

Recipe	Portion Size	# of Portions	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber(g)	Sugars (g)	Protein (g)
-		0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000009 - Alfredo Sauce	1/2 cup	131	180	10.01	6.01	0.00	38.04	748.84	10.01	0.00	6.01	12.01
001503 - Apple Slices	1 pkg	1	39	0.00	0.00	0.00	0.00	80.60	10.40	2.60	7.80	0.00
000064 - Apples, Fresh 1/2 cup	Pkg	1	39	0.00	0.00	0.00	0.00	80.60	10.40	2.60	7.80	0.00
000011 - Applesauce	1/2 cup	24	90	0.00	0.00	0.00	0.00	9.99	21.98	2.00	17.98	0.00
001404 - Applesauce, Cinnamon	Container	1	50	0.00	0.00	0.00	0.00	15.00	14.00	1.00	12.00	1.00
001405 - Applesauce, Strawberry	Container	1	50	0.00	0.00	0.00	0.00	15.00	14.00	1.00	12.00	1.00
001403 - Applesauce, Watermelon	Container	1	90	0.00	0.00	0.00	0.00	15.00	22.00	2.00	19.00	0.00
000989 - Baby Carrots 1/2 cup	1/2cup	1	26	0.10	0.02	0.00	0.00	57.49	6.07	2.14	3.51	0.47
000923 - Bagel & Yogurt w/ Cheese St	1 ea	1	270	7.00	3.50	0.00	20.00	430.00	38.00	3.00	13.00	15.00
001118 - Bagel, Cinnamon	Each	1	170	1.50	0.00	0.00	0.00	150.00	33.00	5.00	7.00	7.00
000016 - Bagel, 1W	1 ea	1	140	1.00	0.00	0.00	0.00	180.00	29.00	4.00	5.00	6.00
001200 - Bagel, Mini Cinnamon	ea	1	240	6.00	2.50	0.00	10.00	180.00	42.00	2.00	13.00	6.00
001199 - Bagel, Mini Strawberry	ea	1	240	5.99	2.50	0.00	9.98	179.71	40.93	2.00	12.98	5.99
000582 - Baked Apples	1/2 CUP	50	105	0.00	0.00	*0.00*	0.00	11.63	26.01	2.38	22.42	0.01
001602 - Baked Apples - from fresh	1/2 CUP	50	86	0.00	0.00	*0.00*	0.00	80.74	22.62	2.68	19.88	0.01
000021 - Baked Beans (Bush's)	1/2 cup	26	151	1.08	0.00	0.00	0.00	594.17	31.33	5.40	12.96	6.48
001544 - Baked Beans (Commodity)	1/2 cup	50	127	1.01	0.00	*0.00*	0.00	186.22	24.22	5.13	8.44	7.17
001607 - Baked Beans Southwest Chi	1/2 cup	26	151	1.08	0.00	0.00	0.00	594.17	31.33	5.40	12.96	6.48
000023 - Banana Pepper	1 oz	134	6	0.00	0.00	0.00	0.00	308.71	1.10	1.10	0.00	0.00
000068 - Bananas	EACH	1	105	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	1.29
001024 - Bananas, Cinnamon	1 banana	10	91	0.34	0.11	0.00	0.00	1.04	23.28	2.76	12.36	1.11
000987 - BBQ Baked Beans (Bush's)	1/2 cup	26	168	1.08	0.00	0.00	0.00	662.53	35.57	5.40	16.74	6.48
001545 - BBQ Baked Beans (Commod)	1/2 cup	50	131	1.01	0.00	*0.00*	0.00	179.08	25.10	5.13	9.34	7.17
000024 - BBQ Sauce Cups	1 ea	100	57	0.00	0.00	0.00	0.00	22.68	12.96	0.00	12.15	0.00
000026 - BBQ Sauce, gallon	2 oz	75	116	0.00	0.00	0.00	0.00	478.76	29.72	0.00	26.41	0.00
000027 - BBQ Sauce, PC	1 pkt	200	16	0.00	0.00	0.00	0.00	91.57	4.31	0.00	2.15	0.00
000663 - Bean Soft Taco	2 ea	1	250	7.40	2.52	0.00	7.59	348.99	35.84	4.74	2.19	10.26
000028 - Beef Gravy	2 oz	64	21	0.00	0.00	0.00	0.00	150.61	3.19	0.00	1.06	0.00
000263 - Beef Patty, Hamburger	1 ea	1	166	12.00	4.80	0.80	49.00	256.00	1.00	1.00	0.00	12.00
001174 - Beef Spaghetti Sauce	5.6 oz by weigh	85	168	7.06	2.82	0.00	55.46	292.44	9.08	2.02	7.06	15.13
001529 - Beef Stick	each	1	30	1.00	0.00	0.00	10.00	190.00	1.00	0.00	1.00	4.00
001006 - Biscuit, Dough 2.25oz	1 ea	1	192	7.02	3.83	0.00	2.55	575.35	27.43	0.64	2.55	4.47
001190 - Black Beans	1/2 cup	26	124	0.00	0.00	0.00	0.00	382.70	16.68	5.03	1.30	6.04
001159 - BLUEBERRIES	1/2 cup	225	26	0.00	0.00	0.00	0.00	0.00	6.30	1.55	*N/A*	0.42
001601 - Blushing Pears	1/2 cup	24	87	0.00	0.00	0.00	0.00	26.91	22.71	2.31	*13.86*	0.25
001224 - Bread, WG	1 slice	1	70	1.00	0.00	0.00	0.00	75.00	12.00	1.00	1.00	3.00
000892 - Breaded Mozzarella Sticks	6 ea	1	330	13.22	4.41	0.00	22.03	616.93	35.25	4.41	2.20	22.03
000036 - Breadstick	1 ea	170	59	0.49	0.00	0.00	0.00	68.69	12.76	0.98	0.00	1.96
000905 - Breadstick, Bosco 6" 9-12	2 ea	1	300	10.00	5.00	0.00	30.00	440.00	34.00	4.00	*N/A*	20.00
001009 - Breakfast Bars, Chocolate B	1 ea	1	280	8.00	3.00	0.00	15.00	220.00	48.00	3.00	23.00	5.00
000736 - Breakfast Bars, Chocolate C	1 bar	1	290	9.00	3.00	0.00	20.00	240.00	47.00	3.00	22.00	5.00
000642 - Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	24	11	0.12	0.03	0.00	0.00	11.91	2.19	0.87	0.68	0.90
001310 - Broccoli and Cheese Sauce	1/2 cup	48	59	2.10	1.35	0.00	6.67	144.82	6.69	2.87	*N/A*	4.71
000689 - Broccoli Salad	1/2 cup	50	238	14.48	1.97	*0.00*	6.50	124.12	27.52	1.78	*20.73*	1.69
000037 - Broccoli, Steamed	1/2 cup	24	41	1.03	0.61	0.00	2.53	22.59	6.25	2.87	*0.00*	2.93
000256 - Broccoli,raw: fresh 1/2 C	1/2 cup	42	11	0.12	0.01	0.00	0.00	10.69	2.15	0.84	0.55	0.91

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Recipe	Portion Size	# of Portions	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber(g)	Sugars (g)	Protein (g)
000045 - Bun, Hamburger 4" WG	1 ea	1	150	2.00	0.00	0.00	0.00	210.00	27.00	2.00	4.00	6.00
000046 - Bun, Hot Dog WG	1 ea	1	150	2.00	0.50	0.00	0.00	240.00	26.00	2.00	4.00	5.00
000048 - Bun, Sub Roll WG	1 ea	1	150	2.00	0.50	0.00	0.00	250.00	27.00	2.00	4.00	5.00
000869 - Butter, Whipped Cup	1 ea	1	33	3.67	2.33	0.00	10.00	30.00	0.00	0.00	0.00	0.00
001496 - Cali Blend and Cheese Sauc	1/2 cup	48	64	2.00	1.33	0.00	6.67	153.72	6.88	2.10	*2.10*	2.83
000407 - California Blend Veg 1/2C	1/2 cup	50	52	1.78	1.13	0.00	4.86	30.24	6.17	2.02	*2.02*	1.01
001272 - Cantaloupe	1/2 cup	1	27	0.15	0.04	0.00	0.00	12.80	6.53	0.72	6.29	0.67
001267 - Carrot and Celery Sticks	6 sticks	1	11	0.07	0.01	0.00	0.00	24.09	2.37	0.78	1.16	0.28
001566 - Carrots, Baked	1/2 cup	50	71	3.75	2.35	*0.00*	9.72	336.17	9.13	2.16	6.48	0.48
000943 - Carrots, Roasted 1/2 cup	1/2 cup	100	62	2.34	0.34	0.00	0.00	70.76	9.74	2.63	4.32	0.58
000859 - Carrots, Steamed	1/2 cup	100	51	1.01	0.59	0.00	2.43	70.76	9.74	2.63	4.32	0.58
000062 - Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	55	12	0.14	0.06	0.00	0.00	14.84	2.46	0.99	0.95	0.95
001580 - Cauliflower, Raw 1/4cup	1/4 cup/0.85oz	110	6	0.07	0.03	0.00	0.00	7.42	1.23	0.49	0.47	0.48
000065 - Celery Sticks	6 sticks	35	10	0.11	0.03	0.00	0.00	51.84	1.92	1.04	0.87	0.45
000067 - Cereal Bar, Cinnamon Toast	1 ea	1	150	3.50	0.00	0.00	0.00	115.00	30.00	3.00	9.00	2.00
000070 - Cereal Bar, Fruity Cheerios	1 ea	1	150	3.50	0.50	0.00	0.00	95.00	29.00	3.00	9.00	3.00
001533 - Cereal, Cinnamon Toasters	Bowl	1	239	6.96	0.50	0.00	0.00	268.57	43.77	2.98	18.90	2.98
001534 - Cereal, Frosted Flakes	Bowl	1	220	0.00	0.00	0.00	0.00	270.00	51.00	1.00	21.00	3.00
001470 - Cereal, Frosted Mini Wheat	Bowl	1	210	1.00	1.00	0.00	0.00	210.00	47.00	20.00	11.00	5.00
001535 - Cereal, Honey Graham Toast	Bowl	1	230	6.00	0.50	0.00	0.00	490.00	43.00	3.00	19.00	3.00
001536 - Cereal, Honey Scooters	Bowl	1	220	2.50	0.00	0.00	0.00	390.00	46.00	4.00	17.00	5.00
001537 - Cereal, Marshmallow Mateys	Bowl	2	105	1.00	0.00	0.00	0.00	190.00	23.50	1.50	11.50	2.00
000519 - Cheese and Lettuce Cups	1.25 oz	100	57	4.41	2.92	0.00	14.58	84.89	1.16	0.76	0.45	3.61
000115 - Cheese, American, Sliced, Fr	1 slice	160	40	3.04	1.77	0.00	7.59	141.75	1.01	0.00	0.51	3.54
001007 - Cheese, Cheddar Shredded	1 oz	1	111	10.12	6.08	0.00	30.37	192.37	1.01	0.00	0.00	7.09
000117 - Cheese, Co-Jack, Portions, F	1 ea	1	109	8.89	4.94	0.00	29.63	167.90	0.00	0.00	0.00	6.91
000773 - Cheese, Mozzarella, LMPS,	1 oz	16	81	5.06	3.04	0.00	15.19	182.25	1.01	0.00	0.00	7.09
000118 - Cheese, Pamesan pkt	1 pkt	1	13	0.88	0.00	0.00	4.38	56.88	0.00	0.00	0.00	0.88
000771 - Cheese, Pepper Jack Slices	1 slice	1	75	6.00	3.75	0.00	18.75	172.50	0.75	0.00	0.00	4.50
000119 - Cheese, Queso (nacho)	4 oz	120	236	18.00	10.60	0.00	60.00	866.00	4.00	0.00	0.00	14.00
000994 - Cheese, Shredded Blend	1oz	160	96	7.09	4.56	0.00	22.78	177.18	1.01	0.51	0.00	7.09
000401 - Cheese, String Mozzarella	1 ea	1	80	6.00	3.50	0.00	15.00	200.00	0.00	0.00	0.00	6.00
001445 - Cheese, White American, Sli	1 slice	160	1	0.06	0.03	0.00	0.16	2.50	0.01	0.00	*N/A*	0.03
000995 - Cheese,RS Cheddar Cheese	3 oz	1	130	10.00	6.00	0.00	0.00	550.00	8.00	0.00	0.00	7.00
000266 - Cheeseburger	1 ea	1	356	17.00	6.55	0.80	56.50	606.00	29.00	3.00	4.50	21.50
001296 - Cheesy Mashed Potatoes	1/2 cup	78	119	4.78	2.49	0.00	12.46	428.94	15.05	1.46	0.00	5.00
000890 - Chef Salad	1 ea	1	295	12.46	5.39	0.01	115.78	353.19	30.48	5.16	4.04	15.53
001487 - Chef Salad w/Ham	1 ea	1	331	14.12	5.89	0.01	134.05	512.66	30.81	5.16	4.04	20.18
000848 - Cherry Tomatoes 1/2 cup	1/2 cup=6ea	1	18	0.20	0.03	0.00	0.00	5.10	3.97	1.22	2.68	0.90
001083 - Chicken Fried	1 piece	1	260	17.00	4.00	0.00	60.00	570.00	10.00	1.00	0.00	16.00
000120 - Chicken Gravy	2 oz	64	21	0.53	0.00	0.00	0.00	150.61	3.19	0.00	1.06	0.00
000125 - Chicken Nuggets	5 ea	1	184	8.00	2.00	0.00	33.00	380.00	13.00	2.00	0.00	15.00
000126 - Chicken Poppers	14 ea	1	173	8.40	1.40	0.00	32.00	349.00	9.60	1.00	0.00	14.70
000619 - Chicken Salad	1/2 CUP	16	330	22.24	4.12	0.00	106.86	643.14	2.58	0.14	0.42	29.48
000945 - Chicken Sand Spicy	1 ea	50	361	12.05	2.01	0.00	35.19	411.08	41.08	4.01	5.01	21.08
000587 - Chicken Sandwich Breaded	1 ea	50	334	10.00	2.00	0.00	33.00	588.00	40.00	4.00	4.00	21.00
001489 - Chicken Sandwich Dill	ea	1	340	6.50	1.00	0.00	75.00	630.00	40.00	3.00	6.00	31.00

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000127 - Chicken Tenders	3 ea	1	211	11.00	2.00	0.00	36.00	424.00	13.00	2.00	0.00	15.00
001524 - Chicken, Chris P Chicken Sa	each	20	366	10.00	1.00	0.00	45.00	786.00	43.00	4.00	5.00	26.00
001592 - Chicken, Lings Teriyaki	2.8 oz by weigh	40	130	3.50	1.00	0.00	70.00	480.00	10.00	0.00	9.00	16.00
001488 - Chicken, Patty Dill	patty	1	190	4.50	1.00	0.00	75.00	420.00	13.00	1.00	2.00	25.00
000760 - Chicken, Patty, breaded	ea	1	184	8.00	2.00	0.00	33.00	378.00	13.00	2.00	0.00	15.00
001523 - Chicken, Premium Spicy San	each	20	350	12.00	2.00	0.00	45.00	540.00	36.00	3.00	5.00	25.00
001616 - Chicken, Wings bone-in	5 ea	53	354	19.74	4.56	0.00	118.13	1082.41	23.65	0.00	17.27	18.00
000152 - Chip, Baked Potato 0.875oz	1 ea (31.5g)	1	110	3.00	0.00	0.00	0.00	150.00	19.00	1.00	2.00	2.00
000131 - Chip, Baked Potato Chips, B	1 ea (31.5g)	1	110	3.00	0.00	0.00	0.00	140.00	19.00	1.00	2.00	2.00
001250 - Chip, Baked Sour Cream and	0.8 oz bag	1	101	2.74	0.00	0.00	0.00	137.14	17.37	0.91	1.83	1.83
001115 - Chip, Cheetos RF 0.7 oz	package	1	90	3.50	0.50	0.00	0.00	140.00	13.00	1.00	1.00	2.00
000136 - Chip, Cheetos, Flamin' Hot	1 ea (56g)	1	120	4.50	0.50	0.00	0.00	200.00	16.00	1.00	1.00	2.00
001452 - Chip, Cheez-It WG	bag	1	101	3.54	1.01	0.00	5.06	151.87	14.17	1.01	0.00	2.03
000141 - Chip, Chex Cheddar	1 ea (49gz)	1	110	2.51	0.50	0.00	0.00	125.39	20.06	2.01	4.01	2.01
001443 - Chip, Corn Chip Taco in a Ba	bag	1	200	8.00	1.00	0.00	0.00	170.00	30.00	3.00	0.00	3.00
000144 - Chip, Dorito, Cool Ranch RF	1 ea (28g)	1	130	5.00	0.50	0.00	0.00	150.00	20.00	2.00	0.00	2.00
001156 - CHIP, DORITOS RF Cheese	Package	1	130	5.00	1.00	0.00	0.00	200.00	20.00	2.00	1.00	2.00
001444 - Chip, Nacho Taco in a Bag	bag	1	200	9.00	1.50	0.00	0.00	300.00	28.00	3.00	1.00	3.00
000151 - Chip, Popcorn, White Chedd	1 ea (28g)	1	70	2.50	0.00	0.00	0.00	100.00	9.00	2.00	2.00	2.00
000148 - Chip, Quaker Munch Mix, 10	1 ea (24.4g)	1	110	3.50	0.00	0.00	0.00	180.00	17.00	2.00	2.00	2.00
001556 - Chip, Tortilla Chip 1.5 oz	BAG	1	200	8.00	1.00	0.00	0.00	170.00	30.00	3.00	0.00	3.00
000168 - Chip, Tostito Scoops	1 ea	1	110	2.50	0.00	0.00	0.00	125.00	19.00	2.00	0.00	2.00
001104 - Chuckwagon Corn	1/2 cup	55	78	1.62	1.03	0.00	4.42	0.00	13.64	1.94	*1.94*	1.94
000819 - Cinnamon Applesauce	4 oz	24	92	0.01	0.00	0.00	0.00	10.06	22.50	2.34	18.00	0.03
000998 - Cinnamon Roll	1 roll	1	587	21.36	11.08	0.00	0.00	785.47	89.48	3.24	*12.98*	9.73
001382 - CLEMENTINES,RAW	ea	1	35	0.11	*N/A*	0.00	*N/A*	0.74	8.89	1.26	6.79	0.63
000173 - Cocktail Sauce	2 oz	57	66	0.00	0.00	0.00	0.00	557.15	17.00	0.94	11.33	0.94
001626 - Coke Zero	ea	1	0	0.00	0.00	0.00	0.00	70.00	0.00	0.00	0.00	0.00
001368 - Coney Dog	1 ea	80	388	23.32	10.44	*0.49*	49.57	671.93	28.55	2.72	*9.89*	14.63
000174 - Coney Sauce	2 oz	55	56	1.40	0.46	0.00	0.00	325.58	7.44	1.86	0.00	2.79
001528 - Cookie, Choc Frosted	ea	1	172	6.07	1.52	0.00	5.06	78.87	27.30	1.01	15.17	2.02
001610 - Cookie, Cookie Tree Candy	ea	1	4	0.12	0.04	0.00	0.00	3.12	0.68	0.03	0.33	0.05
001611 - Cookie, Cookie Tree CC	ea	1	140	4.00	1.50	0.00	0.00	100.00	26.00	2.00	12.00	2.00
001609 - Cookie, Cookie Tree DFC	ea	1	140	4.50	1.00	0.00	0.00	115.00	24.00	2.00	12.00	2.00
001311 - Cookie, Sugar Frosted	Each	1	172	6.70	1.80	0.00	6.50	78.00	27.00	1.00	15.00	1.70
000182 - Corn Dog	1 ea	48	281	13.05	3.51	0.00	40.14	662.32	31.11	2.01	9.03	9.03
000183 - Corn Dog Nuggets	6 ea	40	273	12.15	3.54	0.00	40.50	415.12	30.37	5.06	5.06	10.13
001608 - Corn, Fiesta Lime	1/2 cup	55	87	2.26	1.13	0.00	4.42	36.84	17.08	1.73	2.06	2.49
001606 - Corn, Jalapeno	1/2 cup	55	87	2.26	1.13	0.00	4.42	2.47	18.37	1.73	2.06	2.49
000184 - Corn, Steamed 1/2 C	1/2 cup	55	92	2.26	1.13	0.00	4.42	2.47	18.11	1.73	*2.06*	2.49
000186 - Country Baked Steak	1 ea	1	300	18.00	6.00	0.00	65.00	530.00	16.00	2.00	0.00	16.00
000187 - Country Gravy	2 oz	64	33	1.11	1.11	0.00	0.00	245.41	5.54	0.00	0.00	0.00
000189 - Cracker, Elf, Chocolate	1 ea	1	121	4.05	1.01	0.00	0.00	126.56	20.25	2.03	7.09	2.03
000193 - Cracker, Goldfish, Graham C	1 ea	1	120	4.00	1.00	0.00	0.00	140.00	19.00	1.00	7.00	1.00
000194 - Cracker, Graham	1 pkg	1	60	2.00	0.00	0.00	0.00	65.00	10.00	1.00	3.00	1.00
000866 - Cracker, Saltine	1 pkg	1	25	0.50	0.00	0.00	0.00	90.00	5.00	0.00	0.00	1.00
001167 - Craisins	1 packet	1	110	0.00	0.00	0.00	0.00	0.00	28.00	3.00	24.00	0.00

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000198 - Cream Cheese 100/.75 oz	1 ea	1	50	5.00	3.00	0.00	15.00	80.00	2.00	0.00	1.00	1.00
000199 - Creamer, Coffee Pkts	1 pkt	1	10	0.50	0.00	0.00	0.00	0.00	2.00	0.00	0.00	0.00
000202 - Crystal Light, Fruit Punch	1 pkt	1	5	0.00	0.00	0.00	0.00	10.00	0.00	0.00	0.00	0.00
000203 - Crystal Light, Lemonade	1 pkt	1	5	0.00	0.00	0.00	0.00	35.00	0.00	0.00	0.00	0.00
000205 - Crystal Light, Raspberry Lem	1 pkt	1	5	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
001220 - Cucumber Slices	1/2 Cup	1	11	0.08	0.03	0.00	0.00	1.47	2.68	0.37	1.23	0.48
000745 - Danimals Crush Cup, Strawb	1 ea	1	70	0.00	0.00	0.00	5.00	60.00	14.00	0.00	10.00	4.00
001457 - Dasani Flavors Lemon	bottle	1	5	0.00	0.00	0.00	0.00	70.00	0.00	0.00	0.00	0.00
001458 - Dasani Flavors Strawberry	bottle	1	0	0.00	0.00	0.00	0.00	70.00	0.00	0.00	0.00	0.00
001630 - Dasani Sparkling All Flavors	ea	1	0	0.00	0.00	0.00	0.00	35.00	0.00	0.00	0.00	0.00
001455 - Dasani Water	bottle	1	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
001367 - Donut w/Glaze	ea	1	372	16.00	7.00	0.00	0.00	300.00	52.68	3.00	29.68	5.00
000901 - Dressing, Asst 1.5 oz	1 pkg	85	127	8.56	1.17	0.00	5.93	417.77	4.48	0.00	2.50	0.47
000856 - Dressing, Asst 12g	1 pkg	3	35	3.21	0.38	0.00	1.43	109.05	1.29	0.00	1.29	0.00
001563 - DRESSING, BALSAMIC OLI	PKG	1	99	8.90	0.99	0.00	0.00	365.91	3.96	0.00	2.97	0.00
001354 - Dressing, Blue Cheese	ounce	1	156	15.64	3.42	0.00	0.00	312.82	12.71	0.00	0.98	0.98
000857 - Dressing, French 12g	1 pkt	1	50	4.50	0.50	0.00	0.00	105.00	2.00	0.00	2.00	0.00
000215 - Dressing, French Honey 1.5	1 pkt	1	190	15.00	2.50	0.00	0.00	290.00	13.00	0.00	12.00	0.00
000216 - Dressing, Italian FF 12g	1 pkt	1	5	0.00	0.00	0.00	0.00	115.00	1.00	0.00	1.00	0.00
000235 - Dressing, Italian Golden1.5 o	1 pkt	1	129	1.98	0.00	0.00	0.00	385.69	3.96	0.00	0.99	0.00
000218 - Dressing, Italian Light 1.5oz	1 pkt	1	15	1.00	0.00	0.00	0.00	720.00	2.00	0.00	2.00	0.00
000237 - Dressing, Ranch 1.5 oz	1 pkt	1	168	16.81	2.47	0.00	14.83	365.91	3.96	0.00	1.98	0.99
000781 - Dressing, Ranch 12g	1 pkt	1	51	5.14	0.64	0.00	4.29	107.14	0.86	0.00	0.86	0.00
000239 - Dressing, Ranch FF 1.5 oz	1 pkt	1	35	0.00	0.00	0.00	0.00	435.13	5.93	0.00	3.96	0.99
001562 - Dressing, Raspbery Vinaigre	PKG	1	46	0.00	0.00	0.00	0.00	110.93	12.02	0.00	10.17	0.00
001597 - Dressing, Sriracha Ranch	2 oz	9	117	7.09	0.79	0.00	15.75	626.84	12.28	0.00	2.83	1.26
001561 - Eagle Greens Salad	1 cup	35	14	0.01	0.00	0.00	0.00	8.59	2.91	1.44	*0.18*	0.11
001617 - Egg Roll	ea	1	180	7.00	2.00	0.00	20.00	490.00	22.00	2.00	3.00	7.00
000621 - Egg Salad	1/3 CUP	15	194	17.59	3.50	0.02	228.60	332.06	0.52	0.04	0.22	7.55
000664 - Egg Salad Sandwich on Whe	1 EA	1	334	19.59	3.50	0.02	228.60	482.06	24.52	2.04	2.22	13.55
000370 - Egg, Hard Boiled	1 EACH	12	72	4.76	1.56	0.02	186.00	71.00	0.36	0.00	0.19	6.28
001374 - Emergency Meal	ea	1	590	21.00	4.00	0.00	0.00	435.00	93.00	8.00	58.00	11.00
001614 - Emoticons, Potatoes	4 ea	26	115	4.10	0.82	0.00	0.00	77.99	18.88	1.64	0.00	1.64
000767 - Fish Sticks	4 ea	80	210	8.00	1.50	0.00	35.00	330.00	22.00	2.00	1.00	12.00
001593 - Fish Tacos	4 stick/2 taco	80	412	13.19	2.55	0.00	50.23	3132.24	51.03	4.00	3.02	21.02
000269 - Flour Tortilla, 6"	2 ea	1	180	5.00	2.00	0.00	0.00	220.00	30.00	2.00	2.00	4.00
000275 - Flour Tortilla, WG 10"	1 ea	1	180	5.00	2.00	0.00	0.00	210.00	29.00	3.00	*2.00*	5.00
000276 - Flour Tortilla, WW 12"	1 ea	1	270	8.00	3.50	0.00	0.00	530.00	45.00	6.00	1.00	8.00
001393 - Foothill Farms Chili Cheese	gram	1	5	0.00	0.00	0.00	0.00	40.00	1.00	0.00	0.00	0.00
001392 - Foothill Farms Fiesta Lime	gram	1	0	0.00	0.00	0.00	0.00	20.00	0.00	0.00	0.00	0.00
001394 - Foothill Farms Nacho Chees	gram	1	5	0.00	0.00	0.00	0.00	35.00	1.00	0.00	0.00	0.00
001391 - Foothill Farms Ranch	gram	1	0	0.00	0.00	0.00	0.00	0.00	1.00	0.00	0.00	0.00
001008 - French Toast Sticks, WG	3 sticks	1	260	8.00	1.00	0.00	10.00	290.00	42.00	2.00	14.00	6.00
000595 - Fresh Fruit	1 ea	3	87	0.29	0.07	0.00	0.00	1.00	22.49	3.53	15.20	1.00
001178 - Frozen Fruit Juice Cup, Berry	1 cup	1	70	0.00	0.00	0.00	0.00	5.00	19.00	3.00	16.00	0.00
001179 - Frozen Fruit Juice Cup, Cher	1 cup	1	70	0.00	0.00	0.00	0.00	5.00	19.00	3.00	16.00	0.00
001180 - Frozen Fruit Juice Cup, Wate	1 cup	1	90	0.00	0.00	0.00	0.00	10.00	25.00	3.00	21.00	0.00

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001279 - Frozen Yogurt, Chocolate	1/2 cup	64	129	0.64	0.00	0.00	6.44	90.20	28.35	1.29	21.91	3.87
001280 - Frozen Yogurt, Country Vanill	1/2 Cup	20	109	0.00	0.00	0.00	5.46	76.51	24.05	0.00	19.67	2.19
001196 - Frudel, Apple	1 ea	1	210	6.00	1.00	0.00	0.00	260.00	36.00	2.00	11.00	5.00
001195 - Frudel, Cherry	1 ea	1	210	6.00	1.00	0.00	0.00	260.00	37.00	2.00	11.00	5.00
001429 - Fruit and Yogurt Parfait - Ele	Parfait cup	1	359	9.74	4.80	0.00	22.50	302.93	54.61	2.19	*33.64*	13.25
001246 - Fruit and Yogurt Parfait FC O	Parfait cup	1	481	6.25	2.02	0.00	15.00	180.39	95.23	4.42	63.05	12.16
001326 - Fruit and Yogurt Parfait MS	Parfait cup	1	391	5.23	2.30	0.00	15.00	167.21	75.36	2.49	*48.93*	11.24
000279 - Fruit Cocktail	1/2 cup	24	60	0.00	0.00	0.00	0.00	5.03	15.09	1.01	12.07	0.00
000280 - Fruit Roll Ups, Crazy colors	1 ea	1	50	1.00	0.50	0.00	0.00	55.00	11.00	2.00	4.00	0.00
000835 - Fruit Soaking Liquid	N/A	100	7	0.01	0.00	0.00	0.00	2.54	1.83	0.11	1.35	0.08
001219 - Garden Fresh Vegetables 1/2	1/2 c	1	22	0.17	0.04	0.00	0.00	27.74	4.82	1.53	2.36	1.05
000677 - Garden Fresh Vegetables bul	1/2 c	100	14	0.12	0.03	0.00	0.00	21.05	2.88	0.98	1.32	0.69
001052 - General Tso Chicken	1 bowl	1	414	11.94	1.70	0.00	34.29	791.68	60.26	2.10	26.61	17.81
000961 - General Tso's Sauce	1 oz	80	66	1.01	0.10	0.00	0.00	209.58	15.19	0.00	13.16	0.00
000300 - Gordita, Loco Bread	1 ea	1	137	2.73	0.00	0.00	0.00	123.02	23.69	2.73	0.91	3.65
001245 - Granola, Cinnamon	1/4 Cup	1	89	1.49	0.20	0.00	0.00	24.81	16.87	0.99	5.95	1.98
001134 - GRAPEFRUIT,RAW,PINK&	1/2 Each	2	20	0.06	0.01	0.00	0.00	0.00	5.17	0.70	4.47	0.40
000422 - GRAPES,Fresh	CUP	1	58	0.00	0.00	0.00	0.00	1.67	15.02	0.56	*N/A*	0.56
000304 - Green Beans 1/2 C	1/2 cup	72	37	1.24	0.79	0.00	3.37	302.14	5.19	2.11	*2.19*	0.02
001604 - Green Beans Garlic and Her	1/2 cup	72	33	1.24	0.79	0.00	3.37	302.14	4.40	2.11	2.19	0.02
001547 - Green Beans w/Ham	1/2 cup	43	67	2.23	1.37	0.00	7.35	520.84	9.10	3.57	*3.84*	0.52
000573 - Grilled Cheese Sandwich	1 ea	1	300	14.00	7.00	0.00	30.00	710.00	28.00	2.00	4.00	20.00
000740 - Grilled Ham and Cheese	1 sandwich	1	293	11.33	4.50	0.00	55.00	750.00	26.67	2.00	3.00	22.33
001213 - Ham and Cheese on Wheat	1 ea	1	255	9.07	3.78	0.00	44.12	762.00	29.07	2.00	4.53	19.67
001328 - Ham and Cheese Sub	1 ea	1	300	10.00	3.75	0.00	67.50	870.00	29.00	2.00	4.50	22.50
001550 - Ham and Cheese Sub gover	1 ea	1	267	9.17	4.33	0.00	45.02	873.61	32.17	2.00	6.58	18.92
001226 - Ham and Turkey Slices	6 slices	1	101	3.13	1.00	0.00	50.27	468.08	0.50	0.00	0.00	16.12
001430 - Ham and Turkey Sub	ea	1	291	8.13	3.25	0.00	57.77	858.08	28.50	2.00	4.50	24.62
001446 - Ham, Diced	1.5 oz	1	55	2.49	0.75	0.00	27.41	239.20	0.50	0.00	0.00	6.98
000652 - Hamburger w/bun	1 ea	1	316	14.00	4.80	0.80	49.00	466.00	28.00	3.00	4.00	18.00
000632 - Home Fries	3.2 OZ	25	117	4.27	0.53	0.00	0.00	469.60	21.35	1.07	1.07	2.13
000305 - Honey	1 ea	1	43	0.00	0.00	*N/A*	0.00	0.56	11.54	0.03	11.50	0.04
000306 - Honey Mustard Dipping Cup	1 ea	1	70	6.00	1.00	0.00	10.00	220.00	5.00	0.00	2.00	0.00
000309 - Hot Dog on Bun	1 ea	80	327	18.70	7.38	0.49	34.39	574.03	26.98	2.00	9.89	10.89
000308 - Hot Dog, 8:1	1 ea	80	177	16.70	6.88	0.49	34.39	334.03	0.98	0.00	5.89	5.89
000792 - Hot Italian Sub	1 sub	1	370	15.01	6.88	*0.00*	88.81	1405.24	32.21	2.62	*5.83*	27.08
000971 - Hot Sauce Pkt	1 pkt	1	2	0.00	0.00	0.00	0.00	120.00	0.23	0.10	0.08	5.00
001184 - Hunan Style Orange Sauce	2 oz	40	62	0.00	0.00	0.00	0.00	228.00	16.00	0.00	6.00	0.00
001264 - Ice Cream, Chocolate Scoote	1 ea	1	170	6.00	1.50	0.00	5.00	85.00	26.00	0.00	13.00	2.00
001255 - Ice Cream, Cookies and Cre	1 ea	1	120	1.50	1.00	0.00	5.00	100.00	25.00	1.00	14.00	2.00
001270 - Ice Cream, Crazy Cone	1 ea	1	120	2.00	1.00	0.00	5.00	85.00	25.00	0.00	10.00	2.00
001256 - Ice Cream, Cup Birthday Cak	1 ea	1	80	0.00	0.00	0.00	5.00	95.00	17.00	0.00	16.00	4.00
001463 - Ice Cream, Cup Cotton Cand	cup	1	70	1.00	0.50	0.00	0.00	60.00	14.00	0.00	10.00	2.00
001259 - Ice Cream, Cup Lemon Sher	1 ea	1	100	1.00	0.50	0.00	5.00	40.00	23.00	0.00	22.00	1.00
001260 - Ice Cream, Cup Orange Sher	1 ea	1	100	1.00	0.50	0.00	5.00	40.00	23.00	0.00	22.00	1.00
001257 - Ice Cream, Cup Raspberry Fr	1 ea	1	110	0.00	0.00	0.00	5.00	80.00	23.00	0.00	20.00	4.00
001258 - Ice Cream, Cup Vanilla FroY	1 ea	1	80	0.00	0.00	0.00	5.00	80.00	16.00	0.00	15.00	4.00

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001539 - Ice Cream, Fudge-O Bar	each	1	80	0.00	0.00	0.00	0.00	80.00	16.00	0.00	15.00	3.00
001462 - Ice Cream, Mint Sandwich	ea	1	180	3.50	1.50	0.00	10.00	150.00	33.00	1.00	20.00	4.00
001266 - Ice Cream, Orange Blossom	1 ea	1	70	1.00	0.50	0.00	5.00	50.00	14.00	0.00	13.00	1.00
001261 - Ice Cream, Polar Blast Fruit	1 ea	1	70	0.00	0.00	0.00	0.00	5.00	16.00	0.00	12.00	0.00
001542 - Ice Cream, Raspberry Sherb	ea	1	120	1.00	0.50	0.00	4.00	40.00	27.00	0.00	25.00	1.00
001540 - Ice Cream, Salted Caramel B	each	1	240	12.00	6.00	0.00	15.00	220.00	30.00	0.00	20.00	3.00
001541 - Ice Cream, Sandwich Cookie	each	1	150	2.50	1.50	0.00	5.00	150.00	29.00	1.00	13.00	3.00
001262 - Ice Cream, Sandwich Mighty	1 ea	1	120	2.50	1.00	0.00	5.00	70.00	12.00	0.00	10.00	2.00
001265 - Ice Cream, Strawberry Scoot	1 ea	1	1600	6.00	1.50	0.00	0.00	75.00	25.00	0.00	13.00	2.00
001460 - Ice Cream, Tropi-Kool Mango	ea	1	100	0.00	0.00	0.00	0.00	65.00	36.00	2.00	19.00	0.00
001461 - Ice Cream, Tropi-Kool Straw	ea	1	100	0.00	0.00	0.00	0.00	30.00	43.00	1.00	28.00	1.00
001459 - Ice Cream, Twist Cone	ea	1	150	2.00	1.50	0.00	5.00	95.00	30.00	1.00	2.00	3.00
001254 - Ice Cream, Twister Cup Cott	1 ea	1	80	0.00	0.00	0.00	5.00	95.00	15.00	0.00	15.00	4.00
001251 - Ice Cream, Twister Cup FF S	1 ea	1	80	0.00	0.00	0.00	0.00	10.00	19.00	0.00	14.00	0.00
001252 - Ice Cream, Twister Cup Sour	1 ea	1	80	0.00	0.00	0.00	0.00	10.00	19.00	0.00	14.00	0.00
001543 - Ice Cream, Vanilla Cup	ea	1	70	1.00	0.50	0.00	4.00	60.00	14.00	0.00	10.00	2.00
001263 - Ice Cream, Vanilla Sandwich	1 ea	1	180	3.50	1.50	0.00	10.00	150.00	33.00	1.00	20.00	4.00
001478 - Icing for Cinnamon Rolls	1 oz	12	118	0.04	0.02	*0.00*	0.16	2.63	30.13	0.00	29.53	0.12
000352 - Jalepeno Pepper Slices	1 OZ	1	0	0.00	0.00	0.00	0.00	493.55	0.97	0.00	0.97	0.00
000359 - Jelly, Grape, Bulk	2 TBSP	1	104	0.00	0.00	0.00	0.00	0.00	25.07	0.00	22.98	0.00
000360 - Jelly, Packet, Grape	1 EA	1	35	0.00	0.00	0.00	0.00	0.00	9.11	0.00	5.06	0.00
000794 - Jennie-O Turkey Ham	6.36 slices	1	117	5.30	1.59	0.00	63.60	508.80	1.06	0.00	0.00	14.84
000365 - Juice, Apple 10 oz	1 EA	1	140	0.00	0.00	0.00	0.00	25.00	35.00	0.00	*N/A*	0.00
000371 - Juice, Apple Cup	ea	1	60	0.00	0.00	0.00	0.00	15.00	14.00	0.00	13.00	1.00
000640 - Juice, Assorted 4oz	1 EA	2	55	0.00	0.00	0.00	0.00	15.00	13.50	0.00	11.50	1.00
001619 - Juice, Blue Razz Cup	1 ea	1	60	0.00	0.00	0.00	0.00	15.00	14.00	0.00	13.00	0.00
001383 - Juice, Grape	cup	1	80	0.00	0.00	0.00	0.00	15.00	18.00	0.00	18.00	1.00
001620 - Juice, Merry Cherry Cup	1 ea	1	60	0.00	0.00	0.00	0.00	15.00	14.00	0.00	13.00	0.00
000373 - Juice, Mixed Berry 10 oz	1 ea	1	150	0.00	0.00	0.00	0.00	25.00	36.00	0.00	*N/A*	0.00
000374 - Juice, Orange 10 oz	1 ea	1	140	0.00	0.00	0.00	0.00	20.00	33.00	0.00	*N/A*	2.00
000376 - Juice, Orange Cup	1 ea	1	50	0.00	0.00	0.00	0.00	15.00	13.00	0.00	10.00	1.00
001622 - Juice, Sour Apple Cup	1 ea	1	60	0.00	0.00	0.00	0.00	15.00	14.00	0.00	13.00	0.00
001376 - Juice, Sunset Sip	ea	1	40	0.00	0.00	0.00	0.00	10.00	10.00	0.00	9.00	0.00
001621 - Juice, Twisted Melon Cup	1 ea	1	60	0.00	0.00	0.00	0.00	15.00	14.00	0.00	13.00	0.00
000381 - Ketchup, Packets	1 ea	1	10	0.00	0.00	0.00	0.00	25.00	2.00	0.00	2.00	0.00
001197 - Kiwi with Oranges	1/2 cup	4	33	0.15	0.01	0.00	0.00	0.52	8.17	1.67	6.04	0.65
001588 - L/O		1	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
001192 - Lasagna Roll Ups	1 ea	46	241	4.02	1.50	0.00	45.00	323.17	36.27	4.05	7.70	17.05
000383 - Lettuce, Shredded	1/2 CUP	72	4	0.04	0.01	0.00	0.00	3.15	0.94	0.38	0.62	0.28
001615 - Mac and Cheese	6 oz	80	295	15.00	8.10	0.00	47.00	759.00	26.00	2.00	3.00	16.00
000388 - Mandarin Oranges	1/2 cup	21	93	0.00	0.00	0.00	0.00	0.00	24.43	1.16	23.27	1.16
001114 - Marinara Sauce Cups	PC	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000001 - Mashed Potatoes	1/2 cup	39	73	1.05	0.00	0.00	0.00	358.33	14.63	1.05	0.00	2.09
001236 - Meat Sauce over Rotini Past	Bowl	1	334	8.40	2.80	0.00	55.00	290.00	45.28	7.58	8.86	22.44
000888 - Meatball Sub	1 EA	56	380	14.99	5.63	0.00	43.68	642.83	37.67	3.86	8.87	21.43
000764 - Meatballs, Pork Reduced So	5 ea	56	163	10.03	3.61	0.00	36.09	241.60	5.01	1.00	1.00	12.03
000897 - Mexican Relish Boat	1 boat	1	25	0.05	0.01	0.00	0.00	140.46	4.98	0.43	2.66	0.32

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000395 - Milk, 1/2 Pint 1% White	1 ea	1	110	2.50	1.50	0.00	10.00	130.00	13.00	0.00	12.00	8.00
000967 - Milk, 1/2 pint FF Strawberry	1 carton	1	110	0.00	0.00	0.00	5.00	125.00	19.00	0.00	18.00	8.00
000396 - Milk, 1/2 Pint Skim Chocolate	1 ea	1	120	0.00	0.00	0.00	5.00	180.00	20.00	0.00	18.00	8.00
000397 - Milk, 1/2 Pint Skim White	1 ea	1	90	0.00	0.00	0.00	5.00	130.00	13.00	0.00	12.00	8.00
000718 - Mini Cinnis	1 ea	1	240	7.00	1.50	0.00	0.00	270.00	39.00	2.00	15.00	5.00
001631 - Minute Maid Light All Flavors	ea	1	13	0.00	0.00	0.00	0.00	200.00	2.50	0.00	0.00	0.00
001240 - Mixed Fruit	1/2 cup	106	72	0.05	0.02	0.00	0.00	1.44	18.03	1.83	*13.34*	0.49
001248 - Mixed Fruit Salad	1/2 Cup	60	59	0.06	0.01	0.00	0.00	2.38	14.10	1.62	*10.71*	0.71
000889 - Mixed Greens Salad	cup	32	13	0.00	0.00	0.00	0.00	6.33	2.53	1.27	0.00	0.00
000400 - Mixed Vegetables 1/2 C	1/2 cup	50	87	2.25	1.22	0.00	4.86	42.64	13.35	3.63	*0.00*	3.02
001586 - Mozzarella Pizza Pocket	ea	1	160	6.00	3.00	0.00	20.00	260.00	17.00	2.00	2.00	10.00
001389 - Mrs. Dash Garlic & Herb	gram	1	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
001395 - Mrs. Dash Jalapeno	gram	1	0	0.00	0.00	0.00	0.00	0.00	1.25	0.00	0.00	0.00
001390 - Mrs. Dash Southwest Chipotl	gram	1	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
000406 - Mustard Packets	1 pkt	1	5	0.00	0.00	0.00	0.00	60.48	0.00	0.00	*N/A*	0.00
000581 - Nachos, Secondary	1 EA	151	284	14.07	6.24	0.00	47.75	707.27	23.52	3.00	1.00	15.56
001361 - Naked Juice, Berry Blast	Bottle	1	164	0.00	0.00	0.00	0.00	13.16	36.19	0.00	32.24	1.32
001362 - Naked Juice, Green Machine	Container	1	178	0.00	0.00	0.00	0.00	16.45	41.45	0.00	34.87	2.63
001363 - Naked Juice, Mighty Mango	container	1	191	0.00	0.00	0.00	0.00	13.16	44.74	0.00	37.50	1.32
001624 - Naked Juice, Straw Banana	Bottle	1	160	0.00	0.00	0.00	0.00	5.00	38.00	0.00	29.00	2.00
000411 - Nutri-Grain, Apple Cinnamon	1 EA	1	130	3.50	0.50	0.00	0.00	125.00	25.00	1.00	13.00	2.00
000410 - Nutri-Grain, Strawberry	1 EA	1	130	3.50	0.50	0.00	0.00	140.00	25.00	1.00	12.00	2.00
000414 - NY Garlic Toast	1 EA	1	100	3.50	1.50	0.00	0.00	180.00	14.00	1.00	1.00	3.00
000417 - Olives, Ripe, Sliced	1 oz	105	45	4.45	0.00	0.00	0.00	222.75	1.78	0.00	0.00	0.00
000418 - Onion, Red	1 OZ	12	15	0.04	0.02	*N/A*	0.00	1.51	3.53	0.64	*N/A*	0.42
000086 - Orange - Whole	EACH	1	45	0.12	0.01	0.00	0.00	0.00	11.28	2.30	8.98	0.90
000440 - Oriental Blend Vegetables	1/2 cup	30	127	5.94	3.78	0.00	16.20	21.35	10.43	2.13	*4.27*	2.13
000441 - Pancake, Maple	1 PKG	1	210	6.00	1.00	0.00	10.00	320.00	35.00	4.00	11.00	4.00
001612 - Pancake,Yogurt, Cheese Stic	1 ea	1	360	12.00	4.50	0.00	30.00	580.00	49.00	4.00	21.00	14.00
000445 - Pasta, Penne	1/2 CUP	160	100	0.50	0.00	0.00	0.00	10.67	21.00	1.00	1.00	3.50
001237 - Pasta, Rotini WG Barilla 1 c	1 cup	40	180	1.50	0.00	0.00	0.00	0.00	39.00	6.00	2.00	8.00
000894 - Pasta, Rotini WG Barilla 1/2	1/2 cup	80	90	0.75	0.00	0.00	0.00	0.00	19.50	3.00	1.00	4.00
000667 - PB&J Sand Make Your Own,	1 EA	10	635	34.89	5.14	0.00	0.00	427.47	65.51	6.11	*31.14*	20.39
000576 - PB&J Sandwich	1 EA	10	635	34.89	5.14	0.00	0.00	427.47	65.51	6.11	31.14	20.39
001564 - Pea Salad	1/2 Cup	6	247	18.84	4.28	*0.00*	22.97	501.67	11.53	3.92	*3.79*	7.99
000447 - Peaches, Diced	1/2 CUP	24	68	0.00	0.00	0.00	0.00	5.70	15.96	1.14	14.82	0.00
001476 - Peaches, Diced, Cups, Froze	ea	96	80	0.00	0.00	0.00	0.00	0.00	19.00	1.00	16.00	1.00
000448 - Peaches, Sliced	1/2 cup	25	66	0.00	0.00	0.00	0.00	5.49	14.27	1.10	12.07	0.00
000450 - Peanut Butter	4 tbsp	36	374	31.50	4.92	0.00	0.00	265.78	15.75	3.94	5.91	13.78
000449 - Peanut Butter and Jelly Grah	1 ea	1	8788	510.29	113.39	0.00	0.00	5953.40	878.84	141.75	37137.84	170.10
000451 - Peanut Butter, PC	1 ea	1	121	10.12	1.52	0.00	0.00	86.06	6.07	1.01	2.03	4.05
000806 - PEAR, BOSC, RAW, WHOL	1/2 ea	220	48	0.10	0.01	0.00	0.00	1.00	12.83	2.55	*N/A*	0.32
000452 - Pears, Diced	1/2 cup	24	69	0.00	0.00	0.00	0.00	5.78	18.48	2.31	13.86	0.00
000453 - Pears, Sliced	1/2 cup	25	67	0.00	0.00	0.00	0.00	5.56	16.68	2.22	12.23	0.00
001316 - Peas and Carrots, Steamed	1/2 cup	50	39	1.78	1.13	0.00	4.86	21.90	4.50	1.35	*1.35*	1.01
000454 - Peas, Steamed 1/2 cup	1/2 cup	50	95	2.16	1.20	0.00	4.86	102.87	14.11	4.29	*4.76*	4.97

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000455 - Pickle Relish, pkt	1 pkt	1	15	0.00	0.00	0.00	0.00	75.00	3.00	0.00	3.00	0.00
000456 - Pickles, Spears and Chips	1/4 cup	9	6	0.15	0.04	0.00	0.00	407.73	1.21	0.50	0.54	0.25
000457 - Pineapple, Chunk	1/2 cup	25	59	0.00	0.00	0.00	0.00	0.00	14.78	0.99	12.81	0.00
000459 - Pineapple, Tidbit	1/2 cup	24	73	0.00	0.00	0.00	0.00	0.00	16.71	1.04	15.66	1.04
001600 - Pizza Green Beans	1/2 Cup	48	51	0.50	0.00	0.00	0.00	372.20	10.18	3.09	6.59	1.00
001432 - Pizza, 4x6 Cheese	Each	16	310	12.00	6.00	0.00	30.00	360.00	30.00	3.00	6.00	22.00
001153 - Pizza, 4x6 Pepperoni	Each	16	350	17.00	7.00	0.00	40.00	580.00	29.00	3.00	6.00	22.00
001129 - Pizza, 5" Cheese	each	1	348	14.89	7.94	0.00	34.75	764.53	32.77	2.98	2.98	19.86
001130 - Pizza, 5" Pepperoni	each	1	350	15.00	8.00	0.00	35.00	770.00	33.00	3.00	3.00	20.00
001039 - Pizza, Calzone	1 ea	1	280	11.00	6.00	0.00	225.00	590.00	32.00	3.00	6.00	19.00
000462 - Pizza, Cheese Quesadilla	1 slice	1	322	12.08	3.02	0.00	10.07	815.53	39.27	4.03	3.02	15.10
001034 - Pizza, Chs Stfd Breadstick	2 sticks	1	300	11.00	6.00	0.00	30.00	480.00	30.00	3.00	5.00	20.00
001191 - Pizza, French Bread	1 ea	1	340	15.00	8.00	0.00	45.00	490.00	36.00	3.00	7.00	18.00
001035 - Pizza, Garlic French Bread	1 ea	1	410	19.23	7.69	0.00	25.64	743.59	38.46	0.00	3.85	23.08
000469 - Pizza, Hawaiian	1 slice	96	352	13.09	6.32	0.00	42.13	465.67	34.35	3.26	9.90	25.32
001508 - Pizza, Hawaiian 5"	1 slice	8	374	15.72	8.19	0.00	43.89	844.27	35.23	3.12	5.13	22.33
001381 - Pizza, Rippers Cheese	Slice	1	341	13.05	4.01	0.00	35.12	602.11	32.11	2.01	2.01	23.08
001379 - Pizza, Rippers Pepperoni	Slice	1	271	10.04	4.01	0.00	30.11	572.01	27.10	4.01	3.01	18.06
001128 - Pizza, SC Cheese ConAgra	each	1	368	13.80	6.90	0.00	40.25	805.00	43.70	3.45	5.75	19.55
001127 - Pizza, SC Pepperoni Tony's	each	1	370	16.00	8.00	0.00	40.00	630.00	40.00	4.00	10.00	17.00
000474 - Pop Tart, WG Brown Sugar	1 ea	1	190	2.99	1.00	0.00	0.00	199.58	37.92	2.99	15.97	2.00
000473 - Pop Tart, WG Strawberry IW	1 ea	1	180	2.49	1.00	0.00	0.00	189.60	37.92	2.99	14.97	2.00
000475 - Pork Tenderloin Patty	1 ea	85	142	7.97	1.99	0.00	51.26	222.13	8.54	1.71	0.57	8.54
000476 - Pork Tenderloin Sandwich	1 ea	40	496	24.77	6.93	0.00	49.50	675.28	44.82	3.98	4.99	20.85
001366 - Pork, Citrus Marinated Chop	4 oz	1	238	12.78	4.79	0.00	84.65	91.04	1.60	0.00	1.60	25.55
001360 - Pork, Citrus Marinated Chop	serving	128	149	7.99	2.99	0.00	52.91	56.90	1.00	0.00	1.00	15.97
000477 - Potato Wedges	1/2 cup (3 oz)	160	140	7.00	1.00	0.00	0.00	400.00	17.00	3.00	0.00	1.00
000478 - Potato, Baked	1 ea	1	90	0.09	0.03	0.00	0.00	5.67	20.49	1.47	0.70	2.43
001325 - Potato, Roasted Red	1/2 cup	20	68	0.57	0.00	0.00	0.00	96.39	14.74	1.13	1.13	2.27
001522 - Potato, Waffle Fry	3.35 oz	21	174	6.14	1.02	0.00	0.00	583.19	28.65	2.05	0.00	2.05
000919 - Potatoes, Au Gratin 0.5 cup	0.5 cup	42	37	2.29	1.35	0.00	5.79	45.04	3.82	0.17	0.52	0.35
001603 - Potatoes, Au Gratin Ranch	0.5 cup	42	37	2.29	1.35	0.00	5.79	45.04	5.32	0.17	0.52	0.35
001482 - Potatoes, Au Gratin with Ha	0.5 cup	44	48	2.79	1.47	0.00	12.17	100.98	3.77	0.17	0.50	2.02
001530 - Powerade, Zero, Fruit Punch	ea	1	0	0.00	0.00	0.00	0.00	250.00	0.00	0.00	0.00	0.00
001531 - Powerade, Zero, Grape	ea	1	0	0.00	0.00	0.00	0.00	250.00	0.00	0.00	0.00	0.00
001532 - Powerade, Zero, Mixed Berry	ea	1	0	0.00	0.00	0.00	0.00	250.00	0.00	0.00	0.00	0.00
001583 - Pre-K Baby Carrots 1/4 cup	1/4 cup	1	13	0.05	0.01	0.00	0.00	28.30	2.99	1.05	1.73	0.23
001584 - Pre-k Broccoli,raw 1/4 C	1/4 cup	42	6	0.06	0.01	0.00	0.00	5.35	1.08	0.42	0.28	0.46
001582 - Pre-k Celery Sticks 1/4 cup	3 sticks	70	5	0.06	0.01	0.00	0.00	25.92	0.96	0.52	0.43	0.22
001579 - Pre-k Cherry Tomatoes 1/4 c	1/4 cup=3ea	1	9	0.10	0.01	0.00	0.00	2.55	1.98	0.61	1.34	0.45
001581 - Pre-k Cucumber Slices 1/4 C	1/4 Cup	1	6	0.04	0.01	0.00	0.00	0.74	1.34	0.18	0.62	0.24
000623 - Premium Salad, Breaded Chi	1 EA	1	355	14.18	5.62	0.00	39.28	528.11	37.19	6.61	3.72	20.55
001185 - Premium Salad, Ham and Tu	1 EA	1	322	12.16	5.25	0.00	52.92	613.15	31.03	5.61	3.72	22.28
000624 - Premium Salad, Spicy Chick	1 EA	1	352	15.16	5.42	0.00	22.78	438.04	35.29	5.47	3.51	19.29
000622 - Premium Salad, Turkey	1 EA	1	309	10.81	4.87	0.00	43.05	567.19	30.69	5.61	3.72	22.18
001323 - Pretzel Rods, WG 1oz	1 each	180	70	0.50	0.00	0.00	0.00	40.04	14.00	1.00	0.00	2.00
001613 - PROTEIN PACK SUNFLOW	PACK	1	287	14.60	4.59	0.00	15.00	374.71	30.26	3.13	0.04	9.26

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000799 - Pudding, Chocolate	ea	1	110	2.00	1.00	0.00	0.00	125.28	22.05	1.00	15.03	1.00
001011 - Pudding, Vanilla	ea	1	110	2.51	1.50	0.00	0.00	130.29	20.05	1.00	14.03	0.00
000490 - Raisins	1 box	1	129	0.20	0.02	0.00	0.00	4.73	34.05	1.59	25.45	1.32
000491 - Refried Beans	1/2 cup	20	70	2.40	1.52	0.00	7.59	98.99	7.84	2.74	0.19	4.26
001578 - Refried Beans, Chili Cheese	1/2 cup	20	82	2.40	1.52	0.00	7.59	199.05	10.30	2.74	0.00	4.26
001605 - Refried Beans, Nacho Chees	1/2 cup	20	83	2.40	1.52	0.00	7.59	195.90	10.61	2.74	0.00	4.26
000860 - Relish Boat	1 svg	1	14	0.14	0.03	0.00	0.00	118.22	3.03	0.97	1.77	0.67
001538 - Relish Boat Elementary	1 svg	1	10	0.13	0.02	0.00	0.00	117.86	2.18	0.81	1.39	0.57
000315 - Rice	1/2 cup	40	87	0.91	0.00	0.00	0.00	41.11	17.58	1.03	0.28	2.06
001598 - Rice 2	1/2 cup	40	86	0.90	0.00	0.00	0.00	41.47	17.35	1.02	0.28	2.03
001147 - Rice Krispies Treat WG	each	1	160	4.00	1.00	0.00	0.00	140.00	30.00	1.00	11.00	2.00
000912 - Roasted Garbanzo Beans	1/2 cup	24	155	4.78	0.59	0.00	0.00	344.80	21.46	5.46	*0.00*	6.10
001218 - Roasted Sweet & Russet 1/2	1/2 Cup	382	98	2.01	0.25	0.00	0.00	257.62	19.43	1.78	6.22	1.39
000496 - Roll, Whole Grain Dinner	1 ea	1	90	1.00	0.00	0.00	0.00	135.00	17.00	2.00	2.00	3.00
000497 - Rotini Pasta with Meat Sauce	7.44 oz	64	317	16.13	6.25	1.01	54.44	610.89	24.19	4.03	8.06	18.15
001234 - Sack Lunch	bag	1	843	38.35	7.56	0.00	0.00	707.49	116.65	14.71	59.99	20.86
000498 - Salad Dressing, Mayonnaise	1 ea	1	45	4.00	0.50	0.00	5.00	100.00	2.00	0.00	2.00	0.00
000499 - Salsa	2 oz	50	20	0.00	0.00	0.00	0.00	140.97	4.03	0.00	2.01	0.00
001565 - Salsa Cups	3 oz	34	30	0.00	0.00	0.00	0.00	207.30	5.92	0.00	2.96	0.00
000503 - Sausage, Pork Patty	1 ea	1	121	10.00	3.70	0.00	26.00	172.00	1.00	0.00	0.00	6.00
001096 - Sicilian Vegetable Blend	1/2 cup	60	25	0.74	0.47	0.00	2.02	10.67	4.15	1.07	1.07	0.53
001456 - SmartWater	bottle	1	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
000518 - Soft Tacos	2 ea	151	291	10.01	2.81	0.00	35.10	542.81	33.01	4.01	4.01	19.04
000512 - Sour Cream, pkt	1 ea	1	60	5.00	3.00	0.00	20.00	50.00	2.00	0.00	2.00	1.00
001632 - Soy Milk, Vanilla	ea	1	144	3.05	0.47	0.00	0.00	169.00	20.10	0.74	16.40	8.96
000970 - Soy Sauce pkt	1 pkt	1	0	0.00	0.00	0.00	0.00	15.00	0.00	0.00	0.00	0.00
000660 - Spaghetti Sauce, 1/4 cup	1/4 cup	49	29	0.49	0.00	0.00	0.00	68.69	5.89	0.98	4.42	0.98
001098 - Spanish Rice	1/2 cup	40	141	1.30	0.00	0.00	0.00	129.93	28.60	1.55	1.54	3.09
001291 - Spiced Peaches	1/2 CUP	50	90	0.00	0.00	*0.00*	0.00	5.56	20.44	1.18	18.11	0.01
001308 - STRAWBERRIES & BLUEB	1/2 cup	334	44	0.00	0.00	0.00	0.00	0.00	10.93	1.92	*4.95*	0.28
000635 - Strawberries, Frozen Cup	1 EA	96	90	0.00	0.00	0.00	0.00	0.00	21.99	2.00	18.00	1.00
001307 - STRAWBERRIES,FRZ,UNS	1/2 cup	109	80	0.00	0.00	0.00	0.00	0.00	20.51	2.68	15.16	0.00
000793 - Sub Meat - Italian pack	5 slices	1	140	7.01	2.63	0.00	70.06	840.77	3.50	0.00	1.75	17.52
000513 - Sub Meat, Traditional Pack	3 oz	1	129	8.55	2.28	0.16	58.13	819.45	1.60	0.00	*N/A*	12.53
000940 - Sub Sand, Italian sub bun	1 sub	1	365	15.01	6.88	0.00	88.81	1263.27	31.25	2.00	5.75	27.02
000514 - Sub Sand, traditional sub bun	1 ea	1	319	13.55	4.52	0.16	65.63	1209.45	29.60	2.00	*4.50*	21.03
000515 - Sunflower Seeds, Honey	1 ea	1	190	15.01	2.00	0.00	0.00	65.04	11.01	3.00	5.00	6.00
000516 - Sunflower Seeds, Salted	1 ea	1	7	0.60	0.09	0.00	0.00	4.71	0.26	0.13	0.04	0.26
001284 - Sushi, Cali Roll	1 package	1	343	12.00	1.50	0.00	*N/A*	300.00	*N/A*	*N/A*	3.00	7.90
001285 - Sushi, Crunchy Roll	1 Package	1	313	8.00	1.00	0.00	*N/A*	479.00	*N/A*	*N/A*	4.00	5.00
000517 - Syrup, Pancake	1 PKT	1	109	0.00	0.00	0.00	0.00	19.84	28.77	0.00	21.83	0.00
001359 - Taco Filling, Beef	svg	25	112	5.05	1.82	0.00	35.33	294.76	5.05	2.02	2.02	13.12
001558 - Taco Filling, Beef Homemad	svg	25	262	14.33	5.55	0.00	73.44	1078.72	7.75	1.79	*2.09*	21.49
001552 - Taco Filling, Scratch	lb	217.5	1312	71.64	27.76	0.00	367.18	5393.58	38.76	8.96	*10.43*	107.47
000763 - Taco Sauce, 9g	1 pkt	1	5	0.00	0.00	0.00	0.00	95.00	1.00	0.00	0.00	0.00
000521 - Tartar Sauce	1 ea	1	40	3.00	0.00	0.00	5.00	100.00	3.00	0.00	2.00	0.00
000524 - Tomato Slices	1 Slice	16	5	0.06	0.01	0.00	0.00	1.42	1.10	0.34	0.75	0.25

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Recipe	Portion Size	# of Portions	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber(g)	Sugars (g)	Protein (g)
000525 - Tri-Taters	2 ea	1	219	8.97	1.50	0.00	0.00	627.90	30.90	1.99	0.00	2.99
001625 - Tum-E Yummies All Flavors	ea	1	50	0.00	0.00	0.00	0.00	0.00	13.00	0.00	13.00	0.00
000952 - Turkey Sandwich	1 ea	1	271	6.27	2.26	0.00	48.05	746.16	25.00	2.00	2.50	27.75
001590 - Turkey Sandwich, Govt.	1 ea	1	294	10.99	3.75	0.00	53.49	678.00	25.00	2.00	2.50	25.50
000528 - Turkey Sub	1 ea	1	281	6.27	2.76	0.00	48.05	846.16	28.00	2.00	4.50	26.75
001548 - Turkey Sub Government	1 ea	1	236	5.63	2.50	0.00	27.77	618.08	28.00	2.00	4.50	17.62
001063 - Turkey, Reduced Sodium Sli	4 slices	60	99	1.37	0.55	0.00	43.84	493.15	0.00	0.00	0.00	19.73
001479 - Turkey, Roast, Frozen	2 oz	52	129	6.41	2.03	0.00	46.65	620.96	2.05	0.03	0.66	16.24
000531 - Uncrustable Grape Jelly on	1 ea	1	300	17.00	3.00	0.00	0.00	280.00	32.00	4.00	14.00	9.00
000533 - Uncrustable PB & Straw jam	1 EA	1	300	17.00	3.00	0.00	0.00	280.00	32.00	4.00	14.00	9.00
001485 - Uncrustable, Grape 5.3 oz	ea	1	600	34.00	6.00	0.00	0.00	540.00	64.00	7.00	29.00	18.00
000571 - Veggie Sticks	1/2 CUP	75	17	0.12	0.02	0.00	0.00	45.06	3.80	1.33	1.84	0.49
001527 - Vinegar, Malt	ea	1	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
001629 - Vitamin Water Rise	ea	1	*N/A*	0.00	0.00	0.00	0.00	0.00	3.30	0.00	0.00	0.00
001627 - Vitamin Water XXX	ea	1	0	0.00	0.00	0.00	0.00	0.00	3.38	0.00	0.00	0.00
001628 - Vitamin Water Squeezed	ea	1	0	0.00	0.00	0.00	0.00	0.00	4.13	0.00	0.00	0.00
001437 - Waffle	ea	1	130	3.50	0.50	0.00	5.00	360.00	23.00	3.00	4.00	4.00
000673 - Walking Taco	1 EA	1	311	14.00	3.30	0.00	35.00	592.00	33.00	5.00	3.00	16.00
001559 - Walking Taco, Middle School	1 EA	1	462	23.33	7.05	0.00	73.44	1378.72	35.75	4.79	*3.09*	24.49
001281 - Watermelon	1/2 Cup	60	27	0.00	0.00	0.00	0.00	0.91	7.26	0.00	5.44	0.91
001150 - Welch's Fruit Snacks, Berries	Bag	1	130	0.00	0.00	0.00	0.00	15.00	32.00	3.00	15.00	2.00
000655 - Whole Wheat Breakfast Bun	1 ea	1	230	7.00	2.00	0.00	0.00	340.00	39.00	3.00	10.00	6.00
000955 - Wrap, Breaded Chicken	EA	2	319	15.76	5.18	0.00	32.18	693.90	28.87	2.32	2.36	14.97
001339 - Wrap, Breaded Spicy Chicke	EA	2	316	16.76	4.98	0.00	15.68	604.40	27.12	1.32	2.36	13.77
001342 - Wrap, Chicken Salad	1/2 Wrap	2	459	25.33	5.38	0.00	106.86	952.87	24.02	1.34	2.22	33.50
000602 - Wrap, Ham	1 ea	2	331	19.39	9.06	0.00	53.41	797.05	25.98	1.94	4.59	16.00
001001 - Wrap, S W Grilled Chicken	1 EA	2	318	15.19	8.18	0.00	63.17	822.23	27.70	3.02	2.64	18.51
000607 - Wrap, S. W. Chicken	1 EA	2	422	19.37	9.50	0.00	113.72	884.76	29.56	4.58	2.21	35.35
000603 - Wrap, Turkey	EA	2	343	16.25	6.84	0.00	57.48	935.61	22.88	1.57	2.36	24.69
001465 - Wrap, Turkey ALT	EA	1	474	18.10	7.89	0.00	62.05	1443.54	47.72	2.07	2.89	28.19
001551 - Wrap, Turkey Government	EA	2	320	15.94	6.71	0.00	47.34	821.57	22.88	1.57	2.36	20.13
000608 - Wrap, Veggie	1 EA	2	397	23.46	11.53	0.00	49.85	809.23	29.34	5.30	3.21	18.90
001448 - Yogurt, Greek Blueberry	container	1	110	0.00	0.00	0.00	4.90	50.00	16.00	0.00	14.00	12.00
001449 - Yogurt, Greek Strawberry	container	1	110	0.00	0.00	0.00	4.90	50.00	16.00	0.00	14.00	12.00
001450 - Yogurt, Greek Vanilla	container	1	110	0.00	0.00	0.00	4.90	50.00	16.00	0.00	14.00	12.00
000569 - Z'rib Patty	1 EA	100	210	12.00	4.50	0.00	45.00	660.00	12.00	1.00	9.00	13.00
000570 - Z'rib Sandwich	1 EA	100	360	14.00	5.00	0.00	45.00	910.00	39.00	3.00	13.00	18.00

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