



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.

(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.

(40021) Artisan Dinner Roll (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
Bread, Roll, Dinner, Artisan, IW, Frozen, Sec	160	160	2	2	0	0	0	0	0	0	270	270	34	34	5	5	3	3	5	5
	160	160	2	2	0	0	0	0	0	0	270	270	34	34	5	5	3	3	5	5

* 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.



(sys-356) Backyard Cheeseburger 3oz (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
Beef, Burger Patty, Backyard Griller, 3oz	207	207	15.6	15.6	6.4	6.4	0	0	63	63	251	251	0.9	0.9	0.3	0.3	0	0	15.6	15.6
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
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
	411.3219	411.3219	21.5446	21.5446	8.8692	8.8692	0	0	75.8397	75.8397	664.3356	664.3356	30.8877	30.8877	3.3	3.3	3.4938	3.4938	23.0692	23.0692

* Total includes one or more missing nutrient data.

(20015) Baked BBQ Lay's	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
Chips, Lays, Baked, BBQ	109.9741	109.9741	2.4994	2.4994	0	0	0	0	0	0	169.96	169.96	18.9955	18.9955	1.9995	1.9995	2.9993	2.9993	1.9995	1.9995
	109.9741	109.9741	2.4994	2.4994	0	0	0	0	0	0	169.96	169.96	18.9955	18.9955	1.9995	1.9995	2.9993	2.9993	1.9995	1.9995

* Total includes one or more missing nutrient data.

(20016) Baked Lay's	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
Chips, Lays, Baked, Regular	100	100	1.5	1.5	0	0	0	0	0	0	115	115	20	20	2	2	2	2	2	2
	100	100	1.5	1.5	0	0	0	0	0	0	115	115	20	20	2	2	2	2	2	2

* 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.

(sys-230) BBQ Pork over Mac and Cheese w/ Aloha Roll	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
BBQ Pulled Pork	164.1979	164.1979	6.7499	6.7499	2.6999	2.6999	0	0	48.5992	48.5992	464.6955	464.6955	10.4	10.4	0	0	9.6	9.6	14.8498	14.8498
Bread, Roll, Aloha	90	90	1	1	0	0	0	0	0	0	120	120	17	17	1.5	1.5	3	3	2	2
Pasta, Mac and Cheese	280.1598	280.1598	11.0063	11.0063	5.0029	5.0029	0	0	25.0143	25.0143	670.3822	670.3822	29.0165	29.0165	2.0012	2.0012	6.0034	6.0034	17.0097	17.0097

* Total includes one or more missing nutrient data.



(sys-230) BBQ Pork over Mac and Cheese w/ Aloha Roll	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
	534.3577	534.3577	18.7562	18.7562	7.7028	7.7028	0	0	73.6135	73.6135	1255.0777	1255.0777	56.4165	56.4165	3.5012	3.5012	18.6034	18.6034	33.8595	33.8595

* 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.

(40097) Big Daddy's Pepperoni Pizza	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	Slice	Recipe	Slice	Recipe	Slice	Recipe	Slice	Recipe	Slice	Recipe	Slice	Recipe	Slice	Recipe	Slice	Recipe	Slice	Recipe	Slice
Pizza, Pepperoni, Turkey, Big Daddy's	2959.9998	370	135.9996	16.9999	63.9995	7.9999	0	0	400.0005	50.0001	4480	560	279.9996	35	31.9998	4	47.9996	6	151.9994	18.9999
	2959.9998	370	135.9996	16.9999	63.9995	7.9999	0	0	400.0005	50.0001	4480	560	279.9996	35	31.9998	4	47.9996	6	151.9994	18.9999

* Total includes one or more missing nutrient data.

(40090) Bistro Cheese Pizza	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	Slice	Recipe	Slice	Recipe	Slice	Recipe	Slice	Recipe	Slice	Recipe	Slice	Recipe	Slice	Recipe	Slice	Recipe	Slice	Recipe	Slice
Pizza, Cheese, Bistro Rose&Shore	3281.8719	410.234	160.0912	20.0114	80.0463	10.0058	0	0	320.1824	40.0228	4882.7841	610.348	304.1729	38.0216	40.0231	5.0029	40.0231	5.0029	176.1007	22.0126
	3281.8719	410.234	160.0912	20.0114	80.0463	10.0058	0	0	320.1824	40.0228	4882.7841	610.348	304.1729	38.0216	40.0231	5.0029	40.0231	5.0029	176.1007	22.0126

* Total includes one or more missing nutrient data.



(sys-355) Buckaroo BBQ Burger (Backyard Griller 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
Beef, Burger Patty, Backyard Griller, 3oz	207	207	15.6	15.6	6.4	6.4	0	0	63	63	251	251	0.9	0.9	0.3	0.3	0	0	15.6	15.6
Onion Rings	80	80	3.2	3.2	0.6	0.6	0	0	0	0	80	80	11.2	11.2	1.2	1.2	2	2	1.2	1.2
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
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
	491.3219	491.3219	24.7446	24.7446	9.4692	9.4692	0	0	75.8397	75.8397	744.3356	744.3356	42.0877	42.0877	4.5	4.5	5.4938	5.4938	24.2692	24.2692

* Total includes one or more missing nutrient data.

(30014) Caesar Dressing	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, Caesar, Ken's, Gallon	120	120	12	12	2.25	2.25	0	0	15	15	540	540	4.5	4.5	0	0	1.5	1.5	1.5	1.5
	120	120	12	12	2.25	2.25	0	0	15	15	540	540	4.5	4.5	0	0	1.5	1.5	1.5	1.5

* Total includes one or more missing nutrient data.

(\$87) Caesar Fajita Chicken Salad w/ Croutons	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
Croutons, Garlic IW	50	50	2	2	0	0	0	0	0	0	135	135	7	7	1	1	1	1	2	2
Cheese, Shredded, Parmesan	283.495	283.495	14.1748	14.1748	14.1748	14.1748	0	0	70.8738	70.8738	992.2325	992.2325	28.3495	28.3495	0	0	0	0	28.3495	28.3495
Chicken, Fajita, USDA	122.4903	122.4903	4.0098	4.0098	2.0049	2.0049	0	0	74.2961	74.2961	608.4511	608.4511	2.0049	2.0049	0	0	2.0049	2.0049	18.0728	18.0728
Lettuce, Romaine, Chop, Case	19.856	19.856	0.3504	0.3504	0.0456	0.0456	0	0	0	0	9.344	9.344	3.8427	3.8427	2.4528	2.4528	1.3899	1.3899	1.4366	1.4366
	475.8412	475.8412	20.5349	20.5349	16.2252	16.2252	0	0	145.1699	145.1699	1745.0276	1745.0276	41.1971	41.1971	3.4528	3.4528	4.3948	4.3948	49.8589	49.8589

* Total includes one or more missing nutrient data.

(\$94) Celery Sticks (Bulk, Bag)	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, Bag	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.



(\$86) Cheesy Pasta Bake and Breadstick, Tomato Basil (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	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving
Sauce, Tomato Basil	1376.9773	45.8992	80.998	2.6999	0	0	0	0	0	0	6479.8918	215.9964	161.9983	5.3999	0	0	80.998	2.6999	0	0
Breadstick, Garlic, Bridgford, Sec	3000	100	90	3	15	0.5	0	0	0	0	4200	140	390	13	30	1	60	2	90	3
Pasta, Penne Rigati, Frozen	4276.7295	142.5577	29.1587	0.972	0	0	0	0	0	0	97.1976	3.2399	952.544	31.7515	136.0777	4.5359	38.8801	1.296	155.5178	5.1839
Beef Crumble, USDA	2374.216	79.1405	141.7476	4.7249	70.8738	2.3625	0	0	779.6119	25.9871	3862.5661	128.7522	70.8738	2.3625	35.3802	1.1793	0	0	212.6214	7.0874
Cheese, Shredded, Cheddar USDA	2591.9177	86.3973	194.319	6.4773	129.5913	4.3197	0	0	647.9114	21.597	6479.8396	215.9947	32.3865	1.0796	0	0	0	0	226.7962	7.5599
	13619.8405	453.9947	536.2233	17.8741	215.4652	7.1822	0	0	1427.5233	47.5841	21119.495	703.9832	1607.8026	53.5934	201.4579	6.7153	179.8781	5.9959	684.9354	22.8312

* 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

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(80064) Cucumbers Slices (Whole 36ct)	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)
Cucumbers, Whole 36 ct	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.

(\$85) Enchirito	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
Sauce, Enchilada Red	300.0002	30	18	1.8	0	0	0	0	0	0	4800.0002	480	36	3.6	0	0	12.0002	1.2	12.0002	1.2
Burrito, Bean and Cheese, Bulk, Los Cabos	2911.0998	291.11	82.9002	8.29	36.2005	3.62	0.1002	0.01	153.3006	15.3301	4789.4001	478.94	409.5003	40.95	79.5994	7.9599	13.3002	1.33	155.9998	15.6
Cheese, Shredded, Cheddar USDA	404.9868	40.4987	30.3623	3.0362	20.2486	2.0249	0	0	101.2361	10.1236	1012.474	101.2474	5.0604	0.506	0	0	0	0	35.4369	3.5437
	3616.0868	361.6087	131.2625	13.1262	56.4491	5.6449	0.1002	0.01	254.5366	25.4537	10601.8744	1060.1874	450.5607	45.0561	79.5994	7.9599	25.3005	2.53	203.437	20.3437

* Total includes one or more missing nutrient data.



(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.

(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.

(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.

(20025) Mayo (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, Mayo, Dispenser	100	100	11	11	2	2	0	0	10	10	85	85	0	0	0	0	0	0	0	0
	100	100	11	11	2	2	0	0	10	10	85	85	0	0	0	0	0	0	0	0

* Total includes one or more missing nutrient data.

(20024) Mayo 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, Mayo IW	60	60	6	6	1	1	0	0	5	5	60	60	1	1	0	0	1	1	0	0
	60	60	6	6	1	1	0	0	5	5	60	60	1	1	0	0	1	1	0	0

* Total includes one or more missing nutrient data.

(\$119) Mucho Queso Beef Nachos (Red Gold)	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
Chips, Tortilla, Yellow, Round IW	22679.6	283.495	971.9842	12.1498	161.9958	2.0249	0	0	0	0	8909.8442	111.3731	3077.9438	38.4743	323.9962	4.05	0	0	323.9962	4.05
Salsa, Mild, Red Gold	1006.8972	12.5862	0	0	0	0	0	0	0	0	7048.2719	88.1034	201.3806	2.5173	100.6903	1.2586	100.6903	1.2586	0	0
Sauce, Jalapeno Cheese Mucho Queso LOL	10399.9891	129.9999	720.0002	9	480.0001	6	0	0	2400.0006	30	45599.9644	569.9996	400.0001	5	0	0	0	0	640.0002	8
Beef Crumble, USDA	9496.8641	118.7108	566.9905	7.0874	283.4952	3.5437	0	0	3118.4478	38.9806	15450.2643	193.1283	283.4952	3.5437	141.5208	1.769	0	0	850.4858	10.6311
	43583.3504	544.7919	2258.9748	28.2372	925.4912	11.5686	0	0	5518.4484	68.9806	77008.3448	962.6043	3962.8197	49.5352	566.2074	7.0776	100.6903	1.2586	1814.4821	22.681

* Total includes one or more missing nutrient data.



(20028) Mustard (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, Mustard, Dispenser	0	0	0	0	0	0	0	0	0	0	65	65	0	0	0	0	0	0	0	0
	0	0	0	0	0	0	0	0	0	0	65	65	0	0	0	0	0	0	0	0

* Total includes one or more missing nutrient data.

(20027) Mustard 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, Mustard IW	0	0	0	0	0	0	0	0	0	0	65	65	0	0	0	0	0	0	0	0
	0	0	0	0	0	0	0	0	0	0	65	65	0	0	0	0	0	0	0	0

* 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
Tomato, Diced, Canned, USDA	573.9759	9.4094	4.7047	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
Spice, Garlic Powder	0.3942	0.0065	0.0032	0.0438	0.0007	0.0004	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Salt, Kosher	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
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	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
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	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
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	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
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	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	821.6414	13.4695	6.7348	2.1631	0.0355	0.0177	0.2889	0.0047	0.0024	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.

(\$10) Nashville Hot 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
Nashville Hot Sauce	56.2692	56.2692	5.6515	5.6515	0.8052	0.8052	0	0	0	0	5.3732	5.3732	1.0887	1.0887	0.1568	0.1568	0.6614	0.6614	0.0788	0.0788

* Total includes one or more missing nutrient data.



(\$10) Nashville Hot 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
	386.1664	386.1664	16.1464	16.1464	2.8041	2.8041	0	0	29.9829	29.9829	755.1048	755.1048	41.0824	41.0824	6.155	6.155	3.6614	3.6614	17.072	17.072

* 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.

(\$54) Orange Chicken Rice Bowl (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	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving
Rice, Brown, Cooked	216.1106	216.1106	2.0122	2.0122	0.0009	0.0009	0	0	0.0001	0.0001	13.6461	13.6461	44.0001	44.0001	4	4	0	0	6	6
Chicken, Mandarin Orange, Yangs	224.9998	224.9998	4.5	4.5	0.75	0.75	0	0	60	60	419.9996	419.9996	28.5	28.5	0	0	15	15	16.5001	16.5001
	441.1104	441.1104	6.5122	6.5122	0.7509	0.7509	0	0	60.0001	60.0001	433.6457	433.6457	72.5001	72.5001	4	4	15	15	22.5	22.5

* Total includes one or more missing nutrient data.

(40169) PBJ Grape Uncrustable 5.3oz	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
Sandwich, PBJ Peanut Butter, Grape, Uncrustable 5.3oz	600	600	34	34	6	6	0	0	0	0	540	540	64	64	7	7	29	29	18	18
	600	600	34	34	6	6	0	0	0	0	540	540	64	64	7	7	29	29	18	18

* Total includes one or more missing nutrient data.



(50026) Peanut Butter IW	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	Each (1 Meat)	Recipe	Each	Each (1 Meat)	Recipe	Each	Each (1 Meat)	Recipe	Each	Each (1 Meat)	Recipe	Each	Each (1 Meat)	Recipe	Each	Each (1 Meat)	Recipe	Each	Each (1 Meat)	Recipe	Each	Each (1 Meat)	Recipe	Each	Each (1 Meat)	Recipe	Each	Each (1 Meat)
Peanut Butter IW, USDA	199.9998	199.9998	199.9998	17	17	17	4	4	4	0	0	0	0	0	0	149.9999	149.9999	149.9999	9	9	9	2	2	2	5	5	5	6	6	6
	199.9998	199.9998	199.9998	17	17	17	4	4	4	0	0	0	0	0	0	149.9999	149.9999	149.9999	9	9	9	2	2	2	5	5	5	6	6	6

* 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.

(sys-414) Santiago Refried & Pinto Beans	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	.50 Cup Serving	Recipe	.50 Cup Serving	Recipe	.50 Cup Serving	Recipe	.50 Cup Serving	Recipe	.50 Cup Serving	Recipe	.50 Cup Serving	Recipe	.50 Cup Serving	Recipe	.50 Cup Serving	Recipe	.50 Cup Serving	Recipe	.50 Cup Serving
Water, Tap	0	0	0	0	0	0	0	0	0	0	56.7812	1.6223	0	0	0	0	0	0	0	0
Beans, Refried, Vegetarian, Santiago	2719.9979	77.7142	23.9995	0.6857	7.9998	0.2286	0	0	0	0	9599.9934	274.2855	463.9994	13.2571	159.9989	4.5714	0	0	159.9989	4.5714
Beans, Pinto, USDA	2220	63.4286	18.5012	0.5286	0	0	0	0	0	0	2590	74	407	11.6286	166.5012	4.7572	18.5012	0.5286	92.5012	2.6429
	4939.9979	141.1428	42.5006	1.2143	7.9998	0.2286	0	0	0	0	12246.7746	349.9078	870.9994	24.8857	326.5001	9.3286	18.5012	0.5286	252.5001	7.2143

* Total includes one or more missing nutrient data.

(\$80) Side Salad with Tomato	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
Lettuce, Romaine, Chop, Case	9.928	9.928	0.1752	0.1752	0.0228	0.0228	0	0	0	0	4.672	4.672	1.9214	1.9214	1.2264	1.2264	0.695	0.695	0.7183	0.7183
Tomato, Grape, 3 Basket	3.3525	3.3525	0.0372	0.0372	0.0052	0.0052	0	0	0	0	0.9312	0.9312	0.7245	0.7245	0.2235	0.2235	0.4898	0.4898	0.1639	0.1639
	13.2805	13.2805	0.2124	0.2124	0.028	0.028	0	0	0	0	5.6032	5.6032	2.6459	2.6459	1.4499	1.4499	1.1848	1.1848	0.8822	0.8822

* 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

* 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
	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.

(40069) Sour Cherry Lemon Sidekick	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, Frozen, Sour Cherry Lemon, Sidekick	80	80	0	0	0	0	0	0	0	0	45	45	20	20	0	0	19	19	0	0
	80	80	0	0	0	0	0	0	0	0	45	45	20	20	0	0	19	19	0	0

* Total includes one or more missing nutrient data.

(\$125) Spicy Chicken Club 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
Turkey, Bacon	40	40	3	3	0	0	0	0	10	10	189.9998	189.9998	0	0	0	0	0	0	4	4
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
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
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
	424.2191	424.2191	17.9394	17.9394	4.468	4.468	0	0	52.8226	52.8226	1073.067	1073.067	40.9814	40.9814	5.9983	5.9983	3.4938	3.4938	23.4623	23.4623

* 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.

(\$82) Spicy Chicken Strips with Roll	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
Bread, Roll, Dinner, Artisan, IW, Frozen, Sec	160	160	2	2	0	0	0	0	0	0	270	270	34	34	5	5	3	3	5	5
Chicken, Strip, Spicy, Rich Chicks	203	203	7.9999	7.9999	1.5	1.5	0	0	34	34	393	393	16	16	2	2	1.0001	1.0001	16	16
	363	363	10	10	1.5	1.5	0	0	34	34	663	663	50	50	7	7	4.0001	4.0001	21	21



* 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.

(20031) Taco Sauce 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, Taco Sauce IW	5	5	0	0	0	0	0	0	0	0	75	75	1	1	0	0	1	1	0	0
	5	5	0	0	0	0	0	0	0	0	75	75	1	1	0	0	1	1	0	0

* Total includes one or more missing nutrient data.

(40101) Tater Tots	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 (8 ct)	Recipe	Serving (8 ct)	Recipe	Serving (8 ct)	Recipe	Serving (8 ct)	Recipe	Serving (8 ct)	Recipe	Serving (8 ct)	Recipe	Serving (8 ct)	Recipe	Serving (8 ct)	Recipe	Serving (8 ct)	Recipe	Serving (8 ct)
Potato, Tater Tots	130	130	6	6	1	1	0	0	0	0	310	310	16	16	2	2	0	0	2	2
	130	130	6	6	1	1	0	0	0	0	310	310	16	16	2	2	0	0	2	2

* Total includes one or more missing nutrient data.

(\$130) Teriyaki Rice Bowl (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	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving
Rice, Brown, Cooked	7563.8714	216.1106	70.4282	2.0122	0.0308	0.0009	0.0004	0	0.0049	0.0001	477.6137	13.6461	1540.0038	44.0001	139.9989	4	0	0	209.9985	6
Sauce, Teriyaki	2399.9994	68.5714	0	0	0	0	0	0	0	0	12000.0004	342.8572	575.9994	16.4571	0	0	527.9995	15.0857	24.0009	0.6857
Chicken, Fajita, USDA	4323.1892	123.5197	141.5208	4.0435	70.7604	2.0217	0	0	2622.2177	74.9205	21474.7652	613.5647	70.7604	2.0217	0	0	70.7604	2.0217	637.8643	18.2247
	14287.0599	408.2017	211.949	6.0557	70.7913	2.0226	0.0004	0	2622.2226	74.9206	33952.3793	970.068	2186.7636	62.479	139.9989	4	598.7599	17.1074	871.8636	24.9104

* Total includes one or more missing nutrient data.

(20057) Tropical Twist 6.75oz	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, Fruitables, Tropical Twist 6.75oz	90	90	0	0	0	0	0	0	0	0	40	40	21	21	0 *	0 *	18	18	0	0
	90	90	0	0	0	0	0	0	0	0	40	40	21	21	0 *	0 *	18	18	0	0

* Total includes one or more missing nutrient data.



(100364) Vegetarian Baked Beans (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)
Beans, Vegetarian in Sauce, USDA	109.993	109.993	0.988	0.988	0	0	0	0	0	0	139.997	139.997	19.994	19.994	4.992	4.992	4.992	4.992	6.994	6.994
	109.993	109.993	0.988	0.988	0	0	0	0	0	0	139.997	139.997	19.994	19.994	4.992	4.992	4.992	4.992	6.994	6.994

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