

# Recipe List

Category: Breakfast Entree

Menu: All Recipes

Nutrients listed per serving

Name	Number	Serving Size	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Protein (g)	Carbohydrates (g)	Total Fat (g)	Saturated Fat (g)	Saturated Fat (%cal)	Trans Fat (g)	Cost
Breakfast Entree																		
<b>Apple Cinnamon Cheerios</b>	239	1 bowl pak	110.00	0.000	110.00	2.000	10.000	3.600	100.00	500.00	6.000	2.000	70.000	1.500	0.000	0.00%	0.000	\$0.00
Cereal, Apple Cinnamon Cheerios, Bowlpak, 96/1oz, 31879	2046041		110.00	0.000	110.00	2.000	10.000	3.600	100.00	500.00	6.000	2.000	70.000	1.500	0.000	0.00%	0.000	\$0.00
<b>Apple Jacks Breakfast Break</b>	1005	1 meal	270.00	0.000	310.00	3.000	26.000	5.400	20.000	700.00	75.600	3.000	57.000	4.000	1.500	5.00%	0.000	\$0.00
Apple Jacks Breakfast Break	1003		270.00	0.000	310.00	3.000	26.000	5.400	20.000	700.00	75.600	3.000	57.000	4.000	1.500	5.00%	0.000	\$0.00
<b>Apple Jacks</b>	295	1 bowl pak	110.00	0.000	160.00	2.000	8.000	4.500	0.000	500.00	15.000	2.000	24.000	1.000	0.500	4.09%	0.000	\$0.00
Apple Jacks, Kellogg's	293		110.00	0.000	160.00	2.000	8.000	4.500	0.000	500.00	15.000	2.000	24.000	1.000	0.500	4.09%	0.000	\$0.00
<b>Blueberry Yogurt Breakfast Break</b>	975	1 meal	290.00	0.000	195.00	2.000	39.000	1.080	420.00	1500.000	60.000	6.000	60.000	3.000	1.000	3.10%	0.000	\$0.00
Blueberry Yogurt Breakfast Break	973		290.00	0.000	195.00	2.000	39.000	1.080	420.00	1500.000	60.000	6.000	60.000	3.000	1.000	3.10%	0.000	\$0.00
<b>Breakfast Bar</b>	811	1 bar	230.00	15.000	220.00	2.000	15.000	1.440	100.00	0.000	0.000	4.000	39.000	7.000	2.000	7.83%	0.000	\$0.00
Breakfast Bar, 72/2.8 oz., IW, WG, Sky Blue,	329165		230.00	15.000	220.00	2.000	15.000	1.440	100.00	0.000	0.000	4.000	39.000	7.000	2.000	7.83%	0.000	\$0.00

HWB5172																		
<b>Bacon Scramble Breakfast Pizza</b>	343	1 each	190.00	45.00	300.00	2.000	4.000	1.800	150.00	100.00	0.000	10.00	20.00	8.000	2.000	9.47%	0.000	\$0.00
Pizza, Breakfast, Bacon Scramble, 80/3 oz, Nardone Bros., 80WBCA1, 1M; 1.5WG	2050611		190.00	45.00	300.00	2.000	4.000	1.800	150.00	100.00	0.000	10.00	20.00	8.000	2.000	9.47%	0.000	\$0.00
<b>Breakfast Pizza Slice</b>	667	1 slice	269.243	200.379	654.983	1.691	1.120	1.989	173.612	370.505	9.600	16.184	21.613	12.573	4.987	16.67%	0.055	\$0.00
16" Round Par Baked Shell, Deiorio's	411		112.00	0.000	256.00	1.600	0.800	1.152	16.00	0.000	9.600	4.000	20.00	1.600	0.000	0.00%	0.000	\$0.00
Bacon Bits, Jimmy Dean	527		21.262	3.544	134.660	0.000	0.000	0.000	0.000	0.000	0.000	2.126	0.000	1.417	0.709	30.00%	0.000	\$0.00
Cheese, Mozzarella, Shredded, 20#, 4/5# Pouches, 320/1 oz, 1M, Land O Lakes, 41698	2046839		36.449	6.075	85.049	0.000	0.000	0.000	80.999	40.499	0.000	2.835	0.405	2.430	1.417	35.00%	0.000	\$0.00
Cheese, Shredded, Mild Cheddar, Land O' Lakes, 4/5lb, 41749	2043515		22.275	6.075	38.474	0.000	0.000	0.000	40.499	60.749	0.000	1.417	0.202	1.822	1.215	49.09%	0.000	\$0.00
Scrambled Eggs, Michael Foods	663		77.257	184.686	140.800	0.091	0.320	0.837	36.114	269.257	0.000	5.806	1.006	5.303	1.646	19.17%	0.055	\$0.00
<b>Breakfast Pizza Square</b>	669	1 square	276.610	200.379	613.842	1.683	1.912	1.982	157.612	370.505	0.000	16.163	23.099	12.166	4.987	16.23%	0.055	\$0.00
Bacon Bits, Jimmy Dean	527		21.262	3.544	134.660	0.000	0.000	0.000	0.000	0.000	0.000	2.126	0.000	1.417	0.709	30.00%	0.000	\$0.00
Cheese, Mozzarella, Shredded, 20#, 4/5# Pouches, 320/1 oz, 1M, Land O Lakes, 41698	2046839		36.449	6.075	85.049	0.000	0.000	0.000	80.999	40.499	0.000	2.835	0.405	2.430	1.417	35.00%	0.000	\$0.00
Cheese, Shredded, Mild Cheddar, Land O' Lakes, 4/5lb, 41749	2043515		22.275	6.075	38.474	0.000	0.000	0.000	40.499	60.749	0.000	1.417	0.202	1.822	1.215	49.09%	0.000	\$0.00
Half Sheet Par Baked Shell, Deiorio's	413		119.366	0.000	214.859	1.592	1.592	1.146	0.000	0.000	0.000	3.979	21.486	1.194	0.000	0.00%	0.000	\$0.00
Scrambled Eggs, Michael Foods	663		77.257	184.686	140.800	0.091	0.320	0.837	36.114	269.257	0.000	5.806	1.006	5.303	1.646	19.17%	0.055	\$0.00

<b>Chicken Croissant Breakfast Sandwich</b>	621	1 sandwich	252.612	25.466	404.665	1.000*	1.000	1.739	31.205	218.336	0.000	15.224	24.168	11.631	3.019	10.76%	0.000	\$0.00
Chicken Breast Filet w/Rib Meat, Homestyle Breaded, FC, 226/2.12 oz, 1M, .50WG, CN, Tyson, 070303-0928	2037333		142.612	25.467	254.665	N/A*	0.000	1.019	11.205	18.336	0.000	12.224	9.168	7.131	1.019	6.43%	0.000	\$0.00
Margarine Croissant, Whole Grain, Sliced, Hadley Farms	619		110.000	0.000	150.000	1.000	1.000	0.720	20.000	200.000	0.000	3.000	15.000	4.500	2.000	16.36%	0.000	\$0.00
<b>Egg and Cheese Breakfast Sandwich</b>	627	1 sandwich	220.636	87.499	476.326	2.011	1.505	1.446*	100.425*	100.000*	0.000*	10.526	26.127	9.508	3.500	14.28%	0.000	\$0.00
Cheese, American, Yellow, Pasteurized, Sliced [100018]	2045009		54.999	12.499	134.999	0.000	0.500	N/A*	N/A*	N/A*	N/A*	2.499	1.000	4.500	2.500	40.91%	0.000	\$0.00
English Muffins, Whole Grain White, Sliced, 3.5", 144/2 oz, Bake Crafters 802	2046255		120.637	0.000	251.327	2.011	1.005	1.086	80.425	0.000	0.000	5.027	24.127	1.508	0.000	0.00%	0.000	\$0.00
Scrambled Egg Patty, Michael Foods	409		45.000	75.000	90.000	0.000	0.000	0.360	20.000	100.000	0.000	3.000	1.000	3.500	1.000	20.00%	0.000	\$0.00
<b>Ham and Cheese Breakfast Sandwich</b>	617	1 sandwich	193.698	29.030	721.288	2.011	2.015	1.632*	80.425*	0.000*	0.000*	13.110	25.387	5.656	2.009	9.34%	0.000	\$0.00
Cheese, American, Yellow, Pasteurized, Sliced [100018]	2045009		27.500	6.250	67.500	0.000	0.250	N/A*	N/A*	N/A*	N/A*	1.250	0.500	2.250	1.250	40.91%	0.000	\$0.00
English Muffins, Whole Grain White, Sliced, 3.5", 144/2 oz, Bake Crafters 802	2046255		120.637	0.000	251.327	2.011	1.005	1.086	80.425	0.000	0.000	5.027	24.127	1.508	0.000	0.00%	0.000	\$0.00
Ham, Low Sodium, Farmland	459		45.562	22.781	402.462	0.000	0.759	0.547	0.000	0.000	0.000	6.834	0.759	1.898	0.759	15.00%	0.000	\$0.00
<b>Sausage and Cheese Breakfast Sandwich</b>	625	1 sandwich	355.636	42.499	516.326	2.011	1.505	1.446*	80.425*	0.000*	0.000*	12.526	26.127	23.008	8.500	21.51%	0.000	\$0.00
Cheese, American,	2045		54.999	12.499	134.999	0.000	0.500	N/A*	N/A*	N/A*	N/A*	2.499	1.000	4.500	2.500	40.91%	0.000	\$0.00

Yellow, Pasteurized, Sliced [100018]	009		9	9	99												%		
English Muffins, Whole Grain White, Sliced, 3.5", 144/2 oz, Bake Crafters 802	2046255		120.637	0.000	251.327	2.011	1.005	1.086	80.425	0.000	0.000	5.027	24.127	1.508	0.000	0.00%	0.000	\$0.00	
Pork Sausage Patty, Lower Sodium, Jones Dairy Farm	397		180.000	30.000	130.000	0.000	0.000	0.360	0.000	0.000	0.000	5.000	1.000	17.000	6.000	30.00%	0.000	\$0.00	
<b>Sausage/Egg/Cheese Breakfast Sandwich</b>	623	1 sandwich	400.636	117.499	606.326	2.011	1.505	1.806*	100.425*	100.000*	0.000*	15.526	27.127	26.508	9.500	21.34%	0.000	\$0.00	
Cheese, American, Yellow, Pasteurized, Sliced [100018]	2045009		54.999	12.499	134.999	0.000	0.500	N/A*	N/A*	N/A*	N/A*	2.499	1.000	4.500	2.500	40.91%	0.000	\$0.00	
English Muffins, Whole Grain White, Sliced, 3.5", 144/2 oz, Bake Crafters 802	2046255		120.637	0.000	251.327	2.011	1.005	1.086	80.425	0.000	0.000	5.027	24.127	1.508	0.000	0.00%	0.000	\$0.00	
Pork Sausage Patty, Lower Sodium, Jones Dairy Farm	397		180.000	30.000	130.000	0.000	0.000	0.360	0.000	0.000	0.000	5.000	1.000	17.000	6.000	30.00%	0.000	\$0.00	
Scrambled Egg Patty, Michael Foods	409		45.000	75.000	90.000	0.000	0.000	0.360	20.000	100.000	0.000	3.000	1.000	3.500	1.000	20.00%	0.000	\$0.00	
<b>Cheerios</b>	241	1 bowl pak	100.000	0.000	140.000	3.000	1.000	8.100	100.000	500.000	6.000	3.000	20.000	2.000	0.500	4.50%	0.000	\$0.00	
Cereal, Cheerios, Bowlpack, General Mills, 96/1oz, 16000-32262	2043379		100.000	0.000	140.000	3.000	1.000	8.100	100.000	500.000	6.000	3.000	20.000	2.000	0.500	4.50%	0.000	\$0.00	
<b>Cinnamon Chex</b>	243	1 bowl pak	111.373	0.000	172.122	1.012	7.087	7.290	80.999	404.993	4.860	1.012	23.287	2.025	0.000	0.00%	0.000	\$0.00	
Cereal, Cinnamon Chex, Bowlpak, 96/1.0 oz, 1WG, General Mills, 38387	2046047		111.373	0.000	172.122	1.012	7.087	7.290	80.999	404.993	4.860	1.012	23.287	2.025	0.000	0.00%	0.000	\$0.00	
<b>Multi-Grain Cinnamon Flakes</b>	299	1 bowl	100.000	0.000	170.000	3.000	6.000	4.500	0.000	500.000	15.000	2.000	24.000	0.000	0.000	0.00%	0.000	\$0.00	

		pack																
Cinnamon Flakes, Multi-Grain, Kellogg's	297		100.000	0.000	170.000	3.000	6.000	4.500	0.000	500.000	15.000	2.000	24.000	0.000	0.000	0.00%	0.000	\$0.00
<b>Cinnamon Roll</b>	407	1 roll	170.000	5.000	135.000	3.090	10.000	1.670	23.870	259.720	0.420	5.000	36.000	1.500	0.500	2.65%	0.000	\$0.00
Cinnamon Roll, Rich's	405		170.000	5.000	135.000	3.090	10.000	1.670	23.870	259.720	0.420	5.000	36.000	1.500	0.500	2.65%	0.000	\$0.00
<b>Cinnamon Toast Crunch Bar Breakfast Break</b>	971	1 meal	330.000	0.000	240.000	5.000	27.000	2.520	200.000	0.000	60.000	5.000	65.000	7.500	0.500	1.36%	0.000	\$0.00
Cinnamon Toast Crunch Bar Breakfast Break	969		330.000	0.000	240.000	5.000	27.000	2.520	200.000	0.000	60.000	5.000	65.000	7.500	0.500	1.36%	0.000	\$0.00
<b>Cinnamon Toast Crunch Reduced Sugar Breakfast Break</b>	1009	1 meal	270.000	0.000	350.000	4.000	24.000	5.400	220.000	700.000	68.400	2.000	55.000	6.000	1.500	5.00%	0.000	\$0.00
Cinnamon Toast Crunch Reduced Sugar Breakfast Break	1007		270.000	0.000	350.000	4.000	24.000	5.400	220.000	700.000	68.400	2.000	55.000	6.000	1.500	5.00%	0.000	\$0.00
<b>Cinnamon Toast Crunch</b>	245	1 bowl pak	111.373	0.000	161.997	3.037	6.075	3.645	202.496	404.993	4.860	1.012	22.275	3.037	0.506	4.09%	0.000	\$0.00
Cereal, Cinnamon Toast Crunch, Reduced Sugar, Bowlpak, 96/1oz, 1WG, General Mills, 29444	2043375		111.373	0.000	161.997	3.037	6.075	3.645	202.496	404.993	4.860	1.012	22.275	3.037	0.506	4.09%	0.000	\$0.00
<b>Cocoa Puffs Reduced Sugar Breakfast Break</b>	989	1 meal	270.000	0.000	340.000	3.000	21.000	4.860	120.000	500.000	66.000	5.000	54.000	5.000	1.000	3.33%	0.000	\$0.00
Cocoa Puffs Reduced Sugar Breakfast Break	981		270.000	0.000	340.000	3.000	21.000	4.860	120.000	500.000	66.000	5.000	54.000	5.000	1.000	3.33%	0.000	\$0.00

<b>Cocoa Puffs</b>	247	1 bowl pak	110.000	0.000	160.000	2.000	8.000	4.500	100.000	500.000	6.000	2.000	25.000	1.500	0.000	0.00%	0.000	\$0.00
Cereal, Cocoa Puffs, Reduced Sugar, Bowlpack, General Mills, 96/1oz	2043373		110.000	0.000	160.000	2.000	8.000	4.500	100.000	500.000	6.000	2.000	25.000	1.500	0.000	0.00%	0.000	\$0.00
<b>French Toast Sticks, Breakfast</b>	511	3 sticks	208.478	105.299	282.759	2.524	11.079	1.460	73.398	233.665	0.074	7.689	25.698	8.819	2.104	9.08%	0.107	\$0.00
French Toast Sticks, Cinnamon Glazed, Michael Foods	401		208.478	105.299	282.759	2.524	11.079	1.460	73.398	233.665	0.074	7.689	25.698	8.819	2.104	9.08%	0.107	\$0.00
<b>Frosted Corn Flakes</b>	249	1 bowl pak	100.000	0.000	180.000	1.000	8.000	6.300	150.000	500.000	4.800	1.000	24.000	0.500	0.000	0.00%	0.000	\$0.00
Cereal, Frosted Corn Flakes, Bowlpak, 96/1 oz, 1WG, General Mills, 11768	2046027		100.000	0.000	180.000	1.000	8.000	6.300	150.000	500.000	4.800	1.000	24.000	0.500	0.000	0.00%	0.000	\$0.00
<b>Frosted Flakes Breakfast Break</b>	993	1 meal	270.000	0.000	260.000	4.000	26.000	9.540	20.000	750.000	81.000	4.000	61.000	2.000	0.300	1.00%	0.000	\$0.00
Frosted Flakes Breakfast Break	991		270.000	0.000	260.000	4.000	26.000	9.540	20.000	750.000	81.000	4.000	61.000	2.000	0.300	1.00%	0.000	\$0.00
<b>Frosted Flakes, Multi-Grain</b>	303	1 bowl pak	100.000	0.000	160.000	3.000	7.000	4.500	0.000	500.000	15.000	2.000	24.000	0.000	0.000	0.00%	0.000	\$0.00
Frosted Flakes, Multi-Grain, Kellogg's	301		100.000	0.000	160.000	3.000	7.000	4.500	0.000	500.000	15.000	2.000	24.000	0.000	0.000	0.00%	0.000	\$0.00
<b>Chocolate Frosted Mini-Wheats</b>	307	1 bowl pak	100.000	0.000	105.000	3.000	6.000	8.100	0.000	0.000	0.000	3.000	23.000	1.000	0.000	0.00%	0.000	\$0.00
Frosted Mini-Wheats Little Bites, Chocolate, Kellogg's	305		100.000	0.000	105.000	3.000	6.000	8.100	0.000	0.000	0.000	3.000	23.000	1.000	0.000	0.00%	0.000	\$0.00

<b>Frosted Mini-Wheats</b>	1161	1 Bowl	100.00	0.000	0.000	3.000	6.000	8.100	0.000	0.000	0.000	3.000	24.000	0.000	0.000	0.00%	0.000	\$0.00
Cereal, Frosted Mini Wheats, Bowlpack, Kelloggs, 96/1oz	71		100.00	0.000	0.000	3.000	6.000	8.100	0.000	0.000	0.000	3.000	24.000	0.000	0.000	0.00%	0.000	\$0.00
<b>Blueberry Frosted Shredded Wheat</b>	321	1 bowl pak	100.00	0.000	0.000	3.000	6.000	8.100	0.000	0.000	0.000	3.000	23.000	0.500	0.000	0.00%	0.000	\$0.00
Frosted Shredded Wheat, Blueberry, Post	317		100.00	0.000	0.000	3.000	6.000	8.100	0.000	0.000	0.000	3.000	23.000	0.500	0.000	0.00%	0.000	\$0.00
<b>Frosted Shredded Wheat</b>	319	1 bowl pak	100.00	0.000	0.000	3.000	6.000	8.100	0.000	0.000	0.000	3.000	23.000	0.500	0.000	0.00%	0.000	\$0.00
Frosted Shredded Wheat, Post	313		100.00	0.000	0.000	3.000	6.000	8.100	0.000	0.000	0.000	3.000	23.000	0.500	0.000	0.00%	0.000	\$0.00
<b>Strawberry Frosted Shredded Wheat</b>	323	1 bowl pak	100.00	0.000	0.000	3.000	6.000	8.100	0.000	0.000	0.000	3.000	23.000	0.500	0.000	0.00%	0.000	\$0.00
Frosted Shredded Wheat, Strawberry, Post	315		100.00	0.000	0.000	3.000	6.000	8.100	0.000	0.000	0.000	3.000	23.000	0.500	0.000	0.00%	0.000	\$0.00
<b>Apple Frudel</b>	279	1 pack age	209.743	0.000	259.681	1.998	10.987	1.079	0.000	0.000	0.000	4.994	35.956	5.993	0.999	4.29%	0.000	\$0.00
Frudel, Apple, 72/2.29 oz, 2WG, Pillsbury, 127852000	2047967		209.743	0.000	259.681	1.998	10.987	1.079	0.000	0.000	0.000	4.994	35.956	5.993	0.999	4.29%	0.000	\$0.00
<b>Cherry Frudel</b>	281	1 pack age	209.743	0.000	259.681	1.998	10.987	1.079	0.000	0.000	0.000	4.994	36.955	5.993	0.999	4.29%	0.000	\$0.00
Frudel, Cherry, 72/2.29 oz, 2WG, Pillsbury, 127851000	2048005		209.743	0.000	259.681	1.998	10.987	1.079	0.000	0.000	0.000	4.994	36.955	5.993	0.999	4.29%	0.000	\$0.00

<b>Fruity Cheerios</b>	251	1 bowl pak	122.909	0.000	143.394	2.048	9.218	4.609	102.424	512.120	6.145	2.048	128.030	1.536	0.000	0.00%	0.000	\$0.00
Cereal, Fruity Cheerios, 96/1.12 oz, 1WG, General Mills, 31916	2046043		122.909	0.000	143.394	2.048	9.218	4.609	102.424	512.120	6.145	2.048	128.030	1.536	0.000	0.00%	0.000	\$0.00
<b>Golden Grahams Breakfast Break</b>	1001	1 meal	290.000	0.000	345.000	3.000	27.000	4.320	80.000	400.000	64.800	3.000	59.000	5.500	0.000	0.00%	0.000	\$0.00
Golden Grahams Breakfast Break	999		290.000	0.000	345.000	3.000	27.000	4.320	80.000	400.000	64.800	3.000	59.000	5.500	0.000	0.00%	0.000	\$0.00
<b>Golden Grahams</b>	253	1 bowl pak	100.000	0.000	220.000	1.000	8.000	3.600	80.000	400.000	4.800	1.000	24.000	1.000	0.000	0.00%	0.000	\$0.00
Cereal, Golden Grahams, Bowlpak, 96/1oz, 16000-11943, 11943	2044655		100.000	0.000	220.000	1.000	8.000	3.600	80.000	400.000	4.800	1.000	24.000	1.000	0.000	0.00%	0.000	\$0.00
<b>Honey Nut Cheerios Breakfast Break</b>	987	1 meal	290.000	0.000	285.000	4.000	27.000	5.220	100.000	500.000	66.000	4.000	57.000	6.000	0.000	0.00%	0.000	\$0.00
Honey Nut Cheerios Breakfast Break	985		290.000	0.000	285.000	4.000	27.000	5.220	100.000	500.000	66.000	4.000	57.000	6.000	0.000	0.00%	0.000	\$0.00
<b>Honey Nut Cheerios</b>	255	1 bowl pak	110.000	0.000	160.000	2.000	9.000	4.500	100.000	500.000	6.000	11.000	22.000	1.500	0.000	0.00%	0.000	\$0.00
Cereal, Honey Nut Cheerios, Bowlpak, General Mills, 96/1oz, 16000-11918, 11918	2043377		110.000	0.000	160.000	2.000	9.000	4.500	100.000	500.000	6.000	11.000	22.000	1.500	0.000	0.00%	0.000	\$0.00
<b>Honey Nut Chex</b>	257	1 bowl pak	124.006	0.000	196.343	1.033	9.300	4.650	103.338	516.692	6.200	2.067	27.901	0.052	0.000	0.00%	0.000	\$0.00
Cereal, Honey Nut Chex, Bowlpak, 96/1.13	2046035		124.006	0.000	196.343	1.033	9.300	4.650	103.339	516.693	6.200	2.067	27.901	0.052	0.000	0.00%	0.000	\$0.00



oz, 1WG, General Mills, 11866																		
<b>Cinnamon Cream Cheese Mini Bagels</b>	283	1 package	240.00	10.000	180.00	2.000	13.000	1.440	20.000	100.00	0.000	6.000	41.000	6.000	2.500	9.38%	0.000	\$0.00
Mini Bagels, Cinnamon Cream Cheese, 72/2.43 oz, 2WG, Pillsbury, 138399000	2047959		240.00	10.000	180.00	2.000	13.000	1.440	20.000	100.00	0.000	6.000	41.000	6.000	2.500	9.38%	0.000	\$0.00
<b>Mini Cinnis</b>	285	1 package	240.00	0.000	270.00	2.000	15.000	1.440	40.000	0.000	0.000	5.000	39.000	7.000	1.500	5.63%	0.000	\$0.00
Mini Cinnis, IW, 72/2.29 oz, Pillsbury 133686000	2044035		240.00	0.000	270.00	2.000	15.000	1.440	40.000	0.000	0.000	5.000	39.000	7.000	1.500	5.63%	0.000	\$0.00
<b>Cinnamon Mini French Toast</b>	277	1 package	220.00	0.000	200.00	2.000	11.000	1.440	60.000	0.000	0.000	4.000	37.000	7.000	1.000	4.09%	0.000	\$0.00
Mini French Toast, Cinnamon, Pillsbury	275		220.00	0.000	200.00	2.000	11.000	1.440	60.000	0.000	0.000	4.000	37.000	7.000	1.000	4.09%	0.000	\$0.00
<b>Maple Mini Pancakes</b>	271	1 package	220.00	0.000	130.00	3.000	12.000	0.720	20.000	0.000	0.000	4.000	39.000	6.000	0.500	2.05%	0.000	\$0.00
Pancakes, Mini, Maple Burst'n, IW, 72/3.17 oz, 2WG, Pillsbury, 137732000	2044641		220.00	0.000	130.00	3.000	12.000	0.720	20.000	0.000	0.000	4.000	39.000	6.000	0.500	2.05%	0.000	\$0.00
<b>Strawberry Mini Pancakes</b>	273	1 package	220.00	0.000	130.00	3.000	14.000	0.720	20.000	0.000	0.000	4.000	40.000	6.000	0.500	2.05%	0.000	\$0.00
Pancakes, Mini, Strawberry Splash, 2WG, Pillsbury, 72/3.17oz, 37731	2044645		220.00	0.000	130.00	3.000	14.000	0.720	20.000	0.000	0.000	4.000	40.000	6.000	0.500	2.05%	0.000	\$0.00

<b>Blueberry Mini Waffles</b>	287	1 pack age	210.0 00	0.000	170.0 00	3.000	12.00 0	0.720	20.00 0	0.000	0.000	4.000	37.00 0	6.000	1.000	4.29 %	0.000	\$0.00
Waffles, Mini, Blueberry, 72/2.47oz, 2WG, Pillsbury, 13226400	2048 001		210.0 00	0.000	170.0 00	3.000	12.00 0	0.720	20.00 0	0.000	0.000	4.000	37.00 0	6.000	1.000	4.29 %	0.000	\$0.00
<b>Maple Mini Waffles</b>	289	1 pack age	210.0 00	0.000	170.0 00	3.000	13.00 0	0.720	20.00 0	0.000	0.000	4.000	38.00 0	6.000	1.000	4.29 %	0.000	\$0.00
Waffles, Mini, Maple, 72/2.47oz, 2WG, Pillsbury, 132265000	2048 003		210.0 00	0.000	170.0 00	3.000	13.00 0	0.720	20.00 0	0.000	0.000	4.000	38.00 0	6.000	1.000	4.29 %	0.000	\$0.00
<b>Multi-Grain Cheerios</b>	259	1 bowl pak	100.0 00	0.000	110.0 00	3.000	6.000	16.20 0	90.00 0	500.0 00	4.800	2.000	23.00 0	1.000	0.000	0.00 %	0.000	\$0.00
Cereal, Cheerios, Multigrain, Bowlpak, 96/1oz, 16000-32263	2044 661		100.0 00	0.000	110.0 00	3.000	6.000	16.20 0	90.00 0	500.0 00	4.800	2.000	23.00 0	1.000	0.000	0.00 %	0.000	\$0.00
<b>Orange Pineapple Banana Smoothie (Windsor)</b>	1129	8 oz	184.6 24	3.333	70.60 7	1.874	24.14 7*	0.259	157.7 98	793.1 66	28.10 3*	5.468	39.02 6	1.154	0.700	3.41 %	0.000	\$0.00
Bananas, raw	6613		17.50 3	0.000	0.197	0.511	2.405	0.051	0.983	12.58 7	1.711	0.214	4.492	0.065	0.022	1.13 %	0.000	\$0.00
Ice	1131		0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.00 %	0.000	\$0.00
Lowfat Vanilla Yogurt, ParfaitPro, Yoplait	587		133.3 33	3.333	70.00 0	N/A*	18.66 7	N/A*	133.3 33	666.6 67	N/A*	4.667	26.00 0	1.000	0.667	4.50 %	0.000	\$0.00
Oranges; varieties include Navel, Valencia, Pineapple or Hamlin, raw [100283]	9240		20.66 7	0.000	0.000	1.035	N/A*	0.044	17.33 1	98.33 3	23.23 5	0.410	5.131	0.052	0.009	0.38 %	0.000	\$0.00
Pineapple, canned, water pack, solids and liquids	6698		13.12 0	0.000	0.410	0.328	3.075	0.164	6.150	15.58 0	3.157	0.176	3.403	0.037	0.002	0.17 %	0.000	\$0.00
<b>Cheese Pizza Bagel</b>	395	1 pizza bagel	220.0 00	15.00 0	430.0 00	4.000	3.000	1.440	200.0 00	300.0 00	9.000	14.00 0	30.00 0	6.000	3.000	12.27 %	0.000	\$0.00
Pizza Bagel, Breakfast,	2050		220.0	15.00	430.0	4.000	3.000	1.440	200.0	300.0	9.000	14.00	30.00	6.000	3.000	12.27	0.000	\$0.00

Cheese, 96/3.8 oz, Nardone Bros., 96WBB, 1M; 1.75WG, 1/8 RO	579		00	0	00				00	00		0	0			%		
<b>Sausage Pizza Bagel</b>	347	1 pizza bagel	240.0 00	15.00 0	530.0 00	4.000	3.000	1.800	150.0 00	300.0 00	9.000	12.00 0	30.00 0	10.00 0	3.000	11.25 %	0.000	\$0.00
Pizza Bagel, Sausage, Nardone's	345		240.0 00	15.00 0	530.0 00	4.000	3.000	1.800	150.0 00	300.0 00	9.000	12.00 0	30.00 0	10.00 0	3.000	11.25 %	0.000	\$0.00
<b>Reduced Sugar Cinnamon Toast Crunch Breakfast Break</b>	961	1 meal	260.0 00	0.000	340.0 00	6.000	22.00 0	5.340	206.0 00	640.0 00	7.900	2.000	54.00 0	6.000	0.500	1.73 %	0.000	\$0.00
Reduced Sugar Cinnamon Toast Crunch Breakfast Break	959		260.0 00	0.000	340.0 00	6.000	22.00 0	5.340	206.0 00	640.0 00	7.900	2.000	54.00 0	6.000	0.500	1.73 %	0.000	\$0.00
<b>Reduced Sugar Fruit Loops Breakfast Break</b>	1013	1 meal	260.0 00	0.000	275.0 00	4.000	26.00 0	4.320	100.0 00	900.0 00	72.00 0	4.000	56.00 0	3.500	0.500	1.73 %	0.000	\$0.00
Reduced Sugar Fruit Loops Breakfast Break	1011		260.0 00	0.000	275.0 00	4.000	26.00 0	4.320	100.0 00	900.0 00	72.00 0	4.000	56.00 0	3.500	0.500	1.73 %	0.000	\$0.00
<b>Reduced Sugar Trix Breakfast Break</b>	997	1 meal	270.0 00	0.000	290.0 00	2.000	26.00 0	6.300	120.0 00	700.0 00	68.40 0	2.000	56.00 0	4.500	1.000	3.33 %	0.000	\$0.00
Reduced Sugar Trix Breakfast Break	995		270.0 00	0.000	290.0 00	2.000	26.00 0	6.300	120.0 00	700.0 00	68.40 0	2.000	56.00 0	4.500	1.000	3.33 %	0.000	\$0.00
<b>Reese's Puffs</b>	263	1 bowl pak	120.0 00	0.000	160.0 00	1.000	9.000	4.500	100.0 00	500.0 00	6.000	2.000	21.00 0	3.000	0.500	3.75 %	0.000	\$0.00
Cereal, Reese's Puffs, Bowlpak, 96/1.0 oz pkg, 1WG, General Mills, 31919	2044 659		120.0 00	0.000	160.0 00	1.000	9.000	4.500	100.0 00	500.0 00	6.000	2.000	21.00 0	3.000	0.500	3.75 %	0.000	\$0.00
<b>Rice Chex</b>	267	1	100.0	0.000	250.0	1.000	2.000	9.000	100.0	500.0	6.000	2.000	24.00	0.500	0.000	0.00	0.000	\$0.00

		00	00						00	00			0			%		
Rice Chex, Gluten Free, General Mills	265		100.00	0.000	250.00	1.000	2.000	9.000	100.00	500.00	6.000	2.000	24.000	0.500	0.000	0.00%	0.000	\$0.00
<b>Whole Grain Rice Krispies</b>	311	1 bowl pak	100.00	0.000	170.00	1.000	1.000	8.100	0.000	1000.000	12.000	2.000	23.000	0.500	0.000	0.00%	0.000	\$0.00
Rice Krispies, Whole Grain, Kellogg's	309		100.00	0.000	170.00	1.000	1.000	8.100	0.000	1000.000	12.000	2.000	23.000	0.500	0.000	0.00%	0.000	\$0.00
<b>Smart Choice Apple Muffin Breakfast Break</b>	963	1 meal	320.00	30.000	270.00	5.100	29.000	2.520	40.000	300.000	3.600	4.000	59.000	9.000	1.500	4.22%	0.000	\$0.00
Smart Choice Apple Muffin Breakfast Break	957		320.00	30.000	270.00	5.100	29.000	2.520	40.000	300.000	3.600	4.000	59.000	9.000	1.500	4.22%	0.000	\$0.00
<b>Strawberry Banana Apple Smoothie (Windsor)</b>	1133	8 oz	175.302	3.333	70.997	1.761*	25.356	0.274*	140.110	706.808	13.338*	5.067	36.948	1.144	0.699	3.59%	0.000	\$0.00
Apples, raw, with skin	9796		15.773	0.000	0.303	0.728	3.152	0.036	1.820	16.380	1.395	0.079	4.189	0.052	0.008	0.49%	0.000	\$0.00
Bananas, raw	6613		17.503	0.000	0.197	0.511	2.405	0.051	0.983	12.587	1.711	0.214	4.492	0.065	0.022	1.13%	0.000	\$0.00
Ice	1131		0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.00%	0.000	\$0.00
Lowfat Vanilla Yogurt, ParfaitPro, Yoplait	587		133.333	3.333	70.000	N/A*	18.667	N/A*	133.333	666.667	N/A*	4.667	26.000	1.000	0.667	4.50%	0.000	\$0.00
Strawberries, frozen, unsweetened	6658		8.692	0.000	0.497	0.522	1.132	0.186	3.973	11.175	10.231	0.107	2.267	0.027	0.001	0.15%	0.000	\$0.00
<b>Strawberry Banana Smoothie (Windsor)</b>	1127	8 oz	176.620	3.333	71.670	2.058*	24.431	0.604*	146.103	712.403	32.062*	5.198	37.218	1.146	0.693	3.53%	0.000	\$0.00
Bananas, raw	6613		17.503	0.000	0.197	0.511	2.405	0.051	0.983	12.587	1.711	0.214	4.492	0.065	0.022	1.13%	0.000	\$0.00
Ice	1131		0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.00%	0.000	\$0.00

Lowfat Vanilla Yogurt, ParfaitPro, Yoplait	587		133.33	3.333	70.000	N/A*	18.667	N/A*	133.33	666.667	N/A*	4.667	26.000	1.000	0.667	4.50%	0.000	\$0.00
Strawberries, frozen, unsweetened	6658		25.783	0.000	1.473	1.547	3.359	0.553	11.787	33.150	30.351	0.317	6.726	0.081	0.004	0.15%	0.000	\$0.00
<b>Strawberry Oatmeal Bar Breakfast Break</b>	967	1 meal	330.000	5.000	170.000	3.000	30.000	1.440	20.000	0.000	60.000	4.000	62.000	9.000	2.500	6.82%	0.000	\$0.00
Strawberry Oatmeal Bar Breakfast Break	965		330.000	5.000	170.000	3.000	30.000	1.440	20.000	0.000	60.000	4.000	62.000	9.000	2.500	6.82%	0.000	\$0.00
<b>Strawberry Yogurt Breakfast Break</b>	979	1 meal	250.000	0.000	225.000	1.070	34.200	1.800	320.000	300.000	63.600	4.000	52.000	3.020	1.000	3.60%	0.000	\$0.00
Strawberry Yogurt Breakfast Break	977		250.000	0.000	225.000	1.070	34.200	1.800	320.000	300.000	63.600	4.000	52.000	3.020	1.000	3.60%	0.000	\$0.00
<b>Total Raisin Bran</b>	261	1 bowl pak	110.000	0.000	140.000	3.000	12.000	10.800	600.000	300.000	0.000	2.000	28.000	0.500	0.000	0.00%	0.000	\$0.00
Cereal, Total Raisin Bran, Bowlpak, 96/1.19oz, 16000-12392, 12392	2044657		110.000	0.000	140.000	3.000	12.000	10.800	600.000	300.000	0.000	2.000	28.000	0.500	0.000	0.00%	0.000	\$0.00
<b>Trix</b>	269	1 bowl pak	110.000	0.000	140.000	1.000	8.000	3.600	80.000	400.000	4.800	1.000	24.000	1.500	0.000	0.00%	0.000	\$0.00
Cereal, Trix, Bowl Pack, 96/1oz, 16000-31923, 31923	2044651		110.000	0.000	140.000	1.000	8.000	3.600	80.000	400.000	4.800	1.000	24.000	1.500	0.000	0.00%	0.000	\$0.00
<b>Apple Cinnamon Muffin Top</b>	377	1 muffin top	160.000	25.000	130.000	1.000	13.000	0.720	20.000	0.000	0.000	2.000	26.000	5.000	0.500	2.81%	0.000	\$0.00
Whole Grain Apple Cinnamon Muffin Top, Muffin Town	63		160.000	25.000	130.000	1.000	13.000	0.720	20.000	0.000	0.000	2.000	26.000	5.000	0.500	2.81%	0.000	\$0.00

<b>Banana Muffin Top</b>	371	1 muffin top	160.00	20.00	135.00	1.000	14.00	0.720	20.00	0.000	1.200	2.000	28.00	4.500	0.500	2.81%	0.000	\$0.00
Whole Grain Banana Muffin Top, Muffin Town	61		160.00	20.00	135.00	1.000	14.00	0.720	20.00	0.000	1.200	2.000	28.00	4.500	0.500	2.81%	0.000	\$0.00
<b>Blueberry Muffin Top</b>	373	1 muffin top	160.00	20.00	125.00	1.000	13.00	0.720	20.00	0.000	0.000	2.000	26.00	5.000	0.500	2.81%	0.000	\$0.00
Whole Grain Blueberry Muffin Top, Muffin Town	65		160.00	20.00	125.00	1.000	13.00	0.720	20.00	0.000	0.000	2.000	26.00	5.000	0.500	2.81%	0.000	\$0.00
<b>Chocolate Chip Muffin Top</b>	375	1 muffin top	170.00	20.00	130.00	1.000	15.00	1.080	20.00	0.000	0.000	2.000	28.00	6.000	1.000	5.29%	0.000	\$0.00
Whole Grain Chocolate Chip Muffin Top, Muffin Town	67		170.00	20.00	130.00	1.000	15.00	1.080	20.00	0.000	0.000	2.000	28.00	6.000	1.000	5.29%	0.000	\$0.00
<b>Chocolate Chocolate Chip Muffin Top</b>	379	1 muffin top	150.00	25.00	115.00	2.000	13.00	1.800	20.00	0.000	0.000	3.000	26.00	6.000	1.500	9.00%	0.000	\$0.00
Whole Grain Chocolate Chocolate Chip Muffin Top, Muffin Town	69		150.00	25.00	115.00	2.000	13.00	1.800	20.00	0.000	0.000	3.000	26.00	6.000	1.500	9.00%	0.000	\$0.00
<b>Whole Wheat Blueberry Bagel</b>	827	1 bagel	150.00	0.000	250.00	3.000	3.000	1.800	20.00	0.000	0.000	6.000	31.00	1.000	0.000	0.00%	0.000	\$0.00
Whole Wheat Blueberry Bagel, Bagelover's	825		150.00	0.000	250.00	3.000	3.000	1.800	20.00	0.000	0.000	6.000	31.00	1.000	0.000	0.00%	0.000	\$0.00
<b>Whole Wheat Cinnamon Raisin Bagel</b>	821	1 bagel	150.00	0.000	250.00	3.000	3.000	1.800	20.00	0.000	0.000	6.000	31.00	0.500	0.000	0.00%	0.000	\$0.00
Whole Wheat Cinnamon Raisin Bagel, Bagelover's	819		150.00	0.000	250.00	3.000	3.000	1.800	20.00	0.000	0.000	6.000	31.00	0.500	0.000	0.00%	0.000	\$0.00

<b>Whole Wheat Long Island Bagel</b>	831	1 bagel	150.00	0.000	260.00	3.000	2.000	1.800	20.000	0.000	0.000	6.000	30.000	1.000	0.000	0.00%	0.000	\$0.00
Whole Wheat Long Island Bagel, Bagelover's	829		150.00	0.000	260.00	3.000	2.000	1.800	20.000	0.000	0.000	6.000	30.000	1.000	0.000	0.00%	0.000	\$0.00
<b>Whole Wheat Plain Bagel</b>	823	1 bagel	150.00	0.000	260.00	3.000	2.000	1.800	20.000	0.000	0.000	6.000	30.000	0.500	0.000	0.00%	0.000	\$0.00
Whole Wheat Plain Bagel, Bagelover's	817		150.00	0.000	260.00	3.000	2.000	1.800	20.000	0.000	0.000	6.000	30.000	0.500	0.000	0.00%	0.000	\$0.00
<b>Raspberry Rainbow Trix Yogurt</b>	603	1 yogurt	100.00	5.000	50.000	0.000	13.000	0.000	100.000	500.000	0.000	3.000	20.000	0.500	0.500	4.50%	0.000	\$0.00
Yogurt, Raspberry Rainbow, Trix, 4 oz	73		100.00	5.000	50.000	0.000	13.000	0.000	100.000	500.000	0.000	3.000	20.000	0.500	0.500	4.50%	0.000	\$0.00
<b>Strawberry Banana Trix Yogurt</b>	605	1 yogurt	100.00	5.000	50.000	0.000	13.000	0.000	100.000	500.000	0.000	3.000	20.000	0.500	0.500	4.50%	0.000	\$0.00
Yogurt, Strawberry Banana, Trix, 4 oz	75		100.00	5.000	50.000	0.000	13.000	0.000	100.000	500.000	0.000	3.000	20.000	0.500	0.500	4.50%	0.000	\$0.00
<b>Triple Cherry Trix Yogurt</b>	607	1 yogurt	100.00	5.000	50.000	0.000	13.000	0.000	100.000	500.000	0.000	3.000	20.000	0.500	0.500	4.50%	0.000	\$0.00
Yogurt, Triple Cherry, Trix, 4 oz	77		100.00	5.000	50.000	0.000	13.000	0.000	100.000	500.000	0.000	3.000	20.000	0.500	0.500	4.50%	0.000	\$0.00
<b>Trix Yogurt, Variety</b>	601	1 yogurt	100.00	5.000	50.000	0.000	13.000	0.000	100.000	500.000	0.000	3.000	20.000	0.500	0.500	4.50%	0.000	\$0.00
Yogurt, Raspberry Rainbow, Trix, 4 oz	73		33.333	1.667	16.667	0.000	4.333	0.000	33.333	166.667	0.000	1.000	6.667	0.167	0.167	4.50%	0.000	\$0.00
Yogurt, Strawberry Banana, Trix, 4 oz	75		33.333	1.667	16.667	0.000	4.333	0.000	33.333	166.667	0.000	1.000	6.667	0.167	0.167	4.50%	0.000	\$0.00

Yogurt, Triple Cherry, Trix, 4 oz	77		33.33 3	1.667	16.66 7	0.000	4.333	0.000	33.33 3	166.6 67	0.000	1.000	6.667	0.167	0.167	4.50 %	0.000	\$0.00

\* = Indicates missing Nutrient Information.

WARNING: THE DATA CONTAINED WITHIN THIS REPORT CANNOT BE USED FOR AND DOES NOT PROVIDE MENU PLANNING OR MEDICAL TREATMENT FOR ANYONE WITH A MEDICAL CONDITION, DIETARY RESTRICTION OR FOOD ALLERGY. USE OF THE SERVICES TO PROVIDE MENU PLANNING OR MEDICAL TREATMENT FOR ANYONE WITH A MEDICAL CONDITION, DIETARY RESTRICTION OR FOOD ALLERGY IS A VIOLATION OF THE TERMS OF THIS SERVICE. ANY SUBSCRIBER PLANNING FOR OR TREATING MEDICAL CONDITIONS, DIETARY RESTRICTIONS OR A FOOD ALLERGY MUST CONSULT A MEDICAL PROFESSIONAL FOR ASSISTANCE. TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.



# Recipe List

Category: Lunch Entree

Menu: All Recipes

Nutrients listed per serving

Name	Number	Serving Size	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Protein (g)	Carbohydrates (g)	Total Fat (g)	Saturated Fat (g)	Saturated Fat (%cals)	Trans Fat (g)	Cost
Lunch Entree																		
<b>BBQ Chicken Drumstick</b>	1115	1 drum stick	239.144	122.360	297.319	0.000	5.628	0.944	10.640	61.180	0.000	24.046	6.400	12.236	3.270	12.31%	0.063	\$0.00
BBQ Sauce, Ken's Food Inc	635		25.014	0.000	156.339	0.000	5.628	0.000	0.000	0.000	0.000	0.000	6.254	0.000	0.000	0.00%	0.000	\$0.00
Chicken, broilers or fryers, drumstick, meat and skin, raw	7180		214.130	122.360	140.980	0.000	0.000	0.944	10.640	61.180	0.000	24.046	0.146	12.236	3.270	13.75%	0.063	\$0.00
<b>BBQ Chicken Leg</b>	1117	1 leg	665.674	311.500	453.649	0.000	5.628	2.257	24.150	211.720	0.000	55.930	6.882	44.293	12.002	16.23%	0.227	\$0.00
BBQ Sauce, Ken's Food Inc	635		25.014	0.000	156.339	0.000	5.628	0.000	0.000	0.000	0.000	0.000	6.254	0.000	0.000	0.00%	0.000	\$0.00
Chicken, broilers or fryers, drumstick, meat and skin, raw	7180		214.130	122.360	140.980	0.000	0.000	0.944	10.640	61.180	0.000	24.046	0.146	12.236	3.270	13.75%	0.063	\$0.00
Chicken, broilers or fryers, thigh, meat and skin, raw	7195		426.530	189.140	156.330	0.000	0.000	1.312	13.510	150.540	0.000	31.884	0.483	32.057	8.731	18.42%	0.164	\$0.00
<b>BBQ Chicken Sandwich, 6-12</b>	639	1 sandwich	333.352	60.000	918.452	3.000	13.504	2.140	90.900	0.000	0.000	25.000	38.338	6.500	1.500	4.05%	0.000	\$0.00
BBQ Sauce, Ken's Food Inc	635		33.352	0.000	208.452	0.000	7.504	0.000	0.000	0.000	0.000	0.000	8.338	0.000	0.000	0.00%	0.000	\$0.00
Chicken Breast Fillet, Flame Broiled, Smart Picks™, FC, 17.5#, 100/2.8oz, 2M, CN, Advance Pierre #9989	2038525		150.000	60.000	430.000	0.000	2.000	0.700	10.900	0.000	0.000	19.000	3.000	5.000	1.500	9.00%	0.000	\$0.00
Kaiser Roll, Whole Grain 4", Bimbo	31		150.000	0.000	280.000	3.000	4.000	1.440	80.000	0.000	0.000	6.000	27.000	1.500	0.000	0.00%	0.000	\$0.00

Bakeries USA																		
<b>BBQ Chicken Sandwich, K-5</b>	637	1 sandwich	333.352	60.000	918.452	3.000	13.504	2.140	90.900	0.000	0.000	25.000	38.338	6.500	1.500	4.05%	0.000	\$0.00
BBQ Sauce, Ken's Food Inc	635		33.352	0.000	208.452	0.000	7.504	0.000	0.000	0.000	0.000	0.000	8.338	0.000	0.000	0.00%	0.000	\$0.00
Chicken Breast Fillet, Flame Broiled, Smart Picks™, FC, 17.5#, 100/2.8oz, 2M, CN, Advance Pierre #9989	2038525		150.000	60.000	430.000	0.000	2.000	0.700	10.900	0.000	0.000	19.000	3.000	5.000	1.500	9.00%	0.000	\$0.00
Kaiser Roll, Whole Grain 4", Bimbo Bakeries USA	31		150.000	0.000	280.000	3.000	4.000	1.440	80.000	0.000	0.000	6.000	27.000	1.500	0.000	0.00%	0.000	\$0.00
<b>Beef Hot Dog</b>	843	1 hot dog	390.000	40.000	1000.000	3.000	6.000	2.520	80.000	0.000	0.000	14.000	31.000	22.500	9.000	20.77%	0.000	\$0.00
Beef Hot Dog, Smithfield	841		240.000	40.000	720.000	0.000	2.000	1.080	0.000	0.000	0.000	8.000	4.000	21.000	9.000	33.75%	0.000	\$0.00
Whole Grain Sausage Rolls, Bimbo Bakeries USA	49		150.000	0.000	280.000	3.000	4.000	1.440	80.000	0.000	0.000	6.000	27.000	1.500	0.000	0.00%	0.000	\$0.00
<b>Breaded Fish Sandwich</b>	437	1 sandwich	340.000	50.000	530.000	4.000	5.000	2.520	100.000	0.000	0.000	20.000	43.000	8.500	1.000	2.65%	0.000	\$0.00
Kaiser Roll, Whole Grain 4", Bimbo Bakeries USA	31		150.000	0.000	280.000	3.000	4.000	1.440	80.000	0.000	0.000	6.000	27.000	1.500	0.000	0.00%	0.000	\$0.00
Pollock Fish Patty, Whole Grain Breaded, High Liner Foods	435		190.000	50.000	250.000	1.000	1.000	1.080	20.000	0.000	0.000	14.000	16.000	7.000	1.000	4.74%	0.000	\$0.00
<b>Breaded Mozzarella Cheese Sticks, 6-12</b>	433	6 sticks	320.000	15.000	620.000	4.000	2.000	N/A*	N/A*	N/A*	N/A*	20.000	37.000	12.000	3.500	9.84%	0.000	\$0.00
Cheese Sticks, Mozzarella, Rich Breaded, 24#, 8/3#, 84/4.18 oz, 2M, 2WG, Rich's, 65220	2046853		320.000	15.000	620.000	4.000	2.000	N/A*	N/A*	N/A*	N/A*	20.000	37.000	12.000	3.500	9.84%	0.000	\$0.00

<b>Breaded Mozzarella Cheese Sticks, K-5</b>	431	4 sticks	213.33	10.000	413.33	2.667	1.333	N/A*	N/A*	N/A*	N/A*	13.333	24.667	8.000	2.333	9.84%	0.000	\$0.00
Cheese Sticks, Mozzarella, Rich Breaded, 24#, 8/3#, 84/4.18 oz, 2M, 2WG, Rich's, 65220	2046853		213.33	10.000	413.33	2.667	1.333	N/A*	N/A*	N/A*	N/A*	13.333	24.667	8.000	2.333	9.84%	0.000	\$0.00
<b>Buffalo Chicken Pizza</b>	333	1 slice	280.00	30.000	610.00	3.000	2.000	2.700	350.00	300.00	1.200	19.000	27.000	11.000	5.000	16.07%	0.000	\$0.00
Pizza, Buffalo Chicken, White Sauce, 8/36.8 oz, Nardone Bros. 16WPSBC, 2M; 2WG	2050471		280.00	30.000	610.00	3.000	2.000	2.700	350.00	300.00	1.200	19.000	27.000	11.000	5.000	16.07%	0.000	\$0.00
<b>Buffalo Chicken Pizza Wedge</b>	331	1 each	280.00	30.000	610.00	3.000	2.000	2.700	350.00	300.00	1.200	19.000	27.000	11.000	5.000	16.07%	0.000	\$0.00
Pizza, Buffalo Chicken, White Sauce, 64/4.6 oz, IQF, Nardone Bros. 64WPSBC, 2M; 2WG	2050473		280.00	30.000	610.00	3.000	2.000	2.700	350.00	300.00	1.200	19.000	27.000	11.000	5.000	16.07%	0.000	\$0.00
<b>Buffalo Chicken Sub</b>	695	1 sub	237.16	46.571	582.220	3.000*	4.118	1.801*	80.000*	0.000*	1.212*	18.148	27.118	5.695	2.020	7.67%	0.000	\$0.00
Chicken, Unseasoned Strips, Cooked, Frozen [110462]	2044955		85.049	46.571	178.191	0.000	0.000	0.361	0.000	0.000	1.212	12.148	0.000	4.047	2.020	21.38%	0.000	\$0.00
Hot Sauce, RedHot, Franks	693		0.000	0.000	106.311	N/A*	0.000	N/A*	N/A*	N/A*	N/A*	0.000	0.000	0.000	0.000	0.00%	0.000	\$0.00
Lite Italian Dressing, Ken's	665		2.067	0.000	17.718	0.000	0.118	0.000	0.000	0.000	0.000	0.000	0.118	0.148	0.000	0.00%	0.000	\$0.00
Whole Grain Sausage Rolls, Bimbo Bakeries USA	49		150.00	0.000	280.00	3.000	4.000	1.440	80.000	0.000	0.000	6.000	27.000	1.500	0.000	0.00%	0.000	\$0.00
<b>Calzonettes</b>	473	3 calzonettes	350.00	30.000	390.00	5.000	6.000	1.800	350.00	400.00	9.000	24.000	34.000	13.000	7.000	18.00%	0.000	\$0.00

Mini-Crescent, Italian Style Cheese, WG, 15#, 48/141g (3pc), Giorgio's 9074 (2M; 2WG; 1/8c.RO)	2050 527		350.0 00	30.00 0	390.0 00	5.000	6.000	1.800	350.0 00	400.0 00	9.000	24.00 0	34.00 0	13.00 0	7.000	18.00 %	0.000	\$0.00
<b>Cheese Pizza Slice</b>	553	1 slice	341.8 73	30.37 4	845.5 56	2.436	1.872	1.754	424.9 93	420.5 70	17.23 4	19.61 1	28.77 0	15.24 0	7.087	18.66 %	0.000	\$0.00
16" Round Par Baked Shell, Deiorio's	411		140.0 00	0.000	320.0 00	2.000	1.000	1.440	20.00 0	0.000	12.00 0	5.000	25.00 0	2.000	0.000	0.00 %	0.000	\$0.00
Cheese, Mozzarella, Shredded, 20#, 4/5# Pouches, 320/1 oz. 1M, Land O Lakes, 41698	2046 839		182.2 47	30.37 4	425.2 43	0.000	0.000	0.000	404.9 93	202.4 96	0.000	14.17 5	2.025	12.15 0	7.087	35.00 %	0.000	\$0.00
Pizza Sauce, Don Pepinos	551		19.62 7	0.000	100.3 14	0.436	0.872	0.314	0.000	218.0 73	5.234	0.436	1.745	1.090	0.000	0.00 %	0.000	\$0.00
<b>Cheese Pizza Square, 9-12</b>	557	1 square	401.5 50	37.96 8	925.5 19	2.535	3.080	1.825	506.2 41	525.7 12	6.542	23.23 7	31.56 9	18.04 2	8.859	19.86 %	0.000	\$0.00
Cheese, Mozzarella, Shredded, 20#, 4/5# Pouches, 320/1 oz. 1M, Land O Lakes, 41698	2046 839		227.8 08	37.96 8	531.5 53	0.000	0.000	0.000	506.2 41	253.1 21	0.000	17.71 8	2.531	15.18 7	8.859	35.00 %	0.000	\$0.00
Half Sheet Par Baked Shell, Deiorio's	413		149.2 08	0.000	268.5 74	1.989	1.989	1.432	0.000	0.000	0.000	4.974	26.85 7	1.492	0.000	0.00 %	0.000	\$0.00
Pizza Sauce, Don Pepinos	551		24.53 3	0.000	125.3 92	0.545	1.090	0.393	0.000	272.5 91	6.542	0.545	2.181	1.363	0.000	0.00 %	0.000	\$0.00
<b>Cheese Pizza Square, K-8</b>	555	1 square	321.2 40	30.37 4	740.4 15	2.028	2.464	1.460	404.9 93	420.5 70	5.234	18.59 0	25.25 5	14.43 4	7.087	19.86 %	0.000	\$0.00
Cheese, Mozzarella, Shredded, 20#, 4/5# Pouches, 320/1 oz. 1M, Land O Lakes, 41698	2046 839		182.2 47	30.37 4	425.2 43	0.000	0.000	0.000	404.9 93	202.4 96	0.000	14.17 5	2.025	12.15 0	7.087	35.00 %	0.000	\$0.00
Half Sheet Par Baked Shell, Deiorio's	413		119.3 66	0.000	214.8 59	1.592	1.592	1.146	0.000	0.000	0.000	3.979	21.48 6	1.194	0.000	0.00 %	0.000	\$0.00
Pizza Sauce, Don Pepinos	551		19.62 7	0.000	100.3 14	0.436	0.872	0.314	0.000	218.0 73	5.234	0.436	1.745	1.090	0.000	0.00 %	0.000	\$0.00

<b>Cheese Pizza Wedge</b>	335	1 slice	310.00	30.000	470.00	3.000	3.000	2.700	450.00	500.00	9.000	21.000	29.000	13.000	7.000	20.32%	0.000	\$0.00
Pizza, Cheese, Pizzeria Style, 64/5 oz, IQF, Nardone Bros. 64WPS2, 2M; 2WG; 1/8 RO	2050475		310.00	30.000	470.00	3.000	3.000	2.700	450.00	500.00	9.000	21.000	29.000	13.000	7.000	20.32%	0.000	\$0.00
<b>Cheeseburger Meatloaf on a Kaiser Roll</b>	1025	1 sandwich	322.122	30.374	674.868	4.012	9.062	2.857	138.926	0.000	10.580	18.150	35.100	11.625	5.062	14.14%	0.000	\$0.00
Kaiser Roll, Whole Grain 4", Bimbo Bakeries USA	31		150.00	0.000	280.00	3.000	4.000	1.440	80.000	0.000	0.000	6.000	27.000	1.500	0.000	0.00%	0.000	\$0.00
Meatloaf, w/ Cheese & Ketchup, FC, 18.13#, 100/2.9 oz, 2M, CN, Advance Pierre #69190	2044223		172.122	30.374	394.868	1.012	5.062	1.417	58.926	0.000	10.580	12.150	8.100	10.125	5.062	26.47%	0.000	\$0.00
<b>Cheeseburger on a Bun, 9-12</b>	475	1 sandwich	434.999	82.499	784.999	3.000	4.500	3.040*	91.700*	0.000*	0.000*	24.499	28.000	23.000	9.500	19.66%	1.000	\$0.00
Beef Patty, Smokie Grill(R) Flame Broiled Chopped Beef Steak, 9617, 100/3oz	2043801		230.00	70.000	370.00	0.000	0.000	1.600	11.700	0.000	0.000	16.000	0.000	17.000	7.000	27.39%	1.000	\$0.00
Cheese, American, Yellow, Pasteurized, Sliced [100018]	2045009		54.999	12.499	134.999	0.000	0.500	N/A*	N/A*	N/A*	N/A*	2.499	1.000	4.500	2.500	40.91%	0.000	\$0.00
Kaiser Roll, Whole Grain 4", Bimbo Bakeries USA	31		150.00	0.000	280.00	3.000	4.000	1.440	80.000	0.000	0.000	6.000	27.000	1.500	0.000	0.00%	0.000	\$0.00
<b>Cheeseburger, K-8</b>	477	1 sandwich	356.871	68.186	607.371	3.000	4.500	2.857*	85.872*	0.000*	0.000*	22.674	28.000	16.124	6.550	16.52%	0.506	\$0.00
Beef Steak, Chopped, Flame Broiled, FC, 31.50#, 210/2.4oz, 2.25M, CN, Advance Pierre, #80024ADFL	2038803		151.872	55.687	192.372	0.000	0.000	1.417	5.872	0.000	0.000	14.175	0.000	10.125	4.050	24.00%	0.506	\$0.00
Cheese, American, Yellow, Pasteurized, Sliced [100018]	2045009		54.999	12.499	134.999	0.000	0.500	N/A*	N/A*	N/A*	N/A*	2.499	1.000	4.500	2.500	40.91%	0.000	\$0.00
Kaiser Roll, Whole	31		150.00	0.000	280.00	3.000	4.000	1.440	80.000	0.000	0.000	6.000	27.000	1.500	0.000	0.00%	0.000	\$0.00

Grain 4", Bimbo Bakeries USA			00		00				0				0			%		
<b>Chef Salad with Homemade Granola 1</b>	675	1 salad	541.808	48.014	668.741	9.400	12.004	4.582	279.192	8082.661	12.594	29.678	59.015	21.768	6.126	10.18%	0.033	\$0.00
Carrots, raw	9709		3.126	0.000	5.261	0.214	0.361	0.023	2.516	1273.833	0.450	0.071	0.730	0.018	0.003	0.81%	0.000	\$0.00
Cheese, Mozzarella, Shredded, 20#, 4/5# Pouches, 320/1 oz, 1M, Land O Lakes, 41698	2046839		91.123	15.187	212.621	0.000	0.000	0.000	202.496	101.248	0.000	7.087	1.012	6.075	3.544	35.00%	0.000	\$0.00
Ham, Low Sodium, Farmland	459		30.374	15.187	268.308	0.000	0.506	0.364	0.000	0.000	0.000	4.556	0.506	1.266	0.506	15.00%	0.000	\$0.00
Lettuce, cos or romaine, raw	6897		11.985	0.000	5.640	1.481	0.839	0.684	23.265	6140.550	2.820	0.867	2.319	0.212	0.027	2.07%	0.000	\$0.00
Tomatoes, red, ripe, raw, year round average	9762		12.240	0.000	3.400	0.816	1.788	0.184	6.800	566.440	9.316	0.598	2.645	0.136	0.019	1.40%	0.000	\$0.00
Turkey, Deli Breast, Frozen [100121]	2044957		35.278	17.639	169.465	0.000	0.000	0.227	0.000	0.000	0.000	5.670	0.629	1.259	0.629	16.06%	0.000	\$0.00
<b>Homemade Granola</b>	357	2 ounces	357.681	0.000	4.046	6.890	8.509	3.100	44.114	0.590	0.008	10.828	51.172	12.803	1.397	3.52%	0.033	\$0.00
Oats	8270		248.960	0.000	1.280	6.784	N/A*	3.021	34.560	0.000	0.000	10.810	42.413	4.416	0.779	2.82%	N/A*	\$0.00
Spices, cinnamon, ground	7348		0.494	0.000	0.020	0.106	0.004	0.017	2.004	0.590	0.008	0.008	0.161	0.002	0.001	1.26%	0.000	\$0.00
Sugars, brown	8195		33.147	0.000	2.442	0.000	8.463	0.062	7.240	0.000	0.000	0.010	8.556	0.000	0.000	0.00%	N/A*	\$0.00
Vanilla extract	7297		0.960	0.000	0.030	0.000	0.042	0.000	0.037	0.000	0.000	0.000	0.042	0.000	0.000	0.03%	0.000	\$0.00
Vegetable oil, canola	7049		74.120	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	8.385	0.618	7.50%	0.033	\$0.00
Water, tap, municipal	8491		0.000	0.000	0.273	0.000	0.000	0.000	0.273	0.000	0.000	0.000	0.000	0.000	0.000	0.00%	0.000	\$0.00
<b>Chef Salad with Homemade Granola 2</b>	677	1 salad	443.027	53.408	891.232	9.295	21.834	2.151	266.977	8091.294	12.586	24.244	54.229	15.437	6.886	13.99%	0.000	\$0.00
Carrots, raw	9709		3.126	0.000	5.261	0.214	0.361	0.023	2.516	1273.833	0.450	0.071	0.730	0.018	0.003	0.81%	0.000	\$0.00

Cheese, Mozzarella, Shredded, 20#, 4/5# Pouches, 320/1 oz, 1M, Land O Lakes, 41698	2046839		91.123	15.187	212.621	0.000	0.000	0.000	202.496	101.248	0.000	7.087	1.012	6.075	3.544	35.00%	0.000	\$0.00
Ham, Low Sodium, Farmland	459		30.374	15.187	268.308	0.000	0.506	0.364	0.000	0.000	0.000	4.556	0.506	1.266	0.506	15.00%	0.000	\$0.00
Lettuce, cos or romaine, raw	6897		11.985	0.000	5.640	1.481	0.839	0.684	23.265	6140.550	2.820	0.867	2.319	0.212	0.027	2.07%	0.000	\$0.00
Tomatoes, red, ripe, raw, year round average	9762		12.240	0.000	3.400	0.816	1.788	0.184	6.800	566.440	9.316	0.598	2.645	0.136	0.019	1.40%	0.000	\$0.00
Turkey, Deli Breast, Frozen [100121]	2044957		35.278	17.639	169.465	0.000	0.000	0.227	0.000	0.000	0.000	5.670	0.629	1.259	0.629	16.06%	0.000	\$0.00
<b>Homemade Granola (UBR)</b>	359	2.5 ounces	258.900	5.394	226.537	6.785	18.339	0.669	31.899	9.223	0.000	5.394	46.386	6.472	2.157	7.50%	0.000	\$0.00
Ultimate Breakfast Round Dough, Cinnamon, 21.8#, 140/2.38 oz, 2WG, Rich's, 7816	2046879		258.900	5.394	226.537	6.785	18.339	0.669	31.899	9.223	0.000	5.394	46.386	6.472	2.157	7.50%	0.000	\$0.00
<b>Chef Salad with Soft Pretzel</b>	463	1 salad	384.127	48.014	734.695	8.510	5.495	2.922	255.078	8082.071	13.786	26.850	52.843	9.965	4.729	11.08%	0.000	\$0.00
Carrots, raw	9709		3.126	0.000	5.261	0.214	0.361	0.023	2.516	1273.833	0.450	0.071	0.730	0.018	0.003	0.81%	0.000	\$0.00
Cheese, Mozzarella, Shredded, 20#, 4/5# Pouches, 320/1 oz, 1M, Land O Lakes, 41698	2046839		91.123	15.187	212.621	0.000	0.000	0.000	202.496	101.248	0.000	7.087	1.012	6.075	3.544	35.00%	0.000	\$0.00
Ham, Low Sodium, Farmland	459		30.374	15.187	268.308	0.000	0.506	0.364	0.000	0.000	0.000	4.556	0.506	1.266	0.506	15.00%	0.000	\$0.00
Lettuce, cos or romaine, raw	6897		11.985	0.000	5.640	1.481	0.839	0.684	23.265	6140.550	2.820	0.867	2.319	0.212	0.027	2.07%	0.000	\$0.00
Tomatoes, red, ripe, raw, year round average	9762		12.240	0.000	3.400	0.816	1.788	0.184	6.800	566.440	9.316	0.598	2.645	0.136	0.019	1.40%	0.000	\$0.00
Turkey, Deli Breast, Frozen [100121]	2044957		35.278	17.639	169.465	0.000	0.000	0.227	0.000	0.000	0.000	5.670	0.629	1.259	0.629	16.06%	0.000	\$0.00
<b>Soft Whole Grain Pretzel</b>	363	1 pretzel	200.000	0.000	70.000	6.000	2.000	1.440	20.000	0.000	1.200	8.000	45.000	1.000	0.000	N/A*	0.000	\$0.00
Pretzel, Soft, Whole Grain	361		200.000	0.000	70.000	6.000	2.000	1.440	20.000	0.000	1.200	8.000	45.000	1.000	0.000	0.00%	0.000	\$0.00

<b>Chef Salad with Ultimate Breakfast Round</b>	673	1 salad	424.127	53.014	874.695	8.800	20.495	2.102	264.648	8090.621	12.586	23.850	50.843	14.965	6.729	14.28%	0.000	\$0.00
Carrots, raw	9709		3.126	0.000	5.261	0.214	0.361	0.023	2.516	1273.833	0.450	0.071	0.730	0.018	0.003	0.81%	0.000	\$0.00
Cheese, Mozzarella, Shredded, 20#, 4/5# Pouches, 320/1 oz, 1M, Land O Lakes, 41698	2046839		91.123	15.187	212.621	0.000	0.000	0.000	202.496	101.248	0.000	7.087	1.012	6.075	3.544	35.00%	0.000	\$0.00
Ham, Low Sodium, Farmland	459		30.374	15.187	268.308	0.000	0.506	0.364	0.000	0.000	0.000	4.556	0.506	1.266	0.506	15.00%	0.000	\$0.00
Lettuce, cos or romaine, raw	6897		11.985	0.000	5.640	1.481	0.839	0.684	23.265	6140.550	2.820	0.867	2.319	0.212	0.027	2.07%	0.000	\$0.00
Tomatoes, red, ripe, raw, year round average	9762		12.240	0.000	3.400	0.816	1.788	0.184	6.800	566.440	9.316	0.598	2.645	0.136	0.019	1.40%	0.000	\$0.00
Turkey, Deli Breast, Frozen [100121]	2044957		35.278	17.639	169.465	0.000	0.000	0.227	0.000	0.000	0.000	5.670	0.629	1.259	0.629	16.06%	0.000	\$0.00
<b>Ultimate Breakfast Round</b>	291	1 Round	240.000	5.000	210.000	6.290	17.000	0.620	29.570	8.550	0.000	5.000	43.000	6.000	2.000	7.50%	0.000	\$0.00
Ultimate Breakfast Round Dough, Cinnamon, 21.8#, 140/2.38 oz, 2WG, Rich's, 7816	2046879		240.000	5.000	210.000	6.290	17.000	0.620	29.570	8.550	0.000	5.000	43.000	6.000	2.000	7.50%	0.000	\$0.00
<b>Chicken and Cheese Quesadilla</b>	487	1 quesadilla	355.084	60.840	933.649	5.000	1.032	1.624	300.876	216.876	0.000	22.333	37.356	14.597	6.803	17.24%	0.000	\$0.00
Chicken, Fajita Seasoned Strips, Cooked, Frozen [100117]	2044953		63.046	38.241	313.173	0.000	1.032	0.184	0.000	0.000	0.000	9.302	1.032	2.064	1.032	14.73%	0.000	\$0.00
Whole Wheat Blend Tortilla, 10 inch, Father Sam's Bakery	479		190.000	0.000	370.000	5.000	0.000	1.440	100.000	0.000	0.000	6.000	35.000	5.000	1.000	4.74%	0.000	\$0.00
<b>Mexican Seasoned Cheese</b>	485	1 ounce	102.038	22.599	250.476	0.000	0.000	0.000	200.876	216.876	0.000	7.031	1.324	7.533	4.771	42.08%	0.000	\$0.00
Cheese, Mozzarella, Shredded, 20#, 4/5# Pouches, 320/1 oz, 1M, Land O Lakes, 41698	2046839		45.197	7.533	105.460	0.000	0.000	0.000	100.438	50.219	0.000	3.515	0.502	3.013	1.758	35.00%	0.000	\$0.00



Cheese, Shredded, Mild Cheddar, Land O' Lakes, 4/5lb, 41749	2043 515		55.24 1	15.06 6	95.41 6	0.000	0.000	0.000	100.4 38	150.6 57	0.000	3.515	0.502	4.520	3.013	49.09 %	0.000	\$0.00
Taco Seasoning Mix, Reduced Sodium, Foothill Farms	483		1.600	0.000	49.60 0	0.000	0.000	0.000	0.000	16.00 0	0.000	0.000	0.320	0.000	0.000	0.00 %	0.000	\$0.00
<b>Chicken Caesar Salad</b>	465	1 salad	117.2 95	43.77 6	223.1 46	2.560	3.034	1.254	51.31 2	8001. 434	13.67 7	13.17 0	6.620	4.771	2.240	17.19 %	0.018 *	\$0.00
Carrots, raw	9709		3.126	0.000	5.261	0.214	0.361	0.023	2.516	1273. 833	0.450	0.071	0.730	0.018	0.003	0.81 %	0.000	\$0.00
Cheese, parmesan, grated	7259		8.750	1.792	37.58 3	0.000	0.001	0.010	17.77 1	20.29 2	0.000	0.592	0.290	0.580	0.320	32.94 %	0.018	\$0.00
Chicken, Unseasoned Strips, Cooked, Frozen [110462]	2044 955		76.54 4	41.91 4	160.3 72	0.000	0.000	0.325	0.000	0.000	1.091	10.93 3	0.000	3.642	1.818	21.38 %	0.000	\$0.00
Croutons, seasoned	8012		4.650	0.070	10.89 0	0.050	0.044	0.028	0.960	0.320	0.000	0.108	0.635	0.183	0.052	10.16 %	N/A*	\$0.00
Lettuce, cos or romaine, raw	6897		11.98 5	0.000	5.640	1.481	0.839	0.684	23.26 5	6140. 550	2.820	0.867	2.319	0.212	0.027	2.07 %	0.000	\$0.00
Tomatoes, red, ripe, raw, year round average	9762		12.24 0	0.000	3.400	0.816	1.788	0.184	6.800	566.4 40	9.316	0.598	2.645	0.136	0.019	1.40 %	0.000	\$0.00
<b>Chicken Filet Sandwich</b>	489	1 sand wich	352.4 96	45.56 2	573.6 20	3.000 *	4.000	2.452	80.00 0	0.000	0.000	25.23 7	36.11 2	10.61 2	1.519	3.88 %	0.000	\$0.00
Chicken filet, Whole Muscle White Meat, Breaded, Crispy, FC, 33.5#, 132/ 3.75 oz, 2M, 1WG, CN, Tyson Foods, 070302-0928	2037 303		202.4 96	45.56 2	293.6 20	N/A*	0.000	1.012	0.000	0.000	0.000	19.23 7	9.112	9.112	1.519	6.75 %	0.000	\$0.00
Kaiser Roll, Whole Grain 4", Bimbo Bakeries USA	31		150.0 00	0.000	280.0 00	3.000	4.000	1.440	80.00 0	0.000	0.000	6.000	27.00 0	1.500	0.000	0.00 %	0.000	\$0.00
<b>Chicken Mac and Cheese</b>	545	2 #12 scoo ps	346.2 47	74.08 9	548.1 82	1.134	4.107	1.157	335.8 58*	683.8 30*	1.173 *	19.40 1	26.36 4	19.56 2	10.85 9	28.23 %	0.135 *	\$0.00
1% Milk, Byrne Dairy	23		20.00 0	2.000	25.00 0	0.000	2.200	0.000	60.00 0	100.0 00	0.480	1.600	2.200	0.400	0.200	9.00 %	0.000	\$0.00

American Cheese, Process, Yellow, Slices 30#, 6/5#, 480/1 oz, 0.5M, Bongards, 10137	2048 687		89.09 8	20.25 0	323.9 94	0.000	0.810	0.000	121.4 98	242.9 96	0.000	4.050	1.620	7.290	4.050	40.91 %	0.000	\$0.00
Butter, whipped, with salt	7265		36.18 7	11.34 0	29.38 3	0.000	0.003	0.003	1.159	124.3 85	0.000	0.025	0.145	3.946	2.288	56.90 %	0.135	\$0.00
Cheese, Shredded, Mild Cheddar, Land O' Lakes, 4/5lb, 41749	2043 515		79.19 9	21.60 0	136.7 98	0.000	0.000	0.000	143.9 97	215.9 96	0.000	5.040	0.720	6.480	4.320	49.09 %	0.000	\$0.00
Chicken, Diced, Cooked, Frozen [100101]	2044 951		32.39 9	18.90 0	25.20 0	0.000	0.000	0.161	0.000	0.000	0.539	5.398	0.000	0.900	0.000	0.00 %	0.000	\$0.00
Cornstarch	8244		1.355	0.000	0.032	0.003	0.000	0.002	0.007	0.000	0.000	0.001	0.325	0.000	0.000	0.02 %	N/A*	\$0.00
Garlic, raw	6869		0.563	0.000	0.064	0.008	0.004	0.006	0.684	0.034	0.118	0.024	0.125	0.002	0.000	0.54 %	0.000	\$0.00
Rotini Pasta, Santa Sophia	547		86.39 8	0.000	0.000	1.080	1.080	0.972	N/A*	N/A*	N/A*	3.240	21.06 0	0.540	0.000	0.00 %	0.000	\$0.00
Spices, Mustard, Dry, Ground	2043 227		0.333	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.00 %	0.000	\$0.00
Spices, onion powder	7365		0.523	0.000	0.112	0.023	0.010	0.006	0.589	0.000	0.036	0.016	0.121	0.002	0.000	0.58 %	0.000	\$0.00
Spices, pepper, black	7366		0.192	0.000	0.015	0.019	0.000	0.007	0.340	0.419	0.000	0.008	0.049	0.002	0.001	4.99 %	0.000	\$0.00
Water, tap, municipal	8491		0.000	0.000	7.584	0.000	0.000	0.000	7.584	0.000	0.000	0.000	0.000	0.000	0.000	0.00 %	0.000	\$0.00
<b>Chicken Nuggets, 6-12</b>	493	6 nuggets	291.5 95	36.44 9	352.3 44	1.215	0.000	1.944	17.98 2	0.000	1.078	13.36 5	15.79 5	19.44 0	3.645	11.25 %	0.000	\$0.00
Chicken Nugget, Breast, Breaded, Reduced Sodium, 10#, 50/3.2 oz, 2M, 1WG, CN, #33-506-0	2038 751		291.5 95	36.44 9	352.3 44	1.215	0.000	1.944	17.98 2	0.000	1.078	13.36 5	15.79 5	19.44 0	3.645	11.25 %	0.000	\$0.00
<b>Chicken Nuggets, K-5</b>	491	5 nuggets	242.9 96	30.37 4	293.6 20	1.012	0.000	1.620	14.98 5	0.000	0.898	11.13 7	13.16 2	16.20 0	3.037	11.25 %	0.000	\$0.00
Chicken Nugget, Breast, Breaded, Reduced Sodium, 10#, 50/3.2 oz,	2038 751		242.9 96	30.37 4	293.6 20	1.012	0.000	1.620	14.98 5	0.000	0.898	11.13 7	13.16 2	16.20 0	3.037	11.25 %	0.000	\$0.00

2M, 1WG, CN, #33-506-0																			
<b>Chicken Parm Sandwich</b>	499	1 sandwich	441.766	37.968	701.472	4.846	5.667	3.859	212.495	550.624	5.870	21.514	42.156	19.725	4.809	9.80%	0.000	\$0.00	
Cheese, Mozzarella, Shredded, 20#, 4/5# Pouches, 320/1 oz, 1M, Land O Lakes, 41698	2046839		45.562	7.594	106.311	0.000	0.000	0.000	101.248	50.624	0.000	3.544	0.506	3.037	1.772	35.00%	0.000	\$0.00	
Chicken Breast Pattie, Breaded, FC, 11.63#, 60/3.10 oz, 2M, 1WG, CN, Advance Pierre #68024	2038743		232.871	30.374	283.495	1.012	0.000	1.519	14.580	0.000	0.870	11.137	12.150	15.187	3.037	11.74%	0.000	\$0.00	
Kaiser Roll, Whole Grain 4", Bimbo Bakeries USA	31		150.000	0.000	280.000	3.000	4.000	1.440	80.000	0.000	0.000	6.000	27.000	1.500	0.000	0.00%	0.000	\$0.00	
Spaghetti Sauce, Red Gold, RPKMA9E, 6/#10, W795, OSPI	2047495		13.333	0.000	31.667	0.833	1.667	0.900	16.667	500.000	5.000	0.833	2.500	0.000	0.000	0.00%	0.000	\$0.00	
<b>Chicken Parm Sandwich</b>	501	1 patty	291.766	37.968	421.472	1.846	1.667	2.419	132.495	550.624	5.870	15.514	15.156	18.225	4.809	14.83%	0.000	\$0.00	
Cheese, Mozzarella, Shredded, 20#, 4/5# Pouches, 320/1 oz, 1M, Land O Lakes, 41698	2046839		45.562	7.594	106.311	0.000	0.000	0.000	101.248	50.624	0.000	3.544	0.506	3.037	1.772	35.00%	0.000	\$0.00	
Chicken Breast Pattie, Breaded, FC, 11.63#, 60/3.10 oz, 2M, 1WG, CN, Advance Pierre #68024	2038743		232.871	30.374	283.495	1.012	0.000	1.519	14.580	0.000	0.870	11.137	12.150	15.187	3.037	11.74%	0.000	\$0.00	
Spaghetti Sauce, Red Gold, RPKMA9E, 6/#10, W795, OSPI	2047495		13.333	0.000	31.667	0.833	1.667	0.900	16.667	500.000	5.000	0.833	2.500	0.000	0.000	0.00%	0.000	\$0.00	
<b>Chicken Patty</b>	495	1 sandwich	382.871	30.374	563.495	4.012	4.000	2.959	94.580	0.000	0.870	17.137	39.150	16.687	3.037	7.14%	0.000	\$0.00	
Chicken Breast Pattie, Breaded, FC, 11.63#, 60/3.10 oz, 2M, 1WG, CN, Advance Pierre #68024	2038743		232.871	30.374	283.495	1.012	0.000	1.519	14.580	0.000	0.870	11.137	12.150	15.187	3.037	11.74%	0.000	\$0.00	
Kaiser Roll, Whole	31		150.000	0.000	280.000	3.000	4.000	1.440	80.000	0.000	0.000	6.000	27.000	1.500	0.000	0.00%	0.000	\$0.00	

Grain 4", Bimbo Bakeries USA			00	00					0								%		
<b>Chicken Sausage Sub</b>	631	1 sub	260.00	55.000	790.00	3.000	4.000	1.800	80.000	100.00	0.000	19.000	27.000	8.500	2.000	6.92%	0.000	\$0.00	
Italian Chicken Sausage, Lupos	629		110.00	55.000	510.00	0.000	0.000	0.360	0.000	100.00	0.000	13.000	0.000	7.000	2.000	16.36%	0.000	\$0.00	
Whole Grain Sausage Rolls, Bimbo Bakeries USA	49		150.00	0.000	280.00	3.000	4.000	1.440	80.000	0.000	0.000	6.000	27.000	1.500	0.000	0.00%	0.000	\$0.00	
<b>Chicken Spiedie Salad</b>	471	1 salad	150.541	41.250	449.726	2.616	3.344	1.220	35.983	8003.148	13.181	18.925	6.467	6.389	0.807	4.83%	0.000	\$0.00	
Carrots, raw	9709		3.126	0.000	5.261	0.214	0.361	0.023	2.516	1273.833	0.450	0.071	0.730	0.018	0.003	0.81%	0.000	\$0.00	
Chicken Spiedies, Lupos	469		120.00	41.250	435.00	0.000	0.000	0.270	0.000	0.000	0.000	17.250	0.000	6.000	0.750	5.63%	0.000	\$0.00	
Cucumber, with peel, raw	6878		3.189	0.000	0.425	0.106	0.355	0.060	3.402	22.325	0.595	0.138	0.772	0.023	0.008	2.22%	0.000	\$0.00	
Lettuce, cos or romaine, raw	6897		11.985	0.000	5.640	1.481	0.839	0.684	23.265	6140.550	2.820	0.867	2.319	0.212	0.027	2.07%	0.000	\$0.00	
Tomatoes, red, ripe, raw, year round average	9762		12.240	0.000	3.400	0.816	1.788	0.184	6.800	566.440	9.316	0.598	2.645	0.136	0.019	1.40%	0.000	\$0.00	
<b>Chicken Spiedie Sandwich, 6-12</b>	505	1 sandwich	330.00	61.875	932.500	3.000	4.000	1.845	80.000	0.000	0.000	31.875	27.000	10.500	1.125	3.07%	0.000	\$0.00	
Chicken Spiedies, Lupos	469		180.00	61.875	652.500	0.000	0.000	0.405	0.000	0.000	0.000	25.875	0.000	9.000	1.125	5.63%	0.000	\$0.00	
Whole Grain Sausage Rolls, Bimbo Bakeries USA	49		150.00	0.000	280.00	3.000	4.000	1.440	80.000	0.000	0.000	6.000	27.000	1.500	0.000	0.00%	0.000	\$0.00	
<b>Chicken Spiedie Sub, K-5</b>	503	1 sandwich	290.00	51.563	853.750	3.000	3.000	1.417	60.000	0.000	0.000	28.563	23.000	9.500	0.938	2.91%	0.000	\$0.00	
Chicken Spiedies, Lupos	469		150.00	51.563	543.750	0.000	0.000	0.338	0.000	0.000	0.000	21.563	0.000	7.500	0.938	5.63%	0.000	\$0.00	

Whole Wheat Hot Dog Roll, Bimbo Bakeries USA	59		140.000	0.000	310.000	3.000	3.000	1.080	60.000	0.000	0.000	7.000	23.000	2.000	0.000	0.00%	0.000	\$0.00
<b>Chili Con Carne and Beans</b>	543	0.75 cup	282.774	50.320	579.464	6.733	3.440	2.680	87.865	795.109	5.759	16.900	18.429	14.373	5.400	17.19%	0.836*	\$0.00
Beef, ground, 80% lean meat / 20% fat, raw	2032385		180.019	50.320	46.777	0.000	0.000	1.375	12.757	9.922	0.000	12.169	0.000	14.175	5.373	26.86%	0.836	\$0.00
Kidney Beans, Hanover	633		54.973	0.000	214.893	3.498	0.500	0.900	19.990	0.000	0.000	4.498	8.996	0.000	0.000	0.00%	0.000	\$0.00
Salsa, Nutritionally Enhanced, Mild, Red Gold, REDSC99, 6/#10can	2043471		42.917	0.000	297.556	2.861	2.861	0.000	48.639	509.278	5.722	0.000	8.583	0.000	0.000	0.00%	0.000	\$0.00
Spices, chili powder	7345		1.904	0.000	19.352	0.235	0.049	0.117	2.228	200.138	0.005	0.091	0.335	0.096	0.017	7.86%	0.000	\$0.00
Spices, cumin seed	7361		1.313	0.000	0.588	0.037	0.008	0.232	3.259	4.445	0.027	0.062	0.155	0.078	0.005	3.68%	N/A*	\$0.00
Spices, garlic powder	7378		1.003	0.000	0.182	0.027	0.007	0.017	0.239	0.000	0.004	0.050	0.220	0.002	0.001	0.68%	0.000	\$0.00
Spices, paprika	7363		0.405	0.000	0.098	0.050	0.015	0.030	0.329	70.803	0.001	0.020	0.078	0.019	0.003	6.83%	0.000	\$0.00
Spices, pepper, black	7366		0.241	0.000	0.019	0.024	0.001	0.009	0.425	0.524	0.000	0.010	0.061	0.003	0.001	4.99%	0.000	\$0.00
<b>Crispy Baked Chicken</b>	753	1 drum stick	269.648	142.592	717.323	1.061	1.628	2.098	62.609	101.872	0.609	29.913	14.814	10.338	2.258	7.54%	0.034*	\$0.00
Bread crumbs, dry, grated, seasoned	7751		73.536	0.192	256.512	0.941	1.102	0.945	34.944	37.056	0.518	2.713	13.150	1.052	0.267	3.27%	N/A*	\$0.00
Chicken, dark meat, drumstick, meat only, enhanced, raw	2025545		144.160	125.120	206.720	0.000	0.000	0.979	12.240	38.080	0.000	26.098	0.000	4.434	1.297	8.10%	0.029	\$0.00
Egg, whole, raw, fresh	9913		5.720	14.880	5.680	0.000	0.015	0.070	2.240	21.600	0.000	0.502	0.029	0.380	0.125	19.67%	0.002	\$0.00
Lite Ranch Dressing, Ken's	755		33.600	2.400	153.600	0.000	0.480	0.000	9.600	0.000	0.000	0.480	0.960	3.360	0.480	12.86%	0.000	\$0.00
Salt, table	7306		0.000	0.000	94.311	0.000	0.000	0.001	0.058	0.000	0.000	0.000	0.000	0.000	0.000	0.00%	0.000	\$0.00

Spices, garlic powder	7378		1.284	0.000	0.233	0.035	0.009	0.022	0.307	0.000	0.005	0.064	0.282	0.003	0.001	0.68%	0.000	\$0.00
Spices, onion powder	7365		0.941	0.000	0.201	0.042	0.018	0.011	1.060	0.000	0.065	0.029	0.218	0.003	0.001	0.58%	0.000	\$0.00
Spices, pepper, black	7366		0.231	0.000	0.018	0.023	0.001	0.009	0.408	0.503	0.000	0.010	0.059	0.003	0.001	4.99%	0.000	\$0.00
Spices, poultry seasoning	7368		0.540	0.000	0.048	0.020	0.003	0.062	1.753	4.632	0.021	0.017	0.115	0.013	0.006	9.65%	0.000	\$0.00
Vegetable oil, canola	7049		9.636	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	1.090	0.080	7.50%	0.004	\$0.00
<b>French Bread Cheese Pizza</b>	337	1 each	310.000	30.000	380.000	3.000	4.000	1.800	500.000	500.000	15.000	23.000	33.000	11.000	6.000	17.42%	0.000	\$0.00
Pizza, French Bread, Cheese, 60/5.5 oz, Nardone Bros., 60WUM2, 2M; 2WG; 1/4 RO	2050565		310.000	30.000	380.000	3.000	4.000	1.800	500.000	500.000	15.000	23.000	33.000	11.000	6.000	17.42%	0.000	\$0.00
<b>French Toast Sticks, Lunch, 6-8</b>	513	4 sticks	277.971	140.399	377.011	3.366	14.772	1.947	97.863	311.553	0.099	10.252	34.264	11.759	2.805	9.08%	0.143	\$0.00
French Toast Sticks, Cinnamon Glazed, Michael Foods	401		277.971	140.399	377.011	3.366	14.772	1.947	97.863	311.553	0.099	10.252	34.264	11.759	2.805	9.08%	0.143	\$0.00
<b>French Toast Sticks, Lunch, 9-12</b>	515	6 sticks	416.957	210.598	565.517	5.049	22.159	2.920	146.795	467.329	0.148	15.377	51.396	17.638	4.207	9.08%	0.214	\$0.00
French Toast Sticks, Cinnamon Glazed, Michael Foods	401		416.957	210.598	565.517	5.049	22.159	2.920	146.795	467.329	0.148	15.377	51.396	17.638	4.207	9.08%	0.214	\$0.00
<b>French Toast Sticks, Lunch, K-5</b>	403	3 sticks	208.478	105.299	282.759	2.524	11.079	1.460	73.398	233.665	0.074	7.689	25.698	8.819	2.104	9.08%	0.107	\$0.00
French Toast Sticks, Cinnamon Glazed, Michael Foods	401		208.478	105.299	282.759	2.524	11.079	1.460	73.398	233.665	0.074	7.689	25.698	8.819	2.104	9.08%	0.107	\$0.00

<b>Garlic French Bread Pizza</b>	339	1 each	350.000	30.000	450.000	2.000	2.000	1.800	450.000	300.000	0.000	22.000	29.000	18.000	7.000	18.00%	0.000	\$0.00
Pizza, French Bread, Garlic Cheese, 60/4.5 oz, Nardone Bros., 60WGUM2, 2M; 2WG	2050567		350.000	30.000	450.000	2.000	2.000	1.800	450.000	300.000	0.000	22.000	29.000	18.000	7.000	18.00%	0.000	\$0.00
<b>Garlic Pizza Slice</b>	559	1 slice	348.225	30.374	745.713	2.132	1.020	1.703	433.758	204.593	12.499	19.336	27.677	16.723	7.268	18.78%	0.024	\$0.00
16" Round Par Baked Shell, Deiorio's	411		140.000	0.000	320.000	2.000	1.000	1.440	20.000	0.000	12.000	5.000	25.000	2.000	0.000	0.00%	0.000	\$0.00
Cheese, Mozzarella, Shredded, 20#, 4/5# Pouches, 320/1 oz, 1M, Land O Lakes, 41698	2046839		182.247	30.374	425.243	0.000	0.000	0.000	404.993	202.496	0.000	14.175	2.025	12.150	7.087	35.00%	0.000	\$0.00
Garlic, raw	6869		2.375	0.000	0.271	0.033	0.016	0.027	2.885	0.143	0.497	0.101	0.527	0.008	0.001	0.54%	0.000	\$0.00
Oil, industrial, canola, high oleic	10023		22.992	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	2.555	0.173	6.79%	0.024	\$0.00
Spices, basil, dried	7349		0.612	0.000	0.200	0.099	0.004	0.236	5.880	1.953	0.002	0.060	0.125	0.011	0.006	8.33%	0.000	\$0.00
<b>Garlic Pizza Square, 9-12</b>	563	1 square	402.995	37.968	800.598	2.122	2.010	1.695	515.006	255.217	0.499	22.854	30.041	19.253	9.040	20.19%	0.024	\$0.00
Cheese, Mozzarella, Shredded, 20#, 4/5# Pouches, 320/1 oz, 1M, Land O Lakes, 41698	2046839		227.808	37.968	531.553	0.000	0.000	0.000	506.241	253.121	0.000	17.718	2.531	15.187	8.859	35.00%	0.000	\$0.00
Garlic, raw	6869		2.375	0.000	0.271	0.033	0.016	0.027	2.885	0.143	0.497	0.101	0.527	0.008	0.001	0.54%	0.000	\$0.00
Half Sheet Par Baked Shell, Deiorio's	413		149.208	0.000	268.574	1.989	1.989	1.432	0.000	0.000	0.000	4.974	26.857	1.492	0.000	0.00%	0.000	\$0.00
Oil, industrial, canola, high oleic	10023		22.992	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	2.555	0.173	6.79%	0.024	\$0.00
Spices, basil, dried	7349		0.612	0.000	0.200	0.099	0.004	0.236	5.880	1.953	0.002	0.060	0.125	0.011	0.006	8.33%	0.000	\$0.00
<b>Garlic Pizza Square, K-8</b>	561	1 square	322.396	30.374	640.478	1.697	1.608	1.356	412.005	204.174	0.399	18.283	24.033	15.402	7.232	20.19%	0.020	\$0.00

Cheese, Mozzarella, Shredded, 20# 4/5# Pouches, 320/1 oz, 1M, Land O Lakes, 41698	2046839		182.247	30.374	425.243	0.000	0.000	0.000	404.993	202.496	0.000	14.175	2.025	12.150	7.087	35.00%	0.000	\$0.00
Garlic, raw	6869		1.900	0.000	0.217	0.027	0.013	0.022	2.308	0.115	0.398	0.081	0.422	0.006	0.001	0.54%	0.000	\$0.00
Half Sheet Par Baked Shell, Deiorio's	413		119.366	0.000	214.859	1.592	1.592	1.146	0.000	0.000	0.000	3.979	21.486	1.194	0.000	0.00%	0.000	\$0.00
Oil, industrial, canola, high oleic	10023		18.394	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	2.044	0.139	6.79%	0.020	\$0.00
Spices, basil, dried	7349		0.489	0.000	0.160	0.079	0.004	0.189	4.704	1.562	0.002	0.048	0.100	0.009	0.005	8.33%	0.000	\$0.00
<b>General Tso's Chicken</b>	833	4 ounces	226.796	93.148	291.595	N/A*	8.100	1.620	21.060	49.409	0.000	18.630	10.530	12.150	2.430	9.64%	0.000	\$0.00
Chicken Chunks, Dark Meat, Breaded, w/ General Tso's Sauce, 35.8#, 2M, CN, Tyson, 026074-0928	2036529		226.796	93.148	291.595	N/A*	8.100	1.620	21.060	49.409	0.000	18.630	10.530	12.150	2.430	9.64%	0.000	\$0.00
<b>Grilled Cheese Sandwich, 9-12</b>	519	1.5 sandwich	482.808	57.512	934.074	3.000*	8.249*	2.160*	60.000*	126.560*	0.000*	20.245	46.498	24.533	12.262	22.86%	0.000	\$0.00
Butter Blend, Admiration	235		25.312	1.266	26.578	N/A*	N/A*	N/A*	N/A*	126.560	N/A*	0.000	0.000	2.784	1.012	36.00%	0.000	\$0.00
Cheese, American, Yellow, Pasteurized, Sliced [100018]	2045009		247.496	56.246	607.496	0.000	2.249	N/A*	N/A*	N/A*	N/A*	11.246	4.498	20.248	11.250	40.91%	0.000	\$0.00
Whole Grain White Bread, Bimbo Bakeries USA	47		210.000	0.000	300.000	3.000	6.000	2.160	60.000	0.000	0.000	9.000	42.000	1.500	0.000	0.00%	0.000	\$0.00
<b>Grilled Cheese Sandwich, K-8</b>	517	1 sandwich	275.310	26.264	496.576	2.000*	5.000*	1.440*	40.000*	126.560*	0.000*	10.998	29.999	12.784	6.012	19.65%	0.000	\$0.00
Butter Blend, Admiration	235		25.312	1.266	26.578	N/A*	N/A*	N/A*	N/A*	126.560	N/A*	0.000	0.000	2.784	1.012	36.00%	0.000	\$0.00
Cheese, American, Yellow, Pasteurized,	2045009		109.998	24.998	269.998	0.000	1.000	N/A*	N/A*	N/A*	N/A*	4.998	1.999	8.999	5.000	40.91%	0.000	\$0.00



Sliced [100018]																		
Whole Grain White Bread, Bimbo Bakeries USA	47		140.000	0.000	200.000	2.000	4.000	1.440	40.000	0.000	0.000	6.000	28.000	1.000	0.000	0.00%	0.000	\$0.00
Grilled Chicken Sandwich	691	1 sandwich	310.622	60.749	790.367	3.000	6.525	2.149	91.036	0.000	0.000	25.237	30.537	7.187	1.519	4.40%	0.000	\$0.00
Chicken Breast Fillet, Flame Broiled, Smart Picks™, FC, 17.5#, 100/2.8oz, 2M, CN, Advance Pierre #9989	2038525		151.872	60.749	435.367	0.000	2.025	0.709	11.036	0.000	0.000	19.237	3.037	5.062	1.519	9.00%	0.000	\$0.00
Kaiser Roll, Whole Grain 4", Bimbo Bakeries USA	31		150.000	0.000	280.000	3.000	4.000	1.440	80.000	0.000	0.000	6.000	27.000	1.500	0.000	0.00%	0.000	\$0.00
Lite Italian Dressing, Ken's	665		8.750	0.000	75.000	0.000	0.500	0.000	0.000	0.000	0.000	0.000	0.500	0.625	0.000	0.00%	0.000	\$0.00
Ham and Cheese on a Bagel	521	1 sandwich	370.935	50.467	1155.769	7.000	7.765	2.711*	100.000*	0.000*	0.000*	24.889	47.265	9.164	4.266	10.35%	0.000	\$0.00
Cheese, American, Yellow, Pasteurized, Sliced [100018]	2045009		54.999	12.499	134.999	0.000	0.500	N/A*	N/A*	N/A*	N/A*	2.499	1.000	4.500	2.500	40.91%	0.000	\$0.00
Ham, Low Sodium, Farmland	459		75.936	37.968	670.769	0.000	1.266	0.911	0.000	0.000	0.000	11.390	1.266	3.164	1.266	15.00%	0.000	\$0.00
Whole Wheat Bagels, Thomas Hearty Grains	45		240.000	0.000	350.000	7.000	6.000	1.800	100.000	0.000	0.000	11.000	45.000	1.500	0.500	1.88%	0.000	\$0.00
Ham and Cheese Sandwich	461	1 sandwich	280.935	50.467	1085.769	3.000	5.765	2.351*	80.000*	0.000*	0.000*	19.889	29.265	9.164	3.766	12.07%	0.000	\$0.00
Cheese, American, Yellow, Pasteurized, Sliced [100018]	2045009		54.999	12.499	134.999	0.000	0.500	N/A*	N/A*	N/A*	N/A*	2.499	1.000	4.500	2.500	40.91%	0.000	\$0.00
Ham, Low Sodium, Farmland	459		75.936	37.968	670.769	0.000	1.266	0.911	0.000	0.000	0.000	11.390	1.266	3.164	1.266	15.00%	0.000	\$0.00
Kaiser Roll, Whole Grain 4", Bimbo Bakeries USA	31		150.000	0.000	280.000	3.000	4.000	1.440	80.000	0.000	0.000	6.000	27.000	1.500	0.000	0.00%	0.000	\$0.00

<b>Ham and Cheese Sub, 6-12</b>	525	1 sub	280.9 35	50.46 7	1085. 769	3.000	5.765	2.351 *	80.00 0*	0.000 *	0.000 *	19.88 9	29.26 5	9.164	3.766	12.07 %	0.000	\$0.00
Cheese, American, Yellow, Pasteurized, Sliced [100018]	2045 009		54.99 9	12.49 9	134.9 99	0.000	0.500	N/A*	N/A*	N/A*	N/A*	2.499	1.000	4.500	2.500	40.91 %	0.000	\$0.00
Ham, Low Sodium, Farmland	459		75.93 6	37.96 8	670.7 69	0.000	1.266	0.911	0.000	0.000	0.000	11.39 0	1.266	3.164	1.266	15.00 %	0.000	\$0.00
Whole Grain Sausage Rolls, Bimbo Bakeries USA	49		150.0 00	0.000	280.0 00	3.000	4.000	1.440	80.00 0	0.000	0.000	6.000	27.00 0	1.500	0.000	0.00 %	0.000	\$0.00
<b>Ham and Cheese Sub, K-5</b>	523	1 sub	270.9 35	50.46 7	1115. 769	3.000	4.765	1.991 *	60.00 0*	0.000 *	0.000 *	20.88 9	25.26 5	9.664	3.766	12.51 %	0.000	\$0.00
Cheese, American, Yellow, Pasteurized, Sliced [100018]	2045 009		54.99 9	12.49 9	134.9 99	0.000	0.500	N/A*	N/A*	N/A*	N/A*	2.499	1.000	4.500	2.500	40.91 %	0.000	\$0.00
Ham, Low Sodium, Farmland	459		75.93 6	37.96 8	670.7 69	0.000	1.266	0.911	0.000	0.000	0.000	11.39 0	1.266	3.164	1.266	15.00 %	0.000	\$0.00
Whole Wheat Hot Dog Roll, Bimbo Bakeries USA	59		140.0 00	0.000	310.0 00	3.000	3.000	1.080	60.00 0	0.000	0.000	7.000	23.00 0	2.000	0.000	0.00 %	0.000	\$0.00
<b>Hamburger on a Bun, 9-12</b>	441	1 sandwich	380.0 00	70.00 0	650.0 00	3.000	4.000	3.040	91.70 0	0.000	0.000	22.00 0	27.00 0	18.50 0	7.000	16.58 %	1.000	\$0.00
Beef Patty, Smokie Grill(R) Flame Broiled Chopped Beef Steak, 9617, 100/3oz	2043 801		230.0 00	70.00 0	370.0 00	0.000	0.000	1.600	11.70 0	0.000	0.000	16.00 0	0.000	17.00 0	7.000	27.39 %	1.000	\$0.00
Kaiser Roll, Whole Grain 4", Bimbo Bakeries USA	31		150.0 00	0.000	280.0 00	3.000	4.000	1.440	80.00 0	0.000	0.000	6.000	27.00 0	1.500	0.000	0.00 %	0.000	\$0.00
<b>Hamburger on a Bun, K-8</b>	443	1 sandwich	301.8 72	55.68 7	472.3 72	3.000	4.000	2.857	85.87 2	0.000	0.000	20.17 5	27.00 0	11.62 5	4.050	12.08 %	0.506	\$0.00
Beef Steak, Chopped, Flame Broiled, FC, 31.50#, 210/2.4oz, 2.25M, CN, Advance Pierre, #80024ADFL	2038 803		151.8 72	55.68 7	192.3 72	0.000	0.000	1.417	5.872	0.000	0.000	14.17 5	0.000	10.12 5	4.050	24.00 %	0.506	\$0.00
Kaiser Roll, Whole Grain 4", Bimbo	31		150.0 00	0.000	280.0 00	3.000	4.000	1.440	80.00 0	0.000	0.000	6.000	27.00 0	1.500	0.000	0.00 %	0.000	\$0.00

Bakeries USA																		
<b>Homestyle Chicken and Gravy, 6-12</b>	767	1 serving	180.899	81.083	272.539	0.000	1.333	1.862	155.624	2.466	4.563	22.587	7.999	4.875	0.000	0.00%	0.000	\$0.00
Chicken, Diced, Cooked, Frozen [100101]	2044951		127.571	74.417	99.223	0.000	0.000	0.635	0.000	0.000	2.123	21.254	0.000	3.542	0.000	0.00%	0.000	\$0.00
Poultry Gravy, Low Sodium, Trio	789		53.328	6.666	173.316	0.000	1.333	1.227	155.624	2.466	2.440	1.333	7.999	1.333	0.000	0.00%	0.000	\$0.00
<b>Homestyle Chicken and Gravy, K-5</b>	765	1 serving	147.999	68.000	214.000	0.000	1.000	1.458	116.730	1.850	3.628	18.993	6.000	3.999	0.000	0.00%	0.000	\$0.00
Chicken, Diced, Cooked, Frozen [100101]	2044951		107.999	63.000	84.000	0.000	0.000	0.538	0.000	0.000	1.798	17.993	0.000	2.999	0.000	0.00%	0.000	\$0.00
Poultry Gravy, Low Sodium, Trio	789		40.000	5.000	130.000	0.000	1.000	0.920	116.730	1.850	1.830	1.000	6.000	1.000	0.000	0.00%	0.000	\$0.00
<b>Hot Dog on a Bun, K-8</b>	531	1 hot dog	270.000	50.000	570.000	3.000	3.000	1.800	100.000	0.000	9.000	14.000	24.000	12.000	2.500	8.33%	0.000	\$0.00
Turkey Frank, Red. Sodium, Smoked, Uncured, FC, 20#, 4/5#, 160/2.0 oz, 8/1# 2M, Jennie O, 612620	2046417		130.000	50.000	260.000	0.000	0.000	0.720	40.000	0.000	9.000	7.000	1.000	10.000	2.500	17.31%	0.000	\$0.00
Whole Wheat Hot Dog Roll, Bimbo Bakeries USA	59		140.000	0.000	310.000	3.000	3.000	1.080	60.000	0.000	0.000	7.000	23.000	2.000	0.000	0.00%	0.000	\$0.00
<b>Individual Round Buffalo Chicken Pizza</b>	329	1 each	300.000	30.000	520.000	2.000	2.000	1.800	300.000	300.000	1.200	21.000	26.000	12.000	5.000	15.00%	0.000	\$0.00
Pizza, Buffalo Chicken, 6" Round, 60/4.5 oz, Nardone Bros., 625WBC2, 2M; 2WG	2050483		300.000	30.000	520.000	2.000	2.000	1.800	300.000	300.000	1.200	21.000	26.000	12.000	5.000	15.00%	0.000	\$0.00
<b>Individual Round Pizza</b>	325	1 each	320.000	30.000	380.000	3.000	7.000	2.700	450.000	500.000	12.000	22.000	31.000	12.000	6.000	16.88%	0.000	\$0.00

Pizza, Cheese, 6" Round, 60/5.4 oz, Nardone Bros., 625WTRM2, 2M; 2WG; 1/4 RO	2050495		320.000	30.000	380.000	3.000	7.000	2.700	450.000	500.000	12.000	22.000	31.000	12.000	6.000	16.88%	0.000	\$0.00
<b>Individual Round Supreme Pizza</b>	327	1 each	380.000	45.000	660.000	4.000	7.000	2.700	300.000	400.000	18.000	22.000	31.000	18.000	7.000	16.58%	0.000	\$0.00
Pizza, Supreme, 6" Round, 60/6.35 oz, Nardone Bros., 625WSUP2, 2M; 2WG; 1/4 RO	2050497		380.000	45.000	660.000	4.000	7.000	2.700	300.000	400.000	18.000	22.000	31.000	18.000	7.000	16.58%	0.000	\$0.00
<b>Italian Oven Roasted Chicken</b>	701	3 ounces	193.012	68.625	422.249	0.000	0.315	0.881	0.000	0.000	0.000	17.438	0.315	12.769	3.750	17.49%	0.000	\$0.00
Lite Italian Dressing, Ken's	665		5.512	0.000	47.249	0.000	0.315	0.000	0.000	0.000	0.000	0.000	0.315	0.394	0.000	0.00%	0.000	\$0.00
Oven Roasted Chicken, USDA	697		50.000	18.300	100.000	0.000	0.000	0.235	0.000	0.000	0.000	4.650	0.000	3.300	1.000	18.00%	0.000	\$0.00
<b>Meatball Sub, 6-12</b>	707	1 sub	353.267	50.000	709.633	4.767	7.533	3.240	117.367	787.933	8.567	24.017	37.300	12.750	5.000	12.74%	0.000	\$0.00
Meatballs, Maid Rite	703		175.000	50.000	362.500	0.000	0.000	1.800	25.000	0.000	1.500	16.250	5.000	11.250	5.000	25.71%	0.000	\$0.00
Spaghetti Sauce, Nutritionally Enhanced, 6/#10 Cans, Red Gold, RPKMA9E	2047199		28.267	0.000	67.133	1.767	3.533	0.000	12.367	787.933	7.067	1.767	5.300	0.000	0.000	0.00%	0.000	\$0.00
Whole Grain Sausage Rolls, Bimbo Bakeries USA	49		150.000	0.000	280.000	3.000	4.000	1.440	80.000	0.000	0.000	6.000	27.000	1.500	0.000	0.00%	0.000	\$0.00
<b>Meatball Sub, K-5</b>	705	1 sub	308.267	40.000	667.133	4.767	6.533	2.520	92.367	787.933	8.267	21.767	32.300	11.000	4.000	11.68%	0.000	\$0.00
Meatballs, Maid Rite	703		140.000	40.000	290.000	0.000	0.000	1.440	20.000	0.000	1.200	13.000	4.000	9.000	4.000	25.71%	0.000	\$0.00
Spaghetti Sauce, Nutritionally Enhanced,	2047199		28.267	0.000	67.133	1.767	3.533	0.000	12.367	787.933	7.067	1.767	5.300	0.000	0.000	0.00%	0.000	\$0.00

6/#10 Cans, Red Gold, RPKMA9E																		
Whole Wheat Hot Dog Roll, Bimbo Bakeries USA	59		140.0 00	0.000	310.0 00	3.000	3.000	1.080	60.00 0	0.000	0.000	7.000	23.00 0	2.000	0.000	0.00 %	0.000	\$0.00
<b>Meatloaf Sandwich</b>	445	1 meatl oaf	322.1 22	30.37 4	674.8 68	4.012	9.062	2.857	138.9 26	0.000	10.58 0	18.15 0	35.10 0	11.62 5	5.062	14.14 %	0.000	\$0.00
Kaiser Roll, Whole Grain 4", Bimbo Bakeries USA	31		150.0 00	0.000	280.0 00	3.000	4.000	1.440	80.00 0	0.000	0.000	6.000	27.00 0	1.500	0.000	0.00 %	0.000	\$0.00
Meatloaf, w/ Cheese & Ketchup, FC, 18.13#, 100/2.9 oz, 2M, CN, Advance Pierre #69190	2044 223		172.1 22	30.37 4	394.8 68	1.012	5.062	1.417	58.92 6	0.000	10.58 0	12.15 0	8.100	10.12 5	5.062	26.47 %	0.000	\$0.00
<b>Oven Roasted BBQ Chicken</b>	699	3 ounc es	204.1 76	68.62 5	479.2 26	0.000	3.752	0.881	0.000	0.000	0.000	17.43 7	4.169	12.37 5	3.750	16.53 %	0.000	\$0.00
BBQ Sauce, Ken's Food Inc	635		16.67 6	0.000	104.2 26	0.000	3.752	0.000	0.000	0.000	0.000	0.000	4.169	0.000	0.000	0.00 %	0.000	\$0.00
Oven Roasted Chicken, USDA	697		16.66 7	6.100	33.33 3	0.000	0.000	0.078	0.000	0.000	0.000	1.550	0.000	1.100	0.333	18.00 %	0.000	\$0.00
<b>Pasta with Meat Sauce, 9-12</b>	541	2.25 cup	505.4 84	71.56 7	219.5 92	5.527	9.992	3.851	57.38 5	1799. 192	16.04 3	27.86 3	49.43 5	21.24 0	7.849	13.98 %	1.190	\$0.00
Penne Pasta, Zerega	549		184.9 65	0.000	3.528	1.512	2.066	1.789	8.064	0.000	0.000	6.552	37.29 5	1.058	0.202	0.98 %	0.000	\$0.00
<b>Meat Sauce</b>	537	28 cup	320.5 19	71.56 7	216.0 64	4.015	7.926	2.062	49.32 1	1799. 192	16.04 3	21.31 1	12.14 0	20.18 1	7.647	21.47 %	0.956 *	\$0.00
Beef, ground, 80% lean meat / 20% fat, raw	2032 385		256.0 27	71.56 7	66.52 7	0.000	0.000	1.955	18.14 4	14.11 2	0.000	17.30 7	0.000	20.16 0	7.642	26.86 %	1.189	\$0.00
Garlic, raw	6869		0.563	0.000	0.064	0.008	0.004	0.006	0.684	0.034	0.118	0.024	0.125	0.002	0.000	0.54 %	0.000	\$0.00
Onions, dehydrated flakes	7023		0.543	0.000	0.033	0.014	0.058	0.002	0.400	0.028	0.117	0.014	0.130	0.001	0.000	0.20 %	0.000	\$0.00
Spaghetti Sauce, Nutritionally Enhanced, 6/#10 Cans, Red Gold, RPKMA9E	2047 199		62.81 5	0.000	149.1 85	3.926	7.852	0.000	27.48 1	1750. 963	15.70 4	3.926	11.77 8	0.000	0.000	0.00 %	0.000	\$0.00

Spices, basil, dried	7349		0.217	0.000	0.071	0.035	0.002	0.084	2.091	0.694	0.001	0.021	0.045	0.004	0.002	8.33%	0.000	\$0.00
Spices, parsley, dried	7362		0.104	0.000	0.161	0.009	0.003	0.008	0.405	0.689	0.044	0.009	0.018	0.002	0.000	4.25%	0.000	\$0.00
Spices, pepper, red or cayenne	7367		0.250	0.000	0.024	0.021	0.008	0.006	0.116	32.67 2	0.060	0.009	0.044	0.014	0.003	9.23%	N/A*	\$0.00
<b>Pasta with Meat Sauce, K-8</b>	539	1.5 cup	406.192	57.509	176.458	4.441	8.029	3.095	46.113	1445.779	12.892	22.390	39.724	17.067	6.307	13.97%	0.956	\$0.00
Penne Pasta, Zerega	549		148.632	0.000	2.835	1.215	1.660	1.438	6.480	0.000	0.000	5.265	29.969	0.850	0.162	0.98%	0.000	\$0.00
<b>Meat Sauce</b>	537	28 cup	257.560	57.509	173.623	3.226	6.369	1.657	39.633	1445.779	12.892	17.125	9.755	16.217	6.145	21.47%	0.956*	\$0.00
Beef, ground, 80% lean meat / 20% fat, raw	2032385		205.736	57.509	53.459	0.000	0.000	1.571	14.580	11.340	0.000	13.907	0.000	16.200	6.141	26.86%	0.956	\$0.00
Garlic, raw	6869		0.452	0.000	0.052	0.006	0.003	0.005	0.549	0.027	0.095	0.019	0.100	0.002	0.000	0.54%	0.000	\$0.00
Onions, dehydrated flakes	7023		0.436	0.000	0.026	0.012	0.047	0.002	0.321	0.023	0.094	0.011	0.104	0.001	0.000	0.20%	0.000	\$0.00
Spaghetti Sauce, Nutritionally Enhanced, 6/#10 Cans, Red Gold, RPKMA9E	2047199		50.476	0.000	119.881	3.155	6.310	0.000	22.083	1407.024	12.619	3.155	9.464	0.000	0.000	0.00%	0.000	\$0.00
Spices, basil, dried	7349		0.175	0.000	0.057	0.028	0.001	0.067	1.680	0.558	0.001	0.017	0.036	0.003	0.002	8.33%	0.000	\$0.00
Spices, parsley, dried	7362		0.083	0.000	0.129	0.008	0.002	0.006	0.326	0.554	0.036	0.008	0.014	0.002	0.000	4.25%	0.000	\$0.00
Spices, pepper, red or cayenne	7367		0.201	0.000	0.019	0.017	0.007	0.005	0.093	26.254	0.048	0.008	0.036	0.011	0.002	9.23%	N/A*	\$0.00
<b>PB&amp;J Grape Jamwich</b>	449	1 sandwich	300.000	0.000	300.000	4.000	11.000	1.440	60.000	0.000	0.000	10.000	34.000	16.000	2.500	7.50%	0.000	\$0.00
Jamwich, Peanut Butter & Grape Jelly on WG Bread, 12.6#, 72/2.8oz, Advance Pierre, 92123 (1M; 1WG)	2043025		300.000	0.000	300.000	4.000	11.000	1.440	60.000	0.000	0.000	10.000	34.000	16.000	2.500	7.50%	0.000	\$0.00

<b>PB&amp;J Strawberry Jamwich</b>	451	1 sandwich	300.000	0.000	310.000	4.000	13.000	1.080	40.000	0.000	3.600	10.000	34.000	16.000	2.000	6.00%	0.000	\$0.00
Jamwich, Peanut Butter & Strawberry Jelly on WG Bread, 12.6#, 72/2.8oz, Advance Pierre, 92127 (1M; 1WG)	2043621		300.000	0.000	310.000	4.000	13.000	1.080	40.000	0.000	3.600	10.000	34.000	16.000	2.000	6.00%	0.000	\$0.00
<b>Peanut Butter and Jelly Sandwich on Wheat</b>	447	1 sandwich	550.000	0.000	480.000	7.000	18.000	2.700	60.000	100.000	1.200	20.000	52.000	33.000	7.000	11.46%	0.000	\$0.00
Sandwich, Peanut Butter & Grape Jelly on WW, 11.25#, 36/5 oz, 2M, 2W, CN, Advance Pierre #68177	2048731		550.000	0.000	480.000	7.000	18.000	2.700	60.000	100.000	1.200	20.000	52.000	33.000	7.000	11.46%	0.000	\$0.00
<b>Peanut Butter and Jelly with Mozzarella Cheese Stick</b>	795	1 sandwich	450.749	10.125	537.496	4.000	13.012	1.800*	242.496*	202.496*	0.000*	20.087	49.012	20.037	5.025	10.03%	0.000	\$0.00
Grape Jelly, Stratford	791		50.000	0.000	15.000	0.000	5.000	N/A*	N/A*	N/A*	N/A*	0.000	13.000	0.000	0.000	0.00%	0.000	\$0.00
Peanut Butter, Hampton Farms	793		200.000	0.000	120.000	2.000	3.000	0.360	0.000	0.000	0.000	7.000	7.000	16.000	3.000	13.50%	0.000	\$0.00
String Cheese, Light Mozzarella Stick, 10.5#, 168/1 oz, Land O Lakes/ODE, 59703/P926 (1M)	2051203		60.749	10.125	202.496	0.000	1.012	0.000	202.496	202.496	0.000	7.087	1.012	3.037	2.025	30.00%	0.000	\$0.00
Whole Grain White Bread, Bimbo Bakeries USA	47		140.000	0.000	200.000	2.000	4.000	1.440	40.000	0.000	0.000	6.000	28.000	1.000	0.000	0.00%	0.000	\$0.00
<b>Pepperoni Pizza Slice</b>	565	1 slice	360.110	34.324	915.427	2.436	1.997	1.844	424.993	433.070	17.984	20.322	28.895	16.940	7.746	19.36%	0.048	\$0.00
16" Round Par Baked Shell, Deiorio's	411		140.000	0.000	320.000	2.000	1.000	1.440	20.000	0.000	12.000	5.000	25.000	2.000	0.000	0.00%	0.000	\$0.00
Cheese, Mozzarella, Shredded, 20#, 4/5# Pouches, 320/1 oz, 1M, Land O Lakes, 41698	2046839		182.247	30.374	425.243	0.000	0.000	0.000	404.993	202.496	0.000	14.175	2.025	12.150	7.087	35.00%	0.000	\$0.00

Pepperoni, Sliced, Burke	599		18.23 6	3.950	69.87 1	0.000	0.125	0.090	0.000	12.50 0	0.750	0.711	0.125	1.700	0.659	32.51 %	0.048	\$0.00
Pizza Sauce, Don Pepinos	551		19.62 7	0.000	100.3 14	0.436	0.872	0.314	0.000	218.0 73	5.234	0.436	1.745	1.090	0.000	0.00 %	0.000	\$0.00
<b>Pepperoni Pizza Square, 9-12</b>	569	1 square	413.8 06	41.68 6	966.2 02	2.426	2.979	1.831	506.2 41	482.9 58	5.940	23.79 8	31.25 1	19.37 0	9.479	20.62 %	0.045	\$0.00
Cheese, Mozzarella, Shredded, 20#, 4/5# Pouches, 320/1 oz, 1M, Land O Lakes, 41698	2046 839		227.8 08	37.96 8	531.5 53	0.000	0.000	0.000	506.2 41	253.1 21	0.000	17.71 8	2.531	15.18 7	8.859	35.00 %	0.000	\$0.00
Half Sheet Par Baked Shell, Deiorio's	413		149.2 08	0.000	268.5 74	1.989	1.989	1.432	0.000	0.000	0.000	4.974	26.85 7	1.492	0.00 %	0.000	\$0.00	
Pepperoni, Sliced, Burke	599		17.16 4	3.718	65.76 1	0.000	0.118	0.085	0.000	11.76 5	0.706	0.669	0.118	1.600	0.620	32.51 %	0.045	\$0.00
Pizza Sauce, Don Pepinos	551		19.62 7	0.000	100.3 14	0.436	0.872	0.314	0.000	218.0 73	5.234	0.436	1.745	1.090	0.000	0.00 %	0.000	\$0.00
<b>Pepperoni Pizza Square, K-8</b>	567	1 square	338.4 03	34.09 2	806.1 77	2.028	2.581	1.545	404.9 93	432.3 34	5.940	19.25 9	25.37 3	16.03 4	7.707	20.50 %	0.045	\$0.00
Cheese, Mozzarella, Shredded, 20#, 4/5# Pouches, 320/1 oz, 1M, Land O Lakes, 41698	2046 839		182.2 47	30.37 4	425.2 43	0.000	0.000	0.000	404.9 93	202.4 96	0.000	14.17 5	2.025	12.15 0	7.087	35.00 %	0.000	\$0.00
Half Sheet Par Baked Shell, Deiorio's	413		119.3 66	0.000	214.8 59	1.592	1.592	1.146	0.000	0.000	0.000	3.979	21.48 6	1.194	0.00 %	0.000	\$0.00	
Pepperoni, Sliced, Burke	599		17.16 4	3.718	65.76 1	0.000	0.118	0.085	0.000	11.76 5	0.706	0.669	0.118	1.600	0.620	32.51 %	0.045	\$0.00
Pizza Sauce, Don Pepinos	551		19.62 7	0.000	100.3 14	0.436	0.872	0.314	0.000	218.0 73	5.234	0.436	1.745	1.090	0.000	0.00 %	0.000	\$0.00
<b>Pepperoni Pizza Wedge</b>	341	1 slice	350.0 00	40.00 0	680.0 00	4.000	3.000	2.700	400.0 00	500.0 00	9.000	20.00 0	29.00 0	16.00 0	8.000	20.57 %	0.000	\$0.00
Pizza, Pepperoni, Pizzeria Style, 64/5.08 oz, Nardone Bros. 64WSP2, 2M; 2WG; 1/8 RO	2050 465		350.0 00	40.00 0	680.0 00	4.000	3.000	2.700	400.0 00	500.0 00	9.000	20.00 0	29.00 0	16.00 0	8.000	20.57 %	0.000	\$0.00



<b>Pizza Quesadilla with Chicken</b>	419	1 slice	320.00	20.000	770.00	4.000	5.000	2.700	200.00	300.00	0.000	18.000	38.000	11.000	2.500	7.03%	0.000	\$0.00
Pizza Quesadilla with Chicken, Conagra	417		320.00	20.000	770.00	4.000	5.000	2.700	200.00	300.00	0.000	18.000	38.000	11.000	2.500	7.03%	0.000	\$0.00
<b>Popcorn Chicken Salad with Homemade Granola 1</b>	687	1 salad	596.096	45.172	530.819	10.490	11.498	5.135	296.801	8082.661	13.661	30.355	72.054	21.697	5.535	8.36%	0.033	\$0.00
Carrots, raw	9709		3.126	0.000	5.261	0.214	0.361	0.023	2.516	1273.833	0.450	0.071	0.730	0.018	0.003	0.81%	0.000	\$0.00
Cheese, Mozzarella, Shredded, 20#, 4/5# Pouches, 320/1 oz, 1M, Land O Lakes, 41698	2046839		91.123	15.187	212.621	0.000	0.000	0.000	202.496	101.248	0.000	7.087	1.012	6.075	3.544	35.00%	0.000	\$0.00
Chicken, Popcorn, Breaded, FC, 20#, 75/4.29 oz, 2M, 2WG, CN, Advance Pierre #68157	2036625		119.940	29.985	299.850	1.090	0.000	1.145	17.609	0.000	1.067	10.904	14.175	2.453	0.545	4.09%	0.000	\$0.00
Lettuce, cos or romaine, raw	6897		11.985	0.000	5.640	1.481	0.839	0.684	23.265	6140.550	2.820	0.867	2.319	0.212	0.027	2.07%	0.000	\$0.00
Tomatoes, red, ripe, raw, year round average	9762		12.240	0.000	3.400	0.816	1.788	0.184	6.800	566.440	9.316	0.598	2.645	0.136	0.019	1.40%	0.000	\$0.00
<b>Homemade Granola</b>	357	2 ounces	357.681	0.000	4.046	6.890	8.509*	3.100	44.114	0.590	0.008	10.828	51.172	12.803	1.397	3.52%	0.033*	\$0.00
Oats	8270		248.960	0.000	1.280	6.784	N/A*	3.021	34.560	0.000	0.000	10.810	42.413	4.416	0.779	2.82%	N/A*	\$0.00
Spices, cinnamon, ground	7348		0.494	0.000	0.020	0.106	0.004	0.017	2.004	0.590	0.008	0.008	0.161	0.002	0.001	1.26%	0.000	\$0.00
Sugars, brown	8195		33.147	0.000	2.442	0.000	8.463	0.062	7.240	0.000	0.000	0.010	8.556	0.000	0.000	0.00%	N/A*	\$0.00
Vanilla extract	7297		0.960	0.000	0.030	0.000	0.042	0.000	0.037	0.000	0.000	0.000	0.042	0.000	0.000	0.03%	0.000	\$0.00
Vegetable oil, canola	7049		74.120	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	8.385	0.618	7.50%	0.033	\$0.00
Water, tap, municipal	8491		0.000	0.000	0.273	0.000	0.000	0.000	0.273	0.000	0.000	0.000	0.000	0.000	0.000	0.00%	0.000	\$0.00

<b>Popcorn Chicken Salad with Homemade Granola 2</b>	689	1 salad	497.3 15	50.56 6	753.3 10	10.38 5	21.32 8	2.704	284.5 86	8091. 294	13.65 3	24.92 1	67.26 8	15.36 6	6.295	11.39 %	0.000	\$0.00
Carrots, raw	9709		3.126	0.000	5.261	0.214	0.361	0.023	2.516	1273. 833	0.450	0.071	0.730	0.018	0.003	0.81 %	0.000	\$0.00
Cheese, Mozzarella, Shredded, 20#, 4/5# Pouches, 320/1 oz, 1M, Land O Lakes, 41698	2046 839		91.12 3	15.18 7	212.6 21	0.000	0.000	0.000	202.4 96	101.2 48	0.000	7.087	1.012	6.075	3.544	35.00 %	0.000	\$0.00
Chicken, Popcorn, Breaded, FC, 20#, 75/4.29 oz, 2M, 2WG, CN, Advance Pierre #68157	2036 625		119.9 40	29.98 5	299.8 50	1.090	0.000	1.145	17.60 9	0.000	1.067	10.90 4	14.17 5	2.453	0.545	4.09 %	0.000	\$0.00
Lettuce, cos or romaine, raw	6897		11.98 5	0.000	5.640	1.481	0.839	0.684	23.26 5	6140. 550	2.820	0.867	2.319	0.212	0.027	2.07 %	0.000	\$0.00
Tomatoes, red, ripe, raw, year round average	9762		12.24 0	0.000	3.400	0.816	1.788	0.184	6.800	566.4 40	9.316	0.598	2.645	0.136	0.019	1.40 %	0.000	\$0.00
<b>Homemade Granola (UBR)</b>	359	2.5 ounces	258.9 00	5.394	226.5 37	6.785	18.33 9	0.669	31.89 9	9.223	0.000	5.394	46.38 6	6.472	2.157	7.50 %	0.000	\$0.00
Ultimate Breakfast Round Dough, Cinnamon, 21.8#, 140/2.38 oz, 2WG, Rich's, 7816	2046 879		258.9 00	5.394	226.5 37	6.785	18.33 9	0.669	31.89 9	9.223	0.000	5.394	46.38 6	6.472	2.157	7.50 %	0.000	\$0.00
<b>Popcorn Chicken Salad with Pretzel</b>	467	1 salad	438.4 15	45.17 2	596.7 73	9.600	4.989	3.475	272.6 87	8082. 071	14.85 3	27.52 7	65.88 2	9.894	4.138	8.50 %	0.000	\$0.00
Carrots, raw	9709		3.126	0.000	5.261	0.214	0.361	0.023	2.516	1273. 833	0.450	0.071	0.730	0.018	0.003	0.81 %	0.000	\$0.00
Cheese, Mozzarella, Shredded, 20#, 4/5# Pouches, 320/1 oz, 1M, Land O Lakes, 41698	2046 839		91.12 3	15.18 7	212.6 21	0.000	0.000	0.000	202.4 96	101.2 48	0.000	7.087	1.012	6.075	3.544	35.00 %	0.000	\$0.00
Chicken, Popcorn, Breaded, FC, 20#, 75/4.29 oz, 2M, 2WG, CN, Advance Pierre #68157	2036 625		119.9 40	29.98 5	299.8 50	1.090	0.000	1.145	17.60 9	0.000	1.067	10.90 4	14.17 5	2.453	0.545	4.09 %	0.000	\$0.00
Lettuce, cos or romaine, raw	6897		11.98 5	0.000	5.640	1.481	0.839	0.684	23.26 5	6140. 550	2.820	0.867	2.319	0.212	0.027	2.07 %	0.000	\$0.00
Pretzel, Soft, Whole Grain	361		200.0 00	0.000	70.00 0	6.000	2.000	1.440	20.00 0	0.000	1.200	8.000	45.00 0	1.000	0.000	0.00 %	0.000	\$0.00
Tomatoes, red, ripe, raw, year round average	9762		12.24 0	0.000	3.400	0.816	1.788	0.184	6.800	566.4 40	9.316	0.598	2.645	0.136	0.019	1.40 %	0.000	\$0.00

<b>Popcorn Chicken Salad with Ultimate Breakfast Round</b>	685	1 salad	478.4 15	50.17 2	736.7 73	9.890	19.98 9	2.655	282.2 57	8090. 621	13.65 3	24.52 7	63.88 2	14.89 4	6.138	11.55 %	0.000	\$0.00
Carrots, raw	9709		3.126	0.000	5.261	0.214	0.361	0.023	2.516	1273. 833	0.450	0.071	0.730	0.018	0.003	0.81 %	0.000	\$0.00
Cheese, Mozzarella, Shredded, 20#, 4/5# Pouches, 320/1 oz, 1M, Land O Lakes, 41698	2046 839		91.12 3	15.18 7	212.6 21	0.000	0.000	0.000	202.4 96	101.2 48	0.000	7.087	1.012	6.075	3.544	35.00 %	0.000	\$0.00
Chicken, Popcorn, Breaded, FC, 20#, 75/4.29 oz, 2M, 2WG, CN, Advance Pierre #68157	2036 625		119.9 40	29.98 5	299.8 50	1.090	0.000	1.145	17.60 9	0.000	1.067	10.90 4	14.17 5	2.453	0.545	4.09 %	0.000	\$0.00
Lettuce, cos or romaine, raw	6897		11.98 5	0.000	5.640	1.481	0.839	0.684	23.26 5	6140. 550	2.820	0.867	2.319	0.212	0.027	2.07 %	0.000	\$0.00
Tomatoes, red, ripe, raw, year round average	9762		12.24 0	0.000	3.400	0.816	1.788	0.184	6.800	566.4 40	9.316	0.598	2.645	0.136	0.019	1.40 %	0.000	\$0.00
<b>Ultimate Breakfast Round</b>	291	1 Round	240.0 00	5.000	210.0 00	6.290	17.00 0	0.620	29.57 0	8.550	0.000	5.000	43.00 0	6.000	2.000	7.50 %	0.000	\$0.00
Ultimate Breakfast Round Dough, Cinnamon, 21.8#, 140/2.38 oz, 2WG, Rich's, 7816	2046 879		240.0 00	5.000	210.0 00	6.290	17.00 0	0.620	29.57 0	8.550	0.000	5.000	43.00 0	6.000	2.000	7.50 %	0.000	\$0.00
<b>Popcorn Chicken, 6-12</b>	509	15 pieces	257.0 15	64.25 4	642.5 37	2.336	0.000	2.453	37.73 4	0.000	2.286	23.36 5	30.37 4	5.257	1.168	4.09 %	0.000	\$0.00
Chicken, Popcorn, Breaded, FC, 20#, 75/4.29 oz, 2M, 2WG, CN, Advance Pierre #68157	2036 625		257.0 15	64.25 4	642.5 37	2.336	0.000	2.453	37.73 4	0.000	2.286	23.36 5	30.37 4	5.257	1.168	4.09 %	0.000	\$0.00
<b>Popcorn Chicken, K-5</b>	507	13 pieces	222.7 46	55.68 7	556.8 65	2.025	0.000	2.126	32.70 3	0.000	1.981	20.25 0	26.32 5	4.556	1.012	4.09 %	0.000	\$0.00
Chicken, Popcorn, Breaded, FC, 20#, 75/4.29 oz, 2M, 2WG, CN, Advance Pierre #68157	2036 625		222.7 46	55.68 7	556.8 65	2.025	0.000	2.126	32.70 3	0.000	1.981	20.25 0	26.32 5	4.556	1.012	4.09 %	0.000	\$0.00

<b>Pulled Pork Sandwich, 6-12</b>	97	1 sandwich	450.053	71.250	513.821	3.000	20.056	4.511	160.282	1655.812	25.289	24.063	44.060	18.560	6.021	12.04%	0.000	\$0.00
Kaiser Roll, Whole Grain 4", Bimbo Bakeries USA	31		150.000	0.000	280.000	3.000	4.000	1.440	80.000	0.000	0.000	6.000	27.000	1.500	0.000	0.00%	0.000	\$0.00
Pork BBQ, Chopped, Brookwood Farms	95		300.053	71.250	233.821	0.000	16.056	3.071	80.282	1655.812	25.289	18.063	17.060	17.060	6.021	18.06%	0.000	\$0.00
<b>Pulled Pork Sandwich, K-5</b>	1017	1 sandwich	375.040	53.438	455.365	3.000	16.042	3.743	140.211	1241.859	18.967	19.548	39.795	14.295	4.516	10.84%	0.000	\$0.00
Kaiser Roll, Whole Grain 4", Bimbo Bakeries USA	31		150.000	0.000	280.000	3.000	4.000	1.440	80.000	0.000	0.000	6.000	27.000	1.500	0.000	0.00%	0.000	\$0.00
Pork BBQ, Chopped, Brookwood Farms	95		225.040	53.438	175.365	0.000	12.042	2.303	60.211	1241.859	18.967	13.548	12.795	12.795	4.516	18.06%	0.000	\$0.00
<b>Ranchero Style Whole Wheat Pizza with Beef</b>	839	1 piece	320.000	35.000	540.000	4.000	7.000	3.600	250.000	500.000	9.000	20.000	30.000	14.000	7.000	19.69%	0.000	\$0.00
Ranchero Style Whole Wheat Pizza with Beef, Nardone's	837		320.000	35.000	540.000	4.000	7.000	3.600	250.000	500.000	9.000	20.000	30.000	14.000	7.000	19.69%	0.000	\$0.00
<b>Rib-B-Que Sandwich</b>	439	1 sandwich	330.000	40.000	600.000	4.000	11.000	2.640	106.400	0.000	2.612	20.000	35.000	11.500	3.000	8.18%	0.000	\$0.00
Kaiser Roll, Whole Grain 4", Bimbo Bakeries USA	31		150.000	0.000	280.000	3.000	4.000	1.440	80.000	0.000	0.000	6.000	27.000	1.500	0.000	0.00%	0.000	\$0.00
Pork Rib Patty, w/ BBQ Sauce, FC, 18.75#, 100/3.0 oz, 2M, CN, Advance Pierre #3787	2038419		180.000	40.000	320.000	1.000	7.000	1.200	26.400	0.000	2.612	14.000	8.000	10.000	3.000	15.00%	0.000	\$0.00
<b>Sloppy Joe on a Bun, 6-12</b>	583	1 sandwich	490.658	77.292	480.028	3.107	16.582	3.614	155.198	269.044	0.563	24.810	40.207	23.280	8.255	15.14%	1.285*	\$0.00
Beef, ground, 80% lean	2032		276.5	77.29	71.84	0.000	0.000	2.112	19.59	15.24	0.000	18.69	0.000	21.77	8.253	26.86	1.285	\$0.00

meat / 20% fat, raw	385		10	2	9				5	1		2		2		%		
Kaiser Roll, Whole Grain 4", Bimbo Bakeries USA	31		150.000	0.000	280.000	3.000	4.000	1.440	80.000	0.000	0.000	6.000	27.000	1.500	0.000	0.00%	0.000	\$0.00
Ketchup, Tomato, Low Sodium, #10 Can, Red Gold REDYL99, W881 OSPI	2036295		50.667	0.000	126.667	0.000	10.133	0.000	50.667	253.333	0.000	0.000	10.133	0.000	0.000	0.00%	0.000	\$0.00
Onions, dehydrated flakes	7023		2.606	0.000	0.157	0.069	0.279	0.012	1.919	0.134	0.560	0.067	0.622	0.003	0.001	0.20%	0.000	\$0.00
Spices, garlic powder	7378		0.856	0.000	0.155	0.023	0.006	0.015	0.204	0.000	0.003	0.043	0.188	0.002	0.001	0.68%	0.000	\$0.00
Spices, pepper, black	7366		0.154	0.000	0.012	0.016	0.000	0.006	0.272	0.335	0.000	0.006	0.039	0.002	0.001	4.99%	0.000	\$0.00
Sugars, brown	8195		8.360	0.000	0.616	0.000	2.134	0.016	1.826	0.000	0.000	0.003	2.158	0.000	0.000	0.00%	N/A*	\$0.00
Vinegar, cider	7305		1.506	0.000	0.359	0.000	0.029	0.014	0.502	0.000	0.000	0.000	0.067	0.000	0.000	0.00%	0.000	\$0.00
Water, tap, municipal	8491		0.000	0.000	0.213	0.000	0.000	0.000	0.213	0.000	0.000	0.000	0.000	0.000	0.000	0.00%	0.000	\$0.00
<b>Sloppy Joe on a Bun, K-5</b>	1015	1 sandwich	405.494	57.969	430.021	3.081	13.437	3.071	136.399	201.783	0.422	20.108	36.905	17.835	6.191	13.74%	0.963*	\$0.00
Beef, ground, 80% lean meat / 20% fat, raw	2032385		207.382	57.969	53.887	0.000	0.000	1.584	14.696	11.431	0.000	14.019	0.000	16.329	6.190	26.86%	0.963	\$0.00
Kaiser Roll, Whole Grain 4", Bimbo Bakeries USA	31		150.000	0.000	280.000	3.000	4.000	1.440	80.000	0.000	0.000	6.000	27.000	1.500	0.000	0.00%	0.000	\$0.00
Ketchup, Tomato, Low Sodium, #10 Can, Red Gold REDYL99, W881 OSPI	2036295		38.000	0.000	95.000	0.000	7.600	0.000	38.000	190.000	0.000	0.000	7.600	0.000	0.000	0.00%	0.000	\$0.00
Onions, dehydrated flakes	7023		1.954	0.000	0.118	0.052	0.209	0.009	1.439	0.101	0.420	0.050	0.466	0.003	0.000	0.20%	0.000	\$0.00
Spices, garlic powder	7378		0.642	0.000	0.116	0.017	0.005	0.011	0.153	0.000	0.002	0.032	0.141	0.001	0.000	0.68%	0.000	\$0.00
Spices, pepper, black	7366		0.115	0.000	0.009	0.012	0.000	0.004	0.204	0.252	0.000	0.005	0.029	0.001	0.001	4.99%	0.000	\$0.00
Sugars, brown	8195		6.270	0.000	0.462	0.000	1.601	0.012	1.370	0.000	0.000	0.002	1.618	0.000	0.000	0.00%	N/A*	\$0.00

Vinegar, cider	7305		1.129	0.000	0.269	0.000	0.022	0.011	0.376	0.000	0.000	0.000	0.050	0.000	0.000	0.00%	0.000	\$0.00
Water, tap, municipal	8491		0.000	0.000	0.160	0.000	0.000	0.000	0.160	0.000	0.000	0.000	0.000	0.000	0.000	0.00%	0.000	\$0.00
<b>Spicy Chicken Patty</b>	497	1 sandwich	352.496	25.312	654.618	5.025	4.000	3.060	103.895	0.000	0.000	21.187	38.137	11.625	2.531	6.46%	0.000	\$0.00
Chicken Pattie, Spicy, Breaed, FC, IW, 14.06#, 75/3.00 oz, 2M, .75WG, CN, Advance Pierre #68029	2036975		202.496	25.312	374.618	2.025	0.000	1.620	23.895	0.000	0.000	15.187	11.137	10.125	2.531	11.25%	0.000	\$0.00
Kaiser Roll, Whole Grain 4", Bimbo Bakeries USA	31		150.000	0.000	280.000	3.000	4.000	1.440	80.000	0.000	0.000	6.000	27.000	1.500	0.000	0.00%	0.000	\$0.00
<b>Strawberry Yogurt Parfait</b>	585	1 parfait	222.400	2.500	56.325	2.422	44.613	0.752	114.025	530.600	52.785	4.176	52.548	0.916	0.509	2.06%	0.000	\$0.00
Lowfat Vanilla Yogurt, ParfaitPro, Yoplait	587		100.000	2.500	52.500	N/A*	14.000	N/A*	100.000	500.000	N/A*	3.500	19.500	0.750	0.500	4.50%	0.000	\$0.00
Strawberries, frozen, sweetened, sliced	6660		122.400	0.000	3.825	2.423	30.613	0.752	14.025	30.600	52.785	0.676	33.048	0.166	0.009	0.07%	0.000	\$0.00
<b>Stuffed Crust Pizza</b>	421	1 slice	310.000	30.000	760.000	3.000	4.000	1.800	400.000	400.000	0.000	19.000	32.000	11.000	6.000	17.42%	0.000	\$0.00
Stuffed Crust Cheese Pizza, Conagra	415		310.000	30.000	760.000	3.000	4.000	1.800	400.000	400.000	0.000	19.000	32.000	11.000	6.000	17.42%	0.000	\$0.00
<b>Sunbutter Sandwich Meal</b>	1113	1 meal	450.749	10.125	547.496	4.000	13.012	3.040	272.496	202.496	0.000	20.087	49.012	21.037	4.025	8.04%	0.000	\$0.00
Grape Jelly, Stratford	791		50.000	0.000	15.000	0.000	5.000	N/A*	N/A*	N/A*	N/A*	0.000	13.000	0.000	0.000	0.00%	0.000	\$0.00
String Cheese, Light Mozzarella Stick, 10.5#, 168/1 oz, 1M, Land O Lakes, 59703	2046843		60.749	10.125	202.496	0.000	1.012	0.000	202.496	202.496	0.000	7.087	1.012	3.037	2.025	30.00%	0.000	\$0.00
SunButter, Sunflower Butter	1111		200.000	0.000	130.000	2.000	3.000	1.600	30.000	0.000	0.000	7.000	7.000	17.000	2.000	9.00%	0.000	\$0.00

Whole Grain White Bread, Bimbo Bakeries USA	47		140.000	0.000	200.000	2.000	4.000	1.440	40.000	0.000	0.000	6.000	28.000	1.000	0.000	0.00%	0.000	\$0.00
<b>Taco Salad, 6-12</b>	595	1 salad	597.238	76.679	707.726	1.778*	3.111	2.095	73.351	473.847	3.556	23.657	48.108	32.940	10.077	15.19%	1.274	\$0.00
Corn Chips, Yellow, Round, Salted, 6#, 3/32 oz bags, 1WG, Tyson, 007721-0621	2037349		283.495	0.000	103.948	N/A*	0.000	0.000	39.689	0.000	0.000	3.780	39.689	11.340	1.890	6.00%	0.000	\$0.00
<b>Taco Meat, 6-12</b>	577	4 ounces	313.743	76.679	603.778	1.778	3.111	2.095	33.662	473.847	3.556	19.877	8.419	21.600	8.187	23.49%	1.274	\$0.00
Beef, ground, 80% lean meat / 20% fat, raw	2032385		274.315	76.679	71.279	0.000	0.000	2.095	19.440	15.120	0.000	18.543	0.000	21.600	8.187	26.86%	1.274	\$0.00
Salsa, Nutritionally Enhanced, Mild, Red Gold, REDSC99, 6/#10can	2043471		6.667	0.000	46.222	0.444	0.444	0.000	7.556	79.111	0.889	0.000	1.333	0.000	0.000	0.00%	0.000	\$0.00
Taco Seasoning Mix, Reduced Sodium, Foothill Farms	483		15.428	0.000	478.277	0.000	0.000	0.000	0.000	154.283	0.000	0.000	3.086	0.000	0.000	0.00%	0.000	\$0.00
Tomato Paste, 6/#10 cans, 1332/.5 oz, Red Gold RPKUA99	2048783		17.333	0.000	8.000	1.333	2.667	0.000	6.667	225.333	2.667	1.333	4.000	0.000	0.000	0.00%	0.000	\$0.00
<b>Taco Salad, K-5</b>	597	1 salad	518.803	57.509	556.782	1.333*	2.333	1.571	64.935	355.385	2.667	18.687	46.003	27.540	8.031	13.93%	0.956	\$0.00
Corn Chips, Yellow, Round, Salted, 6#, 3/32 oz bags, 1WG, Tyson, 007721-0621	2037349		283.495	0.000	103.948	N/A*	0.000	0.000	39.689	0.000	0.000	3.780	39.689	11.340	1.890	6.00%	0.000	\$0.00
<b>Taco Meat, K-5</b>	575	3 ounces	235.308	57.509	452.834	1.333	2.333	1.571	25.246	355.385	2.667	14.907	6.314	16.200	6.141	23.49%	0.956	\$0.00
Beef, ground, 80% lean meat / 20% fat, raw	2032385		205.736	57.509	53.459	0.000	0.000	1.571	14.580	11.340	0.000	13.907	0.000	16.200	6.141	26.86%	0.956	\$0.00
Salsa, Nutritionally Enhanced, Mild, Red Gold, REDSC99, 6/#10can	2043471		5.000	0.000	34.667	0.333	0.333	0.000	5.667	59.333	0.667	0.000	1.000	0.000	0.000	0.00%	0.000	\$0.00
Taco Seasoning Mix, Reduced Sodium, Foothill Farms	483		11.571	0.000	358.708	0.000	0.000	0.000	0.000	115.712	0.000	0.000	2.314	0.000	0.000	0.00%	0.000	\$0.00

Tomato Paste, 6/#10 cans, 1332/.5 oz, Red Gold RPKUA99	2048783		13.000	0.000	6.000	1.000	2.000	0.000	5.000	169.000	2.000	1.000	3.000	0.000	0.000	0.00%	0.000	\$0.00
<b>Tacos, 6-12</b>	581	2 tacos	473.744	76.679	1043.779	3.777	3.111	3.535	113.661	473.847	3.556	25.876	38.419	24.600	9.188	17.46%	1.275	\$0.00
Whole Wheat Blend Tortilla, 6 inch, Father Sam's Bakery	481		160.000	0.000	440.000	2.000	0.000	1.440	80.000	0.000	0.000	6.000	30.000	3.000	1.000	5.63%	0.000	\$0.00
<b>Taco Meat, K-5</b>	575	4 ounces	313.744	76.679	603.779	1.777	3.111	2.095	33.661	473.847	3.556	19.876	8.419	21.600	8.188	23.49%	0.956	\$0.00
Beef, ground, 80% lean meat / 20% fat, raw	2032385		274.315	76.679	71.279	0.000	0.000	2.095	19.440	15.120	0.000	18.543	0.000	21.600	8.187	26.86%	1.274	\$0.00
Salsa, Nutritionally Enhanced, Mild, Red Gold, REDSC99, 6/#10can	2043471		6.667	0.000	46.222	0.444	0.444	0.000	7.556	79.111	0.889	0.000	1.333	0.000	0.000	0.00%	0.000	\$0.00
Taco Seasoning Mix, Reduced Sodium, Foothill Farms	483		15.428	0.000	478.277	0.000	0.000	0.000	0.000	154.283	0.000	0.000	3.086	0.000	0.000	0.00%	0.000	\$0.00
Tomato Paste, 6/#10 cans, 1332/.5 oz, Red Gold RPKUA99	2048783		17.333	0.000	8.000	1.333	2.667	0.000	6.667	225.333	2.667	1.333	4.000	0.000	0.000	0.00%	0.000	\$0.00
<b>Tacos, K-5</b>	579	2 tacos	395.308	57.509	892.834	3.333	2.333	3.011	105.246	355.385	2.667	20.907	36.314	19.200	7.141	16.26%	0.956	\$0.00
Whole Wheat Blend Tortilla, 6 inch, Father Sam's Bakery	481		160.000	0.000	440.000	2.000	0.000	1.440	80.000	0.000	0.000	6.000	30.000	3.000	1.000	5.63%	0.000	\$0.00
<b>Taco Meat, K-5</b>	575	3 ounces	235.308	57.509	452.834	1.333	2.333	1.571	25.246	355.385	2.667	14.907	6.314	16.200	6.141	23.49%	0.956	\$0.00
Beef, ground, 80% lean meat / 20% fat, raw	2032385		205.736	57.509	53.459	0.000	0.000	1.571	14.580	11.340	0.000	13.907	0.000	16.200	6.141	26.86%	0.956	\$0.00
Salsa, Nutritionally Enhanced, Mild, Red Gold, REDSC99, 6/#10can	2043471		5.000	0.000	34.667	0.333	0.333	0.000	5.667	59.333	0.667	0.000	1.000	0.000	0.000	0.00%	0.000	\$0.00
Taco Seasoning Mix, Reduced Sodium, Foothill Farms	483		11.571	0.000	358.708	0.000	0.000	0.000	0.000	115.712	0.000	0.000	2.314	0.000	0.000	0.00%	0.000	\$0.00
Tomato Paste, 6/#10 cans, 1332/.5 oz, Red Gold RPKUA99	2048783		13.000	0.000	6.000	1.000	2.000	0.000	5.000	169.000	2.000	1.000	3.000	0.000	0.000	0.00%	0.000	\$0.00



<b>Tangerine Chicken</b>	835	4 ounces	226.796	89.098	291.595	N/A*	6.480	0.810	18.630	29.159	0.810	18.630	9.720	12.150	2.430	9.64%	0.000	\$0.00
Chicken Chunks, Dark Meat, Breaded, W/ Tangerine Sauce, 35.8#, 2M, CN, Tyson, 026073-0928	2036661		226.796	89.098	291.595	N/A*	6.480	0.810	18.630	29.159	0.810	18.630	9.720	12.150	2.430	9.64%	0.000	\$0.00
<b>Turkey and Cheese Sandwich</b>	457	1 sandwich	293.194	56.597	838.661	3.000	4.500	2.007*	80.000*	0.000*	0.000*	22.674	29.573	9.146	4.073	12.50%	0.000	\$0.00
Cheese, American, Yellow, Pasteurized, Sliced [100018]	2045009		54.999	12.499	134.999	0.000	0.500	N/A*	N/A*	N/A*	N/A*	2.499	1.000	4.500	2.500	40.91%	0.000	\$0.00
Kaiser Roll, Whole Grain 4", Bimbo Bakeries USA	31		150.000	0.000	280.000	3.000	4.000	1.440	80.000	0.000	0.000	6.000	27.000	1.500	0.000	0.00%	0.000	\$0.00
Turkey, Deli Breast, Frozen [100121]	2044957		88.195	44.098	423.662	0.000	0.000	0.567	0.000	0.000	0.000	14.175	1.573	3.147	1.573	16.06%	0.000	\$0.00
<b>Turkey and Cheese Sub, 6-12</b>	573	1 sub	293.194	56.597	838.661	3.000	4.500	2.007*	80.000*	0.000*	0.000*	22.674	29.573	9.146	4.073	12.50%	0.000	\$0.00
Cheese, American, Yellow, Pasteurized, Sliced [100018]	2045009		54.999	12.499	134.999	0.000	0.500	N/A*	N/A*	N/A*	N/A*	2.499	1.000	4.500	2.500	40.91%	0.000	\$0.00
Turkey, Deli Breast, Frozen [100121]	2044957		88.195	44.098	423.662	0.000	0.000	0.567	0.000	0.000	0.000	14.175	1.573	3.147	1.573	16.06%	0.000	\$0.00
Whole Grain Sausage Rolls, Bimbo Bakeries USA	49		150.000	0.000	280.000	3.000	4.000	1.440	80.000	0.000	0.000	6.000	27.000	1.500	0.000	0.00%	0.000	\$0.00
<b>Turkey and Cheese Sub, K-5</b>	571	1 sub	283.194	56.597	868.661	3.000	3.500	1.647*	60.000*	0.000*	0.000*	23.674	25.573	9.646	4.073	12.94%	0.000	\$0.00
Cheese, American, Yellow, Pasteurized, Sliced [100018]	2045009		54.999	12.499	134.999	0.000	0.500	N/A*	N/A*	N/A*	N/A*	2.499	1.000	4.500	2.500	40.91%	0.000	\$0.00
Turkey, Deli Breast, Frozen [100121]	2044957		88.195	44.098	423.662	0.000	0.000	0.567	0.000	0.000	0.000	14.175	1.573	3.147	1.573	16.06%	0.000	\$0.00
Whole Wheat Hot Dog	59		140.0	0.000	310.0	3.000	3.000	1.080	60.00	0.000	0.000	7.000	23.00	2.000	0.000	0.00	0.000	\$0.00

Roll, Bimbo Bakeries USA			00	00				0			0				%			
<b>Turkey Bacon Ranch Salad with Homemade Granola 1</b>	681	1 salad	526.9 34	62.38 9	756.2 18	9.186	11.13 6	4.705	74.17 9	6707. 580	12.14 4	33.75 8	58.18 2	19.26 6	4.501	7.69 %	0.033	\$0.00
Bacon Bits, Jimmy Dean	527		30.37 4	5.062	192.3 72	0.000	0.000	0.000	0.000	0.000	0.000	3.037	0.000	2.025	1.012	30.00 %	0.000	\$0.00
Lettuce, cos or romaine, raw	6897		11.98 5	0.000	5.640	1.481	0.839	0.684	23.26 5	6140. 550	2.820	0.867	2.319	0.212	0.027	2.07 %	0.000	\$0.00
Tomatoes, red, ripe, raw, year round average	9762		12.24 0	0.000	3.400	0.816	1.788	0.184	6.800	566.4 40	9.316	0.598	2.645	0.136	0.019	1.40 %	0.000	\$0.00
Turkey, Deli Breast, Frozen [100121]	2044 957		114.6 54	57.32 7	550.7 61	0.000	0.000	0.737	0.000	0.000	0.000	18.42 7	2.045	4.091	2.045	16.06 %	0.000	\$0.00
<b>Homemade Granola</b>	357	2 ounces	357.6 81	0.000	4.046	6.890	8.509 *	3.100	44.11 4	0.590	0.008	10.82 8	51.17 2	12.80 3	1.397	3.52 %	0.033 *	\$0.00
Oats	8270		248.9 60	0.000	1.280	6.784	N/A*	3.021	34.56 0	0.000	0.000	10.81 0	42.41 3	4.416	0.779	2.82 %	N/A*	\$0.00
Spices, cinnamon, ground	7348		0.494	0.000	0.020	0.106	0.004	0.017	2.004	0.590	0.008	0.008	0.161	0.002	0.001	1.26 %	0.000	\$0.00
Sugars, brown	8195		33.14 7	0.000	2.442	0.000	8.463	0.062	7.240	0.000	0.000	0.010	8.556	0.000	0.000	0.00 %	N/A*	\$0.00
Vanilla extract	7297		0.960	0.000	0.030	0.000	0.042	0.000	0.037	0.000	0.000	0.000	0.042	0.000	0.000	0.03 %	0.000	\$0.00
Vegetable oil, canola	7049		74.12 0	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	8.385	0.618	7.50 %	0.033	\$0.00
Water, tap, municipal	8491		0.000	0.000	0.273	0.000	0.000	0.000	0.273	0.000	0.000	0.000	0.000	0.000	0.000	0.00 %	0.000	\$0.00
<b>Turkey Bacon Ranch Salad with Homemade Granola 2</b>	683	1 salad	428.1 53	67.78 3	978.7 09	9.082	20.96 6	2.274	61.96 4	6716. 213	12.13 6	28.32 4	53.39 6	12.93 5	5.261	11.06 %	0.000	\$0.00
Bacon Bits, Jimmy Dean	527		30.37 4	5.062	192.3 72	0.000	0.000	0.000	0.000	0.000	0.000	3.037	0.000	2.025	1.012	30.00 %	0.000	\$0.00
Lettuce, cos or romaine, raw	6897		11.98 5	0.000	5.640	1.481	0.839	0.684	23.26 5	6140. 550	2.820	0.867	2.319	0.212	0.027	2.07 %	0.000	\$0.00
Tomatoes, red, ripe, raw, year round average	9762		12.24 0	0.000	3.400	0.816	1.788	0.184	6.800	566.4 40	9.316	0.598	2.645	0.136	0.019	1.40 %	0.000	\$0.00

Turkey, Deli Breast, Frozen [100121]	2044957		114.654	57.327	550.761	0.000	0.000	0.737	0.000	0.000	0.000	18.427	2.045	4.091	2.045	16.06%	0.000	\$0.00
<b>Homemade Granola (UBR)</b>	359	2.5 ounces	258.900	5.394	226.537	6.785	18.339	0.669	31.899	9.223	0.000	5.394	46.386	6.472	2.157	7.50%	0.000	\$0.00
Ultimate Breakfast Round Dough, Cinnamon, 21.8#, 140/2.38 oz, 2WG, Rich's, 7816	2046879		258.900	5.394	226.537	6.785	18.339	0.669	31.899	9.223	0.000	5.394	46.386	6.472	2.157	7.50%	0.000	\$0.00
<b>Turkey Bacon Ranch Salad with Pretzel</b>	529	1 salad	369.253	62.389	822.172	8.296	4.627	3.045	50.065	6706.990	13.336	30.930	52.010	7.463	3.104	7.57%	0.000	\$0.00
Bacon Bits, Jimmy Dean	527		30.374	5.062	192.372	0.000	0.000	0.000	0.000	0.000	0.000	3.037	0.000	2.025	1.012	30.00%	0.000	\$0.00
Lettuce, cos or romaine, raw	6897		11.985	0.000	5.640	1.481	0.839	0.684	23.265	6140.550	2.820	0.867	2.319	0.212	0.027	2.07%	0.000	\$0.00
Pretzel, Soft, Whole Grain	361		200.000	0.000	70.000	6.000	2.000	1.440	20.000	0.000	1.200	8.000	45.000	1.000	0.000	0.00%	0.000	\$0.00
Tomatoes, red, ripe, raw, year round average	9762		12.240	0.000	3.400	0.816	1.788	0.184	6.800	566.440	9.316	0.598	2.645	0.136	0.019	1.40%	0.000	\$0.00
Turkey, Deli Breast, Frozen [100121]	2044957		114.654	57.327	550.761	0.000	0.000	0.737	0.000	0.000	0.000	18.427	2.045	4.091	2.045	16.06%	0.000	\$0.00
<b>Turkey Bacon Ranch Salad with Ultimate Breakfast Round</b>	679	1 salad	409.253	67.389	962.172	8.587	19.627	2.225	59.635	6715.540	12.136	27.930	50.010	12.463	5.104	11.22%	0.000	\$0.00
Bacon Bits, Jimmy Dean	527		30.374	5.062	192.372	0.000	0.000	0.000	0.000	0.000	0.000	3.037	0.000	2.025	1.012	30.00%	0.000	\$0.00
Lettuce, cos or romaine, raw	6897		11.985	0.000	5.640	1.481	0.839	0.684	23.265	6140.550	2.820	0.867	2.319	0.212	0.027	2.07%	0.000	\$0.00
Tomatoes, red, ripe, raw, year round average	9762		12.240	0.000	3.400	0.816	1.788	0.184	6.800	566.440	9.316	0.598	2.645	0.136	0.019	1.40%	0.000	\$0.00
Turkey, Deli Breast, Frozen [100121]	2044957		114.654	57.327	550.761	0.000	0.000	0.737	0.000	0.000	0.000	18.427	2.045	4.091	2.045	16.06%	0.000	\$0.00
<b>Ultimate Breakfast Round</b>	291	1 Round	240.000	5.000	210.000	6.290	17.000	0.620	29.570	8.550	0.000	5.000	43.000	6.000	2.000	7.50%	0.000	\$0.00
Ultimate Breakfast Round Dough,	2046879		240.000	5.000	210.000	6.290	17.000	0.620	29.570	8.550	0.000	5.000	43.000	6.000	2.000	7.50%	0.000	\$0.00

Cinnamon, 21.8#,  
140/2.38 oz, 2WG,  
Rich's, 7816

<b>Yogurt Meal with Homemade Granola 1</b>	613	1 meal	518.4 30	15.12 5	256.5 42	6.890	22.52 1	3.100	346.6 10	703.0 86	0.008	20.91 5	72.18 4	16.34 0	3.922	6.81 %	0.033	\$0.00
<b>Trix Yogurt, Variety</b>	601	1 yogurt	100.0 00	5.000	50.00 0	0.000	13.00 0	0.000	100.0 00	500.0 00	0.000	3.000	20.00 0	0.500	0.500	4.50 %	0.000	\$0.00
Yogurt, Raspberry Rainbow, Trix, 4 oz	73		33.33 3	1.667	16.66 7	0.000	4.333	0.000	33.33 3	166.6 67	0.000	1.000	6.667	0.167	0.167	4.50 %	0.000	\$0.00
Yogurt, Strawberry Banana, Trix, 4 oz	75		33.33 3	1.667	16.66 7	0.000	4.333	0.000	33.33 3	166.6 67	0.000	1.000	6.667	0.167	0.167	4.50 %	0.000	\$0.00
Yogurt, Triple Cherry, Trix, 4 oz	77		33.33 3	1.667	16.66 7	0.000	4.333	0.000	33.33 3	166.6 67	0.000	1.000	6.667	0.167	0.167	4.50 %	0.000	\$0.00
<b>Mozzarella String Cheese</b>	383	1 stick	60.74 9	10.12 5	202.4 96	0.000	1.012	0.000	202.4 96	202.4 96	0.000	7.087	1.012	3.037	2.025	30.00 %	0.000	\$0.00
String Cheese, Light Mozzarella Stick, 10.5#, 168/1 oz, 1M, Land O Lakes, 59703	2046 843		60.74 9	10.12 5	202.4 96	0.000	1.012	0.000	202.4 96	202.4 96	0.000	7.087	1.012	3.037	2.025	30.00 %	0.000	\$0.00
<b>Homemade Granola</b>	357	2 ounces	357.6 81	0.000	4.046	6.890	8.509 *	3.100	44.11 4	0.590	0.008	10.82 8	51.17 2	12.80 3	1.397	3.52 %	0.033 *	\$0.00
Oats	8270		248.9 60	0.000	1.280	6.784	N/A*	3.021	34.56 0	0.000	0.000	10.81 0	42.41 3	4.416	0.779	2.82 %	N/A*	\$0.00
Spices, cinnamon, ground	7348		0.494	0.000	0.020	0.106	0.004	0.017	2.004	0.590	0.008	0.008	0.161	0.002	0.001	1.26 %	0.000	\$0.00
Sugars, brown	8195		33.14 7	0.000	2.442	0.000	8.463	0.062	7.240	0.000	0.000	0.010	8.556	0.000	0.000	0.00 %	N/A*	\$0.00
Vanilla extract	7297		0.960	0.000	0.030	0.000	0.042	0.000	0.037	0.000	0.000	0.000	0.042	0.000	0.000	0.03 %	0.000	\$0.00
Vegetable oil, canola	7049		74.12 0	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	8.385	0.618	7.50 %	0.033	\$0.00
Water, tap, municipal	8491		0.000	0.000	0.273	0.000	0.000	0.000	0.273	0.000	0.000	0.000	0.000	0.000	0.000	0.00 %	0.000	\$0.00
<b>Yogurt Meal with Homemade Granola 2</b>	615	1 meal	419.6 49	20.51 9	479.0 33	6.785	32.35 1	0.669	334.3 95	711.7 19	0.000	15.48 1	67.39 8	10.00 9	4.682	10.04 %	0.000	\$0.00

<b>Trix Yogurt, Variety</b>	601	1 yogurt	100.00	5.000	50.00	0.000	13.00	0.000	100.00	500.00	0.000	3.000	20.00	0.500	0.500	4.50%	0.000	\$0.00
Yogurt, Raspberry Rainbow, Trix, 4 oz	73		33.33	1.667	16.66	0.000	4.333	0.000	33.33	166.67	0.000	1.000	6.667	0.167	0.167	4.50%	0.000	\$0.00
Yogurt, Strawberry Banana, Trix, 4 oz	75		33.33	1.667	16.66	0.000	4.333	0.000	33.33	166.67	0.000	1.000	6.667	0.167	0.167	4.50%	0.000	\$0.00
Yogurt, Triple Cherry, Trix, 4 oz	77		33.33	1.667	16.66	0.000	4.333	0.000	33.33	166.67	0.000	1.000	6.667	0.167	0.167	4.50%	0.000	\$0.00
<b>Mozzarella String Cheese</b>	383	1 stick	60.74	10.12	202.4	0.000	1.012	0.000	202.4	202.4	0.000	7.087	1.012	3.037	2.025	30.00%	0.000	\$0.00
String Cheese, Light Mozzarella Stick, 10.5#, 168/1 oz, 1M, Land O Lakes, 59703	2046		60.74	10.12	202.4	0.000	1.012	0.000	202.4	202.4	0.000	7.087	1.012	3.037	2.025	30.00%	0.000	\$0.00
<b>Homemade Granola (UBR)</b>	359	2.5 ounces	258.9	5.394	226.5	6.785	18.33	0.669	31.89	9.223	0.000	5.394	46.38	6.472	2.157	7.50%	0.000	\$0.00
Ultimate Breakfast Round Dough, Cinnamon, 21.8#, 140/2.38 oz, 2WG, Rich's, 7816	2046		258.9	5.394	226.5	6.785	18.33	0.669	31.89	9.223	0.000	5.394	46.38	6.472	2.157	7.50%	0.000	\$0.00
<b>Yogurt Meal with Pretzel</b>	609	1 meal	360.7	15.12	322.4	6.000	16.01	1.440	322.4	702.4	1.200	18.08	66.01	4.537	2.525	6.30%	0.000	\$0.00
Pretzel, Soft, Whole Grain	361		200.0	0.000	70.00	6.000	2.000	1.440	20.00	0.000	1.200	8.000	45.00	1.000	0.000	0.00%	0.000	\$0.00
<b>Trix Yogurt, Variety</b>	601	1 yogurt	100.00	5.000	50.00	0.000	13.00	0.000	100.00	500.00	0.000	3.000	20.00	0.500	0.500	4.50%	0.000	\$0.00
Yogurt, Raspberry Rainbow, Trix, 4 oz	73		33.33	1.667	16.66	0.000	4.333	0.000	33.33	166.67	0.000	1.000	6.667	0.167	0.167	4.50%	0.000	\$0.00
Yogurt, Strawberry Banana, Trix, 4 oz	75		33.33	1.667	16.66	0.000	4.333	0.000	33.33	166.67	0.000	1.000	6.667	0.167	0.167	4.50%	0.000	\$0.00
Yogurt, Triple Cherry, Trix, 4 oz	77		33.33	1.667	16.66	0.000	4.333	0.000	33.33	166.67	0.000	1.000	6.667	0.167	0.167	4.50%	0.000	\$0.00
<b>Mozzarella String Cheese</b>	383	1 stick	60.74	10.12	202.4	0.000	1.012	0.000	202.4	202.4	0.000	7.087	1.012	3.037	2.025	30.00%	0.000	\$0.00
String Cheese, Light Mozzarella Stick, 10.5#, 168/1 oz, 1M, Land O Lakes, 59703	2046		60.74	10.12	202.4	0.000	1.012	0.000	202.4	202.4	0.000	7.087	1.012	3.037	2.025	30.00%	0.000	\$0.00

<b>Yogurt Meal with Ultimate Breakfast Round</b>	611	1 meal	400.749	20.125	462.496	6.290	31.012	0.620	332.066	711.046	0.000	15.087	64.012	9.537	4.525	10.16%	0.000	\$0.00
<b>Mozzarella String Cheese</b>	383	1 stick	60.749	10.125	202.496	0.000	1.012	0.000	202.496	202.496	0.000	7.087	1.012	3.037	2.025	30.00%	0.000	\$0.00
String Cheese, Light Mozzarella Stick, 10.5#, 168/1 oz, 1M, Land O Lakes, 59703	2046843		60.749	10.125	202.496	0.000	1.012	0.000	202.496	202.496	0.000	7.087	1.012	3.037	2.025	30.00%	0.000	\$0.00
<b>Trix Yogurt, Variety</b>	601	1 yogurt	100.000	5.000	50.000	0.000	13.000	0.000	100.000	500.000	0.000	3.000	20.000	0.500	0.500	4.50%	0.000	\$0.00
Yogurt, Raspberry Rainbow, Trix, 4 oz	73		33.333	1.667	16.667	0.000	4.333	0.000	33.333	166.667	0.000	1.000	6.667	0.167	0.167	4.50%	0.000	\$0.00
Yogurt, Strawberry Banana, Trix, 4 oz	75		33.333	1.667	16.667	0.000	4.333	0.000	33.333	166.667	0.000	1.000	6.667	0.167	0.167	4.50%	0.000	\$0.00
Yogurt, Triple Cherry, Trix, 4 oz	77		33.333	1.667	16.667	0.000	4.333	0.000	33.333	166.667	0.000	1.000	6.667	0.167	0.167	4.50%	0.000	\$0.00
<b>Ultimate Breakfast Round</b>	291	1 Round	240.000	5.000	210.000	6.290	17.000	0.620	29.570	8.550	0.000	5.000	43.000	6.000	2.000	7.50%	0.000	\$0.00
Ultimate Breakfast Round Dough, Cinnamon, 21.8#, 140/2.38 oz, 2WG, Rich's, 7816	2046879		240.000	5.000	210.000	6.290	17.000	0.620	29.570	8.550	0.000	5.000	43.000	6.000	2.000	7.50%	0.000	\$0.00

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# Recipe List

Category: Dark Green Vegetables

Menu: All Recipes

Nutrients listed per serving



Name	Number	Serving Size	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Protein (g)	Carbohydrates (g)	Total Fat (g)	Saturated Fat (g)	Saturated Fat (%cal)	Trans Fat (g)	Cost
Dark Green Vegetables																		
<b>Fresh Broccoli</b>	181	0.5 cup	30.84 4	0.000	29.93 7	2.359	1.542	0.662	42.63 8	565.1 76	80.92 1	2.558	6.024	0.336	0.035	1.02 %	0.000	\$0.00
Broccoli, raw	6530		30.84 4	0.000	29.93 7	2.359	1.542	0.662	42.63 8	565.1 76	80.92 1	2.558	6.024	0.336	0.035	1.03 %	0.000	\$0.00
<b>Garden Salad</b>	225	1 cup	19.20 0	0.000	8.179	1.703	2.131	0.620	22.50 5	4945. 884	9.202	1.094	4.013	0.256	0.036	1.69 %	0.000	\$0.00
Carrots, raw	9709		1.032	0.000	1.736	0.070	0.119	0.008	0.830	420.3 65	0.148	0.023	0.241	0.006	0.001	0.81 %	0.000	\$0.00
Cucumber, with peel, raw	6878		0.998	0.000	0.133	0.033	0.111	0.019	1.065	6.989	0.186	0.043	0.242	0.007	0.002	2.22 %	0.000	\$0.00
Lettuce, cos or romaine, raw	6897		7.990	0.000	3.760	0.987	0.559	0.456	15.51 0	4093. 700	1.880	0.578	1.546	0.141	0.018	2.07 %	0.000	\$0.00
Tomatoes, red, ripe, raw, year round average	9762		9.180	0.000	2.550	0.612	1.341	0.138	5.100	424.8 30	6.987	0.449	1.984	0.102	0.014	1.40 %	0.000	\$0.00
<b>Harvest Apple Kale Salad</b>	741	1 cup	91.82 0	0.000	93.63 5	1.775	5.937 *	0.576	55.73 9	3595. 935	44.13 1	1.603	10.18 2	5.847	0.442	4.33 %	0.022 *	\$0.00
Apples, Empire, raw, with skin [100517]	1515 645		4.933	0.000	0.104	0.229	N/A*	0.011	0.571	5.089	0.437	0.025	1.305	0.016	0.003	0.52 %	0.000	\$0.00
Cranberries, dried, sweetened	2026 489		11.64 2	0.000	0.189	0.200	2.743	0.015	0.340	1.739	0.008	0.006	3.130	0.041	0.003	0.26 %	0.000	\$0.00
Honey	8176		8.588	0.000	0.113	0.006	2.320	0.012	0.170	0.000	0.014	0.008	2.328	0.000	0.000	0.00 %	N/A*	\$0.00
Kale, raw	6873		17.59 6	0.000	13.64 6	1.293	0.812	0.528	53.86 4	3587. 346	43.09 1	1.537	3.142	0.334	0.033	1.67 %	0.000	\$0.00

Lemon juice, canned or bottled	6594		0.691	0.000	0.976	0.028	0.062	0.002	0.407	1.342	0.582	0.018	0.229	0.003	0.001	1.43%	0.000	\$0.00
Salt, table	7306		0.000	0.000	78.59 2	0.000	0.000	0.001	0.049	0.000	0.000	0.000	0.000	0.000	0.000	0.00%	0.000	\$0.00
Spices, pepper, black	7366		0.192	0.000	0.015	0.019	0.000	0.007	0.340	0.419	0.000	0.008	0.049	0.002	0.001	4.99%	0.000	\$0.00
Vegetable oil, canola	7049		48.17 8	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	5.450	0.401	7.50%	0.022	\$0.00
<b>Steamed Broccoli</b>	179	0.5 cup	25.40 1	0.000	9.979	2.722	1.334	0.553	29.93 7	917.1 63	36.37 8	2.812	4.853	0.109	0.016	0.57%	0.000	\$0.00
Broccoli, frozen, chopped, cooked, boiled, drained, without salt	6527		25.40 1	0.000	9.979	2.722	1.334	0.553	29.93 7	917.1 63	36.37 8	2.812	4.853	0.109	0.016	0.58%	0.000	\$0.00

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# Recipe List

Category: Starchy Vegetables

Menu: All Recipes

Nutrients listed per serving

Name	Number	Serving Size	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Protein (g)	Carbohydrates (g)	Total Fat (g)	Saturated Fat (g)	Saturated Fat (%cals)	Trans Fat (g)	Cost
Starchy Vegetables																		
<b>Baked Potato</b>	217	1 potato	160.890	0.000	17.300	3.806	2.041	1.868	25.950	17.300	16.608	4.325	36.590	0.225	0.059	0.33%	0.000	\$0.00
Potato, baked, flesh and skin, without salt	9779		160.890	0.000	17.300	3.806	2.041	1.868	25.950	17.300	16.608	4.325	36.590	0.225	0.059	0.33%	0.000	\$0.00
<b>Corn</b>	191	0.5 cup	66.825	0.000	0.825	1.980	2.533	0.388	2.475	164.175	2.888	2.104	15.922	0.553	0.085	1.15%	0.000	\$0.00
Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	9704		66.825	0.000	0.825	1.980	2.533	0.388	2.475	164.175	2.888	2.104	15.923	0.553	0.085	1.14%	0.000	\$0.00
<b>Crispy Seasoned French Fries</b>	197	0.5 cup	120.068	0.000	135.077	2.001	0.000	0.360	0.000	0.000	2.401	1.001	20.011	4.002	0.500	3.75%	0.000	\$0.00
Potato, French Fry, 1/2", Crispy, Bakeable, Seasoned, Skin on, 30#, 6/5#, 199.5/2.4oz, McCain MCX04717 (1/2c. Starchy)	2046293		120.068	0.000	135.077	2.001	0.000	0.360	0.000	0.000	2.401	1.001	20.011	4.002	0.500	3.75%	0.000	\$0.00
<b>Mashed Potatoes</b>	237	0.5 cup	81.883	0.036	314.623	1.410	0.836	0.263	16.101	7.348	3.154	1.852	17.445	0.801	0.227	2.50%	0.000	\$0.00
Mashed Potatoes, Idahoan Real	85		81.883	0.036	311.068	1.410	0.836	0.263	12.546	7.348	3.154	1.852	17.445	0.801	0.227	2.50%	0.000	\$0.00
Water, tap, municipal	8491		0.000	0.000	3.555	0.000	0.000	0.000	3.555	0.000	0.000	0.000	0.000	0.000	0.000	0.00%	0.000	\$0.00

<b>Oven Baked Fries</b>	195	0.5 cup	110.0 12	0.000	25.00 3	2.000	0.000	0.360	0.000	0.000	4.801	2.000	17.00 2	2.500	0.000	0.00 %	0.000	\$0.00
Potato, French Fry, 1/2", Crinkle Cut, 30#, 6/5#, 189/2.54oz, McCain OIF00055A (1/2c. Starchy)	2046 291		110.0 12	0.000	25.00 3	2.000	0.000	0.360	0.000	0.000	4.801	2.000	17.00 2	2.500	0.000	0.00 %	0.000	\$0.00
<b>Oven Roasted Potatoes</b>	219	0.5 cup	93.39 6	0.000	6.808	2.387	0.930	0.921	13.71 0	2.394	22.33 9	2.327	19.84 8	0.784	0.079	0.76 %	0.003	\$0.00
Potato, flesh and skin, raw	6972		87.31 6	0.000	6.804	2.381	0.930	0.919	13.60 8	2.268	22.33 9	2.325	19.83 3	0.102	0.028	0.29 %	0.000	\$0.00
Spices, pepper, black	7366		0.058	0.000	0.005	0.006	0.000	0.002	0.102	0.126	0.000	0.002	0.015	0.001	0.000	4.99 %	0.000	\$0.00
Vegetable oil, canola	7049		6.022	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.681	0.050	7.50 %	0.003	\$0.00
<b>Peas</b>	213	0.5 cup	70.76 0	0.000	65.31 7	4.082	3.992	1.379	21.77 2	1905. 086	8.981	4.672	12.93 6	0.245	0.044	0.56 %	0.000	\$0.00
Peas, green, frozen, cooked, boiled, drained, without salt	9742		70.76 0	0.000	65.31 7	4.082	3.992	1.379	21.77 2	1905. 086	8.981	4.672	12.93 6	0.245	0.044	0.57 %	0.000	\$0.00
<b>Potato Puffs</b>	215	0.5 cup	130.0 00	0.000	310.0 00	2.000	0.000	0.000	0.000	0.000	3.600	2.000	16.00 0	6.000	1.000	6.92 %	0.000	\$0.00
Potato, Tater Tots, Reduced Sodium, 30#, 6/5#, 190.5/2.52oz, McCain OIF00215A (1/2c. Starchy)	2043 427		130.0 00	0.000	310.0 00	2.000	0.000	0.000	0.000	0.000	3.600	2.000	16.00 0	6.000	1.000	6.92 %	0.000	\$0.00
<b>Seasoned Potato Wedges</b>	201	0.5 cup	119.8 98	4.996	139.8 81	1.998	0.000	0.360	0.000	0.000	3.597	1.998	19.98 3	3.997	0.500	3.75 %	0.000	\$0.00
Potato Wedge, Crispy, Bakeable, Seasoned, Skin on, Regular 8-cut, 30#, 6/5#, 160/3oz, McCain 1000000496 (1/2c. Starchy)	2046 377		119.8 98	4.996	139.8 81	1.998	0.000	0.360	0.000	0.000	3.597	1.998	19.98 3	3.997	0.500	3.75 %	0.000	\$0.00

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# Recipe List

Category: Red/Orange Vegetables

Menu: All Recipes

Nutrients listed per serving



Name	Number	Serving Size	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Protein (g)	Carbohydrates (g)	Total Fat (g)	Saturated Fat (g)	Saturated Fat (%cals)	Trans Fat (g)	Cost
Red/Orange Vegetables																		
<b>Baby Carrots</b>	233	0.5 cup	24.50 0	0.000	54.60 0	2.030	3.332	0.623	22.40 0	9653.000	1.820	0.448	5.768	0.091	0.016	0.59%	0.000	\$0.00
Carrots, Baby, Raw	381		24.50 0	0.000	54.60 0	2.030	3.332	0.623	22.40 0	9653.000	1.820	0.448	5.768	0.091	0.016	0.59%	0.000	\$0.00
<b>Steamed Carrots</b>	183	0.5 cup	27.01 0	0.000	43.07 0	2.409	2.978	0.387	25.55 0	12357.440	1.679	0.423	5.643	0.496	0.088	2.93%	0.000	\$0.00
Carrots, frozen, cooked, boiled, drained, without salt	6911		27.01 0	0.000	43.07 0	2.409	2.978	0.387	25.55 0	12357.440	1.679	0.423	5.643	0.496	0.088	2.92%	0.000	\$0.00
<b>Glazed Carrots</b>	185	0.5 cup	82.22 2	1.600	101.1 14	3.742 *	6.737 *	0.616 *	41.49 5*	19356.013	2.608 *	0.660	10.89 9	4.291	1.416	15.50%	0.000 *	\$0.00
Butter Blend, Admiration	235		32.00 0	1.600	33.60 0	N/A*	N/A*	N/A*	N/A*	160.0 00	N/A*	0.000	0.000	3.520	1.280	36.00%	0.000	\$0.00
Carrots, frozen, cooked, boiled, drained, without salt	6911		41.95 7	0.000	66.90 5	3.742	4.627	0.601	39.68 9	19196.013	2.608	0.658	8.766	0.771	0.136	2.92%	0.000	\$0.00
Sugars, brown	8195		8.265	0.000	0.609	0.000	2.110	0.015	1.805	0.000	0.000	0.003	2.133	0.000	0.000	0.00%	N/A*	\$0.00
<b>Cherry Tomatoes</b>	1141	0.5 cup	13.41 0	0.000	3.725	0.894	1.959	0.201	7.450	620.5 85	10.20 7	0.656	2.898	0.149	0.021	1.41%	0.000	\$0.00
Tomatoes, red, ripe, raw, year round average	9762		13.41 0	0.000	3.725	0.894	1.959	0.201	7.450	620.5 85	10.20 7	0.656	2.898	0.149	0.021	1.40%	0.000	\$0.00

<b>Chopped Tomatoes, Tacos</b>	757	0.25 cup	8.100	0.000	2.250	0.540	1.183	0.121	4.500	374.850	6.165	0.396	1.751	0.090	0.013	1.44%	0.000	\$0.00
Tomatoes, red, ripe, raw, year round average	9762		8.100	0.000	2.250	0.540	1.184	0.122	4.500	374.850	6.165	0.396	1.751	0.090	0.013	1.40%	0.000	\$0.00
<b>Salsa, Tacos</b>	761	2 ounces	19.434	0.000	134.742	1.296	1.296	0.000	22.025	230.616	2.591	0.000	3.887	0.000	0.000	0.00%	0.000	\$0.00
Salsa, Nutritionally Enhanced, Mild, Red Gold, REDSC99, 6/#10can	2043471		19.434	0.000	134.742	1.296	1.296	0.000	22.025	230.616	2.591	0.000	3.887	0.000	0.000	0.00%	0.000	\$0.00
<b>Sweet Potato Cross Trax</b>	453	0.5 cup	100.000	0.000	170.000	2.000	6.000	0.000	10.000	3000.000	1.200	1.000	16.000	3.000	0.500	4.50%	0.000	\$0.00
Sweet Potato Waffle Fry, Cross Trax, Harvest Splendor, 15#, 6/2.5#, 109.05/2.18oz, McCain MCF05074 (1/2c. RO)	2047575		100.000	0.000	170.000	2.000	6.000	0.000	10.000	3000.000	1.200	1.000	16.000	3.000	0.500	4.50%	0.000	\$0.00
<b>Sweet Potato Crinkle Fries</b>	455	0.5 cup	119.824	0.000	179.736	2.996	4.993	0.359	19.971	3494.863	2.396	1.997	16.975	4.493	0.000	0.00%	0.000	\$0.00
Sweet Potato Fry, 7/16" XL Deep Groove Crinkle, Harvest Splendor, 15#, 6/2.5#, 75.06/3.17oz, McCain MCF04566 (1/2c. RO)	2046341		119.824	0.000	179.736	2.996	4.993	0.359	19.971	3494.863	2.396	1.997	16.975	4.493	0.000	0.00%	0.000	\$0.00
<b>Sweet Potato Wedges</b>	199	0.5 cup	130.000	0.000	190.000	3.000	10.000	0.360	20.000	5000.000	2.400	1.000	20.000	5.000	0.500	3.46%	0.000	\$0.00
Sweet Potato Wedges, Harvest Splendor, 10-cut, 15#, 6/2.5#, 81/2.94oz, McCain MCF04712 (1/2c. RO)	2047567		130.000	0.000	190.000	3.000	10.000	0.360	20.000	5000.000	2.400	1.000	20.000	5.000	0.500	3.46%	0.000	\$0.00
<b>Tomato Slice</b>	229	1 slice	3.600	0.000	1.000	0.240	0.526	0.054	2.000	166.600	2.740	0.176	0.778	0.040	0.006	1.50%	0.000	\$0.00

Tomatoes, red, ripe, raw, year round average	9762		3.600	0.000	1.000	0.240	0.526	0.054	2.000	166.6 00	2.740	0.176	0.778	0.040	0.006	1.40 %	0.000	\$0.00

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# Recipe List

Category: Beans/Peas

Menu: All Recipes

Nutrients listed per serving



Name	Number	Serving Size	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Protein (g)	Carbohydrates (g)	Total Fat (g)	Saturated Fat (g)	Saturated Fat (%cals)	Trans Fat (g)	Cost
Beans/Peas																		
<b>Baked Beans</b>	177	0.5 cup	142.881	0.000	561.320	5.103	12.247	1.837	40.823	0.000	0.000	6.123	29.597	1.021	0.000	0.00%	0.000	\$0.00
Baked Beans, 6/ #10 Cans, 156.69/4.6 oz, .50V, Bush's Beans, 01619	2048581		142.881	0.000	561.320	5.103	12.247	1.837	40.823	0.000	0.000	6.123	29.597	1.021	0.000	0.00%	0.000	\$0.00
<b>Chickpeas</b>	189	0.25 cup	52.440	0.000	80.560	2.394	1.520	0.372	16.340	8.360	0.038	2.675	8.691	0.939	0.081	1.39%	0.000	\$0.00
Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	265326		52.440	0.000	80.560	2.394	1.520	0.372	16.340	8.360	0.038	2.675	8.691	0.939	0.081	1.39%	0.000	\$0.00
<b>Roasted Red Pepper Hummus</b>	1157	0.25 cup	120.000	0.000	140.000	2.000	0.000	0.360	20.000	0.000	2.400	4.000	8.000	8.000	0.000	0.00%	0.000	\$0.00
Roasted Red Pepper Hummus, EvaGourmet	83		120.000	0.000	140.000	2.000	0.000	0.360	20.000	0.000	2.400	4.000	8.000	8.000	0.000	0.00%	0.000	\$0.00
<b>Traditional Hummus</b>	205	0.25 cup	120.000	0.000	140.000	2.000	0.000	0.360	20.000	0.000	2.400	4.000	8.000	8.000	0.000	0.00%	0.000	\$0.00
Traditional Hummus, EvaGourmet	81		120.000	0.000	140.000	2.000	0.000	0.360	20.000	0.000	2.400	4.000	8.000	8.000	0.000	0.00%	0.000	\$0.00
<b>Refried Beans</b>	221	0.25 cup	113.773	14.580	287.440	2.603	0.713	0.851	120.183	188.517	1.614	6.710	10.658	4.847	2.916	23.07%	0.000	\$0.00

Cheese, Shredded, Mild Cheddar, Land O' Lakes, 4/5lb, 41749	2043 515		53.45 9	14.58 0	92.33 8	0.000	0.000	0.000	97.19 8	145.7 97	0.000	3.402	0.486	4.374	2.916	49.09 %	0.000	\$0.00
Refried Beans, Vegetarian, Casa Solana	223		56.71 4	0.000	170.1 42	2.363	0.473	0.851	18.90 5	0.000	1.134	3.308	9.452	0.473	0.000	0.00 %	0.000	\$0.00
Salsa, Nutritionally Enhanced, Mild, Red Gold, REDSC99, 6/#10can	2043 471		3.600	0.000	24.96 0	0.240	0.240	0.000	4.080	42.72 0	0.480	0.000	0.720	0.000	0.000	0.00 %	0.000	\$0.00

\* = Indicates missing Nutrient Information.

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# Recipe List

Category: Other Vegetables

Menu: All Recipes

Nutrients listed per serving



Name	Number	Serving Size	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Protein (g)	Carbohydrates (g)	Total Fat (g)	Saturated Fat (g)	Saturated Fat (%cals)	Trans Fat (g)	Cost
Other Vegetables																		
<b>Celery Sticks</b>	187	0.5 cup	9.600	0.000	48.000	0.960	0.804	0.120	24.000	269.400	1.860	0.414	1.782	0.102	0.025	2.34%	0.000	\$0.00
Celery, raw	6915		9.600	0.000	48.000	0.960	0.804	0.120	24.000	269.400	1.860	0.414	1.782	0.102	0.025	2.36%	0.000	\$0.00
<b>Cucumbers</b>	193	0.5 cup	7.800	0.000	1.040	0.260	0.868	0.146	8.320	54.600	1.456	0.338	1.888	0.057	0.019	2.19%	0.000	\$0.00
Cucumber, with peel, raw	6878		7.800	0.000	1.040	0.260	0.868	0.146	8.320	54.600	1.456	0.338	1.888	0.057	0.019	2.22%	0.000	\$0.00
<b>Green Beans</b>	203	0.5 cup	25.401	0.000	0.907	2.722	1.706	0.599	38.102	380.110	3.719	1.352	5.851	0.154	0.040	1.42%	0.000	\$0.00
Beans, snap, green, frozen, cooked, boiled, drained without salt	9806		25.401	0.000	0.907	2.722	1.706	0.599	38.102	380.110	3.719	1.352	5.851	0.154	0.040	1.41%	0.000	\$0.00
<b>Mixed Vegetables</b>	209	0.5 cup	58.967	0.000	31.751	3.992	2.830	0.744	22.680	3880.026	2.903	2.595	11.875	0.136	0.028	0.43%	0.000	\$0.00
Vegetables, mixed, frozen, cooked, boiled, drained, without salt	6853		58.967	0.000	31.751	3.992	2.830	0.744	22.680	3880.026	2.903	2.595	11.875	0.136	0.028	0.43%	0.000	\$0.00
<b>Peas and Carrots</b>	211	0.5 cup	38.400	0.000	54.400	2.480	3.488	0.752	18.400	7611.200	6.480	2.472	8.096	0.336	0.062	1.45%	0.000	\$0.00
Peas and carrots, frozen, cooked, boiled,	6966		38.400	0.000	54.400	2.480	3.488	0.752	18.400	7611.200	6.480	2.472	8.096	0.336	0.062	1.44%	0.000	\$0.00

drained, without salt																		
<b>Ramen Cabbage Salad</b>	751	0.75 cup	121.4 30	0.000 *	295.5 43	1.725	4.502	0.778	27.22 1	105.8 65*	17.75 5	2.049	11.27 9	7.893	1.159	8.59 %	0.027 *	\$0.00
Cabbage, raw	6921		11.34 0	0.000	8.165	1.134	1.451	0.213	18.14 4	44.45 2	16.60 1	0.581	2.631	0.045	0.015	1.22 %	0.000	\$0.00
Onions, spring or scallions (includes tops and bulb), raw	7013		1.920	0.000	0.960	0.156	0.140	0.089	4.320	59.82 0	1.128	0.110	0.440	0.011	0.002	0.90 %	0.000	\$0.00
Seeds, sunflower seed kernels, dried	6959		10.82 1	0.000	0.167	0.159	0.049	0.097	1.445	0.926	0.026	0.385	0.371	0.954	0.083	6.87 %	N/A*	\$0.00
Soup, ramen noodle, chicken flavor, dry	2025 977		35.55 9	N/A*	155.7 63	0.235	0.159	0.341	1.782	N/A*	0.000	0.828	4.879	1.419	0.656	16.60 %	0.005	\$0.00
Soy sauce made from hydrolyzed vegetable protein	2029 599		1.144	0.000	129.9 81	0.010	0.025	0.006	0.324	0.000	0.000	0.133	0.149	0.010	0.001	0.60 %	0.000	\$0.00
Spices, pepper, black	7366		0.306	0.000	0.024	0.031	0.001	0.012	0.539	0.666	0.000	0.013	0.078	0.004	0.002	4.99 %	0.000	\$0.00
Sugars, granulated	8198		10.24 4	0.000	0.026	0.000	2.642	0.001	0.026	0.000	0.000	0.000	2.647	0.000	0.000	0.00 %	N/A*	\$0.00
Vegetable oil, canola	7049		48.17 8	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	5.450	0.401	7.50 %	0.022	\$0.00
Vinegar, cider	7305		1.919	0.000	0.457	0.000	0.037	0.018	0.640	0.000	0.000	0.000	0.085	0.000	0.000	0.00 %	0.000	\$0.00
<b>Shredded Lettuce</b>	207	0.25 cup	7.938	0.000	5.670	0.680	1.117	0.232	10.20 6	284.6 29	1.588	0.510	1.684	0.079	0.010	1.13 %	0.000	\$0.00
Lettuce, iceberg (includes crisphead types), raw	6891		7.938	0.000	5.670	0.680	1.117	0.232	10.20 6	284.6 29	1.588	0.510	1.684	0.079	0.010	1.16 %	0.000	\$0.00
<b>Shredded Lettuce, Tacos</b>	759	0.25 cup	7.938	0.000	5.670	0.680	1.117	0.232	10.20 6	284.6 29	1.588	0.510	1.684	0.079	0.010	1.13 %	0.000	\$0.00
Lettuce, iceberg (includes crisphead types), raw	6891		7.938	0.000	5.670	0.680	1.117	0.232	10.20 6	284.6 29	1.588	0.510	1.684	0.079	0.010	1.16 %	0.000	\$0.00

<b>Southwest Bean and Corn Salsa</b>	227	0.5 cup	41.67 4	0.000	68.59 1	1.297	1.413	0.534	18.26 4	175.2 45	1.332 *	0.936	8.054	0.470	0.044	0.95 %	0.000 *	\$0.00
Black Beans, 6/ #10 Cans, 144/4.6 oz, .50V, Bush's Beans, 1886	2048 613		0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.00 %	0.000	\$0.00
Corn, yellow, whole kernel, frozen, microwaved	2027 253		29.55 4	0.000	0.902	0.587	0.758	0.088	1.128	52.79 0	N/A*	0.817	5.836	0.320	0.034	1.03 %	0.000	\$0.00
Salsa, Nutritionally Enhanced, Mild, Red Gold, REDSC99, 6/#10can	2043 471		9.600	0.000	66.56 0	0.640	0.640	0.000	10.88 0	113.9 20	1.280	0.000	1.920	0.000	0.000	0.00 %	0.000	\$0.00
Spices, cumin seed	7361		2.520	0.000	1.129	0.071	0.015	0.446	6.256	8.534	0.052	0.120	0.297	0.150	0.010	3.68 %	N/A*	\$0.00
<b>Veggie Cruncher Cup</b>	231	0.5 cup	13.85 2	0.000	20.35 5	0.963	1.429	0.190	15.35 6	2273. 342	11.21 5	0.630	3.010	0.120	0.020	1.30 %	0.000	\$0.00
Broccoli, raw	6530		2.992	0.000	2.904	0.229	0.150	0.064	4.136	54.82 4	7.850	0.248	0.584	0.033	0.003	1.03 %	0.000	\$0.00
Carrots, raw	9709		5.002	0.000	8.418	0.342	0.578	0.037	4.026	2038. 132	0.720	0.113	1.169	0.029	0.005	0.81 %	0.000	\$0.00
Celery, raw	6915		1.616	0.000	8.080	0.162	0.135	0.020	4.040	45.34 9	0.313	0.070	0.300	0.017	0.004	2.36 %	0.000	\$0.00
Cucumber, with peel, raw	6878		1.560	0.000	0.208	0.052	0.174	0.029	1.664	10.92 0	0.291	0.068	0.378	0.011	0.004	2.22 %	0.000	\$0.00
Tomatoes, red, ripe, raw, year round average	9762		2.682	0.000	0.745	0.179	0.392	0.040	1.490	124.1 17	2.041	0.131	0.580	0.030	0.004	1.40 %	0.000	\$0.00

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# Recipe List

Category: Juice

Menu: All Recipes

Nutrients listed per serving

Name	Number	Serving Size	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Protein (g)	Carbohydrates (g)	Total Fat (g)	Saturated Fat (g)	Saturated Fat (%cals)	Trans Fat (g)	Cost
Juice																		
<b>100% Apple Cherry Juice</b>	137	4 ounces	60.00	0.000	5.000	0.000	12.00	0.000	0.000	0.000	0.000	0.000	15.00	0.000	0.000	0.00%	0.000	\$0.00
100% Apple Cherry Juice, SUNCUP	121		60.00	0.000	5.000	0.000	12.00	0.000	0.000	0.000	0.000	0.000	15.00	0.000	0.000	0.00%	0.000	\$0.00
<b>100% Apple Cranberry Juice</b>	135	4 ounces	60.00	0.000	12.00	0.000	12.00	0.000	0.000	0.000	0.000	0.000	13.00	0.000	0.000	0.00%	0.000	\$0.00
100% Apple Cranberry Juice, SUNCUP	119		60.00	0.000	12.00	0.000	12.00	0.000	0.000	0.000	0.000	0.000	13.00	0.000	0.000	0.00%	0.000	\$0.00
<b>100% Apple Juice</b>	125	4 ounces	60.00	0.000	5.000	0.000	12.00	0.000	0.000	0.000	60.00	0.000	14.00	0.000	0.000	0.00%	0.000	\$0.00
100% Apple Juice, SUNCUP	109		60.00	0.000	5.000	0.000	12.00	0.000	0.000	0.000	60.00	0.000	14.00	0.000	0.000	0.00%	0.000	\$0.00
<b>100% Apple Juice Carton</b>	883	1 carton	60.00	0.000	5.000	0.000	13.00	0.000	0.000	N/A*	N/A*	0.000	14.00	0.000	0.000	0.00%	0.000	\$0.00
100% Apple Juice, Totally Juice, SUNCUP	881		60.00	0.000	5.000	0.000	13.00	0.000	0.000	N/A*	N/A*	0.000	14.00	0.000	0.000	0.00%	0.000	\$0.00
<b>100% Fruit Punch Carton</b>	895	1 carton	60.00	0.000	5.000	0.000	14.00	0.000	0.000	N/A*	N/A*	0.000	15.00	0.000	0.000	0.00%	0.000	\$0.00
100% Fruit Punch,	893		60.00	0.000	5.000	0.000	14.00	0.000	0.000	N/A*	N/A*	0.000	15.00	0.000	0.000	0.00%	0.000	\$0.00

Totally Juice, SUNCUP			0				0						0			%		
<b>100% Grape Juice</b>	127	4 ounces	80.00 0	0.000	10.00 0	0.000	18.00 0	0.000	0.000	0.000	60.00 0	0.000	19.00 0	0.000	0.000	0.00 %	0.000	\$0.00
100% Grape Juice, SUNCUP	111		80.00 0	0.000	10.00 0	0.000	18.00 0	0.000	0.000	0.000	60.00 0	0.000	19.00 0	0.000	0.000	0.00 %	0.000	\$0.00
<b>100% Juice, Variety</b>	671	4 ounces	63.75 0	0.000	4.625	0.000	13.12 5	0.000	0.000	0.000	28.50 0	0.000	15.00 0	0.000	0.000	0.00 %	0.000	\$0.00
100% Apple Cherry Juice, SUNCUP	121		7.500	0.000	0.625	0.000	1.500	0.000	0.000	0.000	0.000	0.000	1.875	0.000	0.000	0.00 %	0.000	\$0.00
100% Apple Cranberry Juice, SUNCUP	119		7.500	0.000	1.500	0.000	1.500	0.000	0.000	0.000	0.000	0.000	1.625	0.000	0.000	0.00 %	0.000	\$0.00
100% Apple Juice, SUNCUP	109		7.500	0.000	0.625	0.000	1.500	0.000	0.000	0.000	7.500	0.000	1.750	0.000	0.000	0.00 %	0.000	\$0.00
100% Grape Juice, SUNCUP	111		10.00 0	0.000	1.250	0.000	2.250	0.000	0.000	0.000	7.500	0.000	2.375	0.000	0.000	0.00 %	0.000	\$0.00
100% Natural Fruit Punch, SUNCUP	113		7.500	0.000	0.625	0.000	1.500	0.000	0.000	0.000	0.000	0.000	1.750	0.000	0.000	0.00 %	0.000	\$0.00
100% Orange Juice, SUNCUP	107		7.500	0.000	0.000	0.000	1.500	0.000	0.000	0.000	5.250	0.000	1.750	0.000	0.000	0.00 %	0.000	\$0.00
100% Orange Pineapple Juice, SUNCUP	117		7.500	0.000	0.000	0.000	1.625	0.000	0.000	0.000	4.500	0.000	1.875	0.000	0.000	0.00 %	0.000	\$0.00
100% Pineapple Juice, SUNCUP	115		8.750	0.000	0.000	0.000	1.750	0.000	0.000	0.000	3.750	0.000	2.000	0.000	0.000	0.00 %	0.000	\$0.00
<b>100% Juice, Variety (Carton)</b>	937	1 carton	60.00 0	0.000	7.500	0.000	13.75 0	0.000	0.000	N/A*	N/A*	0.000	15.25 0	0.000	0.000	0.00 %	0.000	\$0.00
100% Apple Juice, Totally Juice, SUNCUP	881		15.00 0	0.000	1.250	0.000	3.250	0.000	0.000	N/A*	N/A*	0.000	3.500	0.000	0.000	0.00 %	0.000	\$0.00
100% Fruit Punch, Totally Juice, SUNCUP	893		15.00 0	0.000	1.250	0.000	3.500	0.000	0.000	N/A*	N/A*	0.000	3.750	0.000	0.000	0.00 %	0.000	\$0.00
100% Orange Tangerine Juice, Totally Juice,	885		15.00 0	0.000	2.500	0.000	3.250	0.000	0.000	N/A*	N/A*	0.000	3.750	0.000	0.000	0.00 %	0.000	\$0.00

SUNCUP																		
100% Very Berry Juice, Totally Juice, SUNCUP	889		15.00 0	0.000	2.500	0.000	3.750	0.000	0.000	N/A*	N/A*	0.000	4.250	0.000	0.000	0.00%	0.000	\$0.00
<b>100% Fruit Punch</b>	129	4 ounces	60.00 0	0.000	5.000	0.000	12.00 0	0.000	0.000	0.000	0.000	0.000	14.00 0	0.000	0.000	0.00%	0.000	\$0.00
100% Natural Fruit Punch, SUNCUP	113		60.00 0	0.000	5.000	0.000	12.00 0	0.000	0.000	0.000	0.000	0.000	14.00 0	0.000	0.000	0.00%	0.000	\$0.00
<b>100% Orange Juice</b>	123	4 ounces	60.00 0	0.000	0.000	0.000	12.00 0	0.000	0.000	0.000	42.00 0	0.000	14.00 0	0.000	0.000	0.00%	0.000	\$0.00
100% Orange Juice, SUNCUP	107		60.00 0	0.000	0.000	0.000	12.00 0	0.000	0.000	0.000	42.00 0	0.000	14.00 0	0.000	0.000	0.00%	0.000	\$0.00
<b>100% Orange Pineapple Juice</b>	133	4 ounces	60.00 0	0.000	0.000	0.000	13.00 0	0.000	0.000	0.000	36.00 0	0.000	15.00 0	0.000	0.000	0.00%	0.000	\$0.00
100% Orange Pineapple Juice, SUNCUP	117		60.00 0	0.000	0.000	0.000	13.00 0	0.000	0.000	0.000	36.00 0	0.000	15.00 0	0.000	0.000	0.00%	0.000	\$0.00
<b>100% Orange Tangerine Juice Carton</b>	887	1 carton	60.00 0	0.000	10.00 0	0.000	13.00 0	0.000	0.000	N/A*	N/A*	0.000	15.00 0	0.000	0.000	0.00%	0.000	\$0.00
100% Orange Tangerine Juice, Totally Juice, SUNCUP	885		60.00 0	0.000	10.00 0	0.000	13.00 0	0.000	0.000	N/A*	N/A*	0.000	15.00 0	0.000	0.000	0.00%	0.000	\$0.00
<b>100% Pineapple Juice</b>	131	4 ounces	70.00 0	0.000	0.000	0.000	14.00 0	0.000	0.000	0.000	30.00 0	0.000	16.00 0	0.000	0.000	0.00%	0.000	\$0.00
100% Pineapple Juice, SUNCUP	115		70.00 0	0.000	0.000	0.000	14.00 0	0.000	0.000	0.000	30.00 0	0.000	16.00 0	0.000	0.000	0.00%	0.000	\$0.00
<b>100% Very Berry Juice</b>	891	1	60.00	0.000	10.00	0.000	15.00	0.000	0.000	N/A*	N/A*	0.000	17.00	0.000	0.000	0.00	0.000	\$0.00

Carton		carton	0		0		0						0			%		
100% Very Berry Juice, Totally Juice, SUNCUP	889		60.000	0.000	10.000	0.000	15.000	0.000	0.000	N/A*	N/A*	0.000	17.000	0.000	0.000	0.00%	0.000	\$0.00

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# Recipe List

Category: Fruit

Menu: All Recipes

Nutrients listed per serving

Name	Number	Serving Size	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Protein (g)	Carbohydrates (g)	Total Fat (g)	Saturated Fat (g)	Saturated Fat (%cals)	Trans Fat (g)	Cost
Fruit																		
<b>Apple Chips</b>	1105	1 package	50.000	0.000	0.000	2.500	10.000	0.000	0.000	0.000	0.000	0.500	13.500	0.000	0.000	0.00%	0.000	\$0.00
Apple Chips, Dried, Finger Lakes Fresh	1103		50.000	0.000	0.000	2.500	10.000	0.000	0.000	0.000	0.000	0.500	13.500	0.000	0.000	0.00%	0.000	\$0.00
<b>Fresh Apple Slices</b>	37	0.5 cup	30.239	0.000	0.582	1.396	6.042	0.070	3.489	31.403	2.675	0.151	8.031	0.099	0.016	0.48%	0.000	\$0.00
Apples, raw, with skin	9796		30.239	0.000	0.582	1.396	6.042	0.070	3.489	31.403	2.675	0.151	8.031	0.099	0.016	0.49%	0.000	\$0.00
<b>Apple Slices</b>	429	1 pack	30.000	0.000	0.000	1.000	6.000	0.000	20.000	0.000	21.000	0.000	7.000	0.000	0.000	0.00%	0.000	\$0.00
Apple Slices, Peterson Farms	427		30.000	0.000	0.000	1.000	6.000	0.000	20.000	0.000	21.000	0.000	7.000	0.000	0.000	0.00%	0.000	\$0.00
<b>Fresh Apple</b>	91	1 each	75.599	0.000	1.454	3.489	15.105	0.174	8.723	78.506	6.688	0.378	20.077	0.247	0.041	0.49%	0.000	\$0.00
Apples, raw, with skin	9796		75.599	0.000	1.454	3.489	15.105	0.174	8.723	78.506	6.688	0.378	20.077	0.247	0.041	0.49%	0.000	\$0.00
<b>Strawberry Applesauce Cup</b>	423	1 cup	50.000	0.000	15.000	1.000	12.000	0.000	0.000	0.000	60.000	1.000	14.000	0.000	0.000	0.00%	0.000	\$0.00
Applesauce, Strawberry, Unsweetened, Fruit Cup, 27#, 96/4.5oz, Zee	2050711		50.000	0.000	15.000	1.000	12.000	0.000	0.000	0.000	60.000	1.000	14.000	0.000	0.000	0.00%	0.000	\$0.00



Zee's, National Food Group A1490 (1/2c. Fruit)																		
<b>Applesauce</b>	93	0.5 Cup	48.62 2	0.000	1.907	0.953	10.48 7	N/A*	N/A*	N/A*	N/A*	0.000	13.34 7	0.000	0.000	0.00 %	0.000	\$0.00
Applesauce, Unsweetened, Canned [110541]	2045 959		48.62 2	0.000	1.907	0.953	10.48 7	N/A*	N/A*	N/A*	N/A*	0.000	13.34 7	0.000	0.000	0.00 %	0.000	\$0.00
<b>Cinnamon Applesauce</b>	99	0.5 Cup	51.70 5	0.000	2.032	1.616	10.51 4	0.104 *	12.50 5*	3.682 *	0.047 *	0.050	14.35 3	0.015	0.004	0.07 %	0.000	\$0.00
Applesauce, Unsweetened, Canned [110541]	2045 959		48.62 2	0.000	1.907	0.953	10.48 7	N/A*	N/A*	N/A*	N/A*	0.000	13.34 7	0.000	0.000	0.00 %	0.000	\$0.00
Spices, cinnamon, ground	7348		3.083	0.000	0.125	0.663	0.027	0.104	12.50 5	3.682	0.047	0.050	1.006	0.015	0.004	1.26 %	0.000	\$0.00
<b>Cinnamon Applesauce Cup</b>	425	1 cup	50.00 0	0.000	15.00 0	1.000	12.00 0	0.000	0.000	0.000	60.00 0	1.000	14.00 0	0.000	0.000	0.00 %	0.000	\$0.00
Applesauce, Cinnamon, Unsweetened, Fruit Cup, 27#, 96/4.5oz, Zee Zee's, National Food Group A1410 (1/2c. Fruit)	2050 709		50.00 0	0.000	15.00 0	1.000	12.00 0	0.000	0.000	0.000	60.00 0	1.000	14.00 0	0.000	0.000	0.00 %	0.000	\$0.00
<b>Banana</b>	101	1 banana	105.0 20	0.000	1.180	3.068	14.43 1	0.307	5.900	75.52 0	10.26 6	1.286	26.95 1	0.389	0.132	1.13 %	0.000	\$0.00
Bananas, raw	6613		105.0 20	0.000	1.180	3.068	14.43 1	0.307	5.900	75.52 0	10.26 6	1.286	26.95 1	0.389	0.132	1.13 %	0.000	\$0.00
<b>Blueberries</b>	103	0.5 cup	42.18 0	0.000	0.740	1.776	7.370	0.207	4.440	39.96 0	7.178	0.548	10.72 3	0.244	0.021	0.45 %	0.000	\$0.00
Blueberries, raw	6618		42.18 0	0.000	0.740	1.776	7.370	0.207	4.440	39.96 0	7.178	0.548	10.72 3	0.244	0.021	0.44 %	0.000	\$0.00

<b>Cantaloupe</b>	105	0.5 cup	26.52 0	0.000	12.48 0	0.702	6.131	0.164	7.020	2637. 960	28.62 6	0.655	6.365	0.148	0.040	1.36 %	0.000	\$0.00
Melons, cantaloupe, raw	8579		26.52 0	0.000	12.48 0	0.702	6.131	0.164	7.020	2637. 960	28.62 6	0.655	6.365	0.148	0.040	1.35 %	0.000	\$0.00
<b>Fresh Fruit, Variety</b>	1093	1 piece	87.07 7	0.000	1.000	3.527	15.19 7	0.219	23.07 3	156.1 83	29.44 3	0.997	22.49 3	0.285	0.068	0.70 %	0.000	\$0.00
Apples, raw, with skin	9796		31.54 7	0.000	0.607	1.456	6.303	0.073	3.640	32.76 0	2.791	0.158	8.378	0.103	0.017	0.49 %	0.000	\$0.00
Bananas, raw	6613		35.00 7	0.000	0.393	1.023	4.810	0.102	1.967	25.17 3	3.422	0.429	8.984	0.130	0.044	1.13 %	0.000	\$0.00
Oranges, raw, all commercial varieties	9754		20.52 3	0.000	0.000	1.048	4.083	0.044	17.46 7	98.25 0	23.23 1	0.410	5.131	0.052	0.007	0.29 %	0.000	\$0.00
<b>Grapes</b>	139	0.5 cup	30.82 0	0.000	0.920	0.414	7.475	0.133	6.440	46.00 0	1.840	0.290	7.889	0.161	0.052	1.52 %	0.000	\$0.00
Grapes, american type (slip skin), raw	6571		30.82 0	0.000	0.920	0.414	7.475	0.133	6.440	46.00 0	1.840	0.290	7.889	0.161	0.052	1.53 %	0.000	\$0.00
<b>Honey Dew</b>	141	0.5 Cups	30.60 0	0.000	15.30 0	0.680	6.902	0.144	5.100	42.50 0	15.30 0	0.459	7.726	0.119	0.032	0.94 %	0.000	\$0.00
Melons, honeydew, raw	6586		30.60 0	0.000	15.30 0	0.680	6.902	0.145	5.100	42.50 0	15.30 0	0.459	7.727	0.119	0.032	0.95 %	0.000	\$0.00
<b>Kiwi</b>	143	1.5 each	63.13 5	0.000	3.105	3.105	9.305	0.321	35.19 0	90.04 5	95.94 5	1.180	15.17 3	0.538	0.030	0.43 %	0.000	\$0.00
Kiwi fruit, (chinese gooseberries), fresh, raw	6596		63.13 5	0.000	3.105	3.105	9.305	0.321	35.19 0	90.04 5	95.94 5	1.180	15.17 3	0.538	0.030	0.43 %	0.000	\$0.00
<b>Mandarin Oranges</b>	145	0.5 Cup	76.86 0	0.000	7.560	0.882	19.51 7	0.466	8.820	1058. 400	24.94 8	0.567	20.39 9	0.126	0.015	0.18 %	0.000	\$0.00
Tangerines, (mandarin	6677		76.86	0.000	7.560	0.882	19.51	0.466	8.820	1058.	24.94	0.567	20.39	0.126	0.015	0.18	0.000	\$0.00

oranges), canned, light syrup pack			0				7			400	8		9			%		
<b>Mixed Fruit</b>	147	0.5 cup	68.97 0	0.000	7.260	1.210	16.85 5	0.351	7.260	251.6 80	2.299	0.484	18.06 5	0.085	0.012	0.16 %	0.000	\$0.00
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids	9701		68.97 0	0.000	7.260	1.210	16.85 5	0.351	7.260	251.6 80	2.299	0.484	18.06 5	0.085	0.012	0.16 %	0.000	\$0.00
<b>Nectarine</b>	149	1 each	62.48 0	0.000	0.000	2.414	11.20 4	0.398	8.520	471.4 40	7.668	1.505	14.98 1	0.454	0.035	0.50 %	0.000	\$0.00
Nectarines, raw	6590		62.48 0	0.000	0.000	2.414	11.20 4	0.398	8.520	471.4 40	7.668	1.505	14.98 1	0.454	0.036	0.51 %	0.000	\$0.00
<b>Orange</b>	151	1 each	61.57 0	0.000	0.000	3.144	12.24 8	0.131	52.40 0	294.7 50	69.69 2	1.231	15.39 3	0.157	0.020	0.29 %	0.000	\$0.00
Oranges, raw, all commercial varieties	9754		61.57 0	0.000	0.000	3.144	12.24 9	0.131	52.40 0	294.7 50	69.69 2	1.231	15.39 3	0.157	0.020	0.29 %	0.000	\$0.00
<b>Peach</b>	153	1 each	58.50 0	0.000	0.000	2.250	12.58 5	0.375	9.000	489.0 00	9.900	1.365	14.31 0	0.375	0.029	0.45 %	0.000	\$0.00
Peaches, raw	6678		58.50 0	0.000	0.000	2.250	12.58 5	0.375	9.000	489.0 00	9.900	1.365	14.31 0	0.375	0.029	0.44 %	0.000	\$0.00
<b>Canned Peaches</b>	155	0.5 cup	50.00 9	0.000	5.953	1.191	N/A*	0.357	5.953	321.4 83	3.572	0.476	13.21 7	0.119	0.013	0.23 %	0.000	\$0.00
Peaches, canned, extra light syrup, solids and liquids	6681		50.00 9	0.000	5.953	1.191	N/A*	0.357	5.953	321.4 83	3.572	0.476	13.21 7	0.119	0.013	0.24 %	0.000	\$0.00
<b>Pear</b>	157	1 each	101.4 60	0.000	1.780	5.518	17.35 5	0.320	16.02 0	44.50 0	7.654	0.641	27.10 9	0.249	0.039	0.35 %	0.000	\$0.00
Pears, raw	9799		101.4	0.000	1.780	5.518	17.35	0.320	16.02	44.50	7.654	0.641	27.10	0.249	0.039	0.35	0.000	\$0.00

			60				5		0	0			9			%		
<b>Canned Pears</b>	159	0.5 cup	55.96 2	0.000	2.381	1.905	N/A*	0.238	8.335	0.000	2.381	0.357	14.52 6	0.119	0.007	0.11 %	0.000	\$0.00
Pears, canned, extra light syrup pack, solids and liquids	6701		55.96 2	0.000	2.381	1.905	N/A*	0.238	8.335	0.000	2.381	0.357	14.52 6	0.119	0.007	0.12 %	0.000	\$0.00
<b>Canned Pineapple</b>	163	0.5 cup	65.52 0	0.000	1.260	1.008	15.93 9	0.491	17.64 0	47.88 0	9.450	0.454	16.94 7	0.151	0.011	0.15 %	0.000	\$0.00
Pineapple, canned, light syrup pack, solids and liquids	9804		65.52 0	0.000	1.260	1.008	15.93 9	0.491	17.64 0	47.88 0	9.450	0.454	16.94 7	0.151	0.011	0.16 %	0.000	\$0.00
<b>Pineapple</b>	161	0.5 cup	41.25 0	0.000	0.825	1.155	8.126	0.239	10.72 5	47.85 0	39.43 5	0.445	10.82 4	0.099	0.007	0.15 %	0.000	\$0.00
Pineapple, raw, all varieties	6699		41.25 0	0.000	0.825	1.155	8.126	0.239	10.72 5	47.85 0	39.43 5	0.446	10.82 4	0.099	0.007	0.16 %	0.000	\$0.00
<b>Plum</b>	165	1 each	30.36 0	0.000	0.000	0.924	6.547	0.112	3.960	227.7 00	6.270	0.462	7.537	0.185	0.011	0.33 %	0.000	\$0.00
Plums, raw	6653		30.36 0	0.000	0.000	0.924	6.547	0.112	3.960	227.7 00	6.270	0.462	7.537	0.185	0.011	0.33 %	0.000	\$0.00
<b>Raisins</b>	167	0.25 cup	108.3 88	0.000	3.987	1.341	21.45 6	0.682	18.12 5	0.000	0.834	1.113	28.70 3	0.167	0.021	0.17 %	0.000	\$0.00
Raisins, seedless	9808		108.3 88	0.000	3.988	1.341	21.45 6	0.682	18.12 5	0.000	0.834	1.113	28.70 3	0.167	0.021	0.18 %	0.000	\$0.00
<b>Strawberry Cups</b>	169	0.5 cup	122.4 00	0.000	3.825	2.422	30.61 3	0.752	14.02 5	30.60 0	52.78 5	0.676	33.04 8	0.166	0.009	0.07 %	0.000	\$0.00
Strawberries, frozen, sweetened, sliced	6660		122.4 00	0.000	3.825	2.423	30.61 3	0.752	14.02 5	30.60 0	52.78 5	0.676	33.04 8	0.166	0.009	0.07 %	0.000	\$0.00

<b>Strawberries</b>	171	0.5 cup	23.04 0	0.000	0.720	1.440	3.521	0.295	11.52 0	8.640	42.33 6	0.482	5.530	0.216	0.011	0.43 %	0.000	\$0.00
Strawberries, raw	6664		23.04 0	0.000	0.720	1.440	3.521	0.295	11.52 0	8.640	42.33 6	0.482	5.530	0.216	0.011	0.42 %	0.000	\$0.00
<b>Watermelon Chunks</b>	175	0.5 cup	22.80 0	0.000	0.760	0.304	4.712	0.182	5.320	432.4 40	6.156	0.464	5.738	0.114	0.012	0.47 %	0.000	\$0.00
Watermelon, raw	6562		22.80 0	0.000	0.760	0.304	4.712	0.182	5.320	432.4 40	6.156	0.464	5.738	0.114	0.012	0.48 %	0.000	\$0.00
<b>Watermelon Slice</b>	173	1 slice	85.80 0	0.000	2.860	1.144	17.73 2	0.686	20.02 0	1627. 340	23.16 6	1.745	21.59 3	0.429	0.046	0.48 %	0.000	\$0.00
Watermelon, raw	6562		85.80 0	0.000	2.860	1.144	17.73 2	0.686	20.02 0	1627. 340	23.16 6	1.745	21.59 3	0.429	0.046	0.48 %	0.000	\$0.00

\* = Indicates missing Nutrient Information.

WARNING: THE DATA CONTAINED WITHIN THIS REPORT CANNOT BE USED FOR AND DOES NOT PROVIDE MENU PLANNING OR MEDICAL TREATMENT FOR ANYONE WITH A MEDICAL CONDITION, DIETARY RESTRICTION OR FOOD ALLERGY. USE OF THE SERVICES TO PROVIDE MENU PLANNING OR MEDICAL TREATMENT FOR ANYONE WITH A MEDICAL CONDITION, DIETARY RESTRICTION OR FOOD ALLERGY IS A VIOLATION OF THE TERMS OF THIS SERVICE. ANY SUBSCRIBER PLANNING FOR OR TREATING MEDICAL CONDITIONS, DIETARY RESTRICTIONS OR A FOOD ALLERGY MUST CONSULT A MEDICAL PROFESSIONAL FOR ASSISTANCE. TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

# Recipe List

Category: Grains

Menu: All Recipes

Nutrients listed per serving



Name	Number	Serving Size	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Protein (g)	Carbohydrates (g)	Total Fat (g)	Saturated Fat (g)	Saturated Fat (%cals)	Trans Fat (g)	Cost
Grains																		
<b>Whole Grain Biscuit</b>	743	1 biscuit	210.00	5.000	490.00	3.410	2.000	0.680	41.040	3.520	0.044	5.000	29.000	8.000	5.000	21.43%	0.000	\$0.00
Biscuit, Whole Grain, Rich's	739		210.00	5.000	490.00	3.410	2.000	0.680	41.040	3.520	0.044	5.000	29.000	8.000	5.000	21.43%	0.000	\$0.00
<b>Garlic Bread Stick</b>	353	1 bread stick	151.174	0.000	161.253	2.016	2.016	1.451	0.000	100.783	0.000	5.039	26.204	4.031	0.504	3.00%	0.000	\$0.00
Bread Sticks, WG, RS, Garlic, Pan Baked, Heat & Serve, 7", 144/1.96 oz, Bake Crafters 1637	2046227		151.174	0.000	161.253	2.016	2.016	1.451	0.000	100.783	0.000	5.039	26.204	4.031	0.504	3.00%	0.000	\$0.00
<b>Seasoned Brown Rice</b>	391	0.5 cup	103.868	1.012	34.139	1.022*	0.349*	0.350*	3.205*	382.782	0.357*	1.936	17.265	3.178	0.811	7.03%	0.000	\$0.00
Butter Blend, Admiration	235		20.250	1.012	21.262	N/A*	N/A*	N/A*	N/A*	101.248	N/A*	0.000	0.000	2.227	0.810	36.00%	0.000	\$0.00
Carrots, raw	9709		0.656	0.000	1.104	0.045	0.076	0.005	0.528	267.296	0.094	0.015	0.153	0.004	0.001	0.81%	0.000	\$0.00
Onions, dehydrated flakes	7023		1.222	0.000	0.074	0.032	0.131	0.005	0.900	0.063	0.263	0.031	0.291	0.002	0.000	0.20%	0.000	\$0.00
Soup Base, Vegetarian, Low Sodium, Sysco	389		1.417	0.000	9.922	0.000	0.142	0.000	0.000	14.175	0.000	0.000	0.283	0.000	0.000	0.00%	0.000	\$0.00
Water, tap, municipal	8491		0.000	0.000	1.778	0.000	0.000	0.000	1.778	0.000	0.000	0.000	0.000	0.000	0.000	0.00%	0.000	\$0.00
Whole Grain Brown Rice, Uncle Ben's	393		80.324	0.000	0.000	0.945	0.000	0.340	0.000	0.000	0.000	1.890	16.537	0.945	0.000	0.00%	0.000	\$0.00

<b>Homemade Granola (UBR)</b>	359	2.5 ounces	258.900	5.394	226.537	6.785	18.339	0.669	31.899	9.223	0.000	5.394	46.386	6.472	2.157	7.50%	0.000	\$0.00
Ultimate Breakfast Round Dough, Cinnamon, 21.8#, 140/2.38 oz, 2WG, Rich's, 7816	2046879		258.900	5.394	226.537	6.785	18.339	0.669	31.899	9.223	0.000	5.394	46.386	6.472	2.157	7.50%	0.000	\$0.00
<b>Homemade Granola</b>	357	2 ounces	357.681	0.000	4.046	6.890	8.509	3.100	44.114	0.590	0.008	10.828	51.172	12.803	1.397	3.52%	0.033	\$0.00
Oats	8270		248.960	0.000	1.280	6.784	N/A*	3.021	34.560	0.000	0.000	10.810	42.413	4.416	0.779	2.82%	N/A*	\$0.00
Spices, cinnamon, ground	7348		0.494	0.000	0.020	0.106	0.004	0.017	2.004	0.590	0.008	0.008	0.161	0.002	0.001	1.26%	0.000	\$0.00
Sugars, brown	8195		33.147	0.000	2.442	0.000	8.463	0.062	7.240	0.000	0.000	0.010	8.556	0.000	0.000	0.00%	N/A*	\$0.00
Vanilla extract	7297		0.960	0.000	0.030	0.000	0.042	0.000	0.037	0.000	0.000	0.000	0.042	0.000	0.000	0.03%	0.000	\$0.00
Vegetable oil, canola	7049		74.120	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	8.385	0.618	7.50%	0.033	\$0.00
Water, tap, municipal	8491		0.000	0.000	0.273	0.000	0.000	0.000	0.273	0.000	0.000	0.000	0.000	0.000	0.000	0.00%	0.000	\$0.00
<b>Low Fat Granola</b>	387	2 ounces	226.796	0.000	175.251	4.124	14.432	1.856	20.618	515.445	0.000	5.154	45.359	2.577	0.000	0.00%	0.000	\$0.00
Granola, Low Fat, Sysco	385		226.796	0.000	175.251	4.124	14.432	1.856	20.618	515.445	0.000	5.154	45.359	2.577	0.000	0.00%	0.000	\$0.00
<b>Soft Whole Grain Pretzel</b>	363	1 pretzel	200.000	0.000	70.000	6.000	2.000	1.440	20.000	0.000	1.200	8.000	45.000	1.000	0.000	0.00%	0.000	\$0.00
Pretzel, Soft, Whole Grain	361		200.000	0.000	70.000	6.000	2.000	1.440	20.000	0.000	1.200	8.000	45.000	1.000	0.000	0.00%	0.000	\$0.00

<b>Ultimate Breakfast Round</b>	291	1 Round	240.00	5.000	210.00	6.290	17.000	0.620	29.570	8.550	0.000	5.000	43.000	6.000	2.000	7.50%	0.000	\$0.00
Ultimate Breakfast Round Dough, Cinnamon, 21.8#, 140/2.38 oz, 2WG, Rich's, 7816	2046879		240.00	5.000	210.00	6.290	17.000	0.620	29.570	8.550	0.000	5.000	43.000	6.000	2.000	7.50%	0.000	\$0.00
<b>Wheat Dinner Roll</b>	365	1 roll	90.000	0.000	210.00	1.000	2.000	0.720	40.000	0.000	0.000	3.000	16.000	1.000	0.000	0.00%	0.000	\$0.00
Wheat Dinner Roll, Bimbo Bakeries USA	55		90.000	0.000	210.00	1.000	2.000	0.720	40.000	0.000	0.000	3.000	16.000	1.000	0.000	0.00%	0.000	\$0.00
<b>Whole Grain White Bread Slice</b>	367	1 slice	70.000	0.000	100.00	1.000	2.000	0.720	20.000	0.000	0.000	3.000	14.000	0.500	0.000	0.00%	0.000	\$0.00
Whole Grain White Bread, Bimbo Bakeries USA	47		70.000	0.000	100.00	1.000	2.000	0.720	20.000	0.000	0.000	3.000	14.000	0.500	0.000	0.00%	0.000	\$0.00

\* = Indicates missing Nutrient Information.

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# Recipe List

Category: Desserts

Menu: All Recipes

Nutrients listed per serving



Name	Number	Serving Size	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Protein (g)	Carbohydrates (g)	Total Fat (g)	Saturated Fat (g)	Saturated Fat (%cals)	Trans Fat (g)	Cost
Desserts																		
<b>Apple Crisp</b>	879	0.5 cup	153.543	0.000	68.988	1.960	9.861*	2.470	19.721	0.000	1.171	1.972	29.508	3.451	0.493	2.89%	0.000	\$0.00
Apples, canned, unsweetened, sliced, in water, without salt or nutritive sweeteners [100206]	9252		35.215	0.000	4.893	0.974	N/A*	1.405	0.000	0.000	1.171	0.000	8.801	0.000	0.000	0.00%	0.000	\$0.00
Whole Grain Oat Topping Mix, Foothill Farms	877		118.328	0.000	64.095	0.986	9.861	1.065	19.721	0.000	0.000	1.972	20.707	3.451	0.493	3.75%	0.000	\$0.00
<b>Fruit Crisp</b>	355	0.5 cup	156.146	10.168	38.934	2.194	11.136*	1.916	18.766	119.108	1.141	1.841	26.568	4.687	2.665	15.36%	0.155*	\$0.00
Apples, canned, unsweetened, sliced, in water, without salt or nutritive sweeteners [100206]	9252		33.748	0.000	4.689	0.933	N/A*	1.347	0.000	0.000	1.122	0.000	8.434	0.000	0.000	0.00%	0.000	\$0.00
Butter, salted	9668		33.908	10.168	30.409	0.000	0.003	0.001	1.135	118.182	0.000	0.040	0.003	3.836	2.429	64.48%	0.155	\$0.00
Oats, rolled, unenriched, quick cooking, DRY, no salt added [100466]	9214		42.250	0.000	0.542	1.083	N/A*	0.460	5.688	0.000	0.000	1.755	6.546	0.690	0.121	2.59%	0.000	\$0.00
Spices, cinnamon, ground	7348		0.401	0.000	0.016	0.086	0.004	0.014	1.628	0.479	0.006	0.006	0.131	0.002	0.001	1.26%	0.000	\$0.00
Spices, nutmeg, ground	7371		2.297	0.000	0.070	0.091	0.013	0.013	0.805	0.446	0.013	0.026	0.216	0.159	0.113	44.47%	N/A*	\$0.00
Sugars, brown	8195		43.542	0.000	3.208	0.000	11.117	0.081	9.510	0.000	0.000	0.014	11.239	0.000	0.000	0.00%	N/A*	\$0.00

8/31/2017

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# Recipe List

Category: Misc.

Menu: All Recipes

Nutrients listed per serving



Name	Number	Serving Size	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Protein (g)	Carbohydrates (g)	Total Fat (g)	Saturated Fat (g)	Saturated Fat (%cals)	Trans Fat (g)	Cost
Misc.																		
<b>Apple Jelly, Heinz</b>	1175	1 PC	35.00 0	0.000	0.000	0.000	6.000	0.000	0.000	0.000	0.000	0.000	9.000	0.000	0.000	0.00%	0.000	\$0.00
Apple Jelly, Heinz	1173		35.00 0	0.000	0.000	0.000	6.000	0.000	0.000	0.000	0.000	0.000	9.000	0.000	0.000	0.00%	0.000	\$0.00
<b>Balsamic Vinaigrette</b>	915	0.5 ounce	28.34 9	0.000	89.77 3	0.000	1.890	0.000	0.000	0.000	0.000	0.000	1.890	2.362	0.236	7.49%	0.000	\$0.00
Balsamic Vinaigrette, Ken's	913		28.35 0	0.000	89.77 3	0.000	1.890	0.000	0.000	0.000	0.000	0.000	1.890	2.362	0.236	7.50%	0.000	\$0.00
<b>BBQ Sauce</b>	861	0.5 ounce	16.67 6	0.000	104.2 26	0.000	3.752	0.000	0.000	0.000	0.000	0.000	4.169	0.000	0.000	0.00%	0.000	\$0.00
BBQ Sauce, Ken's Food Inc	635		16.67 6	0.000	104.2 26	0.000	3.752	0.000	0.000	0.000	0.000	0.000	4.169	0.000	0.000	0.00%	0.000	\$0.00
<b>BBQ Sauce PC</b>	847	1 pack	45.00 0	0.000	210.0 00	0.000	9.000	0.200	20.70 0	33.91 0	0.690	0.000	10.00 0	0.000	0.000	0.00%	0.000	\$0.00
BBQ Sauce, Portion Pack, BULLSEYE, Kraft	845		45.00 0	0.000	210.0 00	0.000	9.000	0.200	20.70 0	33.91 0	0.690	0.000	10.00 0	0.000	0.000	0.00%	0.000	\$0.00
<b>Boom Boom Sauce</b>	859	0.5 ounce	80.32 4	7.087	127.5 73	0.000	0.945	0.000	0.000	47.24 9	1.134	0.000	1.417	8.032	1.181	13.23%	0.000	\$0.00
Boom Boom Sauce, Ken's	797		80.32 4	7.087	127.5 73	0.000	0.945	0.000	0.000	47.24 9	1.134	0.000	1.417	8.032	1.181	13.24%	0.000	\$0.00

<b>Breakfast Syrup PC</b>	801	1 pc	120.00	0.000	40.000	0.000	21.000	0.000	0.000	0.000	0.000	0.000	0.000	31.000	0.000	0.000	0.00%	0.000	\$0.00
Breakfast Syrup, Heinz	799		120.00	0.000	40.000	0.000	21.000	0.000	0.000	0.000	0.000	0.000	0.000	31.000	0.000	0.000	0.00%	0.000	\$0.00
<b>Mexican Seasoned Cheese</b>	485	1 ounce	102.038	22.599	250.476	0.000	0.000	0.000	200.876	216.876	0.000	7.031	1.324	7.533	4.771	42.08%	0.000	\$0.00	
Cheese, Mozzarella, Shredded, 20#, 4/5# Pouches, 320/1 oz, 1M, Land O Lakes, 41698	2046839		45.197	7.533	105.460	0.000	0.000	0.000	100.438	50.219	0.000	3.515	0.502	3.013	1.758	35.00%	0.000	\$0.00	
Cheese, Shredded, Mild Cheddar, Land O' Lakes, 4/5lb, 41749	2043515		55.241	15.066	95.416	0.000	0.000	0.000	100.438	150.657	0.000	3.515	0.502	4.520	3.013	49.09%	0.000	\$0.00	
Taco Seasoning Mix, Reduced Sodium, Foothill Farms	483		1.600	0.000	49.600	0.000	0.000	0.000	0.000	16.000	0.000	0.000	0.320	0.000	0.000	0.00%	0.000	\$0.00	
<b>Cranberry Sauce</b>	1163	2 oz	90.718	0.000	2.835	0.567	18.257	0.352	1.701	18.711	0.567	0.595	23.025	0.023	0.004	0.04%	0.000	\$0.00	
Cranberry sauce, jellied, canned, OCEAN SPRAY	2041645		90.718	0.000	2.835	0.567	18.257	0.352	1.701	18.711	0.567	0.595	23.025	0.023	0.004	0.04%	0.000	\$0.00	
<b>Cream Cheese PC</b>	851	1 pc	45.000	15.000	95.000	0.000	1.000	0.000	20.000	300.000	0.000	2.000	1.000	4.000	2.500	50.00%	0.000	\$0.00	
Cream Cheese, Portion Pack, Philadelphia	849		45.000	15.000	95.000	0.000	1.000	0.000	20.000	300.000	0.000	2.000	1.000	4.000	2.500	50.00%	0.000	\$0.00	
<b>Grape Jelly, Heinz</b>	1167	1 PC	35.000	0.000	0.000	0.000	6.000	0.000	0.000	0.000	0.000	0.000	9.000	0.000	0.000	0.00%	0.000	\$0.00	
Grape Jelly, Heinz	1165		35.000	0.000	0.000	0.000	6.000	0.000	0.000	0.000	0.000	0.000	9.000	0.000	0.000	0.00%	0.000	\$0.00	

<b>Honey Mustard</b>	911	0.5 ounce	61.424	4.725	103.948	0.000	1.890	0.000	0.000	0.000	0.000	0.000	1.890	6.142	0.945	13.85%	0.000	\$0.00
Honey Mustard, Ken's	909		61.424	4.725	103.948	0.000	1.890	0.000	0.000	0.000	0.000	0.000	1.890	6.142	0.945	13.85%	0.000	\$0.00
<b>Hot Sauce PC</b>	1021	1 packet	0.000	0.000	100.000	0.000	0.000	0.000	0.000	100.000	0.000	0.000	0.000	0.000	0.000	0.00%	0.000	\$0.00
Hot Sauce, Portion Pack, UniPro	1019		0.000	0.000	100.000	0.000	0.000	0.000	0.000	100.000	0.000	0.000	0.000	0.000	0.000	0.00%	0.000	\$0.00
<b>Ketchup</b>	1159	0.5 oz	16.667	0.000	41.667	0.000	3.333	0.000	16.667	83.333	0.000	0.000	3.333	0.000	0.000	0.00%	0.000	\$0.00
Ketchup, Tomato, Low Sodium, #10 Can, Red Gold, REDYL99	2052027		16.667	0.000	41.667	0.000	3.333	0.000	16.667	83.333	0.000	0.000	3.333	0.000	0.000	0.00%	0.000	\$0.00
<b>Lite Italian Dressing</b>	865	0.5 ounce	16.537	0.000	141.748	0.000	0.945	0.000	0.000	0.000	0.000	0.000	0.945	1.181	0.000	0.00%	0.000	\$0.00
Lite Italian Dressing, Ken's	665		16.537	0.000	141.748	0.000	0.945	0.000	0.000	0.000	0.000	0.000	0.945	1.181	0.000	0.00%	0.000	\$0.00
<b>Lite Ranch Dressing</b>	863	0.5 ounce	33.074	2.362	151.197	0.000	0.472	0.000	9.450	0.000	0.000	0.472	0.945	3.307	0.472	12.84%	0.000	\$0.00
Lite Ranch Dressing, Ken's	755		33.074	2.362	151.197	0.000	0.472	0.000	9.450	0.000	0.000	0.472	0.945	3.307	0.472	12.86%	0.000	\$0.00
<b>Italian Dressing PC</b>	855	1 packet	5.000	0.000	90.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	1.000	0.000	0.000	0.00%	0.000	\$0.00
Low Calorie Italian Dressing, Portion Pack, Four In One	853		5.000	0.000	90.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	1.000	0.000	0.000	0.00%	0.000	\$0.00

<b>Mayonnaise PC</b>	903	1 pack et	90.000	5.000	70.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	1.000	9.000	1.500	15.00%	0.000	\$0.00
Mayonnaise, Portion Pack, Four In One	901		90.000	5.000	70.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	1.000	9.000	1.500	15.00%	0.000	\$0.00
<b>Meat Sauce</b>	537	0.5 cup	257.560	57.509	173.623	3.226	6.369	1.657	39.633	1445.779	12.892	17.125	9.755	16.217	6.145	21.47%	0.956*	\$0.00	
Beef, ground, 80% lean meat / 20% fat, raw	2032385		205.736	57.509	53.459	0.000	0.000	1.571	14.580	11.340	0.000	13.907	0.000	16.200	6.141	26.86%	0.956	\$0.00	
Garlic, raw	6869		0.452	0.000	0.052	0.006	0.003	0.005	0.549	0.027	0.095	0.019	0.100	0.002	0.000	0.54%	0.000	\$0.00	
Onions, dehydrated flakes	7023		0.436	0.000	0.026	0.012	0.047	0.002	0.321	0.023	0.094	0.011	0.104	0.001	0.000	0.20%	0.000	\$0.00	
Spaghetti Sauce, Nutritionally Enhanced, 6/#10 Cans, Red Gold, RPKMA9E	2047199		50.476	0.000	119.881	3.155	6.310	0.000	22.083	1407.024	12.619	3.155	9.464	0.000	0.000	0.00%	0.000	\$0.00	
Spices, basil, dried	7349		0.175	0.000	0.057	0.028	0.001	0.067	1.680	0.558	0.001	0.017	0.036	0.003	0.002	8.33%	0.000	\$0.00	
Spices, parsley, dried	7362		0.083	0.000	0.129	0.008	0.002	0.006	0.326	0.554	0.036	0.008	0.014	0.002	0.000	4.25%	0.000	\$0.00	
Spices, pepper, red or cayenne	7367		0.201	0.000	0.019	0.017	0.007	0.005	0.093	26.254	0.048	0.008	0.036	0.011	0.002	9.23%	N/A*	\$0.00	
<b>Mixed Fruit Jelly, Heinz</b>	1171	1 PC	40.000	0.000	0.000	0.000	7.000	0.000	0.000	0.000	0.000	0.000	0.000	9.000	0.000	0.00%	0.000	\$0.00	
Mixed Fruit Jelly, Heinz	1169		40.000	0.000	0.000	0.000	7.000	0.000	0.000	0.000	0.000	0.000	0.000	9.000	0.000	0.00%	0.000	\$0.00	
<b>Mustard PC</b>	935	1 pack et	5.000	0.000	40.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.00%	0.000	\$0.00	
Mustard, Portion Pack, Four In One	933		5.000	0.000	40.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.00%	0.000	\$0.00	
<b>Parmesan Cheese</b>	873	0.5	59.53	12.19	255.7	0.000	0.010	0.069	120.9	138.0	0.000	4.028	1.972	3.946	2.179	32.94	0.124	\$0.00	

		ounce	4	0	12				11	62						%		
Cheese, parmesan, grated	7259		59.53 4	12.19 0	255.7 12	0.000	0.010	0.069	120.9 11	138.0 62	0.000	4.028	1.972	3.946	2.179	32.94 %	0.124	\$0.00
<b>Pasta with Sauce, 6-12</b>	593	1 serving	197.5 23	0.000	99.10 8	3.857	6.839	1.578	26.84 6	1147. 552	10.31 4	8.103	39.27 2	0.907	0.173	0.79 %	0.000	\$0.00
Penne Pasta, Zerega	549		156.0 64	0.000	2.977	1.276	1.743	1.510	6.804	0.000	0.000	5.528	31.46 8	0.893	0.170	0.98 %	0.000	\$0.00
<b>Red Sauce</b>	589	0.4 cup	41.45 9	0.000	96.13 1	2.581	5.095	0.069	20.04 2	1147. 552	10.31 4	2.574	7.804	0.014	0.003	0.07 %	0.000	\$0.00
Garlic, raw	6869		0.362	0.000	0.041	0.005	0.002	0.004	0.440	0.022	0.076	0.015	0.080	0.001	0.000	0.54 %	0.000	\$0.00
Onions, dehydrated flakes	7023		0.349	0.000	0.021	0.009	0.037	0.002	0.257	0.018	0.075	0.009	0.083	0.000	0.000	0.20 %	0.000	\$0.00
Spaghetti Sauce, Nutritionally Enhanced, 6/#10 Cans, Red Gold, RPKMA9E	2047 199		40.38 1	0.000	95.90 5	2.524	5.048	0.000	17.66 7	1125. 619	10.09 5	2.524	7.571	0.000	0.000	0.00 %	0.000	\$0.00
Spices, basil, dried	7349		0.140	0.000	0.046	0.023	0.001	0.054	1.344	0.446	0.000	0.014	0.029	0.002	0.001	8.33 %	0.000	\$0.00
Spices, parsley, dried	7362		0.067	0.000	0.103	0.006	0.002	0.005	0.261	0.443	0.029	0.006	0.012	0.001	0.000	4.25 %	0.000	\$0.00
Spices, pepper, red or cayenne	7367		0.161	0.000	0.015	0.014	0.005	0.004	0.075	21.00 3	0.039	0.006	0.029	0.009	0.002	9.23 %	N/A*	\$0.00
<b>Pasta with Sauce, K-5</b>	591	1 serving	129.9 55	0.000	62.06 6	2.463	4.347	1.049	17.06 2	717.2 20	6.446	5.294	25.85 6	0.604	0.115	0.80 %	0.000	\$0.00
Penne Pasta, Zerega	549		104.0 43	0.000	1.984	0.850	1.162	1.006	4.536	0.000	0.000	3.685	20.97 9	0.595	0.113	0.98 %	0.000	\$0.00
<b>Red Sauce</b>	589	0.25 cup	25.91 2	0.000	60.08 2	1.613	3.185	0.043	12.52 7	717.2 20	6.446	1.609	4.878	0.009	0.002	0.07 %	0.000	\$0.00
Garlic, raw	6869		0.226	0.000	0.026	0.003	0.002	0.003	0.275	0.014	0.047	0.010	0.050	0.001	0.000	0.54 %	0.000	\$0.00
Onions, dehydrated flakes	7023		0.218	0.000	0.013	0.006	0.023	0.001	0.161	0.011	0.047	0.006	0.052	0.000	0.000	0.20 %	0.000	\$0.00
Spaghetti Sauce,	2047		25.23	0.000	59.94	1.577	3.155	0.000	11.04	703.5	6.310	1.577	4.732	0.000	0.000	0.00	0.000	\$0.00

Nutritionally Enhanced, 6/#10 Cans, Red Gold, RPKMA9E	199		8		0				2	12						%		
Spices, basil, dried	7349		0.087	0.000	0.029	0.014	0.001	0.034	0.840	0.279	0.000	0.009	0.018	0.002	0.001	8.33%	0.000	\$0.00
Spices, parsley, dried	7362		0.042	0.000	0.065	0.004	0.001	0.003	0.163	0.277	0.018	0.004	0.007	0.001	0.000	4.25%	0.000	\$0.00
Spices, pepper, red or cayenne	7367		0.100	0.000	0.009	0.009	0.003	0.002	0.047	13.127	0.024	0.004	0.018	0.005	0.001	9.23%	N/A*	\$0.00
<b>Pork Sausage Patty</b>	399	1 patty	180.00	30.00	130.00	0.000	0.000	0.360	0.000	0.000	0.000	5.000	1.000	17.000	6.000	30.00%	0.000	\$0.00
Pork Sausage Patty, Lower Sodium, Jones Dairy Farm	397		180.00	30.00	130.00	0.000	0.000	0.360	0.000	0.000	0.000	5.000	1.000	17.000	6.000	30.00%	0.000	\$0.00
<b>Low Sodium Ranch Dressing PC</b>	919	1 pc	30.00	5.000	55.00	0.000	1.000	N/A*	N/A*	N/A*	N/A*	0.000	2.000	2.500	0.000	0.00%	0.000	\$0.00
Ranch Dressing, Low Sodium, Portion Pack, Flavor Fresh	917		30.00	5.000	55.00	0.000	1.000	N/A*	N/A*	N/A*	N/A*	0.000	2.000	2.500	0.000	0.00%	0.000	\$0.00
<b>Ranch Dressing PC</b>	931	1 pc	70.00	5.000	100.00	0.000	1.000	0.000	0.000	0.000	0.000	0.000	1.000	7.000	1.000	12.86%	0.000	\$0.00
Ranch Dressing, Portion Pack, Four In One	929		70.00	5.000	100.00	0.000	1.000	0.000	0.000	0.000	0.000	0.000	1.000	7.000	1.000	12.86%	0.000	\$0.00
<b>Red Dipping Sauce</b>	533	0.25 cup	16.00	0.000	38.00	1.000	2.000	0.000	7.000	446.00	4.000	1.000	3.000	0.000	0.000	0.00%	0.000	\$0.00
Spaghetti Sauce, Nutritionally Enhanced, 6/#10 Cans, Red Gold, RPKMA9E	2047199		16.00	0.000	38.00	1.000	2.000	0.000	7.000	446.00	4.000	1.000	3.000	0.000	0.000	0.00%	0.000	\$0.00
<b>Red Sauce</b>	589	0.5 cup	51.824	0.000	120.164	3.226	6.369	0.086	25.053	1434.440	12.892	3.218	9.755	0.018	0.004	0.07%	0.000*	\$0.00



Garlic, raw	6869		0.452	0.000	0.052	0.006	0.003	0.005	0.549	0.027	0.095	0.019	0.100	0.002	0.000	0.54%	0.000	\$0.00
Onions, dehydrated flakes	7023		0.436	0.000	0.026	0.012	0.047	0.002	0.321	0.023	0.094	0.011	0.104	0.001	0.000	0.20%	0.000	\$0.00
Spaghetti Sauce, Nutritionally Enhanced, 6/#10 Cans, Red Gold, RPKMA9E	2047 199		50.47 6	0.000	119.8 81	3.155	6.310	0.000	22.08 3	1407. 024	12.61 9	3.155	9.464	0.000	0.000	0.00%	0.000	\$0.00
Spices, basil, dried	7349		0.175	0.000	0.057	0.028	0.001	0.067	1.680	0.558	0.001	0.017	0.036	0.003	0.002	8.33%	0.000	\$0.00
Spices, parsley, dried	7362		0.083	0.000	0.129	0.008	0.002	0.006	0.326	0.554	0.036	0.008	0.014	0.002	0.000	4.25%	0.000	\$0.00
Spices, pepper, red or cayenne	7367		0.201	0.000	0.019	0.017	0.007	0.005	0.093	26.25 4	0.048	0.008	0.036	0.011	0.002	9.23%	N/A*	\$0.00
<b>Reduced Calorie Mayonnaise</b>	907	0.5 ounce	37.79 9	9.450	89.77 3	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.945	3.780	0.472	11.24%	0.000	\$0.00
Reduced Calorie Mayonnaise, Ken's	905		37.79 9	9.450	89.77 3	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.945	3.780	0.472	11.25%	0.000	\$0.00
<b>Shredded Cheddar Cheese, Tacos</b>	763	1 serving	55.68 7	15.18 7	96.18 6	0.000	0.000	0.000	101.2 48	151.8 72	0.000	3.544	0.506	4.556	3.037	49.08%	0.000	\$0.00
Cheese, Shredded, Mild Cheddar, Land O' Lakes, 4/5lb, 41749	2043 515		55.68 7	15.18 7	96.18 6	0.000	0.000	0.000	101.2 48	151.8 72	0.000	3.544	0.506	4.556	3.037	49.09%	0.000	\$0.00
<b>Sour Cream</b>	809	2 table spoons	60.00 0	20.00 0	50.00 0	0.000	1.000	0.000	40.00 0	200.0 00	0.000	1.000	2.000	6.000	3.500	52.50%	0.000	\$0.00
Sour Cream, Byrne Dairy	803		60.00 0	20.00 0	50.00 0	0.000	1.000	0.000	40.00 0	200.0 00	0.000	1.000	2.000	6.000	3.500	52.50%	0.000	\$0.00
<b>Sriracha PC</b>	923	1 packet	6.000	0.000	105.0 00	0.000	1.000	0.000	0.000	0.000	0.000	0.000	1.000	0.000	0.000	0.00%	0.000	\$0.00
Sriracha Hot Chili Sauce, Red Gold	921		6.000	0.000	105.0 00	0.000	1.000	0.000	0.000	0.000	0.000	0.000	1.000	0.000	0.000	0.00%	0.000	\$0.00

<b>Mozzarella String Cheese</b>	383	1 stick	60.74 9	10.12 5	202.4 96	0.000	1.012	0.000	202.4 96	202.4 96	0.000	7.087	1.012	3.037	2.025	30.00 %	0.000	\$0.00
String Cheese, Light Mozzarella Stick, 10.5#, 168/1 oz, 1M, Land O Lakes, 59703	2046 843		60.74 9	10.12 5	202.4 96	0.000	1.012	0.000	202.4 96	202.4 96	0.000	7.087	1.012	3.037	2.025	30.00 %	0.000	\$0.00
<b>Syrup Cup</b>	927	1.5 ounce	120.0 00	0.000	25.00 0	0.000	21.00 0	0.000	0.000	0.000	0.000	0.000	31.00 0	0.000	0.000	0.00 %	0.000	\$0.00
Table Syrup Cup, Four In One	925		120.0 00	0.000	25.00 0	0.000	21.00 0	0.000	0.000	0.000	0.000	0.000	31.00 0	0.000	0.000	0.00 %	0.000	\$0.00
<b>Taco Meat, 6-12</b>	577	4 ounces	313.7 43	76.67 9	603.7 78	1.778	3.111	2.095	33.66 2	473.8 47	3.556	19.87 7	8.419	21.60 0	8.187	23.49 %	1.274	\$0.00
Beef, ground, 80% lean meat / 20% fat, raw	2032 385		274.3 15	76.67 9	71.27 9	0.000	0.000	2.095	19.44 0	15.12 0	0.000	18.54 3	0.000	21.60 0	8.187	26.86 %	1.274	\$0.00
Salsa, Nutritionally Enhanced, Mild, Red Gold, REDSC99, 6/#10can	2043 471		6.667	0.000	46.22 2	0.444	0.444	0.000	7.556	79.11 1	0.889	0.000	1.333	0.000	0.000	0.00 %	0.000	\$0.00
Taco Seasoning Mix, Reduced Sodium, Foothill Farms	483		15.42 8	0.000	478.2 77	0.000	0.000	0.000	0.000	154.2 83	0.000	0.000	3.086	0.000	0.000	0.00 %	0.000	\$0.00
Tomato Paste, 6/#10 cans, 1332/.5 oz, Red Gold RPKUA99	2048 783		17.33 3	0.000	8.000	1.333	2.667	0.000	6.667	225.3 33	2.667	1.333	4.000	0.000	0.000	0.00 %	0.000	\$0.00
<b>Taco Meat, K-5</b>	575	3 ounces	235.3 08	57.50 9	452.8 34	1.333	2.333	1.571	25.24 6	355.3 85	2.667	14.90 7	6.314	16.20 0	6.141	23.49 %	0.956	\$0.00
Beef, ground, 80% lean meat / 20% fat, raw	2032 385		205.7 36	57.50 9	53.45 9	0.000	0.000	1.571	14.58 0	11.34 0	0.000	13.90 7	0.000	16.20 0	6.141	26.86 %	0.956	\$0.00
Salsa, Nutritionally Enhanced, Mild, Red Gold, REDSC99, 6/#10can	2043 471		5.000	0.000	34.66 7	0.333	0.333	0.000	5.667	59.33 3	0.667	0.000	1.000	0.000	0.000	0.00 %	0.000	\$0.00
Taco Seasoning Mix, Reduced Sodium, Foothill Farms	483		11.57 1	0.000	358.7 08	0.000	0.000	0.000	0.000	115.7 12	0.000	0.000	2.314	0.000	0.000	0.00 %	0.000	\$0.00

Tomato Paste, 6/#10 cans, 1332/.5 oz, Red Gold RPKUA99	2048783		13.000	0.000	6.000	1.000	2.000	0.000	5.000	169.000	2.000	1.000	3.000	0.000	0.000	0.00%	0.000	\$0.00
<b>Tartar Sauce PC</b>	1109	1 pc	20.000	0.000	85.000	0.000	1.000	0.000	0.000	0.000	0.000	0.000	1.000	1.500	0.000	0.00%	0.000	\$0.00
Tartar Sauce, Americana, Heinz	1107		20.000	0.000	85.000	0.000	1.000	0.000	0.000	0.000	0.000	0.000	1.000	1.500	0.000	0.00%	0.000	\$0.00
<b>Tomato Soup</b>	369	0.5 cup	87.143	0.000	464.762	0.968	11.619	0.697	0.000	387.302	5.810	1.937	19.365	0.000	0.000	0.00%	0.000	\$0.00
Soup, Tomato, Condensed to Prepared, 12/ 50oz Cans, Campbell's, #00016	2045393		87.143	0.000	464.762	0.968	11.619	0.697	0.000	387.302	5.810	1.937	19.365	0.000	0.000	0.00%	0.000	\$0.00
<b>Yellow Mustard</b>	899	0.5 ounce	0.000	0.000	226.796	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.00%	0.000	\$0.00
Yellow Mustard, Woeber's	897		0.000	0.000	226.796	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.00%	0.000	\$0.00

\* = Indicates missing Nutrient Information.

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# Recipe List

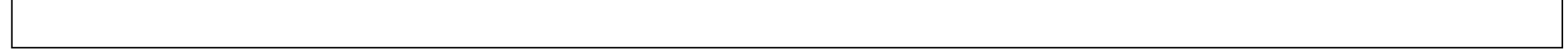
Category: Milk

Menu: All Recipes

Nutrients listed per serving



Name	Number	Serving Size	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Protein (g)	Carbohydrates (g)	Total Fat (g)	Saturated Fat (g)	Saturated Fat (%cal)	Trans Fat (g)	Cost
Milk																		
<b>1% Milk</b>	35	8 oz	100.00	10.00	125.00	0.000	11.00	0.000	300.00	500.00	2.400	8.000	11.00	2.000	1.000	9.00%	0.000	\$0.00
1% Milk, Byrne Dairy	23		100.00	10.00	125.00	0.000	11.00	0.000	300.00	500.00	2.400	8.000	11.00	2.000	1.000	9.00%	0.000	\$0.00
<b>Fat Free Chocolate Milk</b>	41	8 oz	130.00	0.000	240.00	0.000	22.00	0.360	250.00	500.00	1.200	9.000	24.00	0.000	0.000	0.00%	0.000	\$0.00
Fat Free Chocolate Milk, Byrne Dairy	27		130.00	0.000	240.00	0.000	22.00	0.360	250.00	500.00	1.200	9.000	24.00	0.000	0.000	0.00%	0.000	\$0.00
<b>Fat Free LACTAID Milk</b>	89	8 oz	90.00	5.000	125.00	0.000	12.00	0.000	300.00	500.00	0.000	8.000	13.00	0.000	0.000	0.00%	0.000	\$0.00
Fat Free LACTAID Milk	87		90.00	5.000	125.00	0.000	12.00	0.000	300.00	500.00	0.000	8.000	13.00	0.000	0.000	0.00%	0.000	\$0.00
<b>Fat Free Strawberry Milk</b>	43	8 oz	120.00	5.000	110.00	0.000	22.00	0.000	250.00	500.00	2.400	8.000	23.00	0.000	0.000	0.00%	0.000	\$0.00
Fat Free Strawberry Milk, Byrne Dairy	39		120.00	5.000	110.00	0.000	22.00	0.000	250.00	500.00	2.400	8.000	23.00	0.000	0.000	0.00%	0.000	\$0.00
<b>Skim Milk</b>	33	8 oz	80.00	0.000	125.00	0.000	11.00	0.000	300.00	500.00	2.400	8.000	11.00	0.000	0.000	0.00%	0.000	\$0.00
Skim Milk, Byrne Dairy	25		80.00	0.000	125.00	0.000	11.00	0.000	300.00	500.00	2.400	8.000	11.00	0.000	0.000	0.00%	0.000	\$0.00



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