

List of Acceptable Foods and Beverages

LIST 14 ENTREES

This list includes commercial entree products that comply with the [Connecticut Nutrition Standards \(CNS\)](#). Foods are evaluated for compliance with the CNS based on the amount **as served** including any **added accompaniments** such as butter, margarine, salad dressings, dips, sauces, ketchup and mustard, e.g., chicken nuggets with dipping sauce, hamburger with ketchup, mustard and relish, and tacos with taco sauce. The Connecticut State Department of Education (CSDE) encourages schools to review the nutrient content of allowable products, and select the most nutrient-rich products that also meet the "Better Choice "recommendations (see green and white columns on right). The CSDE strongly encourages schools to offer a la carte food choices that include a variety of minimally processed and naturally nutrient-rich whole foods such as fruits, vegetables, whole grains, low-fat or nonfat dairy, lean meats and legumes.

Product formulations and packaging can change. **The nutrition information below is based on the package label or manufacturer information supplied at the time of product review.** If this information does not match the product label, please submit the product’s nutrition information to the CSDE following the guidance in [Submitting Food and Beverage Products for Approval](#).

The CSDE's [List of Acceptable Foods and Beverages](#) webpageis updated regularly and is subject to change. To assist in identifying new items added since the previous edition of this list, the manufacturer and food item (first two columns) of all new items are highlighted in pink. For contact information for listed vendors, refer to [Contact Information for Vendors](#).

**Note:** The approval below is only for the entree product exactly as listed. If the entree is sold a la carte combined with any other food item (e.g., chicken patty with whole-grain bun, hummus with crackers or meatballs with tomato sauce) or any accompaniments (e.g., butter, margarine, oil, sugar, salad dressings, dips, ketchup, and mustard), the nutrition information for the other food item and accompaniments must be added to the nutrition information for the entree to determine if the serving still complies with the CNS (refer to the CSDE's [CNS worksheets](#)). This documentation must be maintained on file by the district and be available upon request for the CSDE's annual Healthy Food Certification (HFC) documentation review.

ENTREES SOLD ONLY A LA CARTE

ENTREES SOLD ONLY A LA CARTE				ENTREES																	Better Choice Recommendations Choose products that meet all recommendations					
				Entree Definition	General Standards	Nutrient Standards																				
				1) Combination food of MMA and WGR food; 2) combination food of VF and MMA; or 3) MMA alone	1) Whole Grain-Rich (WGR) Food; 2) Food Groups (FG); or 3) Combination Food (CF)	≤350 calories		≤35% percent of total calories		<10% of total calories	<0.5 g	No partially hydrogenated oils	≤480 mg		≤15 g	≤35% by weight	No artificial sweeteners, nonnutritive sweeteners, or sugar alcohols	No chemically altered fat substitutes	No caffeine							No artificial flavors or colors
Manufacturer	Food item	Package or serving size	Weight (g)	Entree definition met	General Standard met	Calories	Fat (g)	% Calories from fat	Saturated fat (g)	% Calories from Saturated fat	Trans fat (g)	Standard met	Sodium (mg)	Fiber (g)	Total sugars (g)	% Sugars by weight	Standard met	Standard met	Standard met	Vendors	Product code and notes	Review date				
Foster Farms	100% Whole Grain Lower-Fat Chicken Corn Dogs, CN labeled, 4 oz	4 oz	113	MMA and WGR Food	FG and WGR	240	9.0	33.8%	2.5	9.4%	0	yes	470	2	8	7.1%	yes	yes	yes	Sysco CT	Code 95150; Case (72 count) UPC 000 75278-95150-7	3/12/14		X		
Foster Farms	Whole Grain Lower-Fat Chicken Corn Dogs, Individually Wrapped, CN labeled, 4 oz	4 oz	113	MMA and WGR Food	FG and WGR	240	9.0	33.8%	2.5	9.4%	0	yes	470	2	8	7.1%	yes	yes	yes	Sysco CT	Code 94124; Case (96 count) UPC 000 75278-94124-9	1/8/24	X	X		X

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Manufacturer	Food item	Package or serving size	Weight (g)	Entree definition met	General Standard met	Calories	Fat (g)	% Calories from fat	Saturated fat (g)	% Calories from Saturated fat	Trans fat (g)	Standard met	Sodium (mg)	Fiber (g)	Total sugars (g)	% Sugars by weight	Standard met	Standard met	Standard met	Vendors	Product code and notes	Review date	No artificial flavors or colors	No high fructose corn syrup	At least 2.5 grams of fiber	100% whole grain (applies only if contains grains)	
Jennie-O	All Natural Sweet BBQ Turkey Breast Sticks, 1.2 oz	1.2 oz	34	MMA alone	FG	40	1.0	22.5%	0.0	0.0%	0	yes	190	0	0	0.0%	yes	yes	yes	American Patriot Sales	Item 207230; Case UPC (400 count) 100-42222-20723-9; Commodity Code A-534/100124	1/10/24	X	X	NA	NA	
National Food Group	Zee Zee's Bean Dipz Cup, Original, 3 oz plastic cup	3 oz	85	MMA	FG	80	1.5	16.9%	0	0.0%	0	yes	190	4	0	0.0%	yes	yes	yes	Ace Endico, National Food Group, Thurston, Gordon Food Service	Item Number A5700; UPC 8-10358-03182-9; Case (96 count) UPC 208-10358-03182-3; 1.25 oz eq MMA	1/16/24	X	X	X	X	
National Food Group	Zee Zee's Bean Dipz Cup, Original, 4.5 oz plastic cup	4.5 oz	128	MMA	FG	120	2	15.0%	0	0.0%	0	yes	290	6	1	0.8%	yes	yes	yes	Ace Endico, National Food Group, Thurston, Gordon Food Service	Item Number A5750; UPC 8-10358-03250-5; Case (96 count) UPC 208-10358-03250-9; 2 oz eq MMA	1/16/24	X	X	X	X	
National Food Group	Zee Zee's Hummus Cup, Original, 3 oz plastic cup	3 oz	85	MMA	FG	110	2	16.4%	0	0.0%	0	yes	100	5	3	3.5%	yes	yes	yes	Ace Endico, National Food Group, Thurston, Gordon Food Service	Item Number A5000; UPC 8-10358-03029-7; Case (96 count) UPC 208-10358-03029-1; 1.5 oz eq MMA	1/16/24	X	X	X	X	

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				1) Combination food of MMA and WGR food; 2) combination food of VF and MMA; or 3) MMA alone	1) Whole Grain-Rich (WGR) Food; 2) Food Groups (FG); or 3) Combination Food (CF)	≤350 calories		≤35% percent of total calories		<10% of total calories	<0.5 g	No partially hydrogenated oils	≤480 mg		≤15 g	≤35% by weight	No artificial sweeteners, nonnutritive sweeteners, or sugar alcohols	No chemically altered fat substitutes	No caffeine								
Manufacturer	Food item	Package or serving size	Weight (g)	Entree definition met	General Standard met	Calories	Fat (g)	% Calories from fat	Saturated fat (g)	% Calories from Saturated fat	Trans fat (g)	Standard met	Sodium (mg)	Fiber (g)	Total sugars (g)	% Sugars by weight	Standard met	Standard met	Standard met	Vendors	Product code and notes	Review date	No artificial flavors or colors	No high fructose corn syrup	At least 2.5 grams of fiber	100% whole grain (applies only if contains grains)	
National Food Group	Zee Zee's Hummus Cup, Original, 4.5 oz plastic cup	4.5 oz	128	MMA	FG	170	3.5	18.5%	0	0.0%	0	yes	150	7	5	3.9%	yes	yes	yes	Ace Endico, National Food Group, Thurston, Gordon Food Service	Item Number A5050; UPC 8-10358-03031-0; Case (96 count) UPC 208-10358-03031-4; 2.25 oz eq MMA	1/16/24	X	X	X	X	
National Food Group	Zee Zee's Hummus Cup, Red Pepper, 3 oz plastic cup	3 oz	85	MMA	FG	110	2	16.4%	0	0.0%	0	yes	100	5	4	4.7%	yes	yes	yes	Ace Endico, National Food Group, Thurston, Gordon Food Service	Item Number A5100; UPC 8-10358-03032-7; Case (96 count) UPC 208-10358-03032-1; 1.5 oz eq MMA	1/16/24	X	X	X	X	
National Food Group	Zee Zee's Hummus Cup, Red Pepper, 4.5 oz plastic cup	4.5 oz	128	MMA	FG	170	3.5	18.5%	0	0.0%	0	yes	150	7	5	3.9%	yes	yes	yes	Ace Endico, National Food Group, Thurston, Gordon Food Service	Item Number A5150; UPC 8-10358-03034-1; Case (96 count) UPC 208-10358-03034-5; 2.25 oz eq MMA	1/16/24	X	X	X	X	
National Food Group	Zee Zee's Hummus Cup, Taco, 3 oz plastic cup	3 oz	85	MMA	FG	120	3	22.5%	0	0.0%	0	yes	180	4	3	3.5%	yes	yes	yes	Ace Endico, National Food Group, Thurston, Gordon Food Service	Item Number A5200; UPC 8-10358-03132-4; Case (96 count) UPC 208-10358-03132-8; 1.5 oz eq MMA	1/16/24	X	X	X	X	

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Manufacturer	Food item	Package or serving size	Weight (g)	Entree definition met	General Standard met	Calories	Fat (g)	% Calories from fat	Saturated fat (g)	% Calories from Saturated fat	Trans fat (g)	Standard met	Sodium (mg)	Fiber (g)	Total sugars (g)	% Sugars by weight	Standard met	Standard met	Standard met	Vendors	Product code and notes	Review date	No artificial flavors or colors	No high fructose corn syrup	At least 2.5 grams of fiber	100% whole grain (applies only if contains grains)
National Food Group	Zee Zee's Hummus Cup, Taco, 4.5 oz plastic cup	4.5 oz	128	MMA	FG	180	4.5	22.5%	1	2.5%	0	yes	270	8	4	3.1%	yes	yes	yes	Ace Endico, National Food Group, Thurston, Gordon Food Service	Item Number A5250; UPC 8-10358-03249-9; Case (96 count) UPC 208-10358-03249-3; 2.25 oz eq MMA	1/16/24	X	X	X	X
Rich Chicks LLC	Artisan Spicy Whole Grain Breaded Chicken Breast Fillet, With Rib Meat, Fully Cooked, 4.18 oz	4.18 oz	119	MMA and WGR Food	FG	212	8	34.0%	1.6	6.8%	0.0	yes	400	2	0	0.0%	yes	yes	yes	At Your Service Sales	Code 13410; Case (4/5 lb) UPC 108-54781-00272-5	12/27/23	X	X		NA
Rich Chicks LLC	Artisan Spicy Whole Grain Breaded Chicken Tenderloins, Fully Cooked, 4.04 oz	4.04 oz	115	MMA and WGR Food	FG	206	8	35.0%	1.5	6.6%	0.0	yes	390	1.5	<1	0.0%	yes	yes	yes	At Your Service Sales	Code 43404; Case (4/5 lb) UPC 108-54781-00279-4	4/20/22	X	X		NA
Rich Chicks LLC	Artisan Whole Grain Breaded Chicken Tenderloins, Fully Cooked, 3.94 oz	3.94 oz	112	MMA and WGR Food	FG	221	8.5	34.6%	1.5	6.1%	0.0	yes	399	2	<1	0.0%	yes	yes	yes	At Your Service Sales	Code 43424; Case (4/5 lb) UPC 108-50002-28518-2	12/27/23	X	X		NA

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Manufacturer	Food item	Package or serving size	Weight (g)	Entree definition met	General Standard met	Calories	Fat (g)	% Calories from fat	Saturated fat (g)	% Calories from Saturated fat	Trans fat (g)	Standard met	Sodium (mg)	Fiber (g)	Total sugars (g)	% Sugars by weight	Standard met	Standard met	Standard met	Vendors	Product code and notes	Review date					
Rich Chicks LLC	Artisan Whole Grain Breaded Whole Muscle Chicken Breast Fillet, Fully Cooked, 4.13 oz	4.13 oz	117	MMA and WGR Food	FG	221	8.5	34.6%	1.5	6.1%	0.0	yes	399	2	1	0.0%	yes	yes	yes	At Your Service Sales	Code 13440; Case (4/5 lb) UPC 108-50002-28510-6	12/27/23	X	X		NA	
Rich Chicks LLC	Artisan Whole Grain Truly Whole Muscle Boneless Chicken Wings, Fully Cooked, 4.12 oz	4.12 oz	117	MMA and WGR Food	FG	214	6.8	28.6%	1.2	5.0%	0.0	yes	330	2	0	0.0%	yes	yes	yes	At Your Service Sales	Code 23415; Case (4/5 lb) UPC 108-50002-28517-5	1/4/24	X	X		NA	
Rich Chicks LLC	Garlic Basil Chicken Meatballs with Mozzarella Cheese, Fully Cooked, 2.6 oz	2.6 oz	74	MMA and WGR Food	FG	114	4	31.6%	1.3	9.9%	0.0	yes	356	<1	1	0.0%	yes	yes	yes	At Your Service Sales	Code 91401; Case (4/5 lb) UPC 108-50002-28519-2	12/27/23	X	X	X	NA	
Rich Chicks LLC	Premium Artisan Whole Grain Breaded Whole Muscle Chicken Breast Slider Fillet, Fully Cooked, 2.05 oz	2.05 oz	58	MMA and WGR Food	FG	111	4	32.4%	0.7	5.7%	0.0	yes	200	1	<1	0.0%	yes	yes	yes	At Your Service Sales	Code 13441; Case (4/5 lb) UPC 108-50002-28511-3	12/27/23	X	X		NA	

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Manufacturer	Food item	Package or serving size	Weight (g)	Entree definition met	General Standard met	Calories	Fat (g)	% Calories from fat	Saturated fat (g)	% Calories from Saturated fat	Trans fat (g)	Standard met	Sodium (mg)	Fiber (g)	Total sugars (g)	% Sugars by weight	Standard met	Standard met	Standard met	Vendors	Product code and notes	Review date	No artificial flavors or colors	No high fructose corn syrup	At least 2.5 grams of fiber	100% whole grain (applies only if contains grains)	
Rich Chicks LLC	Premium Artisan Whole Grain Breaded Whole Muscle Chicken Breast Tenders (2 piece serving), Fully Cooked 4.1 oz	4.1 oz	116	MMA and WGR Food	FG	221	8.5	34.6%	1.5	6.1%	0.0	yes	399	2	1	0.0%	yes	yes	yes	At Your Service Sales	Code 43424; Case (4/5 lb) UPC 108-50002-28518-2	12/27/23	X	X		NA	
Rich Chicks LLC	Rich-Fil-A Dill Flavored Whole Grain Breaded Chicken Breast Slider Fillet, With Rib Meat, Fully Cooked, 2.02 oz	2.02 oz	57	MMA and WGR Food	FG	104	4	34.6%	0.7	6.1%	0.0	yes	250	1	<1	0.0%	yes	yes	yes	At Your Service Sales	Code 13444; Case (4/5 lb) UPC 108-50002-28532-8	12/27/23	X	X		NA	
Schwan Food Company	Minh Whole Grain Chicken Egg Roll, 3 oz	3 oz	85	MMA and WGR Food VF and MMA	FG and WGR	160	5	28.1%	1	5.6%	0	yes	390	3	2	2.4%	yes	yes	yes	Sysco, Thurston, US Foods, Sysco	Code 69187; UPC 0-72180-69461-1; Case UPC 100-72180-69187-0	1/3/24	X	X	X		
Schwan Food Company	Tony's 51% Whole Grain Turkey Sausage & Country Gravy Breakfast Pizza, CN Labeled, 3 oz portion from prescored bulk pizza	3 oz	85	MMA and WGR Food	WGR and FG	190	7	33.2%	2.0	9.5%	0	yes	300	2	6	7.1%	yes	yes	yes	Sysco, Thurston, US Foods, Sysco	Code 78352; Case (128 servings from 8 prescored pizzas) UPC 100-72180-78352-0	1/3/24	X	X			

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Schwan Food Company	Tony's 51% Whole Turkey Sausage Breakfast Pizza, CN Labeled, 3.31 oz portion from prescored bulk pizza	3.31 oz	94	MMA and WGR Food	FG and WGR	200	7	31.5%	2.0	9.0%	0	yes	320	3	6	6.4%	yes	yes	yes	Sysco, Thurston, US Foods, Sysco	Code 63912; Case (128 servings from 8 prescored pizzas) UPC 100-72180-63912-4	1/3/24	X	X	X	
Tyson	Fully Cooked, Homestyle, Breaded, Chicken Breast Tenderloins, 1 piece (2.19 oz)	2.19 oz	62	MMA and WGR Food	FG and WGR	130	4.5	31.2%	1	3.5%	0	yes	280	1	0	0.0%	yes	yes	yes		Code 10368640928; Case (30 lb) UPC 000-23700-05072-4	1/4/24	X	X		
Tyson Foods	Bosco 6-inch Whole Grain Breadstick Filled with Mozzarella Cheese and Reduced Fat Reduced Sodium Mozzarella Cheese, Individually Wrapped, 2.51 oz	2.14 oz	61	MMA and WGR Food	FG and WGR	190	6.0	28.4%	2.0	9.5%	0	yes	220	2	3	4.9%	yes	yes	yes	Thurston	Code 17026721120; Case (72 count) UPC 107-21931-00078-1; Provides 0.5 ounce MMA and 1.75 oz eq grains.	12/18/23		X		