

Compass Group

Recipe No. 901967 Animal Crax (Bakecr or J&J):
 Number of Portions: 2
 Size of Portion: 1 Pkg

Calories	124	Iron	0.63 mg	Protein	2.00 g	6.48%	Cals from Prot
Cholesterol	0 mg	Calcium	5 mg	Carbohydrates	22.00 g	71.25%	Cals from Carb
Sodium	85 mg	Vitamin A	0 IU	Total Fat	3.50 g	25.51%	Cals from T Fat
Dietary Fibe	0.50 g	Vitamin A	0 RE	Saturated Fat	0.50 g	3.64%	Cals from S Fat
		Vitamin C	0.6 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

Recipe No. 900748 Apple honey cobbler: BC/VF-15
 Number of Portions: 100.0000
 Size of Portion: 1 Piece

Calories	207	Iron	0.77 mg	Protein	1.32 g	2.56%	Cals from Prot
Cholesterol	12 mg	Calcium	9 mg	Carbohydrates	40.58 g	78.56%	Cals from Carb
Sodium	84 mg	Vitamin A	194 IU	Total Fat	5.22 g	22.74%	Cals from T Fat
Dietary Fibe	2.12 g	Vitamin A	48 RE	Saturated Fat	3.03 g	13.19%	Cals from S Fat
		Vitamin C	0.5 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat
* - Denotes Missing Nutrient Values							

Recipe No. 000063 APPLE JUICE:cnnd,unswtn,+vit C:
 Number of Portions: 1.0000
 Size of Portion: 4 fl.oz.

Calories	58	Iron	0.46 mg	Protein	0.07 g	0.51%	Cals from Prot
Cholesterol	0 mg	Calcium	9 mg	Carbohydrates	14.48 g	99.40%	Cals from Carb
Sodium	4 mg	Vitamin A	1 IU	Total Fat	0.14 g	2.11%	Cals from T Fat
Dietary Fibe	0.12 g	Vitamin A	0 RE	Saturated Fat	0.02 g	0.36%	Cals from S Fat
		Vitamin C	51.6 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat
* - Denotes Missing Nutrient Values							

Recipe No. 006969 Apple, 168 cnt: Divsion Cycle
 Number of Portions: 1.0000
 Size of Portion: 1 each
 Alternate Menu Name: Fresh Apple

Calories	55	Iron	0.13 mg	Protein	0.28 g	2.00%	Cals from Prot
Cholesterol	0 mg	Calcium	6 mg	Carbohydrates	14.64 g	106.23%	Cals from Carb
Sodium	1 mg	Vitamin A	57 IU	Total Fat	0.18 g	2.94%	Cals from T Fat
Dietary Fibe	2.54 g	Vitamin A	5 RE	Saturated Fat	0.02 g	0.35%	Cals from S Fat
		Vitamin C	4.9 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat
* - Denotes Missing Nutrient Values							

Recipe No. 006304 Applesauce, Carbotrol #101500:
 Number of Portions: 1
 Size of Portion: 1/2 cup

Calories	50	Iron	1.44 mg	Protein	0.00 g	0.00%	Cals from Prot
Cholesterol	0 mg	Calcium	0 mg	Carbohydrates	13.00 g	104.00%	Cals from Carb
Sodium	15 mg	Vitamin A	0 IU	Total Fat	0.00 g	0.00%	Cals from T Fat
Dietary Fibe	2.00 g	Vitamin A	0 RE	Saturated Fat	0.00 g	0.00%	Cals from S Fat
		Vitamin C	2.4 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat
* - Denotes Missing Nutrient Values							

Recipe No. 006903 APPLESAUCE,SWEETENED:
 Number of Portions: 1.0000
 Size of Portion: 1/2 cup
 Alternate Menu Name: Chilled Applesauce

Calories	97	Iron	0.45 mg	Protein	0.23 g	0.95%	Cals from Prot
Cholesterol	0 mg	Calcium	5 mg	Carbohydrates	25.39 g	104.79%	Cals from Carb
Sodium	4 mg	Vitamin A	14 IU	Total Fat	0.23 g	2.13%	Cals from T Fat
Dietary Fibe	1.53 g	Vitamin A	1 RE	Saturated Fat	0.04 g	0.36%	Cals from S Fat
		Vitamin C	2.2 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

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Recipe No. 000247 APPLESAUCE:cnnd,unswtnd,+vit C:
 Number of Portions: 1.0000
 Size of Portion: CUP

Calories	105	Iron	0.29 mg	Protein	0.41 g	1.58%	Cals from Prot
Cholesterol	0 mg	Calcium	7 mg	Carbohydrates	27.55 g	105.02%	Cals from Carb
Sodium	5 mg	Vitamin A	71 IU	Total Fat	0.12 g	1.05%	Cals from T Fat
Dietary Fibe	2.93 g	Vitamin A	7 RE	Saturated Fat	0.02 g	0.17%	Cals from S Fat
		Vitamin C	51.7 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 002753 Banana, Petite:
 Number of Portions: 1.0000
 Size of Portion: 1 each

Calories	90	Iron	0.26 mg	Protein	1.10 g	4.90%	Cals from Prot
Cholesterol	0 mg	Calcium	5 mg	Carbohydrates	23.07 g	102.65%	Cals from Carb
Sodium	1 mg	Vitamin A	65 IU	Total Fat	0.33 g	3.34%	Cals from T Fat
Dietary Fibe	2.63 g	Vitamin A	8 RE	Saturated Fat	0.11 g	1.13%	Cals from S Fat
		Vitamin C	8.8 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 007058 Biscuit Baked Buttermilk 1.2 o:
 Number of Portions: 1
 Size of Portion: 1 Each
 Alternate Menu Name: Buttermilk Biscuit

Calories	110	Iron	0.72 mg	Protein	2.00 g	7.27%	Cals from Prot
Cholesterol	0 mg	Calcium	20 mg	Carbohydrates	15.00 g	54.54%	Cals from Carb
Sodium	320 mg	Vitamin A	0 IU	Total Fat	4.50 g	36.82%	Cals from T Fat
Dietary Fibe	0.00 g	Vitamin A	0 RE	Saturated Fat	1.50 g	12.27%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	1.50 g	12.27%	Cals from Trans Fat

Recipe No. 901973 Breadstick, Rich's #10532:
 Number of Portions: 1
 Size of Portion: 1 Each
 Alternate Menu Name: Fresh Baked Breadstick

Calories	65	Iron	0.72 mg	Protein	2.00 g	12.31%	Cals from Prot
Cholesterol	2 mg	Calcium	0 mg	Carbohydrates	12.50 g	76.92%	Cals from Carb
Sodium	125 mg	Vitamin A	0 IU	Total Fat	1.00 g	13.85%	Cals from T Fat
Dietary Fibe	0.50 g	Vitamin A	0 RE	Saturated Fat	0.50 g	6.92%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 006946 Carrots, baby, 1.6 oz. bag:
 Number of Portions: 1.0000
 Size of Portion: 1 Bag
 Alternate Menu Name: Fresh Baby Carrots

Calories	16	Iron	0.40 mg	Protein	0.29 g	7.31%	Cals from Prot
Cholesterol	0 mg	Calcium	15 mg	Carbohydrates	3.74 g	94.17%	Cals from Carb
Sodium	35 mg	Vitamin A	6255 IU	Total Fat	0.06 g	3.34%	Cals from T Fat
Dietary Fibe	1.32 g	Vitamin A	681 RE	Saturated Fat	0.01 g	0.59%	Cals from S Fat
		Vitamin C	1.2 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

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Recipe No. 901965 Cereal Fun Lunch: Division Cycle
 Number of Portions: 2
 Size of Portion: 1 Each
 Alternate Menu Name: Cereal Bowl w/ Hard Boiled Egg

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Calories	185	Iron	6.12 mg	Protein	8.00 g	17.30%	Cals from Prot
Cholesterol	210 mg	Calcium	60 mg	Carbohydrates	24.00 g	51.89%	Cals from Carb
Sodium	200 mg	Vitamin A	500 IU	Total Fat	5.50 g	26.76%	Cals from T Fat
Dietary Fibe	2.00 g	Vitamin A	100 RE	Saturated Fat	1.50 g	7.30%	Cals from S Fat
		Vitamin C	2.4 mg	Trans Fat	0.05 g	0.24%	Cals from Trans Fat

Recipe No. 990256 Cheeseburger on a Bun: BC/HE-260 VAR

Number of Portions: 1.0000

Size of Portion: 1 Each

Alternate Menu Name: Flamebroiled
Cheeseburger on a Roll

Calories	311	Iron	3.34 mg	Protein	21.52 g	27.66%	Cals from Prot
Cholesterol	32 mg	Calcium	170 mg	Carbohydrates	27.63 g	35.52%	Cals from Carb
Sodium	846 mg	Vitamin A	225 IU	Total Fat	12.39 g	35.85%	Cals from T Fat
Dietary Fibe	2.32 g	Vitamin A	44 RE	Saturated Fat	5.85 g	16.93%	Cals from S Fat
		Vitamin C	0.2 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 007460 Cheeseburger on a wheat bun: GS-180

Number of Portions: 1.0000

Size of Portion: 1 each

Calories	329	Iron	3.63 mg	Protein	21.88 g	26.56%	Cals from Prot
Cholesterol	28 mg	Calcium	210 mg	Carbohydrates	32.68 g	39.68%	Cals from Carb
Sodium	916 mg	Vitamin A	166 IU	Total Fat	12.30 g	33.61%	Cals from T Fat
Dietary Fibe	2.67 g	Vitamin A	43 RE	Saturated Fat	4.52 g	12.35%	Cals from S Fat
		Vitamin C	0.2 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 007041 Cheesy Macaroni: BC/GB-40

Number of Portions: 100

Size of Portion: 1/2 cup

Calories	122	Iron	0.90 mg	Protein	4.28 g	14.08%	Cals from Prot
Cholesterol	0 mg	Calcium	18 mg	Carbohydrates	23.36 g	76.85%	Cals from Carb
Sodium	141 mg	Vitamin A	494 IU	Total Fat	1.09 g	8.07%	Cals from T Fat
Dietary Fibe	1.48 g	Vitamin A	99 RE	Saturated Fat	0.24 g	1.74%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

Recipe No. 901986 Chicken Fajita w/ Salsa: Division Cycle

Number of Portions: 1

Size of Portion: 1 Each

Calories	339	Iron	3.20 mg	Protein	22.97 g	27.07%	Cals from Prot
Cholesterol	65 mg	Calcium	171 mg	Carbohydrates	29.68 g	34.97%	Cals from Carb
Sodium	891 mg	Vitamin A	522 IU	Total Fat	13.04 g	34.58%	Cals from T Fat
Dietary Fibe	2.38 g	Vitamin A	75 RE	Saturated Fat	5.19 g	13.77%	Cals from S Fat
		Vitamin C	2.7 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 990266 Chicken Patty on a Bun:

Number of Portions: 1.0000

Size of Portion: 1 Each

Alternate Menu Name: Breaded Chicken on a Bun

Calories	342	Iron	3.49 mg	Protein	20.85 g	24.36%	Cals from Prot
Cholesterol	55 mg	Calcium	70 mg	Carbohydrates	40.22 g	47.00%	Cals from Carb
Sodium	804 mg	Vitamin A	200 IU	Total Fat	12.21 g	32.10%	Cals from T Fat
Dietary Fibe	3.07 g	Vitamin A	40 RE	Saturated Fat	2.56 g	6.72%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

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Recipe No. 005605 Chicken patty on a bun w/ whol: BC/HE-70

Number of Portions: 1.0000

Size of Portion: 1 each

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Calories	334	Iron	2.94 mg	Protein	18.30 g	21.93%	Cals from Prot
Cholesterol	41 mg	Calcium	80 mg	Carbohydrates	30.57 g	36.62%	Cals from Carb
Sodium	676 mg	Vitamin A	100 IU	Total Fat	15.19 g	40.95%	Cals from T Fat
Dietary Fibe	2.40 g	Vitamin A	20 RE	Saturated Fat	3.52 g	9.50%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 005012 COCOA CAKE: <XXX>
 Number of Portions: 100.0000
 Size of Portion: 1 PIECE

Calories	185	Iron	1.18 mg	Protein	3.82 g	8.23%	Cals from Prot
Cholesterol	0 mg	Calcium	73 mg	Carbohydrates	33.27 g	71.75%	Cals from Carb
Sodium	246 mg	Vitamin A	4 IU	Total Fat	4.96 g	24.07%	Cals from T Fat
Dietary Fibe	1.45 g	Vitamin A	1 RE	Saturated Fat	0.86 g	4.17%	Cals from S Fat
		Vitamin C	2.1 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 901984 Confetti Coleslaw: BC/VF-30
 Number of Portions: 100
 Size of Portion: 1/2 Cup

Calories	88	Iron	0.39 mg	Protein	1.06 g	4.81%	Cals from Prot
Cholesterol	7 mg	Calcium	33 mg	Carbohydrates	9.05 g	41.08%	Cals from Carb
Sodium	145 mg	Vitamin A	1153 IU	Total Fat	5.55 g	56.67%	Cals from T Fat
Dietary Fibe	2.15 g	Vitamin A	262 RE	Saturated Fat	0.71 g	7.24%	Cals from S Fat
		Vitamin C	28.2 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 990265 Croutons:
 Number of Portions: 1
 Size of Portion: 3/4 oz.

Calories	91	Iron	0.00 mg	Protein	3.04 g	13.33%	Cals from Prot
Cholesterol	0 mg	Calcium	0 mg	Carbohydrates	15.19 g	66.67%	Cals from Carb
Sodium	273 mg	Vitamin A	0 IU	Total Fat	3.04 g	30.00%	Cals from T Fat
Dietary Fibe	0.00 g	Vitamin A	0 RE	Saturated Fat	0.00 g	0.00%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 990215 Cucumber Slices:
 Number of Portions: 1.0000
 Size of Portion: 1/4 cup

Calories	4	Iron	0.07 mg	Protein	0.17 g	17.33%	Cals from Prot
Cholesterol	0 mg	Calcium	4 mg	Carbohydrates	0.94 g	96.80%	Cals from Carb
Sodium	1 mg	Vitamin A	27 IU	Total Fat	0.03 g	6.60%	Cals from T Fat
Dietary Fibe	0.13 g	Vitamin A	5 RE	Saturated Fat	0.01 g	2.22%	Cals from S Fat
		Vitamin C	0.7 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 990261 Dinner roll, 1.25 oz.:
 Number of Portions: 1.0000
 Size of Portion: 1 each
 Alternate Menu Name: Dinner Roll

Calories	97	Iron	1.26 mg	Protein	3.05 g	12.60%	Cals from Prot
Cholesterol	0 mg	Calcium	62 mg	Carbohydrates	16.30 g	67.40%	Cals from Carb
Sodium	120 mg	Vitamin A	0 IU	Total Fat	2.23 g	20.77%	Cals from T Fat
Dietary Fibe	1.35 g	Vitamin A	0 RE	Saturated Fat	0.53 g	4.94%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

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Recipe No. 006136 Dinner roll, whole wheat 1.5oz:
 Number of Portions: 1
 Size of Portion: 1 each

Calories	113	Iron	1.03 mg	Protein	3.70 g	13.08%	Cals from Prot
Cholesterol	0 mg	Calcium	45 mg	Carbohydrates	21.73 g	76.84%	Cals from Carb
Sodium	203 mg	Vitamin A	0 IU	Total Fat	2.00 g	15.90%	Cals from T Fat
Dietary Fibe	3.19 g	Vitamin A	0 RE	Saturated Fat	0.36 g	2.83%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 006832 Egg patty, grilled CN: Sunny Fresh
 Number of Portions: 1
 Size of Portion: each

Calories	60	Iron	0.46 mg	Protein	4.00 g	26.66%	Cals from Prot
Cholesterol	135 mg	Calcium	24 mg	Carbohydrates	1.00 g	6.65%	Cals from Carb
Sodium	140 mg	Vitamin A	209 IU	Total Fat	4.00 g	59.99%	Cals from T Fat
Dietary Fibe	0.00 g	Vitamin A	42 RE	Saturated Fat	1.00 g	14.96%	Cals from S Fat
		Vitamin C	0.1 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 006949 Egg, cook in bag scramble mix: Division Cycle
 Number of Portions: 1
 Size of Portion: 1/4 Cup
 Alternate Menu Name: Scrambled Eggs

Calories	67	Iron	0.81 mg	Protein	5.60 g	33.33%	Cals from Prot
Cholesterol	179 mg	Calcium	34 mg	Carbohydrates	1.12 g	6.67%	Cals from Carb
Sodium	73 mg	Vitamin A	224 IU	Total Fat	4.48 g	60.00%	Cals from T Fat
Dietary Fibe	0.00 g	Vitamin A	45 RE	Saturated Fat	1.40 g	18.75%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

Recipe No. 901985 French toast sticks, Mrs. Butt: Division Cycle
 Number of Portions: 1
 Size of Portion: 3 Sticks
 Alternate Menu Name: French Toast Sticks

Calories	234	Iron	1.40 mg	Protein	3.89 g	6.67%	Cals from Prot
Cholesterol	0 mg	Calcium	47 mg	Carbohydrates	31.93 g	54.67%	Cals from Carb
Sodium	312 mg	Vitamin A	0 IU	Total Fat	9.34 g	36.00%	Cals from T Fat
Dietary Fibe	0.78 g	Vitamin A	0 RE	Saturated Fat	2.34 g	9.00%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

Recipe No. 901961 Fries CC 1/2" YorkmontValley 1:
 Number of Portions: 1
 Size of Portion: 1/2 Cup (2.5 oz)
 Alternate Menu Name: Oven Baked Fries

Calories	100	Iron	0.60 mg	Protein	1.67 g	6.67%	Cals from Prot
Cholesterol	0 mg	Calcium	0 mg	Carbohydrates	15.83 g	63.33%	Cals from Carb
Sodium	25 mg	Vitamin A	0 IU	Total Fat	3.75 g	33.75%	Cals from T Fat
Dietary Fibe	1.67 g	Vitamin A	0 RE	Saturated Fat	0.83 g	7.50%	Cals from S Fat
		Vitamin C	5.0 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

Recipe No. 500289 FRUIT COCKTAIL:canned,lt syrup:
 Number of Portions: 1.0000
 Size of Portion: 1/2 cup
 Alternate Menu Name: Chilled Fruit Cocktail

Calories	69	Iron	0.35 mg	Protein	0.48 g	2.81%	Cals from Prot
Cholesterol	0 mg	Calcium	7 mg	Carbohydrates	18.07 g	104.77%	Cals from Carb
Sodium	7 mg	Vitamin A	248 IU	Total Fat	0.08 g	1.11%	Cals from T Fat
Dietary Fibe	1.21 g	Vitamin A	25 RE	Saturated Fat	0.01 g	0.16%	Cals from S Fat
		Vitamin C	2.3 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

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Recipe No. 500225 Fruit Crisp: BC/VF-35
 Number of Portions: 70
 Size of Portion: 1/2 Cup

Calories	167	Iron	0.88 mg	Protein	1.34 g	3.22%	Cals from Prot
Cholesterol	0 mg	Calcium	31 mg	Carbohydrates	34.34 g	82.41%	Cals from Carb
Sodium	57 mg	Vitamin A	721 IU	Total Fat	3.67 g	19.82%	Cals from T Fat
Dietary Fibe	2.47 g	Vitamin A	72 RE	Saturated Fat	0.56 g	3.05%	Cals from S Fat
		Vitamin C	2.5 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 004199 Fruit punch, 100%, Sun Cup:
 Number of Portions: 1
 Size of Portion: 1/2 cup

Calories	65	Iron	0.00 mg	Protein	0.00 g	0.00%	Cals from Prot
Cholesterol	0 mg	Calcium	0 mg	Carbohydrates	14.00 g	86.15%	Cals from Carb
Sodium	1 mg	Vitamin A	0 IU	Total Fat	0.00 g	0.00%	Cals from T Fat
Dietary Fibe	0.00 g	Vitamin A	0 RE	Saturated Fat	0.00 g	0.00%	Cals from S Fat
		Vitamin C	6.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 007059 Gravy,Chicken,Trio:
 Number of Portions: 1
 Size of Portion: 1/8 cup
 Alternate Menu Name: Homestyle Gravy

Calories	18	Iron	0.00 mg	Protein	0.00 g	0.00%	Cals from Prot
Cholesterol	0 mg	Calcium	0 mg	Carbohydrates	3.00 g	68.57%	Cals from Carb
Sodium	140 mg	Vitamin A	0 IU	Total Fat	0.50 g	25.71%	Cals from T Fat
Dietary Fibe	0.00 g	Vitamin A	0 RE	Saturated Fat	0.00 g	0.00%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 990269 Hamburger on a Bun: BC/HE-260 A
 Number of Portions: 1.0000
 Size of Portion: 1 each

Calories	222	Iron	2.89 mg	Protein	17.83 g	32.20%	Cals from Prot
Cholesterol	19 mg	Calcium	76 mg	Carbohydrates	21.11 g	38.11%	Cals from Carb
Sodium	565 mg	Vitamin A	58 IU	Total Fat	7.31 g	29.71%	Cals from T Fat
Dietary Fibe	2.07 g	Vitamin A	11 RE	Saturated Fat	2.68 g	10.91%	Cals from S Fat
		Vitamin C	0.2 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 901147 Hamburger on a bun made w/ who: BC/HE-260
 Number of Portions: 1.0000
 Size of Portion: 1 each

Calories	359	Iron	3.64 mg	Protein	21.82 g	24.33%	Cals from Prot
Cholesterol	57 mg	Calcium	132 mg	Carbohydrates	35.00 g	39.02%	Cals from Carb
Sodium	417 mg	Vitamin A	0 IU	Total Fat	13.75 g	34.50%	Cals from T Fat
Dietary Fibe	1.67 g	Vitamin A	0 RE	Saturated Fat	4.01 g	10.07%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 901975 Homemade Corn Bread: BC/GB-75
 Number of Portions: 50.0000
 Size of Portion: 1 Piece

Calories	108	Iron	0.91 mg	Protein	2.69 g	9.97%	Cals from Prot
Cholesterol	13 mg	Calcium	70 mg	Carbohydrates	18.05 g	66.95%	Cals from Carb
Sodium	151 mg	Vitamin A	72 IU	Total Fat	2.82 g	23.53%	Cals from T Fat
Dietary Fibe	0.98 g	Vitamin A	21 RE	Saturated Fat	0.47 g	3.94%	Cals from S Fat

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	Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat
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* - Denotes Missing Nutrient Values

Recipe No. 901247 Hot dog on a bun: Chartwells
 Number of Portions: 1.0000
 Size of Portion: 1 each

Calories	309	Iron	2.20 mg	Protein	9.99 g	12.94%	Cals from Prot
Cholesterol	30 mg	Calcium	67 mg	Carbohydrates	23.69 g	30.70%	Cals from Carb
Sodium	885 mg	Vitamin A	0 IU	Total Fat	18.93 g	55.20%	Cals from T Fat
Dietary Fibe	1.15 g	Vitamin A	0 RE	Saturated Fat	7.14 g	20.80%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 500363 Hot Ham & Cheese on a Bagel: GS-190 VAR
 Number of Portions: 1.0000
 Size of Portion: 1 Each

Calories	315	Iron	3.57 mg	Protein	19.78 g	25.09%	Cals from Prot
Cholesterol	53 mg	Calcium	77 mg	Carbohydrates	37.64 g	47.74%	Cals from Carb
Sodium	1202 mg	Vitamin A	167 IU	Total Fat	8.47 g	24.18%	Cals from T Fat
Dietary Fibe	2.00 g	Vitamin A	33 RE	Saturated Fat	4.18 g	11.91%	Cals from S Fat
		Vitamin C	1.4 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 006808 Italian meat sauce: BC/HE-280
 Number of Portions: 100
 Size of Portion: 1/2 cup

Calories	222	Iron	1.77 mg	Protein	17.05 g	30.67%	Cals from Prot
Cholesterol	57 mg	Calcium	23 mg	Carbohydrates	9.30 g	16.73%	Cals from Carb
Sodium	340 mg	Vitamin A	717 IU	Total Fat	12.79 g	51.74%	Cals from T Fat
Dietary Fibe	1.99 g	Vitamin A	143 RE	Saturated Fat	4.33 g	17.51%	Cals from S Fat
		Vitamin C	6.5 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 901964 Italian Meat Sauce (90/10 turk: BC/HE-280 A
 Number of Portions: 100
 Size of Portion: 1/2 cup
 Alternate Menu Name: Italian Meat Sauce

Calories	147	Iron	1.47 mg	Protein	13.64 g	37.16%	Cals from Prot
Cholesterol	80 mg	Calcium	36 mg	Carbohydrates	4.72 g	12.85%	Cals from Carb
Sodium	305 mg	Vitamin A	208 IU	Total Fat	8.44 g	51.73%	Cals from T Fat
Dietary Fibe	0.94 g	Vitamin A	42 RE	Saturated Fat	2.16 g	13.25%	Cals from S Fat
		Vitamin C	4.4 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 007048 Jelly, 1/2 oz. pc:
 Number of Portions: 1.0000
 Size of Portion: 1 p.c.

Calories	37	Iron	0.03 mg	Protein	0.02 g	0.23%	Cals from Prot
Cholesterol	0 mg	Calcium	1 mg	Carbohydrates	9.79 g	105.19%	Cals from Carb
Sodium	4 mg	Vitamin A	1 IU	Total Fat	0.00 g	0.07%	Cals from T Fat
Dietary Fibe	0.14 g	Vitamin A	0 RE	Saturated Fat	0.00 g	0.03%	Cals from S Fat
		Vitamin C	0.1 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 901966 Junior ham/cheese sub w/ L+T: BC/CE-95
 Number of Portions: 1
 Size of Portion: 1 Each

Calories	226	Iron	1.91 mg	Protein	14.88 g	26.31%	Cals from Prot
Cholesterol	32 mg	Calcium	143 mg	Carbohydrates	23.19 g	41.01%	Cals from Carb
Sodium	882 mg	Vitamin A	330 IU	Total Fat	7.59 g	30.19%	Cals from T Fat

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Dietary Fibe	1.23 g	Vitamin A	47 RE	Saturated Fat	3.79 g	15.10%	Cals from S Fat
		Vitamin C	3.2 mg	Trans Fat	0.01* g	0.03%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 990207 Ketchup, 9 gm pc:
 Number of Portions: 1.0000
 Size of Portion: 1 each
 Alternate Menu Name: Ketchup

Calories	9	Iron	0.05 mg	Protein	0.16 g	7.18%	Cals from Prot
Cholesterol	0 mg	Calcium	2 mg	Carbohydrates	2.26 g	103.71%	Cals from Carb
Sodium	100 mg	Vitamin A	84 IU	Total Fat	0.03 g	2.88%	Cals from T Fat
Dietary Fibe	0.03 g	Vitamin A	9 RE	Saturated Fat	0.00 g	0.37%	Cals from S Fat
		Vitamin C	1.4 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 901693 Mashed potatoes, Yorkmont: Division Cycle
 Number of Portions: 1
 Size of Portion: 1/2 Cup
 Alternate Menu Name: Mashed Potatoes

Calories	100	Iron	0.36 mg	Protein	2.00 g	8.00%	Cals from Prot
Cholesterol	0 mg	Calcium	20 mg	Carbohydrates	18.00 g	72.00%	Cals from Carb
Sodium	30 mg	Vitamin A	0 IU	Total Fat	3.00 g	27.00%	Cals from T Fat
Dietary Fibe	2.00 g	Vitamin A	0 RE	Saturated Fat	0.00 g	0.00%	Cals from S Fat
		Vitamin C	3.6 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

Recipe No. 002548 Mayonnaise, 9 gm pc:
 Number of Portions: 1.0000
 Size of Portion: 1 each

Calories	65	Iron	0.05 mg	Protein	0.10 g	0.61%	Cals from Prot
Cholesterol	5 mg	Calcium	2 mg	Carbohydrates	0.24 g	1.51%	Cals from Carb
Sodium	51 mg	Vitamin A	25 IU	Total Fat	7.15 g	99.67%	Cals from T Fat
Dietary Fibe	0.00 g	Vitamin A	8 RE	Saturated Fat	0.77 g	10.79%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 005839 Milk, 1% chocolate, Beyer Farm: 9/09
 Number of Portions: 1
 Size of Portion: 1/2 pint

Calories	170	Iron	0.00 mg	Protein	8.00 g	18.82%	Cals from Prot
Cholesterol	10 mg	Calcium	300 mg	Carbohydrates	30.00 g	70.59%	Cals from Carb
Sodium	210 mg	Vitamin A	500 IU	Total Fat	2.50 g	13.23%	Cals from T Fat
Dietary Fibe	0.00 g	Vitamin A	100 RE	Saturated Fat	1.50 g	7.94%	Cals from S Fat
		Vitamin C	2.4 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

Recipe No. 005840 Milk, 1% strawberry, Beyer Farm: 9/09
 Number of Portions: 1
 Size of Portion: 8 oz.

Calories	180	Iron	0.00 mg	Protein	7.00 g	15.55%	Cals from Prot
Cholesterol	10 mg	Calcium	300 mg	Carbohydrates	32.00 g	71.11%	Cals from Carb
Sodium	115 mg	Vitamin A	500 IU	Total Fat	2.50 g	12.50%	Cals from T Fat
Dietary Fibe	0.00 g	Vitamin A	100 RE	Saturated Fat	1.50 g	7.50%	Cals from S Fat
		Vitamin C	1.2 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

Recipe No. 000230 MILK, 1% Lowfat Beyer Farms: 9/09
 Number of Portions: 1.0000
 Size of Portion: HALF PINT

Calories	110	Iron	0.00 mg	Protein	8.00 g	29.09%	Cals from Prot
Cholesterol	10 mg	Calcium	300 mg	Carbohydrates	13.00 g	47.27%	Cals from Carb
Sodium	130 mg	Vitamin A	500 IU	Total Fat	2.50 g	20.45%	Cals from T Fat
Dietary Fibe	0.00 g	Vitamin A	59 RE	Saturated Fat	1.50 g	12.27%	Cals from S Fat

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	Vitamin C	2.4 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat
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Recipe No. 000231 MILK,Skim Beyer Farms: 9/09
 Number of Portions: 1.0000
 Size of Portion: HALF PINT

Calories	90	Iron	0.00 mg	Protein	8.00 g	35.55%	Cals from Prot
Cholesterol	5 mg	Calcium	300 mg	Carbohydrates	13.00 g	57.78%	Cals from Carb
Sodium	130 mg	Vitamin A	500 IU	Total Fat	0.00 g	0.00%	Cals from T Fat
Dietary Fibe	0.00 g	Vitamin A	61 RE	Saturated Fat	0.00 g	0.00%	Cals from S Fat
		Vitamin C	2.4 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

Recipe No. 007046 Mustard, 5.5 gm pc:
 Number of Portions: 1.0000
 Size of Portion: 1 each
 Alternate Menu Name: Mustard

Calories	4	Iron	0.11 mg	Protein	0.26 g	25.07%	Cals from Prot
Cholesterol	0 mg	Calcium	5 mg	Carbohydrates	0.35 g	34.13%	Cals from Carb
Sodium	69 mg	Vitamin A	0 IU	Total Fat	0.24 g	52.80%	Cals from T Fat
Dietary Fibe	0.06 g	Vitamin A	0 RE	Saturated Fat	0.01 g	2.40%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 007039 Nachos Fun Lunch: Chartwells K-12
 Number of Portions: 1
 Size of Portion: 1 each

Calories	399	Iron	1.94 mg	Protein	15.97 g	16.01%	Cals from Prot
Cholesterol	60 mg	Calcium	462 mg	Carbohydrates	22.69 g	22.76%	Cals from Carb
Sodium	681 mg	Vitamin A	880 IU	Total Fat	26.90 g	60.70%	Cals from T Fat
Dietary Fibe	1.79 g	Vitamin A	189 RE	Saturated Fat	12.97 g	29.26%	Cals from S Fat
		Vitamin C	2.3 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 901980 Nachos w/ Spicy Meat, Cheese: HE-158A
 Number of Portions: 1
 Size of Portion: 1 Serving
 Alternate Menu Name: Nachos w/ Spicy Meat,
 Cheese, Lettuce & Salsa

Calories	353	Iron	2.69 mg	Protein	18.23 g	20.65%	Cals from Prot
Cholesterol	95 mg	Calcium	185 mg	Carbohydrates	22.68 g	25.70%	Cals from Carb
Sodium	479 mg	Vitamin A	611 IU	Total Fat	21.26 g	54.19%	Cals from T Fat
Dietary Fibe	2.01 g	Vitamin A	90 RE	Saturated Fat	6.15 g	15.69%	Cals from S Fat
		Vitamin C	4.4 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 006947 Orange:
 Number of Portions: 1.0000
 Size of Portion: 1 each
 Alternate Menu Name: Fresh Orange

Calories	62	Iron	0.13 mg	Protein	1.23 g	8.00%	Cals from Prot
Cholesterol	0 mg	Calcium	52 mg	Carbohydrates	15.39 g	100.00%	Cals from Carb
Sodium	0 mg	Vitamin A	295 IU	Total Fat	0.16 g	2.30%	Cals from T Fat
Dietary Fibe	3.14 g	Vitamin A	28 RE	Saturated Fat	0.01 g	0.19%	Cals from S Fat
		Vitamin C	69.7 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000084 ORANGE JUICE: canned,unswtnd:
 Number of Portions: 1.0000
 Size of Portion: CUP

Calories	105	Iron	1.10 mg	Protein	1.47 g	5.62%	Cals from Prot
Cholesterol	0 mg	Calcium	20 mg	Carbohydrates	24.53 g	93.81%	Cals from Carb

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Sodium	5 mg	Vitamin A	436 IU	Total Fat	0.35 g	3.00%	Cals from T Fat
Dietary Fibe	0.50 g	Vitamin A	45 RE	Saturated Fat	0.04 g	0.39%	Cals from S Fat
		Vitamin C	85.7 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 007035 Pancakes, Silver Dollar, Aunt : Division Cycle

Number of Portions: 1

Size of Portion: 4 Each

Alternate Menu Name: Mini Pancakes

Calories	147	Iron	1.20 mg	Protein	4.00 g	10.91%	Cals from Prot
Cholesterol	17 mg	Calcium	27 mg	Carbohydrates	28.00 g	76.36%	Cals from Carb
Sodium	393 mg	Vitamin A	0 IU	Total Fat	2.33 g	14.32%	Cals from T Fat
Dietary Fibe	1.33 g	Vitamin A	0 RE	Saturated Fat	0.33 g	2.04%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

Recipe No. 901243 PEACHES: canned,light syrup:

Number of Portions: 1.0000

Size of Portion: 1/2 cup

Alternate Menu Name: Chilled Peaches

Calories	68	Iron	0.45 mg	Protein	0.56 g	3.33%	Cals from Prot
Cholesterol	0 mg	Calcium	4 mg	Carbohydrates	18.26 g	107.78%	Cals from Carb
Sodium	6 mg	Vitamin A	444 IU	Total Fat	0.04 g	0.50%	Cals from T Fat
Dietary Fibe	1.63 g	Vitamin A	44 RE	Saturated Fat	0.00 g	0.00%	Cals from S Fat
		Vitamin C	3.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000681 PEARS: canned,light syrup:

Number of Portions: 1.0000

Size of Portion: 1/2 cup

Alternate Menu Name: Chilled Pears

Calories	71	Iron	0.35 mg	Protein	0.24 g	1.33%	Cals from Prot
Cholesterol	0 mg	Calcium	6 mg	Carbohydrates	18.89 g	106.46%	Cals from Carb
Sodium	6 mg	Vitamin A	0 IU	Total Fat	0.04 g	0.47%	Cals from T Fat
Dietary Fibe	1.99 g	Vitamin A	0 RE	Saturated Fat	0.00 g	0.00%	Cals from S Fat
		Vitamin C	0.9 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 901982 Peppers, sweet, raw: GL Cycle Menu

Number of Portions: 1

Size of Portion: 1/4 Cup

Alternate Menu Name: Fresh Sweet Peppers

Calories	5	Iron	0.08 mg	Protein	0.20 g	17.20%	Cals from Prot
Cholesterol	0 mg	Calcium	2 mg	Carbohydrates	1.07 g	92.80%	Cals from Carb
Sodium	1 mg	Vitamin A	85 IU	Total Fat	0.04 g	7.65%	Cals from T Fat
Dietary Fibe	0.39 g	Vitamin A	14 RE	Saturated Fat	0.01 g	2.70%	Cals from S Fat
		Vitamin C	18.5 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 500291 pineapple chunks, juice pack:

Number of Portions: 1.0000

Size of Portion: 1/2 cup

Alternate Menu Name: Chilled pineapples

Calories	75	Iron	0.35 mg	Protein	0.52 g	2.80%	Cals from Prot
Cholesterol	0 mg	Calcium	17 mg	Carbohydrates	19.55 g	104.67%	Cals from Carb
Sodium	1 mg	Vitamin A	47 IU	Total Fat	0.10 g	1.20%	Cals from T Fat
Dietary Fibe	1.00 g	Vitamin A	5 RE	Saturated Fat	0.01 g	0.09%	Cals from S Fat
		Vitamin C	11.8 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

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Recipe No. 901963 Pizza Bagel Fun Lunch: Division Cycle
 Number of Portions: 1
 Size of Portion: 1 Each

Calories	349	Iron	3.36 mg	Protein	21.76 g	24.93%	Cals from Prot
Cholesterol	36 mg	Calcium	453 mg	Carbohydrates	42.57 g	48.79%	Cals from Carb
Sodium	1021 mg	Vitamin A	423 IU	Total Fat	9.53 g	24.57%	Cals from T Fat
Dietary Fibe	3.00 g	Vitamin A	130 RE	Saturated Fat	5.73 g	14.78%	Cals from S Fat
		Vitamin C	3.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 901971 Pollock Sticks, Icelandic 1002:
 Number of Portions: 1
 Size of Portion: 3 Sticks
 Alternate Menu Name: Baked Fish Sticks

Calories	190	Iron	0.72 mg	Protein	11.00 g	23.16%	Cals from Prot
Cholesterol	40 mg	Calcium	0 mg	Carbohydrates	14.00 g	29.47%	Cals from Carb
Sodium	230 mg	Vitamin A	0 IU	Total Fat	9.00 g	42.63%	Cals from T Fat
Dietary Fibe	0.00 g	Vitamin A	0 RE	Saturated Fat	1.50 g	7.11%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

Recipe No. 006892 Potato Tater Gems, Yorkmont Pr: Division Cycle
 Number of Portions: 1
 Size of Portion: 1/2 Cup
 Alternate Menu Name: Baked Potato Puffs

Calories	142	Iron	0.30 mg	Protein	1.67 g	4.71%	Cals from Prot
Cholesterol	0 mg	Calcium	0 mg	Carbohydrates	15.83 g	44.71%	Cals from Carb
Sodium	283 mg	Vitamin A	0 IU	Total Fat	8.33 g	52.94%	Cals from T Fat
Dietary Fibe	1.67 g	Vitamin A	0 RE	Saturated Fat	2.08 g	13.23%	Cals from S Fat
		Vitamin C	4.0 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

Recipe No. 901962 PP FC CN WG chicken breast nug: PP 110490
 Number of Portions: 1
 Size of Portion: 5 Each
 Alternate Menu Name: Baked Chicken Nuggets

Calories	200	Iron	1.80 mg	Protein	16.00 g	32.00%	Cals from Prot
Cholesterol	55 mg	Calcium	0 mg	Carbohydrates	14.00 g	28.00%	Cals from Carb
Sodium	540 mg	Vitamin A	200 IU	Total Fat	9.00 g	40.50%	Cals from T Fat
Dietary Fibe	2.00 g	Vitamin A	40 RE	Saturated Fat	1.50 g	6.75%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

Recipe No. 006878 Ranch dressing, homemade:
 Number of Portions: 50
 Size of Portion: 2 TBSP

Calories	38	Iron	0.07 mg	Protein	1.00 g	10.46%	Cals from Prot
Cholesterol	4 mg	Calcium	34 mg	Carbohydrates	3.22 g	33.51%	Cals from Carb
Sodium	72 mg	Vitamin A	17 IU	Total Fat	2.37 g	55.59%	Cals from T Fat
Dietary Fibe	0.07 g	Vitamin A	4 RE	Saturated Fat	0.41 g	9.66%	Cals from S Fat
		Vitamin C	0.5 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 901974 RanchDressing,Kraft,Light#1929:
 Number of Portions: 1
 Size of Portion: 1 tbsp.
 Alternate Menu Name: Light Ranch Dressing

Calories	35	Iron	0.00 mg	Protein	0.00 g	0.00%	Cals from Prot
Cholesterol	5 mg	Calcium	0 mg	Carbohydrates	3.50 g	40.00%	Cals from Carb
Sodium	185 mg	Vitamin A	0 IU	Total Fat	2.25 g	57.86%	Cals from T Fat
Dietary Fibe	0.00 g	Vitamin A	0 RE	Saturated Fat	0.25 g	6.43%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

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Recipe No. 007052 Ravioli, beef w/ meat sauce, C:
 Number of Portions: 1
 Size of Portion: 1 Cup (8 pc)
 Alternate Menu Name: Beef Ravioli w/ Meat Sauce

Calories	230	Iron	2.70 mg	Protein	15.00 g	26.09%	Cals from Prot
Cholesterol	30 mg	Calcium	20 mg	Carbohydrates	27.00 g	46.96%	Cals from Carb
Sodium	640 mg	Vitamin A	200 IU	Total Fat	7.00 g	27.39%	Cals from T Fat
Dietary Fibe	5.00 g	Vitamin A	40 RE	Saturated Fat	3.00 g	11.74%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

Recipe No. 500366 Rice & Beans: Division Cycle
 Number of Portions: 50
 Size of Portion: 1/2 Cup

Calories	114	Iron	2.00 mg	Protein	4.66 g	16.34%	Cals from Prot
Cholesterol	0 mg	Calcium	28 mg	Carbohydrates	22.32 g	78.30%	Cals from Carb
Sodium	311 mg	Vitamin A	165 IU	Total Fat	0.52 g	4.11%	Cals from T Fat
Dietary Fibe	3.85 g	Vitamin A	17 RE	Saturated Fat	0.12 g	0.93%	Cals from S Fat
		Vitamin C	1.9 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 007051 Saltines, 1 pkg (1/4 oz):
 Number of Portions: 1
 Size of Portion: 1 pkg.

Calories	30	Iron	0.40 mg	Protein	0.65 g	8.62%	Cals from Prot
Cholesterol	0 mg	Calcium	5 mg	Carbohydrates	5.03 g	66.27%	Cals from Carb
Sodium	76 mg	Vitamin A	0 IU	Total Fat	0.81 g	23.87%	Cals from T Fat
Dietary Fibe	0.21 g	Vitamin A	0 RE	Saturated Fat	0.12 g	3.48%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.26 g	7.57%	Cals from Trans Fat

Recipe No. 006927 Seasoned broccoli, frozen: BC/VF-80
 Number of Portions: 100
 Size of Portion: 1/2 cup
 Alternate Menu Name: Seasoned Broccoli

Calories	41	Iron	0.69 mg	Protein	2.35 g	22.89%	Cals from Prot
Cholesterol	0 mg	Calcium	47 mg	Carbohydrates	4.01 g	39.12%	Cals from Carb
Sodium	20 mg	Vitamin A	862 IU	Total Fat	2.42 g	53.08%	Cals from T Fat
Dietary Fibe	2.51 g	Vitamin A	173 RE	Saturated Fat	0.35 g	7.69%	Cals from S Fat
		Vitamin C	47.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 007042 Seasoned carrots, frozen: BC/VF-85
 Number of Portions: 100
 Size of Portion: 1/2 cup
 Alternate Menu Name: Seasoned Carrots

Calories	52	Iron	0.42 mg	Protein	0.72 g	5.50%	Cals from Prot
Cholesterol	0 mg	Calcium	33 mg	Carbohydrates	7.28 g	55.59%	Cals from Carb
Sodium	62 mg	Vitamin A	13052 IU	Total Fat	2.60 g	44.65%	Cals from T Fat
Dietary Fibe	3.04 g	Vitamin A	1955 RE	Saturated Fat	0.36 g	6.13%	Cals from S Fat
		Vitamin C	2.3 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 990152 Seasoned corn, frozen: BC/VF-100
 Number of Portions: 100
 Size of Portion: 1/2 cup
 Alternate Menu Name: Seasoned Corn

Calories	92	Iron	0.36 mg	Protein	2.50 g	10.86%	Cals from Prot
Cholesterol	0 mg	Calcium	3 mg	Carbohydrates	17.19 g	74.77%	Cals from Carb

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Sodium	2 mg	Vitamin A	179 IU	Total Fat	2.81 g	27.53%	Cals from T Fat
Dietary Fibe	1.99 g	Vitamin A	11 RE	Saturated Fat	0.40 g	3.96%	Cals from S Fat
		Vitamin C	5.3 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 990217 Seasoned green beans, frozen: BC/VF-110

Number of Portions: 100

Size of Portion: 1/2 cup

Alternate Menu Name: Seasoned Green Beans

Calories	45	Iron	0.69 mg	Protein	1.41 g	12.51%	Cals from Prot
Cholesterol	0 mg	Calcium	33 mg	Carbohydrates	5.96 g	52.77%	Cals from Carb
Sodium	2 mg	Vitamin A	381 IU	Total Fat	2.34 g	46.66%	Cals from T Fat
Dietary Fibe	2.20 g	Vitamin A	38 RE	Saturated Fat	0.35 g	6.99%	Cals from S Fat
		Vitamin C	10.1 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 007045 Seasoned mixed veg, frozen: BC/VF-115

Number of Portions: 100

Size of Portion: 1/2 cup

Alternate Menu Name: Seasoned Mixed Vegetables

Calories	90	Iron	1.06 mg	Protein	3.68 g	16.36%	Cals from Prot
Cholesterol	0 mg	Calcium	28 mg	Carbohydrates	14.87 g	66.15%	Cals from Carb
Sodium	52 mg	Vitamin A	5600 IU	Total Fat	2.75 g	27.53%	Cals from T Fat
Dietary Fibe	4.42 g	Vitamin A	560 RE	Saturated Fat	0.41 g	4.13%	Cals from S Fat
		Vitamin C	11.5 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 007031 Seasoned Pasta: BC/GB-113

Number of Portions: 100

Size of Portion: 1 Cup

Calories	241	Iron	1.84 mg	Protein	8.16 g	13.54%	Cals from Prot
Cholesterol	0 mg	Calcium	10 mg	Carbohydrates	43.34 g	71.96%	Cals from Carb
Sodium	2 mg	Vitamin A	3 IU	Total Fat	3.46 g	12.94%	Cals from T Fat
Dietary Fibe	2.55 g	Vitamin A	1 RE	Saturated Fat	0.55 g	2.06%	Cals from S Fat
		Vitamin C	0.1 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 500072 Seasoned peas, frozen: BC/VF-118

Number of Portions: 100

Size of Portion: 1/2 cup

Alternate Menu Name: Seasoned Peas

Calories	92	Iron	1.46 mg	Protein	4.94 g	21.41%	Cals from Prot
Cholesterol	0 mg	Calcium	21 mg	Carbohydrates	13.01 g	56.41%	Cals from Carb
Sodium	106 mg	Vitamin A	1949 IU	Total Fat	2.53 g	24.66%	Cals from T Fat
Dietary Fibe	3.99 g	Vitamin A	69 RE	Saturated Fat	0.38 g	3.67%	Cals from S Fat
		Vitamin C	17.1 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 006873 Seasoned peas/carrots, frozen: BC/VF-120

Number of Portions: 100

Size of Portion: 1/2 Cup

Alternate Menu Name: Seasoned Peas & Carrots

Calories	64	Iron	0.92 mg	Protein	2.84 g	17.87%	Cals from Prot
Cholesterol	0 mg	Calcium	23 mg	Carbohydrates	9.32 g	58.70%	Cals from Carb
Sodium	66 mg	Vitamin A	7916 IU	Total Fat	2.57 g	36.40%	Cals from T Fat
Dietary Fibe	2.85 g	Vitamin A	792 RE	Saturated Fat	0.38 g	5.44%	Cals from S Fat
		Vitamin C	9.3 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

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Recipe No. 004738 Simple taco meat: Chartwells K-12

Number of Portions: 100

Size of Portion: 2 oz. (1/3 cup)

Alternate Menu Name: HE-223

Calories	207	Iron	1.64 mg	Protein	18.93 g	36.56%	Cals from Prot
Cholesterol	68 mg	Calcium	8 mg	Carbohydrates	5.10 g	9.86%	Cals from Carb
Sodium	672 mg	Vitamin A	0 IU	Total Fat	11.84 g	51.46%	Cals from T Fat
Dietary Fibe	0.00 g	Vitamin A	0 RE	Saturated Fat	4.65 g	20.22%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 900885 Simple taco meat- turkey: Division Menu

Number of Portions: 100

Size of Portion: 2 oz. (1/3 cup)

Alternate Menu Name: Mexican Meat

Calories	138	Iron	0.97 mg	Protein	12.70 g	36.90%	Cals from Prot
Cholesterol	80 mg	Calcium	27 mg	Carbohydrates	2.16 g	6.28%	Cals from Carb
Sodium	371 mg	Vitamin A	67 IU	Total Fat	8.44 g	55.18%	Cals from T Fat
Dietary Fibe	0.00 g	Vitamin A	13 RE	Saturated Fat	2.16 g	14.14%	Cals from S Fat
		Vitamin C	1.6 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 901983 Sloppy Joe on a Bun- Turkey: BC/HE-370 A

Number of Portions: 50.0000

Size of Portion: 1 Serving

Alternate Menu Name: Sloppy Joe on a Bun

Calories	305	Iron	3.25 mg	Protein	18.67 g	24.45%	Cals from Prot
Cholesterol	80 mg	Calcium	110 mg	Carbohydrates	34.62 g	45.34%	Cals from Carb
Sodium	503 mg	Vitamin A	459 IU	Total Fat	10.78 g	31.76%	Cals from T Fat
Dietary Fibe	1.91 g	Vitamin A	68 RE	Saturated Fat	2.74 g	8.08%	Cals from S Fat
		Vitamin C	8.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 007036 Syrup, 1.5 fl. oz.:

Number of Portions: 1.0000

Size of Portion: 1.5 oz. p.c.

Alternate Menu Name: Syrup Cup

Calories	100	Iron	0.01 mg	Protein	0.00 g	0.00%	Cals from Prot
Cholesterol	0 mg	Calcium	1 mg	Carbohydrates	26.14 g	105.08%	Cals from Carb
Sodium	35 mg	Vitamin A	0 IU	Total Fat	0.00 g	0.00%	Cals from T Fat
Dietary Fibe	0.00 g	Vitamin A	0 RE	Saturated Fat	0.00 g	0.00%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 005654 Syrup, diet:

Number of Portions: 1

Size of Portion: 1 fl. oz.

Calories	50	Iron	0.01 mg	Protein	0.00 g	0.00%	Cals from Prot
Cholesterol	0 mg	Calcium	3 mg	Carbohydrates	13.37 g	108.00%	Cals from Carb
Sodium	53 mg	Vitamin A	0 IU	Total Fat	0.00 g	0.00%	Cals from T Fat
Dietary Fibe	0.00 g	Vitamin A	0 RE	Saturated Fat	0.00 g	0.00%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 901970 Taco Salad (turkey) w/ Tortill: BC/HE-410

Number of Portions: 100

Size of Portion: 1 Each

Alternate Menu Name: Taco Salad w/ Tortilla
Shell Rounds

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Calories	349	Iron	3.09 mg	Protein	17.19 g	19.67%	Cals from Prot
Cholesterol	88 mg	Calcium	149 mg	Carbohydrates	26.60 g	30.44%	Cals from Carb
Sodium	752 mg	Vitamin A	1479 IU	Total Fat	19.06 g	49.09%	Cals from T Fat
Dietary Fibe	3.10 g	Vitamin A	270 RE	Saturated Fat	4.68 g	12.06%	Cals from S Fat
		Vitamin C	9.4 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 901960 TD PB/J s/w on whole wheat: CSW-97 E 2

Number of Portions: 1.0000

Size of Portion: 1 Each

Alternate Menu Name: Peanut Butter & Jelly Sandwich

Calories	687	Iron	4.05 mg	Protein	24.39 g	14.20%	Cals from Prot
Cholesterol	0 mg	Calcium	91 mg	Carbohydrates	77.92 g	45.37%	Cals from Carb
Sodium	750 mg	Vitamin A	4 IU	Total Fat	36.04 g	47.21%	Cals from T Fat
Dietary Fibe	10.05 g	Vitamin A	1 RE	Saturated Fat	7.40 g	9.70%	Cals from S Fat
		Vitamin C	0.3 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 901914 Toasted Bagel Chips & Fresh Ve: BC/CE-115

Number of Portions: 25

Size of Portion: 1 Each

Alternate Menu Name: Bagel Chips & Fresh Veggies w/ Hummus

Calories	559	Iron	5.27 mg	Protein	23.66 g	16.92%	Cals from Prot
Cholesterol	0 mg	Calcium	195 mg	Carbohydrates	98.87 g	70.69%	Cals from Carb
Sodium	961 mg	Vitamin A	5568 IU	Total Fat	10.05 g	16.17%	Cals from T Fat
Dietary Fibe	17.18 g	Vitamin A	1263 RE	Saturated Fat	1.66 g	2.68%	Cals from S Fat
		Vitamin C	32.2 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 901976 Toasted Cheese on White Bread: Division Cycle

Number of Portions: 1

Size of Portion: 1 Each

Alternate Menu Name: Toasted Cheese Sandwich

Calories	356	Iron	2.07 mg	Protein	13.94 g	15.68%	Cals from Prot
Cholesterol	51 mg	Calcium	385 mg	Carbohydrates	27.33 g	30.73%	Cals from Carb
Sodium	1231 mg	Vitamin A	668 IU	Total Fat	19.87 g	50.26%	Cals from T Fat
Dietary Fibe	1.20 g	Vitamin A	134 RE	Saturated Fat	12.50 g	31.62%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 901977 Tomato Soup, Campbell's:

Number of Portions: 2

Size of Portion: 1/2 cup

Alternate Menu Name: Tomato Soup

Calories	41	Iron	0.30 mg	Protein	0.50 g	4.88%	Cals from Prot
Cholesterol	0 mg	Calcium	8 mg	Carbohydrates	8.00 g	78.05%	Cals from Carb
Sodium	354 mg	Vitamin A	295 IU	Total Fat	0.50 g	10.98%	Cals from T Fat
Dietary Fibe	0.00 g	Vitamin A	59 RE	Saturated Fat	0.00 g	0.00%	Cals from S Fat
		Vitamin C	13.5 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 901968 Tony's 4x6 Whole Grain 50/50 C: Schwan's 78673

Number of Portions: 1

Size of Portion: 1 Piece

Alternate Menu Name: Cheese Pizza

Calories	320	Iron	2.70 mg	Protein	16.00 g	20.00%	Cals from Prot
Cholesterol	20 mg	Calcium	250 mg	Carbohydrates	37.00 g	46.25%	Cals from Carb
Sodium	570 mg	Vitamin A	400 IU	Total Fat	11.00 g	30.94%	Cals from T Fat
Dietary Fibe	4.00 g	Vitamin A	80 RE	Saturated Fat	3.00 g	8.44%	Cals from S Fat

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	Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat
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* - Denotes Missing Nutrient Values

Recipe No. 901969 Tony's 4x6 Whole Grain 50/50 P: Schwan's 78674

Number of Portions: 1

Size of Portion: 1 Piece

Alternate Menu Name: Pepperoni Pizza

Calories	320	Iron	2.70 mg	Protein	16.00 g	20.00%	Cals from Prot
Cholesterol	20 mg	Calcium	250 mg	Carbohydrates	37.00 g	46.25%	Cals from Carb
Sodium	570 mg	Vitamin A	400 IU	Total Fat	11.00 g	30.94%	Cals from T Fat
Dietary Fibe	4.00 g	Vitamin A	80 RE	Saturated Fat	3.00 g	8.44%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 006960 Tossed Salad w/ Vinegar & Oil: BC/HE-140

Number of Portions: 70

Size of Portion: 1/2 cup

Calories	68	Iron	0.24 mg	Protein	0.53 g	3.12%	Cals from Prot
Cholesterol	0 mg	Calcium	10 mg	Carbohydrates	3.00 g	17.57%	Cals from Carb
Sodium	10 mg	Vitamin A	1020 IU	Total Fat	6.34 g	83.61%	Cals from T Fat
Dietary Fibe	0.84 g	Vitamin A	199 RE	Saturated Fat	0.91 g	12.01%	Cals from S Fat
		Vitamin C	6.9 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 990268 Turkey Hot Dog on a Bun:

Number of Portions: 1

Size of Portion: 1 Each

Calories	262	Iron	2.41 mg	Protein	11.85 g	18.06%	Cals from Prot
Cholesterol	40 mg	Calcium	110 mg	Carbohydrates	27.23 g	41.52%	Cals from Carb
Sodium	844 mg	Vitamin A	0 IU	Total Fat	12.21 g	41.88%	Cals from T Fat
Dietary Fibe	1.07 g	Vitamin A	0 RE	Saturated Fat	3.56 g	12.20%	Cals from S Fat
		Vitamin C	1.2 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 901979 Warm CrispyRanch Chicken Salad: HE-303

Number of Portions: 1

Size of Portion: 1 Each

Alternate Menu Name: Crispy Ranch Chicken Salad

Calories	267	Iron	1.90 mg	Protein	16.19 g	24.28%	Cals from Prot
Cholesterol	64 mg	Calcium	1 mg	Carbohydrates	22.25 g	33.36%	Cals from Carb
Sodium	890 mg	Vitamin A	340 IU	Total Fat	14.06 g	47.44%	Cals from T Fat
Dietary Fibe	2.25 g	Vitamin A	54 RE	Saturated Fat	2.45 g	8.28%	Cals from S Fat
		Vitamin C	4.3 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 901972 WG Lower Fat chicken Pop Dogs,: FF 96086

Number of Portions: 1

Size of Portion: 6 Each

Alternate Menu Name: Mini Corn Dog Nuggets

Calories	300	Iron	1.62 mg	Protein	10.50 g	14.00%	Cals from Prot
Cholesterol	37 mg	Calcium	120 mg	Carbohydrates	33.00 g	44.00%	Cals from Carb
Sodium	675 mg	Vitamin A	0 IU	Total Fat	13.50 g	40.50%	Cals from T Fat
Dietary Fibe	4.50 g	Vitamin A	0 RE	Saturated Fat	3.75 g	11.25%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

Recipe No. 901978 Whole Wheat Bread:

Number of Portions: 1.0000

Size of Portion: 1 slice

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Calories	69	Iron	0.92 mg	Protein	2.72 g	15.77%	Cals from Prot
Cholesterol	0 mg	Calcium	20 mg	Carbohydrates	12.91 g	74.96%	Cals from Carb
Sodium	148 mg	Vitamin A	1 IU	Total Fat	1.18 g	15.37%	Cals from T Fat
Dietary Fibe	1.93 g	Vitamin A	0 RE	Saturated Fat	0.25 g	3.33%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

Recipe No. 500369 WildGreens:BreadedChickenCaesa: PS-92 VAR

Number of Portions: 1

Size of Portion: 1 Each

Alternate Menu Name: Wild Greens Breaded
Chicken Caesar Salad

Calories	328	Iron	2.95 mg	Protein	20.34 g	24.78%	Cals from Prot
Cholesterol	58 mg	Calcium	65 mg	Carbohydrates	32.87 g	40.04%	Cals from Carb
Sodium	853 mg	Vitamin A	1647 IU	Total Fat	14.40 g	39.47%	Cals from T Fat
Dietary Fibe	4.50 g	Vitamin A	304 RE	Saturated Fat	3.43 g	9.40%	Cals from S Fat
		Vitamin C	14.6 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 901041 WildGreens:ChunkyTunaSalad: PS-92 VAR

Number of Portions: 1

Size of Portion: 1 Each

Alternate Menu Name: Chunky Tuna Salad

Calories	130	Iron	2.03 mg	Protein	16.50 g	50.86%	Cals from Prot
Cholesterol	20 mg	Calcium	48 mg	Carbohydrates	9.42 g	29.05%	Cals from Carb
Sodium	281 mg	Vitamin A	2551 IU	Total Fat	2.73 g	18.94%	Cals from T Fat
Dietary Fibe	2.41 g	Vitamin A	436 RE	Saturated Fat	0.43 g	2.95%	Cals from S Fat
		Vitamin C	27.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 006877 WildGreens:CrispyChickenPopper: PS-92 VAR

Number of Portions: 1

Size of Portion: 1 Each

Alternate Menu Name: Crispy Chicken Popper
Salad

Calories	219	Iron	1.57 mg	Protein	16.69 g	30.45%	Cals from Prot
Cholesterol	42 mg	Calcium	259 mg	Carbohydrates	15.34 g	27.97%	Cals from Carb
Sodium	581 mg	Vitamin A	1759 IU	Total Fat	10.11 g	41.49%	Cals from T Fat
Dietary Fibe	2.06 g	Vitamin A	315 RE	Saturated Fat	3.91 g	16.04%	Cals from S Fat
		Vitamin C	17.4 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 990171 WildGreens:DeliChefSalad: PS-92 VAR

Number of Portions: 1

Size of Portion: 1 Each

Alternate Menu Name: Deli Chef Salad

Calories	235	Iron	1.40 mg	Protein	17.34 g	29.50%	Cals from Prot
Cholesterol	217 mg	Calcium	233 mg	Carbohydrates	8.18 g	13.92%	Cals from Carb
Sodium	671 mg	Vitamin A	1922 IU	Total Fat	14.26 g	54.58%	Cals from T Fat
Dietary Fibe	1.65 g	Vitamin A	397 RE	Saturated Fat	7.25 g	27.76%	Cals from S Fat
		Vitamin C	13.9 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 990172 WildGreens:GardenWithCheese: PS-92 VAR

Number of Portions: 1

Size of Portion: 1 Each

Alternate Menu Name: Garden Salad w/ Cheese

Calories	202	Iron	0.80 mg	Protein	15.66 g	30.96%	Cals from Prot
Cholesterol	38 mg	Calcium	463 mg	Carbohydrates	7.53 g	14.89%	Cals from Carb
Sodium	437 mg	Vitamin A	1767 IU	Total Fat	12.21 g	54.30%	Cals from T Fat
Dietary Fibe	1.65 g	Vitamin A	380 RE	Saturated Fat	7.73 g	34.40%	Cals from S Fat
		Vitamin C	13.6 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

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* - Denotes Missing Nutrient Values

Recipe No. 990257 Yogurt Cracker Stacker Fun Lun: PS-180

Number of Portions: 1

Size of Portion: 1 Each

Alternate Menu Name: Yogurt Cracker Stacker
 Fun Lunch

Calories	303	Iron	1.52 mg	Protein	12.91 g	17.02%	Cals from Prot
Cholesterol	41 mg	Calcium	242 mg	Carbohydrates	35.99 g	47.44%	Cals from Carb
Sodium	721 mg	Vitamin A	267 IU	Total Fat	11.11 g	32.96%	Cals from T Fat
Dietary Fibe	0.64 g	Vitamin A	53 RE	Saturated Fat	5.77 g	17.11%	Cals from S Fat
		Vitamin C	0.5 mg	Trans Fat	0.77* g	2.27%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 006968 Zucchini sticks, raw:

Number of Portions: 1

Size of Portion: 1/4 Cup

Alternate Menu Name: Fresh Zucchini Sticks

Calories	5	Iron	0.10 mg	Protein	0.34 g	30.25%	Cals from Prot
Cholesterol	0 mg	Calcium	4 mg	Carbohydrates	0.95 g	83.75%	Cals from Carb
Sodium	1 mg	Vitamin A	57 IU	Total Fat	0.05 g	10.13%	Cals from T Fat
Dietary Fibe	0.31 g	Vitamin A	6 RE	Saturated Fat	0.01 g	2.48%	Cals from S Fat
		Vitamin C	4.8 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

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