

## Diboll Independent School District Recipe Nutrient Composition - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals <sup>1</sup> (kcal)	Saturated Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
1710 BACON, TURKEY JENNIE-O	EACH	5	20.000	0.000 0.000%	100.000	0.000 0.000%	1.500 67.500%	6.000	0.000 0.000%	0.000	2.000 40.000%	0.000	0.000	0.000	0.000
1746 BAKED POTATO WITH TACO MEAT	Each	299	279.000	1.600 5.161%	401.000	1.300 1.864%	4.700 15.161%	50.000	41.000 58.781%	2.800	20.600 29.534%	0.000	60.000	12.000	3.060
1664 BF BACON EGG AND CHEESE EGGSTRAVAGANZA	2 oz	57	120.000	3.500 26.250%	270.000	0.000 0.000%	9.000 67.500%	195.000	1.000 3.333%	0.000	8.000 26.667%	400.000	60.000	0.000	0.720
1731 BF BISCUIT BUTTERMILK	EACH	64	210.000	6.000 25.714%	370.000	3.000 5.714%	10.000 42.857%	0.000	26.000 49.524%	2.000	4.000 7.619%	0.000	100.000	0.000	1.440
990134 BF BISCUIT, EGG SAUSAGE CHEESE	EACH	151	416.000	11.700 25.312%	767.000	4.000 3.846%	25.000 54.087%	131.000	29.000 27.885%	2.000	16.000 15.385%	256.000	236.000	0.000	1.800
1778 BF CEREAL BAR, CIN TOAST CRUNCH, CHEESESTICK	EACH	68	230.000	4.000 15.652%	325.000	8.000 13.913%	9.000 35.217%	15.000	31.000 53.913%	3.000	10.000 17.391%	100.000	400.000	0.000	1.800
1827 BF CEREAL BAR, TRIX, CHEESESTICK	EACH	68	230.000	4.000 15.652%	320.000	9.000 15.652%	9.000 35.217%	15.000	31.000 53.913%	3.000	9.000 15.652%	200.000	400.000	1.200	1.800
134 BF CEREAL, CIN TOAST CRUNCH, WG	EACH	28	110.000	0.500 4.091%	160.000	8.000 29.091%	3.000 24.545%	0.000	22.000 80.000%	2.000	1.000 3.636%	400.000	80.000	4.800	3.600
990096 BF CEREAL, CINNAMON FLAKES (PRIM)	EACH	28	100.000	0.000 0.000%	170.000	6.000 24.000%	0.000 0.000%	0.000	24.000 96.000%	3.000	2.000 8.000%	500.000	0.000	15.000	4.500
1190 BF CEREAL, COCOA PUFFS, WG	EACH	30	110.000	0.000 0.000%	120.000	8.000 29.091%	1.500 12.273%	0.000	25.000 90.909%	2.000	2.000 7.273%	500.000	100.000	6.000	4.500
1701 BF CEREAL, LUCKY CHARMS, WG	EACH	28	110.000	0.000 0.000%	180.000	10.000 36.364%	1.000 8.182%	0.000	23.000 83.636%	2.000	2.000 7.273%	500.000	100.000	6.000	4.500
1779 BF CEREAL, REESE'S PUFFS, WG	EACH	28	120.000	0.500 3.750%	160.000	10.000 33.333%	3.000 22.500%	0.000	21.000 70.000%	1.000	2.000 6.667%	400.000	80.000	4.800	3.600
990097 BF CEREAL, RICE KRISPIES (PRIM)	EACH	28	100.000	0.000 0.000%	170.000	1.000 4.000%	0.500 4.500%	0.000	23.000 92.000%	1.000	2.000 8.000%	1000.000	0.000	12.000	8.100
1732 BF CHEESE, STRING MOZZARELLA - LOL	EACH	28	80.000	3.500 39.375%	210.000	0.000 0.000%	6.000 67.500%	15.000	1.000 5.000%	0.000	7.000 35.000%	100.000	200.000	0.000	0.000
990048 BF CINNAMON ROLL WG	EACH	121	227.334	1.875 7.423%	211.256	12.600 22.170%	7.626 30.189%	2.500	33.598 59.116%	2.000	7.000 12.317%	125.000	115.006	3.000	1.440
1693 BF DONUT GLAZED	EACH	76	283.663	7.040 22.337%	303.336	7.576 10.683%	16.067 50.977%	0.267	30.575 43.115%	2.810	5.213 7.351%	22.983	21.973	0.064	0.700
1739 BF DONUT WITH CHOCOLATE GLAZE	EACH	104	410.000	8.000 17.561%	300.000	33.000 32.195%	18.500 40.610%	0.000	57.000 55.610%	2.810	5.000 4.878%	9.650	13.970	0.000	0.700

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1660 BF FRENCH TOAST STICKS, WG	3 EACH	89	246.467	1.501 5.483%	330.068	14.804 24.026%	8.007 29.238%	115.000	36.777 59.686%	3.000	9.000 14.606%	200.000	80.068	3.600	1.801
1725 BF FUNNEL CAKE, WG	EACH	83	301.167	3.000 8.965%	350.003	12.300 16.336%	13.000 38.850%	20.000	43.299 57.508%	3.000	4.000 5.313%	0.000	40.003	0.000	1.800
384 BF JELLY, GRAPE CUP - SMUCKER	EACH	14	35.437	0.000 0.000%	0.000	0.000 0.000%	0.000 0.000%	0.000	9.112 102.857%	0.000	0.000 0.000%	0.000	0.000	0.000	0.000
1716 BF KOLACHE SAUS CHEESE	EACH	57	140.000	1.500 9.643%	160.000	4.000 11.429%	4.500 28.929%	25.000	17.000 48.571%	1.000	7.000 20.000%	400.000	40.000	2.400	2.700
1702 BF MIXED FRUIT JELLY	EACH	10	25.000	0.000 0.000%	0.000	5.000 80.000%	0.000 0.000%	0.000	7.000 112.000%	0.000	4.000 64.000%	25.000	0.000	0.000	0.000
1252 BF MUFFIN BLUEBERRY, WG	EACH	130	348.153	4.601 11.893%	350.080	21.012 24.141%	13.504 34.910%	49.019	46.526 53.455%	3.802	11.503 13.216%	157.033	209.005	1.101	1.401
1727 BF MUFFIN CHOC, WG	EACH	130	352.000	4.600 11.761%	350.000	22.000 25.000%	13.500 34.517%	49.000	47.500 53.977%	3.600	11.500 13.068%	155.000	205.000	0.800	1.200
990131 BF PANCAKE & SAUSAGE LINK	SERVING	151	386.000	7.600 17.720%	552.000	6.000 6.218%	25.000 58.290%	54.000	30.000 31.088%	2.000	16.000 16.580%	114.000	34.000	0.000	1.440
990132 BF PANCAKE & SAUSAGE LINK (PRIM)	SERVING	114	316.000	7.600 21.646%	452.000	3.000 3.797%	23.500 66.930%	54.000	16.000 20.253%	1.000	14.000 17.722%	114.000	34.000	0.000	0.720
1669 BF PANCAKE TURKEY WRAP WG	EACH	81	161.592	1.515 8.437%	313.085	4.040 10.000%	6.060 33.750%	25.249	17.169 42.500%	3.030	8.080 20.001%	0.000	0.000	0.000	1.454
1688 BF PANCAKE, BUTTERMILK WG	EACH	37	70.000	0.000 0.000%	100.000	3.000 17.143%	1.500 19.286%	0.000	14.000 80.000%	1.000	2.000 11.429%	0.000	0.000	0.000	0.720
1828 BF PBJ, GRAPE, WG	EACH	79	310.000	2.500 7.258%	310.000	12.000 15.484%	16.000 46.452%	0.000	34.000 43.871%	4.000	10.000 12.903%	60.000	60.000	0.000	1.440
1697 BF PIZZA, SAUSAGE CHEESE WG	EACH	94	210.000	2.000 8.571%	480.000	8.000 15.238%	8.000 34.286%	15.000	27.000 51.429%	3.000	10.000 19.048%	300.000	150.000	0.000	1.800
990135 BF QUESADILLA	EACH	115	321.373	11.075 31.015%	749.993	1.000 1.245%	20.612 57.724%	220.312	17.013 21.175%	2.000	16.075 20.008%	708.745	231.872	0.000	1.440
1478 BF SANDWICH, EGG SAUSAGE CHEESE	EACH	145	346.000	5.700 14.827%	557.000	4.000 4.624%	17.000 44.220%	131.000	31.000 35.838%	4.000	19.000 21.965%	271.000	196.000	0.000	1.800
990047 BF SAUSAGE & BISCUIT WG - Jennie-O	EACH	102	331.000	9.700 26.375%	542.000	3.000 3.625%	20.000 54.381%	26.000	27.000 32.628%	2.000	10.000 12.085%	56.000	116.000	0.000	1.440
990067 BF SAUSAGE PATTY JENNIE-O	EACH	38	121.000	3.700 27.521%	172.000	0.000 0.000%	10.000 74.380%	26.000	1.000 3.306%	0.000	6.000 19.835%	56.000	16.000	0.000	0.000

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1711 BF SAUSAGE TURKEY LINK - JENNIE O	EACH	39	123.000	3.800 27.805%	176.000	0.000 0.000%	11.000 80.488%	27.000	1.000 3.252%	0.000	6.000 19.512%	57.000	17.000	0.000	0.000
1817 BF SCOOPY SNACKS, WG	EACH	28	120.000	1.000 7.500%	115.000	8.000 26.667%	3.500 26.250%	0.000	21.000 70.000%	1.000	2.000 6.667%	500.000	100.000	0.000	0.720
1703 BF SYRUP CUP	EACH	43	120.000	0.000 0.000%	0.000	19.000 63.333%	0.000 0.000%	0.000	31.000 103.333%	0.000	0.000 0.000%	0.000	0.000	0.000	0.000
1798 BF YOGURT PARFAIT	8 oz	340	444.476	1.780 3.605%	275.915	41.909 37.715%	10.744 21.754%	3.747	77.278 69.545%	6.096	10.120 9.107%	749.326	163.528	66.399	2.831
990133 BF YOGURT PARFAIT (STRAWBERRY)	8 OZ	340	444.611	1.781 3.605%	275.986	41.928 37.721%	10.745 21.750%	3.750	77.304 69.548%	5.347	10.125 9.109%	750.000	163.662	66.399	1.482
990049 BF YOGURT, STRAWBERRY BAN, GRAHAM CR - TRIX	EACH	142	220.352	1.502 6.134%	165.176	22.049 40.025%	4.002 16.345%	5.018	41.070 74.554%	1.000	5.011 9.096%	1001.761	200.352	0.000	0.720
1846 BF YOGURT, STRAWBERRY, GRAHAM CR - DANIMALS	EACH	141	210.000	1.000 4.286%	160.000	21.000 40.000%	4.000 17.143%	5.000	37.000 70.476%	0.000	6.000 11.429%	65.000	150.000	0.000	0.700
990150 BF YOGURT, STRAWBERRY, GRAHAM CR - DANIMALS (PRIM)	EACH	141	210.000	1.000 4.286%	160.000	21.000 40.000%	4.000 17.143%	5.000	37.000 70.476%	0.000	6.000 11.429%	65.000	150.000	0.000	0.700
990136 BF SAUSAGE EGG AND CHEESE BISCUIT	EACH	151	416.000	11.700 25.312%	767.000	4.000 3.846%	25.000 54.087%	131.000	29.000 27.885%	2.000	16.000 15.385%	256.000	236.000	0.000	1.800
1600 BOSCO STICK 6" cheese	2 EACH	122	300.000	5.000 15.000%	440.000	2.000 2.667%	10.000 30.000%	30.000	34.000 45.333%	4.000	20.000 26.667%	400.000	400.000	0.000	2.160
1743 BREAD STICK, GARLIC WG - BAKECRAFTERS	EACH	56	151.174	0.504 3.000%	161.253	2.016 5.334%	4.031 24.000%	0.000	26.204 69.333%	2.016	5.039 13.333%	100.783	0.000	0.000	1.451
1735 BREAD, ROLL YEAST WG	EACH	63	170.000	0.500 2.647%	150.000	9.000 21.176%	2.000 10.588%	0.000	32.000 75.294%	4.000	5.000 11.765%	45.000	0.000	0.000	1.440
1745 BREAD, TEXAS TOAST WG	EACH	43	120.000	0.000 0.000%	220.000	3.000 10.000%	1.000 7.500%	0.000	22.000 73.333%	2.000	5.000 16.667%	0.000	60.000	0.000	1.440
1767 BREAD, TOAST THIN SLICE WG	SLICE	28	80.000	0.000 0.000%	140.000	2.000 10.000%	1.000 11.250%	0.000	15.000 75.000%	1.000	3.000 15.000%	0.000	40.000	0.000	0.720
221 BUTTER-SMART BALANCE	EACH	5	30.000	1.000 30.000%	30.000	0.000 0.000%	3.000 90.000%	0.000	0.000 0.000%	0.000	0.000 0.000%	300.000	0.000	0.000	0.000
990143 CHEESE, QUESO BLANCO	2 OZ	28	59.000	2.650 40.424%	207.500	0.000 0.000%	4.500 68.644%	15.000	1.000 6.780%	0.000	3.500 23.729%	200.000	101.500	0.000	0.000

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990050 CHEESE, SHREDED (2 OZ) - LOL	1/4 CUP	28	110.000	6.000 49.091%	400.000	0.000 0.000%	9.000 73.636%	25.000	1.000 3.636%	0.000	6.000 21.818%	300.000	150.000	0.000	0.000
990116 CHEEZ ITS & JUICE	EACH	198	177.000	1.010 5.136%	212.000	11.000 24.859%	5.500 27.966%	5.000	30.000 67.797%	2.012	3.190 7.209%	500.824	105.340	0.478	6.265
1833 CHICKEN & CHEESE CRISPITOS HS	EACH	223	518.681	9.055 15.712%	1174.066	3.099 2.390%	28.791 49.958%	70.769	42.198 32.542%	4.000	23.692 18.271%	827.473	343.077	0.000	2.880
990144 CHICKEN DRUMSTICK BREADED	PIECE	80	190.000	2.500 11.842%	450.000	0.000 0.000%	11.000 52.105%	50.000	5.000 10.526%	1.000	16.000 33.684%	100.000	20.000	0.000	1.080
990145 CHICKEN DRUMSTICK BUFFALO GLAZED	PIECE	92	170.000	2.500 13.235%	300.000	0.000 0.000%	10.000 52.941%	60.000	4.000 9.412%	0.000	17.000 40.000%	300.000	0.000	0.000	0.000
990146 CHICKEN DRUMSTICK GLAZED	PIECE	92	170.000	2.500 13.235%	210.000	0.000 0.000%	11.000 58.235%	90.000	3.000 7.059%	0.000	16.000 37.647%	100.000	0.000	0.000	0.000
1803 CHICKEN FAJITA WRAP	EACH	205	326.503	8.097 22.320%	805.554	2.045 2.505%	14.265 39.322%	78.312	21.692 26.575%	3.324	25.112 30.765%	4613.995	199.490	15.897	2.405
990057 CHICKEN FRIED STEAK	EACH	108	300.000	6.000 18.000%	530.000	0.000 0.000%	18.000 54.000%	65.000	16.000 21.333%	2.000	16.000 21.333%	0.000	20.000	0.000	1.800
990130 CHICKEN N WAFFLES	SERVING	178	560.000	5.500 8.839%	740.000	13.000 9.286%	28.000 45.000%	45.000	59.000 42.143%	6.000	19.000 13.571%	100.000	80.000	0.000	3.600
990104 CHICKEN NUGGET (10) WG HIGH SCHOOL	10 NUGGETS	213	531.552	6.328 10.714%	708.737	0.000 0.000%	32.906 55.714%	88.592	22.781 17.143%	2.531	37.968 28.571%	253.120	50.624	0.000	3.645
1490 CHICKEN NUGGET (5) WG 1	5 NUGGETS	106	265.776	3.164 10.714%	354.368	0.000 0.000%	16.453 55.714%	44.296	11.390 17.143%	1.266	18.984 28.571%	126.560	25.312	0.000	1.822
1433 CHICKEN ORANGE, LINGS	3.6 OZ SERVING	102	150.000	0.500 3.000%	280.000	10.000 26.667%	3.000 18.000%	40.000	19.000 50.667%	0.000	11.000 29.333%	50.000	0.000	1.200	0.720
990137 CHICKEN SMACKERS, WG	10 EACH	122	293.000	3.000 9.215%	487.001	0.000 0.000%	17.000 52.218%	81.000	17.000 23.208%	3.000	18.000 24.573%	167.000	18.000	0.000	2.000
990151 CHICKEN SMACKERS, WG (JH/HS)	10 EACH	165	413.000	3.000 6.538%	707.001	3.000 2.906%	18.000 39.225%	81.000	39.000 37.772%	5.000	23.000 22.276%	167.000	78.000	0.000	3.440
1766 CHICKEN STRIPS CRISPY WG	3 EACH	95	260.000	2.500 8.654%	390.000	1.000 1.538%	15.000 51.923%	25.000	16.000 24.615%	3.000	15.000 23.077%	100.000	40.000	0.000	1.800
1770 CHICKEN TACO WG (HS/JH)	2 EACH	202	552.746	16.650 27.110%	1274.986	2.000 1.447%	29.975 48.806%	148.124	35.025 25.346%	4.000	35.650 25.798%	917.489	343.745	0.000	2.520
990069 CHICKEN TACO WG (PRIM)	2 EACH	146	330.000	4.500 12.273%	465.000	2.000 2.424%	11.750 32.045%	97.500	33.000 40.000%	4.000	23.500 28.485%	310.000	40.000	0.000	2.520

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1825 CHICKEN TERIYAKI, BBQ	2.8 OZ SERVING	79	130.000	1.000 6.923%	480.000	9.000 27.692%	3.500 24.231%	70.000	10.000 30.769%	0.000	16.000 49.231%	0.000	0.000	0.000	0.720
1694 CHILI CHEESE DOG WG	EACH	200	390.806	5.737 13.211%	945.615	4.549 4.656%	17.523 40.355%	99.025	32.463 33.227%	3.000	26.884 27.516%	550.143	310.451	3.470	3.921
1756 CHILI PIE, TEXAS	SERVING	202	394.037	5.539 12.651%	885.816	1.299 1.319%	17.557 40.100%	66.010	35.198 35.731%	2.835	24.181 24.547%	744.986	198.638	4.950	1.950
990110 CHILI PIE, TEXAS HIGH SCHOOL	SERVING	202	394.037	5.539 12.651%	885.816	1.299 1.319%	17.557 40.100%	66.010	35.198 35.731%	2.835	24.181 24.547%	744.986	198.638	4.950	1.950
990141 CHIMICHANGA, BEEF & CHEESE WG	EACH	135	292.690	5.310 16.328%	534.550	1.450 1.982%	13.990 43.018%	33.940	29.760 40.671%	5.130	15.370 21.005%	400.000	150.000	0.000	2.700
990166 CHIP FRENCH TOAST GOLD FISH	PACKAGE	28	130.000	1.000 6.923%	140.000	8.000 24.615%	4.500 31.154%	0.000	21.000 64.615%	2.000	2.000 6.154%	0.000	20.000	0.000	0.720
990153 CHIPS BBQ LAYS	PACKAGE	25	110.000	0.000 0.000%	190.000	2.000 7.273%	2.500 20.455%	0.000	19.000 69.091%	2.000	2.000 7.273%	0.000	20.000	1.200	0.000
990154 CHIPS CHEETOS FLAMIN HOT	PACKAGE	25	120.000	0.500 3.750%	200.000	1.000 3.333%	4.500 33.750%	0.000	17.000 56.667%	1.000	2.000 6.667%	0.000	100.000	0.000	0.720
990156 CHIPS DORITO NACHO	PACKAGE	28	130.000	0.500 3.462%	200.000	0.000 0.000%	5.000 34.615%	0.000	20.000 61.538%	2.000	2.000 6.154%	100.000	0.000	0.000	0.360
990155 CHIPS DORITOS FLAMAS	PACKAGE	28	140.000	0.500 3.214%	200.000	1.000 2.857%	5.000 32.143%	0.000	20.000 57.143%	1.000	2.000 5.714%	0.000	20.000	0.000	0.000
990157 CHIPS FANTASTIX CHILI CHEESE	PACKAGE	28	130.000	1.000 6.923%	200.000	1.000 3.077%	5.000 34.615%	0.000	19.000 58.462%	2.000	2.000 6.154%	500.000	0.000	0.000	0.720
990158 CHIPS FANTASTIX FLAMIN HOT	PACKAGE	28	130.000	1.000 6.923%	200.000	1.000 3.077%	5.000 34.615%	0.000	20.000 61.538%	2.000	2.000 6.154%	500.000	0.000	0.000	0.720
990160 CHIPS LAYS SOUR CREAM ONION	PACKAGE	25	110.000	0.000 0.000%	190.000	3.000 10.909%	3.000 24.545%	0.000	19.000 69.091%	2.000	2.000 7.273%	0.000	20.000	2.400	0.000
990163 CHIPS POPCORN WHITE CHEDDAR	PACKAGE	14	70.000	0.000 0.000%	110.000	0.000 0.000%	2.500 32.143%	0.000	9.000 51.429%	2.000	2.000 11.429%	0.000	0.000	0.000	0.360
990159 CHIPS RUFFLES CHEDDAR CHEESE	PACKAGE	23	100.000	0.000 0.000%	200.000	2.000 8.000%	3.000 27.000%	0.000	17.000 68.000%	1.000	1.000 4.000%	0.000	0.000	0.000	0.000
568 CHIPS, CHEETOS BAKED	BAG (.875oz)	25	120.000	1.000 7.500%	200.000	1.000 3.333%	4.500 33.750%	0.000	17.000 56.667%	1.000	2.000 6.667%	0.000	100.000	0.000	0.720
1747 COOKIE CHOCOLATE CHIP WG	EACH	57	200.000	2.000 9.000%	180.000	19.000 38.000%	6.000 27.000%	0.000	36.000 72.000%	3.000	3.000 6.000%	200.000	20.000	0.000	1.080

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## Diboll Independent School District Recipe Nutrient Composition - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals <sup>1</sup> (kcal)	Saturated Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
195 CORN DOG WG	EACH	113	250.000	9.000 32.400%	760.000	0.000 0.000%	10.000 36.000%	25.000	30.000 48.000%	0.000	11.000 17.600%	0.000	0.000	0.000	0.000
990119 CORNBREAD DRESSING	1/2 CUP	110	130.000	1.500 10.385%	480.000	2.000 6.154%	8.000 55.385%	25.000	12.000 36.923%	1.000	3.000 9.231%	100.000	20.000	1.200	0.720
1715 CRISPITOS, CHICKEN & CHEESE WG	2 EACH	166	400.000	4.000 9.000%	740.000	2.000 2.000%	20.000 45.000%	40.000	40.000 40.000%	4.000	16.000 16.000%	400.000	120.000	0.000	2.880
990147 DORITOS TOP N GO	EACH	126	300.000	2.500 7.500%	670.000	0.000 0.000%	11.500 34.500%	50.000	30.000 40.000%	2.000	19.000 25.333%	0.000	80.000	0.000	1.800
990074 ENCHILADAS RF MONTEREY JACK CHEESE	2 EACH	171	422.083	14.295 30.481%	811.157	1.005 0.952%	23.992 51.158%	78.052	30.942 29.324%	2.472	20.587 19.510%	798.243	551.872	1.701	2.160
1542 F APPLE SLICES 1/2C	1/2 CUP	166	90.382	0.000 0.000%	0.625	18.006 79.688%	0.000 0.000%	0.000	23.388 103.509%	2.976	0.695 3.076%	119.525	16.405	11.737	0.295
309 F APPLE, FRESH WHOLE 1/2C	1/2 CUP	138	74.132	0.000 0.000%	0.000	14.256 76.922%	0.000 0.000%	0.000	19.388 104.616%	2.851	0.570 3.076%	57.025	11.405	2.737	0.205
1388 F APPLESAUCE #10 CAN	1/2 CUP	280	120.000	0.000 0.000%	10.000	24.000 80.000%	0.000 0.000%	0.000	30.000 100.000%	4.000	0.000 0.000%	120.000	0.000	4.800	0.000
1847 F APPLESAUCE BLUE RASPBERRY	1/2 CUP	128	90.000	0.000 0.000%	15.000	19.000 84.444%	0.000 0.000%	0.000	22.000 97.778%	2.000	0.000 0.000%	95.000	0.000	60.000	0.000
1848 F APPLESAUCE SOUR APPLE	1/2 CUP	128	90.000	0.000 0.000%	15.000	19.000 84.444%	0.000 0.000%	0.000	22.000 97.778%	2.000	0.000 0.000%	95.000	0.000	60.000	0.000
47 F BANANA	1/2 CUP	126	110.000	0.000 0.000%	0.000	19.000 69.091%	0.000 0.000%	0.000	30.000 109.091%	3.000	1.000 3.636%	100.000	0.000	9.000	0.360
1389 F FRUIT MIXED	1/2 CUP	125	71.549	0.000 0.000%	0.000	16.098 89.997%	0.894 11.250%	0.000	17.887 100.000%	0.894	0.000 0.000%	0.000	17.887	10.732	0.644
1724 F GRAPES	1/2 CUP	113	80.000	0.000 0.000%	13.333	17.778 88.890%	0.000 0.000%	0.000	20.444 102.222%	0.889	0.000 0.000%	0.000	17.778	1.067	0.000
1815 F MANDARIN ORANGES	1/2 CUP	135	86.981	0.000 0.000%	9.665	18.363 84.446%	0.000 0.000%	0.000	19.329 88.889%	0.000	0.966 4.442%	386.584	19.329	17.396	0.348
1532 F MELON CANTALOUPE	1/2 CUP	113	42.313	0.000 0.000%	16.925	9.309 88.001%	0.000 0.000%	0.000	10.155 95.999%	0.846	0.846 7.998%	5077.522	16.925	40.620	0.305
308 F ORANGE, FRESH	1/2 CUP	154	80.000	0.000 0.000%	0.000	14.000 70.000%	0.000 0.000%	0.000	19.000 95.000%	3.000	1.000 5.000%	100.000	60.000	78.000	0.000
778 F PEACHES CAN SLICED	1/2 CUP	116	64.210	0.000 0.000%	9.173	14.677 91.431%	0.000 0.000%	0.000	15.594 97.144%	0.917	0.000 0.000%	275.187	0.000	1.101	0.000

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## Diboll Independent School District Recipe Nutrient Composition - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals <sup>1</sup> (kcal)	Saturated Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
776 F PEACHES, CANNED DICED	1/2 CUP	125	70.683	0.000 0.000%	10.098	13.127 74.287%	0.000 0.000%	0.000	14.137 80.000%	1.010	0.000 0.000%	302.928	0.000	1.212	0.000
780 F PEAR CAN SLICED	1/2 CUP	142	85.048	0.000 0.000%	4.050	21.262 100.000%	0.000 0.000%	0.000	21.262 100.000%	1.012	0.000 0.000%	0.000	0.000	2.430	0.364
1390 F PINEAPPLE CAN CHUNK	1/2 CUP	123	68.833	0.000 0.000%	0.000	14.750 85.715%	0.000 0.000%	0.000	17.700 102.858%	0.983	0.000 0.000%	0.000	0.000	8.850	0.354
1567 F PINEAPPLE CAN TIDBIT	1/2 CUP	122	60.000	0.000 0.000%	10.000	15.000 100.000%	0.000 0.000%	0.000	16.000 106.667%	1.000	0.000 0.000%	0.000	0.000	18.000	0.360
1813 F WATERMELON	1/2 CUP	76	21.714	0.000 0.000%	0.000	5.429 100.009%	0.000 0.000%	0.000	5.700 105.001%	0.271	0.271 4.992%	407.143	5.429	4.071	0.195
990129 FRUIT BOWL, ADULT (PRIM)	EACH	170	81.763	0.024 0.266%	10.191	17.565 85.931%	0.073 0.800%	0.000	20.891 102.203%	1.990	0.875 4.281%	1788.474	26.886	33.664	0.278
990126 GRAB & GO CINNAMON TOAST BAR	EACH	221	312.257	4.000 11.529%	325.312	24.131 30.912%	9.000 25.940%	15.000	52.388 67.109%	5.914	10.633 13.621%	188.275	413.905	7.237	2.050
990127 GRAB & GO COCO PUFF BAR	EACH	234	320.382	3.500 9.832%	310.625	27.006 33.717%	9.000 25.282%	15.000	54.388 67.904%	5.976	10.695 13.353%	319.525	416.405	12.937	2.095
170 GRAVY MIX, FF COUNTRY STYLE	1 oz	69	43.333	1.083 22.499%	229.559	0.000 0.000%	2.167 45.001%	0.000	5.417 50.001%	0.000	0.000 0.000%	0.000	1.183	0.000	0.006
1754 GRAVY, BROWN LS MIX	1 OZ	64	38.137	0.000 0.000%	215.212	0.000 0.000%	1.526 36.000%	0.000	6.102 64.000%	0.000	0.000 0.000%	0.000	1.097	0.000	0.005
1787 Hot Dog (PRIM)	EACH	100	240.000	2.500 9.375%	470.000	3.000 5.000%	10.500 39.375%	60.000	22.000 36.667%	2.000	13.000 21.667%	115.000	140.000	1.200	2.520
1729 HOT POCKET, TURKEY PEPPERONI, IW, WG	EACH	126	300.000	5.000 15.000%	680.000	4.000 5.333%	11.000 33.000%	45.000	32.000 42.667%	3.000	18.000 24.000%	400.000	250.000	0.000	2.700
180 JUICE APPLE-BORDEN	4 OZ	113	60.000	0.000 0.000%	5.000	*N/A* *N/A*	0.000 0.000%	0.000	14.000 93.333%	0.000	0.000 0.000%	0.000	10.000	0.000	0.180
1808 JUICE, CHERRY APPLE - BORDEN	4 OZ	113	80.000	0.000 0.000%	15.000	14.000 70.000%	0.000 0.000%	0.000	16.000 80.000%	0.000	0.000 0.000%	70.000	0.000	4.800	0.000
847 JUICE, ORANGE - BORDEN	4 OZ	113	60.000	0.000 0.000%	1.000	12.000 80.000%	0.000 0.000%	0.000	13.000 86.667%	0.000	0.000 0.000%	0.000	20.000	30.000	0.000
1621 KETCHUP PACKET RED GOLD	2 EACH	18	20.000	0.000 0.000%	50.000	4.000 80.000%	0.000 0.000%	0.000	4.000 80.000%	0.000	0.000 0.000%	20.000	0.000	0.000	0.000
1690 MAC & CHEESE WG (ENTREE)	1 CUP	170	278.000	6.000 19.424%	657.000	8.000 11.511%	11.000 35.612%	37.000	30.000 43.165%	1.000	15.000 21.583%	502.000	378.000	1.000	1.000

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## Diboll Independent School District Recipe Nutrient Composition - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals <sup>1</sup> (kcal)	Saturated Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
990138 MAC & CHEESE WG (SIDE)	1/2 CUP	113	185.333	4.000 19.424%	438.000	5.333 11.510%	7.333 35.611%	24.667	20.000 43.166%	0.667	10.000 21.583%	334.667	252.000	0.667	0.667
1705 MAYONNAISE, LIGHT PC	EACH	12	40.000	0.000 0.000%	105.000	2.000 20.000%	3.000 67.500%	0.000	3.000 30.000%	0.000	0.000 0.000%	0.000	0.000	0.000	0.000
1348 MILK, 1% WHITE, UNFLAVORED 8 OZ	8 OZ	227	100.000	1.500 13.500%	125.000	12.000 48.000%	2.500 22.500%	10.000	12.000 48.000%	0.000	8.000 32.000%	500.000	300.000	2.400	0.000
1343 MILK, CHOCOLATE FF 8 OZ	8 OZ	227	110.000	0.000 0.000%	100.000	18.000 65.455%	0.000 0.000%	5.000	19.000 69.091%	0.000	8.000 29.091%	500.000	300.000	2.400	0.000
168 MILK, STRAWBERRY FF 8 OZ	8 OZ	227	110.000	0.000 0.000%	100.000	18.000 65.455%	0.000 0.000%	5.000	18.000 65.455%	0.000	8.000 29.091%	500.000	300.000	2.400	0.000
374 MUSTARD PKT	EACH	6	4.583	0.000 0.000%	77.917	0.000 0.000%	0.000 0.000%	0.000	0.917 80.009%	0.000	0.000 0.000%	0.000	0.000	0.000	0.000
1675 NACHOS	SERVING	173	450.641	7.047 14.074%	758.658	0.705 0.626%	20.928 41.797%	65.515	42.255 37.506%	4.000	23.950 21.259%	220.236	195.438	0.031	2.160
1832 NACHOS HIGH SCHOOL	SERVING	221	485.607	8.965 16.615%	833.676	4.000 3.295%	23.595 43.730%	63.503	44.980 37.051%	4.000	23.561 19.407%	514.000	344.403	0.600	1.670
990115 NUTRI-GRAIN BAR & JUICE	SERVING	214	207.000	0.510 2.217%	162.000	25.000 48.309%	5.000 21.739%	0.000	40.000 77.295%	3.012	2.190 4.232%	750.824	205.340	0.478	2.065
990068 ONION AND CILANTRO (HS/JH)	2 OZ	31	12.030	0.012 0.913%	2.686	0.000 0.000%	0.042 3.150%	0.000	2.773 92.190%	0.563	0.370 12.303%	176.804	8.447	3.113	0.108
990123 PB&J GRAHAM CRACKERS (ASCP)	EACH	65	160.000	4.000 22.500%	210.000	13.000 32.500%	18.000 101.250%	0.000	31.000 77.500%	5.000	10.000 25.000%	0.000	20.000	0.000	1.080
1849 PEPPER JALAPENO SLICED	2 OZ	57	10.000	0.000 0.000%	620.000	2.000 80.000%	0.000 0.000%	0.000	2.000 80.000%	0.000	0.000 0.000%	200.000	40.000	18.000	0.000
990112 PICANTE SAUCE HIGH SCHOOL	EACH	14	5.000	0.000 0.000%	140.000	0.000 0.000%	0.000 0.000%	0.000	1.000 80.000%	0.000	0.000 0.000%	0.000	0.000	1.200	0.000
1788 PIZZA, BIG DADDY 16"	SLICE	147	370.000	7.000 17.027%	550.000	9.000 9.730%	17.000 41.351%	45.000	35.000 37.838%	3.000	21.000 22.703%	400.000	350.000	0.000	2.700
990058 PIZZA, FOUR MEAT	EACH	150	370.000	7.000 17.027%	650.000	9.000 9.730%	17.000 41.351%	40.000	36.000 38.919%	3.000	20.000 21.622%	300.000	300.000	0.000	2.700
1718 PIZZA, PEPPERONI 5" WG	EACH	141	330.000	5.000 13.636%	540.000	10.000 12.121%	13.000 35.455%	35.000	35.000 42.424%	3.000	17.000 20.606%	300.000	250.000	0.000	2.700
990061 PIZZA, STUFFED CRUST	EACH	148	310.000	5.000 14.516%	540.000	4.000 5.161%	11.000 31.935%	25.000	34.000 43.871%	3.000	19.000 24.516%	750.000	400.000	3.600	1.800

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Recipe No. Recipe Name	Portion Size	Weight (g)	Cals <sup>1</sup> (kcal)	Saturated Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
990103 RANCH DRESSING (HIGH SCHOOL)	EACH	28	60.000	0.500 7.500%	370.000	3.000 20.000%	3.500 52.500%	5.000	7.000 46.667%	0.000	0.000 0.000%	0.000	0.000	0.000	0.000
990149 RANCH, JALAPENO	EACH	28	70.000	1.000 12.857%	130.000	3.000 17.143%	6.000 77.143%	5.000	5.000 28.571%	0.000	0.000 0.000%	100.000	20.000	0.000	0.000
1823 RICE KRISPIES TREAT	EACH	40	160.000	1.000 5.625%	140.000	11.000 27.500%	4.000 22.500%	0.000	30.000 75.000%	1.000	2.000 5.000%	55.000	0.000	0.000	1.800
990139 RICE, BROWN	4 OZ SERVING	114	151.461	0.302 1.797%	903.429	0.320 0.845%	3.571 21.218%	0.000	27.536 72.720%	1.512	3.344 8.831%	0.000	1.481	0.000	0.279
990148 SALAD BAR, SOUTHWEST SALAD	SERVING	730	806.741	8.048 8.979%	2391.637	*16.797* *8.328%*	27.504 30.683%	80.000	98.083 48.632%	21.422	39.541 19.605%	21577.730	384.495	81.044	6.757
1678 SALSA, CANNED - RED GOLD	2 OZ	58	20.138	0.000 0.000%	140.965	2.014 40.004%	0.000 0.000%	0.000	4.028 80.000%	2.014	0.000 0.000%	1006.896	40.276	12.083	0.725
990122 SALSA, HOMEMADE HIGH SCHOOL	2 OZ	36	7.981	0.010 1.150%	4.489	0.771 38.642%	0.038 4.296%	0.000	1.705 85.468%	0.481	0.300 15.036%	348.970	6.040	13.545	0.234
1659 SANDW, CHEESEBURGER	EACH	171	400.874	7.025 15.772%	612.621	5.025 5.014%	18.050 40.524%	80.125	30.025 29.960%	4.000	31.075 31.007%	217.496	262.496	0.000	11.440
1761 SANDW, CHICKEN	EACH	171	356.000	1.000 2.528%	736.000	4.000 4.494%	10.000 25.281%	45.000	44.000 49.438%	6.000	27.000 30.337%	203.000	81.000	0.000	2.440
1776 SANDW, CHICKEN SPICY	EACH	171	356.000	1.000 2.528%	694.000	4.000 4.494%	10.000 25.281%	45.000	44.000 49.438%	7.000	27.000 30.337%	189.000	78.000	0.000	2.440
990060 SANDW, GRILLED CHEESE WG	EACH	119	280.000	5.560 17.871%	580.790	5.650 8.071%	9.910 31.854%	31.850	30.960 44.229%	3.000	18.550 26.500%	523.000	465.000	0.000	1.640
1782 SANDW, HAM AND CHEESE (HOTDOG BUN)	EACH	171	331.748	5.158 13.993%	1004.709	*4.772* *5.754%*	13.473 36.552%	70.874	24.544 29.593%	2.000	19.175 23.120%	15.000	40.000	0.000	1.718
1783 SANDW, PB&J	EACH	159	610.000	4.500 6.639%	620.000	25.000 16.393%	31.000 45.738%	0.000	69.000 45.246%	7.000	20.000 13.115%	125.000	80.000	0.000	1.800
990098 SANDW, PB&J PRE-PACKAGE	EACH	300	709.378	5.011 6.358%	1065.884	32.984 18.599%	34.644 43.953%	5.000	84.470 47.631%	9.338	22.030 12.422%	12557.045	114.867	42.138	2.428
1626 SANDW, SPICY CHICKEN WRAP WG	EACH	327	505.218	5.802 10.336%	1106.872	*1.456* *1.153%*	24.307 43.301%	45.094	45.365 35.917%	5.626	30.852 24.427%	8791.300	155.309	26.209	2.281
990099 SANDW, TURKEY & CHEESE SANDWICH ON FRENCH BREAD	EACH	303	418.961	2.511 5.394%	1363.801	11.984 11.442%	14.144 30.383%	45.000	47.387 45.242%	4.338	28.031 26.762%	12532.045	134.867	42.138	2.068
1793 SANDW, TURKEY STEAK AND CHEESE	EACH	159	310.874	3.025 8.758%	842.621	3.025 3.892%	9.550 27.648%	45.125	29.025 37.346%	2.000	29.075 37.411%	202.496	202.496	0.000	1.440

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## Diboll Independent School District Recipe Nutrient Composition - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals <sup>1</sup> (kcal)	Saturated Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
1356 SAUCE BBQ CUP LS 1 oz - RED GOLD	EACH	28	40.499	0.000 0.000%	75.936	8.100 80.002%	0.000 0.000%	0.000	9.112 90.000%	0.000	0.000 0.000%	0.000	0.000	0.000	0.000
1288 SAUCE MARINARA RED GOLD 1 OZ	EACH	71	40.000	0.000 0.000%	240.000	5.000 50.000%	1.000 22.500%	0.000	8.000 80.000%	1.000	1.000 10.000%	200.000	20.000	6.000	0.360
990113 SCOOBY SNACK AND CAPRISUN JUICE BERRY	EACH	198	167.000	1.010 5.443%	127.000	19.000 45.509%	4.500 24.251%	0.000	32.000 76.647%	1.012	2.190 5.246%	500.824	105.340	0.478	0.985
990161 SNACK ASSORTED FRUIT	PACKAGE	45	130.000	0.000 0.000%	5.000	15.000 46.154%	0.000 0.000%	0.000	38.000 116.923%	9.000	0.000 0.000%	0.000	0.000	60.000	0.000
990152 SNACK BIRTHDAY CAKE MUFFINS	EACH	46	170.000	1.500 7.941%	125.000	15.000 35.294%	6.000 31.765%	25.000	24.000 56.471%	1.000	3.000 7.059%	0.000	20.000	0.000	0.720
990162 SNACK MIXED BERRY FRUIT	PACKAGE	45	130.000	0.000 0.000%	5.000	15.000 46.154%	0.000 0.000%	0.000	38.000 116.923%	9.000	0.000 0.000%	0.000	0.000	60.000	0.000
990164 SNACK RICE KRISPY TREAT	PACKAGE	40	160.000	1.000 5.625%	140.000	11.000 27.500%	4.000 22.500%	0.000	30.000 75.000%	1.000	2.000 5.000%	0.000	0.000	0.000	1.800
990165 SNACK RICE KRISPY TREAT CHOCOLATE CHIP	PACKAGE	45	190.000	2.000 9.474%	150.000	14.000 29.474%	5.000 23.684%	0.000	34.000 71.579%	1.000	2.000 4.211%	0.000	0.000	0.000	1.800
371 SOUR CREAM NO FAT 1 OZ	PACKET	28	60.000	3.500 52.500%	15.000	1.000 6.667%	5.000 75.000%	20.000	1.000 6.667%	0.000	1.000 6.667%	200.000	20.000	0.000	0.000
1670 SPAGHETTI AND MEATBALLS	1 CUP	493	477.000	2.840 5.358%	390.203	11.000 9.224%	14.992 28.288%	62.432	60.399 50.649%	7.208	27.296 22.890%	5123.514	63.341	60.010	4.560
1835 SPAGHETTI AND MEATBALLS (PRIM)	SERVING	494	479.675	2.842 5.332%	390.688	11.000 9.173%	14.998 28.141%	62.432	60.987 50.857%	7.281	27.430 22.874%	5123.514	63.980	60.019	4.606
1773 SPAGHETTI, CHICKEN	SERVINGS	233	387.272	5.046 11.727%	875.602	5.743 5.932%	11.584 26.921%	57.725	46.478 48.005%	4.158	23.012 23.768%	605.456	220.635	3.762	2.219
1744 STEAKFINGERS, BEEF WG	4 EACH	105	290.000	6.000 18.621%	510.000	0.000 0.000%	18.000 55.862%	65.000	16.000 22.069%	2.000	16.000 22.069%	0.000	20.000	0.000	1.800
1752 TACO SALAD ELEM	Each	108	220.000	2.500 10.227%	395.000	0.000 0.000%	9.500 38.864%	50.000	17.000 30.909%	0.000	17.000 30.909%	0.000	40.000	1.200	1.800
1769 TACO SALAD, 8"	EACH	138	360.000	2.000 5.000%	390.000	0.000 0.000%	16.500 41.250%	50.000	26.000 28.889%	0.000	19.000 21.111%	0.000	80.000	0.000	2.520
990111 TAJIN SEASON PACKET HIGH SCHOOL	EACH	0	0.014	0.000 0.000%	0.894	0.000 0.000%	0.000 0.000%	0.000	0.000 0.000%	0.000	0.000 0.000%	0.000	0.000	0.038	0.000
990114 TEA ICED TETLEY TEA BAGS (HIGH SCHOOL)	8 OZ	82	31.208	0.000 0.000%	4.009	8.056 103.256%	0.000 0.000%	0.000	8.122 104.107%	0.000	0.000 0.000%	40.280	0.081	0.000	0.005

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## Diboll Independent School District Recipe Nutrient Composition - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals <sup>1</sup> (kcal)	Saturated Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
704 THANKSGIVING, TURKEY BREAST STEAK	EACH	117	100.754	0.000 0.000%	694.875	*1.107* *4.395%*	1.595 14.251%	38.750	1.462 5.803%	0.000	20.417 81.057%	0.000	0.000	0.000	0.399
1841 TURKEY HAM, DICED	3 OZ	85	99.668	1.495 13.500%	528.239	0.000 0.000%	4.485 40.499%	59.801	0.997 4.000%	0.000	13.953 55.998%	0.000	19.934	1.196	1.076
1765 V BEAN BAKED	1/2 cup	130	140.000	0.000 0.000%	370.000	12.000 34.286%	0.500 3.214%	0.000	30.000 85.714%	6.000	5.000 14.286%	60.000	40.000	0.000	1.800
990075 V BEAN BAKED (PRIM)	1/4 CUP	57	61.060	0.000 0.000%	161.374	5.234 34.288%	0.218 3.215%	0.000	13.084 85.715%	2.617	2.181 14.288%	26.169	17.446	0.000	0.785
1734 V BEAN CHARRO	1/2 HEAPING CUP	49	154.231	0.001 0.007%	102.235	1.374 3.563%	0.318 1.857%	0.000	28.263 73.301%	6.975	9.256 24.006%	32.264	40.246	3.442	1.803
990062 V BEAN CHARRO (PRIM)	1/4 HEAPING CUP	59	173.814	0.002 0.008%	567.152	1.678 3.862%	0.364 1.887%	0.000	31.862 73.325%	7.965	10.328 23.768%	108.294	48.279	4.823	2.065
990090 V BEAN PINTO	1/2 CUP	47	158.915	0.003 0.018%	477.930	1.031 2.595%	0.009 0.053%	0.000	29.806 75.023%	7.333	9.492 23.892%	5.154	42.273	2.490	1.929
1757 V BEAN PINTO (PRIM)	1/4 CUP	24	79.457	0.002 0.018%	238.965	0.515 2.593%	0.005 0.053%	0.000	14.903 75.023%	3.666	4.746 23.892%	2.577	21.137	1.245	0.964
990091 V BEAN REFRIED	1/2 CUP	160	170.374	0.000 0.002%	387.018	0.000 0.000%	1.001 5.288%	0.000	31.081 72.971%	11.012	11.019 25.870%	0.000	53.980	0.941	2.446
1720 V BEAN REFRIED (PRIM)	1/4 CUP	80	85.187	0.000 0.001%	193.509	0.000 0.000%	0.501 5.288%	0.000	15.540 72.971%	5.506	5.510 25.872%	0.000	26.990	0.471	1.223
990092 V BEANS GREEN CUT	1/2 CUP	79	28.746	0.000 0.006%	143.366	0.944 13.136%	0.001 0.016%	0.000	5.753 80.058%	1.895	0.955 13.289%	214.908	33.626	3.127	0.637
1673 V BEANS GREEN CUT (PRIM)	1/4 CUP	39	14.373	0.000 0.006%	71.683	0.472 13.136%	0.000 0.013%	0.000	2.877 80.058%	0.947	0.478 13.303%	107.454	16.813	1.563	0.318
990109 V BELL PEPPER, GREEN	1/2 CUP	125	74.415	0.643 7.775%	107.143	3.079 16.550%	5.143 62.200%	4.286	6.221 33.437%	1.532	0.766 4.117%	306.481	15.324	87.347	0.276
990093 V BROCCOLI STEAMED	1/2 CUP	100	32.871	0.000 0.000%	594.300	0.972 11.828%	0.000 0.000%	0.000	6.574 80.000%	2.916	2.916 35.484%	1943.966	58.336	52.487	0.700
1684 V BROCCOLI STEAMED (PRIM)	1/4 CUP	50	16.436	0.000 0.000%	297.150	0.486 11.828%	0.000 0.000%	0.000	3.287 79.998%	1.458	1.458 35.483%	971.983	29.168	26.244	0.350
990094 V BROCCOLI WITH CHEESE	1/2 CUP	142	87.690	2.528 25.941%	245.382	1.683 7.677%	4.396 45.114%	15.385	6.769 30.876%	3.402	7.248 33.062%	2481.696	179.577	61.235	0.816
1762 V BROCCOLI WITH CHEESE (PRIM)	1/4 CUP	71	43.845	1.264 25.940%	122.691	0.842 7.682%	2.198 45.114%	7.692	3.384 30.876%	1.701	3.624 33.062%	1240.848	89.789	30.617	0.408

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## Diboll Independent School District Recipe Nutrient Composition - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals <sup>1</sup> (kcal)	Saturated Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
1750 V BROCCOLI WITH RANCH	1/2 CUP	55	64.351	0.654 9.148%	130.116	1.431 8.895%	5.286 73.935%	4.286	3.154 19.607%	0.574	1.149 7.142%	86.149	17.230	37.905	0.310
990055 V BROCCOLI WITH RANCH (PRIM)	1/4 CUP	33	57.890	0.649 10.082%	118.629	1.144 7.905%	5.215 81.070%	4.286	2.006 13.859%	0.287	0.574 3.966%	43.074	8.615	18.953	0.155
1763 V CARROT COINS	1/2 CUP	99	44.468	0.000 0.000%	82.030	3.469 31.204%	0.000 0.000%	0.000	7.737 69.599%	2.312	1.156 10.398%	5781.075	23.124	1.387	0.000
990076 V CARROT COINS (PRIM)	1/4 CUP	50	22.234	0.000 0.000%	41.015	1.734 31.195%	0.000 0.000%	0.000	3.869 69.598%	1.156	0.578 10.398%	2890.537	11.562	0.694	0.000
1742 V CARROT, GLAZED	1/2 CUP	100	84.898	0.001 0.012%	46.364	15.580 73.406%	0.004 0.041%	0.000	18.890 89.000%	2.166	1.018 4.796%	5041.200	27.259	1.812	0.062
990087 V Carrot, Glazed (PRIM)	1/4 CUP	50	42.449	0.001 0.011%	23.182	7.790 73.406%	0.002 0.040%	0.000	9.445 89.000%	1.083	0.509 4.796%	2520.600	13.629	0.906	0.031
1717 V CARROTS, BABY WITH RANCH	1/2 CUP	85	78.857	0.643 7.337%	162.000	5.429 27.538%	5.143 58.696%	4.286	7.257 36.811%	1.829	0.914 4.636%	12800.000	18.286	4.389	0.329
990077 V CARROTS, BABY WITH RANCH (PRIM)	1/4 CUP	48	65.143	0.643 8.882%	134.571	3.143 19.299%	5.143 71.053%	4.286	4.057 24.912%	0.914	0.457 2.806%	6400.000	9.143	2.194	0.165
858 V CELERY & CARROT STICKS	1/2 CUP	149	88.647	0.643 6.527%	232.947	5.585 25.201%	5.143 52.214%	4.286	8.905 40.183%	3.320	0.704 3.177%	9804.128	24.173	5.439	0.218
990118 V CELERY & CARROT STICKS (PRIM)	1/2 CUP	80	69.921	0.643 8.275%	169.146	3.205 18.335%	5.143 66.198%	4.286	4.850 27.745%	1.644	0.352 2.014%	4898.154	11.773	2.649	0.106
990078 V CELERY STICKS	1/2 CUP	77	60.265	0.643 9.601%	174.887	2.035 13.507%	5.143 76.804%	4.286	3.214 21.329%	1.178	0.000 0.000%	294.540	23.563	5.302	0.212
267 V CELERY STICKS (PRIM)	1/4 CUP	44	55.847	0.643 10.361%	141.015	1.446 10.357%	5.143 82.880%	4.286	2.035 14.578%	0.589	0.000 0.000%	147.270	11.782	2.651	0.106
990100 V CORN COLD (SALAD BAR)	1/2 CUP	100	90.000	0.000 0.000%	0.000	2.000 8.889%	1.000 10.000%	0.000	21.000 93.333%	2.000	3.000 13.333%	100.000	0.000	6.000	0.360
1741 V CORN, MEXICALI	1/2 CUP	93	82.374	0.001 0.015%	48.216	1.796 8.721%	0.821 8.968%	0.000	19.023 92.376%	1.766	2.563 12.446%	190.118	4.673	9.570	0.333
1667 V CORN, SEASONED	1/2 CUP	83	77.975	0.000 0.000%	33.222	1.634 8.382%	0.817 9.432%	0.000	18.047 92.576%	1.634	2.452 12.578%	81.717	0.000	4.903	0.294
990079 V CORN, SEASONED (PRIM)	1/4 CUP	41	38.988	0.000 0.000%	16.611	0.817 8.382%	0.409 9.432%	0.000	9.023 92.575%	0.817	1.226 12.578%	40.859	0.000	2.452	0.147
990095 V CUCUMBERS WITH RANCH	1/2 CUP	85	61.881	0.643 9.350%	109.756	0.857 5.540%	5.143 74.799%	4.286	3.470 22.431%	2.613	0.000 0.000%	130.651	0.000	0.392	0.000

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990045 V CUCUMBERS WITH RANCH (PRIM)	1/4 CUP	49	56.655	0.643 10.213%	108.449	0.857 6.051%	5.143 81.698%	4.286	2.164 15.276%	1.307	0.000 0.000%	65.325	0.000	0.196	0.000
990108 V JICAMA STICKS	SERVING	60	22.500	0.000 0.000%	2.500	*N/A* *N/A*	0.000 0.000%	0.000	5.500 97.778%	2.000	0.500 8.889%	*N/A*	0.000	12.000	0.360
1730 V LETTUCE & TOMATO	1/2 CUP	46	7.296	0.000 0.000%	5.673	0.916 50.219%	0.021 2.529%	0.000	1.521 83.366%	0.394	0.333 18.257%	283.853	6.860	5.448	0.213
990080 V LETTUCE & TOMATO (PRIM)	1/4 CUP	23	3.648	0.000 0.000%	2.836	0.458 50.219%	0.010 2.516%	0.000	0.760 83.366%	0.197	0.166 18.202%	141.926	3.430	2.724	0.106
990142 V MEXICALI VEGETABLES	1/2 CUP	113	106.311	0.000 0.000%	159.466	3.544 13.334%	2.363 20.000%	0.000	16.537 62.222%	3.544	3.544 13.334%	354.369	0.000	21.262	0.850
1760 V PEAS & CARROTS	1/2 CUP	87	60.000	0.000 0.000%	215.000	4.000 26.667%	0.000 0.000%	0.000	12.000 80.000%	3.000	3.000 20.000%	1500.000	0.000	4.800	0.720
990089 V PEAS & CARROTS (PRIM)	1/4 CUP	59	43.333	0.000 0.000%	168.333	2.667 24.619%	0.000 0.000%	0.000	8.667 80.001%	2.000	2.000 18.462%	1000.000	0.000	3.200	0.480
1683 V POTATO PEARLS EXCEL	1/2 CUP	137	87.550	0.000 0.000%	404.508	0.000 0.000%	1.459 15.000%	0.000	16.537 75.555%	0.973	1.946 8.891%	0.000	0.000	8.755	0.350
990081 V POTATO PEARLS EXCEL (PRIM)	1/4 CUP	68	43.775	0.000 0.000%	202.254	0.000 0.000%	0.730 15.000%	0.000	8.269 75.555%	0.486	0.973 8.891%	0.000	0.000	4.377	0.175
1662 V POTATO SEASONED (Fries)	1/2 CUP	68	120.000	0.500 3.750%	135.000	0.000 0.000%	4.000 30.000%	0.000	20.000 66.667%	2.000	1.000 3.333%	0.000	0.000	2.400	0.360
990082 V POTATO SEASONED (Fries) (PRIM)	1/4 CUP	34	59.966	0.250 3.751%	67.462	0.000 0.000%	1.999 30.001%	0.000	9.994 66.666%	0.999	0.500 3.335%	0.000	0.000	1.199	0.180
990102 V ROMAINE LETTUCE (HIGH SCHOOL)	1 CUP	47	7.990	0.018 2.061%	3.760	*N/A* *N/A*	0.141 15.882%	0.000	1.546 77.412%	0.987	0.578 28.936%	4093.700	15.510	11.280	0.456
990107 V SALAD CHEF SPICY CHICKEN	EACH	503	605.439	8.148 12.113%	2007.721	*13.451* *8.887*	26.933 40.037%	80.312	58.619 38.728%	10.361	31.086 20.538%	27212.544	246.198	61.509	4.337
990117 V SALAD CHEF, EGG	EACH	490	545.439	10.348 17.075%	1597.721	*13.651* *10.011*	28.933 47.741%	409.312	43.819 32.135%	7.361	23.086 16.930%	27538.544	268.198	61.509	4.417
1722 V SALAD, BURGER	1/2 CUP	55	8.344	0.000 0.000%	56.971	1.023 49.041%	0.044 4.757%	0.000	1.801 86.337%	0.532	0.400 19.175%	294.333	8.436	4.125	0.230
990083 V SALAD, BURGER (PRIM)	1/4 CUP	37	5.824	0.000 0.000%	55.156	0.670 46.016%	0.019 2.921%	0.000	1.221 83.887%	0.305	0.249 17.102%	203.363	5.160	3.621	0.154
1723 V SALAD, GARDEN	1/2 cup	97	66.429	0.643 8.710%	117.143	1.857 11.182%	5.143 69.678%	4.286	3.857 23.225%	1.000	1.000 6.021%	2250.000	20.000	9.000	0.360

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes required nutrient values

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## Diboll Independent School District Recipe Nutrient Composition - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals <sup>1</sup> (kcal)	Saturated Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
990088 V SALAD, GARDEN (PRIM)	1/4 cup	26	53.830	0.643 10.749%	108.744	1.017 7.557%	5.143 85.986%	4.286	1.337 9.938%	0.160	0.160 1.189%	360.206	3.202	1.441	0.058
990140 V STIR-FRY VEGETABLES	1/2 CUP	123	15.000	0.000 0.000%	21.242	1.500 40.000%	0.000 0.000%	0.000	3.500 93.333%	1.000	0.500 13.333%	625.000	21.497	10.500	0.187
990120 V SWEET POTATO	1/2 CUP	130	154.640	0.000 0.000%	56.464	23.554 60.926%	1.000 5.820%	0.000	35.872 92.788%	3.000	1.011 2.615%	3000.000	67.304	2.400	0.782
990121 V SWEET POTATO (Prim)	1/2 CUP	60	60.000	0.000 0.000%	22.500	7.500 50.000%	0.500 7.500%	0.000	13.500 90.000%	1.500	0.500 3.333%	1500.000	30.000	1.200	0.360
1795 V TOMATO CHERRY, RANCH	1/2 CUP	116	70.333	0.643 8.227%	112.044	3.658 20.804%	5.143 65.810%	4.286	5.058 28.767%	1.400	0.700 3.981%	875.219	7.002	13.443	0.252
990084 V TOMATO CHERRY, RANCH (PRIM)	1/4 CUP	48	58.004	0.643 9.975%	108.848	1.831 12.627%	5.143 79.798%	4.286	2.318 15.988%	0.487	0.244 1.683%	304.424	2.435	4.676	0.088
433 V VEG MIXED FROZEN	1/2 CUP	95	69.705	0.093 1.196%	56.914	*0.000* *0.000%*	0.491 6.345%	0.000	13.062 74.958%	3.780	3.147 18.059%	4798.625	23.625	9.828	0.898
990085 V VEG MIXED FROZEN (PRIM)	1/4 CUP	47	34.853	0.046 1.196%	28.457	*0.000* *0.000%*	0.246 6.345%	0.000	6.531 74.956%	1.890	1.573 18.053%	2399.313	11.812	4.914	0.449

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