

# High School

2011 / 2012

Gordon Food Service®

GFS Reorder Number	Sub/Wrap/Salad Side	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)
<b>Breads</b>																
501290	BUN SUB HRTY WHEAT SLCD 12" 6-6CT GFS	1 EACH	389	14	3.4	0.0	0.0	5	75	3.4	7	750	5.10	0	0	150
175770	CROISSANT SLCD 2.5Z 6-10CT GFS	1 EACH	290	5	16.3	4.3	5.0	0	33	0.7	5	270	2.13	0	500	40
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
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
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
702668	TORTILLA FLOUR 10" PRSD 12-12CT LAFRO	1 EACH	190	5	4.5	2.6	0.0	0	33	1.3	2	410	1.92	0	0	40
524794	BREAD PITA FOLD 7" 12-10CT GREC	1 EACH	240	7	4.7	0.9	0.0	0	41	1.9	2	510	2.82	0	0	60
714080	FLATBREAD THIN 12" 50-5.3Z RICH	1/3 EACH	154	5	5.0	1.0	0.0	1	24	1.0	2	271	1.50	0	1	6
564623	ROLL PRETZEL SLCD 80-4Z J&J	1 EACH	340	8	4.5	1.1	0.0	0	65	2.3	8	340	3.40	0	0	20
682072	WRAP LAWASH SPNCH 12" 12-5CT AMBKRY	0.5 PIECE	90	4	0.5	0.0	0.0	0	18	0.9	0	120	0.45	2	3500	80
682080	WRAP LAWASH TOMATO 12" 12-5CT AMBKRY	0.5 PIECE	90	3	0.5	0.0	0.0	0	18	0.9	0	100	0.45	1	750	60
851752	WRAP LAWASH WHEAT 12" 12-5CT AMBKRY	0.5 Slice	90	3	0.4	0.0	0.0	0	18	0.9	0	100	0.45	0	0	60
790661	BUN SUB WHT SLCD 9" 6-12CT COSTANZ	0.5 EACH	150	5	1.3	0.0	0.0	0	28	1.3	1	220	1.92	0	0	40
<b>Protein</b>																
833592	TURKEY BRST SMKD DELI SLCD 6-2# GFS	2 OZ	60	10	0.0	0.0	0.0	25	2	0.0	1	390	0.56	0	0	0
563315	BACON CKD SLCD 2-150CT ARMR	3 SLICE	80	4	7.0	3.0	0.0	20	0	0.0	0	340	0.00	0	0	0
538566	SALAMI HARD SLCD 1/4Z 10# HRML	1 OZ	110	5	10.1	3.9	0.0	35	0	0.0	0	450	0.28	6	0	0
263613	PEPPERONI SLCD 16/Z 2-12.5# HRML	16 SLICE	140	5	12.9	5.9	0.0	35	0	0.0	0	470	0.28	0	0	0
294187	HAM SLCD VAC-PK .5Z 4-2.5# GFS	4 Slice	70	11	2.2	1.1	0.0	30	0	0.0	0	650	0.56	1	0	0
776221	PEPPERONI SLCD SAND 4" 8/Z 5-2# PG	8 SLICE	120	6	11.1	4.0	0.0	25	1	0.0	0	490	0.28	0	200	0
680613	TURKEY BRST DELI SLCD CKD 6-2# GFS	2 OZ	50	10	1.1	0.0	0.0	20	2	0.0	2	385	0.00	0	0	0
229431	EGG HARD CKD PLD BIB 4-2.5# GFS	1 EACH	80	6	5.5	2.0	0.0	210	0	0.0	0	70	0.50	0	250	20
164348	CHEESE SWISS 160CT SLCD PROC 4-5# GFS	2 SLICE	100	5	8.1	5.0	0.0	25	2	0.0	1	420	0.00	0	400	150
777587	CHEESE MONTRY JK PEPR SLCD 6-1.5# GFS	1 Slice	80	5	6.1	4.0	0.0	25	1	0.0	0	130	0.00	0	200	150
726575	CHEESE MONTRY JK SLCD 6-1.5# GFS	1 SLICE	80	5	6.1	4.0	0.0	25	1	0.0	0	130	0.00	0	200	150
<b>Salad</b>																

# High School

2011 / 2012

Gordon Food Service®

GFS Reorder Number	Sub/Wrap/Salad Side	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)
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
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
781592	CELERY STIX 4-3# RSS	1 CUP, STX	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
879791	KIT BROCCOLI SALAD SHRD FRT 6.2#FRSHW	3.5 OZ	130	2	5.0	1.0	0.0	5	20	2.0	14	65	0.00	36	400	60
437780	KIT BROCCOLI SALAD DLX 2-4.5# FRSHW	3.5 OZ	183	5	11.9	2.0	0.0	11	15	2.0	11	392	0.99	12	2080	58
518901	KIT MULTI LAYER SALAD 1-9# FRSHW	4 OZ	231	8	20.3	6.8	0.0	31	6	1.1	2	451	1.13	9	1396	202
768810	KIT BLEU CHEESE SLAW 4.3# FRSHW	4 OZ	190	5	18.2	4.6	0.0	21	7	2.3	3	420	1.14	27	300	100
241814	COLE SLAW KIT O/F 2-5# RSS	2 CUP	130	1	8.0	1.0	0.0	5	12	2.0	10	135	0.00	24	1500	40
<b>Dressings</b>																
726079	DRESSING CAESAR REGAL 4-1GAL PMLL	2 TBSP	117	1	12.5	2.0	0.3	4	1	0.0	0	211	0.00	0	19	28
113413	DRESSING HNY MSTRD 6-.5GAL PMLL	2 TBSP	135	0	11.4	1.8	0.3	6	8	0.3	7	113	0.30	0	9	6
442224	DRESSING COLE SLAW TANGY 4-1GAL GFS	2 TBSP	130	0	9.0	1.6	0.0	10	11	0.0	10	260	0.00	1	0	0
257885	DRESSING ITAL GLDN 4-1GAL GFS	2 TBSP	120	0	12.9	2.1	0.0	0	2	0.0	2	340	0.00	1	400	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
281433	DRESSING SWT & SOUR 4-1GAL MARZ	2 TBSP	160	0	12.9	2.0	0.0	0	10	0.0	10	220	0.00	0	0	0
<b>NOT ALL ITEMS OFFERED EVERY DAY.</b>																

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 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 Resourc