







NSLP Food Reference Chart¹
















Alabama Department of Education




School Nutrition Programs







1/27/2012





Item	Svg Size	Carbohydrate (grams) ^{2,4}	Bread/Grain Component Svgs. ^{2,3}	Fruit/Vegetable Component ^{2,5}	Meat/Meat Alternate Component ^{2,5}	Meets Alabama A la Carte Standards ^{2,6}	Meets HUSSC A la Carte Standards ^{2,7,8}
Apple, Sliced individually cupped Pierre	4 oz	38	0	1/2 c.	0	Yes	Yes
Applesauce, individually cupped Pierre	½ cup	21	0	1/2 c.	0	Yes	Yes
Bagel, Breakfast Pizza Sausage Tony's	each (2.6 oz)	19	1	0	1 oz	No	No
Bagel, Plain Lender's	each (65 g)	32	2.5	0	0	No	No
Beans, Black, Canned	½ cup	19	0	1/2 c.	1/2 c ⁵	N/A	Yes
Beans, Chili, Canned	½ cup	21	0	1/2 c.	1/2 c ⁵	N/A	Yes
Beans, Green Cut, Canned	½ cup	6	0	1/2 c.	0	N/A	Yes
Beans, Italian, Canned	½ cup	7	0	1/2 c.	0	N/A	Yes
Beans, Kidney, Canned	½ cup	22	0	1/2 c.	1/2 c ⁵	N/A	Yes
Beans, Lima, Canned	½ cup	16	0	1/2 c.	1/2 c ⁵	N/A	Yes
Beans, Pinto, Canned	½ cup	20	0	1/2 c.	1/2 c ⁵	N/A	Yes
Beans, Refried Vegetarian	½ cup	22	0	1/2 c.	1/2 c ⁵	N/A	Yes
Beans, Three Bean Salad	½ cup	7	0	1/2 c.	---	N/A	Yes
Beans, Vegetarian, Canned	½ cup	23	0	1/2 c.	1/2 c ⁵	N/A	Yes
Beef Patty, Breaded Advance	patty (3.88 oz)	18	1 ¼	0	2 oz	N/A	No
Beef Patty, Breakfast Breaded Zartic	patty (2.8 oz)	12	0	0	1.5 oz	N/A	No
Beef Patty, Flame Broiled Advance	patty (2.4 oz)	1	0	0	2 oz	N/A	No
Beef Patty, Hoagie, Zartic	patty (2.4 oz)	2	0	0	2 oz	N/A	No
Beef Salisbury Steak, Don Lee	patty (3 oz)	3	0	0	2 oz	N/A	No
Beef Steak Nugget Advance	8 ea. (3.84 oz)	15	1 ¼	0	2 oz	No	No
Biscuit, Cinnamon-Raisin Pillsbury	biscuit (2.2 oz)	28	2	0	0	No	No
Biscuit, Southern Style Pillsbury	biscuit (2.2 oz)	24	2	0	0	No	No
Biscuit, Whole Grain, Pillsbury 	biscuit (2.1 oz)	22	2	0	0	No	No
Bread, Sliced WW, Flowers WF 	slice (1 oz)	12	1	0	0	N/A	Yes
Bread, Sliced WW, Alpha B. M 	slice (25.4 g)	11	1	0	0	N/A	Yes
Breadstick, WW, Pierre 	ea. (42.5 g)	21	1.5	0	0	Yes	Yes
Brownie, Whole Grain, Dessert Innovations	ea. (1.4 oz)	22	½	0	0	Yes	No
Bun, Hamburger WW, Eur. Bkrs 	each (2.1 oz)	28	2	0	0	N/A	Yes
Bun, Hot Dog, WW, Alpha Bkng 	each (54 g)	20	2	0	0	N/A	Yes
Burger, Garden, Morningstar	burger (100 g)	10	0	0	2 oz	N/A	No
Burger, Spicy Black Bean, MorningStar Farms	burger (93 g)	18	¼	0	1.5 oz	N/A	Yes






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Burrito, Beef & Bean Los Cabos	ea. (5.75 oz)	51	2 ½	0	2 oz	No	No
Burrito, Breakfast, Sausage, Egg, & Cheese	ea. (2.2 oz)	18	1	0	1	No	No
Carrots, Sliced Thin Allen	½ cup	8	0	1/2 c	0	N/A	Yes
Cereal Bar, Apple Cinnamon Nutri Grain	bar (37 g)	24	½	0	0	Yes	Yes
Cereal Bar, Blueberry Nutri Grain	bar (37 g)	24	½	0	0	Yes	Yes
Cereal Bar, Strawberry Nutri Grain	bar (37 g)	24	½	0	0	Yes	Yes
Cereal, Cheerios, Honey Nut 🌾	bowl (28 g)	22	1	0	0	Yes	Yes
Cereal, Cinnamon Toast Cr Reduced Sugar 🌾	bowl (28 g)	22	1	0	0	Yes	Yes
Cereal, Cocoa Puffs Less Sugar 🌾	bowl (24 g)	20	1	0	0	Yes	Yes
Cereal, Country Corn Flakes General Mills	bowl (19 g)	16	1	0	0	Yes	Yes
Cereal, Crisp Rice, Bulk	1 ¼ cups	29	1 ½	0	0	---	---
Cereal, Frosted Corn Flakes	bowl (28 g)	24	1	0	0	Yes	Yes
Cereal, Fruity Cheerios 🌾	bowl (24 g)	20	1	0	0	Yes	Yes
Cereal, Golden Grahams 🌾	bowl (28 g)	23	1	0	0	Yes	Yes
Cereal, Kix 🌾	bowl (17 g)	14	1	0	0	Yes	Yes
Cereal, Rice Crunchins	bowl (21 g)	18	1	0	0	Yes	Yes
Cereal, Trix Reduced Sugar 🌾	bowl (21 g)	18	1	0	0	Yes	Yes
Cheese Sauce, Chef-mate WF	¼ cup	6	0	0	0	No	No
Cheese Sauce, Nacho Chef-mate WF	¼ cup	6	0	0	0	No	No
Cheese Sauce, Gehls M	¼ cup	7	0	0	0	No	No
Cheese Sauce, Nacho Gehls M	¼ cup	5	0	0	0	No	No
Cheese, String Mozz Frigo WF	string (1 oz)	0	0	0	1 oz	Yes	Yes
Chicken, diced, cooked, frozen	2 oz	0	0	0	2 oz	N/A	Yes
Chicken, fajita strips Kings Delight	3.5 oz	2	0	0	2 oz	N/A	No
Chicken, Nugget Gold Kist	5 ea. (3.4 oz)	13	1	0	2 oz	No	No
Chicken, Patty Brded Albertville	patty (100 g)	14	---	0	2 oz	N/A	No
Chicken, Patty Breaded Gold Kist	patty (3.37 oz)	13	1	0	2 oz	N/A	No
Chicken, Patty Breakfast Kings Delight	patty (1.65 oz)	8	0.5	0	1 oz	N/A	No
Chicken, Patty Grilled Pierre/Zartic	patty (2.8 oz)	1	0	0	2 oz	N/A	No
Chicken, Patty Spicy Breaded Kings Delight	patty (3.25 oz)	8	1	0	2 oz	N/A	No
Chicken, Tender Kings Delight	3 tenders (3 oz)	13	1	0	2 oz	No	No
Chicken, Tenderloins Koch	3 each (167 g)	24	---	0	2 oz	No	No
Chicken, Wings of Fire Hot Tyson	6 pieces	2	0	0	2 oz	No	No
Chili, Hot Dog Chefmate	¼ cup	9	0	0	0	No	No
Chips, Baked BBQ Lay's	pkg (1.13 oz)	24	0	0	0	Yes	Yes
Chips, Baked Cheetos	pkg (.88 oz)	17	0	0	0	Yes	Yes




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Chips, Baked Cheetos Flamin Hot	pkg (.88 oz)	17	0	0	0	Yes	Yes
Chips, Baked Original Lay's	pkg (1.13 oz)	26	0	0	0	Yes	Yes
Chips, Baked Sour Cream & Onion Lay's	pkg (1.13 oz)	24	0	0	0	Yes	Yes
Chips, Corn Bulk Tops Golden Fl.	1 oz (34 chips)	15	1	0	0	No	No
Chips, Garden Salsa Sunchips 	pkg (1 oz)	19	1	0	0	Yes	No
Chips, Hrvst Cheddar Sunchips 	pkg (1 oz)	19	1	0	0	Yes	No
Chips, Original Sunchips 	pkg (1 oz)	19	1	0	0	Yes	No
Chips, Tortilla Baked Nacho Cheese Doritos	pkg (.75 oz)	16	1 ¼	0	0	Yes	Yes
Chips, Tortilla Reduced Fat Cool Ranch Doritos 	pkg (1 oz)	19	1 ¾	0	0	Yes	Yes
Chips, Tortilla White Round Mission, bulk	10 chips (28 g)	17	1	0	0	No	No
Cinnamon Bun, fortified, Super Bakery	bun (57 g)	25	1	0	0	No	No
Cookie, Choc. Chip, Low Fat, Otis	cookie (1 oz)	19	¼	0	0	No	Yes
Cookie, M&M, Low Fat, Otis	cookie (1 oz)	19	¼	0	0	No	Yes
Cookie, Oat Raisin, Low Fat, Otis	cookie (1 oz)	18	¼	0	0	No	Yes
Cookie, Sugar, Low Fat, Otis	cookie (1 oz)	19	¾	0	0	No	Yes
Cookies, animal crackers, Zoo animals, Keebler	pkg (28 g)	23	1	0	0	Yes	No
Cookie, Vanilla Wafer	wafer	4	0	0	0	N/A	N/A
Corn Dog, Lower Fat Fst Farms  	corndog	33	2	0	2 oz	No	No
Corn, Cream Style, Canned	½ cup	23	0	1/2 c	0	N/A	Yes
Corn, Sweet, Yellow, Canned	½ cup	20	0	1/2 c	0	N/A	Yes
Corn, Sweet, Yellow, Frozen	½ cup	16	0	1/2 c	0	N/A	Yes
Corn, Sweet, Yellow, Frozen, on cob	3" cobbett	19	0	1/4 c	0	N/A	Yes
Cracker, Apple Cinn Grhm Whl Grn, MJM M 	pkg (26 g)	19	1	0	0	Yes	Yes
Cracker, Choc Grhm, Whl Grn, MJM M  	pkg (26 g)	19	1	0	0	Yes	Yes
Cracker, Honey Grhm, Whl Grn MJM 	pkg (26 g)	18	1	0	0	Yes	Yes
Crackers, Belly Bears, Whl Grn, Cinn. WF  	pkg(1 oz)	21	1	0	0	Yes	Yes
Crackers, Belly Bears, Whl Grn, Choc. WF  	pkg (1 oz)	20	1	0	0	Yes	Yes
Crackers, Goldfish Pepp. Farm	pkg (21 g)	14	1	0	0	No	Yes
Crackers, Club Keebler	2 cracker pk	4	¼	0	0	No	No
Crackers, Saltines Sunshine Krispy	4 ct pk	9	½	0	0	No	Yes
Crackers, Wheat Keebler	2 cracker pk	5	¼	0	0	No	Yes
Cranberry Sauce	¼ cup	27	0	1/4 c	0	N/A	---
Crispito, Chicken Chili Tyson	each	20	1 ¼	0	1 oz	No	No
Croissants, Whole Grain, Hadley Farms 	croissant	26	2	0	0	No	No
Doughnut, unglazed, bulk	each (59 g)	26	1	0	0	No	No
Dressing, French Light, Heinz WF	pkg (12 g)	1	0	0	0	N/A	Yes


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Dressing, French Light Bulk, Ken's	2 Tbsp	5	0	0	0	N/A	No
Dressing, French Light, Sauer M	pkg (12 g)	4	0	0	0	N/A	Yes
Dressing, French Light, Heinz	pkg (1.5 oz)	11	0	0	0	N/A	No
Dressing, Honey Mustard Heinz	pkg (28 g)	8	0	0	0	N/A	Yes
Dressing, Italian Light Bulk, Mrztti	2 Tbsp	3	0	0	0	N/A	No
Dressing, Italian Light, Heinz WF	pkg (12 g)	1	0	0	0	N/A	Yes
Dressing, Italian Light, Sauer M	pkg (12 g)	2	0	0	0	N/A	Yes
Dressing, Italian Light, Heinz	pkg (1.5 oz)	5	0	0	0	N/A	Yes
Dressing, Ranch, FF, Heinz W	pkg (12 g)	2	0	0	0	N/A	Yes
Dressing, Ranch, FF, Sauer M	pkg (12 g)	3	0	0	0	N/A	Yes
Dressing, Ranch Light Bulk, Ken's	2 Tbsp	2	0	0	0	N/A	No
Dressing, Ranch, Light, Heinz	pkg (1.5 oz)	9	0	0	0	N/A	No
Dressing, Rasp. Vinaigrette FF, Marzetti	pkg (1.5 oz)	13	0	0	0	N/A	Yes
Dressing, Thous. Island Lite Bulk, Ken's	2 Tbsp	5	0	0	0	N/A	No
Egg, Scrambled, Michael M	¼ cup	0.5	0	0	1 lg. egg	N/A	No
Egg, Scrambled, Rembrandt WF	¼ cup	0.5	0	0	1 lg. egg	N/A	No
Egg Roll, Beef, Amy's	each (4.2 oz)	23	1	1/4 c	2 oz	No	No
Egg Roll, Pork, Amy's	each (4.2 oz)	23	1	1/4 c	2 oz	No	No
Fish, Cod Squares, Frionor	each (3.6 oz)	15	1	0	2 oz	No	No
Fish, Nuggets, Cod Frionor	5 nuggets	30	2 ¾	0	2 oz	No	No
Flatbread, Ultra Loco Gordita Bread	piece	21	2	0	0	N/A	Yes
Frank, Beef, Kent	each (2 oz)	0	0	0	2 oz	No	No
French Fries, Straight Cut Simplot, uncooked (made for frying)	½ cup	15	0	1/2 c	0	N/A	---
French Fries, Straight Cut, Simplot (made for baking)	½ cup	14	0	1/2 c	0	N/A	Yes
French Fries, Shoestring Simplot	½ cup	19	0	1/2 c	0	N/A	No
French Fries, Crinkle Cut, Simplot	½ cup	17	0	1/2 c	0	N/A	Yes
French Toast Sticks, Whole Grain Aunt Jemima 	4 sticks	43	2	0	0	No	No
Fruit Cocktail, Canned, Light Syrup, Drained	½ cup	18	0	1/2 c	0	N/A	---
Fruit, Mixed Individually Cupped Pierre	4 oz	18	0	1/2 c	0	Yes	Yes
Fruit, Snacks Cherry Roll ups Gen. Mills	1 roll	11	0	---	0	Yes	No
Fruit, Snacks Crazy Roll ups Gen. Mills	1 roll	11	0	---	0	Yes	Yes
Fruit, Snacks Straw Roll ups Gen. Mills	1 roll	11	0	---	0	Yes	Yes
Fruit Snacks, Curious George	pkg(0.9 oz)	22	0	0	0	Yes	No
Gelatin Dessert, prepared	½ cup	18	0	0	0	Yes	No
Graham Crackers, Gripz, Choc. Chip 	pouch	19	1	0	0	Yes	Yes
Graham Crackers, Gripz, Cinnamon 	pouch	19	1	0	0	Yes	Yes



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Granola, bulk, Fieldstone 	1/4 cup	21	1	0	0	N/A	N/A
Granola Bar, Chwy Oatmeal Raisin, Quaker	bar (23.8 g)	19	¼	0	0	Yes	Yes
Granola Bar, Chwy Peanut Butter, Quaker	bar (24 g)	18	¼	0	0	Yes	Yes
Ham, buffet, oval shape, Polks 300	2.44 oz	6	0	0	2	N/A	No
Ham for Biscuit, Polks 335	1.22 oz	3	0	0	1	N/A	No
Ham, thin sliced, Polks 0154	2.44 oz	6	0	0	2	N/A	No
Hoagie Roll, WW, EPI WF 	roll (77 g)	39	3	0	0	N/A	Yes
Honey	pkg (14 g)	12	0	0	0	N/A	No
Hushpuppies, Savannah Classics	3 each (52 g)	22	1 ½	0	0	No	No
Jelly, Apple Cup Heinz	½ oz cup	9	0	0	0	N/A	No
Jelly, Grape Cup Heinz	½ oz cup	9	0	0	0	N/A	No
Jelly, Strawberry Cup Heinz	½ oz cup	9	0	0	0	N/A	No
Juice Bar, Outrageous Orange J&J	each	14	0	3/8 c	0	Yes	Yes
Juice Bar, Sour Apple J&J	each	15	0	3/8 c	0	Yes	Yes
Juice Bar, Very Berry J&J	each	14	0	3/8 c	0	Yes	Yes
Juice Bar, Wild Cherry J&J	each	13	0	3/8 c	0	Yes	Yes
Juice, Apple Mr. J	4 oz	14	0	1/2 c	0	Yes	Yes
Juice, Apple Mr. J	6 oz	22	0	3/4 c	0	Yes	Yes
Juice, Fruit Blend Mr. J	4 oz	14	0	1/2 c	0	Yes	Yes
Juice, Grape Mr. J	4 oz	19	0	1/2 c	0	Yes	Yes
Juice, Grape Mr. J	6 oz	28	0	3/4 c	0	Yes	Yes
Juice, Orange Mr. J	4 oz	15	0	1/2 c	0	Yes	Yes
Juice, Orange Mr. J	6 oz	22	0	3/4 c	0	Yes	Yes
Juice, Orange Pineapple Mr. J	4 oz	16	0	1/2 c	0	Yes	Yes
Ketchup, Heinz	packet	3	0	0	0	N/A	Yes
Mayonnaise, Light, Kraft	packet	0	0	0	0	N/A	No
Mayonnaise, Reg, Heinz	packet	0	0	0	0	N/A	No
Muffin, Apple Whl Grain, Dessert Innovations 	muffin	22	1	0	0	Yes	Yes
Muffin, Banana, Whole Grain, Dessert Innovations 	muffin	24	1	0	0	Yes	Yes
Muffin, Blueberry Loaf, Whole Wheat, Super Bakery 	loaf	30	1	0	0	Yes	Yes
Mustard, Yellow Heinz	packet	0	0	0	0	N/A	Yes
Okra, Breaded, Frozen	3 oz	16	0	---	0	N/A	No
Onion Rings, Farm Rich M	5 rings	27	0	1/8 c	0	N/A	No
Onion Rings, Moore's W	3 oz	26	0	---	0	N/A	No
Oranges, Mandarin, Juice packed	½ cup	12	0	1/2 c	0	Yes	Yes
Pancake, Whole Grain, Aunt Jemima 	each	13	1	0	0	No	Yes

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Pancakes, Mini, Maple Pillsbury 	pouch	34	2	0	0	No	No
Pancakes, Mini, Strawberry Pillsbury 	pouch	34	2	0	0	No	No
Pasta, Penne, Whole Grain 	1 cup, ckd	41	2	0	0	N/A	N/A
Pasta, Spaghetti, Cooked, Enriched	1 cup, ckd	43	2	0	0	N/A	N/A
Pasta, Spaghetti, Whole Grain, Cooked 	2/3 cup, ckd	41	1 ½	0	0	N/A	N/A
Peaches, Diced Individually Cupped Pierre	4 oz	18	0	1/2 c	0	Yes	Yes
Peaches, Canned in Light Syrup	1/2 cup	18	0	1/2 c	0	Yes	Yes
Pears, Canned in Light Syrup	1/2 cup	19	0	1/2 c	0	Yes	Yes
Peas & Carrots, Canned	1/2 cup	11	0	1/2 c	0	N/A	Yes
Peas & Carrots, Frozen, Boiled, Drained	1/2 cup	8	0	1/2 c	0	N/A	Yes
Peas, Blackeyed, Canned	1/2 cup	21	0	1/2 c	1/2 c ⁵	N/A	Yes
Peas, Green, Canned, Drained	1/2 cup	10	0	1/2 c	0	N/A	Yes
Peas, Green, Frozen, Boiled, Drained	1/2 cup	11	0	1/2 c	0	N/A	Yes
Peppers, Pepperoncini	3 peppers	2	0	1/4 c	0	N/A	No
Pickle, Spears Dill Kaiser	spear	0	0	1/8 c	0	No	Yes
Pickle, Sweet Relish	1/4 cup	17	0	---	0	No	No
Pickle, Sliced Dill Kaiser	2 slices	0	0	0	0	No	Yes
Pickle, Whole Dill Kaiser	1 medium	0	0	1/2 c	0	No	No
Pineapple, Canned in Light Syrup	1/2 cup	17	0	1/2 c	0	Yes	Yes
Pizza, Big Daddy's, Cheese	1/8 pizza	44	3 1/4	0	2.5	No	No
Pizza, Big Daddy's, Pepperoni	1/8 pizza	43	3 1/4	0	2.5	No	No
Pizza, Breakfast with Sausage, Tony's	each	26	1 ½	0	1 oz	No	No
Pizza, Cheese 4X6, Tony's	slice	37	2 1/4	1/8 c	2 oz	No	No
Pizza, Cheese Deep Dish Round Tony's	pizza	47	3	1/8 c	2 oz	No	No
Pizza, Cheese Sticks, Tony's	2 sticks	31	2 ¼	0	2 oz	No	No
Pizza, Cheese Stuffed Crust, Tony's	slice	45	3	1/8 c	2.5 oz	No	No
Pizza, Cheese Wedge, Tony's	wedge	40	2 ½	1/8 c	2 oz	No	No
Pizza, Fiestada Beef Hexagon, Tony's	each	54	2 ½	1/8 c	2 oz	No	No
Pizza, French Bread Pepperoni, Tony's	each	37	2	1/8 c	2 oz	No	No
Pizza, Pepperoni "Hot Pocket", Tony's	each	46	3 ¼	1/8 c	2 oz	No	No
Pizza, Pepperoni 4X6, Tony's	slice	36	2 ¼	1/8 c	2.25 oz	No	No
Pizza, Pepperoni Deep Dish 5", Tony's	slice	43	2 ¾	1/4 c	2 oz	No	No
Pizza, Pepperoni Stuffed Crust, Tony's	slice	44	3	1/8 c	2.25 oz	No	No
Pizza, Pepperoni Wedge, Tony's	wedge	39	2 ½	1/8 c	2.25 oz	No	No
Pizza, Sausage 4X6, Tony's	slice	36	2 ¼	1/8 c	2 oz	No	No
Pizza, Sausage Wedge, Tony's	wedge	39	2 ½	1/8 c	2 oz	No	No

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Pop Tarts, Fruit Filled, Kellogg's	2 pastries	76	2	0	0	No	No
Pork, Patty, Rib Shaped, Don Lee	patty (2.66 oz)	4	0	0	2 oz	N/A	No
Potato, Rounds, Simplot	8 pcs (2.52 oz)	16	0	1/2 c	0	No	No
Potato, Hash Brown Patty, Simplot	patty	14	0	1/4 c	0	No	No
Potato, Whole Small, Canned	1/2 cup	12	0	1/2 c	0	N/A	Yes
Potatoes, Baby Bakers, Simplot	1/2 c. (3.16 oz)	16	0	1/2 c	0	N/A	Yes
Pretzel, Soft Rod, Whole Grain, J&J 	pretzel (1 oz)	14	1 1/4	0	0	No	Yes
Pudding, Chocolate, Fat Free, Knouse	1/2 cup	23	0	0	0	Yes	Yes
Pudding, Vanilla, Fat Free, Knouse	1/2 cup	25	0	0	0	Yes	Yes
Quesadilla, Chicken, Schwan's	ea. (4.4 oz)	34	2 1/4	0	2 oz	No	No
Raisins, Seedless	sm. box (1.5 oz)	34	0	1/4 c	0	Yes	Yes
Rice Krispies Cereal Bar, Chocolate, WG 	ea. (36 g)	26	1	0	0	Yes	Yes
Rice Krispies Treats, Kellogg's	bar (37 g)	28	1/2	0	0	Yes	Yes
Rice, brown, long grain, cooked 	1/2 cup	22	1	0	0	N/A	Yes
Rice, Spanish Milani Gourmet M	1/2 cup, ckd	23	1	0	0	N/A	No
Rice, white, long grain, enriched, cooked	1/2 cup	22	1	0	0	N/A	Yes
Roll dough, Cinnamon J&J, uncooked	bun (2.3 oz)	34	2	0	0	No	No
Roll, dough, Parkerhouse, Rich's	roll, bkd (1 oz)	15.5	1	0	0	Yes	No
Roll, dough, White Whole Grain, Dynamic WF 	roll (53 g)	26	1.75	0	0	Yes	No
Roll, Whole Wheat Par baked, Sister Schubert's 	roll (43 g)	22	1.25	0	0	Yes	No
Salsa, Medium	2 TBSP	2	0	1/8 c	0	N/A	Yes
Sauce, BBQ Bulk Cattlemen's	2 TBSP	9	0	0	0	N/A	No
Sauce, BBQ Package, Flavor Fresh	pkg (12 g)	5	0	0	0	N/A	Yes
Sauce, Spaghetti	1/2 cup	13	0	1/2 c	0	N/A	No
Sauce, Sweet & Sour Dunk Cup, Heinz	cup (28 g)	11	0	0	0	N/A	No
Sauce, Sweet & Sour Bulk, Minor's	2 TBSP	9	0	0	0	N/A	Yes
Sauce, Taco, Mild Package, Heinz	pkg (9 g)	1	0	0	0	N/A	Yes
Sauce, Tartar Package, Heinz	pkg (12 g)	1	0	0	0	N/A	No
Sauce, Worcestershire, Low Sodium, H&H, WF	1 fluid oz	4	0	0	0	N/A	---
Sauerkraut, Solids & Liquids	1/8 cup	1	0	1/8 c	0	No	Yes
Sausage, Biscuit 2 pack, Williams	2 pack	28	2	0	0.7 oz	No	No
Sausage Dog, Pork, Bryan	link	2	0	0	2 oz	No	No
Sausage, Pancake on a Stick, Don Lee	stick	26	1 1/2	0	1 oz	No	No
Sausage, Patty, Southern Quality	patty (1.5 oz, unckd)	0	0	0	1 oz	No	No
Sausage, Smoked Rope Style, Bryan	2 oz	3	0	0	1 oz	No	No
Sausage, Link, Williams	2 each (56 g)	0	0	0	1 oz	No	No

Item	Svg Size	Carbohydrate (grams) ^{2,4}	Bread/Grain Component Svgs. ^{2,3}	Fruit/Vegetable Component ^{2,5}	Meat/Meat Alternate Component ^{2,5}	Meets Alabama A la Carte Standards ^{2,6}	Meets HUSSC A la Carte Standards ^{2,7,8}
Sausage, Smoked Cocktail, Bryan	6 pieces	5	0	0	2 oz	No	No
Sherbet Cups, Lime, Pierre	each (4 oz)	26	0	1/4 c	0	No	Yes
Sherbet Cups, Orange, Pierre	each (4 oz)	24	0	1/4 c	0	No	Yes
Sherbet Cups, Raspberry, Pierre	each (4 oz)	24	0	1/4 c	0	No	Yes
Sour Cream, Light Bulk, Morningstar	2 Tbsp	3	0	0	0	N/A	No
Sour Cream, Individual, Daisy	pkg (1 oz)	1	0	0	0	N/A	No
Soy Sauce	1 TBSP	2	0	0	0	N/A	N/A
Spinach, Frozen, Cooked, Boiled	1/2 cup	5	0	1/2 c	0	N/A	Yes
Squash, Breaded, Uncooked	3 oz	15	0	---	0	N/A	No
Strawberry Glaze, Wht House WF	1/3 cup	25	0	0	0	N/A	---
Strawberry Glaze, National	1/3 cup	25	0	0	0	N/A	---
Sweet Potato Fries, Simplot Sweets	1/2 cup	27	0	1/2 c	0	N/A	No
Sweet Potatoes, Cut, Frz, Bright Harvest	1/2 cup	28	0	1/2 c	0	N/A	Yes
Syrup, Individual, Heinz	cup (1.5 oz)	28	0	0	0	N/A	No
Taco Shell, 6" Mission	2 shells	23	1 1/4	0	0	N/A	---
Tortilla, Whole Wheat 8", Mission WF 	tortilla	22	1 3/4	0	0	N/A	No
Tortilla, Whole Wheat 10", Mission M 	tortilla	34	2 3/4	0	0	N/A	No
Tortilla, Wrap, Spinach Herb 10", Mission	tortilla	35	2 3/4	0	0	N/A	No
Tortilla, Wrap, Sundried Tomato Basil 10", Mission	tortilla	35	2 3/4	0	0	N/A	No
Turnip Greens, Frozen, Cooked, Boiled, Drained	1/2 cup	2	0	1/2 c	0	N/A	Yes
Vegetables, 5 way mix, Wood Farms	1/2 cup	9	0	1/2 c	0	N/A	Yes
Vegetables, California Mix, Wood Farms	1/2 cup	3	0	1/2 c	0	N/A	Yes
Vegetables, Italian Mix, Wood Farms	1/2 cup	7	0	1/2 c	0	N/A	Yes
Vegetables, Stew Vegetables, Frozen	3 oz	11	0	---	0	N/A	Yes
Vegetables, Stir Fry, Wood Farms	1/2 cup	3	0	1/2 c	0	N/A	Yes
Vegetables, Mixed, Canned, Drained	1/2 cup	8	0	1/2 c	0	N/A	Yes
Waffle Sticks, Whole Grain, Belgian Chef 	1 piece	14	1	0	0	No	Yes
Whipped Topping, Rich's	2 TBSP	2	0	0	0	N/A	No
Yam Patty, Allens	patty	12	0	---	0	N/A	Yes
Yogurt, Raspberry Yoplait	4 oz	17	0	0	1/2 cup	Yes	Yes
Yogurt, Strawberry/Banana Yoplait	4 oz	17	0	0	1/2 cup	Yes	Yes
Yogurt, Strawberry Bulk Yoplait	4 oz	19	0	0	1/2 cup	Yes	Yes
Yogurt, Trix Watermelon Yoplait	4 oz	17	0	0	1/2 cup	Yes	Yes
Yogurt, Vanilla Bulk, Yoplait	4 oz	19	0	0	1/2 cup	Yes	Yes

 Indicates items that count as ≥1 serving of a Group A whole grain product.

  Indicates items that count as ≥1 serving of a Group B whole grain product.

Item	Svg Size	Carbohydrate (grams) ^{2,4}	Bread/Grain Component Svgs. ^{2,3}	Fruit/Vegetable Component ^{2,5}	Meat/Meat Alternate Component ^{2,5}	Meets Alabama A la Carte Standards ^{2,6}	Meets HUSSC A la Carte Standards ^{2,7,8}
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¹ Includes, but not limited to, items from Alabama's Statewide Procurement. This approximation is based on the most recent information made available to the Alabama Department of Education, School Nutrition Programs.

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

³ Up to one grains/breads serving per day may be a grain-based dessert on Enhanced Food Based Menu Planning. Grain-based desserts do not credit as a grain/bread on Traditional Food Based Menu Planning.

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

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

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

⁷ As part of the HealthierUS School Challenge, competitive foods criteria do not apply to additional servings of the entrée. These criteria do apply to additional servings of other items that comprise the reimbursable meal and a la carte that is not part of the reimbursable meal.

⁸ For HUSSC purposes, criteria used were based on the Gold Award of Distinction with ≥150 minutes of Physical Education per week.

⁹ --- = All data not available to make determination.