

BREAD/ROLLS/STARCH

| Recipe | 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) |
|---------------------------------------|-----------------|---------------|-------------|----------------------------|-----------|-------------|-----------|------------------|------------|-------------|
| 000808 - Animal Crackers, Keebler | 130 | 4.00 | 1.00 | 0.00 | 0.00 | 110.00 | 21.00 | 2.00 | 8.00 | 2.00 |
| 000647 - Biscuit, WG, Sec | 170 | 6.00 | 4.00 | 0.00 | 0.00 | 320.00 | 25.00 | 2.00 | 3.00 | 4.00 |
| 000196 - Bread, Slice | 90 | 1.00 | 0.00 | 0.00 | 0.00 | 160.00 | 17.00 | 2.00 | 3.00 | 3.00 |
| 000715 - Breadstick, 5", A.M. | 80 | 1.00 | 0.00 | 0.00 | 0.00 | 100.00 | 15.00 | 1.00 | 2.00 | 2.00 |
| 000693 - Bun, Coney, 1.5 oz | 110 | 1.50 | 0.00 | 0.00 | 0.00 | 190.00 | 21.00 | 2.00 | 4.00 | 4.00 |
| 000357 - Bun, Coney, 2 oz | 150 | 2.00 | 0.00 | 0.00 | 0.00 | 180.00 | 28.00 | 2.00 | 4.00 | 5.00 |
| 000717 - Bun, Hamburger, 3.5" | 110 | 1.50 | 0.00 | 0.00 | 0.00 | 180.00 | 21.00 | 2.00 | 2.00 | 4.00 |
| 000358 - Bun, Hamburger, 4" | 150 | 2.00 | 0.00 | 0.00 | 0.00 | 180.00 | 28.00 | 2.00 | 4.00 | 5.00 |
| 000940 - Bun, Sub, 5" | 160 | 2.00 | 0.00 | 0.00 | 0.00 | 190.00 | 29.00 | 2.00 | 4.00 | 5.00 |
| 000017 - Crackers, Goldfish Vanilla | 120 | 4.00 | 1.00 | 0.00 | 0.00 | 105.00 | 19.00 | 1.00 | 7.00 | 1.00 |
| 000556 - Crackers, Goldfish, Cheddar | 100 | 4.00 | 0.50 | 0.00 | 0.00 | 170.00 | 14.00 | 1.00 | 0.00 | 2.00 |
| 000075 - Crackers, Goldfish, Graham | 120 | 4.00 | 1.00 | 0.00 | 0.00 | 150.00 | 19.00 | 1.00 | 6.00 | 2.00 |
| 000964 - Crackers, Graham 2 ct | 60 | 1.50 | 0.00 | 0.00 | 0.00 | 70.00 | 11.00 | 0.00 | 4.00 | 0.00 |
| 000967 - Crackers, Graham 3 ct | 90 | 2.00 | 0.00 | 0.00 | 0.00 | 105.00 | 16.00 | 1.00 | 5.00 | 1.00 |
| 000963 - Crackers, Mini Saltines WG p | 50 | 1.50 | 0.00 | 0.00 | 0.00 | 60.00 | 7.00 | 0.00 | 0.00 | 1.00 |
| 000491 - Crackers, Saltine, 4ct pk | 50 | 1.00 | 0.00 | 0.00 | 0.00 | 180.00 | 9.00 | 0.00 | 0.00 | 1.00 |
| 000396 - Pretzels, fun size | 50 | 0.00 | 0.00 | *N/A* | 0.00 | 290.00 | 11.00 | 0.50 | *N/A* | 1.00 |
| 000753 - Rice, Brown WG, 1 cup, UB | 170 | 1.50 | 0.00 | 0.00 | 0.00 | 0.00 | 36.00 | 2.00 | 0.00 | 4.00 |
| 000001 - Rice, Spanish, 1/4 cup | 21 | 0.56 | 0.07 | 0.00 | 0.00 | 19.91 | 3.68 | 0.58 | 0.78 | 0.59 |
| 000951 - Roll, WG 1.25 oz | 80 | 1.50 | 0.00 | 0.00 | 0.00 | 70.00 | 14.00 | 2.00 | 2.00 | 3.00 |
| 000917 - Roll, WG 2.5 oz Rich | 170 | 3.00 | 0.00 | 0.00 | 0.00 | 140.00 | 29.00 | 3.00 | 4.00 | 7.00 |
| 000870 - Roll, WG, 2.1 oz Rich | 140 | 2.50 | 0.00 | 0.00 | 0.00 | 190.00 | 24.00 | 5.00 | 3.00 | 6.00 |
| 000863 - Spaghetti Noodles, 1 cup | 105 | 0.75 | 0.00 | 0.00 | 0.00 | 0.00 | 20.50 | 2.00 | 1.00 | 3.50 |
| 000348 - Texas Garlic Toast | 117 | 1.50 | 0.00 | 0.00 | 0.00 | 170.00 | 19.00 | 1.00 | 2.00 | 3.00 |
| 000302 - Tortilla Chips, 2oz | 283 | 12.15 | 2.02 | 0.00 | 0.00 | 232.87 | 40.50 | 4.05 | 0.00 | 4.05 |
| 000235 - Tortilla, Flour, 6" | 90 | 2.50 | 1.50 | 0.00 | 0.00 | 75.00 | 15.00 | 2.00 | 1.00 | 2.00 |

BREAKFAST

| Recipe | 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) |
|--|-----------------|---------------|-------------|----------------------------|-----------|-------------|-----------|------------------|------------|-------------|
| 000983 - Apple Crunch Bar | 260 | 8.00 | 2.00 | 0.00 | 0.00 | 90.00 | 42.00 | 2.00 | 16.00 | 4.00 |
| 000459 - Biscuit, Dough, 2.1oz, EL | 170 | 8.00 | 4.50 | 0.00 | 0.00 | 380.00 | 22.00 | 3.00 | 2.00 | 4.00 |
| 000639 - Biscuit, Sausage | 280 | 21.50 | 8.50 | 0.00 | 30.00 | 450.00 | 15.00 | 1.00 | 1.00 | 8.00 |
| 000936 - Breakfast Chicken Sandwich | 200 | 5.50 | 1.00 | 0.00 | 15.00 | 335.00 | 26.00 | 3.00 | 3.00 | 12.00 |
| 000104 - Breakfast Round | 270 | 8.00 | 3.00 | 0.00 | 0.00 | 180.00 | 44.00 | 6.00 | 18.00 | 5.00 |
| 000709 - Cereal, Cheerios, Bowl | 100 | 0.00 | 0.00 | 0.00 | 0.00 | 140.00 | 20.00 | 3.00 | 1.00 | 3.00 |
| 000849 - Cereal, Cheerios,Fruity, Bowl | 120 | 1.50 | 0.00 | 0.00 | 0.00 | 140.00 | 25.00 | 2.00 | 9.00 | 2.00 |
| 000712 - Cereal, Cinn Toast, Bowl | 110 | 3.00 | 0.50 | 0.00 | 0.00 | 160.00 | 22.00 | 3.00 | 6.00 | 1.00 |
| 000129 - Cereal, Lucky Charms, Bowl | 110 | 1.00 | 0.00 | 0.00 | 0.00 | 180.00 | 23.00 | 2.00 | 10.00 | 2.00 |
| 000127 - Cereal, Mini Wheat, Bowl | 100 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 24.00 | 3.00 | 6.00 | 3.00 |
| 000929 - Cereal, Rice Krispies, Bowl | 70 | 0.00 | 0.00 | 0.00 | 0.00 | 90.00 | 16.00 | 0.00 | 2.00 | 1.00 |
| 000992 - Cinn Roll WG IW | 240 | 7.00 | 1.50 | 0.00 | 0.00 | 240.00 | 38.00 | 3.00 | 12.00 | 5.00 |
| 000984 - Cinnamon Bun, Super Baker | 240 | 8.00 | 2.00 | 0.00 | 20.00 | 300.00 | 38.00 | 3.00 | 15.00 | 0.00 |
| 000719 - Cinnamon Bun, WG, Bakers | 270 | 10.00 | 4.50 | 0.00 | 0.00 | 210.00 | 40.00 | 3.00 | 13.00 | 6.00 |
| 000925 - Donut Holes, NMHS, Rich | 310 | 14.40 | 6.00 | 0.00 | 0.00 | 287.95 | 41.18 | 2.66 | 18.01 | 4.82 |

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| Recipe | 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) |
|---------------------------------------|-----------------|---------------|-------------|----------------------------|-----------|-------------|-----------|------------------|------------|-------------|
| 000927 - Donut Holes, NR & EL, Rich | 202 | 9.60 | 4.00 | 0.00 | 0.00 | 191.96 | 26.28 | 1.75 | 10.86 | 3.21 |
| 000021 - Donut, Glazed, SupBak | 230 | 11.00 | 4.00 | 0.00 | 0.00 | 260.00 | 29.00 | 2.00 | 6.00 | 5.00 |
| 000990 - Donut, Pd Sugar 2-1.3 oz | 200 | 5.00 | 1.00 | 0.00 | 0.00 | 300.00 | 34.00 | 2.00 | 14.00 | 6.00 |
| 000998 - Egg & Cheese Sandwich | 150 | 6.00 | 2.00 | 0.00 | 65.00 | 270.00 | 19.00 | 2.00 | 4.00 | 6.00 |
| 000669 - Egg&Sausage(w/Cheese)Bis | 305 | 15.75 | 7.25 | 0.00 | 103.75 | 745.00 | 26.50 | 2.00 | 3.50 | 15.50 |
| 000997 - Eggo, Mini BB Pancakes | 210 | 6.00 | 1.00 | 0.00 | 10.00 | 310.00 | 35.00 | 4.00 | 11.00 | 4.00 |
| 000996 - Eggo, Mini Waffles | 200 | 5.00 | 1.50 | 0.00 | 0.00 | 220.00 | 35.00 | 4.00 | 10.00 | 4.00 |
| 001017 - Granola/Oatmeal Bar CC | 149 | 4.78 | 1.06 | 0.00 | 5.31 | 79.63 | 24.42 | 1.06 | 9.56 | 2.12 |
| 000463 - Muffin, Blueberry 2 oz | 190 | 6.00 | 2.00 | 0.00 | 40.00 | 130.00 | 31.00 | 2.00 | 16.00 | 3.00 |
| 000878 - Muffin, Choc Chip 2 oz | 180 | 6.00 | 1.50 | 0.00 | 10.00 | 105.00 | 27.00 | 2.00 | 14.00 | 0.00 |
| 000811 - Omelet, colby cheese | 120 | 10.00 | 3.50 | 0.00 | 165.00 | 300.00 | 1.00 | 0.00 | 0.00 | 7.00 |
| 000047 - Pancake Wrap, WG | 240 | 15.00 | 4.50 | 0.00 | 25.00 | 360.00 | 18.00 | 2.00 | 4.00 | 7.00 |
| 000993 - Pancakes, Cinnamon | 210 | 6.00 | 1.00 | 0.00 | 5.00 | 300.00 | 36.00 | 3.00 | 11.00 | 4.00 |
| 000636 - Pizza, Brkst, WG, saus & gra | 200 | 7.00 | 2.00 | 0.00 | 15.00 | 440.00 | 24.00 | 2.00 | 9.00 | 10.00 |
| 000645 - Sausage Patty, EL | 70 | 5.00 | 1.50 | 0.00 | 25.00 | 260.00 | 0.00 | 0.00 | 0.00 | 7.00 |
| 000777 - Sausage Patty, Sec | 150 | 14.00 | 4.50 | 0.00 | 30.00 | 150.00 | 1.00 | 0.00 | 1.00 | 5.00 |
| 000596 - Toast | 90 | 3.50 | 0.00 | 0.00 | 0.00 | 120.00 | 13.00 | 2.00 | 1.00 | 3.00 |
| 000604 - Yogurt, 4 oz, Trix | 80 | 0.50 | 0.00 | 0.00 | 5.00 | 60.00 | 15.00 | 0.00 | 9.00 | 4.00 |

DESSERTS

| Recipe | 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) |
|----------------------------------|-----------------|---------------|-------------|----------------------------|-----------|-------------|-----------|------------------|------------|-------------|
| 000888 - Cookie, Carnival | 100 | 3.00 | 1.00 | 0.00 | 10.00 | 85.00 | 18.00 | 1.00 | 9.00 | 2.00 |
| 000889 - Cookie, Choc Chip | 100 | 3.00 | 1.00 | 0.00 | 10.00 | 85.00 | 18.00 | 1.00 | 9.00 | 2.00 |
| 000003 - Cookie, Choc Chip, Otis | 100 | 3.50 | 1.00 | 0.00 | 5.00 | 80.00 | 17.00 | 1.00 | 8.00 | 1.00 |
| 000864 - Cookie, Fortune | 37 | 0.33 | 0.17 | 0.00 | 0.00 | 0.00 | 8.00 | 0.00 | 0.37 | 0.67 |
| 001004 - Cookie, Gingerbread | 90 | 3.00 | 1.00 | 0.00 | 5.00 | 55.00 | 14.00 | 1.00 | 7.00 | 2.00 |
| 000146 - Cookie, Snickerdoodle | 100 | 2.50 | 0.50 | 0.00 | 10.00 | 135.00 | 19.00 | 0.00 | 9.00 | 1.00 |

ENTREES

| Recipe | 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) |
|--------------------------------------|-----------------|---------------|-------------|----------------------------|-----------|-------------|-----------|------------------|------------|-------------|
| 000894 - BBQ Western Nachos | 401 | 20.75 | 9.20 | 0.00 | 63.66 | 1010.73 | 31.62 | 2.04 | 5.71 | 19.97 |
| 001018 - Beef Nacho | 335 | 18.20 | 8.19 | 0.00 | 45.08 | 838.61 | 26.89 | 3.03 | 1.01 | 15.44 |
| 000816 - Breadstick Cheese Stuffed | 290 | 11.00 | 6.00 | 0.00 | 30.00 | 500.00 | 28.00 | 2.00 | 5.00 | 19.00 |
| 000033 - Burrito w/ JTM | 325 | 11.57 | 5.58 | 0.00 | 34.13 | 728.51 | 37.02 | 2.58 | 3.58 | 18.94 |
| 000737 - Burrito, Beef w/ 10" Tort. | 371 | 15.43 | 7.57 | 0.00 | 47.71 | 610.29 | 37.01 | 2.31 | 4.18 | 21.14 |
| 001015 - Ceasar Salad | 484 | 25.79 | 2.66 | *0.00* | 96.00 | 938.87 | 32.10 | 3.00 | *0.08* | 27.03 |
| 000089 - Cheese Sticks, Brd, Mozz | 310 | 11.00 | 3.50 | 0.00 | 15.00 | 560.00 | 33.00 | 3.00 | 2.00 | 19.00 |
| 000699 - Cheese, American, 1 slice | 40 | 2.50 | 1.50 | 0.00 | 7.50 | 150.00 | 1.00 | 0.00 | 1.00 | 3.00 |
| 000770 - Cheese, American, 4 slices | 160 | 10.00 | 6.00 | 0.00 | 30.00 | 600.00 | 4.00 | 0.00 | 4.00 | 12.00 |
| 000871 - Cheese, Cheddar, Shred,1/4 | 110 | 9.00 | 6.00 | 0.00 | 30.00 | 190.00 | 1.00 | 0.00 | 0.00 | 7.00 |
| 000931 - Cheese, Mozz Stick, 1 oz | 60 | 3.00 | 2.00 | 0.00 | 10.00 | 200.00 | 1.00 | 0.00 | 1.00 | 7.00 |
| 001019 - Cheese, Sauce LOL 3 oz | 137 | 9.60 | 6.17 | 0.00 | 27.42 | 575.81 | 4.11 | 0.00 | 0.00 | 6.86 |
| 000601 - Chef salad with egg & chees | 157 | 8.88 | 4.90 | *0.00* | 113.50 | 282.48 | 9.57 | 3.20 | 3.76 | 11.10 |

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|-------------------------------------|-----------------|---------------|-------------|----------------------------|-----------|-------------|-----------|------------------|------------|-------------|
| 000597 - Chef Salad, Egg & Cheese | 179 | 11.65 | 6.08 | 0.00 | 135.37 | 253.27 | 8.23 | 2.87 | 2.68 | 10.78 |
| 000598 - Chef Salad, Ham & Cheese | 181 | 11.15 | 7.08 | 0.00 | 48.37 | 450.27 | 10.23 | 2.87 | 3.68 | 12.78 |
| 000907 - Chicken Alfredo | 262 | 8.47 | 4.64 | 0.00 | 60.12 | 723.86 | 26.55 | 2.79 | 5.26 | 20.58 |
| 000886 - Chicken Bites | 210 | 8.00 | 1.00 | 0.00 | 40.00 | 460.00 | 15.00 | 2.00 | 1.00 | 19.00 |
| 000895 - Chicken Drumstick | 190 | 11.00 | 2.50 | 0.00 | 50.00 | 450.00 | 5.00 | 1.00 | 0.00 | 16.00 |
| 000738 - Chicken Fajita | 351 | 12.71 | 6.31 | 0.00 | 70.83 | 905.96 | 31.05 | 3.00 | 3.48 | 26.10 |
| 001014 - Chicken Parmesean | 196 | 5.76 | 1.43 | *0.00* | 74.07 | 447.74 | 12.39 | 2.00 | 9.16 | 25.44 |
| 000848 - Chicken Tenders, Brd, 2 pc | 160 | 8.00 | 1.50 | 0.00 | 30.00 | 270.00 | 8.00 | 1.00 | 2.00 | 13.00 |
| 001008 - Chicken Teriyaki w/ Glaze | 142 | 4.02 | 2.01 | 0.00 | 74.30 | 931.32 | 6.73 | 0.00 | 5.95 | 18.86 |
| 000943 - Chicken, Boneless Wings | 200 | 8.75 | 1.88 | 0.00 | 25.00 | 337.50 | 12.50 | 2.50 | 0.00 | 17.50 |
| 000885 - Chicken, Popcorn | 240 | 11.00 | 2.00 | 0.00 | 80.00 | 570.00 | 16.00 | 3.00 | 0.00 | 18.00 |
| 000030 - Coney Sauce, 1 oz | 40 | 1.65 | 0.61 | 0.00 | 12.12 | 114.88 | 2.75 | 0.55 | 2.20 | 3.58 |
| 000404 - Corndog, Chicken | 250 | 14.00 | 5.00 | 0.00 | 50.00 | 730.00 | 22.00 | 2.00 | *N/A* | 10.00 |
| 000928 - Egg, Hard Boiled | 70 | 5.00 | 0.00 | 0.00 | 210.00 | 70.00 | 0.00 | 0.00 | 0.00 | 6.00 |
| 000558 - Fish, Pollock, Filet, Brd. | 170 | 7.00 | 1.00 | 0.00 | 35.00 | 230.00 | 16.00 | 1.00 | 0.00 | 11.00 |
| 000332 - Fish, Pollock, Rect., Brd. | 170 | 7.00 | 1.00 | 0.00 | 35.00 | 270.00 | 16.00 | 1.00 | 1.00 | 11.00 |
| 000844 - Flatbread, Garlic Cheese | 320 | 12.00 | 4.00 | 0.00 | 15.00 | 550.00 | 36.00 | 4.00 | 6.00 | 16.00 |
| 000161 - Hamburger Patty, EI | 130 | 8.00 | 3.50 | 0.00 | 40.00 | 85.00 | 1.00 | 0.00 | 0.00 | 12.00 |
| 000507 - Hamburger Patty, Sec | 200 | 14.00 | 6.00 | 0.00 | 60.00 | 130.00 | 0.00 | 0.00 | 0.00 | 18.00 |
| 000352 - Hot Dog | 170 | 16.00 | 5.00 | 0.00 | 45.00 | 580.00 | 1.00 | 0.00 | 1.00 | 6.00 |
| 000842 - Kabob in A Cup | 187 | 8.16 | 4.72 | 0.00 | 50.00 | 754.25 | 9.22 | 0.41 | 8.81 | 19.29 |
| 000843 - Mac & Cheese, 1/2 cup | 280 | 11.01 | 5.00 | 0.00 | 25.01 | 670.39 | 29.02 | 2.00 | 6.00 | 17.01 |
| 000853 - Peanut Butter 2 TBSP | 200 | 16.00 | 3.00 | 0.00 | 0.00 | 160.00 | 8.00 | 2.00 | 3.00 | 7.00 |
| 000890 - Pizza, Cheese | 300 | 11.00 | 5.00 | 0.00 | 25.00 | 440.00 | 34.00 | 4.00 | 8.00 | 16.00 |
| 000892 - Pizza, Pepperoni | 310 | 12.00 | 5.00 | 0.00 | 25.00 | 530.00 | 34.00 | 4.00 | 8.00 | 16.00 |
| 000999 - Pork Pulled with BBQ Sauce | 411 | 12.00 | 4.00 | 0.00 | 72.00 | 873.00 | 43.81 | 2.00 | 13.45 | 28.00 |
| 003002 - Pulled Pork Sliders | 411 | 12.00 | 4.00 | 0.00 | 72.00 | 873.00 | 43.81 | 2.00 | 13.45 | 28.00 |
| 001005 - Pulled Pork Totcho Bowl | 347 | 16.27 | 4.79 | 0.00 | 64.77 | 722.43 | 26.76 | 1.64 | 2.70 | 22.73 |
| 001013 - Pulled Pork Totcho Bowl EI | 298 | 14.35 | 4.79 | 0.00 | 64.77 | 634.82 | 19.09 | 1.09 | 2.70 | 22.18 |
| 000742 - Rotini Pasta w/ Meat Sauce | 310 | 16.00 | 6.00 | 0.00 | 39.00 | 610.00 | 24.00 | 4.00 | 8.00 | 18.00 |
| 000952 - Salisbury Steak, MS & EL | 200 | 14.00 | 3.50 | 0.00 | 35.00 | 390.00 | 6.00 | 1.00 | 1.00 | 12.00 |
| 000700 - Salisbury Steak, NMHS | 200 | 14.00 | 6.00 | 0.00 | 45.00 | 350.00 | 4.00 | 1.00 | 1.00 | 14.00 |
| 000564 - Spaghetti Sauce, JTM beef | 170 | 7.00 | 3.00 | 0.00 | 55.00 | 290.00 | 9.00 | 2.00 | 7.00 | 15.00 |
| 000756 - Taco Meat, Elementary | 88 | 3.94 | 1.58 | 0.00 | 27.60 | 228.71 | 3.94 | 1.58 | 1.58 | 10.25 |
| 000757 - Taco Meat, NRMS & NMHS | 111 | 5.00 | 2.00 | 0.00 | 35.00 | 290.00 | 5.00 | 2.00 | 2.00 | 13.00 |
| 000526 - Toasted Cheese, MS & EL | 253 | 10.26 | 3.92 | 0.00 | 15.00 | 492.58 | 28.00 | 4.00 | 3.00 | 13.00 |
| 000837 - Toasted Cheese, NMHS | 274 | 15.40 | 7.13 | 0.00 | 30.00 | 739.04 | 17.00 | 2.00 | 3.00 | 17.00 |
| 000179 - Turkey & Noodles, 1 cup | 182 | 3.64 | 0.40 | 0.00 | 69.15 | 711.03 | 18.74 | 0.40 | 1.56 | 16.35 |
| 000131 - Turkey, Roasted | 116 | 6.06 | 2.02 | 0.00 | 46.37 | 670.50 | 0.18 | 0.07 | 0.00 | 16.16 |

FRUIT

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|-----------------------------------|-----------------|---------------|-------------|----------------------------|-----------|-------------|-----------|------------------|------------|-------------|
| 000287 - Apple Special | 90 | 1.49 | 0.68 | 0.00 | 0.00 | 24.33 | 19.12 | 2.03 | 15.84 | 0.01 |
| 000064 - Apples,Fresh | 70 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 19.00 | 3.00 | 14.00 | 0.00 |
| 000658 - Applesauce, cnd, 1/2 cup | 51 | 0.00 | 0.00 | 0.00 | 0.00 | 2.00 | 14.00 | 1.00 | 11.00 | 0.00 |

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|---|-----------------|---------------|-------------|----------------------------|-----------|-------------|-----------|------------------|------------|-------------|
| 000068 - Banana, Fresh | 90 | 0.33 | 0.11 | 0.00 | 0.00 | 1.01 | 23.07 | 2.63 | 12.35 | 1.10 |
| 000255 - Blueberries, Fz, 1/2 cup | 40 | 0.00 | 0.00 | 0.00 | 0.00 | 2.00 | 10.00 | 3.00 | 5.00 | 0.00 |
| 000991 - Craisins 1.16 oz | 110 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 28.00 | 3.00 | 24.00 | 0.00 |
| 000912 - Frozen Fruit Cup | 70 | 0.00 | 0.00 | 0.00 | 0.00 | 5.00 | 18.00 | 3.00 | 15.00 | 0.00 |
| 000074 - Fruit, Mixed, cnd, 1/2 cup | 60 | 0.00 | 0.00 | 0.00 | 0.00 | 10.00 | 17.00 | 0.00 | 13.00 | 0.00 |
| 000422 - Grapes, Fresh, 1 cup | 62 | 0.32 | 0.10 | 0.00 | 0.00 | 1.84 | 15.78 | 0.83 | 14.95 | 0.58 |
| 000085 - Oranges, Fresh, 1/2 cup | 40 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 10.50 | 2.00 | 7.00 | 1.00 |
| 000659 - Oranges, Mandarin, 1/2 cup | 60 | 0.00 | 0.00 | 0.00 | 0.00 | 10.00 | 14.00 | 0.00 | 11.00 | 1.00 |
| 000437 - Peaches, cnd, 1/2 cup | 60 | 0.00 | 0.00 | 0.00 | 0.00 | 5.00 | 14.00 | 1.00 | 13.00 | 0.00 |
| 000438 - Pears, cnd, 1/2 cup | 60 | 0.00 | 0.00 | 0.00 | 0.00 | 5.00 | 16.00 | 2.00 | 12.00 | 0.00 |
| 000767 - Pineapple Tidbits in Juice | 60 | 0.00 | 0.00 | 0.00 | 0.00 | 10.00 | 15.00 | 1.00 | *N/A* | 0.00 |
| 000097 - Raisins, small box | 114 | 0.17 | 0.02 | 0.00 | 0.00 | 4.00 | 30.09 | 1.40 | 29.00 | 1.17 |
| 000779 - Strawberries, FZ sliced, 1/2 c | 39 | 0.00 | 0.00 | 0.00 | 0.00 | 2.00 | 10.00 | 2.00 | 5.00 | 0.00 |
| 000101 - Watermelon, Fresh, 1cup | 48 | 0.24 | 0.03 | 0.00 | 0.00 | 1.60 | 12.08 | 0.64 | 9.92 | 0.98 |

JUICE

| Recipe | 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) |
|----------------------------------|-----------------|---------------|-------------|----------------------------|-----------|-------------|-----------|------------------|------------|-------------|
| 000434 - Juice, Apple 4 oz, GFS | 50 | 0.00 | 0.00 | 0.00 | 0.00 | 10.00 | 13.00 | 0.00 | 12.00 | 0.00 |
| 000441 - Juice, Grape 4 oz, GFS | 80 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 19.00 | 0.00 | 18.00 | 0.00 |
| 000443 - Juice, Orange 4 oz, GFS | 60 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 14.00 | 0.00 | 12.00 | 0.00 |

MILK

| Recipe | 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) |
|---------------------------------------|-----------------|---------------|-------------|----------------------------|-----------|-------------|-----------|------------------|------------|-------------|
| 000202 - Milk, Chocolate 1%, 1/2 pint | 150 | 2.50 | 1.50 | 0.00 | 10.00 | 230.00 | 24.00 | 0.00 | 22.00 | 8.00 |
| 000230 - Milk, 1% Lowfat, 1/2 pint | 100 | 2.50 | 1.50 | 0.00 | 15.00 | 120.00 | 11.00 | 0.00 | 11.00 | 8.00 |
| 000231 - Milk, Skim, 1/2 pint | 80 | 0.00 | 0.00 | 0.00 | 5.00 | 120.00 | 11.00 | 0.00 | 11.00 | 8.00 |

MISCELLANEOUS

| Recipe | 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) |
|--------------------------------------|-----------------|---------------|-------------|----------------------------|-----------|-------------|-----------|------------------|------------|-------------|
| 000328 - BBQ Sauce, 1 Tbsp | 23 | 0.00 | 0.00 | 0.00 | 0.00 | 93.33 | 5.83 | 0.00 | 4.67 | 0.00 |
| 000407 - Cheese, Parmesan, Grated, | 20 | 2.00 | 1.00 | 0.00 | 5.00 | 70.00 | 0.00 | 0.00 | 0.00 | 2.00 |
| 001009 - Chow Mein Noodles | 65 | 3.00 | 1.00 | 0.00 | 0.00 | 130.00 | 9.00 | 1.00 | 0.00 | 1.50 |
| 000387 - Dressing, French FF, 1 Tbsp | 23 | 0.00 | 0.00 | 0.00 | 0.00 | 160.00 | 5.00 | 0.00 | 4.00 | 0.00 |
| 000908 - Dressing, Ranch, LC 1 Tbsp | 13 | 0.76 | 0.38 | 0.00 | 1.98 | 46.27 | 1.31 | 0.00 | 0.93 | 0.50 |
| 000789 - Gravy, Brown, LS 1/4 cup | 25 | 0.50 | 0.00 | 0.00 | 0.00 | 130.00 | 5.00 | 0.00 | 0.00 | 0.00 |
| 000790 - Gravy, Poultry LS, 1/4 cup | 40 | 1.00 | 0.00 | 0.00 | 0.00 | 130.00 | 6.00 | 0.00 | 1.00 | 1.00 |
| 000655 - Jelly, Grape, ind. pkt | 36 | 0.00 | 0.00 | 0.00 | 0.00 | 2.00 | 9.00 | 0.00 | 8.00 | 0.00 |
| 000804 - Ketchup LS pkt | 10 | 0.00 | 0.00 | 0.00 | 0.00 | 25.00 | 2.00 | 0.00 | 2.00 | 0.00 |
| 000903 - Ketchup, Red Gold LS, 1 Tbs | 20 | 0.00 | 0.00 | 0.00 | 0.00 | 50.00 | 4.00 | 0.00 | 4.00 | 0.00 |
| 000020 - Margarine Cup, GFS | 20 | 2.50 | 0.00 | 0.00 | 0.00 | 45.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| 000701 - Marinara Sauce, RG, 1.4 oz | 15 | 0.00 | 0.00 | 0.00 | 0.00 | 135.00 | 2.00 | 1.00 | 2.00 | 1.00 |

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| Recipe | 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) |
|---------------------------------|-----------------|---------------|-------------|----------------------------|-----------|-------------|-----------|------------------|------------|-------------|
| 000819 - Mayo, Light, 1 Tbsp | 25 | 1.10 | 0.20 | 0.00 | 13.00 | 52.50 | 4.00 | 0.00 | 1.00 | 0.20 |
| 000223 - Mustard, ind pkt | 5 | 0.00 | 0.00 | 0.00 | 0.00 | 50.00 | 0.50 | 0.00 | 0.00 | 0.50 |
| 000102 - Salsa, 2 oz | 20 | 0.00 | 0.00 | 0.00 | 0.00 | 136.86 | 3.91 | 1.95 | 1.95 | 0.00 |
| 000488 - Sour Cream, LC, .75 oz | 21 | 1.42 | 0.71 | 0.00 | 3.54 | 24.81 | 2.13 | 0.00 | 1.42 | 0.71 |
| 001012 - Soy Sauce Packet | 0 | 0.00 | 0.00 | 0.00 | 0.00 | 300.00 | 0.00 | 0.00 | 0.00 | 0.00 |

SALADS

| Recipe | 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) |
|---------------------------|-----------------|---------------|-------------|----------------------------|-----------|-------------|-----------|------------------|------------|-------------|
| 000982 - Corn Ranch Salad | 59 | 0.87 | 0.04 | 0.00 | 0.22 | 47.77 | 13.48 | 2.01 | 1.97 | 1.96 |

SANDWICHES

| Recipe | 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) |
|------------------------------------|-----------------|---------------|-------------|----------------------------|-----------|-------------|-----------|------------------|------------|-------------|
| 000729 - Deli Ham & Ch Sand EL | 225 | 6.25 | 2.25 | 0.00 | 41.25 | 962.50 | 22.50 | 2.00 | 5.50 | 20.50 |
| 001048 - Deli Ham & Ch Sand Sec | 285 | 7.50 | 2.25 | 0.00 | 52.50 | 1420.00 | 32.00 | 3.00 | 7.50 | 22.50 |
| 000746 - Deli Turkey & Ch Sand Sec | 278 | 7.64 | 3.07 | 0.00 | 51.53 | 832.96 | 30.57 | 3.00 | 5.00 | 22.15 |

SNACKS

| Recipe | 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) |
|----------------------------|-----------------|---------------|-------------|----------------------------|-----------|-------------|-----------|------------------|------------|-------------|
| 000792 - Doritos, Nacho RF | 130 | 5.00 | 0.50 | 0.00 | 0.00 | 200.00 | 20.00 | 2.00 | 0.00 | 2.00 |

SOUPS

| Recipe | 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) |
|-------------------------------------|-----------------|---------------|-------------|----------------------------|-----------|-------------|-----------|------------------|------------|-------------|
| 000105 - Chicken Noodle Soup, 1 cup | 113 | 2.95 | 0.75 | 0.01 | 37.35 | 371.45 | 10.43 | 0.89 | 1.47 | 10.57 |
| 000579 - Tomato Soup, 6 oz | 108 | 1.35 | 1.35 | 0.00 | 0.00 | 555.49 | 21.68 | 1.35 | 13.55 | 1.35 |

VEGETABLES

| Recipe | 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) |
|---|-----------------|---------------|-------------|----------------------------|-----------|-------------|-----------|------------------|------------|-------------|
| 000119 - Baked Beans, 1/2 cup | 129 | 1.02 | 0.00 | 0.00 | 0.00 | 156.39 | 24.53 | 5.18 | 8.83 | 7.22 |
| 000256 - Broccoli, Fresh, 1/2 cup | 25 | 0.00 | 0.00 | 0.00 | 0.00 | 32.50 | 5.50 | 2.50 | 1.00 | 2.00 |
| 000258 - Broccoli, Steamed, 3/4 cup | 40 | 0.00 | 0.00 | 0.00 | 0.00 | 33.90 | 7.70 | 4.62 | 1.54 | 4.62 |
| 000022 - Carrots, Baby, Fresh, 1/2 cup | 25 | 0.00 | 0.00 | 0.00 | 0.00 | 45.00 | 6.00 | 2.00 | 3.00 | 0.47 |
| 000261 - Carrots, Steamed, 1/2 cup | 34 | 1.24 | 0.00 | 0.00 | 29.83 | 53.44 | 7.46 | 2.49 | 3.73 | 0.00 |
| 000267 - Celery, Sticks, Fresh, 1/2 cup | 10 | 0.00 | 0.00 | 0.00 | 0.00 | 50.00 | 2.00 | 1.00 | 1.00 | 0.50 |
| 000271 - Corn, Steamed, 1/2 cup | 70 | 1.00 | 0.00 | 0.00 | 0.00 | 20.46 | 16.52 | 2.00 | 1.00 | 2.00 |
| 000377 - Cucumber, Fresh, 1/2 cup | 8 | 0.06 | 0.02 | 0.00 | 0.00 | 1.04 | 1.89 | 0.26 | 0.87 | 0.34 |
| 000487 - French Fries, CC, 1/2 cup | 90 | 2.00 | 0.00 | 0.00 | 0.00 | 20.05 | 13.03 | 2.00 | 0.00 | 1.00 |
| 000135 - Green Beans, 1/2 cup | 22 | 0.04 | 0.00 | 0.00 | 0.00 | 156.87 | 4.16 | 2.08 | 2.08 | 1.12 |

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| Recipe | 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) |
|---------------------------------------|-----------------|---------------|-------------|----------------------------|-----------|-------------|-----------|------------------|------------|-------------|
| 000692 - Lettuce, Romaine, 1 cup | 10 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 2.00 | 1.00 | 0.00 | 0.00 |
| 000317 - Lettuce,Iceberg,Fresh 3/4 cu | 8 | 0.08 | 0.01 | 0.00 | 0.00 | 5.40 | 1.60 | 0.65 | 1.06 | 0.49 |
| 000500 - Onions, Fresh, 1 slice | 6 | 0.01 | 0.01 | 0.00 | 0.00 | 0.56 | 1.31 | 0.24 | 0.59 | 0.15 |
| 000040 - Peas, steamed, 1/2 cup | 74 | 0.24 | 0.04 | 0.00 | 0.00 | 86.58 | 13.50 | 4.08 | 3.99 | 4.67 |
| 000691 - Peppers, Red, Fresh, 1/2 cup | 24 | 0.28 | 0.05 | 0.00 | 0.00 | 3.68 | 5.55 | 1.93 | 3.86 | 0.91 |
| 000330 - POTATO BAKED,FLESH & | 145 | 0.20 | 0.05 | 0.00 | 0.00 | 15.59 | 32.98 | 3.43 | 1.84 | 3.90 |
| 000988 - Potato Salad, 2/3 cup | 317 | 18.48 | 2.64 | 0.00 | 13.20 | 541.20 | 35.64 | 2.64 | 11.88 | 2.64 |
| 000557 - Potato, Rounds, LS, 1/2 cup | 91 | 3.52 | 0.00 | 0.00 | 0.00 | 160.99 | 14.09 | 1.01 | 0.00 | 1.01 |
| 000656 - Potato, Wedges,1/2 cup, Mc | 90 | 2.50 | 0.00 | 0.00 | 0.00 | 30.00 | 15.00 | 2.00 | 0.00 | 2.00 |
| 000523 - Potatoes, Au gratin, 1/2 cup | 100 | 1.32 | 0.44 | 0.00 | 0.00 | 114.18 | 19.77 | 1.99 | 1.48 | 2.41 |
| 001067 - Potatoes, Whipped,1/2 cup, | 70 | 0.50 | 0.00 | 0.00 | 0.00 | 95.00 | 14.00 | 1.00 | 0.00 | 2.00 |
| 000684 - Refried Beans, LS, 1/2 cup | 135 | 1.85 | 0.06 | 0.00 | 0.63 | 127.12 | 22.27 | 3.49 | 1.33 | 5.57 |
| 000318 - Tomatoes,Fresh, 1/4 cup | 8 | 0.00 | 0.00 | 0.00 | 0.00 | 2.50 | 1.75 | 0.50 | 1.25 | 0.50 |
| 001016 - VBlend Juice | 50 | 0.00 | 0.00 | 0.00 | 0.00 | 35.00 | 13.00 | 0.00 | 12.00 | 0.00 |

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