

List of Acceptable Foods and Beverages
List 14: Entrees Sold Only A La Carte

List 14: Entrees Sold Only A La Carte includes commercial products that meet the CNS entrees category.

Note: The approval is for the product by itself, without any other foods or added accompaniments such as dips, salsa, grated cheese, salad dressings, dips, ketchup, and mustard. If the product is prepared or sold with other foods or accompaniments (such as a chicken patty on a bun with ketchup), the selling entity must determine if the serving of the entree with the other foods or added accompaniments still complies with the CNS. For more information, refer to “Commercially Prepared Foods” and “CNS Worksheets” in the “How To” section of the CSDE’s CNS webpage. Documentation of CNS compliance for foods with accompaniments must be maintained on file by the district and available upon request for the CSDE’s annual Healthy Food Certification (HFC) documentation review.

Exempt from total fat standard: Bean dips including hummus and bean dips made from any variety of beans, peas, or lentils.

Better Choice Recommendations

Manufacturer	Food item description	Package or serving size (fluid ounces)	Weight (grams [g])	Entree definition met: 1) Combination food of MMA and WGR food; 2) combination food of VF and MMA; or 3) MMA alone	General Standard met: 1) Whole Grain-Rich (WGR) Food; 2) Food Groups (FG); or 3) Combination Food (CF)	Calories: ≤350	Fat (g)	% Calories from fat: ≤35%	Saturated fat (g)	% Calories from Saturated fat: <10%	Sodium (mg): ≤480 mg	Fiber (g)	Total sugars (g): ≤15 g	% Sugars by weight: ≤35%	Standard met: No artificial sweeteners, nonnutritive sweeteners, or sugar alcohols	Standard met: No chemically altered fat substitutes	Standard met: No caffeine	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)
Foster Farms	100% Whole Grain Lower-Fat Chicken Corn Dogs, CN labeled, 4 oz	4	113	MMA and WGR Food	FG and WGR	240	9.0	33.8%	2.5	9.4%	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	113	MMA and WGR Food	FG and WGR	240	9.0	33.8%	2.5	9.4%	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
Jennie-O	All Natural Sweet BBQ Turkey Breast Sticks, 1.2 oz	1.2	34	MMA alone	FG	40	1.0	22.5%	0.0	0.0%	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	85	MMA	FG	80	1.5	16.9%	0	0.0%	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	128	MMA	FG	120	2	15.0%	0	0.0%	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	85	MMA	FG	110	2	16.4%	0	0.0%	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
National Food Group	Zee Zee's Hummus Cup, Original, 4.5 oz plastic cup	4.5	128	MMA	FG	170	3.5	18.5%	0	0.0%	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	85	MMA	FG	110	2	16.4%	0	0.0%	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	128	MMA	FG	170	3.5	18.5%	0	0.0%	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	85	MMA	FG	120	3	22.5%	0	0.0%	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
National Food Group	Zee Zee's Hummus Cup, Taco, 4.5 oz plastic cup	4.5	128	MMA	FG	180	4.5	22.5%	1	2.5%	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

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Better Choice Recommendations

Manufacturer	Food item description	Package or serving size (fluid ounces)	Weight (grams [g])	Entree definition met: 1) Combination food of MMA and WGR food; 2) combination food of VF and MMA; or 3) MMA alone	General Standard met: 1) Whole Grain-Rich (WGR) Food; 2) Food Groups (FG); or 3) Combination Food (CF)	Calories: ≤350	Fat (g)	% Calories from fat: ≤35%	Saturated fat (g)	% Calories from Saturated fat: <10%	Sodium (mg): ≤480 mg	Fiber (g)	Total sugars (g): ≤15 g	% Sugars by weight: ≤35%	Standard met: No artificial sweeteners, nonnutritive sweeteners, or sugar alcohols	Standard met: No chemically altered fat substitutes	Standard met: No caffeine	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	Artisan Spicy Whole Grain Breaded Chicken Breast Fillet, With Rib Meat, Fully Cooked, 4.18 oz	4.18	119	MMA and WGR Food	FG	212	8	34.0%	1.6	6.8%	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	115	MMA and WGR Food	FG	206	8	35.0%	1.5	6.6%	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	112	MMA and WGR Food	FG	221	8.5	34.6%	1.5	6.1%	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	Artisan Whole Grain Breaded Whole Muscle Chicken Breast Fillet, Fully Cooked, 4.13 oz	4.13	117	MMA and WGR Food	FG	221	8.5	34.6%	1.5	6.1%	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	117	MMA and WGR Food	FG	214	6.8	28.6%	1.2	5.0%	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	74	MMA and WGR Food	FG	114	4	31.6%	1.3	9.9%	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	58	MMA and WGR Food	FG	111	4	32.4%	0.7	5.7%	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
Rich Chicks LLC	Premium Artisan Whole Grain Breaded Whole Muscle Chicken Breast Tenders (2 piece serving), Fully Cooked 4.1 oz	4.1	116	MMA and WGR Food	FG	221	8.5	34.6%	1.5	6.1%	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	57	MMA and WGR Food	FG	104	4	34.6%	0.7	6.1%	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
Rockin'ola	Rockin Fiesta Bean Dip, 2.25 oz plastic cup	2.25	64	MMA	FG	70	0	0.0%	0	0.0%	140	5	<1	0.0%	yes	yes	yes	Ace Endico, Thurston	Item Number 4902; Case (96 count) UPC 108-53778-00490-2	11/8/24	X	X	X	X
Schwan Food Company	Minh Whole Grain Chicken Egg Roll, 3 oz	3	85	MMA and WGR Food VF and MMA	FG and WGR	160	5	28.1%	1	5.6%	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	

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Schwan Food Company	Tony's 51% Whole Grain Turkey Sausage & Country Gravy Breakfast Pizza, CN Labeled, 3 oz portion from prescored bulk pizza	3	85	MMA and WGR Food	WGR and FG	190	7	33.2%	2.0	9.5%	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		
Schwan Food Company	Tony's 51% Whole Turkey Sausage Breakfast Pizza, CN Labeled, 3.31 oz portion from prescored bulk pizza	3.31	94	MMA and WGR Food	FG and WGR	200	7	31.5%	2.0	9.0%	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	
Tasty Brands	Egg Roll, Buffalo Style Chicken, 2.5 oz	2.5	71	MMA and WGR Food	FG and WGR	120	2.0	15.0%	0.0	0.0%	430	2	1	1.4%	yes	yes	yes	HPC, Sysco CT, Thurston	Item 41209; Case (96 count) UPC 008-10089-29167-7	3/10/25	X	X		
Tasty Brands	Egg Roll, Pizza, 2.2 oz	2.2	62	MMA and WGR Food	FG and WGR	100	1.5	13.5%	0.0	0.0%	280	2	1	1.6%	yes	yes	yes	HPC, Sysco CT, Thurston	Item 41203; Case (96 count) UPC 008-10089-29165-3	3/10/25	X	X		
Tasty Brands	Egg Roll, Turkey With Chorizo Seasoning, Egg & Mozzarella, 2.5 oz	2.5	71	MMA and WGR Food	FG and WGR	140	5.0	32.1%	1.0	6.4%	280	1	1	1.4%	yes	yes	yes	HPC, Sysco CT, Thurston	Item 41209; Case (96 count) UPC 008-10089-29167-7	3/10/25	X	X		
Tasty Brands	Whole Grain Cheese & Vegetable Lasagna Rollup, 4.3 oz piece	4.3	122	MMA and WGR Food	FG and WGR	190	3.5	16.6%	2.0	9.5%	270	2	5	4.1%	yes	yes	yes	HPC, Sysco CT, Thurston	Item 00821WG; Case (110 count) UPC 108-52777-00305-3	1/8/24	X	X		
Tasty Brands	Whole Grain Cheese Lasagna Rollup, 3.65 oz piece	3.65	103	MMA and WGR Food	FG and WGR	170	2.5	13.2%	1.5	7.9%	180	2	4	3.9%	yes	yes	yes	HPC, Sysco CT, Thurston	Item 00808WG; Case (120 count) UPC 108-52777-00299-5	1/8/24	X	X		
Tasty Brands	Whole Grain Cheese Tortellini, 2.27 oz (13 pieces)	2.27	64	MMA and WGR Food	FG and WGR	120	1.5	11.3%	0.5	3.8%	140	2	1	1.6%	yes	yes	yes	HPC, Sysco CT, Thurston	Item 00830WG; Case (6/5-lb bags) UPC 008-10089-29021-2	4/10/24	X	X		
Tasty Brands	Whole Grain Double Stuffed Pasta Rolls, 4.3 oz (1 piece)	4.3	122	MMA and WGR Food	FG and WGR	210	3.5	15.0%	2.0	8.6%	250	2	5	4.1%	yes	yes	yes	HPC, Sysco CT, Thurston	Item 00825WG; Case (130 count) UPC 008-10089-29004-5	1/8/24	X	X		
Tasty Brands	Whole Grain Jumbo Cheese Ravioli, 3.78 oz (3 pieces)	3.78	107	MMA and WGR Food	FG and WGR	200	2.0	9.0%	1.0	4.5%	190	3	3	2.8%	yes	yes	yes	HPC, Sysco CT, Thurston	Item 00804WG; Case (5/5.1 lb bags) UPC 108-52777-00214-8	1/8/24	X	X	X	

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Tasty Brands	Whole Grain Mini Cheese Ravioli, 2.17 oz (5 pieces)	2.17	62	MMA and WGR Food	FG and WGR	100	1.5	13.5%	0.0	0.0%	135	1	2	3.3%	yes	yes	yes	HPC, Sysco CT, Thurston	Item 00837WG; Case (6/5-lb bags) UPC 008-10089-29024-3	1/8/24	X	X		
Tasty Brands	Whole Grain Square Ravioli, 4.3 oz (7 pieces)	4.36	124	MMA and WGR Food	FG and WGR	230	3.0	11.7%	1.5	5.9%	240	3	4	3.2%	yes	yes	yes	HPC, Sysco CT, Thurston	Item 00832WG; Case (6/5-lb bags) UPC 008-10089-29006-9	1/8/24	X	X	X	
Tyson	Fully Cooked, Homestyle, Breaded, Chicken Breast Tenderloins, 1 piece (2.19 oz)	2.19	62	MMA and WGR Food	FG and WGR	130	4.5	31.2%	1	3.5%	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	61	MMA and WGR Food	FG and WGR	190	6.0	28.4%	2.0	9.5%	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		