



Columbus ISD
Nutrition Facts

Breads

500088 - CORNBREAD

Number of Portions: 50

Size of Portion: SERVINGS

*Nutrients are based upon 1 Portion Size (SERVINGS)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
050018 Cornbread	50 PIECE	43	108	13.00	151.00	68.00	0.90
Totals		43	107	13.00	151.00	68.00	0.90

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
050018 Cornbread	2.82	0.45	*N/A*	18.03	2.65	1.00	*N/A*	51.00	0.10	*N/A*	*N/A*
Totals		2.82	0.45	*N/A*	18.03	2.65	1.00	51.00	0.10	*N/A*	*N/A*
% of Calories		23.69%	3.76%	*N/A*%	9.90%	67.40%					

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500089 - CORNBREAD STUFFING

Number of Portions: 50

Size of Portion: SERVINGS

*Nutrients are based upon 1 Portion Size (SERVINGS)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
050015 Cornbread Stuffing	50 PIECE	111	162	6.99	289.00	68.00	1.20
Totals		111	161	6.99	289.00	68.00	1.20

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
050015 Cornbread Stuffing	7.09	1.33	*N/A*	21.19	3.59	1.20	*N/A*	229.99	1.00	*N/A*	*N/A*
Totals	7.09	1.33	*N/A*	21.19	3.59	1.20	*N/A*	229.99	1.00	*N/A*	*N/A*
% of Calories	39.65%	7.45%	*N/A*%	8.91%	52.65%						

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000232 - CRACKERS

Number of Portions: 1.0000

Size of Portion: 4 EACH

*Nutrients are based upon 1 Portion Size (4 EACH)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
018228 CRACKERS,SALTINES (INCL OYSTER,SODA,SOUP)	4 crackers square	12	51	0.00	122.52	2.28	0.62
Totals		12	50	0.00	122.52	2.28	0.62

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
018228 CRACKERS,SALTINES (INCL OY	1.06	0.20	0.02	8.92	1.14	0.35	0.15	0.24	0.00	0.60	0.34
Totals	1.06	0.20	0.02	8.92	1.14	0.35	0.15	0.24	0.00	0.60	0.34
% of Calories	19.30%	3.58%	0.16%	9.21%	72.06%						

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000105 - Garlic Toast / RRS-B1

Number of Portions: 100

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
018075 BREAD,WHOLE-WHEAT,COMMLY PREP	100 slice	32	79	0.00	145.60	51.52	0.78
902504 Garlic Buttermist Spray	1 can	4	0	0.00	0.00	0.00	0.00
Totals		36	78	0.00	145.60	51.52	0.78

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
018075 BREAD,WHOLE-WHEAT,COMMLY P	1.07	0.24	0.27	13.21	4.14	1.92	1.39	0.96	0.00	12.35	0.74
902504 Garlic Buttermist Spray	0.00	0.00	0.00	0.00	0.00	0.00	*N/A*	0.00	0.00	*N/A*	*N/A*
Totals		1.07	0.24	0.27	13.21	4.14	1.39	0.96	0.00	12.35	0.74
% of Calories		12.36%	2.73%	1.36%	21.24%	67.72%					

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500164 - ROLLS (YEAST)

Number of Portions: 50

Size of Portion: EACH

*Nutrients are based upon 1 Portion Size (EACH)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
050028 Rolls (Yeast)	50 roll(s)	55	176	0.00	291.00	29.00	1.75
Totals		55	175	0.00	291.00	29.00	1.75

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
050028 Rolls (Yeast)	4.21	0.60	*N/A*	29.80	4.53	1.20	*N/A*	44.00	0.10	*N/A*	*N/A*
Totals	4.21	0.60	*N/A*	29.80	4.53	1.20	*N/A*	44.00	0.10	*N/A*	*N/A*
% of Calories	21.64%	3.08%	*N/A*%	10.35%	68.11%						

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000325 - TOAST,WHOLE-WHEAT BREAD

Number of Portions: 1.0000

Size of Portion: 1 SLICE

*Nutrients are based upon 1 Portion Size (1 SLICE)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
018076 BREAD,WHOLE-WHEAT,COMMLY PREP,TSTD	1 slice	25	77	0.00	123.25	32.50	0.74
Totals		25	76	0.00	123.25	32.50	0.74

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
018076 BREAD,WHOLE-WHEAT,COMMLY P	1.02	0.23	0.26	12.79	4.07	2.30	1.44	1.00	0.00	6.06	1.06
Totals	1.02	0.23	0.26	12.79	4.07	2.30	1.44	1.00	0.00	6.06	1.06
% of Calories	12.13%	2.74%	1.35%	21.55%	67.76%						

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Breakfast

000036 - Blueberry Muffins'

Number of Portions: 1

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902391 Wild Blueberry Muffins/	1 muffin	64	220	30.00	270.00	40.00	1.08
Totals		64	219	30.00	270.00	40.00	1.08

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902391 Wild Blueberry Muffins/	9.00	2.00	0.00	32.00	3.00	1.00	*N/A*	0.00	0.00	*N/A*	*N/A*
Totals		9.00	2.00	0.00	32.00	3.00	1.00	*N/A*	0.00	*N/A*	*N/A*
% of Calories		36.99%	8.22%	0.00%	5.48%	58.45%					

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500038 - BREAKFAST BURRITO W/ SALSA

Number of Portions: 50

Size of Portion: EACH

*Nutrients are based upon 1 Portion Size (EACH)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
050211 Burrito with Salsa Breakfast	50 burrito	145	258	196.00	563.99	143.00	2.94
Totals		145	257	196.00	563.99	143.00	2.94

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
050211 Burrito with Salsa Breakfa	9.05	2.90	*N/A*	31.32	12.21	2.29	*N/A*	552.00	5.39	*N/A*	*N/A*
Totals	9.05	2.90	*N/A*	31.32	12.21	2.29	*N/A*	552.00	5.39	*N/A*	*N/A*
% of Calories	31.69%	10.16%	*N/A*%	19.00%	48.75%						

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000010 - Breakfast Pizza / Sausage

Number of Portions: 1

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902399 Breakfast Pizza/Suasage & Gravy/pan	1 piece	85	230	15.00	550.00	150.00	1.80
Totals		85	229	15.00	550.00	150.00	1.80

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902399 Breakfast Pizza/Suasage &	10.00	4.00	0.00	24.00	10.00	1.00	*N/A*	200.00	0.00	*N/A*	*N/A*
Totals	10.00	4.00	0.00	24.00	10.00	1.00	*N/A*	200.00	0.00	*N/A*	*N/A*
% of Calories	39.30%	15.72%	0.00%	17.47%	41.92%						

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001080 - CHEESE TOAST

Number of Portions: 1

Size of Portion: EACH

*Nutrients are based upon 1 Portion Size (EACH)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
018070 BREAD,WHITE,COMMLY PREP,TSTD	1 slice	22	64	0.22	130.24	26.18	0.73
001042 CHEESE,PAST PROCESS,AMERICAN,W/DI NA PO4	1 slice (.5 oz)	14	52	14.17	236.86	148.13	0.09
Totals		36	115	14.39	367.10	174.31	0.82

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
018070 BREAD,WHITE,COMMLY PREP,TS	0.88	0.13	*N/A*	11.97	1.98	0.55	1.04	0.00	0.00	6.69	0.46
001042 CHEESE,PAST PROCESS,AMERIC	4.35	2.56	*N/A*	0.68	2.57	0.00	0.32	160.32	0.00	5.61	0.96
Totals	5.23	2.68	*N/A*	12.65	4.55	0.55	1.36	160.32	0.00	12.30	1.42
% of Calories	40.83%	20.94%	*N/A*%	15.78%	43.86%						

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000009 - Cheese Toast

Number of Portions: 1

Size of Portion: Each

*Nutrients are based upon 1 Portion Size (Each)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
018967 BREAD,WHEAT,WHITE WHEAT	1 slice	28	67	0.00	133.84	191.52	1.37
050342 CHEESE, AMERICAN, YELLOW, PASTEURIZED, PROCES	1 OZ	28	106	27.00	422.00	156.00	0.05
Totals		56	172	27.00	555.84	347.52	1.42

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
018967 BREAD,WHEAT,WHITE WHEAT	0.60	0.18	0.01	12.29	2.98	2.58	1.40	1.12	0.00	11.09	1.03
050342 CHEESE, AMERICAN, YELLOW,	8.86	5.58	0.00	0.45	6.28	0.00	*N/A*	272.00	0.00	*N/A*	*N/A*
Totals		9.46	5.76	0.01	12.75	9.26	2.58	*1.40*	273.12	*11.09*	*1.03*
% of Calories		49.61%	30.18%	0.02%	21.59%	29.70%					

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000027 - Cinnamon Toast Cereal

Number of Portions: 1

Size of Portion: bowl

*Nutrients are based upon 1 Portion Size (bowl)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902420 Cinnamon Toast/Bowl	1 bowl	28	120	0.00	0.00	80.00	3.60
Totals		28	119	0.00	0.00	80.00	3.60

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902420 Cinnamon Toast/Bowl	3.00	0.50	0.00	22.00	1.00	1.00	*N/A*	400.00	4.80	*N/A*	*N/A*
Totals	3.00	0.50	0.00	22.00	1.00	1.00	*N/A*	400.00	4.80	*N/A*	*N/A*
% of Calories	22.69%	3.78%	0.00%	3.36%	73.95%						

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000212 - Cinnamon Toast Crunch

Number of Portions: 96

Size of Portion: bowl

*Nutrients are based upon 1 Portion Size (bowl)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902584 Cinnamon toast Crunch,25%Less sugar	96 bowl	28	110	0.00	160.00	200.00	3.60
Totals		28	109	0.00	160.00	200.00	3.60

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902584 Cinnamon toast Crunch,25%L	3.00	0.05	0.00	22.00	1.00	3.00	6.00	400.00	4.80	*N/A*	*N/A*
Totals	3.00	0.05	0.00	22.00	1.00	3.00	6.00	400.00	4.80	*N/A*	*N/A*
% of Calories	24.77%	0.41%	0.00%	3.67%	80.73%						

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000024 - cocoa puffs**Number of Portions: 1****Size of Portion: 1 bowl**

*Nutrients are based upon 1 Portion Size (1 bowl)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902418 Cocoa Puffs/LS/bowl	1 bowl	24	90	0.00	125.00	80.00	3.60
Totals		24	89	0.00	125.00	80.00	3.60

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902418 Cocoa Puffs/LS/bowl	1.00	0.00	0.00	20.00	1.00	1.00	*N/A*	400.00	4.80	*N/A*	*N/A*
Totals		1.00	0.00	0.00	20.00	1.00	*N/A*	400.00	4.80	*N/A*	*N/A*
% of Calories		10.11%	0.00%	0.00%	4.49%	89.89%					

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000126 - Cocoa Puffs L/Sugar

Number of Portions: 1

Size of Portion: bowl

*Nutrients are based upon 1 Portion Size (bowl)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902522 Cocoa Puffs L/Sugar bowl	1 bowl	24	90	0.00	125.00	80.00	3.60
Totals		24	89	0.00	125.00	80.00	3.60

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902522 Cocoa Puffs L/Sugar bowl	1.00	0.00	0.00	20.00	1.00	1.00	*N/A*	400.00	4.80	*N/A*	*N/A*
Totals	1.00	0.00	0.00	20.00	1.00	1.00	*N/A*	400.00	4.80	*N/A*	*N/A*
% of Calories	10.11%	0.00%	0.00%	4.49%	89.89%						

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000003 - Egg, Cheese, Sausage Taco

Number of Portions: 1

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
050430 EGGS, WHOLE, FROZEN, PASTEURIZED, RAW	1 OZ	28	41	105.46	40.26	15.88	0.50
118888 Sausage Patty	1 1.33 OZ	38	45	9.05	115.74	6.03	0.00
118462 Shredded Mild Cheddar Cheese	1/2 OZ	14	11	4.25	26.93	28.35	0.05
050523 TORTILLA, WHOLE GRAIN, FROZEN	1 tortilla (8 inch)	43	117	0.00	156.37	58.63	0.00
Totals		123	214	118.76	339.29	108.89	0.55

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
050430 EGGS, WHOLE, FROZEN, PASTE	2.70	0.88	0.00	0.20	3.56	0.00	*N/A*	153.09	0.00	*N/A*	*N/A*
118888 Sausage Patty	3.77	1.43	0.00	0.38	2.26	0.00	*N/A*	21.11	0.00	*N/A*	*N/A*
118462 Shredded Mild Cheddar Chee	1.28	0.85	0.00	0.00	0.99	0.00	*N/A*	42.52	0.00	*N/A*	*N/A*
050523 TORTILLA, WHOLE GRAIN, FRO	2.93	0.98	0.00	18.57	3.91	2.93	*N/A*	0.00	0.00	*N/A*	*N/A*
Totals	10.68	4.14	0.00	19.15	10.72	2.93	*N/A*	216.72	0.00	*N/A*	*N/A*
% of Calories	44.97%	17.45%	0.00%	20.07%	35.85%						

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000368 - FRENCH TOAST STICKS

Number of Portions: 1.0000

Size of Portion: 1 SERVING

*Nutrients are based upon 1 Portion Size (1 SERVING)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
018268 FRENCH TOAST,FRZ,RTH	3 PIECE	177	377	145.14	876.15	189.39	3.91
Totals		177	376	145.14	876.15	189.39	3.91

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
018268 FRENCH TOAST,FRZ,RTH	10.80	2.71	*N/A*	56.82	13.10	1.95	*N/A*	330.99	0.53	93.10	3.19
Totals	10.80	2.71	*N/A*	56.82	13.10	1.95	*N/A*	330.99	0.53	93.10	3.19
% of Calories	25.84%	6.48%	*N/A*%	13.93%	60.44%						

Legend: * - an asterisk denotes combined nutrient totals with either missing or incomplete nutrient data.

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¹ - denotes optional nutrient values

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000127 - Frosted Flakes Multi Grain

Number of Portions: 1

Size of Portion: bowl

*Nutrients are based upon 1 Portion Size (bowl)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902523 Frosted Flakes Multi Grain L/Sugar bowl	1 bowl	28	100	0.00	160.00	0.00	8.10
Totals		28	99	0.00	160.00	0.00	8.10

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902523 Frosted Flakes Multi Grain	0.00	0.00	0.00	24.00	2.00	10.00	*N/A*	750.00	21.00	*N/A*	*N/A*
Totals	0.00	0.00	0.00	24.00	2.00	10.00	*N/A*	750.00	21.00	*N/A*	*N/A*
% of Calories	0.00%	0.00%	0.00%	8.08%	96.97%						

Legend: * - an asterisk denotes combined nutrient totals with either missing or incomplete nutrient data.

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

000213 - Frosted Mini Wheat Chocolate

Number of Portions: 96

Size of Portion: bowl

*Nutrients are based upon 1 Portion Size (bowl)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902585 Mini- Wheats, frosted, chocolate	96 bowl	28	100	0.00	105.00	0.00	8.10
Totals		28	99	0.00	105.00	0.00	8.10

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902585 Mini- Wheats, frosted, choc	1.00	0.00	0.00	23.00	3.00	3.00	6.00	0.00	0.00	*N/A*	*N/A*
Totals	1.00	0.00	0.00	23.00	3.00	3.00	6.00	0.00	0.00	*N/A*	*N/A*
% of Calories	9.09%	0.00%	0.00%	12.12%	92.93%						

Legend: * - an asterisk denotes combined nutrient totals with either missing or incomplete nutrient data.

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

000209 - Golden Grahams**Number of Portions: 96****Size of Portion: bowl**

*Nutrients are based upon 1 Portion Size (bowl)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902583 Gold Grahams,bowl	96 bowl	28	110	0.00	220.00	80.00	3.60
Totals		28	109	0.00	220.00	80.00	3.60

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902583 Gold Grahams,bowl	1.00	0.00	0.00	24.00	1.00	1.00	9.00	400.00	4.80	*N/A*	*N/A*
Totals		1.00	0.00	0.00	24.00	1.00	9.00	400.00	4.80	*N/A*	*N/A*
% of Calories		8.26%	0.00%	0.00%	3.67%	88.07%					

Legend: * - an asterisk denotes combined nutrient totals with either missing or incomplete nutrient data.

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

¹ - denotes optional nutrient values² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

500100 - GRANOLA

Number of Portions: 50

Size of Portion: 1/4 CUP

*Nutrients are based upon 1 Portion Size (1/4 CUP)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
050210 Granola	50 .25 CUP	37	129	0.00	49.00	17.00	1.04
Totals		37	128	0.00	49.00	17.00	1.04

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
050210 Granola	2.49	0.39	*N/A*	24.85	2.89	2.00	*N/A*	1.00	0.30	*N/A*	*N/A*
Totals		2.49	0.39	*N/A*	24.85	2.89	*N/A*	1.00	0.30	*N/A*	*N/A*
% of Calories		17.51%	2.73%	*N/A*%	9.03%	77.66%					

Legend: * - an asterisk denotes combined nutrient totals with either missing or incomplete nutrient data.

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

000208 - Honey Nut Cheerios

Number of Portions: 96

Size of Portion: bowl

*Nutrients are based upon 1 Portion Size (bowl)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902582 Honey Nut Cheerios/Bowl	96 bowl	28	110	0.00	160.00	1010.00	4.50
Totals		28	109	0.00	160.00	1010.00	4.50

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902582 Honey Nut Cheerios/Bowl	1.50	0.00	0.00	22.00	2.00	2.00	9.00	500.00	6.00	*N/A*	*N/A*
Totals		1.50	0.00	0.00	22.00	2.00	9.00	500.00	6.00	*N/A*	*N/A*
% of Calories		12.39%	0.00%	0.00%	7.34%	80.73%					

Legend: * - an asterisk denotes combined nutrient totals with either missing or incomplete nutrient data.

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

000002 - pancakes

Number of Portions: 3

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902415 Pancakes/orginal/Butterworths	3 pancakes	102	220	25.00	470.00	40.00	1.80
Totals		102	219	25.00	470.00	40.00	1.80

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902415 Pancakes/orginal/Butterwor	4.00	0.50	0.00	39.00	6.00	2.00	*N/A*	0.00	0.00	*N/A*	*N/A*
Totals	4.00	0.50	0.00	39.00	6.00	2.00	*N/A*	0.00	0.00	*N/A*	*N/A*
% of Calories	16.44%	2.05%	0.00%	10.96%	71.23%						

Legend: * - an asterisk denotes combined nutrient totals with either missing or incomplete nutrient data.

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¹ - denotes optional nutrient values

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000201 - Raisin Bran Cereal

Number of Portions: 96

Size of Portion: bowl

*Nutrients are based upon 1 Portion Size (bowl)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902572 Raisin Bran, WG, bowl	96 bowl	33	100	0.00	110.00	600.00	10.80
Totals		33	99	0.00	110.00	600.00	10.80

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902572 Raisin Bran, WG, bowl	0.05	0.00	0.00	25.00	2.00	3.00	10.00	300.00	0.00	*N/A*	*N/A*
Totals		0.05	0.00	0.00	25.00	2.00	10.00	300.00	0.00	*N/A*	*N/A*
% of Calories		0.46%	0.00%	0.00%	8.08%	101.01%					

Legend: * - an asterisk denotes combined nutrient totals with either missing or incomplete nutrient data.

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¹ - denotes optional nutrient values

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000005 - Sausage Links

Number of Portions: 1

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
118913 SAUSAGE LINKS 1.14OZ.	1 1.14 OZ	32	130	25.00	190.00	13.53	0.19
Totals		32	129	25.00	190.00	13.53	0.19

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
118913 SAUSAGE LINKS 1.14OZ.	13.00	5.00	0.00	0.00	4.00	0.00	*N/A*	11.43	0.06	12.70	*N/A*
Totals	13.00	5.00	0.00	0.00	4.00	0.00	*N/A*	11.43	0.06	12.70	*N/A*
% of Calories	90.71%	34.89%	0.00%	12.40%	0.00%						

Legend: * - an asterisk denotes combined nutrient totals with either missing or incomplete nutrient data.

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000004 - Sausage Patties

Number of Portions: 1

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
118443 Sausage Patty	1 PIECE	57	240	40.00	380.00	0.00	2.00
Totals		57	239	40.00	380.00	0.00	2.00

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
118443 Sausage Patty	23.00	9.00	*N/A*	1.00	8.00	0.00	*N/A*	0.00	0.00	*N/A*	*N/A*
Totals		23.00	9.00	*N/A*	1.00	8.00	*N/A*	0.00	0.00	*N/A*	*N/A*
% of Calories		86.61%	33.89%	*N/A*%	13.39%	1.67%					

Legend: * - an asterisk denotes combined nutrient totals with either missing or incomplete nutrient data.

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000136 - Sausage Roll/ morning

Number of Portions: 1

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902536 Sausage Roll/Morning	1 sausage roll	57	160	25.00	200.00	20.00	1.44
Totals		57	159	25.00	200.00	20.00	1.44

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902536 Sausage Roll/Morning	8.00	3.00	0.00	15.00	6.00	1.00	*N/A*	500.00	0.00	*N/A*	*N/A*
Totals	8.00	3.00	0.00	15.00	6.00	1.00	*N/A*	500.00	0.00	*N/A*	*N/A*
% of Calories	45.28%	16.98%	0.00%	15.09%	37.74%						

Legend: * - an asterisk denotes combined nutrient totals with either missing or incomplete nutrient data.

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000137 - Super Bun**Number of Portions: 1****Size of Portion: each**

*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902535 Super Bun	1 super bun	70	270	0.00	150.00	300.00	5.40
Totals		70	269	0.00	150.00	300.00	5.40

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902535 Super Bun	15.00	4.50	0.00	31.00	5.00	1.00	*N/A*	1250.00	18.00	*N/A*	*N/A*
Totals		15.00	4.50	0.00	31.00	5.00	1.00	1250.00	18.00	*N/A*	*N/A*
% of Calories		50.19%	15.06%	0.00%	7.44%	46.10%					

Legend: * - an asterisk denotes combined nutrient totals with either missing or incomplete nutrient data.

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

¹ - denotes optional nutrient values² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

000138 - Super Donut**Number of Portions: 1****Size of Portion: each**

*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902534 Super Donut	1 donut	62	250	5.00	270.00	200.00	7.20
Totals		62	249	5.00	270.00	200.00	7.20

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902534 Super Donut	12.00	4.00	0.00	30.00	5.00	1.00	*N/A*	1500.00	21.00	*N/A*	*N/A*
Totals		12.00	4.00	0.00	30.00	5.00	1.00	1500.00	21.00	*N/A*	*N/A*
% of Calories		43.37%	14.46%	0.00%	8.03%	48.19%					

Legend: * - an asterisk denotes combined nutrient totals with either missing or incomplete nutrient data.

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

¹ - denotes optional nutrient values² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

000026 - Twix Cereal

Number of Portions: 1

Size of Portion: bowl

*Nutrients are based upon 1 Portion Size (bowl)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902419 Twix/LS/Bowl	1 bowl	21	80	0.00	110.00	80.00	3.60
Totals		21	79	0.00	110.00	80.00	3.60

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902419 Twix/LS/Bowl	1.00	0.00	0.00	18.00	1.00	1.00	*N/A*	400.00	3.60	*N/A*	*N/A*
Totals		1.00	0.00	0.00	18.00	1.00	*N/A*	400.00	3.60	*N/A*	*N/A*
% of Calories		11.39%	0.00%	0.00%	5.06%	91.14%					

Legend: * - an asterisk denotes combined nutrient totals with either missing or incomplete nutrient data.

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000001 - Waffles

Number of Portions: 1

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902558 WAFFLES, FROZEN, HOMESTYLE	1 Piece/Prtn/Unit/Item/Srv	35	95	8.75	184.45	124.95	2.24
Totals		35	94	8.75	184.45	124.95	2.24

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902558 WAFFLES, FROZEN, HOMESTYLE	3.75	0.91	0.08	13.23	2.21	0.39	*N/A*	500.15	0.00	14.53	1.30
Totals	3.75	0.91	0.08	13.23	2.21	0.39	*N/A*	500.15	0.00	14.53	1.30
% of Calories	36.05%	8.76%	0.36%	9.43%	56.60%						

Legend: * - an asterisk denotes combined nutrient totals with either missing or incomplete nutrient data.

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¹ - denotes optional nutrient values

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Main Dishes

000269 - BBQ Chicken Flatbread

Number of Portions: 72

Size of Portion: 1 each

*Nutrients are based upon 1 Portion Size (1 each)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902604 WG BBQ Chicken Flatbread	72 Flatbread	129	340	40.00	600.00	200.00	1.80
Totals		129	339	40.00	600.00	200.00	1.80

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902604 WG BBQ Chicken Flatbread	13.00	5.00	0.00	37.00	20.00	3.00	24.00	100.00	0.00	*N/A*	*N/A*
Totals		13.00	5.00	0.00	37.00	20.00	3.00	100.00	0.00	*N/A*	*N/A*
% of Calories		34.51%	13.27%	0.00%	23.60%	43.66%					

Legend: * - an asterisk denotes combined nutrient totals with either missing or incomplete nutrient data.

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

000275 - WG Cheese Stuffed Sticks

Number of Portions: 100

Size of Portion: 2 sticks

*Nutrients are based upon 1 Portion Size (2 sticks)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902607 WG cheese stuffed sticks	100 2 sticks	119	320	45.00	640.00	300.00	1.80
Totals		119	319	45.00	640.00	300.00	1.80

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902607 WG cheese stuffed sticks	14.00	7.00	0.00	31.00	16.00	2.00	11.00	200.00	0.00	*N/A*	*N/A*
Totals		14.00	7.00	0.00	31.00	2.00	11.00	200.00	0.00	*N/A*	*N/A*
% of Calories		39.50%	19.75%	0.00%	20.06%	38.87%					

Legend: * - an asterisk denotes combined nutrient totals with either missing or incomplete nutrient data.

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

500015 - BARBECUED CHICKEN

Number of Portions: 50

Size of Portion: SERVINGS

*Nutrients are based upon 1 Portion Size (SERVINGS)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
050069 Barbecued Chicken	50 portion w/sauce	145	295	86.00	475.99	27.00	1.60
Totals		145	294	86.00	475.99	27.00	1.60

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
050069 Barbecued Chicken	13.43	3.73	*N/A*	15.82	27.25	0.49	*N/A*	492.00	5.09	*N/A*	*N/A*
Totals	13.43	3.73	*N/A*	15.82	27.25	0.49	*N/A*	492.00	5.09	*N/A*	*N/A*
% of Calories	41.10%	11.41%	*N/A*%	37.07%	21.52%						

Legend: * - an asterisk denotes combined nutrient totals with either missing or incomplete nutrient data.

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

000116 - BBQ on Bun
Number of Portions: 16
Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902512 BBQ sauce w/ chopped beef brisket	16 1/2 cup	140	230	35.00	800.00	40.00	1.80
902414 Hamburger Bun/WG	16 Hamburger Bun	31	81	0.00	156.00	10.00	0.36
Totals		171	310	35.00	956.00	50.00	2.16

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902512 BBQ sauce w/ chopped beef	10.00	4.50	0.00	21.00	15.00	2.00	*N/A*	200.00	1.20	*N/A*	*N/A*
902414 Hamburger Bun/WG	1.00	0.00	0.00	15.00	4.00	1.00	*N/A*	0.00	0.00	*N/A*	*N/A*
Totals	11.00	4.50	0.00	36.00	19.00	3.00	*N/A*	200.00	1.20	*N/A*	*N/A*
% of Calories	31.94%	13.06%	0.00%	24.52%	46.45%						

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000048 - BBQ Rib Sandwich

Number of Portions: 1

Size of Portion: Each

*Nutrients are based upon 1 Portion Size (Each)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902414 Hamburger Bun/WG	1 Hamburger Bun	31	81	0.00	156.00	10.00	0.36
902483 Pork Rib Pattie w/built in BBQ	1 Rib Patty	3	6	1.06	13.76	1.41	0.04
006150 SAUCE, BARBECUE SAUCE	1 OZ	28	49	0.00	291.15	9.36	0.18
Totals		62	134	1.06	460.91	20.77	0.58

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902414 Hamburger Bun/WG	1.00	0.00	0.00	15.00	4.00	1.00	*N/A*	0.00	0.00	*N/A*	*N/A*
902483 Pork Rib Pattie w/built in	0.35	0.12	0.00	0.28	0.42	0.04	*N/A*	3.53	0.04	*N/A*	*N/A*
006150 SAUCE, BARBECUE SAUCE	0.18	0.01	0.00	11.56	0.23	0.26	9.42	63.50	0.17	15.51	0.87
Totals	1.53	0.13	0.00	26.84	4.66	1.29	*9.42*	67.03	0.21	*15.51*	*0.87*
% of Calories	10.25%	0.90%	0.00%	13.86%	79.88%						

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500016 - BEAN BURRITO

Number of Portions: 50

Size of Portion: SERVINGS

*Nutrients are based upon 1 Portion Size (SERVINGS)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
050072 Bean Burrito	50 burrito	171	288	13.00	661.99	305.99	3.37
Totals		171	287	13.00	661.99	305.99	3.37

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
050072 Bean Burrito	7.93	3.52	*N/A*	40.01	14.81	4.69	*N/A*	801.00	10.09	*N/A*	*N/A*
Totals		7.93	3.52	*N/A*	40.01	4.69	*N/A*	801.00	10.09	*N/A*	*N/A*
% of Calories		24.88%	11.05%	*N/A*%	20.64%	55.77%					

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500018 - BEAN TACO

Number of Portions: 50

Size of Portion: 2 EACH

*Nutrients are based upon 1 Portion Size (2 EACH)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
050077 Bean Taco	50 2 tacos	182	249	7.99	535.99	225.99	2.66
Totals		182	248	7.99	535.99	225.99	2.66

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
050077 Bean Taco	9.30	2.68	*N/A*	32.12	11.36	5.70	*N/A*	601.00	8.59	*N/A*	*N/A*
Totals	9.30	2.68	*N/A*	32.12	11.36	5.70	*N/A*	601.00	8.59	*N/A*	*N/A*
% of Calories	33.75%	9.71%	*N/A*%	18.32%	51.81%						

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500019 - BEEF & BEAN TAMALE PIE

Number of Portions: 50

Size of Portion: SERVINGS

*Nutrients are based upon 1 Portion Size (SERVINGS)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
050084 Beef and Bean Tamale Pie	50 portion	186	268	38.99	630.00	246.99	3.26
Totals		186	267	38.99	630.00	246.99	3.26

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
050084 Beef and Bean Tamale Pie	9.23	3.59	*N/A*	31.51	15.94	4.19	*N/A*	1008.99	12.29	*N/A*	*N/A*
Totals	9.23	3.59	*N/A*	31.51	15.94	4.19	*N/A*	1008.99	12.29	*N/A*	*N/A*
% of Calories	31.10%	12.10%	*N/A*%	23.88%	47.21%						

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000152 - Beef Ravioli

Number of Portions: 8

Size of Portion: pies

*Nutrients are based upon 1 Portion Size (pies)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902542 Beef Ravioli	8 8 pies	236	238	22.92	550.00	36.67	2.48
Totals		236	237	22.92	550.00	36.67	2.48

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902542 Beef Ravioli	7.33	3.21	0.00	27.50	14.67	3.67	*N/A*	275.00	0.00	*N/A*	*N/A*
Totals	7.33	3.21	0.00	27.50	14.67	3.67	*N/A*	275.00	0.00	*N/A*	*N/A*
% of Calories	27.81%	12.17%	0.00%	24.72%	46.35%						

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500022 - BEEF SHEPHARD'S PIE

Number of Portions: 50

Size of Portion: SERVINGS

*Nutrients are based upon 1 Portion Size (SERVINGS)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
050243 Shepherd's Pie	50 PIECE	206	294	51.99	441.99	72.99	2.43
Totals		206	293	51.99	441.99	72.99	2.43

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
050243 Shepherd's Pie	13.23	5.09	*N/A*	23.75	19.47	3.30	*N/A*	3968.98	18.40	*N/A*	*N/A*
Totals		13.23	5.09	*N/A*	23.75	3.30	*N/A*	3968.98	18.40	*N/A*	*N/A*
% of Calories		40.63%	15.63%	*N/A*%	26.58%	32.43%					

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500023 - BEEF STEW

Number of Portions: 50

Size of Portion: SERVINGS

*Nutrients are based upon 1 Portion Size (SERVINGS)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
050082 Beef Stew	50 CUP	261	218	48.99	408.99	27.98	3.05
Totals		261	217	48.99	408.99	27.98	3.05

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
050082 Beef Stew	7.78	2.38	*N/A*	16.47	19.78	2.90	*N/A*	5765.99	5.90	*N/A*	*N/A*
Totals	7.78	2.38	*N/A*	16.47	19.78	2.90	*N/A*	5765.99	5.90	*N/A*	*N/A*
% of Calories	32.26%	9.85%	*N/A*%	36.47%	30.36%						

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500024 - BEEF STIR-FRY

Number of Portions: 50

Size of Portion: 3/4 CUP

*Nutrients are based upon 1 Portion Size (3/4 CUP)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
050237 Stir-Fry (Beef)	50 portion	188	236	54.99	279.99	38.99	2.73
Totals		188	235	54.99	279.99	38.99	2.73

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
050237 Stir-Fry (Beef)	10.68	2.33	*N/A*	11.11	23.80	2.90	*N/A*	11915.99	29.20	*N/A*	*N/A*
Totals	10.68	2.33	*N/A*	11.11	23.80	2.90	*N/A*	11915.99	29.20	*N/A*	*N/A*
% of Calories	40.90%	8.93%	*N/A*%	40.51%	18.91%						

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500030 - BEEF TACO

Number of Portions: 50

Size of Portion: 2 EACH

*Nutrients are based upon 1 Portion Size (2 EACH)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
050075 Beef Taco	50 2 tacos	149	299	46.00	252.99	199.99	2.43
Totals		149	298	46.00	252.99	199.99	2.43

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
050075 Beef Taco	16.36	5.80	*N/A*	20.35	18.25	2.99	*N/A*	599.99	8.20	*N/A*	*N/A*
Totals	16.36	5.80	*N/A*	20.35	18.25	2.99	*N/A*	599.99	8.20	*N/A*	*N/A*
% of Calories	49.41%	17.51%	*N/A*%	24.50%	27.32%						

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000033 - Breaded Beef Pattie

Number of Portions: 1

Size of Portion: Steak

*Nutrients are based upon 1 Portion Size (Steak)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902405 Beef Patty/ Breaded/FC	1 Breaded patty	108	300	40.00	780.00	40.00	2.70
Totals		108	299	40.00	780.00	40.00	2.70

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902405 Beef Patty/ Breaded/FC	18.00	7.00	0.00	18.00	16.00	2.00	*N/A*	100.00	1.20	*N/A*	*N/A*
Totals		18.00	7.00	0.00	18.00	2.00	*N/A*	100.00	1.20	*N/A*	*N/A*
% of Calories		54.18%	21.07%	0.00%	21.40%	24.08%					

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000236 - Breaded Oven Chicken

Number of Portions: 95

Size of Portion: mix portion 3oz

*Nutrients are based upon 1 Portion Size (mix portion 3oz)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902596 Homestyle, WG, BRD, bone in Chicken/ 8 pc cut	95 Mix portion	85	220	65.00	380.00	20.00	1.08
Totals		85	219	65.00	380.00	20.00	1.08

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902596 Homestyle, WG, BRD, bone i	14.00	4.00	0.00	7.00	17.00	1.00	0.00	100.00	0.00	*N/A*	*N/A*
Totals	14.00	4.00	0.00	7.00	17.00	1.00	0.00	100.00	0.00	*N/A*	*N/A*
% of Calories	57.53%	16.44%	0.00%	31.05%	12.79%						

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000170 - Catfish Strips

Number of Portions: 1

Size of Portion: 2 oz

*Nutrients are based upon 1 Portion Size (2 oz)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
050338 CATFISH, BREADED, STRIPS, PARTIALLY-FRIED THE	1 2 OZ	57	103	25.65	134.00	0.00	0.00
Totals		57	102	25.65	134.00	0.00	0.00

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
050338 CATFISH, BREADED, STRIPS,	4.56	0.86	0.00	7.41	7.41	0.00	*N/A*	0.00	0.00	*N/A*	*N/A*
Totals	4.56	0.86	0.00	7.41	7.41	0.00	*N/A*	0.00	0.00	*N/A*	*N/A*
% of Calories	40.24%	7.59%	0.00%	29.06%	29.06%						

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000125 - Cheese Pizza/ sliced

Number of Portions: 1

Size of Portion: slice

*Nutrients are based upon 1 Portion Size (slice)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902517 Cheese Pizza/ slice	1 slice	132	270	10.00	800.00	250.00	5.40
Totals		132	269	10.00	800.00	250.00	5.40

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902517 Cheese Pizza/ slice	10.00	3.00	0.00	32.00	15.00	4.00	*N/A*	500.00	0.00	*N/A*	*N/A*
Totals		10.00	3.00	0.00	32.00	4.00	*N/A*	500.00	0.00	*N/A*	*N/A*
% of Calories		33.46%	10.04%	0.00%	22.30%	47.58%					

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000031 - Cheeseburger on Bun

Number of Portions: 1

Size of Portion: cheeseburger

*Nutrients are based upon 1 Portion Size (cheeseburger)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902403 Beef Patty/FB/FC/2.5oz	1 patty	71	160	35.00	270.00	20.00	1.80
902414 Hamburger Bun/WG	1 Hamburger Bun	31	81	0.00	156.00	10.00	0.36
050533 CHEESE, BLEND, AMERICAN & SKIM MILK, WHITE, S	1 OZ	28	76	15.19	293.62	290.58	0.18
Totals		130	316	50.19	719.62	320.58	2.34

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902403 Beef Patty/FB/FC/2.5oz	12.00	5.00	0.00	1.00	13.00	1.00	*N/A*	100.00	0.00	*N/A*	*N/A*
902414 Hamburger Bun/WG	1.00	0.00	0.00	15.00	4.00	1.00	*N/A*	0.00	0.00	*N/A*	*N/A*
050533 CHEESE, BLEND, AMERICAN &	4.56	2.53	0.00	2.02	6.08	0.00	*N/A*	91.12	0.00	*N/A*	*N/A*
Totals	17.56	7.53	0.00	18.02	23.07	2.00	*N/A*	191.12	0.00	*N/A*	*N/A*
% of Calories	50.01%	21.46%	0.00%	29.21%	22.82%						

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000029 - Cheeseburger on bun/ES

Number of Portions: 1

Size of Portion: Cheeseburger

*Nutrients are based upon 1 Portion Size (Cheeseburger)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902403 Beef Patty/FB/FC/2.5oz	1 patty	71	160	35.00	270.00	20.00	1.80
902414 Hamburger Bun/WG	1 Hamburger Bun	31	81	0.00	156.00	10.00	0.36
050533 CHEESE, BLEND, AMERICAN & SKIM MILK, WHITE, S	1 OZ	28	76	15.19	293.62	290.58	0.18
Totals		130	316	50.19	719.62	320.58	2.34

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902403 Beef Patty/FB/FC/2.5oz	12.00	5.00	0.00	1.00	13.00	1.00	*N/A*	100.00	0.00	*N/A*	*N/A*
902414 Hamburger Bun/WG	1.00	0.00	0.00	15.00	4.00	1.00	*N/A*	0.00	0.00	*N/A*	*N/A*
050533 CHEESE, BLEND, AMERICAN &	4.56	2.53	0.00	2.02	6.08	0.00	*N/A*	91.12	0.00	*N/A*	*N/A*
Totals	17.56	7.53	0.00	18.02	23.07	2.00	*N/A*	191.12	0.00	*N/A*	*N/A*
% of Calories	50.01%	21.46%	0.00%	29.21%	22.82%						

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500329 - CHIC' PENNE

Number of Portions: 50

Size of Portion: 1 1/2 CUP

*Nutrients are based upon 1 Portion Size (1 1/2 CUP)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
051385 CHIC' PENNE	50 1.5 CUP	168	299	25.88	417.56	230.49	2.32
Totals		168	298	25.88	417.56	230.49	2.32

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
051385 CHIC' PENNE	5.51	2.15	0.00	44.43	18.64	5.52	4.80	618.37	17.22	*N/A*	*N/A*
Totals		5.51	2.15	0.00	44.43	5.52	4.80	618.37	17.22	*N/A*	*N/A*
% of Calories		16.61%	6.50%	0.00%	24.99%	59.58%					

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500050 - CHICKEN A LA KING

Number of Portions: 50

Size of Portion: 3/4 CUP

*Nutrients are based upon 1 Portion Size (3/4 CUP)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
050087 Chicken a la King	50 .75 CUP	217	218	52.99	280.00	70.98	1.63
Totals		217	217	52.99	280.00	70.98	1.63

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
050087 Chicken a la King	8.05	1.95	*N/A*	14.56	22.42	2.58	*N/A*	679.99	7.68	*N/A*	*N/A*
Totals		8.05	1.95	*N/A*	14.56	22.42	*N/A*	679.99	7.68	*N/A*	*N/A*
% of Calories		33.39%	8.10%	*N/A*%	41.32%	26.84%					

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500306 - CHICKEN ALFREDO WITH A TWIST

Number of Portions: 50

Size of Portion: 1 CUP

*Nutrients are based upon 1 Portion Size (1 CUP)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
051388 CHICKEN ALFREDO WITH A TWIST	50 CUP	245	345	68.68	571.54	173.97	2.35
Totals		245	344	68.68	571.54	173.97	2.35

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
051388 CHICKEN ALFREDO WITH A TWI	8.17	3.59	0.02	40.86	29.71	2.67	4.55	449.56	0.39	*N/A*	*N/A*
Totals	8.17	3.59	0.02	40.86	29.71	2.67	4.55	449.56	0.39	*N/A*	*N/A*
% of Calories	21.37%	9.41%	0.03%	34.55%	47.52%						

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500054 - CHICKEN AND NOODLES

Number of Portions: 50

Size of Portion: CUP

*Nutrients are based upon 1 Portion Size (CUP)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
050089 Chicken and Noodles	50 CUP	249	244	75.00	185.98	63.00	1.89
Totals		249	243	75.00	185.98	63.00	1.89

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
050089 Chicken and Noodles	7.52	1.87	*N/A*	21.31	21.89	0.80	*N/A*	127.99	0.90	*N/A*	*N/A*
Totals	7.52	1.87	*N/A*	21.31	21.89	0.80	*N/A*	127.99	0.90	*N/A*	*N/A*
% of Calories	27.85%	6.92%	*N/A*%	36.03%	35.09%						

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000144 - Chicken Broccoli Alfredo

Number of Portions: 50

Size of Portion: 2 cups

*Nutrients are based upon 1 Portion Size (2 cups)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
050460 ROTINI, WHOLE GRAIN, COOKED, NO SALT ADDED	6 1/2 LB	59	73	0.00	1.69	8.43	0.63
011092 BROCCOLI,FRZ,CHOPD,UNPREP	1 1/2 GAL	75	19	0.00	17.97	41.93	0.61
050420 CHICKEN, DICED, COOKED, IQF, MEAT ONLY	6 LB + 4 OZ	56	86	52.00	26.00	0.00	0.72
006043 SOUP,CRM OF MUSHROOM,CND,COND,COMM	2 1/2 #3 Cyl Can	71	56	0.00	489.74	8.50	0.13
001211 MILK,WHL,3.25% MILKFAT, W/O VIT A & VIT D	1 1/2 QT	29	18	2.93	12.59	33.09	0.01
001204 CHEESE,PARMESAN,DRY GRATED,RED FAT	1 1/2 QT	12	32	10.56	183.48	133.08	0.11
002030 PEPPER,BLACK	1 TBSP	0	0	0.00	0.03	0.57	0.01
Totals		302	284	65.49	731.49	225.60	2.21

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)	
050460 ROTINI, WHOLE GRAIN, COOKE	0.32	0.06	0.00	15.65	3.14	1.69	*N/A*	1.69	0.00	*N/A*	*N/A*	
011092 BROCCOLI,FRZ,CHOPD,UNPREP	0.22	0.03	*N/A*	3.58	2.10	2.25	1.01	774.26	42.23	68.49	0.49	
050420 CHICKEN, DICED, COOKED, IQ	2.32	0.66	0.00	0.00	17.20	0.00	*N/A*	0.00	0.00	*N/A*	*N/A*	
006043 SOUP,CRM OF MUSHROOM,CND,C	3.76	0.68	0.01	4.82	0.96	0.50	0.28	5.67	0.00	60.03	1.31	
001211 MILK,WHL,3.25% MILKFAT, W/	0.96	0.54	*N/A*	1.40	0.92	0.00	1.48	47.43	0.00	25.80	0.20	
001204 CHEESE,PARMESAN,DRY GRATED	2.40	1.60	*N/A*	0.16	2.40	0.00	0.00	72.60	0.00	6.07	0.96	
002030 PEPPER,BLACK	0.00	0.00	*N/A*	0.08	0.01	0.03	0.00	0.70	0.00	0.02	0.01	
Totals		9.97	3.57	*0.01*	25.69	26.74	4.46	*2.77*	902.35	42.23	*160.41*	*2.97*
% of Calories		31.63%	11.34%	*0.02%*	37.69%	36.22%						

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000070 - Chicken Burger

Number of Portions: 1

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902491 Chicken Patty/Breaded/Homestyle/ FC	1 patty	87	210	20.00	430.00	40.00	1.44
902414 Hamburger Bun/WG	1 Hamburger Bun	31	81	0.00	156.00	10.00	0.36
Totals		118	290	20.00	586.00	50.00	1.80

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902491 Chicken Patty/Breaded/Home	14.00	3.00	0.00	11.00	12.00	2.00	*N/A*	0.00	0.00	*N/A*	*N/A*
902414 Hamburger Bun/WG	1.00	0.00	0.00	15.00	4.00	1.00	*N/A*	0.00	0.00	*N/A*	*N/A*
Totals	15.00	3.00	0.00	26.00	16.00	3.00	*N/A*	0.00	0.00	*N/A*	*N/A*
% of Calories	46.55%	9.31%	0.00%	22.07%	35.86%						

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500056 - CHICKEN CHOP SUEY

Number of Portions: 50

Size of Portion: 3/4 CUP

*Nutrients are based upon 1 Portion Size (3/4 CUP)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
050090 Chicken Chop Suey or Chow Mein (Without Rice)	50 .75 CUP	202	147	51.99	331.99	30.00	1.03
Totals		202	146	51.99	331.99	30.00	1.03

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
050090 Chicken Chop Suey or Chow	4.65	1.27	*N/A*	7.92	17.74	0.79	*N/A*	76.98	2.69	*N/A*	*N/A*
Totals	4.65	1.27	*N/A*	7.92	17.74	0.79	*N/A*	76.98	2.69	*N/A*	*N/A*
% of Calories	28.64%	7.85%	*N/A*%	48.59%	21.69%						

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000079 - Chicken Dippers

Number of Portions: 1

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902495 Hip Dippers/Chicken Patties/ Fully Cooked/cn	1 1 piece	93	220	40.00	350.00	0.00	1.80
Totals		93	219	40.00	350.00	0.00	1.80

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902495 Hip Dippers/Chicken Pattie	11.00	2.50	0.00	14.00	15.00	1.00	*N/A*	0.00	0.00	*N/A*	*N/A*
Totals	11.00	2.50	0.00	14.00	15.00	1.00	*N/A*	0.00	0.00	*N/A*	*N/A*
% of Calories	45.21%	10.27%	0.00%	27.40%	25.57%						

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000075 - Chicken Enchiladas

Number of Portions: 45

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902497 Chicken Enchiladas, 1.75 oz bulk, cn	2 2 enchiladas	4	9	0.89	10.95	2.96	0.08
900073 SAUCE,NESTLE,ORTEGA ENCHILADA SAUCE,RTS	2 GAL	171	85	0.00	440.32	40.96	1.76
050344 CHEESE, CHEDDAR, WHITE, REDUCED FAT, SHREDDED	5 LB	50	151	35.56	391.11	206.22	0.21
Totals		225	244	36.44	842.38	250.14	2.05

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902497 Chicken Enchiladas, 1.75 o	0.30	0.06	0.00	1.15	0.41	0.12	*N/A*	22.19	0.14	*N/A*	*N/A*
900073 SAUCE,NESTLE,ORTEGA ENCHIL	3.38	0.49	*N/A*	11.45	2.47	1.71	*N/A*	701.44	12.12	151.09	2.27
050344 CHEESE, CHEDDAR, WHITE, RE	10.67	6.67	0.00	0.89	14.22	0.00	*N/A*	103.11	0.00	*N/A*	*N/A*
Totals		14.34	7.22	*0.00*	13.50	17.11	1.83	826.74	12.26	*151.09*	*2.27*
% of Calories		52.83%	26.59%	*0.00%*	28.01%	22.10%					

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000014 - Chicken Fajita Sub RRS-E2

Number of Portions: 100

Size of Portion: Each

*Nutrients are based upon 1 Portion Size (Each)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
011282 ONIONS,RAW	4 LB, raw wgt	17	7	0.00	0.67	3.83	0.03
011333 PEPPERS,SWEET,GREEN,RAW	6 LB, chopped	27	5	0.00	0.82	2.72	0.09
902417 Butter Buds/Spray	1 can	4	0	0.00	0.00	0.00	0.00
050428 CHICKEN, FAJITA STRIPS, DARK MEAT, COOKED, IQ	17 LB	76	106	63.11	440.64	54.40	0.85
902371 Hoagie Sliced 5" - 6"	100 1 roll	60	160	0.00	320.00	100.00	1.80
050340 CHEESE, MOZZARELLA, LMPS, FROZEN, SHREDDED	6 1/2 LB	29	88	18.20	165.10	215.28	0.07
Totals		213	366	81.31	927.22	376.23	2.85

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
011282 ONIONS,RAW	0.02	0.01	*N/A*	1.55	0.18	0.28	0.71	0.33	1.23	14.83	0.06
011333 PEPPERS,SWEET,GREEN,RAW	0.05	0.01	*N/A*	1.26	0.23	0.46	0.65	100.70	21.88	25.55	0.12
902417 Butter Buds/Spray	0.00	0.00	0.00	0.00	0.00	0.00	*N/A*	0.00	0.00	*N/A*	*N/A*
050428 CHICKEN, FAJITA STRIPS, DA	4.62	1.36	0.00	0.81	15.23	0.00	*N/A*	0.00	13.05	*N/A*	*N/A*
902371 Hoagie Sliced 5" - 6"	1.50	0.00	0.00	29.00	7.00	0.00	*N/A*	0.00	0.00	*N/A*	*N/A*
050340 CHEESE, MOZZARELLA, LMPS,	6.24	4.16	0.00	0.78	7.02	0.00	*N/A*	152.88	0.00	*N/A*	*N/A*
Totals	12.43	5.54	*0.00*	33.41	29.67	0.75	*1.36*	253.91	36.17	*40.38*	*0.18*
% of Calories	30.59%	13.65%	*0.00%*	32.46%	36.56%						

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500058 - CHICKEN FAJITAS

Number of Portions: 50

Size of Portion: EACH

*Nutrients are based upon 1 Portion Size (EACH)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
050240 Chicken Fajitas	50 fajita	144	241	50.99	284.00	54.00	2.10
Totals		144	240	50.99	284.00	54.00	2.10

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
050240 Chicken Fajitas	6.28	1.40	*N/A*	23.37	21.99	1.80	*N/A*	239.99	6.70	*N/A*	*N/A*
Totals		6.28	1.40	*N/A*	23.37	21.99	1.80	239.99	6.70	*N/A*	*N/A*
% of Calories		23.54%	5.24%	*N/A*%	36.65%	38.95%					

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000135 - Chicken Fried Beef Patty

Number of Portions: 1

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902528 Chicken Fried Beef Patty	1 patty	108	238	3.80	700.00	51.00	3.10
Totals		108	237	3.80	700.00	51.00	3.10

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902528 Chicken Fried Beef Patty	11.70	4.20	0.00	17.40	17.40	3.30	*N/A*	57.00	0.20	*N/A*	*N/A*
Totals	11.70	4.20	0.00	17.40	17.40	3.30	*N/A*	57.00	0.20	*N/A*	*N/A*
% of Calories	44.43%	15.95%	0.00%	29.37%	29.37%						

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000013 - Chicken Nuggets

Number of Portions: 5

Size of Portion: nuggets

*Nutrients are based upon 1 Portion Size (nuggets)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902396 Chicken Chunks/FC/Bred	5 5 pieces	95	240	40.00	550.00	40.00	1.44
Totals		95	239	40.00	550.00	40.00	1.44

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902396 Chicken Chunks/FC/Bred	15.00	3.00	0.00	13.00	14.00	1.00	*N/A*	100.00	0.00	*N/A*	*N/A*
Totals	15.00	3.00	0.00	13.00	14.00	1.00	*N/A*	100.00	0.00	*N/A*	*N/A*
% of Calories	56.48%	11.30%	0.00%	23.43%	21.76%						

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000018 - Chicken or Turkey & Gravy

Number of Portions: 100

Size of Portion: 2/3 cup

*Nutrients are based upon 1 Portion Size (2/3 cup)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
901000 MARGARINE,80% FAT,TUB,CANOLA HARVEST SOFT SPR	16 OZ	5	33	*N/A*	32.39	*N/A*	*N/A*
050391 FLOUR, ALL PURPOSE, ENRICHED, WHITE, BLEACHED	3 3/4 CUP	5	17	0.00	0.08	0.71	0.22
000084 CHICKEN STOCK	2 GAL	78	4	0.39	449.56	0.00	0.00
002034 POULTRY SEASONING	1 TBSP + 1 TSP	0	0	0.00	0.02	0.60	0.02
002026 ONION POWDER	2 TBSP + 2 TSP	0	1	0.00	0.14	0.74	0.01
002030 PEPPER,BLACK	1 TSP, ground	0	0	0.00	0.00	0.10	0.00
050420 CHICKEN, DICED, COOKED, IQF, MEAT ONLY	13 LB	58	89	54.08	27.04	0.00	0.75
Totals		146	143	*54.47*	509.22	*2.15*	*1.00*

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)	
901000 MARGARINE,80% FAT,TUB,CANO	3.64	0.53	0.01	0.06	0.02	*N/A*	*N/A*	*N/A*	*N/A*	0.73	0.08	
050391 FLOUR, ALL PURPOSE, ENRICH	0.05	0.01	0.00	3.58	0.48	0.13	*N/A*	0.00	0.00	*N/A*	*N/A*	
000084 CHICKEN STOCK	0.08	0.00	0.00	0.43	0.27	0.00	*N/A*	0.00	0.00	0.00	0.00	
002034 POULTRY SEASONING	0.00	0.00	*N/A*	0.04	0.01	0.01	0.00	1.58	0.01	0.01	0.00	
002026 ONION POWDER	0.00	0.00	*N/A*	0.15	0.02	0.03	0.01	0.00	0.04	0.01	0.01	
002030 PEPPER,BLACK	0.00	0.00	*N/A*	0.01	0.00	0.01	0.00	0.13	0.00	0.00	0.00	
050420 CHICKEN, DICED, COOKED, IQ	2.41	0.69	0.00	0.00	17.89	0.00	*N/A*	0.00	0.00	*N/A*	*N/A*	
Totals		6.19	1.23	*0.01*	4.28	18.69	*0.17*	*0.01*	*1.71*	*0.05*	*0.75*	*0.09*
% of Calories		38.92%	7.71%	*0.04%*	52.27%	11.96%						

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000148 - Chicken Parmesan

Number of Portions: 50

Size of Portion: 1 each

*Nutrients are based upon 1 Portion Size (1 each)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902491 Chicken Patty/Breaded/Homestyle/ FC	50 patty	87	210	20.00	430.00	40.00	1.44
006931 SAUCE,PASTA,SPAGHETTI/MARINARA,RTS	3 QT + 1/2 CUP	64	31	1.29	269.21	17.35	0.50
902395 Mozzarella Cheese/Shred/Low Moisture/PS	1 LB + 9 OZ	14	39	9.14	101.21	85.05	0.04
050151 ITALIAN SEASONING MIX	2 1/2 TSP	0	0	0.00	0.01	0.81	0.03
Totals		165	280	30.43	800.42	143.20	2.00

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902491 Chicken Patty/Breaded/Home	14.00	3.00	0.00	11.00	12.00	2.00	*N/A*	0.00	0.00	*N/A*	*N/A*
006931 SAUCE,PASTA,SPAGHETTI/MARI	0.95	0.11	0.00	4.84	0.91	1.16	3.53	417.63	1.29	56.15	1.41
902395 Mozzarella Cheese/Shred/Lo	2.83	1.79	0.01	0.34	3.40	0.00	*N/A*	91.29	0.00	*N/A*	*N/A*
050151 ITALIAN SEASONING MIX	0.00	0.00	*N/A*	0.03	0.01	0.02	*N/A*	3.29	0.02	*N/A*	*N/A*
Totals	17.79	4.90	*0.01*	16.21	16.31	3.17	*3.53*	512.20	1.31	*56.15*	*1.41*
% of Calories	57.18%	15.74%	*0.01%*	23.30%	23.15%						

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000147 - Chicken Parmesan Wrap

Number of Portions: 25

Size of Portion: 1 wrap

*Nutrients are based upon 1 Portion Size (1 wrap)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
006931 SAUCE,PASTA,SPAGHETTI/MARINARA,RTS	6 1/4 CUP	64	31	1.29	269.21	17.35	0.50
050420 CHICKEN, DICED, COOKED, IQF, MEAT ONLY	3 LB + 2 OZ	56	86	52.00	26.00	0.00	0.72
902395 Mozzarella Cheese/Shred/Low Moisture/PS	1 LB + 9 OZ	28	79	18.29	202.42	170.10	0.08
018970 TORTILLAS,RTB OR -FRY,FLR,SHELF STABLE	25 tortilla	49	146	0.00	363.58	79.87	1.63
Totals		198	341	71.57	861.20	267.31	2.93

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
006931 SAUCE,PASTA,SPAGHETTI/MARI	0.95	0.11	0.00	4.84	0.91	1.16	3.53	417.63	1.29	56.15	1.41
050420 CHICKEN, DICED, COOKED, IQ	2.32	0.66	0.00	0.00	17.20	0.00	*N/A*	0.00	0.00	*N/A*	*N/A*
902395 Mozzarella Cheese/Shred/Lo	5.67	3.57	0.01	0.68	6.80	0.00	*N/A*	182.57	0.00	*N/A*	*N/A*
018970 TORTILLAS,RTB OR -FRY,FLR,	3.71	0.60	0.00	24.14	3.92	1.18	1.30	0.00	0.00	15.89	1.33
Totals	12.65	4.94	0.02	29.66	28.83	2.33	*4.84*	600.20	1.29	*72.04*	*2.73*
% of Calories	33.41%	13.04%	0.02%	33.84%	34.81%						

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000159 - Chicken Patty

Number of Portions: 1

Size of Portion: patty

*Nutrients are based upon 1 Portion Size (patty)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902491 Chicken Patty/Breaded/Homestyle/ FC	1 patty	87	210	20.00	430.00	40.00	1.44
Totals		87	209	20.00	430.00	40.00	1.44

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902491 Chicken Patty/Breaded/Home	14.00	3.00	0.00	11.00	12.00	2.00	*N/A*	0.00	0.00	*N/A*	*N/A*
Totals	14.00	3.00	0.00	11.00	12.00	2.00	*N/A*	0.00	0.00	*N/A*	*N/A*
% of Calories	60.29%	12.92%	0.00%	22.97%	21.05%						

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000140 - Chicken Poppers

Number of Portions: 103

Size of Portion: 14 pieces

*Nutrients are based upon 1 Portion Size (14 pieces)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902537 Chicken Poppers/BRD/FC	103 14 pieces	87	192	44.00	631.00	23.00	2.00
Totals		87	191	44.00	631.00	23.00	2.00

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902537 Chicken Poppers/BRD/FC	11.00	2.00	0.00	13.00	14.00	1.00	*N/A*	120.00	1.00	*N/A*	*N/A*
Totals		11.00	2.00	0.00	13.00	1.00	*N/A*	120.00	1.00	*N/A*	*N/A*
% of Calories		51.83%	9.43%	0.00%	29.32%	27.22%					

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500061 - CHICKEN POT PIE

Number of Portions: 50

Size of Portion: CUP

*Nutrients are based upon 1 Portion Size (CUP)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
050095 Chicken Pot Pie	50 CUP	202	344	51.99	260.98	32.00	2.22
Totals		202	343	51.99	260.98	32.00	2.22

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
050095 Chicken Pot Pie	18.73	4.59	*N/A*	22.97	20.44	1.90	*N/A*	3707.99	2.81	*N/A*	*N/A*
Totals	18.73	4.59	*N/A*	22.97	20.44	1.90	*N/A*	3707.99	2.81	*N/A*	*N/A*
% of Calories	49.14%	12.03%	*N/A*%	23.84%	26.79%						

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000081 - Chicken Ring Shapes

Number of Portions: 98

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902494 Chicken Round-Ups/ Ring Shaped/cn label	1 5 pieces	1	2	0.46	6.33	0.20	0.02
Totals		1	1	0.46	6.33	0.20	0.02

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902494 Chicken Round-Ups/ Ring Sh	0.10	0.02	0.00	0.13	0.19	0.03	*N/A*	1.02	0.00	*N/A*	*N/A*
Totals	0.10	0.02	0.00	0.13	0.19	0.03	*N/A*	1.02	0.00	*N/A*	*N/A*
% of Calories	73.77%	14.76%	0.00%	62.29%	42.62%						

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000072 - Chicken Sandwich

Number of Portions: 1

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902491 Chicken Patty/Breaded/Homestyle/ FC	1 patty	87	210	20.00	430.00	40.00	1.44
902414 Hamburger Bun/WG	1 Hamburger Bun	31	81	0.00	156.00	10.00	0.36
Totals		118	290	20.00	586.00	50.00	1.80

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902491 Chicken Patty/Breaded/Home	14.00	3.00	0.00	11.00	12.00	2.00	*N/A*	0.00	0.00	*N/A*	*N/A*
902414 Hamburger Bun/WG	1.00	0.00	0.00	15.00	4.00	1.00	*N/A*	0.00	0.00	*N/A*	*N/A*
Totals	15.00	3.00	0.00	26.00	16.00	3.00	*N/A*	0.00	0.00	*N/A*	*N/A*
% of Calories	46.55%	9.31%	0.00%	22.07%	35.86%						

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000016 - Chicken Spaghetti / RRS-E4

Number of Portions: 100

Size of Portion: 1 cup

*Nutrients are based upon 1 Portion Size (1 cup)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
014429 WATER,MUNICIPAL	3 1/2 GAL	133	0	0.00	3.98	3.98	0.00
002047 SALT, TABLE	1/4 CUP	1	0	0.00	279.06	0.17	0.00
002030 PEPPER, BLACK	2 TBSP, ground	0	0	0.00	0.03	0.61	0.01
011282 ONIONS, RAW	2 LB, chopped	9	4	0.00	0.36	2.09	0.02
011143 CELERY, RAW	2 1/2 LB, chopped	11	2	0.00	9.07	4.54	0.02
011333 PEPPERS, SWEET, GREEN, RAW	1 LB, chopped	5	1	0.00	0.14	0.45	0.02
050420 CHICKEN, DICED, COOKED, IQF, MEAT ONLY	13 LB	58	89	54.08	27.04	0.00	0.75
050465 SPAGHETTI, WHOLE GRAIN, DRY	10 LB	46	158	0.00	4.00	18.40	1.66
050276 Cream of Chicken Soup	100 OZ	28	25	4.05	24.67	27.61	0.09
000084 CHICKEN STOCK	1 LB	5	0	0.02	26.13	0.00	0.00
011329 PEPPERS, HOT CHILI, GRN, CND, PODS, EXCLUDING SEED	56 OZ	16	3	0.00	186.22	1.11	0.08
050343 CHEESE, CHEDDAR, YELLOW, REDUCED FAT, SHREDDE	7 LB	32	90	17.92	230.72	287.84	0.04
Totals		343	372	76.07	791.41	346.81	2.70

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)	
014429 WATER,MUNICIPAL	0.00	0.00	*N/A*	0.00	0.00	0.00	0.00	0.00	0.00	132.59	0.13	
002047 SALT, TABLE	0.00	0.00	*N/A*	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.72	
002030 PEPPER, BLACK	0.00	0.00	*N/A*	0.09	0.01	0.03	0.00	0.75	0.00	0.02	0.01	
011282 ONIONS, RAW	0.01	0.00	*N/A*	0.85	0.10	0.15	0.38	0.18	0.67	8.08	0.03	
011143 CELERY, RAW	0.02	0.00	*N/A*	0.34	0.08	0.18	0.21	50.92	0.35	10.82	0.09	
011333 PEPPERS, SWEET, GREEN, RAW	0.01	0.00	*N/A*	0.21	0.04	0.08	0.11	16.78	3.65	4.26	0.02	
050420 CHICKEN, DICED, COOKED, IQ	2.41	0.69	0.00	0.00	17.89	0.00	*N/A*	0.00	0.00	*N/A*	*N/A*	
050465 SPAGHETTI, WHOLE GRAIN, DR	0.64	0.12	0.00	34.22	6.67	4.48	*N/A*	0.00	0.00	*N/A*	*N/A*	
050276 Cream of Chicken Soup	1.18	0.35	*N/A*	1.71	1.82	0.02	*N/A*	75.97	0.23	*N/A*	*N/A*	
000084 CHICKEN STOCK	0.00	0.00	0.00	0.02	0.02	0.00	*N/A*	0.00	0.00	0.00	0.00	
011329 PEPPERS, HOT CHILI, GRN, CND,	0.02	0.00	*N/A*	0.81	0.14	0.21	0.50	114.46	10.80	14.69	0.22	
050343 CHEESE, CHEDDAR, YELLOW, R	5.81	3.68	0.00	0.64	8.64	0.00	*N/A*	200.48	0.00	*N/A*	*N/A*	
Totals		10.11	4.86	*0.00*	38.89	35.41	5.15	*1.20*	459.54	15.70	*170.46*	*1.22*
% of Calories		24.47%	11.76%	*0.00%*	38.10%	41.85%						

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500068 - CHICKEN STIR-FRY

Number of Portions: 50

Size of Portion: 3/4 CUP

*Nutrients are based upon 1 Portion Size (3/4 CUP)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
050239 Stir-Fry (Chicken)	50 portion	207	199	46.00	196.98	43.99	1.24
Totals		207	198	46.00	196.98	43.99	1.24

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
050239 Stir-Fry (Chicken)	8.63	1.47	*N/A*	11.12	19.29	2.90	*N/A*	11927.98	29.29	*N/A*	*N/A*
Totals	8.63	1.47	*N/A*	11.12	19.29	2.90	*N/A*	11927.98	29.29	*N/A*	*N/A*
% of Calories	39.24%	6.68%	*N/A*%	38.98%	22.46%						

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500069 - CHICKEN TACO

Number of Portions: 50

Size of Portion: 2 EACH

*Nutrients are based upon 1 Portion Size (2 EACH)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
050080 Chicken Taco	50 2 tacos	158	264	46.99	251.99	194.99	1.77
Totals		158	263	46.99	251.99	194.99	1.77

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
050080 Chicken Taco	12.21	3.51	*N/A*	20.35	19.09	2.99	*N/A*	622.99	8.20	*N/A*	*N/A*
Totals	12.21	3.51	*N/A*	20.35	19.09	2.99	*N/A*	622.99	8.20	*N/A*	*N/A*
% of Calories	41.80%	12.00%	*N/A*%	29.03%	30.95%						

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500073 - CHICKEN TETRAZZINI

Number of Portions: 50

Size of Portion: SERVINGS

*Nutrients are based upon 1 Portion Size (SERVINGS)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
050242 Chicken Tetrazzini	50 PIECE	241	313	55.98	354.99	156.00	1.88
Totals		241	312	55.98	354.99	156.00	1.88

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
050242 Chicken Tetrazzini	13.11	3.59	*N/A*	24.27	23.52	1.59	*N/A*	2489.99	3.40	*N/A*	*N/A*
Totals	13.11	3.59	*N/A*	24.27	23.52	1.59	*N/A*	2489.99	3.40	*N/A*	*N/A*
% of Calories	37.82%	10.36%	*N/A*%	30.16%	31.12%						

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500065 - CHICKEN TOMATO BAKE

Number of Portions: 50

Size of Portion: SERVINGS

*Nutrients are based upon 1 Portion Size (SERVINGS)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
050241 Chicken Tomato Bake	50 portion	151	200	27.00	454.99	50.99	2.01
Totals		151	199	27.00	454.99	50.99	2.01

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
050241 Chicken Tomato Bake	3.47	1.09	*N/A*	28.03	13.83	2.19	*N/A*	565.99	8.70	*N/A*	*N/A*
Totals	3.47	1.09	*N/A*	28.03	13.83	2.19	*N/A*	565.99	8.70	*N/A*	*N/A*
% of Calories	15.71%	4.92%	*N/A*%	27.80%	56.33%						

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000020 - Chili Beef Mac
Number of Portions: 100
Size of Portion: 1 cup

*Nutrients are based upon 1 Portion Size (1 cup)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
000711 BEEF GROUND ,80/20 Raw-to Cook & Drain	14 LB,raw wgt, yield incl	47	132	47.46	41.82	5.64	1.15
011282 ONIONS,RAW	1 LB, chopped	5	2	0.00	0.18	1.04	0.01
011333 PEPPERS,SWEET,GREEN,RAW	1 LB, chopped	5	1	0.00	0.14	0.45	0.02
002020 GARLIC POWDER	1 OZ	0	1	0.00	0.17	0.22	0.02
002047 SALT, TABLE	1 OZ	0	0	0.00	109.88	0.07	0.00
002030 PEPPER,BLACK	1 OZ	0	1	0.00	0.06	1.26	0.03
002009 CHILI POWDER	3/4 CUP	1	3	0.00	38.88	3.21	0.17
083730 MUSTARD YELLOW PREPARED	3 TBSP	0	0	0.00	1.88	0.13	0.00
006971 SAUCE,WORCESTERSHIRE	1/4 CUP	1	1	0.00	6.66	0.73	0.04
000082 BEEF STOCK	4 GAL	156	5	0.00	674.33	0.00	0.00
902476 TOMATOES, CANNED, DICED	3 #10 CAN	87	18	0.00	157.73	28.68	0.52
050461 MACARONI, ELBOW, ENRICHED, DRY	5 1/4 LB	24	87	0.00	1.34	4.89	0.77
050343 CHEESE, CHEDDAR, YELLOW, REDUCED FAT, SHREDDE	1 5/8 LB	7	20	3.97	51.09	63.74	0.01
Totals		332	268	51.43	1084.15	110.05	2.73

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)	
000711 BEEF GROUND ,80/20 Raw-to	8.29	3.26	0.00	0.00	13.25	0.00	*N/A*	0.00	0.00	24.84	0.61	
011282 ONIONS,RAW	0.00	0.00	*N/A*	0.42	0.05	0.08	0.19	0.09	0.34	4.04	0.02	
011333 PEPPERS,SWEET,GREEN,RAW	0.01	0.00	*N/A*	0.21	0.04	0.08	0.11	16.78	3.65	4.26	0.02	
002020 GARLIC POWDER	0.00	0.00	*N/A*	0.21	0.05	0.03	0.01	0.00	0.00	0.02	0.01	
002047 SALT, TABLE	0.00	0.00	*N/A*	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.28	
002030 PEPPER,BLACK	0.01	0.00	*N/A*	0.18	0.03	0.07	0.00	1.55	0.00	0.04	0.01	
002009 CHILI POWDER	0.14	0.02	*N/A*	0.48	0.13	0.34	0.07	288.20	0.01	0.10	0.11	
083730 MUSTARD YELLOW PREPARED	0.01	0.00	0.00	0.01	0.01	0.00	*N/A*	0.00	0.00	0.00	0.01	
006971 SAUCE,WORCESTERSHIRE	0.00	0.00	*N/A*	0.13	0.00	0.00	0.07	0.54	0.09	0.53	0.01	
000082 BEEF STOCK	0.08	0.00	0.00	0.47	0.47	0.00	*N/A*	0.00	0.00	0.00	0.00	
902476 TOMATOES, CANNED, DICED	0.00	0.00	0.00	3.58	0.72	0.72	*N/A*	537.70	8.61	*N/A*	*N/A*	
050461 MACARONI, ELBOW, ENRICHED,	0.35	0.07	0.00	17.44	3.05	0.76	*N/A*	0.00	0.00	*N/A*	*N/A*	
050343 CHEESE, CHEDDAR, YELLOW, R	1.29	0.82	0.00	0.14	1.91	0.00	*N/A*	44.39	0.00	*N/A*	*N/A*	
Totals		10.18	4.17	*0.00*	23.28	19.70	2.07	*0.45*	889.25	12.69	*33.83*	*1.09*
% of Calories		34.23%	14.03%	*0.00%*	29.46%	34.81%						

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500076 - CHILI CON CARNE W/ BEANS

Number of Portions: 50

Size of Portion: 1/2 CUP

*Nutrients are based upon 1 Portion Size (1/2 CUP)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
050097 Chili Con Carne With Beans	50 .5 CUP	156	180	42.00	203.99	45.99	2.70
Totals		156	179	42.00	203.99	45.99	2.70

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
050097 Chili Con Carne With Beans	8.58	3.56	*N/A*	10.67	15.43	2.50	*N/A*	812.99	14.49	*N/A*	*N/A*
Totals	8.58	3.56	*N/A*	10.67	15.43	2.50	*N/A*	812.99	14.49	*N/A*	*N/A*
% of Calories	43.14%	17.88%	*N/A*%	34.48%	23.85%						

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000182 - Chili without Beans / D-20A

Number of Portions: 200

Size of Portion: 1oz

*Nutrients are based upon 1 Portion Size (1oz)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
050512 BEEF, FINE GROUND, CRUMBLES, PAN-BROILED	9 LB	20	52	18.00	18.00	4.32	0.59
011282 ONIONS,RAW	14 OZ	2	1	0.00	0.08	0.46	0.00
900771 GARLIC,GRANULATED	2 TBSP	0	0	0.00	0.02	0.07	0.00
002030 PEPPER,BLACK	2 TSP	0	0	0.00	0.00	0.09	0.00
002009 CHILI POWDER	3 TBSP	0	0	0.00	4.86	0.40	0.02
002028 PAPRIKA	1 TBSP	0	0	0.00	0.02	0.08	0.01
002026 ONION POWDER	1 TBSP	0	0	0.00	0.03	0.14	0.00
799902 CUMIN,GROUND	1/4 CUP	0	0	0.00	0.21	1.17	0.08
050542 TOMATOES, DICED, LOW-SODIUM, CANNED	1/2 #10 CAN	7	1	0.00	8.36	2.39	0.04
014429 WATER,MUNICIPAL	2 QT + 1 CUP	11	0	0.00	0.32	0.32	0.00
050544 TOMATO PASTE, LOW-SODIUM, CANNED	3 CUP	4	3	0.00	3.75	1.38	0.11
Totals		44	58	18.00	35.66	10.82	0.87

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)	
050512 BEEF, FINE GROUND, CRUMBLE	3.08	1.17	0.00	0.00	5.59	0.00	*N/A*	0.00	0.00	*N/A*	*N/A*	
011282 ONIONS,RAW	0.00	0.00	*N/A*	0.19	0.02	0.03	0.08	0.04	0.15	1.77	0.01	
900771 GARLIC,GRANULATED	0.00	0.00	*N/A*	0.06	0.01	0.01	*N/A*	0.00	0.02	0.01	0.00	
002030 PEPPER,BLACK	0.00	0.00	*N/A*	0.01	0.00	0.01	0.00	0.12	0.00	0.00	0.00	
002009 CHILI POWDER	0.02	0.00	*N/A*	0.06	0.02	0.04	0.01	36.02	0.00	0.01	0.01	
002028 PAPRIKA	0.00	0.00	*N/A*	0.02	0.00	0.01	0.00	16.99	0.00	0.00	0.00	
002026 ONION POWDER	0.00	0.00	*N/A*	0.03	0.00	0.01	0.00	0.00	0.01	0.00	0.00	
799902 CUMIN,GROUND	0.03	0.00	*N/A*	0.06	0.02	0.01	*N/A*	1.60	0.01	0.01	0.01	
050542 TOMATOES, DICED, LOW-SODIU	0.00	0.00	0.00	0.30	0.06	0.06	*N/A*	44.81	0.72	*N/A*	*N/A*	
014429 WATER,MUNICIPAL	0.00	0.00	*N/A*	0.00	0.00	0.00	0.00	0.00	0.00	10.65	0.01	
050544 TOMATO PASTE, LOW-SODIUM,	0.02	0.00	0.00	0.73	0.17	0.16	*N/A*	58.57	0.84	*N/A*	*N/A*	
Totals		3.15	1.18	*0.00*	1.45	5.90	0.34	*0.10*	158.15	1.74	*12.46*	*0.05*
% of Calories		49.26%	18.49%	*0.00%*	40.94%	10.05%						

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000047 - Corn Dog/ Turkey

Number of Portions: 1

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902482 Turkey Corn Dog	1 corn dog	113	270	30.00	740.00	80.00	2.70
Totals		113	269	30.00	740.00	80.00	2.70

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902482 Turkey Corn Dog	14.00	4.00	0.00	27.00	10.00	1.00	*N/A*	0.00	0.00	*N/A*	*N/A*
Totals		14.00	4.00	0.00	27.00	10.00	1.00	0.00	0.00	*N/A*	*N/A*
% of Calories		46.84%	13.38%	0.00%	14.87%	40.15%					

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000158 - Crispy Chicken Wrap

Number of Portions: 1

Size of Portion: wrap

*Nutrients are based upon 1 Portion Size (wrap)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
018970 TORTILLAS,RTB OR -FRY,FLR,SHELF STABLE	1 tortilla	49	146	0.00	363.58	79.87	1.63
902491 Chicken Patty/Breaded/Homestyle/ FC	1 patty	87	210	20.00	430.00	40.00	1.44
118462 Shredded Mild Cheddar Cheese	1 OZ	28	23	8.50	53.86	56.70	0.10
Totals		164	377	28.51	847.44	176.57	3.17

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
018970 TORTILLAS,RTB OR -FRY,FLR,	3.71	0.60	0.00	24.14	3.92	1.18	1.30	0.00	0.00	15.89	1.33
902491 Chicken Patty/Breaded/Home	14.00	3.00	0.00	11.00	12.00	2.00	*N/A*	0.00	0.00	*N/A*	*N/A*
118462 Shredded Mild Cheddar Chee	2.55	1.70	0.00	0.00	1.98	0.00	*N/A*	85.05	0.00	*N/A*	*N/A*
Totals	20.27	5.30	0.00	35.14	17.91	3.18	*1.30*	85.05	0.00	*15.89*	*1.33*
% of Calories	48.35%	12.64%	0.01%	18.99%	37.27%						

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000015 - Easy Spaghetti / RRS-E3

Number of Portions: 100

Size of Portion: 1 cup

*Nutrients are based upon 1 Portion Size (1 cup)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
023567 BEEF,GROUND,85% LN MEAT / 15% FAT,RAW	20 LB	91	195	61.69	59.87	13.61	1.90
011284 ONIONS,DEHYDRATED FLAKES	1 1/2 CUP	1	4	0.00	0.25	3.08	0.02
902364 Spaghetti sauce w/ Tomato Bits	4 #10 can	118	57	0.00	367.95	18.87	1.02
014429 WATER,MUNICIPAL	12 GAL	455	0	0.00	13.65	13.65	0.00
002047 SALT,TABLE	1/4 CUP	1	0	0.00	279.06	0.17	0.00
050465 SPAGHETTI, WHOLE GRAIN, DRY	10 LB	46	158	0.00	4.00	18.40	1.66
Totals		711	413	61.69	724.79	67.78	4.59

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
023567 BEEF,GROUND,85% LN MEAT /	13.61	5.32	0.84	0.00	16.86	0.00	0.00	0.00	0.00	59.62	0.83
011284 ONIONS,DEHYDRATED FLAKES	0.01	0.00	*N/A*	1.00	0.11	0.11	0.45	0.22	0.90	0.05	0.04
902364 Spaghetti sauce w/ Tomato	0.00	0.00	0.00	11.32	1.89	2.83	*N/A*	283.04	5.66	*N/A*	*N/A*
014429 WATER,MUNICIPAL	0.00	0.00	*N/A*	0.00	0.00	0.00	0.00	0.00	0.00	454.59	0.46
002047 SALT,TABLE	0.00	0.00	*N/A*	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.72
050465 SPAGHETTI, WHOLE GRAIN, DR	0.64	0.12	0.00	34.22	6.67	4.48	*N/A*	0.00	0.00	*N/A*	*N/A*
Totals											
% of Calories	14.25	5.44	*0.84*	46.54	25.53	7.42	*0.45*	283.26	6.56	*514.25*	*2.04*
	31.04%	11.84%	*0.82%*	24.71%	45.05%						

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019334 SUGARS,BROWN	0.00	0.00	*N/A*	0.34	0.00	0.00	0.33	0.00	0.00	0.00	0.00
902310 TOMATO PASTE,CND,HTD	0.00	0.00	*N/A*	0.13	0.02	0.03	*N/A*	16.23	0.38	0.48	0.00
014429 WATER,MUNICIPAL	0.00	0.00	*N/A*	0.00	0.00	0.00	0.00	0.00	0.00	113.65	0.11
119036 Beef Gravy base	0.00	0.00	0.00	0.02	0.00	0.00	*N/A*	0.31	0.00	0.26	0.00
Totals	21.90	6.95	*0.03*	29.13	24.99	3.64	*1.02*	742.43	0.73	*166.29*	*3.29*
% of Calories	48.01%	15.24%	*0.03%*	24.35%	28.38%						

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000123 - Fish Burger

Number of Portions: 1

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902520 Pollock Portions/ oven ready	1 piece	102	220	50.00	280.00	0.00	1.08
902414 Hamburger Bun/WG	1 Hamburger Bun	31	81	0.00	156.00	10.00	0.36
Totals		133	300	50.00	436.00	10.00	1.44

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902520 Pollock Portions/ oven rea	10.00	1.00	0.00	16.00	14.00	0.00	*N/A*	0.00	0.00	*N/A*	*N/A*
902414 Hamburger Bun/WG	1.00	0.00	0.00	15.00	4.00	1.00	*N/A*	0.00	0.00	*N/A*	*N/A*
Totals	11.00	1.00	0.00	31.00	18.00	1.00	*N/A*	0.00	0.00	*N/A*	*N/A*
% of Calories	33.00%	3.00%	0.00%	24.00%	41.33%						

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000121 - Fish Nuggets

Number of Portions: 1

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902521 Pollock Nuggets/precooked	1 4 nuggets	113	210	30.00	360.00	0.00	0.36
Totals		113	209	30.00	360.00	0.00	0.36

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902521 Pollock Nuggets/precooked	8.00	1.50	0.00	16.00	16.00	1.00	*N/A*	0.00	0.00	*N/A*	*N/A*
Totals	8.00	1.50	0.00	16.00	16.00	1.00	*N/A*	0.00	0.00	*N/A*	*N/A*
% of Calories	34.45%	6.46%	0.00%	30.62%	30.62%						

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000122 - Fish Patties 3.6 oz oven ready

Number of Portions: 1

Size of Portion: piece

*Nutrients are based upon 1 Portion Size (piece)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902520 Pollock Portions/ oven ready	1 piece	102	220	50.00	280.00	0.00	1.08
Totals		102	219	50.00	280.00	0.00	1.08

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902520 Pollock Portions/ oven rea	10.00	1.00	0.00	16.00	14.00	0.00	*N/A*	0.00	0.00	*N/A*	*N/A*
Totals	10.00	1.00	0.00	16.00	14.00	0.00	*N/A*	0.00	0.00	*N/A*	*N/A*
% of Calories	41.09%	4.11%	0.00%	25.57%	29.22%						

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000124 - Fish Wedges/ oven ready

Number of Portions: 1

Size of Portion: piece

*Nutrients are based upon 1 Portion Size (piece)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902519 Pollock Wedges/ oven ready	1 piece	102	220	50.00	290.00	0.00	0.72
Totals		102	219	50.00	290.00	0.00	0.72

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902519 Pollock Wedges/ oven ready	11.00	1.00	0.00	15.00	14.00	0.00	*N/A*	100.00	0.00	*N/A*	*N/A*
Totals	11.00	1.00	0.00	15.00	14.00	0.00	*N/A*	100.00	0.00	*N/A*	*N/A*
% of Calories	45.20%	4.11%	0.00%	25.57%	27.40%						

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000073 - Frito Pie

Number of Portions: 1

Size of Portion: portion

*Nutrients are based upon 1 Portion Size (portion)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
118914 CORN CHIPS	1 OZ	28	160	0.00	160.00	70.55	0.00
050098 Chili Con Carne Without Beans	2 OZ	57	68	18.90	43.51	16.26	1.02
050343 CHEESE, CHEDDAR, YELLOW, REDUCED FAT, SHREDDE	1 OZ	28	80	16.00	206.00	257.00	0.04
Totals		113	307	34.90	409.51	343.81	1.06

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
118914 CORN CHIPS	10.00	1.50	0.00	16.00	2.00	1.00	*N/A*	0.00	0.00	*N/A*	*N/A*
050098 Chili Con Carne Without Be	3.73	1.56	*N/A*	2.69	6.08	0.61	*N/A*	357.33	6.15	*N/A*	*N/A*
050343 CHEESE, CHEDDAR, YELLOW, R	5.19	3.29	0.00	0.57	7.71	0.00	*N/A*	179.00	0.00	*N/A*	*N/A*
Totals		18.92	6.35	*0.00*	19.26	15.79	*N/A*	536.33	6.15	*N/A*	*N/A*
% of Calories		55.43%	18.62%	*0.00%*	20.57%	25.09%					

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000089 - Grilled Cheese Sandwich

Number of Portions: 100

Size of Portion: 1 sandwich

*Nutrients are based upon 1 Portion Size (1 sandwich)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902499 Gold-n-Sweet Margarine	12 OZ	3	24	0.00	26.73	0.00	0.00
018075 BREAD,WHOLE-WHEAT,COMMLY PREP	2 slice	1	2	0.00	2.91	1.03	0.02
902500 Cheese, American,school choice,sliced	1 2 slices	0	1	0.25	5.10	1.50	0.00
Totals		4	26	0.25	34.74	2.53	0.02

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902499 Gold-n-Sweet Margarine	2.67	1.21	0.00	0.00	0.00	0.00	*N/A*	121.50	0.00	*N/A*	*N/A*
018075 BREAD,WHOLE-WHEAT,COMMLY P	0.02	0.00	0.01	0.26	0.08	0.04	0.03	0.02	0.00	0.25	0.01
902500 Cheese, American,school ch	0.09	0.05	0.00	0.01	0.05	0.00	*N/A*	3.00	0.00	*N/A*	*N/A*
Totals		2.78	1.27	0.01	0.27	0.13	*0.03*	124.52	0.00	*0.25*	*0.01*
% of Calories		96.83%	44.15%	0.08%	2.05%	4.24%					

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500103 - GROUND BEEF & MACARONI (MEX)

Number of Portions: 50

Size of Portion: 3/4 CUP

*Nutrients are based upon 1 Portion Size (3/4 CUP)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
050100 Ground Beef and Macaroni (With Mexican Season	50 .75 CUP	189	283	50.99	192.99	39.99	3.31
Totals		189	282	50.99	192.99	39.99	3.31

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
050100 Ground Beef and Macaroni (10.66	4.38	*N/A*	26.14	19.96	2.49	*N/A*	717.99	13.89	*N/A*	*N/A*
Totals	10.66	4.38	*N/A*	26.14	19.96	2.49	*N/A*	717.99	13.89	*N/A*	*N/A*
% of Calories	34.02%	13.99%	*N/A*%	28.31%	37.08%						

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500104 - GROUND BEEF AND SPANISH RICE

Number of Portions: 50

Size of Portion: 2/3 CUP

*Nutrients are based upon 1 Portion Size (2/3 CUP)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
050102 Ground Beef and Spanish Rice	50 .67 CUP	229	282	51.00	287.99	40.99	3.09
Totals		229	281	51.00	287.99	40.99	3.09

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
050102 Ground Beef and Spanish Ri	10.53	4.42	*N/A*	27.04	18.55	1.19	*N/A*	518.98	11.79	*N/A*	*N/A*
Totals	10.53	4.42	*N/A*	27.04	18.55	1.19	*N/A*	518.98	11.79	*N/A*	*N/A*
% of Calories	33.74%	14.16%	*N/A*%	26.41%	38.50%						

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500105 - GROUND BEEF STROGANOFF

Number of Portions: 50

Size of Portion: 3/4 CUP

*Nutrients are based upon 1 Portion Size (3/4 CUP)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
050103 Ground Beef Stroganoff	50 .75 CUP	145	250	52.00	644.99	60.99	2.19
Totals		145	249	52.00	644.99	60.99	2.19

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
050103 Ground Beef Stroganoff	15.33	5.73	*N/A*	9.63	17.65	0.49	*N/A*	32.99	1.60	*N/A*	*N/A*
Totals	15.33	5.73	*N/A*	9.63	17.65	0.49	*N/A*	32.99	1.60	*N/A*	*N/A*
% of Calories	55.40%	20.70%	*N/A*%	28.35%	15.47%						

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000263 - Ham & Cheese Sub Bun

Number of Portions: 100

Size of Portion: 1 each

*Nutrients are based upon 1 Portion Size (1 each)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902600 100 % Whole Wheat Sub Roll	100 sub roll	94	210	0.00	410.00	60.00	2.70
051435 CHEESE, AMERICAN, PASTEURIZED, PROCESS, LOAVE	3 LB + 1/2 LB	16	62	15.68	142.80	165.76	0.10
902559 Ham, Water added, Fully Cooked, Frozen, 10lb	12 LB	54	53	24.01	480.27	0.00	10.37
Totals		164	323	39.69	1033.07	225.76	13.17

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902600 100 % Whole Wheat Sub Roll	3.00	1.00	0.00	43.00	9.00	4.00	4.00	0.00	0.00	*N/A*	*N/A*
051435 CHEESE, AMERICAN, PASTEURI	5.04	2.80	0.00	0.56	3.08	0.00	*N/A*	150.08	0.00	*N/A*	*N/A*
902559 Ham, Water added, Fully Co	1.33	0.53	0.00	2.08	7.36	0.00	0.00	0.00	*N/A*	*N/A*	*N/A*
Totals	9.37	4.33	0.00	45.64	19.44	4.00	*4.00*	150.08	*0.00*	*N/A*	*N/A*
% of Calories	26.07%	12.05%	0.00%	24.05%	56.45%						

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000030 - Hamburger on Bun/ HS

Number of Portions: 1

Size of Portion: Hamburger

*Nutrients are based upon 1 Portion Size (Hamburger)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902403 Beef Patty/FB/FC/2.5oz	1 patty	71	160	35.00	270.00	20.00	1.80
902414 Hamburger Bun/WG	1 Hamburger Bun	31	81	0.00	156.00	10.00	0.36
Totals		102	240	35.00	426.00	30.00	2.16

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902403 Beef Patty/FB/FC/2.5oz	12.00	5.00	0.00	1.00	13.00	1.00	*N/A*	100.00	0.00	*N/A*	*N/A*
902414 Hamburger Bun/WG	1.00	0.00	0.00	15.00	4.00	1.00	*N/A*	0.00	0.00	*N/A*	*N/A*
Totals		13.00	5.00	0.00	16.00	2.00	*N/A*	100.00	0.00	*N/A*	*N/A*
% of Calories		48.75%	18.75%	0.00%	28.33%	26.67%					

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000162 - HOT DOG ON A BUN:turkey hot

Number of Portions: 1.0000

Size of Portion: SERVING

*Nutrients are based upon 1 Portion Size (SERVING)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
000701 HOTDOG ROLLS/BUNS,PLAIN	1 ROLL(s)	43	123	0.00	240.80	59.77	1.36
007025 FRANKFURTER,TURKEY	1 frankfurter	45	100	34.65	409.95	66.60	0.66
Totals		88	222	34.65	650.75	126.37	2.02

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
000701 HOTDOG ROLLS/BUNS,PLAIN	2.19	0.51	0.00	21.63	3.66	1.16	*N/A*	0.00	0.00	14.62	0.86
007025 FRANKFURTER,TURKEY	7.78	1.81	0.35	1.71	5.50	0.00	0.54	0.00	0.00	28.35	1.66
Totals	9.97	2.32	0.35	23.34	9.16	1.16	*0.54*	0.00	0.00	42.97	2.52
% of Calories	40.37%	9.40%	0.63%	16.48%	42.00%						

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000181 - Hot Dog on WW Bun

Number of Portions: 100

Size of Portion: 1 each

*Nutrients are based upon 1 Portion Size (1 each)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902561 100% WW Hot Dog Bun	100 Hot Dog Bun	45	110	0.00	170.00	0.00	1.44
902562 8 / 1 Turkey Franks, 6"	100 frank	57	140	25.00	560.00	80.00	0.72
Totals		102	249	25.00	730.00	80.00	2.16

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902561 100% WW Hot Dog Bun	2.00	0.00	0.00	21.00	5.00	3.00	2.00	0.00	0.00	*N/A*	*N/A*
902562 8 / 1 Turkey Franks, 6"	12.00	3.50	0.00	1.00	7.00	0.00	0.00	0.00	0.00	*N/A*	*N/A*
Totals		14.00	3.50	0.00	22.00	12.00	3.00	0.00	0.00	*N/A*	*N/A*
% of Calories		50.60%	12.65%	0.00%	19.28%	35.34%					

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000179 - Hot Ham & Cheese on WW bun

Number of Portions: 100

Size of Portion: 1 Each

*Nutrients are based upon 1 Portion Size (1 Each)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902559 Ham, Water added, Fully Cooked, Frozen, 10lb	12 LB	54	53	24.01	480.27	0.00	10.37
051435 CHEESE, AMERICAN, PASTEURIZED, PROCESS, LOAVE	3 1/2 LB	16	62	15.68	142.80	165.76	0.10
902414 Hamburger Bun/WG	100 Hamburger Bun	31	81	0.00	156.00	10.00	0.36
902417 Butter Buds/Spray	1 can	4	0	0.00	0.00	0.00	0.00
Totals		105	194	39.69	779.07	175.76	10.83

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902559 Ham, Water added, Fully Co	1.33	0.53	0.00	2.08	7.36	0.00	0.00	0.00	*N/A*	*N/A*	*N/A*
051435 CHEESE, AMERICAN, PASTEURI	5.04	2.80	0.00	0.56	3.08	0.00	*N/A*	150.08	0.00	*N/A*	*N/A*
902414 Hamburger Bun/WG	1.00	0.00	0.00	15.00	4.00	1.00	*N/A*	0.00	0.00	*N/A*	*N/A*
902417 Butter Buds/Spray	0.00	0.00	0.00	0.00	0.00	0.00	*N/A*	0.00	0.00	*N/A*	*N/A*
Totals		7.37	3.33	0.00	17.64	14.44	1.00	150.08	*0.00*	*N/A*	*N/A*
% of Calories		34.11%	15.41%	0.00%	29.71%	36.29%					

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500115 - LASAGNA W/ GRND PORK & BEEF

Number of Portions: 50

Size of Portion: SERVINGS

*Nutrients are based upon 1 Portion Size (SERVINGS)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
050105 Lasagna with Ground Pork and Ground Beef	50 PIECE	203	269	35.00	404.99	303.00	2.56
Totals		203	268	35.00	404.99	303.00	2.56

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
050105 Lasagna with Ground Pork a	8.75	4.55	*N/A*	28.34	19.63	2.29	*N/A*	910.98	16.48	*N/A*	*N/A*
Totals	8.75	4.55	*N/A*	28.34	19.63	2.29	*N/A*	910.98	16.48	*N/A*	*N/A*
% of Calories	29.38%	15.27%	*N/A*%	29.30%	42.30%						

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500114 - LASAGNA WITH GROUND BEEF

Number of Portions: 50

Size of Portion: SERVINGS

*Nutrients are based upon 1 Portion Size (SERVINGS)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
050104 Lasagna with Ground Beef	50 PIECE	203	269	33.98	406.00	303.99	2.64
Totals		203	268	33.98	406.00	303.99	2.64

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
050104 Lasagna with Ground Beef	8.69	4.69	*N/A*	28.34	19.87	2.29	*N/A*	909.99	16.30	*N/A*	*N/A*
Totals	8.69	4.69	*N/A*	28.34	19.87	2.29	*N/A*	909.99	16.30	*N/A*	*N/A*
% of Calories	29.18%	15.75%	*N/A*%	29.66%	42.30%						

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Columbus ISD

Recipe Audit Report - Detailed

000288 - LENTIL SOUP

Number of Portions: 50.0000

Size of Portion: 1 1/2 CUPS

*Nutrients are based upon 1 Portion Size (1 1/2 CUPS)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
011282 ONIONS,RAW	6 2/3 CUP, chopped	21	9	0.00	0.85	4.91	0.04
011215 GARLIC,RAW	1/4 CUP	1	1	0.00	0.12	1.23	0.01
902129 OIL,VEG,TYPE A-COMMOD	3/4 CUP	3	29	0.00	0.00	0.00	0.00
002003 SPICES,BASIL,DRIED	1 TBSP, ground	0	0	0.00	0.06	1.88	0.08
901071 OREGANO LEAVES,DRIED	1 TBSP, leaves	0	0	0.00	0.01	0.95	0.03
002029 PARSLEY,DRIED	1 TBSP	0	0	0.00	0.14	0.34	0.01
011546 TOMATO PRODUCTS,CND,PASTE,WO/SALT	36 OZ	20	17	0.00	12.04	7.35	0.61
016069 LENTILS,RAW	6 LB	54	192	0.00	3.27	30.48	4.10
014429 WATER,MUNICIPAL	4 GAL	303	0	0.00	9.10	9.10	0.00
011457 SPINACH,RAW	6 LB	54	13	0.00	43.00	53.89	1.48
Totals		458	259	0.00	68.59	110.12	6.35

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)	
011282 ONIONS,RAW	0.02	0.01	*N/A*	1.99	0.23	0.36	0.90	0.43	1.58	19.01	0.07	
011215 GARLIC,RAW	0.00	0.00	*N/A*	0.22	0.04	0.01	0.01	0.06	0.21	0.40	0.01	
902129 OIL,VEG,TYPE A-COMMOD	3.27	0.43	*N/A*	0.00	0.00	0.00	*N/A*	0.00	0.00	0.00	0.00	
002003 SPICES,BASIL,DRIED	0.00	0.00	*N/A*	0.04	0.02	0.03	0.00	0.62	0.00	0.01	0.01	
901071 OREGANO LEAVES,DRIED	0.01	0.00	*N/A*	0.04	0.01	0.03	*N/A*	4.14	0.03	0.00	0.00	
002029 PARSLEY,DRIED	0.00	0.00	*N/A*	0.02	0.01	0.01	0.00	0.58	0.04	0.00	0.00	
011546 TOMATO PRODUCTS,CND,PASTE,	0.10	0.02	*N/A*	3.86	0.88	0.84	2.49	311.28	4.47	15.00	0.57	
016069 LENTILS,RAW	0.58	0.08	*N/A*	32.70	14.04	16.60	1.10	21.23	2.39	5.66	1.45	
014429 WATER,MUNICIPAL	0.00	0.00	*N/A*	0.00	0.00	0.00	0.00	0.00	0.00	303.06	0.30	
011457 SPINACH,RAW	0.21	0.03	*N/A*	1.98	1.56	1.20	0.23	5104.00	15.30	49.75	0.94	
Totals		4.19	0.58	*N/A*	40.85	16.79	19.08	*4.73*	5442.34	24.02	392.89	3.37
% of Calories		14.55%	2.01%	*N/A*%	25.90%	63.01%						

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NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

500116 - MACARONI AND CHEESE

Number of Portions: 50

Size of Portion: 2/3 CUP

*Nutrients are based upon 1 Portion Size (2/3 CUP)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
050106 Macaroni and Cheese	50 .67 CUP	175	296	30.99	896.00	481.99	1.02
Totals		175	295	30.99	896.00	481.99	1.02

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
050106 Macaroni and Cheese	12.18	6.83	*N/A*	27.44	19.64	0.89	*N/A*	683.99	0.39	*N/A*	*N/A*
Totals	12.18	6.83	*N/A*	27.44	19.64	0.89	*N/A*	683.99	0.39	*N/A*	*N/A*
% of Calories	37.16%	20.82%	*N/A*%	26.62%	37.21%						

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500129 - MACARONI AND CHEESE(NEW)

Number of Portions: 50

Size of Portion: 2/3 CUP

*Nutrients are based upon 1 Portion Size (2/3 CUP)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
050251 New Macaroni and Cheese	50 portion	201	325	22.99	474.98	447.99	1.57
Totals		201	324	22.99	474.98	447.99	1.57

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
050251 New Macaroni and Cheese	13.63	5.93	*N/A*	32.70	17.21	1.49	*N/A*	763.00	1.09	*N/A*	*N/A*
Totals	13.63	5.93	*N/A*	32.70	17.21	1.49	*N/A*	763.00	1.09	*N/A*	*N/A*
% of Calories	37.86%	16.47%	*N/A*%	21.24%	40.37%						

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500117 - MACARONI SALAD

Number of Portions: 50

Size of Portion: 1/2 CUP

*Nutrients are based upon 1 Portion Size (1/2 CUP)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
050127 Macaroni Salad	50 .5 CUP	99	144	6.00	261.99	10.00	1.18
Totals		99	143	6.00	261.99	10.00	1.18

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
050127 Macaroni Salad	3.10	0.49	*N/A*	25.03	3.66	1.69	*N/A*	1330.00	1.00	*N/A*	*N/A*
Totals	3.10	0.49	*N/A*	25.03	3.66	1.69	*N/A*	1330.00	1.00	*N/A*	*N/A*
% of Calories	19.50%	3.05%	*N/A*%	10.25%	70.01%						

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500121 - MEAT LOAF

Number of Portions: 50

Size of Portion: 3/4" SLICE

*Nutrients are based upon 1 Portion Size (3/4" SLICE)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
050108 Meat Loaf	50 slice (3/4" thick)	84	195	67.00	121.99	47.00	2.23
Totals		84	194	67.00	121.99	47.00	2.23

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
050108 Meat Loaf	10.29	4.22	*N/A*	8.00	17.04	1.29	*N/A*	154.00	2.90	*N/A*	*N/A*
Totals		10.29	4.22	*N/A*	8.00	17.04	1.29	154.00	2.90	*N/A*	*N/A*
% of Calories		47.74%	19.56%	*N/A*%	35.14%	16.49%					

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000065 - Meatball Sub/RRS-E1

Number of Portions: 100

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902486 Beef Meatballs/FC	5 5 meatballs	4	9	1.75	11.00	2.00	0.07
902364 Spaghetti sauce w/ Tomato Bits	2 #10 can	59	28	0.00	183.98	9.43	0.51
902371 Hoagie Sliced 5" - 6"	100 1 roll	60	160	0.00	320.00	100.00	1.80
050339 CHEESE, MOZZARELLA, LITE, FROZEN, SHREDDED	4 LB	18	48	9.60	30.40	128.00	0.11
Totals		140	245	11.35	545.38	239.44	2.50

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902486 Beef Meatballs/FC	0.70	0.30	0.00	0.20	0.70	0.05	*N/A*	5.00	0.06	*N/A*	*N/A*
902364 Spaghetti sauce w/ Tomato	0.00	0.00	0.00	5.66	0.94	1.42	*N/A*	141.52	2.83	*N/A*	*N/A*
902371 Hoagie Sliced 5" - 6"	1.50	0.00	0.00	29.00	7.00	0.00	*N/A*	0.00	0.00	*N/A*	*N/A*
050339 CHEESE, MOZZARELLA, LITE,	2.72	1.92	0.00	0.32	4.16	0.00	*N/A*	128.00	0.00	*N/A*	*N/A*
Totals	4.92	2.22	0.00	35.18	12.80	1.47	*N/A*	274.52	2.89	*N/A*	*N/A*
% of Calories	18.09%	8.16%	0.00%	20.92%	57.48%						

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000069 - Meatballs and Noodles

Number of Portions: 40

Size of Portion: 1/2 cup

*Nutrients are based upon 1 Portion Size (1/2 cup)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902492 Beef Meatballs/FC/Cn label	2 LB	23	61	11.20	70.40	12.80	0.46
990086 GRAVY,BROWN,DEHYD,PREP W/H2O	32 OZ	23	7	0.23	94.57	5.90	0.02
020109 NOODLES,EGG,DRY,ENRICHED	2 LB	23	88	19.15	4.79	7.98	0.91
002029 PARSLEY,DRIED	1 TSP	0	0	0.00	0.06	0.14	0.00
Totals		68	154	30.58	169.82	26.82	1.40

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902492 Beef Meatballs/FC/Cn label	4.48	1.92	0.00	1.28	4.48	0.32	*N/A*	32.00	0.38	*N/A*	*N/A*
990086 GRAVY,BROWN,DEHYD,PREP W/H	0.15	0.07	*N/A*	1.15	0.21	0.09	*N/A*	0.00	0.00	20.84	0.33
020109 NOODLES,EGG,DRY,ENRICHED	1.01	0.27	0.01	16.25	3.23	0.75	0.43	14.14	0.00	2.05	0.26
002029 PARSLEY,DRIED	0.00	0.00	*N/A*	0.01	0.00	0.00	0.00	0.24	0.02	0.00	0.00
Totals	5.64	2.26	*0.01*	18.68	7.92	1.17	*0.43*	46.38	0.40	*22.89*	*0.59*
% of Calories	33.00%	13.22%	*0.04%*	20.58%	48.53%						

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000017 - Mex chicken casserole RRS-E5

Number of Portions: 100

Size of Portion: 1 cup

*Nutrients are based upon 1 Portion Size (1 cup)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
050276 Cream of Chicken Soup	9 1/4 LB	42	37	5.99	36.51	40.87	0.14
011329 PEPPERS,HOT CHILI,GRN,CND,PODS,EXCLUDING SEED	16 OZ	5	1	0.00	53.21	0.32	0.02
014429 WATER,MUNICIPAL	2 CUP	5	0	0.00	0.14	0.14	0.00
050420 CHICKEN, DICED, COOKED, IQF, MEAT ONLY	13 LB	58	89	54.08	27.04	0.00	0.75
799921 TACO SEASONING MIX, MILD	2 OZ	1	2	0.00	39.71	0.52	0.04
002047 SALT, TABLE	1 TBSP	0	0	0.00	69.76	0.04	0.00
002030 PEPPER, BLACK	1 TBSP, ground	0	0	0.00	0.01	0.31	0.01
002009 CHILI POWDER	1 OZ	0	1	0.00	11.34	0.94	0.05
050343 CHEESE, CHEDDAR, YELLOW, REDUCED FAT, SHREDDE	3 LB	14	38	7.68	98.88	123.36	0.02
018363 TORTILLAS,RTB OR -FRY,CORN	80 tortilla	19	42	0.00	8.64	15.55	0.24
Totals		143	209	67.75	345.25	182.04	1.26

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)	
050276 Cream of Chicken Soup	1.75	0.52	*N/A*	2.53	2.70	0.03	*N/A*	112.43	0.34	*N/A*	*N/A*	
011329 PEPPERS,HOT CHILI,GRN,CND,	0.00	0.00	*N/A*	0.23	0.04	0.06	0.14	32.70	3.08	4.20	0.06	
014429 WATER,MUNICIPAL	0.00	0.00	*N/A*	0.00	0.00	0.00	0.00	0.00	0.00	4.74	0.00	
050420 CHICKEN, DICED, COOKED, IQ	2.41	0.69	0.00	0.00	17.89	0.00	*N/A*	0.00	0.00	*N/A*	*N/A*	
799921 TACO SEASONING MIX, MILD	0.02	0.00	*N/A*	0.36	0.04	0.03	*N/A*	35.03	0.32	0.04	0.11	
002047 SALT, TABLE	0.00	0.00	*N/A*	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.18	
002030 PEPPER, BLACK	0.00	0.00	*N/A*	0.04	0.01	0.02	0.00	0.38	0.00	0.01	0.00	
002009 CHILI POWDER	0.04	0.01	*N/A*	0.14	0.04	0.10	0.02	84.06	0.00	0.03	0.03	
050343 CHEESE, CHEDDAR, YELLOW, R	2.49	1.58	0.00	0.27	3.70	0.00	*N/A*	85.92	0.00	*N/A*	*N/A*	
018363 TORTILLAS,RTB OR -FRY,CORN	0.55	0.09	*N/A*	8.57	1.09	1.21	0.17	0.38	0.00	8.81	0.18	
Totals		7.26	2.89	*0.00*	12.15	25.50	1.45	*0.33*	350.90	3.75	*17.82*	*0.57*
% of Calories		31.23%	12.41%	*0.00%*	48.72%	23.22%						

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000111 - Mexican Chicken Casserole

Number of Portions: 100

Size of Portion: 1 cup

*Nutrients are based upon 1 Portion Size (1 cup)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
050276 Cream of Chicken Soup	3 can	42	37	5.98	36.45	40.80	0.14
902508 Rotel Diced Tomatoes w/ Green Chilies	1 Can	8	2	0.00	29.85	1.27	0.02
014429 WATER,MUNICIPAL	2 CUP	5	0	0.00	0.14	0.14	0.00
901843 CHICK,DICED,CKD,FROZEN-COMMOD	13 LB	59	112	52.78	51.07	8.85	0.71
799921 TACO SEASONING MIX, MILD	2 OZ	1	2	0.00	39.71	0.52	0.04
002047 SALT,TABLE	1 TBSP	0	0	0.00	69.76	0.04	0.00
002030 PEPPER,BLACK	1 TBSP, ground	0	0	0.00	0.01	0.31	0.01
002009 CHILI POWDER	1 OZ	0	1	0.00	11.34	0.94	0.05
050343 CHEESE, CHEDDAR, YELLOW, REDUCED FAT, SHREDDE	3 LB	14	38	7.68	98.88	123.36	0.02
018449 TORTILLAS,RTB OR -FRY,CORN,WO/ SALT	80 tortilla med 6"dia	21	46	0.00	2.29	36.40	0.29
Totals		149	237	66.44	339.50	212.62	1.28

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)	
050276 Cream of Chicken Soup	1.75	0.52	*N/A*	2.53	2.69	0.03	*N/A*	112.24	0.34	*N/A*	*N/A*	
902508 Rotel Diced Tomatoes w/ Gr	0.00	0.00	0.00	0.32	0.06	0.00	*N/A*	25.40	0.38	*N/A*	*N/A*	
014429 WATER,MUNICIPAL	0.00	0.00	*N/A*	0.00	0.00	0.00	0.00	0.00	0.00	4.74	0.00	
901843 CHICK,DICED,CKD,FROZEN-COM	4.51	1.24	*N/A*	0.00	16.97	0.00	*N/A*	32.31	0.00	36.89	0.60	
799921 TACO SEASONING MIX, MILD	0.02	0.00	*N/A*	0.36	0.04	0.03	*N/A*	35.03	0.32	0.04	0.11	
002047 SALT,TABLE	0.00	0.00	*N/A*	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.18	
002030 PEPPER,BLACK	0.00	0.00	*N/A*	0.04	0.01	0.02	0.00	0.38	0.00	0.01	0.00	
002009 CHILI POWDER	0.04	0.01	*N/A*	0.14	0.04	0.10	0.02	84.06	0.00	0.03	0.03	
050343 CHEESE, CHEDDAR, YELLOW, R	2.49	1.58	0.00	0.27	3.70	0.00	*N/A*	85.92	0.00	*N/A*	*N/A*	
018449 TORTILLAS,RTB OR -FRY,CORN	0.52	0.07	*N/A*	9.69	1.19	1.08	*N/A*	0.00	0.00	9.17	0.25	
Totals		9.32	3.42	*0.00*	13.36	24.70	1.27	*0.02*	375.34	1.05	*50.88*	*1.18*
% of Calories		35.43%	12.99%	*0.00%*	41.71%	22.56%						

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000039 - Mini Turkey Pop Dogs

Number of Portions: 1

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902397 Mini Turkey Pop Dogs	1 1 mini corn dog	19	55	5.00	132.46	15.00	0.36
Totals		19	54	5.00	132.46	15.00	0.36

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902397 Mini Turkey Pop Dogs	3.25	1.00	0.00	4.50	1.75	0.25	*N/A*	0.00	0.00	*N/A*	*N/A*
Totals	3.25	1.00	0.00	4.50	1.75	0.25	*N/A*	0.00	0.00	*N/A*	*N/A*
% of Calories	54.17%	16.67%	0.00%	12.96%	33.33%						

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000046 - Mozz Pizza Sticks

Number of Portions: 1

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902400 Mozzarella Pizza Sticks	1 each portion	55	150	5.00	370.00	150.00	1.08
Totals		55	149	5.00	370.00	150.00	1.08

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902400 Mozzarella Pizza Sticks	6.00	2.00	0.00	17.00	7.00	2.00	*N/A*	100.00	0.00	*N/A*	*N/A*
Totals	6.00	2.00	0.00	17.00	7.00	2.00	*N/A*	100.00	0.00	*N/A*	*N/A*
% of Calories	36.24%	12.08%	0.00%	18.79%	45.64%						

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000019 - Nachos w/Ground Beef RRS-E8

Number of Portions: 100

Size of Portion: 1 portion

*Nutrients are based upon 1 Portion Size (1 portion)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
000711 BEEF GROUND ,80/20 Raw-to Cook & Drain	10 LB,raw wgt, yield incl	34	94	33.90	29.87	4.03	0.82
002009 CHILI POWDER	1/4 CUP	0	1	0.00	12.96	1.07	0.06
799902 CUMIN,GROUND	3 TBSP, whole	0	1	0.00	0.30	1.68	0.12
002028 PAPRIKA	1 TBSP	0	0	0.00	0.05	0.16	0.01
900035 MARGARINE,REG,HARD,CORN&SOYBN (HYDR)&CTTNSD (1/2 LB	2	16	0.00	21.39	0.68	0.00
001092 MILK,DRY, NONFAT, INST,W/ VIT A	2 QT	5	19	0.98	29.87	66.97	0.02
014429 WATER,MUNICIPAL	1 QT	9	0	0.00	0.28	0.28	0.00
050343 CHEESE, CHEDDAR, YELLOW, REDUCED FAT, SHREDDE	8 LB	36	102	20.48	263.68	328.96	0.05
019063 TORTILLA CHIPS,TACO-FLAVOR	7 LB	32	152	0.00	249.89	49.22	0.64
Totals		119	385	55.36	608.29	453.04	1.72

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
000711 BEEF GROUND ,80/20 Raw-to	5.92	2.33	0.00	0.00	9.47	0.00	*N/A*	0.00	0.00	17.74	0.44
002009 CHILI POWDER	0.05	0.01	*N/A*	0.16	0.04	0.11	0.02	96.07	0.00	0.03	0.04
799902 CUMIN,GROUND	0.04	0.00	*N/A*	0.08	0.03	0.02	*N/A*	2.29	0.01	0.01	0.01
002028 PAPRIKA	0.01	0.00	*N/A*	0.04	0.01	0.02	0.01	33.99	0.00	0.01	0.01
900035 MARGARINE,REG,HARD,CORN&SO	1.83	0.34	*N/A*	0.02	0.02	0.00	*N/A*	81.12	0.00	0.36	0.05
001092 MILK,DRY, NONFAT, INST,W/ VI	0.04	0.03	*N/A*	2.84	1.91	0.00	2.84	128.66	0.30	0.22	0.44
014429 WATER,MUNICIPAL	0.00	0.00	*N/A*	0.00	0.00	0.00	0.00	0.00	0.00	9.47	0.01
050343 CHEESE, CHEDDAR, YELLOW, R	6.64	4.21	0.00	0.73	9.87	0.00	*N/A*	229.12	0.00	*N/A*	*N/A*
019063 TORTILLA CHIPS,TACO-FLAVOR	7.68	1.47	*N/A*	20.04	2.51	1.68	*N/A*	287.36	0.29	0.51	0.98
Totals	22.21	8.39	*0.00*	23.90	23.86	1.84	*2.87*	858.59	0.61	*28.35*	*1.97*
% of Calories	51.87%	19.59%	*0.00%*	24.77%	24.81%						

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500127 - NACHOS WITH GROUND BEEF

Number of Portions: 50

Size of Portion: SERVINGS

*Nutrients are based upon 1 Portion Size (SERVINGS)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
050110 Nachos With Ground Beef	50 portion	105	281	42.00	590.00	277.00	1.67
Totals		105	280	42.00	590.00	277.00	1.67

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
050110 Nachos With Ground Beef	15.13	6.10	*N/A*	19.28	17.80	2.10	*N/A*	409.99	0.40	*N/A*	*N/A*
Totals	15.13	6.10	*N/A*	19.28	17.80	2.10	*N/A*	409.99	0.40	*N/A*	*N/A*
% of Calories	48.64%	19.61%	*N/A*%	25.43%	27.54%						

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000107 - Orange Chicken

Number of Portions: 1

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902505 Zest y Orange Sauce	2 tblsp	76	180	0.00	300.00	0.00	0.00
901844 CHICKEN NUGGETS,LT&DK MEAT,BREADED,HTD-COMMOD	3 OZ	85	234	38.00	416.40	8.85	0.65
Totals		161	413	38.00	716.40	8.85	0.65

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902505 Zest y Orange Sauce	0.00	0.00	0.00	42.00	0.00	0.00	*N/A*	0.00	0.00	*N/A*	*N/A*
901844 CHICKEN NUGGETS,LT&DK MEAT	16.57	4.00	*N/A*	10.25	10.72	0.94	*N/A*	64.09	42.52	45.84	1.59
Totals		16.57	4.00	*0.00*	52.25	10.72	0.94	64.09	42.52	*45.84*	*1.59*
% of Calories		36.11%	8.71%	*0.00%*	10.38%	50.62%					

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500140 - OVEN FRIED CHICKEN

Number of Portions: 50

Size of Portion: SERVINGS

*Nutrients are based upon 1 Portion Size (SERVINGS)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
050111 Oven Fried Chicken	50 portion w/coating	119	343	86.99	103.99	74.99	1.76
Totals		119	342	86.99	103.99	74.99	1.76

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
050111 Oven Fried Chicken	19.98	4.65	*N/A*	9.66	29.35	0.30	*N/A*	200.99	0.39	*N/A*	*N/A*
Totals	19.98	4.65	*N/A*	9.66	29.35	0.30	*N/A*	200.99	0.39	*N/A*	*N/A*
% of Calories	52.58%	12.24%	*N/A*%	34.32%	11.30%						

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000087 - Peanut Butter& Jelly Sandwich

Number of Portions: 1

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902498 Peanut Butter/ Creamy	1 2 Tblsp.	32	200	0.00	150.00	20.00	0.36
902423 Jelly/Grape/pkg	1 pkg.	14	992	0.00	0.00	0.00	0.00
018075 BREAD,WHOLE-WHEAT,COMMLY PREP	2 slice	64	158	0.00	291.20	103.04	1.56
Totals		110	1349	0.00	441.20	123.04	1.92

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902498 Peanut Butter/ Creamy	16.00	3.50	0.00	8.00	6.00	2.00	*N/A*	0.00	0.00	*N/A*	*N/A*
902423 Jelly/Grape/pkg	0.00	0.00	0.00	255.15	0.00	0.00	*N/A*	0.00	0.00	*N/A*	*N/A*
018075 BREAD,WHOLE-WHEAT,COMMLY P	2.14	0.47	0.53	26.43	8.29	3.84	2.78	1.92	0.00	24.69	1.48
Totals	18.14	3.97	0.53	289.57	14.29	5.84	*2.78*	1.92	0.00	*24.69*	*1.48*
% of Calories	12.10%	2.65%	0.16%	4.24%	85.84%						

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000218 - Pepperoni Pizza 4 x 6 WG

Number of Portions: 16

Size of Portion: slice

*Nutrients are based upon 1 Portion Size (slice)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902592 WG Pepperoni Pizza 4x6,100%	16 slice	127	300	25.00	560.00	0.00	0.00
Totals		127	299	25.00	560.00	0.00	0.00

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902592 WG Pepperoni Pizza 4x6,100	12.00	5.00	0.00	35.00	16.00	4.00	13.00	0.00	0.00	*N/A*	*N/A*
Totals	12.00	5.00	0.00	35.00	16.00	4.00	13.00	0.00	0.00	*N/A*	*N/A*
% of Calories	36.12%	15.05%	0.00%	21.40%	46.82%						

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000199 - Pepperoni Pizza Wedge

Number of Portions: 16

Size of Portion: slice

*Nutrients are based upon 1 Portion Size (slice)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902569 Whole Grain Pizza Wedge, 50/50	16 slice	127	300	15.00	640.00	200.00	27.00
Totals		127	299	15.00	640.00	200.00	27.00

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902569 Whole Grain Pizza Wedge, 5	11.00	4.50	0.00	36.00	15.00	4.00	14.00	400.00	0.00	*N/A*	*N/A*
Totals	11.00	4.50	0.00	36.00	15.00	4.00	14.00	400.00	0.00	*N/A*	*N/A*
% of Calories	33.11%	13.54%	0.00%	20.07%	48.16%						

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000023 - Pepperoni Pizza Wedge

Number of Portions: 1

Size of Portion: slice

*Nutrients are based upon 1 Portion Size (slice)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902368 Smart Pizza Wedge Pepperoni Mozz/sub Mozz	1 1 pizza	133	319	19.96	758.62	249.55	2.69
Totals		133	318	19.96	758.62	249.55	2.69

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902368 Smart Pizza Wedge Pepperon	12.98	4.49	0.00	37.93	15.97	2.00	*N/A*	299.45	0.00	*N/A*	*N/A*
Totals	12.98	4.49	0.00	37.93	15.97	2.00	*N/A*	299.45	0.00	*N/A*	*N/A*
% of Calories	36.68%	12.69%	0.00%	20.06%	47.65%						

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000117 - Salisbury Steak**Number of Portions: 1****Size of Portion: steak**

*Nutrients are based upon 1 Portion Size (steak)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902513 Beef Salisbury Steak/FC/	1 steak	84	140	40.00	430.00	40.00	1.80
Totals		84	139	40.00	430.00	40.00	1.80

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902513 Beef Salisbury Steak/FC/	7.00	3.00	0.00	4.00	16.00	1.00	*N/A*	0.00	1.20	*N/A*	*N/A*
Totals		7.00	3.00	0.00	4.00	16.00	1.00	0.00	1.20	*N/A*	*N/A*
% of Calories		45.32%	19.42%	0.00%	46.04%	11.51%					

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500169 - SCRAMBLED EGGS

Number of Portions: 50

Size of Portion: 1/4 CUP

*Nutrients are based upon 1 Portion Size (1/4 CUP)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
050117 Scrambled Eggs	50 .25 CUP	64	82	215.00	144.00	50.00	0.74
Totals		64	81	215.00	144.00	50.00	0.74

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
050117 Scrambled Eggs	5.07	1.57	*N/A*	1.64	7.01	0.00	*N/A*	321.00	0.10	*N/A*	*N/A*
Totals	5.07	1.57	*N/A*	1.64	7.01	0.00	*N/A*	321.00	0.10	*N/A*	*N/A*
% of Calories	56.32%	17.42%	*N/A*%	34.64%	8.12%						

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500171 - SPAGHETTI AND MEAT SAUCE

Number of Portions: 50

Size of Portion: 1 CUP

*Nutrients are based upon 1 Portion Size (1 CUP)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
050118 Spaghetti and Meat Sauce	50 CUP	248	322	126.48	312.48	42.16	3.94
Totals		248	321	126.48	312.48	42.16	3.94

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
050118 Spaghetti and Meat Sauce	10.71	4.39	*N/A*	34.22	21.23	2.98	*N/A*	6.37	5.36	*N/A*	*N/A*
Totals	10.71	4.39	*N/A*	34.22	21.23	2.98	*N/A*	6.37	5.36	*N/A*	*N/A*
% of Calories	30.00%	12.29%	*N/A*%	26.42%	42.59%						

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000071 - Spicy Chicken Burger

Number of Portions: 1

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902490 Hot & Spicy Breaded Chicken Patty/ FC	1 patty	86	201	41.00	283.00	250.00	0.18
902414 Hamburger Bun/WG	1 Hamburger Bun	31	81	0.00	156.00	10.00	0.36
Totals		118	281	41.00	439.00	260.00	0.54

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902490 Hot & Spicy Breaded Chicke	12.00	3.00	0.00	14.00	13.00	1.00	*N/A*	196.00	1.00	*N/A*	*N/A*
902414 Hamburger Bun/WG	1.00	0.00	0.00	15.00	4.00	1.00	*N/A*	0.00	0.00	*N/A*	*N/A*
Totals	13.00	3.00	0.00	29.00	17.00	2.00	*N/A*	196.00	1.00	*N/A*	*N/A*
% of Calories	41.64%	9.61%	0.00%	24.20%	41.28%						

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000076 - Steak Fingers

Number of Portions: 40

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902496 Country Fried Breaded Beef Patties/ Stick sha	1 4 sticks	3	9	1.12	20.94	1.02	0.07
Totals		3	8	1.12	20.94	1.02	0.07

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902496 Country Fried Breaded Beef	0.60	0.22	0.00	0.46	0.35	0.05	*N/A*	3.30	0.02	*N/A*	*N/A*
Totals	0.60	0.22	0.00	0.46	0.35	0.05	*N/A*	3.30	0.02	*N/A*	*N/A*
% of Calories	70.82%	25.66%	0.00%	18.49%	24.12%						

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000150 - Sweet n Sour Chicken

Number of Portions: 50

Size of Portion: 1 cup

*Nutrients are based upon 1 Portion Size (1 cup)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
011333 PEPPERS,SWEET,GREEN,RAW	5 CUP, chopped	15	3	0.00	0.45	1.49	0.05
011291 ONIONS,SPRING OR SCALLIONS (INCL TOPS&BULB),R	2 1/2 small (3" long)	0	0	0.00	0.04	0.18	0.00
011124 CARROTS,RAW	2 3/4 TSP,strips/slices	0	0	0.00	0.10	0.05	0.00
050159 Sweet and Sour Sauce	1/2 GAL	41	27	0.00	106.24	6.40	0.20
902537 Chicken Poppers/BRD/FC	13 1/4 LB	120	264	60.57	868.65	31.66	2.75
Totals		176	293	60.57	975.47	39.78	3.01

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
011333 PEPPERS,SWEET,GREEN,RAW	0.03	0.01	*N/A*	0.69	0.13	0.25	0.36	55.13	11.98	13.99	0.06
011291 ONIONS,SPRING OR SCALLIONS	0.00	0.00	*N/A*	0.02	0.00	0.01	0.01	2.49	0.05	0.22	0.00
011124 CARROTS,RAW	0.00	0.00	0.00	0.01	0.00	0.00	0.01	23.50	0.01	0.12	0.00
050159 Sweet and Sour Sauce	0.04	0.01	*N/A*	6.63	0.34	0.13	*N/A*	66.56	2.94	*N/A*	*N/A*
902537 Chicken Poppers/BRD/FC	15.14	2.75	0.00	17.90	19.27	1.38	*N/A*	165.19	1.38	*N/A*	*N/A*
Totals	15.21	2.77	*0.00*	25.25	19.75	1.77	*0.37*	312.88	16.35	*14.34*	*0.07*
% of Calories	46.66%	8.51%	*0.00%*	26.94%	34.43%						

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500196 - TUNA AND NOODLES

Number of Portions: 50

Size of Portion: CUP

*Nutrients are based upon 1 Portion Size (CUP)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
050121 Tuna and Noodles	50 CUP	303	282	50.99	390.99	132.99	3.91
Totals		303	281	50.99	390.99	132.99	3.91

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
050121 Tuna and Noodles	5.79	1.24	*N/A*	33.15	23.18	1.48	*N/A*	275.97	2.79	*N/A*	*N/A*
Totals	5.79	1.24	*N/A*	33.15	23.18	1.48	*N/A*	275.97	2.79	*N/A*	*N/A*
% of Calories	18.54%	3.98%	*N/A*%	33.00%	47.19%						

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000249 - Turkey & Cheese Sub Bun

Number of Portions: 1

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902600 100 % Whole Wheat Sub Roll	1 sub roll	94	210	0.00	410.00	60.00	2.70
902556 Reduced Sodium/ American Cheese slices	1 2 slices	28	100	25.00	270.00	150.00	0.00
050427 TURKEY, BREAST, DELI-STYLE, SMOKED, COOKED	1 3.2 OZ	91	112	56.00	720.00	16.00	0.96
Totals		212	421	81.00	1400.00	226.00	3.66

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902600 100 % Whole Wheat Sub Roll	3.00	1.00	0.00	43.00	9.00	4.00	4.00	0.00	0.00	*N/A*	*N/A*
902556 Reduced Sodium/ American C	9.00	5.00	0.00	2.00	5.00	0.00	*N/A*	0.00	0.00	*N/A*	*N/A*
050427 TURKEY, BREAST, DELI-STYLE	4.80	1.60	0.00	0.00	17.60	0.00	*N/A*	30.00	5.20	*N/A*	*N/A*
Totals	16.80	7.60	0.00	45.00	31.60	4.00	*4.00*	30.00	5.20	*N/A*	*N/A*
% of Calories	35.91%	16.24%	0.00%	30.02%	42.76%						

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500198 - TURKEY AND DRESSING SUPREME

Number of Portions: 50

Size of Portion: SERVINGS

*Nutrients are based upon 1 Portion Size (SERVINGS)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
050122 Turkey and Dressing Supreme	50 portion	180	271	45.00	441.00	54.99	2.20
Totals		180	270	45.00	441.00	54.99	2.20

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
050122 Turkey and Dressing Suprem	12.62	2.92	*N/A*	18.31	19.78	0.79	*N/A*	365.99	0.40	*N/A*	*N/A*
Totals	12.62	2.92	*N/A*	18.31	19.78	0.79	*N/A*	365.99	0.40	*N/A*	*N/A*
% of Calories	42.06%	9.72%	*N/A*%	29.31%	27.12%						

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¹ - denotes optional nutrient values

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000045 - Turkey Corn Dog

Number of Portions: 1

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
118453 Turkey Corn Dog	1 PIECE	113	290	56.00	740.00	0.00	8.00
Totals		113	289	56.00	740.00	0.00	8.00

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
118453 Turkey Corn Dog	15.00	4.00	*N/A*	28.00	10.99	2.00	*N/A*	0.00	4.00	*N/A*	*N/A*
Totals	15.00	4.00	*N/A*	28.00	10.99	2.00	*N/A*	0.00	4.00	*N/A*	*N/A*
% of Calories	46.70%	12.46%	*N/A*%	15.22%	38.76%						

Legend: * - an asterisk denotes combined nutrient totals with either missing or incomplete nutrient data.

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¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

000163 - WG Brd Beef Finger

Number of Portions: 125

Size of Portion: 4 each

*Nutrients are based upon 1 Portion Size (4 each)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902547 WG Brd Beef Finger	125 4 steak fingers	110	350	40.00	330.00	40.00	1.80
Totals		110	349	40.00	330.00	40.00	1.80

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902547 WG Brd Beef Finger	24.00	7.00	0.00	19.00	15.00	4.00	*N/A*	0.00	0.00	*N/A*	*N/A*
Totals		24.00	7.00	0.00	19.00	4.00	*N/A*	0.00	0.00	*N/A*	*N/A*
% of Calories		61.89%	18.05%	0.00%	17.19%	21.78%					

Legend: * - an asterisk denotes combined nutrient totals with either missing or incomplete nutrient data.

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000220 - WG Breaded Beef Finger

Number of Portions: 40

Size of Portion: 4 fingers

*Nutrients are based upon 1 Portion Size (4 fingers)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902594 WG Breaded Beef Finger	40 4 fingers	110	353	40.37	333.02	40.37	1.82
Totals		110	352	40.37	333.02	40.37	1.82

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902594 WG Breaded Beef Finger	24.22	7.06	0.00	19.17	15.14	4.04	1.01	0.00	0.00	*N/A*	*N/A*
Totals		24.22	7.06	0.00	19.17	4.04	1.01	0.00	0.00	*N/A*	*N/A*
% of Calories		61.89%	18.05%	0.00%	17.19%	21.78%					

Legend: * - an asterisk denotes combined nutrient totals with either missing or incomplete nutrient data.

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000277 - WG Cheese Quesadilla

Number of Portions: 96

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902608 WG Cheese Quesadilla	96 2 pieces	125	320	45.00	600.00	250.00	2.70
Totals		125	319	45.00	600.00	250.00	2.70

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902608 WG Cheese Quesadilla	13.00	6.00	0.00	32.00	18.00	3.00	3.00	300.00	0.00	*N/A*	*N/A*
Totals	13.00	6.00	0.00	32.00	18.00	3.00	3.00	300.00	0.00	*N/A*	*N/A*
% of Calories	36.68%	16.93%	0.00%	22.57%	40.13%						

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000235 - WG Crispy Chicken Sticks

Number of Portions: 171

Size of Portion: 7 pieces

*Nutrients are based upon 1 Portion Size (7 pieces)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902595 WG Crispy Chicken Sticks	171.7 pieces	82	220	20.00	330.00	40.00	1.80
Totals		82	219	20.00	330.00	40.00	1.80

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902595 WG Crispy Chicken Sticks	13.00	2.50	0.00	14.00	13.00	2.00	1.00	100.00	0.00	*N/A*	*N/A*
Totals		13.00	2.50	0.00	14.00	13.00	2.00	100.00	0.00	*N/A*	*N/A*
% of Calories		53.43%	10.27%	0.00%	23.74%	25.57%					

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000219 - WG Dinosaurs

Number of Portions: 63

Size of Portion: 5 each

*Nutrients are based upon 1 Portion Size (5 each)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902593 WG Dinosaurs	63 5 pieces	81	210	40.00	380.00	20.00	1.44
Totals		81	209	40.00	380.00	20.00	1.44

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902593 WG Dinosaurs	13.00	3.00	0.00	11.00	13.00	2.00	1.00	200.00	0.00	*N/A*	*N/A*
Totals		13.00	3.00	0.00	11.00	2.00	1.00	200.00	0.00	*N/A*	*N/A*
% of Calories		55.98%	12.92%	0.00%	24.88%	21.05%					

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000276 - WG Southwestern Chicken Flat

Number of Portions: 72

Size of Portion: 1 flatbread

*Nutrients are based upon 1 Portion Size (1 flatbread)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902603 WG Southwestern Chicken Flatbread	72 Flatbread	129	320	40.00	570.00	2000.00	2.70
Totals		129	319	40.00	570.00	2000.00	2.70

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902603 WG Southwestern Chicken Fl	13.00	5.00	0.00	31.00	20.00	3.00	8.00	200.00	0.00	*N/A*	*N/A*
Totals	13.00	5.00	0.00	31.00	20.00	3.00	8.00	200.00	0.00	*N/A*	*N/A*
% of Calories	36.68%	14.11%	0.00%	25.08%	38.87%						

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000132 - WG/BRD/chicken patty

Number of Portions: 1

Size of Portion: patty

*Nutrients are based upon 1 Portion Size (patty)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902531 Chicken Patty/WG BRD	1 3 pieces	109	260	60.00	430.00	40.00	1.80
Totals		109	259	60.00	430.00	40.00	1.80

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902531 Chicken Patty/WG BRD	14.00	2.50	0.00	16.00	18.00	2.00	*N/A*	200.00	0.00	*N/A*	*N/A*
Totals		14.00	2.50	0.00	16.00	2.00	*N/A*	200.00	0.00	*N/A*	*N/A*
% of Calories		48.65%	8.69%	0.00%	27.80%	24.71%					

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FRUIT

000064 - APPLES,Fresh

Number of Portions: 1.0000

Size of Portion: EACH

*Nutrients are based upon 1 Portion Size (EACH)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
009003 APPLES,RAW,WITH SKIN	1 medium (3 per LB)	138	72	0.00	1.38	8.28	0.17
Totals		138	71	0.00	1.38	8.28	0.17

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
009003 APPLES,RAW,WITH SKIN	0.23	0.04	*N/A*	19.06	0.36	3.31	14.34	74.52	6.35	118.07	0.26
Totals		0.23	0.04	*N/A*	19.06	0.36	3.31	74.52	6.35	118.07	0.26
% of Calories		2.98%	0.53%	*N/A*%	2.03%	107.73%					

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000247 - APPLESAUCE:cndd,unswtnd,+vit C

Number of Portions: 1.0000

Size of Portion: CUP

*Nutrients are based upon 1 Portion Size (CUP)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
900135 APPLESAUCE,CND,UNSWTND,W/ VIT C	1 CUP	244	102	0.00	4.88	9.76	0.56
Totals		244	101	0.00	4.88	9.76	0.56

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
900135 APPLESAUCE,CND,UNSWTND,W/	0.24	0.02	*N/A*	27.50	0.41	2.68	*N/A*	70.76	51.73	215.26	0.59
Totals	0.24	0.02	*N/A*	27.50	0.41	2.68	*N/A*	70.76	51.73	215.26	0.59
% of Calories	2.16%	0.17%	*N/A*%	1.64%	108.39%						

Legend: * - an asterisk denotes combined nutrient totals with either missing or incomplete nutrient data.

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000248 - APRICOTS: canned,light syrup

Number of Portions: 1.0000

Size of Portion: CUP

*Nutrients are based upon 1 Portion Size (CUP)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
009026 APRICOTS,CND,LT SYRUP PK,W/SKN,SOL&LIQUIDS	1 CUP, halves	253	159	0.00	10.12	27.83	0.99
Totals		253	158	0.00	10.12	27.83	0.99

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
009026 APRICOTS,CND,LT SYRUP PK,W	0.13	0.01	*N/A*	41.72	1.34	4.05	37.67	3344.66	6.83	208.88	0.94
Totals	0.13	0.01	*N/A*	41.72	1.34	4.05	37.67	3344.66	6.83	208.88	0.94
% of Calories	0.72%	0.04%	*N/A*%	3.39%	105.36%						

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000068 - BANANAS

Number of Portions: 1.0000

Size of Portion: EACH

*Nutrients are based upon 1 Portion Size (EACH)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
009040 BANANAS,RAW	1 medium (7" to 7-7/8")	118	105	0.00	1.18	5.90	0.31
Totals		118	104	0.00	1.18	5.90	0.31

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
009040 BANANAS,RAW	0.39	0.13	*N/A*	26.95	1.29	3.07	14.43	75.52	10.27	88.39	0.97
Totals		0.39	0.13	*N/A*	26.95	1.29	14.43	75.52	10.27	88.39	0.97
% of Calories		3.37%	1.12%	*N/A*%	4.95%	103.64%					

Legend: * - an asterisk denotes combined nutrient totals with either missing or incomplete nutrient data.

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000272 - CRANBERRY SAUCE: canned,swtnd

Number of Portions: 1.0000

Size of Portion: CUP

*Nutrients are based upon 1 Portion Size (CUP)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
009081 CRANBERRY SAU,CND,SWTND	1 CUP	277	418	0.00	80.33	11.08	0.61
Totals		277	417	0.00	80.33	11.08	0.61

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
009081 CRANBERRY SAU,CND,SWTND	0.42	0.03	*N/A*	107.75	0.55	2.77	104.98	116.34	5.54	168.00	0.28
Totals	0.42	0.03	*N/A*	107.75	0.55	2.77	104.98	116.34	5.54	168.00	0.28
% of Calories	0.90%	0.06%	*N/A*%	0.53%	103.29%						

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000419 - FRUIT COCKTAIL:canned,lt syrup

Number of Portions: 1.0000

Size of Portion: CUP

*Nutrients are based upon 1 Portion Size (CUP)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
009099 FRUIT COCKTAIL,CND,LT SYRUP,SOL&LIQUIDS	1 CUP	242	138	0.00	14.52	14.52	0.70
Totals		242	137	0.00	14.52	14.52	0.70

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
009099 FRUIT COCKTAIL,CND,LT SYRU	0.17	0.02	*N/A*	36.13	0.97	2.42	33.71	496.10	4.60	204.18	0.56
Totals	0.17	0.02	*N/A*	36.13	0.97	2.42	33.71	496.10	4.60	204.18	0.56
% of Calories	1.11%	0.16%	*N/A*%	2.83%	105.54%						

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000420 - FRUIT SALAD: canned,lt syrup

Number of Portions: 1.0000

Size of Portion: CUP

*Nutrients are based upon 1 Portion Size (CUP)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
009104 FRUIT SALAD,CND,LT SYRUP,SOL&LIQUIDS	1 CUP	252	146	0.00	15.12	17.64	0.73
Totals		252	145	0.00	15.12	17.64	0.73

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
009104 FRUIT SALAD,CND,LT SYRUP,S	0.18	0.02	*N/A*	38.15	0.86	2.52	*N/A*	1081.08	6.30	212.28	0.53
Totals	0.18	0.02	*N/A*	38.15	0.86	2.52	*N/A*	1081.08	6.30	212.28	0.53
% of Calories	1.09%	0.14%	*N/A*%	2.36%	105.13%						

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000080 - GRAPEFRUIT HALVES

Number of Portions: 1.0000

Size of Portion: 1/2 EACH

*Nutrients are based upon 1 Portion Size (1/2 EACH)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
009111 GRAPEFRUIT,RAW,PINK&RED&WHITE,ALL AREAS	1 .5 medium (4" dia)	128	41	0.00	0.00	15.36	0.12
Totals		128	40	0.00	0.00	15.36	0.12

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
009111 GRAPEFRUIT,RAW,PINK&RED&WH	0.13	0.01	*N/A*	10.34	0.81	1.41	8.93	1186.56	44.03	116.34	0.40
Totals	0.13	0.01	*N/A*	10.34	0.81	1.41	8.93	1186.56	44.03	116.34	0.40
% of Calories	2.88%	0.29%	*N/A*%	8.07%	103.53%						

Legend: * - an asterisk denotes combined nutrient totals with either missing or incomplete nutrient data.

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

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000422 - GRAPES,Fresh
Number of Portions: 1.0000
Size of Portion: CUP

*Nutrients are based upon 1 Portion Size (CUP)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
009131 GRAPES,AMERICAN TYPE (SLIP SKN),RAW	1 CUP	92	62	0.00	1.84	12.88	0.27
Totals		92	61	0.00	1.84	12.88	0.27

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
009131 GRAPES,AMERICAN TYPE (SLIP	0.32	0.10	*N/A*	15.78	0.58	0.83	14.95	92.00	3.68	74.80	0.52
Totals	0.32	0.10	*N/A*	15.78	0.58	0.83	14.95	92.00	3.68	74.80	0.52
% of Calories	4.78%	1.50%	*N/A*%	3.82%	104.08%						

Legend: * - an asterisk denotes combined nutrient totals with either missing or incomplete nutrient data.

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000103 - Hot Cinnamon Apples RRS-F4

Number of Portions: 100

Size of Portion: 1/2 cup serving

*Nutrients are based upon 1 Portion Size (1/2 cup serving)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
050356 APPLES, CANNED, UNSWEETENED, SLICED, IN WATER	4 #10 CAN	113	32	0.00	4.50	0.00	1.29
902499 Gold-n-Sweet Margarine	1 LB	5	32	0.00	35.64	0.00	0.00
014429 WATER,MUNICIPAL	1 QT	9	0	0.00	0.28	0.28	0.00
019335 SUGARS,GRANULATED	1 QT + 3 CUP	14	55	0.00	0.14	0.14	0.01
002047 SALT, TABLE	2 TBSP	0	0	0.00	139.53	0.09	0.00
002010 CINNAMON,GROUND	1/4 CUP	0	1	0.00	0.03	3.13	0.03
Totals		142	119	0.00	180.13	3.64	1.33

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
050356 APPLES, CANNED, UNSWEETENE	0.00	0.00	0.00	8.10	0.00	0.90	*N/A*	0.00	1.08	*N/A*	*N/A*
902499 Gold-n-Sweet Margarine	3.56	1.62	0.00	0.00	0.00	0.00	*N/A*	162.00	0.00	*N/A*	*N/A*
014429 WATER,MUNICIPAL	0.00	0.00	*N/A*	0.00	0.00	0.00	0.00	0.00	0.00	9.47	0.01
019335 SUGARS,GRANULATED	0.00	0.00	*N/A*	14.11	0.00	0.00	14.08	0.00	0.00	0.00	0.00
002047 SALT, TABLE	0.00	0.00	*N/A*	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.36
002010 CINNAMON,GROUND	0.00	0.00	0.00	0.25	0.01	0.17	0.01	0.92	0.01	0.03	0.01
Totals		3.57	1.62	*0.00*	22.46	0.01	1.06	*14.09*	162.92	*9.51*	*0.38*
% of Calories		26.94%	12.24%	*0.00%*	0.04%	75.37%					

Legend: * - an asterisk denotes combined nutrient totals with either missing or incomplete nutrient data.

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¹ - denotes optional nutrient values

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000086 - ORANGES

Number of Portions: 1.0000

Size of Portion: EACH

*Nutrients are based upon 1 Portion Size (EACH)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
009200 ORANGES,RAW,ALL COMM VAR	1 fruit (2-5/8" dia)	131	62	0.00	0.00	52.40	0.13
Totals		131	61	0.00	0.00	52.40	0.13

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
009200 ORANGES,RAW,ALL COMM VAR	0.16	0.03	*N/A*	15.39	1.23	3.14	12.25	294.75	69.69	113.64	0.58
Totals	0.16	0.03	*N/A*	15.39	1.23	3.14	12.25	294.75	69.69	113.64	0.58
% of Calories	2.34%	0.39%	*N/A*%	8.13%	101.65%						

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000085 - ORANGES HALVES

Number of Portions: 1.0000

Size of Portion: 1/2 EACH

*Nutrients are based upon 1 Portion Size (1/2 EACH)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
009200 ORANGES,RAW,ALL COMM VAR	1/2 fruit (2-5/8" dia)	66	31	0.00	0.00	26.20	0.07
Totals		66	30	0.00	0.00	26.20	0.07

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
009200 ORANGES,RAW,ALL COMM VAR	0.08	0.01	*N/A*	7.70	0.62	1.57	6.12	147.38	34.85	56.82	0.29
Totals	0.08	0.01	*N/A*	7.70	0.62	1.57	6.12	147.38	34.85	56.82	0.29
% of Calories	2.38%	0.40%	*N/A*%	8.27%	103.36%						

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000437 - PEACHES: canned,light syrup

Number of Portions: 1.0000

Size of Portion: CUP

*Nutrients are based upon 1 Portion Size (CUP)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
009240 PEACHES,CND,LT SYRUP PK,SOL&LIQUIDS	1 CUP,slice/half	251	136	0.00	12.55	7.53	0.90
Totals		251	135	0.00	12.55	7.53	0.90

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
009240 PEACHES,CND,LT SYRUP PK,SO	0.08	0.00	*N/A*	36.52	1.13	3.26	33.26	888.54	6.02	212.65	0.63
Totals	0.08	0.00	*N/A*	36.52	1.13	3.26	33.26	888.54	6.02	212.65	0.63
% of Calories	0.50%	0.00%	*N/A*%	3.36%	108.58%						

Legend: * - an asterisk denotes combined nutrient totals with either missing or incomplete nutrient data.

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¹ - denotes optional nutrient values

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000204 - Pears Diced LS

Number of Portions: 25

Size of Portion: 1/2 cup

*Nutrients are based upon 1 Portion Size (1/2 cup)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902576 Pears,diced,LS	1 #10 can	120	74	0.00	13.87	0.00	0.00
Totals		120	73	0.00	13.87	0.00	0.00

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902576 Pears,diced,LS	0.00	0.00	0.00	17.57	0.00	0.92	13.87	0.00	0.00	*N/A*	*N/A*
Totals		0.00	0.00	0.00	17.57	0.92	13.87	0.00	0.00	*N/A*	*N/A*
% of Calories		0.00%	0.00%	0.00%	0.00%	96.30%					

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¹ - denotes optional nutrient values

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000102 - Pears w/ Cherries RRS-F5

Number of Portions: 100

Size of Portion: 1/2 cup

*Nutrients are based upon 1 Portion Size (1/2 cup)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902503 Pears/LS, Diced	5 #10 can	149	92	0.00	5.72	0.00	0.41
902502 Maraschino Cherries/ halves	1 1/2 gallon	18	36	0.00	0.00	*N/A*	*N/A*
Totals		167	127	0.00	5.72	*0.00*	*0.41*

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902503 Pears/LS, Diced	0.00	0.00	0.00	22.90	1.14	2.29	*N/A*	0.00	1.37	*N/A*	*N/A*
902502 Maraschino Cherries/ halve	0.00	*N/A*	0.00	7.26	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Totals		0.00	*0.00*	0.00	30.16	1.14	*2.29*	*0.00*	*1.37*	*N/A*	*N/A*
% of Calories		0.00%	*0.00%*	0.00%	3.61%	95.07%					

Legend: * - an asterisk denotes combined nutrient totals with either missing or incomplete nutrient data.

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¹ - denotes optional nutrient values

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000090 - PEARS,FRESH
Number of Portions: 1.0000
Size of Portion: EACH

*Nutrients are based upon 1 Portion Size (EACH)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
009252 PEARS,RAW	1 medium	178	101	0.00	1.78	16.02	0.32
Totals		178	100	0.00	1.78	16.02	0.32

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
009252 PEARS,RAW	0.25	0.04	*N/A*	27.11	0.64	5.52	17.36	44.50	7.65	149.45	0.57
Totals		0.25	0.04	*N/A*	27.11	0.64	17.36	44.50	7.65	149.45	0.57
% of Calories		2.23%	0.32%	*N/A*%	2.55%	107.94%					

Legend: * - an asterisk denotes combined nutrient totals with either missing or incomplete nutrient data.

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¹ - denotes optional nutrient values

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000438 - PEARS: canned,light syrup

Number of Portions: 1.0000

Size of Portion: CUP

*Nutrients are based upon 1 Portion Size (CUP)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
009256 PEARS,CND,LT SYRUP PK,SOL&LIQUIDS	1 CUP, halves	251	143	0.00	12.55	12.55	0.70
Totals		251	142	0.00	12.55	12.55	0.70

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
009256 PEARS,CND,LT SYRUP PK,SOL&	0.08	0.00	*N/A*	38.08	0.48	4.02	30.37	0.00	1.76	211.99	0.35
Totals	0.08	0.00	*N/A*	38.08	0.48	4.02	30.37	0.00	1.76	211.99	0.35
% of Calories	0.48%	0.00%	*N/A*%	1.34%	107.21%						

Legend: * - an asterisk denotes combined nutrient totals with either missing or incomplete nutrient data.

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¹ - denotes optional nutrient values

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000092 - PINEAPPLE CHUNKS:canned,lt syr

Number of Portions: 1.0000

Size of Portion: CUP

*Nutrients are based upon 1 Portion Size (CUP)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
009269 PINEAPPLE,CND,LT SYRUP PK,SOL&LIQUIDS	1 CUP, crush,slice,chunk	252	131	0.00	2.52	35.28	0.98
Totals		252	130	0.00	2.52	35.28	0.98

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
009269 PINEAPPLE,CND,LT SYRUP PK,	0.30	0.03	*N/A*	33.89	0.91	2.02	31.88	95.76	18.90	216.04	0.88
Totals	0.30	0.03	*N/A*	33.89	0.91	2.02	31.88	95.76	18.90	216.04	0.88
% of Calories	2.09%	0.17%	*N/A*%	2.79%	104.26%						

Legend: * - an asterisk denotes combined nutrient totals with either missing or incomplete nutrient data.

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¹ - denotes optional nutrient values

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000097 - RAISINS**Number of Portions: 1.0000****Size of Portion: CUP**

*Nutrients are based upon 1 Portion Size (CUP)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
009298 RAISINS,SEEDLESS	1 CUP, (not packed)	145	434	0.00	15.95	72.50	2.73
Totals		145	433	0.00	15.95	72.50	2.73

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
009298 RAISINS,SEEDLESS	0.67	0.09	*N/A*	114.81	4.45	5.37	85.83	0.00	3.34	22.37	2.68
Totals		0.67	0.09	*N/A*	114.81	4.45	85.83	0.00	3.34	22.37	2.68
% of Calories		1.39%	0.18%	*N/A*%	4.12%	106.17%					

Legend: * - an asterisk denotes combined nutrient totals with either missing or incomplete nutrient data.

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¹ - denotes optional nutrient values² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

000104 - Rosy Applesauce/ RRS-F3

Number of Portions: 100

Size of Portion: 1/2 cup serving

*Nutrients are based upon 1 Portion Size (1/2 cup serving)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902428 Applesauce/Sweetened	5 #10 can	153	100	0.00	16.64	0.00	2.00
019172 GELATIN DSSRT,DRY MIX	1 LB	5	17	0.00	21.14	0.14	0.01
Totals		158	116	0.00	37.78	0.14	2.00

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902428 Applesauce/Sweetened	0.00	0.00	0.00	25.52	1.11	1.11	*N/A*	0.00	2.66	*N/A*	*N/A*
019172 GELATIN DSSRT,DRY MIX	0.00	0.00	*N/A*	4.11	0.35	0.00	3.90	0.00	0.00	0.05	0.03
Totals		0.00	0.00	*0.00*	29.62	1.46	3.90*	0.00	2.66	*0.05*	*0.03*
% of Calories		0.00%	0.00%	*0.00%*	5.04%	102.03%					

Legend: * - an asterisk denotes combined nutrient totals with either missing or incomplete nutrient data.

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¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

000099 - STRAWBERRIES,FRESH

Number of Portions: 1.0000

Size of Portion: CUP

*Nutrients are based upon 1 Portion Size (CUP)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
009316 STRAWBERRIES,RAW	1 CUP, whole	144	46	0.00	1.44	23.04	0.59
Totals		144	45	0.00	1.44	23.04	0.59

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
009316 STRAWBERRIES,RAW	0.43	0.01	*N/A*	11.06	0.96	2.88	7.04	17.28	84.67	130.97	0.58
Totals		0.43	0.01	*N/A*	11.06	0.96	7.04	17.28	84.67	130.97	0.58
% of Calories		8.62%	0.29%	*N/A*%	8.56%	98.13%					

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N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

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000098 - STRAWBERRIES: frozen

Number of Portions: 1.0000

Size of Portion: CUP

*Nutrients are based upon 1 Portion Size (CUP)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
009320 STRAWBERRIES,FRZ,SWTND,SLICED	1 CUP, thawed	255	245	0.00	7.65	28.05	1.50
Totals		255	244	0.00	7.65	28.05	1.50

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
009320 STRAWBERRIES,FRZ,SWTND,SLI	0.33	0.02	*N/A*	66.10	1.35	4.85	61.23	61.20	105.57	186.61	0.61
Totals	0.33	0.02	*N/A*	66.10	1.35	4.85	61.23	61.20	105.57	186.61	0.61
% of Calories	1.22%	0.07%	*N/A*%	2.22%	108.44%						

Legend: * - an asterisk denotes combined nutrient totals with either missing or incomplete nutrient data.

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000101 - WATERMELON,CHUNKS

Number of Portions: 1.0000

Size of Portion: CUP

*Nutrients are based upon 1 Portion Size (CUP)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
009326 WATERMELON,RAW	1 CUP, diced	152	46	0.00	1.52	10.64	0.36
Totals		152	45	0.00	1.52	10.64	0.36

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
009326 WATERMELON,RAW	0.23	0.02	*N/A*	11.48	0.93	0.61	9.42	864.88	12.31	139.00	0.38
Totals		0.23	0.02	*N/A*	11.48	0.93	9.42	864.88	12.31	139.00	0.38
% of Calories		4.60%	0.31%	*N/A*%	8.32%	102.92%					

Legend: * - an asterisk denotes combined nutrient totals with either missing or incomplete nutrient data.

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Drinks

MILK

000195 - 1% Low fat White Milk

Number of Portions: 1

Size of Portion: carton

*Nutrients are based upon 1 Portion Size (carton)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902565 1% lowfat white milk, half pint	1 carton	227	100	10.00	125.00	300.00	0.00
Totals		227	99	10.00	125.00	300.00	0.00

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902565 1% lowfat white milk, half	2.50	1.50	0.00	12.00	8.00	0.00	12.00	500.00	2.40	*N/A*	*N/A*
Totals	2.50	1.50	0.00	12.00	8.00	0.00	12.00	500.00	2.40	*N/A*	*N/A*
% of Calories	22.72%	13.63%	0.00%	32.32%	48.48%						

Legend: * - an asterisk denotes combined nutrient totals with either missing or incomplete nutrient data.

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000194 - Chocolate Fat Free Milk

Number of Portions: 1

Size of Portion: carton

*Nutrients are based upon 1 Portion Size (carton)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902566 chocolate Fat Free Milk, half pint	1 carton	227	110	5.00	100.00	300.00	0.00
Totals		227	109	5.00	100.00	300.00	0.00

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902566 chocolate Fat Free Milk, h	0.00	0.00	0.00	19.00	8.00	0.00	18.00	500.00	2.40	*N/A*	*N/A*
Totals	0.00	0.00	0.00	19.00	8.00	0.00	18.00	500.00	2.40	*N/A*	*N/A*
% of Calories	0.00%	0.00%	0.00%	29.35%	69.73%						

Legend: * - an asterisk denotes combined nutrient totals with either missing or incomplete nutrient data.

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

¹ - denotes optional nutrient values

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Pizza

PIZZA

000278 - WG Fiestada Pizza

Number of Portions: 96

Size of Portion: pizza

*Nutrients are based upon 1 Portion Size (pizza)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902606 WG Fiestada 50%, pizza	96 pizza	154	360	25.00	780.00	250.00	2.70
Totals		154	359	25.00	780.00	250.00	2.70

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902606 WG Fiestada 50%, pizza	14.00	6.00	0.00	41.00	18.00	5.00	9.00	500.00	0.00	*N/A*	*N/A*
Totals		14.00	6.00	0.00	41.00	5.00	9.00	500.00	0.00	*N/A*	*N/A*
% of Calories		35.10%	15.04%	0.00%	20.06%	45.68%					

Legend: * - an asterisk denotes combined nutrient totals with either missing or incomplete nutrient data.

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

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Salads

500186 - TACO SALAD

Number of Portions: 50

Size of Portion: SERVINGS

*Nutrients are based upon 1 Portion Size (SERVINGS)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
050131 Taco Salad	50 salad	172	296	45.99	589.99	201.00	2.48
Totals		172	295	45.99	589.99	201.00	2.48

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
050131 Taco Salad	16.17	5.78	*N/A*	20.11	18.37	3.20	*N/A*	671.99	8.39	*N/A*	*N/A*
Totals		16.17	5.78	*N/A*	20.11	18.37	3.20	671.99	8.39	*N/A*	*N/A*
% of Calories		49.33%	17.63%	*N/A*%	24.91%	27.26%					

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Sandwich

500012 - BARBECUED BEEF ON A ROLL:(CAN)

Number of Portions: 50

Size of Portion: SERVINGS

*Nutrients are based upon 1 Portion Size (SERVINGS)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
050139 Barbecued Beef on Roll (Using Canned Meats)	50 sandwich	140	276	38.99	789.00	87.00	3.39
Totals		140	275	38.99	789.00	87.00	3.39

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
050139 Barbecued Beef on Roll (Us	7.15	2.32	*N/A*	35.73	16.73	2.10	*N/A*	427.00	7.99	*N/A*	*N/A*
Totals	7.15	2.32	*N/A*	35.73	16.73	2.10	*N/A*	427.00	7.99	*N/A*	*N/A*
% of Calories	23.41%	7.61%	*N/A*%	24.33%	51.97%						

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000177 - Burger Salad ESC3 V-15

Number of Portions: 100

Size of Portion: 3/4 cup

*Nutrients are based upon 1 Portion Size (3/4 cup)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
011253 LETTUCE,GRN LEAF,RAW	10 LB	45	7	0.00	12.70	16.33	0.39
011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE	6 LB	27	5	0.00	1.36	2.72	0.07
011205 CUCUMBER,WITH PEEL,RAW	5 LB	23	3	0.00	0.45	3.63	0.06
Totals		95	14	0.00	14.51	22.68	0.53

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
011253 LETTUCE,GRN LEAF,RAW	0.07	0.01	*N/A*	1.30	0.62	0.59	0.35	3358.85	4.17	43.08	0.28
011529 TOMATOES,RED,RIPE,RAW,YEAR	0.05	0.01	*N/A*	1.06	0.24	0.33	0.72	226.71	3.73	25.72	0.14
011205 CUCUMBER,WITH PEEL,RAW	0.02	0.01	*N/A*	0.82	0.15	0.11	0.38	23.81	0.64	21.60	0.09
Totals		0.15	0.02	*N/A*	3.18	1.00	1.03	3609.37	8.54	90.40	0.50
% of Calories		9.41%	1.53%	*N/A*%	28.47%	90.29%					

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500170 - SLOPPY JOE ON A ROLL

Number of Portions: 50

Size of Portion: SERVINGS

*Nutrients are based upon 1 Portion Size (SERVINGS)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
050145 Sloppy Joe on Roll	50 sandwich	147	345	51.99	539.99	97.99	3.73
Totals		147	344	51.99	539.99	97.99	3.73

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
050145 Sloppy Joe on Roll	12.76	4.95	*N/A*	35.93	20.95	2.40	*N/A*	560.00	11.89	*N/A*	*N/A*
Totals	12.76	4.95	*N/A*	35.93	20.95	2.40	*N/A*	560.00	11.89	*N/A*	*N/A*
% of Calories	33.38%	12.96%	*N/A*%	24.36%	41.78%						

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000173 - Turkey & Cheese Sandwich #2

Number of Portions: 1

Size of Portion: sandwich

*Nutrients are based upon 1 Portion Size (sandwich)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902555 100 % Whole Wheat Sandwich / Flowers Foods	1 2 slices	57	121	0.00	283.50	81.00	1.46
902556 Reduced Sodium/ American Cheese slices	1 2 slices	28	100	25.00	270.00	150.00	0.00
050427 TURKEY, BREAST, DELI-STYLE, SMOKED, COOKED	1 3.2 OZ	91	112	56.00	720.00	16.00	0.96
Totals		175	333	81.00	1273.49	247.00	2.42

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902555 100 % Whole Wheat Sandwich	3.04	0.00	0.00	24.30	8.10	4.05	*N/A*	0.00	0.00	*N/A*	*N/A*
902556 Reduced Sodium/ American C	9.00	5.00	0.00	2.00	5.00	0.00	*N/A*	0.00	0.00	*N/A*	*N/A*
050427 TURKEY, BREAST, DELI-STYLE	4.80	1.60	0.00	0.00	17.60	0.00	*N/A*	30.00	5.20	*N/A*	*N/A*
Totals	16.84	6.60	0.00	26.30	30.70	4.05	*N/A*	30.00	5.20	*N/A*	*N/A*
% of Calories	45.57%	17.86%	0.00%	36.93%	31.64%						

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Vegetable

500005 - BAKED BEANS (VEGETARIAN)

Number of Portions: 50

Size of Portion: SERVINGS

*Nutrients are based upon 1 Portion Size (SERVINGS)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
050178 Baked Beans (Using Canned Vegetarian Beans)	50 .67 CUP	160	159	0.00	532.00	86.00	0.85
Totals		160	158	0.00	532.00	86.00	0.85

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
050178 Baked Beans (Using Canned	0.64	0.16	*N/A*	35.98	6.77	6.99	*N/A*	360.00	7.79	*N/A*	*N/A*
Totals	0.64	0.16	*N/A*	35.98	6.77	6.99	*N/A*	360.00	7.79	*N/A*	*N/A*
% of Calories	3.65%	0.91%	*N/A*%	17.14%	91.10%						

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000044 - BAKED POTATO
Number of Portions: 1.0000
Size of Portion: EACH

*Nutrients are based upon 1 Portion Size (EACH)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
011674 POTATO,BKD,FLESH & SKN,WO/ SALT	1 potato medium	173	161	0.00	17.30	25.95	1.87
Totals		173	160	0.00	17.30	25.95	1.87

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
011674 POTATO,BKD,FLESH & SKN,WO/	0.22	0.07	*N/A*	36.59	4.33	3.81	2.04	17.30	16.61	129.56	2.30
Totals	0.22	0.07	*N/A*	36.59	4.33	3.81	2.04	17.30	16.61	129.56	2.30
% of Calories	1.27%	0.39%	*N/A*%	10.82%	91.54%						

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000253 - BEETS: canned
Number of Portions: 1.0000
Size of Portion: CUP

*Nutrients are based upon 1 Portion Size (CUP)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
011084 BEETS,CND,DRND SOL	1 CUP, slices	170	53	0.00	329.80	25.50	3.09
Totals		170	52	0.00	329.80	25.50	3.09

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
011084 BEETS,CND,DRND SOL	0.24	0.03	*N/A*	12.26	1.55	3.06	9.37	40.80	6.97	154.63	1.33
Totals	0.24	0.03	*N/A*	12.26	1.55	3.06	9.37	40.80	6.97	154.63	1.33
% of Calories	4.14%	0.59%	*N/A*%	11.97%	94.83%						

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000254 - BLACK-EYED PEAS:from dry,boil

Number of Portions: 1.0000

Size of Portion: CUP

*Nutrients are based upon 1 Portion Size (CUP)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
016363 COWPEAS,COMMON,MATURE SEEDS,CKD,BLD,W/SALT	1 CUP	171	198	0.00	410.40	41.04	4.29
Totals		171	197	0.00	410.40	41.04	4.29

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
016363 COWPEAS,COMMON,MATURE SEED	0.91	0.22	*N/A*	35.50	13.22	11.12	5.64	25.65	0.68	119.77	1.61
Totals	0.91	0.22	*N/A*	35.50	13.22	11.12	5.64	25.65	0.68	119.77	1.61
% of Calories	4.13%	1.01%	*N/A*%	26.79%	71.95%						

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500026 - BROCCHEESE & RICE CASSEROLE

Number of Portions: 50

Size of Portion: SERVINGS

*Nutrients are based upon 1 Portion Size (SERVINGS)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
050180 Broccoli, Cheese, and Rice Casserole	50 .34 CUP	127	137	7.99	389.99	155.99	1.03
Totals		127	136	7.99	389.99	155.99	1.03

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
050180 Broccoli, Cheese, and Rice	3.43	1.92	*N/A*	19.90	7.01	1.60	*N/A*	978.99	23.50	*N/A*	*N/A*
Totals	3.43	1.92	*N/A*	19.90	7.01	1.60	*N/A*	978.99	23.50	*N/A*	*N/A*
% of Calories	22.69%	12.69%	*N/A*%	20.62%	58.53%						

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000256 - BROCCOLI,raw: fresh

Number of Portions: 1.0000

Size of Portion: CUP

*Nutrients are based upon 1 Portion Size (CUP)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
011090 BROCCOLI,RAW	1 CUP, chopped	91	31	0.00	30.03	42.77	0.66
Totals		91	30	0.00	30.03	42.77	0.66

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
011090 BROCCOLI,RAW	0.34	0.03	*N/A*	6.04	2.57	2.37	1.55	566.93	81.17	81.26	0.79
Totals	0.34	0.03	*N/A*	6.04	2.57	2.37	1.55	566.93	81.17	81.26	0.79
% of Calories	10.12%	0.82%	*N/A*%	34.28%	80.73%						

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000257 - BROCCOLI: fresh, boiled

Number of Portions: 1.0000

Size of Portion: CUP

*Nutrients are based upon 1 Portion Size (CUP)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
011091 BROCCOLI,CKD,BLD,DRND,WO/SALT	1 CUP, chopped	156	55	0.00	63.96	62.40	1.05
Totals		156	54	0.00	63.96	62.40	1.05

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
011091 BROCCOLI,CKD,BLD,DRND,WO/S	0.64	0.11	*N/A*	11.20	3.71	5.15	2.17	2414.88	101.24	139.23	1.20
Totals	0.64	0.11	*N/A*	11.20	3.71	5.15	2.17	2414.88	101.24	139.23	1.20
% of Calories	10.74%	1.83%	*N/A*%	27.71%	83.59%						

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000258 - BROCCOLI: frozen, boiled

Number of Portions: 1.0000

Size of Portion: CUP

*Nutrients are based upon 1 Portion Size (CUP)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
011093 BROCCOLI,FRZ,CHOPD,CKD,BLD,DRND,WO/SALT	1 CUP	184	52	0.00	20.24	60.72	1.12
Totals		184	51	0.00	20.24	60.72	1.12

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
011093 BROCCOLI,FRZ,CHOPD,CKD,BLD	0.22	0.02	*N/A*	9.84	5.70	5.52	2.70	1860.24	73.78	166.92	1.31
Totals	0.22	0.02	*N/A*	9.84	5.70	5.52	2.70	1860.24	73.78	166.92	1.31
% of Calories	3.93%	0.33%	*N/A*%	45.16%	77.94%						

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000022 - CARROT STICKS

Number of Portions: 1.0000

Size of Portion: CUP

*Nutrients are based upon 1 Portion Size (CUP)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
011124 CARROTS,RAW	1 CUP,strips/slices	122	50	0.00	84.18	40.26	0.37
Totals		122	49	0.00	84.18	40.26	0.37

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
011124 CARROTS,RAW	0.29	0.05	0.00	11.69	1.13	3.42	5.78	20509.42	7.20	107.71	1.18
Totals	0.29	0.05	0.00	11.69	1.13	3.42	5.78	20509.42	7.20	107.71	1.18
% of Calories	5.38%	0.90%	0.00%	9.26%	95.37%						

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000260 - CARROTS: canned, cooked

Number of Portions: 1.0000

Size of Portion: CUP

*Nutrients are based upon 1 Portion Size (CUP)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
011128 CARROTS,CND,REG PK,DRND SOL	1 CUP, sliced	146	37	0.00	353.32	36.50	0.93
Totals		146	36	0.00	353.32	36.50	0.93

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
011128 CARROTS,CND,REG PK,DRND SO	0.28	0.04	*N/A*	8.09	0.93	2.19	3.62	16308.20	3.94	135.71	0.99
Totals	0.28	0.04	*N/A*	8.09	0.93	2.19	3.62	16308.20	3.94	135.71	0.99
% of Calories	7.03%	1.11%	*N/A*%	10.53%	91.14%						

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000261 - CARROTS:frozen, boiled

Number of Portions: 1.0000

Size of Portion: CUP

*Nutrients are based upon 1 Portion Size (CUP)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
011131 CARROTS,FRZ,CKD,BLD,DRND,WO/SALT	1 CUP, sliced	146	54	0.00	86.14	51.10	0.77
Totals		146	53	0.00	86.14	51.10	0.77

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
011131 CARROTS,FRZ,CKD,BLD,DRND,W	0.99	0.18	*N/A*	11.29	0.85	4.82	5.96	24714.88	3.36	131.87	1.01
Totals	0.99	0.18	*N/A*	11.29	0.85	4.82	5.96	24714.88	3.36	131.87	1.01
% of Calories	16.85%	2.97%	*N/A*%	6.39%	85.14%						

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000264 - CAULIFLOWER,raw: fresh

Number of Portions: 1.0000

Size of Portion: CUP

*Nutrients are based upon 1 Portion Size (CUP)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
011135 CAULIFLOWER,RAW	1 CUP	100	25	0.00	30.00	22.00	0.42
Totals		100	24	0.00	30.00	22.00	0.42

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
011135 CAULIFLOWER,RAW	0.28	0.06	*N/A*	4.97	1.92	2.00	1.91	0.00	48.20	92.07	0.76
Totals	0.28	0.06	*N/A*	4.97	1.92	2.00	1.91	0.00	48.20	92.07	0.76
% of Calories	10.50%	2.25%	*N/A*%	32.00%	82.83%						

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¹ - denotes optional nutrient values

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000267 - CELERY STICKS
Number of Portions: 1.0000
Size of Portion: CUP

*Nutrients are based upon 1 Portion Size (CUP)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
011143 CELERY,RAW	1 CUP	120	19	0.00	96.00	48.00	0.24
Totals		120	18	0.00	96.00	48.00	0.24

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
011143 CELERY,RAW	0.20	0.05	*N/A*	3.56	0.83	1.92	2.20	538.80	3.72	114.52	0.90
Totals		0.20	0.05	*N/A*	3.56	0.83	2.20	538.80	3.72	114.52	0.90
% of Calories		10.09%	2.37%	*N/A*%	18.20%	78.33%					

Legend: * - an asterisk denotes combined nutrient totals with either missing or incomplete nutrient data.

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¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

000215 - Chili Beans**Number of Portions: 24****Size of Portion: 1/2 cup**

*Nutrients are based upon 1 Portion Size (1/2 cup)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902587 Chili Beans	1 #10 can	131	111	0.00	534.55	40.34	1.82
Totals		131	110	0.00	534.55	40.34	1.82

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902587 Chili Beans	1.01	0.00	0.00	20.17	6.05	6.05	2.02	302.58	0.00	*N/A*	*N/A*
Totals		1.01	0.00	0.00	20.17	6.05	2.02	302.58	0.00	*N/A*	*N/A*
% of Calories		8.25%	0.00%	0.00%	22.01%	73.39%					

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¹ - denotes optional nutrient values² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

500077 - CHINESE STYLE VEGETABLES

Number of Portions: 50

Size of Portion: 1/4 CUP

*Nutrients are based upon 1 Portion Size (1/4 CUP)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
050181 Chinese Style Vegetables	50 .25 CUP	53	37	0.00	66.00	19.00	0.32
Totals		53	36	0.00	66.00	19.00	0.32

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
050181 Chinese Style Vegetables	2.34	0.33	*N/A*	3.76	0.82	1.30	*N/A*	2440.00	10.10	*N/A*	*N/A*
Totals		2.34	0.33	*N/A*	3.76	0.82	*N/A*	2440.00	10.10	*N/A*	*N/A*
% of Calories		58.43%	8.22%	*N/A*%	9.07%	41.75%					

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000032 - CORN ON THE COB: frozen,boiled

Number of Portions: 1.0000

Size of Portion: EACH

*Nutrients are based upon 1 Portion Size (EACH)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
011775 CORN,SWT,YEL,FRZ,KRNLS ON COB,CKD,BLD,DRND,W/	1 Ear, 3" cobbette	85	80	0.00	204.00	2.55	0.52
Totals		85	79	0.00	204.00	2.55	0.52

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
011775 CORN,SWT,YEL,FRZ,KRNLS ON	0.63	0.09	*N/A*	18.98	2.64	2.38	3.05	197.20	4.08	62.22	0.53
Totals	0.63	0.09	*N/A*	18.98	2.64	2.38	3.05	197.20	4.08	62.22	0.53
% of Calories	7.17%	1.07%	*N/A*%	13.40%	96.23%						

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¹ - denotes optional nutrient values

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000270 - CORN: canned, yellow

Number of Portions: 1.0000

Size of Portion: CUP

*Nutrients are based upon 1 Portion Size (CUP)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
011172 CORN,SWT,YEL,CND,WHL KERNEL,DRND SOL	1 CUP	164	130	0.00	305.04	6.56	0.90
Totals		164	129	0.00	305.04	6.56	0.90

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
011172 CORN,SWT,YEL,CND,WHL KERNE	1.82	0.26	*N/A*	29.14	4.03	3.12	4.99	73.80	2.62	127.59	1.41
Totals	1.82	0.26	*N/A*	29.14	4.03	3.12	4.99	73.80	2.62	127.59	1.41
% of Calories	12.74%	1.84%	*N/A*%	12.55%	90.67%						

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¹ - denotes optional nutrient values

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000271 - CORN: frozen, yellow

Number of Portions: 1.0000

Size of Portion: CUP

*Nutrients are based upon 1 Portion Size (CUP)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
011179 CORN,SWT,YEL,FRZ,KRNLS CUT OFF COB,BLD,DRND,W	1 CUP	165	134	0.00	1.65	4.95	0.78
Totals		165	133	0.00	1.65	4.95	0.78

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
011179 CORN,SWT,YEL,FRZ,KRNLS CUT	1.11	0.17	*N/A*	31.85	4.21	3.96	5.07	328.35	5.78	127.10	0.73
Totals	1.11	0.17	*N/A*	31.85	4.21	3.96	5.07	328.35	5.78	127.10	0.73
% of Calories	7.50%	1.12%	*N/A*%	12.69%	96.03%						

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000154 - Country Blend Vegetables

Number of Portions: 1

Size of Portion: 1/2 cup

*Nutrients are based upon 1 Portion Size (1/2 cup)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902543 Country Blend Vegetables	50 1/2 cup	5670	4002	0.00	667.06	1334.07	24.04
Totals		5670	4001	0.00	667.06	1334.07	24.04

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902543 Country Blend Vegetables	0.00	0.00	0.00	800.48	133.41	133.41	*N/A*	83380.87	400.24	*N/A*	*N/A*
Totals	0.00	0.00	0.00	800.48	133.41	133.41	*N/A*	83380.87	400.24	*N/A*	*N/A*
% of Calories	0.00%	0.00%	0.00%	13.34%	80.02%						

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¹ - denotes optional nutrient values

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000206 - Crinkle Cut Fries

Number of Portions: 23

Size of Portion: 3 oz

*Nutrients are based upon 1 Portion Size (3 oz)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902579 Crinkle Cut Fries, ovenable	5 LB	99	139	0.00	34.80	0.00	0.00
Totals		99	138	0.00	34.80	0.00	0.00

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902579 Crinkle Cut Fries, ovenabl	5.22	1.74	0.00	22.04	2.32	2.32	0.00	0.00	0.00	*N/A*	*N/A*
Totals	5.22	1.74	0.00	22.04	2.32	2.32	0.00	0.00	0.00	*N/A*	*N/A*
% of Calories	33.99%	11.33%	0.00%	6.72%	63.79%						

Legend: * - an asterisk denotes combined nutrient totals with either missing or incomplete nutrient data.

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000377 - CUCUMBER,RAW**Number of Portions: 1.0000****Size of Portion: 1 OZ**

*Nutrients are based upon 1 Portion Size (1 OZ)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
011206 CUCUMBER,PEELED,RAW	1 OZ	28	3	0.00	0.57	3.97	0.06
Totals		28	2	0.00	0.57	3.97	0.06

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
011206 CUCUMBER,PEELED,RAW	0.05	0.00	*N/A*	0.61	0.17	0.20	0.39	20.41	0.91	27.42	0.10
Totals	0.05	0.00	*N/A*	0.61	0.17	0.20	0.39	20.41	0.91	27.42	0.10
% of Calories	17.00%	1.06%	*N/A*%	27.85%	101.98%						

Legend: * - an asterisk denotes combined nutrient totals with either missing or incomplete nutrient data.

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

¹ - denotes optional nutrient values² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

000487 - FRENCH FRIES: oven heat

Number of Portions: 1.0000

Size of Portion: 2.5 OZ

*Nutrients are based upon 1 Portion Size (2.5 OZ)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
990019 POTATOES,FRENCH FR,FROZEN,HOME- PREPARED,HTD I	2 1/2 OZ	71	142	0.00	188.52	5.67	0.88
Totals		71	141	0.00	188.52	5.67	0.88

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
990019 POTATOES,FRENCH FR,FROZEN,	5.36	0.89	*N/A*	22.11	2.25	2.27	*N/A*	0.00	7.16	40.50	0.66
Totals	5.36	0.89	*N/A*	22.11	2.25	2.27	*N/A*	0.00	7.16	40.50	0.66
% of Calories	34.26%	5.71%	*N/A*%	6.39%	62.82%						

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000423 - GREAT NORTHERN BEANS: from dry

Number of Portions: 1.0000

Size of Portion: CUP

*Nutrients are based upon 1 Portion Size (CUP)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
016325 BEANS,GREAT NORTHERN,MATURE SEEDS,CKD,BLD,W/S	1 CUP	177	209	0.00	421.26	120.36	3.77
Totals		177	208	0.00	421.26	120.36	3.77

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
016325 BEANS,GREAT NORTHERN,MATUR	0.80	0.25	*N/A*	37.33	14.74	12.39	*N/A*	1.77	2.30	122.13	2.02
Totals	0.80	0.25	*N/A*	37.33	14.74	12.39	*N/A*	1.77	2.30	122.13	2.02
% of Calories	3.45%	1.07%	*N/A*%	28.37%	71.84%						

Legend: * - an asterisk denotes combined nutrient totals with either missing or incomplete nutrient data.

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¹ - denotes optional nutrient values

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000424 - green beans, canned, cooked

Number of Portions: 1.0000

Size of Portion: CUP

*Nutrients are based upon 1 Portion Size (CUP)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
901669 BEANS,SNAP,GRN,CND,DRND,HTD	1 CUP	135	27	0.00	338.85	35.10	1.22
Totals		135	26	0.00	338.85	35.10	1.22

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
901669 BEANS,SNAP,GRN,CND,DRND,HT	0.14	0.03	*N/A*	6.08	1.62	2.57	*N/A*	471.15	5.81	125.96	1.28
Totals	0.14	0.03	*N/A*	6.08	1.62	2.57	*N/A*	471.15	5.81	125.96	1.28
% of Calories	4.67%	0.93%	*N/A*%	24.92%	93.46%						

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000426 - GREEN BEANS: frozen,boiled

Number of Portions: 1.0000

Size of Portion: CUP

*Nutrients are based upon 1 Portion Size (CUP)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
011061 BEANS,SNAP,GRN,FRZ,CKD,BLD,DRND WO/SALT	1 CUP	135	38	0.00	1.35	56.70	0.89
Totals		135	37	0.00	1.35	56.70	0.89

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
011061 BEANS,SNAP,GRN,FRZ,CKD,BLD	0.23	0.05	*N/A*	8.71	2.01	4.05	1.66	751.95	5.54	123.42	0.63
Totals	0.23	0.05	*N/A*	8.71	2.01	4.05	1.66	751.95	5.54	123.42	0.63
% of Calories	5.61%	1.32%	*N/A*%	21.86%	94.65%						

Legend: * - an asterisk denotes combined nutrient totals with either missing or incomplete nutrient data.

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

000239 - Homestyle Carrots

Number of Portions: 37

Size of Portion: 1/2 cup

*Nutrients are based upon 1 Portion Size (1/2 cup)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902375 Carrots/ Crinkle Cut	37 1/2 cup	113	33	0.00	32.96	26.37	0.00
902393 Butter Buds	4 OZ	3	0	0.00	2.03	0.00	0.00
Totals		116	32	0.00	34.99	26.37	0.00

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902375 Carrots/ Crinkle Cut	0.00	0.00	0.00	7.91	0.00	2.64	*N/A*	7911.49	0.00	*N/A*	*N/A*
902393 Butter Buds	0.00	0.00	0.00	0.05	0.00	0.68	*N/A*	0.00	0.00	*N/A*	*N/A*
Totals		0.00	0.00	0.00	7.97	0.00	3.31	7911.49	0.00	*N/A*	*N/A*
% of Calories		0.00%	0.00%	0.00%	0.00%	98.85%					

Legend: * - an asterisk denotes combined nutrient totals with either missing or incomplete nutrient data.

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

000240 - Homestyle Carrots

Number of Portions: 98

Size of Portion: 1/2 cup

*Nutrients are based upon 1 Portion Size (1/2 cup)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
011130 CARROTS,FROZEN,UNPREPARED	20 LB	93	33	0.00	62.95	33.33	0.41
902393 Butter Buds	4 OZ	1	0	0.00	0.77	0.00	0.00
Totals		94	32	0.00	63.71	33.33	0.41

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
011130 CARROTS,FROZEN,UNPREPARED	0.43	0.04	*N/A*	7.31	0.72	3.05	4.41	13154.17	2.31	83.35	0.77
902393 Butter Buds	0.00	0.00	0.00	0.02	0.00	0.26	*N/A*	0.00	0.00	*N/A*	*N/A*
Totals		0.43	0.04	*0.00*	7.33	0.72	3.31	*4.41*	13154.17	2.31	*83.35*
% of Calories		11.82%	1.03%	*0.00%*	8.91%	90.46%					

Legend: * - an asterisk denotes combined nutrient totals with either missing or incomplete nutrient data.

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

000237 - Homestyle Corn

Number of Portions: 39

Size of Portion: 1/2c

*Nutrients are based upon 1 Portion Size (1/2c)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902589 Corn, whole kernal,canned	2 #10 can	154	99	0.00	369.85	0.00	0.00
902393 Butter Buds	4 OZ	3	0	0.00	1.92	0.00	0.00
Totals		157	98	0.00	371.78	0.00	0.00

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902589 Corn, whole kernal,canned	1.23	0.00	0.00	20.96	2.47	2.47	4.93	0.00	4.44	*N/A*	*N/A*
902393 Butter Buds	0.00	0.00	0.00	0.05	0.00	0.64	*N/A*	0.00	0.00	*N/A*	*N/A*
Totals		1.23	0.00	0.00	21.01	2.47	3.11	0.00	4.44	*N/A*	*N/A*
% of Calories		11.34%	0.00%	0.00%	10.08%	85.86%					

Legend: * - an asterisk denotes combined nutrient totals with either missing or incomplete nutrient data.

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

000197 - Homestyle Green Beans

Number of Portions: 45

Size of Portion: 1/2 cup

*Nutrients are based upon 1 Portion Size (1/2 cup)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902591 Beans green, cut,canned	2 #10 can	127	21	0.00	402.98	21.21	0.76
902393 Butter Buds	4 OZ	3	0	0.00	1.67	0.00	0.00
Totals		130	20	0.00	404.65	21.21	0.76

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902591 Beans green, cut,canned	0.00	0.00	0.00	4.24	1.06	2.12	2.12	212.10	3.82	*N/A*	*N/A*
902393 Butter Buds	0.00	0.00	0.00	0.04	0.00	0.56	*N/A*	0.00	0.00	*N/A*	*N/A*
Totals		0.00	0.00	0.00	4.29	1.06	2.68	212.10	3.82	*N/A*	*N/A*
% of Calories		0.00%	0.00%	0.00%	20.75%	83.91%					

Legend: * - an asterisk denotes combined nutrient totals with either missing or incomplete nutrient data.

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

000244 - Homestyle Green Peas

Number of Portions: 96

Size of Portion: 1/12c

*Nutrients are based upon 1 Portion Size (1/12c)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
050488 PEAS, GREEN, COOKED FROM FROZEN, WITHOUT SALT	96 .5 CUP	80	62	0.00	58.00	19.00	1.26
902393 Butter Buds	1 Package	1	0	0.00	0.78	0.00	0.00
Totals		81	61	0.00	58.78	19.00	1.26

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
050488 PEAS, GREEN, COOKED FROM F	0.22	0.04	0.00	11.41	4.12	4.40	*N/A*	1680.00	7.90	*N/A*	*N/A*
902393 Butter Buds	0.00	0.00	0.00	0.02	0.00	0.26	*N/A*	0.00	0.00	*N/A*	*N/A*
Totals	0.22	0.04	0.00	11.43	4.12	4.66	*N/A*	1680.00	7.90	*N/A*	*N/A*
% of Calories	3.30%	0.59%	0.00%	26.97%	74.82%						

Legend: * - an asterisk denotes combined nutrient totals with either missing or incomplete nutrient data.

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¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

000242 - Homestyle Mix Vegetables

Number of Portions: 36

Size of Portion: 1/2 cup

*Nutrients are based upon 1 Portion Size (1/2 cup)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
011811 PEAS,GRN,CKD,BLD,DRND,W/SALT	18 CUP	80	67	0.00	191.20	21.60	1.23
902393 Butter Buds	4 OZ	3	0	0.00	2.08	0.00	0.00
Totals		83	66	0.00	193.28	21.60	1.23

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
011811 PEAS,GRN,CKD,BLD,DRND,W/SA	0.18	0.02	*N/A*	12.50	4.29	4.40	4.74	640.80	11.36	62.30	0.74
902393 Butter Buds	0.00	0.00	0.00	0.06	0.00	0.69	*N/A*	0.00	0.00	*N/A*	*N/A*
Totals		0.18	0.02	*0.00*	12.56	4.29	5.09	640.80	11.36	*62.30*	*0.74*
% of Calories		2.38%	0.32%	*0.00%*	25.80%	75.57%					

Legend: * - an asterisk denotes combined nutrient totals with either missing or incomplete nutrient data.

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000238 - Homestyle Corn

Number of Portions: 110

Size of Portion: 1/2 cup

*Nutrients are based upon 1 Portion Size (1/2 cup)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902590 Corn,whole kernal,sweet,frozen	20 LB	82	62	0.00	39.91	0.00	1.28
902393 Butter Buds	4 OZ	1	0	0.00	0.68	0.00	0.00
Totals		84	61	0.00	40.59	0.00	1.28

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902590 Corn,whole kernal,sweet,fr	0.04	0.00	0.00	17.74	2.66	2.66	1.77	0.00	4.26	*N/A*	*N/A*
902393 Butter Buds	0.00	0.00	0.00	0.02	0.00	0.23	*N/A*	0.00	0.00	*N/A*	*N/A*
Totals		0.04	0.00	0.00	17.75	2.66	2.89	0.00	4.26	*N/A*	*N/A*
% of Calories		0.66%	0.00%	0.00%	17.40%	116.10%					

Legend: * - an asterisk denotes combined nutrient totals with either missing or incomplete nutrient data.

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000241 - Homestyle Broccoli

Number of Portions: 96

Size of Portion: 1/2 cup

*Nutrients are based upon 1 Portion Size (1/2 cup)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
051459 BROCCOLI, FROZEN, FLORETS	20 LB	94	27	0.00	22.59	48.28	0.58
902393 Butter Buds	4 OZ	1	0	0.00	0.78	0.00	0.00
Totals		96	26	0.00	23.38	48.28	0.58

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
051459 BROCCOLI, FROZEN, FLORETS	0.10	0.02	0.00	5.07	2.93	2.87	*N/A*	955.26	37.90	*N/A*	*N/A*
902393 Butter Buds	0.00	0.00	0.00	0.02	0.00	0.26	*N/A*	0.00	0.00	*N/A*	*N/A*
Totals		0.10	0.02	0.00	5.09	2.93	3.13	955.26	37.90	*N/A*	*N/A*
% of Calories		3.62%	0.66%	0.00%	45.40%	78.82%					

Legend: * - an asterisk denotes combined nutrient totals with either missing or incomplete nutrient data.

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000178 - Mash Potatoes/ instant w/Vit C

Number of Portions: 145

Size of Portion: 1/2 cup

*Nutrients are based upon 1 Portion Size (1/2 cup)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902554 Mashed Potatoes/ Instant w/Vit c	1 #10 can	113	60	0.00	25.00	0.00	0.36
014429 WATER,MUNICIPAL	12 QT	78	0	0.00	2.35	2.35	0.00
002047 SALT, TABLE	3 TBSP	0	0	0.00	144.34	0.09	0.00
902393 Butter Buds	1/2 LB	2	0	0.00	1.03	0.00	0.00
002032 PEPPER,WHITE	1 TSP	0	0	0.00	0.00	0.04	0.00
Totals		194	59	0.00	172.73	2.49	0.36

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902554 Mashed Potatoes/ Instant w	0.00	0.00	0.00	13.00	1.00	1.00	*N/A*	0.00	30.00	*N/A*	*N/A*
014429 WATER,MUNICIPAL	0.00	0.00	*N/A*	0.00	0.00	0.00	0.00	0.00	0.00	78.38	0.08
002047 SALT, TABLE	0.00	0.00	*N/A*	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.37
902393 Butter Buds	0.00	0.00	0.00	0.03	0.00	0.34	*N/A*	0.00	0.00	*N/A*	*N/A*
002032 PEPPER,WHITE	0.00	0.00	*N/A*	0.01	0.00	0.00	*N/A*	0.00	0.00	0.00	0.00
Totals		0.00	0.00	*0.00*	13.04	1.00	1.35	*0.00*	0.00	*78.38*	*0.45*
% of Calories		0.01%	0.00%	*0.00%*	6.77%	88.12%					

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500122 - MEXICALI CORN

Number of Portions: 50

Size of Portion: 1/4 CUP

*Nutrients are based upon 1 Portion Size (1/4 CUP)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
050184 Mexicali Corn	50 .25 CUP	43	42	0.00	132.00	4.00	0.41
Totals		43	41	0.00	132.00	4.00	0.41

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
050184 Mexicali Corn	1.33	0.25	*N/A*	7.72	1.10	0.90	*N/A*	204.00	7.80	*N/A*	*N/A*
Totals		1.33	0.25	*N/A*	7.72	1.10	0.90	204.00	7.80	*N/A*	*N/A*
% of Calories		29.17%	5.47%	*N/A*%	10.70%	75.31%					

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000432 - MIXED VEGETABLES: canned,ckd

Number of Portions: 1.0000

Size of Portion: CUP

*Nutrients are based upon 1 Portion Size (CUP)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
011581 VEGETABLES,MXD,CND,DRND SOL	1 CUP	163	80	0.00	348.82	44.01	1.71
Totals		163	79	0.00	348.82	44.01	1.71

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
011581 VEGETABLES,MXD,CND,DRND SO	0.41	0.08	*N/A*	15.09	4.22	4.89	3.93	18991.13	8.15	141.83	1.45
Totals	0.41	0.08	*N/A*	15.09	4.22	4.89	3.93	18991.13	8.15	141.83	1.45
% of Calories	4.65%	0.93%	*N/A*%	21.41%	76.55%						

Legend: * - an asterisk denotes combined nutrient totals with either missing or incomplete nutrient data.

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000433 - MIXED VEGETABLES:frozen,boiled

Number of Portions: 1.0000

Size of Portion: CUP

*Nutrients are based upon 1 Portion Size (CUP)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
011584 VEGETABLES,MXD,FRZ,CKD,BLD,DRND,WO/SALT	1 CUP	182	118	0.00	63.70	45.50	1.49
Totals		182	117	0.00	63.70	45.50	1.49

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
011584 VEGETABLES,MXD,FRZ,CKD,BLD	0.27	0.05	*N/A*	23.82	5.21	8.01	5.68	7784.14	5.82	151.48	1.22
Totals	0.27	0.05	*N/A*	23.82	5.21	8.01	5.68	7784.14	5.82	151.48	1.22
% of Calories	2.09%	0.42%	*N/A*%	17.75%	81.24%						

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000435 - NAVY BEANS: from dry,boiled

Number of Portions: 1.0000

Size of Portion: CUP

*Nutrients are based upon 1 Portion Size (CUP)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
990029 BEANS,NAVY,MATURE SEEDS,CKD,BLD,WO/SALT	1 CUP	182	255	*N/A*	0.00	125.58	4.30
Totals		182	254	*N/A*	0.00	125.58	4.30

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
990029 BEANS,NAVY,MATURE SEEDS,CK	1.13	0.11	0.00	47.41	14.98	19.11	*N/A*	0.00	*N/A*	116.13	2.37
Totals	1.13	0.11	0.00	47.41	14.98	19.11	*N/A*	0.00	*N/A*	116.13	2.37
% of Calories	4.00%	0.39%	0.00%	23.61%	74.72%						

Legend: * - an asterisk denotes combined nutrient totals with either missing or incomplete nutrient data.

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¹ - denotes optional nutrient values

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000157 - Oriental Blend Vegetables

Number of Portions: 20

Size of Portion: 1/2 cup

*Nutrients are based upon 1 Portion Size (1/2 cup)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902545 Oriental Blend Vegetables	20 1/2 cup	113	33	0.00	20.01	26.68	0.00
Totals		113	32	0.00	20.01	26.68	0.00

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902545 Oriental Blend Vegetables	0.00	0.00	0.00	5.34	1.33	2.67	*N/A*	266.82	16.01	*N/A*	*N/A*
Totals	0.00	0.00	0.00	5.34	1.33	2.67	*N/A*	266.82	16.01	*N/A*	*N/A*
% of Calories	0.00%	0.00%	0.00%	16.49%	65.98%						

Legend: * - an asterisk denotes combined nutrient totals with either missing or incomplete nutrient data.

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000439 - PEAS & CARROTS: frozen,boiled

Number of Portions: 1.0000

Size of Portion: CUP

*Nutrients are based upon 1 Portion Size (CUP)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
011323 PEAS&CARROTS,FRZ,CKD,BLD,DRND,WO/SALT	1 CUP	160	77	0.00	108.80	36.80	1.50
Totals		160	76	0.00	108.80	36.80	1.50

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
011323 PEAS&CARROTS,FRZ,CKD,BLD,D	0.67	0.11	*N/A*	16.19	4.94	4.96	6.98	15222.40	12.96	137.28	0.91
Totals	0.67	0.11	*N/A*	16.19	4.94	4.96	6.98	15222.40	12.96	137.28	0.91
% of Calories	7.98%	1.33%	*N/A*%	26.09%	85.45%						

Legend: * - an asterisk denotes combined nutrient totals with either missing or incomplete nutrient data.

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001065 - PEAS GREEN,CANNED,DRAINED

Number of Portions: 1

Size of Portion: CUP

*Nutrients are based upon 1 Portion Size (CUP)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902152 PEAS,GRN,CND,DRND SOLIDS,HTD	1 CUP	170	117	0.00	372.30	34.00	1.62
Totals		170	116	0.00	372.30	34.00	1.62

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902152 PEAS,GRN,CND,DRND SOLIDS,H	0.68	0.10	*N/A*	21.42	7.48	6.97	*N/A*	1305.60	15.47	138.89	1.65
Totals	0.68	0.10	*N/A*	21.42	7.48	6.97	*N/A*	1305.60	15.47	138.89	1.65
% of Calories	5.26%	0.79%	*N/A*%	25.73%	73.67%						

Legend: * - an asterisk denotes combined nutrient totals with either missing or incomplete nutrient data.

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000040 - PEAS: frozen,boiled

Number of Portions: 1.0000

Size of Portion: CUP

*Nutrients are based upon 1 Portion Size (CUP)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
011313 PEAS,GRN,FRZ,CKD,BLD,DRND,WO/SALT	1 CUP	160	125	0.00	115.20	38.40	2.43
Totals		160	124	0.00	115.20	38.40	2.43

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
011313 PEAS,GRN,FRZ,CKD,BLD,DRND,	0.43	0.08	*N/A*	22.82	8.24	8.80	7.44	3360.00	15.84	127.23	1.28
Totals	0.43	0.08	*N/A*	22.82	8.24	8.80	7.44	3360.00	15.84	127.23	1.28
% of Calories	3.14%	0.58%	*N/A*%	26.62%	73.72%						

Legend: * - an asterisk denotes combined nutrient totals with either missing or incomplete nutrient data.

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000042 - PICKLES,DILL SPEAR

Number of Portions: 1.0000

Size of Portion: EACH

*Nutrients are based upon 1 Portion Size (EACH)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
011937 PICKLES,CUCUMBER,DILL	1 spear	35	4	0.00	306.25	14.70	0.13
Totals		35	3	0.00	306.25	14.70	0.13

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
011937 PICKLES,CUCUMBER,DILL	0.05	0.01	*N/A*	0.91	0.21	0.39	0.46	64.05	0.28	33.02	0.82
Totals	0.05	0.01	*N/A*	0.91	0.21	0.39	0.46	64.05	0.28	33.02	0.82
% of Calories	13.78%	2.95%	*N/A*%	26.25%	113.31%						

Legend: * - an asterisk denotes combined nutrient totals with either missing or incomplete nutrient data.

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

¹ - denotes optional nutrient values

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000164 - Pinto Beans

Number of Portions: 24

Size of Portion: 1/2 cup

*Nutrients are based upon 1 Portion Size (1/2 cup)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902552 Pinto Beans	24 1/2 cup	130	110	0.00	450.00	40.00	1.44
Totals		130	109	0.00	450.00	40.00	1.44

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902552 Pinto Beans	0.00	0.00	0.00	18.00	6.00	7.00	*N/A*	0.00	0.00	*N/A*	*N/A*
Totals		0.00	0.00	0.00	18.00	6.00	7.00	0.00	0.00	*N/A*	*N/A*
% of Calories		0.00%	0.00%	0.00%	22.02%	66.05%					

Legend: * - an asterisk denotes combined nutrient totals with either missing or incomplete nutrient data.

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000216 - Pork n Beans

Number of Portions: 24

Size of Portion: 1/2 cup

*Nutrients are based upon 1 Portion Size (1/2 cup)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902588 Pork n beans	1 #10 can	132	122	0.00	610.60	40.71	1.83
Totals		132	121	0.00	610.60	40.71	1.83

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902588 Pork n beans	1.53	0.05	0.00	22.39	6.11	5.09	6.11	0.00	0.00	*N/A*	*N/A*
Totals		1.53	0.05	0.00	22.39	6.11	6.11	0.00	0.00	*N/A*	*N/A*
% of Calories		11.34%	0.37%	0.00%	20.16%	73.94%					

Legend: * - an asterisk denotes combined nutrient totals with either missing or incomplete nutrient data.

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

000043 - POTATO PUFFS: frozen,cooked

Number of Portions: 1.0000

Size of Portion: CUP

*Nutrients are based upon 1 Portion Size (CUP)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
011399 POTATO PUFFS,FRZ,OVEN-HEATED	1 CUP	128	243	0.00	591.36	17.92	0.74
Totals		128	242	0.00	591.36	17.92	0.74

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
011399 POTATO PUFFS,FRZ,OVEN-HEAT	11.03	2.33	*N/A*	35.52	2.62	2.56	0.35	6.40	5.12	76.42	2.41
Totals	11.03	2.33	*N/A*	35.52	2.62	2.56	0.35	6.40	5.12	76.42	2.41
% of Calories	41.00%	8.66%	*N/A*%	4.33%	58.66%						

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500154 - POTATOES AU GRATIN

Number of Portions: 50

Size of Portion: 1/2 CUP

*Nutrients are based upon 1 Portion Size (1/2 CUP)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
050187 Potatoes Au Gratin (Using Dehydrated Sliced P	50 .5 CUP	164	144	9.99	594.99	227.99	1.51
Totals		164	143	9.99	594.99	227.99	1.51

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
050187 Potatoes Au Gratin (Using	2.39	1.66	*N/A*	22.47	8.72	0.49	*N/A*	137.99	6.20	*N/A*	*N/A*
Totals	2.39	1.66	*N/A*	22.47	8.72	0.49	*N/A*	137.99	6.20	*N/A*	*N/A*
% of Calories	15.07%	10.43%	*N/A*%	24.41%	62.85%						

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500161 - REFRIED BEANS

Number of Portions: 50

Size of Portion: 1/3 CUP

*Nutrients are based upon 1 Portion Size (1/3 CUP)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
050188 Refried Beans	50 .34 CUP	87	111	3.99	381.00	113.00	1.61
Totals		87	110	3.99	381.00	113.00	1.61

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
050188 Refried Beans	4.12	1.31	*N/A*	12.19	6.87	2.79	*N/A*	208.00	0.70	*N/A*	*N/A*
Totals	4.12	1.31	*N/A*	12.19	6.87	2.79	*N/A*	208.00	0.70	*N/A*	*N/A*
% of Calories	33.67%	10.75%	*N/A*%	24.99%	44.32%						

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000008 - REFRIED BEANS: canned

Number of Portions: 1.0000

Size of Portion: CUP

*Nutrients are based upon 1 Portion Size (CUP)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
016103 REFRIED BEANS,CANNED (INCL USDA COMMODITY)	1 CUP	238	217	0.00	1068.62	78.54	3.97
Totals		238	216	0.00	1068.62	78.54	3.97

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
016103 REFRIED BEANS,CANNED (INCL	2.78	0.93	*N/A*	36.32	12.88	12.14	1.09	0.00	14.28	181.24	4.78
Totals	2.78	0.93	*N/A*	36.32	12.88	12.14	1.09	0.00	14.28	181.24	4.78
% of Calories	11.63%	3.88%	*N/A*%	23.89%	67.39%						

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000049 - SAUERKRAUT:canned

Number of Portions: 1.0000

Size of Portion: CUP

*Nutrients are based upon 1 Portion Size (CUP)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
011439 SAUERKRAUT,CND,SOL&LIQUIDS	1 CUP	142	27	0.00	938.62	42.60	2.09
Totals		142	26	0.00	938.62	42.60	2.09

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
011439 SAUERKRAUT,CND,SOL&LIQUIDS	0.20	0.04	*N/A*	6.08	1.29	4.12	2.53	25.56	20.87	131.38	3.05
Totals		0.20	0.04	*N/A*	6.08	1.29	4.12	25.56	20.87	131.38	3.05
% of Calories		6.89%	1.48%	*N/A*%	19.90%	93.57%					

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000198 - Seasoned Corn

Number of Portions: 19

Size of Portion: 1/2 cup

*Nutrients are based upon 1 Portion Size (1/2 cup)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902589 Corn, whole kernal,canned	1 #10 can	158	101	0.00	379.58	0.00	0.00
902393 Butter Buds	2 OZ	3	0	0.00	1.97	0.00	0.00
Totals		161	100	0.00	381.56	0.00	0.00

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902589 Corn, whole kernal,canned	1.27	0.00	0.00	21.51	2.53	2.53	5.06	0.00	4.56	*N/A*	*N/A*
902393 Butter Buds	0.00	0.00	0.00	0.05	0.00	0.66	*N/A*	0.00	0.00	*N/A*	*N/A*
Totals		1.27	0.00	0.00	21.56	2.53	3.19	0.00	4.56	*N/A*	*N/A*
% of Calories		11.33%	0.00%	0.00%	10.07%	85.83%					

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000205 - Seasoned French Fries 3/8 cut

Number of Portions: 22

Size of Portion: 3 oz

*Nutrients are based upon 1 Portion Size (3 oz)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902578 French Fries,seasoned, 3/8 RC,spicy	5 LB	103	172	0.00	404.99	184.09	0.44
Totals		103	171	0.00	404.99	184.09	0.44

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902578 French Fries,seasoned, 3/8	7.36	1.84	0.00	23.32	2.45	2.45	1.23	0.00	0.00	*N/A*	*N/A*
Totals	7.36	1.84	0.00	23.32	2.45	2.45	1.23	0.00	0.00	*N/A*	*N/A*
% of Calories	38.80%	9.70%	0.00%	5.75%	54.60%						

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000120 - Seasoned Potatoe Wedge

Number of Portions: 26

Size of Portion: 3 oz

*Nutrients are based upon 1 Portion Size (3 oz)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902516 Potatoe Wedges, Savory 10- cut	23 serving	75	133	0.00	230.00	0.00	0.64
Totals		75	132	0.00	230.00	0.00	0.64

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902516 Potatoe Wedges, Savory 10-	6.19	1.77	0.00	15.92	1.77	2.65	*N/A*	0.00	2.12	*N/A*	*N/A*
Totals	6.19	1.77	0.00	15.92	1.77	2.65	*N/A*	0.00	2.12	*N/A*	*N/A*
% of Calories	42.32%	12.09%	0.00%	5.37%	48.36%						

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000051 - SPINACH: frozen,boiled

Number of Portions: 1.0000

Size of Portion: CUP

*Nutrients are based upon 1 Portion Size (CUP)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
011464 SPINACH,FRZ,CHOPD OR LEAF,CKD,BLD,DRND,WO/SAL	1 CUP	190	65	0.00	184.30	290.70	3.72
Totals		190	64	0.00	184.30	290.70	3.72

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
011464 SPINACH,FRZ,CHOPD OR LEAF,	1.65	0.29	*N/A*	9.12	7.62	7.03	0.97	22915.90	4.18	168.99	2.64
Totals	1.65	0.29	*N/A*	9.12	7.62	7.03	0.97	22915.90	4.18	168.99	2.64
% of Calories	23.39%	4.03%	*N/A*%	47.92%	57.36%						

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000050 - SPINACH:canned
Number of Portions: 1.0000
Size of Portion: CUP

*Nutrients are based upon 1 Portion Size (CUP)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
011461 SPINACH,CND,DRND SOL	1 CUP	214	49	0.00	689.08	271.78	4.92
Totals		214	48	0.00	689.08	271.78	4.92

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
011461 SPINACH,CND,DRND SOL	1.07	0.17	*N/A*	7.28	6.01	5.14	0.86	20974.14	30.60	196.41	3.23
Totals		1.07	0.17	*N/A*	7.28	6.01	0.86	20974.14	30.60	196.41	3.23
% of Calories		19.97%	3.20%	*N/A*%	49.88%	60.36%					

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000183 - Sweet Potatoe Crinkle

Number of Portions: 100

Size of Portion: 3 oz.

*Nutrients are based upon 1 Portion Size (3 oz.)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902563 Sweet Potatoe Crinkle Cut Fries	100 3/8 cup	85	163	0.00	197.80	1875.00	14.58
Totals		85	162	0.00	197.80	1875.00	14.58

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902563 Sweet Potatoe Crinkle Cut	7.58	1.72	0.10	22.59	1.18	2.76	6.87	3729.24	223.20	*N/A*	*N/A*
Totals	7.58	1.72	0.10	22.59	1.18	2.76	6.87	3729.24	223.20	*N/A*	*N/A*
% of Calories	42.02%	9.57%	0.26%	2.92%	55.69%						

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000184 - Sweet Potatoe Thin Cut Fries

Number of Portions: 100

Size of Portion: 3 oz

*Nutrients are based upon 1 Portion Size (3 oz)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902564 Sweet Potatoe Thin Cut Fries	100 3/8 cup	85	167	0.00	196.46	1860.00	14.31
Totals		85	166	0.00	196.46	1860.00	14.31

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902564 Sweet Potatoe Thin Cut Fri	8.10	1.84	0.12	22.44	1.18	2.75	6.83	3703.80	221.40	*N/A*	*N/A*
Totals	8.10	1.84	0.12	22.44	1.18	2.75	6.83	3703.80	221.40	*N/A*	*N/A*
% of Calories	43.83%	9.98%	0.29%	2.85%	53.96%						

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000074 - Taco Salad

Number of Portions: 50

Size of Portion: 1/2 cup

*Nutrients are based upon 1 Portion Size (1/2 cup)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE	1 LB + 3 OZ	11	2	0.00	0.54	1.08	0.03
011251 LETTUCE,COS OR ROMAINE,RAW	2 LB + 11 OZ	24	4	0.00	1.95	8.05	0.24
Totals		35	5	0.00	2.49	9.12	0.27

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
011529 TOMATOES,RED,RIPE,RAW,YEAR	0.02	0.00	*N/A*	0.42	0.09	0.13	0.28	89.74	1.48	10.18	0.05
011251 LETTUCE,COS OR ROMAINE,RAW	0.07	0.01	*N/A*	0.80	0.30	0.51	0.29	2123.55	0.98	23.07	0.14
Totals	0.09	0.01	*N/A*	1.22	0.39	0.64	0.57	2213.29	2.45	33.25	0.20
% of Calories	16.76%	1.87%	*N/A*%	31.05%	96.08%						

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000207 - Tater Gems

Number of Portions: 23

Size of Portion: 3 oz

*Nutrients are based upon 1 Portion Size (3 oz)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902580 Tatar Gems, Tots	5 LB	99	197	1.16	394.43	0.00	0.42
Totals		99	196	1.16	394.43	0.00	0.42

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902580 Tatar Gems, Tots	11.60	2.90	1.16	22.04	2.32	2.32	0.00	*N/A*	*N/A*	*N/A*	*N/A*
Totals	11.60	2.90	1.16	22.04	2.32	2.32	0.00	*N/A*	*N/A*	*N/A*	*N/A*
% of Calories	53.21%	13.30%	2.36%	4.73%	44.93%						

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000108 - Yams

Number of Portions: 19

Size of Portion: 2/3 cup

*Nutrients are based upon 1 Portion Size (2/3 cup)

Ingredient	Quantity	Weight (g)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
902507 Yams, cut sweet potatoes	19 2/3 cup	166	150	0.00	45.00	20.00	1.44
Totals		166	149	0.00	45.00	20.00	1.44

Ingredient	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)	Vit-A (IU)	Vit-C (mg)	Water ¹ (g)	Ash ¹ (g)
902507 Yams, cut sweet potatoes	0.00	0.00	0.00	36.00	1.00	3.00	*N/A*	11500.00	18.00	*N/A*	*N/A*
Totals	0.00	0.00	0.00	36.00	1.00	3.00	*N/A*	11500.00	18.00	*N/A*	*N/A*
% of Calories	0.00%	0.00%	0.00%	2.68%	96.65%						

Legend: * - an asterisk denotes combined nutrient totals with either missing or incomplete nutrient data.

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