



(10024550 Flowers) 10024550 Whole Wheat Dinner Rolls, 24 count	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Roll	Recipe	Roll	Recipe	Roll	Recipe	Roll
10024550 Whole Wheat Dinner Rolls, 24 count	79.9999	82.0921	0	0	124.9999	128.269	15	15.3923
	<b>79.9999</b>	<b>82.0921</b>	<b>0</b>	<b>0</b>	<b>124.9999</b>	<b>128.269</b>	<b>15</b>	<b>15.3923</b>

\* Total includes one or more missing nutrient data.

(25370) 25370 - MILK FF CHOC HALF PINT PLASTIC	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
25370 - MILK FF CHOC HALF PINT PLASTIC	119.9998	119.9998	0	0	179.9998	179.9998	20	20
	<b>119.9998</b>	<b>119.9998</b>	<b>0</b>	<b>0</b>	<b>179.9998</b>	<b>179.9998</b>	<b>20</b>	<b>20</b>

\* Total includes one or more missing nutrient data.

(25399) 25399 - MILK 1% HALF PINT PLASTIC	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
25399 - MILK 1% HALF PINT PLASTIC	109.9999	109.9999	1.5	1.5	129.9999	129.9999	12.9999	12.9999
	<b>109.9999</b>	<b>109.9999</b>	<b>1.5</b>	<b>1.5</b>	<b>129.9999</b>	<b>129.9999</b>	<b>12.9999</b>	<b>12.9999</b>

\* Total includes one or more missing nutrient data.

(18300-1,2,3,4,5,6) Animal Crackers, Individual packages, WG (J and J)	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each (1 Oz)	Recipe	Each (1 Oz)	Recipe	Each (1 Oz)	Recipe	Each (1 Oz)
Animal Crackers, Individual packages, WG (J and J)	130	131.6227	0	0	95	96.1858	20	20.2497
	<b>130</b>	<b>131.6227</b>	<b>0</b>	<b>0</b>	<b>95</b>	<b>96.1858</b>	<b>20</b>	<b>20.2497</b>

\* Total includes one or more missing nutrient data.

(15116-1,5,6) Apple Juice Box	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each (6.75 Oz)	Recipe	Each (6.75 Oz)	Recipe	Each (6.75 Oz)	Recipe	Each (6.75 Oz)
Apple Juice, 100% Juice, Shelf Stable, Box w/straw (SunCup)	89.9998	89.9998	0	0	10	10	24.0001	24.0001
	<b>89.9998</b>	<b>89.9998</b>	<b>0</b>	<b>0</b>	<b>10</b>	<b>10</b>	<b>24.0001</b>	<b>24.0001</b>

\* Total includes one or more missing nutrient data.



(2177 QP) Apple, Gala, Fuji	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Apple	Recipe	Apple	Recipe	Apple	Recipe	Apple
Apple, Gala, Fuji	52.2	95.004	0.03	0.0546	1.1	2.002	13.81	25.1342
	<b>52.2</b>	<b>95.004</b>	<b>0.03</b>	<b>0.0546</b>	<b>1.1</b>	<b>2.002</b>	<b>13.81</b>	<b>25.1342</b>

\* Total includes one or more missing nutrient data.

(12205-1,5,6) Applesauce Pouch	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each (3.2 Oz)	Recipe	Each (3.2 Oz)	Recipe	Each (3.2 Oz)	Recipe	Each (3.2 Oz)
Squeezable Fruit Pouch, Apple (Tree Top)	89.9999	89.9999	0	0	5	5	21.9999	21.9999
	<b>89.9999</b>	<b>89.9999</b>	<b>0</b>	<b>0</b>	<b>5</b>	<b>5</b>	<b>21.9999</b>	<b>21.9999</b>

\* Total includes one or more missing nutrient data.

(12203-1,5,6) Applesauce, Cup	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each (4.5 Oz)	Recipe	Each (4.5 Oz)	Recipe	Each (4.5 Oz)	Recipe	Each (4.5 Oz)
Applesauce, Cups, shelf stable (Musselmans)	60	59.7997	0	0	10	9.9666	13.0001	12.9567
	<b>60</b>	<b>59.7997</b>	<b>0</b>	<b>0</b>	<b>10</b>	<b>9.9666</b>	<b>13.0001</b>	<b>12.9567</b>

\* Total includes one or more missing nutrient data.

(2012 QP) Baby Carrots, case 30#s	Calories (kcal)			Saturated Fat (g)			Sodium (mg)			Total Carbohydrate (g)		
	Recipe	SERV(1/2 Cup)	SERV(1/4Cup)	Recipe	SERV(1/2 Cup)	SERV(1/4Cup)	Recipe	SERV(1/2 Cup)	SERV(1/4Cup)	Recipe	SERV(1/2 Cup)	SERV(1/4Cup)
Baby Carrots, case 30#s	0.35	29.75	14.875	0.0002	0.0196	0.0098	0.78	66.3	33.15	0.0824	7.004	3.502
	<b>0.35</b>	<b>29.75</b>	<b>14.875</b>	<b>0.0002</b>	<b>0.0196</b>	<b>0.0098</b>	<b>0.78</b>	<b>66.3</b>	<b>33.15</b>	<b>0.0824</b>	<b>7.004</b>	<b>3.502</b>

\* Total includes one or more missing nutrient data.

(R-1005) Baked Beans	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	1/2 Cup	Recipe	1/2 Cup	Recipe	1/2 Cup	Recipe	1/2 Cup
Vegetarian Beans, 6/10	8164.6608	163.2932	0	0	7144.0791	142.8816	1479.8456	29.5969
Peppers, Onion Blend, Frozen	26	0.52	0	0	8	0.16	6	0.12
Barbecue Sauce, Mild, Smokey flavor (bulk) (Cattlemens)	1119.9999	22.4	0	0	13440.0003	268.8	252.0001	5.04
	<b>9310.6607</b>	<b>186.2132</b>	<b>0</b>	<b>0</b>	<b>20592.0794</b>	<b>411.8416</b>	<b>1737.8457</b>	<b>34.7569</b>

\* Total includes one or more missing nutrient data.

(18001-1,5,6) Baked Potato Chips	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	1 Bag	Recipe	1 Bag	Recipe	1 Bag	Recipe	1 Bag
Chips, Baked, Original (Frito Lay)	139.9999	140.6221	0.5	0.5022	179.9999	180.7999	24	24.1066

\* Total includes one or more missing nutrient data.



(18001-1,5,6) Baked Potato Chips	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	1 Bag	Recipe	1 Bag	Recipe	1 Bag	Recipe	1 Bag
	139.9999	140.6221	0.5	0.5022	179.9999	180.7999	24	24.1066

\* Total includes one or more missing nutrient data.

(18022-1,5,6) Baked Tortilla Chips, Hot Flavored, WG (Frito)	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	1 Bag	Recipe	1 Bag	Recipe	1 Bag	Recipe	1 Bag
Baked Tortilla Chips, Hot Flavored, WG (Frito)	129.9999	129.9999	0.5	0.5	199.9998	199.9998	20	20
	129.9999	129.9999	0.5	0.5	199.9998	199.9998	20	20

\* Total includes one or more missing nutrient data.

(18007-1,5,6) Baked Tortilla Chips, Nacho Cheese Flavored, WG	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	1 Bag	Recipe	1 Bag	Recipe	1 Bag	Recipe	1 Bag
Baked Tortilla Chips, Nacho Cheese Flavored, WG	129.9999	129.9999	1	1	199.9998	199.9998	20	20
	129.9999	129.9999	1	1	199.9998	199.9998	20	20

\* Total includes one or more missing nutrient data.

(18008-1,5,6) Baked Tortilla Chips, Ranch Flavored, WG (Frito Lay)	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	1 Bag	Recipe	1 Bag	Recipe	1 Bag	Recipe	1 Bag
Baked Tortilla Chips, Ranch Flavored, WG (Frito Lay)	129.9999	129.9999	0.5	0.5	179.9998	179.9998	20	20
	129.9999	129.9999	0.5	0.5	179.9998	179.9998	20	20

\* Total includes one or more missing nutrient data.

(QP42) Banana	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Banana	Recipe	Banana	Recipe	Banana	Recipe	Banana
Banana	0.89	105.02	0.0011	0.1322	0.01	1.18	0.2284	26.9512
	0.89	105.02	0.0011	0.1322	0.01	1.18	0.2284	26.9512

\* Total includes one or more missing nutrient data.

(R5048) BBQ Chicken Sandwich	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Sandwich	Recipe	Sandwich	Recipe	Sandwich	Recipe	Sandwich
Chicken, Diced, Cooked	576.0002	72	0	0	448	56	0	0
Barbecue Sauce, Mild, Smokey flavor (bulk) (Cattlemens)	320	40	0	0	3840.0001	480	72	9
95933380- K-12 Spec 4", Hamburger Buns, 30-Count	1180.9522	147.619	0	0	1889.5239	236.1905	236.1902	29.5238
	2076.9523	259.619	0	0	6177.524	772.1905	308.1903	38.5238

\* Total includes one or more missing nutrient data.



(15112-1,5,6) Berry Lemon Fruit Sorbet	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each (4.4 Oz)	Recipe	Each (4.4 Oz)	Recipe	Each (4.4 Oz)	Recipe	Each (4.4 Oz)
Juice Cup/Sorbet, Berry Lemon Swirl, fzn (J and J)	70	70	0	0	5	5	18.9999	18.9999
	<b>70</b>	<b>70</b>	<b>0</b>	<b>0</b>	<b>5</b>	<b>5</b>	<b>18.9999</b>	<b>18.9999</b>

\* Total includes one or more missing nutrient data.

(100368) Blackeye Beans	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	0.5 Cup	Recipe	0.5 Cup	Recipe	0.5 Cup	Recipe	0.5 Cup
Beans, Blackeye, 6/10	120	120	0	0	140	140	20.9999	20.9999
	<b>120</b>	<b>120</b>	<b>0</b>	<b>0</b>	<b>140</b>	<b>140</b>	<b>20.9999</b>	<b>20.9999</b>

\* Total includes one or more missing nutrient data.

(13035-1,5,6) Blackeye Peas (Bountiful Harvest)	Calories (kcal)			Saturated Fat (g)			Sodium (mg)			Total Carbohydrate (g)		
	Recipe	0.25 Cup	0.5 Cup	Recipe	0.25 Cup	0.5 Cup	Recipe	0.25 Cup	0.5 Cup	Recipe	0.25 Cup	0.5 Cup
Blackeye Peas (Bountiful Harvest)	110	55	110	0	0	0	360	180	360	20	10	20
	<b>110</b>	<b>55</b>	<b>110</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>360</b>	<b>180</b>	<b>360</b>	<b>20</b>	<b>10</b>	<b>20</b>

\* Total includes one or more missing nutrient data.

(14021-1,5,6) Blueberry Muffin	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each (2 Oz)	Recipe	Each (2 Oz)	Recipe	Each (2 Oz)	Recipe	Each (2 Oz)
Muffins, Blueberry flavor, fzn, IW WG (Muffin Town)	159.9999	159.9999	0.5	0.5	114.9999	114.9999	28	28
	<b>159.9999</b>	<b>159.9999</b>	<b>0.5</b>	<b>0.5</b>	<b>114.9999</b>	<b>114.9999</b>	<b>28</b>	<b>28</b>

\* Total includes one or more missing nutrient data.

(62) BOX:SOY BUTTER SANDWICH & STRING CHEESE	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Sandwich w/ String Cheese	Recipe	Sandwich w/ String Cheese	Recipe	Sandwich w/ String Cheese	Recipe	Sandwich w/ String Cheese
String Cheese, IW (Fair Meadow )	80.9986	80.9986	3.5437	3.5437	202.4964	202.4964	0	0
Applesauce, Cups, shelf stable (Musselmans)	59.7997	59.7997	0	0	9.9666	9.9666	12.9567	12.9567
Crackers, Cheese Flavored (CheezIt)	101.2482	101.2482	1.0125	1.0125	151.8723	151.8723	14.1748	14.1748
Sandwich, Peanut Butter Substitute and Jelly, IW, WG (Albies)	280.1598	280.1598	3.0017	3.0017	200.1141	200.1141	28.016	28.016
	<b>522.2063</b>	<b>522.2063</b>	<b>7.5579</b>	<b>7.5579</b>	<b>564.4494</b>	<b>564.4494</b>	<b>55.1474</b>	<b>55.1474</b>

\* Total includes one or more missing nutrient data.



(10600-1,5,6) Breaded Chicken Breast Nuggets	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	5 Nuggets	Recipe	5 Nuggets	Recipe	5 Nuggets	Recipe	5 Nuggets
Chicken Nuggets, WG Breading (min 236 nuggets) (Koch)	180	180	2	2	330	330	10	10
	<b>180</b>	<b>180</b>	<b>2</b>	<b>2</b>	<b>330</b>	<b>330</b>	<b>10</b>	<b>10</b>

\* Total includes one or more missing nutrient data.

(16117-1,5,6) Breakfast Pancake Sausage on a Stick	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each (2.5 Oz)	Recipe	Each (2.5 Oz)	Recipe	Each (2.5 Oz)	Recipe	Each (2.5 Oz)
Breakfast Pancake Sausage on a Stick, WG (Tyson)	139.9999	139.9999	1.5	1.5	359.9997	359.9997	16	16
	<b>139.9999</b>	<b>139.9999</b>	<b>1.5</b>	<b>1.5</b>	<b>359.9997</b>	<b>359.9997</b>	<b>16</b>	<b>16</b>

\* Total includes one or more missing nutrient data.

(16110-1,5,6) Breakfast Pizza with Sausage	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	1 Pizza	Recipe	1 Pizza	Recipe	1 Pizza	Recipe	1 Pizza
Breakfast Pizza with Sausage, IW, WG, (Schwans)	239.9998	239.9998	2.5	2.5	339.9997	339.9997	30.9999	30.9999
	<b>239.9998</b>	<b>239.9998</b>	<b>2.5</b>	<b>2.5</b>	<b>339.9997</b>	<b>339.9997</b>	<b>30.9999</b>	<b>30.9999</b>

\* Total includes one or more missing nutrient data.

(R5036) Broccoli & Cheese	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	1/2 Cup	Recipe	1/2 Cup	Recipe	1/2 Cup	Recipe	1/2 Cup
Broccoli, Frozen	448.6625	17.9465	0	0	379.6364	15.1855	86.2814	3.4513
Cheddar Cheese, Shredded (Fair Meadow)	890.985	35.6394	48.5993	1.944	1457.9755	58.319	0	0
	<b>1339.6475</b>	<b>53.5859</b>	<b>48.5993</b>	<b>1.944</b>	<b>1837.6119</b>	<b>73.5045</b>	<b>86.2814</b>	<b>3.4513</b>

\* Total includes one or more missing nutrient data.

(36) Brown Gravy	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	1/4 Cup Prepared	Recipe	1/4 Cup Prepared	Recipe	1/4 Cup Prepared	Recipe	1/4 Cup Prepared
Gravy Mix, Brown (Southeastern Mills)	871.7471	17.4349	21.2622	0.4252	7200.7729	144.0155	113.3981	2.268
	<b>871.7471</b>	<b>17.4349</b>	<b>21.2622</b>	<b>0.4252</b>	<b>7200.7729</b>	<b>144.0155</b>	<b>113.3981</b>	<b>2.268</b>

\* Total includes one or more missing nutrient data.

(R5042) Buttered Toast	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Toast (1)	Recipe	Toast (1)	Recipe	Toast (1)	Recipe	Toast (1)
Margarine, Solid, All vegetable, Trans-fat free (Gold-N-Swee)	20.2496	20.2496	1.0125	1.0125	22.2746	22.2746	1.0125	1.0125

\* Total includes one or more missing nutrient data.



(R5042) Buttered Toast	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Toast (1)	Recipe	Toast (1)	Recipe	Toast (1)	Recipe	Toast (1)
95933420-K-12 Special Wheat Sandwich Bread Loaf	2.2581	2.2581	0	0	3.871	3.871	0.4516	0.4516
	<b>22.5077</b>	<b>22.5077</b>	<b>1.0125</b>	<b>1.0125</b>	<b>26.1456</b>	<b>26.1456</b>	<b>1.4641</b>	<b>1.4641</b>

\* Total includes one or more missing nutrient data.

(19036-1,5,6) Buttermilk Ranch	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	1 Packet	Recipe	1 Packet	Recipe	1 Packet	Recipe	1 Packet
Ranch Salad Dressing, Fat Free, Buttermilk	110	111.3731	1	1.0125	360	364.4936	9	9.1124
	<b>110</b>	<b>111.3731</b>	<b>1</b>	<b>1.0125</b>	<b>360</b>	<b>364.4936</b>	<b>9</b>	<b>9.1124</b>

\* Total includes one or more missing nutrient data.

(13220-1,5,6) California Mix, Vegetables, fzn (Simplot)	Calories (kcal)				Saturated Fat (g)				Sodium (mg)				Total Carbohydrate (g)			
	Recipe	0.5 Cup	0.75 Cup	1 Cup	Recipe	0.5 Cup	0.75 Cup	1 Cup	Recipe	0.5 Cup	0.75 Cup	1 Cup	Recipe	0.5 Cup	0.75 Cup	1 Cup
California Mix, Vegetables, fzn (Simplot)	25	18.1818	27.2727	36.3636	0	0	0	0	30	21.8182	32.7272	43.6363	5	3.6364	5.4545	7.2727
	<b>25</b>	<b>18.1818</b>	<b>27.2727</b>	<b>36.3636</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>30</b>	<b>21.8182</b>	<b>32.7272</b>	<b>43.6363</b>	<b>5</b>	<b>3.6364</b>	<b>5.4545</b>	<b>7.2727</b>

\* Total includes one or more missing nutrient data.

(2017 QP) Celery, Sticks, 4 5# bags	Calories (kcal)			Saturated Fat (g)			Sodium (mg)			Total Carbohydrate (g)		
	Recipe	1/2 Cup	SERV(1/4Cup)	Recipe	1/2 Cup	SERV(1/4Cup)	Recipe	1/2 Cup	SERV(1/4Cup)	Recipe	1/2 Cup	SERV(1/4Cup)
Celery, Sticks, 4 5# bags	0 *	0 *	0 *	0 *	0 *	0 *	0 *	0 *	0 *	0 *	0 *	0 *
	<b>0 *</b>	<b>0 *</b>	<b>0 *</b>	<b>0 *</b>	<b>0 *</b>	<b>0 *</b>	<b>0 *</b>	<b>0 *</b>	<b>0 *</b>	<b>0 *</b>	<b>0 *</b>	<b>0 *</b>

\* Total includes one or more missing nutrient data.

(18010-1,5,6) Cheddar Sun Chips	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	1 Bag	Recipe	1 Bag	Recipe	1 Bag	Recipe	1 Bag
Sun Chips, Cheddar, WG (Frito Lay)	139.9999	139.9999	0.5	0.5	169.9999	169.9999	19	19
	<b>139.9999</b>	<b>139.9999</b>	<b>0.5</b>	<b>0.5</b>	<b>169.9999</b>	<b>169.9999</b>	<b>19</b>	<b>19</b>

\* Total includes one or more missing nutrient data.

(14109-1,5,6) Cheerios Cereal	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each (1 Oz)	Recipe	Each (1 Oz)	Recipe	Each (1 Oz)	Recipe	Each (1 Oz)
Cheerios Cereal, Bowl Pack, WG (GM)	99.9999	99.9999	0	0	139.9999	139.9999	21	21
	<b>99.9999</b>	<b>99.9999</b>	<b>0</b>	<b>0</b>	<b>139.9999</b>	<b>139.9999</b>	<b>21</b>	<b>21</b>

\* Total includes one or more missing nutrient data.



(R5043) Cheese Grits	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	1/2 Cup	Recipe	1/2 Cup	Recipe	1/2 Cup	Recipe	1/2 Cup
Cheddar Cheese, Shredded (Fair Meadow )	1781.9699	17.8197	97.1985	0.972	2915.9509	29.1595	0	0
Grits, White (Renwood)	13985.7653	139.8577	0	0	1322.9782	13.2298	2872.7515	28.7275
Margarine, Solid, All vegetable, Trans-fat free (Gold-N-Swee	1619.9728	16.1997	80.9987	0.81	1781.9702	17.8197	80.9987	0.81
	<b>17387.7081</b>	<b>173.8771</b>	<b>178.1972</b>	<b>1.782</b>	<b>6020.8993</b>	<b>60.209</b>	<b>2953.7502</b>	<b>29.5375</b>

\* Total includes one or more missing nutrient data.

(3) Cheeseburger	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Sandwich	Recipe	Sandwich	Recipe	Sandwich	Recipe	Sandwich
American Cheese, Sliced, Processed Loaf (Cobblestreet)	45	45	2.25	2.25	240	240	1.5	1.5
Beef Patty, Flame Broiled (Don Lee)	135.9999	135.9999	4	4	118.9999	118.9999	1	1
95933380- K-12 Spec 4", Hamburger Buns, 30-Count	147.619	147.619	0	0	236.1905	236.1905	29.5238	29.5238
	<b>328.6189</b>	<b>328.6189</b>	<b>6.25</b>	<b>6.25</b>	<b>595.1904</b>	<b>595.1904</b>	<b>32.0237</b>	<b>32.0237</b>

\* Total includes one or more missing nutrient data.

(27) CHICKEN BISCUIT	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	CHICKEN BISCUIT	Recipe	CHICKEN BISCUIT	Recipe	CHICKEN BISCUIT	Recipe	CHICKEN BISCUIT
Chicken Breakfast Patty, WG Breading (for biscuit) (Koch)	129.3135	129.3135	1.4921	1.4921	238.7326	238.7326	6.963	6.963
Biscuit, Southern Style, fzn WG (Richs)	110.0628	110.0628	3.0017	3.0017	250.1426	250.1426	15.0085	15.0085
	<b>239.3763</b>	<b>239.3763</b>	<b>4.4938</b>	<b>4.4938</b>	<b>488.8753</b>	<b>488.8753</b>	<b>21.9716</b>	<b>21.9716</b>

\* Total includes one or more missing nutrient data.

(R5035) Chicken Bites (Elem 4 each)	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Serving (4 Each)	Recipe	Serving (4 Each)	Recipe	Serving (4 Each)	Recipe	Serving (4 Each)
Homestyle Chicken Breast Chunk Bites, Fully Cooked, WG	234.965	234.965	2.014	2.014	543.7763	543.7763	13.4266	13.4266
	<b>234.965</b>	<b>234.965</b>	<b>2.014</b>	<b>2.014</b>	<b>543.7763</b>	<b>543.7763</b>	<b>13.4266</b>	<b>13.4266</b>

\* Total includes one or more missing nutrient data.

(4) Chicken Patty Sandwich	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Sandwich	Recipe	Sandwich	Recipe	Sandwich	Recipe	Sandwich
Chicken Breast Fillets, Charbroiled, Whole Muscle (Tyson)	121.4978	121.4978	1.0125	1.0125	283.495	283.495	1.0125	1.0125

\* Total includes one or more missing nutrient data.



(4) Chicken Patty Sandwich	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Sandwich	Recipe	Sandwich	Recipe	Sandwich	Recipe	Sandwich
Hamburger Buns, WG (Bake Crafters)	149.9999	149.9999	0	0	259.9998	259.9998	28	28
	<b>271.4977</b>	<b>271.4977</b>	<b>1.0125</b>	<b>1.0125</b>	<b>543.4948</b>	<b>543.4948</b>	<b>29.0125</b>	<b>29.0125</b>

\* Total includes one or more missing nutrient data.

(16101-1,5,6) Chicken Sausage & Biscuit Sandwich	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each (2.6 Oz)	Recipe	Each (2.6 Oz)	Recipe	Each (2.6 Oz)	Recipe	Each (2.6 Oz)
Sausage Biscuit, IW (Heart of Texas)	203.9998	203.9998	2	2	463.9997	463.9997	23	23
	<b>203.9998</b>	<b>203.9998</b>	<b>2</b>	<b>2</b>	<b>463.9997</b>	<b>463.9997</b>	<b>23</b>	<b>23</b>

\* Total includes one or more missing nutrient data.

(84) Chicken Soft Taco (Elem 1 Each)	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Tacos (1EACH)	Recipe	Tacos (1EACH)	Recipe	Tacos (1EACH)	Recipe	Tacos (1EACH)
Tortilla, Whole Wheat, 8"	5999.9952	119.9999	75	1.5	10999.9901	219.9998	1049.9981	21
Cheese, Cheddar, Reduced Fat, Yellow, Shredded	2339.9996	46.8	104.0001	2.08	5459.9983	109.2	26	0.52
Diced Chicken (1/2" pieces), Fully cooked (Tyson)	4000.0011	80	40.0013	0.8	3599.9986	72	40.0013	0.8
Taco Seasoning Mix (JM Exotic)	202.4965	4.0499	0	0	2267.96	45.3592	40.4993	0.81
	<b>12542.4923</b>	<b>250.8498</b>	<b>219.0014</b>	<b>4.38</b>	<b>22327.947</b>	<b>446.5589</b>	<b>1156.4988</b>	<b>23.13</b>

\* Total includes one or more missing nutrient data.

(31) Chicken Soft Taco (Mid/Hi 2 Each)	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Tacos (2EACH)	Recipe	Tacos (2EACH)	Recipe	Tacos (2EACH)	Recipe	Tacos (2EACH)
Tortilla, Whole Wheat, 8"	5999.9952	239.9998	75	3	10999.9901	439.9996	1049.9981	41.9999
Cheese, Cheddar, Reduced Fat, Yellow, Shredded	2339.9996	93.6	104.0001	4.16	5459.9983	218.3999	26	1.04
Diced Chicken (1/2" pieces), Fully cooked (Tyson)	4000.0011	160	40.0013	1.6001	3599.9986	143.9999	40.0013	1.6001
Taco Seasoning Mix (JM Exotic)	202.4965	8.0999	0	0	2267.96	90.7184	40.4993	1.62
	<b>12542.4923</b>	<b>501.6997</b>	<b>219.0014</b>	<b>8.7601</b>	<b>22327.947</b>	<b>893.1179</b>	<b>1156.4988</b>	<b>46.26</b>

\* Total includes one or more missing nutrient data.





(10598) Chicken Tenders, Formed, Fully cooked, WG Breaded	Calories (kcal)				Saturated Fat (g)				Sodium (mg)				Total Carbohydrate (g)			
	Recipe	Fingers(1)	Serving ( 2 each Elem)	Serving ( 3 each Mid/Hi)	Recipe	Fingers(1)	Serving ( 2 each Elem)	Serving ( 3 each Mid/Hi)	Recipe	Fingers(1)	Serving ( 2 each Elem)	Serving ( 3 each Mid/Hi)	Recipe	Fingers(1)	Serving ( 2 each Elem)	Serving ( 3 each Mid/Hi)
Chicken Tenders, Formed, Fully cooked, WG Breaded	210	68.4298	68.4298	136.8596	2.5	0.8147	0.8147	1.6293	400	130.3425	130.3425	260.685	14	4.562	4.562	9.124
	<b>210</b>	<b>68.4298</b>	<b>68.4298</b>	<b>136.8596</b>	<b>2.5</b>	<b>0.8147</b>	<b>0.8147</b>	<b>1.6293</b>	<b>400</b>	<b>130.3425</b>	<b>130.3425</b>	<b>260.685</b>	<b>14</b>	<b>4.562</b>	<b>4.562</b>	<b>9.124</b>

\* Total includes one or more missing nutrient data.

(R5041) Chili Bowl	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Bowl(2ounce)	Recipe	Bowl(2ounce)	Recipe	Bowl(2ounce)	Recipe	Bowl(2ounce)
Cheddar Cheese, Shredded (Fair Meadow )	4454.9249	55.6866	242.9963	3.0375	7289.8774	91.1235	0	0
Beef, Ground 85/15 (Southeast Protein)	9600.0013	120	279.998	3.5	3000.001	37.5	0	0
Tomatoes, Diced in juice (Heinz)	520.3927	6.5049	0.801	0.01	9592.5251	119.9066	113.4105	1.4176
Kidney Beans, Dark red (Margaret Holmes)	1980.0009	24.75	0	0	3079.9998	38.5	352.0002	4.4
	<b>16555.3198</b>	<b>206.9415</b>	<b>523.7953</b>	<b>6.5474</b>	<b>22962.4032</b>	<b>287.03</b>	<b>465.4107</b>	<b>5.8176</b>

\* Total includes one or more missing nutrient data.

(18002-1,5,6) Chips, Baked, Barbecue Flavor	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	1 Bag	Recipe	1 Bag	Recipe	1 Bag	Recipe	1 Bag
Chips, Baked, Barbecue Flavor	139.9999	140.6221	0.5	0.5022	179.9999	180.7999	24	24.1066
	<b>139.9999</b>	<b>140.6221</b>	<b>0.5</b>	<b>0.5022</b>	<b>179.9999</b>	<b>180.7999</b>	<b>24</b>	<b>24.1066</b>

\* Total includes one or more missing nutrient data.

(14024-1,5,6) Chocolate Chip Muffin	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each (2 Oz)	Recipe	Each (2 Oz)	Recipe	Each (2 Oz)	Recipe	Each (2 Oz)
Muffin, Choc Chip, fzn, IW, WG (Muffin Town)	179.9999	179.9999	1.5	1.5	104.9999	104.9999	27	27
	<b>179.9999</b>	<b>179.9999</b>	<b>1.5</b>	<b>1.5</b>	<b>104.9999</b>	<b>104.9999</b>	<b>27</b>	<b>27</b>

\* Total includes one or more missing nutrient data.

(18200-1,5,6) Chocolate Pudding	Calories (kcal)			Saturated Fat (g)			Sodium (mg)			Total Carbohydrate (g)		
	Recipe	2oz Serving	4oz Serving	Recipe	2oz Serving	4oz Serving	Recipe	2oz Serving	4oz Serving	Recipe	2oz Serving	4oz Serving
Chocolate Pudding, RTS, Fat free (bulk) (Knouse)	120	53.1553	106.3106	0	0	0	190	84.1626	168.3252	24	10.6311	21.2621

\* Total includes one or more missing nutrient data.



(18200-1,5,6) Chocolate Pudding	Calories (kcal)			Saturated Fat (g)			Sodium (mg)			Total Carbohydrate (g)		
	Recipe	2oz Serving	4oz Serving	Recipe	2oz Serving	4oz Serving	Recipe	2oz Serving	4oz Serving	Recipe	2oz Serving	4oz Serving
	120	53.1553	106.3106	0	0	0	190	84.1626	168.3252	24	10.6311	21.2621

\* Total includes one or more missing nutrient data.

(14007-1,5,6) Cinnamon Roll	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	1 Each (2.6 Oz)	Recipe	1 Each (2.6 Oz)	Recipe	1 Each (2.6 Oz)	Recipe	1 Each (2.6 Oz)
Cinnamon Roll Dough, fzn, WG (Richs)	170	184.2718	0.5	0.542	135	146.3334	36	39.0223
	170	184.2718	0.5	0.542	135	146.3334	36	39.0223

\* Total includes one or more missing nutrient data.

(14032-1,5,6) Cinnamon Toast Crunch Cereal Bar	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each (1.42 Oz)	Recipe	Each (1.42 Oz)	Recipe	Each (1.42 Oz)	Recipe	Each (1.42 Oz)
Cereal Bar, Cinnamon Toast Crunch, Breakfast, IW (General M)	159.9999	159.9999	0	0	119.9999	119.9999	30	30
	159.9999	159.9999	0	0	119.9999	119.9999	30	30

\* Total includes one or more missing nutrient data.

(14027-1,5,6) Cocoa Puffs Cereal Bar	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each (1.42 Oz)	Recipe	Each (1.42 Oz)	Recipe	Each (1.42 Oz)	Recipe	Each (1.42 Oz)
Cereal Bar, Cocoa Puffs, Breakfast, IW (General Mills)	160	161.0252	0	0	105	105.6728	30	30.1922
	160	161.0252	0	0	105	105.6728	30	30.1922

\* Total includes one or more missing nutrient data.

(18100-1,5,6) Cookie w/ Colored Candy	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each (1.5 Oz)	Recipe	Each (1.5 Oz)	Recipe	Each (1.5 Oz)	Recipe	Each (1.5 Oz)
Cookie Dough, Colored Candy Pieces, WG (Muffin Town)	169.9999	169.9999	1	1	94.9999	94.9999	27	27
	169.9999	169.9999	1	1	94.9999	94.9999	27	27

\* Total includes one or more missing nutrient data.

(R5031) Cornbread	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving
SYSCO Baking Powder	8.533 *	0.8533 *	0 *	0 *	1706.6 *	170.66 *	4.4597 *	0.446 *
25351-MILK 1% HALF PINT paper	0 *	0 *	0 *	0 *	0 *	0 *	0 *	0 *
Eggs, Whole, Scrambled, Boil in Bag (Fair Meadow)	43.1405 *	4.314 *	0.9244 *	0.0924 *	40.0591 *	4.0059 *	0 *	0 *

\* Total includes one or more missing nutrient data.



(R5031) Cornbread	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving
Cornmeal, Self Rising, White, Enriched (Katys Kitchen)	400 *	40 *	0 *	0 *	1560 *	156 *	88 *	8.8 *
Sugar, Granulated (Domino)	562.5 *	56.25 *	0 *	0 *	0 *	0 *	150 *	15 *
Oil, All Vegetable, Salad Oil, trans fat free (Stratas)	616.6503 *	61.665 *	10.2775 *	1.0278 *	0 *	0 *	0 *	0 *
Salt, Iodized (U.S. Salt)	0 *	0 *	0 *	0 *	2399.3333 *	239.9333 *	0 *	0 *
SYSCO Wheat Flour	117.024 *	11.7024 *	0 *	0 *	23404.8 *	2340.48 *	61.1616 *	6.1162 *
	<b>1747.8478 *</b>	<b>174.7848 *</b>	<b>11.2019 *</b>	<b>1.1202 *</b>	<b>29110.7924 *</b>	<b>2911.0792 *</b>	<b>303.6213 *</b>	<b>30.3621 *</b>

\* Total includes one or more missing nutrient data.

(16200-1,5,6) Corndog	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each (4 Oz)	Recipe	Each (4 Oz)	Recipe	Each (4 Oz)	Recipe	Each (4 Oz)
Corndog, WG batter (Foster Farms)	239.9998	239.9998	2.5	2.5	389.9996	389.9996	30	30
	<b>239.9998</b>	<b>239.9998</b>	<b>2.5</b>	<b>2.5</b>	<b>389.9996</b>	<b>389.9996</b>	<b>30</b>	<b>30</b>

\* Total includes one or more missing nutrient data.

(14202-1,5,6) Crackers, Cheese Flavored (CheezIt)	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each (0.75 Oz)	Recipe	Each (0.75 Oz)	Recipe	Each (0.75 Oz)	Recipe	Each (0.75 Oz)
Crackers, Cheese Flavored (CheezIt)	100	101.2482	1	1.0125	150	151.8723	14	14.1748
	<b>100</b>	<b>101.2482</b>	<b>1</b>	<b>1.0125</b>	<b>150</b>	<b>151.8723</b>	<b>14</b>	<b>14.1748</b>

\* Total includes one or more missing nutrient data.

(12201-1,5,6) Diced Peaches Cup	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each (4 Oz)	Recipe	Each (4 Oz)	Recipe	Each (4 Oz)	Recipe	Each (4 Oz)
Peaches, Cups, Diced, shelf stable (Pacific Coast Producers)	50	50	0	0	20	20	12.9999	12.9999
	<b>50</b>	<b>50</b>	<b>0</b>	<b>0</b>	<b>20</b>	<b>20</b>	<b>12.9999</b>	<b>12.9999</b>

\* Total includes one or more missing nutrient data.

(14018-1,5,6) Dinner Roll	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each (2.5 Oz)	Recipe	Each (2.5 Oz)	Recipe	Each (2.5 Oz)	Recipe	Each (2.5 Oz)
Dinner Roll Dough, WG, 2.5oz (Richs)	159.9999	135.452	0	0	134.9999	114.2876	29	24.5507
	<b>159.9999</b>	<b>135.452</b>	<b>0</b>	<b>0</b>	<b>134.9999</b>	<b>114.2876</b>	<b>29</b>	<b>24.5507</b>

\* Total includes one or more missing nutrient data.



(15119-1,5,6) Fruit Blend Juice Box	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each (6.75 Oz)	Recipe	Each (6.75 Oz)	Recipe	Each (6.75 Oz)	Recipe	Each (6.75 Oz)
Fruit Blend Juice, 100% Juice, Shelf Stable, Box w/Straw	99.9999	99.9999	0	0	15.0001	15.0001	24.9999	24.9999
	<b>99.9999</b>	<b>99.9999</b>	<b>0</b>	<b>0</b>	<b>15.0001</b>	<b>15.0001</b>	<b>24.9999</b>	<b>24.9999</b>

\* Total includes one or more missing nutrient data.

(R5040) Fruit Cobbler	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	0.5 Cup	Recipe	0.5 Cup	Recipe	0.5 Cup	Recipe	0.5 Cup
Apples, Sliced (Bountiful Harvest)	2400.0019	96.0001	0	0	479.9981	19.1999	623.9981	24.9599
Cake Mix, White (Jiffy)	1737.1623	69.4865	9.6511	0.386	3956.8698	158.2748	366.7344	14.6694
	<b>4137.1642</b>	<b>165.4866</b>	<b>9.6511</b>	<b>0.386</b>	<b>4436.8678</b>	<b>177.4747</b>	<b>990.7325</b>	<b>39.6293</b>

\* Total includes one or more missing nutrient data.

(12004-1,5,6) Fruit Cocktail	Calories (kcal)			Saturated Fat (g)			Sodium (mg)			Total Carbohydrate (g)		
	Recipe	0.5 Cup	1 Cup	Recipe	0.5 Cup	1 Cup	Recipe	0.5 Cup	1 Cup	Recipe	0.5 Cup	1 Cup
Fruit Cocktail (Pacific Coast Producers)	80.0001	80.0001	160.0001	0	0	0	10.0001	10.0001	20.0001	21	21	42
	<b>80.0001</b>	<b>80.0001</b>	<b>160.0001</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>10.0001</b>	<b>10.0001</b>	<b>20.0001</b>	<b>21</b>	<b>21</b>	<b>42</b>

\* Total includes one or more missing nutrient data.

(18208-1,5,6) Fruit Roll-up, Crazy colors (GM)	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each (0.5 Oz)	Recipe	Each (0.5 Oz)	Recipe	Each (0.5 Oz)	Recipe	Each (0.5 Oz)
Fruit Roll-up, Crazy colors (GM)	0 *	0 *	0 *	0 *	0 *	0 *	0 *	0 *
	<b>0 *</b>	<b>0 *</b>	<b>0 *</b>	<b>0 *</b>	<b>0 *</b>	<b>0 *</b>	<b>0 *</b>	<b>0 *</b>

\* Total includes one or more missing nutrient data.

(18209-1,5,6) Fruit Snacks, Shaped with Fruit Juice Base (GM)	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each (0.9 Oz)	Recipe	Each (0.9 Oz)	Recipe	Each (0.9 Oz)	Recipe	Each (0.9 Oz)
Fruit Snacks, Shaped with Fruit Juice Base (GM)	70	68.693	0	0	35	34.3465	21	20.6079
	<b>70</b>	<b>68.693</b>	<b>0</b>	<b>0</b>	<b>35</b>	<b>34.3465</b>	<b>21</b>	<b>20.6079</b>

\* Total includes one or more missing nutrient data.

(R5034) Glazed Carrots	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	1/2 Cup	Recipe	1/2 Cup	Recipe	1/2 Cup	Recipe	1/2 Cup
Margarine, Solid, All vegetable, Trans-fat free (Gold-N-Swee)	404.9928	2.7364	20.2497	0.1368	445.4922	3.0101	20.2497	0.1368

\* Total includes one or more missing nutrient data.



(R5034) Glazed Carrots	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	1/2 Cup	Recipe	1/2 Cup	Recipe	1/2 Cup	Recipe	1/2 Cup
Carrots, Sliced, Canned	3401.9428	22.9861	4.8988	0.0331	5715.2639	38.6166	753.8705	5.0937
Orange Juice Carton	359.9994	2.4324	0	0	0	0	89.9997	0.6081
	<b>4166.935</b>	<b>28.155</b>	<b>25.1484</b>	<b>0.1699</b>	<b>6160.756</b>	<b>41.6267</b>	<b>864.1199</b>	<b>5.8386</b>

\* Total includes one or more missing nutrient data.

(sys-66) Golden Corn	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	1/2 Cup	Recipe	1/2 Cup	Recipe	1/2 Cup	Recipe	1/2 Cup
Corn, WK, Liquid pack (Bountiful Harvest)	11520	96.8067	0	0	20160	169.4118	2448	20.5714
Margarine, Solid, All vegetable, Trans-fat free (Gold-N-Swee	202.4964	1.7017	10.1248	0.0851	222.7461	1.8718	10.1248	0.0851
Black Pepper, Ground (JM Exotic)	137.8494	1.1584	0	0	0	0	68.9247	0.5792
	<b>11860.3459</b>	<b>99.6668</b>	<b>10.1248</b>	<b>0.0851</b>	<b>20382.7461</b>	<b>171.2836</b>	<b>2527.0495</b>	<b>21.2357</b>

\* Total includes one or more missing nutrient data.

(18304-1,5,6) Graham Cracker Snacks, Honey flavor (Kelloggs)	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each (1 Oz)	Recipe	Each (1 Oz)	Recipe	Each (1 Oz)	Recipe	Each (1 Oz)
Graham Cracker Snacks, Honey flavor (Kelloggs)	120	121.4978	1	1.0125	125	126.5603	21	21.2621
	<b>120</b>	<b>121.4978</b>	<b>1</b>	<b>1.0125</b>	<b>125</b>	<b>126.5603</b>	<b>21</b>	<b>21.2621</b>

\* Total includes one or more missing nutrient data.

(15117-1,5,6) Grape Juice Box	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each (6.75 Oz)	Recipe	Each (6.75 Oz)	Recipe	Each (6.75 Oz)	Recipe	Each (6.75 Oz)
Grape Juice, 100% Juice, Shelf Stable, Box w/Straw	129.9998	129.9998	0	0	19.9999	19.9999	32.9999	32.9999
	<b>129.9998</b>	<b>129.9998</b>	<b>0</b>	<b>0</b>	<b>19.9999</b>	<b>19.9999</b>	<b>32.9999</b>	<b>32.9999</b>

\* Total includes one or more missing nutrient data.

(13017-1,5,6) Green Beans	Calories (kcal)				Saturated Fat (g)				Sodium (mg)				Total Carbohydrate (g)			
	Recipe	0.5 Cup	0.75 cup	1 Cup	Recipe	0.5 Cup	0.75 cup	1 Cup	Recipe	0.5 Cup	0.75 cup	1 Cup	Recipe	0.5 Cup	0.75 cup	1 Cup
Green Beans (Mcall)	25	25	37.4999	49.9999	0	0	0	0	140	140	210.0001	280.0001	5.9999	5.9999	8.9999	11.9999
	<b>25</b>	<b>25</b>	<b>37.4999</b>	<b>49.9999</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>140</b>	<b>140</b>	<b>210.0001</b>	<b>280.0001</b>	<b>5.9999</b>	<b>5.9999</b>	<b>8.9999</b>	<b>11.9999</b>

\* Total includes one or more missing nutrient data.



(R5032) Grits	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	1/2 Cup	Recipe	1/2 Cup	Recipe	1/2 Cup	Recipe	1/2 Cup
Grits, White (Renwood)	13985.7653	139.8577	0	0	1322.9782	13.2298	2872.7515	28.7275
Margarine, Solid, All vegetable, Trans-fat free (Gold-N-Swee)	1619.9728	16.1997	80.9987	0.81	1781.9702	17.8197	80.9987	0.81
	<b>15605.7381</b>	<b>156.0574</b>	<b>80.9987</b>	<b>0.81</b>	<b>3104.9484</b>	<b>31.0495</b>	<b>2953.7502</b>	<b>29.5375</b>

\* Total includes one or more missing nutrient data.

(61) Ham & Cheese Sub (Elem)	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Sandwich	Recipe	Sandwich	Recipe	Sandwich	Recipe	Sandwich
Ham, 97% Fat Free, Cooked, Sliced	37	37	1	1	231.9998	231.9998	2	2
95933440- K-12 Special, Hoagie pre sliced, 24 count	2.3729	2.3729	0	0	3.3898	3.3898	0.4915	0.4915
American Cheese, Sliced, Processed Loaf (Cobblestreet)	45	45	2.25	2.25	240	240	1.5	1.5
	<b>84.3729</b>	<b>84.3729</b>	<b>3.25</b>	<b>3.25</b>	<b>475.3896</b>	<b>475.3896</b>	<b>3.9915</b>	<b>3.9915</b>

\* Total includes one or more missing nutrient data.

(60) Ham & Cheese Sub (middle/high)	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Sandwich	Recipe	Sandwich	Recipe	Sandwich	Recipe	Sandwich
Ham, 97% Fat Free, Cooked, Sliced	73.9999	73.9999	2	2	463.9996	463.9996	4	4
American Cheese, Sliced, Processed Loaf (Cobblestreet)	45	45	2.25	2.25	240	240	1.5	1.5
95933380- K-12 Spec 4", Hamburger Buns, 30-Count	147.619	147.619	0	0	236.1905	236.1905	29.5238	29.5238
	<b>266.619</b>	<b>266.619</b>	<b>4.25</b>	<b>4.25</b>	<b>940.1901</b>	<b>940.1901</b>	<b>35.0238</b>	<b>35.0238</b>

\* Total includes one or more missing nutrient data.

(R5047) Hamburger Steak (Com Beef Patty).	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Hamburger Steak	Recipe	Hamburger Steak	Recipe	Hamburger Steak	Recipe	Hamburger Steak
Beef Patty, Cooked, Frozen, 2MMA	142.9999	142.9999	4	4	209.9998	209.9998	1	1
Brown Gravy	17.4349	17.4349	0.4252	0.4252	144.0155	144.0155	2.268	2.268
	<b>160.4349</b>	<b>160.4349</b>	<b>4.4252</b>	<b>4.4252</b>	<b>354.0153</b>	<b>354.0153</b>	<b>3.268</b>	<b>3.268</b>

\* Total includes one or more missing nutrient data.

(19005-1,5,6) Honey Mustard Dressing (bulk) (Marzetti)	Calories (kcal)			Saturated Fat (g)			Sodium (mg)			Total Carbohydrate (g)		
	Recipe	1oz serving	2oz Serving	Recipe	1oz serving	2oz Serving	Recipe	1oz serving	2oz Serving	Recipe	1oz serving	2oz Serving
Honey Mustard Dressing (bulk) (Marzetti)	120	113.398	226.796	2	1.89	3.78	160	151.1973	302.3946	5	4.7249	9.4499
	<b>120</b>	<b>113.398</b>	<b>226.796</b>	<b>2</b>	<b>1.89</b>	<b>3.78</b>	<b>160</b>	<b>151.1973</b>	<b>302.3946</b>	<b>5</b>	<b>4.7249</b>	<b>9.4499</b>

\* Total includes one or more missing nutrient data.



(19017-1,5,6) Honey Mustard Dressing (single serve) (Kens)	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	1 Cup	Recipe	1 Cup	Recipe	1 Cup	Recipe	1 Cup
Honey Mustard Dressing (single serve) (Kens)	130	130	2	2	200	200	4	4
	<b>130</b>	<b>130</b>	<b>2</b>	<b>2</b>	<b>200</b>	<b>200</b>	<b>4</b>	<b>4</b>

\* Total includes one or more missing nutrient data.

(10606-1,5,6) Hot Chicken Wings	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	5 Wings	Recipe	5 Wings	Recipe	5 Wings	Recipe	5 Wings
Chicken Wings, Fully Cooked, Hot Flavor (Tyson)	160	160	2.5	2.5	410	410	1	1
	<b>160</b>	<b>160</b>	<b>2.5</b>	<b>2.5</b>	<b>410</b>	<b>410</b>	<b>1</b>	<b>1</b>

\* Total includes one or more missing nutrient data.

(R5033) Hot Wings (4 Wings ELEM)	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Wings (4 Each)	Recipe	Wings (4 Each)	Recipe	Wings (4 Each)	Recipe	Wings (4 Each)
Chicken Wings, Fully Cooked, Hot Flavor (Tyson)	128	128	2	2	328	328	0.8	0.8
	<b>128</b>	<b>128</b>	<b>2</b>	<b>2</b>	<b>328</b>	<b>328</b>	<b>0.8</b>	<b>0.8</b>

\* Total includes one or more missing nutrient data.

(R5056) Hot Wings (6 Wings HS ONLY)	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Wings (6 Each)	Recipe	Wings (6 Each)	Recipe	Wings (6 Each)	Recipe	Wings (6 Each)
Chicken Wings, Fully Cooked, Hot Flavor (Tyson)	192	192	3	3	492	492	1.2	1.2
	<b>192</b>	<b>192</b>	<b>3</b>	<b>3</b>	<b>492</b>	<b>492</b>	<b>1.2</b>	<b>1.2</b>

\* Total includes one or more missing nutrient data.

(25) HOTDOG	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Sandwich	Recipe	Sandwich	Recipe	Sandwich	Recipe	Sandwich
95933400- K-12 Spec 4" Hotdog Buns , 16 pk	2.381	2.381	0	0	3.8095	3.8095	0.4762	0.4762
Hotdogs, 8/1, 2oz, All Beef (Smithfield)	180	180	8	8	590	590	1	1
	<b>182.381</b>	<b>182.381</b>	<b>8</b>	<b>8</b>	<b>593.8095</b>	<b>593.8095</b>	<b>1.4762</b>	<b>1.4762</b>

\* Total includes one or more missing nutrient data.

(45507 Mayfield) Ice Cream - Fudge Bar	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Ice Cream - Fudge Bar	99.9999	99.9999	0	0	85	85	2	2

\* Total includes one or more missing nutrient data.



(45507 Mayfield) Ice Cream - Fudge Bar	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
	99.9999	99.9999	0	0	85	85	2	2

\* Total includes one or more missing nutrient data.

(44732 Mayfield) Ice Cream - Sandwich 98% Fat Free	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Ice Cream - Sandwich 98% Fat Free	129.9999	129.9999	1	1	139.9998	139.9998	26	26
	129.9999	129.9999	1	1	139.9998	139.9998	26	26

\* Total includes one or more missing nutrient data.

(43698 Mayfield) Ice Cream - Cup Vanilla 98%FF 4oz	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Ice Cream - Cup Vanilla 98%FF 4oz	109.9999	109.9999	0.9999	0.9999	69.9999	69.9999	20	20
	109.9999	109.9999	0.9999	0.9999	69.9999	69.9999	20	20

\* Total includes one or more missing nutrient data.

(53565 Mayfield) Ice Cream - LF Cookies & Cream Sandwich	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Ice Cream - LF Cookies & Cream Sandwich	139.9999	139.9999	0.9999	0.9999	149.9999	149.9999	29	29
	139.9999	139.9999	0.9999	0.9999	149.9999	149.9999	29	29

\* Total includes one or more missing nutrient data.

(60592 Mayfield) Ice Cream - Rich's Birthday Cake Cone	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Ice Cream - Rich's Birthday Cake Cone	149.9999	149.9999	1.5	1.5	89.9999	89.9999	29	29
	149.9999	149.9999	1.5	1.5	89.9999	89.9999	29	29

\* Total includes one or more missing nutrient data.

(42196 Mayfield) Ice Cream - Rich's Cookie Cone	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Ice Cream - Rich's Cookie Cone	0 *	0 *	0 *	0 *	0 *	0 *	0 *	0 *
	0 *	0 *	0 *	0 *	0 *	0 *	0 *	0 *

\* Total includes one or more missing nutrient data.





(66261 Mayfield) Ice Cream - Rich's Cotton Candy Bar (Lact Free)	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Ice Cream - Rich's Cotton Candy Bar (Lact Free)	69.9999	69.9999	0	0	0	0	16	16
	<b>69.9999</b>	<b>69.9999</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>16</b>	<b>16</b>

\* Total includes one or more missing nutrient data.

(66265 Mayfield) Ice Cream - Rich's Crumble Cookie Bar	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Ice Cream - Rich's Crumble Cookie Bar	149.9999	149.9999	1.5	1.5	109.9999	109.9999	29	29
	<b>149.9999</b>	<b>149.9999</b>	<b>1.5</b>	<b>1.5</b>	<b>109.9999</b>	<b>109.9999</b>	<b>29</b>	<b>29</b>

\* Total includes one or more missing nutrient data.

(65301 Mayfield) Ice Cream - Rich's Frozen Fruit Punch Bar	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Ice Cream - Rich's Frozen Fruit Punch Bar	0 *	0 *	0 *	0 *	0 *	0 *	0 *	0 *
	<b>0 *</b>	<b>0 *</b>	<b>0 *</b>	<b>0 *</b>	<b>0 *</b>	<b>0 *</b>	<b>0 *</b>	<b>0 *</b>

\* Total includes one or more missing nutrient data.

(60534 Mayfield) Ice Cream - Rich's Sour Cyclone	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Ice Cream - Rich's Sour Cyclone	0 *	0 *	0 *	0 *	0 *	0 *	0 *	0 *
	<b>0 *</b>	<b>0 *</b>	<b>0 *</b>	<b>0 *</b>	<b>0 *</b>	<b>0 *</b>	<b>0 *</b>	<b>0 *</b>

\* Total includes one or more missing nutrient data.

(38829 Mayfield) Ice Cream - Rich's Strawberry Shortcake	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Ice Cream - Rich's Strawberry Shortcake	139.9999	139.9999	1.5	1.5	49.9999	49.9999	23	23
	<b>139.9999</b>	<b>139.9999</b>	<b>1.5</b>	<b>1.5</b>	<b>49.9999</b>	<b>49.9999</b>	<b>23</b>	<b>23</b>

\* Total includes one or more missing nutrient data.

(43610 Mayfield) Ice-Cream - Orange Sherbet Push Pop	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Ice-Cream - Orange Sherbet Push Pop	79.9999	79.9999	0	0	30	30	18	18

\* Total includes one or more missing nutrient data.



(43610 Mayfield) Ice-Cream - Orange Sherbet Push Pop	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
	79.9999	79.9999	0	0	30	30	18	18

\* Total includes one or more missing nutrient data.

(19022-1,5,6) Jelly, Grape (single serve)	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	1 Packet	Recipe	1 Packet	Recipe	1 Packet	Recipe	1 Packet
Jelly, Grape (single serve)	35	35	0	0	0	0	0	0
	35	35	0	0	0	0	0	0

\* Total includes one or more missing nutrient data.

(42) Juice (6OZ HS) Variety	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Juice (6oz)	Recipe	Juice (6oz)	Recipe	Juice (6oz)	Recipe	Juice (6oz)
Grape Juice Carton, 100% Juice, unsweetened, fzn (Sun Cup)	119.9999	119.9999	0	0	15	15	28	28
	119.9999	119.9999	0	0	15	15	28	28

\* Total includes one or more missing nutrient data.

(19028-1,5,6) Ketchup Packet	Calories (kcal)			Saturated Fat (g)			Sodium (mg)			Total Carbohydrate (g)		
	Recipe	1 Packet	4 Packets	Recipe	1 Packet	4 Packets	Recipe	1 Packet	4 Packets	Recipe	1 Packet	4 Packets
Ketchup, Individual, Low Sodium (	10	10	40	0	0	0	25	25	100	2	2	8
	10	10	40	0	0	0	25	25	100	2	2	8

\* Total includes one or more missing nutrient data.

(2037 QP) Lettuce, Shredded Iceburg	Calories (kcal)			Saturated Fat (g)			Sodium (mg)			Total Carbohydrate (g)		
	Recipe	1/4 Cup Serving	Cup	Recipe	1/4 Cup Serving	Cup	Recipe	1/4 Cup Serving	Cup	Recipe	1/4 Cup Serving	Cup
Lettuce, Shredded Iceburg	14	2.52	10.08	0.018	0.0032	0.013	10	1.8	7.2	2.97	0.5346	2.1384
	14	2.52	10.08	0.018	0.0032	0.013	10	1.8	7.2	2.97	0.5346	2.1384

\* Total includes one or more missing nutrient data.

(13201-1,5,6) Lima Beans, fzn (Pictsweet)	Calories (kcal)			Saturated Fat (g)			Sodium (mg)			Total Carbohydrate (g)		
	Recipe	0.25 Cup	0.5 Cup	Recipe	0.25 Cup	0.5 Cup	Recipe	0.25 Cup	0.5 Cup	Recipe	0.25 Cup	0.5 Cup
Lima Beans, fzn (Pictsweet)	110	86.1446	172.2891	0	0	0	5	3.9157	7.8313	21	16.4458	32.8916
	110	86.1446	172.2891	0	0	0	5	3.9157	7.8313	21	16.4458	32.8916

\* Total includes one or more missing nutrient data.



(13040-1,5,6) Lima Beans, Green (McCall)	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	0.5 Cup Serving	Recipe	0.5 Cup Serving	Recipe	0.5 Cup Serving	Recipe	0.5 Cup Serving
Lima Beans, Green (McCall)	90	90	0	0	140	140	16	16
	<b>90</b>	<b>90</b>	<b>0</b>	<b>0</b>	<b>140</b>	<b>140</b>	<b>16</b>	<b>16</b>

\* Total includes one or more missing nutrient data.

(35) Mashed Potatoes	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	1/2 Cup	Recipe	1/2 Cup	Recipe	1/2 Cup	Recipe	1/2 Cup
Potatoes, Instant, Dehydrated (Idaho Pacific)	259.1959	10.3678	0	0	32.3997	1.296	51.8393	2.0736
Seasoning, Butter flavor (Butter Buds)	1417.475	56.699	0	0	10631.0625	425.2425	283.495	11.3398
	<b>1676.6709</b>	<b>67.0668</b>	<b>0</b>	<b>0</b>	<b>10663.4622</b>	<b>426.5385</b>	<b>335.3343</b>	<b>13.4134</b>

\* Total includes one or more missing nutrient data.

(19024-1,5,6) Mayonnaise Packet	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	1 Packet	Recipe	1 Packet	Recipe	1 Packet	Recipe	1 Packet
Mayonnaise, Regular (single serve)	80	80	1.5	1.5	75	75	1	1
	<b>80</b>	<b>80</b>	<b>1.5</b>	<b>1.5</b>	<b>75</b>	<b>75</b>	<b>1</b>	<b>1</b>

\* Total includes one or more missing nutrient data.

(19023-1,5,6) Mayonnaise, Reduced Fat Packet	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	1 Packet	Recipe	1 Packet	Recipe	1 Packet	Recipe	1 Packet
Mayonnaise, Reduced Fat (single serve) (Katys Kitchen)	30	30	0	0	161	161	1	1
	<b>30</b>	<b>30</b>	<b>0</b>	<b>0</b>	<b>161</b>	<b>161</b>	<b>1</b>	<b>1</b>

\* Total includes one or more missing nutrient data.

(39) Milk Variety	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Milk (Container)	Recipe	Milk (Container)	Recipe	Milk (Container)	Recipe	Milk (Container)
Copy of Fat Free Chocolate Milk Bedsole	129.9999	43.3333	0	0	219.9998	73.3333	24	8
Copy of Fat Free Strawberry Milk Bedsole	129.9999	43.3333	0	0	100	33.3333	23.0001	7.6667
	<b>259.9998</b>	<b>86.6666</b>	<b>0</b>	<b>0</b>	<b>319.9999</b>	<b>106.6666</b>	<b>47.0001</b>	<b>15.6667</b>

\* Total includes one or more missing nutrient data.

(16106-1,5,6) Mini Berry Pancakes	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each (3 Oz)	Recipe	Each (3 Oz)	Recipe	Each (3 Oz)	Recipe	Each (3 Oz)
Pancake, Berry, Mini, IW, WG (Kelloggs)	210	207.6765	1	0.9889	310	306.5702	35	34.6128

\* Total includes one or more missing nutrient data.



(16106-1,5,6) Mini Berry Pancakes	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each (3 Oz)	Recipe	Each (3 Oz)	Recipe	Each (3 Oz)	Recipe	Each (3 Oz)
	210	207.6765	1	0.9889	310	306.5702	35	34.6128

\* Total includes one or more missing nutrient data.

(16109-1,5,6) Mini Berry Waffles	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each (2.47 Oz)	Recipe	Each (2.47 Oz)	Recipe	Each (2.47 Oz)	Recipe	Each (2.47 Oz)
Waffles, Berry flavored, Mini, IW, WG (General Mills)	209.9998	209.9998	1	1	169.9999	169.9999	36.9999	36.9999
	209.9998	209.9998	1	1	169.9999	169.9999	36.9999	36.9999

\* Total includes one or more missing nutrient data.

(16116-1,5,6) Mini French Toast	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	1 Each	Recipe	1 Each	Recipe	1 Each	Recipe	1 Each
French Toast, Plain/Original, Mini, IW, WG (Kelloggs)	190	190	1.5	1.5	240	240	37	37
	190	190	1.5	1.5	240	240	37	37

\* Total includes one or more missing nutrient data.

(16122-1,5,6) Mini Maple Waffles	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each (2.64 Oz)	Recipe	Each (2.64 Oz)	Recipe	Each (2.64 Oz)	Recipe	Each (2.64 Oz)
Waffles, Maple flavored, Mini, IW, WG (Kelloggs)	190	189.6014	1.5	1.4969	210	209.5595	36	35.9245
	190	189.6014	1.5	1.4969	210	209.5595	36	35.9245

\* Total includes one or more missing nutrient data.

(12204-1,5,6) Mixed Fruit	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each (4 Oz)	Recipe	Each (4 Oz)	Recipe	Each (4 Oz)	Recipe	Each (4 Oz)
Mixed Fruit Cups, shelf stable (Bountiful Harvest)	50	50.1761	0	0	10	10.0353	13	13.0458
	50	50.1761	0	0	10	10.0353	13	13.0458

\* Total includes one or more missing nutrient data.

(100212) Mixed Fruit	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	0.5 Cup	Recipe	0.5 Cup	Recipe	0.5 Cup	Recipe	0.5 Cup
Mixed Fruit 6/10	59.9999	59.9999	0	0	10	10	17	17
	59.9999	59.9999	0	0	10	10	17	17

\* Total includes one or more missing nutrient data.



(13030-1,5,6) Mixed Vegetables	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	0.5 Cup	Recipe	0.5 Cup	Recipe	0.5 Cup	Recipe	0.5 Cup
Mixed Vegetables, Five way mix (Bountiful Harvest)	61.25	61.25	0.0637	0.0638	267.5	267.5	11.575	11.575
	<b>61.25</b>	<b>61.25</b>	<b>0.0637</b>	<b>0.0638</b>	<b>267.5</b>	<b>267.5</b>	<b>11.575</b>	<b>11.575</b>

\* Total includes one or more missing nutrient data.

(110396) Mozzarella String Cheese	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	1 Stick	Recipe	1 Stick	Recipe	1 Stick	Recipe	1 Stick
Mozzarella String Cheese	89.9999	89.9999	5	5	199.9998	199.9998	0	0
	<b>89.9999</b>	<b>89.9999</b>	<b>5</b>	<b>5</b>	<b>199.9998</b>	<b>199.9998</b>	<b>0</b>	<b>0</b>

\* Total includes one or more missing nutrient data.

(19025-1,5,6) Mustard, Prepared (single serve)	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	1 Packet	Recipe	1 Packet	Recipe	1 Packet	Recipe	1 Packet
Mustard, Prepared (single serve)	4	5.0909	0	0	66	84	0	0
	<b>4</b>	<b>5.0909</b>	<b>0</b>	<b>0</b>	<b>66</b>	<b>84</b>	<b>0</b>	<b>0</b>

\* Total includes one or more missing nutrient data.

(41) Nachos (Mid/Hi 2 Each)	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Nachos (2OZ Mid/High)	Recipe	Nachos (2OZ Mid/High)	Recipe	Nachos (2OZ Mid/High)	Recipe	Nachos (2OZ Mid/High)
Beef, Fine Ground, 85/15, Frozen	6547.7614	130.9552	159.7024	3.194	1996.2677	39.9254	0	0
Cheese, Cheddar, Reduced Fat, Yellow, Shredded	2339.9996	46.8	104.0001	2.08	5459.9983	109.2	26	0.52
Bulk Tortilla Chips, WG (Mission)	14174.75	283.495	101.2474	2.0249	7593.6149	151.8723	1822.4675	36.4494
Taco Seasoning Mix (JM Exotic)	202.4965	4.0499	0	0	2267.96	45.3592	40.4993	0.81
	<b>23265.0074</b>	<b>465.3001</b>	<b>364.9499</b>	<b>7.299</b>	<b>17317.8408</b>	<b>346.3568</b>	<b>1888.9668</b>	<b>37.7793</b>

\* Total includes one or more missing nutrient data.

(40) Nachos (Elem)	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Nachos (ELEM 1 oz)	Recipe	Nachos (ELEM 1 oz)	Recipe	Nachos (ELEM 1 oz)	Recipe	Nachos (ELEM 1 oz)
Beef, Fine Ground, 85/15, Frozen	6547.7614	130.9552	159.7024	3.194	1996.2677	39.9254	0	0
Cheese, Cheddar, Reduced Fat, Yellow, Shredded	2339.9996	46.8	104.0001	2.08	5459.9983	109.2	26	0.52
Bulk Tortilla Chips, WG (Mission)	7087.375	141.7475	50.6237	1.0125	3796.8074	75.9361	911.2337	18.2247

\* Total includes one or more missing nutrient data.



(40) Nachos (Elem)	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Nachos (ELEM 1 oz)	Recipe	Nachos (ELEM 1 oz)	Recipe	Nachos (ELEM 1 oz)	Recipe	Nachos (ELEM 1 oz)
Taco Seasoning Mix (JM Exotic)	202.4965	4.0499	0	0	2267.96	45.3592	40.4993	0.81
	<b>16177.6324</b>	<b>323.5526</b>	<b>314.3262</b>	<b>6.2865</b>	<b>13521.0334</b>	<b>270.4207</b>	<b>977.733</b>	<b>19.5547</b>

\* Total includes one or more missing nutrient data.

(18305-1,5,6) Oatmeal Chocolate Chip Bar	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each (1.24 Oz)	Recipe	Each (1.24 Oz)	Recipe	Each (1.24 Oz)	Recipe	Each (1.24 Oz)
Oatmeal Bar, Chocolate Chip (General Mills)	149.9999	149.9999	1	1	104.9999	104.9999	25	25
	<b>149.9999</b>	<b>149.9999</b>	<b>1</b>	<b>1</b>	<b>104.9999</b>	<b>104.9999</b>	<b>25</b>	<b>25</b>

\* Total includes one or more missing nutrient data.

(15118-1,5,6) Orange Tangerine Juice Box	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each (6.75 Oz)	Recipe	Each (6.75 Oz)	Recipe	Each (6.75 Oz)	Recipe	Each (6.75 Oz)
Orange/Tangerine Juice, 100% Juice, Shelf Stable, Box	99.9999	99.9999	0	0	19.9999	19.9999	24.0001	24.0001
	<b>99.9999</b>	<b>99.9999</b>	<b>0</b>	<b>0</b>	<b>19.9999</b>	<b>19.9999</b>	<b>24.0001</b>	<b>24.0001</b>

\* Total includes one or more missing nutrient data.

(2042 QP) Oranges	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Orange	Recipe	Orange	Recipe	Orange	Recipe	Orange
Oranges	0.47	89.5391	0.0001	0.0286	0	0	0.1175	22.3848
	<b>0.47</b>	<b>89.5391</b>	<b>0.0001</b>	<b>0.0286</b>	<b>0</b>	<b>0</b>	<b>0.1175</b>	<b>22.3848</b>

\* Total includes one or more missing nutrient data.

(13227-1,5,6) Oven Baked French Fries	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	2.41 oz serving	Recipe	2.41 oz serving	Recipe	2.41 oz serving	Recipe	2.41 oz serving
Oven Cook French Fries, 5/16" straight cut (Simplot)	109.9999	109.9999	0.5	0.5	289.9998	289.9998	16	16
	<b>109.9999</b>	<b>109.9999</b>	<b>0.5</b>	<b>0.5</b>	<b>289.9998</b>	<b>289.9998</b>	<b>16</b>	<b>16</b>

\* Total includes one or more missing nutrient data.

(33) Oven Fried Rice	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	SERV(1/2 Cup)	Recipe	SERV(1/2 Cup)	Recipe	SERV(1/2 Cup)	Recipe	SERV(1/2 Cup)
Rice, Brown, Parboiled	5236.3642	109.0909	0	0	0	0	1080	22.5
Margarine, Solid, All vegetable, Trans-fat free (Gold-N-Swee)	607.4893	12.656	30.3745	0.6328	668.2382	13.9216	30.3745	0.6328
Fried Rice Seasoning Mix (Foothill Farms)	617.0539	12.8553	0	0	12752.4496	265.676	123.4108	2.5711
	<b>6460.9074</b>	<b>134.6022</b>	<b>30.3745</b>	<b>0.6328</b>	<b>13420.6878</b>	<b>279.5977</b>	<b>1233.7853</b>	<b>25.7039</b>



\* Total includes one or more missing nutrient data.

(110080) Oven Roasted Chicken	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	1 oz serving	Recipe	1 oz serving	Recipe	1 oz serving	Recipe	1 oz serving
Chicken, Oven Roasted, 8-Piece	0 *	0 *	0 *	0 *	0 *	0 *	0 *	0 *
	<b>0 *</b>	<b>0 *</b>	<b>0 *</b>	<b>0 *</b>	<b>0 *</b>	<b>0 *</b>	<b>0 *</b>	<b>0 *</b>

\* Total includes one or more missing nutrient data.

(100241) Peach Cup	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Peaches, Diced, Cup	89.9999	89.9999	0	0	0	0	21	21
	<b>89.9999</b>	<b>89.9999</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>21</b>	<b>21</b>

\* Total includes one or more missing nutrient data.

(13000-1,5,6) Peas and Carrots	Calories (kcal)				Saturated Fat (g)				Sodium (mg)				Total Carbohydrate (g)			
	Recipe	0.5 Cup	0.75 cup	1 Cup	Recipe	0.5 Cup	0.75 cup	1 Cup	Recipe	0.5 Cup	0.75 cup	1 Cup	Recipe	0.5 Cup	0.75 cup	1 Cup
Peas and Carrots (Bountiful Harvest)	60	60	89.76	120	0	0	0	0	140	140	209.44	280	10	10	14.96	20
	<b>60</b>	<b>60</b>	<b>89.76</b>	<b>120</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>140</b>	<b>140</b>	<b>209.44</b>	<b>280</b>	<b>10</b>	<b>10</b>	<b>14.96</b>	<b>20</b>

\* Total includes one or more missing nutrient data.

(16503-1,5,6) Pepperoni Pizza Square	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	1 Slice	Recipe	1 Slice	Recipe	1 Slice	Recipe	1 Slice
Pepperoni Pizza (4x6 pieces) WG (Tonys)	309.9997	309.9997	5	5	529.9996	529.9996	33.9999	33.9999
	<b>309.9997</b>	<b>309.9997</b>	<b>5</b>	<b>5</b>	<b>529.9996</b>	<b>529.9996</b>	<b>33.9999</b>	<b>33.9999</b>

\* Total includes one or more missing nutrient data.

(13230-1,5,6) Potato Rounds	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	2.52 oz serving (8 fries)	Recipe	2.52 oz serving (8 fries)	Recipe	2.52 oz serving (8 fries)	Recipe	2.52 oz serving (8 fries)
Potato Rounds (Simplot)	140	140.8691	1	1.0062	190	191.1794	16	16.0993
	<b>140</b>	<b>140.8691</b>	<b>1</b>	<b>1.0062</b>	<b>190</b>	<b>191.1794</b>	<b>16</b>	<b>16.0993</b>

\* Total includes one or more missing nutrient data.



(38) Pulled Pork Sandwich	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Sandwich	Recipe	Sandwich	Recipe	Sandwich	Recipe	Sandwich
Pulled Pork Barbecue, Dry Pack (no sauce) (Smithfield)	586.6668	73.3334	8	1	3573.3336	446.6667	5.3333	0.6667
Barbecue Sauce, Mild, Smokey flavor (bulk) (Cattlemens)	320	40	0	0	3840.0001	480	72	9
95933380- K-12 Spec 4", Hamburger Buns, 30-Count	1180.9522	147.619	0	0	1889.5239	236.1905	236.1902	29.5238
	<b>2087.619</b>	<b>260.9524</b>	<b>8</b>	<b>1</b>	<b>9302.8575</b>	<b>1162.8572</b>	<b>313.5236</b>	<b>39.1904</b>

\* Total includes one or more missing nutrient data.

(sys-65) R-1008 - Homestyle Green Beans	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	1/2 Cup	Recipe	1/2 Cup	Recipe	1/2 Cup	Recipe	1/2 Cup
Green Beans, 6/10	562.5	11.25	0	0	3150	63	90	1.8
Margarine, Solid, All vegetable, Trans-fat free (Gold-N-Swee	7.1429	0.1429	0.3571	0.0071	7.8571	0.1571	0.3571	0.0071
Black Pepper, Ground (JM Exotic)	2.5	0.05	0	0	0	0	1.25	0.025
	<b>572.1429</b>	<b>11.4429</b>	<b>0.3571</b>	<b>0.0071</b>	<b>3157.8571</b>	<b>63.1571</b>	<b>91.6071</b>	<b>1.8321</b>

\* Total includes one or more missing nutrient data.

(100293) Raisin Box	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	1 Box	Recipe	1 Box	Recipe	1 Box	Recipe	1 Box
Raisin Box	119.9999	119.9999	0	0	5	5	29	29
	<b>119.9999</b>	<b>119.9999</b>	<b>0</b>	<b>0</b>	<b>5</b>	<b>5</b>	<b>29</b>	<b>29</b>

\* Total includes one or more missing nutrient data.

(19002-1,5,6) Ranch Salad Dressing (bulk)	Calories (kcal)			Saturated Fat (g)			Sodium (mg)			Total Carbohydrate (g)		
	Recipe	1oz serving	2oz Serving	Recipe	1oz serving	2oz Serving	Recipe	1oz serving	2oz Serving	Recipe	1oz serving	2oz Serving
Ranch Salad Dressing (bulk)	80	68.726	137.4521	1	0.8591	1.7181	270	231.9504	463.9009	2	1.7181	3.4363
	<b>80</b>	<b>68.726</b>	<b>137.4521</b>	<b>1</b>	<b>0.8591</b>	<b>1.7181</b>	<b>270</b>	<b>231.9504</b>	<b>463.9009</b>	<b>2</b>	<b>1.7181</b>	<b>3.4363</b>

\* Total includes one or more missing nutrient data.

(13021-1,5,6) Refried Beans	Calories (kcal)			Saturated Fat (g)			Sodium (mg)			Total Carbohydrate (g)		
	Recipe	0.25 Cup	0.5 Cup	Recipe	0.25 Cup	0.5 Cup	Recipe	0.25 Cup	0.5 Cup	Recipe	0.25 Cup	0.5 Cup
Refried Beans (Allens)	150.0005	75.0003	150.0005	0	0	0	139.997	69.9985	139.997	25.0003	12.5002	25.0003
	<b>150.0005</b>	<b>75.0003</b>	<b>150.0005</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>139.997</b>	<b>69.9985</b>	<b>139.997</b>	<b>25.0003</b>	<b>12.5002</b>	<b>25.0003</b>

\* Total includes one or more missing nutrient data.





(sys-67) Refried Beans	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	1/2 Cup	Recipe	1/2 Cup	Recipe	1/2 Cup	Recipe	1/2 Cup
Cheddar Cheese, Shredded (Fair Meadow )	824.9999	5.5369	45.0001	0.302	1349.9999	9.0604	0	0
Refried Beans (Allens)	21600.072	144.9669	0	0	20159.568	135.2991	3600.0432	24.1614
Salsa, Chunk Style, Medium flavor (Ortega)	159.4658	1.0702	0	0	2710.9211	18.1941	31.8933	0.214
	<b>22584.5377</b>	<b>151.5741</b>	<b>45.0001</b>	<b>0.302</b>	<b>24220.489</b>	<b>162.5536</b>	<b>3631.9365</b>	<b>24.3754</b>

\* Total includes one or more missing nutrient data.

(14300-1,5,6) Rice, Brown, Parboiled	Calories (kcal)			Saturated Fat (g)			Sodium (mg)			Total Carbohydrate (g)		
	Recipe	0.5 Cup	1 cup prepared	Recipe	0.5 Cup	1 cup prepared	Recipe	0.5 Cup	1 cup prepared	Recipe	0.5 Cup	1 cup prepared
Rice, Brown, Parboiled	160	109.0909	218.1818	0	0	0	0	0	0	33	22.5	45
	<b>160</b>	<b>109.0909</b>	<b>218.1818</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>33</b>	<b>22.5</b>	<b>45</b>

\* Total includes one or more missing nutrient data.

(3003 QP) Romaine Lettuce Chopped	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Leaf	Recipe	Leaf	Recipe	Leaf	Recipe	Leaf
Romaine Lettuce Chopped	0 *	0 *	0 *	0 *	0 *	0 *	0 *	0 *
	<b>0 *</b>	<b>0 *</b>	<b>0 *</b>	<b>0 *</b>	<b>0 *</b>	<b>0 *</b>	<b>0 *</b>	<b>0 *</b>

\* Total includes one or more missing nutrient data.

(R5061) Salad Bar (1)	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	SALAD (1)	Recipe	SALAD (1)	Recipe	SALAD (1)	Recipe	SALAD (1)
Green Bell Pepper	0 *	0 *	0 *	0 *	0 *	0 *	0 *	0 *
Eggs, 360 count case	0 *	0 *	0 *	0 *	0 *	0 *	0 *	0 *
Onions	0 *	0 *	0 *	0 *	0 *	0 *	0 *	0 *
Cucumbers	0 *	0 *	0 *	0 *	0 *	0 *	0 *	0 *
USDA 100003-CHEESE CHED YEL SHRED BAG-6/5 LB	114.4101 *	114.4101 *	6.0747 *	6.0747 *	182.2448 *	182.2448 *	0 *	0 *
10024550 Whole Wheat Dinner Rolls, 24 count	82.0921 *	82.0921 *	0 *	0 *	128.269 *	128.269 *	15.3923 *	15.3923 *
Turkey Ham, Diced (Jennie-O)	36.6666 *	36.6666 *	0.5 *	0.5 *	159.9999 *	159.9999 *	0.3333 *	0.3333 *
Peppers, Jalapeno, Sliced (Kaiser)	2.5391 *	2.5391 *	0 *	0 *	111.7188 *	111.7188 *	0.5078 *	0.5078 *
Olives, Sliced, black (ripe) (Bountiful Harvest)	4.7249 *	4.7249 *	0.1181 *	0.1181 *	25.987 *	25.987 *	0.2362 *	0.2362 *
Sliced Dill Pickles (Kaiser)	0 *	0 *	0 *	0 *	85.1866 *	85.1866 *	0 *	0 *
Salad Peppers, pepperoncini (Villa Frizzoni)	4.7249 *	4.7249 *	0 *	0 *	240.9709 *	240.9709 *	0.945 *	0.945 *
Croutons, Seasoned, WG (Sugar Foods)	15 *	15 *	0 *	0 *	37.5 *	37.5 *	2 *	2 *
Crackers, Cafe & Salad Style (Keebler)	35 *	35 *	0 *	0 *	55 *	55 *	5 *	5 *

\* Total includes one or more missing nutrient data.



(R5061) Salad Bar (1)	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	SALAD (1)	Recipe	SALAD (1)	Recipe	SALAD (1)	Recipe	SALAD (1)
Bacon Bits, Imitation (Katys Kitchen)	15.1872 *	15.1872 *	0 *	0 *	60.7489 *	60.7489 *	1.0125 *	1.0125 *
Carrots Shred 5# bag	0 *	0 *	0 *	0 *	0 *	0 *	0 *	0 *
Tomatoes, Grape	0 *	0 *	0 *	0 *	0 *	0 *	0 *	0 *
	<b>310.345 *</b>	<b>310.345 *</b>	<b>6.6929 *</b>	<b>6.6929 *</b>	<b>1087.6259 *</b>	<b>1087.6259 *</b>	<b>25.4272 *</b>	<b>25.4272 *</b>

\* Total includes one or more missing nutrient data.

(19100-1,5,6) Salsa, Chunk Style, Medium flavor (Ortega)	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	2oz Serving	Recipe	2oz Serving	Recipe	2oz Serving	Recipe	2oz Serving
Salsa, Chunk Style, Medium flavor (Ortega)	10	18.8996	0	0	170	321.2944	2	3.78
	<b>10</b>	<b>18.8996</b>	<b>0</b>	<b>0</b>	<b>170</b>	<b>321.2944</b>	<b>2</b>	<b>3.78</b>

\* Total includes one or more missing nutrient data.

(10504-1,5,6) Sausage Link, Fully cooked (Prairie Creek)	Calories (kcal)			Saturated Fat (g)			Sodium (mg)			Total Carbohydrate (g)		
	Recipe	2 Each (2 Oz)	Each (1 Oz)	Recipe	2 Each (2 Oz)	Each (1 Oz)	Recipe	2 Each (2 Oz)	Each (1 Oz)	Recipe	2 Each (2 Oz)	Each (1 Oz)
Sausage Link, Fully cooked (Prairie Creek)	217	219.7086	109.8543	3	3.0374	1.5187	353	357.4062	178.7031	1	1.0125	0.5062
	<b>217</b>	<b>219.7086</b>	<b>109.8543</b>	<b>3</b>	<b>3.0374</b>	<b>1.5187</b>	<b>353</b>	<b>357.4062</b>	<b>178.7031</b>	<b>1</b>	<b>1.0125</b>	<b>0.5062</b>

\* Total includes one or more missing nutrient data.

(10300-1,5,6) Scrambled Eggs	Calories (kcal)			Saturated Fat (g)			Sodium (mg)			Total Carbohydrate (g)		
	Recipe	1 oz serving	3 Tablespoons	Recipe	1 oz serving	3 Tablespoons	Recipe	1 oz serving	3 Tablespoons	Recipe	1 oz serving	3 Tablespoons
Eggs, Whole, Scrambled, Boil in Bag (Fair Meadow )	70	43.1405	70	1.5	0.9244	1.5	65	40.0591	65	0	0	0
	<b>70</b>	<b>43.1405</b>	<b>70</b>	<b>1.5</b>	<b>0.9244</b>	<b>1.5</b>	<b>65</b>	<b>40.0591</b>	<b>65</b>	<b>0</b>	<b>0</b>	<b>0</b>

\* Total includes one or more missing nutrient data.

(18204-1,5,6) Snack Bar, Marshmallow/Crisped Rice Treats (Kelloggs)	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each (1.41 Oz)	Recipe	Each (1.41 Oz)	Recipe	Each (1.41 Oz)	Recipe	Each (1.41 Oz)
Snack Bar, Marshmallow/Crisped Rice Treats (Kelloggs)	160	159.8912	1	0.9993	150	149.898	30	29.9796
	<b>160</b>	<b>159.8912</b>	<b>1</b>	<b>0.9993</b>	<b>150</b>	<b>149.898</b>	<b>30</b>	<b>29.9796</b>

\* Total includes one or more missing nutrient data.



(16127-1,5,6) Soft Filled Cinnamon Toast Crunch Bar	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each (2.36 Oz)	Recipe	Each (2.36 Oz)	Recipe	Each (2.36 Oz)	Recipe	Each (2.36 Oz)
Soft filled Cinnamon Toast Crunch Bar (General Mills)	260	263.5644	2.5	2.5343	290	293.9757	41	41.5621
	<b>260</b>	<b>263.5644</b>	<b>2.5</b>	<b>2.5343</b>	<b>290</b>	<b>293.9757</b>	<b>41</b>	<b>41.5621</b>

\* Total includes one or more missing nutrient data.

(R-1003) Soft Taco (Elem)	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Taco	Recipe	Taco	Recipe	Taco	Recipe	Taco
Tortilla, Whole Wheat, 8"	5999.9952	119.9999	75	1.5	10999.9901	219.9998	1049.9981	21
Beef, Fine Ground, 85/15, Frozen	9791.046	195.8209	238.8073	4.7761	2985.0734	59.7015	0	0
Cheese, Cheddar, Reduced Fat, Yellow, Shredded	539.9996	10.8	24	0.48	1259.999	25.2	6	0.12
Taco Seasoning Mix (JM Exotic)	202.4965	4.0499	0	0	2267.96	45.3592	40.4993	0.81
	<b>16533.5372</b>	<b>330.6707</b>	<b>337.8074</b>	<b>6.7561</b>	<b>17513.0225</b>	<b>350.2604</b>	<b>1096.4975</b>	<b>21.9299</b>

\* Total includes one or more missing nutrient data.

(19113-1,5,6) Sour Cream, Reduced fat (single serve) (Dairy Star)	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each (1 Oz)	Recipe	Each (1 Oz)	Recipe	Each (1 Oz)	Recipe	Each (1 Oz)
Sour Cream, Reduced fat (single serve) (Dairy Star)	25	25.312	0	0	30	30.3745	4	4.0499
	<b>25</b>	<b>25.312</b>	<b>0</b>	<b>0</b>	<b>30</b>	<b>30.3745</b>	<b>4</b>	<b>4.0499</b>

\* Total includes one or more missing nutrient data.

(28) SOY BUTTER SANDWICH & STRING CHEESE	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Sandwich w/ String Cheese	Recipe	Sandwich w/ String Cheese	Recipe	Sandwich w/ String Cheese	Recipe	Sandwich w/ String Cheese
String Cheese, IW (Fair Meadow )	80.9986	80.9986	3.5437	3.5437	202.4964	202.4964	0	0
Sandwich, Peanut Butter Substitute and Jelly, IW, WG (Albies)	280.1598	280.1598	3.0017	3.0017	200.1141	200.1141	28.016	28.016
	<b>361.1583</b>	<b>361.1583</b>	<b>6.5454</b>	<b>6.5454</b>	<b>402.6105</b>	<b>402.6105</b>	<b>28.016</b>	<b>28.016</b>

\* Total includes one or more missing nutrient data.

(29) SOY BUTTER SANDWICH & YOGURT	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Sandwich	Recipe	Sandwich	Recipe	Sandwich	Recipe	Sandwich
Strawberry Yogurt, Squeezable Tube (GM)	45.5617	45.5617	0	0	30.3744	30.3744	8.0998	8.0998
Sandwich, Peanut Butter Substitute and Jelly, IW, WG (Albies)	280.1598	280.1598	3.0017	3.0017	200.1141	200.1141	28.016	28.016
	<b>325.7214</b>	<b>325.7214</b>	<b>3.0017</b>	<b>3.0017</b>	<b>230.4885</b>	<b>230.4885</b>	<b>36.1158</b>	<b>36.1158</b>

\* Total includes one or more missing nutrient data.



(7) Spaghetti	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	3/4 cup	Recipe	3/4 cup	Recipe	3/4 cup	Recipe	3/4 cup
Beef, Fine Ground, 85/15, Frozen	6364.1794	63.6418	155.2248 *	1.5522 *	1940.2976	19.403	0	0
Spaghetti Pasta Noodles, WG (Treehouse)	10124.8312	101.2483	0 *	0 *	0	0	2075.5906	20.7559
Spaghetti Seasoning Mix (Sauer)	425.2425	4.2524	0 *	0 *	17576.69	175.7669	170.097	1.701
	<b>16914.2532</b>	<b>169.1425</b>	<b>155.2248 *</b>	<b>1.5522 *</b>	<b>19516.9876</b>	<b>195.1699</b>	<b>2245.6876</b>	<b>22.4569</b>

\* Total includes one or more missing nutrient data.

(Spring Salad) Spring Salad	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	1/2 cup prepared	Recipe	1/2 cup prepared	Recipe	1/2 cup prepared	Recipe	1/2 cup prepared
Salad Spring Mix (Pre Made)	0	0	0	0	0	0	0	0
Cucumbers	0 *	0 *	0 *	0 *	0 *	0 *	0 *	0 *
Carrots Shred 5# bag	0 *	0 *	0 *	0 *	0 *	0 *	0 *	0 *
Tomatoes, Grape	0 *	0 *	0 *	0 *	0 *	0 *	0 *	0 *
	<b>0 *</b>	<b>0 *</b>	<b>0 *</b>	<b>0 *</b>	<b>0 *</b>	<b>0 *</b>	<b>0 *</b>	<b>0 *</b>

\* Total includes one or more missing nutrient data.

(110473) Steamed Broccoli	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	0.5 cup	Recipe	0.5 cup	Recipe	0.5 cup	Recipe	0.5 cup
Broccoli, Frozen	26	26	0	0	22	22	5	5
	<b>26</b>	<b>26</b>	<b>0</b>	<b>0</b>	<b>22</b>	<b>22</b>	<b>5</b>	<b>5</b>

\* Total includes one or more missing nutrient data.

(2054 QP) Strawberries	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	1/2 Cup	Recipe	1/2 Cup	Recipe	1/2 Cup	Recipe	1/2 Cup
Strawberries	0.32	23.04	0.0001	0.0108	0.01	0.72	0.0768	5.5296
	<b>0.32</b>	<b>23.04</b>	<b>0.0001</b>	<b>0.0108</b>	<b>0.01</b>	<b>0.72</b>	<b>0.0768</b>	<b>5.5296</b>

\* Total includes one or more missing nutrient data.

(12207-1,5,6) Strawberry Fruit Pouch	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each (3.2 Oz)	Recipe	Each (3.2 Oz)	Recipe	Each (3.2 Oz)	Recipe	Each (3.2 Oz)
Squeezable Fruit Pouch, Strawberry (Tree Top)	50	50	0	0	0	0	12	12
	<b>50</b>	<b>50</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>12</b>	<b>12</b>

\* Total includes one or more missing nutrient data.



(10804-1,5,6) Strawberry Gogurt	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each (2 Oz)	Recipe	Each (2 Oz)	Recipe	Each (2 Oz)	Recipe	Each (2 Oz)
Strawberry Yogurt, Squeezable Tube (GM)	45	45.5617	0	0	30	30.3744	8	8.0998
	<b>45</b>	<b>45.5617</b>	<b>0</b>	<b>0</b>	<b>30</b>	<b>30.3744</b>	<b>8</b>	<b>8.0998</b>

\* Total includes one or more missing nutrient data.

(16108-1,5,6) Strawberry Poptart	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each (1.76 Oz)	Recipe	Each (1.76 Oz)	Recipe	Each (1.76 Oz)	Recipe	Each (1.76 Oz)
Toasted Pastry, Strawberry filled, IW, WG (Kelloggs)	169.9999	169.9999	1	1	179.9998	179.9998	36	36
	<b>169.9999</b>	<b>169.9999</b>	<b>1</b>	<b>1</b>	<b>179.9998</b>	<b>179.9998</b>	<b>36</b>	<b>36</b>

\* Total includes one or more missing nutrient data.

(10105-1,5,6) String Cheese	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each (1 Oz)	Recipe	Each (1 Oz)	Recipe	Each (1 Oz)	Recipe	Each (1 Oz)
String Cheese, IW (Fair Meadow )	80	80.9986	3.5	3.5437	200	202.4964	0	0
	<b>80</b>	<b>80.9986</b>	<b>3.5</b>	<b>3.5437</b>	<b>200</b>	<b>202.4964</b>	<b>0</b>	<b>0</b>

\* Total includes one or more missing nutrient data.

(100317) Sweet Potatoes	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	0.5 Cup	Recipe	0.5 Cup	Recipe	0.5 Cup	Recipe	0.5 Cup
Sweet Potatoes, 6/10	98	98	0	0	10	10	24	23.9999
	<b>98</b>	<b>98</b>	<b>0</b>	<b>0</b>	<b>10</b>	<b>10</b>	<b>24</b>	<b>23.9999</b>

\* Total includes one or more missing nutrient data.

(13041-1,5,6) Sweet Potatoes, Cut, Light syrup	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	0.5 Cup	Recipe	0.5 Cup	Recipe	0.5 Cup	Recipe	0.5 Cup
Sweet Potatoes, Cut, Light syrup	189.9999	142.5	0	0	55	41.25	44.9999	33.75
	<b>189.9999</b>	<b>142.5</b>	<b>0</b>	<b>0</b>	<b>55</b>	<b>41.25</b>	<b>44.9999</b>	<b>33.75</b>

\* Total includes one or more missing nutrient data.

(19030-1,5,6) Syrup Cup	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each (1 Oz)	Recipe	Each (1 Oz)	Recipe	Each (1 Oz)	Recipe	Each (1 Oz)
Table Syrup, Cup (single serve) (Sauer)	80	80.9986	0	0	25	25.312	20	20.2497
	<b>80</b>	<b>80.9986</b>	<b>0</b>	<b>0</b>	<b>25</b>	<b>25.312</b>	<b>20</b>	<b>20.2497</b>

\* Total includes one or more missing nutrient data.



(37) SYSCO Frito	Calories (kcal)			Saturated Fat (g)			Sodium (mg)			Total Carbohydrate (g)		
	Recipe	2 oz serving	Ounce	Recipe	2 oz serving	Ounce	Recipe	2 oz serving	Ounce	Recipe	2 oz serving	Ounce
SYSCO Frito	159.9972	320.0001	159.9972	1.5	3	1.5	169.9969	339.9998	169.9969	15.9996	31.9998	15.9996
	<b>159.9972</b>	<b>320.0001</b>	<b>159.9972</b>	<b>1.5</b>	<b>3</b>	<b>1.5</b>	<b>169.9969</b>	<b>339.9998</b>	<b>169.9969</b>	<b>15.9996</b>	<b>31.9998</b>	<b>15.9996</b>

\* Total includes one or more missing nutrient data.

(32) Teriyaki Chicken (Homemade)	Calories (kcal)			Saturated Fat (g)			Sodium (mg)			Total Carbohydrate (g)		
	Recipe	Serving (Elem 2 oz)	Serving (Mid/Hi 3 oz)	Recipe	Serving (Elem 2 oz)	Serving (Mid/Hi 3 oz)	Recipe	Serving (Elem 2 oz)	Serving (Mid/Hi 3 oz)	Recipe	Serving (Elem 2 oz)	Serving (Mid/Hi 3 oz)
Diced Chicken (1/2" pieces), Fully cooked (Tyson)	4000.0011	80	106.6667	40.0013	0.8	1.0667	3599.9986	72	96	40.0013	0.8	1.0667
Teriyaki Glaze (Diamond Crystal)	9.4498	0.189	0.252	0	0	0	491.3913	9.8278	13.1038	11.3398	0.2268	0.3024
	<b>4009.4509</b>	<b>80.189</b>	<b>106.9187</b>	<b>40.0013</b>	<b>0.8</b>	<b>1.0667</b>	<b>4091.3899</b>	<b>81.8278</b>	<b>109.1037</b>	<b>51.3411</b>	<b>1.0268</b>	<b>1.3691</b>

\* Total includes one or more missing nutrient data.

(2055 QP) Tomatoes	Calories (kcal)			Saturated Fat (g)			Sodium (mg)			Total Carbohydrate (g)		
	Recipe	1/4 Cup Prepared	TOMATO(1)	Recipe	1/4 Cup Prepared	TOMATO(1)	Recipe	1/4 Cup Prepared	TOMATO(1)	Recipe	1/4 Cup Prepared	TOMATO(1)
Tomatoes	0.18	4.14	16.2	0.0003	0.0064	0.0252	0.05	1.15	4.5	0.0389	0.8947	3.501
	<b>0.18</b>	<b>4.14</b>	<b>16.2</b>	<b>0.0003</b>	<b>0.0064</b>	<b>0.0252</b>	<b>0.05</b>	<b>1.15</b>	<b>4.5</b>	<b>0.0389</b>	<b>0.8947</b>	<b>3.501</b>

\* Total includes one or more missing nutrient data.

(18104-1,5,6) Triple Chocolate Cookie	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each (1.5 Oz)	Recipe	Each (1.5 Oz)	Recipe	Each (1.5 Oz)	Recipe	Each (1.5 Oz)
Cookie, Chocolate Filling, IW WG, fully cooked (Fathers Tab)	190	187.8979	2	1.9779	80	79.1149	28	27.6902
	<b>190</b>	<b>187.8979</b>	<b>2</b>	<b>1.9779</b>	<b>80</b>	<b>79.1149</b>	<b>28</b>	<b>27.6902</b>

\* Total includes one or more missing nutrient data.

(24) Turkey & Cheese Sub (Elem)	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Sandwich	Recipe	Sandwich	Recipe	Sandwich	Recipe	Sandwich
95933440- K-12 Special, Hoagie pre sliced, 24 count	2.3729	2.3729	0	0	3.3898	3.3898	0.4915	0.4915
American Cheese, Sliced, Processed Loaf (Cobblestreet)	45	45	2.25	2.25	240	240	1.5	1.5
Turkey Breast, Deli sliced, Boneless, Fully cooked (Butterba)	50	50	0	0	560	560	2	2
	<b>97.3729</b>	<b>97.3729</b>	<b>2.25</b>	<b>2.25</b>	<b>803.3898</b>	<b>803.3898</b>	<b>3.9915</b>	<b>3.9915</b>

\* Total includes one or more missing nutrient data.



(8) Turkey & Cheese Sub (middle/high)	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Sandwich	Recipe	Sandwich	Recipe	Sandwich	Recipe	Sandwich
Turkey, Deli Breast, Sliced	87.8428	87.8428	0	0	437.1711	437.1711	2.0429	2.0429
American Cheese, Sliced, Processed Loaf (Cobblestreet)	45	45	2.25	2.25	240	240	1.5	1.5
95933380- K-12 Spec 4", Hamburger Buns, 30-Count	147.619	147.619	0	0	236.1905	236.1905	29.5238	29.5238
	<b>280.4619</b>	<b>280.4619</b>	<b>2.25</b>	<b>2.25</b>	<b>913.3616</b>	<b>913.3616</b>	<b>33.0667</b>	<b>33.0667</b>

\* Total includes one or more missing nutrient data.

(USDA149) USDA - 100355 POTATOES WEDGE FRZ PKG-6/5 LB	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	4 oz	Recipe	4 oz	Recipe	4 oz	Recipe	4 oz
USDA - 100355 POTATOES WEDGE FRZ PKG-6/5 LB	130.76	148.2792	1.28	1.4515	128.2	145.3762	20.51	23.2579
	<b>130.76</b>	<b>148.2792</b>	<b>1.28</b>	<b>1.4515</b>	<b>128.2</b>	<b>145.3762</b>	<b>20.51</b>	<b>23.2579</b>

\* Total includes one or more missing nutrient data.

(USDA162) USDA - 110724 PEPPERS/ONION BLEND FRZ CTN-30LB	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	1/4 Cup Prepared	Recipe	1/4 Cup Prepared	Recipe	1/4 Cup Prepared	Recipe	1/4 Cup Prepared
USDA - 110724 PEPPERS/ONION BLEND FRZ CTN-30LB	0 *	0 *	0 *	0 *	0 *	0 *	0 *	0 *
	<b>0 *</b>	<b>0 *</b>	<b>0 *</b>	<b>0 *</b>	<b>0 *</b>	<b>0 *</b>	<b>0 *</b>	<b>0 *</b>

\* Total includes one or more missing nutrient data.

(USDA120) USDA 100241-PEACH FREESTONE DICED FRZ CUP-96/4.4 OZ	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Cup (4.45 OZ)	Recipe	Cup (4.45 OZ)	Recipe	Cup (4.45 OZ)	Recipe	Cup (4.45 OZ)
USDA 100241-PEACH FREESTONE DICED FRZ CUP-96/4.4 OZ	64	80	0	0	0	0	15.2	19
	<b>64</b>	<b>80</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>15.2</b>	<b>19</b>

\* Total includes one or more missing nutrient data.

(18201-1,5,6) Vanilla Pudding	Calories (kcal)			Saturated Fat (g)			Sodium (mg)			Total Carbohydrate (g)		
	Recipe	2oz Serving	4oz Serving	Recipe	2oz Serving	4oz Serving	Recipe	2oz Serving	4oz Serving	Recipe	2oz Serving	4oz Serving
Vanilla Pudding, RTS, Fat free (bulk) (Knouse)	120	53.1553	106.3106	0	0	0	210	93.0218	186.0436	25.0001	11.0741	22.1481
	<b>120</b>	<b>53.1553</b>	<b>106.3106</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>210</b>	<b>93.0218</b>	<b>186.0436</b>	<b>25.0001</b>	<b>11.0741</b>	<b>22.1481</b>

\* Total includes one or more missing nutrient data.



(R5062) Variety Cereal (2OZ)	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Cereal Cup Pack (2OZ)	Recipe	Cereal Cup Pack (2OZ)	Recipe	Cereal Cup Pack (2OZ)	Recipe	Cereal Cup Pack (2OZ)
Cinnamon Chex Cereal, Cup Pack, WG (GM)	229.9998	46	0.5	0.1	339.9997	67.9999	46	9.2
Apple Jacks Cereal, Pouch, WG (Kelloggs)	109.9999	22	0.5	0.1	159.9999	32	24	4.8
Cinnamon Toast Crunch Cereal, Cup Pack, WG (General Mills)	239.9998	48	0.5	0.1	319.9997	63.9999	44	8.8
Cocoa Puffs Cereal, Cup Pack, WG (GM)	229.9998	46	0	0	219.9998	44	47	9.4
Honey Nut Cheerios Cereal, Cup Pack, WG (General Mills)	209.9998	42	0.5	0.1	319.9997	63.9999	45	9
	<b>1019.9992</b>	<b>203.9998</b>	<b>1.9999</b>	<b>0.4</b>	<b>1359.9989</b>	<b>271.9998</b>	<b>205.9998</b>	<b>41.2</b>

\* Total includes one or more missing nutrient data.

(44) Variety Juice (4OZ Breakfast)	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Juice (4oz)	Recipe	Juice (4oz)	Recipe	Juice (4oz)	Recipe	Juice (4oz)
Grape Juice Carton, unsweetened, 100% Juice, fzn (Sun Cup)	79.9999	79.9999	0	0	10	10	18.9999	18.9999
	<b>79.9999</b>	<b>79.9999</b>	<b>0</b>	<b>0</b>	<b>10</b>	<b>10</b>	<b>18.9999</b>	<b>18.9999</b>

\* Total includes one or more missing nutrient data.

(37) Walking Taco (Mid/Hi 2 Each)	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Bags (2EACH)	Recipe	Bags (2EACH)	Recipe	Bags (2EACH)	Recipe	Bags (2EACH)
Beef, Fine Ground, 85/15, Frozen	9791.046	391.6418	238.8073	9.5523	2985.0734	119.4029	0	0
Cheese, Cheddar, Reduced Fat, Yellow, Shredded	539.9996	21.6	24	0.96	1259.999	50.4	6	0.24
Baked Tortilla Chips, Nacho Cheese Flavored, WG	6499.9946	259.9998	50	2	9999.9913	399.9997	999.9988	40
Taco Seasoning Mix (JM Exotic)	202.4965	8.0999	0	0	2267.96	90.7184	40.4993	1.62
	<b>17033.5367</b>	<b>681.3415</b>	<b>312.8073</b>	<b>12.5123</b>	<b>16513.0237</b>	<b>660.5209</b>	<b>1046.4981</b>	<b>41.8599</b>

\* Total includes one or more missing nutrient data.

(36) Walking Taco (Elem)	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Taco	Recipe	Taco	Recipe	Taco	Recipe	Taco
Beef, Fine Ground, 85/15, Frozen	9791.046	195.8209	238.8073	4.7761	2985.0734	59.7015	0	0
Cheese, Cheddar, Reduced Fat, Yellow, Shredded	539.9996	10.8	24	0.48	1259.999	25.2	6	0.12
Baked Tortilla Chips, Nacho Cheese Flavored, WG	129.9999	2.6	1	0.02	199.9998	4	20	0.4
Taco Seasoning Mix (JM Exotic)	202.4965	4.0499	0	0	2267.96	45.3592	40.4993	0.81
	<b>10663.5419</b>	<b>213.2708</b>	<b>263.8073</b>	<b>5.2761</b>	<b>6713.0322</b>	<b>134.2606</b>	<b>66.4993</b>	<b>1.33</b>

\* Total includes one or more missing nutrient data.





(14006-1,5,6) Whole Grain Roll	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	1 Roll (1.25 Oz)	Recipe	1 Roll (1.25 Oz)	Recipe	1 Roll (1.25 Oz)	Recipe	1 Roll (1.25 Oz)
Roll Dough, Whole Grain Wheat, w/hint of Honey, 1.25oz (Brid	90	91.1234	0	0	160	161.9972	17	17.2122
	<b>90</b>	<b>91.1234</b>	<b>0</b>	<b>0</b>	<b>160</b>	<b>161.9972</b>	<b>17</b>	<b>17.2122</b>

\* Total includes one or more missing nutrient data.

(13206-1,5,6) Whole Kernel Corn	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	0.5 Cup	Recipe	0.5 Cup	Recipe	0.5 Cup	Recipe	0.5 Cup
Corn, WK, fzn (Pictsweet)	100	75	0	0	0	0	21	15.75
	<b>100</b>	<b>75</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>21</b>	<b>15.75</b>

\* Total includes one or more missing nutrient data.

Homestyle Chicken Breast Chunk Bites, Fully Cooked, WG	349.9999	354.5669	3	3.0391	810	820.5694	20	20.261
	<b>349.9999</b>	<b>354.5669</b>	<b>3</b>	<b>3.0391</b>	<b>810</b>	<b>820.5694</b>	<b>20</b>	<b>20.261</b>

\* Total includes one or more missing nutrient data.

Date Range (Start = 1/1/2023, End = 2/3/2023)

Menu Plans (1. K-5 Breakfast, 2. K-5 Elementary Lunch, 3. K-5 Snack, 4. K-5 Supper, 5. 6-12 Breakfast, 6. A La Carte, 6-8 Middle Lunch, 9-12 High Lunch)

Nutrients (Calories, Total Carbohydrate, Sodium, Saturated Fat)