



Hesperia Unified School District

(10014) 1% White Milk Pouch	Calories (kcal)		Total Fat (g)		Saturated Fat (g)		Trans Fat (g)		Cholesterol (mg)		Sodium (mg)		Total Carbohydrate (g)		Dietary Fiber (g)		Sugars (g)		Protein (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Milk, White, 1%, Pouch	120.0001	120.0001	2.4999	2.4999	1.5	1.5	0	0	14.9999	14.9999	149.9999	149.9999	16.0001	16.0001	0	0	14	14	11	11
	120.0001	120.0001	2.4999	2.4999	1.5	1.5	0	0	14.9999	14.9999	149.9999	149.9999	16.0001	16.0001	0	0	14	14	11	11

* Total includes one or more missing nutrient data.

(10002) Apple Juice Pouch	Calories (kcal)		Total Fat (g)		Saturated Fat (g)		Trans Fat (g)		Cholesterol (mg)		Sodium (mg)		Total Carbohydrate (g)		Dietary Fiber (g)		Sugars (g)		Protein (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Juice, Apple, Pouch	55	55	0	0	0	0	0	0	0	0	15	15	15	15	0	0	15	15	0	0
	55	55	0	0	0	0	0	0	0	0	15	15	15	15	0	0	15	15	0	0

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(80066) Apple Slices IW (100ct) CMDY	Calories (kcal)		Total Fat (g)		Saturated Fat (g)		Trans Fat (g)		Cholesterol (mg)		Sodium (mg)		Total Carbohydrate (g)		Dietary Fiber (g)		Sugars (g)		Protein (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Apples, Sliced, Red IW 100ct CMDY	34	34	0	0	0	0	0	0	0	0	0	0	8	8	2	2	6	6	0	0
	34	34	0	0	0	0	0	0	0	0	0	0	8	8	2	2	6	6	0	0

* Total includes one or more missing nutrient data.

(80011) Baby Carrots IW (3oz)	Calories (kcal)		Total Fat (g)		Saturated Fat (g)		Trans Fat (g)		Cholesterol (mg)		Sodium (mg)		Total Carbohydrate (g)		Dietary Fiber (g)		Sugars (g)		Protein (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Carrots, Baby, IW 3oz	35.02	35.02	0	0	0	0	0	0	0	0	65.0371	65.0371	8.0046	8.0046	2.0011	2.0011	5.0029	5.0029	1.0006	1.0006
	35.02	35.02	0	0	0	0	0	0	0	0	65.0371	65.0371	8.0046	8.0046	2.0011	2.0011	5.0029	5.0029	1.0006	1.0006

* Total includes one or more missing nutrient data.



(20020) BBQ Sauce (Dispenser)	Calories (kcal)		Total Fat (g)		Saturated Fat (g)		Trans Fat (g)		Cholesterol (mg)		Sodium (mg)		Total Carbohydrate (g)		Dietary Fiber (g)		Sugars (g)		Protein (g)	
	Recipe	2 Tbsp	Recipe	2 Tbsp	Recipe	2 Tbsp	Recipe	2 Tbsp	Recipe	2 Tbsp	Recipe	2 Tbsp	Recipe	2 Tbsp	Recipe	2 Tbsp	Recipe	2 Tbsp	Recipe	2 Tbsp
Condiment, BBQ Sauce, Dispenser	40	40	0	0	0	0	0	0	0	0	390	390	9	9	0	0	1	1	0	0
	40	40	0	0	0	0	0	0	0	0	390	390	9	9	0	0	1	1	0	0

* Total includes one or more missing nutrient data.

(20019) BBQ Sauce Packets	Calories (kcal)		Total Fat (g)		Saturated Fat (g)		Trans Fat (g)		Cholesterol (mg)		Sodium (mg)		Total Carbohydrate (g)		Dietary Fiber (g)		Sugars (g)		Protein (g)	
	Recipe	Packet	Recipe	Packet	Recipe	Packet	Recipe	Packet	Recipe	Packet	Recipe	Packet	Recipe	Packet	Recipe	Packet	Recipe	Packet	Recipe	Packet
Condiment, BBQ Sauce IW	16.44	16.44	0.0024	0.0024	0	0	0	0	0	0	87.36	87.36	3.9888	3.9888	0.2556	0.2556	3.3564	3.3564	0.0756	0.0756
	16.44	16.44	0.0024	0.0024	0	0	0	0	0	0	87.36	87.36	3.9888	3.9888	0.2556	0.2556	3.3564	3.3564	0.0756	0.0756

* Total includes one or more missing nutrient data.

(80015) Celery Sticks (Bulk)	Calories (kcal)		Total Fat (g)		Saturated Fat (g)		Trans Fat (g)		Cholesterol (mg)		Sodium (mg)		Total Carbohydrate (g)		Dietary Fiber (g)		Sugars (g)		Protein (g)	
	Recipe	Serving (0.5 cup)	Recipe	Serving (0.5 cup)	Recipe	Serving (0.5 cup)	Recipe	Serving (0.5 cup)	Recipe	Serving (0.5 cup)	Recipe	Serving (0.5 cup)	Recipe	Serving (0.5 cup)	Recipe	Serving (0.5 cup)	Recipe	Serving (0.5 cup)	Recipe	Serving (0.5 cup)
Celery, Sticks, Bulk, Case	9.1	9.1	0.1105	0.1105	0.0273	0.0273	0	0	0	0	52	52	1.9305	1.9305	1.04	1.04	0.871	0.871	0.4485	0.4485
	9.1	9.1	0.1105	0.1105	0.0273	0.0273	0	0	0	0	52	52	1.9305	1.9305	1.04	1.04	0.871	0.871	0.4485	0.4485

* Total includes one or more missing nutrient data.



(40015) Cheeseburger Twins	Calories (kcal)		Total Fat (g)		Saturated Fat (g)		Trans Fat (g)		Cholesterol (mg)		Sodium (mg)		Total Carbohydrate (g)		Dietary Fiber (g)		Sugars (g)		Protein (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Beef, Cheeseburger Twins IW	272	272	70.2	70.2	2.9	2.9	7.8	7.8	45	45	355	355	31.3	31.3	2.6	2.6	3.5	3.5	19.7	19.7
	272	272	70.2	70.2	2.9	2.9	7.8	7.8	45	45	355	355	31.3	31.3	2.6	2.6	3.5	3.5	19.7	19.7

* Total includes one or more missing nutrient data.

(40136) Cheesy Pull Aparts	Calories (kcal)		Total Fat (g)		Saturated Fat (g)		Trans Fat (g)		Cholesterol (mg)		Sodium (mg)		Total Carbohydrate (g)		Dietary Fiber (g)		Sugars (g)		Protein (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Pull Aparts, Cheese	289.7332	289.7332	13.9871	13.9871	4.9953	4.9953	0	0	29.9724	29.9724	629.4203	629.4203	28.9733	28.9733	0	0	0.9891	0.9891	14.9861	14.9861
	289.7332	289.7332	13.9871	13.9871	4.9953	4.9953	0	0	29.9724	29.9724	629.4203	629.4203	28.9733	28.9733	0	0	0.9891	0.9891	14.9861	14.9861

* Total includes one or more missing nutrient data.

(40034) Chicken Nuggets	Calories (kcal)		Total Fat (g)		Saturated Fat (g)		Trans Fat (g)		Cholesterol (mg)		Sodium (mg)		Total Carbohydrate (g)		Dietary Fiber (g)		Sugars (g)		Protein (g)	
	Recipe	Serving (5 Nuggets)	Recipe	Serving (5 Nuggets)	Recipe	Serving (5 Nuggets)	Recipe	Serving (5 Nuggets)	Recipe	Serving (5 Nuggets)	Recipe	Serving (5 Nuggets)	Recipe	Serving (5 Nuggets)	Recipe	Serving (5 Nuggets)	Recipe	Serving (5 Nuggets)	Recipe	Serving (5 Nuggets)
Chicken, Nuggets, Rich Chicks	180	180	9	9	2	2	0	0	20	20	420	420	12	12	3	3	0	0	12	12
	180	180	9	9	2	2	0	0	20	20	420	420	12	12	3	3	0	0	12	12

* Total includes one or more missing nutrient data.

(50021) Craisins IW (USDA)	Calories (kcal)		Total Fat (g)		Saturated Fat (g)		Trans Fat (g)		Cholesterol (mg)		Sodium (mg)		Total Carbohydrate (g)		Dietary Fiber (g)		Sugars (g)		Protein (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Cranberries, Dried, Craisins IW USDA	109.9999	109.9999	0	0	0	0	0	0	0	0	0	0	28	28	3	3	24	24	0	0
	109.9999	109.9999	0	0	0	0	0	0	0	0	0	0	28	28	3	3	24	24	0	0

* Total includes one or more missing nutrient data.



(\$55) Crispy Chicken Sandwich	Calories (kcal)		Total Fat (g)		Saturated Fat (g)		Trans Fat (g)		Cholesterol (mg)		Sodium (mg)		Total Carbohydrate (g)		Dietary Fiber (g)		Sugars (g)		Protein (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Chicken, Patty, Crispy, Rich Chicks	177	177	9	9	2	2	0	0	28	28	470	470	11	11	3	3	1	1	13	13
Bread, Fresh, Hamburger Bun, 4" Galasso's	150	150	1.5	1.5	0	0	0	0	0	0	280	280	29	29	3	3	3	3	5	5
	327	327	10.5	10.5	2	2	0	0	28	28	750	750	40	40	6	6	4	4	18	18

* Total includes one or more missing nutrient data.

(80018) Cucumber Coins	Calories (kcal)		Total Fat (g)		Saturated Fat (g)		Trans Fat (g)		Cholesterol (mg)		Sodium (mg)		Total Carbohydrate (g)		Dietary Fiber (g)		Sugars (g)		Protein (g)	
	Recipe	Serving (0.5 cup)	Recipe	Serving (0.5 cup)	Recipe	Serving (0.5 cup)	Recipe	Serving (0.5 cup)	Recipe	Serving (0.5 cup)	Recipe	Serving (0.5 cup)	Recipe	Serving (0.5 cup)	Recipe	Serving (0.5 cup)	Recipe	Serving (0.5 cup)	Recipe	Serving (0.5 cup)
Cucumber Coins, Bulk	7.8	7.8	0.0572	0.0572	0.0192	0.0192	0	0	0	0	1.04	1.04	1.8876	1.8876	0.26	0.26	0.8684	0.8684	0.338	0.338
	7.8	7.8	0.0572	0.0572	0.0192	0.0192	0	0	0	0	1.04	1.04	1.8876	1.8876	0.26	0.26	0.8684	0.8684	0.338	0.338

* Total includes one or more missing nutrient data.

(sys-408) Dannon Strawberry Yogurt & Peanut Butter	Calories (kcal)		Total Fat (g)		Saturated Fat (g)		Trans Fat (g)		Cholesterol (mg)		Sodium (mg)		Total Carbohydrate (g)		Dietary Fiber (g)		Sugars (g)		Protein (g)	
	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving
Yogurt, Strawberry, 4oz Dannon	70	70	0	0	0	0	0	0	5	5	59.9999	59.9999	14	14	0	0	10	10	4	4
Peanut Butter IW, USDA	199.9998	199.9998	17	17	4	4	0	0	0	0	149.9999	149.9999	9	9	2	2	5	5	6	6
	269.9998	269.9998	17	17	4	4	0	0	5	5	209.9998	209.9998	23	23	2	2	15	15	10	10

* Total includes one or more missing nutrient data.



(40139.1) Habanero Taco Nada	Calories (kcal)		Total Fat (g)		Saturated Fat (g)		Trans Fat (g)		Cholesterol (mg)		Sodium (mg)		Total Carbohydrate (g)		Dietary Fiber (g)		Sugars (g)		Protein (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Taco Nada, Habanero	309.9998	309.9998	10	10	2.5	2.5	0	0	30	30	409.9997	409.9997	40	40	5	5	1	1	17.9999	17.9999
	309.9998	309.9998	10	10	2.5	2.5	0	0	30	30	409.9997	409.9997	40	40	5	5	1	1	17.9999	17.9999

* Total includes one or more missing nutrient data.

(20021) Hot Sauce (Dispenser)	Calories (kcal)		Total Fat (g)		Saturated Fat (g)		Trans Fat (g)		Cholesterol (mg)		Sodium (mg)		Total Carbohydrate (g)		Dietary Fiber (g)		Sugars (g)		Protein (g)	
	Recipe	1 tsp	Recipe	1 tsp	Recipe	1 tsp	Recipe	1 tsp	Recipe	1 tsp	Recipe	1 tsp	Recipe	1 tsp	Recipe	1 tsp	Recipe	1 tsp	Recipe	1 tsp
Condiment, Hot Sauce, Dispenser	0	0	0	0	0	0	0	0	0	0	85	85	3	3	0	0	0	0	0	0
	0	0	0	0	0	0	0	0	0	0	85	85	3	3	0	0	0	0	0	0

* Total includes one or more missing nutrient data.

(20023) Ketchup (Dispenser)	Calories (kcal)		Total Fat (g)		Saturated Fat (g)		Trans Fat (g)		Cholesterol (mg)		Sodium (mg)		Total Carbohydrate (g)		Dietary Fiber (g)		Sugars (g)		Protein (g)	
	Recipe	1 Tbsp	Recipe	1 Tbsp	Recipe	1 Tbsp	Recipe	1 Tbsp	Recipe	1 Tbsp	Recipe	1 Tbsp	Recipe	1 Tbsp	Recipe	1 Tbsp	Recipe	1 Tbsp	Recipe	1 Tbsp
Condiment, Ketchup, Dispenser	20	20	0	0	0	0	0	0	0	0	160	160	5	5	0	0	4	4	0	0
	20	20	0	0	0	0	0	0	0	0	160	160	5	5	0	0	4	4	0	0

* Total includes one or more missing nutrient data.

(20022) Ketchup Packets	Calories (kcal)		Total Fat (g)		Saturated Fat (g)		Trans Fat (g)		Cholesterol (mg)		Sodium (mg)		Total Carbohydrate (g)		Dietary Fiber (g)		Sugars (g)		Protein (g)	
	Recipe	Packet	Recipe	Packet	Recipe	Packet	Recipe	Packet	Recipe	Packet	Recipe	Packet	Recipe	Packet	Recipe	Packet	Recipe	Packet	Recipe	Packet
Condiment, Ketchup IW	10	10	0	0	0	0	0	0	0	0	85	85	3	3	0	0	2	2	0	0
	10	10	0	0	0	0	0	0	0	0	85	85	3	3	0	0	2	2	0	0

* Total includes one or more missing nutrient data.



(10010) Lactaid Milk	Calories (kcal)		Total Fat (g)		Saturated Fat (g)		Trans Fat (g)		Cholesterol (mg)		Sodium (mg)		Total Carbohydrate (g)		Dietary Fiber (g)		Sugars (g)		Protein (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Milk, Lactaid	79.9999	79.9999	0	0	0	0	0	0	4.9999	4.9999	124.9999	124.9999	13.0001	13.0001	0	0	12	12	7.9999	7.9999
	79.9999	79.9999	0	0	0	0	0	0	4.9999	4.9999	124.9999	124.9999	13.0001	13.0001	0	0	12	12	7.9999	7.9999

* Total includes one or more missing nutrient data.

(20047) Light Ranch Dressing (Dispenser)	Calories (kcal)		Total Fat (g)		Saturated Fat (g)		Trans Fat (g)		Cholesterol (mg)		Sodium (mg)		Total Carbohydrate (g)		Dietary Fiber (g)		Sugars (g)		Protein (g)	
	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving
Dressing, Ranch, Light, Dispenser	45	45	2	2	0	0	0	0	0	0	270	270	7	7	1	1	5	5	0	0
	45	45	2	2	0	0	0	0	0	0	270	270	7	7	1	1	5	5	0	0

* Total includes one or more missing nutrient data.

(10008) Non-fat Chocolate Milk Pouch	Calories (kcal)		Total Fat (g)		Saturated Fat (g)		Trans Fat (g)		Cholesterol (mg)		Sodium (mg)		Total Carbohydrate (g)		Dietary Fiber (g)		Sugars (g)		Protein (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Milk, Chocolate, NF, Pouch	110.0001	110.0001	0	0	0	0	0	0	4.9999	4.9999	135	135	20.0001	20.0001	0	0	18	18	7.9999	7.9999
	110.0001	110.0001	0	0	0	0	0	0	4.9999	4.9999	135	135	20.0001	20.0001	0	0	18	18	7.9999	7.9999

* Total includes one or more missing nutrient data.

(10004) Orange Juice Pouch	Calories (kcal)		Total Fat (g)		Saturated Fat (g)		Trans Fat (g)		Cholesterol (mg)		Sodium (mg)		Total Carbohydrate (g)		Dietary Fiber (g)		Sugars (g)		Protein (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Juice, Orange, Pouch	55	55	0	0	0	0	0	0	0	0	14	14	14	14	0	0	14	14	1	1
	55	55	0	0	0	0	0	0	0	0	14	14	14	14	0	0	14	14	1	1

* Total includes one or more missing nutrient data.



(sys-315) PBJ Grape 2.6oz with String Cheese	Calories (kcal)		Total Fat (g)		Saturated Fat (g)		Trans Fat (g)		Cholesterol (mg)		Sodium (mg)		Total Carbohydrate (g)		Dietary Fiber (g)		Sugars (g)		Protein (g)	
	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving
Sandwich, PBJ Peanut Butter, Grape, Uncrustable 2.6oz	300	300	17	17	3	3	0	0	0	0	280	280	32	32	4	4	14	14	9	9
Cheese, String, Lite Mozzarella LOL	60	60	3	3	2	2	0	0	10	10	200	200	1	1	0	0	1	1	7	7
Total	360	360	20	20	5	5	0	0	10	10	480	480	33	33	4	4	15	15	16	16

* Total includes one or more missing nutrient data.

(10026) Pearl Soy Milk	Calories (kcal)		Total Fat (g)		Saturated Fat (g)		Trans Fat (g)		Cholesterol (mg)		Sodium (mg)		Total Carbohydrate (g)		Dietary Fiber (g)		Sugars (g)		Protein (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Milk, Soy, Pearl (Clearbrook)	247.1797	247.1797	5.6	5.6	0.88	0.88	0	0	0	0	335.3998	335.3998	30.4	30.4	1.06	1.06	21.6001	21.6001	17.8799	17.8799
Total	247.1797	247.1797	5.6	5.6	0.88	0.88	0	0	0	0	335.3998	335.3998	30.4	30.4	1.06	1.06	21.6001	21.6001	17.8799	17.8799

* Total includes one or more missing nutrient data.

(40164) Pepperoni Calzone	Calories (kcal)		Total Fat (g)		Saturated Fat (g)		Trans Fat (g)		Cholesterol (mg)		Sodium (mg)		Total Carbohydrate (g)		Dietary Fiber (g)		Sugars (g)		Protein (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Pizza, Pepperoni Calzone	339.9997	339.9997	17.9999	17.9999	7.0001	7.0001	0.4999	0.4999	40	40	689.9995	689.9995	29	29	2.9999	2.9999	2.9999	2.9999	16.9999	16.9999
Total	339.9997	339.9997	17.9999	17.9999	7.0001	7.0001	0.4999	0.4999	40	40	689.9995	689.9995	29	29	2.9999	2.9999	2.9999	2.9999	16.9999	16.9999

* Total includes one or more missing nutrient data.

(\$110) Pepperoni Pizza Stick and String Cheese	Calories (kcal)		Total Fat (g)		Saturated Fat (g)		Trans Fat (g)		Cholesterol (mg)		Sodium (mg)		Total Carbohydrate (g)		Dietary Fiber (g)		Sugars (g)		Protein (g)	
	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving
Cheese, String, Lite Mozzarella LOL	60	60	3	3	2	2	0	0	10	10	200	200	1	1	0	0	1	1	7	7

* Total includes one or more missing nutrient data.



(\$110) Pepperoni Pizza Stick and String Cheese	Calories (kcal)		Total Fat (g)		Saturated Fat (g)		Trans Fat (g)		Cholesterol (mg)		Sodium (mg)		Total Carbohydrate (g)		Dietary Fiber (g)		Sugars (g)		Protein (g)	
	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving
Pizza, Stick, Pepperoni, Bosco's	240	240	9	9	4.5	4.5	0	0	25	25	500	500	29	29	3	3	3	3	11	11
	300	300	12	12	6.5	6.5	0	0	35	35	700	700	29.9999	29.9999	3	3	3.9999	3.9999	18	18

* Total includes one or more missing nutrient data.

(30008) Ranch Cup 1oz	Calories (kcal)		Total Fat (g)		Saturated Fat (g)		Trans Fat (g)		Cholesterol (mg)		Sodium (mg)		Total Carbohydrate (g)		Dietary Fiber (g)		Sugars (g)		Protein (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Dressing, Ranch Cup, Lite 1oz	70	70	7	7	1	1	0	0	5	5	250	250	2	2	0	0	1	1	1	1
	70	70	7	7	1	1	0	0	5	5	250	250	2	2	0	0	1	1	1	1

* Total includes one or more missing nutrient data.

(20034) Scooby Doo Grahams	Calories (kcal)		Total Fat (g)		Saturated Fat (g)		Trans Fat (g)		Cholesterol (mg)		Sodium (mg)		Total Carbohydrate (g)		Dietary Fiber (g)		Sugars (g)		Protein (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Cookie, Scooby Doo Grahams IW	120	120	3.5	3.5	1	1	0	0	0	0	115	115	21	21	1	1	8	8	2	2
	120	120	3.5	3.5	1	1	0	0	0	0	115	115	21	21	1	1	8	8	2	2

* Total includes one or more missing nutrient data.

(10011) Silk Soy Milk	Calories (kcal)		Total Fat (g)		Saturated Fat (g)		Trans Fat (g)		Cholesterol (mg)		Sodium (mg)		Total Carbohydrate (g)		Dietary Fiber (g)		Sugars (g)		Protein (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Milk, Soy, Silk, Driftwood	152.5423	152.5423	4.5763	4.5763	0.5086	0.5086	0	0	0	0	81.3559	81.3559	18.305	18.305	2.034	2.034	15.2542	15.2542	8.1355	8.1355
	152.5423	152.5423	4.5763	4.5763	0.5086	0.5086	0	0	0	0	81.3559	81.3559	18.305	18.305	2.034	2.034	15.2542	15.2542	8.1355	8.1355



* Total includes one or more missing nutrient data.

(\$23) Spicy Chicken Sandwich	Calories (kcal)		Total Fat (g)		Saturated Fat (g)		Trans Fat (g)		Cholesterol (mg)		Sodium (mg)		Total Carbohydrate (g)		Dietary Fiber (g)		Sugars (g)		Protein (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Chicken, Patty, Spicy, Rich Chicks	179.8972	179.8972	8.9949	8.9949	1.9989	1.9989	0	0	29.9829	29.9829	469.7316	469.7316	10.9937	10.9937	2.9983	2.9983	0	0	11.9932	11.9932
Bread, Fresh, Hamburger Bun, 4" Galasso's	150	150	1.5	1.5	0	0	0	0	0	0	280	280	29	29	3	3	3	3	5	5
	329.8972	329.8972	10.4949	10.4949	1.9989	1.9989	0	0	29.9829	29.9829	749.7316	749.7316	39.9937	39.9937	5.9983	5.9983	3	3	16.9932	16.9932

* Total includes one or more missing nutrient data.

(50019) Sweet Yellow Corn (USDA)	Calories (kcal)		Total Fat (g)		Saturated Fat (g)		Trans Fat (g)		Cholesterol (mg)		Sodium (mg)		Total Carbohydrate (g)		Dietary Fiber (g)		Sugars (g)		Protein (g)	
	Recipe	Serving (0.5 cup)	Recipe	Serving (0.5 cup)	Recipe	Serving (0.5 cup)	Recipe	Serving (0.5 cup)	Recipe	Serving (0.5 cup)	Recipe	Serving (0.5 cup)	Recipe	Serving (0.5 cup)	Recipe	Serving (0.5 cup)	Recipe	Serving (0.5 cup)	Recipe	Serving (0.5 cup)
Corn, Canned, USDA	80	80	2	2	0	0	0	0	0	0	15	15	15	15	2	2	7	7	2	2
	80	80	2	2	0	0	0	0	0	0	15	15	15	15	2	2	7	7	2	2

* Total includes one or more missing nutrient data.

(40138) Taco Nada	Calories (kcal)		Total Fat (g)		Saturated Fat (g)		Trans Fat (g)		Cholesterol (mg)		Sodium (mg)		Total Carbohydrate (g)		Dietary Fiber (g)		Sugars (g)		Protein (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Taco Nada	309.9998	309.9998	10	10	2.5	2.5	0	0	30	30	409.9997	409.9997	40	40	5	5	1	1	17.9999	17.9999
	309.9998	309.9998	10	10	2.5	2.5	0	0	30	30	409.9997	409.9997	40	40	5	5	1	1	17.9999	17.9999

* Total includes one or more missing nutrient data.



(10006) Wildberry Juice Pouch	Calories (kcal)		Total Fat (g)		Saturated Fat (g)		Trans Fat (g)		Cholesterol (mg)		Sodium (mg)		Total Carbohydrate (g)		Dietary Fiber (g)		Sugars (g)		Protein (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Juice, Wildberry, Pouch	60	60	0	0	0	0	0	0	0	0	15	15	15	15	0	0	15	15	0	0
	60	60	0	0	0	0	0	0	0	0	15	15	15	15	0	0	15	15	0	0

* Total includes one or more missing nutrient data.

FILTERS

Name(s)	Value(s)
Date Range	(Start = 9/1/2021, End = 9/30/2021)
Menu Plans	(CACFP Super Snack 21/22)
Nutrients	(Calories, Total Carbohydrate, Cholesterol, Total Fat, Protein, Sugars, Sodium, Trans Fat, Saturated Fat, Dietary Fiber)