SHOPPING LIST FOR IOWA GOLD STAR CYCLE MENUS*

INGREDIENT	USDA FOODS	DOD	NOI
BAKERY PRODUCTS			
BAGEL WHOLE WHEAT			
BREAD 100% WHOLE GRAIN			
BREAD TEXAS TOAST			
BREAD CRUMBS			
BUN HOT DOG WHOLE WHEAT			
BUN SUB WHOLE GRAIN (DOUGH)			X
BUN HOAGIE WHOLE GRAIN			
CRACKERS WHOLE-WHEAT			
CROUTONS			
HAMBURGER BUN WHOLE GRAIN			X
TORTILLA WG FLOUR 8" B153	X		
BEEF PRODUCTS			
BEEF GROUND A608	X		
BEEF MEATBALL			X
CHICKEN & TURKEY			
CHICKEN BREAST TENDERS			X
CHICKEN BONELESS SKINLESS			
CHICKEN DICED COOKED A517	X		
CHICKEN FAJITA STRIPS DARK MEAT A563	X		
CHICKEN PATTIES GRILLED			X
CORN DOG LOW FAT WG			
HOT DOG TURKEY			
TURKEY BREAST DELI MEAT A549	X		
TURKEY HAM A548	X		
TURKEY ROAST LIGHT & DARK MEAT A537	X		
CONDIMENTS			
CATSUP			
HONEY			
MAYONNAISE, Low Fat, No Cholesterol			
MUSTARD DIJON			
MUSTARD YELLOW PREPARED			

INGREDIENT	USDA FOODS	DOD	NOI
DAIRY PRODUCTS			
CHEESE BLEND AMERICAN AND SKIM B119	X		
CHEESE CHEDDAR OR COLBY LOWFAT			
CHEESE CHEDDAR SHREDDED RED B027	X		
CHEESE COTTAGE NON-FAT			
CHEESE MONTEREY LOW FAT			
CHEESE MOZZARELLA PART SKIM MILK B037	X		
CHEESE PARMESAN GRATED			
CHEESE PARMESAN SHREDDED			
CHEESE PROVOLONE			
EGG WHOLE DRIED			
EGG WHOLE FROZEN PASTEURIZED A568	X		
EGG WHOLE RAW			
MILK CHOCOLATE /STRAWBERRY SKIM			
MILK BTTRMLK FLUID			
MILK CND EVAP NONFAT			
MILK DRY NONFAT INST			
MILK LOWFAT FLUID 1% MILKFAT			
MILK NONFAT FLUID			
MILK RED FAT FLUID 2% MILKFAT			
YOGURT FLAVORED NONFAT			
YOGURT PLAIN LOFAT			
FISH/SEAFOOD			
FISH PORTION COD			
POLLOCK			X
TUNA WHITE CANNED IN WATER			
FLOUR/GRAINS/MACARONI/RICES			
CORNMEAL ENRICHED			
CORNSTARCH			
FLOUR ALL PURPOSE ENRICHED B183	X		
FLOUR WHOLE WHEAT B351	X		
LASAGNA NOODLES ENR			
MACARONI WHOLE-WHEAT B426	X		
OATS B444	X		
RICE BROWN LONG-GRAIN			
SPAGHETTI WHOLE GRAIN B836	X		

INGREDIENT	USDA FOODS	DOD	NOI
FRUIT & FRUIT JUICE			
APPLE CIDER			
APPLES CANNED WATER PACK SLICED A345	X		
APPLES RAW		X	
APPLESAUCE CANNED UNSWEETENED A350	X		
APRICOTS CND LT SYRUP PK W/SKN A360	X		
BANANAS			
BLUEBERRIES FRZ UNSWTND A366/A367	X		
CHERRIES RED TART DRIED A293	X		
CRANBERRY SAUCE CANNED A288	X		
FRUIT COCKTAIL CND LIGHT SYRUP A470	X		
FRUIT TROPICAL CND LIGHT SYRUP			
GRAPES		X	
KIWI FRUIT		X	
LEMON JUICE			
LIME JUICE			
MANDARIN ORANGES CND LIGHT SYRUP			
MELONS CANTALOUPE		X	
MELONS HONEYDEW		X	
ORANGE JUICE FRZ CONC UNSWTND			
ORANGES RAW		X	
PEACHES CND LIGHT SYRUP A408/A409	X		
PEARS CANNED HALVES LIGHT SYRUP A431	X		
PEARS CANNED SLICED LIGHT SYRUP A433	X		
PINEAPPLE TIDBITS IN LIGHT SYRUP			
PINEAPPLE CND JUICE PK			
RAISINS SEEDLESS A500	X		
STRAWBERRIES IQF A380	X		
STRAWBERRIES RAW		X	
MARGARINE/OIL/SHORT/SAL.DRESS			
MARGARINE			
OIL VEGETABLE B670	X		
SALAD DRESSING CAESAR			
SALAD DRESSING MAYO TYPE,RED CAL			
SALAD DRESSING ITALIAN DRSNG,REDUCED FAT			
SALAD DRESSING RANCH DRY MIX			

INGREDIENT	USDA FOODS	DOD	NOI
SHORTENING			
SUNFLOWER SEED BUTTER B477	X		

MISCELLANEOUS

BACON BITS IMITATION			
CARAMEL TOPPING			
GARLIC FOOD SPRAY			
SUGAR BROWN			
SUGAR GRANULATED			
SUGAR POWDERED			
SYRUPS PANCAKE			

PIZZA/PIZZA PRODUCTS

PIZZA CHEESE WG			X
PIZZA DIPPERS BFY			X
PIZZA PEPPERONI WG			X
PIZZA SAUSAGE WG			X

PORK PRODUCTS

HAM WATER ADDED SLICED A726	X		
HAM WATER ADDED FULLY COOKED A693	X		
PORK LEG ROAST A672	X		

SNACKS/MISC

SUN CHIPS MULTIGRAIN			
TORTILLA CHIPS YELLOW ROUND			X

SOUP & GRAVY/SAUCES

BASE CHICKEN LOW SODIUM			
BASE VEGETABLE LOW SODIUM NO MSG			
SAUCE ENCHILADA			
SAUCE WORCESTERSHIRE			
SOUP CHICKEN BROTH LOW SODIUM			
SOY SAUCE LOW SODIUM			

SPICES/HERBS

ALLSPICE GROUND			
BAKING POWDER			
BAKING SODA			

INGREDIENT	USDA FOODS	DOD	NOI
BASIL LEAF			
BASIL DRIED			
CELERY SEED			
CHILI POWDER			
CHILI SEASONING MIX LOW SODIUM			
CILANTRO FRESH			
CINNAMON, GROUND			
CLOVES GROUND			
CUMIN GROUND			
DILL WEED DRIED			
GARLIC BREAD SPRINKLE			
GARLIC POWDER			
GARLIC GRANULATED			
GINGER GROUND			
ITALIAN SEASONING			
MARJORAM DRIED			
MUSTARD DRY			
NUTMEG GROUND			
ONIONS DEHYDRATED FLAKES			
ONION POWDER			
ONION MINCED DRY			
ORANGE PEEL			
OREGANO LEAVES DRIED			
PAPRIKA			
PARSLEY DRIED			
PEPPER BLACK GROUND			
PEPPER RED OR CAYENNE			
PEPPER WHITE			
POULTRY SEASONING			
PUMPKIN PIE SPICE			
ROSEMARY DRIED			
SAGE GROUND			
SALT KOSHER			
SALT ONION			
SALT TABLE			
SEASONING MIX			
TACO SEASONING MIX LOW SODIUM			
THYME LEAF DRIED			

INGREDIENT	USDA FOODS	DOD	NOI
VANILLA FLAVORING			
VINEGAR CIDER			
VINEGAR DISTILLED			
VINEGAR RED WINE			
YEAST BAKER'S ACTIVE DRY			

STATE PROCESSED USDA FOODS

BARBEQUE SAUCE	X		
BEEF CRUMBLES	X		X
BEEF PATTIE	X		X
CHEESE SAUCE CHEDDAR CHEESE	X		X
CHICKEN CHUNKS WG BREADED	X		X
CHICKEN POPCORN	X		X
EGGS OMELET CHEESE	X		
MANDARIN ORANGE CHICKEN	X		
MARINARA SAUCE	X		
MOZZARELLA CHEESE STICK BREADED	X		X
PORK PATTIE BREADED PIERRE	X		X
PORK PATTIE SAUSAGE	X		X
PORK SEASONED	X		
SALSA	X		
SAUCE SPAGHETTI	X		
TURKEY PATTIE GRILLED	X		

VEGETABLES

ASPARAGUS FRZ			
BEANS BAKED VEGETARIAN CANNED A091	X		
BEANS BLACK CND	X		
BEANS GARBANZO CANNED	X		
BEANS GREEN CANNED A061	X		
BEANS KIDNEY A086			
BEANS PINTO CND A079	X		
BEANS REFRIED CND A085	X		
BEANS SNAP CND			
BROCCOLI FRZ CHOPD			
BROCCOLI RAW		X	
CABBAGE RAW		X	
CARROT BABY		X	

INGREDIENT	USDA FOODS	DOD	NOI
CARROTS CND A100	X		
CARROTS FROZEN			
CARROTS RAW		X	
CAULIFLOWER FRZ			
CAULIFLOWER RAW		X	
CELERY		X	
CORN CND WHOLE KERNEL LOW SODIUM A110	X		
CORN SWT YEL FRZ A130	X		
CUCUMBER		X	
GARLIC			
JICAMA			
LETTUCE GRN LEAF		X	
LETTUCE ICEBERG		X	
LETTUCE ROMAINE		X	
MUSHROOMS CND			
ONIONS RAW		X	
ONIONS RED RAW		X	
PEAS GRN FRZ A160	X		
PEPPERS SWEET GREEN		X	
PEPPERS SWEET RED		X	
PICKLE RELISH SWEET			
PIMENTO			
POTATOES CND			
POTATOES FRZ WEDGES A174	X		X
POTATOES MASHED			X
POTATOES ROUNDS FRZ A204	X		X
POTATOES WHITE		X	
PUMPKIN CANNED			
RADISHES RAW		X	
SPINACH RAW		X	
SQUASH SUMMER			
SQUASH WINTER			
SQUASH ZUCCHINI			
SUGAR SNAP PEAS		X	
SWEET POTATO			
SWEET POTATO CUTS			X
SWEET POTATO FRIES			X
TOMATO PASTE LOW SODIUM A252	X		

INGREDIENT	USDA FOODS	DOD	NOI
TOMATO PRODUCTS CND PUREE			
TOMATO SAUCE CANNED LOW SODIUM A239	X		
TOMATOES CANNED DICED LOW SODIUM A241	X		
TOMATOES RAW		X	
TOMATOES CND WHOLE LOW SODIUM			
VEGETABLES CAL BLEND FRZ			
VEGETABLES MXD FRZ			
VEGETABLES ORIENTAL FRZ			

** USDA Foods change annually. The list of USDA Foods is based on projected purchases by the Iowa State Agency for SY 2011-2012.*