

ABC UNIFIED SCHOOL DISTRICT

Recipe Audit Report - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals (kcal)	Total Fat (g)	Saturated Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)
2021															
000064 APPLES	EACH	138	72	0.23 2.9%	0.04 0.5%	0	1	19.06 106.2%	3.31	14.34 79.9%	0.36 2.0%	75	6.3	8	0.17
000462 APPLESAUCE: COMMODITY	1/2 CUP	124	50	0.00 0.0%	0.00 0.0%	0	15	13.00 104.0%	1.00	10.00 80.0%	0.00 0.0%	0	1.2	0	0.00
001027 APRICOT, FROZEN 4.5 OZ CU	EACH	128	110	0.00 0.0%	0.00 0.0%	0	3	25.00 90.9%	2.00	23.00 83.6%	1.00 3.6%	1200	153.0	0	0.36
001277 Bagels-Mini Cinnamon	Each	69	240	6.00 22.5%	2.50 9.4%	10	180	41.00 68.3%	2.00	13.00 21.7%	6.00 10.0%	100	0.0	20	1.44
001310 Banana Bread	Each	96	280	10.00 32.1%	2.00 6.4%	0	220	44.00 62.9%	2.00	25.00 35.7%	5.00 7.1%	100	0.0	80	1.08
000068 BANANAS	EACH	101	90	0.33 3.3%	0.11 1.1%	0	1	23.07 102.7%	2.63	12.35 55.0%	1.10 4.9%	65	8.8	5	0.26
001223 Bean and Cheese Burrito-ES	Each	163	380	15.00 35.5%	6.00 14.2%	20	560	47.00 49.5%	7.00	3.00 3.2%	16.00 16.8%	0	0.0	293	3.00
001281 Bean and Cheese Burrito-HS	Each	177	350	11.00 28.3%	0.00 0.0%	15	480	45.00 51.4%	6.00	4.00 4.6%	14.00 16.0%	100	0.0	150	5.40
001305 Bean and Cheese Burrito-MS	Each	128	310	9.00 26.1%	4.00 11.6%	10	580	40.00 51.6%	9.00	4.00 5.2%	16.00 20.6%	400	3.6	200	2.70
000821 BEANS, BAKED	Serving	142	138	0.53 3.4%	0.00 0.0%	0	230	28.97 83.9%	4.20	*2.10* *6.1%*	6.31 18.3%	788	2.5	87	3.81
001282 Bear Graham-Vanilla	Each	28	120	3.50 26.3%	0.50 3.8%	0	95	20.00 66.7%	2.00	6.00 20.0%	1.00 3.3%	0	0.0	20	1.80
001283 Bear Grahams-Chocolate	Each	28	110	3.00 24.5%	0.50 4.1%	0	95	20.00 72.7%	2.00	7.00 25.5%	2.00 7.3%	0	0.0	20	1.80
001218 Beef and Cheese Taco Stick	Each	130	345	12.82 33.4%	8.35 21.8%	52	631	31.87 36.9%	3.85	0.81 0.9%	20.07 23.3%	252	6.4	329	2.77
001243 Beef Hot Dog on Hawaiian Roll	Each	113	320	19.00 53.4%	6.00 16.9%	25	680	30.00 37.5%	2.00	4.00 5.0%	10.00 12.5%	0	2.4	60	2.52
001224 Beef Rib-B-Que	Each	124	281	9.79 31.4%	3.21 10.3%	37	546	32.40 46.1%	2.81	7.73 11.0%	16.45 23.4%	5	9.0	64	3.13
001280 Belly Bears-Honey Graham	Each	28	130	4.00 27.7%	0.00 0.0%	0	100	20.00 61.5%	1.00	8.00 24.6%	2.00 6.2%	0	0.0	100	1.08
001287 Bread-Sliced Lemon Bread	Each	96	240	8.00 30.0%	1.50 5.6%	0	250	44.00 73.3%	2.00	16.00 26.7%	5.00 8.3%	0	0.0	100	0.18
001225 Breaded Chicken Burger	Each	152	358	13.78 34.6%	2.79 7.0%	45	886	40.42 45.2%	2.72	3.77 4.2%	19.47 21.8%	101	0.0	188	3.41
000668 Breakfast Bar, Ban Chocolate	Each	71	280	8.00 25.7%	3.00 9.6%	15	220	48.00 68.6%	3.00	23.00 32.9%	5.00 7.1%	0	0.0	20	1.80
001279 Breakfast Bar-French Toast	Each	71	290	9.00 27.9%	2.50 7.8%	25	200	47.00 64.8%	3.00	21.00 29.0%	5.00 6.9%	0	0.0	40	1.80

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Recipe No. Recipe Name	Portion Size	Weight (g)	Cals (kcal)	Total Fat (g)	Saturated Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)
001278 Breakfast Bar-Oat & Choc Chip	Each	71	290	9.00 27.9%	3.00 9.3%	20	240	47.00 64.8%	3.00	22.00 30.3%	5.00 6.9%	0	0.0	20	1.80
001291 Breakfast Bar-Twin Bar	Each	75	249	7.30 26.4%	0.80 2.9%	14	225	43.00 69.1%	2.70	15.00 24.1%	2.60 4.2%	0	0.0	5	1.10
001307 Breakfast Bar-WG	Each	79	270	8.00 26.7%	4.00 13.3%	5	290	43.00 63.7%	1.00	21.00 31.1%	4.00 5.9%	0	0.0	20	1.08
001298 Breakfast Bar-Whole Wheat	Each	77	266	8.00 27.1%	1.00 3.4%	15	225	46.00 69.2%	3.00	17.00 25.6%	3.00 4.5%	0	0.0	0	1.20
001232 Breakfast Burrito, Egg/Cheese	Each	106	245	9.75 35.8%	3.71 13.6%	63	333	29.35 47.9%	3.94	1.25 2.0%	9.83 16.0%	360	2.8	135	2.22
001233 Breakfast Burrito, Sausage	Each	91	206	7.80 34.1%	2.54 11.1%	53	400	25.78 50.1%	2.29	1.36 2.6%	8.41 16.3%	336	2.4	127	1.08
001276 Breakfast Burrito-Chorizo/Egg	Each	91	210	9.00 38.6%	3.00 12.9%	65	340	22.00 41.9%	3.00	3.00 5.7%	10.00 19.0%	500	1.2	150	1.80
001311 Breakfast Sand-Pan Chx Sausa	Each	71	160	6.00 33.8%	1.50 8.4%	40	220	17.00 42.5%	1.00	7.00 17.5%	8.00 20.0%	0	0.0	20	0.72
000256 BROCCOLI,raw: fresh	Serving	44	15	0.16 9.8%	0.05 3.0%	0	15	2.92 78.1%	1.14	0.75 20.0%	1.24 33.2%	274	39.2	21	0.32
001269 Carrot & Celery Sticks	Serving	64	20	0.00 0.0%	0.00 0.0%	0	45	4.00 80.0%	1.00	2.00 40.0%	0.00 0.0%	0	0.0	20	0.00
000307 CARROTS- ALL SCHOOLS	Serving	85	30	0.11 3.3%	0.02 0.6%	0	66	7.01 94.2%	2.47	4.05 54.4%	0.54 7.3%	11728	2.2	27	0.76
001268 Celery Sticks	Serving	85	15	0.00 0.0%	0.00 0.0%	0	75	4.00 106.7%	2.00	0.00 0.00%	0.00 0.0%	0	6.0	20	0.00
001270 Celery, Carrot & Jicama Sticks	Serving	85	25	0.00 0.0%	0.00 0.0%	0	50	6.00 96.0%	2.00	3.00 48.0%	0.00 0.0%	0	0.0	20	0.36
001236 Cereal, Cinn Toast Crunch	Each	57	230	1.00 3.9%	0.00 0.0%	0	320	44.00 76.5%	3.00	17.00 29.6%	3.00 5.2%	1000	9.0	200	8.10
001290 Cereal, Cinn Toast-Less Sugar	Each	56	230	5.00 19.6%	0.50 2.0%	0	320	44.00 76.5%	6.00	11.00 19.1%	3.00 5.2%	1000	9.0	400	8.10
001234 Cereal, Cocoa Puffs	Each	57	230	2.50 9.8%	0.00 0.0%	0	220	47.00 81.7%	3.00	15.00 26.1%	3.00 5.2%	750	9.0	150	5.40
001114 Cereal, Honey Nut, Scooters	BOWL	49	190	2.16 10.2%	0.00 0.0%	0	337	38.89 81.8%	3.46	14.69 30.9%	4.32 9.1%	648	7.8	130	14.00
001235 Cereal, Lucky Charms	Each	57	210	2.50 10.7%	0.00 0.0%	0	360	46.00 87.6%	4.00	19.00 36.2%	5.00 9.5%	750	9.0	150	5.40
001226 Cheeseburger Sliders-ES & MS	Each	123	272	9.16 30.3%	3.00 9.9%	31	475	29.82 43.8%	2.39	2.81 4.1%	18.65 27.4%	79	10.3	114	3.09
000991 Cheeseburger twins- E.S & M.S	Each	129	272	7.80 25.8%	2.90 9.6%	45	355	31.30 46.0%	2.60	3.50 5.1%	19.70 29.0%	100	0.0	82	2.80
001245 Cheeseburger-Hawaiian Bun-H	Each	135	323	14.60 40.7%	5.50 15.3%	55	700	29.60 36.7%	2.10	4.70 5.8%	19.70 24.4%	0	2.4	141	2.74
001288 Cheeseburger-WG Bun-ES & M	Each	130	300	10.00 30.0%	3.80 11.4%	36	512	30.00 40.0%	3.00	4.00 5.3%	22.00 29.3%	109	0.0	257	3.32

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001137 Cheesy Stuffed Bread	Each	116	290	14.00 43.4%	5.00 15.5%	30	630	29.00 40.0%	0.00	1.00 1.4%	15.00 20.7%	136	0.5	243	0.54
001222 Chicken Corn Dog	Each	113	238	9.20 34.8%	2.50 9.5%	40	690	27.80 46.7%	2.30	7.60 12.8%	11.60 19.5%	120	0.0	25	1.40
000818 Chicken Nuggets- E.S.	Serving	98	260	15.00 51.9%	2.50 8.7%	25	400	16.00 24.6%	3.00	0.00 0.00%	16.00 24.6%	100	0.0	40	1.80
001306 Chicken Nuggets-Alt	Serving	98	180	10.00 50.0%	2.00 10.0%	30	330	10.00 22.2%	2.00	1.00 2.2%	14.00 31.1%	100	0.0	20	1.44
001230 Chocolate Chip Muffin	Each	89	227	6.00 23.8%	0.90 3.6%	30	115	39.50 69.6%	3.10	17.50 30.8%	3.90 6.9%	44	0.9	4	0.90
001308 Cinnamon Bun-Ultra Baked	Each	82	240	8.00 30.0%	2.00 7.5%	20	300	38.00 63.3%	3.00	15.00 25.0%	5.00 8.3%	400	1.2	60	1.08
001286 Cinnamon Bun-WG	Each	77	224	7.50 30.1%	1.50 6.0%	12	142	36.50 65.2%	2.60	13.00 23.2%	2.50 4.5%	1420	26.0	168	6.10
001229 Cinnamon Roll Mini's	Each	65	240	7.00 26.2%	1.50 5.6%	0	270	40.00 66.7%	3.00	14.00 23.3%	4.00 6.7%	0	0.0	20	1.44
000803 CORN, CANNED- ALL SCHOO	Serving	82	65	1.00 13.9%	0.00 0.0%	0	15	15.00 92.3%	2.00	3.00 18.5%	2.00 12.3%	66	7.0	4	0.71
001108 CRANBERRIES, DRIED	EACH	30	93	0.41 4.0%	0.03 0.3%	0	1	24.96 107.4%	1.70	*N/A* *N/A%*	0.02 0.1%	0	0.1	3	0.16
001035 CUCUMBER -ALL SCHOOLS	EACH	301	45	0.33 6.6%	0.11 2.2%	0	6	10.93 96.8%	1.51	5.03 44.5%	1.96 17.3%	316	8.4	48	0.84
001267 Cucumber Slices	Serving	57	15	0.00 0.0%	0.00 0.0%	0	0	4.00 106.7%	1.00	2.00 53.3%	0.00 0.0%	0	0.0	20	0.36
001180 Donut, WG, Chocolate	Package	91	320	16.00 45.0%	9.00 25.3%	20	260	42.00 52.5%	3.00	17.00 21.2%	5.00 6.3%	400	0.0	40	2.70
001312 Donut-WG Glaze	Serving	69	280	16.00 51.4%	7.00 22.5%	0	300	30.00 42.9%	2.64	7.00 10.0%	5.00 7.1%	11	0.0	14	0.80
001299 Donut-WG Super	Each	85	240	8.00 30.0%	2.50 9.4%	0	300	38.00 63.3%	2.00	19.00 31.7%	7.00 11.7%	2500	30.0	250	9.00
001177 Donuts, WG, Powdered Sugar	Package	57	310	13.00 37.7%	6.00 17.4%	20	260	45.00 58.1%	3.00	19.00 24.5%	4.00 5.2%	400	0.0	40	1.80
001297 Double Dog-Chicken Dog	Each	113	260	8.00 27.7%	2.00 6.9%	30	449	31.50 48.5%	2.00	2.60 4.0%	15.00 23.1%	55	0.0	132	5.00
000765 DRESSING, RANCH- ALL SCH	PACKET	12	49	4.93 91.1%	0.72 13.2%	5	105	1.05 8.6%	0.02	0.12 1.0%	0.15 1.2%	8	0.0	2	0.02
001262 Edemame Beans	Serving	57	110	4.50 36.8%	0.00 0.0%	0	5	10.00 36.4%	5.00	2.00 7.3%	11.00 40.0%	0	0.0	40	1.80
001309 French Toast Sticks-HS	Serving	85	240	7.00 26.2%	1.00 3.7%	10	260	38.00 63.3%	2.00	12.00 20.0%	6.00 10.0%	0	0.0	20	0.72
001231 Frudel-Apple	Each	65	210	6.00 25.7%	1.00 4.3%	0	250	36.00 68.6%	2.00	10.00 19.0%	4.00 7.6%	0	0.0	0	1.44
001285 Frudel-Cherry	Each	65	271	6.00 19.9%	1.00 3.3%	0	260	36.00 53.1%	2.00	11.00 16.2%	4.00 5.9%	0	0.0	0	1.44

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000667 FRUIT: ASSORTED DRIED-AL	Serving	35	111	0.05 0.4%	0.02 0.1%	0	7	28.15 101.2%	1.26	23.43 84.2%	1.03 3.7%	0	0.4	*12*	*0.34*
000767 FRUIT: ASSORTED JUICE	Each	45	22	0.00 0.0%	0.00 0.0%	0	6	5.80 105.5%	0.00	5.80 105.5%	0.20 3.6%	20	12.0	2	0.00
001304 Goody Ring-WG	Each	71	220	10.00 40.9%	4.00 16.4%	0	250	30.00 54.5%	2.00	8.00 14.5%	4.00 7.3%	0	0.0	20	1.08
001300 Grahams-Maple Waffle	Each	28	120	3.50 26.3%	0.50 3.8%	0	115	20.00 66.7%	2.00	6.00 20.0%	1.00 3.3%	0	0.0	20	2.70
001227 Italian Cheese Calzone	Each	142	310	12.00 34.8%	6.00 17.4%	35	640	34.00 43.9%	0.00	6.00 7.7%	14.00 18.1%	0	0.0	339	2.00
001261 Jicama Sticks	Serving	78	30	0.00 0.0%	0.00 0.0%	0	0	7.00 93.3%	4.00	1.00 13.3%	1.00 13.3%	0	0.0	0	0.36
000340 KETCHUP- ALL SCHOOLS	PACKET	9	10	0.00 0.0%	0.00 0.0%	0	25	3.00 120.0%	0.00	2.00 80.0%	0.00 0.0%	300	0.0	0	0.00
000792 LETTUCE, ROMAINE- ES	SERV	43	7	0.13 15.9%	0.02 2.1%	0	3	1.40 77.4%	0.89	0.51 28.0%	0.52 28.9%	3704	1.7	14	0.41
001239 Lunch Pack W/ Cheese & Crac	Pack	113	443	21.67 44.0%	10.67 21.7%	50	893	43.00 38.8%	2.67	1.00 0.9%	18.33 16.5%	0	0.0	399	1.89
001240 Macho Chili Cheese Burrito	Each	147	348	15.44 39.9%	5.95 15.4%	39	458	34.61 39.8%	5.85	1.52 1.7%	18.24 21.0%	606	1.1	148	3.66
001274 Maple Turkey Pancake Wraps	Each	81	200	10.00 45.0%	2.50 11.2%	25	310	17.00 34.0%	3.00	4.00 8.0%	7.00 14.0%	0	0.0	20	1.80
000847 MARINARA SAUCE- ES	PORTION	125	80	4.00 45.0%	0.50 5.6%	0	740	11.00 55.0%	1.00	3.00 15.0%	2.00 10.0%	500	21.0	40	1.44
000070 MAYONNAISE- ALL SCHOOLS	Packet	12	25	2.50 90.0%	0.00 0.0%	0	100	2.00 32.0%	0.00	0.00 0.0%	0.00 0.0%	0	0.0	0	0.00
000242 MILK - 1% WHITE- ALL SCHO	1/2 Pint	227	120	2.50 18.7%	1.50 11.2%	10	150	14.00 46.7%	0.00	14.00 46.7%	11.00 36.7%	500	2.4	350	0.00
000243 MILK - NONFAT CHOC -ALL S	1/2 Pint	227	120	0.00 0.0%	0.00 0.0%	5	150	22.00 73.3%	0.00	20.00 66.7%	8.00 26.7%	500	1.8	300	0.00
001162 Muffin, Chocolate Chip-WG	1	57	249	7.96 28.8%	1.99 7.2%	20	239	40.80 65.6%	0.00	18.91 30.4%	3.98 6.4%	0	0.0	20	1.79
001301 Nacho Pretzel Pocket-WG	Each	156	360	16.00 40.0%	8.00 20.0%	50	600	38.00 42.2%	3.00	3.00 3.3%	19.00 21.1%	0	0.0	300	1.80
000086 ORANGES	EACH	96	45	0.12 2.3%	0.01 0.3%	0	0	11.28 100.0%	2.30	8.98 79.6%	0.90 8.0%	216	51.1	38	0.10
001144 Pan Dulce - WG	Each	57	200	6.00 27.0%	1.50 6.8%	5	90	34.00 68.0%	2.00	8.00 16.0%	5.00 10.0%	0	0.0	40	1.80
000906 Pancakes, Mini Maple	Each	85	220	7.00 28.6%	1.00 4.1%	5	340	36.00 65.5%	3.00	15.00 27.3%	5.00 9.1%	0	0.0	60	1.44
000458 PEACHES: Frozen	EACH	125	117	0.16 1.2%	0.02 0.1%	0	7	29.91 102.0%	2.25	27.67 94.4%	0.79 2.7%	354	117.5	4	0.46
000437 PEACHES: COMMODITY	EACH	128	100	0.00 0.0%	0.00 0.0%	0	10	24.00 96.0%	1.00	23.00 92.0%	1.00 4.0%	300	1.2	0	0.00

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001247 Pepperoni and Cheese Flatbread	Each	142	297	11.00 33.3%	6.00 18.2%	38	570	30.00 40.4%	3.00	3.00 4.0%	19.00 25.6%	416	10.7	427	1.33
001302 Pepperoni Pizza-OnFrench Bre	Each	150	314	10.10 29.0%	5.20 14.9%	35	599	32.43 41.3%	2.30	4.00 5.1%	21.00 26.8%	92	11.0	366	1.16
000886 Pizza Wedge, Pepperoni	Each	142	360	17.00 42.5%	8.00 20.0%	40	740	32.00 35.6%	3.00	*N/A* *N/A%*	20.00 22.2%	750	6.0	400	1.80
001228 Pizza, Cheese-Galaxy	Each	126	280	12.00 38.6%	6.00 19.3%	30	410	26.00 37.1%	3.00	8.00 11.4%	15.00 21.4%	60	0.0	280	1.80
000754 PIZZA, GOODY'S CHEESE- E	SLICE	113	350	12.00 30.9%	3.50 9.0%	20	420	29.00 33.1%	3.00	0.00 0.00%	14.00 16.0%	0	0.0	385	4.00
000760 PIZZA, GOODY'S CHEESE- H	SLICE	128	370	14.00 34.1%	4.00 9.7%	25	440	32.00 34.6%	4.00	*N/A* *N/A%*	18.00 19.5%	0	0.0	395	5.00
000755 PIZZA, GOODY'S PEPP- MS	SLICE	113	375	13.00 31.2%	4.00 9.6%	25	450	29.00 30.9%	3.00	*N/A* *N/A%*	20.00 21.3%	0	0.0	395	4.00
000759 PIZZA, GOODY'S PEPPERONI	SLICE	128	395	15.00 34.2%	4.00 9.1%	30	470	32.00 32.4%	4.00	*N/A* *N/A%*	23.00 23.3%	0	0.0	395	6.00
001273 Pizza, Pepperoni -Galaxy	Each	128	290	13.00 40.3%	6.00 18.6%	35	490	26.00 35.9%	3.00	5.00 6.9%	16.00 22.1%	300	0.0	200	1.80
001295 Pizza-Sicilian Cheese Wedge	Each	149	328	12.85 35.3%	6.10 16.7%	326	571	35.00 42.7%	3.00	5.21 6.4%	19.00 23.2%	434	8.6	494	1.40
000464 Pork Rib-B-Que Sandwich	Each	149	359	13.49 33.8%	4.50 11.3%	45	948	40.85 45.5%	2.99	*9.00* *10.0%*	17.97 20.0%	300	1.2	169	2.87
000808 POTATO SALAD - HS	EACH	105	150	8.25 49.5%	1.12 6.7%	4	352	18.00 48.0%	1.50	5.25 14.0%	1.50 4.0%	0	6.8	15	2.03
000809 POTATO TOTS- ALL SCHOOL	Each	81	136	5.45 36.1%	0.77 5.1%	0	215	19.45 57.3%	2.64	*0.00* *0.00%*	2.09 6.2%	2182	3.8	11	0.20
001272 Potato Wedge-Seasoned	Serving	85	130	4.00 27.7%	0.50 3.5%	3	150	21.00 64.6%	2.00	0.00 0.00%	2.00 6.2%	0	0.0	0	0.36
000072 RAISINS, 1.33OZ BOX	box	38	113	0.09 0.8%	0.04 0.3%	0	10	29.91 106.1%	1.70	24.58 87.2%	1.24 4.4%	0	0.9	23	0.67
000498 RICE, WHITE	CUP	158	194	0.58 2.7%	0.12 0.5%	0	3	41.16 84.7%	1.42	0.17 0.4%	4.60 9.5%	0	0.0	30	2.86
000725 SALSA - ALL SCHOOLS	Serving	125	35	0.00 0.0%	0.00 0.0%	0	65	8.00 91.4%	1.00	7.00 80.0%	2.00 22.9%	1000	27.0	20	1.08
001246 Sand-Crispy Chx, Hawaiian Bun	Each	163	350	12.00 30.9%	1.50 3.9%	45	450	37.00 42.3%	5.00	4.00 4.6%	23.00 26.3%	0	2.4	60	2.52
001244 Sand-Spicy Chick, Knot Bun	Each	159	420	17.00 36.4%	3.00 6.4%	25	610	46.00 43.8%	5.00	4.00 3.8%	20.00 19.0%	0	9.0	440	4.14
001296 Sand-Spicy Chick, WG Bun	Each	149	358	13.00 32.7%	3.00 7.5%	55	706	40.00 44.7%	4.00	3.00 3.4%	20.00 22.3%	1	0.0	190	3.61
001241 Sandwich, Peanut Butter Jelly	Each	150	600	34.00 51.0%	6.00 9.0%	0	540	64.00 42.7%	7.00	29.00 19.3%	18.00 12.0%	0	0.0	78	3.00
000726 Sandwich, Grilled Cheese-ES,M	EACH	119	280	9.91 31.8%	5.56 17.9%	32	581	30.96 44.2%	3.00	5.65 8.1%	18.55 26.5%	524	0.0	466	1.64

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ABC UNIFIED SCHOOL DISTRICT

Recipe Audit Report - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals (kcal)	Total Fat (g)	Saturated Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)
001289 Sandwich-Breaded Chick-ES &	Each	116	180	5.00 25.0%	1.00 5.0%	17	580	21.00 46.7%	2.00	1.00 2.2%	15.00 33.3%	0	0.0	40	1.98
001292 Sandwich-Turk, Salami & Chee	Each	120	280	11.00 35.4%	4.50 14.5%	35	730	28.00 40.0%	2.00	5.00 7.1%	17.00 24.3%	0	0.0	200	1.80
001293 Sandwich-Turkey & Cheese-Rol	Each	133	250	7.00 25.2%	2.50 9.0%	50	760	27.00 43.2%	0.00	4.00 6.4%	22.00 35.2%	0	0.0	150	1.80
001257 Sandwich-Turkey, Ham & Chee	Each	126	300	9.00 27.0%	3.50 10.5%	40	870	27.00 36.0%	5.00	3.00 4.0%	21.00 28.0%	200	0.0	250	1.80
001237 Snack N' Waffle	Each	68	250	9.00 32.4%	4.00 14.4%	44	290	37.00 59.2%	2.00	15.00 24.0%	6.00 9.6%	0	0.0	30	1.44
001100 STRAWBERRY, FRZN CUPS,	4.5 OZ	128	90	*N/A* *-10.0%*	*N/A* *-10.0%*	*N/A*	*N/A*	22.00 97.8%	2.00	18.00 80.0%	1.00 4.4%	*N/A*	*N/A*	*N/A*	*N/A*
001251 String Cheese	Each	28	80	6.00 67.5%	4.00 45.0%	20	200	2.00 10.0%	0.00	1.00 5.0%	6.00 30.0%	0	0.0	198	0.00
001258 Sugar Snap Peas	Serving	57	40	0.00 0.0%	0.00 0.0%	0	0	6.00 60.0%	2.00	4.00 40.0%	3.00 30.0%	0	0.0	40	1.80
001266 Sweet Potato Choc Chip Muffin	Each	91	260	8.00 27.7%	2.00 6.9%	20	300	43.00 66.2%	2.00	19.00 29.2%	4.00 6.2%	0	0.0	20	1.80
001303 Taquitos-Beef & Cheese	Each	125	282	10.00 31.9%	2.00 6.4%	50	76	26.80 38.0%	5.20	0.00 0.00%	21.20 30.1%	0	0.0	64	2.74
000395 TORTILLA CHIPS - HS	BAG	43	210	12.00 51.4%	0.00 0.0%	0	225	23.00 43.8%	0.00	0.00 0.00%	2.00 3.8%	0	0.0	20	0.36
001294 Turkey Pepperoni Pinwheel	Each	122	370	15.00 36.5%	6.00 14.6%	40	880	40.00 43.2%	3.00	3.00 3.2%	21.00 22.7%	0	0.0	250	2.70
000856 Turkey Taco Empanada	Each	142	310	10.00 29.0%	2.50 7.3%	30	410	40.00 51.6%	5.00	1.00 1.3%	18.00 23.2%	200	1.2	80	3.60
001284 Waffle Grahams-Strawberry	Each	28	110	3.00 24.5%	0.00 0.0%	0	95	21.00 76.4%	1.00	7.00 25.5%	1.00 3.6%	0	0.0	20	1.80
001238 Waffle-HS	Each	68	300	15.00 45.0%	6.00 18.0%	15	360	38.00 50.7%	3.00	18.00 24.0%	5.00 6.7%	0	0.0	0	1.80
001264 WG Banana Muffin 1.9 oz	Each	54	120	3.30 24.8%	0.50 3.7%	18	74	20.00 66.7%	1.80	8.00 26.7%	2.40 8.0%	33	0.6	5	0.75
001263 WG Chocolate Chip Muffin 1.9	Each	54	118	3.20 24.4%	0.60 4.6%	18	74	19.80 67.1%	1.70	7.50 25.4%	2.40 8.1%	30	0.5	4	0.70
001275 Wrapped Omlete, Sausage & E	Each	91	180	10.00 50.0%	4.00 20.0%	175	480	13.00 28.9%	1.00	1.00 2.2%	10.00 22.2%	0	0.0	80	1.44
001260 Yams Sticks	Serving	57	120	0.00 0.0%	0.00 0.0%	0	0	28.00 93.3%	4.00	1.00 3.3%	2.00 6.7%	0	0.0	20	0.36
001259 Zucchini Coins	Serving	78	15	0.00 0.0%	0.00 0.0%	0	0	2.00 53.3%	1.00	0.00 0.00%	2.00 53.3%	0	0.0	20	0.72

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