

Recipe	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Dietary Fiber(g)	Sugars (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)
-	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*

A LA CARTE

Recipe	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Dietary Fiber(g)	Sugars (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)
000394 - BEEF, STICK, JERKY	30	1.00	0.00	100.00	1.00	0.00	1.00	4.00	0.00	0.00	0.00
000366 - COOKIES,OREO,THIN CRI	100	2.00	0.00	150.00	19.00	1.00	8.00	1.00	0.00	0.00	0.00
000664 - DRINK, SPORTS, G2, ALL F	30	0.00	0.00	160.00	8.00	0.00	7.00	0.00	0.00	0.00	0.00
000375 - FRUIT ROLL UP	50	1.00	0.50	55.00	11.00	2.00	4.00	0.00	0.00	15.00	0.00
000661 - ICE CREAM, MINI SANDWI MIGHTY MINI ICE CREAM	120	2.50	1.00	70.00	12.00	0.00	10.00	2.00	300.00	0.00	80.00
000408 - RICE KRISPIE TREAT, MINI	45	1.50	0.00	45.00	8.00	0.00	3.00	0.00	0.00	0.00	0.00

CONDIMENT

Recipe	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Dietary Fiber(g)	Sugars (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)
000073 - GRAVY,BROWN BROWN GRAVY	10	0.46	0.00	319.23	3.83	0.05	0.91	0.94	0.26	0.01	19.68
000243 - JALAPENO PEPPERS	3	0.20	0.00	227.57	0.19	0.00	0.00	0.08	0.00	0.00	0.00
000014 - JELLY, PACKET, ASSOR. F JELLY	35	0.00	0.00	0.00	9.00	0.00	6.00	0.00	0.00	0.00	0.00
000112 - KETCHUP, PACKET KETCHUP	30	0.00	0.00	255.00	9.00	0.00	6.00	0.00	0.00	0.00	0.00
000654 - KETCHUP, PUMP (DSHS) KETCHUP, PUMP	33	0.00	0.00	264.50	8.27	0.00	6.61	0.00	165.31	1.98	0.00
000111 - MAYONNAISE,PACKET MAYONNAISE	50	4.50	0.50	70.00	2.00	0.00	0.00	0.00	0.00	0.00	0.00
000113 - MUSTARD, YELLOW, PACK MUSTARD	5	0.00	0.00	25.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
000103 - SALAD DRESSING, RANCH RANCH DRESSING	57	5.16	1.16	249.92	1.80	0.00	0.84	0.51	32.00	0.08	19.20
000214 - SAUCE, BBQ DIPPING BBQ SAUCE	34	0.00	0.00	443.99	7.68	0.00	5.12	0.00	170.76	1.02	0.00
000617 - SAUCE, BOOM BOOM BOOM BOOM SAUCE	1	0.00	0.00	0.00	0.04	0.00	0.06	0.04	0.00	0.00	0.21
000510 - SAUCE, TARTAR TARTAR SAUCE	65	6.21	1.24	125.15	1.93	0.10	0.29	0.08	3.64	0.31	3.34
000003 - SYRUP,E-Z PEEL MAPLE SYRUP	109	0.00	0.00	9.89	26.70	0.00	8.90	0.00	0.00	0.00	0.00

DAIRY

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000649 - CHEESE, COLBY JACK STI COLBY JACK CHEESE STICK	90	6.00	4.00	200.00	1.00	0.00	0.00	7.00	500.00	0.00	194.00
000215 - CHEESE, MOZZARELLA ST MOZZARELLA STRING CHEESE	80	6.00	4.00	200.00	2.00	0.00	1.00	6.00	0.00	0.00	198.00
000302 - CHEESE, QUESO, JALEPE NACHO CHEESE SAUCE BAKED POTATO BAR	91	6.40	4.12	384.09	2.74	0.00	0.00	4.57	0.00	0.00	191.13
000142 - CHEESE, QUESO, JALEPE QUESO	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
000611 - CHEESE, SHREDDED, MIX SHREDDED CHEESE CUP	97	7.29	4.62	179.82	0.97	0.00	0.49	6.32	0.00	0.00	172.53
000020 - MILK, CHOCOLATE, LOW F LOW FAT CHOCOLATE MILK	120	0.00	0.00	180.00	20.00	0.00	18.00	8.00	1250.00	2.40	300.00
000021 - MILK, STRAWBERRY, LOW LOW FAT STAWBERRY MILK	110	0.00	0.00	125.00	19.00	0.00	18.00	8.00	2500.00	0.00	250.00
000230 - MILK, WHITE, LOW FAT LOWFAT MILK	110	2.50	1.50	130.00	13.00	0.00	12.00	8.00	500.00	2.40	300.00
000578 - PARFAIT, F&Y, BLUE PEAC BLUEBERRY PEACH PARFAIT	282	5.75	1.81	170.90	50.92	3.34	30.13	6.16	104.91	1.86	141.08
000577 - PARFAIT, F&Y, BLUE PINE BLUEBERRY PINEAPPLE PARF	281	5.75	1.81	168.20	52.06	3.16	32.13	6.16	104.91	10.73	141.08
000579 - PARFAIT, F&Y, BLUE STRA BLUE & STRAW PARFAIT	275	5.75	1.81	168.20	50.09	4.01	27.50	6.16	104.91	1.86	150.20
000337 - PARFAIT, F&Y, PINEAPPLE PINEAPPLE PARFAIT	299	5.58	1.81	168.20	57.04	2.97	37.47	6.16	104.91	18.95	141.08
000197 - PARFAIT,F&Y, BLUEBERRY BLUEBERRY PARFAIT	263	5.92	1.81	168.20	47.03	3.33	26.76	6.16	104.91	2.47	141.08
000491 - PARFAIT,F&Y, ORANGE MANDARIN ORANGE PARFAIT	358	5.58	1.81	168.20	72.35	3.47	52.28	6.16	104.91	10.13	141.08
000192 - PARFAIT,F&Y, PEACH PEACH PARFAIT	300	5.58	1.81	173.59	54.80	3.34	33.51	6.16	104.91	1.26	141.08
000348 - PARFAIT,F&Y, STRBERRY STRAWBERRY PARFAIT	267	5.58	1.81	168.20	48.38	3.60	26.02	6.16	104.91	1.26	151.97
000620 - SMOOTHIE, BERRY BANAN	196	2.00	1.25	77.43	41.17	1.52	31.10	4.00	150.53	5.75	124.89
000575 - SMOOTHIE, BLUEBERRY B BLUEBERRY BANANA SMOOTH	198	2.17	1.25	74.93	42.61	2.75	30.65	4.19	169.14	8.03	124.89
000573 - SMOOTHIE, BLUEBERRY P PEACHY BLUE SMOOTHIE	153	2.17	1.25	77.68	28.71	1.36	23.00	3.50	99.91	1.80	124.89
000516 - SMOOTHIE, BLUEBERRY P BLUE PINE SMOOTHIE	151	2.17	1.25	74.93	29.72	1.17	24.89	3.50	99.91	10.67	124.89
000574 - SMOOTHIE, BLUEBERRY S	149	2.17	1.25	74.93	28.90	2.29	20.80	3.50	99.91	1.80	135.78
000519 - SMOOTHIE, PEACH PEACH SMOOTHIE	172	2.00	1.25	80.43	32.72	1.37	26.48	3.50	99.91	1.20	124.89
000518 - SMOOTHIE, PINEAPPLE PINEAPPLE SMOOTHIE	169	2.00	1.25	74.93	34.75	0.99	30.26	3.50	99.91	18.93	124.89
000576 - SMOOTHIE, PINEAPPLE BA BANANA PINEAPPLE SMOOTH	216	2.00	1.25	74.93	47.71	2.58	36.08	4.19	169.39	16.32	124.89

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Recipe	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Dietary Fiber(g)	Sugars (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)
000517 - SMOOTHIE, STRAWBERRY STRAWBERRY SMOOTHIE	137	2.00	1.25	74.93	26.04	1.61	18.78	3.50	99.91	1.20	135.77
000572 - SMOOTHIE, STRAWBERRY STRAWBERRY BANANA SMOOTH	200	2.00	1.25	74.93	43.35	2.89	30.33	4.19	169.39	7.45	130.33
000619 - SMOOTHIE, SUMMER SUMMER SMOOTHIE	134	2.00	1.25	78.42	25.28	1.21	19.57	3.50	99.91	1.20	129.95
000467 - SOUR CREAM	16	1.63	0.95	12.25	0.54	0.00	0.00	0.00	54.43	0.00	10.89
000638 - YOGURT, STRAWBERRY "	100	2.01	1.00	70.25	18.06	0.00	12.04	4.01	501.76	0.00	100.35
000545 - YOGURT, VANILLA, CUP VANILLA YOGURT CUP	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

DESSERTS

Recipe	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Dietary Fiber(g)	Sugars (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)
000482 - CAKE, KING CAKE KING CAKE	211	6.19	1.76	182.18	36.33	2.76	11.49	4.01	246.98	0.02	11.64
000521 - CAKE, STRAWBERRY SHO STRAWBERRY SHORTCAKE	266	9.06	4.86	281.68	44.33	3.86	26.23	2.99	406.21	0.00	57.56
000483 - COBBLER, PEACH PEACH COBBLE	328	14.21	3.10	274.39	46.77	2.97	29.39	3.13	254.25	0.01	12.06
000133 - COOKIE, SUGAR, WG SUGAR COOKIE	193	6.89	2.63	164.17	30.42	1.51	16.85	3.03	408.74	0.01	10.51
000648 - ICE CREAM, CANDY CANE ICE CREAM, CANDY CANE	70	1.00	0.50	60.00	14.00	0.00	9.00	2.00	200.00	0.00	100.00
000647 - ICE CREAM, SPOOKY SUN ICE CREAM, SPOOKY SUNDAE	80	1.00	0.50	60.00	16.00	0.00	11.00	2.00	100.00	0.00	100.00
000599 - ICE CREAM, SPRING PART ICE CREAM, SPRING PARTY	70	1.00	0.50	60.00	14.00	0.00	10.00	2.00	200.00	0.00	100.00
000584 - ICE CREAM, VALENTINE VALENTINE ICE CREAM	70	1.00	0.00	60.00	14.00	0.00	10.00	2.00	200.00	0.00	100.00
000120 - JELL-O, ANY FLAVOR	6	0.00	0.00	25.70	0.00	0.00	0.00	1.11	0.00	0.00	3.56

ENTREE

Recipe	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Dietary Fiber(g)	Sugars (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)
000607 - BEEF, KOREAN KOREAN BEEF	290	8.85	3.58	945.84	37.24	0.81	30.53	13.88	4865.95	0.49	255.32
000604 - CHICKEN, BREADED, BON OVEN FRIED CHICKEN	190	11.00	2.50	470.12	6.00	1.00	0.00	16.00	0.00	0.00	20.00
000624 - CHICKEN, FILET, BREADE	221	8.95	0.99	387.94	16.91	0.99	0.00	15.92	0.00	0.00	0.00
000622 - CHICKEN, FRITTERS, PAN CHICKEN & WAFFLE BITES	260	8.00	1.00	489.76	23.99	2.00	2.00	23.99	0.00	0.00	14.99
000623 - CHICKEN, STRIPS, BREAD CHICKEN STRIPS	224	9.97	1.00	388.96	17.95	3.99	0.00	16.96	54.85	0.00	9.97

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000625 - CHICKEN, WINGS, BONEL BONELESS CHICKEN WINGS	235	10.94	0.99	396.89	19.89	0.99	0.00	15.92	0.00	0.00	0.00
000626 - CHICKEN, WINGS, SPICY SPICY CHICKEN WINGS	229	10.94	0.99	387.94	19.89	0.99	0.00	14.92	0.00	0.00	0.00
000503 - CORN DOG	240	8.00	2.50	390.00	30.00	5.00	5.00	9.00	0.00	0.00	80.00
000242 - GUMBO, CHICKEN & SAUS CHN & SAUSAGE GUMBO	263	14.88	3.30	762.09	14.98	0.90	1.27	19.69	103.39	1.11	21.24
000039 - JAMBALAYA (K-8) JAMBALAYA JAMBALAYA K-8	215	5.76	1.68	697.28	23.40	1.61	0.26	18.54	12.57	0.03	17.51
000175 - JAMBALAYA (9-12) JAMBALAYA JAMBALAYA 9-12	279	7.08	2.00	762.38	33.45	2.18	0.49	21.84	13.69	0.03	19.25
000123 - MACARONI & CHEESE	331	18.33	9.35	579.76	27.17	0.96	5.71	13.94	424.71	0.29	286.69
000450 - PANCAKE ON A STICK	201	9.70	2.90	421.00	21.60	1.70	7.80	7.70	750.00	0.00	21.00
000017 - PIZZA, BREAKFAST BREAKFAST PIZZA	210	6.99	2.00	349.39	26.95	2.99	4.99	8.98	0.00	0.00	99.83
000117 - PIZZA, BUFFALO CHICKEN BUFFALO CHICKEN PIZZA	390	19.00	7.00	750.00	35.00	3.00	8.00	20.00	400.00	0.00	250.00
000203 - PIZZA, CHEESE, DELIVERY CHEESE PIZZA	290	9.00	3.00	650.00	28.00	3.00	3.00	20.00	500.00	3.60	350.00
000338 - PIZZA, CHEESE, FLATBRE CHEESE PIZZA	360	15.00	7.00	640.00	33.00	3.00	3.00	21.00	750.00	6.00	500.00
000204 - PIZZA, PEPPERONI, DELIV PEPPERONI PIZZA	290	9.00	4.00	650.00	29.00	3.00	3.00	20.00	500.00	3.60	300.00
000504 - PIZZA, PEPPERONI, FLATB PEPPERONI PIZZA	379	17.94	7.97	767.41	32.89	2.99	2.99	21.93	747.48	5.98	448.49
000560 - PIZZA, SAUSAGE, DELIVER SAUSAGE PIZZA	300	9.00	4.00	650.00	29.00	3.00	3.00	20.00	500.00	3.60	300.00
000137 - RED BEANS WITH SAUSA RED BEANS & SAUSAGE WITHOUT RICE	157	2.00	0.74	415.71	24.57	6.07	0.82	11.11	3.21	1.97	41.08
000597 - SANDWHICH, SHRIMP POB SHRIMP POBOY WITH CHEESE	503	23.18	8.09	925.73	50.16	2.00	2.01	24.16	0.00	0.00	172.01
000550 - SANDWICH, BUN, TURKEY	350	16.00	6.00	1090.00	34.00	3.00	6.00	20.00	200.00	0.00	350.00
000616 - SANDWICH, CHICKA BOO CHICKA BOOM BOOM SANDWIC	384	13.97	1.50	628.90	44.95	5.99	1.00	22.95	54.85	0.00	9.97
000537 - SANDWICH, PANCAKE & S PANCAKE & SAUS GRIDDLE	150	2.99	0.00	299.47	18.97	1.00	4.99	5.99	0.00	0.00	199.64
000643 - SANDWICH, PB&J, 2.6 OZ PB&J SANDWICH	300	17.00	3.00	280.00	32.00	4.00	14.00	9.00	0.00	0.00	26.00
000644 - SANDWICH, PB&J, 5.3 OZ PB&J SANDWICH	60000	3400.05	600.00	54000.0	6400.05	700.05	2899.95	1800.00	0.00	0.00	7800.00
000140 - SANDWICH, ROAST BEEF ROAST BEEF & CHEESE SUB	358	15.68	6.04	739.97	30.62	2.00	3.62	23.31	19.09	0.00	134.33
000340 - SANDWICH, SHRIMP POB SHRIMP POBOY	392	14.07	2.01	733.36	49.15	2.00	2.01	18.08	0.00	0.00	20.14

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000618 - SANDWICH, SMOKED BBQ	285	6.65	1.87	1179.25	36.00	3.45	7.47	21.89	259.74	1.21	156.11
000523 - SANDWICH, SOYBUTTER, WOW BUTTER & JELLY	290	16.00	3.00	220.00	28.00	4.00	11.00	9.00	0.00	0.00	80.00
000343 - SANDWICH, TURKEY & CH TURKEY & CHEESE POBOY	285	9.98	3.24	693.42	29.99	2.00	1.50	19.45	250.00	1.19	99.00
000642 - SANDWICH, WAFFLE & SA WAFFLE & SAUS SANDWICH	150	6.99	1.00	199.64	13.97	0.00	2.99	7.99	299.47	0.00	39.93
000551 - SANDWICH,CRSNT,TURKE	350	15.00	7.00	780.00	33.00	3.00	4.00	21.00	400.00	0.00	300.00
000570 - SANDWICH,HOAGIE, TURK	330	14.00	6.00	1080.00	32.00	3.00	6.00	21.00	200.00	0.00	350.00
000621 - SPAGHETTI SAUCE WITH NEW-SPAGHETTI MEAT SAUCE	207	12.31	4.55	452.92	12.64	2.08	8.64	11.70	4859.00	58.71	42.61
000183 - SPAGHETTI SAUCE WITH OLD-SPAGHETTI MEAT SAUCE	187	11.38	4.55	606.85	9.44	1.61	6.09	10.26	390.94	4.68	25.83

FRUIT

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000182 - APPLE, GOLDEN DELICIOUS APPLE, GOLDEN	86	0.00	0.00	0.00	22.56	3.32	16.59	0.66	66.35	3.18	13.27
000004 - APPLE, RED	86	0.00	0.00	0.00	22.56	3.32	16.59	0.66	66.35	3.18	13.27
000235 - APPLES, JAZZY JAZZY APPLES	83	0.27	0.04	1.61	22.17	3.85	16.68	0.42	86.70	7.39	9.63
000239 - APPLESAUCE	53	0.00	0.00	15.82	13.71	2.11	11.60	0.00	0.00	0.00	0.00
000502 - APPLESAUCE, CUP APPLESAUCE	90	0.00	0.00	0.00	23.00	1.00	21.00	0.00	0.00	0.00	0.00
000527 - APPLESAUCE, ROSY	53	0.00	0.00	15.82	13.71	2.11	11.60	0.00	0.00	0.00	0.00
000501 - APPLESAUCE, STRAWBERRY STRAWBERRY APPLESAUCE	90	0.00	0.00	0.00	23.00	1.00	21.00	0.00	0.00	0.00	0.00
000068 - BANANA	147	0.00	0.00	0.00	40.18	4.02	25.44	1.34	133.92	12.05	0.00
000637 - CRAISINS, CHOICE	110	0.00	0.00	0.00	28.00	3.00	24.00	0.00	0.00	0.00	0.00
000587 - CRAISINS, ORANGE	110	0.00	0.00	0.00	27.00	2.00	24.00	0.00	0.00	0.00	0.00
000531 - CRAISINS, ORIGINAL	110	0.00	0.00	0.00	27.00	2.00	24.00	0.00	0.00	0.00	0.00
000532 - CRAISINS, RASBERRY LE	110	0.00	0.00	0.00	27.00	2.00	24.00	0.00	0.00	0.00	0.00
000530 - CRAISINS, STRAWBERRY	110	0.00	0.00	0.00	27.00	2.00	24.00	0.00	0.00	0.00	0.00
000332 - CRANBERRY SAUCE	27	0.00	0.00	2.49	6.98	0.25	5.99	0.00	0.00	0.00	0.00
000110 - FRUIT COCKTAIL	85	0.00	0.00	14.10	19.75	1.41	15.51	0.00	282.08	1.69	0.00
000306 - FRUIT CUP, CANDY CORN CANDY CORN FRUIT CUP	132	2.27	2.27	0.00	29.61	1.48	28.13	0.00	11.34	17.73	0.00
000555 - FRUIT, FRESH FRUIT CUP FRESH FRUIT CUP	57	0.09	0.00	0.16	14.94	1.49	12.80	0.11	14.92	3.62	4.05
000481 - FRUIT, SEASONAL DOD	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000238 - GRAPES, RED OR WHITE	56	0.00	0.00	9.27	14.21	0.62	12.35	0.00	0.00	0.74	12.35
000534 - JUICE RUSH, BLUE RASPB FROZEN FRUIT CUP	140	0.00	0.00	80.00	27.00	0.00	24.00	0.00	0.00	0.00	0.00
000562 - JUICE RUSH, STRAWBERR FROZEN FRUIT CUP	140	0.00	0.00	80.00	27.00	0.00	24.00	0.00	0.00	0.00	0.00

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Recipe	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Dietary Fiber(g)	Sugars (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)
000015 - ORANGE ORANGE WEDGES	84	0.00	0.00	0.00	20.04	3.16	14.76	1.05	105.45	82.25	63.27
000342 - ORANGES, MANDARIN MANDARIN ORANGE SLICES	118	0.00	0.00	0.00	31.04	1.48	29.56	0.00	0.00	8.87	0.00
000104 - PEACHES, CANNED PEACHES	49	0.00	0.00	0.00	11.85	0.99	9.88	0.00	98.79	5.93	8.89
000561 - PEACHES, DICED, BARREL DICED PEACHES	80	0.00	0.00	0.00	18.00	0.00	17.00	0.00	0.00	30.00	0.00
000589 - PEAR, FRESH	67	0.00	0.00	0.00	17.32	4.00	10.66	0.67	0.00	4.00	13.32
000106 - PEARS, CANNED PEARS	61	0.00	0.00	0.00	15.13	2.02	11.10	0.00	0.00	2.42	13.11
000105 - PINEAPPLE, TIDBITS PINEAPPLE TIDBITS	59	0.00	0.00	0.00	15.73	0.98	14.75	0.00	0.00	17.70	0.00
000585 - PLUM, RED OR BLACK PLUM	58	0.00	0.00	0.00	15.64	1.65	13.17	0.82	329.20	4.94	0.00
000602 - POLAR BLAST, FRUIT PUN	70	0.00	0.00	5.00	16.00	0.00	12.00	0.00	8000.00	0.00	0.00
000636 - RAISELS, CHOICE SOUR RAISELS	127	0.00	0.00	5.00	28.67	2.00	23.00	1.00	0.00	0.00	20.00
000594 - SATSUMA SATSUMA	76	0.00	0.00	0.00	16.63	3.02	13.61	1.51	151.20	99.79	60.48
000471 - STRAWBERRIES, DICED, C DICED STRAWBERRIES	80	0.00	0.00	0.00	18.94	1.99	15.95	0.00	0.00	69.77	19.93
000099 - STRAWBERRIES, FRESH	56	2.29	2.29	0.00	8.92	1.73	6.50	0.60	11.34	82.91	17.27

GRAIN

Recipe	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Dietary Fiber(g)	Sugars (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)
000473 - BAR, BeneFIT BANANA CH BENEFIT BAR, CHOC BANANA	280	7.99	2.99	219.61	47.91	2.99	22.96	4.99	0.00	0.00	19.96
000480 - BAR, BeneFIT CHOCOLATE BENEFIT BAR, CHOC CHIP	270	8.00	2.50	230.00	48.00	5.00	21.00	5.00	0.00	0.00	20.00
000460 - BAR, CEREAL, COCOA PU COCOA PUFFS CEREAL BAR	151	3.02	0.00	100.64	30.19	3.02	9.06	3.02	100.64	1.21	201.28
000461 - BAR, CEREAL, TRIX TRIX CEREAL BAR	151	4.03	1.01	100.64	30.19	2.01	9.06	2.01	100.64	1.21	201.28
000459 - BAR, CEREAL, CINNAMON CINNAMON TOAST CRUNCH	151	4.03	0.00	115.74	30.19	3.02	9.06	2.01	0.00	0.00	201.28
000464 - BAR, GRANOLA, CHOCOLA	150	4.50	1.00	140.00	27.00	3.00	10.00	2.00	500.00	0.00	100.00
000415 - BAR, NUTRI GRAIN, BLUEB	160	4.00	0.50	135.00	30.00	3.00	14.00	2.00	750.00	0.00	200.00
000569 - BAR, OATMEAL, CHOCOLA	140	4.50	1.00	75.00	23.00	1.00	9.00	2.00	0.00	0.00	11.00
000472 - BISCUIT, READY TO BAKE	190	8.73	5.61	585.64	24.32	0.62	1.87	3.74	0.00	0.00	0.00
000628 - BREAD, FILLED, CINNAMO BAKED CINN TOAST CRUNCH	253	8.11	3.04	283.84	40.55	2.03	14.19	6.08	101.37	0.00	20.27
000541 - BREAD, FILLED, COCOA P BAKED COCOA PUFFS	253	7.09	2.03	314.05	43.56	3.04	15.20	7.09	0.00	0.00	40.52

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Recipe	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Dietary Fiber(g)	Sugars (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)
000601 - BREAD, FRENCH FRENCH BREAD	160	4.00	0.50	240.00	27.00	2.00	1.00	6.00	0.00	0.00	0.00
000354 - BROWNIE, WG BROWNIE	231	9.76	1.63	72.61	32.71	0.91	24.26	3.08	0.00	0.00	12.16
000057 - BUN, HAMBURGER HAMBURGER BUN	149	1.99	0.00	258.63	27.85	1.99	3.98	4.97	0.00	0.00	115.39
000540 - CEREAL, VARIETY, BOWL P	110	1.80	0.20	154.00	23.80	2.00	8.20	1.60	480.00	5.76	130.00
000383 - CHEX, SIMPLY, COCO. CA	120	4.00	1.00	50.00	22.00	2.00	6.00	2.00	0.00	0.00	0.00
000380 - CHEX, SIMPLY, STRAW. Y	120	3.00	1.00	55.00	23.00	2.00	6.00	2.00	0.00	0.00	0.00
000663 - CHIPS, BBQ, KETTLE	180	7.00	1.00	190.00	27.00	2.00	3.00	3.00	0.00	0.00	0.00
000387 - CHIPS, CHEETOS, CRUNC	120	4.50	1.00	200.00	16.00	1.00	1.00	2.00	0.00	0.00	20.00
000389 - CHIPS, CHEETOS, FLAMIN	120	4.50	0.50	200.00	17.00	1.00	1.00	2.00	0.00	0.00	100.00
000386 - CHIPS, DORITOS, COOL R	130	5.00	1.00	160.00	19.00	2.00	1.00	2.00	0.00	0.00	40.00
000305 - CHIPS, DORITOS, NACHO	130	5.00	0.50	200.00	20.00	2.00	0.00	2.00	100.00	0.00	0.00
000147 - CHIPS, TORTILLA TORTILLA CHIPS	283	14.17	6.07	30.37	34.42	2.02	0.00	4.05	0.00	2.43	0.00
000385 - CHIPS, CHILI CHEESE, FAN	130	5.00	1.00	200.00	19.00	2.00	1.00	2.00	500.00	0.00	0.00
000475 - CINI MINIS	240	6.99	2.00	269.67	38.95	2.00	14.98	4.99	0.00	0.00	39.95
000109 - CINNAMON SWIRL	316	9.28	2.64	273.28	54.52	4.15	17.23	6.02	370.47	0.02	17.46
000495 - COOKIE, CHOC CHIP CHOCOLATE CHIP COOKIE	233	8.74	3.80	304.71	36.57	2.45	18.38	3.80	373.57	0.00	21.91
000372 - COOKIE, GRIPZ, CHOCOLA	120	3.50	1.50	80.00	20.00	3.00	6.00	2.00	500.00	0.00	100.00
000376 - COOKIES, CHOCOLATE C	130	6.00	0.00	90.00	19.00	1.00	8.00	2.00	0.00	0.00	3.00
000198 - CORNBREAD	228	5.83	1.25	276.43	38.12	0.63	8.73	5.03	74.07	0.18	79.36
000392 - CRACKERS, CHEEZ-IT, OR	100	3.50	1.00	150.00	14.00	1.00	0.00	3.00	500.00	0.00	80.00
000651 - CRACKERS, GOLDFISH, C	100	4.00	0.50	170.00	14.00	1.00	0.00	2.00	0.00	0.00	0.00
000652 - CRACKERS, GOLDFISH, P	100	1.50	0.00	200.00	16.00	1.00	0.00	2.00	0.00	0.00	0.00
000249 - CRACKERS, WHEAT CRACKERS	70	2.00	0.00	120.00	10.00	0.00	0.00	0.00	0.00	0.00	0.00
000358 - DONUTS, GLAZED BITES GLAZED BREAKFAST BITES	260	10.00	4.50	190.00	38.00	3.00	14.00	5.00	0.00	1.20	80.00
000188 - DONUTS, POWDERED SU MINI POWDERED DONUTS	310	11.00	5.00	250.00	52.00	2.00	29.00	3.00	0.00	0.00	40.00
000313 - DRESSING, CORNBREAD	367	15.66	4.86	781.71	43.74	2.55	9.63	13.28	575.31	0.25	97.18
000115 - FRENCH TOAST STICKS	259	7.96	1.00	288.62	41.80	1.99	13.93	5.97	0.00	0.00	23.49
000497 - FRENCH TOAST, CCHIP, M MINI FRENCH TOAST	210	6.00	1.50	260.00	35.00	4.00	11.00	5.00	1000.00	0.00	200.00
000515 - FRUDEL, STRUDEL, APPLE APPLE FRUDEL	210	6.00	1.00	260.00	36.00	2.00	11.00	5.00	0.00	0.00	0.00
000631 - FRUDEL, STRUDEL, CHER CHERRY FRUDEL	210	6.00	1.00	260.00	37.00	2.00	11.00	5.00	0.00	0.00	0.00
000581 - GRAHAMS, BUG BITES	120	3.50	1.00	115.00	21.00	1.00	8.00	2.00	500.00	0.00	100.00
000403 - GRAHAMS, CHOCOLATE E	120	4.00	1.00	125.00	20.00	2.00	7.00	2.00	500.00	0.00	100.00
000520 - GRAHAMS, HONEY HONEY GRAHAMS	110	3.00	0.00	140.00	20.00	1.00	25.00	5.00	280.00	3.00	5.00
000566 - GRAHAMS, VANILLA, DINO DINO BITES	110	3.50	1.00	95.00	20.00	2.00	7.00	6.00	282.00	3.00	13.00

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Recipe	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Dietary Fiber(g)	Sugars (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)
000013 - GRITS	112	3.87	1.46	39.51	17.78	1.23	0.00	1.84	243.00	0.00	3.41
000002 - PANCAKES, BLUEBERRY, MINI BB PANCAKES	210	6.00	1.00	310.00	35.00	4.00	11.00	4.00	500.00	0.00	60.00
000024 - PANCAKES, BUTTERMILK BUTTERMILK PANCAKES	160	3.00	0.00	190.00	30.00	0.00	10.00	4.00	0.00	0.00	80.00
000635 - PANCAKES, BUTTERMILK, WHITE BM PANCAKES	160	3.00	0.00	200.00	30.00	0.00	10.00	4.00	0.00	0.00	80.00
000544 - PANCAKES, CONFETTI, MI MINI CONF PANCAKES	220	7.00	1.00	300.00	36.00	4.00	11.00	4.00	1000.00	0.00	40.00
000640 - PASTA, ROTINI	97	0.49	0.00	0.00	19.93	0.97	0.97	3.40	0.00	0.00	0.00
000062 - PASTA, SPAGHETTI	107	0.61	0.12	2.05	21.59	0.88	1.20	3.80	0.00	0.00	4.68
000456 - POP TART, FUDGE, WG FUDGE POP TART	370	6.00	2.00	390.00	76.00	6.00	30.00	5.00	1000.00	0.00	200.00
000559 - POP TART, BLUEBERRY, BLUEBERRY POP TART	360	5.00	2.00	360.00	76.00	6.00	30.00	4.00	1000.00	0.00	200.00
000455 - POP TART, STRAWBERRY, STRAWBERRY POP TART	360	5.00	2.00	370.00	76.00	6.00	30.00	4.00	1000.00	0.00	200.00
000565 - RICE KRISPIE TREAT, CHO	190	5.00	2.00	150.00	34.00	0.00	14.00	2.00	0.00	0.00	0.00
000462 - RICE KRISPIE TREAT, WG	160	4.00	1.00	140.00	30.00	0.00	11.00	2.00	0.00	0.00	0.00
000134 - RICE, BROWN STEAMED RICE	91	0.85	0.00	218.67	18.71	1.13	0.00	2.27	0.00	0.00	1.71
000615 - RICE, VEGETABLE, FRIED, VEGETABLE FRIED RICE	135	1.45	0.00	212.14	26.04	1.93	1.93	2.89	0.00	1.16	0.00
000102 - ROLL, YEAST ROLL	165	4.66	0.58	165.29	29.95	2.68	5.13	4.23	0.54	0.00	22.01
000539 - ROLL, YEAST, GARLIC GARLIC ROLL	177	5.85	1.06	177.22	30.24	2.76	5.13	4.29	81.82	0.02	22.74
000011 - TOAST, WG TOAST	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
000081 - TORTILLA, FLOUR FLOUR TORTILLA	180	4.00	1.00	380.00	32.00	2.00	0.00	4.00	0.00	0.00	140.00
000350 - WAFFLE, DUTCH DUTCH WAFFLE	318	13.00	3.00	350.00	47.53	3.00	16.40	4.00	0.00	0.00	40.05
000168 - WAFFLES BUTTERMILK WAFFLES	139	4.98	0.00	189.25	21.91	0.00	1.99	3.98	0.00	0.00	0.00
000327 - WAFFLES, CINNAMON, MI MINI CINNAMON WAFFLES	200	5.00	1.50	260.00	35.00	4.00	10.00	4.00	1000.00	0.00	200.00

JUICE

Recipe	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Dietary Fiber(g)	Sugars (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)
000005 - JUICE, APPLE	60	0.00	0.00	5.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00
000556 - JUICE, APPLE, 4.23OZ	60	0.00	0.00	5.00	14.00	0.00	12.00	0.00	500.00	60.00	20.00
000595 - JUICE, APPLE, 6.75OZ	90	0.00	0.00	5.00	21.00	0.00	18.00	0.00	5000.00	60.00	20.00
000410 - JUICE, CAPRI SUN, ALL FL	60	0.00	0.00	15.00	17.00	0.00	16.00	0.00	0.00	0.00	0.00
000470 - JUICE, FRUIT PUNCH	60	0.00	0.00	5.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00

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000567 - JUICE, FRUIT PUNCH, 4.23	60	0.00	0.00	15.00	15.00	0.00	13.00	0.00	500.00	60.00	20.00
000596 - JUICE, FRUIT PUNCH, 6.75	90	0.00	0.00	25.00	24.00	0.00	21.00	1.00	500.00	60.00	20.00
000009 - JUICE, GRAPE	60	0.00	0.00	5.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00
000496 - JUICE, ORANGE JUICE BL	50	0.00	0.00	5.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00
000500 - JUICE, POWER PUNCH	90	0.00	0.00	20.00	22.00	0.00	19.00	0.00	500.00	60.00	0.00
000400 - JUICE, SWITCH, ALL FLAV	120	0.00	0.00	5.00	30.00	0.00	29.00	0.00	0.00	60.00	0.00
000571 - JUICE, TROPICAL TWIST	60	0.00	0.00	15.00	14.00	0.00	19.00	0.00	500.00	60.00	0.00
000499 - JUICE, TROPICAL TWIST	90	0.00	0.00	25.00	24.00	0.00	21.00	1.00	500.00	60.00	20.00

MEAL KIT

Recipe	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Dietary Fiber(g)	Sugars (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)
000552 - LUNCH KIT, PEPPERONI PI	350	15.00	7.00	880.00	35.00	4.00	7.00	15.00	400.00	9.00	450.00
000553 - LUNCH KIT, TURKEY & CH	380	18.00	7.00	880.00	41.00	3.00	13.00	20.00	200.00	0.00	200.00
000586 - MEAL KIT, BEAN DIP, ES F	470	13.00	7.00	850.00	70.00	11.00	29.00	14.00	1000.00	60.00	303.00
000660 - MEAL KIT, CHEERIOS, NOT CHEERIOS MEAL	320	6.50	0.50	145.00	64.00	4.00	31.00	4.00	1600.00	61.20	300.00
000528 - MEAL KIT, CHEESE STICK	485	26.50	7.00	660.00	58.00	4.00	35.00	13.00	1100.00	129.60	270.00
000658 - MEAL KIT, COCOA PUFF, N COCOA PUFF MEAL	320	6.50	0.00	170.00	65.00	5.00	26.00	5.00	1600.00	61.20	300.00
000656 - MEAL KIT, CTC, NOTABLE CINN TOAST CRUNCH MEAL	400	18.50	2.00	190.00	56.00	6.00	28.00	8.00	1500.00	60.00	320.00
000650 - MEAL KIT, FRITO, ES FOO	355	12.50	6.50	820.00	55.00	6.00	27.00	10.00	500.00	60.00	192.00
000657 - MEAL KIT, GOLDEN GRA, N COCOA PUFF MEAL	400	18.50	2.00	180.00	56.00	6.00	28.00	8.00	100.00	60.00	320.00
000653 - MEAL KIT, PB&J SANDWIC	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
000557 - MEAL KIT, PB&J, ES FOOD	609	30.95	4.49	434.32	65.90	8.98	34.94	15.97	499.22	59.91	60.90
000514 - MEAL KIT, QUESO	595	35.50	14.00	1055.00	56.00	5.00	32.00	17.00	2850.00	132.00	590.00
000526 - MEAL KIT, SUNBUTTER	585	33.50	4.00	440.00	59.00	10.00	33.00	16.00	800.00	130.80	170.00
000547 - MEAL KIT, T&C SANDWICH	410	10.00	4.00	1160.00	67.00	5.00	26.00	16.00	1500.00	61.20	300.00
000659 - MEAL KIT, TRIX, NOTABLE TRIX MEAL	310	7.00	1.50	275.00	59.00	3.00	23.00	5.00	100.00	61.20	320.00

MISCELLANEOUS

Recipe	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Dietary Fiber(g)	Sugars (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)
000600 - DO NOT PLAN - OFFICE US	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000145 - NO SCHOOL TODAY	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
000662 - PLAN CURRENT INVENTO	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*

MEAT/MEAT ALT

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Recipe	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Dietary Fiber(g)	Sugars (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)
000202 - BEEF, HAMBURGER WITH A CHEESEBURGER	168	10.10	4.45	345.98	3.40	1.10	1.40	17.20	190.00	0.00	124.00
000655 - BEEF, HAMBURGER WITH P CHEESE BURGER PATTY	259	19.11	9.67	481.52	3.01	1.00	0.00	20.07	303.74	0.00	235.48
000095 - BEEF, HAMBURGER HAMBURGER PATTY	133	8.10	3.20	190.98	2.40	1.10	0.90	13.70	40.00	0.00	24.00
000136 - BEEF, SALISBURY STEAK SALISBURY STEAK	154	11.30	4.60	288.94	3.30	0.70	2.20	10.40	45.99	0.00	15.00
000184 - BEEF, TACO MEAT, 1OZ TACO MEAT	80	5.69	2.27	192.55	1.53	0.00	0.00	4.83	0.00	0.00	5.69
000492 - BEEF, TACO MEAT, 3OZ TACO MEAT	236	17.06	6.82	490.90	3.83	0.00	0.00	14.50	0.00	0.00	17.06
000079 - CHICKEN, FAJITA (9-12) CHICKEN FAJITA MEAT CHICKEN FAJITA 9-12	145	4.17	1.28	712.84	4.83	0.44	0.04	22.74	92.64	83.35	24.25
000185 - CHICKEN, FAJITA (K-8) CHICKEN FAJITA MEAT CHICKEN FAJITA K-8	107	3.04	0.94	532.19	3.55	0.24	0.00	16.69	16.16	0.02	16.49
000148 - CHICKEN, NUGGETS, BRE CHICKEN NUGGETS	210	12.01	1.00	400.23	14.01	1.00	0.00	12.01	0.00	0.00	0.00
000125 - CHICKEN, ORANGE WITH ORANGE CHICKEN	176	3.52	0.59	328.85	22.32	0.00	11.74	12.92	0.00	0.00	0.00
000048 - CHICKEN, PATTY, BREADED CHICKEN PATTY	210	12.01	1.00	400.23	14.01	1.00	0.00	12.01	0.00	0.00	0.00
000199 - CHICKEN, PATTY, BREADED SPICY CHICKEN PATTY	273	15.16	3.03	404.34	17.18	3.03	1.01	15.16	0.00	0.00	40.43
000187 - CHICKEN, PATTY_BFAST BREADED CHICKEN PATTY	95	4.50	1.00	215.00	6.00	1.50	0.00	7.00	0.00	0.00	20.00
000546 - CHICKEN, POPCORN POPCORN CHICKEN	257	14.50	2.79	390.52	15.62	3.35	1.12	15.62	111.58	0.00	0.00
000071 - CHICKEN, TENDERS CHICKEN TENDERS	263	15.17	2.53	394.54	16.19	3.03	1.01	15.17	101.16	0.00	40.46
000645 - CHICKEN, TERIYAKI WITH TERIYAKI CHICKEN	178	5.41	1.55	510.42	9.28	0.00	9.28	23.20	0.00	0.00	0.00
000116 - EGG, BACON & CHEESE E BACON & CHEESE EGGSTRAVA	120	9.00	3.00	280.00	1.00	0.00	1.00	8.00	300.00	0.00	60.00
000630 - EGG, HARD BOILED	68	4.00	1.50	60.00	0.00	0.00	0.00	6.00	0.00	0.00	22.00
000107 - EGG, SCRAMBLED SCRAMBLED EGG	69	4.12	1.37	208.76	1.37	0.00	0.91	5.94	0.00	0.00	27.43
000505 - FISH PORTION, BREADED	152	6.06	0.51	363.77	11.12	1.01	1.01	13.14	0.00	0.00	20.21
000511 - FISH, PORTION,BREADED	250	11.00	4.00	500.00	23.00	0.00	1.00	14.00	0.00	0.00	150.00
000320 - HAM, SMOKED	87	3.74	1.25	697.83	1.25	0.00	1.25	11.21	0.00	0.00	0.00
000641 - PEANUT BUTTER, PRE-PO PEANUT BUTTER	180	15.00	2.50	130.00	8.00	2.00	3.00	6.00	0.00	0.00	20.00
000135 - PORK, PATTY, BREADED PORK CHOP	283	15.19	3.04	202.50	19.24	4.05	1.01	17.21	101.25	1.22	60.75

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Recipe	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Dietary Fiber(g)	Sugars (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)
000538 - PORK, SAUSAGE PATTIE PORK BREAKFAST SAUSAGE	80	6.00	2.00	240.00	1.00	0.00	0.00	6.00	0.00	0.00	20.00
000588 - RAISINS, AMAZIN, STRAW AMAZIN RAISINS	300	17.00	2.00	15.00	29.00	4.00	23.00	8.00	0.00	0.00	40.00
000121 - SHRIMP POPPERS	232	10.07	1.51	493.36	22.15	0.00	1.01	12.08	0.00	0.00	20.14
000582 - SUNFLOWER SEEDS, HON SUNFLOWER SEEDS, HR	190	15.00	2.00	65.00	11.00	3.00	5.00	6.00	0.00	0.00	20.00
000583 - SUNFLOWER SEEDS, ROA SUNFLOWER SEEDS	170	14.00	2.00	110.00	6.00	3.00	1.00	6.00	0.00	0.00	20.00
000593 - TURKEY, BACON PORK BREAKFAST SAUSAGE	60	4.50	0.00	285.00	0.00	0.00	0.00	6.00	0.00	0.00	0.00
000314 - TURKEY, ROASTED ROASTED TURKEY BREAST	161	6.00	2.00	947.58	1.45	0.04	0.00	29.36	0.16	0.00	0.33
000506 - TURKEY, SAUSAGE LINK TURKEY BREAKFAST SAUSAGE	60	4.00	1.00	100.00	0.00	0.00	0.00	6.00	0.00	0.00	20.00

VEGETABLE

Recipe	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Dietary Fiber(g)	Sugars (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)
000143 - BEANS, BAKED BAKED BEANS	176	1.02	0.00	1120.00	36.60	5.11	15.08	7.11	235.44	0.81	78.04
000075 - BEANS, GREEN GREEN BEANS	48	2.10	0.86	267.97	4.79	1.22	1.10	1.16	143.64	0.00	23.28
000069 - BEANS, NAVY NAVY BEANS	130	0.43	0.00	281.44	23.63	9.49	1.69	8.61	0.83	3.04	5.63
000613 - BEANS, REFRIED REFRIED BEANS	215	5.95	2.09	742.25	29.68	9.81	0.15	10.29	121.54	143.29	68.10
000237 - BROCCOLI & CHEESE	128	8.98	4.22	463.87	7.41	3.09	1.78	5.82	367.11	0.04	125.12
000128 - BROCCOLI, STEAMED STEAMED BROCCOLI	57	3.54	1.45	274.09	4.87	2.88	0.94	2.84	242.61	0.00	53.74
000151 - CARROT, STICKS CARROT CUP	16	0.00	0.00	0.00	3.72	1.24	1.86	0.62	6325.58	2.23	12.40
000093 - CORN, WHOLE KERNEL STEAMED CORN	103	3.48	1.01	466.35	14.09	1.03	7.01	2.01	169.29	0.00	0.44
000241 - GREENS, MUSTARD MUSTARD GREENS	17	0.00	0.00	179.33	2.75	2.35	0.41	0.00	0.00	0.00	62.57
000176 - MARINATED CUCUMBERS	74	6.40	0.96	148.96	4.19	0.50	2.67	0.25	333.45	5.29	6.32
000592 - PEAS & CARROTS	45	0.01	0.00	268.13	9.90	2.73	0.00	2.61	1.42	0.00	19.46
000138 - PEAS, BLACK EYED BLACK EYE PEAS	117	0.82	0.00	223.74	21.06	4.30	0.00	7.41	1.55	0.00	19.26
000066 - PEAS, SWEET GREEN PEAS	127	3.24	1.33	621.38	19.54	6.52	6.50	6.50	221.38	0.00	0.38
000124 - PICKLE, DILL DILL PICKLE	5	0.08	0.00	1526.82	2.43	0.00	0.00	0.00	0.00	0.00	0.00
000301 - POTATO, BAKED BAKED POTATO	190	2.28	0.32	61.22	37.18	4.07	2.00	5.03	11.55	21.00	41.26

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000608 - POTATOES, AU'GRATIN	122	1.22	0.00	292.00	26.77	1.22	3.65	2.43	0.00	0.00	36.50
000061 - POTATOES, CRINKLE CUT CRINKLE FRIES	150	5.25	1.50	360.00	25.50	3.00	0.00	3.00	0.00	0.00	0.00
000633 - POTATOES, EMOJI	280	10.01	2.00	190.11	46.03	4.00	0.00	4.00	0.00	0.00	0.00
000072 - POTATOES, MASHED MASHED POTATOES	98	3.53	1.21	419.48	15.00	0.83	2.10	2.41	202.52	24.16	47.26
000193 - POTATOES, SEASONED, F SEASONED FRIES	184	10.06	2.51	418.96	25.14	1.68	0.00	1.68	0.00	0.00	0.00
000131 - POTATOES, SWEET SWEET POTATOES	205	2.90	0.72	28.97	44.35	4.58	20.30	1.14	10940.79	5.47	28.28
000632 - POTATOES, TATER TOTS TATER TOTS	141	7.04	1.51	281.79	16.10	2.01	0.00	2.01	0.00	0.00	0.00
000155 - RELISH CUP, SANDWICH RELISH CUP	8	0.09	0.01	144.72	2.77	0.56	1.11	0.42	326.33	4.28	6.29
000152 - RELISH CUP, TACO TACO SALAD CUP	8	0.08	0.01	3.35	1.65	0.56	1.11	0.42	326.33	4.28	6.29
000269 - SALAD, POTATO (9-12) POTATO SALAD POTATO SALAD 9-12	151	6.04	1.43	245.16	20.02	1.70	0.37	3.59	0.52	7.06	24.32
000266 - SALAD, POTATO (K-8) POTATO SALAD POTATO SALAD K-8	75	3.02	0.72	122.58	10.01	0.85	0.19	1.80	0.26	3.53	12.16
000610 - SALAD, SPINACH (9-12) SPINACH SALAD 9-12	23	0.85	0.50	35.93	2.73	0.50	1.14	1.24	1822.46	9.92	42.50
000150 - SALAD, SPINACH (K-8) SPINACH SALAD SPINACH SALAD K-8	18	0.85	0.50	28.23	1.42	0.25	0.64	1.12	870.11	5.16	35.57
000646 - SALAD, SPINACH, NO TOM SPINACH SALAD NO TOMATO SPINACH SALAD NO TOMATO	11	0.43	0.28	25.93	0.67	0.00	0.00	0.99	919.43	2.76	91.72
000139 - SALAD,GARDEN GARDEN SALAD NO DRESSING	11	0.00	0.00	0.48	2.48	0.48	1.59	0.38	1431.10	4.57	12.53
000114 - SALSA, TOMATO SALSA	20	0.00	0.00	142.97	4.09	0.00	2.04	0.00	1021.19	12.25	40.85

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