI 35CT MRKN	1 EACH	42	1	0.7	0.0	0.0	0	10	2.1	6	2	0.00	64	60	23
197858	GRAPES WHITE SEEDLESS 17#AVG MRKN	100 Gram	67	1	0.0	0.0	0.0	0	17	1.0	16	2	0.00	4	100	14
610372	PEACH DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	300	0
610364	PEAR DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	2.5	10	5	0.00	1	0	0
610232	FRUIT COCKTAIL IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	200	0
610372	PEACH DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	300	0
610364	PEAR DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	2.5	10	5	0.00	1	0	0
610232	FRUIT COCKTAIL IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	200	0
270199	STEW BEEF 6-10 HRTHSTN	1 CUP	211	9	9.2	4.6	0.0	21	21	2.3	0	740	2.29	0	4500	21
470732	CHEESE STRING STIX WRPD 160-1Z GFS	100 Gram	76	12	1.0	1.0	0.0	8	5	0.0	4	431	0.00	1	239	92
316938	ROLL DNNR WHEAT PULL APART 16-12 GFS	2 EACH	150	5	1.5	0.5	0.0	0	31	1.5	3	308	1.53	0	1	8
198013	ORANGES NAVEL FCY 113CT MRKN	1 EACH	80	2	0.0	0.0	0.0	0	22	7.7	14	0	0.00	79	100	60
212768	STRAWBERRY CLAMSHELL 8# MRKN	1 CUP	48	1	0.0	0.0	0.0	0	12	3.0	7	1	0.00	88	18	24
197831	GRAPES RED SEEDLESS 9-2#AVG P/L	100 Gram	67	1	0.0	0.0	0.0	0	17	1.0	16	2	0.00	4	100	14
200565	MELON MUSK CANTALOUPE 12CT P/L	0.5 CUP	52	1	0.0	0.0	0.0	0	14	1.2	13	24	0.00	50	3600	10
473171	APPLE FRSH SLCD 100-2Z P/L	1 PACKAG	30	0	0.0	0.0	0.0	0	7	1.1	6	0	0.00	21	0	20
201367	APPLE DELICIOUS RED 125CT MRKN	1 EACH	72	0	0.0	0.0	0.0	0	19	2.8	14	1	0.00	7	75	8
198013	ORANGES NAVEL FCY 113CT MRKN	1 EACH	80	2	0.0	0.0	0.0	0	22	7.7	14	0	0.00	79	100	60
212768	STRAWBERRY CLAMSHELL 8# MRKN	1 CUP	48	1	0.0	0.0	0.0	0	12	3.0	7	1	0.00	88	18	24
197831	GRAPES RED SEEDLESS 9-2#AVG P/L	100 Gram	67	1	0.0	0.0	0.0	0	17	1.0	16	2	0.00	4	100	14

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GFS Reorder Number		Serving Size	Calories	Protein (gm)	Fat (gm)	Saturated Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Carbohydrates (gm)	Fiber (gm)	Sugar (gm)	Sodium (mg)	Iron (mg)	Vitamin C (mg)	Vitamin A (IU)	Calcium (mg)
FRIDAYS																
200565	MELON MUSK CANTALOUPE 12CT P/L	0.5 CUP	52	1	0.0	0.0	0.0	0	14	1.2	13	24	0.00	50	3600	10
473171	APPLE FRSH SLCD 100-2Z P/L	1 PACKAG	30	0	0.0	0.0	0.0	0	7	1.1	6	0	0.00	21	0	20
201367	APPLE DELICIOUS RED 125CT MRKN	1 EACH	72	0	0.0	0.0	0.0	0	19	2.8	14	1	0.00	7	75	8
200794	APPLE DELICIOUS GOLDEN 100CT MRKN	1 EACH	72	0	0.0	0.0	0.0	0	19	2.8	14	1	0.00	7	75	8
582271	APPLE GRANNY SMITH 113CT MRKN	1 EACH	80	0	0.0	0.0	0.0	0	22	4.6	15	0	0.00	5	100	0
326089	WATERMELON RED SEEDLESS 2CT GFS	2 CUP	81	0	0.0	0.0	0.0	0	22	0.0	20	0	0.00	14	1501	20
197904	MELON HNYDEW 6-1CT P/L	1 EACH	360	10	0.0	0.0	0.0	0	90	10.0	80	180	0.00	180	500	60
198056	PEAR 10SZ 95-110CT MRKN	1 CUP	96	0	0.0	0.0	0.0	0	25	4.9	17	2	0.00	7	38	15
287008	KIWI 35CT MRKN	1 EACH	42	1	0.7	0.0	0.0	0	10	2.1	6	2	0.00	64	60	23
197858	GRAPES WHITE SEEDLESS 17#AVG MRKN	100 Gram	67	1	0.0	0.0	0.0	0	17	1.0	16	2	0.00	4	100	14
610372	PEACH DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	300	0
610364	PEAR DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	2.5	10	5	0.00	1	0	0
610232	FRUIT COCKTAIL IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	200	0
610372	PEACH DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	300	0
610364	PEAR DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	2.5	10	5	0.00	1	0	0
610232	FRUIT COCKTAIL IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	200	0
437440	PIZZA WGRAIN PEPP SLC 96-4.67Z MAX	1 EACH	270	16	10.6	4.0	0.0	15	32	4.0	0	861	2.65	0	500	250
415550	FRENCH BRD WGRAIN PEPP 60-5.12Z TONY	1 EACH	331	17	11.6	2.9	0.0	25	35	1.4	4	510	2.90	15	500	249
585921	PIZZA 4X6 CHS WHL GRN 50/50 96-4.6Z	1 EACH	300	16	10.4	3.9	0.0	16	36	3.9	16	631	1.30	0	300	350
415540	FRENCH BRD WGRAIN CHS 60-5.1Z TONY	1 EACH	320	16	10.3	2.9	0.0	21	35	1.5	4	600	2.94	15	500	300
437440	PIZZA WGRAIN PEPP SLC 96-4.67Z MAX	1 EACH	270	16	10.6	4.0	0.0	15	32	4.0	0	861	2.65	0	500	250
268577	PIZZA 4X6 PEPP 50/50 96-4.65Z TONY	1 EACH	319	16	13.2	4.0	0.0	20	36	2.6	15	750	2.64	0	300	249
437410	PIZZA WGRAIN PEPP STFD 72-5.75Z MAX	1 EACH	390	18	16.3	4.9	0.0	20	46	3.3	0	999	4.89	0	500	300
148500	PIZZA CHS SMRT 50/50 72-4.61Z GALAXY	1 EACH	320	14	12.9	6.5	0.0	15	34	2.6	12	581	2.58	0	301	301
624010	PIZZA SOUTHWEST 96-5Z THE MAX	1 EACH	281	16	9.9	2.8	0.0	10	33	4.3	0	740	2.83	0	99	249
717070	PIZZA CHS HARV R/E 9-16" BIG DADDY	1 SLICE	341	20	11.7	3.9	0.0	30	39	2.6	4	620	2.60	0	400	250
866760	PIZZA MT COMBO R/E 9-16" BIG DADDY	1 SLICE	360	20	13.1	4.3	0.0	30	41	2.9	4	811	2.90	0	400	249
437400	PIZZA WGRAIN DBL STFD 96-3.74Z MAX	1 EACH	240	17	7.4	4.2	0.0	20	28	3.2	0	550	3.18	0	400	300

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GFS Reorder Number		Serving Size	Calories	Protein (gm)	Fat (gm)	Saturated Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Carbohydrates (gm)	Fiber (gm)	Sugar (gm)	Sodium (mg)	Iron (mg)	Vitamin C (mg)	Vitamin A (IU)	Calcium (mg)
FRIDAYS																
134678	PIZZA PEPP STFD CRST PREBK 72CT MAX	1 SLICE	390	18	16.3	4.9	0.0	20	46	1.6	0	999	4.89	0	500	300
134651	PIZZA CHS STFD CRST PREBK 72CT MAX	1 SLICE	390	18	14.7	4.9	0.0	15	46	1.6	0	941	4.89	0	549	350
190985	PIZZA 4X6 PEPP STFD CRST 80-5.7Z TONY	1 EACH	371	20	13.5	4.5	0.0	20	44	3.0	15	720	3.00	0	300	251
437430	PIZZA WGRAIN CHS SLC 96-4.67Z MAX	1 EACH	270	15	10.6	2.6	0.0	11	32	4.0	0	800	5.30	0	502	250
285740	VEG BLND CALIF PREM 30# GFS	1 CUP	30	2	0.0	0.0	0.0	0	5	1.9	1	25	0.00	20	750	20
198013	ORANGES NAVEL FCY 113CT MRKN	1 EACH	80	2	0.0	0.0	0.0	0	22	7.7	14	0	0.00	79	100	60
212768	STRAWBERRY CLAMSHELL 8# MRKN	1 CUP	48	1	0.0	0.0	0.0	0	12	3.0	7	1	0.00	88	18	24
197831	GRAPES RED SEEDLESS 9-2#AVG P/L	100 Gram	67	1	0.0	0.0	0.0	0	17	1.0	16	2	0.00	4	100	14
200565	MELON MUSK CANTALOUPE 12CT P/L	0.5 CUP	52	1	0.0	0.0	0.0	0	14	1.2	13	24	0.00	50	3600	10
473171	APPLE FRSH SLCD 100-2Z P/L	1 PACKAG	30	0	0.0	0.0	0.0	0	7	1.1	6	0	0.00	21	0	20
201367	APPLE DELICIOUS RED 125CT MRKN	1 EACH	72	0	0.0	0.0	0.0	0	19	2.8	14	1	0.00	7	75	8
200794	APPLE DELICIOUS GOLDEN 100CT MRKN	1 EACH	72	0	0.0	0.0	0.0	0	19	2.8	14	1	0.00	7	75	8
582271	APPLE GRANNY SMITH 113CT MRKN	1 EACH	80	0	0.0	0.0	0.0	0	22	4.6	15	0	0.00	5	100	0
326089	WATERMELON RED SEEDLESS 2CT GFS	2 CUP	81	0	0.0	0.0	0.0	0	22	0.0	20	0	0.00	14	1501	20
197904	MELON HNYDEW 6-1CT P/L	1 EACH	360	10	0.0	0.0	0.0	0	90	10.0	80	180	0.00	180	500	60
198056	PEAR 10SZ 95-110CT MRKN	1 CUP	96	0	0.0	0.0	0.0	0	25	4.9	17	2	0.00	7	38	15
287008	KIWI 35CT MRKN	1 EACH	42	1	0.7	0.0	0.0	0	10	2.1	6	2	0.00	64	60	23
197858	GRAPES WHITE SEEDLESS 17#AVG MRKN	100 Gram	67	1	0.0	0.0	0.0	0	17	1.0	16	2	0.00	4	100	14
610372	PEACH DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	300	0
610364	PEAR DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	2.5	10	5	0.00	1	0	0
610232	FRUIT COCKTAIL IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	200	0
610372	PEACH DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	300	0
610364	PEAR DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	2.5	10	5	0.00	1	0	0
610232	FRUIT COCKTAIL IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	200	0
211672	CORN DOG 3 MEAT ORIG 3 72-4Z GFS	1 EACH	290	9	14.6	4.5	0.0	35	29	1.1	4	1090	2.24	0	0	80
210358	CORN DOG CHIX MINI .67Z CN 2-5# GFS	4 EACH	210	7	12.2	2.3	0.0	45	18	0.8	7	490	1.52	0	0	40
520098	BEAN BAKED 6-10 BUSH	0.5 CUP	140	7	1.3	0.0	0.0	0	29	5.2	12	550	1.30	0	0	40
712560	CHIP POT BKD 64-LSSV LAYS	1 PKG	130	2	1.9	0.0	0.0	0	26	1.9	2	200	0.32	3	0	20

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GFS Reorder Number	FRIDAYS	Serving Size														
			Calories	Protein (gm)	Fat (gm)	Saturated Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Carbohydrates (gm)	Fiber (gm)	Sugar (gm)	Sodium (mg)	Iron (mg)	Vitamin C (mg)	Vitamin A (IU)	Calcium (mg)
198013	ORANGES NAVEL FCY 113CT MRKN	1 EACH	80	2	0.0	0.0	0.0	0	22	7.7	14	0	0.00	79	100	60
212768	STRAWBERRY CLAMSHELL 8# MRKN	1 CUP	48	1	0.0	0.0	0.0	0	12	3.0	7	1	0.00	88	18	24
197831	GRAPES RED SEEDLESS 9-2#AVG P/L	100 Gram	67	1	0.0	0.0	0.0	0	17	1.0	16	2	0.00	4	100	14
200565	MELON MUSK CANTALOUPE 12CT P/L	0.5 CUP	52	1	0.0	0.0	0.0	0	14	1.2	13	24	0.00	50	3600	10
473171	APPLE FRSH SLCD 100-2Z P/L	1 PACKAG	30	0	0.0	0.0	0.0	0	7	1.1	6	0	0.00	21	0	20
201367	APPLE DELICIOUS RED 125CT MRKN	1 EACH	72	0	0.0	0.0	0.0	0	19	2.8	14	1	0.00	7	75	8
200794	APPLE DELICIOUS GOLDEN 100CT MRKN	1 EACH	72	0	0.0	0.0	0.0	0	19	2.8	14	1	0.00	7	75	8
582271	APPLE GRANNY SMITH 113CT MRKN	1 EACH	80	0	0.0	0.0	0.0	0	22	4.6	15	0	0.00	5	100	0
326089	WATERMELON RED SEEDLESS 2CT GFS	2 CUP	81	0	0.0	0.0	0.0	0	22	0.0	20	0	0.00	14	1501	20
197904	MELON HNYDEW 6-1CT P/L	1 EACH	360	10	0.0	0.0	0.0	0	90	10.0	80	180	0.00	180	500	60
198056	PEAR 10SZ 95-110CT MRKN	1 CUP	96	0	0.0	0.0	0.0	0	25	4.9	17	2	0.00	7	38	15
287008	KIWI 35CT MRKN	1 EACH	42	1	0.7	0.0	0.0	0	10	2.1	6	2	0.00	64	60	23
197858	GRAPES WHITE SEEDLESS 17#AVG MRKN	100 Gram	67	1	0.0	0.0	0.0	0	17	1.0	16	2	0.00	4	100	14
610372	PEACH DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	300	0
610364	PEAR DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	2.5	10	5	0.00	1	0	0
610232	FRUIT COCKTAIL IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	200	0
610372	PEACH DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	300	0
610364	PEAR DCD IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	2.5	10	5	0.00	1	0	0
610232	FRUIT COCKTAIL IN JCE 6-10 GFS	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	200	0

The nutrition printed is the most up to date information as provided to GFS as of August 2011. Please be aware that manufacturers may change formulations, which can affect t
It is a good practice to verify nutrition information on the actual label of each product. If you have any questions regarding this information, please contact the Nutrition Resource