

Recipe	Source	Portion Size	# of Portions	Meat - Meat Alt	Bread - Grain	Fruit/Veg Juice	Milk	Calories (kcal)	Carbs (g)	Sugars (g)
000942 - Chili & Beans 8oz -Beef Cru	jp	8 OZ	50	2	0	0.5	0	257	16.86	*4.31*
000686 - CHILI and BEANS 8 oz	jp	8 OZ	50	2	0	0.5	0	224	15.18	*4.31*
001042 - Apple Cinnamon Muffin- IW	jp	1 Muffin/2oz	1	0	1	0	0	190	31.00	16.00
000201 - Apple Cobbler	jp	1/2 cup	96	0	0.25	0.5	0	226	29.13	10.55
001036 - Apple Crisp	jp	1/2 cup	96	0	0	0.5	0	182	34.31	*20.41*
000849 - Apple Frudel	jp	EACH	1	0	2	0	0	210	36.00	11.00
000832 - APPLE WEDGES W/CARA	jp	EACH	50	0	0	0.5	0	133	32.57	*0.01*
000064 - Apples, Fresh- Variety	jp	Each	10	0	0	1	0	55	13.72	*5.02*
001038 - Applesauce - Cinn,Unswt- Cu	jp	1 portion cup	1	0	0	0.5	0	50	14.00	12.00
001039 - Applesauce - RS Mx Frt- - Cu	jp	1 each	1	0	0	0.5	0	90	22.00	19.00
900027 - Applesauce - Sweetened-6/#	jp	1/2 cup	24	0	0	0.5	0	89	22.50	17.66
001096 - Applesauce - Swtened- Cups	jp	1 each	1	0	0	0.5	0	90	22.00	18.00
001093 - Applesauce - Unsweetened	jp	1/2 cup	24	0	0	0.5	0	53	14.41	12.88
001040 - Applesauce - Unswt - Cups-	jp	1 each	1	0	0	0.5	0	51	14.00	12.00
000356 - Applesauce - Variety Cups	jp	4.5oz	3	0	0	0.5	0	57	15.00	12.67
000144 - Applesauce Delight	jp	1/2 cup	100	0	0.25	0.5	0	85	20.24	*14.07*
000879 - AU GRATIN POTATOES	jp	4 OZ	42	0	0	0.5	0	120	22.00	*N/A*
001277 - Baby Carrot/Grape Tomato C	jp	1/2 cup	50	0	0	0.5	0	89	9.35	*3.99*
000918 - Baby Carrots	jp	1/2 cup	100	0	0	0.5	0	25	5.77	*N/A*
000811 - BACON - PRE-COOKED	jp	1 slice	1	0	0	0	0	35	0.00	0.00
001208 - Bacon Biscuit	jp	Each	1	5	2	0	0	220	24.00	3.00
001376 - Bacon Cheeseburger 9-12	jp	each	50	3.25	2	0	0	402	23.64	4.00
001182 - Bag Lunch	jp	Each	10	2	2	1	1	426	50.97	*24.50*
001220 - Baja Fish Tacos	jp	1 Each	50	2.25	1.75	0.25	0	473	51.73	*2.76*
001233 - Baja Slaw	jp	1/2 c	50	0	0	0.5	0	84	9.22	*4.31*
000848 - Baked Apples w/WhippedTo	jp	1/2 cup	96	0	0	0.5	0	78	19.51	17.25
000249 - Baked Beans	jp	1/2 Cup	26	0	0	0.5	0	128	28.49	9.83
000833 - Baked Potato	jp	1 each	100	0	0	0.75	0	179	41.02	*N/A*
000499 - Baked Potato Chips		1 bag	100	0	0	0	0	21	1.94	*N/A*
000838 - BAKED POTATO W/ BROCC	jp	SERVING	50	2	0	1.25	0	276	48.60	*N/A*
000269 - BAKED POTATO W/ CHILI	jp	SERVING	100	2	0	1	0	411	43.82	*0.00*
001281 - Baked Potato w/Butter &SC	jp	1 each	100	0	0	0.75	0	256	42.91	*1.89*
000867 - Baked Potato w/Ham & Chee	jp	1 each	50	2	0	0.75	0	335	45.22	*2.10*
000696 - Baked Spaghetti w/Cheese	jp	1 Cup	400	2.25	1	0.25	0	396	39.44	5.69
000400 - BAKED SPAGHETTI- WW P	jp	8 OZ	100	2	1	0.25	0	345	33.23	*0.25*
000852 - BAKED SWEET POTATO		SERVING	100	0	0	0.5	0	98	22.90	*N/A*
000068 - Banana	jp	1 Each	1	0	0	0.5	0	105	26.95	14.43
001009 - Banana Muffin- IW	jp	1 Muffin/2 oz	1	0	1	0	0	190	31.00	17.00
000152 - Banana Pudding	jp	1/2 cup	100	0	0	0.25	0	151	31.29	16.87
001219 - BBQ & Cheese Nachos 9-12	jp	each	50	2	2	0	0	620	56.70	*16.32*
001218 - BBQ & Cheese Nachos K-8	jp	each	50	2.5	1	0	0	420	33.51	*13.30*
001206 - BBQ - Brookwood Vinegar	jp	2.5oz	128	0	2	0	0	186	1.40	3.00
001187 - BBQ CHICKEN - Lings	jp	3.6	32	2	0	0	0	131	19.40	12.26
000827 - BBQ Chicken Flatbread	jp	each	32	2	1.75	0	0	338	34.93	*0.00*
001088 - BBQ CHICKEN LEGS- Tyso	jp	1 leg each	100	2	0	0	0	133	9.60	*0.00*
001217 - BBQ Chicken Nachos 9-12	jp	each	50	2	2	0	0	402	45.97	*2.75*
000723 - BBQ CHICKEN ON A BUN	jp	2.5 OZ SERVING	100	2	2	0	0	247	35.24	*2.00*
001284 - BBQ Chicken Pizza	jp	1 each	116	2	3	0.125	0	*346*	*45.46*	*8.43*

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Recipe	Source	Portion Size	# of Portions	Meat - Meat Alt	Bread - Grain	Fruit/Veg Juice	Milk	Calories (kcal)	Carbs (g)	Sugars (g)
001248 - BBQ Meatballs	jp	2.5oz	1	2	0	0	0	27	6.20	5.32
001292 - BBQ Nachos 9-12	jp	each	50	2.75	2	0	0	529	41.50	*2.40*
000135 - BBQ ON A BUN - Pork or Tu	jp	SERVING	50	2	2	0	0	260	30.65	7.42
000975 - BBQ on Bun - Brookwood -T	jp	Bun + 4oz BBQ	80	2	2	0	0	350	39.03	20.00
000974 - BBQ on Bun - Brookwood Vi	jp	Bun + 2.5oz BBQ	128	2	2	0	0	186	1.40	3.00
001283 - BBQ Personal Pizza	jp	1 each	116	2	3	0.125	0	*358*	*43.39*	*6.80*
000924 - BBQ PINTO BEANS - Canne	jp	4 OZ SERVING	100	0	0	0.5	0	135	23.10	*4.74*
000007 - BBQ PINTO BEANS - Dry	jp	1/2 cup	50	0	0	0.5	0	210	32.52	*7.46*
001205 - BBQ Pork - Texas	jp	4oz	80	2	0	0	0	230	16.00	16.00
001207 - BBQ Pork - Vinegar	jp	2.5oz	128	2	0	0	0	186	1.40	3.00
001204 - BBQ Pork Flatbread	jp	each	32	2	2	0	0	346	36.25	10.25
001262 - BBQ Potato Chips	jp	.875oz	1	0	0	0	0	110	19.00	3.00
000985 - BBQ Sauce - 12gm	jp	12gm	1	0	0	0	0	15	4.00	2.00
001144 - Beef & Bean Burger	jp	1 SANDWICH	50	2.5	2	0	0	320	30.03	4.00
001312 - Beef & Bean Cheeseburger	jp	1 SANDWICH	50	3	2	0	0	370	30.53	4.00
900037 - BEEF A RONI	<XXX>	1/2 CUP	50	2	0	0.375	0	270	22.11	*1.08*
001234 - Beef Burrito	jp	Each	50	2	1.75	0.25	0	431	38.30	*0.76*
000382 - Beefaroni	ALL36	1/2 cup serving	100	2	0.75	0	0	296	22.54	*3.66*
000619 - Bird Dog	jp	SERVING	1	2.5	2.5	0	0	333	20.48	*0.00*
001414 - Bird Dog - Popcorn	jp	each	1	2	2.75	0	0	368	40.50	3.00
001191 - Bird Dog - w/Bacon	jp	each	1	2	2.75	0	0	403	40.50	3.00
000841 - BIRTHDAY CUP ITALIAN IC	jp	EACH	90	0	0	0.5	0	99	25.00	*N/A*
001406 - Biscuit - Southern Style	jp	Each	1	0	1.75	0	0	180	24.00	3.00
001146 - Biscuit - Southern Style-HS	jp	Each	1	0	2	0	0	210	28.00	3.00
001259 - Biscuit with Cheese	jp	Each	1	0.5	2	0	0	180	24.00	3.00
001198 - Biscuit with Jelly	jp	Each	10	0	1.75	0	0	241	31.20	*7.00*
000192 - Biscuit with Jelly - HS	jp	Each	1	0	2	0	0	245	37.00	8.00
001172 - Bkd Spaghetti w/Chs - Crum	jp	1 Cup/Serv	400	2.25	1	0.25	0	321	41.55	*3.91*
001173 - Bkd Spaghetti w/Chse-Crum	jp	1 Cup/Serv	200	2.25	1	0.25	0	345	41.45	*3.88*
000205 - Black Beans	jp	1/2 Cup	14	0	0	0.5	0	194	35.66	0.00
000641 - Black-Eyed Peas	jp	1/2 cup	76	0	0	0.5	0	93	16.13	0.08
001013 - Blueberries	jp	1/2 cup	50	0	0	0.5	0	45	10.88	6.59
001432 - Blueberries & Cream	jp	1/2cup	1	0	0	0.5	0	137	26.35	10.06
001399 - Blueberry Bagel w/Cream Ch	jp	each	1	0	2	0	0	230	36.00	5.00
000967 - Bread Stick -1.5oz	jp	1 Each	50	0	1.5	0	0	110	21.00	4.00
000775 - Bread Stick- 1.2oz	jp	1 Each	50	0	1	0	0	80	15.00	3.00
000843 - BREADED BEEF FRITTER	jp	each	1	2	3	0	0	460	40.00	*2.00*
001240 - Breaded Mozzarella Sticks	jp	5 each	1	2	1.5	0	0	320	31.00	3.00
001405 - Breakfast Biscuit Variety		1 each	4	0	0	0	0	312	31.80	*4.25*
001261 - Breakfast Bun, IW	jp	3oz	1	0	2.25	0	0	270	40.00	13.00
001324 - Breakfast Stuffed Potato Skin	jp	each	45	2.5	0	0	0	165	8.40	0.20
001352 - Broccoli - Chopped	jp	1/2 cup	96	0	0	0.5	0	29	4.55	1.19
000299 - Broccoli - Steamed	jp	1/2 cup	96	0	0	0.5	0	31	4.06	*0.06*
000204 - Broccoli Slaw	jp	1/2 Cup	50	0	0	0.5	0	73	7.51	*2.61*
000357 - Broccoli w/Cheese-JTM	jp	1/2 cup	96	0	0	0.5	0	61	4.61	*0.34*
001353 - Broccoli w/Cheese-Sauce	jp	1/2 cup	96	0	0	0.5	0	45	5.92	1.87
001395 - Broccoli w/Cheese-Shredded	jp	1/2 cup	96	0.5	0	0.5	0	88	4.06	*0.06*
000256 - Broccoli w/Ranch Dip	jp	1/2 CUP	50	0	0	0.5	0	11	2.11	0.54

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000984 - Brown Rice	jp	1/2 cup	100	0	1	0	0	89	18.75	*0.00*
001174 - Buffalo Chicken Sub	jp	1 each	32	2.25	2	0	0	315	39.50	3.00
000981 - Buffalo Hot Wings - Ling's	jp	3.4 oz	32	2	0	0	0	115	11.00	0.00
001311 - Burger Bar - MS	jp	1 sandwich	50	2.75	2	0.25	0	379	28.28	*5.67*
000878 - Burrito, Beef & Bean	jp	Each - 4.5oz	1	2	2	0	0	280	39.00	1.00
000326 - Buttered Toast	jp	1 SLICE	50	0	1	0	0	87	13.00	*2.00*
000631 - CALIFORNIA MEDLEY	jp	4 OZ	80	0	0	0.5	0	33	5.33	*N/A*
000718 - Cantaloupe	jp	1/2 cup	50	0	0	0.5	0	32	7.58	7.31
001211 - Cantaloupe & Kiwi Cup	jp	1/2 cup	50	0	0	0.5	0	37	8.45	*3.08*
000267 - Carrot & Celery Sticks	jp	1/2 cup	100	0	0	0.5	0	18	3.85	*0.44*
000022 - Carrot Sticks	jp	1/2 Cup	50	0	0	0.5	0	17	3.95	1.96
000074 - CARROTS, BABY	jp	1/2 CUP	100	0	0	0.5	0	25	5.83	3.37
000261 - Carrots- Steamed	jp	1/2 cup	50	0	0	0.5	0	35	7.19	*0.04*
001354 - CBurger Grab'N Go	jp	each	1	2.5	2	0.5	0	375	39.03	14.50
000992 - Celery Sticks	jp	1/2 cup	100	0	0	0.5	0	10	1.94	0.87
000928 - Cereal & Yogurt	jp	1 each	25	1	1	0	0	210	43.33	21.67
001360 - Cereal - BIC K3	jp	1oz	2	0	1	0	0	105	21.00	3.50
001361 - Cereal - Cheerios	jp	1oz	1	0	1	0	0	110	22.00	6.00
001072 - Cereal - Variety	jp	1oz	6	0	1	0	0	110	23.33	7.67
001098 - CEREAL BAR - Cinn Toast C	jp	1 Bar	1	0	1	0	0	150	30.00	8.00
001097 - CEREAL BAR - Trix	jp	1 Bar	1	0	1	0	0	150	30.00	9.00
001099 - CEREAL BAR - Variety	jp	1 Bar	3	0	1	0	0	150	30.00	8.67
000116 - Cereal Bar- Cocoa Puffs	jp	1 Bar	1	0	1	0	0	150	30.00	9.00
000935 - Cereal,Toast & Jelly	jp	1 each	3	0	2	0	0	252	46.61	*16.14*
001371 - Cheddar Cheese Stick	jp	1oz	1	1	0	0	0	90	0.00	0.00
000930 - Cheese - Quesadilla	jp	Each	50	2	1.75	0	0	344	25.00	*1.00*
000927 - Cheese Fries	jp	Serving	31	2	0	1	0	438	38.51	1.98
001418 - Cheese Fries - HM CS		2oz	88	2	0	1	0	336	38.67	*2.18*
000926 - CHEESE FRIES- 6th-12grad	jp	Serving	128	0.5	0	0.5	0	228	26.45	*1.50*
001306 - Cheese Pizza - Personal Pan	jp	5.4oz	1	2	2	0.25	0	320	31.00	7.00
001157 - Cheese Pizza -4x6	jp	4.9 oz	1	2	2	0.125	0	290	30.00	7.00
001427 - Cheese Rounds	jp	Serving	31	2	0	1	0	483	37.00	1.98
001412 - Cheese Sauce		2oz	88	2	0	0	0	112	4.14	*2.18*
000921 - CHEESE SAUCE	jp	1 oz	128	0.5	0	0	0	70	2.92	*1.50*
000388 - Cheese Toast	jp	1 slice	1	1	1	0	0	180	15.00	2.00
000870 - CHEESE TOAST- 1 slice	jp	SERVING	100	1	1	0	0	170	14.00	2.00
000216 - CHEESE-MOZZARELLA,ST	jp	1 Stick/1oz	96	1	0	0	0	0	0.00	0.00
001385 - Cheeseburger	jp	each	50	2.5	2	0	0	273	25.99	4.48
000941 - Cheeseburger 9-12	jp	each	50	3.25	2	0	0	367	23.64	4.00
000149 - Cheeseburger K-8	jp	each	50	2.5	2	0	0	283	24.99	4.48
001270 - Cheeseburger Meatloaf	jp	2.5 oz	50	2	0.5	0.125	0	265	11.70	*2.15*
000957 - Cheeseburger Meatloaf - Co	jp	2.9oz	100	2	0	0	0	190	8.00	5.00
000842 - Cheetos - Baked	JP	EACH	104	0	1.25	0	0	120	17.00	*N/A*
000851 - Chef Salad - High School	jp	each	50	2	2	1.75	0	672	77.98	*19.51*
000557 - Chef Salad - K-8	jp	each	50	2	1	1.5	0	291	29.42	*10.27*
001382 - Cherries & Cream	jp	1/2 cup	1	0	0	0.5	0	39	9.20	7.18
001278 - Cherry Blossom Chicken	jp	3.9 oz	176	2	0.5	0	0	200	27.00	14.00
001329 - Cherry Cobbler	jp	1/2 cup	96	0	0.25	0.5	0	309	47.91	*25.85*

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001216 - Chick Filet Sandwich - Rich	jp	EACH	50	2	3	0	0	310	39.03	8.00
001213 - Chicken & Cheese Nachos 9	jp	each	50	2.5	2	0	0	448	44.88	*3.71*
001214 - Chicken & Cheese Nachos	jp	each	50	2.5	1	0	0	322	25.81	*3.75*
001267 - Chicken & Rice Soup	jp	8 oz	100	1	1	0.125	0	165	23.44	*1.20*
001392 - Chicken & Waffles	jp	5rings+1 waffle	1	2	2	0	0	436	53.50	14.18
001398 - Chicken & Waffles - MS & H	jp	10chk+2 waffle	1	2	3	0	0	591	75.50	16.18
001423 - Chicken - Breakfast	jp	Each	50	1	0.5	0	0	100	9.00	1.00
001215 - Chicken Alfredo	jp	1 cup	64	2	1	0	0	358	40.70	*6.73*
001136 - Chicken Biscuit	jp	Each	50	1	2.25	0	0	280	33.00	4.00
000969 - Chicken Biscuit - HS	jp	Each	50	1	2.5	0	0	310	37.00	4.00
000209 - CHICKEN BISCUIT- Snak Ti	jp	Each	1	1	2	0	0	240	32.00	*N/A*
001156 - Chicken Fettuccine Alfredo	jp	1 cup	50	2	1	0	0	314	37.96	*6.32*
000937 - CHICKEN FETTUCCHINE AL	jp	1 cup	50	2	1	0	0	357	36.05	*4.36*
000598 - Chicken Filet - no bun	jp	3.75oz	1	2	1	0	0	230	14.00	1.00
001033 - Chicken Filet Sandwich	jp	each	50	2	3	0	0	350	37.03	5.00
000130 - Chicken Filet Sandwich- HS	jp	each	50	2	3	0	0	336	39.03	5.00
000831 - Chicken Noodle Soup	jp	8 oz	100	1	1	0.125	0	162	22.65	*1.69*
000758 - CHICKEN PATTY ON A BU	jp	SERVINGS	100	2	3	0	0	370	39.00	*2.00*
001252 - Chicken Philly Sub	jp	1 sub	32	2	2	0.5	0	349	42.12	8.49
000154 - Chicken Pot Pie	jp	1 cup	50	2	0.5	0.5	0	384	39.86	*7.80*
001148 - CHICKEN POT PIE - 2015	jp	8 OZ SERVINGS	50	2	1	0.5	0	239	24.99	*4.27*
001122 - Chicken Quesadillas	jp	1 Each	50	2	1.75	0.125	0	334	29.67	*3.31*
001386 - Chicken Ranch Flatbread	jp	1 each	50	2.5	2	0	0	403	31.34	4.69
000404 - Chicken Rings	jp	3.475 oz	1	2	1	0	0	214	14.00	0.00
000880 - CHICKEN RINGS- Tyson Co	jp	1 - 3.7oz serv	1	2	1	0	0	300	15.00	*N/A*
000859 - CHICKEN SALAD	jp	4oz	100	2	0	0.125	0	125	4.76	*0.72*
001322 - Chicken Salad Ciabatta	jp	1 sandwich	25	2	2	0	0	277	32.74	*2.06*
000963 - CHICKEN SALAD CROISSA	jp	1 sandwich	100	2	2	0	0	120	2.73	*0.08*
001129 - Chicken Salad Flatbread	jp	1 sandwich	100	2	2	0	0	297	30.70	*2.06*
000839 - CHICKEN SALAD SANDWI	jp	1 sandwich	100	2	2	0	0	260	28.73	*4.08*
001130 - Chicken Salad Sub	jp	1 Sub	100	2	2	0	0	277	30.70	*3.06*
000142 - Chicken Sld w/ Apples & Gra	jp	1/2 cup	100	1.75	0	0.5	0	166	9.12	*1.43*
000637 - Chicken Soft Taco	jp	each	100	1.5	1	0.5	0	282	30.98	*0.88*
001068 - CHICKEN SPAGHETTI	jp	1 cup	50	2	1	0	0	299	38.33	*3.88*
000069 - CHICKEN TENDERS - Clux	jp	3 Tnders/4.25oz	38	2	1	0	0	216	19.32	0.79
001030 - CHICKEN TENDERS - Pilgm	jp	3 Tnders/3.06oz	104	2	1	0	0	221	16.00	0.00
001142 - CHICKEN TENDERS - Rich	jp	4 oz	80	2	1	0	0	213	16.00	4.00
000791 - CHICKEN TENDERS - Tyso	jp	3 Tenders	1	2	1	0	0	260	16.00	*N/A*
001031 - CHICKEN TENDERS - Variet	jp	serving	3	2	1	0	0	193	15.17	*0.27*
000817 - CHICKEN, ASIAN - POPCO	jp	3.9 OZ	50	2	1	0	0	210	18.95	2.97
000846 - CHICKEN, BAKED	jp	each	2	2	0	0	0	210	0.70	*0.15*
000816 - CHICKEN, BUFFALO- POP	jp	3.6 OZ	50	2	1	0	0	248	19.97	0.45
000913 - CHICKEN, POPCORN - Tys	jp	3.86 oz	1	2	1	0	0	232	7.70	0.00
001029 - CHICKEN, POPCORN Kings	jp	1 serv/3 oz	1	2	0.75	0	0	220	14.00	0.00
001137 - CHICKEN, POPCORN-Rich	jp	3 oz/10 pieces	1	2	1	0	0	180	12.00	0.00
001239 - Chicky Nacho Cheez-Its	jp	1 cup	100	2	1	0.5	0	261	29.98	3.32
000945 - CHILI & BEANS 6oz (50 serv	jp	6 OZ SERVING	50	2	0	0.5	0	235	17.11	2.75
000943 - Chili & Beans 6oz (Beef Cru	jp	6 OZ SERVING	75	2	0	0.5	0	173	11.54	*1.96*

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Recipe	Source	Portion Size	# of Portions	Meat - Meat Alt	Bread - Grain	Fruit/Veg Juice	Milk	Calories (kcal)	Carbs (g)	Sugars (g)
000944 - Chili & Beans 8oz (Beef Cru	jp	8 OZ SERVING	50	2	0	0.75	0	222	22.33	*2.71*
001316 - Chili - HD - for 50 - Crumbles	jp	1oz	50	1	0	0	0	58	1.95	*1.16*
000129 - CHILI - HOTDOG - for 350	jp	1 OZ SERVINGS	350	1	0	0	0	74	0.26	0.05
000857 - Chili - Hotdog - for 50	jp	1oz	50	1	0	0	0	91	1.95	*1.16*
000858 - Chili - Hotdog- for 100	jp	1oz	100	1	0	0	0	90	1.87	*1.16*
000871 - CHILI and BEANS - 6oz	jp	6 OZ SERVING	100	2	0	0.5	0	231	16.72	*1.90*
000872 - CHILI and BEANS - 8oz	jp	8 OZ SERVING	50	2	0	0.75	0	258	22.37	*3.19*
000819 - Chili Cheese Fries	jp	each	50	2	0	1	0	428	39.33	*2.39*
001425 - Chili Cheese Fries-JTM	jp	each	50	2	0	1	0	416	40.07	2.43
000912 - CHILI CHEESEBURGER	jp	Each	100	4	2	0	0	317	23.14	*4.00*
000990 - CHOC BROWNIE COOKIE -	jp	Each	1	0	0.75	0	0	150	26.00	12.00
000989 - Chocolate Chip Cookie - Bon	jp	Each	1	0	1	0	0	180	28.00	12.75
000635 - Chocolate Chip Cookie - Otis	jp	Each	1	0	0.5	0	0	160	26.00	12.00
001378 - Chocolate Chip Cookie 1.85oz	jp	1.85oz	1	0	1.25	0	0	200	33.00	15.00
001344 - Christmas Cookie		1.2oz	1	0	1	0	0	130	22.00	11.00
001441 - Chunky Applesauce	jp	1/2 cup	56	0	0	0.5	0	50	11.91	9.59
000850 - Cinnamon Roll, Iced 1.5oz	jp	1.5oz	50	0	1	0	0	166	27.06	*13.88*
000861 - Cinnamon Roll, Iced 2.25oz	jp	each	50	0	2	0	0	216	40.06	*14.88*
001404 - Cinnamon Roll, IW-1.5oz	jp	1.5oz	1	0	1	0	0	130	22.00	8.00
000108 - Cinnamon Roll, IW-2.7oz	jp	2.7oz	1	0	2	0	0	230	38.00	12.00
000948 - Cinnamon Swirl Bread/Brkfas	jp	Slice	50	0	2	0	0	125	31.00	15.00
001326 - Cinnamon Toast	jp	each	50	0	1	0	0	107	14.51	*2.53*
001437 - Cinnamon Toast Crunch Soft	jp	2.36oz	1	0	2	0	0	250	40.00	14.00
001275 - Cinnamon Twist- IW	jp	1 Each	1	0	1	0	0	170	25.00	10.00
000834 - CINNI MINI'S	jp	Each	1	0	2	0	0	240	40.00	15.00
001383 - Cocoa Cherry Bar		2.2oz	1	0	1	0	0	200	39.00	17.00
001438 - Cocoa Puffs Soft Filled Bar	jp	2.43oz	1	0	2	0	0	250	43.00	15.00
001089 - Coleslaw	jp	1/2 cup	50	0	0	0.5	0	71	7.51	4.21
001291 - Corn - WK - Canned	jp	1/2 cup	119	0	0	0.5	0	68	15.51	*3.00*
900045 - Corn - WK - Frozen	jp	1/2 cup	100	0	0	0.5	0	91	19.05	*N/A*
000822 - Corn Chips - Fritos (1 oz)		oz	1	0	1	0	0	160	16.00	*N/A*
001062 - CORN DOG	jp	1 4oz each	1	2	2	0	0	250	30.00	10.00
000973 - Corn Dog Nuggets	jp	3.33 oz/5 mini	48	1.5	1.5	0	0	213	26.03	6.01
000785 - Corn Dog- State Fair	jp	4oz	1	2	2	0	0	250	30.00	10.00
000334 - CORN ON COB-3" ear	jp	1 ear	96	0	0	0.25	0	90	19.00	*5.00*
001154 - Cornbread	jp	1 Each/2x2 3/4"	90	0	1	0	0	169	27.90	*5.23*
000188 - CORNBREAD	jp	1 Each/2x3 3/4"	100	0	1	0	0	173	28.76	*0.37*
001037 - CORNBREAD - WHOLE GR	jp	1.5 oz piece	96	0	1	0	0	134	22.65	9.25
001044 - Cornbread Dressing	jp	3 oz serving	96	0	1	0	0	154	25.45	*4.89*
000003 - CORNBREAD DRESSING-	jp	3 oz serving	96	0	0.75	0	0	160	26.81	*8.66*
000862 - COTTON CANDY CUP - ITA	jp	EACH	90	0	0	0.5	0	99	25.00	*N/A*
001196 - Country Style Steak	jp	3.8oz	1	2	1	0	0	330	16.00	*N/A*
001244 - Country Style Steak Sandwic	jp	each	1	2	3	0	0	450	39.03	*4.00*
000520 - Crackers - Animal	jp	1 portion	100	0	1	0	0	130	21.00	8.00
000906 - Crackers - Cheez-Its	jp	Each	1	0	1	0	0	90	15.00	*N/A*
000232 - CRACKERS - SALTINE MINI	jp	1 PACK	1	0	0.5	0	0	50	7.00	0.00
000904 - CRACKERS, APPLE CINN,	jp	Each	1	0	1	0	0	120	21.00	*N/A*
001163 - CRACKERS, APPLE CINN,	jp	Each	1	0	1	0	0	120	21.00	*N/A*

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001060 - CRACKERS, BUG BITES	jp	1 Each/1oz	1	0	1	0	0	120	21.00	8.00
001162 - CRACKERS, CHOC, BEARS	jp	Each	1	0	1	0	0	110	21.00	*N/A*
000905 - CRACKERS, ELF GRAHAM	jp	Each	1	0	1	0	0	120	21.00	8.00
001257 - Crackers, Giant Goldfish	jp	.9oz	1	0	1	0	0	120	19.00	6.00
000909 - Crackers, Goldfish	jp	1 each	300	0	1	0	0	100	14.00	0.00
000907 - CRACKERS, SCOOPY-DOO	jp	Each	1	0	1	0	0	120	21.00	*N/A*
001368 - Crackers, Theme-Dick&Jane	jp	1oz	1	0	1	0	0	130	22.00	8.00
001121 - Craisins - Variety	jp	1.16oz Pack	3	0	0	0.5	0	110	26.67	24.00
000636 - CRANBERRY SAUCE	CB	SERVING	1	0	0	0.25	0	16	*N/A*	*N/A*
001184 - Creamed Corn	jp	1/2 CUP	27	0	0	0.5	0	100	20.95	3.96
000824 - CREAMY COLESLAW	jp	4 OZ SERVING	50	0	0	0.5	0	80	9.29	4.81
001226 - Crispy Egg Roll	jp	3oz	1	1	1	0.25	0	160	20.00	3.00
000835 - Crunchmania -Variety	jp	Each	50	0	2	0	0	215	37.00	12.50
000377 - Cucumber Slices w/Dip	jp	1/2 cup	100	0	0	0.5	0	93	5.16	2.45
000933 - Deli Sandwich	jp	each	50	2	2	0	0	356	35.00	*5.00*
000774 - Dinner Roll - 1.5 oz	jp	1 Each	1	0	1.5	0	0	120	22.00	3.00
001203 - Donut - Glazed	jp	each/2.45oz	30	0	2	0	0	339	45.09	*21.79*
000778 - Donut Ball Varieties	jp	1.3oz	3	0	1	0	0	100	17.00	7.00
001403 - Donut Holes - Glazed	jp	6 each	64	0	2	0	0	248	31.07	*11.93*
001138 - Donuts - Mini 6/Pack	jp	3oz	1	0	2	0	0	280	42.00	22.00
000808 - DORITOS - BAKED - VARIE	jp	1 Bag	2	0	0	0	0	130	19.00	1.50
000837 - Double Chocolate Muffin -2o	jp	Each	1	0	1	0	0	0	0.00	0.00
000936 - Dragon Punch	jp	each	1	0	0	0.5	0	0	0.00	*N/A*
001299 - Dunkin Stick	jp	1.9oz	1	0	1	0	0	180	28.00	14.00
001189 - Dutch Waffle	jp	2.85oz	1	0	2	0	0	308	45.08	14.04
000039 - Fajita Chicken Wrap	jp	Each	50	2	1.75	0	0	323	26.19	*1.18*
000911 - Fajita Club Wrap	jp	1 each	100	2	1.75	0	0	404	31.59	*5.59*
001426 - Fajita Flatbread	jp	each	50	2	2	0	0	371	33.78	6.14
001268 - Fish Basket	jp	Basket	1	2	1.25	0.5	0	580	59.00	2.00
001393 - Fish Basket - Nacho	jp	Basket	1	2	2.25	0.5	0	530	61.00	2.00
001415 - Fish Basket - Nuggets	jp	Basket	1	2	2.25	0.5	0	530	62.00	3.00
001131 - Fish Filet Hoagie	jp	EACH	50	2	2.5	0	0	320	41.00	3.00
001332 - Fish Filet Sandwich-Raw	jp	EACH	50	2	3	0	0	300	39.03	5.00
001223 - Fish Fillet - Potato Crunch	jp	Each	50	2	0.5	0	0	160	13.00	0.00
001273 - Fish Fillet Sandwich	jp	EACH	50	2	2.5	0	0	280	36.03	4.00
001224 - Fish N/Cheese on a Bun	jp	EACH	50	2	3.25	0	0	370	46.03	5.00
000956 - Fish Nuggets - Cod, 4 each	jp	4 each	1	2	1.5	0	0	230	23.00	1.00
001222 - Fish Nuggets - Pollock- 4 eac	jp	4 each	1	2	0.75	0	0	280	20.00	0.00
000955 - FISH STICKS - Pollock 3 eac	jp	3 Each	1	1.5	1	0	0	0	0.00	0.00
000037 - FISH STICKS - Pollock 4 eac	jp	4 each	1	2	1.5	0	0	0	0.00	0.00
001232 - Fish Taco	jp	each	50	2.5	3.25	0	0	408	46.54	*1.01*
000825 - FOOTLONG HOT DOG with	jp	SERVING	1	2	2	0	0	410	39.00	*0.00*
001442 - French Bread Pepp Pizza	jp	5.5oz	1	2	2	0.125	0	350	33.00	4.00
001090 - FRENCH FRIES	jp	1/2 cup	100	0	0	0.5	0	229	17.47	*0.00*
001356 - French Fries - 2 Fry Variety	jp	2.5oz	100	0	0	0.5	0	242	18.66	*0.00*
001025 - FRENCH FRIES - FRIED	jp	1/2 cup	100	0	0	0.5	0	121	18.20	*0.00*
000965 - French Toast (Variety)- BIC	jp	1 Package	3	0	2	0	0	217	36.33	*7.00*
001370 - French Toast Sticks	jp	3.3oz	1	0	2.25	0	0	270	43.00	11.00

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000980 - French Toast Sticks	jp	4 each	1	0	2	0	0	210	28.00	8.00
000836 - French Toast, Variety w/Sy B	jp	1 Each	2	0	2	0	0	342	60.50	*17.68*
001364 - French Toast- BIC-K3&K4	jp	1 Each	3	0	2	0	0	217	36.33	*7.00*
000934 - Fresh Fruit Variety	jp	1 each	4	0	0	0.5	0	90	22.49	*12.59*
000045 - Fresh Fruit Wedges - App/Or	jp	1/2 cup	50	0	0	0.5	0	77	18.81	14.42
001028 - Fresh Veggie - Variety	jp	servings	100	0	0	0.5	0	95	8.68	*4.32*
001015 - Fresh Veggie Cup w/(tom)	jp	1/2 cup	50	0	0	0.5	0	30	6.74	*1.88*
900025 - Fresh Veggie Cup w/Dip	jp	1/2 cup	50	0	0	0.5	0	97	11.15	*3.88*
001134 - Fresh Veggie Variety	jp	1/2 cup	75	0	0	0.5	0	20	2.26	*0.71*
000961 - Fried Cabbage	jp	1/2 cup	50	0	0	0.5	0	45	4.36	*0.33*
001297 - Fried Chicken Caesar Salad	jp	Each	50	2	2	1	0	538	56.39	*10.02*
001175 - Fried Chicken Wrap	jp	Each	50	2	1.75	0	0	355	39.26	*3.75*
001026 - Fried Rice	jp	3/4 cup	100	0	1	0.25	0	118	23.96	*0.10*
000994 - Fruit Choice - Fresh	jp	4 oz	7	0	0	0.5	0	77	19.38	*10.56*
000847 - Fruit Choice - Fresh & Canne	jp	1/2 Cup	23	0	0	0.5	0	69	17.35	*12.79*
000202 - Fruit Crisp	FRUIT	1/2 cup	100	0	0.5	0.5	0	229	37.76	*17.13*
001305 - Fruit Pearls - Variety	jp	1.94oz	2	0	0	0.5	0	63	13.50	9.00
001186 - Fruit Slushy	jp	4.4oz	8	0	0	0.5	0	97	24.38	24.25
000346 - Fruited Jello	jp	1/2 cup	88	0	0	0.5	0	138	35.22	*34.09*
001141 - General Tso's Chicken- Ling'	jp	3.6 oz	32	2	0	0	0	171	23.16	13.09
000623 - Glazed Carrots	jp	1/2 cup	50	0	0	0.5	0	70	12.13	*4.50*
001151 - Gluten Free Bread - Sliced	jp	1 slice	1	0	1.75	0	0	130	20.00	2.00
001150 - Gluten Free Chicken Tender	jp	3 each	1	2	0	0	0	210	13.00	0.00
001152 - Gluten Free Pasta	jp	1 cup	1	0	2	0	0	200	43.00	*0.00*
001439 - Gold Nugget Corn	jp	1/2 cup	100	0	0	0.5	0	91	19.05	*N/A*
001242 - Gold Rush Fruitable	jp	4.23oz	1	0	0	0.5	0	40	10.00	8.00
001293 - Goldfish & Cheese	jp	1 ea	1	1	1	0	0	200	20.00	6.00
001116 - GORDITA - CHIPOTLE CHI	jp	1 - 4.37oz each	1	2	2	0	0	270	35.00	5.00
001107 - Grab N'Go Bag Lunch	jp	1 Bag Each	40	2.5	3	0.5	0	398	42.08	4.50
000614 - Graham Crackers - 3 ct pack	jp	1 each	2	0	1	0	0	90	16.50	*2.50*
000422 - Grapes - Fresh	jp	1/2 cup	50	0	0	0.5	0	62	15.90	*N/A*
000203 - Gravy - Beef		1 oz	1	0	0	0	0	113	17.01	5.67
000845 - Gravy - Brown	jp	2 oz	35	0	0	0	0	25	4.05	*0.00*
000104 - Gravy - Chicken	jp	1 oz	136	0	0	0	0	10	1.50	*0.50*
000890 - Gravy - Pepper	jp	1 OZ	64	0	0	0	0	23	3.32	*0.66*
001254 - Gravy, Turkey	jp	2 oz	66	0	0	0	0	0	0.00	*0.00*
000978 - Green Beans - Canned	jp	1/2 cup	90	0	0	0.5	0	24	3.31	1.16
000300 - GREEN BEANS, SEASONE	jp	1/2 CUP	85	0	0	0.5	0	37	4.84	*0.54*
900055 - Green Peas - Frozen	jp	1/2 cup	100	0	0	0.5	0	67	12.19	*0.06*
001135 - Grilled Cheese - MS & HS	jp	each	100	2	3	0	0	461	50.21	8.03
000946 - Grilled Cheese Sandwich	jp	each	100	1.5	2	0	0	305	29.01	5.50
000132 - Grilled Cheese Sandwich	jp	each	100	2	2	0	0	340	28.00	4.00
001435 - Grilled Chicken & Bacon San	jp	each	50	2.5	2	0	0	385	28.00	4.00
001362 - Grilled Chicken Breast	jp	each	50	2	0	0	0	150	3.00	2.00
000971 - Grilled Chicken Caesar Salad	jp	Each	50	2	2	1	0	372	36.26	*10.39*
001334 - Grilled Chicken Ciabatta	jp	each	50	2.5	2	0	0	380	34.00	4.00
001325 - Grilled Chicken Panini	jp	each	50	2.5	2	0	0	380	34.00	4.00
001286 - Grilled Chicken Salad	jp	1 each	25	2	0	1	0	264	18.76	*9.46*

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000855 - Grilled Chicken Sandwich	jp	each	50	2.5	2	0	0	350	28.00	4.00
000877 - Grilled Ham & Cheese Sand	jp	each	100	2	2	0	0	277	29.00	5.00
001256 - Grilled Ham & Chse Sndw M	jp	1 sandwich	50	2	3	0	0	374	47.55	6.03
000312 - Grits - Buttered	jp	1/2 cup	80	0	1	0	0	94	15.77	*0.02*
001161 - Grits - Cheese	jp	1/2 cup	80	0.5	1	0	0	140	16.28	*0.02*
000075 - HAM & CHEESE CROISSAN	jp	1 Each	100	2	2	0	0	347	28.49	3.58
001310 - Ham & Cheese Fries	jp	2.54	31	2	0	0.5	0	292	23.59	*1.10*
001327 - Ham & Cheese Fries - 6-12	jp	serving	31	2	0	1	0	415	44.48	*1.10*
000236 - Ham & Cheese Mac - 10oz	jp	10oz	75	2	2	0	0	361	43.86	*2.77*
001387 - Ham & Cheese Nachos 9-12	jp	each	50	2.25	2	0	0	451	43.98	*1.95*
001388 - Ham & Cheese Nachos K-8	jp	each	50	2.25	1	0	0	311	24.67	*2.74*
000919 - Ham & Cheese on a Bun	jp	1 Sndw	50	2	2	0	0	253	24.36	4.00
001302 - Ham & Cheese Panini	jp	each	50	2	2	0	0	293	32.58	2.50
001087 - Ham & Cheese Potato Bowl	jp	1 each	34	2.5	0	0.5	0	349	19.96	*0.71*
000633 - Ham & Cheese Sandwich	jp	SERVING	50	2	2	0	0	273	27.33	4.00
900064 - Ham & Cheese Sub	jp	1 each	100	2	2	0	0	265	31.45	4.48
001167 - HAM & CHEESE SUB- Tyso	jp	1 Each	100	2	2	0	0	315	31.12	4.31
000675 - HAM & CHEESE WRAP	jp	Each	1	2	1.75	0	0	276	26.97	*0.98*
001202 - Ham & Cheese Wrap	jp	1 Each	100	2	1.75	0	0	253	27.00	*1.50*
001210 - Ham Biscuit	jp	Each	1	1	2	0	0	217	26.00	4.00
000874 - HAM CROISSANT -(Turkey/	jp	SERVING	1	2	2	0	0	113	1.13	*0.00*
001085 - HAM SALAD	jp	3 oz	50	2	0	0	0	199	3.52	*0.05*
001069 - HAM SALAD CROISSANT	jp	1 Each	50	2	2	0	0	199	3.52	*0.05*
000873 - Ham Sandwich -(Commodity	jp	sandwich	1	2	2	0	0	216	30.10	6.05
000669 - HAM SANDWICH -(Tyson H	jp	SERVING	50	2	2	0	0	280	29.50	5.75
001057 - Ham Sub -(Commodity Ham	jp	1 Sub	50	2	2	0	0	234	31.99	4.99
001265 - Ham Tetrazzini	jp	1 cup	50	2.25	1	0	0	320	39.22	*4.95*
000940 - Hamburger 9-12	jp	1 Sandwich	50	3	2	0	0	317	23.14	4.00
000900 - Hamburger K-8	jp	1 sandwich	50	2.25	2	0	0	267	23.13	4.01
000702 - Hamburger Bun - WG	jp	1 Each	1	0	2	0	0	120	23.03	4.00
001321 - Hamburger Steak - Gravy 9-1	jp	1 Each	35	2.5	0	0	0	225	11.05	0.00
001063 - Hamburger Steak w/Gravy 9-	jp	1 Each	35	2.75	0	0	0	222	4.16	0.00
000691 - Hamburger Steak w/Gravy K-	jp	2.25 oz	70	2.25	0	0	0	160	2.13	*0.01*
000950 - Honey Bun - Super Bakery I	jp	1 Each/2.75oz	1	0	2	0	0	240	34.00	9.00
000922 - Honey Mustard - SS Cup 1 o	jp	1oz	1	0	0	0	0	80	7.00	5.00
000923 - Honey Mustard - SS Cup 1.5	jp	1.5oz	1	0	0	0	0	130	9.00	7.00
000931 - Hot Dog with Chili	jp	each	50	3	2	0	0	368	32.75	*8.36*
001345 - Hot Dog with Chili - Crumbles	jp	each	50	3	2	0	0	335	32.75	*8.36*
001285 - Hummus-Grab N'Go	jp	each	1	2	2	0.5	0	420	50.24	*0.44*
000621 - Hushpuppies	jp	3 each	1	0	0.5	0	0	190	22.00	2.00
001008 - Ice Cream Cup - Cotton Can	jp	each (3 oz)	1	0	0	0	0	80	15.00	13.00
000995 - Italian Chick Sub- Diced Chic	jp	1 sub	32	2	2	0	0	341	35.84	5.89
000826 - Italian Chick Sub-Fajita Chick	jp	1 sub	32	2	2	0	0	371	33.06	*4.89*
001429 - Italian Combo Wrap	jp	3.7oz	1	2	1	0	0	240	17.00	2.00
001221 - Italian Mozzarella Fingers	jp	5 each	1	2	2	0	0	320	31.00	3.00
001309 - Italian Supreme Ciabatta	jp	1 each	50	2.5	2	0	0	318	31.58	3.34
000987 - Jalapeno Ranch - SS Cup 1	jp	Each (1 oz)	1	0	0	0	0	70	5.00	3.00
000345 - Jelly-Variety SS Cup	jp	.5 oz	1	0	0	0	0	35	9.00	5.00

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Recipe	Source	Portion Size	# of Portions	Meat - Meat Alt	Bread - Grain	Fruit/Veg Juice	Milk	Calories (kcal)	Carbs (g)	Sugars (g)
001236 - Juice Alive Fruit Slushy	jp	10oz	230	0	0	0.5	0	119	28.57	*27.75*
000585 - Juice Variety - 4oz	jp	4 oz	6	0	0	0.5	0	55	13.83	11.83
000908 - Juice Variety - 6oz	jp	6 oz	3	0	0	0.75	0	87	20.33	18.67
000993 - Ketchup - LS	jp	9gm	1	0	0	0	0	10	3.00	2.00
000222 - KETCHUP IND.	jp	9gm	1	0	0	0	0	10	3.00	2.00
001209 - Lemonade - Krystal Light	jp	8 oz	32	0	0	0	0	5	0.00	*0.00*
001440 - Leprechaun Cucumber Coins	jp	1/2 cup	100	0	0	0.5	0	93	5.16	2.45
000063 - Leprechaun Yogurt Parfait!	jp	1 Each	48	1	0	0	0	190	36.43	19.97
000773 - Lettuce & Tomato	jp	1/2 cup	50	0	0	0.25	0	11	2.21	*N/A*
001024 - Lettuce - for Sandwiches	jp	1/2 Cup	100	0	0	0.25	0	6	1.08	*0.17*
001092 - LIMA BEANS - Canned LS -	jp	4 OZ	127	0	0	0.5	0	97	17.60	1.28
000829 - Lima Beans - Frozen	jp	1/2 cup	50	0	0	0.5	0	112	21.00	*0.96*
001227 - Lunch Box - PB&J HS	jp	1 Each	6	2	2	1	1	683	97.17	*54.21*
001231 - Lunch Box - PB&J K-8	jp	1 Each	6	1	2	1	1	643	96.67	*54.21*
001243 - Lunch Box - Variety K-8	jp	1 Each	6	1	2	1	1	546	91.00	*56.88*
001235 - Lunch Box - Yogurt 6-8	jp	1 Each	6	2	1	1	1	498	79.17	*54.21*
001228 - Lunch Box - Yogurt K-5	jp	1 Each	6	1	1	1	1	418	78.17	*54.21*
001237 - Mac & Cheez-It	jp	6oz	100	1.5	2	0	0	335	37.75	*2.40*
000881 - Macaroni & Cheese 4oz	jp	1/2 cup	100	1	1	0	0	220	21.67	*2.04*
001181 - Manager's Choice		Each	1	0	0	0	0	*N/A*	*N/A*	*N/A*
001139 - Mandarin Chicken, Jr. - Ling'	jp	3.6 oz	32	2	0	0	0	151	19.13	10.07
001007 - MANDARIN ORANGE CHIC	jp	3.6 oz	32	2	0	0	0	150	19.00	10.00
001298 - Mandarin Orange Chicken S	jp	each	50	2	2	1.5	0	668	71.65	*39.32*
000814 - Mandarin Oranges	jp	1/2 cup	25	0	0	0.5	0	80	21.20	20.29
000864 - Margarine		2 Each	1	0	0	0	0	40	0.00	*N/A*
001241 - Marinara Sauce	jp	1oz	1	0	0	0	0	12	2.25	1.75
000894 - MaxSnax - TACO Quesadilla	jp	3 Per Serving	1	2	1.75	0	0	240	29.00	*N/A*
000895 - MaxSnax - BBQ CHICK Que	jp	3 Per Serving	1	2	2	0	0	270	36.00	*N/A*
000893 - MaxSnax - CHSE CON QUE	jp	3 Per Serving	1	2	1.75	0	0	260	30.00	*N/A*
001050 - Mayonnaise - PC - Light	jp	1 packet	1	0	0	0	0	40	1.00	0.00
000958 - Meatball Sub	jp	Each	50	2.25	2	0.125	0	236	37.39	7.38
001294 - Meatball Sub - Don Lee	jp	Each	50	2.25	2	0.125	0	328	39.09	7.98
001164 - Meatballs with Gravy	jp	3 Each	35	2	0	0	0	158	6.31	*0.00*
000023 - MEATLOAF	jp	2.5 oz	50	2	0.5	0.125	0	248	16.63	*7.09*
001374 - Meatloaf Sandwich	jp	each	50	2	3	0	0	371	42.62	10.02
001375 - Meatloaf Sandwich Basket	jp	each	50	2	2	0.5	0	439	52.54	9.00
000820 - Mexican Rice	jp	1/2 cup	50	0	1	0.125	0	131	24.84	*0.51*
001369 - Milk -Non Flavored	jp	8 oz	1	0	0	0	1	100	12.00	12.00
000179 - Milk Variety	jp	8 oz	4	0	0	0	1	108	17.00	16.50
001170 - Milk, Soy	jp	8 oz	18	0	0	0	1	141	20.63	17.37
001229 - Mini Twin Chicken Sandwich	jp	5.2oz	1	2	2	0	0	270	40.00	12.00
001428 - Mixed Berry Cup - 4oz - USD	jp	4oz cup	1	0	0	0.5	0	90	20.00	16.00
000009 - Mixed Fruit Cup	jp	1/2cup	102	0	0	0.5	0	84	21.07	16.86
001389 - Mixed Fruit Cup - Frzn Frt	FRUIT	1/2 cup	50	0	0	0.5	0	44	10.96	6.16
900068 - Mixed Vegetables	jp	1/2 cup	80	0	0	0.5	0	74	14.84	3.54
001179 - Mozz & Garlic Pull-Apart	jp	4.06oz	72	2	2	0	0	280	35.00	5.00
000736 - Mozzarella Cheese Breadstic	jp	2 each	1	2	2	0	0	320	32.00	2.00
000117 - Mozzarella String Cheese Sti	jp	1oz	3	1	0	0	0	77	0.67	0.00

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Recipe	Source	Portion Size	# of Portions	Meat - Meat Alt	Bread - Grain	Fruit/Veg Juice	Milk	Calories (kcal)	Carbs (g)	Sugars (g)
001109 - MUFFIN - Apple/Cin 2oz IW	jp	1 Muffin/2oz	1	0	1	0	0	190	31.00	16.00
001095 - MUFFIN - Blubry - Cool Muffi	jp	1 each 1.8oz	1	0	1	0	0	140	24.00	12.00
000710 - Muffin - Blueberry 2oz IW Oti	jp	1 Muffin/2oz	1	0	1	0	0	0	0.00	0.00
001190 - Muffin - Blueberry 3.2oz	jp	3.2oz	1	0	2	0	0	270	45.00	21.00
000112 - Muffin - Chocolate CChip- IW	jp	2 oz	1	0	1	0	0	190	32.00	17.00
001195 - Muffin - Chocolate Chip 4oz	jp	4oz	1	0	2	0	0	340	56.00	29.00
001276 - Muffin - Double Chocolate-2o	jp	2oz	1	0	1	0	0	200	32.00	17.00
001094 - Muffin - Variety- Otis	jp	2oz	3	0	1	0	0	183	29.33	15.33
001010 - Muffin Variety - 3.2oz	jp	3.2oz	2	0	2	0	0	270	47.00	22.00
001400 - Munchable - Ham & Mozzarella		each	1	2	1	0.5	0	450	54.50	*22.00*
001402 - Munchable - PB&J	jp	each	1	1	2	0.5	0	500	69.00	*27.00*
001409 - Munchable - PB&J - HS	jp	each	1	2	2	0.5	0	670	81.00	43.00
001410 - Munchable - Pizza - HS		each	1	2	2	0.5	0	494	49.25	19.75
001401 - Munchable - Pizza w/ Pepper		each	1	1	2	0.5	0	404	48.25	18.75
001407 - Munchable - Turkey & Chedd		each	1	2	1.5	0.5	0	404	45.00	21.00
001413 - Munchable - Yogurt		each	3	2	1	0.5	0	380	61.00	44.00
000618 - Mustard	jp	each	1	0	0	0	0	5	1.00	*N/A*
001391 - Nacho Fish Sticks	jp	4oz	80	2	1	0	0	230	22.00	0.00
000868 - NACHOS W/ CHILI & CHEE	jp	each	50	2	2	0	0	465	39.49	*0.55*
000073 - NACHOS W/ CHILI & CHEE	jp	each	50	2	1	0	0	333	20.32	*0.55*
001272 - Nachos w/Chili & Cheese 9-	jp	each	50	2	2	0	0	468	41.49	*0.55*
001177 - Nachos w/Chili & Cheese 9-1	jp	each	50	2.5	2	0	0	496	42.23	*0.33*
001201 - Nachos w/Chili & Cheese 9-1	jp	each	50	3	2	0	0	499	45.78	*2.67*
001176 - Nachos w/Chili & Cheese K8	jp	each	50	2.5	1	0	0	365	23.07	*0.33*
001200 - Nachos w/Chili & Cheese K8	jp	each	50	2.5	1	0.125	0	368	26.62	*2.67*
001165 - NO SCHOOL		EACH	1	0	0	0	0	*N/A*	*N/A*	*N/A*
001282 - Not Your Average Mac n Che		1/2 cup	50	0	0	0	0	399	50.34	*7.23*
001192 - Nut Butter & Jelly Sandwich	jp	Each	1	1	2	0	0	347	40.43	10.24
001117 - Nutri-Grain Bar	jp	1.5oz Bar	3	0	1	0	0	160	30.00	14.00
001247 - Oatmeal Chocolate Chip Brk	jp	2.4oz	1	0	2	0	0	270	47.00	19.00
000968 - OATMEAL RAISIN COOKIE	jp	1 Each	1	0	0.5	0	0	160	27.00	14.00
001443 - One of the Favorites!		Each	1	0	0	0	0	*N/A*	*N/A*	*N/A*
000902 - Open Face Turkey Sandwich	jp	EACH	71	2	1.25	0	0	246	28.52	*3.01*
001315 - OR		1	1	0	0	0	0	*N/A*	*N/A*	*N/A*
000781 - Orange & Kiwi Slices	jp	1/2 cup	100	0	0	0.5	0	42	10.28	*6.23*
900035 - Orange - Fresh	jp	each	50	0	0	0.5	0	69	17.43	13.80
000983 - Orange Chicken - Ling's	jp	3.6 oz	32	2	0	0	0	150	19.00	10.00
000085 - Orange Slices	jp	1 each	50	0	0	0.5	0	69	17.43	13.80
000815 - ORIENTAL VEGETABLES	JP	1/2 CUP	50	0	0	0.5	0	38	6.30	*N/A*
000856 - OVEN FRIED CHICKEN	jp	4 OZ	50	2	0	0	0	291	7.93	*0.81*
001366 - Oven Fries - Wedges	jp	2.8oz	29	0	0	0.5	0	100	15.76	0.00
000338 - Oven Fries - 2 Fry Variety	jp	2.5oz	100	0	0	0.5	0	116	18.66	0.00
001105 - Oven Fries - LS -Simplot	jp	1/2 cup	40	0	0	0.5	0	60	12.00	0.00
001032 - Oven Fries - LS Ore-Ida	jp	2.5oz	31	0	0	0.5	0	112	17.27	0.00
001422 - Oven Fries- Curly	jp	2.10oz	30	0	0	0.5	0	102	17.27	0.00
001104 - Oven Fries- Seasoned	jp	2.54oz	31	0	0	0.5	0	131	21.85	0.00
001019 - OVEN ROASTED CHICKEN	jp	1 leg each	100	2	0	0	0	90	0.00	0.00
001112 - OVEN ROASTED CHICKEN	jp	2 legs each	100	4	0	0	0	180	0.00	0.00

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Recipe	Source	Portion Size	# of Portions	Meat - Meat Alt	Bread - Grain	Fruit/Veg Juice	Milk	Calories (kcal)	Carbs (g)	Sugars (g)
000788 - Oven Roasted Chicken-com	jp	each	83	2	0	0	0	100	0.00	0.00
000979 - Oven Roasted Potatoes	jp	3 oz	50	0	0	0.5	0	179	33.43	*2.08*
001168 - Pancake & Sausage Bites	jp	3 ea	63	1	1	0	0	211	17.07	5.02
001118 - Pancake on a Stick	jp	2.51oz	1	1	1	0	0	210	20.00	7.00
000107 - Pancake on a Stick, IW	jp	2.51oz	1	1	1	0	0	210	20.00	7.00
001357 - Pancake on a Stick, IW	jp	2.85oz	1	1	1	0	0	200	17.00	4.00
000812 - Pancakes & Syrup, WG- Bulk	jp	2 Pancakes	1	0	2	0	0	282	53.50	18.18
001100 - Pancakes - BIC	jp	3.03oz	1	0	2	0	0	210	35.00	11.00
001288 - Pancakes - WG- Bulk Pack	jp	2 Pancakes	1	0	2	0	0	262	49.50	18.18
001188 - Parmesan Chicken	jp	5.5 oz	50	2.5	1	0	0	294	17.22	2.81
000886 - PB & J GRAMWICH -BAG L	jp	1 BAG	1	1	1.5	1	1	590	71.00	*37.75*
000925 - PB & J GRMWICH w/STRIN	jp	Each	1	2	0.75	0	0	390	32.00	13.00
001343 - PB&J Bag - Field Trip K-8	jp	1 Ea	1	1	3	1	0	734	111.10	64.74
001155 - PB&J Bag - HS	jp	1 Ea	1	2	3	0.5	0	616	84.93	*32.09*
001149 - PB&J Bag - K5 & MS	jp	1 Ea	1	1	3	1	0	754	111.43	*63.49*
001394 - PB&J Grab'N Go- MS&HS	jp	each	2	2	2	0.5	0	655	77.50	40.00
000885 - PB&J Graham Sandwich	jp	1 Each	1	1	1	0	0	310	31.00	13.00
001347 - PB&J Uncrst Bag - Fld Trp K-	jp	1 Ea	1	1	2	1	0	687	107.67	67.50
001250 - PB&J Uncrustable	jp	2.8oz	1	1	1	0	0	310	35.00	13.00
001430 - PB&J Uncrustable-HS	jp	5.3oz	1	2	2	0	0	600	64.00	29.00
001350 - PB&J w/Cheese Stick	jp	each	1	2	2	0	0	647	46.43	13.24
001349 - PB&J/Smoothie HS	jp	1 Ea	1	2	2	0.5	0	496	67.93	32.09
001043 - Peach Cup - 4.4oz - USDA	jp	1 - 4.4oz cup	96	0	0	0.5	0	80	19.00	16.00
001419 - Peaches - Diced	jp	1/2 cup	18	0	0	0.5	0	78	18.20	16.89
000437 - Peaches - Sliced	jp	1/2 cup	18	0	0	0.5	0	74	19.43	17.63
900024 - Peanut Butter & Jelly Sandwi	jp	each	1	1	2	0	0	357	38.43	10.24
001012 - Pear - Fresh	jp	1 Each	1	0	0	0.5	0	80	21.29	13.63
000473 - PEAR SALAD	jp	Servings	25	0	0	0.5	0	70	18.25	14.55
000438 - Pears - Diced USDA	jp	1/2 cup	19	0	0	0.5	0	77	20.42	15.31
001264 - Pears- Sliced USDA	jp	1/2 cup	89	0	0	0.5	0	60	14.99	11.99
000439 - PEAS & CARROTS	jp	1/2 cup	50	0	0	0.5	0	50	10.44	*N/A*
001367 - Pepperoni Dipper	jp	3.10oz	1	1	2	0	0	220	27.00	3.00
000592 - Pepperoni Pizza - 4x6	jp	5oz	1	2	2	0.125	0	350	29.00	6.00
001307 - Pepperoni Pizza - Personal P	jp	5.4oz	1	2	2	0.25	0	350	30.00	7.00
000951 - Pepperoni Pizza - Wedge	jp	1 Slice/5oz	20	2	2	0.125	0	324	29.35	6.46
001271 - Personal Pepperoni Pizza	jp	1 each	116	2	3	0.125	0	*397*	*38.38*	*2.69*
000141 - Pimento Cheese Croissant	jp	1 each	25	2	2.25	0	0	512	27.70	*3.22*
001295 - Pimento Cheese Sandwich	jp	1 each	25	2	2	0	0	462	27.70	*4.22*
000092 - Pineapple Tidbits	jp	1/2 cup	48	0	0	0.5	0	72	19.82	18.00
000962 - PINTO BEANS - Dry	jp	4 oz	50	0	0	0.5	0	138	24.78	*0.77*
000762 - Pinto Beans- Canned	jp	1/2 cup	80	0	0	0.5	0	127	23.36	*1.36*
001303 - Pizza - Cheese	jp	4.5oz	1	2	2	0.125	0	300	34.00	10.00
001027 - Pizza - Sausage & Gravy	jp	1 Wedge/3.25oz	80	1	1.5	0	0	190	21.00	4.00
001041 - Pizza - Sausage - Breakfast	jp	3.3oz	80	1	1.5	0.125	0	210	21.00	5.00
000794 - PIZZA BUFFET	CB	SERVING	1	0	0	0	0	338	31.60	*N/A*
001274 - Pizza Variety	jp	5oz	2	2	2	0.125	0	325	31.50	8.00
000954 - PIZZA, BREAKFAST- VARIE	jp	1 Slice	3	1	1.5	0	0	133	14.33	2.33
000889 - PIZZA, CHEESE, The Max	jp	1 SLICE	1	2	2.25	0.125	0	0	0.00	0.00

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000953 - PIZZA, CHSE STFD CRST	jp	Slice	1	2	2	0	0	300	35.00	17.00
000952 - PIZZA, PEPP STFD CRST	jp	1 Slice/4.5 oz	1	2	2	0	0	300	35.00	4.00
000609 - PIZZA, Pepp,Stf Crust - Tony	jp	1 Slice	1	2	2	0.125	0	370	38.00	13.00
001304 - Pizza, Pepperoni	jp	4.95oz	1	2	2	0.125	0	297	29.70	6.93
000888 - PIZZA, PEPPERONI, B DAD	jp	SLICE	1	2	2	0.125	0	320	33.00	*N/A*
000706 - Pizza, Pepperoni- The Max	jp	1 slice	1	2	2	0.125	0	270	32.00	5.00
000548 - Pizza, Sausage - Tony's- IW	jp	1 slice/3.67oz	100	1	1.75	0	0	240	32.00	8.00
001108 - Pizza,Sausage/Brkfst -The	jp	1 slice/2.66oz	1	1	1.25	0	0	190	22.00	2.00
001377 - Pizza- Buffalo Chicken	jp	5.21oz	72	2	2	0	0	390	35.02	8.00
001183 - Pizza- Cheese 16"	jp	6.9oz	64	2	3.75	0.125	0	450	51.00	5.00
001194 - Pizza- Hamburger Personal	jp	5oz	1	2	2	0.125	0	28	0.26	*0.00*
001431 - Pizza- Meat Lover's	jp	5.23oz	1	2	2	0.125	0	350	29.00	3.00
001035 - Pizza- Variety	jp	4.95oz	4	2	2	0.125	0	247	22.00	4.75
000656 - PIZZA-SAUSAGE & COUNT	jp	SERVING	1	1	1	0	0	230	25.00	*N/A*
000047 - Popcorn Chicken - P Pride	jp	4.3oz	1	2	1	0	0	269	20.00	0.00
000412 - PopTart - Cinnamon, Single	jp	1 each	1	0	1.25	0	0	180	37.00	*N/A*
001101 - PopTart - Cinnamon,Double	jp	1 pack	1	0	2.5	0	0	390	79.03	32.67
001300 - PopTart - Fudge, Single	jp	1 each	1	0	1.25	0	0	180	38.00	16.00
000988 - PopTart - Strawberry, Double	jp	1 Pack	1	0	2.25	0	0	361	75.21	30.09
000896 - PopTart - Strawberry,Single	jp	1 each	1	0	1	0	0	180	38.00	15.00
000643 - PopTarts - Variety - Double	jp	1 pack	3	0	2.25	0	0	374	76.82	30.95
000079 - PopTarts - Variety - Single	jp	1.76 oz	4	0	1.25	0	0	180	37.75	*11.50*
000828 - Pork Chop Sandwich	jp	1 Sandwich	1	2	3	0	0	296	25.23	4.74
000450 - Pork Roast		2 OZ	50	2	0	0	0	94	0.00	0.00
001199 - Pork Roast on Texas Toast	jp	1 sandwich	50	2	2	0	0	447	46.21	*6.03*
000342 - Pork Roast Sandwich	jp	1 sandwich	50	2	2	0	0	295	23.03	4.00
000634 - Pork Steak	jp	3.85 oz	1	2	1	0	0	290	17.00	1.00
001023 - Potato Rounds	jp	2.52oz/8 each	31	0	0	0.5	0	134	16.52	0.00
000567 - Potato Smiles	jp	4 Each	54	0	0	0.5	0	128	19.67	0.00
001411 - Potato Starz	jp	3oz/8 each	27	0	0	0.5	0	178	19.75	0.00
000887 - Potato Triangle	jp	2oz	1	0	0	0.25	0	115	15.50	0.00
000977 - POTATOES,MASHED LS	jp	1/2 CUP	136	0	0	0.5	0	74	12.16	*1.61*
001317 - Power Punch Fruitable	jp	4.23oz	1	0	0	0.5	0	60	14.00	12.00
990014 - PRETZEL STICK - Chse Stuf	jp	1 Each	1	0.5	1.75	0	0	200	28.00	4.00
000865 - PRETZEL, SOFT BAKED	jp	EACH	50	0	1	0	0	71	16.13	*0.13*
001287 - Raisels	jp	1.5oz	2	0	0	0.5	0	130	35.00	27.00
000238 - Raisins - BX = 1/2 cup	jp	1.5oz	1	0	0	0.5	0	130	34.00	25.00
000986 - Ranch Dressing - SS Cup 1	jp	1oz	1	0	0	0	0	80	2.00	1.00
000057 - RANCH DRESSING, Light 1.	jp	Each	1	0	0	0	0	60	9.00	6.00
001338 - Ranch Whipped Potatoes	jp	1/2 cup	40	0	0	0.5	0	20	0.00	*0.00*
001269 - Red Roasted New Potatoes	jp	3.3 oz	50	0	0	0.5	0	98	15.01	*0.94*
000901 - REFRIED BEANS	jp	4 oz	126	0	0	0.5	0	158	23.95	*N/A*
000008 - REFRIED BEANS: canned		1/2 CUP	1	2	0	0.5	0	107	16.12	0.64
000131 - Rib-B-Q Sandwich	jp	EACH	1	2	2	0	0	310	27.03	7.00
001408 - Rice Krispies Treat		.42oz	1	0	0	0	0	50	9.00	3.00
001000 - RICE KRISPY TREATS		EACH	24	0	0	0	0	71	16.01	*7.80*
000920 - RIPS SLUSHY	jp	Each	1	0	0	0.5	0	110	28.00	*N/A*
000939 - ROASTED TURKEY - TKY R	jp	2 oz	5	2	0	0	0	84	0.00	*N/A*

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Recipe	Source	Portion Size	# of Portions	Meat - Meat Alt	Bread - Grain	Fruit/Veg Juice	Milk	Calories (kcal)	Carbs (g)	Sugars (g)
000938 - ROASTED TURKEY - WHO	jp	2 oz	4	2	0	0	0	90	0.00	*N/A*
000021 - ROSY APPLESAUCE	FRUIT	1/2 cup	100	0	0	0.5	0	110	27.69	23.05
000966 - Salad Bar - BHP & Crescent	jp	SERVINGS	50	2	1.5	1	0	643	63.18	*21.66*
001051 - SALSA	jp	2oz	50	0	0	0.25	0	14	2.80	*0.12*
001034 - Salsa - Red Gold	jp	2oz	50	0	0	0.25	0	20	3.91	1.95
001255 - Sauce	jp	2 oz	66	0	0	0	0	0	0.00	*N/A*
000892 - Sausage & Cheese Biscuit	jp	EACH	1	1	2	0	0	298	26.00	3.00
000662 - Sausage Biscuit	jp	Each	1	0.5	1.75	0	0	298	26.00	3.00
001011 - Sausage Biscuit - HS	jp	Each	1	0.5	2	0	0	328	30.00	3.00
000970 - Sausage Biscuit - Jennie O	jp	Each	50	1	1.5	0	0	60	0.00	*0.00*
000947 - Sausage Biscuit(Tky) Snak T	jp	Each	1	1	2	0	0	230	25.00	*N/A*
000742 - Sausage Breakfast Bagel	jp	Each	1	1	1.25	0	0	160	22.00	*N/A*
000949 - Sausage Breakfast Bites	jp	8 each	1	1.5	1	0	0	260	14.00	0.00
000891 - Sausage Gravy Biscuit	jp	1 EACH	96	0.5	2	0	0	300	33.43	*3.89*
000884 - SAUSAGE PATTY - JENNIE	jp	EACH	1	1	0	0	0	60	0.00	*N/A*
000883 - Sausage Patty - Swaggerty's		1 each	1	0.5	0	0	0	118	2.00	0.00
000764 - SAUSAGE TWINS	jp	EACH	1	1	1	0	0	190	21.00	*N/A*
000813 - Sausage/Egg/Chse Flatbrd S	JP	2.44 oz	1	1	1	0	0	160	20.00	*N/A*
001320 - Sauteed Mixed Vegetables	jp	1/2 cup	80	0	0	0.5	0	74	14.84	3.54
001313 - Sauteed Squash and Onions	jp	1/2 cup	50	0	0	0.5	0	48	4.58	*2.65*
001114 - Scrambled Eggs	jp	2oz	45	2	0	0	0	71	0.00	0.00
000189 - SCRAMBLED EGGS with C	jp	1.5 oz	50	1.5	0	0	0	105	0.50	*0.00*
000869 - SHAVED HAM CROISSANT	jp	SERVING	100	2	2	0	0	81	0.87	*0.00*
001346 - Shepherd's Pie	jp	1 cup	50	2.5	0	0.75	0	237	19.46	*1.23*
001113 - Side Salad - K5	jp	each	100	0	0	0.5	0	31	4.31	*1.48*
000863 - Side Salad - MS + HS	jp	1 1/4c	100	0	0	0.75	0	192	13.10	*7.53*
001111 - SLOPPY JOE - Jennie O	jp	1 Sandwich Each	90	2	2	0.25	0	281	40.16	12.07
000114 - SLOPPY JOE ON A BUN	jp	SERVINGS	50	2	2	0.25	0	324	32.95	*9.23*
001045 - Sloppy Joe/Manwich	jp	each	52	2	2	0	0	296	30.32	9.47
990003 - SMILEY POTATOES		5 each	1	0	0	0	0	160	24.00	*N/A*
000997 - SMOKED SAUS SUB w/ Pep	jp	1 Each	50	2	2	0.5	0	272	12.68	*5.51*
000999 - SMOKED SAUSAGE & RICE	jp	1 Each	50	2	2	0.25	0	331	26.66	*3.32*
000996 - SMOKED SAUSAGE PEPPE	jp	6 oz	50	2	0	0.5	0	272	12.68	*5.51*
000485 - Snack Variety - After School	jp	1 Each	5	0	1	0	0	118	19.00	*5.55*
001133 - Sour Cream	jp	1 Tbsp	50	0	0	0	0	24	0.95	0.47
001225 - Southwest Chicken Wrap	jp	1 Each	48	2	2	0.25	0	390	47.45	*2.57*
001258 - Soynut Butter Uncrustable	jp	2.4oz	1	1	1	0	0	290	28.00	11.00
000932 - Spaghetti with Meat Sauce	jp	1 cup	50	2	1	0.25	0	404	42.30	*5.94*
001245 - Spaghetti with Meat Sauce-J	jp	1 cup	50	2	1	0.75	0	315	44.23	*8.83*
001197 - Spaghetti with Meatballs	jp	1 cup	50	2	1	0.25	0	338	43.72	*6.61*
001180 - Spicy Buffalo Pull-Apart	jp	4.06oz	72	2	2	0	0	300	37.00	6.00
001290 - Spinach Chef Salad	jp	each	25	2	0	1.25	0	310	15.37	*2.53*
001348 - Squash Casserole	jp	1/2 cup	50	0	0	0.5	0	119	7.98	3.90
001314 - Sriracha Chicken Sandwich	jp	each	50	2.5	2	0.25	0	411	35.00	*5.75*
001102 - St. Patrick's COOKIE	jp	1 Cookie	1	0	0.75	0	0	160	17.00	6.00
001143 - Steak Biscuit	jp	Each	1	1	2.5	0	0	430	37.00	3.00
900083 - Steak Nuggets	jp	3.85oz	1	2	1	0	0	361	17.00	*N/A*
001355 - Steak Sndwich Grab'N Go	jp	each	1	2	3	0.5	0	540	53.03	*14.00*

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000960 - Steamed Cabbage	jp	1/2 cup	50	0	0	0.5	0	20	4.37	*0.15*
001381 - Strawberries & Cream	jp	1/2cup	1	0	0	0.5	0	42	10.19	5.17
000099 - Strawberries- Fresh	jp	1/2 cup	50	0	0	0.5	0	37	8.85	5.63
001390 - Strawberry & Blueberry Cup	FRUIT	1/2 cup	50	0	0	0.5	0	41	9.54	5.45
001384 - Strawberry Banana Cup	FRUIT	1/2 cup	50	0	0	0.5	0	74	19.09	10.02
001280 - Strawberry Cobbler	jp	1/2 cup	96	0	0.25	0.5	0	291	43.52	*19.16*
001342 - Strawberry Cobbler	jp	1/2 cup	96	0	0.25	0.5	0	312	49.09	*23.87*
000840 - Strawberry Cup	jp	4.4oz	1	0	0	0.5	0	90	23.00	17.00
000098 - Strawberry Cup - 4.5 oz USD	jp	1 - 4.5oz cup	96	0	0	0.5	0	80	19.00	16.00
001296 - Strawberry Mango Chicken S	jp	each	50	2	2	1.5	0	602	55.69	*23.85*
001365 - Strawberry Peach Cup	FRUIT	1/2 cup	50	0	0	0.5	0	50	12.27	8.04
001185 - Student Favorite Meal!		Each	1	0	0	0	0	*N/A*	*N/A*	*N/A*
000800 - SUB STATION - BHP & Cres	jp	Servings	100	2.5	2	0.5	0	396	41.93	*5.17*
000976 - SUB STATION - Middle Scho	jp	Servings	100	2	2	0.5	0	181	8.03	*0.17*
001266 - Sugar Cookie	jp	1.5oz	1	0	1	0	0	165	27.00	14.00
000991 - Sugar Cookie - Otis S	jp	each	1	0	1	0	0	150	26.00	12.00
001335 - Sunbelievable Slushy	jp	4.4oz	1	0	0	0.5	0	110	26.00	23.00
001193 - SunButter & Jelly Sandwich	jp	Each	1	1	2	0	0	359	37.50	10.28
001263 - Sunshine Congeal	jp	1/2 cup	88	0	0	0.5	0	138	35.63	*34.59*
000875 - Super Sub Sandwich	jp	1 Sub Each	100	2.5	2	0	0	363	36.79	6.38
001308 - Supreme Pizza - Personal Pa	jp	6.35oz	1	2	2	0.375	0	380	31.00	7.00
001351 - Supreme Pizza - Personal Pa	jp	6.35oz	1	2	2	0.375	0	380	31.00	7.00
001212 - Swedish Meatballs with Past	jp	1 cup +4ea	35	2	2	0	0	302	36.70	*2.86*
000982 - Sweet & Sour Chicken - Ling'	jp	3.6 oz	32	2	0	0	0	140	18.00	9.00
001379 - Sweet & Sour Sauce	jp	1oz	1	0	0	0	0	45	11.00	10.00
001140 - Sweet Chili Thai Chick- Ling'	jp	3.6 oz	32	2	0	0	0	140	17.12	6.04
001249 - Sweet N'Sour Chicken	jp	4.3oz	1	2	1	0	0	329	34.00	11.00
001373 - Sweet Potato Crisscut Fries	jp	3oz	80	0	0	0.5	0	150	23.00	5.00
001230 - Sweet Potato Fries	jp	1/2 cup	80	0	0	0.5	0	130	22.00	7.00
001372 - Sweet Potato Puffs	jp	3oz	80	0	0	0.5	0	130	23.00	8.00
000056 - Sweet Potato Souffle	jp	4 oz	100	0	0	0.5	0	195	39.47	*23.84*
001253 - Sweet'N Sour Meatballs	jp	2.5oz	1	2	0	0	0	60	14.00	11.00
000349 - Syrup - Pancake	jp	1.5 oz	1	0	0	0	0	122	23.50	12.18
001380 - Syrup - Pancake, SF	jp	1oz	1	0	0	0	0	25	10.00	0.00
000239 - Taco - Hard Shell-2 Each	jp	2 Each	50	2	1.25	0	0	343	25.64	*1.07*
000929 - TACO - Quesadilla	jp	Each	50	2	2	0	0	368	26.66	*1.07*
000611 - Taco - Soft Shell	jp	Each	50	2	1.75	0	0	351	26.14	*1.07*
001018 - Taco - Soft Shell (JTM)	jp	Each	50	2.5	1.75	0	0	308	29.00	*2.00*
001421 - Taco - Soft Shell - Beef Crmb	jp	Each	50	2.5	1.75	0	0	293	26.93	*1.07*
001420 - Taco - Soft Shell - Beef Crum	jp	Each	50	2	1.75	0	0	351	26.14	*1.07*
001021 - Taco - Soft Shell - Chicken	jp	Each	50	2	1.75	0	0	269	26.14	*1.07*
001158 - Taco Boats - K-8	jp	1 Salad	50	2.5	1	0.75	0	193	9.74	*2.01*
001159 - TACO BOWL - 5"	jp	1 Salad	50	2	1.5	1	0	383	30.09	*0.73*
001160 - TACO BOWL - 8"	jp	1 Salad	50	2	2	1	0	453	31.08	*0.73*
001246 - Taco Mac	jp	1 cup	50	2	1	0.25	0	242	21.51	*3.37*
001433 - Taco Mac- GB	jp	1 cup	50	2	1	0.25	0	289	21.51	*3.37*
000898 - TACO SALAD - 6-12	jp	1 Salad	50	2	1.5	1	0	392	36.22	*0.73*
000897 - TACO SALAD - K-5	jp	1 Salad	50	2	1	0.75	0	318	24.97	*0.45*

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001017 - Taco Salad - K-5 (JTM)	jp	1 Salad	50	2.5	1	0.75	0	323	28.81	*2.01*
001016 - Taco Salad- 6-12 (JTM)	jp	1 Salad	50	2.5	2	1	0	458	48.75	*2.01*
000620 - Taco Sauce - Mild	jp	each	1	0	0	0	0	5	1.00	0.00
001178 - Taco Soup	jp	8oz	48	1	0	0.75	0	195	25.77	*2.76*
001279 - Tangerine Chicken	jp	3.9 oz	176	2	0.5	0	0	190	25.00	13.00
001132 - Tartar Sauce	jp	Each - 9gm	1	0	0	0	0	20	1.00	1.00
000972 - Tea, Decaf, Cooper's	jp	8 oz	48	0	0	0	0	40	9.02	*9.02*
001022 - Teriyaki Beef Dunkers	jp	4 Each	1	2	0	0	0	159	11.70	9.10
001169 - Teriyaki Chicken - Asian Sol	jp	2.85 oz	40	2	0	0	0	146	14.00	14.00
001145 - Teriyaki Dippers - Advance P	jp	4 Each	1	2	0	0	0	150	6.00	4.00
001147 - Texas Toast	jp	1 SLICE	50	0	1	0	0	137	23.00	*3.00*
001153 - Tomato Soup	jp	8oz	12.5	0	0	0.625	0	80	16.00	*10.00*
000959 - Tomatoes - Grape	jp	Serving 6 ea	50	0	0	0.5	0	13	2.94	1.99
001434 - Triple Chocolate Breakfast B		1.7oz	1	0	1	0	0	200	31.00	15.00
001238 - Tropical Fruit Salad	jp	1/2 CUP	24	0	0	0.5	0	92	22.13	15.67
900072 - TURKEY	<XXX>	SERVINGS	50	2	1	0	0	88	1.74	0.00
001119 - TURKEY SALAD	jp	4oz	100	2	0	0.125	0	172	3.62	*1.62*
001103 - TURKEY SUB	jp	1 EACH	50	2	2	0	0	246	29.92	3.96
000533 - Turkey & Cheese Croissant	jp	1 Each	100	2	2	0	0	310	28.44	4.22
000899 - TURKEY & CHEESE SAND	jp	EACH	50	2	2	0	0	336	28.00	*4.00*
000818 - Turkey & Cheese Sub	jp	1 each	100	2	2	0	0	277	30.00	3.75
000671 - Turkey & Cheese Wrap	jp	SERVING	100	2.25	1.75	0	0	308	25.20	*0.60*
000673 - Turkey & Chse Sub w/Condi	jp	1 Each	100	2	2	0	0	340	37.00	*5.75*
000639 - Turkey & Gravy	jp	2 OZ	100	2	0	0	0	122	0.00	*0.00*
000910 - TURKEY & GRAVY - W/D J	jp	4 oz	112	2	0	0	0	120	2.00	*N/A*
000882 - TURKEY & GRAVY - Jennie	jp	4 oz	112	2	0	0	0	120	3.00	*N/A*
000514 - Turkey and Dressing/Gravy		1 serving	100	0	0	0	0	285	39.77	*3.25*
000721 - Turkey Breast Steak	jp	2.82oz	1	2	0	0	0	80	0.00	0.00
001301 - Turkey Ciabatta Sandwich	jp	1 each	100	2	2	0.25	0	285	35.61	*3.69*
001066 - Turkey Club Sub	jp	each	100	2.5	2	0	0	322	30.50	4.00
000998 - TURKEY CLUB WRAP- (Jen	jp	SERVING	100	2.25	1.75	0	0	383	31.68	*4.84*
000650 - TURKEY CROISSANT- com	jp	SERVING	100	2	2	0	0	112	0.00	*0.00*
000903 - TURKEY POT PIE - 2016	jp	8 OZ SERVINGS	50	2	1	0.5	0	306	32.06	*4.63*
001260 - Turkey Ranch BBQ Wrap		1 each	1	2	1.75	0	0	356	29.61	*4.16*
000459 - Turkey Roast		2 oz.	100	0	0	0	0	88	1.74	0.00
001120 - TURKEY SALAD CROISSA	jp	1 Each	100	2	2	0.125	0	172	3.62	*1.62*
001127 - TURKEY SALAD on FLATB	jp	4oz	100	2	2	0.125	0	342	31.48	*3.48*
001128 - TURKEY SALAD SUB	jp	4oz	100	2	2	0.125	0	322	31.48	*4.48*
000134 - Turkey Sandwich	jp	each	1	2	2	0	0	220	26.00	4.00
000668 - TURKEY TETRAZZINI	jp	1 cup	50	2.5	1	0.25	0	286	38.36	*2.77*
001166 - Turnip Greens-Seasoned Ca	jp	1/2 cup	58	0	0	0.5	0	36	6.12	0.24
000917 - VALENTINE COOKIE	jp	1 Cookie	1	0	0.75	0	0	160	18.00	7.00
001330 - Vegetable Beef Soup - Crum	jp	8oz	100	0.5	0	0.75	0	96	13.44	*6.48*
001091 - Vegetable Beef Soup -4oz	jp	1/2 cup	100	0.5	0	0.5	0	95	10.69	*4.54*
001331 - Vegetable Beef Soup -4oz	jp	1/2 cup	100	0.5	0	0.5	0	83	10.76	*4.57*
000103 - Vegetable Beef Soup MS &	jp	8oz	100	0.5	0	0.75	0	125	16.08	*6.87*
001436 - Vegetable Medley	jp	1/2 cup	50	0	0	0.5	0	31	5.04	*1.04*
000914 - VEGETABLE SOUP	jp	8 OZ SERVINGS	100	0	0	1	0	90	16.90	*8.14*

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001110 - Vegetable Variety	jp	Servings	75	0	0	0.5	0	6	1.27	*0.00*
000289 - VEGETARIAN CHILI	VRG	2 CUPS	50	0	0	0	0	198	29.62	7.66
000313 - Waffle		1 waffle	100	0	1	0	0	100	15.04	1.72
000024 - Waffle, Blueberry- IW	jp	1 Waffle 2.4oz	25	0	2	0	0	299	52.40	24.87
001115 - Waffle, Maple - IW	jp	2.47oz	1	0	2	0	0	200	37.00	13.00
001171 - Waffles & Syrup,WG- Bulk P	jp	each	1	0	1	0	0	222	39.50	14.18
000061 - Warm Ham & Cheese	ENTREE	each	1	2	1.5	0	0	222	27.88	*0.00*
000101 - Watermelon Cubes	jp	1/2 cup	50	0	0	0.5	0	44	11.10	9.07
001067 - Whipped Potatoes	jp	1/2 cup	34	0	0	0.5	0	106	16.47	*0.00*
000823 - White Bean Chicken Chili	jp	8 oz	32	2	0	0.5	0	240	22.56	*1.59*
001397 - Wings - Basket	jp	each	1	2	0	0.75	0	349	21.87	0.16
001396 - Wings - Roasted	jp	3.7oz	1	2	0	0	0	218	0.00	0.00
000853 - Yam Patty	jp	1.5oz	1	0	0	0.25	0	90	21.00	8.00
000783 - Yogurt - Strbry Ban Danimal	jp	Each	1	1	0	0	0	3840	768.02	624.00
000782 - Yogurt - Vanilla- Danimals	jp	Each	1	1	0	0	0	80	16.00	13.00
000964 - Yogurt - Variety - Danimals	jp	(1 Each)	3	1	0	0	0	80	16.00	13.00
000860 - Yogurt Box - 6-12	jp	Each	3	2	2	0.5	0	230	28.00	*16.33*
000727 - Yogurt Box - K-5	jp	(1 Each)	3	2	1	0.5	0	207	21.67	*14.67*
001323 - Yogurt Parfait - Blueberry	jp	1 Each	64	1	0	0.5	0	187	37.10	21.33
001328 - Yogurt Parfait - Cherry	jp	1 Each	64	1	0	0.5	0	184	36.55	23.55
001358 - Yogurt Parfait - Peach	jp	1 Each	64	1	0	0.5	0	148	27.55	16.55
001359 - Yogurt Parfait - Peach Meal	jp	1 Each	64	2	2	0.5	0	408	62.55	26.55
001339 - Yogurt Parfait - Strawberry	jp	1 Each	64	1	0	0.5	0	187	37.55	21.55
001337 - Yogurt Parfait-Blueberry-mea	jp	1 Each	64	2	2	0.5	0	447	72.10	31.33
001340 - Yogurt Parfait-Cherry-meal	jp	1 Each	64	2	2	0.5	0	444	71.55	33.55
001341 - Yogurt Parfait-Strawberry-me	jp	1 Each	64	2	2	0.5	0	489	83.05	41.70
001125 - Yogurt Smooth & SUB 1/2 M	jp	1/2 Sub +8oz	16	2	1	0.75	0	283	48.55	28.32
001318 - Yogurt Smoothie - Berry Patc	jp	8oz	16	1	0	0.5	0	127	26.71	20.44
001126 - Yogurt Smoothie - Food Cour	jp	8oz	16	1	0	0.5	0	140	29.50	21.85
001123 - Yogurt Smoothie - Peach	jp	8oz	16	1	0	0.5	0	150	32.82	26.09
001363 - Yogurt Smoothie - Strawberry	jp	8oz	16	1	0	0.5	0	178	38.68	29.69
001319 - Yogurt Smoothie - Summer F	jp	8oz	16	1	0	0.5	0	159	34.71	27.94
001124 - Yogurt Smoothie- Peach - M	jp	8oz	16	2	1	0.5	0	308	41.37	19.66
001336 - Yogurt Smoothie- Peach - M	jp	8oz	16	2	2	0.5	0	308	60.99	30.80
000612 - Yogurt- Variety - Trix	jp	1 each	3	1	0	0	0	100	20.00	14.00
001251 - Yogurt/Cheese	jp	each	2	2	0	0	0	170	16.00	13.00
000030 - Yogurt/Cheese/Crackers-1Gr	jp	each	3	2	1	0	0	260	33.67	18.00
001417 - Yogurt/Cheese/Crackers-2 G	jp	(Each)	3	2	2	0	0	350	50.67	23.00
001058 - Yogurt/Cheese/Crackers-2 G	jp	(Each)	3	2	2	0	0	350	50.67	23.00
001289 - Yogurt/Crackers	jp	(Each)	3	1	1	0	0	170	33.00	18.00
001416 - Yogurt/Crackers-1G,F/A	jp	each	3	1	1	0	0	170	33.00	18.00
001333 - Zucchini Casserole		1/2 cup	50	0.75	0.5	0.5	0	149	12.12	1.28

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

* - an asterisk denotes combined nutrient totals with either missing or incomplete nutrient data.

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.