

### ODE Commodities 2010-2011

Item	Portion	Carbohydrates*	Fiber*
<b>Dry Products</b>			
Applesauce, unsw	1/4 cup	7	1
Beans, Green, drained	1/4 cup	2	1
Corn, Whole Kernel	1/4 cup	8	1
Mixed Fruit, light syrup, frt+jce	1/4 cup	9	1
Peaches, Sliced, light syrup, frt+jce	1/4 cup	9	1
Pears, Sliced, light syrup, frt+jce	1/4 cup	8	1
Spaghetti Sc., Meatless	1/4 cup	5	N/A
Salsa	1/4 cup	4	1
Tuna, drained	1 oz	0	0
Peanut Butter	2 Tblsp	8	2
<b>Frozen Products</b>			
Beef Ground	1.36 oz unckd, 1 oz ckd	0	0
Beef Patties, Cooked	1 ea, 2.7 oz ckd	1	1
Beef Crumbles	2.2 oz	2	1
Chicken, Diced	1 oz	0	0
Chicken Fajita	1.8 oz	0	0
Ham, Fz Sliced	1.22 oz	0	0
Peach Cups, Frz	1/2 cup	30	2
Potatoes, Rounds	4 each	9	1
Potato Wedges, FF	1/4 cup, 1.34 oz unckd, 1 oz ckd	8	1
Turkey Breast Deli	1.6 oz.	N/A	N/A
Turkey Roast	1.5 oz unckd, 1 oz ckd	1	0
Cheese, Processed	1 oz	3	0
Cheddar, Shredded, RF	1 oz	1	0
Mozz, Shredded LMPS	1 oz	1	0
Burritos, Beef/Bean	1 ea	51	6
Burritos, Red Chili	1 ea	44	4
<b>Bonus Frozen</b>			
Pork Crumbles, cooked	2 oz	1	1
Apple Slices, fzn, unsw	1/4 cup	6	1
Blueberries, fzn, unsw	1/4 cup	5	1
<b>Bonus Dry</b>			
Blueberries, dry	1/4 cup	28	4
Peaches, Sliced, light syrup, frt+jce	1/4 cup	9	1
Mixed Fruit, light syrup, frt+jce	1/4 cup	9	1

\* in grams