## An Alphabetical Listing of the Sentinel Foods, Sorted by Food Category

### Asian Mixed Dishes
- Chicken and vegetables, Chinese restaurant
- Orange chicken, Chinese restaurant
- Vegetable egg roll

### Breads, Rolls, Tortillas
- Bagel
- Flour tortilla
- Hamburger roll
- Taco shell, corn
- Wheat bread
- White bread

### Breakfast Cereals
- Cheerios
- Instant oatmeal, flavored
- Frosted flakes
- Raisin Bran

### Cheese
- American cheese
- Cheddar cheese
- Cottage cheese, reduced or low fat
- Fried mozzarella sticks, fast food or restaurant
- Mozzarella cheese, part-skim
- Parmesan cheese, grated

### Condiments and Sauces
- Barbecue sauce
- Catsup
- Dill pickles
- Nacho cheese dip
- Marinara sauce, ready to serve

### Cured Meats/Poultry
- Beef hot dog
- Bologna
- Ham, packaged and deli
- Kielbasa
- Meat and poultry hot dog
- Pork sausage
- Pork bacon
- Salami
- Turkey, packaged and deli

### Grain Based Mixed Dishes
- Lasagna with meat, frozen
- Lasagna with meat, fast food or restaurant
- Macaroni and cheese, prepared from packaged
- Macaroni and cheese, fast food or restaurant
- Ravioli, meat-filled, canned
- Spaghetti with meatballs, canned

### Mexican Mixed Dishes
- Bean burrito, fast food
- Beef soft taco, fast food
- Beef hard taco, fast food
- Chicken soft taco, fast food

### Meat and Poultry
- Chili with meat and beans, canned
- Chili with meat and beans, fast food or restaurant
- Chicken pot pie, frozen

### Meats
- Pork chop, enhanced

### Mexican Mixed Dishes
- Bean burrito, fast food
- Beef soft taco, fast food
- Beef hard taco, fast food
- Chicken soft taco, fast food

### Meat and Poultry
- Chili with meat and beans, canned
- Chili with meat and beans, fast food or restaurant
- Chicken pot pie, frozen

### Potato Products
- French fries, frozen
- French fries, fast food or restaurant
- Mashed potato, fast food or restaurant
- Potato salad, ready-to-eat
- Hash browns, fast food
- Tater tots, frozen

### Poultry Products
- Chicken tenders, frozen
- Chicken tenders, fast food or restaurant
- Chicken nuggets, frozen
- Chicken nuggets, fast food or restaurant
- Rotisserie chicken
- Fried chicken wing, fast food
- Fried chicken thigh, fast food
- Fried chicken thigh, frozen

### Quick Bread Products
- Biscuit, fast food
- Cornbread, prepared from mix
- Biscuit, refrigerated dough
- Blueberry muffin
- Pancakes, frozen

### Plant-Based Protein Foods
- Peanut butter
- Peanuts, dry roasted, salted
- Pork and beans, canned
- Refried beans, canned
- Refried beans, fast food or restaurant

### Plant-Based Protein Foods
- Peanut butter
- Peanuts, dry roasted, salted
- Pork and beans, canned
- Refried beans, canned
- Refried beans, fast food or restaurant

### Pizza
- Cheese pizza, thin crust, fast food or restaurant
- Cheese pizza, thick crust, fast food or restaurant
- Cheese pizza, thin crust, frozen
- Pepperoni pizza, thick crust, fast food or restaurant
- Pepperoni pizza, regular crust, fast food or restaurant

### Pizza
- Cheese pizza, thin crust, fast food or restaurant
- Cheese pizza, thick crust, fast food or restaurant
- Cheese pizza, thin crust, frozen
- Pepperoni pizza, thick crust, fast food or restaurant
- Pepperoni pizza, regular crust, fast food or restaurant

### Quick Bread Products
- Biscuit, fast food
- Cornbread, prepared from mix
- Biscuit, refrigerated dough
- Blueberry muffin
- Pancakes, frozen

### Salad Dressings and Mayonnaise
- Italian dressing
- Mayonnaise
- Mayonnaise-type dressing
- Ranch dressing

### Sandwiches
- Breaded chicken sandwich, fast food
- Corn dog, frozen
- Double cheeseburger, fast food
- Egg, cheese, and ham on muffin, fast food
- Fish sandwich with cheese, fast food
- Ham, cheese, and fast food

### Savory Snacks and Crackers
- Cheese curls
- Cracker, Ritz-like
- Cracker, saltine
- Hard pretzels
- Microwave popcorn, butter flavor
- Potato chips, flavored
- Potato chips, unflavored
- Tortilla chips, unflavored
- Tortilla chips, flavored

### Seafood Products
- Breaded fish fillet, fast food or restaurant
- Canned tuna, in water
- Fish sticks, frozen
- Fried shrimp, fast food or restaurant

### Soups
- Cream of mushroom soup, prepared from canned, condensed
- Chicken broth, canned, ready to serve
- Chicken noodle soup, prepared from canned, condensed

### Vegetable Products
- Tomato and vegetable juice
- Tomato juice
- Corn, canned
- Green beans, canned
- Tomatoes, canned
- Coleslaw, fast food or restaurant
- Ramen noodle soup, prepared from packaged
- Tomato soup, prepared from canned, condensed
- Vegetable soup, canned, ready to serve

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