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
Salsa
Soy sauce
Soy sauce, reduced sodium
Tomato sauce, canned
Yellow mustard

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
Spanish rice, prepared from packaged
Spanish rice, fast food or restaurant
Vegetable fried rice, Chinese restaurant

Meat and Poultry Mixed Dishes

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

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

Plant-Based Protein Foods

Peanut butter
Peanuts, dry roasted, salted
Pork and beans, canned
Refried beans, canned
Refried beans, fast food or restaurant

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

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
Hamburger, 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
Ramen noodle soup, prepared from packaged
Tomato soup, prepared from canned, condensed
Vegetable soup, canned, ready to serve

Sweet Bakery Products

Chocolate cake with icing
Chocolate chip cookie
Chocolate sandwich cookie
Cinnamon bun, packaged
Frosted toaster pastry
Plain cake doughnut

Vegetable Products

Tomato and vegetable juice
Tomato juice
Corn, canned
Green beans, canned
Tomatoes, canned
Coleslaw, fast food or restaurant