



Hesperia Unified School District

(10015) 1% White Milk (UHT)	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%, Shelf Stable UHT	100	100	2.4999	2.4999	2.4999	2.4999	0	0	14.9999	14.9999	120.0001	120.0001	11.9999	11.9999	0.9999	0.9999	11.9999	11.9999	7.9999	7.9999
	100	100	2.4999	2.4999	2.4999	2.4999	0	0	14.9999	14.9999	120.0001	120.0001	11.9999	11.9999	0.9999	0.9999	11.9999	11.9999	7.9999	7.9999

* Total includes one or more missing nutrient data.

(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

* Total includes one or more missing nutrient data.

(80001) Apple Variety	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, Red, Variety	32	32	0	0	0	0	0	0	0	0	1	1	8	8	1	1	6	6	0	0
	32	32	0	0	0	0	0	0	0	0	1	1	8	8	1	1	6	6	0	0

* Total includes one or more missing nutrient data.

(80004) Bananas	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	Medium (7" to 7-7/8" long)	Recipe	Each	Medium (7" to 7-7/8" long)	Recipe	Each	Medium (7" to 7-7/8" long)	Recipe	Each	Medium (7" to 7-7/8" long)	Recipe	Each	Medium (7" to 7-7/8" long)	Recipe	Each	Medium (7" to 7-7/8" long)	Recipe	Each	Medium (7" to 7-7/8" long)	Recipe	Each	Medium (7" to 7-7/8" long)	Recipe	Each	Medium (7" to 7-7/8" long)			
Bananas, Petite, Green Tip	105.02	105.02	105.02	0.3894	0.3894	0.3894	0.1322	0.1322	0.1322	0	0	0	0	0	0	1.18	1.18	1.18	26.9512	26.9512	26.9512	3.068	3.068	3.068	14.4314	14.4314	14.4314	1.2862	1.2862	1.2862
	105.02	105.02	105.02	0.3894	0.3894	0.3894	0.1322	0.1322	0.1322	0	0	0	0	0	0	1.18	1.18	1.18	26.9512	26.9512	26.9512	3.068	3.068	3.068	14.4314	14.4314	14.4314	1.2862	1.2862	1.2862

* Total includes one or more missing nutrient data.



(40004) Benefit Bar (Banana Chocolate)	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
Bar, Benefit, Banana Chocolate IW	280	280	8	8	3	3	0	0	15	15	220	220	48	48	3	3	23	23	5	5
	280	280	8	8	3	3	0	0	15	15	220	220	48	48	3	3	23	23	5	5

* Total includes one or more missing nutrient data.

(\$73) Breakfast Bowl (with Flatbread Triangles)	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
Eggstravaganza, Bacon, Cheese	119.9999	119.9999	0	0	3	3	0	0	169.9999	169.9999	279.9998	279.9998	1	1	0	0	1	1	8	8
Bread, Flatbread, Square 6x6	85	85	2.5	2.5	0.5	0.5	0	0	0	0	145	145	13	13	1.265	1.265	1	1	2.5	2.5
Potato, Tater Tots	65.0366	65.0366	3.0017	3.0017	0.5003	0.5003	0	0	0	0	155.0873	155.0873	8.0045	8.0045	1.0006	1.0006	0	0	1.0006	1.0006
	270.0365	270.0365	5.5017	5.5017	4.0003	4.0003	0	0	169.9999	169.9999	580.0871	580.0871	22.0045	22.0045	2.2656	2.2656	2	2	11.5006	11.5006

* Total includes one or more missing nutrient data.

(\$65) Breakfast Burrito (Prep)	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
Tortilla, 8" Gold Star	116	116	3	3	1	1	0	0	0	0	108	108	20	20	2	2	0	0	3	3
Eggstravaganza, Bacon, Cheese	119.9999	119.9999	0	0	3	3	0	0	169.9999	169.9999	279.9998	279.9998	1	1	0	0	1	1	8	8
Potato, Tater Tots	65.0366	65.0366	3.0017	3.0017	0.5003	0.5003	0	0	0	0	155.0873	155.0873	8.0045	8.0045	1.0006	1.0006	0	0	1.0006	1.0006
	301.0365	301.0365	6.0017	6.0017	4.5003	4.5003	0	0	169.9999	169.9999	543.0871	543.0871	29.0045	29.0045	3.0006	3.0006	1	1	12.0005	12.0005

* Total includes one or more missing nutrient data.

(40087) Breakfast Pizza (Sec)	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, Breakfast, Turkey Sausage, Bulk, Sec, Tony's	210	210	70	70	2	2	0	0	15	15	470	470	26	26	2	2	6	6	10	10
	210	210	70	70	2	2	0	0	15	15	470	470	26	26	2	2	6	6	10	10

* Total includes one or more missing nutrient data.

(\$68) Chicken & Biscuit 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
Bread, Biscuit Dough	210	210	8	8	5	5	0	0	5	5	490	490	29	29	3.41	3.41	2	2	5	5

* Total includes one or more missing nutrient data.



(\$68) Chicken & Biscuit 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, Breakfast, Rich Chicks	90	90	4.5	4.5	1	1	0	0	10	10	210	210	6	6	2	2	0	0	6	6
	300	300	12.5	12.5	6	6	0	0	15	15	700	700	35	35	5.41	5.41	2	2	11	11

* 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.

(40077) Double Chocolate Chip Muffin	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
Muffin, Double Chocolate Chip, IW 2G	229	229	6	6	0.9	0.9	0	0	30	30	125	125	40	40	3.1	3.1	18.5	18.5	3.8	3.8
	229	229	6	6	0.9	0.9	0	0	30	30	125	125	40	40	3.1	3.1	18.5	18.5	3.8	3.8

* Total includes one or more missing nutrient data.

(\$67) Fresh Cinnamon Rolls (Sec)	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	
Buttermist Spray	2.6538	0.0663	0.294	0.0074	0.0212	0.0005	0.0003	0	0.0034	0.0001	2.3367 *	0.0584 *	0.0017	0	0	0	0	0	0	0.0001	0
Cinnamon Roll, Dough, Sec	8399.9986	210	200.0013	5	40.0014	1	0	0	0	0	10000.0007 *	250 *	1400.0007	35	159.9999	4	319.9998	8	239.9999	6	
Icing, Vanilla	159.9998	4	15.9999	0.4	10.6665	0.2667	0	0	0	0	0 *	0 *	298.6667	7.4667	0	0	288.0002	7.2	0	0	
	8562.6523	214.0663	216.2953	5.4074	50.6891	1.2672	0.0003	0	0.0034	0.0001	10002.3374 *	250.0584 *	1698.669	42.4667	159.9999	4	608	15.2	240	6	

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(80061) Fresh Peach Variety	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
Peach, Fresh, Variety, Sunrise	58.5	58.5	0.375	0.375	0.0285	0.0285	0	0	0	0	0	0	14.31	14.31	2.25	2.25	12.585	12.585	1.365	1.365
	58.5	58.5	0.375	0.375	0.0285	0.0285	0	0	0	0	0	0	14.31	14.31	2.25	2.25	12.585	12.585	1.365	1.365

* 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.

(80021) Lunch Bunch Grapes	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	Bunch	Recipe	Bunch	Recipe	Bunch	Recipe	Bunch	Recipe	Bunch	Recipe	Bunch	Recipe	Bunch	Recipe	Bunch	Recipe	Bunch	Recipe	Bunch
Grapes, Lunch Bunch, 100 ct	40	40	0	0	0	0	0	0	0	0	6	6	10	10	1	1	9	9	0	0
	40	40	0	0	0	0	0	0	0	0	6	6	10	10	1	1	9	9	0	0

* Total includes one or more missing nutrient data.

(20010) Marshmallow Matey's Cereal	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
Cereal Bowl, Marshmallow Matey's 2G	210	210	2	2	0	0	0	0	0	0	380	380	47	47	3	3	23	23	4	4
	210	210	2	2	0	0	0	0	0	0	380	380	47	47	3	3	23	23	4	4

* Total includes one or more missing nutrient data.

(sys-310) Nani's Salsa	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 (2 fl oz)	x FL OZ x	Recipe	Serving (2 fl oz)	x FL OZ x	Recipe	Serving (2 fl oz)	x FL OZ x	Recipe	Serving (2 fl oz)	x FL OZ x	Recipe	Serving (2 fl oz)	x FL OZ x	Recipe	Serving (2 fl oz)	x FL OZ x	Recipe	Serving (2 fl oz)	x FL OZ x	Recipe	Serving (2 fl oz)	x FL OZ x	Recipe	Serving (2 fl oz)	x FL OZ x			
Tomato, Diced, Canned, USDA	573.9759	9.4094	4.7047	0	0	0	0	0	0	0	0	0	0	0	0	459.1795	7.5275	3.7638	114.7964	1.8819	0.941	22.9581	0.3764	0.1882	68.8772	1.1291	0.5646	22.9581	0.3764	0.1882
Spice, Garlic Powder	0.3942	0.0065	0.0032	0.0438	0.0007	0.0004	0	0	0	0	0	0	0	0	0	3.6	0.059	0.0295	4.3638	0.0715	0.0358	0.54	0.0089	0.0044	0	0	0	0.993	0.0163	0.0081
Salt, Kosher	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	2340	38.3607	19.1803	0	0	0	0	0	0	0	0	0	0	0	0
Cilantro, Bunch	54.7712	0.8979	0.4489	1.2383	0.0203	0.0102	0.0333	0.0005	0.0003	0	0	0	0	0	0	109.5425	1.7958	0.8979	8.7396	0.1433	0.0716	6.6678	0.1093	0.0547	2.0718	0.034	0.017	5.0723	0.0832	0.0416
Onions, Green, Bunches	38.4	0.6295	0.3148	0.228	0.0037	0.0019	0.0384	0.0006	0.0003	0	0	0	0	0	0	19.2	0.3148	0.1574	8.808	0.1444	0.0722	3.12	0.0511	0.0256	2.796	0.0458	0.0229	2.196	0.036	0.018
Onions, Yellow, Diced	128	2.0984	1.0492	0.32	0.0052	0.0026	0.1344	0.0022	0.0011	0	0	0	0	0	0	12.8	0.2098	0.1049	29.888	0.49	0.245	5.44	0.0892	0.0446	13.568	0.2224	0.1112	3.52	0.0577	0.0289

* Total includes one or more missing nutrient data.



(sys-310) Nani's Salsa	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 (2 fl oz)	x FL OZ x	Recipe	Serving (2 fl oz)	x FL OZ x	Recipe	Serving (2 fl oz)	x FL OZ x	Recipe	Serving (2 fl oz)	x FL OZ x	Recipe	Serving (2 fl oz)	x FL OZ x	Recipe	Serving (2 fl oz)	x FL OZ x	Recipe	Serving (2 fl oz)	x FL OZ x	Recipe	Serving (2 fl oz)	x FL OZ x	Recipe	Serving (2 fl oz)	x FL OZ x	Recipe	Serving (2 fl oz)	x FL OZ x
Pepper, Jalapeno Chile	26.1	0.4279	0.2139	0.333	0.0055	0.0027	0.0828	0.0014	0.0007	0	0	0	0	0	0	2.7	0.0443	0.0221	5.85	0.0959	0.048	2.52	0.0413	0.0207	3.708	0.0608	0.0304	0.819	0.0134	0.0067
	821.6414	13.4695	6.7348	2.1631	0.0355	0.0177	0.2889	0.0047	0.0024	0	0	0	0	0	0	2947.022	48.3118	24.1559	172.4458	2.827	1.4135	41.2459	0.6762	0.3381	91.021	1.4921	0.7461	35.5584	0.5829	0.2915

* Total includes one or more missing nutrient data.

(10009) Non-fat Chocolate Milk (UHT)	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, Shelf Stable UHT	139.9999	139.9999	0	0	0	0	0	0	4.9999	4.9999	260	260	27.0001	27.0001	0	0	25	25	7.9999	7.9999
	139.9999	139.9999	0	0	0	0	0	0	4.9999	4.9999	260	260	27.0001	27.0001	0	0	25	25	7.9999	7.9999

* 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.

(40051) Pan Dulce Variety	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
Concha, Pan Dulce, Variety IW	200	200	6	6	1.5	1.5	0	0	5	5	90	90	34	34	2	2	8	8	5	5
	200	200	6	6	1.5	1.5	0	0	5	5	90	90	34	34	2	2	8	8	5	5

* Total includes one or more missing nutrient data.

* Total includes one or more missing nutrient data.



(80033) Pear Variety (135ct)	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
(80033) Pear Variety (135ct)	100	100	0	0	0	0	0	0	0	0	0	0	27.9999	27.9999	6	6	17.0001	17.0001	1	1
Pears, Variety, 135ct	100	100	0	0	0	0	0	0	0	0	0	0	27.9999	27.9999	6	6	17.0001	17.0001	1	1

* Total includes one or more missing nutrient data.

(80051) Plum (FTS)	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
Plum, FTS	30.36	30.36	0.1848	0.1848	0.0112	0.0112	0	0	0	0	0	0	7.5372	7.5372	0.924	0.924	6.5472	6.5472	0.462	0.462
	30.36	30.36	0.1848	0.1848	0.0112	0.0112	0	0	0	0	0	0	7.5372	7.5372	0.924	0.924	6.5472	6.5472	0.462	0.462

* Total includes one or more missing nutrient data.

(50030) Raisins 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	Serving (1.33 oz)	Recipe	Each	Serving (1.33 oz)	Recipe	Each	Serving (1.33 oz)	Recipe	Each	Serving (1.33 oz)	Recipe	Each	Serving (1.33 oz)	Recipe	Each	Serving (1.33 oz)	Recipe	Each	Serving (1.33 oz)	Recipe	Each	Serving (1.33 oz)	Recipe	Each	Serving (1.33 oz)										
Raisins, Box, USDA	112.1191	112.1191	112.1191	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	112.1191	112.1191	112.1191	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

* 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.

(\$39) Strawberry Blueberry Yogurt Parfait (Sliced) with Granola	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, Vanilla, NF, 4/5#	134.8788	134.8788	0	0	0	0	0	0	3.7466	3.7466	112.3989	112.3989	29.2237	29.2237	0	0	24.7277	24.7277	4.496	4.496
Granola, Bulk	119.9402	119.9402	3.2711	3.2711	0.5452	0.5452	0	0	0	0	73.5997	73.5997	15.2651	15.2651	2.1807	2.1807	6.5422	6.5422	2.7259	2.7259
Blueberry, Frozen, Bulk USDA	17.7116	17.7116	0.4428	0.4428	0	0	0	0	0	0	0.4428	0.4428	4.4279	4.4279	0.8856	0.8856	3.0995	3.0995	0	0
Strawberry, Sliced, Frozen Bulk USDA	12.4508	12.4508	0	0	0	0	0	0	0	0	0.6385	0.6385	3.1925	3.1925	0.6385	0.6385	1.5963	1.5963	0	0
	284.9813	284.9813	3.7139	3.7139	0.5452	0.5452	0	0	3.7466	3.7466	187.0799	187.0799	52.1092	52.1092	3.7048	3.7048	35.9657	35.9657	7.2219	7.2219

* Total includes one or more missing nutrient data.



(\$39) Strawberry Blueberry Yogurt Parfait (Sliced) with Granola	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

* Total includes one or more missing nutrient data.

(30005) String Cheese LOL	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
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
	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.

(20030) Syrup Packet	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, Syrup Packet	80	80	0	0	0	0	0	0	0	0	20	20	20	20	0	0	14	14	0	0
	80	80	0	0	0	0	0	0	0	0	20	20	20	20	0	0	14	14	0	0

* Total includes one or more missing nutrient data.

(sys-416) Turkey Ham and Cheese Breakfast Croissant	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
Croissants, Round, Sliced	200	200	9	9	2	2	0	0	0	0	240	240	26	26	3	3	3 *	3 *	4	4
Turkey, Ham, Sliced, Jennie-O	76.4999	76.4999	3.4425	3.4425	1.1475	1.1475	0	0	45.9	45.9	405.4497	405.4497	0.765	0.765	0	0	0 *	0 *	11.475	11.475
Cheese, Slice, American, Yellow USDA	54.3219	54.3219	4.4445	4.4445	2.4692	2.4692	0	0	12.8397	12.8397	133.3356	133.3356	0.9877	0.9877	0	0	0.4938 *	0.4938 *	2.4692	2.4692
	330.8218	330.8218	16.887	16.887	5.6167	5.6167	0	0	58.7397	58.7397	778.7853	778.7853	27.7527	27.7527	3	3	3.4938 *	3.4938 *	17.9442	17.9442

* Total includes one or more missing nutrient data.

(sys-415) Turkey Sausage & Cheese Biscuit 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
Bread, Biscuit Dough	210	210	8 *	8 *	5	5	0	0	5	5	490	490	29	29	3.41	3.41	2	2	5	5
Sausage, Turkey Patty	60	60	0 *	0 *	1	1	0	0	30	30	100	100	0	0	0	0	0	0	6	6
Cheese, Slice, American, Yellow USDA	54.3219	54.3219	4.4445 *	4.4445 *	2.4692	2.4692	0	0	12.8397	12.8397	133.3356	133.3356	0.9877	0.9877	0	0	0.4938	0.4938	2.4692	2.4692
	324.3219	324.3219	12.4445 *	12.4445 *	8.4692	8.4692	0	0	47.8398	47.8398	723.3356	723.3356	29.9877	29.9877	3.41	3.41	2.4939	2.4939	13.4692	13.4692

* Total includes one or more missing nutrient data.



(sys-382) Turkey Sausage & Cheese English Muffin	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
Bread, English Muffin, Sliced, Frozen	120	120	1.5 *	1.5 *	0	0	0	0	0	0	270	270	21	21	1	1	1	1	6	6
Sausage, Turkey Patty	60	60	0 *	0 *	1	1	0	0	30	30	100	100	0	0	0	0	0	0	6	6
Cheese, Slice, American, Yellow USDA	54.3219	54.3219	4.4445 *	4.4445 *	2.4692	2.4692	0	0	12.8397	12.8397	133.3356	133.3356	0.9877	0.9877	0	0	0.4938	0.4938	2.4692	2.4692
	234.3219	234.3219	5.9445 *	5.9445 *	3.4692	3.4692	0	0	42.8397	42.8397	503.3356	503.3356	21.9877	21.9877	1	1	1.4938	1.4938	14.4692	14.4692

* 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	(Canyon and Mojave Breakfast 21/22)
Nutrients	(Calories, Total Carbohydrate, Cholesterol, Total Fat, Protein, Sugars, Sodium, Trans Fat, Saturated Fat, Dietary Fiber)