

Recipe List

Recipe List Report Nutrient

School: School

Menu: High School Menu TUSD 2016-2017

Date: Oct 31, 2016 - Oct 31, 2016

Nutrients listed per serving



Name	Number	Serving Size	Calories (kcal)	Sodium (mg)	Sugars (g)	Carbohydrates (g)	Total Fat (g)	Saturated Fat (g)	Saturated Fat (%cals)	Trans Fat (g)
Breakfast Entree										
Bagel Thin	2195547	1 each	150.000	280.000	3.000	30.000	1.000	0.000	0.00%	0.000
WG Bagel, WG Thin, Buena Vista 10620	2195545		150.000	280.000	3.000	30.000	1.000	0.000	0.00%	0.000
Bagel Thin Breakfast Sandwich										
Bagel Thin Breakfast Sandwich	2195209	1 sandwich	269.998	755.000	3.500*	31.499	10.248	3.999	13.33%	0.000*
Bacon, Canadian, Turkey, Jennie O, #2031, 1M (P)	1242749		25.000	130.000	0.000	0.000	1.250	0.500	18.00%	0.000
Cheese, American, Sliced, LOL #46255, 0.5M/MA=1slice	2193817		0.000	0.000	0.000	0.000	0.000	0.000	0.00%	0.000
Egg, Scrambled, Prepared; Pattie, grilled, 240/1.25 oz., Sunny Fresh; as purchased	4185		44.998	120.000	N/A*	0.999	3.498	0.999	19.99%	N/A*
WG Bagel Thin, 2 oz., Buena Vista, 10620 (W,F)	2194557		150.000	280.000	3.000	30.000	1.000	0.000	0.00%	0.000
Bagel, Plain WG										
Bagel, Plain WG	2193919	1 each	217.000	230.000	4.000	44.600	0.820	0.090	0.37%	0.000
WG Bagel, plain, sliced, 3.0 oz, Tony Roberts 19321, 3G, (W)	2193917		217.000	230.000	4.000	44.600	0.820	0.090	0.37%	0.000
Banana Bread, Slice										
Banana Bread, Slice	1236020	1 each	280.000	220.000	25.000	44.000	10.000	2.000	6.43%	0.000
Banana Bread, Slice, WG, Ultra bread, Super bakery, #6071, 2G, (W)	1235259		280.000	220.000	25.000	44.000	10.000	2.000	6.43%	0.000
Beef Sausage Pattie - HS										
Beef Sausage Pattie - HS	2194179	1 piece	250.000	240.000	0.000	1.000	4.500	1.500	5.40%	0.000
Sausage Pattie, Beef, Advance Pierre, #9485, 1M (P)	1206578		250.000	240.000	0.000	1.000	4.500	1.500	5.40%	0.000

Breakfast (Buttermilk) Bar	2194103	1 each	230.000	220.000	15.000	39.000	7.000	2.000	7.83%	0.000
Breakfast Bar (Buttermilk Bar), Sky Blue Bakery, #HWB5172, 2.75G, (W)	2194101		230.000	220.000	15.000	39.000	7.000	2.000	7.83%	0.000
Breakfast (Snack) Bun	2194117	1 Bun	200.000	220.000	10.000	30.000	7.000	2.000	9.00%	0.000
Whole Grain Snack Bun, 2.25 oz., SWB5175, 2.25G, (W)	2194153		200.000	220.000	10.000	30.000	7.000	2.000	9.00%	0.000
Breakfast Bar, Banana Choc Chunk	1698635	1 each	280.000	220.000	23.000	48.000	8.000	3.000	9.64%	0.000
Breakfast Bar, Banana Choc Chunk 2.5oz, J&J #40402, 2G (W, F)	1698602		280.000	220.000	23.000	48.000	8.000	3.000	9.64%	0.000
Breakfast Bar, French Toast	2194087	1 each	290.000	200.000	21.000	47.000	9.000	2.500	7.76%	0.000
French Toast, BeneFIT Bar, J&J #40404, 2.25G, (W, F)	2194085		290.000	200.000	21.000	47.000	9.000	2.500	7.76%	0.000
Breakfast Bar, Oatmeal Choc Chip	1698601	1 each	290.000	240.000	22.000	47.000	9.000	3.000	9.31%	0.000
Breakfast Bar, Oatmeal Choc Chip 2.5oz, J&J #40401, 2G (W, F)	1698568		290.000	240.000	22.000	47.000	9.000	3.000	9.31%	0.000
Burrito, Breakfast Bean & Cheese	1683242	1 each	177.070	263.850	0.200	18.120	7.300	3.540	17.99%	0.000
Burrito, Breakfast Bean & Cheese Whole Grain, IW Ardellas #70147, 1.5M/1G, (W)	1588242		177.070	263.850	0.200	18.120	7.300	3.540	17.99%	0.000
Cinnamon Bun	1698567	1 each	240.000	300.000	15.000	38.000	8.000	2.000	7.50%	0.000
Cinnamon Bun, WG, Ultra Baked, Super Bakery, #6070, 2WG, (W)	1235407		240.000	300.000	15.000	38.000	8.000	2.000	7.50%	0.000

Cinnamon Roll, WG	2194207	1 roll	210.000	250.000	8.000	35.000	5.000	1.000	4.29%	0.000
Cinnamon Roll, Dough, 2.5oz, Bridgford, #6719, 2G, (W, F)	2194205		210.000	250.000	8.000	35.000	5.000	1.000	4.29%	0.000
Cinnamon Swirl	2194115	1 pkg of 2	190.000	220.000	7.000	29.000	7.000	1.000	4.74%	0.000
WG Cinnamon Swirl 2-pack, 2 oz., WCSW272, 2G, (W)	2195563		190.000	220.000	7.000	29.000	7.000	1.000	4.74%	0.000
Cinnamon Toast Crunch Cereal and Graham Cracker	2196775	1 each	220.000	300.000	15.000	42.000	6.000	1.500	6.14%	0.000
Cinnamon Toast Crunch, Bowlpack, General Mills, #11815, 1G, (W)	2194107		110.000	160.000	8.000	22.000	3.000	0.500	4.09%	0.000
Graham Crackers w/fiber, MJM #300151, 1G, (W)	2194243		110.000	140.000	7.000	20.000	3.000	1.000	8.18%	0.000
Cinnamon, Super Stix	2194091	1 each	150.000	115.000	8.000	30.000	2.500	1.000	6.00%	0.000
SuperPretzel SuperStix Cinnamon Bun IW, J&J, #34153, 2G, (W, F)	2194089		150.000	115.000	8.000	30.000	2.500	1.000	6.00%	0.000
Cocoa Puffs Cereal and Graham Cracker	2196773	1 each	220.000	300.000	15.000	45.000	4.500	1.000	4.09%	0.000
Cocoa Puffs (R) 25% Less Sugar, Bowlpack, General Mills, #31888, 1G, (W)	2194535		110.000	160.000	8.000	25.000	1.500	0.000	0.00%	0.000
Graham Crackers w/fiber, MJM #300151, 1G, (W)	2194243		110.000	140.000	7.000	20.000	3.000	1.000	8.18%	0.000
Donuts, Mini WG Powdered	2193915	1 package	280.000	290.000	22.000	42.000	10.000	3.000	9.64%	0.000
Donut Mini, Powdered 6-PK IW, #6687, 2G, (W)	2193913		280.000	290.000	22.000	42.000	10.000	3.000	9.64%	0.000
Donuts, Mini WG, Chocolate	1684401	1 each	300.000	290.000	20.000	39.000	13.000	8.000	24.00%	0.000
Donut Mini, Chocolate 6-PK IW, #6686, 2G, (W)	1684367		300.000	290.000	20.000	39.000	13.000	8.000	24.00%	0.000

Egg & Cheese Breakfast Taco	2194099	1 taco	140.000	360.000	2.000	15.000	6.000	1.500	9.64%	0.000
Egg & Cheese Breakfast Taco (Burrito), El Monterey, #41096, 1G/1M, (W)	2194097		140.000	360.000	2.000	15.000	6.000	1.500	9.64%	0.000
Egg & Cheese Sandwich	2076209	0	160.000	280.000	4.000	19.000	7.000	2.500	14.06%	0.000
Sandwich, Egg & Cheese on Whole Grain Bun, AdvancePierre Foods, #68079, (W), .75M, 1.25G	2076175		160.000	280.000	4.000	19.000	7.000	2.500	14.06%	0.000
English Muffin	2194209	1 each	120.000	200.000	2.000	23.000	1.500	0.000	0.00%	0.000
English Muffin, WG, 2 oz, Sky Blue, #WGEM144, 2G	2195567		120.000	200.000	2.000	23.000	1.500	0.000	0.00%	0.000
French Toast - Middle/High School	1751186	3.25 oz	210.000	240.000	7.000	26.000	9.000	3.000	12.86%	0.000
French Toast, Cinnamon Glazed, 3.25 oz, EchoLake Foods #MF8085, 2G/1M (W)	1751152		210.000	240.000	7.000	26.000	9.000	3.000	12.86%	0.000
Fruity Cheerios Cereal and Graham Cracker, 2G	2196833	1 each	230.000	290.000	17.000	46.000	4.500	1.000	3.91%	0.000
Fruity Cheerios (R), Bowlpack, General Mills, #31916, 1G, (W)	2194543		120.000	150.000	10.000	26.000	1.500	0.000	0.00%	0.000
Graham Crackers w/fiber, MJM #300151, 1G, (W)	2194243		110.000	140.000	7.000	20.000	3.000	1.000	8.18%	0.000
Honey Nut Cheerios Cereal and Graham Cracker, 2G	2196835	1 each	220.000	300.000	16.000	42.000	4.500	1.000	4.09%	0.000
Graham Crackers w/fiber, MJM #300151, 1G, (W)	2194243		110.000	140.000	7.000	20.000	3.000	1.000	8.18%	0.000
Honey Nut Cheerios (R), Bowlpack, General Mills, #11918, 1G, (W)	2194539		110.000	160.000	9.000	22.000	1.500	0.000	0.00%	0.000
HS Breakfast Canadian Bacon Biscuit Breakfast Sandwich	2196859	1 sandwich	300.000	1030.000	3.500	28.500	16.250	8.000	24.00%	0.000
Bacon, Canadian, Turkey, Jennie O, #2031, 1M (P)	1242749		25.000	130.000	0.000	0.000	1.250	0.500	18.00%	0.000

Biscuit, EZ Split Buttermilk, HS only, Bakery Chef, ConAgra Food Bakeries, #21031, 2G, (W)	2194215		180.000	560.000	3.000	27.000	7.000	4.000	20.00%	0.000
Cheese, American, Sliced, LOL #46255, 0.5M/MA=1slice	2193817		50.000	225.000	0.500	0.500	4.500	2.500	45.00%	0.000
Egg Patty, Pre-cooked, 1.25 oz, Cargill Kitchen Solutions, W272 OSPI	2034927		45.000	115.000	0.000	1.000	3.500	1.000	20.00%	0.000
HS Breakfast Canadian Bacon McMuffin Breakfast Sandwich	2196853	1 sandwich	240.000	670.000	2.500	24.500	10.750	4.000	15.00%	0.000
Bacon, Canadian, Turkey, Jennie O, #2031, 1M (P)	1242749		25.000	130.000	0.000	0.000	1.250	0.500	18.00%	0.000
Cheese, American, Sliced, LOL #46255, 0.5M/MA=1slice	2193817		50.000	225.000	0.500	0.500	4.500	2.500	45.00%	0.000
Egg Patty, Pre-cooked, 1.25 oz, Cargill Kitchen Solutions, W272 OSPI	2034927		45.000	115.000	0.000	1.000	3.500	1.000	20.00%	0.000
English Muffin, WG, 2 oz, Sky Blue, #WGEM144, 2G	2195567		120.000	200.000	2.000	23.000	1.500	0.000	0.00%	0.000
HS Breakfast McMuffin Sandwich	2195207	1 sandwich	239.998	675.000	2.500*	24.499	10.748	3.999	15.00%	0.000*
Bacon, Canadian, Turkey, Jennie O, #2031, 1M (P)	1242749		25.000	130.000	0.000	0.000	1.250	0.500	18.00%	0.000
Cheese, American, Sliced, LOL #46255, 0.5M/MA=1slice	2193817		0.000	0.000	0.000	0.000	0.000	0.000	0.00%	0.000
Egg, Scrambled, Prepared; Pattie, grilled, 240/1.25 oz., Sunny Fresh; as purchased	4185		44.998	120.000	N/A*	0.999	3.498	0.999	19.99%	N/A*
English Muffins, 100% Whole Grain, 2.0 oz. WGEM144	1384512		120.000	200.000	2.000	23.000	1.500	0.000	0.00%	0.000
HS Breakfast Sausage McMuffin Breakfast Sandwich	2196855	1 sandwich	465.000	780.000	2.500	25.500	14.000	5.000	9.68%	0.000
Cheese, American, Sliced, LOL #46255, 0.5M/MA=1slice	2193817		50.000	225.000	0.500	0.500	4.500	2.500	45.00%	0.000
Egg Patty, Pre-cooked, 1.25 oz, Cargill Kitchen Solutions, W272 OSPI	2034927		45.000	115.000	0.000	1.000	3.500	1.000	20.00%	0.000
English Muffin, WG, 2 oz, Sky Blue, #WGEM144, 2G	2195567		120.000	200.000	2.000	23.000	1.500	0.000	0.00%	0.000
Sausage Pattie, Beef, Advance Pierre, #9485, 1M (P)	1206578		250.000	240.000	0.000	1.000	4.500	1.500	5.40%	0.000

HS Breakfast Turkey Bacon McMuffin Breakfast Sandwich	2196857	1 sandwich	256.111	735.278	2.500	24.500	12.583	3.500	12.30%	0.000
Bacon, Turkey, Jennie O, #2711-06, .5M, (P)	1242630		82.222	390.556	0.000	0.000	6.167	0.000	0.00%	0.000
Cheese, American, Sliced, LOL #46255, 0.5M/MA=1slice	2193817		50.000	225.000	0.500	0.500	4.500	2.500	45.00%	0.000
Egg Patty, Pre-cooked, 1.25 oz, Cargill Kitchen Solutions, W272 OSPI	2034927		45.000	115.000	0.000	1.000	3.500	1.000	20.00%	0.000
English Muffin, WG, 2 oz, Sky Blue, #WGEM144, 2G	2195567		120.000	200.000	2.000	23.000	1.500	0.000	0.00%	0.000
Mini Pancakes	2194213	1 pkg	230.000	150.000	14.000	41.000	7.000	0.500	1.96%	0.000
Pancakes, Mini - HS only, WG, Pillsbury, #32259, 2G, (W, F)	2194211		230.000	150.000	14.000	41.000	7.000	0.500	1.96%	0.000
Muffin, Blueberry	2194121	1 muffin	223.000	115.000	16.500	38.500	6.000	0.900	3.63%	0.000
Muffin, Blueberry, Daves Baking Company, #WG829, 2G/.25F, (W, F)	2194119		223.000	115.000	16.500	38.500	6.000	0.900	3.63%	0.000
Muffin, Chocolate Chip	2194125	1 muffin	227.000	115.000	17.500	39.500	6.000	0.900	3.57%	0.000
Muffin, Chocolate Chip, Dave's Baking Company, #WG825, 2G, (W, F)	2194123		227.000	115.000	17.500	39.500	6.000	0.900	3.57%	0.000
Muffin, Double Chocolate	2194129	1 muffin	229.000	125.000	18.500	40.000	6.000	0.900	3.54%	0.000
Muffin, Double Chocolate, Dave's Baking Company, #WG845, 2G, (W,F)	2194127		229.000	125.000	18.500	40.000	6.000	0.900	3.54%	0.000
Pancake Sausage on a Stick	1246750	1 each	187.000	425.000	7.000	19.800	8.900	2.700	13.00%	0.000
Pig in Blanket, WG Pork Pancake Sausage on a Stick, Don Lee, #27072, 1M/1.5WG, (W,F)	1244754		187.000	425.000	7.000	19.800	8.900	2.700	13.00%	0.000
Pizza, Breakfast	1688515	1 each	210.000	480.000	9.000	26.000	7.000	2.000	8.57%	0.000

Pizza, Breakfast, Turkey Sausage, Tony's #63912, 1M/1.5G, (W)	2194047		210.000	480.000	9.000	26.000	7.000	2.000	8.57%	0.000
Turkey Bacon, 2 slices										
Turkey Bacon, 2 slices	2000866	2 slice	171.111	812.778	0.000	0.000	12.833	0.000	0.00%	0.000
Bacon, Turkey, Jennie O, #2711-06, .5M, (P)	1242630		171.111	812.778	0.000	0.000	12.833	0.000	0.00%	0.000
Turkey Canadian Bacon, 2 slices										
Turkey Canadian Bacon, 2 slices	1246708	2 slice	50.000	260.000	0.000	0.000	2.500	1.000	18.00%	0.000
Bacon, Canadian, Turkey, Jennie O, #2031, 1M (P)	1242749		50.000	260.000	0.000	0.000	2.500	1.000	18.00%	0.000
WG Bagel Thin										
WG Bagel Thin	2194559	1 each	150.000	280.000	3.000	30.000	1.000	0.000	0.00%	0.000
WG Bagel Thin, 2 oz., Buena Vista, 10620 (W,F)	2194557		150.000	280.000	3.000	30.000	1.000	0.000	0.00%	0.000
Lunch Entree										
Baja Fish Sticks										
Baja Fish Sticks	1938633	4 pieces	230.000	470.000	0.000	20.000	10.000	2.000	7.83%	0.000
Baja Fish Sticks, Trident Seafoods 418304, 1G/2M, (W,F)	1938599		230.000	470.000	0.000	20.000	10.000	2.000	7.83%	0.000
Beef Hot Dog w/ WG Bun										
Beef Hot Dog w/ WG Bun	2197757	1 ea	450.000	1220.000	2.000	29.000	30.500	11.000	22.00%	1.500
Beef Frank, Hoffy 6-3/4" 4/1, Hoffman #2101, (4M)	1588203		310.000	950.000	1.000	3.000	28.000	11.000	31.94%	1.500
Hot Dog Bun, 6" White Wheat, S&S Bakery, #RODWW, 2G, (W, F)	2197753		140.000	270.000	1.000	26.000	2.500	0.000	0.00%	0.000
Beef Rib BBQ Sandwich										
Beef Rib BBQ Sandwich	2197749	1 each	325.385	921.538	11.769	34.000	12.769	4.308	11.92%	0.000
Beef, Rib BBQ Pattie, #3716, 2M	1694236		215.385	721.538	10.769	14.000	10.769	4.308	18.00%	0.000
Hoagie, 4", White Wheat, S&S Bakery, #ROHOWW4, 1.5G, (W, F)	2197745		110.000	200.000	1.000	20.000	2.000	0.000	0.00%	0.000

Beef, mini burger w/ Bun	1780753	2 burgers	280.000	370.000	2.000	27.000	10.000	4.500	14.46%	0.000
Beef, Mini Burger WG Buns, 1oz, Tyson #16109-328, 2M/2G for 2	1780719		280.000	370.000	2.000	27.000	10.000	4.500	14.46%	0.000
Breaded Oven Baked Chicken	1207695	1 wing+other piece	220	380	0	7	14	4	16.36%	0
Chicken, Homestyle Breaded, Oven Easy, 8 - Piece, Tyson 3929-328	231008		220.000	380.000	0.000	7.000	14.000	4.000	16.36%	0.000
Burrito, Bean & Cheese	2194133	1 burrito	350.000	630.000	2.000	48.000	11.000	2.000	5.14%	0.000
Bean & Cheese Burrito, El Monterey, #06115, 2M/2G, (W, F)	2194131		350.000	630.000	2.000	48.000	11.000	2.000	5.14%	0.000
Calzone, cheese	1503285	1 ea	340.000	390.000	6.000	34.000	13.000	7.000	18.53%	0.000
Wheat Cheese Calzone, WG, Giorgios, #8512, 2M/2G, (M, W)	1503219		340.000	390.000	6.000	34.000	13.000	7.000	18.53%	0.000
Calzone, Turkey Pepperoni	1695558	1 each	340.000	470.000	6.000	34.000	12.000	6.000	15.88%	0.000
Wheat Turkey Pepperoni Calzone, WG, Giorgios, #9072, 2M/2G, (M, W)	1198406		340.000	470.000	6.000	34.000	12.000	6.000	15.88%	0.000
Cheeseburger, MS/HS	2197813	1 each	420.000	865.000	1.500	26.500	24.000	9.500	20.36%	1.000
Cheese, American, Sliced, LOL #46255, 0.5M/MA=1slice	2193817		50.000	225.000	0.500	0.500	4.500	2.500	45.00%	0.000
Hamburger Bun, White Wheat, 4", S&S Bakery, #ROHWW, 2G, (W, F)	2197595		140.000	270.000	1.000	26.000	2.500	0.000	0.00%	0.000
Smokie Grill Flamebroiled Beef Steak Hamburger, Advance Pierre #9617, 3M	2197573		230.000	370.000	0.000	0.000	17.000	7.000	27.39%	1.000
Chicken and Mashed Potato Bowl	2197817	1 ea	605.298	1519.837	3.042*	79.953	21.690	6.101	9.07%	0.000

Cheese, Yellow Mild Cheddar Shredded, Land O Lakes 41749, 1M=1oz	2193811		110.000	190.000	0.000	1.000	9.000	6.000	49.09%	0.000
Corn, golden or yellow, whole kernel, cooked from frozen, drained, without salt [100348, A130]	9203		66.002	1.000	N/A*	15.826	0.549	0.082	1.12%	0.000
Dinner Roll, White Wheat, S&S Bakery, #ROWWW1, 1G, (W, F)	2197565		70.000	140.000	0.000	14.000	0.000	0.000	0.00%	0.000
Instant Chicken Flavored Gravy Mix	2196885		20.000	250.000	0.000	4.000	0.500	0.500	22.50%	0.000
Mashed Potatoes, Potato Pearls EXCEL, Basic American Foods #76468	2195571		142.394	650.946	2.034	30.513	2.034	0.000	0.00%	0.000
WG Popcorn Chicken, Tyson 70368, 2M/1G, (W)	2193941		251.902	382.891	1.008	15.114	14.107	2.519	9.00%	0.000
Chicken Bites	1806736	5 ea	403.797	1059.968	1.941	29.120	15.531	1.941	4.33%	0.000
Chicken, Bites, Whole Muscle, 5ea, Chris P. Chicken #7518, 2M/1G	1806703		403.797	1059.968	1.941	29.120	15.531	1.941	4.33%	0.000
Chicken Caesar Salad w/ Breadstick- MS/HS	2195505	1 each	793.333	1543.673	9.661	55.695	49.985	7.530	8.54%	0.000
2G Honey Wheat Breadstick, WG, Shannon's, #SB- 770, 2G, (W,F)	2193859		140.000	230.000	3.000	26.000	2.000	0.000	0.00%	0.000
Chicken Fajita Strips, 2.5oz., GoodSource #63979	2195501		86.466	370.670	0.000	0.709	2.126	0.709	7.38%	0.000
Croutons, Caesar Style Multi-Grain, Marzetti #140036	2194255		141.748	202.496	0.000	16.200	6.075	0.000	0.00%	0.000
Dressing, Creamy Caesar, Kens #807	1833470		354.369	637.864	2.362	2.362	37.799	5.906	15.00%	0.000
Lettuce, cos or romaine, raw	6897		38.555	18.144	2.699	7.462	0.680	0.088	2.07%	0.000
Parmesan Cheese, Shredded, Lakeview #40043 (605345)	1785636		19.796	80.899	0.000	0.163	1.304	0.827	37.61%	0.000
Tomatoes, Cherry, Red	2193847		12.400	3.600	1.600	2.800	0.000	0.000	0.00%	0.000
Chicken Fajita Strips	2194345	3 ounces	120.000	490.000	0.000	0.000	7.000	2.000	15.00%	0.000
Chicken Fajita Strips, 3oz., Tyson #4621-928	2194343		120.000	490.000	0.000	0.000	7.000	2.000	15.00%	0.000
Chicken Flatbread Pizza - HS	2196919	1 each	431.748	1063.495	2.945	27.890	27.120	5.362	11.18%	0.000

Chicken Fajita Strips, 3oz., Tyson #4621-928	2194341		120.000	490.000	0.000	0.000	7.000	2.000	15.00%	0.000
Dressing, Ranch Buttermilk, Kens	1937950		141.748	283.495	0.945	1.890	15.120	2.362	15.00%	0.000
Flatbread, Fired, Rich's #14010	2196915		170.000	290.000	2.000	26.000	5.000	1.000	5.29%	0.000
Chicken Nuggets	2193377	5 each	260.000	400.000	1.000	16.000	15.000	2.500	8.65%	0.000
WG Nuggets, Chicken Tyson Breaded Chicken Chunks, 70364-928, 2M/1WG (W)	2193375		260.000	400.000	1.000	16.000	15.000	2.500	8.65%	0.000
Chicken Parmesan Sandwich - MS/HS	2197819	1 sandwich	441.360	1061.840	4.304	45.072	16.500	4.500	9.18%	0.000
Hamburger Bun, White Wheat, 4", S&S Bakery, #ROHWW, 2G, (W, F)	2197595		140.000	270.000	1.000	26.000	2.500	0.000	0.00%	0.000
Provolone Cheese Slices, Bongards, #75247-1, 1slice=.75M	2193945		70.000	180.000	0.000	0.000	6.000	3.500	45.00%	0.000
Sauce, marinara, Red Gold RPKMA9C, 0.75V	1273803		15.360	35.840	2.304	3.072	0.000	0.000	0.00%	0.000
WG Chicken Filet, Breaded, GoldKist, #7516, 2M/1G	2195575		216.000	576.000	1.000	16.000	8.000	1.000	4.17%	0.000
Chicken Sandwich w/Bun	2197751	1 each	356.000	846.000	2.000	42.000	10.500	1.000	2.53%	0.000
Hamburger Bun, White Wheat, 4", S&S Bakery, #ROHWW, 2G, (W, F)	2197595		140.000	270.000	1.000	26.000	2.500	0.000	0.00%	0.000
WG Chicken Filet, Breaded, GoldKist, #7516, 2M/1G	2195575		216.000	576.000	1.000	16.000	8.000	1.000	4.17%	0.000
Chicken Tenders, WG	1208253	1 serving/3 pieces	260.000	390.000	1.000	16.000	15.000	2.500	8.65%	0.000
Chicken Tenders, WG, Golden Crispy, Tyson, #70334-928, 2M/1WG, (W)	1208189		260.000	390.000	1.000	16.000	15.000	2.500	8.65%	0.000
Chicken Wings, Wings of Fire	1780647	3 each	250.000	460.000	0.000	3.000	18.000	4.500	16.20%	0.000
Chicken, Wings of Fire 3EA, Tyson #21001-928, 2M (W)	1780613		250.000	460.000	0.000	3.000	18.000	4.500	16.20%	0.000

Chicken, Mandarin Orange w/ rice	1210902	3.6 oz	490.000	280.000	10.000	89.000	7.000	0.500	0.92%	0.000
Chicken, Mandarin Orange, Lings, #15552-4, 2M (F, P)	1264963		150.000	280.000	10.000	19.000	3.000	0.500	3.00%	0.000
Rice, brown, WG, Uncle Ben's 12111, 1WG, (W)	1272942		340.000	0.000	0.000	70.000	4.000	0.000	0.00%	0.000
Chicken, roasted, 8 piece	2195427	2 ounce	100.000	200.000	0.000	0.000	6.600	2.000	18.00%	0.000
Chicken, fully cooked, roasted, then individually frozen, with skin, 8 piece, #110080, 2M	2195425		100.000	200.000	0.000	0.000	6.600	2.000	18.00%	0.000
Chicken, Teriyaki w/ brown rice	1751317	2.8 oz	470.000	480.000	9.000	80.000	7.500	1.000	1.92%	0.000
Chicken, Teriyaki, 2.8 oz, Ling's #15554-8, 2M (F, P)	1751283		130.000	480.000	9.000	10.000	3.500	1.000	6.92%	0.000
Rice, brown, WG, Uncle Ben's 12111, 1WG, (W)	1272942		340.000	0.000	0.000	70.000	4.000	0.000	0.00%	0.000
Chili, 3 Bean Vegetarian	2156262	6 oz	186.000	391.500	4.500	27.000	6.000	1.050	5.08%	0.000
Vegetarian Three Bean Chili, JTM, #5383, 1M, (F,P)	2071855		186.000	391.500	4.500	27.000	6.000	1.050	5.08%	0.000
Chinese Chicken Salad w/ Breadstick- MS/HS	2195511	1 each	811.781	1865.996	23.037	73.467	44.067	7.769	8.61%	0.000
2G Honey Wheat Breadstick, WG, Shannon's, #SB- 770, 2G, (W,F)	2193859		140.000	230.000	3.000	26.000	2.000	0.000	0.00%	0.000
3 way Salad Mix - Lettuce, Carrots, Cabbage	2193851		40.000	26.667	5.333	8.000	0.000	0.000	0.00%	0.000
Almonds, Raw, Sliced #7002596	2195507		84.000	0.000	0.600	3.000	7.200	0.600	6.43%	0.000
Chicken Fajita Strips, 2.5oz., GoodSource #63979	2195501		86.466	370.670	0.000	0.709	2.126	0.709	7.38%	0.000
Chow Mein Noodles, La Choy #382073	1783354		131.623	263.245	0.000	18.225	6.075	2.025	13.85%	0.000
Cucumber, Slices, Goldstar #820092 - for Chinese Chicken Salad	1905466		6.000	0.000	0.580	0.900	0.060	0.000	0.00%	0.000
Dressing, Asian, Sesame, Marzetti 41464	2194051		310.073	974.514	13.289	13.289	26.578	4.430	12.86%	0.000
Onions, young green, tops only	2027355		1.620	0.900	0.235	0.344	0.028	0.005	2.90%	0.000

Orange, 1 wedge, Goldstar - Chinese Chicken Salad	1905747		12.000	0.000	0.000	3.000	0.000	0.000	0.00%	0.000
Chow Mein Noodles w/sauce	1783353	2.8 oz	170.000	506.000	2.000	34.000	1.000	0.000	0.00%	0.000
Chow Mein Noodles with Sauce, 2.8 oz, Lings #00301-6, 1G (F)	1783319		170.000	506.000	2.000	34.000	1.000	0.000	0.00%	0.000
Corn Dog, Turkey	2193827	1 each	280.000	660.000	9.000	31.000	13.000	3.500	11.25%	0.000
WG Corn Dog, Turkey, State Fair, #28322, 2M/2WG, (W)	2193825		280.000	660.000	9.000	31.000	13.000	3.500	11.25%	0.000
Dodger Dog (meat only)	2091309	1 each	260.000	870.000	2.000	1.000	24.000	9.000	31.15%	0.000
Dodger Dog Pork Frank, Farmer John, #60565	1198650		260.000	870.000	2.000	1.000	24.000	9.000	31.15%	0.000
Domino's Personal Pan Pizza, Cheese	2193937	1 pizza	480.000	1030.000	5.000	63.000	16.000	8.000	15.00%	0.000
WG 6", Domino's Personal Pan, Cheese, 2M/4.5WG/0.125V (W,M)	2193935		480.000	1030.000	5.000	63.000	16.000	8.000	15.00%	0.000
Domino's Personal Pan Pizza, Pepperoni	2194323	1 pizza	440.000	780.000	5.000	61.000	11.000	4.000	8.18%	0.000
WG 6", Domino's Personal Pan, Pepperoni, 2M/4.5WG/0.125V (W,F,M)	2194321		440.000	780.000	5.000	61.000	11.000	4.000	8.18%	0.000
Egg Roll, Chicken	1261207	1 each	260.000	700.000	5.000	33.500	4.500	0.500	1.73%	0.000
Egg Roll, Chicken w/WG Wrapper, Amy Food Inc, #3053W, 2M/.25Veg/2WG, (V, W, F, P)	1260019		260.000	700.000	5.000	33.500	4.500	0.500	1.73%	0.000
Filling, Bean & Cheese	2195549	3.5 oz	175.000	370.000	0.000	14.000	6.000	4.000	20.57%	0.000
Filling in a Bag, Bean & Cheese Lower Sodium, Arizona Gold 0180408F, 2M/MA	1483210		175.000	370.000	0.000	14.000	6.000	4.000	20.57%	0.000

Fish Sandwich - MS/HS	2197759	1 each	320.000	490.000	1.000	46.000	5.500	0.500	1.41%	0.000
Fish Patty, Spirited Foods #SF03011, 2M/1.25G	2196879		180.000	220.000	0.000	20.000	3.000	0.500	2.50%	0.000
Hamburger Bun, White Wheat, 4", S&S Bakery, #ROHWW, 2G, (W, F)	2197595		140.000	270.000	1.000	26.000	2.500	0.000	0.00%	0.000
Grilled Cheese	1761531	1 each	280.310	580.768	5.650	30.959	9.910	5.560	17.85%	0.000
Grilled Cheese on Whole Grain w/ Reduced Sodium American Cheese & Mozzarella, IW - IFS C13400; 72/4.19 oz	222285		280.310	580.768	5.650	30.959	9.910	5.560	17.85%	0.000
Ham Sandwich - MS/HS	2197829	1 ea	253.023	1166.545	1.854	22.542	10.297	4.012	14.27%	0.000
Hoagie, 4", White Wheat, S&S Bakery, #ROHOWW4, 1.5G, (W, F)	2197745		110.000	200.000	1.000	20.000	2.000	0.000	0.00%	0.000
Turkey Ham	1261099	2.7 oz	90.503	656.145	0.000	1.508	3.771	1.508	15.00%	0.000
Turkey Ham, Deli Style, Jennie-O 8028, 2M, (P)	1260357		90.503	656.145	0.000	1.508	3.771	1.508	15.00%	0.000
Cheese, American, 1 slice	2193839	1 slice	50.000	225.000	0.500	0.500	4.500	2.500	45.00%	0.000
Cheese, American, Sliced, LOL #46255, 0.5M/MA=1slice	2193817		50.000	225.000	0.500	0.500	4.500	2.500	45.00%	0.000
Lettuce, shredded	2195181	0.25 cup	2.520	1.800	0.354	0.534	0.026	0.004	1.43%	0.000
Lettuce, iceberg (includes crisphead types), raw	6891		2.520	1.800	0.355	0.535	0.025	0.003	1.16%	0.000
Pickle Chips	2193951	2 Slices	0.000	83.600	0.000	0.000	0.000	0.000	N/A*	0.000
Pickle Chips, Heinz, #658200	2193949		0.000	83.600	0.000	0.000	0.000	0.000	0.00%	0.000
Hamburger, MS/HS	2197811	1 each	370.000	640.000	1.000	26.000	19.500	7.000	17.03%	1.000
Hamburger Bun, White Wheat, 4", S&S Bakery, #ROHWW, 2G, (W, F)	2197595		140.000	270.000	1.000	26.000	2.500	0.000	0.00%	0.000
Smokie Grill Flamebroiled Beef Steak Hamburger, Advance Pierre #9617, 3M	2197573		230.000	370.000	0.000	0.000	17.000	7.000	27.39%	1.000

Lasagna, Cheese	1198648	1 each	231.716	402.985	5.037	27.201	7.052	4.030	15.65%	0.000
Lasagna Rollup, cheese, WG, Tasty Brands 00801WG, 2M/1WG, (W, F, P)	1247057		231.716	402.985	5.037	27.201	7.052	4.030	15.65%	0.000
Meatball Sub - MS/HS	2197821	1 sandwich	287.360	715.840	3.904	24.772	12.800	5.400	16.91%	0.000
Hoagie, 4", White Wheat, S&S Bakery, #ROHOWW4, 1.5G, (W, F)	2197745		110.000	200.000	1.000	20.000	2.000	0.000	0.00%	0.000
Meatballs, Beef, Don Lee #CNQ28053VS, 2M	2195569		92.000	300.000	0.600	1.700	4.800	1.900	18.59%	0.000
Provolone Cheese Slices, Bongards, #75247-1, 1slice=.75M	2193945		70.000	180.000	0.000	0.000	6.000	3.500	45.00%	0.000
Sauce, marinara, Red Gold RPKMA9C, 0.75V	1273803		15.360	35.840	2.304	3.072	0.000	0.000	0.00%	0.000
Meatballs, beef	1210989	1 serving/4 meatballs	92.000	300.000	0.600	1.700	4.800	1.900	18.59%	0.000
Meatballs, Beef, Don Lee #CNQ28053VS, 2M	2195569		92.000	300.000	0.600	1.700	4.800	1.900	18.59%	0.000
Mini Chicken Corn Dogs	1197979	5 pieces	225.000	341.667	4.167	25.000	10.000	2.917	11.67%	0.000
Corn Dogs, Mini Chicken, Foster Farms, #96806, 1.5M/1.5G, (P,W)	2194149		449.920	683.211	8.332	49.991	19.996	5.832	11.67%	0.000
PB&J Uncrustables Sandwich	2193369	1 each	320.000	320.000	13.000	32.000	17.000	3.500	9.84%	0.000
WG Peanut Butter and Grape Jelly Uncrustables Sandwich, Smuckers #5150006960, (W) 1M/1WG	2193367		320.000	320.000	13.000	32.000	17.000	3.500	9.84%	0.000
Pizza Cheese Sticks w/ Marinara Sauce	1273906	1 svg=2sticks, .25cup sauce	330.720	551.680	9.608	36.144	11.000	6.000	16.33%	0.000
Cheese Stuffed Stick, WG, Tonys, #73338, 2M/2WG, (W, M)	1273390		300.000	480.000	5.000	30.000	11.000	6.000	18.00%	0.000
Sauce, marinara, Red Gold RPKMA9C, 0.75V	1273803		30.720	71.680	4.608	6.144	0.000	0.000	0.00%	0.000

Pizza Pack, Ardella's	2146561	6 oz	170.25	621.37	5.65	32.58	13.59	6.21	32.83%	0
Ardella's Cheese Lunch Pizza Pack Thaw & Serve 705 Wrap	2146527		170.250	621.370	5.650	32.580	13.590	6.210	32.83%	0.000
Pizza, Cheese	2197735	1 slice	330.000	570.000	4.000	27.000	17.000	7.000	19.09%	0.000
Pizza, Cheese, Rose & Shore, 8-cut, BSTR1600C, 2.5G/2.5M, (W, M)	2197733		330.000	570.000	4.000	27.000	17.000	7.000	19.09%	0.000
Pizza, Pepperoni	2194157	1 slice	350.000	660.000	4.000	27.000	18.000	8.000	20.57%	0.000
Pizza, Pepperoni, Rose & Shore, 8-cut, BSTR1600P, 2.5G/2.5M, (W, M)	2194155		350.000	660.000	4.000	27.000	18.000	8.000	20.57%	0.000
Plum Chicken Rice Bowl Recipe	2196911	1 each	720.000	1637.000	21.000	131.000	11.500	2.200	2.75%	0.300
Chicken Fajita Strips, 3oz., Tyson #4621-928	2194341		120.000	490.000	0.000	0.000	7.000	2.000	15.00%	0.000
Plum Sauce #439190	2196907		260.000	1147.000	21.000	61.000	0.500	0.200	0.69%	0.300
Rice, brown, WG, Uncle Ben's 12111, 1WG, (W)	1272942		340.000	0.000	0.000	70.000	4.000	0.000	0.00%	0.000
Popcorn Chicken - HS	2194175	1 serving/15 pieces	312.500	475.000	1.250	18.750	17.500	3.125	9.00%	0.000
WG Popcorn Chicken, Tyson 70368, 2M/1G, (W)	2193941		312.500	475.000	1.250	18.750	17.500	3.125	9.00%	0.000
Popcorn Chicken, Spicy - HS	2194219	15 pieces	635.553	966.040	2.542	40.675	35.591	6.356	9.00%	0.000
Popcorn Chicken, WG, Spicy, Tyson, #70378-928, 2M/1G (W)	1209595		635.553	966.040	2.542	40.675	35.591	6.356	9.00%	0.000
Ravioli, Cheese, Mini	2197815	14 pieces	240.000	400.000	2.000	30.000	6.000	3.000	11.25%	0.000
WG Cheese Ravioli, Mini, #834WG, 1M/0.5G, (W,P,F)	2193843		240.000	400.000	2.000	30.000	6.000	3.000	11.25%	0.000

Rotini Pasta and Meat Sauce Recipe	2196891	1 each	361.000	298.000	7.800	51.300	6.800	2.100	5.24%	0.000
Rotini, WG, Dry (HS), Dakota Growers, #67387-92021, 2oz dry = 2G, (W)	2196921		210.000	0.000	2.000	41.000	1.500	0.000	0.00%	0.000
Spaghetti Meat Sauce, Beef, RF, RS, Don Lee, #CNQK10500, 2M/.5ROVeg, (P) (sauce only)	1260912		151.000	298.000	5.800	10.300	5.300	2.100	12.52%	0.000
Rotini Pasta and Meatballs Recipe	2196873	1 each	302.000	300.000	2.600	42.700	6.300	1.900	5.66%	0.000
Meatballs, Beef, Don Lee #CNQ28053VS, 2M	2195569		92.000	300.000	0.600	1.700	4.800	1.900	18.59%	0.000
Rotini, WG, Dry (HS), Dakota Growers, #67387-92021, 2oz dry = 2G, (W)	2196921		210.000	0.000	2.000	41.000	1.500	0.000	0.00%	0.000
Sloppy Joe Sandwich	2197823	1 each	308.924	1082.948	9.446	39.725	7.251	1.584	4.62%	0.000
Hamburger Bun, White Wheat, 4", S&S Bakery, #ROHWW, 2G, (W, F)	2197595		140.000	270.000	1.000	26.000	2.500	0.000	0.00%	0.000
Sloppy Joe Meat, Turkey, Jennie O, #2858-28, 2M/.25Veg (P, F)	1242471		168.924	812.948	8.446	13.725	4.751	1.584	8.44%	0.000
Smokie Grill Flamebroiled Beef Steak Hamburger	2197575	1 each	230.000	370.000	0.000	0.000	17.000	7.000	27.39%	1.000
Smokie Grill Flamebroiled Beef Steak Hamburger, Advance Pierre #9617, 3M	2197573		230.000	370.000	0.000	0.000	17.000	7.000	27.39%	1.000
Southwest Chicken Salad w/ Breadstick- HS	1984016	1 ea	745.740	1520.258	13.096*	63.707	43.243	7.206	8.70%	0.000
2G Honey Wheat Breadstick, WG, Shannon's, #SB- 770, 2G, (W,F)	2193859		140.000	230.000	3.000	26.000	2.000	0.000	0.00%	0.000
3 way Salad Mix - Lettuce, Carrots, Cabbage	2193851		40.000	26.667	5.333	8.000	0.000	0.000	0.00%	0.000
Beans, Black Canned LS, USDA, 0.5V (P,F)	1832808		51.502	66.149	0.000	9.450	0.000	0.000	0.00%	0.000
Cheese, Yellow Mild Cheddar Shredded, Land O Lakes 41749, 1M=1oz	2193811		9.167	15.833	0.000	0.083	0.750	0.500	49.09%	0.000
Chicken Fajita Strips, 2.5oz., GoodSource #63979	2195501		86.466	370.670	0.000	0.709	2.126	0.709	7.38%	0.000

Corn, whole-kernel, canned, low-sodium, with water (liquid pack), sugar and salt may be added [100313]	11397		45.637	96.802	N/A*	10.540	0.567	0.091	1.79%	0.000
Dressing, Ranch Buttermilk, Kens	1937950		354.369	708.738	2.362	4.725	37.799	5.906	15.00%	0.000
Tomatoes, Cherry, Red	2193847		18.600	5.400	2.400	4.200	0.000	0.000	0.00%	0.000
Spaghetti, WG	2194199	4 oz	420.000	0.000	4.000	82.000	3.000	0.000	0.00%	0.000
Spaghetti, WG, Dry (HS), Dakota Growers, #91322, 2oz dry = 2G, (W)	2194197		420.000	0.000	4.000	82.000	3.000	0.000	0.00%	0.000
Spicy Chicken Sandwich	1210095	1 pattie	270	400	1	17	15	3	10.00%	0
Chicken Pattie, Spicy, WG, Tyson, #70314-928, 2M/1WG, (W), no bun	1210024		270.000	400.000	1.000	17.000	15.000	3.000	10.00%	0.000
Taco Meat, Beef	1206747	3 oz	184.480	524.230	0.490	4.250	10.000	3.710	18.10%	0.000
Kettle Cook Beef Taco Meat (8/5# Boil-in-Bag), 3.00 oz., Bulk, Integrated FS, C78000B	361184		184.480	524.230	0.490	4.250	10.000	3.710	18.10%	0.000
Taco Shell	1199258	1 Shell	139.876	319.715	0.000	17.984	5.995	0.000	0.00%	0.000
6" Taco Shell, Crunchy, Romeros 306610, 1ea=0.5G, WG	2194325		139.876	319.715	0.000	17.984	5.995	0.000	0.00%	0.000
Taco, Tostada Bowl	1232676	1 each	110.000	5.000	0.000	14.000	5.000	1.000	8.18%	0.000
Taco, Tostada Bowl, WG, Romeros 354930, 1G, (W)	2195573		110.000	5.000	0.000	14.000	5.000	1.000	8.18%	0.000
Taco, WG Flour Tortillas, 2 each	1199254	1 pack	173.230	161.283	0.000	29.867	3.982	0.000	0.00%	0.000
6" WG Flour tortilla, 2ea/pkg, Romeros #206022UG, 1ea=1G, 1pkg=2G, (W)	2194331		173.230	161.283	0.000	29.867	3.982	0.000	0.00%	0.000

Teriyaki Beef Dippers w/ Rice	1858475	1 each	498.997	381.993	9.100	81.700	10.500	2.600	4.69%	0.000
Rice, brown, WG, Uncle Ben's 12111, 1WG, (W)	1272942		340.000	0.000	0.000	70.000	4.000	0.000	0.00%	0.000
Slam Dunkers, teriyaki beef, fully cooked, Don Lee Farms CNQTD0753	246272		158.997	381.993	9.100	11.700	6.500	2.600	14.72%	0.000
Tortilla, 10"	2194195	1 tortilla	174.000	300.000	1.000	29.000	4.000	1.000	5.17%	0.000
Tortillas, WG, 10 in, Romeros 210282, 2.25G, (W, F)	2194017		174.000	300.000	1.000	29.000	4.000	1.000	5.17%	0.000
Tuna Salad (MS-HS Sandwich)	2195541	4 oz	236.674	849.424	3.715*	6.202	13.055	1.647*	6.26%*	0.000*
Celery, raw	6915		4.536	22.680	0.380	0.842	0.048	0.012	2.36%	0.000
Mayonnaise, Premium, 20th Century Food Products #GB1030	1784536		98.133	54.518	0.000	0.000	11.994	1.636	15.00%	0.000
Mustard Dispenser, 2/1.5gal Heinz	2195527		0.000	170.097	0.000	0.000	0.000	0.000	0.00%	0.000
Pickle Relish, Homemade #1601-00	2195537		12.507	95.888	3.335	3.335	0.000	0.000	0.00%	0.000
Tuna, StarKist, Chunk Light Water Pouch, 4oz., 4M	2195513		121.498	506.241	N/A*	2.025	1.012	N/A*	N/A*	N/A*
Tuna Sandwich -MS/HS	2197825	1 ea	349.194	1134.824	5.069	26.736	15.081	1.651	4.26%	0.000
Hoagie, 4", White Wheat, S&S Bakery, #ROHOWW4, 1.5G, (W, F)	2197745		110.000	200.000	1.000	20.000	2.000	0.000	0.00%	0.000
Pickle Chips	2193951	2 Slices	0.000	83.600	0.000	0.000	0.000	0.000	N/A*	0.000
Pickle Chips, Heinz, #658200	2193949		0.000	83.600	0.000	0.000	0.000	0.000	0.00%	0.000
Lettuce, shredded	2195181	0.25 cup	2.520	1.800	0.354	0.534	0.026	0.004	1.43%	0.000
Lettuce, iceberg (includes crisphead types), raw	6891		2.520	1.800	0.355	0.535	0.025	0.003	1.16%	0.000
Tuna Salad (MS-HS Sandwich)	2195541	4 oz	236.674	849.424	3.715*	6.202	13.055	1.647*	6.26%*	0.000*
Celery, raw	6915		4.536	22.680	0.380	0.842	0.048	0.012	2.36%	0.000
Mayonnaise, Premium, 20th Century Food Products #GB1030	1784536		98.133	54.518	0.000	0.000	11.994	1.636	15.00%	0.000
Mustard Dispenser, 2/1.5gal Heinz	2195527		0.000	170.097	0.000	0.000	0.000	0.000	0.00%	0.000

Pickle Relish, Homade #1601-00	2195537		12.507	95.888	3.335	3.335	0.000	0.000	0.00%	0.000
Tuna, StarKist, Chunk Light Water Pouch, 4oz., 4M	2195513		121.498	506.241	N/A*	2.025	1.012	N/A*	N/A*	N/A*
Turkey Ham	1261099	3.58 oz	120.000	870.000	0.000	2.000	5.000	2.000	15.00%	0.000
Turkey Ham, Deli Style, Jennie-O 8028, 2M, (P)	1260357		120.000	870.000	0.000	2.000	5.000	2.000	15.00%	0.000
Turkey Ham & Cheese Lunch Kit	2197667	1 each	380.000	800.000	10.000	40.000	17.000	6.000	14.21%	0.000
Turkey Ham & Cheese Lunch Kit, Tasty Brands #10206, 2M/2G	2197665		380.000	800.000	10.000	40.000	17.000	6.000	14.21%	0.000
Turkey Sandwich - MS/HS	2197827	1 ea	274.187	748.733	1.355	20.535	11.775	4.753	15.60%	0.000
Hoagie, 4", White Wheat, S&S Bakery, #ROHOWW4, 1.5G, (W, F)	2197745		110.000	200.000	1.000	20.000	2.000	0.000	0.00%	0.000
Lettuce, iceberg (includes crisphead types), raw	6891		2.520	1.800	0.355	0.535	0.025	0.003	1.16%	0.000
Pickle Chips, Heinz, #658200	2193949		0.000	83.600	0.000	0.000	0.000	0.000	0.00%	0.000
Provolone Cheese Slices, Bongards, #75247-1, 1slice=.75M	2193945		70.000	180.000	0.000	0.000	6.000	3.500	45.00%	0.000
Turkey Breast, Sliced, Jennie-O #2099-21, (P), 6 slices=2M	2193379		183.333	566.667	0.000	0.000	7.500	2.500	12.27%	0.000
Turkey Taco Meat	2195293	3.44 oz	172.000	258.000	1.720	5.160	10.320	2.580	13.50%	0.000
USDA Commodity, turkey taco meat, frozen, cooked, 100119, 2M	2195291		172.000	258.000	1.720	5.160	10.320	2.580	13.50%	0.000
WG Burrito, Chicken and Cheese	2194141	1 burrito	330.000	570.000	3.000	33.000	11.000	6.000	16.36%	0.000
WG Burrito, Chicken and Cheese, Fernandos, #5213, 2M/2G, (W, V)	2194139		330.000	570.000	3.000	33.000	11.000	6.000	16.36%	0.000

WG Burrito, Chili, Cheese & Bean	2194145	1 burrito	320.000	520.000	3.000	35.000	13.000	7.000	19.69%	0.000
WG Beef Chili, Cheese & Bean Burrito, Fernando's, #5219, 2M/2G, (W)	2194143		320.000	520.000	3.000	35.000	13.000	7.000	19.69%	0.000
WG Macaroni & Cheese										
WG Macaroni & Cheese	2193333	6 oz	350.000	910.000	3.000	23.000	21.000	13.000	33.43%	1.000
WG Macaroni and Cheese, #43292, 2M/1WG (W,M)	2193331		350.000	910.000	3.000	23.000	21.000	13.000	33.43%	1.000
Yogurt Alternative Entree, 8 oz. - MS/HS										
Yogurt Alternative Entree, 8 oz. - MS/HS	2194249	1 container	499.014	622.534	41.000	75.988	14.426	6.457	11.65%	0.000
Goldfish Crackers, WG, "Guppies", 18105, 1G, (W)	2193339		100.000	170.000	0.000	14.000	3.500	1.000	9.00%	0.000
Graham Crackers w/fiber, MJM #300151, 1G, (W)	2194243		110.000	140.000	7.000	20.000	3.000	1.000	8.18%	0.000
String Cheese, Bongards', #40295-1, 1M	2193371		79.014	197.534	0.000	0.988	5.926	3.457	39.38%	0.000
Yogurt, Lowfat, Strawberry/Banana, 8 oz., Driftwood, 8oz=2M, (P,F,V,M)	2194247		210.000	115.000	34.000	41.000	2.000	1.000	4.29%	0.000
Yogurt Parfait, North - 2M/2G/5F										
Yogurt Parfait, North - 2M/2G/5F	2194189	1 each	501.997	359.006	32.000*	92.050	9.666	3.513	6.30%	0.000*
Goldfish Crackers, WG, "Guppies", 18105, 1G, (W)	2193339		100.000	170.000	0.000	14.000	3.500	1.000	9.00%	0.000
Granola, Cinnamon, MOM Brand, #7485, 1G, (W)	2194187		90.000	25.000	6.000	17.000	1.500	0.000	0.00%	0.000
Strawberries, frozen, thawed, sliced, sweetened (sugar added) [100254, A380]	9250		121.997	4.006	N/A*	33.050	0.166	0.013	0.09%	0.000
Yogurt, Vanilla, Lowfat, 32# tub, Driftwood, #52935, 8oz=2M, (P, F, M)	2194185		190.000	160.000	26.000	28.000	4.500	2.500	11.84%	0.000
Vegetables										
Bean & Corn Salsa - 1c	2197037	1 cup	175.002	279.999	0.000*	35.244	0.820	0.131	0.67%	0.000
Beans, Black Canned LS, USDA, 0.5V (P,F)	1832808		109.000	140.000	0.000	20.000	0.000	0.000	0.00%	0.000
Corn, whole-kernel, canned, low-sodium, with water (liquid pack), sugar and salt may be added [100313]	11397		66.002	139.999	N/A*	15.244	0.820	0.131	1.79%	0.000

Corn	1585567	0.5 cup	66.002	139.999	N/A*	15.244	0.820	0.131	1.79%	0.000
Corn, whole-kernel, canned, low-sodium, with water (liquid pack), sugar and salt may be added [100313]	11397		66.002	139.999	N/A*	15.244	0.820	0.131	1.79%	0.000
Lettuce, shredded	2195181	0.125 cup	1.260	0.900	0.177	0.267	0.013	0.002	1.43%	0.000
Lettuce, iceberg (includes crisphead types), raw	6891		1.260	0.900	0.177	0.267	0.013	0.002	1.16%	0.000
Wedge Fries	1205594	0.5 cup	90.000	30.000	0.000	15.000	2.500	0.000	0.00%	0.000
Fries, Wedge, 8 cut Country Style, USDA Ore-Ida, #OIF00024A, .5Veg, (F)	1205546		90.000	30.000	0.000	15.000	2.500	0.000	0.00%	0.000
Starchy Vegetables										
Corn, Frozen, USDA	2196791	0.5 cup	66.807	1.013	N/A*	16.019	0.556	0.083	1.12%	0.000
Corn, golden or yellow, whole kernel, cooked from frozen, drained, without salt [100348, A130]	9203		66.807	1.013	N/A*	16.019	0.556	0.083	1.12%	0.000
Criss Cut Fries	1206352	3 oz	160.000	550.000	1.000	21.000	8.000	1.000	5.63%	0.000
Fries, Cross Trax, Redstone Canyon, McCain, #MCL03623	1206314		160.000	550.000	1.000	21.000	8.000	1.000	5.63%	0.000
Deli Roasted Potatoes	1201567	1 svg/3.14oz	140.000	160.000	0.000	25.000	3.500	0.500	3.21%	0.000
Deli Roasted Potatoes, Reduced Sodium, McCain, #MCF03927	2195565		140.000	160.000	0.000	25.000	3.500	0.500	3.21%	0.000
Hash Brown, 1 ea	1205796	1 hash brown	130.000	240.000	0.000	15.000	7.000	0.500	3.46%	0.000
Hash Brown Patties, Ore-Ida, #OIF00589A	1205664		130.000	240.000	0.000	15.000	7.000	0.500	3.46%	0.000

Mashed Potatoes	1201645	0.5 cup	71.197	325.473	1.017	15.257	1.017	0.000	0.00%	0.000
Mashed Potatoes, Potato Pearls EXCEL, Basic American Foods #76468	2195571		71.197	325.473	1.017	15.257	1.017	0.000	0.00%	0.000
potatoes, tater tots	1780788	8 each	142.857	214.286	0.000	16.667	8.333	1.190	7.50%	0.000
Tator Tots, "Tater Gems", Simplot, #1007119004189	1234462		142.857	214.286	0.000	16.667	8.333	1.190	7.50%	0.000
Seasoned Fries	2194147	1 serving	0.000	0.000	0.000	0.000	0.000	0.000	0.00%	0.000
Fries, Redstone Canyon, McCain, #MCX03620	1206215		0.000	0.000	0.000	0.000	0.000	0.000	0.00%	0.000
Beans/Peas										
Bean, Black	2193953	0.5 cup	109.000	140.000	0.000	20.000	0.000	0.000	0.00%	0.000
Beans, Black Canned LS, USDA, 0.5V (P,F)	1832808		109.000	140.000	0.000	20.000	0.000	0.000	0.00%	0.000
Beans, Garbanzo, Canned	2195063	0.5 cup	105.000	140.000	3.000	17.000	2.000	0.000	0.00%	0.000
Beans, Garbanzo, Canned LS, USDA, 0.5V (P,F)	2195061		105.000	140.000	3.000	17.000	2.000	0.000	0.00%	0.000
Beans, Kidney, Canned	2195067	0.5 cup	104.000	140.000	2.000	19.000	0.000	0.000	0.00%	0.000
Beans, Kidney, Canned LS, USDA, 0.5V (P,F)	2195065		104.000	140.000	2.000	19.000	0.000	0.000	0.00%	0.000
Pinto Beans	1868866	0.5 cup	102.996	140.004	N/A*	18.300	0.972	0.204	1.78%	0.000
Beans, pinto, canned dry beans, low-sodium, mature seeds, whole, solids and liquids [100365]	11160		102.996	140.004	N/A*	18.300	0.972	0.204	1.78%	0.000

Refried Beans	1292968	0.5 cup	140	490	0	23	1.5	0	0.00%	0
Beans, Refried, Santiago 54914, (F, P)	1292884		140.000	490.000	0.000	23.000	1.500	0.000	0.00%	0.000
Fruit										
Apple, raw	1599741	1 each	94.640	1.820	18.910	25.134	0.309	0.051	0.49%	0.000
Apples, raw, with skin	9796		94.640	1.820	18.910	25.134	0.309	0.051	0.49%	0.000
Applesauce	1585565	0.5 cup	51.996	2.001	N/A*	13.786	0.061	0.024	0.42%	N/A*
Applesauce, canned, unsweetened, regular (pureed) form, without salt [100208]	11363		51.996	2.001	N/A*	13.786	0.061	0.024	0.42%	0.000
Banana	1832740	1 each	105.020	1.180	14.431	26.951	0.389	0.132	1.13%	0.000
Bananas, raw	6613		105.020	1.180	14.431	26.951	0.389	0.132	1.13%	0.000
Diced Peaches	1585568	0.5 cup	52.996	5.998	N/A*	13.394	0.134	0.000	0.00%	0.000
Peaches, clingstone, canned, diced, packed in extra light syrup [100220, A409]	265551		52.996	5.998	N/A*	13.394	0.134	0.000	0.00%	0.000
Mixed Fruit	1198792	0.5 cup	68.002	8.001	N/A*	17.879	0.101	0.025	0.33%	0.000
Fruit, mixed, canned, packed in extra light syrup [100212, A470]	265547		68.002	8.001	N/A*	17.879	0.101	0.025	0.33%	0.000
Orange	2193897	1 Orange	100.170	3.180	N/A*	24.645	0.477	0.056	0.50%	0.000
Oranges, raw, with peel	2026549		100.170	3.180	N/A*	24.645	0.477	0.056	0.50%	0.000
Sliced Pears	2196789	0.5 cup	57.995	1.996	N/A*	15.116	0.124	0.000	0.00%	0.000

Pears, Bartlett, canned, unpeeled, sliced, packed in extra light syrup [100224, A443]	265552		57.995	1.996	N/A*	15.116	0.124	0.000	0.00%	0.000
Wildberry Juice										
Wildberry Juice	2195973	4 oz	60.000	15.000	15.000	15.000	0.000	0.000	0.00%	0.000
Juice, Wildberry, Driftwood, 4oz (.5cup)	2195971		60.000	15.000	15.000	15.000	0.000	0.000	0.00%	0.000
Juice										
Apple Juice										
Apple Juice	1274941	4 oz	55.000	15.000	15.000	15.000	0.000	0.000	0.00%	0.000
Juice, Apple, Driftwood, 4oz (.5cup)	1274871		55.000	15.000	15.000	15.000	0.000	0.000	0.00%	0.000
Orange Juice										
Orange Juice	1274940	4 oz	55.000	14.000	14.000	14.000	0.000	0.000	0.00%	0.000
Juice, Orange, Driftwood, 4oz (.5cup)	1274906		55.000	14.000	14.000	14.000	0.000	0.000	0.00%	0.000
Grains										
Biscuit, Buttermilk										
Biscuit, Buttermilk	2194217	1 biscuit	180.000	560.000	3.000	27.000	7.000	4.000	20.00%	0.000
Biscuit, EZ Split Buttermilk, HS only, Bakery Chef, ConAgra Food Bakeries, #21031, 2G, (W)	2194215		180.000	560.000	3.000	27.000	7.000	4.000	20.00%	0.000
Brown Rice										
Brown Rice	1585636	0.5 cup cooked	170.000	0.000	0.000	35.000	2.000	0.000	0.00%	0.000
Rice, brown, WG, Uncle Ben's 12111, 1WG, (W)	1272942		170.000	0.000	0.000	35.000	2.000	0.000	0.00%	0.000
Dinner Roll, White Wheat										
Dinner Roll, White Wheat	2197567	1 roll	70.000	140.000	0.000	14.000	0.000	0.000	0.00%	0.000
Dinner Roll, White Wheat, S&S Bakery, #ROWWW1, 1G, (W, F)	2197565		70.000	140.000	0.000	14.000	0.000	0.000	0.00%	0.000
Graham Crackers										
Graham Crackers	2195499	1 pkg	110.000	140.000	7.000	20.000	3.000	1.000	8.18%	0.000

Graham Crackers w/fiber, MJM #300151, 1G, (W)	2194243		110.000	140.000	7.000	20.000	3.000	1.000	8.18%	0.000
Hamburger Bun, White Wheat, 4"										
Hamburger Bun, White Wheat, 4", S&S Bakery, #ROHWW, 2G, (W, F)	2197597	1 bun	140.000	270.000	1.000	26.000	2.500	0.000	0.00%	0.000
Hamburger Bun, White Wheat, 4", S&S Bakery, #ROHWW, 2G, (W, F)	2197595		140.000	270.000	1.000	26.000	2.500	0.000	0.00%	0.000
Hoagie, 4", White Wheat										
Hoagie, 4", White Wheat, S&S Bakery, #ROHOWW4, 1.5G, (W, F)	2197747	1 roll	110.000	200.000	1.000	20.000	2.000	0.000	0.00%	0.000
Hoagie, 4", White Wheat, S&S Bakery, #ROHOWW4, 1.5G, (W, F)	2197745		110.000	200.000	1.000	20.000	2.000	0.000	0.00%	0.000
Honey Wheat Breadstick, 2G										
2G Honey Wheat Breadstick, WG, Shannon's, #SB- 770, 2G, (W,F)	2193861	1 each	140.000	230.000	3.000	26.000	2.000	0.000	0.00%	0.000
2G Honey Wheat Breadstick, WG, Shannon's, #SB- 770, 2G, (W,F)	2193859		140.000	230.000	3.000	26.000	2.000	0.000	0.00%	0.000
Hot Dog Bun, 6" White Wheat										
Hot Dog Bun, 6" White Wheat, S&S Bakery, #RODWW, 2G, (W, F)	2197755	1 bun	140.000	270.000	1.000	26.000	2.500	0.000	0.00%	0.000
Hot Dog Bun, 6" White Wheat, S&S Bakery, #RODWW, 2G, (W, F)	2197753		140.000	270.000	1.000	26.000	2.500	0.000	0.00%	0.000
WG Breadstick, Parmesan, 2G										
WG Breadstick, Parmesan, S&S Bakery, #BEST9VW, 2G (W,F)	2197579	1 each	140.000	300.000	1.000	25.000	1.500	0.500	3.21%	0.000
WG Breadstick, Parmesan, S&S Bakery, #BEST9VW, 2G (W,F)	2197577		140.000	300.000	1.000	25.000	1.500	0.500	3.21%	0.000
WG Goldfish										
Goldfish Crackers, WG, "Guppies", 18105, 1G, (W)	2193341	1 Bag	100.000	170.000	0.000	14.000	3.500	1.000	9.00%	0.000
Goldfish Crackers, WG, "Guppies", 18105, 1G, (W)	2193339		100.000	170.000	0.000	14.000	3.500	1.000	9.00%	0.000
Desserts										
Chocolate Chip Cookie	1412803	1 each	147.400	119.900	10.800	24.300	4.900	1.500	9.16%	0.000

FatCat Chocolate Chip Cookie, WGCCC140-1sw, 1G (W)	1412637		147.400	119.900	10.800	24.300	4.900	1.500	9.16%	0.000
Milk										
1% White Milk	1251720	8 oz	120.000	150.000	14.000	14.000	2.500	1.500	11.25%	0.000
Milk, White, 1%, Driftwood Dairy, 8fl oz	2195559		120.000	150.000	14.000	14.000	2.500	1.500	11.25%	0.000
Chocolate Milk										
Chocolate Milk	1251611	8 oz	120.000	150.000	20.000	22.000	0.000	0.000	0.00%	0.000
Milk, Chocolate, Fat Free, Driftwood Dairy, 8fl oz	2195561		120.000	150.000	20.000	22.000	0.000	0.000	0.00%	0.000
Milk, White, Fat Free										
Milk, White, Fat Free	2193901	1 carton	90.000	120.000	12.000	12.000	0.000	0.000	0.00%	0.000
Milk, White, Fat Free, Driftwood Dairy, 8fl oz	2193899		90.000	120.000	12.000	12.000	0.000	0.000	0.00%	0.000
Misc.										
BBQ Sauce, PC	2195525	1 packet	15.000	85.000	2.000	4.000	0.000	0.000	0.00%	0.000
BBQ Sauce, PC, Heinz	2195523		15.000	85.000	2.000	4.000	0.000	0.000	0.00%	0.000
Cheese, American, 1 slice										
Cheese, American, 1 slice	2193839	1 slice	50.000	225.000	0.500	0.500	4.500	2.500	45.00%	0.000
Cheese, American, Sliced, LOL #46255, 0.5M/MA=1slice	2193817		50.000	225.000	0.500	0.500	4.500	2.500	45.00%	0.000
Chips, Doritos Cool Ranch - Elementary										
Chips, Doritos Cool Ranch - Elementary	1347661	1 each	130.000	160.000	1.000	19.000	5.000	1.000	6.92%	0.000
Chips, Doritos, Cool Ranch, 1oz, FritoLay #36096, 1.5G	1948539		130.000	160.000	1.000	19.000	5.000	1.000	6.92%	0.000
Chips, Doritos, Nacho Cheese, 1oz										
Chips, Doritos, Nacho Cheese, 1oz	2194349	1 package	130.000	200.000	0.000	20.000	5.000	0.500	3.46%	0.000
Chips, Doritos, Nacho Cheese, 1oz, FritoLay #31748, 1.5G	2194347		130.000	200.000	0.000	20.000	5.000	0.500	3.46%	0.000

Dressing, Fat Free Italian, Salad Bar	2195073	0.5 ounce	4.725	231.521	0.945	1.417	0.000	0.000	0.00%	0.000
Dressing, Fat Free Italian, Kens	2195071		4.725	231.521	0.945	1.417	0.000	0.000	0.00%	0.000
Dressing, Lite Ranch	2197533	1 tbsp	50.000	160.000	1.000	2.000	5.000	0.500	9.00%	0.000
Dressing, Lite Ranch, Garden Banner	2197531		50.000	160.000	1.000	2.000	5.000	0.500	9.00%	0.000
Ketchup Dispenser - High School	2195531	1 oz	33.352	266.819	6.670	8.338	0.000	0.000	0.00%	0.000
Ketchup Dispenser, 2/1.5gal Heinz #515500	1779906		33.352	266.819	6.670	8.338	0.000	0.000	0.00%	0.000
Ketchup, PC	2195519	1 packet	10.000	65.000	2.000	2.000	0.000	0.000	0.00%	0.000
Ketchup, PC, Heinz	2195517		10.000	65.000	2.000	2.000	0.000	0.000	0.00%	0.000
Lays Potato Chips	1833019	1 each	160.000	170.000	0.000	15.000	10.000	1.000	5.63%	0.000
Lays Potato Chips	1832984		160.000	170.000	0.000	15.000	10.000	1.000	5.63%	0.000
Mayonnaise Dispenser - High School	2195535	0.5 oz	94.498	80.324	0.000	N/A*	10.395	1.890	18.00%	0.000
Mayonnaise Dispenser, 2/1.5gal Heinz	2195533		94.498	80.324	0.000	N/A*	10.395	1.890	18.00%	0.000
Meat Sauce (beef)	1261017	5.33 oz	151.000	298.000	5.800	10.300	5.300	2.100	12.52%	0.000
Spaghetti Meat Sauce, Beef, RF, RS, Don Lee, #CNQK10500, 2M/.5ROVeg, (P) (sauce only)	1260912		151.000	298.000	5.800	10.300	5.300	2.100	12.52%	0.000
Mexican Rice Seasoning Mix	2194497	5.2 gram	15.000	230.000	0.000	4.000	0.000	0.000	0.00%	0.000

Rice Seasoning Mix, Mexican, Foothill Farms, V419-AL190	2194495		15.000	230.000	0.000	4.000	0.000	0.000	0.00%	0.000
Mustard Dispenser - High School	2195529	0.5 oz	0.000	180.000	0.000	0.000	0.000	0.000	0.00%	0.000
Mustard Dispenser, 2/1.5gal Heinz	2195527		0.000	180.000	0.000	0.000	0.000	0.000	0.00%	0.000
Mustard, PC	2195521	1 packet	5.000	85.000	0.000	0.000	0.000	0.000	0.00%	0.000
Mustard, PC, Heinz	2195515		5.000	85.000	0.000	0.000	0.000	0.000	0.00%	0.000
Pickle Chips	2193951	2 Slices	0.000	83.600	0.000	0.000	0.000	0.000	0.00%	0.000
Pickle Chips, Heinz, #658200	2193949		0.000	83.600	0.000	0.000	0.000	0.000	0.00%	0.000
pickles	1785359	1 oz	5.000	390.000	0.000	0.000	0.000	0.000	0.00%	0.000
Pickles, Dill, 1/8" chips, Heinz #1501-00	1785292		5.000	390.000	0.000	0.000	0.000	0.000	0.00%	0.000
Salsa - Middle/High School	1751643	1.3 oz	12.708	88.959	1.271	2.542	0.000	0.000	0.00%	0.000
Salsa, Nutritionally Enhanced, Mild, 10# can, Red Gold REDSC99	264175		12.708	88.959	1.271	2.542	0.000	0.000	0.00%	0.000
String Cheese, Bongards'	2193373	1 oz	79.014	197.534	0.000	0.988	5.926	3.457	39.38%	0.000
String Cheese, Bongards', #40295-1, 1M	2193371		79.014	197.534	0.000	0.988	5.926	3.457	39.38%	0.000

* = Indicates missing Nutrient Information.

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

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