

Milan Schools

October, 2009

Gordon Food Service®

GFS Reorder Number	Product Description	Edible or As Purchased	Serving Size	Calories
278971	APPLESAUCE SWT 6-10 GFS	AP	0.5 CUP	89
118265	FRUIT MIXED DCD L/S 6-10 GFS	AP	0.5 CUP	70
614556	FRUIT SAL TROP IN JCE 6-10 GFS	AP	0.5 CUP	60
117897	ORANGES MAND WHL L/S 6-10 GFS	AP	0.5 CUP	90
268348	PEACH DCD L/S 6-10 GFS	AP	0.5 CUP	68
290203	PEAR DCD L/S 6-10 GFS	AP	0.5 CUP	81
189979	PINEAPPLE TIDBITS IN JCE 6-10 GFS	AP	0.5 CUP	80
244805	CORN WHL KERNEL STD GRADE 6-10 KE	AP	0.5 CUP	79
118516	POTATO GRANULES W/MLK 6-5.31# GFS	AP	2 TBSP Dr	95
306347	SAUCE TOMATO MW 6-10 GFS	AP	0.25 CUP	20
270075	KETCHUP CAN 6-10 HUNT	AP	1 TBSP	15
101427	SOUP TOMATO 12-5 CAMP	AP	0.5 CUP	90
496286	RAVIOLI FORT/ENRICHED CN 6-10 CHBOY	AP	8 PIECE	231
427446	SEASONING TACO MIX 2-5# GRSZ	AP	1.5 TSP	10
263036	ONION DEHY CHPD 15# GFS	AP	0.25 CUP	43
242450	GRAVY MIX BROWN 12-15Z GFS	AP	1 TBSP	25
257885	DRESSING ITAL GLDN 4-1GAL GFS	AP	2 TBSP	125
107042	DRESSING SALAD 4-1GAL GFS	AP	1 TBSP	51
506443	DRESSING HNY DIJON MSTRD 4-1GAL MARZ	AP	2 TBSP	130
473308	DRESSING MIX RNCH 18-3.2Z FTHLL	AP	0.02 OZ	0
149195	PICKLE DILL SLCD HAMB 4-1GAL GFS	AP	7 EACH	0
108588	SUGAR BEET GRANUL 25# GFS	AP	1 TSP	16
441708	CRACKER SALTINE 500-2CT NAB	AP	1 PACKAG	27
509965	CRACKER GRHM TEDDY CINN 150-.75Z	AP	1 PACKAG	90
654876	CRACKER GRHM HNY 6-32Z KEEB	AP	4 PIECE	70
356540	COOKIE OREO 100CAL PK 72-.81Z NAB	AP	1 PKG	100
275425	COOKIE LORNA DOONE 120-4CT NAB	AP	1 PACKAG	140
245429	COOKIE OREO 1.14Z PKG 120-4CT NAB	AP	1 Pkg	160
245445	COOKIE SAND SWISS CRM 120-4CT NAB	AP	1 PACKAG	170
445830	BAR CEREAL TRIX WHL GRAIN 96CT GENM	AP	1 EACH	150
147990	BAR CEREAL&MLK CINN TST 8-12 GENM	AP	1 EACH	180
148000	BAR CEREAL&MLK HNYNUT CHEERIO 8-12	AP	1 EACH	160
100830	BAR GRANOLA PNUT BTR& CHOC 12-10 QUAK	AP	1 EACH	100
248380	BAR STRAWB 6-16 NUTRIGRAIN	AP	1 EACH	130
507351	BAR BKFST OATML RAISN 125-1.4Z QUAK	AP	1 EACH	150
415020	CHIP TORTL BITE SZ 104-SSV TOSTITOS	AP	1 PACKAG	140

105060	CHIP NACHO CHS 104-SSV DORITOS	AP	1 PKG	150
105080	CHIP COOL RNCH 104-SSV DORITOS	AP	1 OZ	150
105190	SNACK CHS CRNCHY 104-SSV CHEETOS	AP	1 OZ	160
338670	SNACK CHS BKD HOT 104-SSV CHEETOS	AP	1 PACKAG	120
105210	PRETZEL TWIST TINY 88-SSV ROLD GOLD	AP	1 PACKAG	110
105260	CHIP HARV CHED 104-SSV SUNCHIP	AP	1 OZ	140
226380	CHIP NACHO CHS BKD 88-.75Z DORITOS	AP	1 Pkg	90
158828	TREAT RICE KRISPIE MINI 500-.39Z KELL	AP	4 EACH	180
843431	SNACK FRT 200-.9Z ORCHARD FRT	AP	1 EACH	80
590975	SNACK FRT ROLLUP HOT 96-.5Z GENM	AP	1 EACH	50
113271	MARGARINE SLD 30-1# GFS	AP	1 TBSP	100
591246	MARGARINE CUP SPRD 720-5GM P/L	AP	1 EACH	23
164348	CHEESE SWISS 160CT SLCD PROC 4-5# GFS	AP	2 SLICE	100
767115	SOUR CREAM IMIT PACKET 300-1Z KE	AP	2 TBSP	60
229431	EGG HARD CKD PLD BIB 4-2.5# GFS	AP	1 EACH	80
335490	YOGURT ASST TUBE 2.25Z 4-32 GO-GURT	AP	1 EACH	80
311065	MILK PWD INST FF 6-5# P/L	AP	0.33 CUP	80
495468	FRIES 3/8" C/C 6-5# RRUSSET	AP	3 OZ	120
462519	EGG PATTY FZ 200-1Z GFS	AP	1 EACH	56
841684	FRENCH TST STIX 175CT 10# AJ	AP	4 EACH	310
208640	MUFFIN ENGLISH 2Z 12-12CT GFS	AP	1 EACH	127
181460	MUFFIN ASST MINI 1.25Z 6-24 GFS	AP	1 EACH	120
577006	MUFFIN BLUEB IW 80-1.8Z GFS	AP	1 EACH	170
179390	BAGEL PLAIN IW 100-2Z SL	AP	1 EACH	150
227700	BREADSTICK BRN & SRV 8" 10-20CT GFS	AP	1 EACH	150
504076	DOUGH BISC HMSTYL 216-2.5Z RICH	EP	1 EACH	196
331023	TORTILLA FLOUR 10" FZ 12-24 MEXORIG	AP	1 EACH	180
331058	TORTILLA FLOUR 6.25"PRSD 24-12MEXORIG	AP	2 EACH	170
549606	TORTILLA FLOUR 6.5" PRSD 12-24MEXORIG	AP	2 EACH	190
770817	BEEF DIPPERS WONDER BITE 400-.7Z PIER	AP	4 EACH	179
192368	BEEF PTY PIZZA 3Z 10# GFS	AP	1 EACH	210
304913	FRANKS 3 MEAT CLASSIC 8/# 2-5# GFS	AP	1 EACH	170
143545	FRANKS TURKEY CN 8/# 4-5# KE	AP	1 EACH	121
210358	CORN DOG CHIX MINI .67Z CN 2-5# GFS	AP	4 EACH	210
509736	CHIX BRST CHNK O/R CN 2-5.31# GFS	AP	5 EACH	240
521191	CHIX BRST HMSTYL BRD O/R 60-3.5Z TYS	AP	1 EACH	230
473723	CHIX PTY BRD O/R CN 60-3.4Z TYS	AP	1 EACH	250
338260	PIZZA TACO WDG IQF 288-1.36Z MAX	AP	3 EACH	250
134651	PIZZA CHS STFD CRST PREBK 72CT MAX	AP	1 SLICE	390
134678	PIZZA PEPP STFD CRST PREBK 72CT MAX	AP	1 SLICE	390
109760	PIZZA SAUS FIESTADA 96-5.22Z COYGRLL	AP	1 EACH	410

The nutrition printed is the most up to date information as provided to GFS as of October 2009. Please be av
It is a good practice to verify nutrition information on the actual label of each product. If you have any questior

	Protein (gm)	Fat (gm)	Saturated Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Carbohydrates (gm)	Fiber (gm)	Sugar (gm)	Sodium (mg)
	0	0.0	0.0	0.0	0	21	2.5	18	10
	1	0.0	0.0	0.0	0	18	1.3	15	5
	0	0.0	0.0	0.0	0	15	1.3	14	0
	1	0.0	0.0	0.0	0	20	0.0	20	10
	0	0.0	0.0	0.0	0	19	1.3	16	6
	0	0.0	0.0	0.0	0	20	2.6	14	5
	0	0.0	0.0	0.0	0	20	2.7	19	11
	1	1.3	0.0	0.0	0	16	2.5	4	313
	2	0.3	0.0	0.0	0	21	1.8	1	32
	0	0.0	0.0	0.0	0	5	1.2	3	280
	0	0.0	0.0	0.0	0	4	0.0	4	180
	2	1.2	0.0	0.0	0	19	2.4	11	720
14	7.1	2.4	2.4	0.0	28	28	4.7	5	641
0	0.0	0.0	0.0	0.0	0	2	0.0	0	320
1	0.0	0.0	0.0	0.0	0	12	2.4	1	11
0	0.5	0.2	0.2	0.1	0	4	0.1	1	340
0	12.9	2.1	2.1	0.3	0	2	0.0	2	341
0	4.7	0.8	0.8	0.0	7	2	0.0	1	129
0	12.1	1.9	1.9	0.0	10	6	0.0	5	170
0	0.0	0.0	0.0	0.0	0	0	0.0	0	90
0	0.0	0.0	0.0	0.0	0	0	0.0	0	370
0	0.0	0.0	0.0	0.0	0	4	0.0	4	0
1	0.5	0.0	0.0	0.0	0	4	0.4	0	90
1	2.9	0.4	0.4	0.0	0	16	1.1	5	95
1	2.0	0.5	0.5	0.0	0	11	0.3	4	75
1	2.1	0.0	0.0	0.0	0	19	0.0	8	160
1	5.9	2.0	2.0	0.0	0	19	0.0	5	150
1	7.1	2.0	2.0	0.0	0	25	1.0	13	170
1	7.1	2.0	2.0	0.0	0	25	0.0	13	75
2	3.3	0.0	0.0	0.0	0	28	1.8	9	135
3	4.1	1.8	1.8	0.0	0	33	0.9	16	140
3	4.0	2.0	2.0	0.0	0	28	1.2	14	120
2	3.1	1.0	1.0	0.0	0	17	1.0	7	95
2	3.0	0.4	0.4	0.0	0	24	1.9	12	120
3	2.4	0.4	0.4	0.0	10	29	3.2	14	150
2	7.9	1.1	1.1	0.0	0	18	1.1	0	110

2	7.9	1.4	0.0	0	17	1.1	1	180
2	7.9	1.1	0.0	0	18	2.0	0	180
2	9.9	2.0	0.0	0	15	0.0	1	290
2	4.5	1.0	0.0	0	17	0.0	0	210
2	1.1	0.0	0.0	0	23	1.1	0	450
2	6.0	1.1	0.0	0	19	2.0	2	160
2	3.0	0.4	0.0	0	16	1.1	0	170
1	4.4	1.3	0.0	0	34	0.0	15	210
1	0.0	0.0	0.0	0	19	0.0	14	30
0	1.0	0.0	0.0	0	11	0.0	7	55
0	11.1	2.0	2.9	0	0	0.0	0	135
0	2.6	0.5	0.4	0	0	0.0	0	28
5	8.1	5.0	0.0	25	2	0.0	1	420
0	5.1	3.0	0.9	0	3	0.0	2	75
6	5.5	2.0	0.0	210	0	0.0	0	70
2	1.9	1.3	0.0	5	13	0.0	11	35
8	0.0	0.0	0.0	5	12	0.0	12	120
2	4.2	1.7	0.0	5	18	1.7	0	25
3	4.5	1.1	0.0	87	1	0.0	0	87
5	12.5	2.9	0.0	0	45	1.0	14	410
5	1.1	0.0	0.0	0	25	1.1	1	268
1	6.0	1.0	0.0	0	14	0.0	8	115
2	7.1	1.5	0.0	15	23	1.0	12	190
6	0.0	0.0	0.0	0	31	1.1	3	320
4	2.0	0.0	0.0	0	28	1.0	1	280
4	9.0	2.6	3.2	0	25	0.6	2	538
6	4.0	0.6	0.0	0	30	1.1	1	240
4	5.2	1.2	0.0	0	28	1.2	1	340
5	5.2	1.3	0.0	0	31	1.9	1	380
16	9.4	3.9	0.0	42	7	0.8	3	503
18	15.3	6.8	0.0	35	5	0.9	1	330
6	15.9	5.1	0.0	45	1	0.0	1	580
7	9.1	2.8	0.6	49	2	0.0	2	690
7	12.2	2.3	0.0	45	18	0.8	7	490
14	15.2	2.8	0.0	40	13	0.9	0	550
12	14.9	4.0	0.0	75	12	1.0	0	490
12	15.2	3.8	0.0	65	16	1.9	1	710
15	9.3	2.3	0.0	10	28	2.3	0	630
18	14.7	4.9	0.0	15	46	1.6	2	941
18	16.3	4.9	0.0	20	46	1.6	7	999
16	20.7	1.5	1.5	25	38	3.0	3	1110

ware that manufacturers may change formulations, which can affect the nutritional content of products. ns regarding this information, please contact the Nutrition Resource Center at 1-800-968-4426 or nrc@g

Iron (mg)	Vitamin C (mg)	Vitamin A (IU)	Calcium (mg)	SLE Info	Meat/Meat Alt	Fruit/Veg	Bread/Bread Alt	CN Label
0.00	0	0	0					N
0.00	1	200	0					N
0.00	18	0	0					N
0.00	18	400	20					N
0.00	3	300	4					N
0.00	1	0	0	.5 cup	0.500			N
1.33	12	200	20					N
0.00	4	0	3					N
0.26	31	1	15					N
0.61	2	500	0					N
0.00	0	0	0					N
0.00	5	400	0	.5c con, 1c	0.000	0.500	0.000	N
2.36	0	186	19	8 pies(8.31	2.000	0.380	0.000	Y
0.00	0	100	0					N
0.43	0	7	46					N
0.00	0	23	2					N
0.00	1	411	1					N
0.00	0	0	1					N
0.00	0	0	0					N
0.00	0	0	0					N
0.00	0	0	0					N
0.00	0	0	0					N
0.00	0	0	0					N
0.24	0	0	7	3pkg=6crcl	0.000	0.000	1.000	N
0.63	0	0	80	0.75oz Pkg	0.000	0.000	0.750	N
0.47	0	0	50	6crkrs (1.5	0.000	0.000	1.000	N
1.15	0	0	0					N
0.84	0	0	0	1 package	0.000	0.000	1.000	N
1.70	0	0	20					N
0.68	0	0	0	1 package	0.000	0.000	0.750	N
3.69	0	0	150	1 EA (37 g)	0.000	0.000	1.000	N
5.40	9	750	250	1 each	0.000	0.000	0.750	N
5.60	9	750	250	1 each	0.000	0.000	1.000	N
0.71	0	0	100	1 Bar	0.000	0.000	0.250	N
1.85	0	750	200	1 Bar	0.000	0.000	0.750	N
3.60	0	1000	200	1 each	0.000	0.000	1.000	N
0.28	0	0	20	1-1.0oz pkg	0.000	0.000	1.250	N

0.00	0	0	20	1 oz	0.000	0.000	1.250	N
0.00	0	0	20	1 pkg	0.000	0.000	1.250	N
0.28	0	0	0	1 pkg	0.000	0.000	1.000	N
0.74	0	0	100	1-0.875oz	0.000	0.000	1.250	N
1.13	0	0	0	1 pkg	0.000	0.000	1.750	N
0.28	0	0	0	1-1.0oz pkg	0.000	0.000	1.000	N
0.42	0	0	20	1-0.75oz pl	0.000	0.000	1.000	N
0.88	0	400	0	4-(.39z) Ea	0.000	0.000	0.750	N
0.00	60	0	0					N
0.00	15	0	0	Snack Only				N
0.00	0	500	0					N
0.00	0	180	0					N
0.00	0	400	150					N
0.00	0	0	0					N
0.50	0	250	20					N
0.00	0	300	100	1 Tube	0.500	0.000	0.000	N
0.00	1	500	300					N
0.84	6	0	0	2.33 oz frz	0.000	0.500	0.000	N
0.28	0	112	17	1 each	0.750	0.000	0.000	Y
1.92	0	0	60	4 pcs.			2.000	N
1.71	0	3	89	1 Each	0.000	0.000	1.000	N
0.35	0	0	0					N
0.51	0	0	20	1 Muffin			1.000	N
1.71	0	0	100	1-(2oz) Bag	0.000	0.000	2.250	N
2.04	0	0	20	1 each	0.000	0.000	2.250	N
1.28	0	1	29	1 each	0.000	0.000	2.500	N
1.15	0	0	60	1 Tortilla	0.000	0.000	2.250	N
1.16	0	0	20					N
1.30	0	0	20					N
2.35	0	50	27	4-.7oz piec	2.000	0.000	0.000	Y
1.70	1	200	150	3z Patty	2.000	0.000	0.000	N
0.57	0	0	40	1 Frank	2.000	0.000	0.000	Y
0.57	0	0	75	1 each	2.000	0.000	0.000	Y
1.52	0	0	40	6 each	2.000	0.000	2.000	Y
1.90	0	0	40	5-0.68oz e;	2.000	0.000	1.000	Y
0.99	0	0	40	1-3.53oz e;	2.000	0.000	1.000	Y
1.90	0	0	20	1 Patty, 3.4	2.000	0.000	1.000	Y
2.32	0	2	199	3 each (4.0	2.000	0.000	2.000	Y
4.89	0	549	350	1 Slice	2.000	0.130	3.250	Y
4.89	0	500	300	1 Each	2.000	0.130	3.250	Y
2.96	0	798	272	1 ea (5.22	2.000	0.130	2.250	Y

