

School District of Washington

Recipe Nutrient Composition - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals ¹ (kcal)	Saturated Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
990177 ANIMAL CRACKERS BAKECRAFTERS	SERVING	31	130.000	0.000 0.000%	95.000	9.000 27.692%	*N/A* *N/A%*	4.000 27.692%	0.000	24.000 73.846%	1.000	2.000 6.154%	0.000	4.000	0.000	0.000
63 APPLE JUICE 100% CUP	4 OZ	113	50.000	0.000 0.000%	10.000	12.000 96.000%	*N/A* *N/A%*	0.000 0.000%	0.000	13.000 104.000%	0.000	0.000 0.000%	*N/A*	11.210	*N/A*	0.200
64 APPLES,Fresh	EACH	138	71.760	0.039 0.484%	1.380	14.338 79.922%	*N/A* *N/A%*	0.235 2.942%	0.000	19.058 106.231%	3.312	0.359 2.001%	74.520	8.280	6.348	0.166
990059 APPLESAUCE 1 CUP	CUP	244	102.480	0.020 0.171%	4.880	22.912 89.430%	*N/A* *N/A%*	0.244 2.143%	0.000	27.499 107.333%	2.684	0.415 1.620%	70.760	9.760	51.728	0.561
111 APPLESAUCE 1/2 CUP	.5 CUP	122	51.240	0.010 0.172%	2.440	11.456 89.430%	*N/A* *N/A%*	0.122 2.143%	0.000	13.749 107.333%	1.342	0.207 1.616%	35.380	4.880	25.864	0.281
990188 APPLESAUCE CUP BIRTHDAY CAKE	SERVING	128	60.000	0.000 0.000%	16.000	13.000 86.667%	*N/A* *N/A%*	0.000 0.000%	0.000	16.000 106.667%	1.000	0.000 0.000%	0.000	0.000	60.000	0.360
990187 APPLESAUCE CUP BLUE RASPBERRY	SERVING	128	60.000	0.000 0.000%	16.000	13.000 86.667%	*N/A* *N/A%*	0.000 0.000%	0.000	16.000 106.667%	1.000	0.000 0.000%	0.000	0.000	60.000	0.360
990185 APPLESAUCE CUP CINNAMON	SERVING	128	60.000	0.000 0.000%	15.000	13.000 86.667%	*N/A* *N/A%*	0.000 0.000%	0.000	15.000 100.000%	1.000	0.000 0.000%	0.000	0.000	60.000	0.000
990186 APPLESAUCE CUP MANGO	SERVING	128	60.000	0.000 0.000%	15.000	13.000 86.667%	*N/A* *N/A%*	0.000 0.000%	0.000	16.000 106.667%	1.000	0.000 0.000%	0.000	0.000	60.000	0.360
990184 APPLESAUCE CUP STRAWBERRY	SERVING	128	60.000	0.000 0.000%	17.000	13.000 86.667%	*N/A* *N/A%*	0.000 0.000%	0.000	15.000 100.000%	1.000	0.000 0.000%	0.000	0.000	60.000	2.000
990189 APPLESAUCE CUP STRAWBERRY BANANA	SERVING	128	60.000	0.000 0.000%	16.000	13.000 86.667%	*N/A* *N/A%*	0.000 0.000%	0.000	16.000 106.667%	1.000	0.000 0.000%	0.000	0.000	60.000	0.360
106 APRICOTS: canned,light syrup	CUP	253	159.390	0.008 0.043%	10.120	37.672 94.540%	*N/A* *N/A%*	0.127 0.714%	0.000	41.720 104.698%	4.048	1.341 3.365%	3344.660	27.830	6.831	0.987
129 AU GRATIN POTATOES	.5 CUP	169	109.795	0.112 0.914%	470.833	1.620 5.902%	*N/A* *N/A%*	1.704 13.971%	0.000	17.839 64.991%	1.620	1.623 5.913%	68.799	82.692	4.860	0.292
154 BACON CHEESEBURGER	SERVING	117	325.000	7.199 19.937%	722.000	*1.500* *1.846%*	*N/A* *N/A%*	17.500 48.460%	56.500	18.000 22.154%	2.000	19.999 24.614%	*0.000*	571.500	*0.000*	3.320
990152 BACON CHEESEBURGER ON BUN SECONDARY	SERVING	130	376.000	8.550 20.465%	826.000	1.500 1.596%	*N/A* *N/A%*	22.000 52.660%	71.500	18.000 19.149%	2.000	23.500 25.000%	*0.000*	156.500	*0.000*	2.000
184 BAGEL CINN CREAM CHEESY	SERVING	69	240.000	2.500 9.375%	180.000	13.000 21.667%	*N/A* *N/A%*	6.000 22.501%	10.000	41.000 68.334%	2.000	6.000 10.000%	100.000	20.000	0.000	1.440
1081 BAGEL CINNAMON RAISIN:Secondar	EACH	83	244.020	0.245 0.903%	307.100	5.337 8.748%	*N/A* *N/A%*	1.494 5.510%	0.000	49.219 80.680%	2.075	8.798 14.422%	58.930	16.600	0.498	3.395

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990097 BAGEL HONEY WHEAT W/G	SERVING	71	170.000	0.000 0.000%	140.000	3.000 7.059%	*N/A* *N/A%*	1.500 7.941%	0.000	34.000 80.000%	4.000	6.000 14.118%	0.000	2.000	0.000	10.000
347 BAGELS,PLAIN,ENRICHED	1 EACH	71	187.440	0.256 1.227%	299.620	5.985 12.772%	*N/A* *N/A%*	0.937 4.500%	0.000	37.190 79.364%	1.136	7.498 16.001%	0.000	155.490	0.000	2.535
990210 BAKED APPLES 1/2 CUP	.5 CUP	117	62.571	0.000 0.006%	10.743	*8.262* *52.817%*	*N/A* *N/A%*	0.001 0.019%	0.000	15.210 97.234%	1.236	0.010 0.064%	0.320	4.890	0.004	0.042
123 BAKED BEANS-1/2 CUP	.5 CUP	164	153.225	0.008 0.045%	258.200	*10.553* *27.549%*	*N/A* *N/A%*	1.298 7.626%	0.000	29.139 76.070%	6.026	8.393 21.910%	*20.532*	*6.483*	*0.361*	*0.098*
990179 BAKED PEACHES 1/2 CUP	.5 CUP	126	44.446	0.000 0.008%	0.290	*10.101* *90.906%*	*N/A* *N/A%*	0.001 0.026%	0.000	12.173 109.549%	1.067	0.006 0.054%	*0.320*	4.942	*0.004*	0.016
44 BAKED POTATO	EACH	173	160.890	0.059 0.329%	17.300	2.041 5.074%	*N/A* *N/A%*	0.225 1.258%	0.000	36.590 90.968%	3.806	4.325 10.753%	17.300	25.950	16.608	1.868
990216 BANANA BREAD SQUARES	squares	55	148.821	1.157 6.999%	83.917	11.896 31.974%	*N/A* *N/A%*	4.151 25.103%	14.787	25.889 69.585%	1.746	2.951 7.932%	57.892	36.036	1.241	0.830
251 BANANA SLICES	CUP	150	133.500	0.168 1.133%	1.500	18.345 54.966%	*N/A* *N/A%*	0.495 3.337%	0.000	34.260 102.652%	3.900	1.635 4.899%	96.000	7.500	13.050	0.390
990158 BANANA SPLIT PARFAIT	SERVING	262	298.569	1.519 4.580%	114.248	43.088 57.726%	*N/A* *N/A%*	3.263 9.836%	2.500	63.672 85.303%	4.820	*3.861* *5.173%*	38.071	322.269	28.222	1.087
68 BANANAS	EACH	118	105.020	0.132 1.133%	1.180	14.431 54.965%	*N/A* *N/A%*	0.389 3.337%	0.000	26.951 102.652%	3.068	1.286 4.898%	75.520	5.900	10.266	0.307
163 BBQ BURGER	SERVING	99	229.747	3.203 12.546%	455.197	2.884 5.021%	*N/A* *N/A%*	9.036 35.396%	34.000	19.310 33.620%	2.051	15.046 26.196%	12.693	60.870	0.034	3.036
990139 BEEF SOFT TACO-1 TACO	SERVING	107	214.000	4.200 17.664%	362.000	1.000 1.869%	*N/A* *N/A%*	9.500 39.953%	49.000	17.000 31.776%	3.000	16.000 29.907%	413.000	37.000	0.000	2.720
990140 BEEF SOFT TACO-2 TACO	SERVING	117	271.513	4.993 16.549%	361.808	2.000 2.946%	*N/A* *N/A%*	10.166 33.698%	36.162	31.476 46.371%	4.738	14.332 21.114%	304.797	52.546	0.000	2.916
990182 BELLY BEARS	SERVING	28	120.000	0.000 0.000%	115.000	7.000 23.333%	*N/A* *N/A%*	4.000 30.000%	0.000	20.000 66.667%	1.000	2.000 6.667%	0.000	140.000	0.000	1.000
990117 BISCUIT SOUTHERN STYLE PILLSBURY	SERVING	62	200.000	6.000 27.000%	540.000	2.000 4.000%	*N/A* *N/A%*	9.000 40.500%	0.000	25.000 50.000%	1.000	4.000 8.000%	0.000	0.000	0.000	1.500
1086 BISCUIT W/G PILLSBURY	EACH	71	209.536	4.490 19.286%	289.359	2.993 5.714%	*N/A* *N/A%*	8.980 38.571%	0.000	27.938 53.333%	1.996	4.989 9.524%	0.000	119.735	0.000	1.596
185 BISCUITS & SAUSAGE GRAVY	SERVING	183	383.056	11.360 26.691%	799.139	3.913 4.086%	*N/A* *N/A%*	21.330 50.116%	25.370	35.688 37.267%	2.176	12.379 12.927%	*0.000*	145.575	*0.000*	2.016

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990151 BISCUITS & SAUSAGE GRAVY-SOUTHERN STYLE BIS	1/2 C SERVINGS	138	282.401	6.995 22.292%	909.059	5.013 7.101%	*N/A* *N/A%*	13.481 42.963%	9.947	32.021 45.355%	1.124	7.242 10.258%	*0.000*	26.638	*0.000*	1.674
1074 BISCUITS W/SAUSAGE	EACH	92	269.689	3.722 12.421%	635.880	*1.218* *1.807%*	*N/A* *N/A%*	15.348 51.219%	55.916	18.855 27.965%	0.455	13.374 19.836%	29.050	22.253	0.000	1.807
990215 BLACK BEAN & CORN SALAD	.5 CUP	230	175.566	0.314 1.610%	266.400	*3.726* *8.489%*	*N/A* *N/A%*	2.878 14.752%	0.000	31.154 70.980%	9.158	8.566 19.516%	*212.482*	44.645	8.463	2.908
255 BLUEBERRIES FRESH 1 CUP	CUP	148	84.360	0.041 0.442%	1.480	14.741 69.896%	*N/A* *N/A%*	0.488 5.211%	0.000	21.445 101.684%	3.552	1.095 5.192%	79.920	8.880	14.356	0.414
990120 BLUEBERRIES FRESH 1/2 CUP	1/2 CUP	74	42.180	0.021 0.442%	0.740	7.370 69.891%	*N/A* *N/A%*	0.244 5.211%	0.000	10.723 101.684%	1.776	0.548 5.197%	39.960	4.440	7.178	0.207
990122 BLUEBERRIES FROZEN 1 CUP	1/2 CUP	156	79.997	0.078 0.878%	1.997	*N/A* *N/A%*	*N/A* *N/A%*	0.998 11.232%	0.000	19.001 95.008%	4.399	0.640 3.200%	71.994	11.996	3.994	0.281
990121 BLUEBERRIES FROZEN 1/2 CUP	1/2 CUP	78	39.998	0.039 0.878%	0.998	*N/A* *N/A%*	*N/A* *N/A%*	0.499 11.233%	0.000	9.500 95.009%	2.200	0.320 3.200%	35.997	5.998	1.997	0.140
144 BOSCO STICK 4"-2 STICKS	SERVING	143	261.375	3.000 10.329%	342.828	6.598 10.097%	*N/A* *N/A%*	7.533 25.938%	10.000	34.130 52.231%	3.533	13.532 20.709%	2498.608	215.324	27.584	9.192
147 BOSCO STICK 4"-3 STICKS	SERVING	186	373.562	4.580 11.035%	492.224	7.598 8.136%	*N/A* *N/A%*	10.677 25.724%	15.448	48.202 51.613%	4.532	19.680 21.073%	2603.681	319.767	27.583	13.514
199 BREAKFAST BITES-3 EACH	SERVING-3 EACH	76	230.000	3.500 13.696%	480.000	5.000 8.696%	*N/A* *N/A%*	13.000 50.870%	25.000	20.000 34.783%	2.000	8.000 13.913%	0.000	38.000	0.000	1.000
990137 BREAKFAST BITES-4 EACH	SERVING-4 EACH	101	305.522	4.649 13.696%	637.612	6.642 8.696%	*N/A* *N/A%*	17.269 50.870%	33.209	26.567 34.783%	2.657	10.627 13.913%	0.000	50.478	0.000	1.328
188 BREAKFAST PIZZA-TONY'S	SERVING	94	210.000	2.100 9.000%	372.300	5.000 9.524%	*N/A* *N/A%*	7.000 30.000%	16.000	28.700 54.667%	3.200	9.000 17.143%	0.000	11.000	0.000	11.000
990195 BREAKFAST SCRAMBLE	SERVING	180	378.818	9.003 21.389%	678.303	5.272 5.567%	*N/A* *N/A%*	20.679 49.130%	169.707	33.214 35.071%	2.065	15.567 16.437%	*266.997*	252.907	*0.030*	2.382
206 BROCCOLI CHEDDAR SOUP	8 OZ	242	237.839	9.513 35.999%	745.437	*0.000* *0.000%*	*N/A* *N/A%*	16.490 62.398%	48.897	4.891 8.225%	1.690	18.324 30.817%	*776.355*	548.994	22.161	0.432
130 BROCCOLI FROZEN CKD 1 CUP	1 CUP	232	88.093	0.045 0.464%	210.227	*0.000* *0.000%*	*N/A* *N/A%*	0.250 2.549%	0.000	16.956 76.993%	6.895	7.031 31.925%	2292.613	115.870	90.968	1.383
990181 BROCCOLI FROZEN CKD 1/2 CUP	.5 CUP	119	45.176	0.023 0.464%	107.809	*0.000* *0.000%*	*N/A* *N/A%*	0.128 2.548%	0.000	8.696 76.992%	3.536	3.605 31.920%	1175.699	59.421	46.650	0.709
131 BROCCOLI FROZEN CKD 3/4 CUP	.75 CUP	178	67.763	0.035 0.464%	161.713	*0.000* *0.000%*	*N/A* *N/A%*	0.192 2.549%	0.000	13.043 76.994%	5.304	5.408 31.923%	1763.548	89.131	69.975	1.064

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256 BROCCOLI RAW FRESH 1 CUP	CUP	91	30.940	0.104 3.016%	30.030	1.547 20.000%	*N/A* *N/A%*	0.337 9.794%	0.000	6.042 78.118%	2.366	2.566 33.174%	566.930	42.770	81.172	0.664
990085 BROCCOLI RAW FRESH 1/2 CUP	.5 CUP	46	15.470	0.052 3.019%	15.015	0.774 20.013%	*N/A* *N/A%*	0.168 9.797%	0.000	3.021 78.118%	1.183	1.283 33.174%	283.465	21.385	40.586	0.332
990086 BROCCOLI RAW FRESH 3/4 CUP	.75 CUP	68	23.205	0.078 3.017%	22.522	1.160 19.996%	*N/A* *N/A%*	0.253 9.793%	0.000	4.532 78.118%	1.774	1.925 33.183%	425.198	32.078	60.879	0.498
990193 BROCCOLI WITH CHEESE SAUCE 1 CUP	1 CUP	283	162.671	3.424 18.943%	456.825	*3.757* *9.238%*	*N/A* *N/A%*	6.080 33.641%	18.966	17.408 42.806%	6.905	12.851 31.600%	2292.613	315.848	90.968	1.383
257 BROCCOLI: fresh, boiled	CUP	156	54.600	0.123 2.031%	63.960	2.168 15.883%	*N/A* *N/A%*	0.640 10.543%	0.000	11.201 82.057%	5.148	3.713 27.201%	2414.880	62.400	101.244	1.045
113 BROCCOLI: frozen, boiled	.75 CUP	184	51.520	0.033 0.578%	20.240	2.705 21.002%	*N/A* *N/A%*	0.221 3.857%	0.000	9.844 76.429%	5.520	5.704 44.286%	1860.240	60.720	73.784	1.122
990142 BROWNIES 60 SERVINGS PER TRAY	SERVINGS	83	294.766	1.904 5.813%	218.321	*32.849* *44.576%*	*N/A* *N/A%*	10.001 30.537%	56.685	49.581 67.282%	3.153	4.972 6.747%	285.097	35.291	0.006	1.695
990203 BROWNIES 80 SERVINGS PER TRAY	SERVINGS	62	221.074	1.428 5.813%	163.741	*24.637* *44.577%*	*N/A* *N/A%*	7.501 30.537%	42.514	37.186 67.283%	2.365	3.729 6.747%	213.823	26.468	0.004	1.271
990159 BUFFALO CHICKEN STUFFED CRUST PIZZA-BOSCO	SERVINGS	196	388.205	5.967 13.834%	588.199	*4.242* *4.371%*	*N/A* *N/A%*	13.989 32.432%	64.440	34.684 35.738%	3.244	32.022 32.995%	824.798	61.134	24.704	2.345
990161 BURRITO BEAN & CHEESE W/G	SERVING	147	291.000	3.620 11.196%	578.940	1.330 1.828%	*N/A* *N/A%*	8.290 25.639%	15.330	40.950 56.289%	7.960	15.600 21.443%	0.000	0.000	0.000	0.000
20 BUTTER NOODLES	.5 CUP	46	115.619	1.150 8.953%	61.840	*0.033* *0.114%*	*N/A* *N/A%*	6.315 49.153%	0.000	11.980 41.447%	0.824	2.325 8.044%	277.751	*7.381*	*0.502*	*0.585*
221 BUTTER: individual	PAT	5	35.850	2.568 64.479%	32.150	0.003 0.033%	*N/A* *N/A%*	4.056 101.812%	10.750	0.003 0.033%	0.000	0.042 0.469%	124.950	1.200	0.000	0.001
24 BUTTERED NOODLES	.5 CUP	46	115.025	1.152 9.017%	110.817	0.245 0.852%	*N/A* *N/A%*	6.315 49.407%	0.000	11.878 41.306%	0.801	2.325 8.085%	277.751	*7.328*	*0.502*	*0.581*
990044 CALIFORNIA VEGETABLES 1 CUP	1 CUP	193	73.089	0.000 0.000%	214.325	*4.247* *23.243%*	*N/A* *N/A%*	0.000 0.000%	0.000	14.618 80.000%	6.371	4.247 23.243%	0.000	6.371	0.000	1.274
990174 CALIFORNIA VEGETABLES 1/2 CUP	.75 CUP	97	36.544	0.000 0.000%	107.162	*2.124* *23.249%*	*N/A* *N/A%*	0.000 0.000%	0.000	7.309 80.001%	3.185	2.124 23.249%	0.000	3.185	0.000	0.637
990046 CALIFORNIA VEGETABLES 3/4 CUP	.75 CUP	145	54.817	0.000 0.000%	160.743	*3.185* *23.241%*	*N/A* *N/A%*	0.000 0.000%	0.000	10.963 79.999%	4.778	3.185 23.241%	0.000	4.778	0.000	0.956
990124 CANTALOUPE 1 CUP	CUP	160	54.400	0.082 1.350%	25.600	12.576 92.471%	*N/A* *N/A%*	0.304 5.029%	0.000	13.056 96.000%	1.440	1.344 9.882%	5411.200	14.400	58.720	0.336

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School District of Washington

Recipe Nutrient Composition - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals ¹ (kcal)	Saturated Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
990123 CANTALOUPE 1/2 CUP	1/2 CUP	80	27.200	0.041 1.350%	12.800	6.288 92.471%	*N/A* *N/A%*	0.152 5.029%	0.000	6.528 96.000%	0.720	0.672 9.882%	2705.600	7.200	29.360	0.168
990145 CAPRI VEGETABLES-1 CUP	CUP	176	60.805	0.000 0.000%	30.402	4.054 26.669%	*N/A* *N/A%*	0.000 0.000%	0.000	12.161 80.000%	4.054	2.027 13.334%	0.000	40.537	0.000	0.730
990146 CAPRI VEGETABLES-3/4 CUP	3/4 CUP	132	45.604	0.000 0.000%	22.802	3.040 26.664%	*N/A* *N/A%*	0.000 0.000%	0.000	9.121 79.999%	3.040	1.520 13.332%	0.000	30.402	0.000	0.547
990029 CARROT CAKE	SERVINGS	60	184.208	1.244 6.075%	204.357	*20.353* *44.196%*	*N/A* *N/A%*	6.731 32.884%	**18.964*	29.707 64.507%	1.173	2.205 4.788%	*1481.180*	*22.759*	0.354	*0.665*
22 CARROT STICKS	CUP	122	50.020	0.039 0.702%	84.180	5.783 46.246%	*N/A* *N/A%*	0.293 5.268%	0.000	11.688 93.463%	3.416	1.135 9.076%	20381.320	40.260	7.198	0.366
990079 CARROTS BABY 1 CUP	CUP	147	50.000	0.180 3.240%	112.000	*N/A* *N/A%*	*N/A* *N/A%*	0.180 3.240%	0.000	11.860 94.880%	5.000	*N/A* *N/A%*	994.000	46.000	3.800	1.280
990078 CARROTS BABY 3/4 CUP	.75 CUP	111	37.500	0.135 3.240%	84.000	*N/A* *N/A%*	*N/A* *N/A%*	0.135 3.240%	0.000	8.895 94.880%	3.750	*N/A* *N/A%*	745.500	34.500	2.850	0.960
260 CARROTS: canned, cooked	CUP	146	36.500	0.053 1.297%	353.320	3.621 39.682%	*N/A* *N/A%*	0.277 6.840%	0.000	8.088 88.640%	2.190	0.934 10.236%	16308.200	36.500	3.942	0.934
262 CARROTS: fresh, boiled	CUP	156	54.600	0.047 0.771%	90.480	5.382 39.429%	*N/A* *N/A%*	0.281 4.629%	0.000	12.823 93.943%	4.680	1.186 8.689%	26571.480	46.800	5.616	0.530
261 CARROTS:frozen, boiled	CUP	146	54.020	0.175 2.919%	86.140	5.957 44.110%	*N/A* *N/A%*	0.993 16.541%	0.000	11.286 83.568%	4.818	0.847 6.272%	24714.880	51.100	3.358	0.774
264 CAULIFLOWER RAW FRESH 1 CUP	CUP	100	25.000	0.130 4.680%	30.000	1.910 30.560%	*N/A* *N/A%*	0.280 10.080%	0.000	4.970 79.520%	2.000	1.920 30.720%	0.000	22.000	48.200	0.420
990087 CAULIFLOWER RAW FRESH 1/2 CUP	.5 CUP	50	12.500	0.065 4.680%	15.000	0.955 30.560%	*N/A* *N/A%*	0.140 10.080%	0.000	2.485 79.520%	1.000	0.960 30.720%	0.000	11.000	24.100	0.210
990088 CAULIFLOWER RAW FRESH 3/4 CUP	.75 CUP	75	18.750	0.098 4.680%	22.500	1.432 30.549%	*N/A* *N/A%*	0.210 10.080%	0.000	3.728 79.520%	1.500	1.440 30.720%	0.000	16.500	36.150	0.315
265 CAULIFLOWER: frozen,boiled	1/2 CUP	90	17.100	0.031 1.611%	16.200	0.945 22.105%	*N/A* *N/A%*	0.198 10.421%	0.000	3.375 78.947%	2.430	1.449 33.895%	9.000	15.300	28.170	0.369
25 CAULIFLOWER:fresh boiled	CUP	124	28.520	0.087 2.739%	18.600	2.579 36.171%	*N/A* *N/A%*	0.558 17.609%	0.000	5.096 71.478%	2.852	2.282 32.006%	14.880	19.840	54.932	0.397
990168 CELEBRATION COOKIE BAR	SERVINGS	45	161.643	1.710 9.521%	217.127	*9.457* *23.402%*	*N/A* *N/A%*	5.221 29.070%	12.883	27.449 67.926%	1.251	*2.075* *5.135%*	337.406	13.952	0.009	0.689
267 CELERY STICKS 1 CUP	CUP	120	16.800	0.050 2.700%	96.000	1.608 38.286%	*N/A* *N/A%*	0.204 10.929%	0.000	3.564 84.857%	1.920	0.828 19.714%	538.800	48.000	3.720	0.240

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990083 CELERY STICKS 1/2 CUP	.5 CUP	60	8.400	0.025 2.700%	48.000	0.804 38.286%	*N/A* *N/A%*	0.102 10.929%	0.000	1.782 84.857%	0.960	0.414 19.714%	269.400	24.000	1.860	0.120
990084 CELERY STICKS 3/4 CUP	.75 CUP	90	12.600	0.038 2.700%	72.000	1.206 38.286%	*N/A* *N/A%*	0.153 10.929%	0.000	2.673 84.857%	1.440	0.621 19.714%	404.100	36.000	2.790	0.180
990104 CEREAL ASSORTED GENERAL MILLS BOWLS	SERVING	27	108.750	0.000 0.000%	137.500	7.250 26.667%	*N/A* *N/A%*	1.375 11.379%	0.000	22.500 82.759%	1.750	1.625 5.977%	0.000	3.000	0.000	5.625
990074 CEREAL BAR CHEERIOS FRUITY	SERVING	40	150.000	0.000 0.000%	105.000	9.000 24.000%	*N/A* *N/A%*	3.500 21.000%	0.000	29.000 77.333%	3.000	3.000 8.000%	0.000	20.000	0.000	10.000
990069 CEREAL BAR CHEERIOS STRAWBERRY	SERVING	40	150.000	0.500 3.000%	85.000	9.000 24.000%	*N/A* *N/A%*	3.500 21.000%	0.000	30.000 80.000%	3.000	2.000 5.333%	0.000	0.000	0.000	0.000
990073 CEREAL BAR CINN TST CRUNCH	SERVING	40	160.000	0.000 0.000%	120.000	8.000 20.000%	*N/A* *N/A%*	3.500 19.688%	0.000	30.000 75.000%	3.000	2.000 5.000%	0.000	17.000	0.000	9.000
990072 CEREAL BAR COCOA PUFFS	SERVING	40	160.000	0.000 0.000%	105.000	9.000 22.500%	*N/A* *N/A%*	3.500 19.688%	0.000	30.000 75.000%	3.000	3.000 7.500%	0.000	20.000	0.000	10.000
990075 CEREAL BAR GOLDEN GRAHAMS	SERVING	40	160.000	0.000 0.000%	115.000	9.000 22.500%	*N/A* *N/A%*	3.500 19.688%	0.000	30.000 75.000%	3.000	2.000 5.000%	0.000	18.000	0.000	7.000
990070 CEREAL BAR TRIX	SERVING	40	160.000	0.500 2.812%	105.000	9.000 22.500%	*N/A* *N/A%*	3.500 19.688%	0.000	29.000 72.500%	3.000	2.000 5.000%	*N/A*	20.000	*N/A*	8.000
990061 CEREAL CHEERIOS APPLE CINN	SERVING	28	110.000	0.000 0.000%	110.000	9.000 32.727%	*N/A* *N/A%*	1.500 12.273%	0.000	23.000 83.636%	2.000	2.000 7.273%	0.000	0.000	0.000	0.000
990068 CEREAL CHEERIOS FRUITY BOWL	SERVING	31	120.000	0.000 0.000%	140.000	9.000 30.000%	*N/A* *N/A%*	1.500 11.250%	0.000	25.000 83.333%	2.000	3.000 10.000%	0.000	0.000	0.000	0.000
990067 CEREAL CHEERIOS HONEY NUT	SERVING	28	110.000	0.000 0.000%	160.000	9.000 32.727%	*N/A* *N/A%*	1.500 12.273%	0.000	23.000 83.636%	2.000	2.000 7.273%	0.000	0.000	0.000	0.000
990063 CEREAL CINN TST CRUNCH BOWL	SERVING	28	120.000	0.000 0.000%	160.000	6.000 20.000%	*N/A* *N/A%*	2.500 18.750%	0.000	22.000 73.333%	3.000	1.000 3.333%	0.000	6.000	0.000	13.000
990062 CEREAL COCOA PUFFS RS BOWL	SERVING	30	120.000	0.000 0.000%	120.000	8.000 26.667%	*N/A* *N/A%*	1.500 11.250%	0.000	25.000 83.333%	2.000	2.000 6.667%	0.000	8.000	0.000	16.000
990065 CEREAL FROSTED FLAKES BOWL	SERVING	28	110.000	0.000 0.000%	170.000	8.000 29.091%	*N/A* *N/A%*	0.500 4.091%	0.000	24.000 87.273%	1.000	1.000 3.636%	0.000	0.000	0.000	0.000
990071 CEREAL KIX BOWL	SERVING	17	70.000	0.000 0.000%	100.000	2.000 11.429%	*N/A* *N/A%*	0.500 6.429%	0.000	14.000 80.000%	1.000	1.000 5.714%	0.000	0.000	0.000	0.000
990066 CEREAL LUCKY CHARMS BOWL	SERVING	28	110.000	0.000 0.000%	180.000	9.000 32.727%	*N/A* *N/A%*	1.000 8.182%	0.000	23.000 83.636%	2.000	2.000 7.273%	0.000	8.000	0.000	20.000

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990064 CEREAL TRIX BOWL	SERVING	28	110.000	0.000 0.000%	140.000	7.000 25.455%	*N/A* *N/A%*	1.500 12.273%	0.000	24.000 87.273%	1.000	1.000 3.636%	0.000	10.000	0.000	16.000
1072 CEREAL,VARIETY	SERVING	26	97.345	0.321 2.971%	95.747	10.994 45.175%	*N/A* *N/A%*	0.654 6.044%	0.000	22.473 92.343%	1.043	1.235 5.075%	642.903	13.246	9.668	3.681
159 CH BURGER/BUN-ELEM	EACH	108	275.000	5.700 18.655%	532.000	1.500 2.182%	*N/A* *N/A%*	13.500 44.182%	46.500	18.000 26.182%	2.000	17.500 25.455%	*0.000*	571.500	*0.000*	3.320
149 CH BURGER/BUN-MID & HS	EACH	108	275.000	5.700 18.655%	532.000	1.500 2.182%	*N/A* *N/A%*	13.500 44.182%	46.500	18.000 26.182%	2.000	17.500 25.455%	*0.000*	571.500	*0.000*	3.320
1075 CHEESE,CREAM	TBSP	15	50.750	2.931 51.977%	45.530	0.545 4.296%	*N/A* *N/A%*	4.994 88.560%	14.645	0.800 6.309%	0.000	0.892 7.031%	161.095	14.065	0.000	0.016
161 CHEESEBURGER ON BUN ELEMENTARY	SERVING	108	260.000	4.950 17.135%	537.000	1.500 2.308%	*N/A* *N/A%*	12.000 41.538%	41.500	18.000 27.692%	2.000	18.500 28.462%	*0.000*	162.500	*0.000*	3.000
990115 CHEESEBURGER ON BUN SECONDARY	SERVING	115	296.000	6.550 19.916%	556.000	1.500 2.027%	*N/A* *N/A%*	16.000 48.649%	56.500	18.000 24.324%	2.000	18.500 25.000%	*0.000*	156.500	*0.000*	2.000
151 CHEESY CHICKEN BURRITO- WG	SERVING	142	330.000	6.000 16.364%	569.999	2.999 3.635%	*N/A* *N/A%*	11.000 29.999%	25.000	33.000 40.000%	4.000	17.000 20.606%	750.000	100.000	21.000	1.080
990180 CHEEZ ITS PRE-PACKAGED	SERVING	21	100.000	1.000 9.000%	150.000	0.000 0.000%	*N/A* *N/A%*	3.500 31.500%	5.000	14.000 56.000%	1.000	2.000 8.000%	0.000	20.000	0.000	0.900
268 CHERRIES,Fresh	CUP	138	86.940	0.052 0.542%	0.000	17.692 81.399%	*N/A* *N/A%*	0.276 2.857%	0.000	22.094 101.651%	2.898	1.463 6.731%	88.320	17.940	9.660	0.497
174 CHIC FR CHIC SANDWICH	SANDWIC H	145	306.000	1.000 2.941%	736.000	2.000 2.614%	*N/A* *N/A%*	9.000 26.471%	45.000	32.000 41.830%	3.000	23.000 30.065%	188.000	51.000	0.000	2.000
990155 CHICKEN BACON RANCH WRAP	WRAP	299	837.483	12.158 13.065%	1679.515	*4.363* *2.084%*	*N/A* *N/A%*	42.882 46.083%	92.075	71.129 33.973%	4.251	39.125 18.687%	501.148	254.251	12.947	4.048
990042 CHICKEN BROWN RICE	1/2 CUP	115	138.372	0.581 3.782%	76.361	*0.223* *0.645%*	*N/A* *N/A%*	3.045 19.806%	0.835	24.647 71.249%	1.206	2.854 8.250%	87.045	*8.200*	*0.167*	*0.490*
990154 CHICKEN CAESAR WRAP	WRAP	274	612.297	5.081 7.469%	1167.715	*4.174* *2.727%*	*N/A* *N/A%*	24.849 36.525%	52.320	68.203 44.555%	4.735	29.315 19.151%	1116.851	252.734	19.153	4.909
128 CHICKEN CLUB	SERVING	141	364.000	5.249 12.979%	868.000	*1.500* *1.648%*	*N/A* *N/A%*	16.000 39.559%	50.500	30.000 32.967%	3.000	23.999 26.373%	*0.000*	153.500	*0.000*	3.000
990219 CHICKEN DILLY	SANDWIC H	144	300.000	1.000 3.000%	780.000	3.000 4.000%	0.000 0.000%	8.000 24.000%	45.000	35.000 46.667%	2.000	22.000 29.333%	0.000	55.000	*0.000*	3.000
160 CHICKEN FRIED CHICKEN	SERVING	170	234.144	1.113 4.280%	823.208	*1.000* *1.708%*	*N/A* *N/A%*	8.420 32.363%	45.567	19.130 32.680%	2.227	20.573 35.146%	188.000	29.505	0.567	1.057

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118 CHICKEN GRAVY TRIO	.25 CUP	60	35.093	0.000 0.000%	242.171	0.000 0.000%	*N/A* *N/A%*	0.501 12.856%	0.000	7.019 80.000%	0.000	0.000 0.000%	0.000	1.533	0.000	0.000
990201 CHICKEN NUGGETS	SERVING	86	200.000	2.000 9.000%	400.000	1.000 2.000%	*N/A* *N/A%*	10.000 45.000%	33.000	13.000 26.000%	2.000	15.000 30.000%	1.000	2.000	0.000	0.018
990194 CHICKEN PARMESAN	SERVING	150	246.704	2.895 10.561%	478.119	*4.597* *7.453%*	*N/A* *N/A%*	10.947 39.936%	36.814	19.400 31.455%	3.532	18.366 29.778%	*2335.121*	86.951	*27.583*	2.569
990160 CHICKEN PATTY & CHEESE ON BUN-WG	SERVING	132	314.000	3.750 10.748%	678.000	1.500 1.911%	*N/A* *N/A%*	12.000 34.395%	40.500	30.000 38.217%	3.000	21.500 27.389%	*0.000*	153.500	*0.000*	3.000
155 CHICKEN PATTY ON BUN-WG	SERVING	118	274.000	2.000 6.569%	538.000	1.000 1.460%	*N/A* *N/A%*	9.000 29.562%	33.000	29.000 42.336%	3.000	18.000 26.277%	*0.000*	50.000	*0.000*	3.000
990034 CHICKEN TENDERS-GOLDKIST	SERVING	111	280.000	4.000 12.857%	340.000	0.000 0.000%	*N/A* *N/A%*	17.000 54.643%	65.000	15.000 21.429%	2.000	18.000 25.714%	4.000	2.000	0.000	6.000
990035 CHICKEN TENDERS-GOLDKIST & WAFFLE	SERVING	147	360.000	4.000 10.000%	445.000	2.000 2.222%	*N/A* *N/A%*	20.000 50.000%	70.000	27.000 30.000%	3.000	20.000 22.222%	4.000	32.000	0.000	6.700
181 CHICKEN TERIYAKI-GOLD KIST	SERVING	98	120.001	1.000 7.496%	580.000	6.000 20.000%	*N/A* *N/A%*	5.000 37.497%	105.000	6.000 20.000%	0.000	15.000 50.000%	2200.000	150.000	1.200	0.180
170 CHILI	6 OZ SERVINGS	176	156.034	1.607 9.269%	469.340	*2.854* *7.316%*	*N/A* *N/A%*	4.985 28.751%	28.233	16.647 42.676%	4.437	12.908 33.090%	*901.591*	*36.640*	*4.378*	*2.791*
165 CHILI PIE-1 OZ FRITOS	SERVINGS	200	398.457	7.349 16.600%	623.695	*2.144* *2.152%*	*N/A* *N/A%*	22.525 50.878%	46.028	28.212 28.322%	3.902	21.556 21.639%	*684.048*	*354.345*	*3.289*	*2.194*
5166 CHILI PIE-1.5 OZ FRITOS	SERVINGS	247	476.033	7.145 13.509%	915.338	*2.854* *2.398%*	*N/A* *N/A%*	25.174 47.595%	44.234	41.218 34.635%	5.938	23.617 19.845%	*1080.590*	*399.465*	*4.378*	*2.831*
202 CHILI RECIPE WITH TACO MEAT	4 OZ	116	120.783	1.365 10.172%	251.603	*0.260* *0.861%*	*N/A* *N/A%*	3.798 28.303%	23.584	12.298 40.729%	4.932	10.270 34.011%	660.519	33.894	2.166	2.292
990164 CHOC CHIP OATMEAL COOKIE HS RECIPE	SERVINGS	49	170.585	1.441 7.604%	196.285	*6.308* *14.791%*	*N/A* *N/A%*	5.683 29.981%	17.343	27.339 64.106%	1.960	*3.384* *7.935%*	368.750	20.372	0.014	0.992
990167 CHOCOLATE CHIP COOKIE BAR	SERVINGS	46	164.862	1.913 10.441%	218.098	*10.282* *24.947%*	*N/A* *N/A%*	5.470 29.863%	12.883	27.830 67.524%	1.345	*2.075* *5.035%*	337.406	13.952	0.009	0.686
990198 CHOCOLATE CHIP COOKIE HS RECIPE	EACH	43	158.626	2.128 12.071%	181.928	*16.293* *41.085%*	*N/A* *N/A%*	5.549 31.481%	*11.827*	26.092 65.794%	1.216	*1.870* *4.715%*	*17.168*	11.925	0.000	0.632
141 CHOCOLATE CHIP COOKIE WG	SERVINGS	41	150.650	1.973 11.789%	167.190	17.047 45.263%	*N/A* *N/A%*	4.867 29.074%	9.491	25.915 68.808%	1.113	*1.611* *4.277%*	438.346	11.751	0.000	0.560
990212 CHOCOLATE ICING	SERVINGS	10	28.136	0.082 2.613%	2.183	*6.280* *89.281%*	*N/A* *N/A%*	0.137 4.369%	0.131	6.989 99.366%	0.265	0.269 3.824%	6.658	5.641	0.039	0.105

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990116 CINNAMON ROLL PILLSBURY 3 OZ	SERVING	42	130.000	2.500 17.308%	210.000	5.000 15.385%	*N/A* *N/A%*	5.000 34.615%	0.000	18.000 55.385%	1.000	3.000 9.231%	0.000	0.000	0.000	1.100
134 CINNAMON ROLL WG	SERVING	58	180.898	1.445 7.191%	171.390	*6.746* *14.917%*	*N/A* *N/A%*	6.398 31.831%	0.000	28.772 63.621%	2.789	3.160 6.987%	87.567	*14.148*	*0.027*	*1.259*
990199 COLE SLAW	.75 CUP	71	57.565	0.534 8.343%	155.759	*3.148* *21.874%*	*N/A* *N/A%*	3.507 54.826%	0.000	6.289 43.700%	1.340	0.701 4.871%	72.227	27.857	23.814	0.337
990200 COLE SLAW	.5 CUP	48	38.377	0.356 8.342%	103.839	*2.098* *21.867%*	*N/A* *N/A%*	2.338 54.825%	0.000	4.193 43.700%	0.894	0.467 4.867%	48.151	18.571	15.876	0.225
112 CORN DOGS MINI	SERVING	114	267.005	1.900 6.404%	365.006	12.000 17.977%	*N/A* *N/A%*	11.000 37.079%	14.000	33.001 49.438%	3.000	9.000 13.483%	114.002	66.001	51.001	1.000
990144 CORN DOGS MINI-7 CORN DOGS	SERVING	133	311.500	2.217 6.405%	425.833	14.000 17.978%	*N/A* *N/A%*	12.833 37.079%	16.333	38.500 49.438%	3.500	10.500 13.483%	133.000	77.000	59.500	1.167
32 CORN ON THE COB: frozen,boiled	EACH	85	79.900	0.097 1.091%	204.000	3.052 15.279%	*N/A* *N/A%*	0.629 7.085%	0.000	18.981 95.021%	2.380	2.644 13.237%	197.200	2.550	4.080	0.518
110 CORN-1/2 C	.5 CUP	79	74.043	0.125 1.518%	202.717	*0.001* *0.005%*	*N/A* *N/A%*	0.771 9.373%	0.000	16.740 90.433%	1.536	2.023 10.929%	62.554	4.500	6.537	0.683
109 COUNTRY GRAVY	.25 CUP	60	34.161	0.000 0.000%	177.220	1.952 22.856%	*N/A* *N/A%*	0.488 12.857%	0.000	6.832 80.001%	0.000	0.976 11.428%	0.000	1.533	0.000	0.000
210 COWBOY COOKIES: 1 each	COOKIES	45	191.942	5.320 24.947%	151.194	*15.623* *32.558%*	*N/A* *N/A%*	8.997 42.188%	31.925	26.357 54.926%	1.082	2.555 5.325%	232.336	19.210	0.000	0.915
232 CRACKERS	4 EACH	12	50.160	0.198 3.560%	112.920	0.155 1.236%	*N/A* *N/A%*	1.037 18.603%	0.000	8.886 70.861%	0.336	1.135 9.051%	0.240	2.280	0.000	0.668
233 CRACKERS, GRAHAM	4 EACH	57	243.810	0.926 3.418%	292.572	14.090 23.116%	*N/A* *N/A%*	6.010 22.186%	0.000	44.033 72.242%	1.928	3.793 6.223%	1.134	43.659	0.000	2.143
322 CREAM CHEESE	1 TBSP	15	50.750	2.931 51.977%	45.530	0.545 4.296%	*N/A* *N/A%*	4.994 88.560%	14.645	0.800 6.309%	0.000	0.892 7.031%	161.095	14.065	0.000	0.016
990030 CREAM CHEESE FROSTING	SERVINGS	16	54.337	0.815 13.492%	30.036	*8.954* *65.915%*	*N/A* *N/A%*	1.824 30.216%	*2.894*	9.422 69.356%	0.000	0.294 2.164%	*8.640*	1.001	0.000	0.007
990096 CUCUMBERS RAW 1 CUP	CUP	104	15.600	0.039 2.221%	2.080	1.737 44.538%	*N/A* *N/A%*	0.114 6.600%	0.000	3.775 96.800%	0.520	0.676 17.333%	109.200	16.640	2.912	0.291
377 CUCUMBERS RAW 1/2 CUP	.5 CUP	52	7.800	0.019 2.215%	1.040	0.868 44.513%	*N/A* *N/A%*	0.057 6.600%	0.000	1.888 96.800%	0.260	0.338 17.333%	54.600	8.320	1.456	0.146
990095 CUCUMBERS RAW 3/4 CUP	.75 CUP	78	11.700	0.029 2.223%	1.560	1.303 44.547%	*N/A* *N/A%*	0.086 6.600%	0.000	2.831 96.800%	0.390	0.507 17.333%	81.900	12.480	2.184	0.218

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990077 CUTIE CLEMENTINE	EACH	74	35.000	0.000 0.000%	0.700	6.800 77.714%	*N/A* *N/A%*	0.100 2.571%	0.000	8.900 101.714%	1.300	0.600 6.857%	0.000	0.000	60.000	0.000
124 DINNER ROLL-WG-1.5 OZ	1.5 OZ	49	140.317	1.061 6.808%	146.612	*2.439* *6.953%*	*N/A* *N/A%*	4.352 27.916%	0.000	23.087 65.815%	2.346	3.008 8.575%	1.225	7.290	0.002	1.154
133 DRESSING AVERAGE OTT'S	SERVING	28	115.788	1.564 12.158%	262.829	2.472 8.540%	*N/A* *N/A%*	10.601 82.403%	3.538	4.145 14.320%	0.000	0.000 0.000%	0.000	0.000	0.000	0.000
990057 EDIBLE COOKIE DOUGH	.125 CUP	31	103.224	1.497 13.056%	95.526	12.401 48.055%	*N/A* *N/A%*	3.083 26.882%	0.058	18.638 72.225%	0.844	*0.914* *3.542%*	265.600	9.428	0.005	*0.365*
990166 EDIBLE COOKIE DOUGH HS	SERVINGS	62	229.547	3.257 12.770%	261.966	*10.816* *18.848%*	*N/A* *N/A%*	9.678 37.946%	0.127	34.725 60.510%	1.861	*2.267* *3.950%*	637.024	19.909	0.028	*0.828*
990118 EGG PATTY	SERVING	35	50.000	1.000 18.000%	125.000	0.000 0.000%	*N/A* *N/A%*	3.500 63.000%	100.000	0.000 0.000%	0.000	3.000 24.000%	*N/A*	20.000	0.000	0.360
370 EGG,HARD-BOILED	1 EACH	50	77.500	1.634 18.970%	62.000	0.560 2.890%	*N/A* *N/A%*	5.305 61.606%	186.500	0.560 2.890%	0.000	6.290 32.465%	260.000	25.000	0.000	0.595
990112 FETTUCCINE ALFREDO 1 CUP	1 CUP	599	310.940	5.802 16.792%	712.055	7.792 10.024%	*N/A* *N/A%*	10.237 29.630%	35.708	37.664 48.452%	1.242	15.677 20.167%	411.128	376.235	0.965	1.281
990138 FETTUCCINE ALFREDO 1/2 CUP	1/2 CUP	763	155.470	2.901 16.792%	369.925	3.896 10.024%	*N/A* *N/A%*	5.119 29.630%	17.854	18.832 48.452%	0.621	7.838 20.166%	205.564	202.015	0.483	0.640
990111 FETTUCCINE ALFREDO WITH CHICKEN	1 CUP SERVINGS	646	384.131	6.364 14.910%	734.184	*7.792* *8.114%*	*N/A* *N/A%*	12.210 28.607%	79.965	37.664 39.220%	1.242	30.313 31.565%	411.128	376.235	0.965	1.895
37 FISH SANDWICH	SERVING	132	310.000	1.500 4.355%	430.000	1.000 1.290%	*N/A* *N/A%*	12.000 34.839%	50.000	32.000 41.290%	1.000	17.000 21.935%	100.000	30.000	0.000	2.080
990036 FISH SANDWICH	SANDWICH	133	280.000	1.000 3.214%	410.000	2.000 2.857%	*N/A* *N/A%*	8.000 25.714%	50.000	32.000 45.714%	2.000	17.000 24.286%	0.000	32.000	0.000	7.000
990037 FISH SHAPES	SERVING	113	240.000	1.500 5.625%	310.000	2.000 3.333%	*N/A* *N/A%*	8.000 30.000%	15.000	29.000 48.333%	4.000	14.000 23.333%	0.000	4.000	0.000	15.000
487 FRENCH FRIES CRINKLE CUT 1/2* MCCAIN	SERVING 3 OZ	85	130.000	0.500 3.462%	240.000	0.000 0.000%	*N/A* *N/A%*	4.500 31.154%	0.000	22.000 67.692%	0.000	0.000 0.000%	2.000	*N/A*	*N/A*	0.360
484 FRENCH FRIES: deep fry	1 OZ	28	89.301	1.928 19.429%	61.235	*N/A* *N/A%*	*N/A* *N/A%*	4.698 47.343%	3.685	11.215 50.235%	0.907	1.142 5.115%	0.000	5.386	2.920	0.215
186 FRENCH TOAST STICKS-4-FARM RIC	SERVING	119	306.778	1.710 5.017%	382.853	*9.000* *11.735%*	*N/A* *N/A%*	10.520 30.863%	0.000	54.370 70.892%	3.610	6.000 7.823%	0.000	5.835	0.000	11.009
990157 FRIED RICE	SERVINGS	137	152.383	0.284 1.675%	348.075	*0.926* *2.431%*	*N/A* *N/A%*	2.415 14.262%	1.492	28.464 74.716%	2.524	4.973 13.054%	1061.949	14.663	1.248	0.953

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194 FRUIT & NUT MIX DEHY-1/2 CUP	1/2 CUP	86	280.000	0.400 1.285%	0.000	40.000 57.143%	*N/A* *N/A%*	9.000 28.928%	0.000	50.000 71.429%	6.000	4.000 5.714%	1000.000	80.000	0.000	1.440
193 FRUIT & NUT MIX DEHY-1/4 CUP	1/4 CUP	43	140.000	0.200 1.286%	0.000	20.000 57.143%	*N/A* *N/A%*	4.500 28.929%	0.000	25.000 71.429%	3.000	2.000 5.714%	500.000	40.000	0.000	0.720
990207 FRUIT BLEND JUICE 100%	4 OZ	113	60.000	0.000 0.000%	15.000	15.000 100.000%	*N/A* *N/A%*	0.000 0.000%	0.000	14.000 93.333%	0.000	0.000 0.000%	*N/A*	13.710	*N/A*	0.300
990052 FRUIT CANNED WITH GELATIN	.5 CUP	128	53.501	0.000 0.000%	16.514	13.050 97.568%	*N/A* *N/A%*	0.000 0.000%	0.000	14.207 106.219%	0.999	0.276 2.064%	*0.000*	3.106	*0.000*	0.005
419 FRUIT COCKTAIL:canned,lt syrup	CUP	242	137.940	0.024 0.158%	14.520	33.711 97.756%	*N/A* *N/A%*	0.169 1.105%	0.000	36.131 104.772%	2.420	0.968 2.807%	503.360	14.520	4.598	0.702
420 FRUIT SALAD: canned,lt syrup	CUP	252	146.160	0.023 0.140%	15.120	*N/A* *N/A%*	*N/A* *N/A%*	0.176 1.086%	0.000	38.153 104.414%	2.520	0.857 2.345%	1081.080	17.640	6.300	0.731
245 FRUIT,FRESH ASSORTED	EACH	131	74.090	0.056 0.681%	0.953	13.695 73.937%	*N/A* *N/A%*	0.275 3.334%	0.000	19.109 103.167%	2.986	0.886 4.783%	174.548	16.877	17.770	0.250
990162 FUDGE COOKIE	SERVINGS	36	133.761	1.391 9.360%	105.576	*9.298* *27.805%*	*N/A* *N/A%*	4.791 32.232%	13.446	22.344 66.817%	1.336	*1.706* *5.102%*	217.031	12.183	0.006	0.659
990143 GENERAL TSO'S CHICKEN	.5 CUP	102	170.000	0.500 2.647%	361.000	13.000 30.588%	*N/A* *N/A%*	3.000 15.882%	40.000	23.000 54.118%	0.000	11.000 25.882%	0.000	0.000	1.200	0.720
1077 GLAZE,POWDERED SUGAR	FL OZ	36	111.036	0.000 0.000%	0.813	27.762 100.011%	*N/A* *N/A%*	0.000 0.002%	0.000	28.318 102.012%	0.000	0.000 0.000%	0.000	0.535	0.000	0.017
121 GLAZED CARROTS-1 CUP	1 CUP	118	167.688	1.729 9.279%	284.506	17.646 42.092%	*N/A* *N/A%*	9.527 51.131%	0.000	21.058 50.232%	3.011	0.560 1.336%	15761.804	*38.322*	*2.129*	*0.569*
990172 GLAZED CARROTS-1/2 CUP	.5 CUP	59	83.844	0.864 9.279%	142.253	8.823 42.092%	*N/A* *N/A%*	4.763 51.131%	0.000	10.529 50.232%	1.505	0.280 1.336%	7880.902	*19.161*	*1.064*	*0.284*
122 GLAZED CARROTS-3/4 CUP	.75 CUP	130	127.595	1.249 8.806%	438.606	13.135 41.177%	*N/A* *N/A%*	6.858 48.375%	0.000	16.577 51.967%	1.663	0.730 2.288%	12590.684	*32.407*	*3.002*	*0.770*
990175 GOLDFISH CRACKERS .75 OZ	SERVING	21	100.000	0.500 4.500%	180.000	0.000 0.000%	*N/A* *N/A%*	3.500 31.500%	5.000	14.000 56.000%	1.000	2.000 8.000%	0.000	30.000	0.000	0.900
21 GRANOLA MIX	.5 CUP	78	266.348	1.712 5.786%	61.047	*18.832* *28.282%*	*N/A* *N/A%*	4.465 15.089%	0.000	57.246 85.971%	3.882	*3.840* *5.767%*	1.064	32.425	0.850	1.565
190 GRAPE & PINEAPPLE SALAD-1 CUP	CUP	176	180.082	3.389 16.936%	53.019	*26.681* *59.264%*	*N/A* *N/A%*	5.839 29.184%	16.919	32.408 71.985%	1.658	2.029 4.507%	263.669	47.661	10.073	0.497
191 GRAPE & PINEAPPLE SALAD-1/2 C	.5 CUP	88	90.041	1.694 16.936%	26.510	*13.341* *59.266%*	*N/A* *N/A%*	2.920 29.184%	8.460	16.204 71.985%	0.829	1.015 4.509%	131.834	23.830	5.036	0.249

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77 GRAPE JUICE 100%	4 OZ	113	80.000	0.000 0.000%	20.000	18.000 90.000%	*N/A* *N/A%*	0.000 0.000%	0.000	19.000 95.000%	0.000	0.000 0.000%	*N/A*	10.000	*N/A*	*N/A*
990076 GRAPES 1/2 CUP	.5 CUP	46	30.820	0.052 1.530%	0.920	7.475 97.015%	*N/A* *N/A%*	0.161 4.701%	0.000	7.889 102.388%	0.414	0.290 3.764%	46.000	6.440	1.840	0.133
422 GRAPES,Fresh	CUP	92	61.640	0.105 1.532%	1.840	14.950 97.015%	*N/A* *N/A%*	0.322 4.701%	0.000	15.778 102.388%	0.828	0.580 3.764%	92.000	12.880	3.680	0.267
15 GREEN BEANS 1 CUP	CUP	231	66.697	0.068 0.918%	606.928	*0.000* *0.000%*	*N/A* *N/A%*	0.227 3.060%	0.000	14.138 84.788%	4.332	2.608 15.641%	980.553	60.033	10.682	2.041
990176 GREEN BEANS 1/2 CUP	.5 CUP	115	33.349	0.034 0.918%	303.464	*0.000* *0.000%*	*N/A* *N/A%*	0.113 3.060%	0.000	7.069 84.787%	2.166	1.304 15.641%	490.276	30.016	5.341	1.021
16 GREEN BEANS 3/4 CUP	.75 CUP	173	50.023	0.051 0.918%	455.196	*0.000* *0.000%*	*N/A* *N/A%*	0.170 3.060%	0.000	10.603 84.787%	3.249	1.956 15.641%	735.414	45.025	8.012	1.531
424 GREEN BEANS: canned,cooked	CUP	135	27.000	0.027 0.900%	338.850	*N/A* *N/A%*	*N/A* *N/A%*	0.135 4.500%	0.000	6.075 90.000%	2.565	1.620 24.000%	471.150	35.100	5.805	1.215
426 GREEN BEANS: frozen,boiled	CUP	135	37.800	0.059 1.414%	1.350	2.538 26.857%	*N/A* *N/A%*	0.230 5.464%	0.000	8.708 92.143%	4.050	2.012 21.291%	565.650	56.700	5.535	0.891
198 GRILLED CHEESE	SANDWIC H	113	320.000	7.000 19.688%	880.000	6.000 7.500%	*N/A* *N/A%*	14.000 39.375%	30.000	34.000 42.500%	2.000	20.000 25.000%	*0.000*	414.000	*0.000*	1.800
137 HAM & CHEESE ON PRETZEL BUN	SERVING	163	315.000	5.000 14.286%	665.000	2.500 3.175%	*N/A* *N/A%*	11.500 32.857%	72.500	31.000 39.365%	3.000	22.500 28.571%	*0.000*	552.500	*0.000*	3.200
105 HAM (TURKEY) SANDWICH	EACH	126	229.998	2.248 8.798%	819.998	*5.500* *9.565%*	*N/A* *N/A%*	6.999 27.388%	37.499	26.002 45.222%	3.000	18.499 32.172%	*0.000*	403.500	*0.000*	2.522
1048 HAM SANDWICH	EACH	129	259.882	1.610 5.575%	1102.792	3.289 5.062%	*N/A* *N/A%*	7.332 25.392%	51.738	28.664 44.118%	1.566	18.486 28.453%	0.580	87.772	16.514	2.696
178 HAM TURKEY & CHEESE ON BUN-WG	SERVING	131	250.000	4.000 14.400%	730.000	1.500 2.400%	*N/A* *N/A%*	10.000 36.000%	65.000	18.000 28.800%	1.000	21.000 33.600%	*0.000*	552.500	*0.000*	2.040
990131 HAMBURGER ON BUN ELEMENTARY	SERVING	94	220.000	3.200 13.091%	397.000	1.000 1.818%	*N/A* *N/A%*	9.000 36.818%	34.000	17.000 30.909%	2.000	15.000 27.273%	0.000	59.000	0.000	3.000
177 HAMBURGER ON BUN-MID & HS	SERVING	94	220.000	3.200 13.091%	397.000	1.000 1.818%	*N/A* *N/A%*	9.000 36.818%	34.000	17.000 30.909%	2.000	15.000 27.273%	0.000	59.000	0.000	3.000
990107 HARVEST SALAD WITH CHICKEN	SALAD	387	402.304	5.158 11.540%	407.498	*2.169* *2.157%*	*N/A* *N/A%*	11.821 26.444%	129.235	39.809 39.581%	5.603	40.814 40.580%	7067.050	195.682	27.965	3.914
990206 HONEY BUN W/G	SERVING	71	290.000	7.000 21.724%	240.000	8.000 11.034%	*N/A* *N/A%*	16.000 49.655%	0.000	32.000 44.138%	3.000	5.000 6.897%	*N/A*	20.000	*N/A*	2.000

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162 HOT DOG ON A BUN	SERVING	113	290.000	3.000 9.310%	1000.000	3.000 4.138%	*N/A* *N/A%*	13.500 41.897%	45.000	30.000 41.379%	2.000	13.000 17.931%	0.000	110.000	1.200	2.680
169 HOT DOG ON A BUN W/CHILI	SERVING	170	369.500	4.315 10.510%	1132.500	4.000 4.330%	*N/A* *N/A%*	17.180 41.846%	60.000	36.000 38.972%	3.500	19.000 20.568%	249.000	245.000	2.845	2.860
171 HOT DOG ON A BUN W/QUESO	SERVING	170	412.000	8.500 18.568%	1437.000	3.000 2.913%	*N/A* *N/A%*	23.500 51.335%	74.000	31.000 30.097%	2.000	20.000 19.417%	*0.000*	318.000	1.200	2.680
990039 HOT HAM & CHEESE ON BUN- WG	SERVING	89	195.000	3.250 15.000%	560.000	1.500 3.077%	*N/A* *N/A%*	7.750 35.769%	42.500	17.500 35.897%	1.000	13.000 26.667%	*0.000*	552.500	*0.000*	1.860
990209 ITALIAN DRESSING PACKET KENS 1.5 OZ	1.5 OZ	43	20.000	0.000 0.000%	670.001	2.000 40.000%	*N/A* *N/A%*	0.000 0.000%	0.000	4.000 80.000%	0.000	0.000 0.000%	*N/A*	*N/A*	*N/A*	*N/A*
990170 ITALIAN SAUSAGE PASTA	3/4 CUP	457	357.138	4.112 10.362%	774.588	7.268 8.140%	*N/A* *N/A%*	18.730 47.199%	40.319	34.260 38.371%	3.594	15.004 16.805%	*3248.699*	56.591	*38.984*	2.438
46 ITALIAN SUB	SERVING	189	370.000	5.200 12.649%	1243.000	3.000 3.243%	*N/A* *N/A%*	13.800 33.568%	73.000	41.000 44.324%	4.000	24.000 25.946%	*205.000*	180.000	*2.400*	2.400
345 JELLY	1 TBSP	21	55.860	0.001 0.016%	6.300	10.756 77.021%	*N/A* *N/A%*	0.004 0.068%	0.000	14.690 105.188%	0.210	0.032 0.229%	1.050	1.470	0.189	0.040
246 JUICE ASSORTED 100% JUICE	4 OZ SERVING	113	62.500	0.000 0.000%	11.250	14.250 91.200%	*N/A* *N/A%*	0.000 0.000%	0.000	14.750 94.400%	0.000	0.000 0.000%	0.000	7.802	0.000	0.145
222 KETCHUP: individual	Pkt 6g	9	9.090	0.001 0.129%	81.630	1.914 84.224%	*N/A* *N/A%*	0.009 0.891%	0.000	2.466 108.515%	0.027	0.094 4.136%	47.430	1.350	0.369	0.032
990125 KIWI 1 EACH	SERVING	69	42.090	0.020 0.428%	2.070	6.203 58.950%	*N/A* *N/A%*	0.359 7.672%	0.000	10.115 96.131%	2.070	0.787 7.479%	60.030	23.460	63.963	0.214
990048 KYOTO VEGETABLES 1 CUP	1 CUP	193	158.290	0.000 0.000%	174.573	*6.915* *17.474%*	*N/A* *N/A%*	3.457 19.657%	0.000	20.134 50.879%	6.915	9.219 23.296%	0.000	4.610	0.000	9.219
990047 KYOTO VEGETABLES 3/4 CUP	.75 CUP	145	118.718	0.000 0.000%	130.929	*5.186* *17.473%*	*N/A* *N/A%*	2.593 19.657%	0.000	15.100 50.878%	5.186	6.915 23.299%	0.000	3.457	0.000	6.915
990213 LEMON SUGAR COOKIE	1 COOKIE	32	106.789	0.890 7.498%	136.876	*8.802* *32.970%*	*N/A* *N/A%*	3.507 29.555%	15.030	17.461 65.402%	0.948	1.868 6.997%	292.235	14.747	0.008	0.566
34 LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	55	9.300	0.014 1.345%	3.500	1.348 57.978%	*N/A* *N/A%*	0.101 9.774%	0.000	2.002 86.086%	0.660	0.487 20.946%	408.500	6.700	5.900	0.170
990058 LONG JOHN W/G	SERVING	79	269.602	6.197 20.685%	318.121	9.398 13.944%	*N/A* *N/A%*	13.330 44.498%	1.186	32.574 48.328%	2.000	6.193 9.188%	13.238	17.153	*0.003*	1.407
990190 MACARONI & CHEESE 1/2 CUP	1/2 CUP	299	155.886	2.928 16.904%	350.749	3.716 9.535%	*N/A* *N/A%*	5.256 30.342%	16.142	18.959 48.648%	0.630	7.484 19.204%	0.000	181.218	0.000	0.640

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990218 MACARONI & CHEESE WG JTM 4 OZ SERVING	4 oz	113	199.040	4.480 20.257%	432.880	5.107 10.263%	0.013 0.026%	8.033 36.324%	23.787	21.180 42.564%	1.413	10.233 20.565%	0.000	255.333	0.000	0.713
990217 MACARONI & CHEESE WG JTM 6 OZ SERVING	6 oz	174	306.215	6.892 20.257%	665.969	7.856 10.262%	0.021 0.027%	12.359 36.324%	36.595	32.585 42.564%	2.174	15.744 20.566%	0.000	392.821	0.000	1.097
81 MANDARIN ORANGES 1 C	1 CUP	280	140.000	0.000 0.000%	20.000	34.000 97.143%	*N/A* *N/A%*	0.000 0.000%	0.000	34.000 97.143%	2.000	2.000 5.714%	600.000	40.000	42.000	1.440
114 MANDARIN ORANGES 1/2 C	.5 CUP	140	70.000	0.000 0.000%	10.000	17.000 97.143%	*N/A* *N/A%*	0.000 0.000%	0.000	17.000 97.143%	1.000	1.000 5.714%	300.000	20.000	21.000	0.720
182 MARINARA SAUCE	SERVING	37	26.894	0.000 0.000%	40.839	2.988 44.441%	*N/A* *N/A%*	0.996 33.338%	0.000	3.984 59.259%	0.996	0.996 14.814%	1494.095	9.961	17.929	0.359
108 MASHED POTATOES 1/2 CUP	.5 CUP	114	67.638	0.000 0.000%	272.472	0.801 4.737%	*N/A* *N/A%*	0.801 10.661%	0.000	14.329 84.738%	0.801	1.602 9.474%	0.000	18.868	2.884	0.288
1 MAYONNAISE REDUCED CALORIE	TBSP	15	48.618	0.674 12.481%	107.018	0.613 5.043%	*N/A* *N/A%*	4.862 90.000%	0.000	0.978 8.048%	0.000	0.131 1.078%	0.000	0.000	0.000	0.000
1050 MAYONNAISE:individual PC	Pkt 7g	49	351.330	4.214 10.795%	278.320	0.235 0.268%	*N/A* *N/A%*	38.906 99.665%	28.910	1.323 1.506%	0.000	0.539 0.614%	137.200	8.820	0.000	0.245
173 MEATBALL SUB	SANDWICH	220	428.900	5.551 11.647%	701.453	8.228 7.674%	*N/A* *N/A%*	15.381 32.275%	47.608	48.573 45.300%	5.996	26.154 24.392%	1621.370	283.233	24.929	2.485
2 MELON-FRESH 1 CUP	CUP	165	57.800	0.073 1.138%	28.100	13.190 91.280%	*N/A* *N/A%*	0.271 4.220%	0.000	14.255 98.647%	1.400	1.131 7.827%	2748.100	12.300	44.660	0.312
10 MELON-FRESH 1/2 CUP	CUP	165	57.800	0.073 1.138%	28.100	13.190 91.280%	*N/A* *N/A%*	0.271 4.220%	0.000	14.255 98.647%	1.400	1.131 7.827%	2748.100	12.300	44.660	0.312
26 MEXICAN RICE	.5 CUP	122	142.493	0.451 2.848%	249.256	*0.000* *0.000%*	*N/A* *N/A%*	2.384 15.054%	0.000	27.811 78.069%	1.067	*2.447* *6.869%*	367.349	*9.854*	*0.000*	*0.454*
5 MILK 1% WHITE	CUP	227	100.000	1.500 13.500%	120.000	11.000 44.000%	*N/A* *N/A%*	2.500 22.500%	15.000	11.000 44.000%	0.000	8.000 32.000%	500.000	300.000	1.200	*N/A*
3 MILK CHOC MILK 1%	CUP	227	150.000	1.500 9.000%	230.000	22.000 58.667%	*N/A* *N/A%*	2.500 15.000%	10.000	24.000 64.000%	0.000	8.000 21.333%	15.000	200.000	*N/A*	0.360
4 MILK CHOCOLATE NONFAT	CUP	227	150.000	1.500 9.000%	230.000	22.000 58.667%	*N/A* *N/A%*	2.500 15.000%	10.000	24.000 64.000%	0.000	8.000 21.333%	15.000	200.000	*N/A*	0.360
230 MILK,1% Lowfat	HALF PINT	244	102.480	1.545 13.564%	107.360	12.688 49.524%	*N/A* *N/A%*	2.367 20.786%	12.200	12.176 47.524%	0.000	8.223 32.096%	478.240	305.000	0.000	0.073
231 MILK,Skim	HALF PINT	245	83.300	0.137 1.482%	102.900	12.470 59.880%	*N/A* *N/A%*	0.196 2.118%	4.900	12.152 58.353%	0.000	8.256 39.645%	499.800	298.900	0.000	0.074

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9 MIXED FRUIT CND X LT 1 CUP	CUP	252	136.004	0.050 0.334%	16.002	*N/A* *N/A%*	*N/A* *N/A%*	0.202 1.334%	0.000	35.759 105.170%	3.200	1.033 3.038%	23.990	11.995	7.610	0.731
11 MIXED FRUIT CND X LT 1/2 CUP	.5 CUP	126	59.989	0.000 0.000%	4.990	11.995 79.981%	*N/A* *N/A%*	0.000 0.000%	0.000	14.994 99.978%	0.995	0.000 0.000%	200.000	0.000	1.197	0.000
431 MIXED FRUIT: frozen,sweetened	CUP	250	245.000	0.050 0.184%	7.500	*N/A* *N/A%*	*N/A* *N/A%*	0.450 1.653%	0.000	60.575 98.898%	4.750	3.550 5.796%	805.000	17.500	187.500	0.700
990105 MUFFIN ASSORTED WG	EACH	57	160.000	1.000 5.625%	132.500	14.000 35.000%	*N/A* *N/A%*	4.750 26.719%	27.500	27.000 67.500%	1.000	3.000 7.500%	10.000	11.000	0.000	15.500
13 MUFFIN BLUEBERRY WG	EACH	57	150.000	1.000 6.000%	170.000	13.000 34.667%	*N/A* *N/A%*	4.500 27.000%	35.000	25.000 66.667%	1.000	3.000 8.000%	20.000	20.000	0.000	25.000
990060 MUFFIN CHOC CHIP W/G	EACH	57	170.000	1.000 5.294%	95.000	15.000 35.294%	*N/A* *N/A%*	5.000 26.471%	20.000	29.000 68.235%	1.000	3.000 7.059%	0.000	2.000	0.000	6.000
223 MUSTARD: individual PC	Pkt 5g	5	3.000	0.011 3.210%	55.200	0.046 6.133%	*N/A* *N/A%*	0.167 50.100%	0.000	0.292 38.867%	0.200	0.187 24.933%	5.450	3.150	0.015	0.080
83 NECTARINES,FRESH	EACH	142	62.480	0.036 0.511%	0.000	11.204 71.729%	*N/A* *N/A%*	0.454 6.545%	0.000	14.981 95.909%	2.414	1.505 9.635%	471.440	8.520	7.668	0.398
17 NORMANDY VEGETABLES 1 CUP	CUP	232	104.998	0.000 0.000%	248.998	*6.076* *23.147%*	*N/A* *N/A%*	0.000 0.000%	0.000	18.975 72.286%	8.099	6.076 23.147%	5062.411	121.497	60.750	2.186
18 NORMANDY VEGETABLES 3/4 CUP	CUP	145	65.624	0.000 0.000%	155.624	*3.797* *23.144%*	*N/A* *N/A%*	0.000 0.000%	0.000	11.859 72.286%	5.062	3.797 23.144%	3164.007	75.936	37.968	1.366
323 OATMEAL	CUP	284	115.620	0.624 4.859%	8.990	0.682 2.359%	*N/A* *N/A%*	3.304 25.720%	0.000	31.123 107.675%	7.238	8.131 28.130%	0.000	34.370	0.000	2.543
990129 OATMEAL COOKIE	EACH	31	109.692	0.728 5.973%	205.519	*6.554* *23.900%*	*N/A* *N/A%*	4.271 35.040%	3.835	15.612 56.928%	1.146	2.103 7.669%	336.318	10.690	0.009	0.612
990163 OATMEAL COOKIE HS RECIPE	SERVINGS	46	157.825	0.887 5.060%	195.154	*4.670* *11.836%*	*N/A* *N/A%*	5.029 28.675%	17.343	25.482 64.583%	1.865	3.384 8.577%	368.750	20.372	0.014	0.992
107 OATMEAL RAISIN COOKIE	EACH	39	133.341	0.736 4.964%	207.575	*11.709* *35.125%*	*N/A* *N/A%*	4.291 28.959%	3.835	21.885 65.651%	1.502	2.364 7.092%	336.318	15.593	0.191	0.754
990165 OATMEAL RAISIN COOKIE HS RECIPE	SERVINGS	49	164.577	0.891 4.871%	195.424	*4.670* *11.350%*	*N/A* *N/A%*	5.039 27.554%	17.343	27.267 66.272%	1.985	3.457 8.402%	368.930	21.478	0.088	1.039
990038 ORANGE CHICKEN	.5 CUP	157	290.000	2.000 6.207%	670.000	11.000 15.172%	*N/A* *N/A%*	11.000 34.138%	80.000	28.000 38.621%	3.000	19.000 26.207%	2.000	2.000	0.000	8.000
104 ORANGE JUICE	4 OZ	113	60.000	0.000 0.000%	0.000	12.000 80.000%	*N/A* *N/A%*	0.000 0.000%	0.000	14.000 93.333%	0.000	0.000 0.000%	0.000	0.000	42.000	0.000

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86 ORANGES	EACH	131	61.570	0.020 0.287%	0.000	12.248 79.571%	*N/A* *N/A%*	0.157 2.298%	0.000	15.393 100.000%	3.144	1.231 7.997%	294.750	52.400	69.692	0.131
85 ORANGES HALVES	1/2 EACH	66	30.785	0.010 0.287%	0.000	6.124 79.571%	*N/A* *N/A%*	0.079 2.298%	0.000	7.696 99.999%	1.572	0.616 8.004%	147.375	26.200	34.846	0.066
990178 PANCAKE-1	PANCAKE	80	160.166	0.000 0.000%	185.694	*5.000* *12.487%*	*N/A* *N/A%*	2.000 11.238%	0.000	33.945 84.774%	1.000	2.000 4.995%	0.000	34.252	0.000	0.713
200 PANCAKE-2	SERVING	117	250.166	0.000 0.000%	295.694	*10.000* *15.989%*	*N/A* *N/A%*	4.000 14.390%	0.000	48.945 78.260%	2.000	4.000 6.396%	0.000	64.252	0.000	1.413
990205 PANCAKES & SAUSAGE PATTY	SERVING	112	260.100	3.750 12.976%	466.700	6.240 9.596%	*N/A* *N/A%*	14.470 50.069%	32.410	26.570 40.861%	2.130	9.510 14.625%	0.000	13.360	0.000	0.350
36 PASTA IN MARINARA SAUCE	1/2 CUP	289	115.711	0.065 0.502%	421.177	3.627 12.538%	*N/A* *N/A%*	1.358 10.559%	0.000	21.860 75.569%	1.762	4.118 14.235%	1494.095	22.044	17.929	1.152
57 PEACHES CND IN JUICE 1 C	1 CUP	250	110.000	0.010 0.082%	10.000	25.675 93.364%	*N/A* *N/A%*	0.075 0.614%	0.000	28.925 105.182%	3.250	1.575 5.727%	952.500	15.000	9.000	0.675
95 PEACHES CND IN JUICE 1/2 C	.5 CUP	124	40.000	0.000 0.000%	0.000	10.001 100.010%	*N/A* *N/A%*	0.000 0.000%	0.000	11.000 110.000%	0.999	0.000 0.000%	*N/A*	3.000	*N/A*	0.000
88 PEACHES,FRESH	EACH	150	58.500	0.029 0.438%	0.000	12.585 86.051%	*N/A* *N/A%*	0.375 5.769%	0.000	14.310 97.846%	2.250	1.365 9.333%	489.000	9.000	9.900	0.375
90 PEARS,FRESH	EACH	178	101.460	0.039 0.348%	1.780	17.355 68.421%	*N/A* *N/A%*	0.249 2.211%	0.000	27.109 106.877%	5.518	0.641 2.527%	44.500	16.020	7.654	0.320
438 PEARS: CANNED IN JUICE 1 CUP	CUP	248	120.000	0.000 0.000%	5.580	21.998 73.327%	*N/A* *N/A%*	0.000 0.000%	0.000	27.999 93.331%	4.000	0.298 0.993%	*N/A*	8.606	*N/A*	0.322
990051 PEARS: CANNED IN JUICE 1/2 CUP	.5 CUP	124	60.000	0.000 0.000%	2.790	10.999 73.327%	*N/A* *N/A%*	0.000 0.000%	0.000	14.000 93.331%	2.000	0.149 0.993%	*N/A*	4.303	*N/A*	0.161
439 PEAS & CARROTS: frozen,boiled	CUP	160	76.800	0.123 1.444%	108.800	6.976 36.333%	*N/A* *N/A%*	0.672 7.875%	0.000	16.192 84.333%	4.960	4.944 25.750%	15222.400	36.800	12.960	1.504
990049 PEAS 1/2 CUP	.5 CUP	97	49.689	0.055 0.993%	73.780	*0.000* *0.000%*	*N/A* *N/A%*	0.284 5.135%	0.000	8.804 70.872%	2.929	2.646 21.300%	132.298	47.249	20.790	1.890
990134 PEAS CANNED 1/2 CUP	.5 CUP	87	68.683	0.051 0.668%	256.256	*0.000* *0.000%*	*N/A* *N/A%*	0.340 4.458%	0.000	12.716 74.057%	3.487	3.742 21.793%	653.172	17.010	7.739	0.808
40 PEAS: frozen,boiled	CUP	160	124.800	0.078 0.565%	115.200	7.040 22.564%	*N/A* *N/A%*	0.432 3.115%	0.000	22.816 73.128%	7.200	8.240 26.410%	3360.000	38.400	15.840	2.432
990091 PEPPERS GREEN RAW 1 CUP	CUP	92	18.400	0.053 2.612%	2.760	2.208 48.000%	*N/A* *N/A%*	0.156 7.650%	0.000	4.269 92.800%	1.564	0.791 17.196%	340.400	9.200	73.968	0.313

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School District of Washington

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Recipe No. Recipe Name	Portion Size	Weight (g)	Cals ¹ (kcal)	Saturated Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
990089 PEPPERS GREEN RAW 1/2 CUP	.5 CUP	46	9.200	0.027 2.612%	1.380	1.104 48.000%	*N/A* *N/A%*	0.078 7.650%	0.000	2.134 92.800%	0.782	0.396 17.217%	170.200	4.600	36.984	0.156
990090 PEPPERS GREEN RAW 3/4 CUP	.75 CUP	69	13.800	0.040 2.609%	2.070	1.656 48.000%	*N/A* *N/A%*	0.117 7.650%	0.000	3.202 92.800%	1.173	0.593 17.188%	255.300	6.900	55.476	0.235
990094 PEPPERS RED RAW 1 CUP	CUP	92	23.920	0.054 2.043%	3.680	3.864 64.615%	*N/A* *N/A%*	0.276 10.385%	0.000	5.548 92.769%	1.932	0.911 15.234%	2880.520	6.440	117.484	0.396
990092 PEPPERS RED RAW 1/2 CUP	.5 CUP	46	11.960	0.027 2.039%	1.840	1.932 64.615%	*N/A* *N/A%*	0.138 10.385%	0.000	2.774 92.769%	0.966	0.455 15.217%	1440.260	3.220	58.742	0.198
990093 PEPPERS RED RAW 3/4 CUP	.75 CUP	69	17.940	0.041 2.042%	2.760	2.898 64.615%	*N/A* *N/A%*	0.207 10.385%	0.000	4.161 92.769%	1.449	0.683 15.229%	2160.390	4.830	88.113	0.297
42 PICKLES,DILL SPEAR	EACH	35	4.200	0.028 5.914%	283.150	0.374 35.619%	*N/A* *N/A%*	0.105 22.500%	0.000	0.844 80.333%	0.350	0.175 16.667%	43.750	19.950	0.805	0.091
990171 PILLSBURY FRENCH TST MINI CINN	SERVING	93	220.000	1.000 4.091%	200.000	11.000 20.000%	*N/A* *N/A%*	7.000 28.636%	0.000	37.000 67.273%	2.000	4.000 7.273%	0.000	80.000	0.000	1.700
990183 PILLSBURY MINI WAFFLES	SERVING	70	200.000	1.000 4.500%	170.000	13.000 26.000%	*N/A* *N/A%*	5.000 22.500%	0.000	37.000 74.000%	3.000	4.000 8.000%	0.000	40.000	0.000	1.100
91 PINEAPPLE JUICE: canned,unswtn	CUP	250	132.500	0.020 0.136%	5.000	24.950 75.321%	*N/A* *N/A%*	0.300 2.038%	0.000	32.175 97.132%	0.500	0.900 2.717%	12.500	32.500	109.500	0.775
92 PINEAPPLE TIDBITS 1 CUP	CUP	256	128.000	0.000 0.000%	18.286	25.600 80.000%	*N/A* *N/A%*	0.000 0.000%	0.000	31.086 97.143%	0.000	1.829 5.716%	0.000	3.657	0.000	0.000
990050 PINEAPPLE TIDBITS 1/2 CUP	.5 CUP	128	64.000	0.000 0.000%	9.143	12.800 80.000%	*N/A* *N/A%*	0.000 0.000%	0.000	15.543 97.143%	0.000	0.914 5.712%	0.000	1.829	0.000	0.000
117 PIZZA CRUNCHERS	SERVING	184	440.687	9.000 18.380%	821.415	5.298 4.809%	*N/A* *N/A%*	20.767 42.411%	30.001	44.065 39.996%	5.766	20.767 18.850%	1649.304	437.662	15.592	2.435
990202 PIZZA NARDONE WHOLE WHEAT CHEESE 4X6	SERVING	142	314.000	6.000 17.197%	502.000	6.000 7.643%	*N/A* *N/A%*	14.000 40.127%	40.000	31.000 39.490%	3.000	20.000 25.478%	0.000	417.000	0.000	2.000
127 POPCORN CHICKEN	SERVING	122	240.000	2.000 7.500%	570.000	0.000 0.000%	*N/A* *N/A%*	11.000 41.250%	80.000	16.000 26.667%	3.000	18.000 30.000%	2.000	2.000	0.000	8.000
196 PORK PULLED ELREY	SERVING	92	194.400	4.860 22.500%	259.200	3.240 6.667%	*N/A* *N/A%*	12.960 60.002%	56.700	3.240 6.666%	0.000	16.200 33.333%	0.000	0.000	0.000	1.167
197 PORK PULLED ON BUN ELREY	SERVING	123	284.400	4.860 15.380%	419.200	4.240 5.963%	*N/A* *N/A%*	13.960 44.177%	56.700	19.240 27.060%	1.000	19.200 27.004%	0.000	30.000	0.000	2.166
175 POTATO CHIPS	OZ	28	150.000	2.500 14.999%	135.000	0.000 0.000%	*N/A* *N/A%*	9.000 54.001%	0.000	16.000 42.666%	1.000	2.000 5.333%	0.000	0.000	12.000	0.360

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116 POTATO WEDGES MCCAIN	3 OZ SERVINGS	85	130.074	0.500 3.462%	150.086	0.000 0.000%	*N/A* *N/A%*	4.002 27.692%	2.642	21.012 64.616%	2.001	2.001 6.153%	0.000	10.006	0.000	*N/A*
990192 PRETZEL WITH CHEESE SAUCE	SERVING	227	605.885	3.379 5.019%	1118.259	18.678 12.331%	*N/A* *N/A%*	10.307 15.311%	18.945	109.708 72.428%	2.984	17.757 11.723%	0.000	199.978	0.000	*0.000*
990119 RADISHES RAW 3/4 CUP	3/4 CUP	87	13.920	0.028 1.797%	33.930	1.618 46.494%	*N/A* *N/A%*	0.087 5.625%	0.000	2.958 85.000%	1.392	0.592 17.011%	6.090	21.750	12.876	0.296
39 RAINBOW TREASURE	SERVING	113	230.810	1.505 5.868%	361.268	1.004 1.740%	*N/A* *N/A%*	10.036 39.132%	25.088	18.063 31.304%	2.007	16.056 27.825%	0.000	20.070	1.204	1.405
97 RAISINS BOX	SERVING	43	128.570	0.040 0.283%	11.180	28.027 87.196%	*N/A* *N/A%*	0.108 0.753%	0.000	34.108 106.114%	1.935	1.419 4.415%	0.000	26.660	0.989	0.770
990208 RANCH DRESSING PACKET HIDDEN VALLEY	1.5 OZ	43	180.000	3.000 15.000%	370.000	2.000 4.444%	*N/A* *N/A%*	19.000 95.000%	15.000	2.000 4.444%	0.000	1.000 2.222%	*N/A*	12.720	*N/A*	0.090
135 RAVIOLI TOASTED LOUISA W/G	SERVING	141	435.772	5.229 10.800%	923.836	1.743 1.600%	*N/A* *N/A%*	24.403 50.400%	26.146	45.320 41.600%	5.229	13.945 12.800%	0.000	61.008	0.000	3.486
224 RELISH: individual PC	PC packet	8	9.750	0.004 0.369%	60.825	2.185 89.641%	*N/A* *N/A%*	0.035 3.249%	0.000	2.630 107.877%	0.082	0.028 1.149%	91.350	0.225	0.075	0.065
136 RIBLET ON BUN	SERVING	111	260.000	3.500 12.115%	560.000	6.000 9.231%	*N/A* *N/A%*	11.000 38.077%	40.000	22.000 33.846%	2.000	17.000 26.154%	100.000	30.000	0.600	1.000
1000 RICE KRISPY TREATS	EACH	47	192.037	1.128 5.286%	181.830	*1.654* *3.445%*	*N/A* *N/A%*	6.054 28.371%	0.000	33.508 69.796%	0.000	1.687 3.514%	268.990	2.256	0.015	4.672
29 ROMAINE & TOMATO SALAD=1 CUP	SALAD	196	106.189	3.215 27.244%	209.001	*3.078* *11.594%*	*N/A* *N/A%*	5.414 45.888%	15.360	6.538 24.627%	2.868	9.214 34.708%	8979.821	285.187	13.966	1.151
132 SALAD BAR	EACH	246	276.268	5.268 17.160%	781.113	*4.568* *6.614%*	*N/A* *N/A%*	17.380 56.618%	31.164	14.428 20.890%	4.497	15.781 22.849%	8677.940	303.660	9.664	1.789
990053 SALAD BLT	SALAD	238	426.491	12.926 27.276%	1442.399	*N/A* *N/A%*	*N/A* *N/A%*	31.003 65.423%	79.639	6.126 5.745%	2.541	25.857 24.251%	7713.541	319.937	20.516	1.511
23 SALAD CHEF-LARGE	SALAD	331	218.946	4.562 18.752%	1071.874	*0.459* *0.839%*	*N/A* *N/A%*	9.371 38.522%	51.510	10.505 19.192%	3.670	24.936 45.556%	13117.001	339.404	23.468	2.182
31 SALAD CHEF-SMALL	SALAD	340	344.890	4.205 10.973%	927.106	*2.459* *2.852%*	*N/A* *N/A%*	11.162 29.127%	39.887	37.648 43.664%	5.258	21.800 25.283%	*11390.301*	*326.684*	*20.891*	3.298
180 SALAD CHICKEN CAESAR	SALAD	211	271.104	3.742 12.422%	504.246	*2.001* *2.952%*	*N/A* *N/A%*	9.920 32.931%	90.402	15.964 23.554%	2.974	31.613 46.643%	8269.425	188.845	3.760	2.672
179 SALAD CHICKEN COBB	SALAD	307	339.600	8.667 22.968%	746.429	*3.123* *3.678%*	*N/A* *N/A%*	18.538 49.128%	96.003	7.754 9.133%	2.611	36.067 42.482%	7707.135	445.454	19.665	2.363

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30 SALAD CHICKEN TACO	SALAD	316	429.191	5.294 11.101%	440.447	*2.008* *1.871%*	*N/A* *N/A%*	15.713 32.950%	94.643	33.715 31.422%	7.578	41.075 38.281%	7450.543	366.696	17.015	4.009
990136 SALAD CRISPY CHICKEN	SALAD	346	369.602	6.007 14.627%	916.428	*4.123* *4.462%*	*N/A* *N/A%*	16.220 39.497%	69.001	23.754 25.707%	4.611	33.870 36.656%	7895.135	466.454	19.665	2.640
225 SALAD DRESSING, Assorted	TBSP	15	58.497	0.860 13.236%	124.868	1.814 12.404%	*N/A* *N/A%*	5.621 86.481%	2.202	1.944 13.292%	0.141	0.144 0.985%	30.706	3.600	0.041	0.073
990054 SALAD SOUTHWEST CHICKEN	SALAD	318	434.294	5.302 10.987%	559.582	*2.008* *1.849%*	*N/A* *N/A%*	15.765 32.670%	94.643	34.794 32.046%	7.681	41.187 37.935%	7555.629	368.260	17.978	4.125
27 SALAD VEGAN	SALAD	300	169.630	0.178 0.945%	55.976	*3.811* *8.987%*	*N/A* *N/A%*	0.815 4.322%	0.000	33.040 77.910%	11.382	10.136 23.901%	12593.069	121.545	20.463	4.234
28 SALAD VEGETARIAN	SALAD	390	332.954	6.781 18.330%	468.633	*4.395* *5.280%*	*N/A* *N/A%*	11.249 30.408%	32.001	34.898 41.925%	11.615	25.754 30.940%	12975.001	640.194	21.527	4.387
139 SALAD, TOSSED: no dressing	CUP	157	39.875	0.123 2.767%	28.427	*3.794* *38.059%*	*N/A* *N/A%*	0.872 19.672%	0.000	7.175 71.979%	2.259	2.563 25.710%	3259.927	34.846	18.172	0.745
1051 SALSA: COMMODITY	OZ	28	10.206	0.009 0.750%	121.903	*N/A* *N/A%*	*N/A* *N/A%*	0.057 5.000%	0.000	1.985 77.778%	0.397	0.425 16.657%	155.922	3.402	1.134	0.635
990150 SAUS EGG & CH BISCUIT SANDWICH	SANDWICH	154	485.000	15.500 28.763%	1080.000	2.500 2.062%	*N/A* *N/A%*	34.000 63.093%	142.500	27.000 22.268%	1.000	15.500 12.784%	*0.000*	532.500	*0.000*	2.180
183 SAUS EGG & CH PANCAKE SANDWICH	SANDWICH	161	405.100	7.250 16.107%	676.700	10.740 10.605%	*N/A* *N/A%*	22.470 49.921%	138.910	31.570 31.173%	2.130	15.010 14.821%	*0.000*	605.860	*0.000*	2.430
990197 SAUSAGE GRAVY-1 OZ SERVINGS	1 OZ SERVINGS	19	20.600	0.249 10.866%	92.265	0.753 14.621%	*N/A* *N/A%*	1.120 48.945%	2.487	1.755 34.082%	0.031	0.811 15.748%	*0.000*	6.659	*0.000*	0.044
990196 SAUSAGE GRAVY-1/2 CUP SERVINGS	1/2 C SERVINGS	76	82.401	0.995 10.864%	369.059	3.013 14.626%	*N/A* *N/A%*	4.481 48.942%	9.947	7.021 34.081%	0.124	3.242 15.738%	*0.000*	26.638	*0.000*	0.174
990149 SAUSAGE LINKS-JONES	SERVING	42	100.000	3.000 27.000%	170.000	0.000 0.000%	*N/A* *N/A%*	7.000 63.000%	25.000	1.000 4.000%	0.000	7.000 28.000%	0.000	0.000	0.000	0.000
187 SAUSAGE PATTY-JONES	PATTY	43	180.000	6.000 30.000%	280.000	0.000 0.000%	*N/A* *N/A%*	17.000 85.000%	30.000	1.000 2.222%	0.000	6.000 13.333%	0.000	0.000	0.000	0.000
990204 SAUSAGE PATTY-JTM	SERVING	38	120.100	3.750 28.102%	196.700	0.240 0.799%	*N/A* *N/A%*	10.470 78.460%	26.410	0.570 1.898%	0.130	5.510 18.351%	0.000	13.360	0.000	0.350
120 SAVORY BROWN RICE	1/2 CUP	115	137.510	0.550 3.602%	342.509	*0.223* *0.649%*	*N/A* *N/A%*	2.982 19.517%	0.379	24.667 71.754%	1.192	2.780 8.087%	82.780	*9.122*	*0.205*	*0.468*
14 SCRAMBLED EGGS 2 OZ	2 OZ	62	86.415	1.818 18.932%	77.843	0.717 3.319%	*N/A* *N/A%*	5.800 60.410%	245.315	0.876 4.055%	0.000	6.970 32.263%	309.603	41.519	0.030	*1.043*

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990169 SMORES COOKIE BARS	SERVINGS	51	181.355	1.517 7.526%	231.133	*9.652* *21.289%*	*N/A* *N/A%*	5.123 25.424%	10.020	32.967 72.712%	1.220	*2.005* *4.422%*	390.031	25.695	0.009	0.693
990147 SONOMA VEGETABLES-1 CUP	CUP	194	60.774	0.000 0.000%	70.903	6.077 39.997%	*N/A* *N/A%*	0.000 0.000%	0.000	14.181 93.334%	4.052	2.026 13.335%	*N/A*	40.516	*N/A*	0.729
990148 SONOMA VEGETABLES-3/4 CUP	3/4 CUP	146	45.625	0.000 0.000%	53.229	4.562 39.996%	*N/A* *N/A%*	0.000 0.000%	0.000	10.646 93.333%	3.042	1.521 13.335%	*N/A*	30.417	*N/A*	0.547
990028 SOPAPILLA COOKIES	SERV (2 WEDGES)	29	111.982	1.140 9.159%	143.602	*8.390* *29.969%*	*N/A* *N/A%*	4.811 38.666%	0.000	16.160 57.724%	1.173	1.513 5.404%	*0.959*	43.340	0.012	0.391
990041 SOUTHWEST BAKED BEANS-1/2 CUP	.5 CUP	165	155.428	0.008 0.045%	307.468	*10.627* *27.349%*	*N/A* *N/A%*	1.298 7.518%	0.000	29.536 76.012%	6.117	8.424 21.679%	*46.141*	*6.483*	*0.361*	*0.147*
990156 SOUTHWEST CHICKEN WRAP	WRAP	309	729.536	10.897 13.443%	947.666	*3.378* *1.852%*	*N/A* *N/A%*	36.104 44.541%	67.075	69.671 38.200%	5.134	29.705 16.287%	369.960	269.002	22.478	5.192
126 SPAGHETTI AND MEAT BALL-FONT	SERVINGS	729	403.293	4.595 10.254%	771.174	*15.119* *14.996%*	*N/A* *N/A%*	15.884 35.447%	25.000	50.367 49.956%	8.955	19.210 19.053%	7359.574	127.188	88.315	3.980
195 SPAGHETTI AND MEAT BALLS-JTM	SERVINGS	681	385.231	3.513 8.206%	502.526	*10.528* *10.932%*	*N/A* *N/A%*	13.449 31.421%	34.000	48.878 50.752%	8.097	22.180 23.030%	4288.918	126.643	52.167	3.597
158 SPICY CHICKEN ON BUN-WG	SERVING	152	334.000	5.000 13.473%	868.000	1.000 1.198%	*N/A* *N/A%*	15.000 40.419%	48.000	29.000 34.731%	3.000	21.000 25.150%	*200.000*	150.000	*0.000*	3.000
990135 SPINACH SALAD	SALAD	216	447.692	8.467 17.021%	695.764	*0.815* *0.728%*	*N/A* *N/A%*	24.066 48.381%	50.463	55.767 49.826%	5.998	11.385 10.172%	5873.979	355.374	19.114	2.668
54 SQUASH,WINTER: baked	CUP	205	75.850	0.148 1.751%	2.050	6.765 35.676%	*N/A* *N/A%*	0.718 8.514%	0.000	18.143 95.676%	5.740	1.824 9.619%	10707.150	45.100	19.680	0.902
99 STRAWBERRIES FRESH 1 CUP	CUP	144	46.080	0.022 0.422%	1.440	7.042 61.128%	*N/A* *N/A%*	0.432 8.438%	0.000	11.059 96.000%	2.880	0.965 8.377%	17.280	23.040	84.672	0.590
990126 STRAWBERRIES FRESH 1/2 CUP	1/2 CUP	72	23.040	0.011 0.422%	0.720	3.521 61.128%	*N/A* *N/A%*	0.216 8.438%	0.000	5.530 96.000%	1.440	0.482 8.368%	8.640	11.520	42.336	0.295
98 STRAWBERRIES: frozen	CUP	255	244.800	0.018 0.065%	7.650	61.226 100.042%	*N/A* *N/A%*	0.332 1.219%	0.000	66.096 108.000%	4.845	1.352 2.209%	61.200	28.050	105.570	1.504
990128 STRAWBERRY 1/2 CUP USDA FOODS	SERVING	128	80.000	0.000 0.000%	1.000	16.000 80.000%	*N/A* *N/A%*	0.000 0.000%	0.000	21.000 105.000%	2.000	0.000 0.000%	*N/A*	*N/A*	*N/A*	*N/A*
990130 STRING CHEESE 1 STICK	SERVING	28	80.000	3.500 39.375%	200.000	0.000 0.000%	*N/A* *N/A%*	6.000 67.500%	15.000	0.000 0.000%	0.000	7.000 35.000%	0.000	200.000	0.000	0.000
192 STUFFED CRUST PIZZA W PEP-BOSC	SERVINGS	153	344.400	6.490 16.961%	656.456	3.992 4.636%	*N/A* *N/A%*	14.229 37.183%	33.702	33.934 39.413%	2.994	20.213 23.476%	748.549	59.884	23.954	1.887

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148 STUFFED CRUST PIZZA-BOSCO	SERVINGS	146	309.400	4.990 14.516%	538.956	3.992 5.161%	*N/A* *N/A%*	10.979 31.935%	24.952	33.934 43.871%	2.994	18.963 24.516%	748.549	59.884	23.954	1.797
990214 SUGAR COOKIE NEW	1 COOKIE	32	107.257	0.890 7.466%	136.901	*8.838* *32.960%*	*N/A* *N/A%*	3.507 29.427%	15.030	17.496 65.249%	0.948	1.868 6.966%	292.235	14.778	0.008	0.566
344 SUGAR PACKET	1 TSP	4	16.254	0.000 0.000%	0.042	4.192 103.162%	*N/A* *N/A%*	0.000 0.000%	0.000	4.199 103.339%	0.000	0.000 0.000%	0.000	0.042	0.000	0.002
157 SWEET POTATO TOTS	SERVING	85	120.000	1.000 7.502%	190.000	10.000 33.333%	*N/A* *N/A%*	5.000 37.500%	0.000	17.000 56.668%	2.000	2.000 6.667%	5000.000	20.000	6.000	1.440
56 SWEET POTATO, BAKED	EACH	114	102.600	0.059 0.520%	41.040	7.387 28.799%	*N/A* *N/A%*	0.171 1.500%	0.000	23.609 92.044%	3.762	2.291 8.932%	21908.520	43.320	22.344	0.787
349 SYRUP,PANCAKE	1 TBSP	20	45.922	0.000 0.000%	16.092	4.213 36.697%	*N/A* *N/A%*	0.000 0.000%	0.000	12.064 105.078%	0.000	0.000 0.000%	0.000	0.589	0.000	0.006
201 TACO IN A BAG	SERVING	134	374.001	5.844 14.064%	690.000	*1.000* *1.070%*	*N/A* *N/A%*	22.596 54.374%	57.000	28.285 30.251%	3.000	20.856 22.306%	602.499	205.501	0.000	2.740
990110 TACO PASTA	3/4 CUP	554	278.447	4.024 13.007%	389.267	*1.556* *2.235%*	*N/A* *N/A%*	8.294 26.808%	30.341	35.615 51.162%	*2.102*	14.855 21.340%	413.068	187.274	*1.202*	2.734
990173 TACO PASTA-1/2 CUP	.5 CUP	369	185.632	2.683 13.008%	259.512	*1.037* *2.235%*	*N/A* *N/A%*	5.529 26.808%	20.227	23.743 51.162%	*1.401*	9.903 21.339%	275.379	124.850	*0.801*	1.823
990109 TACO SALAD BEEF	SALAD	351	395.610	9.477 21.559%	900.168	*5.543* *5.605%*	*N/A* *N/A%*	18.902 43.001%	79.165	28.350 28.664%	5.298	28.234 28.547%	*1110.902*	*156.200*	*21.195*	*4.925*
100 TANGERINES,FRESH	EACH	88	46.640	0.034 0.662%	1.760	9.310 79.846%	*N/A* *N/A%*	0.273 5.264%	0.000	11.739 100.679%	1.584	0.713 6.115%	599.280	32.560	23.496	0.132
990191 TATER TOT BEEF NACHOS-ELEMENTARY	SERVING	167	317.756	7.496 21.232%	902.904	0.000 0.000%	*N/A* *N/A%*	19.583 55.466%	47.081	20.738 26.106%	2.369	14.166 17.833%	*152.399*	214.273	0.000	1.098
168 TATER TOTS ORIEDA 3 OZ	SERVING	82	150.000	1.000 6.000%	360.000	0.000 0.000%	*N/A* *N/A%*	7.000 42.000%	0.000	19.000 50.667%	2.000	2.000 5.333%	0.000	0.000	0.000	0.360
325 TOAST,WHOLE-WHEAT BREAD	1 SLICE	25	76.500	0.231 2.712%	141.250	1.442 7.540%	*N/A* *N/A%*	1.018 11.971%	0.000	12.790 66.876%	1.875	4.068 21.271%	1.000	32.500	0.000	0.740
205 TOMATO SOUP	10 OZ	268	97.589	0.287 2.646%	1154.275	*7.969* *32.664%*	*N/A* *N/A%*	3.814 35.176%	3.373	12.334 50.554%	2.696	4.849 19.875%	3996.140	44.211	48.048	1.216
990080 TOMATOES GRAPE	.5 CUP	0	*N/A*	*N/A* *N/A%*	*N/A*	*N/A* *N/A%*	*N/A* *N/A%*	*N/A* *N/A%*	*N/A*	*N/A* *N/A%*	*N/A*	*N/A* *N/A%*	*N/A*	*N/A*	*N/A*	*N/A*
990082 TOMATOES GRAPE 1 CUP	CUP	152	32.644	0.000 0.000%	7.141	3.979 48.756%	*N/A* *N/A%*	0.000 0.000%	0.000	5.917 72.501%	1.836	1.326 16.248%	25.503	2.040	34.685	2.040

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990081 TOMATOES GRAPE 3/4 CUP	3/4 CUP	114	24.483	0.000 0.000%	5.356	2.984 48.752%	*N/A* *N/A%*	0.000 0.000%	0.000	4.438 72.501%	1.377	0.995 16.256%	19.128	1.530	26.013	1.530
990114 TORNADO CHICKEN SOUTHWEST W/G	TORNADO	79	160.000	1.500 8.438%	280.000	1.000 2.500%	*N/A* *N/A%*	6.000 33.750%	15.000	22.000 55.000%	0.000	6.000 15.000%	0.000	0.000	0.000	0.000
990113 TORNADO RANCH BEEF W/G	SERVING	79	180.000	1.500 7.500%	350.000	2.000 4.444%	*N/A* *N/A%*	6.000 30.000%	10.000	23.000 51.111%	2.000	8.000 17.778%	0.000	0.000	0.000	0.000
990040 TORNADO-EGG/TURKEY SAUS/CHEESE, W/G	SERVING	79	180.000	1.500 7.500%	280.000	1.000 2.222%	*N/A* *N/A%*	7.000 35.000%	30.000	22.000 48.889%	2.000	7.000 15.556%	0.000	0.000	0.000	0.000
990108 TORTILLA BOWL	SERVING	32	90.000	1.000 10.000%	220.000	*0.000* *0.000%*	*N/A* *N/A%*	2.000 20.000%	0.000	15.000 66.667%	2.000	3.000 13.333%	0.000	80.000	0.000	0.720
125 TRIX TREATS	EACH	35	148.426	1.220 7.398%	139.227	*2.936* *7.912%*	*N/A* *N/A%*	6.761 40.999%	0.000	22.471 60.558%	0.946	0.959 2.584%	445.966	49.073	2.116	2.101
990153 TURKEY CHIPOTLE WRAP	WRAP	252	531.642	6.439 10.900%	1024.361	*3.156* *2.375%*	*N/A* *N/A%*	22.643 38.331%	59.575	52.272 39.328%	2.436	28.822 21.685%	*771.897*	307.885	*8.761*	4.071
152 TURKEY CLUB-WG	SERVING	145	335.000	6.000 16.119%	905.000	1.500 1.791%	*N/A* *N/A%*	16.000 42.985%	72.500	18.000 21.493%	1.000	26.500 31.642%	*0.000*	542.500	*0.000*	1.680
990032 TURKEY ROAST	2 OZ SERVINGS	149	115.351	1.047 8.169%	224.846	*0.045* *0.156%*	*N/A* *N/A%*	5.697 44.453%	45.432	0.866 3.004%	0.053	15.263 52.927%	48.320	14.898	0.093	0.421
204 TURKEY WRAP	EACH	360	414.175	8.757 19.028%	858.689	*3.053* *2.949%*	*N/A* *N/A%*	17.064 37.080%	62.001	33.538 32.390%	6.664	32.845 31.721%	7554.808	631.412	52.297	1.275
990045 TUSCAN VEGETABLES 1 CUP	1 CUP	193	85.171	0.000 0.000%	161.724	*4.345* *20.406%*	*N/A* *N/A%*	0.000 0.000%	0.000	17.034 80.000%	4.345	2.172 10.201%	0.000	4.345	0.000	4.345
990043 TUSCAN VEGETABLES 3/4 CUP	.75 CUP	145	63.878	0.000 0.000%	121.293	*3.259* *20.408%*	*N/A* *N/A%*	0.000 0.000%	0.000	12.776 80.001%	3.259	1.629 10.201%	0.000	3.259	0.000	3.259
164 UNCRUSTABLE-PB & J	SERVING	74	320.000	3.500 9.843%	320.000	13.000 16.250%	*N/A* *N/A%*	17.000 47.813%	0.000	32.000 40.000%	3.000	10.000 12.500%	0.000	20.000	0.000	1.080
203 VEGGIE WRAP	EACH	332	355.915	2.579 6.522%	404.860	*7.843* *8.814%*	*N/A* *N/A%*	9.440 23.870%	0.000	60.075 67.516%	5.166	9.363 10.523%	3461.788	127.178	64.227	4.139
990055 WAFFLE	EACH	74	160.000	0.000 0.000%	210.000	4.000 10.000%	*N/A* *N/A%*	6.000 33.750%	10.000	24.000 60.000%	2.000	4.000 10.000%	0.000	60.000	0.000	1.400
101 WATERMELON CUBES 1 CUP	CUP	152	45.600	0.024 0.480%	1.520	9.424 82.667%	*N/A* *N/A%*	0.228 4.500%	0.000	11.476 100.667%	0.608	0.927 8.132%	864.880	10.640	12.312	0.365
990127 WATERMELON CUBES 1/2 CUP	1/2 CUP	76	22.800	0.012 0.482%	0.760	4.712 82.667%	*N/A* *N/A%*	0.114 4.500%	0.000	5.738 100.667%	0.304	0.464 8.140%	432.440	5.320	6.156	0.182

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990211 WHITE ICING	SERVINGS	10	26.502	0.024 0.812%	2.032	*6.268* *94.604%*	*N/A* *N/A%*	0.038 1.304%	0.131	6.574 99.229%	0.000	0.129 1.947%	6.658	4.723	0.039	0.006
990141 WHITE QUESO BEEF NACHOS-ELEMENTARY	SERVING	85	258.629	4.759 16.560%	440.840	0.000 0.000%	*N/A* *N/A%*	14.670 51.051%	32.581	19.463 30.101%	1.381	10.691 16.535%	*152.399*	130.523	*0.000*	1.042
990033 WHITE QUESO BEEF NACHOS-SECONDARY	SERVING	190	549.745	10.225 16.740%	956.871	0.000 0.000%	*N/A* *N/A%*	31.175 51.037%	78.000	39.449 28.704%	3.025	25.050 18.227%	*413.000*	265.499	*0.000*	2.607
176 WHITE QUESO NACHOS	SERVING	113	310.008	8.491 24.651%	802.070	0.190 0.245%	*N/A* *N/A%*	16.616 48.239%	43.500	24.237 31.272%	1.503	13.618 17.571%	*29.484*	357.076	0.057	0.454
990106 WING DING BONELESS WINGS GOLDKIST 7 PIECES	SERVING	149	291.200	1.400 4.327%	764.400	1.400 1.923%	*N/A* *N/A%*	11.200 34.615%	58.800	21.000 28.846%	2.800	26.600 36.538%	210.000	28.000	0.000	2.772
172 WING DING, BONELESS WINGS GOLD KIST 5 PIECES	SERVING	106	208.000	1.000 4.327%	546.000	1.000 1.923%	*N/A* *N/A%*	8.000 34.615%	42.000	15.000 28.846%	2.000	19.000 36.538%	150.000	20.000	0.000	1.980
990031 YELLOW CAKE RECIPE	SERVINGS	68	203.648	1.935 8.553%	82.941	18.324 35.992%	*N/A* *N/A%*	7.919 34.997%	9.630	31.694 62.253%	1.443	2.793 5.486%	47.887	77.515	0.079	0.870
990098 YOGURT DANIMAL STRAWBERRY	SERVING	113	70.000	0.000 0.000%	60.000	10.000 57.143%	*N/A* *N/A%*	0.000 0.000%	5.000	14.000 80.000%	0.000	4.000 22.857%	0.000	15.000	0.000	0.000
990099 YOGURT DANIMAL STRAWBERRY BANANA	SERVING	113	70.000	0.000 0.000%	60.000	10.000 57.143%	*N/A* *N/A%*	0.000 0.000%	5.000	14.000 80.000%	0.000	4.000 22.857%	0.000	15.000	0.000	0.000
990100 YOGURT DANIMAL VANILLA	SERVING	113	70.000	0.000 0.000%	60.000	10.000 57.143%	*N/A* *N/A%*	0.000 0.000%	5.000	14.000 80.000%	0.000	4.000 22.857%	0.000	15.000	0.000	0.000
189 YOGURT PARFAIT	SERVING	285	303.995	0.428 1.266%	162.498	*24.000* *31.579%*	*N/A* *N/A%*	2.989 8.850%	3.750	62.850 82.698%	4.198	5.460 7.184%	36.996	472.996	4.096	1.180
990101 YOGURT YOPLAIT PEACH LITE	SERVING	170	90.000	0.000 0.000%	75.000	10.000 44.444%	*N/A* *N/A%*	0.000 0.000%	5.000	17.000 75.556%	0.000	5.000 22.222%	0.000	16.000	0.000	0.000
990103 YOGURT YOPLAIT STRAWBERRY BANANA LITE	SERVING	170	90.000	0.000 0.000%	75.000	10.000 44.444%	*N/A* *N/A%*	0.000 0.000%	5.000	17.000 75.556%	0.000	5.000 22.222%	0.000	16.000	0.000	0.000
990102 YOGURT YOPLAIT STRAWBERRY LITE	SERVING	170	90.000	0.000 0.000%	75.000	10.000 44.444%	*N/A* *N/A%*	0.000 0.000%	5.000	17.000 75.556%	0.000	5.000 22.222%	0.000	16.000	0.000	0.000
19 ZUCCHINI 1 CUP	CUPS	234	82.479	0.816 8.907%	183.164	*3.847* *18.657%*	*N/A* *N/A%*	4.475 48.830%	0.000	8.564 41.532%	2.045	3.880 18.817%	661.724	*40.137*	*38.935*	*0.065*
140 ZUCCHINI 3/4 CUP	.75 CUP	180	63.445	0.628 8.907%	140.895	*2.959* *18.656%*	*N/A* *N/A%*	3.442 48.829%	0.000	6.588 41.532%	1.573	2.984 18.813%	509.018	*30.875*	*29.950*	*0.050*

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