

# Claremont USD School Food Services

CLA

**000244 - 6 Inch Subway Turkey Sandwich**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: Each

Alternate Menu Name: 6 Inch Subway Turkey

900270s 6 Inch Subway Turkey Breast Sandwich.... 1 Grams

Calories	319	Iron	4.50 mg	Protein	20.20 g	25.33%	Cals from Prot
Cholesterol	35 mg	Calcium	119 mg	Carbohydrates	45.50 g	57.05%	Cals from Carb
Sodium	1456 mg	Vitamin A	139 IU	Total Fat	8.20 g	23.14%	Cals from T Fat
Dietary Fiber	3.90 g	Vitamin A	28 RE	Saturated Fat	3.80 g	10.72%	Cals from S Fat
		Vitamin C	12.9 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

**000263 - 6 Inch Subway Ham Sandwich**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: Each

Alternate Menu Name: 6 Subway  
 Ham Sandwich

900271s 6 Inch Subway Ham Sandwich.... 1 Grams

Calories	312	Iron	4.40 mg	Protein	20.20 g	25.90%	Cals from Prot
Cholesterol	30 mg	Calcium	121 mg	Carbohydrates	45.00 g	57.69%	Cals from Carb
Sodium	1198 mg	Vitamin A	139 IU	Total Fat	7.50 g	21.64%	Cals from T Fat
Dietary Fiber	3.90 g	Vitamin A	28 RE	Saturated Fat	3.40 g	9.81%	Cals from S Fat
		Vitamin C	12.9 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

**000104 - APPLE PIE TURNOVER - CUTIE PIE**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: SERVING

990127s APPLE PIE TURNOVER - CUTIE PIE.... 1 SERVING

Calories	297	Iron	1.80 mg	Protein	3.10 g	4.18%	Cals from Prot
Cholesterol	0 mg	Calcium	20 mg	Carbohydrates	52.40 g	70.57%	Cals from Carb
Sodium	335 mg	Vitamin A	450 IU	Total Fat	9.30 g	28.18%	Cals from T Fat
Dietary Fiber	3.40 g	Vitamin A	90 RE	Saturated Fat	2.60 g	7.88%	Cals from S Fat
		Vitamin C	1.2 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

**000374 - BAGEL - BREAKFAST PIZZA**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: EACH

Alternate Menu Name: TONY  
 ROBERT'S 78976

900150s BAGEL - BREAKFAST PIZZA.... 1 SERVING

Calories	192	Iron	1.59 mg	Protein	11.65 g	24.27%	Cals from Prot
Cholesterol	15 mg	Calcium	217 mg	Carbohydrates	23.16 g	48.25%	Cals from Carb
Sodium	383 mg	Vitamin A	365 IU	Total Fat	5.71 g	26.76%	Cals from T Fat
Dietary Fiber	0.90 g	Vitamin A	73 RE	Saturated Fat	3.01 g	14.11%	Cals from S Fat
		Vitamin C	3.8 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

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\* - Denotes Missing Nutrient Values

**000493 - BAGEL - PLAIN - TONY ROBERTS**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: EACH

900228s BAGEL - PLAIN - TONY ROBERTS.... 1 EACH

Calories	234	Iron	2.70 mg	Protein	8.00 g	13.67%	Cals from Prot
Cholesterol	0 mg	Calcium	13 mg	Carbohydrates	48.00 g	82.05%	Cals from Carb
Sodium	329 mg	Vitamin A	0 IU	Total Fat	1.11 g	4.27%	Cals from T Fat
Dietary Fiber	3.00 g	Vitamin A	0 RE	Saturated Fat	0.37 g	1.42%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

**000482 - BREAD - HAMBURGER BUN - 3.5"**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: BUN

Alternate Menu Name: GALASSO'S

990146s BREAD - BUN - HAMBURGER - 3.5".... 1 BUN

Calories	140	Iron	1.44 mg	Protein	6.00 g	17.14%	Cals from Prot
Cholesterol	0 mg	Calcium	40 mg	Carbohydrates	26.00 g	74.29%	Cals from Carb
Sodium	250 mg	Vitamin A	0 IU	Total Fat	2.00 g	12.86%	Cals from T Fat
Dietary Fiber	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

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**000488 - BREAD - HAMBURGER BUN - 4"**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: BUN

Alternate Menu Name: GALASSO'S

900221s BREAD - BUN - HOT DOG - 6".... 1 BUN

Calories	140	Iron	1.44 mg	Protein	6.00 g	17.14%	Cals from Prot
Cholesterol	0 mg	Calcium	60 mg	Carbohydrates	26.00 g	74.29%	Cals from Carb
Sodium	240 mg	Vitamin A	0 IU	Total Fat	2.00 g	12.86%	Cals from T Fat
Dietary Fiber	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

**000483 - BREAD - HOT DOG BUN- 6"**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: BUN

Alternate Menu Name: GALASSO'S

900221s BREAD - BUN - HOT DOG - 6".... 1 BUN

Calories	140	Iron	1.44 mg	Protein	6.00 g	17.14%	Cals from Prot
Cholesterol	0 mg	Calcium	60 mg	Carbohydrates	26.00 g	74.29%	Cals from Carb
Sodium	240 mg	Vitamin A	0 IU	Total Fat	2.00 g	12.86%	Cals from T Fat
Dietary Fiber	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

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**000481 - BREAD - WHITE - 1.235 OZ SLICE**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: SLICE

Alternate Menu Name: GALASSO'S

900219s BREAD - WHITE BREAD- 1.235 SLICE.... 1 SLICE

Calories	90	Iron	1.08 mg	Protein	3.00 g	13.33%	Cals from Prot
Cholesterol	0 mg	Calcium	20 mg	Carbohydrates	16.99 g	75.56%	Cals from Carb
Sodium	170 mg	Vitamin A	0 IU	Total Fat	1.00 g	10.00%	Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	0 RE	Saturated Fat	0.00 g	0.00%	Cals from S Fat
		Vitamin C	1.2 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

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**000075 - BREAKFAST BAR**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: EACH

Alternate Menu Name:  
 LEABO - BB2572

990118s BREAKFAST BAR.... 1 EACH

Calories	238	Iron	1.80 mg	Protein	2.00 g	3.36%	Cals from Prot
Cholesterol	25 mg	Calcium	60 mg	Carbohydrates	36.00 g	60.50%	Cals from Carb
Sodium	180 mg	Vitamin A	10 IU	Total Fat	4.43 g	16.75%	Cals from T Fat
Dietary Fiber	1.00 g	Vitamin A	2 RE	Saturated Fat	0.82 g	3.10%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

**000337 - BURRITO - BEAN & CHEESE**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: EACH

Alternate Menu Name: GOLDSTAR - 33212  
 96 / 4.5 OZ

900158s BURRITO - BEAN & CHEESE - FERNANDO'S.... 1 EACH

Calories	310	Iron	2.70 mg	Protein	16.00 g	20.65%	Cals from Prot
Cholesterol	10 mg	Calcium	200 mg	Carbohydrates	40.00 g	51.61%	Cals from Carb
Sodium	580 mg	Vitamin A	400 IU	Total Fat	9.00 g	26.13%	Cals from T Fat
Dietary Fiber	9.00 g	Vitamin A	80 RE	Saturated Fat	4.00 g	11.61%	Cals from S Fat
		Vitamin C	3.6 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000157 - BURRITO - BEAN CHS&GREEN CHILI**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: EACH

Alternate Menu Name: GOLDSTAR - LOS CABOS  
 48 / 5.75

900012s BURRITO - BEAN, CHEESE & GREEN CHILI.... 1 SERVING

Calories	391	Iron	3.96 mg	Protein	16.29 g	16.68%	Cals from Prot
Cholesterol	18 mg	Calcium	170 mg	Carbohydrates	53.69 g	54.96%	Cals from Carb
Sodium	691 mg	Vitamin A	213 IU	Total Fat	11.84 g	27.27%	Cals from T Fat
Dietary Fiber	6.03 g	Vitamin A	2 RE	Saturated Fat	5.01 g	11.54%	Cals from S Fat

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	Vitamin C	4.5 mg	Trans Fat	0.50 g	1.15%	Cals from Trans Fat
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**000021 - BURRITO - BREAKFAST**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: EACH

990026s BURRITO - BREAKFAST.... 1 (3.75 OZ)

Calories	250	Iron	1.80 mg	Protein	8.00 g	12.80%	Cals from Prot
Cholesterol	75 mg	Calcium	80 mg	Carbohydrates	26.00 g	41.60%	Cals from Carb
Sodium	470 mg	Vitamin A	300 IU	Total Fat	12.00 g	43.20%	Cals from T Fat
Dietary Fiber	1.00 g	Vitamin A	60 RE	Saturated Fat	4.00 g	14.40%	Cals from S Fat
		Vitamin C	6.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat
* - Denotes Missing Nutrient Values							

**000045 - BURRITO - BREAKFAST EGG LSCABO**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: SERVING

Alternate Menu Name: LOS CABOS  
 96 / 3.20 OZ

990103s BURRITO - EGG & CHEESE & SAUSAGE.... 1 SERVING

Calories	196	Iron	1.92 mg	Protein	8.80 g	17.98%	Cals from Prot
Cholesterol	55 mg	Calcium	81 mg	Carbohydrates	28.73 g	58.71%	Cals from Carb
Sodium	377 mg	Vitamin A	282 IU	Total Fat	4.90 g	22.54%	Cals from T Fat
Dietary Fiber	1.38 g	Vitamin A	43 RE	Saturated Fat	1.86 g	8.55%	Cals from S Fat
		Vitamin C	2.9 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

**000073 - BURRITO - CHICKEN & RICE**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: SERVING

Alternate Menu Name: JOSE OLE

72 / 6.52 OZ

990116s BRTO - CHICK.... 1 SERVING

Calories	390	Iron	0.00* mg	Protein	18.00 g	18.46%	Cals from Prot
Cholesterol	30 mg	Calcium	0* mg	Carbohydrates	46.00 g	47.18%	Cals from Carb
Sodium	1220 mg	Vitamin A	0 IU	Total Fat	14.00 g	32.31%	Cals from T Fat
Dietary Fiber	2.00 g	Vitamin A	0 RE	Saturated Fat	4.00 g	9.23%	Cals from S Fat
		Vitamin C	0.0* mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat
* - Denotes Missing Nutrient Values							

**000039 - BURRITO - TACO SNACK-BF CHEESE**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: SERVING

Alternate Menu Name: LOS CABOS - #94627  
 96 / 6.25 OZ

990102s BURRITO - TACO SNACK- BEEF CHEESE.... 1 SERVING

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Calories	452	Iron	4.65 mg	Protein	20.47 g	18.11%	Cals from Prot
Cholesterol	48 mg	Calcium	116 mg	Carbohydrates	52.72 g	46.63%	Cals from Carb
Sodium	662 mg	Vitamin A	3 IU	Total Fat	17.43 g	34.69%	Cals from T Fat
Dietary Fiber	3.30 g	Vitamin A	488 RE	Saturated Fat	6.75 g	13.43%	Cals from S Fat
		Vitamin C	1.3 mg	Trans Fat	0.61 g	1.22%	Cals from Trans Fat

**000186 - CARMEL DIP**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: SERVING

Alternate Menu Name:  
 NATURALLY FRESH -  
 200

900028s CARMEL DIP.... 1 SERVING

Calories	100	Iron	0.00 mg	Protein	0.00 g	0.00%	Cals from Prot
Cholesterol	5 mg	Calcium	0 mg	Carbohydrates	15.00 g	60.00%	Cals from Carb
Sodium	130 mg	Vitamin A	0 IU	Total Fat	4.00 g	36.00%	Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	0 RE	Saturated Fat	1.50 g	13.50%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.50 g	4.50%	Cals from Trans Fat

**000260 - CARROT - CAN**

Source: CLA  
 Number of Portions: 1.0000  
 Size of Portion: CUP

011128 CARROTS,CND,REG PK,DRND SOL.... 1 CUP, slices

Calories	36	Iron	0.93 mg	Protein	0.93 g	10.24%	Cals from Prot
Cholesterol	0 mg	Calcium	36 mg	Carbohydrates	8.09 g	88.64%	Cals from Carb
Sodium	353 mg	Vitamin A	16308 IU	Total Fat	0.28 g	6.84%	Cals from T Fat
Dietary Fiber	2.19 g	Vitamin A	2010 RE	Saturated Fat	0.05 g	1.30%	Cals from S Fat
		Vitamin C	3.9 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000126 - CARROT - COINS**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: OUNCE EACH

990148s VEGETABLE - CARROT - COINS.... 1 OUNCE

Calories	0	Iron	0.00* mg	Protein	0.00 g	0.00%	Cals from Prot
Cholesterol	0 mg	Calcium	0* mg	Carbohydrates	0.00 g	0.00%	Cals from Carb
Sodium	0 mg	Vitamin A	0* IU	Total Fat	0.00 g	0.00%	Cals from T Fat
Dietary Fiber	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

**000129 - CARROT - STICK**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: OZ

990150s VEGETABLE - CARROT - STICKS.... 1 OZ

Calories	15	Iron	0.00 mg	Protein	0.33 g	9.09%	Cals from Prot
Cholesterol	0 mg	Calcium	7 mg	Carbohydrates	3.00 g	81.82%	Cals from Carb
Sodium	18 mg	Vitamin A	5833 IU	Total Fat	0.00 g	0.00%	Cals from T Fat
Dietary Fiber	1.00 g	Vitamin A	1167 RE	Saturated Fat	0.00 g	0.00%	Cals from S Fat

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	Vitamin C	1.6 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat
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**000127 - CELERY STICKS**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: CUP

990149s VEGETABLE - CELERY - STICKS.... 1 SERVING

Calories	25	Iron	0.36 mg	Protein	1.00 g	15.97%	Cals from Prot
Cholesterol	0 mg	Calcium	40 mg	Carbohydrates	5.00 g	79.97%	Cals from Carb
Sodium	125 mg	Vitamin A	100 IU	Total Fat	0.00 g	0.00%	Cals from T Fat
Dietary Fiber	2.00 g	Vitamin A	20 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

**001072 - CEREAL -VARIETY**

Source: CLA  
 Number of Portions: 100  
 Size of Portion: EACH

- 008014 CEREALS RTE,KELLOGG,KELLOGG'S COCOA KRISPIES.... 30 box (1 oz)
- 008030 CEREALS RTE,KELLOGG,KELLOGG'S FROOT LOOPS..... 25 box (3/4 oz)
- 008069 CEREALS RTE,KELLOGG,KELLOGG'S FRSTD FLAKES..... 20 box (1 oz)
- 008071 CEREALS RTE,KELLOGG,KELLOGG'S SMACKS..... 25 box (.875 oz)

Calories	98	Iron	4.04 mg	Protein	1.27 g	5.18%	Cals from Prot
Cholesterol	0 mg	Calcium	7 mg	Carbohydrates	22.63 g	92.32%	Cals from Carb
Sodium	117 mg	Vitamin A	453 IU	Total Fat	0.59 g	5.44%	Cals from T Fat
Dietary Fiber	0.66 g	Vitamin A	192 RE	Saturated Fat	0.29 g	2.68%	Cals from S Fat
		Vitamin C	9.5 mg	Trans Fat	0.06* g	0.57%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000417 - CEREAL - APPLE ZINGS**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: EACH

Alternate Menu Name: MALT O MEAL

990184s CEREAL - APPLE ZINGS.... 1 SERVING

Calories	80	Iron	2.70 mg	Protein	1.00 g	5.00%	Cals from Prot
Cholesterol	0 mg	Calcium	60 mg	Carbohydrates	19.00 g	95.00%	Cals from Carb
Sodium	95 mg	Vitamin A	400 IU	Total Fat	0.50 g	5.62%	Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	80 RE	Saturated Fat	0.00 g	0.00%	Cals from S Fat
		Vitamin C	9.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000418 - CEREAL - BERRY COLOSSAL CRUNCH**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: SERVING

Alternate Menu Name: MALT O MEAL

990185s CEREAL - BERRY COLOSSAL CRUNCH.... 1 SERVING

Calories	110	Iron	9.00 mg	Protein	1.00 g	3.64%	Cals from Prot
Cholesterol	0 mg	Calcium	0 mg	Carbohydrates	24.00 g	87.27%	Cals from Carb
Sodium	210 mg	Vitamin A	500 IU	Total Fat	1.50 g	12.27%	Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	100 RE	Saturated Fat	0.00 g	0.00%	Cals from S Fat

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	Vitamin C	6.0 mg	Trans Fat	0.00* g	0.00% Cals from Trans Fat
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\* - Denotes Missing Nutrient Values

**000382 - CEREAL - CHEERIOS**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: EACH

900153s CEREAL - CHEERIOS.... 28 GRAM

Calories	100	Iron	8.10 mg	Protein	3.00 g	12.00% Cals from Prot
Cholesterol	0 mg	Calcium	100 mg	Carbohydrates	20.00 g	80.00% Cals from Carb
Sodium	190 mg	Vitamin A	500 IU	Total Fat	2.00 g	18.00% Cals from T Fat
Dietary Fiber	3.00 g	Vitamin A	100 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

**000448 - CEREAL - CINNTOASTERS**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: SERVING

Alternate Menu Name: MALT O  
 MEAL

900194s CEREAL - CINN TOASTERS.... 1 SERVING

Calories	120	Iron	9.00 mg	Protein	1.00 g	3.33% Cals from Prot
Cholesterol	0 mg	Calcium	100 mg	Carbohydrates	22.00 g	73.33% Cals from Carb
Sodium	130 mg	Vitamin A	500 IU	Total Fat	3.50 g	26.25% Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	100 RE	Saturated Fat	0.50 g	3.75% Cals from S Fat
		Vitamin C	6.0 mg	Trans Fat	0.00* g	0.00% Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000434 - CEREAL - COCO ROOS**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: SERVING

Alternate Menu Name: MALT O  
 MEAL

900186s CEREAL - COCO ROOS.... 1 SERVING

Calories	100	Iron	7.20 mg	Protein	1.00 g	4.00% Cals from Prot
Cholesterol	0 mg	Calcium	80 mg	Carbohydrates	21.00 g	84.00% Cals from Carb
Sodium	110 mg	Vitamin A	400 IU	Total Fat	1.00 g	9.00% Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	80 RE	Saturated Fat	0.00 g	0.00% Cals from S Fat
		Vitamin C	4.8 mg	Trans Fat	0.00* g	0.00% Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000440 - CEREAL - CORN FLAKES**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: SERVING

Alternate Menu Name: MALT O  
 MEAL

900187s CEREAL - CORN FLAKES.... 1 SERVING

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Calories	80	Iron	6.30 mg	Protein	2.00 g	10.00%	Cals from Prot
Cholesterol	0 mg	Calcium	0 mg	Carbohydrates	18.00 g	90.00%	Cals from Carb
Sodium	210 mg	Vitamin A	300 IU	Total Fat	0.00 g	0.00%	Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	60 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

\* - Denotes Missing Nutrient Values

**000441 - CEREAL - CRISPY RICE**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: EACH

900188s CEREAL - CRISPY RICE.... 1 OUNCES

Calories	0	Iron	0.00 mg	Protein	0.00 g	0.00%	Cals from Prot
Cholesterol	0 mg	Calcium	0 mg	Carbohydrates	0.00 g	0.00%	Cals from Carb
Sodium	0 mg	Vitamin A	0 IU	Total Fat	0.00 g	0.00%	Cals from T Fat
Dietary Fiber	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

**000442 - CEREAL - FROSTED FLAKES**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: SERVING

Alternate Menu Name: MALT O  
 MEAL

900189s CEREAL - FROSTED FLAKES.... 1 SERVING

Calories	110	Iron	4.50 mg	Protein	1.00 g	3.64%	Cals from Prot
Cholesterol	0 mg	Calcium	0 mg	Carbohydrates	25.00 g	90.91%	Cals from Carb
Sodium	160 mg	Vitamin A	750 IU	Total Fat	0.00 g	0.00%	Cals from T Fat
Dietary Fiber	1.00 g	Vitamin A	150 RE	Saturated Fat	0.00 g	0.00%	Cals from S Fat
		Vitamin C	15.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000451 - CEREAL - HONEY & NUTOASTY O'S**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: EACH

900197s CEREAL - HONEY & NUT TOASTY O'S.... 1 OUNCES

Calories	0	Iron	0.00 mg	Protein	0.00 g	0.00%	Cals from Prot
Cholesterol	0 mg	Calcium	0 mg	Carbohydrates	0.00 g	0.00%	Cals from Carb
Sodium	0 mg	Vitamin A	0 IU	Total Fat	0.00 g	0.00%	Cals from T Fat
Dietary Fiber	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

**000443 - CEREAL - HONEY NUT CHEERIOS**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: EACH

900190s CEREAL - HONEY NUT CHEERIOS.... 1 OUNCES

Calories	90	Iron	3.60 mg	Protein	2.00 g	8.89%	Cals from Prot
Cholesterol	0 mg	Calcium	60 mg	Carbohydrates	20.00 g	88.89%	Cals from Carb
Sodium	220 mg	Vitamin A	300 IU	Total Fat	1.00 g	10.00%	Cals from T Fat
Dietary Fiber	2.00 g	Vitamin A	60 RE	Saturated Fat	0.00 g	0.00%	Cals from S Fat

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	Vitamin C	3.6 mg	Trans Fat	0.00* g	0.00% Cals from Trans Fat
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\* - Denotes Missing Nutrient Values

**000446 - CEREAL - MARSHMALLO MATEYS**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: SERVING

Alternate Menu Name: MALT O MEAL

900192s CEREAL - MARSHMALLOW MATEYS.... 1 SERVING

Calories	110	Iron	9.00 mg	Protein	2.00 g	7.27%	Cals from Prot
Cholesterol	0 mg	Calcium	100 mg	Carbohydrates	24.00 g	87.27%	Cals from Carb
Sodium	190 mg	Vitamin A	500 IU	Total Fat	1.00 g	8.18%	Cals from T Fat
Dietary Fiber	1.00 g	Vitamin A	100 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

**000447 - CEREAL - RAISIN BRAN**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: EACH

900193s CEREAL - RAISIN BRAN.... 1 OUNCES

Calories	130	Iron	1.80 mg	Protein	3.00 g	9.23%	Cals from Prot
Cholesterol	0 mg	Calcium	20 mg	Carbohydrates	28.00 g	86.15%	Cals from Carb
Sodium	210 mg	Vitamin A	400 IU	Total Fat	1.00 g	6.92%	Cals from T Fat
Dietary Fiber	4.00 g	Vitamin A	80 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

**000453 - CEREAL - SCOOTERS**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: EACH

900200s TOOTIE FRUITIE.... 1 OUNCES

Calories	170	Iron	6.30 mg	Protein	2.00 g	4.71%	Cals from Prot
Cholesterol	0 mg	Calcium	150 mg	Carbohydrates	37.00 g	87.06%	Cals from Carb
Sodium	200 mg	Vitamin A	1000 IU	Total Fat	1.50 g	7.94%	Cals from T Fat
Dietary Fiber	1.00 g	Vitamin A	200 RE	Saturated Fat	0.00 g	0.00%	Cals from S Fat
		Vitamin C	21.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000449 - CEREAL - TOASTY O'S**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: EACH

900195s CEREAL - TOASTY O'S.... 1 OUNCES

Calories	0	Iron	0.00 mg	Protein	0.00 g	0.00%	Cals from Prot
Cholesterol	0 mg	Calcium	0 mg	Carbohydrates	0.00 g	0.00%	Cals from Carb
Sodium	0 mg	Vitamin A	0 IU	Total Fat	0.00 g	0.00%	Cals from T Fat
Dietary Fiber	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

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**000454 - CEREAL - TOOTIE FRUITIES**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: SERVING

Alternate Menu Name: MALT O  
 MEAL

900196s CEREAL - TOOTIE FRUITIE.... 1 SERVING

Calories	91	Iron	5.40 mg	Protein	1.00 g	4.40%	Cals from Prot
Cholesterol	0 mg	Calcium	60 mg	Carbohydrates	19.00 g	83.61%	Cals from Carb
Sodium	100 mg	Vitamin A	300 IU	Total Fat	0.50 g	4.95%	Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	60 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

\* - Denotes Missing Nutrient Values

**000207 - CEREAL BAR - CINN TOAST CRUNCH**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: SERVING

Alternate Menu Name: GENERAL MILLS

900041s CEREAL BAR - CINNAMON TOAST CRUNCH.... 1 SERVING

Calories	150	Iron	3.60 mg	Protein	2.00 g	5.33%	Cals from Prot
Cholesterol	0 mg	Calcium	200 mg	Carbohydrates	28.00 g	74.67%	Cals from Carb
Sodium	150 mg	Vitamin A	0 IU	Total Fat	3.50 g	21.00%	Cals from T Fat
Dietary Fiber	1.00 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

**000177 - CEREAL BAR - COCOA PUFFS**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: SERVING

Alternate Menu Name: GENERAL  
 MILLS

900040s CEREAL BAR - COCOA PUFFS.... 1 SERVING

Calories	150	Iron	0.00 mg	Protein	2.00 g	5.33%	Cals from Prot
Cholesterol	0 mg	Calcium	0 mg	Carbohydrates	28.00 g	74.67%	Cals from Carb
Sodium	135 mg	Vitamin A	0 IU	Total Fat	3.00 g	18.00%	Cals from T Fat
Dietary Fiber	2.00 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

**000133 - CHEESE - AMERICAN**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: EACH

990153s CHEESE - AMERICAN.... 1 EACH

Calories	100	Iron	0.00 mg	Protein	5.00 g	20.00%	Cals from Prot
Cholesterol	25 mg	Calcium	0 mg	Carbohydrates	1.00 g	4.00%	Cals from Carb
Sodium	450 mg	Vitamin A	300 IU	Total Fat	9.00 g	81.00%	Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	60 RE	Saturated Fat	5.00 g	45.00%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

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**001075 - CHEESE - CREAM**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: EACH

001017 CHEESE,CREAM.... 1 TBSP

Calories	50	Iron	0.06 mg	Protein	0.86 g	6.94%	Cals from Prot
Cholesterol	16 mg	Calcium	14 mg	Carbohydrates	0.59 g	4.76%	Cals from Carb
Sodium	47 mg	Vitamin A	183 IU	Total Fat	4.96 g	90.11%	Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	55 RE	Saturated Fat	2.80 g	50.77%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000017 - CHEESE - LAND O LAKE - SQUARES**

Source: CLA  
 Number of Portions: 1.0  
 Size of Portion: EACH

990022s CHEESE - LAND O LAKES SQUARES.... 1 EACH

Calories	90	Iron	0.00 mg	Protein	7.00 g	31.11%	Cals from Prot
Cholesterol	20 mg	Calcium	0 mg	Carbohydrates	0.00 g	0.00%	Cals from Carb
Sodium	180 mg	Vitamin A	0 IU	Total Fat	7.00 g	70.00%	Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	0 RE	Saturated Fat	7.00 g	70.00%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

**000333 - CHEESE - MOZZARELLA - STICKS**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: SERVING

090004 CHEESE,MOZZARELLA,STICKS.... 2 1/4 OZ

Calories	193	Iron	0.16 mg	Protein	16.56 g	34.38%	Cals from Prot
Cholesterol	34 mg	Calcium	466 mg	Carbohydrates	2.44 g	5.07%	Cals from Carb
Sodium	337 mg	Vitamin A	330 IU	Total Fat	12.78 g	59.69%	Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	122 RE	Saturated Fat	8.08 g	37.76%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000397 - CHEESE - QUESADILLA-#88007**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: EACH

900167s QUESADILLA- #88007.... 4 1/2 OZ

Calories	329	Iron	2.77 mg	Protein	18.49 g	22.50%	Cals from Prot
Cholesterol	46 mg	Calcium	308 mg	Carbohydrates	35.95 g	43.75%	Cals from Carb
Sodium	503 mg	Vitamin A	308 IU	Total Fat	13.35 g	36.56%	Cals from T Fat
Dietary Fiber	4.11 g	Vitamin A	62 RE	Saturated Fat	5.14 g	14.06%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000024 - CHEESE - SLICE**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: SLICE

990028s CHEESE SLICE.... 1 ONE SLICE

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Calories	70	Iron	0.00* mg	Protein	4.00 g	22.86%	Cals from Prot
Cholesterol	15 mg	Calcium	0* mg	Carbohydrates	1.00 g	5.71%	Cals from Carb
Sodium	310 mg	Vitamin A	0* IU	Total Fat	6.00 g	77.14%	Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	0* RE	Saturated Fat	3.50 g	45.00%	Cals from S Fat
		Vitamin C	0.0* mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000117 - CHEESE - SLICED**

Source: CLA  
 Number of Portions: 0.7410  
 Size of Portion: EACH OZ

990136s CHEESE - SLICED.... 3/4 EACH SLICE

Calories	85	Iron	0.00 mg	Protein	5.00 g	23.53%	Cals from Prot
Cholesterol	23 mg	Calcium	0 mg	Carbohydrates	1.00 g	4.71%	Cals from Carb
Sodium	120 mg	Vitamin A	300 IU	Total Fat	7.00 g	74.12%	Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	60 RE	Saturated Fat	4.00 g	42.35%	Cals from S Fat
		Vitamin C	0.0* mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000093 - CHEESE - STICK - MOZZERELLA**

Source: CLA  
 Number of Portions: 3  
 Size of Portion: EACH

900139s ..... 2 EACH

Calories	71	Iron	0.08 mg	Protein	4.00 g	22.50%	Cals from Prot
Cholesterol	10 mg	Calcium	798 mg	Carbohydrates	7.11 g	40.00%	Cals from Carb
Sodium	127 mg	Vitamin A	3100 IU	Total Fat	3.11 g	39.38%	Cals from T Fat
Dietary Fiber	0.22 g	Vitamin A	620 RE	Saturated Fat	1.56 g	19.69%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000106 - CHEESE - STICKS - STUFFED**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: STICK

Alternate Menu Name: TONY'S

900137s CHEESE - BREAD STICKS - TONY'S STUFFED.... 1 STICK

Calories	80	Iron	0.45 mg	Protein	4.25 g	21.25%	Cals from Prot
Cholesterol	9 mg	Calcium	87 mg	Carbohydrates	8.00 g	40.00%	Cals from Carb
Sodium	148 mg	Vitamin A	125 IU	Total Fat	3.50 g	39.37%	Cals from T Fat
Dietary Fiber	0.25 g	Vitamin A	25 RE	Saturated Fat	1.75 g	19.69%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000172 - CHEESE - STRING**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: EA

900017s CHEESE - STRING.... 1 EACH

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Calories	80	Iron	0.00 mg	Protein	7.00 g	35.00%	Cals from Prot
Cholesterol	15 mg	Calcium	200 mg	Carbohydrates	1.00 g	5.00%	Cals from Carb
Sodium	210 mg	Vitamin A	100 IU	Total Fat	6.00 g	67.50%	Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	20 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

**000213 - CHEESE SAUCE**

Source: CLA  
 Number of Portions: 32  
 Size of Portion: 2 TBSP

050165 CHEESE SAUCE.... 2 (2 Tablespoons)

Calories	3	Iron	0.01 mg	Protein	0.21 g	26.92%	Cals from Prot
Cholesterol	0 mg	Calcium	6 mg	Carbohydrates	0.21 g	26.92%	Cals from Carb
Sodium	11 mg	Vitamin A	9 IU	Total Fat	0.16 g	46.46%	Cals from T Fat
Dietary Fiber	0.01 g	Vitamin A	2 RE	Saturated Fat	0.08 g	22.17%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000149 - CHEESEBURGER ON A BUN**

Source: CLA  
 Number of Portions: 1.0000  
 Size of Portion: EACH

013317 BEEF,GROUND,PATTIES,FRZ,CKD,BRLD,MED..... 3 OZ,raw weight  
 001042c CHEESE,PAST PROCESS,AMERICAN,W/DI NA PO4.... 1 OZ  
 018350 ROLLS,HAMBURGER OR HOTDOG,PLN..... 1 roll(s)

Calories	399	Iron	2.90 mg	Protein	23.89 g	23.93%	Cals from Prot
Cholesterol	76 mg	Calcium	222 mg	Carbohydrates	21.72 g	21.75%	Cals from Carb
Sodium	673 mg	Vitamin A	272 IU	Total Fat	23.53 g	53.03%	Cals from T Fat
Dietary Fiber	0.90 g	Vitamin A	82 RE	Saturated Fat	11.22 g	25.28%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000205 - CHERRY PIE TURNOVER- CUTIE PIE**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: SERVING

900038s CHERRY PIE TURN OVER- CUTIE PIE.... 1 SERVING

Calories	301	Iron	1.80 mg	Protein	3.30 g	4.39%	Cals from Prot
Cholesterol	0 mg	Calcium	20 mg	Carbohydrates	53.60 g	71.23%	Cals from Carb
Sodium	334 mg	Vitamin A	200 IU	Total Fat	9.00 g	26.91%	Cals from T Fat
Dietary Fiber	3.20 g	Vitamin A	40 RE	Saturated Fat	2.50 g	7.48%	Cals from S Fat
		Vitamin C	1.2 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000071 - CHICKEN - BBQ TEASERS**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: 3.280

990114s CHICK'N BBQ TEASERS.... 1 SERVING

Calories	180	Iron	1.08 mg	Protein	12.00 g	26.67%	Cals from Prot
Cholesterol	20 mg	Calcium	0 mg	Carbohydrates	25.00 g	55.56%	Cals from Carb
Sodium	970 mg	Vitamin A	0 IU	Total Fat	3.50 g	17.50%	Cals from T Fat
Dietary Fiber	1.00 g	Vitamin A	0 RE	Saturated Fat	0.00 g	0.00%	Cals from S Fat
		Vitamin C	1.2 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

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**000312 - CHICKEN - CORN DOG FOSTER FARM**

Source: CLA

Number of Portions: 1

Size of Portion: EACH

990131s CHICKEN - CORN DOG FOSTER FARMS.... 1 EACH

Calories	240	Iron	2.70 mg	Protein	9.00 g	15.00%	Cals from Prot
Cholesterol	20 mg	Calcium	150 mg	Carbohydrates	33.00 g	55.00%	Cals from Carb
Sodium	590 mg	Vitamin A	0 IU	Total Fat	8.00 g	30.00%	Cals from T Fat
Dietary Fiber	5.00 g	Vitamin A	0 RE	Saturated Fat	2.00 g	7.50%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000089 - CHICKEN - KUNG PAO - W/ VEGTB**

Source: CLA

Number of Portions: 5.33

Size of Portion: EACH SERVING

990122s CHICKEN - KUNG PAO WITH VEGETABLES.... 5 1/3 EACH SERVING

Calories	170	Iron	0.72 mg	Protein	13.00 g	30.59%	Cals from Prot
Cholesterol	50 mg	Calcium	400 mg	Carbohydrates	19.00 g	44.71%	Cals from Carb
Sodium	450 mg	Vitamin A	500 IU	Total Fat	4.00 g	21.17%	Cals from T Fat
Dietary Fiber	1.00 g	Vitamin A	100 RE	Saturated Fat	1.00 g	5.30%	Cals from S Fat
		Vitamin C	0.0* mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000401 - CHICKEN - NUGGET - DINO BUDDIE**

Source: CLA

Number of Portions: 5

Size of Portion: EACH

990171s CHICKEN - NUGGETS - DINO.... 5 (3.3 OZ SERVING)

Calories	210	Iron	1.44 mg	Protein	1.00 g	1.90%	Cals from Prot
Cholesterol	10 mg	Calcium	20 mg	Carbohydrates	22.00 g	41.90%	Cals from Carb
Sodium	470 mg	Vitamin A	100 IU	Total Fat	8.00 g	34.28%	Cals from T Fat
Dietary Fiber	1.00 g	Vitamin A	20 RE	Saturated Fat	1.00 g	4.29%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000069 - CHICKEN - NUGGETS - ABC**

Source: CLA

Number of Portions: 1

Size of Portion: SERVING

990112s CHICKEN - NUGGETS - ABC.... 5 EACH

Calories	0	Iron	0.00 mg	Protein	0.00 g	0.00%	Cals from Prot
Cholesterol	0 mg	Calcium	0 mg	Carbohydrates	0.00 g	0.00%	Cals from Carb
Sodium	0 mg	Vitamin A	0 IU	Total Fat	0.00 g	0.00%	Cals from T Fat
Dietary Fiber	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

**000067 - CHICKEN - NUGGETS - BUDDIES**

Source: CLA

Number of Portions: 1

Size of Portion: 3.104

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990111s CHICKEN - AMIGO BUDDIES.... 1 SERVING

Calories	200	Iron	1.08 mg	Protein	10.00 g	20.00%	Cals from Prot
Cholesterol	25 mg	Calcium	20 mg	Carbohydrates	18.00 g	36.00%	Cals from Carb
Sodium	580 mg	Vitamin A	0 IU	Total Fat	10.00 g	45.00%	Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	0 RE	Saturated Fat	1.50 g	6.75%	Cals from S Fat
		Vitamin C	1.2 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

**000046 - CHICKEN - NUGGETS - HEART**

Source: CLA  
 Number of Portions: 1.94  
 Size of Portion: OZ

990104s CHICKEN - NUGGETS - HEART.... 2 OUNCE

Calories	200	Iron	1.08 mg	Protein	10.00 g	20.00%	Cals from Prot
Cholesterol	25 mg	Calcium	20 mg	Carbohydrates	18.00 g	36.00%	Cals from Carb
Sodium	580 mg	Vitamin A	0 IU	Total Fat	10.00 g	45.00%	Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	0 RE	Saturated Fat	1.50 g	6.75%	Cals from S Fat
		Vitamin C	1.2 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

**000048 - CHICKEN - NUGGETS - POPCORN**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: 2.963

990106s CHICKEN - NUGGETS - POPCORN.... 1 SERVING

Calories	210	Iron	1.44 mg	Protein	9.00 g	17.14%	Cals from Prot
Cholesterol	15 mg	Calcium	0 mg	Carbohydrates	24.00 g	45.72%	Cals from Carb
Sodium	580 mg	Vitamin A	0 IU	Total Fat	9.00 g	38.57%	Cals from T Fat
Dietary Fiber	1.00 g	Vitamin A	0 RE	Saturated Fat	0.50 g	2.14%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

**000009 - CHICKEN - NUGGETS - POPCORN**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: EACH

990014s CHICKEN - NUGGETS - POPCORN.... 1 (1 SERVING)

Calories	210	Iron	1.44 mg	Protein	9.00 g	17.14%	Cals from Prot
Cholesterol	15 mg	Calcium	0 mg	Carbohydrates	24.00 g	45.72%	Cals from Carb
Sodium	580 mg	Vitamin A	0 IU	Total Fat	9.00 g	38.57%	Cals from T Fat
Dietary Fiber	1.00 g	Vitamin A	0 RE	Saturated Fat	0.50 g	2.14%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000057 - CHICKEN - NUGGETS - RINGS**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: 3.175

990107s CHICKEN - RINGS.... 1 OUNCES

Calories	230	Iron	1.80 mg	Protein	11.00 g	19.13%	Cals from Prot
Cholesterol	15 mg	Calcium	20 mg	Carbohydrates	21.00 g	36.52%	Cals from Carb
Sodium	550 mg	Vitamin A	0 IU	Total Fat	11.00 g	43.04%	Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	0 RE	Saturated Fat	0.50 g	1.95%	Cals from S Fat
		Vitamin C	1.2 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

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**000061 - CHICKEN - NUGGETS - SAFARI BUD**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: 3.104

990109s CHICKEN - NUGGETS - SAFARI BUD.... 1 SERVING

Calories	200	Iron	1.08 mg	Protein	10.00 g	20.00%	Cals from Prot
Cholesterol	25 mg	Calcium	20 mg	Carbohydrates	18.00 g	36.00%	Cals from Carb
Sodium	580 mg	Vitamin A	0 IU	Total Fat	10.00 g	45.00%	Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	0 RE	Saturated Fat	1.50 g	6.75%	Cals from S Fat
		Vitamin C	1.2 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

**000065 - CHICKEN - NUGGETS - SPORTS**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: 1.104

990110s CHICKEN - NUGGETS - SPORTS.... 1 SERVING

Calories	200	Iron	1.08 mg	Protein	10.00 g	20.00%	Cals from Prot
Cholesterol	25 mg	Calcium	20 mg	Carbohydrates	18.00 g	36.00%	Cals from Carb
Sodium	580 mg	Vitamin A	0 IU	Total Fat	10.00 g	45.00%	Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	0 RE	Saturated Fat	1.50 g	6.75%	Cals from S Fat
		Vitamin C	1.2 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

**000047 - CHICKEN - NUGGETS - TEASER**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: 3.069

990105s CHICKEN - NUGGETS - TEASER.... 1 OUNCES

Calories	170	Iron	1.08 mg	Protein	12.00 g	28.23%	Cals from Prot
Cholesterol	20 mg	Calcium	0 mg	Carbohydrates	18.00 g	42.35%	Cals from Carb
Sodium	560 mg	Vitamin A	0 IU	Total Fat	5.00 g	26.47%	Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	0 RE	Saturated Fat	0.00 g	0.00%	Cals from S Fat
		Vitamin C	1.2 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

**000375 - CHICKEN - NUGGETS - TYSON**

Source: CLA  
 Number of Portions: 5  
 Size of Portion: 5 EACH

900151s CHICKEN - NUGGETS - TYSON - #3858.... 5 (5 EACH)

Calories	240	Iron	1.80 mg	Protein	16.00 g	26.67%	Cals from Prot
Cholesterol	55 mg	Calcium	20 mg	Carbohydrates	12.00 g	20.00%	Cals from Carb
Sodium	730 mg	Vitamin A	100 IU	Total Fat	13.00 g	48.75%	Cals from T Fat
Dietary Fiber	1.00 g	Vitamin A	20 RE	Saturated Fat	3.00 g	11.25%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000079 - CHICKEN - ORANGE**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: CUP

990120s CHICKEN - ORANGE.... 1 CUP

Calories	210	Iron	0.72 mg	Protein	13.00 g	24.76%	Cals from Prot
Cholesterol	55 mg	Calcium	0 mg	Carbohydrates	20.00 g	38.10%	Cals from Carb

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Sodium	280 mg	Vitamin A	100 IU	Total Fat	8.00 g	34.29%	Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	20 RE	Saturated Fat	1.00 g	4.29%	Cals from S Fat
		Vitamin C	0.0* mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

## 000030 - CHICKEN - TERIYAKI - LING'S

Source: CLA

Number of Portions: 40

Size of Portion: 5/8 CUP

990098s CHICKEN - TERIYAKI LING'S.... 1 BAG

Calories	88	Iron	0.64 mg	Protein	12.38 g	56.00%	Cals from Prot
Cholesterol	9 mg	Calcium	12 mg	Carbohydrates	3.54 g	16.00%	Cals from Carb
Sodium	165 mg	Vitamin A	59 IU	Total Fat	2.36 g	24.00%	Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	12 RE	Saturated Fat	0.59 g	6.00%	Cals from S Fat
		Vitamin C	2.1 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

## 000338 - CHILI CHEESE DOG-#960000

Source: CLA

Number of Portions: 1

Size of Portion: EACH

900138s CHILI CHEESE DOG- #960000.... 1 EACH

Calories	299	Iron	3.45 mg	Protein	11.87 g	15.86%	Cals from Prot
Cholesterol	35 mg	Calcium	104 mg	Carbohydrates	31.27 g	41.78%	Cals from Carb
Sodium	1029 mg	Vitamin A	0 IU	Total Fat	12.82 g	38.54%	Cals from T Fat
Dietary Fiber	82.00 g	Vitamin A	0 RE	Saturated Fat	2.79 g	8.39%	Cals from S Fat
		Vitamin C	1.2 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

## 000188 - CHILI CHEESE MAXWRAP

Source: CLA

Number of Portions: 1

Size of Portion: EACH

900030s CHILI CHEESE MAX WRAP.... 1 EACH

Calories	300	Iron	2.70 mg	Protein	16.00 g	21.33%	Cals from Prot
Cholesterol	10 mg	Calcium	200 mg	Carbohydrates	36.00 g	48.00%	Cals from Carb
Sodium	670 mg	Vitamin A	100 IU	Total Fat	11.00 g	33.00%	Cals from T Fat
Dietary Fiber	4.00 g	Vitamin A	20 RE	Saturated Fat	3.00 g	9.00%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

## 000389 - CHIMICHANGA - BEEF

Source: CLA

Number of Portions: 1

Size of Portion: EACH

900159s CHIMICHANGA - BEEF -4152065.... 1 SERVING

Calories	320	Iron	2.70 mg	Protein	11.00 g	13.75%	Cals from Prot
Cholesterol	20 mg	Calcium	60 mg	Carbohydrates	40.00 g	50.00%	Cals from Carb
Sodium	300 mg	Vitamin A	0 IU	Total Fat	12.00 g	33.75%	Cals from T Fat
Dietary Fiber	2.00 g	Vitamin A	0 RE	Saturated Fat	3.50 g	9.84%	Cals from S Fat
		Vitamin C	6.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

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**000072 - CHIMICHANGA - CHICKEN**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: 5.0 OZ

990115s CHIMICHANGA - CHICKEN-4150165.... 1 SERVING

Calories	320	Iron	2.70 mg	Protein	10.00 g	12.50%	Cals from Prot
Cholesterol	20 mg	Calcium	40 mg	Carbohydrates	43.00 g	53.75%	Cals from Carb
Sodium	570 mg	Vitamin A	200 IU	Total Fat	11.00 g	30.94%	Cals from T Fat
Dietary Fiber	3.00 g	Vitamin A	40 RE	Saturated Fat	2.00 g	5.63%	Cals from S Fat
		Vitamin C	2.4 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

**000159 - CHINESE NOODLES**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: EA

020113 NOODLES,CHINESE,CHOW MEIN.... 1/4 CUP

Calories	59	Iron	0.53 mg	Protein	0.94 g	6.36%	Cals from Prot
Cholesterol	0 mg	Calcium	2 mg	Carbohydrates	6.47 g	43.67%	Cals from Carb
Sodium	49 mg	Vitamin A	0 IU	Total Fat	3.46 g	52.53%	Cals from T Fat
Dietary Fiber	0.44 g	Vitamin A	1 RE	Saturated Fat	0.49 g	7.49%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000330 - CHURRO - APPLE FILLED**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: EACH

900135s CHURRO - APPLE FILLED.... 1 OUNCE

Calories	260	Iron	1.45 mg	Protein	3.75 g	5.77%	Cals from Prot
Cholesterol	0 mg	Calcium	16 mg	Carbohydrates	41.74 g	64.21%	Cals from Carb
Sodium	225 mg	Vitamin A	3 IU	Total Fat	8.69 g	30.08%	Cals from T Fat
Dietary Fiber	0.11 g	Vitamin A	0 RE	Saturated Fat	1.62 g	5.62%	Cals from S Fat
		Vitamin C	9.2 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000384 - CHURRO - PLAIN**

Source: CLA  
 Number of Portions: 2.24  
 Size of Portion: EACH

900155s CHURRO - PLAIN.... 224 OUNCE

Calories	322	Iron	0.19 mg	Protein	5.27 g	6.55%	Cals from Prot
Cholesterol	0 mg	Calcium	180 mg	Carbohydrates	47.25 g	58.69%	Cals from Carb
Sodium	307 mg	Vitamin A	2 IU	Total Fat	12.45 g	34.79%	Cals from T Fat
Dietary Fiber	1.40 g	Vitamin A	0 RE	Saturated Fat	2.35 g	6.57%	Cals from S Fat
		Vitamin C	0.3 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

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**000202 - CONDIMENT - BARBECUE SAUCE**

Source: CLA  
 Number of Portions: 128  
 Size of Portion: 2 TBSP

- 990242s SOUP,CHICKEN BROTH,LO SODIUM,CND.... 1/2 CUP + 2 TBSP
- 011282 ONIONS,RAW..... 1/4 CUP, chopped
- 011935 CATSUP..... 1/4 #10 CAN
- 090017 GARLIC,GRANULATED..... 1/2 TSP
- 019334 SUGARS,BROWN..... 6 OZ

Calories	12	Iron	0.05 mg	Protein	0.14 g	4.88%	Cals from Prot
Cholesterol	0 mg	Calcium	2 mg	Carbohydrates	2.95 g	101.83%	Cals from Carb
Sodium	72 mg	Vitamin A	59 IU	Total Fat	0.03 g	2.11%	Cals from T Fat
Dietary Fiber	0.03 g	Vitamin A	6 RE	Saturated Fat	0.00 g	0.38%	Cals from S Fat
		Vitamin C	1.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000222 - CONDIMENT - KETCHUP - PACK**

Source: CLA  
 Number of Portions:  
 1.0000  
 Size of Portion: EACH

- 011935 CATSUP.... 1 packet(s)

Calories	6	Iron	0.03 mg	Protein	0.10 g	7.18%	Cals from Prot
Cholesterol	0 mg	Calcium	1 mg	Carbohydrates	1.51 g	103.71%	Cals from Carb
Sodium	67 mg	Vitamin A	56 IU	Total Fat	0.02 g	2.88%	Cals from T Fat
Dietary Fiber	0.02 g	Vitamin A	6 RE	Saturated Fat	0.00 g	0.40%	Cals from S Fat
		Vitamin C	0.9 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000137 - CONDIMENT - MAYONNAISE - 9 GM**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: EACH

- 990156s CONDIMENT - MAYONNAISE 9 GM.... 1 GRAMS

Calories	66	Iron	0.00 mg	Protein	0.11 g	0.67%	Cals from Prot
Cholesterol	6 mg	Calcium	0 mg	Carbohydrates	0.31 g	1.88%	Cals from Carb
Sodium	47 mg	Vitamin A	0 IU	Total Fat	7.15 g	97.50%	Cals from T Fat
Dietary Fiber	0.01 g	Vitamin A	0 RE	Saturated Fat	1.10 g	15.00%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

**000138 - CONDIMENT - MUSTARD- PACK 5.5**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: EACH

- 990157s CONDIMENT - MUSTARD 5.5 GM.... 1 EACH

Calories	4	Iron	0.00 mg	Protein	0.26 g	29.05%	Cals from Prot
Cholesterol	0 mg	Calcium	0 mg	Carbohydrates	0.54 g	60.33%	Cals from Carb
Sodium	51 mg	Vitamin A	0 IU	Total Fat	0.04 g	10.05%	Cals from T Fat
Dietary Fiber	0.01 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

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**000398 - COOKIE - LINDA'S**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: EACH

900168s COOKIE - COOKIE -#9510.... 2 1/2 OZ

Calories	249	Iron	0.18 mg	Protein	3.13 g	5.03%	Cals from Prot
Cholesterol	21 mg	Calcium	170 mg	Carbohydrates	45.00 g	72.29%	Cals from Carb
Sodium	300 mg	Vitamin A	3500 IU	Total Fat	9.25 g	33.43%	Cals from T Fat
Dietary Fiber	1.00 g	Vitamin A	700 RE	Saturated Fat	2.82 g	10.19%	Cals from S Fat
		Vitamin C	0.0* mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000185 - COOKIE - PUMPKIN**

Source: CLA  
 Number of Portions: 0.7050  
 Size of Portion: EACH

900027s PUMPKIN COOKIE.... 3/4 EACH

Calories	84	Iron	13.14 mg	Protein	0.89 g	4.22%	Cals from Prot
Cholesterol	0 mg	Calcium	4 mg	Carbohydrates	12.98 g	61.62%	Cals from Carb
Sodium	59 mg	Vitamin A	0 IU	Total Fat	3.25 g	34.71%	Cals from T Fat
Dietary Fiber	0.17 g	Vitamin A	0 RE	Saturated Fat	0.82 g	8.76%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

**000270 - CORN - CAN**

Source: CLA  
 Number of Portions: 1.0000  
 Size of Portion: CUP

011172c CORN,SWT,YEL,CND,WHL KERNEL,DRND SOL.... 1/4 (1/4 CUP)

Calories	14	Iron	0.13 mg	Protein	0.47 g	13.04%	Cals from Prot
Cholesterol	0 mg	Calcium	1 mg	Carbohydrates	3.34 g	92.84%	Cals from Carb
Sodium	53 mg	Vitamin A	8 IU	Total Fat	0.17 g	10.33%	Cals from T Fat
Dietary Fiber	0.34 g	Vitamin A	3 RE	Saturated Fat	0.03 g	1.89%	Cals from S Fat
		Vitamin C	0.1 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000074 - CORN DOG - MINI**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: EACH

Alternate Menu Name:  
 WHOLE GRAIN

990117s CORN DOG MINI.... 1 EACH

Calories	50	Iron	0.27 mg	Protein	1.75 g	14.00%	Cals from Prot
Cholesterol	6 mg	Calcium	20 mg	Carbohydrates	5.50 g	44.00%	Cals from Carb
Sodium	113 mg	Vitamin A	0* IU	Total Fat	2.25 g	40.50%	Cals from T Fat
Dietary Fiber	0.75 g	Vitamin A	0* RE	Saturated Fat	0.63 g	11.25%	Cals from S Fat
		Vitamin C	0.0* mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

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**000357 - CORN DOG - WHOLE WHEAT**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: EACH

900143s CORN DOG - WHOLE WHEAT.... 1 EACH

Calories	240	Iron	2.70 mg	Protein	9.00 g	15.00%	Cals from Prot
Cholesterol	20 mg	Calcium	150 mg	Carbohydrates	33.00 g	55.00%	Cals from Carb
Sodium	590 mg	Vitamin A	0 IU	Total Fat	8.00 g	30.00%	Cals from T Fat
Dietary Fiber	5.00 g	Vitamin A	0 RE	Saturated Fat	2.00 g	7.50%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000232 - CRACKERS**

Source: CLA  
 Number of Portions: 1.0000  
 Size of Portion: 4 EACH

018228 CRACKERS,SALTINES (INCL OYSTER,SODA,SOUP).... 4 cracker(s)

Calories	51	Iron	0.62 mg	Protein	1.14 g	9.03%	Cals from Prot
Cholesterol	0 mg	Calcium	3 mg	Carbohydrates	8.92 g	70.63%	Cals from Carb
Sodium	134 mg	Vitamin A	0 IU	Total Fat	1.06 g	18.92%	Cals from T Fat
Dietary Fiber	0.35 g	Vitamin A	0 RE	Saturated Fat	0.24 g	4.28%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.05 g	0.95%	Cals from Trans Fat

**000183 - CRACKERS - ANIMAL**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: 1 OZ

900026s CRACKERS - ANIMAL.... 1 (1 OZ)

Calories	120	Iron	0.72 mg	Protein	2.00 g	6.67%	Cals from Prot
Cholesterol	0 mg	Calcium	100 mg	Carbohydrates	22.00 g	73.33%	Cals from Carb
Sodium	60 mg	Vitamin A	0 IU	Total Fat	3.00 g	22.50%	Cals from T Fat
Dietary Fiber	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

**000233 - CRACKERS - MJM - GRAHAM**

Source: CLA  
 Number of Portions: 1.0000  
 Size of Portion: 2 EACH

018173 COOKIES,GRAHAM CRACKERS,PLN OR HONEY (INCL Cl.... 2 each 2-1/2"sqr.

Calories	59	Iron	0.52 mg	Protein	0.97 g	6.52%	Cals from Prot
Cholesterol	0 mg	Calcium	3 mg	Carbohydrates	10.75 g	72.62%	Cals from Carb
Sodium	85 mg	Vitamin A	0 IU	Total Fat	1.41 g	21.49%	Cals from T Fat
Dietary Fiber	0.39 g	Vitamin A	0 RE	Saturated Fat	0.21 g	3.23%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000467 - CREAM CHEESE- 1 oz**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: EACH

900213s CREAM CHEESE- 1 OZ.... 1 OUNCE

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Calories	99	Iron	0.36 mg	Protein	2.00 g	8.08%	Cals from Prot
Cholesterol	31 mg	Calcium	20 mg	Carbohydrates	1.00 g	4.04%	Cals from Carb
Sodium	84 mg	Vitamin A	400 IU	Total Fat	10.00 g	90.91%	Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	80 RE	Saturated Fat	6.00 g	54.54%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000377 - CUCUMBER**

Source: CLA  
 Number of Portions: 1.0000  
 Size of Portion: 1 OZ

011206 CUCUMBER,PEELED,RAW.... 1 OZ

Calories	3	Iron	0.06 mg	Protein	0.17 g	19.67%	Cals from Prot
Cholesterol	0 mg	Calcium	4 mg	Carbohydrates	0.61 g	72.00%	Cals from Carb
Sodium	1 mg	Vitamin A	20 IU	Total Fat	0.05 g	12.00%	Cals from T Fat
Dietary Fiber	0.20 g	Vitamin A	2 RE	Saturated Fat	0.00 g	0.98%	Cals from S Fat
		Vitamin C	0.9 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000179 - CUPCAKES - BIRTHDAY**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: SERVING

Alternate Menu Name: SUPER  
 BAKERY  
 80 / 1.5  
 OZ

900022s CUP CAKES - BIRTHDAY.... 1 SERVING

Calories	140	Iron	0.00 mg	Protein	2.00 g	5.71%	Cals from Prot
Cholesterol	20 mg	Calcium	0 mg	Carbohydrates	28.00 g	80.00%	Cals from Carb
Sodium	220 mg	Vitamin A	0 IU	Total Fat	3.50 g	22.50%	Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	0 RE	Saturated Fat	1.00 g	6.43%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

**000216 - CUPCAKES - CLAREMONT PARTY**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: SERVING

900047s CUPCAKES - CLAREMONT PARTY.... 1 SERVING

Calories	214	Iron	1.65 mg	Protein	2.68 g	5.01%	Cals from Prot
Cholesterol	14 mg	Calcium	84 mg	Carbohydrates	36.45 g	68.13%	Cals from Carb
Sodium	192 mg	Vitamin A	16 IU	Total Fat	6.41 g	26.96%	Cals from T Fat
Dietary Fiber	0.51 g	Vitamin A	3 RE	Saturated Fat	0.55 g	2.31%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

**000193 - DELI STICKS**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: EACH

900033s DELI STICKS.... 1 EACH

Calories	340	Iron	2.70 mg	Protein	21.00 g	24.71%	Cals from Prot
Cholesterol	60 mg	Calcium	160 mg	Carbohydrates	36.00 g	42.35%	Cals from Carb
Sodium	990 mg	Vitamin A	200 IU	Total Fat	12.00 g	31.77%	Cals from T Fat

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Dietary Fiber	3.00 g	Vitamin A	40 RE	Saturated Fat	5.00 g	13.24%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

**000019 - DRESSING - FAT FREE RANCH**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: SERVING

990024s DRESSING - FAT FREE RANCH.... 1 SERVING

Calories	35	Iron	0.00 mg	Protein	1.00 g	11.43%	Cals from Prot
Cholesterol	0 mg	Calcium	20 mg	Carbohydrates	6.00 g	68.57%	Cals from Carb
Sodium	440 mg	Vitamin A	0 IU	Total Fat	0.00 g	0.00%	Cals from T Fat
Dietary Fiber	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

**000020 - DRESSING - RANCH**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: OZ

990025s RANCH DRESSING.... 1 1/2 OZ

Calories	230	Iron	0.00 mg	Protein	0.00 g	0.00%	Cals from Prot
Cholesterol	20 mg	Calcium	0 mg	Carbohydrates	2.00 g	3.48%	Cals from Carb
Sodium	350 mg	Vitamin A	0 IU	Total Fat	25.00 g	97.83%	Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	0 RE	Saturated Fat	4.00 g	15.65%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

**000140 - DRESSING - RANCH - 12 GM**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: EACH

990158s DRESSING - RANCH 12 GM.... 1 EACH

Calories	70	Iron	0.00 mg	Protein	0.00 g	0.00%	Cals from Prot
Cholesterol	5 mg	Calcium	0 mg	Carbohydrates	0.10 g	0.57%	Cals from Carb
Sodium	101 mg	Vitamin A	0 IU	Total Fat	7.00 g	90.00%	Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	0 RE	Saturated Fat	1.00 g	12.86%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000225 - DRESSING - SALAD - ASSORTED**

Source: CLA  
 Number of Portions: 4.0000  
 Size of Portion: EACH

- 004539 SALAD DRSNG,BLUE OR ROQUEFORT CHS DRSNG,COMM,.... 1 TBSP
- 004120 SALAD DRSNG,FRENCH DRSNG,COMM,REG..... 1 TBSP
- 004114 SALAD DRSNG,ITALIAN DRSNG,COMM,REG..... 1 TBSP
- 004017 SALAD DRSNG,1000 ISLAND,COMM,REG..... 1 TBSP

Calories	61	Iron	0.10 mg	Protein	0.14 g	0.91%	Cals from Prot
Cholesterol	2 mg	Calcium	3 mg	Carbohydrates	1.74 g	11.37%	Cals from Carb
Sodium	163 mg	Vitamin A	30 IU	Total Fat	6.12 g	89.95%	Cals from T Fat
Dietary Fiber	0.05 g	Vitamin A	12 RE	Saturated Fat	0.90 g	13.24%	Cals from S Fat
		Vitamin C	0.2 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

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**000414 - DRINK - SMOOTHIES**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: EACH

900182s DRINKS - SMOOTHIES.... 5 1/2 OZ

Calories	89	Iron	0.25 mg	Protein	0.00 g	0.00%	Cals from Prot
Cholesterol	0 mg	Calcium	69 mg	Carbohydrates	22.00 g	98.46%	Cals from Carb
Sodium	28 mg	Vitamin A	0 IU	Total Fat	0.00 g	0.00%	Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	0 RE	Saturated Fat	0.00 g	0.00%	Cals from S Fat
		Vitamin C	41.2 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000111 - DRINKS - GATORADE**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: EACH

990132s DRINKS - GATORADE.... 1 EACH

Calories	50	Iron	0.00 mg	Protein	0.00 g	0.00%	Cals from Prot
Cholesterol	0 mg	Calcium	0 mg	Carbohydrates	14.00 g	112.00%	Cals from Carb
Sodium	110 mg	Vitamin A	0 IU	Total Fat	0.00 g	0.00%	Cals from T Fat
Dietary Fiber	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

**000112 - DRINKS - SNAPPLE**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: EACH

990133s DRINKS - SNAPPLE.... 1 EACH

Calories	170	Iron	0.00 mg	Protein	0.00 g	0.00%	Cals from Prot
Cholesterol	0 mg	Calcium	150 mg	Carbohydrates	43.00 g	101.17%	Cals from Carb
Sodium	1 mg	Vitamin A	750 IU	Total Fat	0.00 g	0.00%	Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	150 RE	Saturated Fat	0.00 g	0.00%	Cals from S Fat
		Vitamin C	60.0 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000242 - Eddie's Cheese Pizza**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: Slice

Alternate Menu Name:  
 Eddie's Cheese Pizza

900268s Eddie's Cheese Pizza.... 1 Grams

Calories	420	Iron	1.80 mg	Protein	19.00 g	18.10%	Cals from Prot
Cholesterol	50 mg	Calcium	250 mg	Carbohydrates	47.00 g	44.76%	Cals from Carb
Sodium	820 mg	Vitamin A	200 IU	Total Fat	17.00 g	36.43%	Cals from T Fat
Dietary Fiber	1.50 g	Vitamin A	40 RE	Saturated Fat	9.00 g	19.28%	Cals from S Fat
		Vitamin C	1.2 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

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**000243 - Eddie's Pepperoni Pizza**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: Slice

Alternate Menu Name: Eddie's  
 Pepperoni Pizza

900269s Eddie's Pepperoni Pizza.... 1 Grams

Calories	490	Iron	1.80 mg	Protein	22.00 g	17.96%	Cals from Prot
Cholesterol	70 mg	Calcium	250 mg	Carbohydrates	48.00 g	39.18%	Cals from Carb
Sodium	990 mg	Vitamin A	200 IU	Total Fat	23.00 g	42.24%	Cals from T Fat
Dietary Fiber	1.50 g	Vitamin A	40 RE	Saturated Fat	11.00 g	20.21%	Cals from S Fat
		Vitamin C	15.0 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

**000191 - EGG & CHEESE BISCUIT**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: EACH

900031s EGG PATTY & CHEESE BISCUIT.... 1 EACH

Calories	294	Iron	1.33 mg	Protein	9.30 g	12.65%	Cals from Prot
Cholesterol	123 mg	Calcium	152 mg	Carbohydrates	24.10 g	32.79%	Cals from Carb
Sodium	120 mg	Vitamin A	331 IU	Total Fat	17.70 g	54.18%	Cals from T Fat
Dietary Fiber	0.99 g	Vitamin A	66 RE	Saturated Fat	6.10 g	18.67%	Cals from S Fat
		Vitamin C	0.1 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000370 - EGG - HARD BOILED**

Source: CLA  
 Number of Portions: 1.0000  
 Size of Portion: 1 EACH

001129 EGG,WHL,CKD,HARD-BOILED.... 1 large egg(s)

Calories	78	Iron	0.60 mg	Protein	6.29 g	32.46%	Cals from Prot
Cholesterol	212 mg	Calcium	25 mg	Carbohydrates	0.56 g	2.89%	Cals from Carb
Sodium	62 mg	Vitamin A	293 IU	Total Fat	5.31 g	61.61%	Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	84 RE	Saturated Fat	1.63 g	18.97%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000031 - EGG ROLL - CHICKEN - AMY'S**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: 5.0

990099s EGG ROLL - CHICKEN - AMY'S.... 5 OZ

Calories	225	Iron	2.52 mg	Protein	23.00 g	40.89%	Cals from Prot
Cholesterol	51 mg	Calcium	80 mg	Carbohydrates	23.00 g	40.89%	Cals from Carb
Sodium	863 mg	Vitamin A	1600 IU	Total Fat	5.00 g	20.00%	Cals from T Fat
Dietary Fiber	2.00 g	Vitamin A	320 RE	Saturated Fat	1.20 g	4.80%	Cals from S Fat
		Vitamin C	9.6 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

**000033 - EGG ROLL - CHICKEN-SIMPLY BLUE**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: EACH

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990100s EGG ROLL - CHICKEN SIMPLY BLUES- CHINA BLUES.... 1/2 EACH

Calories	145	Iron	1.44 mg	Protein	10.00 g	27.68%	Cals from Prot
Cholesterol	23 mg	Calcium	15 mg	Carbohydrates	13.00 g	35.99%	Cals from Carb
Sodium	246 mg	Vitamin A	725 IU	Total Fat	3.00 g	18.69%	Cals from T Fat
Dietary Fiber	1.25 g	Vitamin A	145 RE	Saturated Fat	0.75 g	4.67%	Cals from S Fat
		Vitamin C	3.0 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

## 000400 - EGG ROLL - PORK

Source: CLA

Number of Portions: 1

Size of Portion: EACH

900170s EGG ROLL - PORK- # 69349.... 1 EACH

Calories	249	Iron	2.88 mg	Protein	13.99 g	22.49%	Cals from Prot
Cholesterol	102 mg	Calcium	0 mg	Carbohydrates	25.03 g	40.23%	Cals from Carb
Sodium	600 mg	Vitamin A	750 IU	Total Fat	10.54 g	38.11%	Cals from T Fat
Dietary Fiber	2.46 g	Vitamin A	150 RE	Saturated Fat	4.42 g	15.98%	Cals from S Fat
		Vitamin C	9.6 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

## 000219 - FIESTA CALZONE BEAN & CHEESE

Source: CLA

Number of Portions: 1

Size of Portion: EACH

900049s FIESTA CALZONE BEAN & CHEESE.... 1 EACH

Calories	305	Iron	2.53 mg	Protein	12.18 g	15.97%	Cals from Prot
Cholesterol	25 mg	Calcium	203 mg	Carbohydrates	38.30 g	50.23%	Cals from Carb
Sodium	427 mg	Vitamin A	293 IU	Total Fat	11.30 g	33.34%	Cals from T Fat
Dietary Fiber	2.50 g	Vitamin A	59 RE	Saturated Fat	5.41 g	15.96%	Cals from S Fat
		Vitamin C	0.5 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

## 000199 - FISH STICKS

Source: CLA

Number of Portions: 4

Size of Portion: SERVING

900035s FISH STICKS.... 4 (4 TO A SERVING)

Calories	279	Iron	0.61 mg	Protein	16.50 g	23.64%	Cals from Prot
Cholesterol	30 mg	Calcium	7 mg	Carbohydrates	32.07 g	45.97%	Cals from Carb
Sodium	371 mg	Vitamin A	13 IU	Total Fat	10.26 g	33.10%	Cals from T Fat
Dietary Fiber	0.28 g	Vitamin A	13 RE	Saturated Fat	0.90 g	2.90%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

## 000362 - FRENCH TOAST - CINNAMON

Source: CLA

Number of Portions: 1

Size of Portion: EACH

Alternate Menu Name: (3 SLICES)

601495s FRENCH TOAST - CINN SWIRL.... 1 EACH SERV.

Calories	240	Iron	2.70 mg	Protein	9.00 g	15.00%	Cals from Prot
Cholesterol	85 mg	Calcium	100 mg	Carbohydrates	36.00 g	60.00%	Cals from Carb
Sodium	320 mg	Vitamin A	200 IU	Total Fat	7.00 g	26.25%	Cals from T Fat
Dietary Fiber	2.00 g	Vitamin A	40 RE	Saturated Fat	1.50 g	5.63%	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

**000329 - FRENCH TOAST - STICKS FRM RCH**

Source: CLA  
 Number of Portions: 3  
 Size of Portion: 3 EACH

900128s FRENCH TOAST - STICKS FARM RICH #67411.... 3 (3 EACH)

Calories	290	Iron	3.60 mg	Protein	5.00 g	6.90%	Cals from Prot
Cholesterol	30 mg	Calcium	100 mg	Carbohydrates	42.00 g	57.93%	Cals from Carb
Sodium	290 mg	Vitamin A	750 IU	Total Fat	12.00 g	37.24%	Cals from T Fat
Dietary Fiber	1.00 g	Vitamin A	150 RE	Saturated Fat	2.00 g	6.21%	Cals from S Fat
		Vitamin C	6.0 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

**000365 - FRESH FRUIT**

Source: CLA  
 Number of Portions: 100  
 Size of Portion: ONE

Alternate Menu Name: FRESH FRUIT

- 009003c FRUIT - APPLE - FRESH..... 25 ONE
- 009200c ORANGES,RAW,ALL COMM VAR..... 25 ONE
- 090059 BANANAS,FINGER,RAW..... 25 ONE
- 009131 GRAPES,AMERICAN TYPE (SLIP SKN),RAW.... 25 ONE

Calories	58	Iron	0.15 mg	Protein	0.69 g	4.71%	Cals from Prot
Cholesterol	0 mg	Calcium	17 mg	Carbohydrates	15.04 g	103.18%	Cals from Carb
Sodium	1 mg	Vitamin A	111 IU	Total Fat	0.19 g	2.94%	Cals from T Fat
Dietary Fiber	2.37 g	Vitamin A	11 RE	Saturated Fat	0.05 g	0.73%	Cals from S Fat
		Vitamin C	21.4 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000245 - FRUIT - FRESH**

Source: CLA  
 Number of Portions: 6.0000  
 Size of Portion: EACH

- 009003c FRUIT - APPLE - FRESH..... 1 each, 3/lb.
- 009131 GRAPES,AMERICAN TYPE (SLIP SKN),RAW.... 3/4 CUP
- 009236 PEACHES,RAW..... 1 each, 4/lb
- 009252c PEARS,RAW..... 1 each,2.5/lb
- 009040 BANANAS,RAW..... 1 EACH
- 009200c ORANGES,RAW,ALL COMM VAR..... 1 each,2-5/8"dia

Calories	64	Iron	0.20 mg	Protein	0.70 g	4.40%	Cals from Prot
Cholesterol	0 mg	Calcium	14 mg	Carbohydrates	16.53 g	103.55%	Cals from Carb
Sodium	1 mg	Vitamin A	124 IU	Total Fat	0.22 g	3.15%	Cals from T Fat
Dietary Fiber	2.55 g	Vitamin A	15 RE	Saturated Fat	0.05 g	0.67%	Cals from S Fat
		Vitamin C	13.6 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000064 - FRUIT - APPLE - FRESH**

Source: CLA  
 Number of Portions: 100  
 Size of Portion: EACH

- 009003c FRUIT - APPLE - FRESH.... 100 GRAMS

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Calories	52	Iron	0.12 mg	Protein	0.26 g	2.00%	Cals from Prot
Cholesterol	0 mg	Calcium	6 mg	Carbohydrates	13.81 g	106.23%	Cals from Carb
Sodium	1 mg	Vitamin A	54 IU	Total Fat	0.17 g	2.94%	Cals from T Fat
Dietary Fiber	2.40 g	Vitamin A	5 RE	Saturated Fat	0.03 g	0.52%	Cals from S Fat
		Vitamin C	4.6 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

## 000356 - FRUIT - APPLESAUCE - CAN

Source: CLA

Number of Portions: 1

Size of Portion: 1/4 CUP

009020c FRUIT - APPLESAUCE - CAN.... 1/4 CUP

Calories	42	Iron	0.07 mg	Protein	0.10 g	0.94%	Cals from Prot
Cholesterol	0 mg	Calcium	2 mg	Carbohydrates	10.76 g	102.88%	Cals from Carb
Sodium	1 mg	Vitamin A	4 IU	Total Fat	0.10 g	2.25%	Cals from T Fat
Dietary Fiber	0.74 g	Vitamin A	1 RE	Saturated Fat	0.02 g	0.40%	Cals from S Fat
		Vitamin C	1.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

## 000248 - FRUIT - APRICOT

Source: CLA

Number of Portions: 1.0000

Size of Portion: CUP

009026 FRUIT - APRICOTS - CAN.... 1 CUP, halves

Calories	159	Iron	0.99 mg	Protein	1.34 g	3.37%	Cals from Prot
Cholesterol	0 mg	Calcium	28 mg	Carbohydrates	41.72 g	104.70%	Cals from Carb
Sodium	10 mg	Vitamin A	3345 IU	Total Fat	0.13 g	0.71%	Cals from T Fat
Dietary Fiber	4.05 g	Vitamin A	334 RE	Saturated Fat	0.01 g	0.04%	Cals from S Fat
		Vitamin C	6.8 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

## 000068 - FRUIT - BANANA

Source: CLA

Number of Portions: 1.0000

Size of Portion: EACH

009040 BANANAS,RAW.... 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 Fiber	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

## 000255 - FRUIT - BLUEBERRIES

Source: CLA

Number of Portions: 1.0000

Size of Portion: CUP

009050 BLUEBERRIES,RAW.... 1 CUP

Calories	84	Iron	0.41 mg	Protein	1.10 g	5.19%	Cals from Prot
Cholesterol	0 mg	Calcium	9 mg	Carbohydrates	21.45 g	101.68%	Cals from Carb
Sodium	1 mg	Vitamin A	80 IU	Total Fat	0.49 g	5.21%	Cals from T Fat
Dietary Fiber	3.55 g	Vitamin A	15 RE	Saturated Fat	0.04 g	0.44%	Cals from S Fat
		Vitamin C	14.4 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

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**000366 - FRUIT - CAN**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: EACH

- 009256c PEARS,CND,LT SYRUP PK,SOL&LIQUIDS..... 1 CUP, halves
- 009403 APRICOT NECTAR,CND,W/ VIT C..... 1 CUP
- 009099c FRUIT COCKTAIL,CND,LT SYRUP,SOL&LIQUIDS..... 1 CUP
- 009240c PEACHES,CND,LT SYRUP PK,SOL&LIQUIDS..... 1 CUP, slices
- 009401 APPLESAUCE,CND,UNSWTND,W/ VIT C..... 1 CUP
- 009275 PINEAPPLE JUC,FRZ CONC,UNSWTND,DIL W/3 VOLUME.... 1 CUP

Calories	790	Iron	4.57 mg	Protein	4.92 g	2.49%	Cals from Prot
Cholesterol	0 mg	Calcium	89 mg	Carbohydrates	206.27 g	104.50%	Cals from Carb
Sodium	55 mg	Vitamin A	4784 IU	Total Fat	0.86 g	0.99%	Cals from T Fat
Dietary Fiber	14.39 g	Vitamin A	480 RE	Saturated Fat	0.06 g	0.07%	Cals from S Fat
		Vitamin C	230.7 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000422 - FRUIT - GRAPES**

Source: CLA  
 Number of Portions: 1.0000  
 Size of Portion: CUP

- 009131 GRAPES,AMERICAN TYPE (SLIP SKN),RAW.... 1 CUP

Calories	62	Iron	0.27 mg	Protein	0.58 g	3.76%	Cals from Prot
Cholesterol	0 mg	Calcium	13 mg	Carbohydrates	15.78 g	102.39%	Cals from Carb
Sodium	2 mg	Vitamin A	92 IU	Total Fat	0.32 g	4.70%	Cals from T Fat
Dietary Fiber	0.83 g	Vitamin A	9 RE	Saturated Fat	0.10 g	1.53%	Cals from S Fat
		Vitamin C	3.7 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000419 - FRUIT - MIXED FRUIT - CAN**

Source: CLA  
 Number of Portions: 1.0000  
 Size of Portion: CUP

- 009099c FRUIT COCKTAIL,CND,LT SYRUP,SOL&LIQUIDS.... 1 CUP

Calories	138	Iron	0.70 mg	Protein	0.97 g	2.81%	Cals from Prot
Cholesterol	0 mg	Calcium	15 mg	Carbohydrates	36.13 g	104.77%	Cals from Carb
Sodium	15 mg	Vitamin A	496 IU	Total Fat	0.17 g	1.11%	Cals from T Fat
Dietary Fiber	2.42 g	Vitamin A	51 RE	Saturated Fat	0.02 g	0.16%	Cals from S Fat
		Vitamin C	4.6 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000083 - FRUIT - NECTARINE**

Source: CLA  
 Number of Portions: 1.0000  
 Size of Portion: EACH

- 009191 NECTARINES,RAW.... 1 medium

Calories	60	Iron	0.38 mg	Protein	1.44 g	9.64%	Cals from Prot
Cholesterol	0 mg	Calcium	8 mg	Carbohydrates	14.35 g	95.91%	Cals from Carb
Sodium	0 mg	Vitamin A	452 IU	Total Fat	0.44 g	6.55%	Cals from T Fat
Dietary Fiber	2.31 g	Vitamin A	101 RE	Saturated Fat	0.03 g	0.51%	Cals from S Fat
		Vitamin C	7.3 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

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**000086 - FRUIT - ORANGE**

Source: CLA  
 Number of Portions: 1.0000  
 Size of Portion: EACH

009200c ORANGES,RAW,ALL COMM VAR.... 1 each,2-5/8"dia

Calories	45	Iron	0.10 mg	Protein	0.90 g	8.00%	Cals from Prot
Cholesterol	0 mg	Calcium	38 mg	Carbohydrates	11.28 g	100.00%	Cals from Carb
Sodium	0 mg	Vitamin A	216 IU	Total Fat	0.12 g	2.30%	Cals from T Fat
Dietary Fiber	2.30 g	Vitamin A	20 RE	Saturated Fat	0.02 g	0.38%	Cals from S Fat
		Vitamin C	51.1 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000085 - FRUIT - ORANGE - HALVES**

Source: CLA  
 Number of Portions: 1.0000  
 Size of Portion: 1/2 EACH

009200c ORANGES,RAW,ALL COMM VAR.... 1/2 each,2-5/8"dia

Calories	23	Iron	0.05 mg	Protein	0.45 g	8.00%	Cals from Prot
Cholesterol	0 mg	Calcium	19 mg	Carbohydrates	5.64 g	100.00%	Cals from Carb
Sodium	0 mg	Vitamin A	108 IU	Total Fat	0.06 g	2.30%	Cals from T Fat
Dietary Fiber	1.15 g	Vitamin A	10 RE	Saturated Fat	0.01 g	0.38%	Cals from S Fat
		Vitamin C	25.5 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000088 - FRUIT - PEACHES**

Source: CLA  
 Number of Portions: 1.0000  
 Size of Portion: EACH

009236 PEACHES,RAW.... 1 each, 4/lb

Calories	34	Iron	0.22 mg	Protein	0.79 g	9.33%	Cals from Prot
Cholesterol	0 mg	Calcium	5 mg	Carbohydrates	8.30 g	97.85%	Cals from Carb
Sodium	0 mg	Vitamin A	284 IU	Total Fat	0.22 g	5.77%	Cals from T Fat
Dietary Fiber	1.30 g	Vitamin A	47 RE	Saturated Fat	0.02 g	0.44%	Cals from S Fat
		Vitamin C	5.7 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000437 - FRUIT - PEACHES - CAN**

Source: CLA  
 Number of Portions: 1.0000  
 Size of Portion: CUP

009240c PEACHES,CND,LT SYRUP PK,SOL&LIQUIDS.... 1 CUP

Calories	136	Iron	0.90 mg	Protein	1.13 g	3.33%	Cals from Prot
Cholesterol	0 mg	Calcium	8 mg	Carbohydrates	36.52 g	107.78%	Cals from Carb
Sodium	13 mg	Vitamin A	889 IU	Total Fat	0.08 g	0.50%	Cals from T Fat
Dietary Fiber	3.26 g	Vitamin A	88 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

**000438 - FRUIT - PEARS - CAN**

Source: CLA  
 Number of Portions: 1.0000  
 Size of Portion: CUP

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009256c PEARS,CND,LT SYRUP PK,SOL&LIQUIDS.... 1 CUP, halves

Calories	143	Iron	0.70 mg	Protein	0.48 g	1.33%	Cals from Prot
Cholesterol	0 mg	Calcium	13 mg	Carbohydrates	38.08 g	106.46%	Cals from Carb
Sodium	13 mg	Vitamin A	0 IU	Total Fat	0.08 g	0.47%	Cals from T Fat
Dietary Fiber	4.02 g	Vitamin A	0 RE	Saturated Fat	0.00 g	0.00%	Cals from S Fat
		Vitamin C	1.8 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

## 000090 - FRUIT - PEARS - FRESH

Source: CLA

Number of Portions: 1.0000

Size of Portion: EACH

009252c PEARS,RAW.... 1 each,2.5/lb

Calories	96	Iron	0.28 mg	Protein	0.63 g	2.62%	Cals from Prot
Cholesterol	0 mg	Calcium	15 mg	Carbohydrates	25.66 g	106.62%	Cals from Carb
Sodium	2 mg	Vitamin A	38 IU	Total Fat	0.20 g	1.86%	Cals from T Fat
Dietary Fiber	5.15 g	Vitamin A	3 RE	Saturated Fat	0.02 g	0.16%	Cals from S Fat
		Vitamin C	7.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

## 000092 - FRUIT - PINEAPPLE CHUNKS- CAN

Source: CLA

Number of Portions: 1.0000

Size of Portion: CUP

009269c PINEAPPLE,CND,LT SYRUP PK,SOL&LIQUIDS.... 1 CUP

Calories	131	Iron	0.98 mg	Protein	0.91 g	2.77%	Cals from Prot
Cholesterol	0 mg	Calcium	35 mg	Carbohydrates	33.89 g	103.46%	Cals from Carb
Sodium	3 mg	Vitamin A	96 IU	Total Fat	0.30 g	2.08%	Cals from T Fat
Dietary Fiber	2.02 g	Vitamin A	3 RE	Saturated Fat	0.03 g	0.17%	Cals from S Fat
		Vitamin C	18.9 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

## 000444 - FRUIT - PLUMS

Source: CLA

Number of Portions: 1.0000

Size of Portion: CUP

009283c PLUMS,CND,PURPLE,LT SYRUP PK,SOL&LIQUIDS.... 1 CUP

Calories	159	Iron	2.17 mg	Protein	0.93 g	2.35%	Cals from Prot
Cholesterol	0 mg	Calcium	23 mg	Carbohydrates	41.03 g	103.37%	Cals from Carb
Sodium	50 mg	Vitamin A	582 IU	Total Fat	0.25 g	1.43%	Cals from T Fat
Dietary Fiber	2.27 g	Vitamin A	66 RE	Saturated Fat	0.03 g	0.14%	Cals from S Fat
		Vitamin C	1.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

## 000099 - FRUIT - STRAWBERRIES-FRESH

Source: CLA

Number of Portions: 1.0000

Size of Portion: CUP

009316 STRAWBERRIES,RAW.... 1 CUP, whole

Calories	46	Iron	0.59 mg	Protein	0.96 g	8.38%	Cals from Prot
Cholesterol	0 mg	Calcium	23 mg	Carbohydrates	11.06 g	96.00%	Cals from Carb
Sodium	1 mg	Vitamin A	17 IU	Total Fat	0.43 g	8.44%	Cals from T Fat
Dietary Fiber	2.88 g	Vitamin A	4 RE	Saturated Fat	0.02 g	0.42%	Cals from S Fat

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	Vitamin C	84.7 mg	Trans Fat	0.00* g	0.00% Cals from Trans Fat
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\* - Denotes Missing Nutrient Values

**000100 - FRUIT - TANGERINE**

Source: CLA  
 Number of Portions: 1.0000  
 Size of Portion: EACH

009218 TANGERINES,(MANDARIN ORANGES),RAW.... 1 each 2-3/8" dia

Calories	45	Iron	0.13 mg	Protein	0.68 g	6.11%	Cals from Prot
Cholesterol	0 mg	Calcium	31 mg	Carbohydrates	11.21 g	100.68%	Cals from Carb
Sodium	2 mg	Vitamin A	572 IU	Total Fat	0.26 g	5.26%	Cals from T Fat
Dietary Fiber	1.51 g	Vitamin A	77 RE	Saturated Fat	0.03 g	0.66%	Cals from S Fat
		Vitamin C	22.4 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000332 - FUNNEL CAKE**

Source: CLA  
 Number of Portions: 2.92  
 Size of Portion: EACH

Alternate Menu Name:  
 FUNNEL CAKE

990013s FUNNEL CAKE.... 3 OUNCES

Calories	310	Iron	1.80 mg	Protein	5.00 g	6.45%	Cals from Prot
Cholesterol	25 mg	Calcium	40 mg	Carbohydrates	43.00 g	55.48%	Cals from Carb
Sodium	350 mg	Vitamin A	0 IU	Total Fat	13.00 g	37.74%	Cals from T Fat
Dietary Fiber	0.00* g	Vitamin A	0 RE	Saturated Fat	3.00 g	8.71%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000005 - GRANOLA - BAR - CHEWEY CHOCO**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: .99 OZ

990019s GRANOLA BARS - CHOCOLATE CHIP.... 1 EACH

Calories	119	Iron	0.36 mg	Protein	0.99 g	3.33%	Cals from Prot
Cholesterol	0 mg	Calcium	0 mg	Carbohydrates	20.74 g	70.00%	Cals from Carb
Sodium	69 mg	Vitamin A	0 IU	Total Fat	3.46 g	26.25%	Cals from T Fat
Dietary Fiber	0.99 g	Vitamin A	0 RE	Saturated Fat	1.48 g	11.25%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

**990024 - GRANOLA - HONEY & NUT**

Source: CLA  
 Number of Portions: 128  
 Size of Portion: EACH

- 900081s MARGARINE,REG,HARD,CORN&SOYBN (HYDR)&CTTNSD (.... 1 LB
- 090162 SUGARS,BROWN,LIGHT..... 4 CUP, packed
- 001123c EGG,WHOLE,RAW,FRESH..... 8 large
- 002050 VANILLA EXTRACT..... 4 TSP
- 020081c WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEACHED..... 5 CUP
- 018369 LEAVENING AGENTS,BAKING PDR,DOUBLE-ACTING,NA ..... 2 TSP
- 018372 LEAVENING AGENTS,BAKING SODA..... 2 TSP
- 002047 SALT,TABLE..... 2 TSP
- 002010 CINNAMON,GROUND..... 2 TSP
- 050210 Granola..... 11 1/4 CUP

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Calories	120	Iron	0.71 mg	Protein	1.96 g	6.53%	Cals from Prot
Cholesterol	13 mg	Calcium	20 mg	Carbohydrates	19.33 g	64.59%	Cals from Carb
Sodium	121 mg	Vitamin A	142 IU	Total Fat	4.09 g	30.72%	Cals from T Fat
Dietary Fiber	0.86 g	Vitamin A	34 RE	Saturated Fat	0.77 g	5.81%	Cals from S Fat
		Vitamin C	0.1 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

## 000182 - GRANOLA - MALT O MEAL

Source: CLA  
 Number of Portions: 1  
 Size of Portion: EA

900025s GRANOLA MALT O MEAL.... 4 OZ

Calories	180	Iron	1.80 mg	Protein	6.00 g	13.33%	Cals from Prot
Cholesterol	0 mg	Calcium	20 mg	Carbohydrates	36.00 g	80.00%	Cals from Carb
Sodium	15 mg	Vitamin A	0 IU	Total Fat	2.50 g	12.50%	Cals from T Fat
Dietary Fiber	4.00 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

## 000208 - GRANOLA BAR - APPLE CINN

Source: CLA  
 Number of Portions: 1  
 Size of Portion: SERVING

Alternate Menu Name: KELLOGGS

900227s GRANOLA BAR - APPLE CINN.... 1 SERVING

Calories	130	Iron	1.80 mg	Protein	2.00 g	6.15%	Cals from Prot
Cholesterol	0 mg	Calcium	200 mg	Carbohydrates	24.00 g	73.85%	Cals from Carb
Sodium	105 mg	Vitamin A	750 IU	Total Fat	3.00 g	20.77%	Cals from T Fat
Dietary Fiber	2.00 g	Vitamin A	150 RE	Saturated Fat	0.50 g	3.46%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

## 000209 - GRANOLA BAR - BLUEBERRY

Source: CLA  
 Number of Portions: 1  
 Size of Portion: SERVING

Alternate Menu Name: KELLOGGS

900042s GRANOLA BAR - BLUEBERRY.... 1 SERVING

Calories	130	Iron	1.80 mg	Protein	2.00 g	6.15%	Cals from Prot
Cholesterol	0 mg	Calcium	200 mg	Carbohydrates	24.00 g	73.85%	Cals from Carb
Sodium	105 mg	Vitamin A	750 IU	Total Fat	3.00 g	20.77%	Cals from T Fat
Dietary Fiber	2.00 g	Vitamin A	150 RE	Saturated Fat	0.50 g	3.46%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	3.00 g	20.77%	Cals from Trans Fat

## 000490 - GRANOLA BAR - OATS & HONEY

Source: CLA  
 Number of Portions: 1  
 Size of Portion: EACH

900225s OATS & HONEY.... 1 1/2 OZ

Calories	180	Iron	1.08 mg	Protein	4.00 g	8.89%	Cals from Prot
Cholesterol	0 mg	Calcium	0 mg	Carbohydrates	29.00 g	64.44%	Cals from Carb
Sodium	160 mg	Vitamin A	0 IU	Total Fat	6.00 g	30.00%	Cals from T Fat

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Dietary Fiber	2.00 g	Vitamin A	0 RE	Saturated Fat	0.50 g	2.50%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

## 900043 - GRANOLA BAR - RASPBERRY

Source: CLA  
 Number of Portions: 1  
 Size of Portion: SERVING

Alternate Menu Name: KELLOGGS

900043s GRANOLA BAR - RASPBERRY.... 1 SERVING

Calories	130	Iron	1.80 mg	Protein	2.00 g	6.15%	Cals from Prot
Cholesterol	0 mg	Calcium	200 mg	Carbohydrates	24.00 g	73.85%	Cals from Carb
Sodium	105 mg	Vitamin A	750 IU	Total Fat	3.00 g	20.77%	Cals from T Fat
Dietary Fiber	2.00 g	Vitamin A	150 RE	Saturated Fat	0.50 g	3.46%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

## 000212 - GRANOLA BAR - STRAWBERRY

Source: CLA  
 Number of Portions: 1  
 Size of Portion: SERVING

Alternate Menu Name: KELLOGGS

900044s GRANOLA BAR - STRAWBERRY.... 1 SERVING

Calories	130	Iron	1.80 mg	Protein	2.00 g	6.15%	Cals from Prot
Cholesterol	0 mg	Calcium	200 mg	Carbohydrates	24.00 g	73.85%	Cals from Carb
Sodium	120 mg	Vitamin A	750 IU	Total Fat	3.00 g	20.77%	Cals from T Fat
Dietary Fiber	2.00 g	Vitamin A	150 RE	Saturated Fat	0.50 g	3.46%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

## 000491 - GRANOLA BAR - STRAWBERRY

Source: CLA  
 Number of Portions: 1  
 Size of Portion: EACH

900226s NUTRI-GRAIN KELLOGGS.... 1 1/3 OZ

Calories	140	Iron	1.80 mg	Protein	1.00 g	2.86%	Cals from Prot
Cholesterol	0 mg	Calcium	200 mg	Carbohydrates	26.00 g	74.29%	Cals from Carb
Sodium	105 mg	Vitamin A	750 IU	Total Fat	3.00 g	19.29%	Cals from T Fat
Dietary Fiber	1.00 g	Vitamin A	150 RE	Saturated Fat	0.50 g	3.22%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

## 000424 - GREEN BEANS - CAN

Source: CLA  
 Number of Portions: 1.0000  
 Size of Portion: CUP

011057c BEANS,SNAP,GRN,CND,DRND,HTD.... 1 CUP

Calories	27	Iron	1.22 mg	Protein	1.62 g	24.00%	Cals from Prot
Cholesterol	0 mg	Calcium	35 mg	Carbohydrates	6.08 g	90.00%	Cals from Carb
Sodium	339 mg	Vitamin A	471 IU	Total Fat	0.14 g	4.50%	Cals from T Fat
Dietary Fiber	2.57 g	Vitamin A	94 RE	Saturated Fat	0.03 g	0.90%	Cals from S Fat
		Vitamin C	5.8 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

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**000385 - HONEY BUN**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: EACH

Alternate Menu Name:       WHOLE WHEAT

900156s HONEY BUNS - WHEAT - WWHB360.... 1 SERVING

Calories	267	Iron	2.12 mg	Protein	6.00 g	9.00%	Cals from Prot
Cholesterol	10 mg	Calcium	161 mg	Carbohydrates	41.76 g	62.65%	Cals from Carb
Sodium	292 mg	Vitamin A	0 IU	Total Fat	6.15 g	20.75%	Cals from T Fat
Dietary Fiber	2.46 g	Vitamin A	0 RE	Saturated Fat	1.93 g	6.51%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat
* - Denotes Missing Nutrient Values							

**000387 - HONEYBUN**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: EACH

900157s WHOLE WHEAT HONEY BUNS - WWHB348.... 3 OZ

Calories	265	Iron	1.98 mg	Protein	6.00 g	9.06%	Cals from Prot
Cholesterol	10 mg	Calcium	150 mg	Carbohydrates	41.00 g	61.89%	Cals from Carb
Sodium	290 mg	Vitamin A	0 IU	Total Fat	6.10 g	20.72%	Cals from T Fat
Dietary Fiber	2.40 g	Vitamin A	0 RE	Saturated Fat	1.90 g	6.45%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat
* - Denotes Missing Nutrient Values							

**000394 - HOT POCKET**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: EACH

Alternate Menu Name:       HOT  
 POCKET- #4300

900164s HOT POCKETS- #4300.... 4 OZ

Calories	310	Iron	17.00 mg	Protein	10.00 g	12.90%	Cals from Prot
Cholesterol	35 mg	Calcium	20 mg	Carbohydrates	37.00 g	47.74%	Cals from Carb
Sodium	730 mg	Vitamin A	0 IU	Total Fat	13.00 g	37.74%	Cals from T Fat
Dietary Fiber	3.00 g	Vitamin A	0 RE	Saturated Fat	6.00 g	17.42%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat
* - Denotes Missing Nutrient Values							

**000146 - JUICE - VARIETY**

Source: CLA  
 Number of Portions: 100  
 Size of Portion: CARTON

900209s JUICE - APPLE 4 OZ..... 100 CARTON  
 900208s JUICE - ORANGE 4 OZ..... 100 CARTON  
 900009s JUICE - WILDBERRY 4 OZ.... 100 CARTON  
 900211s WILDCHERRY 4 OZ..... 100 CARTON

Calories	225	Iron	0.00* mg	Protein	1.00 g	1.78%	Cals from Prot
Cholesterol	0 mg	Calcium	510* mg	Carbohydrates	59.00 g	104.89%	Cals from Carb
Sodium	59 mg	Vitamin A	100* IU	Total Fat	0.00* g	0.00%	Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	20* RE	Saturated Fat	0.00 g	0.00%	Cals from S Fat
		Vitamin C	120.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

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\* - Denotes Missing Nutrient Values

**000143 - JUICE - APPLE**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: EACH

900209s JUICE - APPLE 4 OZ.... 4 OZ

Calories	55	Iron	0.00 mg	Protein	0.00 g	0.00%	Cals from Prot
Cholesterol	0 mg	Calcium	0* mg	Carbohydrates	15.00 g	109.09%	Cals from Carb
Sodium	15 mg	Vitamin A	0 IU	Total Fat	0.00 g	0.00%	Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	0 RE	Saturated Fat	0.00 g	0.00%	Cals from S Fat
		Vitamin C	30.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000063 - JUICE - APPLE**

Source: CLA  
 Number of Portions: 1.0000  
 Size of Portion: EACH

009400 APPLE JUC,CND OR BTLD,UNSWTND,W/ VIT C.... 4 FL OZ

Calories	57	Iron	0.15 mg	Protein	0.12 g	0.87%	Cals from Prot
Cholesterol	0 mg	Calcium	10 mg	Carbohydrates	14.01 g	98.26%	Cals from Carb
Sodium	5 mg	Vitamin A	1 IU	Total Fat	0.16 g	2.54%	Cals from T Fat
Dietary Fiber	0.25 g	Vitamin A	0 RE	Saturated Fat	0.03 g	0.43%	Cals from S Fat
		Vitamin C	47.7 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000463 - JUICE - APPLE - 4 OZ**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: CARTON

900209s JUICE - APPLE 4 OZ.... 1 CARTON

Calories	55	Iron	0.00 mg	Protein	0.00 g	0.00%	Cals from Prot
Cholesterol	0 mg	Calcium	0* mg	Carbohydrates	15.00 g	109.09%	Cals from Carb
Sodium	15 mg	Vitamin A	0 IU	Total Fat	0.00 g	0.00%	Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	0 RE	Saturated Fat	0.00 g	0.00%	Cals from S Fat
		Vitamin C	30.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000465 - JUICE - CHERRY - 4 OZ**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: CARTON

900211s WILDCHERRY 4 OZ.... 1 CARTON

Calories	55	Iron	0.00 mg	Protein	0.00 g	0.00%	Cals from Prot
Cholesterol	0 mg	Calcium	500 mg	Carbohydrates	15.00 g	109.09%	Cals from Carb
Sodium	15 mg	Vitamin A	0* IU	Total Fat	0.00 g	0.00%	Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	0* RE	Saturated Fat	0.00 g	0.00%	Cals from S Fat
		Vitamin C	30.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

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**000077 - JUICE - GRAPE**

Source: CLA  
 Number of Portions: 1.0000  
 Size of Portion: 4 fl.oz.

009135 GRAPE JUC,CND OR BTLD,UNSWTND,WO/ VIT C.... 4 FL OZ

Calories	76	Iron	0.32 mg	Protein	0.47 g	2.47%	Cals from Prot
Cholesterol	0 mg	Calcium	14 mg	Carbohydrates	18.67 g	98.47%	Cals from Carb
Sodium	6 mg	Vitamin A	10 IU	Total Fat	0.16 g	1.95%	Cals from T Fat
Dietary Fiber	0.25 g	Vitamin A	1 RE	Saturated Fat	0.03 g	0.38%	Cals from S Fat
		Vitamin C	0.1 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000084 - JUICE - ORANGE**

Source: CLA  
 Number of Portions: 1.0000  
 Size of Portion: CUP

900208s JUICE - ORANGE 4 OZ.... 1 CARTON

Calories	55	Iron	0.00 mg	Protein	1.00 g	7.27%	Cals from Prot
Cholesterol	0 mg	Calcium	10 mg	Carbohydrates	14.00 g	101.82%	Cals from Carb
Sodium	14 mg	Vitamin A	100 IU	Total Fat	0.00 g	0.00%	Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	20 RE	Saturated Fat	0.00 g	0.00%	Cals from S Fat
		Vitamin C	30.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000235 - JUICE - ORANGE 4 OZ**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: CARTON

900208s JUICE - ORANGE 4 OZ.... 1 CARTON

Calories	55	Iron	0.00 mg	Protein	1.00 g	7.27%	Cals from Prot
Cholesterol	0 mg	Calcium	10 mg	Carbohydrates	14.00 g	101.82%	Cals from Carb
Sodium	14 mg	Vitamin A	100 IU	Total Fat	0.00 g	0.00%	Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	20 RE	Saturated Fat	0.00 g	0.00%	Cals from S Fat
		Vitamin C	30.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000091 - JUICE - PINEAPPLE**

Source: CLA  
 Number of Portions: 1.0000  
 Size of Portion: CUP

009409 PINEAPPLE JUC,CND,UNSWTND,W/ ADDED VIT C.... 1 CUP

Calories	133	Iron	0.78 mg	Protein	0.90 g	2.72%	Cals from Prot
Cholesterol	0 mg	Calcium	33 mg	Carbohydrates	32.18 g	97.13%	Cals from Carb
Sodium	5 mg	Vitamin A	13 IU	Total Fat	0.30 g	2.04%	Cals from T Fat
Dietary Fiber	0.50 g	Vitamin A	0 RE	Saturated Fat	0.02 g	0.14%	Cals from S Fat
		Vitamin C	109.5 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000464 - JUICE - WILDBERRY- 4 OZ**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: CARTON

900009s JUICE - WILDBERRY 4 OZ.... 1 CARTON

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Calories	60	Iron	0.00* mg	Protein	0.00 g	0.00%	Cals from Prot
Cholesterol	0 mg	Calcium	0 mg	Carbohydrates	15.00 g	100.00%	Cals from Carb
Sodium	15 mg	Vitamin A	0 IU	Total Fat	0.00* g	0.00%	Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	0 RE	Saturated Fat	0.00 g	0.00%	Cals from S Fat
		Vitamin C	30.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

## 000403 - LASAGNA - BEEF & CHEESE

Source: CLA

Number of Portions: 1

Size of Portion: EACH

900173s LASAGNA - BEEF & CHEESE - #230T.... 8 1/2 OZ

Calories	286	Iron	3.24 mg	Protein	17.00 g	23.78%	Cals from Prot
Cholesterol	68 mg	Calcium	2200 mg	Carbohydrates	32.00 g	44.76%	Cals from Carb
Sodium	850 mg	Vitamin A	17900 IU	Total Fat	10.00 g	31.47%	Cals from T Fat
Dietary Fiber	40.00 g	Vitamin A	3580 RE	Saturated Fat	6.80 g	21.40%	Cals from S Fat
		Vitamin C	8.4 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

## 000034 - LETTUCE

Source: CLA

Number of Portions: 1.0000

Size of Portion: 1 lf

011252 VEGETABLE - LETTUCE - ICEBERG .... 1 leaf(s)

Calories	1	Iron	0.02 mg	Protein	0.05 g	25.71%	Cals from Prot
Cholesterol	0 mg	Calcium	1 mg	Carbohydrates	0.15 g	84.86%	Cals from Carb
Sodium	1 mg	Vitamin A	25 IU	Total Fat	0.01 g	9.00%	Cals from T Fat
Dietary Fiber	0.06 g	Vitamin A	2 RE	Saturated Fat	0.00 g	1.16%	Cals from S Fat
		Vitamin C	0.1 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

## 000125 - LETTUCE - SHREDDED

Source: CLA

Number of Portions: 72

Size of Portion: EACH

990147s LETTUCE - SHREDDED.... 72 EACH

Calories	10	Iron	0.36 mg	Protein	1.00 g	40.00%	Cals from Prot
Cholesterol	0 mg	Calcium	10 mg	Carbohydrates	2.00 g	80.01%	Cals from Carb
Sodium	7 mg	Vitamin A	350 IU	Total Fat	0.00 g	0.00%	Cals from T Fat
Dietary Fiber	1.00 g	Vitamin A	70 RE	Saturated Fat	0.00 g	0.00%	Cals from S Fat
		Vitamin C	1.8 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

## 000404 - MAC & CHEESE

Source: CLA

Number of Portions: 1

Size of Portion: EACH

Alternate Menu Name:       MACARONI &  
CHEESE- #215T

900174s MACARONI & CHEESE- #215T.... 1 EACH

Calories	399	Iron	2.10 mg	Protein	19.00 g	19.05%	Cals from Prot
Cholesterol	57 mg	Calcium	438 mg	Carbohydrates	40.00 g	40.10%	Cals from Carb
Sodium	500 mg	Vitamin A	746 IU	Total Fat	18.00 g	40.60%	Cals from T Fat

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Dietary Fiber	0.10 g	Vitamin A	149 RE	Saturated Fat	10.20 g	23.01%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

## 000204 - MARANARA SAUCE

Source: CLA  
 Number of Portions: 32  
 Size of Portion: 2 TBSP

- 004318c OIL,VEG,TYPE B-COMMOD..... 2 1/4 TSP
- 011282 ONIONS,RAW..... 3 1/2 OZ, chopped
- 011541c TOMATO PASTE,CND,HTD..... 1 CUP
- 990249s TOMATOES,CND,DICED,DRND.... 1/4 #10 Can w/juice
- 014429 WATER,MUNICIPAL..... 1/2 CUP
- 002030 PEPPER,BLACK..... 1/8 TSP
- 002029 PARSLEY,DRIED..... 1 TBSP
- 090017 GARLIC,GRANULATED..... 2 1/4 TSP
- 002003 SPICES,BASIL,DRIED..... 1/4 tsp, leaves
- 090019 OREGANO LEAVES,DRIED..... 1/4 tsp, leaves
- 002023 MARJORAM,DRIED..... 1/8 TSP
- 090020 THYME LEAF,DRIED..... 1 PINCH

Calories	19	Iron	0.41 mg	Protein	0.65 g	13.99%	Cals from Prot
Cholesterol	0 mg	Calcium	13 mg	Carbohydrates	3.66 g	78.70%	Cals from Carb
Sodium	41 mg	Vitamin A	430 IU	Total Fat	0.44 g	21.34%	Cals from T Fat
Dietary Fiber	0.81 g	Vitamin A	86 RE	Saturated Fat	0.06 g	3.00%	Cals from S Fat
		Vitamin C	8.2 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

## 000197 - MAX WRAPS- CHILI CHEESE

Source: CLA  
 Number of Portions: 1  
 Size of Portion: 4.8

- 900034s MAX WRAPS.... 4 7/8 OZ

Calories	300	Iron	2.70 mg	Protein	16.00 g	21.33%	Cals from Prot
Cholesterol	10 mg	Calcium	200 mg	Carbohydrates	36.00 g	48.00%	Cals from Carb
Sodium	670 mg	Vitamin A	100 IU	Total Fat	11.00 g	33.00%	Cals from T Fat
Dietary Fiber	4.00 g	Vitamin A	20 RE	Saturated Fat	3.00 g	9.00%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

## 000489 - MILK - VARIETY

Source: CLA  
 Number of Portions: 1000  
 Size of Portion: EACH

- 001104 MILK,CHOC,FLUID,COMM,LOWFAT..... 500 CUP
- 001082 MILK,LOWFAT,FLUID,1% MILKFAT,W/ VIT A..... 250 CUP
- 001085 MILK,NONFAT,FLUID,W/ VIT A (FAT FREE OR SKIM).... 125 CUP
- 001078 MILK,PRODUCER,FLUID,3.7% MILKFAT..... 125 CUP

Calories	134	Iron	0.34 mg	Protein	8.14 g	24.24%	Cals from Prot
Cholesterol	12 mg	Calcium	291 mg	Carbohydrates	19.03 g	56.68%	Cals from Carb
Sodium	131 mg	Vitamin A	469 IU	Total Fat	2.98 g	19.99%	Cals from T Fat
Dietary Fiber	0.63 g	Vitamin A	139 RE	Saturated Fat	1.87 g	12.51%	Cals from S Fat
		Vitamin C	1.6 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

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**000457 - MILK - 1% LOWFAT**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: EACH

900203s MILK- 1% LOWFAT.... 1 OUNCES

Calories	120	Iron	0.00 mg	Protein	11.00 g	36.67%	Cals from Prot
Cholesterol	10 mg	Calcium	350 mg	Carbohydrates	14.00 g	46.67%	Cals from Carb
Sodium	150 mg	Vitamin A	500 IU	Total Fat	2.50 g	18.74%	Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	100 RE	Saturated Fat	1.50 g	11.24%	Cals from S Fat
		Vitamin C	2.4 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000121 - MILK - 2% - BOXED**

Source: CLA  
 Number of Portions: 8  
 Size of Portion: EACH OZ

990140s MILK 2% BOXED.... 8 EACH OZ

Calories	120	Iron	0.00 mg	Protein	8.00 g	26.66%	Cals from Prot
Cholesterol	20 mg	Calcium	250 mg	Carbohydrates	11.00 g	36.67%	Cals from Carb
Sodium	110 mg	Vitamin A	500 IU	Total Fat	5.00 g	37.51%	Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	100 RE	Saturated Fat	3.00 g	22.50%	Cals from S Fat
		Vitamin C	1.2 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

**000456 - MILK - 2% REDUCED FAT**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: EACH

900202s MILK- 2% REDUCED FAT.... 1 OUNCES

Calories	130	Iron	0.00 mg	Protein	10.00 g	30.77%	Cals from Prot
Cholesterol	25 mg	Calcium	350 mg	Carbohydrates	13.00 g	40.00%	Cals from Carb
Sodium	130 mg	Vitamin A	500 IU	Total Fat	5.00 g	34.62%	Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	100 RE	Saturated Fat	3.00 g	20.77%	Cals from S Fat
		Vitamin C	2.4 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000120 - MILK - CHOCO**

Source: CLA  
 Number of Portions: 8  
 Size of Portion: EACH OZ

990139s MILK - CHOCO - BOX.... 8 EACH OZ

Calories	200	Iron	0.72 mg	Protein	8.00 g	16.00%	Cals from Prot
Cholesterol	20 mg	Calcium	300 mg	Carbohydrates	31.00 g	62.00%	Cals from Carb
Sodium	200 mg	Vitamin A	500 IU	Total Fat	5.00 g	22.50%	Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	100 RE	Saturated Fat	3.00 g	13.50%	Cals from S Fat
		Vitamin C	2.4 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

**000461 - MILK - CHOCOLATE LOWFAT**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: EACH

900205s MILK- CHOCOLATE LOWFAT.... 1 OUNCES

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Calories	170	Iron	0.00 mg	Protein	8.00 g	18.82%	Cals from Prot
Cholesterol	10 mg	Calcium	250 mg	Carbohydrates	30.00 g	70.59%	Cals from Carb
Sodium	180 mg	Vitamin A	500 IU	Total Fat	3.00 g	15.89%	Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	100 RE	Saturated Fat	1.50 g	7.94%	Cals from S Fat
		Vitamin C	1.8 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000459 - MILK - CHOCOLATE NONFAT**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: EACH

900206s MILK- CHOCOLATE NONFAT.... 1 OUNCES

Calories	140	Iron	0.36 mg	Protein	8.00 g	22.85%	Cals from Prot
Cholesterol	0 mg	Calcium	300 mg	Carbohydrates	26.00 g	74.29%	Cals from Carb
Sodium	180 mg	Vitamin A	500 IU	Total Fat	0.00 g	0.00%	Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	100 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

\* - Denotes Missing Nutrient Values

**000455 - MILK - HOMOGENIZED**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: EACH

900201s MILK- HOMOGENIZED.... 1 OUNCES

Calories	150	Iron	0.00 mg	Protein	8.00 g	21.33%	Cals from Prot
Cholesterol	35 mg	Calcium	300 mg	Carbohydrates	11.00 g	29.33%	Cals from Carb
Sodium	115 mg	Vitamin A	300 IU	Total Fat	8.00 g	47.99%	Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	1 RE	Saturated Fat	5.00 g	30.00%	Cals from S Fat
		Vitamin C	2.4 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000458 - MILK - NONFAT**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: EACH

900204s MILK- NONFAT.... 1 OUNCES

Calories	90	Iron	0.00 mg	Protein	9.00 g	40.00%	Cals from Prot
Cholesterol	5 mg	Calcium	300 mg	Carbohydrates	12.00 g	53.33%	Cals from Carb
Sodium	120 mg	Vitamin A	500 IU	Total Fat	0.00 g	0.00%	Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	100 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

**000460 - MILK - STRAWBERRY LOWFAT**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: EACH

900207s MILK- STRAWBERRY.... 1 OUNCES

Calories	173	Iron	0.00 mg	Protein	7.00 g	16.18%	Cals from Prot
Cholesterol	11 mg	Calcium	250 mg	Carbohydrates	33.00 g	76.30%	Cals from Carb
Sodium	110 mg	Vitamin A	400 IU	Total Fat	2.50 g	13.00%	Cals from T Fat
Dietary Fiber	32.00 g	Vitamin A	80 RE	Saturated Fat	1.50 g	7.80%	Cals from S Fat
		Vitamin C	1.2 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

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## 000390 - MINI TWIN CHEESEBURGERS

Source: CLA

Number of Portions: 1

Size of Portion: EACH

900160s MINI TWIN CHEESEBURGERS-#1151.... 1 EACH

Calories	424	Iron	1.91 mg	Protein	23.50 g	22.17%	Cals from Prot
Cholesterol	50 mg	Calcium	134 mg	Carbohydrates	42.10 g	39.72%	Cals from Carb
Sodium	766 mg	Vitamin A	158 IU	Total Fat	18.00 g	38.21%	Cals from T Fat
Dietary Fiber	2.15 g	Vitamin A	32 RE	Saturated Fat	7.20 g	15.28%	Cals from S Fat
		Vitamin C	2.5 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

## 000171 - MIXED FRUIT

Source: CLA

Number of Portions: 1

Size of Portion: EA

009187 MIXED FRUIT - CAN.... 2 OZ

Calories	41	Iron	0.20 mg	Protein	0.21 g	2.06%	Cals from Prot
Cholesterol	0 mg	Calcium	1 mg	Carbohydrates	10.64 g	104.22%	Cals from Carb
Sodium	2 mg	Vitamin A	110 IU	Total Fat	0.06 g	1.25%	Cals from T Fat
Dietary Fiber	0.57 g	Vitamin A	11 RE	Saturated Fat	0.01 g	0.18%	Cals from S Fat
		Vitamin C	39.1 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

## 000134 - MUFFIN - BANANA NUT

Source: CLA

Number of Portions: 1

Size of Portion: EACH

990154s MUFFIN - BANANA NUT.... 1 EACH

Calories	155	Iron	1.00 mg	Protein	3.00 g	7.74%	Cals from Prot
Cholesterol	20 mg	Calcium	20 mg	Carbohydrates	20.00 g	51.61%	Cals from Carb
Sodium	180 mg	Vitamin A	0 IU	Total Fat	7.00 g	40.65%	Cals from T Fat
Dietary Fiber	0.50 g	Vitamin A	0 RE	Saturated Fat	0.50 g	2.90%	Cals from S Fat
		Vitamin C	0.0* mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

## 000135 - MUFFIN - BLUEBERRY

Source: CLA

Number of Portions: 1

Size of Portion: EACH

990155s MUFFIN - BLUEBERRY.... 1 EACH

Calories	145	Iron	0.70 mg	Protein	3.00 g	8.28%	Cals from Prot
Cholesterol	2 mg	Calcium	20 mg	Carbohydrates	20.00 g	55.17%	Cals from Carb
Sodium	180 mg	Vitamin A	0 IU	Total Fat	6.00 g	37.24%	Cals from T Fat
Dietary Fiber	0.50 g	Vitamin A	0 RE	Saturated Fat	0.50 g	3.10%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

## 000486 - MUFFIN - ENGLISH - 2.0

Source: CLA

Number of Portions: 1

Size of Portion: EACH

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900223s MUFFIN - ENGLISH.... 2 OZ

Calories	140	Iron	1.80 mg	Protein	4.00 g	11.43%	Cals from Prot
Cholesterol	0 mg	Calcium	150 mg	Carbohydrates	27.00 g	77.14%	Cals from Carb
Sodium	230 mg	Vitamin A	0 IU	Total Fat	1.50 g	9.64%	Cals from T Fat
Dietary Fiber	2.00 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

## 000240 - Multigrain Penne W/Marinara

Source: CLA

Number of Portions: 1

Size of Portion: Each

Alternate Menu Name: Eddie's Multigrain Penne

900266s Eddie's Multigrain Penne W/Marinara Sauce.... 1 Grams

Calories	260	Iron	1.80 mg	Protein	11.00 g	16.92%	Cals from Prot
Cholesterol	0 mg	Calcium	20 mg	Carbohydrates	47.00 g	72.31%	Cals from Carb
Sodium	520 mg	Vitamin A	500 IU	Total Fat	3.00 g	10.38%	Cals from T Fat
Dietary Fiber	5.00 g	Vitamin A	100 RE	Saturated Fat	0.00 g	0.00%	Cals from S Fat
		Vitamin C	9.0 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

## 000241 - Multigrain Penne W/Meatsauce

Source: CLA

Number of Portions: 1

Size of Portion: Each

Alternate Menu Name: Eddies Penne  
W/Meatsauce

900267s Multigrain Penne W/Meatsauce.... 1 Grams

Calories	300	Iron	2.70 mg	Protein	13.00 g	17.33%	Cals from Prot
Cholesterol	10 mg	Calcium	20 mg	Carbohydrates	47.00 g	62.67%	Cals from Carb
Sodium	630 mg	Vitamin A	400 IU	Total Fat	7.00 g	21.00%	Cals from T Fat
Dietary Fiber	5.00 g	Vitamin A	80 RE	Saturated Fat	2.00 g	6.00%	Cals from S Fat
		Vitamin C	6.0 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

## 000381 - OLIVES - CAN

Source: CLA

Number of Portions: 2

Size of Portion: EACH

009194 OLIVES,RIPE,CND (JUMBO-SUPER COLOSSAL).... 2 OZ

Calories	23	Iron	0.94 mg	Protein	0.27 g	4.79%	Cals from Prot
Cholesterol	0 mg	Calcium	27 mg	Carbohydrates	1.59 g	27.70%	Cals from Carb
Sodium	255 mg	Vitamin A	98 IU	Total Fat	1.95 g	76.33%	Cals from T Fat
Dietary Fiber	0.71 g	Vitamin A	10 RE	Saturated Fat	0.26 g	10.10%	Cals from S Fat
		Vitamin C	0.4 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

## 000236 - Onion Battered Green Beans

Source: CLA

Number of Portions: 1

Size of Portion: Serving

Alternate Menu Name: Toasted Green  
Beans

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900263s Toasted Onion Battered Green Beans.... 85 GRAM

Calories	160	Iron	0.72 mg	Protein	2.00 g	5.00%	Cals from Prot
Cholesterol	0 mg	Calcium	20 mg	Carbohydrates	19.00 g	47.50%	Cals from Carb
Sodium	620 mg	Vitamin A	0 IU	Total Fat	8.00 g	45.00%	Cals from T Fat
Dietary Fiber	2.00 g	Vitamin A	0 RE	Saturated Fat	1.50 g	8.44%	Cals from S Fat
		Vitamin C	6.0 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

**000206 - PANCAKE - MINI**

Source: CLA

Number of Portions: 1

Size of Portion: EACH

SERVING

Alternate Menu Name:

PILLSBURY

900039s PANCAKE - MINI.... 1 EACH SERVING

Calories	200	Iron	1.08 mg	Protein	4.00 g	8.00%	Cals from Prot
Cholesterol	10 mg	Calcium	40 mg	Carbohydrates	34.00 g	68.00%	Cals from Carb
Sodium	370 mg	Vitamin A	0 IU	Total Fat	6.00 g	27.00%	Cals from T Fat
Dietary Fiber	2.00 g	Vitamin A	0 RE	Saturated Fat	1.00 g	4.50%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000192 - PANCAKE - SILVER DOLLAR**

Source: CLA

Number of Portions: 6

Size of Portion: 6 EACH

900032s PANCAKES - SILVER DOLLAR.... 6 (6 EACH)

Calories	220	Iron	1.80 mg	Protein	6.00 g	10.91%	Cals from Prot
Cholesterol	25 mg	Calcium	40 mg	Carbohydrates	42.00 g	76.36%	Cals from Carb
Sodium	0 mg	Vitamin A	0 IU	Total Fat	3.50 g	14.32%	Cals from T Fat
Dietary Fiber	2.00 g	Vitamin A	0 RE	Saturated Fat	0.50 g	2.04%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000399 - PATTY - CHICKEN - #3857**

Source: CLA

Number of Portions: 1

Size of Portion: EACH

900169s CHICKEN - PATTY- #3857.... 1 EACH

Calories	240	Iron	1.44 mg	Protein	14.00 g	23.33%	Cals from Prot
Cholesterol	40 mg	Calcium	20 mg	Carbohydrates	15.00 g	25.00%	Cals from Carb
Sodium	650 mg	Vitamin A	100 IU	Total Fat	14.00 g	52.50%	Cals from T Fat
Dietary Fiber	1.00 g	Vitamin A	20 RE	Saturated Fat	3.00 g	11.25%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

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**000393 - PATTY - DELUXE - BEEF - ELEM**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: SERVING

Alternate Menu Name: LEABO -  
 PIERRE - 3771  
 135 / 2.45 OZ

900163s PATTY - BEEF HAMBURGER.... 1 SERVING

Calories	139	Iron	1.30 mg	Protein	11.90 g	34.24%	Cals from Prot
Cholesterol	37 mg	Calcium	11 mg	Carbohydrates	0.90 g	2.59%	Cals from Carb
Sodium	277 mg	Vitamin A	13 IU	Total Fat	9.70 g	62.81%	Cals from T Fat
Dietary Fiber	0.40 g	Vitamin A	3 RE	Saturated Fat	3.90 g	25.25%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000348 - PATTY - HAMBURGER - WOLFPACK**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: EACH

900141s PATTY - HAMBURGER #3771.... 1 EACH

Calories	154	Iron	1.53 mg	Protein	16.50 g	42.86%	Cals from Prot
Cholesterol	41 mg	Calcium	17 mg	Carbohydrates	1.80 g	4.68%	Cals from Carb
Sodium	250 mg	Vitamin A	31 IU	Total Fat	9.00 g	52.60%	Cals from T Fat
Dietary Fiber	0.62 g	Vitamin A	6 RE	Saturated Fat	3.60 g	21.04%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000238 - Pick Up Sticks Special Chicken**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: Each

Alternate Menu Name: House  
 Special Chicken

900264s House Special Chicken.... 1 Grams

Calories	380	Iron	1.80 mg	Protein	18.00 g	18.95%	Cals from Prot
Cholesterol	60 mg	Calcium	20 mg	Carbohydrates	53.00 g	55.79%	Cals from Carb
Sodium	940 mg	Vitamin A	0 IU	Total Fat	10.00 g	23.68%	Cals from T Fat
Dietary Fiber	1.00 g	Vitamin A	0 RE	Saturated Fat	2.50 g	5.92%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

**000042 - PICKLES - DILL**

Source: CLA  
 Number of Portions: 1.0000  
 Size of Portion: EACH

011937 PICKLES,CUCUMBER,DILL.... 1 medium

Calories	8	Iron	0.24 mg	Protein	0.39 g	20.00%	Cals from Prot
Cholesterol	0 mg	Calcium	27 mg	Carbohydrates	1.68 g	86.33%	Cals from Carb
Sodium	569 mg	Vitamin A	119 IU	Total Fat	0.09 g	10.50%	Cals from T Fat
Dietary Fiber	0.71 g	Vitamin A	21 RE	Saturated Fat	0.02 g	2.70%	Cals from S Fat
		Vitamin C	0.5 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

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**000372 - PIZZA - BREAKFAST HAM**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: EACH

900148s PIZZA - BREAKFAST HAM.... 1 EACH

Calories	150	Iron	2.70 mg	Protein	8.00 g	21.33%	Cals from Prot
Cholesterol	10 mg	Calcium	100 mg	Carbohydrates	17.00 g	45.33%	Cals from Carb
Sodium	480 mg	Vitamin A	200 IU	Total Fat	6.00 g	36.00%	Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	40 RE	Saturated Fat	2.00 g	12.00%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000373 - PIZZA - BREAKFAST SAUSAGE**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: EACH

900149s PIZZA - BREAKFAST SAUSAGE.... 1 EACH

Calories	160	Iron	2.70 mg	Protein	8.00 g	20.00%	Cals from Prot
Cholesterol	10 mg	Calcium	150 mg	Carbohydrates	16.00 g	40.00%	Cals from Carb
Sodium	480 mg	Vitamin A	300 IU	Total Fat	7.00 g	39.38%	Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	60 RE	Saturated Fat	2.00 g	11.25%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000410 - PIZZA - CHEESE - UPPER CRUST**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: EACH

900179s PIZZA - CHEESE UPPER CRUST.... 1 SERVING

Calories	400	Iron	3.78 mg	Protein	20.00 g	20.00%	Cals from Prot
Cholesterol	25 mg	Calcium	190 mg	Carbohydrates	54.00 g	54.00%	Cals from Carb
Sodium	920 mg	Vitamin A	450 IU	Total Fat	12.00 g	27.00%	Cals from T Fat
Dietary Fiber	2.00 g	Vitamin A	90 RE	Saturated Fat	6.00 g	13.50%	Cals from S Fat
		Vitamin C	11.4 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000340 - PIZZA - FRENCH**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: EACH

900144s PIZZA - FRENCH BREAD #78504.... 1 EACH

Calories	350	Iron	2.00 mg	Protein	19.00 g	21.71%	Cals from Prot
Cholesterol	45 mg	Calcium	0 mg	Carbohydrates	30.00 g	34.29%	Cals from Carb
Sodium	650 mg	Vitamin A	512 IU	Total Fat	17.00 g	43.71%	Cals from T Fat
Dietary Fiber	1.00 g	Vitamin A	102 RE	Saturated Fat	10.00 g	25.71%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000352 - PIZZA - GALAXY CHEESE**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: EACH

900142s PIZZA - GALAXY CHEESE #78543.... 1 EACH

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Calories	320	Iron	3.00 mg	Protein	17.00 g	21.25%	Cals from Prot
Cholesterol	15 mg	Calcium	333 mg	Carbohydrates	30.00 g	37.50%	Cals from Carb
Sodium	630 mg	Vitamin A	556 IU	Total Fat	13.00 g	36.56%	Cals from T Fat
Dietary Fiber	2.00 g	Vitamin A	111 RE	Saturated Fat	6.00 g	16.87%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

## 000411 - PIZZA - PEPPERONI

Source: CLA

Number of Portions: 1

Size of Portion: EACH

900180s PIZZA - PEPPERONI UPPER CRUST.... 1 SERVING

Calories	290	Iron	0.00 mg	Protein	19.00 g	26.21%	Cals from Prot
Cholesterol	20 mg	Calcium	0 mg	Carbohydrates	36.00 g	49.65%	Cals from Carb
Sodium	590 mg	Vitamin A	0 IU	Total Fat	8.00 g	24.83%	Cals from T Fat
Dietary Fiber	4.00 g	Vitamin A	0 RE	Saturated Fat	3.00 g	9.31%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

## 000215 - PIZZA -STUFFED CRUST PEPPERONI

Source: CLA

Number of Portions: 1

Size of Portion: SERVING

900046s PIZZA - STUFFED CRUST PEPPERONI.... 1 SERVING

Calories	390	Iron	10.98 mg	Protein	18.00 g	18.46%	Cals from Prot
Cholesterol	20 mg	Calcium	300 mg	Carbohydrates	45.00 g	46.15%	Cals from Carb
Sodium	1000 mg	Vitamin A	500 IU	Total Fat	16.00 g	36.92%	Cals from T Fat
Dietary Fiber	2.00 g	Vitamin A	100 RE	Saturated Fat	5.00 g	11.54%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

## 000354 - PIZZATAS - PEPPERONI

Source: CLA

Number of Portions: 1

Size of Portion: SERVING

900140s PEPPERONI PIZZATAS-#65282.... 1 SERVING

Calories	360	Iron	1.23 mg	Protein	18.97 g	21.08%	Cals from Prot
Cholesterol	35 mg	Calcium	340 mg	Carbohydrates	27.95 g	31.06%	Cals from Carb
Sodium	920 mg	Vitamin A	459 IU	Total Fat	18.97 g	47.43%	Cals from T Fat
Dietary Fiber	1.01 g	Vitamin A	92 RE	Saturated Fat	7.97 g	19.93%	Cals from S Fat
		Vitamin C	1.7 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

## 000141 - POPTART - APPLE CINN

Source: CLA

Number of Portions: 1

Size of Portion: EACH

990151s POPTART - APPLE CINN.... 1 EACH

Calories	210	Iron	0.00* mg	Protein	2.00 g	3.81%	Cals from Prot
Cholesterol	0 mg	Calcium	0 mg	Carbohydrates	37.00 g	70.48%	Cals from Carb
Sodium	180 mg	Vitamin A	0 IU	Total Fat	6.00 g	25.71%	Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	0 RE	Saturated Fat	2.00 g	8.57%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	6.00 g	25.71%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

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**000131 - POPTART - STRAWBERRY**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: EACH

990152s POPTART - STRAWBERRY.... 1 EACH

Calories	210	Iron	1.80 mg	Protein	2.00 g	3.81%	Cals from Prot
Cholesterol	0 mg	Calcium	0 mg	Carbohydrates	37.00 g	70.48%	Cals from Carb
Sodium	180 mg	Vitamin A	500 IU	Total Fat	6.00 g	25.71%	Cals from T Fat
Dietary Fiber	1.00 g	Vitamin A	100 RE	Saturated Fat	2.00 g	8.57%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

**000187 - PRETZEL**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: EA

900029s PRETZELS - ROLL GOLD.... 2 OZ

Calories	220	Iron	2.70 mg	Protein	4.00 g	7.27%	Cals from Prot
Cholesterol	0 mg	Calcium	0 mg	Carbohydrates	46.00 g	83.64%	Cals from Carb
Sodium	1180 mg	Vitamin A	0 IU	Total Fat	0.00 g	0.00%	Cals from T Fat
Dietary Fiber	2.00 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

**000018 - PRETZEL - GOLDFISH SNACKS**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: EACH

990023s PRETZEL - GOLD FISH SNACKS.... 1 EACH

Calories	90	Iron	0.72 mg	Protein	2.00 g	8.89%	Cals from Prot
Cholesterol	0 mg	Calcium	0 mg	Carbohydrates	17.00 g	75.56%	Cals from Carb
Sodium	300 mg	Vitamin A	0 IU	Total Fat	1.50 g	15.00%	Cals from T Fat
Dietary Fiber	1.00 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

**000269 - Quaker Express Oatmeal**

Source:  
 Number of Portions: 1  
 Size of Portion: Each

Alternate Menu Name: Quaker  
 Express Oatmeal

900273s Quaker Oatmeal Express.... 1 Grams

Calories	200	Iron	3.60 mg	Protein	5.00 g	10.00%	Cals from Prot
Cholesterol	0 mg	Calcium	100 mg	Carbohydrates	41.00 g	82.00%	Cals from Carb
Sodium	250 mg	Vitamin A	1000 IU	Total Fat	2.50 g	11.25%	Cals from T Fat
Dietary Fiber	4.00 g	Vitamin A	200 RE	Saturated Fat	0.50 g	2.25%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

**000097 - RAISINS**

Source: CLA  
 Number of Portions: 1.0000  
 Size of Portion: CUP

009298c RAISINS,SEEDLESS.... 1 CUP,not packed

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Calories	434	Iron	2.73 mg	Protein	4.45 g	4.11%	Cals from Prot
Cholesterol	0 mg	Calcium	72 mg	Carbohydrates	114.81 g	105.93%	Cals from Carb
Sodium	16 mg	Vitamin A	0 IU	Total Fat	0.67 g	1.38%	Cals from T Fat
Dietary Fiber	5.36 g	Vitamin A	1 RE	Saturated Fat	0.09 g	0.18%	Cals from S Fat
		Vitamin C	3.3 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000334 - RAVIOLI - BEEF**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: EACH

900121s RAVIOLI.... 1 SERVING

Calories	270	Iron	2.70 mg	Protein	15.00 g	22.22%	Cals from Prot
Cholesterol	30 mg	Calcium	20 mg	Carbohydrates	33.00 g	48.89%	Cals from Carb
Sodium	760 mg	Vitamin A	300 IU	Total Fat	8.00 g	26.66%	Cals from T Fat
Dietary Fiber	3.00 g	Vitamin A	60 RE	Saturated Fat	3.50 g	11.67%	Cals from S Fat
		Vitamin C	2.4 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000224 - RELISH - PACK**

Source: CLA  
 Number of Portions: 1.0000  
 Size of Portion: EACH

011945 PICKLE RELISH,SWEET.... 1 1/2 TSP

Calories	10	Iron	0.07 mg	Protein	0.03 g	1.14%	Cals from Prot
Cholesterol	0 mg	Calcium	0 mg	Carbohydrates	2.68 g	107.88%	Cals from Carb
Sodium	62 mg	Vitamin A	93 IU	Total Fat	0.04 g	3.25%	Cals from T Fat
Dietary Fiber	0.08 g	Vitamin A	1 RE	Saturated Fat	0.00 g	0.37%	Cals from S Fat
		Vitamin C	0.1 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000105 - RICE**

Source: CLA  
 Number of Portions: 50  
 Size of Portion: CUP

020051 RICE,WHITE,MEDIUM-GRAIN,CKD.... 2 LB,dry wgt + 13 OZ,dry wgt  
 002047 SALT,TABLE..... 2 TSP  
 000001s WATER,BOILING..... 2 3/4 QT

Calories	126	Iron	1.46 mg	Protein	2.32 g	7.32%	Cals from Prot
Cholesterol	0 mg	Calcium	4 mg	Carbohydrates	27.81 g	87.97%	Cals from Carb
Sodium	96 mg	Vitamin A	0 IU	Total Fat	0.20 g	1.45%	Cals from T Fat
Dietary Fiber	0.29 g	Vitamin A	0 RE	Saturated Fat	0.06 g	0.39%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000198 - RICE**

Source: CLA  
 Number of Portions: 50.0000  
 Size of Portion: servings

020051 RICE,WHITE,MEDIUM-GRAIN,CKD.... 2 LB,dry wgt + 13 OZ,dry wgt  
 002047 SALT,TABLE..... 2 TSP  
 000001s WATER,BOILING..... 2 3/4 QT

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Calories	126	Iron	1.46 mg	Protein	2.32 g	7.32%	Cals from Prot
Cholesterol	0 mg	Calcium	4 mg	Carbohydrates	27.81 g	87.97%	Cals from Carb
Sodium	96 mg	Vitamin A	0 IU	Total Fat	0.20 g	1.45%	Cals from T Fat
Dietary Fiber	0.29 g	Vitamin A	0 RE	Saturated Fat	0.06 g	0.39%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**001000 - RICE KRISPY TREATS**

Source: CLA  
 Number of Portions: 24.0000  
 Size of Portion: EACH

900081s MARGARINE,REG,HARD,CORN&SOYBN (HYDR)&CTTNSD (.... 1 TBSP  
 000078s MARSHMALLOWS..... 10 OZ  
 008065 CEREALS RTE,KELLOGG,KELLOGG'S RICE KRISPIES..... 6 CUP

Calories	69	Iron	2.41 mg	Protein	0.68 g	3.97%	Cals from Prot
Cholesterol	0 mg	Calcium	1 mg	Carbohydrates	15.42 g	89.77%	Cals from Carb
Sodium	73 mg	Vitamin A	153 IU	Total Fat	0.54 g	7.07%	Cals from T Fat
Dietary Fiber	0.06 g	Vitamin A	57 RE	Saturated Fat	0.10 g	1.35%	Cals from S Fat
		Vitamin C	1.9 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000118 - ROAST BEEF**

Source: CLA  
 Number of Portions: 2  
 Size of Portion: EACH OZ

990137s ROAST BEEF.... 2 OZ EACH

Calories	80	Iron	1.08 mg	Protein	11.00 g	55.00%	Cals from Prot
Cholesterol	25 mg	Calcium	0* mg	Carbohydrates	1.00 g	5.00%	Cals from Carb
Sodium	490 mg	Vitamin A	0* IU	Total Fat	3.00 g	33.75%	Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	0* RE	Saturated Fat	1.00 g	11.25%	Cals from S Fat
		Vitamin C	0.0* mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000139 - SALAD - NO DRESSING**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: SERVING

011252 VEGETABLE - LETTUCE - ICEBERG .... 1/2 CUP, shredded  
 011112 CABBAGE,RED,RAW..... 1/4 CUP, shredded  
 011124c CARROTS,RAW..... 1/4 CUP, shredded

Calories	22	Iron	0.37 mg	Protein	0.83 g	15.27%	Cals from Prot
Cholesterol	0 mg	Calcium	23 mg	Carbohydrates	4.99 g	91.88%	Cals from Carb
Sodium	27 mg	Vitamin A	4999 IU	Total Fat	0.14 g	5.98%	Cals from T Fat
Dietary Fiber	1.57 g	Vitamin A	786 RE	Saturated Fat	0.02 g	0.88%	Cals from S Fat
		Vitamin C	12.6 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000364 - SALAD BAR**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: EACH

011252 VEGETABLE - LETTUCE - ICEBERG ..... 2 NLEA serving  
 004021 SALAD DRSNG,ITALIAN DRSNG,RED FAT.... 1 TBSP

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Calories	36	Iron	0.83 mg	Protein	1.67 g	18.50%	Cals from Prot
Cholesterol	1 mg	Calcium	33 mg	Carbohydrates	5.97 g	66.04%	Cals from Carb
Sodium	223 mg	Vitamin A	895 IU	Total Fat	1.21 g	30.01%	Cals from T Fat
Dietary Fiber	2.14 g	Vitamin A	59 RE	Saturated Fat	0.10 g	2.48%	Cals from S Fat
		Vitamin C	5.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

## 001051 - SALSA

Source: CLA

Number of Portions: 1

Size of Portion: EACH

006178c USDA COMMODITY,SALSA.... 1 OZ

Calories	10	Iron	0.64 mg	Protein	0.43 g	16.67%	Cals from Prot
Cholesterol	0 mg	Calcium	3 mg	Carbohydrates	1.98 g	77.78%	Cals from Carb
Sodium	122 mg	Vitamin A	156 IU	Total Fat	0.06 g	5.00%	Cals from T Fat
Dietary Fiber	0.40 g	Vitamin A	16 RE	Saturated Fat	0.01 g	0.75%	Cals from S Fat
		Vitamin C	1.1 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

## 000479 - SANDWICH - BOLOGNA & TURKEY

Source: CLA

Number of Portions: 1

Size of Portion: EACH

900217s SANDWICH - BOLOGNA & CHEESE.... 4 1/8 OZ

Calories	267	Iron	2.40 mg	Protein	6.50 g	9.75%	Cals from Prot
Cholesterol	36 mg	Calcium	1240 mg	Carbohydrates	29.90 g	44.86%	Cals from Carb
Sodium	700 mg	Vitamin A	100 IU	Total Fat	10.50 g	35.45%	Cals from T Fat
Dietary Fiber	1.00 g	Vitamin A	20 RE	Saturated Fat	2.70 g	9.12%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

## 000015 - SANDWICH - CHEESE -UNCRUSTABLE

Source: CLA

Number of Portions: 1

Size of Portion: 2.0 OZ

990020s GRILLABLE CHEESE 2 OZ.... 1 (2.0 OZ)

Calories	180	Iron	0.00 mg	Protein	9.00 g	20.00%	Cals from Prot
Cholesterol	0 mg	Calcium	0 mg	Carbohydrates	15.00 g	33.33%	Cals from Carb
Sodium	550 mg	Vitamin A	0 IU	Total Fat	10.00 g	50.00%	Cals from T Fat
Dietary Fiber	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

## 000026 - SANDWICH - ROAST BEEF

Source: CLA

Number of Portions: 1

Size of Portion: 4.0

900113s SANDWICH - ROAST BEEF.... 4 OZ + 1 OZ

Calories	67	Iron	0.00* mg	Protein	24.50 g	146.27%	Cals from Prot
Cholesterol	804 mg	Calcium	0* mg	Carbohydrates	2.25 g	13.43%	Cals from Carb
Sodium	6 mg	Vitamin A	0* IU	Total Fat	37.50 g	503.72%	Cals from T Fat
Dietary Fiber	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

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**000383 - SANDWICH - SUNNY SIDE UP**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: EACH

900154s SANDWICH - SUNNY SIDE UP.... 1 EACH

Calories	254	Iron	2.61 mg	Protein	14.59 g	22.96%	Cals from Prot
Cholesterol	163 mg	Calcium	208 mg	Carbohydrates	26.79 g	42.16%	Cals from Carb
Sodium	710 mg	Vitamin A	171 IU	Total Fat	9.65 g	34.18%	Cals from T Fat
Dietary Fiber	1.68 g	Vitamin A	87 RE	Saturated Fat	4.36 g	15.44%	Cals from S Fat
		Vitamin C	0.1 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000124 - SANDWICH - TUNA**

Source: CLA  
 Number of Portions: 12  
 Size of Portion: EACH

- 015184 TUNA,LT,CND IN H2O,WO/SALT,DRND SOL..... 2 CAN (66.5)
- 990405s ONION POWDER..... 1 TBSP
- 011945 PICKLE RELISH,SWEET..... 2 CUP
- 004622c SALAD DRSG,MAYO TYPE,RED CAL-COMMOD..... 4 1/2 CUP
- 091551 WHEAT BREAD..... 12 (2 PIECE)
- 011288 ONIONS,FRZ,CHOPD,CKD,BLD,DRND,WO/SALT.... 2 CUP, chopped
- 002047 SALT,TABLE..... 1 TBSP
- 114657 PEPPER BLACK, GROUND..... 2 TBSP

Calories	692	Iron	6.12 mg	Protein	67.51 g	39.04%	Cals from Prot
Cholesterol	106 mg	Calcium	83 mg	Carbohydrates	61.52 g	35.57%	Cals from Carb
Sodium	2030 mg	Vitamin A	675 IU	Total Fat	18.95 g	24.66%	Cals from T Fat
Dietary Fiber	4.00 g	Vitamin A	57 RE	Saturated Fat	3.14 g	4.09%	Cals from S Fat
		Vitamin C	1.4 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**001054 - SANDWICH - TURKEY W/CHEESE**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: EACH

- 005296c TURKEY RST,BNLESS,FRZ,SEASONED,LT&DK MEAT,RST.... 2 1/2 OZ
- 001042c CHEESE,PAST PROCESS,AMERICAN,W/DI NA PO4..... 1 slice (1/2 oz)
- 018069 BREAD,WHITE,COMMLY PREP (INCL SO..... 2 slice

Calories	296	Iron	3.05 mg	Protein	22.07 g	29.82%	Cals from Prot
Cholesterol	51 mg	Calcium	157 mg	Carbohydrates	27.71 g	37.44%	Cals from Carb
Sodium	1034 mg	Vitamin A	136 IU	Total Fat	10.17 g	30.92%	Cals from T Fat
Dietary Fiber	1.20 g	Vitamin A	41 RE	Saturated Fat	4.50 g	13.67%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000108 - SANDWICH-HAM & CHEESE-FRENCH**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: EACH

Alternate Menu Name: SSH10WC

990130s SANDWICH - HAM & CHEESE FRENCH-SSH10WC.... 1 EACH

Calories	259	Iron	2.42 mg	Protein	14.99 g	23.15%	Cals from Prot
Cholesterol	163 mg	Calcium	207 mg	Carbohydrates	26.85 g	41.47%	Cals from Carb

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Sodium	760 mg	Vitamin A	170 IU	Total Fat	9.96 g	34.61%	Cals from T Fat
Dietary Fiber	1.68 g	Vitamin A	34 RE	Saturated Fat	4.47 g	15.53%	Cals from S Fat
		Vitamin C	3.2 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

**000109 - SANDWICH-HAM & CHEESE-GRILLED**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: EACH

Alternate Menu Name:       GHC46OWC

990131s SANDWICH - HAM & CHEESE GRILLED-C460WC.... 1 EACH

Calories	380	Iron	2.70 mg	Protein	20.00 g	21.05%	Cals from Prot
Cholesterol	90 mg	Calcium	200 mg	Carbohydrates	34.00 g	35.79%	Cals from Carb
Sodium	1100 mg	Vitamin A	500 IU	Total Fat	17.00 g	40.26%	Cals from T Fat
Dietary Fiber	2.00 g	Vitamin A	100 RE	Saturated Fat	7.00 g	16.58%	Cals from S Fat
		Vitamin C	9.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000152 - SHAKER SALAD - CAESAR**

Source: CLA  
 Number of Portions: 25  
 Size of Portion: SALAD

- 011252 VEGETABLE - LETTUCE - ICEBERG .... 25 SALAD
- 005360c CHICKEN - DICED..... 25 SALAD
- 051059 CHEESE - BLEND - SHREDDED..... 25 SALAD
- 018242 CROUTONS,PLAIN..... 25 SALAD

Calories	437	Iron	2.82 mg	Protein	20.77 g	19.01%	Cals from Prot
Cholesterol	29 mg	Calcium	465 mg	Carbohydrates	44.28 g	40.52%	Cals from Carb
Sodium	947 mg	Vitamin A	1324 IU	Total Fat	19.45 g	40.06%	Cals from T Fat
Dietary Fiber	3.56 g	Vitamin A	227 RE	Saturated Fat	7.95 g	16.38%	Cals from S Fat
		Vitamin C	1.6 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000155 - SHAKER SALAD - CHEF**

Source: CLA  
 Number of Portions: 25  
 Size of Portion: SALAD

- 011252 VEGETABLE - LETTUCE - ICEBERG ..... 25 SALAD
- 051059 CHEESE - BLEND - SHREDDED..... 25 SALAD
- 005620c TURKEY,DICED,CKD,FROZEN-COMMOD.... 25 SALAD
- 007027 HAM - CHOPPED..... 25 SALAD

Calories	408	Iron	2.07 mg	Protein	39.88 g	39.14%	Cals from Prot
Cholesterol	108 mg	Calcium	441 mg	Carbohydrates	4.99 g	4.89%	Cals from Carb
Sodium	1347 mg	Vitamin A	1324 IU	Total Fat	24.74 g	54.62%	Cals from T Fat
Dietary Fiber	0.67 g	Vitamin A	227 RE	Saturated Fat	10.09 g	22.29%	Cals from S Fat
		Vitamin C	1.6 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000412 - SHRIMP POPPERS**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: 20 EACH

900181s SHRIMP POPPERS.... 1 (20 EA SERVING)

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Calories	217	Iron	1.78 mg	Protein	9.88 g	18.18%	Cals from Prot
Cholesterol	40 mg	Calcium	20 mg	Carbohydrates	17.78 g	32.73%	Cals from Carb
Sodium	662 mg	Vitamin A	0 IU	Total Fat	17.78 g	73.63%	Cals from T Fat
Dietary Fiber	1.98 g	Vitamin A	0 RE	Saturated Fat	1.98 g	8.18%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

## 000214 - SOUTHWEST SCRAMBLE

Source: CLA  
 Number of Portions: 1  
 Size of Portion: SERVING

900045s SOUTHWEST SCRAMBLE.... 1 SERVING

Calories	287	Iron	3.06 mg	Protein	12.59 g	17.55%	Cals from Prot
Cholesterol	102 mg	Calcium	0 mg	Carbohydrates	39.12 g	54.52%	Cals from Carb
Sodium	631 mg	Vitamin A	700 IU	Total Fat	8.61 g	27.00%	Cals from T Fat
Dietary Fiber	1.78 g	Vitamin A	140 RE	Saturated Fat	3.51 g	11.01%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

## 000160 - SOYBUTTER

Source: CLA  
 Number of Portions: 1  
 Size of Portion: OZ

900013s SOYBUTTER.... 1 OZ

Calories	190	Iron	1.44 mg	Protein	8.00 g	16.84%	Cals from Prot
Cholesterol	0 mg	Calcium	20 mg	Carbohydrates	8.00 g	16.84%	Cals from Carb
Sodium	125 mg	Vitamin A	0* IU	Total Fat	15.00 g	71.05%	Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	0* RE	Saturated Fat	3.00 g	14.21%	Cals from S Fat
		Vitamin C	0.0* mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

## 000409 - SPAGHETTI W/MEATBALLS

Source: CLA  
 Number of Portions: 1  
 Size of Portion: EACH

900178s SPAGHETTI W/MEATBALLS-320-#240T.... 1 PORTIONS

Calories	309	Iron	1.20 mg	Protein	16.00 g	20.71%	Cals from Prot
Cholesterol	94 mg	Calcium	30 mg	Carbohydrates	40.00 g	51.78%	Cals from Carb
Sodium	800 mg	Vitamin A	950 IU	Total Fat	12.00 g	34.95%	Cals from T Fat
Dietary Fiber	0.85 g	Vitamin A	190 RE	Saturated Fat	5.11 g	14.88%	Cals from S Fat
		Vitamin C	13.5 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

## 000218 - SPAGHETTI WITH BEEF SAUCE

Source: CLA  
 Number of Portions: 1  
 Size of Portion: SERVING

900048s SPAGHETTI WITH BEEF SAUCE.... 1 SERVING

Calories	303	Iron	3.48 mg	Protein	18.80 g	24.82%	Cals from Prot
Cholesterol	51 mg	Calcium	18 mg	Carbohydrates	22.60 g	29.84%	Cals from Carb
Sodium	185 mg	Vitamin A	2 IU	Total Fat	14.70 g	43.67%	Cals from T Fat
Dietary Fiber	1.28 g	Vitamin A	0 RE	Saturated Fat	5.80 g	17.23%	Cals from S Fat
		Vitamin C	4.0 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

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**000266 - Stacy's Pita Chips**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: Each

Alternate Menu Name: Stacy's Garlic & Herb

900272s Stacy's Parmesan Garlic/Herb Baked Pita Chips.... 1 Grams

Calories	190	Iron	0.72 mg	Protein	4.00 g	8.42%	Cals from Prot
Cholesterol	5 mg	Calcium	40 mg	Carbohydrates	25.00 g	52.63%	Cals from Carb
Sodium	370 mg	Vitamin A	0 IU	Total Fat	7.00 g	33.16%	Cals from T Fat
Dietary Fiber	2.00 g	Vitamin A	0 RE	Saturated Fat	1.00 g	4.74%	Cals from S Fat
		Vitamin C	1.2 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

**000342 - STUFFED CHEESE STICK**

Source: CLA  
 Number of Portions: 2  
 Size of Portion: EACH

900139s ..... 4 SERVING

Calories	320	Iron	0.36 mg	Protein	18.00 g	22.50%	Cals from Prot
Cholesterol	45 mg	Calcium	3590 mg	Carbohydrates	32.00 g	40.00%	Cals from Carb
Sodium	570 mg	Vitamin A	13950 IU	Total Fat	14.00 g	39.38%	Cals from T Fat
Dietary Fiber	1.00 g	Vitamin A	2790 RE	Saturated Fat	7.00 g	19.69%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000344 - SUGAR PACKET**

Source: CLA  
 Number of Portions: 1.0000  
 Size of Portion: EACH

019335 SUGARS,GRANULATED.... 1 TSP

Calories	16	Iron	0.00 mg	Protein	0.00 g	0.00%	Cals from Prot
Cholesterol	0 mg	Calcium	0 mg	Carbohydrates	4.20 g	103.34%	Cals from Carb
Sodium	0 mg	Vitamin A	0 IU	Total Fat	0.00 g	0.00%	Cals from T Fat
Dietary Fiber	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

**000349 - SYRUP - PANCAKE**

Source: CLA  
 Number of Portions: 1.0000  
 Size of Portion: EACH

019129 SYRUP .... 1 TBSP

Calories	46	Iron	0.01 mg	Protein	0.00 g	0.00%	Cals from Prot
Cholesterol	0 mg	Calcium	1 mg	Carbohydrates	12.06 g	105.08%	Cals from Carb
Sodium	16 mg	Vitamin A	0 IU	Total Fat	0.00 g	0.00%	Cals from T Fat
Dietary Fiber	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

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**000392 - TACO MEAT BEEF-FILLING**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: EACH

900162s TACO MEAT FILLING - CNQTM500.... 3 OZ

Calories	166	Iron	1.20 mg	Protein	12.60 g	30.36%	Cals from Prot
Cholesterol	42 mg	Calcium	5 mg	Carbohydrates	4.20 g	10.12%	Cals from Carb
Sodium	308 mg	Vitamin A	0 IU	Total Fat	11.50 g	62.35%	Cals from T Fat
Dietary Fiber	2.50 g	Vitamin A	0 RE	Saturated Fat	4.40 g	23.86%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000391 - TERIYAKI DIPPERS**

Source: CLA  
 Number of Portions: 4  
 Size of Portion: EACH

900161s TERIYAKI BEEF DIPPERS- #CNQTD065.... 4 SERVING- 4

Calories	0	Iron	0.00 mg	Protein	0.00 g	0.00%	Cals from Prot
Cholesterol	0 mg	Calcium	0 mg	Carbohydrates	0.00 g	0.00%	Cals from Carb
Sodium	0 mg	Vitamin A	0 IU	Total Fat	0.00 g	0.00%	Cals from T Fat
Dietary Fiber	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

**000396 - TORTILLA CHIPS - #310410**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: EACH

900166s TORTILLA CHIPS- ROMERO'S.... 1 OZ

Calories	140	Iron	0.54 mg	Protein	2.00 g	5.71%	Cals from Prot
Cholesterol	0 mg	Calcium	20 mg	Carbohydrates	19.00 g	54.29%	Cals from Carb
Sodium	40 mg	Vitamin A	0 IU	Total Fat	8.00 g	51.43%	Cals from T Fat
Dietary Fiber	2.00 g	Vitamin A	0 RE	Saturated Fat	1.00 g	6.43%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000023 - TRAIL MIX**

Source: CLA  
 Number of Portions: 1  
 Size of Portion:  
 SERVING

990027s TRAIL MIX.... 1 (1/4 CUP)

Calories	140	Iron	0.72 mg	Protein	2.00 g	5.71%	Cals from Prot
Cholesterol	0 mg	Calcium	40 mg	Carbohydrates	24.02 g	68.57%	Cals from Carb
Sodium	0 mg	Vitamin A	0 IU	Total Fat	5.00 g	32.14%	Cals from T Fat
Dietary Fiber	3.00 g	Vitamin A	0 RE	Saturated Fat	0.50 g	3.21%	Cals from S Fat
		Vitamin C	2.4 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000116 - TURKEY BREAST SANDWICH MEAT**

Source: CLA  
 Number of Portions: 2  
 Size of Portion: OZ EACH

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990135s TURKEY BREAST.... 2 OUNCES

Calories	60	Iron	0.36 mg	Protein	9.00 g	60.00%	Cals from Prot
Cholesterol	25 mg	Calcium	0* mg	Carbohydrates	2.00 g	13.33%	Cals from Carb
Sodium	340 mg	Vitamin A	0* IU	Total Fat	2.00 g	30.00%	Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	0* RE	Saturated Fat	0.50 g	7.50%	Cals from S Fat
		Vitamin C	0.0* mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000439 - VEGETABLE - PEAS & CARROTS**

Source: CLA  
 Number of Portions: 1.0000  
 Size of Portion: CUP

011323 PEAS&CARROTS,FRZ,CKD,BLD,DRND,WO/SALT.... 1 CUP

Calories	77	Iron	1.50 mg	Protein	4.94 g	25.75%	Cals from Prot
Cholesterol	0 mg	Calcium	37 mg	Carbohydrates	16.19 g	84.33%	Cals from Carb
Sodium	109 mg	Vitamin A	15222 IU	Total Fat	0.67 g	7.87%	Cals from T Fat
Dietary Fiber	4.96 g	Vitamin A	1242 RE	Saturated Fat	0.12 g	1.44%	Cals from S Fat
		Vitamin C	13.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**001065 - VEGETABLE - PEAS - CAN**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: CUP

011309c PEAS,GRN,CND,DRND SOLIDS,HTD.... 1 CUP

Calories	117	Iron	1.62 mg	Protein	7.48 g	25.51%	Cals from Prot
Cholesterol	0 mg	Calcium	34 mg	Carbohydrates	21.42 g	73.04%	Cals from Carb
Sodium	372 mg	Vitamin A	1306 IU	Total Fat	0.68 g	5.22%	Cals from T Fat
Dietary Fiber	6.97 g	Vitamin A	261 RE	Saturated Fat	0.10 g	0.78%	Cals from S Fat
		Vitamin C	15.5 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000432 - VEGETABLES - MIXED CAN**

Source: CLA  
 Number of Portions: 1.0000  
 Size of Portion: CUP

011581 VEGETABLES,MXD,CND,DRND SOL.... 1 CUP

Calories	80	Iron	1.71 mg	Protein	4.22 g	21.14%	Cals from Prot
Cholesterol	0 mg	Calcium	44 mg	Carbohydrates	15.09 g	75.59%	Cals from Carb
Sodium	243 mg	Vitamin A	18991 IU	Total Fat	0.41 g	4.59%	Cals from T Fat
Dietary Fiber	4.89 g	Vitamin A	1899 RE	Saturated Fat	0.08 g	0.94%	Cals from S Fat
		Vitamin C	8.2 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000103 - WAFFLE - BLUEBERRY**

Source: CLA  
 Number of Portions: 2.2  
 Size of Portion: EACH

990126s WAFFLE - BLUEBERRY.... 2 1/4 EACH

Calories	232	Iron	0.18 mg	Protein	4.96 g	8.57%	Cals from Prot
Cholesterol	32 mg	Calcium	230 mg	Carbohydrates	33.99 g	58.70%	Cals from Carb
Sodium	228 mg	Vitamin A	32 IU	Total Fat	8.47 g	32.91%	Cals from T Fat
Dietary Fiber	1.22 g	Vitamin A	6 RE	Saturated Fat	2.79 g	10.84%	Cals from S Fat

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

**000102 - WAFFLE - CINNAMON**

Source: CLA  
 Number of Portions: 2.2  
 Size of Portion: EACH

990125s WAFFLE - CINNAMON.... 2 1/4 EACH

Calories	231	Iron	1.08 mg	Protein	5.35 g	9.27%	Cals from Prot
Cholesterol	40 mg	Calcium	270 mg	Carbohydrates	32.65 g	56.55%	Cals from Carb
Sodium	263 mg	Vitamin A	107 IU	Total Fat	8.85 g	34.49%	Cals from T Fat
Dietary Fiber	1.37 g	Vitamin A	21 RE	Saturated Fat	3.48 g	13.56%	Cals from S Fat
		Vitamin C	0.0* mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat
* - Denotes Missing Nutrient Values							

**000095 - WAFFLE - MAPLE**

Source: CLA  
 Number of Portions: 2.2  
 Size of Portion: EACH

990124s WAFFLE - MAPLE.... 2 1/4 EACH

Calories	231	Iron	0.18 mg	Protein	5.34 g	9.25%	Cals from Prot
Cholesterol	40 mg	Calcium	2510 mg	Carbohydrates	32.55 g	56.41%	Cals from Carb
Sodium	263 mg	Vitamin A	5350 IU	Total Fat	8.84 g	34.47%	Cals from T Fat
Dietary Fiber	1.26 g	Vitamin A	1070 RE	Saturated Fat	3.48 g	13.57%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.19 g	0.74%	Cals from Trans Fat

**000239 - Whole Grain Cookies**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: Each

Alternate Menu Name: Otis Spunkmeyer  
 Cookies

900265s Otis Spunkmeyer Whole Grain Cookies.... 1 Grams

Calories	170	Iron	1.08 mg	Protein	2.00 g	4.71%	Cals from Prot
Cholesterol	10 mg	Calcium	0 mg	Carbohydrates	28.00 g	65.88%	Cals from Carb
Sodium	100 mg	Vitamin A	0 IU	Total Fat	5.00 g	26.47%	Cals from T Fat
Dietary Fiber	2.00 g	Vitamin A	0 RE	Saturated Fat	1.50 g	7.94%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

**000174 - YOGURT - 8 OZ**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: EA

900018s YOGURT - 8 OZ. YOGURT.... 1 EACH

Calories	230	Iron	0.36 mg	Protein	9.00 g	15.65%	Cals from Prot
Cholesterol	10 mg	Calcium	300 mg	Carbohydrates	47.00 g	81.74%	Cals from Carb
Sodium	150 mg	Vitamin A	100 IU	Total Fat	2.00 g	7.83%	Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	20 RE	Saturated Fat	1.00 g	3.91%	Cals from S Fat
		Vitamin C	3.6 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat
* - Denotes Missing Nutrient Values							

**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.

# Claremont USD School Food Services

**000416 - YOGURT - DANIMALS**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: EACH

900183s YOGURT - DANIMAL.... 4 OZ

Calories	115	Iron	0.00 mg	Protein	5.00 g	17.39%	Cals from Prot
Cholesterol	5 mg	Calcium	150 mg	Carbohydrates	21.00 g	73.04%	Cals from Carb
Sodium	80 mg	Vitamin A	0 IU	Total Fat	1.50 g	11.74%	Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	0 RE	Saturated Fat	0.00* g	0.00%	Cals from S Fat
		Vitamin C	0.6 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**000466 - YOGURT- YAMI 4 OZ**

Source: CLA  
 Number of Portions: 1  
 Size of Portion: EACH

900212s YOGURT- YAMI 4 OZ.... 4 OZ

Calories	110	Iron	0.00 mg	Protein	4.00 g	14.54%	Cals from Prot
Cholesterol	5 mg	Calcium	100 mg	Carbohydrates	20.00 g	72.73%	Cals from Carb
Sodium	60 mg	Vitamin A	100 IU	Total Fat	1.50 g	12.27%	Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	20 RE	Saturated Fat	1.00 g	8.18%	Cals from S Fat
		Vitamin C	1.2 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values