

Recipe	Portion Size	# of Portions	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber(g)	Sugars (g)	Protein (g)
-		0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000009 - Alfredo Sauce	1/2 cup	131	180	10.01	6.01	0.00	38.04	748.84	10.01	0.00	6.01	12.01
001503 - Apple Slices	3 slices	276	34	0.11	0.02	0.00	0.00	0.67	9.09	1.58	6.84	0.17
000064 - Apples, Fresh 1/2 cup	Pkg	1	39	0.00	0.00	0.00	0.00	80.60	10.40	2.60	7.80	0.00
000011 - Applesauce	1/2 cup	24	90	0.00	0.00	0.00	0.00	9.99	21.98	2.00	17.98	0.00
001404 - Applesauce, Cinnamon	Container	1	50	0.00	0.00	0.00	0.00	15.00	14.00	1.00	12.00	1.00
001405 - Applesauce, Strawberry	Container	1	50	0.00	0.00	0.00	0.00	15.00	14.00	1.00	12.00	1.00
001403 - Applesauce, Watermelon	Container	1	90	0.00	0.00	0.00	0.00	15.00	22.00	2.00	19.00	0.00
000989 - Baby Carrots 1/2 cup	1/2cup	1	25	0.09	0.02	0.00	0.00	56.61	5.98	2.10	3.45	0.46
000923 - Bagel & Yogurt w/ Cheese St	1 ea	1	290	7.00	3.50	0.00	20.00	510.00	43.00	1.00	12.00	15.00
001275 - Bagel and Yogurt - Pre K	1 ea	1	260	6.00	3.00	0.00	20.00	390.00	45.00	1.00	13.00	10.00
001118 - Bagel, Cinnamon	Each	1	170	1.50	0.00	0.00	0.00	150.00	33.00	5.00	7.00	7.00
000016 - Bagel, IW	1 ea	1	140	1.00	0.00	0.00	0.00	250.00	29.00	1.00	2.00	5.00
001200 - Bagel, Mini Cinnamon	ea	1	240	6.00	2.50	0.00	10.00	180.00	41.00	2.00	13.00	6.00
001199 - Bagel, Mini Strawberry	ea	1	230	5.99	2.50	0.00	9.98	179.71	40.93	2.00	12.98	5.99
000582 - Baked Apples	1/2 CUP	50	49	0.00	0.00	*0.00*	0.00	0.95	12.71	0.16	12.44	0.01
001544 - Baked Beans (HS, MS')	1/2 cup	50	127	1.01	0.00	*0.00*	0.00	186.22	24.22	5.13	8.44	7.17
000021 - Baked Beans 1/2 C svg	1/2 cup	26	151	1.08	0.00	0.00	0.00	594.17	31.33	5.40	12.96	6.48
000023 - Banana Pepper	1 oz	134	6	0.00	0.00	0.00	0.00	308.71	1.10	1.10	0.00	0.00
000068 - Bananas	EACH	1	105	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	1.29
001024 - Bananas, Cinnamon	1 banana	10	91	0.34	0.11	0.00	0.00	1.04	23.28	2.76	12.36	1.11
001545 - BBQ Baked Beans (HS, MS')	1/2 cup	50	131	1.01	0.00	*0.00*	0.00	179.08	25.10	5.13	9.34	7.17
000987 - BBQ Baked Beans 1/2 C svg	1/2 cup	26	168	1.08	0.00	0.00	0.00	662.53	35.57	5.40	16.74	6.48
000861 - BBQ Pork Sandwich	1 ea	20	450	19.06	6.02	0.00	71.25	443.82	44.06	2.00	20.06	24.06
000024 - BBQ Sauce Cups	1 ea	100	40	0.00	0.00	0.00	0.00	65.81	10.12	0.00	*8.10*	0.00
000026 - BBQ Sauce, gallon	2 oz	75	116	0.00	0.00	0.00	0.00	478.76	29.72	0.00	26.41	0.00
000027 - BBQ Sauce, PC	1 pkt	200	16	0.00	0.00	0.00	0.00	91.57	4.31	0.00	2.15	0.00
000028 - Beef Gravy	2 oz	64	21	0.00	0.00	0.00	0.00	150.61	3.19	0.00	1.06	0.00
000263 - Beef Patty, Hamburger	1 ea	1	163	11.23	4.59	0.00	51.04	102.08	0.00	0.00	0.00	14.29
001174 - Beef Spaghetti Sauce	5.6 oz by weigh	85	168	7.06	2.82	0.00	55.46	292.44	9.08	2.02	7.06	15.13
001529 - Beef Stick	each	1	30	1.00	0.00	0.00	10.00	190.00	1.00	0.00	1.00	4.00
001190 - Black Beans	1/2 cup	26	124	0.00	0.00	0.00	0.00	385.45	16.77	5.25	1.23	6.04
001159 - BLUEBERRIES	1/2 cup	180	33	0.00	0.00	0.00	0.00	0.00	7.87	1.94	*N/A*	0.52
001274 - Brd Chicken Parm on pasta	1 ea	50	463	12.68	3.70	0.00	41.50	614.68	62.07	5.68	10.41	27.05
001224 - Bread, WG	1 slice	1	70	1.00	0.00	0.00	0.00	75.00	12.00	1.00	1.00	3.00
000855 - Breaded Chicken Parm on pa	1 ea	50	375	12.24	3.70	0.00	41.50	614.68	43.59	4.80	9.53	23.97
000892 - Breaded Mozzarella Sticks	6 ea	1	330	13.22	4.41	0.00	22.03	616.93	35.25	4.41	2.20	22.03
000036 - Breadstick	1 ea	170	59	0.49	0.00	0.00	0.00	68.69	12.76	0.98	0.00	1.96
000905 - Breadstick, Bosco 6" 9-12	2 ea	1	300	10.00	5.00	0.00	30.00	440.00	34.00	4.00	*N/A*	20.00
001009 - Breakfast Bars, Chocolate B	1 ea	1	280	8.00	3.00	0.00	15.00	220.00	48.00	3.00	23.00	5.00
000736 - Breakfast Bars, Chocolate C	1 bar	1	290	9.00	3.00	0.00	20.00	240.00	47.00	3.00	22.00	5.00
000642 - Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	24	11	0.12	0.03	0.00	0.00	11.91	2.19	0.87	0.68	0.90
001310 - Broccoli and Cheese Sauce	1/2 cup	48	59	2.10	1.35	0.00	6.67	144.82	6.69	2.87	*N/A*	4.71
000037 - Broccoli, Steamed	1/2 cup	48	47	1.96	1.20	0.00	5.06	22.59	5.80	2.87	*0.00*	2.93
000256 - Broccoli.raw: fresh 1/2 C	1/2 cup	42	11	0.12	0.01	0.00	0.00	10.69	2.15	0.84	0.55	0.91
001469 - Brownie	1.5 oz	80	82	2.55	1.27	0.00	0.00	85.20	14.86	0.87	11.79	0.67
000045 - Bun, Hamburger 4" WG	1 ea	1	150	2.00	0.00	0.00	0.00	210.00	27.00	2.00	4.00	6.00

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Recipe	Portion Size	# of Portions	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber(g)	Sugars (g)	Protein (g)
000046 - Bun, Hot Dog WG	1 ea	1	150	2.00	0.50	0.00	0.00	240.00	26.00	2.00	4.00	5.00
000048 - Bun, Sub Roll WG	1 ea	1	150	2.00	0.50	0.00	0.00	250.00	27.00	2.00	4.00	5.00
000869 - Butter, Whipped Cup	1 ea	1	33	3.67	2.33	0.00	10.00	30.00	0.00	0.00	0.00	0.00
001496 - Cali Blend and Cheese Sauc	1/2 cup	48	64	2.00	1.33	0.00	6.67	153.72	6.88	2.10	*2.10*	2.83
000407 - California Blend Veg 1/2C	1/2 cup	50	52	1.78	1.13	0.00	4.86	30.24	6.17	2.02	*2.02*	1.01
001272 - Cantaloupe	1/2 cup	1	27	0.15	0.04	0.00	0.00	12.80	6.53	0.72	6.29	0.67
001267 - Carrot and Celery Sticks	6 sticks	1	11	0.07	0.01	0.00	0.00	24.09	2.37	0.78	1.16	0.28
000859 - Carrots, Steamed	1/2 cup	100	52	1.31	0.61	0.00	2.43	61.69	9.43	2.99	*4.32*	0.71
000062 - Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	55	12	0.14	0.06	0.00	0.00	14.84	2.46	0.99	0.95	0.95
000065 - Celery Sticks	6 sticks	35	10	0.11	0.03	0.00	0.00	51.84	1.92	1.04	0.87	0.45
000067 - Cereal Bar, Cinnamon Toast	1 ea	1	150	3.50	0.00	0.00	0.00	115.00	30.00	3.00	9.00	2.00
000070 - Cereal Bar, Fruity Cheerios	1 ea	1	150	3.50	0.50	0.00	0.00	95.00	29.00	3.00	9.00	3.00
001533 - Cereal, Cinnamon Toasters	Bowl	1	239	6.96	0.50	0.00	0.00	268.57	43.77	2.98	18.90	2.98
001534 - Cereal, Frosted Flakes	Bowl	1	220	0.00	0.00	0.00	0.00	270.00	51.00	1.00	21.00	3.00
001470 - Cereal, Frosted Mini Wheat	Bowl	1	210	1.00	1.00	0.00	0.00	210.00	47.00	20.00	11.00	5.00
001535 - Cereal, Honey Graham Toast	Bowl	1	230	6.00	0.50	0.00	0.00	490.00	43.00	3.00	19.00	3.00
001536 - Cereal, Honey Scooters	Bowl	1	220	2.50	0.00	0.00	0.00	390.00	46.00	4.00	17.00	5.00
001537 - Cereal, Marshmallow Mateys	Bowl	2	105	1.00	0.00	0.00	0.00	190.00	23.50	1.50	11.50	2.00
000519 - Cheese and Lettuce Cups	1.25 oz	128	44	3.44	2.28	0.00	11.39	66.32	0.91	0.59	0.35	2.82
000115 - Cheese, American, Sliced, Fr	1 slice	160	40	3.04	1.77	0.00	7.59	141.75	1.01	0.00	0.51	3.54
001007 - Cheese, Cheddar Shredded	1 oz	1	111	9.11	6.08	0.00	30.37	172.12	1.01	1.01	0.00	7.09
000117 - Cheese, Co-Jack, Portions, F	1 ea	1	109	8.89	4.94	0.00	29.63	167.90	0.00	0.00	0.00	6.91
000773 - Cheese, Mozzarella, LMPS,	1 oz	16	86	6.08	4.05	0.00	15.19	151.87	0.00	0.00	0.00	7.09
000118 - Cheese, Pamesan pkt	1 pkt	1	15	1.00	0.50	0.00	5.00	35.00	0.00	0.00	0.00	1.00
000771 - Cheese, Pepper Jack Slices	1 slice	1	75	6.00	3.75	0.00	18.75	172.50	0.75	0.00	0.00	4.50
000119 - Cheese, Queso (nacho)	4 oz	120	236	18.00	10.60	0.00	60.00	866.00	4.00	0.00	0.00	14.00
000994 - Cheese, Shredded Blend	1oz	160	99	7.59	5.06	0.00	22.78	162.00	0.51	0.51	0.00	7.09
000401 - Cheese, String Mozzarella	1 ea	1	80	6.00	3.50	0.00	15.00	200.00	0.00	0.00	0.00	6.00
001445 - Cheese, White American, Sli	1 slice	160	1	0.06	0.03	0.00	0.16	2.50	0.01	0.00	*N/A*	0.03
000995 - Cheese,RS Cheddar Cheese	3 oz	1	130	9.00	6.00	0.00	30.00	550.00	4.00	0.00	*N/A*	8.00
000266 - Cheeseburger	1 ea	1	353	16.23	6.34	0.00	58.54	452.08	28.00	2.00	4.50	23.79
001296 - Cheesy Mashed Potatoes	1/2 cup	78	119	4.78	2.49	0.00	12.46	428.94	15.05	1.46	0.00	5.00
000890 - Chef Salad	1 ea	1	290	11.25	5.90	0.01	115.78	363.99	31.98	5.41	3.63	16.06
001487 - Chef Salad w/Ham	1 ea	1	326	12.77	6.41	0.01	136.03	541.17	31.98	5.41	3.63	20.62
000848 - Cherry Tomatoes 1/2 cup	1/2 cup=6ea	1	18	0.20	0.03	0.00	0.00	5.10	3.97	1.22	2.68	0.90
001084 - Chicken Alfredo	1 svg	1	475	17.26	7.65	0.00	103.68	1077.05	50.65	6.00	8.01	33.96
000757 - Chicken and Noodles	1 cup	50	165	4.72	1.10	0.00	46.31	345.50	14.34	1.01	2.72	13.88
001520 - Chicken BBQ Sandwich	each	48	380	9.00	2.00	0.00	80.00	983.29	52.17	2.00	24.60	23.00
000121 - Chicken Fajita Strips	2.46 oz	195	115	5.74	1.64	0.00	65.64	328.21	1.64	0.00	0.00	13.95
000651 - Chicken Fajitas	2 ea	195	281	10.92	3.71	0.00	65.64	721.78	28.57	0.00	0.00	18.09
001083 - Chicken Fried	1 piece	1	215	13.00	3.00	0.00	41.00	382.00	11.00	1.00	0.00	12.00
000120 - Chicken Gravy	2 oz	64	21	0.53	0.00	0.00	0.00	150.61	3.19	0.00	1.06	0.00
000575 - Chicken Grilled Unbreaded	1 ea	90	120	2.50	0.50	0.00	60.00	320.00	1.00	0.00	0.00	22.00
001518 - Chicken Gyro	each	48	280	9.81	4.89	*0.00*	53.33	480.35	30.66	3.47	*2.69*	16.68
000125 - Chicken Nuggets	5 ea	1	184	8.00	2.00	0.00	33.00	380.00	13.00	2.00	0.00	15.00
000126 - Chicken Poppers	14 ea	1	173	8.40	1.40	0.00	32.00	349.00	9.60	1.00	0.00	14.70
000619 - Chicken Salad	1/2 CUP	16	372	25.06	4.78	0.00	99.26	484.69	2.41	0.14	0.42	30.07

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000945 - Chicken Sand Spicy	1 ea	50	421	17.03	3.01	0.00	25.06	610.90	44.04	5.01	5.00	21.03
000587 - Chicken Sandwich Breaded	1 ea	50	334	10.00	2.00	0.00	33.00	588.00	40.00	4.00	4.00	21.00
001489 - Chicken Sandwich Dill	ea	1	340	6.50	1.00	0.00	75.00	630.00	40.00	3.00	6.00	31.00
000647 - Chicken Sandwich Grilled	1 ea	90	270	4.50	0.50	0.00	60.00	530.00	28.00	2.00	4.00	28.00
000127 - Chicken Tenders	3 ea	1	211	11.00	2.00	0.00	36.00	424.00	13.00	2.00	0.00	15.00
001524 - Chicken, Chris P Chicken Sa	each	20	366	10.00	1.00	0.00	45.00	786.00	43.00	4.00	5.00	26.00
001525 - Chicken, Nugget Premium	5 ea	30	206	9.02	1.93	0.00	25.77	347.93	12.89	2.58	0.00	18.04
001488 - Chicken, Patty Dill	patty	1	190	4.50	1.00	0.00	75.00	420.00	13.00	1.00	2.00	25.00
000760 - Chicken, Patty, breaded	ea	1	184	8.00	2.00	0.00	33.00	378.00	13.00	2.00	0.00	15.00
001523 - Chicken, Premium Spicy San	each	20	350	12.00	2.00	0.00	45.00	540.00	36.00	3.00	5.00	25.00
001341 - Chicken, Wings, Boneless H	5 each	1	203	10.16	2.03	0.00	45.73	345.54	10.16	1.02	1.02	19.31
000131 - Chip, Baked Potato Chips, B	1 ea (31.5g)	1	110	3.00	0.00	0.00	0.00	140.00	19.00	1.00	2.00	2.00
001250 - Chip, Baked Sour Cream and	0.8 oz bag	1	100	3.00	0.00	0.00	0.00	200.00	17.00	1.00	2.00	1.00
001115 - Chip, Cheetos RF 0.7 oz	package	1	90	3.50	0.50	0.00	0.00	160.00	13.00	1.00	1.00	2.00
000136 - Chip, Cheetos, Hot	1 ea (56g)	1	120	4.50	0.50	0.00	0.00	200.00	17.00	1.00	1.00	2.00
001157 - Chip, Cheez-It Atomic Chedd	package	1	100	3.50	1.00	0.00	0.00	200.00	14.00	1.00	0.00	2.00
001452 - Chip, Cheez-It WG	bag	1	101	3.54	1.01	0.00	5.06	151.87	14.17	1.01	0.00	2.03
000141 - Chip, Chex Cheddar	1 ea (49gz)	1	110	2.51	0.50	0.00	0.00	135.42	20.06	2.01	4.01	2.01
001443 - Chip, Corn Chip Taco in a Ba	bag	1	200	8.00	1.00	0.00	0.00	170.00	30.00	3.00	0.00	3.00
000144 - Chip, Dorito, Cool Ranch RF	1 ea (28g)	1	130	5.00	1.00	0.00	0.00	160.00	19.00	2.00	1.00	2.00
001156 - CHIP, DORITOS RF Cheese	Package	1	130	5.00	0.50	0.00	0.00	200.00	20.00	2.00	1.00	2.00
001444 - Chip, Nacho Taco in a Bag	bag	1	200	9.00	1.50	0.00	0.00	300.00	28.00	3.00	1.00	3.00
000151 - Chip, Popcorn, White Chedd	1 ea (28g)	1	80	5.00	1.00	0.00	2.50	145.00	7.00	1.00	1.00	1.50
000152 - Chip, Potato, Baked 0.875oz	1 ea (31.5g)	1	100	1.50	0.00	0.00	0.00	115.00	20.00	2.00	2.00	2.00
000148 - Chip, Quaker Kid Mix, 104 ct	1 ea (24.4g)	1	100	3.00	0.00	0.00	0.00	150.00	17.00	2.00	2.00	2.00
000168 - Chip, Tostito Scoops	1 ea	1	110	2.50	0.00	0.00	0.00	125.00	19.00	2.00	0.00	2.00
001104 - Chuckwagon Corn	1/2 cup	55	88	2.10	1.03	0.00	4.42	9.70	15.58	1.94	*0.00*	1.94
000819 - Cinnamon Applesauce	4 oz	24	92	0.01	0.00	0.00	0.00	10.06	22.50	2.34	18.00	0.03
000998 - Cinnamon Roll	1 roll	1	587	21.36	11.08	0.00	0.00	785.47	89.48	3.24	*12.98*	9.73
001382 - CLEMENTINES,RAW	ea	1	35	0.11	*N/A*	0.00	*N/A*	0.74	8.89	1.26	6.79	0.63
000173 - Cocktail Sauce	2 oz	57	57	0.00	0.00	0.00	0.00	651.58	14.16	0.94	10.39	0.94
001189 - Coffee Cake, WG Cinnamon	54 g	60	140	3.00	1.00	0.00	10.00	250.59	26.00	1.00	13.00	2.00
001368 - Coney Dog	1 ea	80	448	25.84	11.45	*0.49*	53.70	1042.00	34.47	4.71	*10.93*	17.63
000174 - Coney Sauce	2 oz	55	60	2.50	1.00	0.00	4.00	370.00	6.00	2.00	1.00	3.00
001384 - Cookie, Blueberry Lemon Bit	Pouch	1	121	4.05	0.51	0.00	0.00	60.75	21.26	2.03	8.10	2.03
000176 - Cookie, Carnival	1 ea	240	170	6.00	1.50	0.00	10.00	130.00	28.00	2.00	12.00	2.00
001528 - Cookie, Choc Frosted	ea	1	172	6.07	1.52	0.00	5.06	78.87	27.30	1.01	15.17	2.02
000177 - Cookie, Chocolate Chip	1 ea	240	160	5.00	1.50	0.00	10.00	100.00	26.00	2.00	12.00	2.00
000178 - Cookie, Double Chocolate C	1 ea	240	160	5.00	1.50	0.00	10.00	140.00	27.00	2.00	12.00	2.00
000678 - Cookie, Presidents	1 pkg	1	100	2.99	1.00	0.00	0.00	74.84	17.96	2.00	*N/A*	2.00
001311 - Cookie, Sugar Frosted	Each	1	172	6.70	1.80	0.00	6.50	78.00	27.00	1.00	15.00	1.70
000182 - Corn Dog	1 ea	48	281	13.05	3.51	0.00	40.14	662.32	31.11	2.01	9.03	9.03
000183 - Corn Dog Nuggets	6 ea	40	273	12.15	3.54	0.00	40.50	415.12	30.37	5.06	5.06	10.13
000184 - Corn, Steamed 1/2 C	1/2 cup	55	92	2.26	1.13	0.00	4.42	2.47	18.11	1.73	*2.06*	2.49
000186 - Country Baked Steak	1 ea	1	300	18.00	6.00	0.00	65.00	530.00	16.00	2.00	0.00	16.00
000187 - Country Gravy	2 oz	64	33	1.11	1.11	0.00	0.00	245.41	5.54	0.00	0.00	0.00
000189 - Cracker, Elf, Chocolate	1 ea	1	121	4.05	1.01	0.00	0.00	126.56	20.25	2.03	7.09	2.03

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000931 - Cracker, Goldfish Bulk	1.1 oz	28	141	5.03	1.01	0.00	5.03	251.62	20.13	1.01	*N/A*	4.03
000193 - Cracker, Goldfish, Graham C	1 ea	1	120	4.00	1.00	0.00	0.00	135.00	19.00	1.00	6.00	2.00
000194 - Cracker, Graham	1 pkg	1	60	2.00	0.00	0.00	0.00	65.00	10.00	1.00	3.00	1.00
000866 - Cracker, Saltine	1 pkg	1	25	0.50	0.00	0.00	0.00	90.00	5.00	0.00	0.00	1.00
001167 - Craisins	1 packet	1	110	0.00	0.00	0.00	0.00	0.00	28.00	3.00	24.00	0.00
000198 - Cream Cheese 100/.75 oz	1 ea	1	50	5.00	3.00	0.00	15.00	80.00	2.00	0.00	1.00	1.00
000199 - Creamer, Coffee Pkts	1 pkt	1	10	0.50	0.00	0.00	0.00	0.00	2.00	0.00	0.00	0.00
001499 - Crescent Roll, Chocolate	ea	1	230	8.00	1.50	0.00	0.00	270.00	37.00	2.00	10.00	6.00
000202 - Crystal Light, Fruit Punch	1 pkt	1	5	0.00	0.00	0.00	0.00	10.00	0.00	0.00	0.00	0.00
000203 - Crystal Light, Lemonade	1 pkt	1	5	0.00	0.00	0.00	0.00	35.00	0.00	0.00	0.00	0.00
000205 - Crystal Light, Raspberry Lem	1 pkt	1	5	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
001220 - Cucumber Slices	1/2 Cup	1	11	0.08	0.03	0.00	0.00	1.47	2.68	0.37	1.23	0.48
000745 - Danimals Crush Cup, Strawb	1 ea	1	70	0.00	0.00	0.00	5.00	60.00	14.00	0.00	10.00	4.00
001457 - Dasani Flavors Lemon	bottle	1	5	0.00	0.00	0.00	0.00	70.00	0.00	0.00	0.00	0.00
001458 - Dasani Flavors Strawberry	bottle	1	0	0.00	0.00	0.00	0.00	70.00	0.00	0.00	0.00	0.00
001455 - Dasani Water	bottle	1	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
001367 - Donut, Yeast WG	ea	1	370	15.00	7.00	0.00	0.00	300.00	52.24	2.82	29.23	5.00
001107 - Double Cheeseburger	1 ea	25	557	30.46	12.69	0.00	117.08	694.17	29.00	2.00	5.00	41.58
000901 - Dressing, Asst 1.5 oz	1 pkg	85	127	8.56	1.17	0.00	5.93	417.77	4.48	0.00	2.50	0.47
000856 - Dressing, Asst 12g	1 pkg	3	35	3.05	0.38	0.00	1.43	141.21	5.67	0.00	1.62	0.00
000966 - Dressing, Asst Gallon	1 oz	92	68	4.88	0.61	0.01	8.24	311.08	5.79	0.00	1.34	0.05
001354 - Dressing, Blue Cheese	ounce	1	156	15.64	3.42	0.00	0.00	312.82	12.71	0.00	0.98	0.98
000209 - Dressing, Caesar gallon	2 oz	64	189	20.79	3.78	0.30	0.00	510.29	1.89	0.00	1.89	1.89
000212 - Dressing, Dijon Honey Musta	2 oz	64	243	22.27	3.04	0.00	20.25	344.19	10.12	0.00	10.12	0.00
000857 - Dressing, French 12g	1 pkt	1	50	4.00	0.50	0.00	0.00	200.00	3.00	0.00	3.00	0.00
000215 - Dressing, French Honey 1.5	1 pkt	1	190	15.00	2.50	0.00	0.00	290.00	13.00	0.00	12.00	0.00
001058 - Dressing, Greek	2oz	16	243	27.75	3.96	0.00	0.00	0.61	0.03	0.01	0.01	0.00
001440 - Dressing, Greek Pasta	oz	4	122	13.88	1.99	*0.00*	0.00	294.35	1.87	0.11	*0.23*	0.07
000216 - Dressing, Italian FF 12g	1 pkt	1	5	0.00	0.00	0.00	0.00	116.47	13.17	0.00	1.01	0.00
000220 - Dressing, Italian FF, gallon	2 oz	64	27	0.00	0.00	0.00	0.00	932.79	5.49	0.00	3.66	0.00
000235 - Dressing, Italian Golden1.5 o	1 pkt	1	129	1.98	0.00	0.00	0.00	385.69	3.96	0.00	0.99	0.00
000218 - Dressing, Italian Light 1.5oz	1 pkt	1	15	1.00	0.00	0.00	0.00	720.00	2.00	0.00	2.00	0.00
000237 - Dressing, Ranch 1.5 oz	1 pkt	1	168	16.81	2.47	0.00	14.83	365.91	3.96	0.00	1.98	0.99
000781 - Dressing, Ranch 12g	1 pkt	1	51	5.14	0.64	0.00	4.29	107.14	0.86	0.00	0.86	0.00
000239 - Dressing, Ranch FF 1.5 oz	1 pkt	1	30	0.00	0.00	0.00	0.00	445.02	6.92	0.99	1.98	0.99
000241 - Dressing, Ranch RF, gallon	1 oz	128	71	4.55	0.51	0.00	10.12	374.50	7.09	0.00	1.01	0.00
001438 - Dressing, Sriracha Honey	oz	10	100	11.10	1.59	*0.00*	0.00	11.13	1.94	0.00	*1.34*	0.19
001198 - Edamame	1/2 cup	5	110	4.72	0.56	0.01	0.00	5.44	8.08	4.72	1.98	10.80
000370 - Egg, Hard Boiled	1 EACH	12	72	4.76	1.56	0.02	186.00	71.00	0.36	0.00	0.19	6.28
001374 - Emergency Meal	ea	1	590	21.00	4.00	0.00	0.00	435.00	93.00	8.00	58.00	11.00
001521 - Fish Filet	each	1	190	11.00	1.50	0.00	35.00	330.00	13.00	1.00	0.00	10.00
000767 - Fish Sticks	4 ea	80	230	9.00	1.50	0.00	50.00	230.00	23.00	2.00	1.00	15.00
001358 - Flat Bread 4" whole grain	ea	1	162	3.54	0.51	0.00	0.00	293.62	26.33	2.02	2.02	5.06
000269 - Flour Tortilla, 6"	2 ea	1	166	5.18	2.07	0.00	0.00	393.57	26.93	0.00	0.00	4.14
000276 - Flour Tortilla, WW 12"	1 ea	1	280	9.00	4.00	0.00	0.00	650.00	43.00	1.00	1.00	7.00
001393 - Foothill Farms Chili Cheese	gram	1	5	0.00	0.00	0.00	0.00	40.00	1.00	0.00	0.00	0.00
001392 - Foothill Farms Fiesta Lime	gram	1	0	0.00	0.00	0.00	0.00	20.00	0.00	0.00	0.00	0.00

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001394 - Foothill Farms Nacho Chees	gram	1	5	0.00	0.00	0.00	0.00	35.00	1.00	0.00	0.00	0.00
001391 - Foothill Farms Ranch	gram	1	0	0.00	0.00	0.00	0.00	0.00	1.00	0.00	0.00	0.00
001008 - French Toast Sticks, WG	3 sticks	1	270	8.00	1.00	0.00	10.00	290.00	43.00	2.00	11.00	7.00
000595 - Fresh Fruit	1 ea	3	87	0.29	0.07	0.00	0.00	1.00	22.49	3.53	15.20	1.00
001178 - Frozen Fruit Juice Cup, Berry	1 cup	1	70	0.00	0.00	0.00	0.00	5.00	19.00	3.00	16.00	0.00
001179 - Frozen Fruit Juice Cup, Cher	1 cup	1	70	0.00	0.00	0.00	0.00	5.00	19.00	3.00	16.00	0.00
001180 - Frozen Fruit Juice Cup, Wate	1 cup	1	90	0.00	0.00	0.00	0.00	10.00	25.00	3.00	21.00	0.00
001279 - Frozen Yogurt, Chocolate	1/2 cup	64	100	0.00	0.00	0.00	0.00	55.00	23.00	1.00	18.00	3.00
001280 - Frozen Yogurt, French Vanill	1/2 Cup	20	88	0.00	0.00	0.00	0.00	52.00	17.60	0.00	13.60	3.20
001196 - Frudel, Apple	1 ea	1	210	6.00	1.50	0.00	0.00	280.00	37.00	2.00	11.00	5.00
001195 - Frudel, Cherry	1 ea	1	210	6.00	1.50	0.00	0.00	290.00	37.00	2.00	11.00	5.00
001429 - Fruit and Yogurt Parfait - Ele	Parfait cup	1	363	9.76	4.50	0.00	22.50	303.22	55.68	2.19	*34.20*	13.26
001246 - Fruit and Yogurt Parfait FC O	Parfait cup	1	501	6.33	2.03	0.00	15.00	182.39	101.24	4.25	*55.27*	12.50
001326 - Fruit and Yogurt Parfait MS	Parfait cup	1	392	5.25	2.00	0.00	15.00	167.50	75.56	2.50	*49.00*	11.27
000279 - Fruit Cocktail	1/2 cup	24	79	1.00	0.00	0.00	0.00	4.95	17.82	0.99	14.85	0.99
000280 - Fruit Roll Ups, Crazy colors	1 ea	1	50	1.00	0.50	0.00	0.00	55.00	11.00	2.00	4.00	0.00
000835 - Fruit Soaking Liquid	N/A	100	7	0.01	0.00	0.00	0.00	2.54	1.83	0.11	1.35	0.08
001219 - Garden Fresh Vegetables 1/2	1/2 c	1	22	0.17	0.04	0.00	0.00	27.74	4.82	1.53	2.36	1.05
000677 - Garden Fresh Vegetables bul	1/2 c	100	14	0.12	0.03	0.00	0.00	21.05	2.88	0.98	1.32	0.69
001052 - General Tso Chicken	1 bowl	1	524	18.89	3.14	0.00	37.69	1140.16	68.19	4.06	20.20	18.17
000961 - General Tso's Sauce	1 oz	128	54	0.00	0.00	0.00	0.00	398.43	12.26	0.00	9.96	0.00
000300 - Gordita, Loco Bread	1 ea	1	130	1.00	0.00	0.00	0.00	140.00	26.00	3.00	1.00	4.00
000301 - Granola Bar, Thin Mint	1 ea	1	2835	85.05	28.35	0.00	0.00	1984.47	510.29	28.35	226.80	28.35
001245 - Granola, Cinnamon	1/4 Cup	1	90	1.50	0.00	0.00	0.00	25.00	17.00	1.00	6.00	2.00
001134 - GRAPEFRUIT,RAW,PINK&	1/2 Each	2	20	0.06	0.01	0.00	0.00	0.00	5.17	0.70	4.47	0.40
000422 - GRAPES,Fresh	CUP	1	58	0.00	0.00	0.00	0.00	1.67	15.02	0.56	*N/A*	0.56
000304 - Green Beans 1/2 C	1/2 cup	66	47	1.35	0.86	0.00	3.68	329.67	5.91	2.33	*1.36*	1.19
001547 - Green Beans w/Ham	1/2 cup	43	63	2.40	1.40	0.00	7.35	17.40	8.09	2.14	*2.10*	1.93
000573 - Grilled Cheese Sandwich	1 ea	1	300	14.00	7.00	0.00	30.00	710.00	28.00	2.00	4.00	20.00
000740 - Grilled Ham and Cheese	1 sandwich	1	223	8.11	3.54	0.00	16.43	442.88	26.00	2.00	3.00	13.36
001247 - Grilled Pepperjack Cheese S	ea	1	420	26.00	14.00	0.00	60.00	1270.00	28.00	2.00	6.00	18.00
001517 - Gyro Seasoning	cup	7	221	5.93	1.31	*0.00*	0.00	51.15	44.06	15.12	*0.79*	9.27
001349 - Ham and Cheeese Stuffer	ea	1	320	12.00	4.00	0.00	45.00	480.00	32.00	3.00	5.00	20.00
001213 - Ham and Cheese on Wheat	1 ea	1	184	5.16	1.80	0.00	9.65	309.33	25.00	2.00	2.50	10.04
001328 - Ham and Cheese Sub	1 ea	1	194	5.16	2.30	0.00	9.65	409.33	28.00	2.00	4.50	9.04
001226 - Ham and Turkey Slices	6 slices	1	42	0.76	0.37	0.00	17.99	246.52	0.00	0.00	0.00	9.74
001430 - Ham and Turkey Sub	ea	1	232	5.76	2.61	0.00	25.49	636.52	28.00	2.00	4.50	18.24
001446 - Ham, Diced	1.5 oz	1	53	2.28	0.76	0.00	30.37	265.78	0.00	0.00	0.00	6.83
000652 - Hamburger w/bun	1 ea	1	313	13.23	4.59	0.00	51.04	312.08	27.00	2.00	4.00	20.29
000632 - Home Fries	3.2 OZ	25	120	4.50	0.50	0.00	0.00	370.00	18.00	2.00	1.00	2.00
000305 - Honey	1 ea	1	43	0.00	0.00	*N/A*	0.00	0.56	11.54	0.03	11.50	0.04
000306 - Honey Mustard Dipping Cup	1 ea	1	70	6.00	1.00	0.00	10.00	220.00	5.00	0.00	2.00	0.00
000309 - Hot Dog on Bun	1 ea	80	327	18.70	7.38	0.49	34.39	574.03	26.98	2.00	9.89	10.89
000308 - Hot Dog, 8:1	1 ea	80	177	16.70	6.88	0.49	34.39	334.03	0.98	0.00	5.89	5.89
000792 - Hot Italian Sub	1 sub	1	365	15.01	6.63	*0.00*	85.06	1512.74	32.46	2.62	*6.83*	25.58
000971 - Hot Sauce Pkt	1 pkt	1	2	0.00	0.00	0.00	0.00	120.24	0.23	0.10	0.08	5.00
001057 - Hummus w/Pita Bread	1 svg	1	443	20.19	3.00	0.00	0.00	1317.25	54.18	9.53	9.53	18.01

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001239 - Hunan Orange Chicken	14 ea	1	372	17.06	3.05	0.00	36.55	658.41	39.06	2.44	12.00	14.62
001184 - Hunan Style Orange Sauce	2 oz	40	92	0.00	0.00	0.00	0.00	366.00	22.00	0.00	12.00	0.00
001264 - Ice Cream, Chocolate Scoote	1 ea	1	170	6.00	1.50	0.00	5.00	85.00	26.00	0.00	13.00	2.00
001255 - Ice Cream, Cookies and Cre	1 ea	1	120	1.50	1.00	0.00	5.00	100.00	25.00	1.00	14.00	2.00
001270 - Ice Cream, Crazy Cone	1 ea	1	120	2.00	1.00	0.00	5.00	85.00	25.00	0.00	10.00	2.00
001256 - Ice Cream, Cup Birthday Cak	1 ea	1	80	0.00	0.00	0.00	5.00	95.00	17.00	0.00	16.00	4.00
001463 - Ice Cream, Cup Cotton Cand	cup	1	70	1.00	0.50	0.00	0.00	60.00	14.00	0.00	10.00	2.00
001259 - Ice Cream, Cup Lemon Sher	1 ea	1	100	1.00	0.50	0.00	5.00	40.00	23.00	0.00	22.00	1.00
001260 - Ice Cream, Cup Orange Sher	1 ea	1	100	1.00	0.50	0.00	5.00	40.00	23.00	0.00	22.00	1.00
001257 - Ice Cream, Cup Raspberry Fr	1 ea	1	110	0.00	0.00	0.00	5.00	80.00	23.00	0.00	20.00	4.00
001258 - Ice Cream, Cup Vanilla FroY	1 ea	1	80	0.00	0.00	0.00	5.00	80.00	16.00	0.00	15.00	4.00
001539 - Ice Cream, Fudge-O Bar	each	1	80	0.00	0.00	0.00	0.00	80.00	16.00	0.00	15.00	3.00
001462 - Ice Cream, Mint Sandwich	ea	1	180	3.50	1.50	0.00	10.00	150.00	33.00	1.00	20.00	4.00
001266 - Ice Cream, Orange Blossom	1 ea	1	70	1.00	0.50	0.00	5.00	50.00	14.00	0.00	13.00	1.00
001261 - Ice Cream, Polar Blast Fruit	1 ea	1	70	0.00	0.00	0.00	0.00	5.00	16.00	0.00	12.00	0.00
001542 - Ice Cream, Raspberry Sherb	ea	1	120	1.00	0.50	0.00	4.00	40.00	27.00	0.00	25.00	1.00
001540 - Ice Cream, Salted Caramel B	each	1	240	12.00	6.00	0.00	15.00	220.00	30.00	0.00	20.00	3.00
001541 - Ice Cream, Sandwich Cookie	each	1	150	2.50	1.50	0.00	5.00	150.00	29.00	1.00	13.00	3.00
001262 - Ice Cream, Sandwich Mighty	1 ea	1	120	2.50	1.00	0.00	5.00	70.00	12.00	0.00	10.00	2.00
001265 - Ice Cream, Strawberry Scoot	1 ea	1	1600	6.00	1.50	0.00	0.00	75.00	25.00	0.00	13.00	2.00
001460 - Ice Cream, Tropi-Kool Mango	ea	1	100	0.00	0.00	0.00	0.00	65.00	36.00	2.00	19.00	0.00
001461 - Ice Cream, Tropi-Kool Straw	ea	1	100	0.00	0.00	0.00	0.00	30.00	43.00	1.00	28.00	1.00
001459 - Ice Cream, Twist Cone	ea	1	150	2.00	1.50	0.00	5.00	95.00	30.00	1.00	2.00	3.00
001254 - Ice Cream, Twister Cup Cott	1 ea	1	80	0.00	0.00	0.00	5.00	95.00	15.00	0.00	15.00	4.00
001251 - Ice Cream, Twister Cup FF S	1 ea	1	80	0.00	0.00	0.00	0.00	10.00	19.00	0.00	14.00	0.00
001252 - Ice Cream, Twister Cup Sour	1 ea	1	80	0.00	0.00	0.00	0.00	10.00	19.00	0.00	14.00	0.00
001543 - Ice Cream, Vanilla Cup	ea	1	70	1.00	0.50	0.00	4.00	60.00	14.00	0.00	10.00	2.00
001263 - Ice Cream, Vanilla Sandwich	1 ea	1	180	3.50	1.50	0.00	10.00	150.00	33.00	1.00	20.00	4.00
001478 - Icing for Cinnamon Rolls	1 oz	12	118	0.04	0.02	*0.00*	0.16	2.63	30.13	0.00	29.53	0.12
000352 - Jalepeno Pepper Slices	1 OZ	1	0	0.00	0.00	0.00	0.00	493.55	0.97	0.00	0.97	0.00
000359 - Jelly, Grape, Bulk	2 TBSP	1	104	0.00	0.00	0.00	0.00	0.00	25.07	0.00	22.98	0.00
000360 - Jelly, Packet, Grape	1 EA	1	35	0.00	0.00	0.00	0.00	0.00	9.11	0.00	5.06	0.00
000794 - Jennie-O Turkey Ham	6.36 slices	1	4	0.17	0.06	0.00	2.28	20.49	0.00	0.00	0.00	0.57
000837 - Jicama	1 bag	1	21	0.00	0.00	0.00	0.00	2.18	4.80	2.62	*N/A*	0.44
000365 - Juice, Apple 10 oz	1 EA	1	140	0.00	0.00	0.00	0.00	25.00	35.00	0.00	*N/A*	0.00
000371 - Juice, Apple Cup	ea	1	60	0.00	0.00	0.00	0.00	15.00	14.00	0.00	13.00	1.00
000640 - Juice, Assorted 4oz	1 EA	2	55	0.00	0.00	0.00	0.00	15.00	13.50	0.00	11.50	1.00
001383 - Juice, Grape	cup	1	80	0.00	0.00	0.00	0.00	15.00	18.00	0.00	18.00	1.00
000373 - Juice, Mixed Berry 10 oz	1 ea	1	150	0.00	0.00	0.00	0.00	25.00	36.00	0.00	*N/A*	0.00
000374 - Juice, Orange 10 oz	1 ea	1	140	0.00	0.00	0.00	0.00	20.00	33.00	0.00	*N/A*	2.00
000376 - Juice, Orange Cup	1 ea	1	50	0.00	0.00	0.00	0.00	15.00	13.00	0.00	10.00	1.00
001494 - Juice, Orange Medley	carton	1	50	0.00	0.00	0.00	0.00	30.00	13.00	0.00	11.00	0.00
001376 - Juice, Sunset Sip	ea	1	40	0.00	0.00	0.00	0.00	10.00	10.00	0.00	9.00	0.00
000381 - Ketchup, Packets	1 ea	1	10	0.00	0.00	0.00	0.00	25.00	2.00	0.00	2.00	0.00
001197 - Kiwi with Oranges	1/2 cup	4	33	0.15	0.01	0.00	0.00	0.52	8.17	1.67	6.04	0.65
000383 - Lettuce, Shredded	1/2 CUP	72	4	0.04	0.01	0.00	0.00	3.15	0.94	0.38	0.62	0.28
000388 - Mandarin Oranges	1/2 cup	21	94	0.00	0.00	0.00	0.00	0.00	24.63	1.17	23.46	1.17

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001114 - Marinara Sauce Cups	PC	1	15	0.00	0.00	0.00	0.00	120.00	3.00	1.00	2.00	0.00
000001 - Mashed Potatoes	1/2 cup	39	73	1.05	0.00	0.00	0.00	358.51	14.63	1.05	0.00	2.09
001236 - Meat Sauce over Rotini Past	Bowl	1	334	8.40	2.80	0.00	55.00	290.00	45.28	7.58	8.86	22.44
000888 - Meatball Sub	1 EA	56	382	15.49	6.13	0.00	43.68	627.64	37.16	3.86	8.87	21.43
000351 - Meatballs, BBQ	1 ea	300	69	1.87	0.67	0.00	6.74	134.69	10.61	0.19	8.91	2.25
000764 - Meatballs, Pork Reduced So	5 ea	56	163	10.03	3.61	0.00	36.09	241.60	5.01	1.00	1.00	12.03
000897 - Mexican Relish Boat	1 boat	1	27	0.05	0.01	0.00	0.00	158.78	5.55	1.92	2.20	0.32
001110 - Milk, 1% White 12 oz	container	1	150	3.50	2.50	0.00	15.00	180.00	17.00	0.00	17.00	12.00
000395 - Milk, 1/2 Pint 1% White	1 ea	1	110	2.50	1.50	0.00	10.00	130.00	13.00	0.00	12.00	8.00
000967 - Milk, 1/2 pint FF Strawberry	1 carton	1	110	0.00	0.00	0.00	5.00	125.00	19.00	0.00	18.00	8.00
000396 - Milk, 1/2 Pint Skim Chocolate	1 ea	1	120	0.00	0.00	0.00	5.00	180.00	20.00	0.00	18.00	8.00
000397 - Milk, 1/2 Pint Skim White	1 ea	1	90	0.00	0.00	0.00	5.00	130.00	13.00	0.00	12.00	8.00
001108 - Milk, FF Chocolate 12 oz	1 Container	1	200	0.00	0.00	0.00	10.00	270.00	38.00	0.00	33.00	12.00
001111 - Milk, FF Strawberry 12 oz	Container	1	200	0.00	0.00	0.00	5.00	190.00	35.00	0.00	33.00	12.00
001109 - Milk, FF White 12 oz	Container	1	120	0.00	0.00	0.00	5.00	180.00	18.00	0.00	17.00	12.00
000718 - Mini Cinnis	1 ea	1	240	7.00	1.50	0.00	0.00	270.00	39.00	2.00	15.00	5.00
001240 - Mixed Fruit	1/2 cup	106	86	0.09	0.02	0.00	0.00	2.35	22.07	1.76	*10.39*	0.64
000889 - Mixed Greens Salad	cup	32	13	0.00	0.00	0.00	0.00	6.33	2.53	1.27	0.00	0.00
000400 - Mixed Vegetables 1/2 C	1/2 cup	50	87	2.25	1.22	0.00	4.86	42.64	13.35	3.63	*0.00*	3.02
001389 - Mrs. Dash Garlic & Herb	gram	1	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
001395 - Mrs. Dash Jalapeno	gram	1	0	0.00	0.00	0.00	0.00	0.00	1.25	0.00	0.00	0.00
001390 - Mrs. Dash Southwest Chipotl	gram	1	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
000406 - Mustard Packets	1 pkt	1	5	0.00	0.00	0.00	0.00	60.48	0.00	0.00	*N/A*	0.00
000581 - Nachos, Secondary	1 EA	151	284	14.07	6.24	0.00	47.75	707.27	23.52	3.00	1.00	15.56
000411 - Nutri-Grain, Apple Cinnamon	1 EA	1	120	3.00	0.50	0.00	0.00	110.00	24.00	3.00	12.00	2.00
000410 - Nutri-Grain, Strawberry	1 EA	1	130	3.50	0.50	0.00	0.00	140.00	25.00	1.00	12.00	2.00
000417 - Olives, Ripe, Sliced	1 oz	105	45	4.45	0.00	0.00	0.00	222.75	1.78	0.00	0.00	0.00
000418 - Onion, Red	1 OZ	12	15	0.04	0.02	*N/A*	0.00	1.51	3.53	0.64	*N/A*	0.42
000086 - Orange - Whole	EACH	1	45	0.12	0.01	0.00	0.00	0.00	11.28	2.30	8.98	0.90
000440 - Oriental Blend Vegetables	1/2 cup	30	124	5.94	3.78	0.00	16.20	40.32	11.97	4.03	*6.05*	4.03
000441 - Pancake, Maple	1 PKG	1	210	6.00	1.00	0.00	10.00	320.00	35.00	4.00	11.00	4.00
001468 - Pancake, WG	2 ea	1	130	2.00	0.00	0.00	5.00	250.00	24.00	3.00	6.00	4.00
000445 - Pasta, Penne	1/2 CUP	160	100	0.50	0.00	0.00	0.00	10.67	21.00	1.00	1.00	3.50
001237 - Pasta, Rotini WG Barilla 1 c	1 cup	43	167	1.40	0.00	0.00	0.00	0.00	36.28	5.58	1.86	7.44
000894 - Pasta, Rotini WG Barilla 1/2	1/2 cup	320	90	0.75	0.00	0.00	0.00	0.00	19.50	3.00	1.00	4.00
000576 - PB&J Sandwich	1 EA	10	635	34.89	5.14	0.00	0.00	427.47	65.51	6.11	31.14	20.39
001485 - PB&J Uncrustable, Grape 5.	ea	1	630	33.00	7.00	0.00	0.00	630.00	64.00	6.00	28.00	19.00
000447 - Peaches, Diced	1/2 CUP	24	91	0.00	0.00	0.00	0.00	5.70	21.66	1.14	17.10	0.00
001476 - Peaches, Diced, Cups, Froze	ea	96	80	0.00	0.00	0.00	0.00	0.00	19.00	1.00	16.00	1.00
000448 - Peaches, Sliced	1/2 cup	25	73	0.04	0.00	0.00	0.00	6.80	19.80	1.77	18.03	0.68
000450 - Peanut Butter	4 tbsp	36	374	31.50	4.92	0.00	0.00	265.78	15.75	3.94	5.91	13.78
000449 - Peanut Butter and Jelly Grah	1 ea	1	306	18.10	4.10	0.00	0.00	205.70	30.50	4.60	13.40	9.70
000451 - Peanut Butter, PC	1 ea	1	121	10.12	1.52	0.00	0.00	86.06	6.07	1.01	2.03	4.05
000806 - PEAR, BOSC, RAW, WHOL	1/2 ea	220	48	0.10	0.01	0.00	0.00	1.00	12.83	2.55	*N/A*	0.32
000452 - Pears, Diced	1/2 cup	24	91	0.00	0.00	0.00	0.00	5.68	21.60	2.27	17.06	0.00
000453 - Pears, Sliced	1/2 cup	25	67	0.00	0.00	0.00	0.00	11.12	15.57	2.22	12.23	0.00
001316 - Peas and Carrots, Steamed	1/2 cup	50	39	1.78	1.13	0.00	4.86	28.64	4.50	1.01	*1.35*	1.01

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000454 - Peas, Steamed 1/2 cup	1/2 cup	50	95	2.16	1.20	0.00	4.86	102.87	14.11	4.29	*4.76*	4.97
000455 - Pickle Relish, pkt	1 pkt	1	15	0.00	0.00	0.00	0.00	75.00	3.00	0.00	3.00	0.00
000456 - Pickles, Spears and Chips	1/4 cup	9	6	0.15	0.04	0.00	0.00	407.73	1.21	0.50	0.54	0.25
000457 - Pineapple, Chunk	1/2 cup	25	68	0.00	0.00	0.00	0.00	0.00	16.95	1.13	14.69	0.00
000459 - Pineapple, Tidbit	1/2 cup	24	82	0.00	0.00	0.00	0.00	0.00	22.57	1.03	20.52	1.03
001435 - Pizza, 4x6 BBQ Chicken	slice	16	346	12.84	6.25	*0.00*	39.17	435.65	33.85	3.04	*9.06*	25.03
001432 - Pizza, 4x6 Cheese	Each	16	310	12.00	6.00	0.00	30.00	360.00	30.00	3.00	6.00	22.00
001152 - Pizza, 4x6 Chicken Fajita	Each	16	349	13.77	6.51	*0.00*	50.00	519.56	31.49	3.24	*6.17*	26.39
001153 - Pizza, 4x6 Pepperoni	Each	1	350	17.00	7.00	0.00	40.00	580.00	29.00	3.00	6.00	22.00
001129 - Pizza, 5" Cheese	each	1	330	12.00	7.00	0.00	30.00	600.00	33.00	3.00	3.00	21.00
001130 - Pizza, 5" Pepperoni	each	1	350	15.00	8.00	0.00	35.00	770.00	33.00	3.00	3.00	20.00
001546 - Pizza, 8" Wedge Pepperoni	ea	1	350	17.00	7.00	0.00	40.00	580.00	29.00	3.00	6.00	22.00
001241 - Pizza, BBQ Chicken	slice	10	336	11.53	5.09	*0.00*	33.52	616.95	38.14	2.23	*9.52*	18.53
001064 - Pizza, Big Daddy Cheese	1 slice	8	372	14.87	6.51	0.00	32.53	408.95	39.97	3.72	6.51	17.66
001131 - Pizza, Big Daddy Pepperoni	Slice	8	51	2.25	0.88	0.00	5.00	72.50	5.37	0.50	0.88	2.50
001352 - Pizza, Buffalo Chicken EC	slice	8	371	13.97	5.39	*0.00*	36.84	966.53	39.58	2.78	*3.03*	19.89
001039 - Pizza, Calzone	1 ea	1	340	13.00	5.00	0.00	30.00	510.00	35.00	3.00	5.00	20.00
000462 - Pizza, Cheese Quesadilla	1 slice	1	322	12.08	3.02	0.00	10.07	815.53	39.27	4.03	3.02	15.10
001473 - Pizza, Chicken Quesadilla	2 triangles	16	299	10.98	4.99	0.00	44.91	568.80	31.93	2.99	2.99	18.96
001034 - Pizza, Chs Stfd Breadstick	2 sticks	1	300	11.00	6.00	0.00	30.00	480.00	30.00	3.00	5.00	20.00
001191 - Pizza, French Bread	1 ea	1	340	15.00	8.00	0.00	45.00	490.00	36.00	3.00	7.00	18.00
001035 - Pizza, Garlic French Bread	1 ea	1	423	19.23	7.69	0.00	25.64	769.23	38.46	3.85	3.85	21.79
001508 - Pizza, Hawaiian 5"	1 slice	8	360	12.76	7.25	*0.00*	40.13	688.79	36.22	3.21	*5.50*	23.46
001447 - Pizza, Meatlovers	Slice	8	350	16.01	8.01	0.00	40.03	790.67	29.03	4.00	3.00	21.02
001381 - Pizza, Rippers Cheese	Slice	1	341	13.05	4.01	0.00	35.12	602.11	32.11	2.01	2.01	23.08
001128 - Pizza, SC Cheese ConAgra	each	1	368	13.80	6.90	0.00	40.25	805.00	43.70	3.45	5.75	19.55
001127 - Pizza, SC Pepperoni Tony's	each	1	370	16.00	8.00	0.00	40.00	630.00	40.00	4.00	10.00	17.00
000474 - Pop Tart, WG Brown Sugar	1 ea	1	180	2.49	1.00	0.00	0.00	189.60	36.92	2.99	14.97	2.00
000473 - Pop Tart, WG Strawberry IW	1 ea	1	180	2.49	1.00	0.00	0.00	179.62	37.92	2.99	14.97	2.00
000475 - Pork Tenderloin Patty	1 ea	40	303	16.94	4.24	0.00	108.93	472.03	18.15	3.63	1.21	18.15
000476 - Pork Tenderloin Sandwich	1 ea	40	453	18.94	4.24	0.00	108.93	682.03	45.15	5.63	5.21	24.15
001366 - Pork, Citrus Marinated Chop	4 oz	1	238	12.78	4.79	0.00	84.65	91.04	1.60	0.00	1.60	25.55
000478 - Potato, Baked	1 ea	1	134	0.14	0.04	0.00	0.00	8.50	30.72	2.21	1.05	3.64
001325 - Potato, Roasted Red	1/2 cup	20	72	0.52	0.00	0.00	0.00	92.78	14.43	1.03	1.03	2.06
001522 - Potato, Waffle Fry	3.35 oz	21	174	5.79	1.16	0.00	0.00	578.56	26.61	1.16	1.16	2.31
000919 - Potatoes, Au Gratin 0.5 cup	0.5 cup	42	154	3.47	1.35	0.00	5.79	327.38	29.70	1.35	4.05	2.70
001482 - Potatoes, Au Gratin with Ha	0.5 cup	44	160	3.87	1.47	0.00	12.89	376.93	28.35	1.29	3.87	4.23
001504 - Power Pack - FC	1 container	1	438	20.75	7.92	0.02	222.45	607.55	43.73	5.20	*11.52*	20.60
001530 - Powerade, Zero, Fruit Punch	ea	1	0	0.00	0.00	0.00	0.00	250.00	0.00	0.00	0.00	0.00
001531 - Powerade, Zero, Grape	ea	1	0	0.00	0.00	0.00	0.00	250.00	0.00	0.00	0.00	0.00
001532 - Powerade, Zero, Mixed Berry	ea	1	0	0.00	0.00	0.00	0.00	250.00	0.00	0.00	0.00	0.00
000623 - Premium Salad, Breaded Chi	1 EA	1	357	14.68	6.13	0.00	39.28	512.92	36.69	6.61	3.72	20.55
001373 - Premium Salad, Chopped	1 EA	1	354	12.25	6.12	*0.00*	59.45	800.18	34.80	5.70	*3.38*	25.26
001185 - Premium Salad, Ham and Tu	1 EA	1	280	9.34	5.31	0.00	31.96	465.78	32.50	5.87	3.81	18.32
000624 - Premium Salad, Spicy Chick	1 EA	1	376	15.48	6.44	0.00	33.70	515.02	39.77	7.05	4.04	19.90
000622 - Premium Salad, Turkey	1 EA	1	299	9.63	5.47	0.00	39.70	577.76	32.50	5.87	3.81	22.88
001323 - Pretzel Rods, WG 1oz	1 each	180	70	0.50	0.00	0.00	0.00	40.04	14.00	1.00	0.00	2.00

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000653 - Pretzel with Queso Cheese	1 ea	1	406	19.00	10.60	0.00	60.00	1016.00	40.00	4.00	*0.00*	20.00
001526 - Pretzel, Italian w/Chs & Marin	1 ea	1	421	19.00	10.60	*0.00*	60.00	1136.00	43.00	5.00	*2.00*	20.00
000799 - Pudding, Chocolate	ea	1	110	2.00	1.00	0.00	0.00	125.28	22.05	1.00	15.03	1.00
001011 - Pudding, Vanilla	ea	1	110	2.51	1.50	0.00	0.00	130.29	20.05	1.00	14.03	0.00
001365 - Pulled Pork Street Tacos	2 ea	1	562	19.87	5.80	0.00	84.65	678.29	54.25	4.05	5.65	35.68
000490 - Raisins	1 box	1	129	0.20	0.02	0.00	0.00	4.73	34.05	1.59	25.45	1.32
000491 - Refried Beans	1/2 cup	20	168	2.77	1.52	0.00	7.59	193.82	25.29	9.25	0.15	10.63
000860 - Relish Boat	1 svg	1	14	0.14	0.03	0.00	0.00	118.22	3.03	0.97	1.77	0.67
001538 - Relish Boat Elementary	1 svg	1	10	0.13	0.02	0.00	0.00	117.86	2.18	0.81	1.39	0.57
000315 - Rice	1/2 cup	40	87	0.91	0.00	0.00	0.00	41.11	17.58	1.03	0.28	2.06
001147 - Rice Krispies Treat WG	each	1	160	4.00	1.00	0.00	0.00	140.00	30.00	1.00	11.00	2.00
000912 - Roasted Garbanzo Beans	1/2 cup	24	155	4.78	0.59	0.00	0.00	344.80	21.46	5.46	*0.00*	6.10
001218 - Roasted Sweet & Russet 1/2	1/2 Cup	382	99	2.12	0.24	0.00	0.00	255.95	19.36	1.72	6.69	1.33
000496 - Roll, Whole Grain Dinner	1 ea	1	90	1.00	0.00	0.00	0.00	135.00	17.00	2.00	2.00	3.00
000497 - Rotini Pasta with Meat Sauce	8 oz	60	338	17.20	6.99	1.08	58.06	651.61	25.81	4.30	8.60	19.35
001234 - Sack Lunch	bag	1	893	38.35	8.56	0.00	10.00	796.60	116.56	13.68	58.94	21.85
000498 - Salad Dressing, Mayonnaise	1 ea	1	45	4.00	0.50	0.00	5.00	100.00	2.00	0.00	2.00	0.00
000499 - Salsa	2 oz	50	23	0.00	0.00	0.00	0.00	159.83	4.61	1.54	1.54	0.00
000502 - Sausage Pancake on a Stick	1 ea	1	238	14.85	4.46	0.00	24.75	356.45	17.82	1.98	3.96	0.99
000503 - Sausage, Pork Patty	1 ea	1	121	10.00	3.70	0.00	26.00	172.00	1.00	0.00	0.00	6.00
000506 - Shrimp Poppers	svg (21pcs)	53	230	10.00	1.50	0.00	55.00	760.00	23.00	2.00	*N/A*	9.00
000510 - Sloppy Joe Sandwich	3.63 oz	132	295	8.01	2.20	0.00	44.08	627.73	37.02	4.00	12.01	19.02
000509 - Sloppy Joe, Beef, meat only	3.63 oz	132	145	6.01	2.20	0.00	44.08	417.73	10.02	2.00	8.01	13.02
001456 - SmartWater	bottle	1	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
000511 - Smiles, Potato	4 ea	159	129	4.83	0.81	0.00	0.00	185.16	20.13	1.61	0.00	1.61
000518 - Soft Tacos	2 ea	151	277	10.19	3.88	0.00	35.10	686.38	31.94	2.01	2.01	17.18
000523 - Soup, Tomato	8 oz	11	97	0.00	0.00	0.00	0.00	519.31	21.48	1.07	12.89	2.15
000512 - Sour Cream, pkt	1 ea	1	60	5.00	3.00	0.00	20.00	50.00	2.00	0.00	2.00	1.00
000970 - Soy Sauce pkt	1 pkt	1	0	0.00	0.00	0.00	0.00	23.39	0.00	0.00	0.00	3.12
001045 - Spaghetti Sauce, 1/2 cup	1/2 cup	25	58	0.96	0.00	0.00	0.00	134.63	11.54	1.92	8.65	1.92
000660 - Spaghetti Sauce, 1/4 cup	1/4 cup	49	29	0.49	0.00	0.00	0.00	68.69	5.89	0.98	4.42	0.98
001098 - Spanish Rice	1/2 cup	40	142	1.30	0.00	0.00	0.00	141.72	28.96	2.51	1.24	3.09
001291 - Spiced Peaches	1/2 CUP	50	97	0.04	0.00	*0.00*	0.00	6.88	25.97	1.85	24.07	0.69
001308 - STRAWBERRIES & BLUEB	1/2 cup	334	44	0.00	0.00	0.00	0.00	0.00	10.93	1.92	*4.95*	0.28
000635 - Strawberries, Frozen Cup	1 EA	96	90	0.00	0.00	0.00	0.00	0.00	21.99	2.00	18.00	1.00
001307 - STRAWBERRIES,FRZ,UNS	1/2 cup	109	80	0.00	0.00	0.00	0.00	0.00	20.51	2.68	15.16	0.00
000793 - Sub Meat - Italian pack	5 slices	1	140	7.01	2.63	0.00	70.06	840.77	3.50	0.00	1.75	17.52
000513 - Sub Meat, Traditional Pack	3 oz	1	129	8.55	2.28	0.16	58.13	819.45	1.60	0.00	*N/A*	12.53
000940 - Sub Sand, Italian sub bun	1 sub	1	360	15.01	6.63	0.00	85.06	1370.77	31.50	2.00	6.75	25.52
000514 - Sub Sand, traditional sub bun	1 ea	1	319	13.55	4.52	0.16	65.63	1209.45	29.60	2.00	*4.50*	21.03
000515 - Sunflower Seeds, Honey	1 ea	1	190	15.01	2.00	0.00	0.00	65.04	11.01	3.00	5.00	6.00
000516 - Sunflower Seeds, Salted	1 ea	1	7	0.60	0.09	0.00	0.00	4.71	0.26	0.13	0.04	0.26
001284 - Sushi, Cali Roll	1 package	1	411	3.80	0.80	0.00	*N/A*	1183.70	74.70	*N/A*	8.00	*N/A*
001285 - Sushi, Crunchy Roll	1 Package	1	542	11.30	3.30	0.00	*N/A*	1733.10	85.70	*N/A*	13.50	*N/A*
001012 - Sweet and Sour Sauce	2 oz	64	135	0.00	0.00	0.00	0.00	247.50	31.50	0.00	24.75	0.00
001126 - Sweet Potato Gems	2.52 oz	1	71	0.00	0.00	0.00	0.00	136.39	18.19	1.30	10.39	0.65
001188 - Sweet Potato Waffle Fries, 1/	2 oz (1/2 cup)	18	133	6.67	1.11	0.00	0.00	170.47	17.79	1.48	5.19	0.74

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Recipe	Portion Size	# of Portions	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber(g)	Sugars (g)	Protein (g)
000517 - Syrup, Pancake	1 PKT	1	109	0.00	0.00	0.00	0.00	19.84	28.77	0.00	21.83	0.00
001359 - Taco Filling, Beef	svg	25	112	5.05	1.82	0.00	35.33	294.76	5.05	2.02	2.02	13.12
000763 - Taco Sauce, 9g	1 pkt	1	5	0.00	0.00	0.00	0.00	95.00	1.00	0.00	0.00	0.00
000521 - Tartar Sauce	1 ea	1	40	3.00	0.00	0.00	5.00	100.00	3.00	0.00	2.00	0.00
001087 - Tomato Cucumber Salad	1/2 cup	9	15	0.11	0.02	*0.00*	0.00	106.11	3.45	0.63	*1.84*	0.55
000524 - Tomato Slices	1 Slice	16	5	0.06	0.01	0.00	0.00	1.42	1.10	0.34	0.75	0.25
000525 - Tri-Taters	2 ea	1	200	8.00	1.00	0.00	0.00	400.00	28.00	2.00	2.00	2.00
000625 - Tuna Salad	1/2 CUP	25	226	16.83	2.57	0.01	107.48	384.51	0.57	0.04	0.37	17.16
000952 - Turkey Sandwich	1 ea	1	261	6.35	2.43	0.00	41.34	763.71	25.00	2.00	2.50	28.45
000528 - Turkey Sub	1 ea	1	271	6.35	2.93	0.00	41.34	863.71	28.00	2.00	4.50	27.45
001063 - Turkey, Reduced Sodium Sli	4 slices	60	88	1.46	0.73	0.00	36.58	512.12	0.00	0.00	0.00	20.49
001479 - Turkey, Roast, Frozen	2 oz	52	129	6.41	2.03	0.00	46.65	620.96	2.05	0.03	0.66	16.24
001519 - Tzatziki Sauce	1 oz	64	51	4.05	3.54	0.00	0.00	70.87	2.03	0.00	1.01	1.01
000637 - UBR-Ultimate Breakfast Rou	1 EA	140	254	6.35	2.12	0.00	5.29	232.72	45.49	6.35	20.10	5.29
000531 - Uncrustable Grape Jelly on	1 ea	1	300	17.00	3.00	0.00	0.00	280.00	32.00	4.00	14.00	9.00
000533 - Uncrustable PB & Straw jam	1 EA	1	300	17.00	3.00	0.00	0.00	280.00	32.00	4.00	14.00	9.00
000571 - Veggie Sticks	1/2 CUP	75	17	0.12	0.02	0.00	0.00	45.06	3.80	1.33	1.84	0.49
001527 - Vinegar, Malt	ea	1	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
001437 - Waffle	ea	1	73	1.97	0.28	0.00	2.82	203.10	12.98	1.69	2.26	2.26
000673 - Walking Taco	1 EA	1	311	14.00	3.30	0.00	35.00	592.00	33.00	5.00	3.00	16.00
001281 - Watermelon	1/2 Cup	60	27	0.00	0.00	0.00	0.00	0.91	7.26	0.00	5.44	0.91
001150 - Welch's Fruit Snacks, Berries	Bag	1	130	0.00	0.00	0.00	0.00	20.00	33.00	3.00	15.00	1.00
000655 - Whole Wheat Breakfast Bun	1 ea	1	230	7.00	2.00	0.00	0.00	340.00	39.00	3.00	10.00	6.00
000955 - Wrap, Breaded Chicken	EA	2	320	16.01	5.43	0.00	32.18	686.30	28.62	2.32	2.36	14.97
001339 - Wrap, Breaded Spicy Chicke	EA	2	317	17.01	5.23	0.00	15.68	596.80	26.87	1.32	2.36	13.77
001342 - Wrap, Chicken Salad	1/2 Wrap	2	521	29.65	6.80	0.00	99.26	814.41	25.85	1.34	2.22	34.09
001338 - Wrap, Club	EA	2	330	15.62	7.83	0.00	48.40	952.74	26.80	1.57	2.13	21.55
000614 - Wrap, Taco Salad	1 EA	2	411	22.47	10.93	0.00	59.71	987.57	32.27	3.52	*5.80*	19.57
001398 - Wrap, Tuna Salad	1/2 Wrap	2	375	21.42	4.58	0.01	107.48	714.24	24.02	1.24	2.18	21.18
000603 - Wrap, Turkey	EA	2	346	16.76	7.35	0.00	57.48	920.43	22.37	1.57	2.36	24.69
001465 - Wrap, Turkey ALT	EA	1	509	21.67	10.02	0.00	57.02	1499.23	51.21	2.07	2.89	28.72
000608 - Wrap, Veggie	1 EA	2	395	24.74	12.04	*0.00*	49.85	806.37	24.90	2.37	*2.67*	18.32
001448 - Yogurt, Greek Blueberry	container	1	110	0.00	0.00	0.00	4.90	50.00	16.00	0.00	14.00	12.00
001451 - Yogurt, Greek Peach	container	1	110	0.00	0.00	0.00	4.90	50.00	16.00	0.00	14.00	12.00
001449 - Yogurt, Greek Strawberry	container	1	110	0.00	0.00	0.00	4.90	50.00	16.00	0.00	14.00	12.00
001450 - Yogurt, Greek Vanilla	container	1	110	0.00	0.00	0.00	4.90	50.00	16.00	0.00	14.00	12.00
000569 - Z'rib Patty	1 EA	100	213	12.40	4.20	0.00	44.30	657.90	11.90	1.00	9.10	12.60
000570 - Z'rib Sandwich	1 EA	100	363	14.40	4.70	0.00	44.30	907.90	38.90	3.00	13.10	17.60

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