

Individually Packaged Meals - CACFP

Code	Component	Menu Item	Serving	NUTRITIONAL INFORMATION											Ingredient Statement
				Component Value	Cal	Tot	Protein	Total Fat	Total Carb	Total Fat	Total Carb	Total Fat	Total Carb	Total Fat	
903411	M/MA	Beef Patty	2 OZ	2 M/MA	100	45	2	0	20	55	2	1	0	11	
400274	Veget	Green Beans	1/2 Cup	Other Veg	20	0	0	0	0	4	1	0	1	1	
Total					120	45	2	0	20	55	2	1	1	12	
903420	M/MA-Grain	Weg Cheese ravioli	6 EA	1 M/MA*	162	38	4	2	30	38	25	4	0	8	
400109	M/MA	Mozzarella Cheese	1 OZ	1 M/MA*	86	64	6	4	18	183	1	0	1	7	
	Veget	Italian Tomato Sauce	1/4 Cup	R/O Veg	13	7	0	0	0	81	3	1	2	1	
	Veget	Italian Vegetable Blend	1/2 Cup	Other Veg	20	0	0	0	23	3	2	1	1	1	
Total					330	102	10	6	61	159	33	8	5	21	
903432	M/MA-Grain	Chicken Popcorn	3/4 EA	2 M/MA, 1 WGR Grain	254	142	17	3	32	307	14	1	0	13	
400263	Veget	Mashed Sweet Potatoes	1/2 Cup	R/O Veg	65	9	0	0	0	134	14	1	6	1	
Total					319	151	17	3	32	441	28	7	7	17	
903435	M/MA	Grilled Chicken Strips	2 OZ	2 M/MA	113	13	1	0	40	102	1	0	1	13	
403406	Veget	Molde Sauce	1.5 OZ	Extra	29	11	1	0	0	134	4	0	2	1	
	Grain	Brown Rice Pilaf	1/2 Cup	Starchy Veg	84	4	0	0	0	26	18	1	0	2	
Total					226	28	2	0	40	262	6	1	3	16	
903437	M/MA-Grain	Popcorn Chicken	1/4 EA	2 M/MA, 1 WGR Grain	124	152	17	3	32	307	14	1	0	13	
402181	M/MA	Mozzarella Cheese	0.25 M/MA	1 M/MA*	21	13	1	0	0	46	0	0	0	0	
	Veget	Italian Tomato Sauce	1/4 Cup	R/O Veg	13	7	0	0	0	81	3	1	2	1	
	Veget	Green Beans	1/2 Cup	Other Veg	20	0	0	0	0	4	1	1	1	0	
Total					168	182	21	3	32	436	18	2	3	16	
903443	M/MA	Grilled Chicken Strips	2 OZ	2 M/MA	113	13	1	0	40	102	1	0	1	13	
403026	Veget	Honey Mustard Sauce	2 OZ	Extra	39	9	1	0	0	163	6	0	4	1	
	Veget	Green Beans	1/2 Cup	Other Veg	20	0	0	0	0	4	1	1	1	0	
Total					172	22	2	0	40	268	8	1	6	14	
903447	M/MA	Grilled Chicken Strips	2 OZ	2 M/MA	113	13	1	0	40	102	1	0	1	13	
400072	Grain	Heavenly Penne Pasta	2 OZ	Extra	30	2	0	0	0	33	7	1	4	0	
	Grain	Brown Rice Pilaf	1/2 Cup	1 WGR Grain	84	4	0	0	0	26	18	1	0	2	
	Veget	Carrots	1/2 Cup	R/O Veg	10	0	0	0	0	23	3	2	1	2	
Total					237	29	1	0	40	183	9	3	7	16	
903408	M/MA	Chicken Tender	3 EA	2 M/MA, 1 WGR Grain	263	117	15	3	25	195	16	3	1	15	
402446	Veget	Corn	1/2 Cup	Starchy Veg	57	4	0	0	0	1	14	2	2	2	
Total					320	121	15	3	25	196	19	5	3	17	
903418	M/MA-Grain	Weg Chicken and Veg Dumplings	5 EA	1.5 M/MA, 1.5 WGR Grain	202	51	6	0	25	454	26	1	3	14	
402378	Veget	Onion Rings	2 OZ	Extra	30	2	0	0	0	33	7	1	4	0	
	Veget	Tomato Mushroom Sauce	2 OZ	Extra	21	1	0	0	0	112	3	1	0	1	
Total					253	57	6	0	25	566	31	2	4	15	
903419	M/MA	Grilled Chicken Strips	1.5 OZ	1.5 M/MA	85	10	1	0	30	77	1	0	0	10	
403117	M/MA	Alfredo Sauce	2 OZ	0.5 M/MA*	66	41	5	3	0	17	207	2	0	1	4
	Grain	Weg Pasta	1/2 Cup	1 WGR Grain	106	7	1	0	0	4	22	3	1	4	
	Veget	Broccoli	1/2 Cup	Dark Green Veg	25	0	0	0	0	9	2	1	1	1	
Total					283	67	6	3	30	278	27	5	2	19	
903472	Grain	Weg Pasta	1/2 Cup	1 WGR Grain	85	7	1	0	0	3	18	1	1	3	
402288	M/MA	Cheese Sauce (4 oz) & Shredded Cheese (1 oz)	4.8 OZ	2 M/MA	307	219	24	15	0	68	777	7	3	12	
	Veget	Broccoli	1/2 Cup	Dark Green Veg	25	0	0	0	0	9	2	1	1	1	
Total					418	225	25	15	68	789	97	4	4	16	
903473	Grain	Weg Pasta	1/2 Cup	1 WGR Grain	106	7	1	0	0	4	22	3	1	4	
400830	Veget	Italian Tomato Sauce	1/4 Cup	R/O Veg	13	7	0	0	0	81	3	1	2	1	
	Veget	Italian Vegetable Blend	1/2 Cup	Other Veg	20	0	0	0	0	23	3	2	1	1	
	M/MA	Parmesan Cheese	0.4 OZ	0.4 M/MA*	45	20	2	0	0	4	2	1	1	4	
	M/MA	Chicken Meatball	4 EA	1.6 M/MA*	120	65	7	2	0	36	280	4	0	10	
Total					305	94	10	2	36	592	37	6	3	16	
903417	M/MA	Chicken Meatball	4 EA	1.6 M/MA*	120	65	7	2	0	36	280	4	0	10	
400281	Veget	Creamy Brown Gravy	2 OZ	Extra	50	19	2	0	0	6	125	3	0	0	
	Grain	Campanelle Noodles	1/2 Cup	1 Grain	85	4	0	0	0	0	13	1	1	3	
Total					266	88	7	2	42	414	22	2	2	15	
903409	M/MA	Chicken Meatball	4 EA	1.6 M/MA*	120	65	7	2	0	36	280	4	0	10	
402393	M/MA	Mozzarella Cheese	0.4 OZ	0.4 M/MA*	25	0	0	0	0	23	0	0	0	0	
	Veget	Italian Vegetable Blend	1/2 Cup	Other Veg	20	0	0	0	0	23	0	0	0	0	
	Veget	Italian Tomato Sauce	1/4 Cup	R/O Veg	13	7	0	0	0	81	3	1	2	1	
Total					187	88	7	2	43	457	11	3	3	15	
903474	M/MA	Meatloaf	1 EA	2 M/MA	130	45	5	3	0	35	230	5	0	1	12
401065	Veget	Brown Gravy Sauce	2 OZ	Extra	28	1	0	0	0	1	1	0	0	0	
	Veget	Mashed Potatoes	1/2 Cup	Starchy Veg	62	2	1	0	0	5	301	13	1	1	1
Total					219	72	6	3	40	632	21	1	2	14	
903414	Grain	Weg Pasta	1/2 Cup	1 WGR Grain	106	7	1	0	0	4	22	3	1	4	
402285	M/MA	Italian Style Meat Sauce	5 OZ	2 M/MA	105	17	4	0	0	11	74	10	1	7	7
	Veget	Italian Vegetable Blend	1/2 Cup	Other Veg	20	0	0	0	0	23	3	2	1	1	
Total					231	44	5	0	11	101	35	7	8	12	
903443	M/MA-Grain	Popcorn Chicken	1/4 EA	2 M/MA, 1 WGR Grain	124	152	17	3	32	307	14	1	0	13	
401203	Veget	Roasted Seasoned Potatoes	1/2 Cup	Starchy Veg	71	7	1	0	0	229	15	2	1	2	
Total					295	160	18	3	32	536	29	3	1	14	
902475	M/MA	Salsinchi Steak	1 EA	2 M/MA	142	81	10	4	0	30	252	3	1	1	10
403064	Veget	Roasted Seasoned Potatoes	1/2 Cup	Starchy Veg	71	7	1	0	0	229	15	2	1	2	
Total					213	104	12	4	0	31	583	20	3	12	
903410	M/MA	Black Beans	1/8 Cup	1.5 M/MA*	56	4	0	0	0	39	11	0	1	1	
403495	M/MA	Cheddar Cheese	0.5 OZ	0.5 M/MA*	56	41	2	0	0	15	91	1	0	0	
	Veget	Plantains	1/2 Cup	Starchy Veg	102	18	3	0	0	14	17	1	14	1	
	Grain	Spanish Rice Veg	1/2 Cup	1 WGR Grain	83	4	0	0	0	19	18	1	0	3	
Total					304	63	7	3	0	152	22	6	15	11	
903476	M/MA	Turkey Cuminis	2.2 OZ	2 M/MA	99	36	4	1	0	40	124	0	0	11	
400077	Grain	Southwest Falita Veg Sauce	2 OZ	Extra	34	11	1	0	0	145	5	0	0	11	
	Grain	Brown Rice Pilaf	1/2 Cup	1 WGR Grain	84	4	0	0	0	26	18	1	0	2	
	Veget	Corn	1/2 Cup	Starchy Veg	57	4	0	0	0	1	14	2	2	2	
Total					274	55	5	1	40	294	37	3	5	15	
903421	M/MA	Turkey Chili	5.4 OZ	1.5 M/MA*	117	32	4	1	0	14	171	11	3	3	11
402266	M/MA	Cheddar Cheese	0.5 OZ	0.5 M/MA*	56	41	2	0	0	15	92	0	0	0	
	Veget	Italian Vegetable Blend	1/2 Cup	Other Veg	20	0	0	0	0	23	3	2	1	1	
Total					192	73	6	1	0	288	22	6	4	14	
903416	M/MA	Beef Chili													