

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	130.00	16.00	2.00	2.00	3.00
000715 - Breadstick, A.M.	70	1.00	0.00	0.00	0.00	95.00	14.00	1.00	2.00	2.00
001040 - Breadstick, Bake Crafters	80	1.50	0.00	0.00	0.00	65.00	14.00	1.00	1.00	2.00
000693 - Bun, Coney, 1.5 oz	110	1.50	0.00	0.00	0.00	170.00	19.00	2.00	3.00	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	190.00	20.00	2.00	3.00	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	2.50	0.50	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	3.50	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, 2ct pk	25	0.50	0.00	0.00	0.00	90.00	5.00	0.00	0.00	0.00
001022 - Croutons	119	8.88	2.84	0.00	0.00	133.91	6.14	0.77	0.75	1.16
000803 - Pretzels, WG	80	1.00	0.00	0.00	0.00	200.00	16.00	2.00	1.00	2.00
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
001037 - Roll, Dinner AM	70	1.00	0.00	0.00	0.00	110.00	12.00	1.00	2.00	3.00
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	127	1.00	0.00	0.00	0.00	230.00	23.00	1.00	3.00	4.00
000302 - Tortilla Chips, 1oz	120	4.50	0.50	0.00	0.00	75.00	20.00	2.00	0.00	2.00
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	320	20.00	8.50	0.00	30.00	470.00	26.00	2.00	3.00	9.00
001031 - Bread, Banana	260	8.00	1.50	0.00	0.00	240.00	45.00	2.00	24.00	5.00
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

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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)
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, Rich's	323	15.63	7.01	0.00	0.00	312.59	42.44	2.66	18.02	4.83
000021 - Donut, Glazed, SupBak	230	11.00	4.00	0.00	0.00	260.00	29.00	2.00	6.00	5.00
000998 - Egg & Cheese Sandwich	233	10.51	5.63	0.00	78.80	485.94	26.51	2.00	3.25	8.77
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	140	4.50	1.00	0.00	5.00	75.00	23.00	1.00	9.00	2.00
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	0.00	5.00
000095 - Sunflower Seeds Kar	170	15.00	2.00	0.00	0.00	115.00	6.00	2.00	1.00	6.00
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
005006 - Cookie, Oatmeal CC	161	4.66	1.64	0.00	17.02	81.30	27.35	1.46	14.15	3.21
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	349	18.83	8.44	0.00	49.50	875.21	27.52	3.29	1.26	17.08
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	195	19.00	3.50	0.00	35.00	260.00	4.00	1.50	0.00	3.00
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	90	6.00	4.00	0.00	20.00	210.00	1.00	0.00	0.00	7.00

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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
000597 - Chef Salad, Egg & Cheese	159	8.61	4.06	0.00	125.25	273.52	8.23	2.87	2.68	10.78
000598 - Chef Salad, Ham & Cheese	161	8.11	5.06	0.00	38.25	470.52	10.23	2.87	3.68	12.78
000907 - Chicken Alfredo	270	9.00	4.97	0.00	61.53	737.92	26.66	2.79	5.26	21.27
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	361	13.21	7.31	0.00	70.83	1045.96	34.05	1.00	3.48	25.10
000015 - Chicken Patty Brd., Tyson	240	13.02	2.50	0.00	25.04	460.68	15.02	3.00	1.00	14.02
001025 - Chicken Tenders, Brd WG	230	11.00	2.00	0.00	45.00	400.00	12.00	2.00	2.00	20.00
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
000880 - Chili, 5.15 oz, JTM	162	6.00	2.30	0.00	43.00	296.00	12.00	3.00	6.00	15.00
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	240	9.00	2.50	0.00	40.00	470.00	30.00	2.00	8.00	9.00
000013 - Corndogs, Mini	270	11.00	2.00	0.00	35.00	360.00	33.00	3.00	12.00	9.00
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
001032 - Mac & Cheese: LOL	205	8.00	4.00	0.00	70.00	500.00	21.50	1.00	4.50	12.50
001041 - Macaroni & Cheese JTM	150	7.50	4.50	0.00	22.50	389.99	13.00	0.00	1.50	8.00
001021 - Meatball Sandwich	379	14.38	5.32	0.00	42.59	732.73	39.55	4.67	8.34	25.39
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
001027 - Pizza, Cheese Nardone	336	16.00	10.00	0.00	41.00	435.00	27.00	3.00	6.00	20.00
000892 - Pizza, Pepperoni	310	12.00	5.00	0.00	25.00	530.00	34.00	4.00	8.00	16.00
001033 - Pork Fritter	240	15.00	4.00	0.00	35.00	340.00	12.00	1.00	1.00	14.00
000327 - Pork Rib Patty, BBQ, Pierre	234	12.00	4.50	0.00	45.00	754.50	17.91	1.00	13.72	13.00
001005 - Pulled Pork Totcho Bowl	346	16.15	4.72	0.00	65.01	735.39	26.64	1.64	2.70	22.81
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
000118 - Salisbury Steak, Homemade	271	15.21	5.55	*0.79*	72.75	87.10	12.10	1.88	*0.62*	20.37
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
003002 - Shredded BBQ Sandwich	341	11.50	4.00	0.00	72.00	783.00	31.81	2.00	12.45	26.00
000564 - Spaghetti Sauce, JTM beef	170	7.00	3.00	0.00	55.00	290.00	9.00	2.00	7.00	15.00
000173 - Spaghetti with meat sauce	322	10.97	4.16	0.00	58.48	239.96	32.30	3.39	4.86	22.52
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
001034 - Tacos Beef, Soft Shell 2	358	14.16	7.87	0.00	43.60	589.01	36.80	6.29	5.18	22.62
000526 - Toasted Cheese, MS & EL	328	12.26	5.17	0.00	22.50	752.58	35.00	4.00	5.50	16.50

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000837 - Toasted Cheese, NMHS	384	16.40	7.13	0.00	30.00	924.04	36.00	4.00	6.00	20.00
001023 - Turkey & Noodle w/ Roast 1	222	7.58	2.40	0.00	71.87	1042.02	18.74	0.40	1.56	19.99
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
001039 - Yogurt, 4oz, Danimals	70	0.00	0.00	0.00	5.00	70.00	12.00	0.00	9.00	4.00
000934 - Yogurt, Cheese stick, Cracke	320	8.50	2.50	0.00	15.00	545.00	43.00	2.00	15.00	14.00

FRUIT

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)
000287 - Apple Special	90	1.49	0.68	0.00	0.00	24.33	19.12	2.03	15.84	0.01
001038 - Apple Special, cnd	86	1.63	0.67	0.00	0.00	25.48	17.90	1.90	14.77	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	50	0.00	0.00	0.00	0.00	10.00	12.00	1.00	11.00	0.00
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
001030 - Mixed Berry, FZ cup	90	0.00	0.00	0.00	0.00	0.00	20.00	2.00	16.00	0.00
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	70	0.00	0.00	0.00	0.00	0.00	18.00	1.00	15.00	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
001028 - Strawberry Cup	90	0.00	0.00	0.00	0.00	0.00	21.99	2.00	18.00	1.00
001029 - Strawberry Cup, FZ	80	0.00	0.00	0.00	0.00	1.00	21.00	2.00	16.00	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
001016 - VBlend Juice	50	0.00	0.00	0.00	0.00	35.00	13.00	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)
000475 - Milk, Choc Skim, 1/2 pint	110	0.00	0.00	0.00	5.00	210.00	19.00	0.00	18.00	8.00
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

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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)
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)
001026 - BBQ Sauce Packet	20	0.00	0.00	0.00	0.00	90.00	5.00	0.00	4.00	0.00
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
001035 - Dressing, French Lite packet	30	2.00	0.00	0.00	0.00	40.00	3.00	0.00	3.00	0.00
000765 - Dressing, Honey Mustard 1 T	20	0.82	0.13	0.00	8.16	69.96	3.40	0.03	1.25	0.27
001024 - Dressing, Ranch FF packet	10	0.00	0.00	0.00	0.00	125.00	2.00	0.00	0.00	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
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
000986 - Ranch, dipping cup	70	6.00	1.00	0.00	5.00	125.00	5.00	0.00	3.00	0.00
000102 - Salsa, 2 oz	20	0.00	0.00	0.00	0.00	136.86	3.91	1.95	1.95	0.00
001020 - Salsa, scratch	16	0.20	0.03	0.00	0.00	195.81	3.33	1.01	1.75	0.73
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	213	5.40	2.01	0.00	34.08	1084.18	24.04	2.00	6.54	16.61
001048 - Deli Ham & Ch Sand Sec	286	7.03	2.76	0.00	42.94	1332.23	34.05	2.00	8.55	20.65
001056 - Deli Sub, Combo Turkey & H	302	8.04	3.27	0.00	58.27	1027.56	32.02	2.00	5.51	26.60
000746 - Deli Turkey & Ch Sand Sec	288	8.14	3.57	0.00	51.53	762.96	31.57	2.00	5.00	22.15
000747 - Peanut B & Jelly Sand. 2 oz	602	33.85	6.00	0.00	0.00	561.89	54.52	7.69	17.69	19.54

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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, 8 oz	180	0.00	0.00	0.00	0.00	960.00	40.00	0.00	24.00	4.00

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	117	0.00	0.00	0.00	0.00	133.75	24.16	6.09	7.73	5.09
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, 1/2 cup	27	0.00	0.00	0.00	0.00	26.33	5.12	3.00	1.00	3.00
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	35	1.24	0.00	0.00	0.00	62.44	7.70	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
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	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
000618 - Potatoes, AuGratin CC	192	12.16	6.03	0.00	19.99	366.97	13.54	0.52	1.58	7.62
000523 - Potatoes, AuGratin, 2/3 cup	135	1.77	0.59	0.00	0.00	153.27	26.54	2.67	1.98	3.23
000800 - Potatoes, AuGratin, scratch	162	2.67	1.59	0.00	9.87	227.91	24.59	1.57	*6.58*	8.09
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	168	0.65	0.09	0.00	0.88	169.36	30.07	10.15	0.64	10.61
001036 - Tomato, Slices 2	5	0.06	0.01	0.00	0.00	1.50	1.17	0.36	0.79	0.26
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

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