



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	Serving	Recipe	Each	Serving	Recipe	Each	Serving	Recipe	Each	Serving	Recipe	Each	Serving	Recipe	Each	Serving	Recipe	Each	Serving	Recipe	Each	Serving	Recipe	Each	Serving	Recipe	Each	Serving
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	
Total	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	Serving	Recipe	Each	Serving	Recipe	Each	Serving	Recipe	Each	Serving	Recipe	Each	Serving	Recipe	Each	Serving	Recipe	Each	Serving	Recipe	Each	Serving	Recipe	Each	Serving	Recipe	Each	Serving
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	
Total	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.

(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	Serving	Recipe	Each	Serving	Recipe	Each	Serving	Recipe	Each	Serving	Recipe	Each	Serving	Recipe	Each	Serving	Recipe	Each	Serving	Recipe	Each	Serving	Recipe	Each	Serving	Recipe	Each	Serving
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	
Total	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.

(50002) Applesauce Cup	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 (0.5 cup)	Recipe	Each	Serving (0.5 cup)	Recipe	Each	Serving (0.5 cup)	Recipe	Each	Serving (0.5 cup)	Recipe	Each	Serving (0.5 cup)	Recipe	Each	Serving (0.5 cup)	Recipe	Each	Serving (0.5 cup)	Recipe	Each	Serving (0.5 cup)	Recipe	Each	Serving (0.5 cup)	Recipe	Each	Serving (0.5 cup)
Applesauce, Cup, USDA	50.996	50.996	50.996	0	0	0	0	0	0	0	0	0	0	0	0	1.9886	1.9886	1.9886	13.9934	13.9934	13.9934	0.9882	0.9882	0.9882	10.9922	10.9922	10.9922	0	0	0
Total	50.996	50.996	50.996	0	0	0	0	0	0	0	0	0	0	0	0	1.9886	1.9886	1.9886	13.9934	13.9934	13.9934	0.9882	0.9882	0.9882	10.9922	10.9922	10.9922	0	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	Serving	Recipe	Each	Serving	Recipe	Each	Serving	Recipe	Each	Serving	Recipe	Each	Serving	Recipe	Each	Serving	Recipe	Each	Serving	Recipe	Each	Serving	Recipe	Each	Serving	Recipe	Each	Serving
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	
Total	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.



(80047) Baby Cucumber 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	Medium	Recipe	Each	Medium	Recipe	Each	Medium	Recipe	Each	Medium	Recipe	Each	Medium	Recipe	Each	Medium	Recipe	Each	Medium	Recipe	Each	Medium	Recipe	Each	Medium	Recipe	Each	Medium
Cucumber, Baby, FTS	10.8862	10.8862		0.0798	0.0798		0.0269	0.0269		0	0		0	0		1.4515	1.4515		2.6345	2.6345		0.3629	0.3629		1.212	1.212		0.4717	0.4717	
	10.8862	10.8862		0.0798	0.0798		0.0269	0.0269		0	0		0	0		1.4515	1.4515		2.6345	2.6345		0.3629	0.3629		1.212	1.212		0.4717	0.4717	

* Total includes one or more missing nutrient data.

(sys-359) Backyard Cheeseburger (Ele 2.25oz)	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	Recipe	Each	Medium	Recipe	Each	Medium	Recipe	Each	Medium	Recipe	Each	Medium	Recipe	Each	Medium	Recipe	Each	Medium	Recipe	Each	Medium	Recipe	Each	Medium	Recipe	Each	Medium
Beef, Burger Patty, Backyard Griller, 2.25oz	156	156		11.7	11.7		4.8	4.8		0	0		47	47		188	188		0.7	0.7		0.2	0.2		0	0		11.7	11.7	
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	
	360.3219	360.3219		17.6445	17.6445		7.2692	7.2692		0	0		59.8397	59.8397		601.3356	601.3356		30.6877	30.6877		3.2	3.2		3.4938	3.4938		19.1692	19.1692	

* Total includes one or more missing nutrient data.

(sys-360) Backyard Hamburger (Ele 2.25oz)	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	Recipe	Each	Medium	Recipe	Each	Medium	Recipe	Each	Medium	Recipe	Each	Medium	Recipe	Each	Medium	Recipe	Each	Medium	Recipe	Each	Medium	Recipe	Each	Medium	Recipe	Each	Medium
Beef, Burger Patty, Backyard Griller, 2.25oz	156	156		11.7	11.7		4.8	4.8		0	0		47	47		188	188		0.7	0.7		0.2	0.2		0	0		11.7	11.7	
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	
	306	306		13.2	13.2		4.8	4.8		0	0		47	47		468	468		29.7	29.7		3.2	3.2		3	3		16.7	16.7	

* 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)	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.



(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.

(40027) Bean and Cheese Burrito	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
Burrito, Bean and Cheese, IW, Arizona Gold	379.9997	379.9997	15	15	6.0001	6.0001	0	0	25	25	489.9996	489.9996	44.9999	44.9999	7	7	3	3	16.9999	16.9999
	379.9997	379.9997	15	15	6.0001	6.0001	0	0	25	25	489.9996	489.9996	44.9999	44.9999	7	7	3	3	16.9999	16.9999

* Total includes one or more missing nutrient data.

(40117) Beef Taco Stick	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 Stick, Beef IW	345.01	345.01	12.82	12.82	8.35	8.35	0	0	52.41	52.41	630.69	630.69	31.87	31.87	3.85	3.85	0.81	0.81	20.07	20.07
	345.01	345.01	12.82	12.82	8.35	8.35	0	0	52.41	52.41	630.69	630.69	31.87	31.87	3.85	3.85	0.81	0.81	20.07	20.07

* Total includes one or more missing nutrient data.

(80068) Broccoli Buds 4/3# (DOD)	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)
Broccoli Buds, Florets, Bulk, Case DOD	34	15.3	0.37	0.1665	0.114	0.0513	0	0	0	0	33	14.85	6.64	2.988	2.6	1.17	1.7	0.765	2.82	1.269
	34	15.3	0.37	0.1665	0.114	0.0513	0	0	0	0	33	14.85	6.64	2.988	2.6	1.17	1.7	0.765	2.82	1.269

* Total includes one or more missing nutrient data.

(50001) Canned Applesauce (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)
Applesauce, Canned, USDA	50.996	50.996	0	0	0	0	0	0	0	0	1.9886	1.9886	13.9934	13.9934	0.9882	0.9882	10.9922	10.9922	0	0
	50.996	50.996	0	0	0	0	0	0	0	0	1.9886	1.9886	13.9934	13.9934	0.9882	0.9882	10.9922	10.9922	0	0

* 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.

(40092) Cheese Pizza Wedge	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, Cheese, Wedge IW	340	340	13.9999	13.9999	8	8	0	0	35.0001	35.0001	700	700	32	32	4	4	5	5	17.9999	17.9999
	340	340	13.9999	13.9999	8	8	0	0	35.0001	35.0001	700	700	32	32	4	4	5	5	17.9999	17.9999

* 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.

(\$51) Chicken Nuggets & Roll (Ele)	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
Bread, Roll, Dinner, Fresh, Galasso's Ele	149.1429	149.1429	1.6571	1.6571	0	0	0	0	0	0	265.1429	265.1429	26.5143	26.5143	1.6571	1.6571	3.3143	3.3143	4.9714	4.9714
	329.1429	329.1429	10.6571	10.6571	2	2	0	0	20	20	685.1428	685.1428	38.5143	38.5143	4.6571	4.6571	3.3143	3.3143	16.9714	16.9714

* Total includes one or more missing nutrient data.



(100220) Chilled Diced Peaches	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)
Peaches, Diced, USDA	59.9886	59.9886	0	0	0	0	0	0	0	0	4.9896	4.9896	13.9986	13.9986	0.9954	0.9954	12.9906	12.9906	0	0
	59.9886	59.9886	0	0	0	0	0	0	0	0	4.9896	4.9896	13.9986	13.9986	0.9954	0.9954	12.9906	12.9906	0	0

* Total includes one or more missing nutrient data.

(100212) Chilled Mixed Fruit	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)
Mixed Fruit, Canned, USDA	59.9886	59.9886	0	0	0	0	0	0	0	0	4.9896	4.9896	14.994	14.994	0.9954	0.9954	11.9952	11.9952	0	0
	59.9886	59.9886	0	0	0	0	0	0	0	0	4.9896	4.9896	14.994	14.994	0.9954	0.9954	11.9952	11.9952	0	0

* Total includes one or more missing nutrient data.

(50028) Chilled Sliced Pears	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)
Pear, Slices, USDA	59.9912	59.9912	0	0	0	0	0	0	0	0	4.9972	4.9972	14.9916	14.9916	1.9964	1.9964	11.9908	11.9908	0	0
	59.9912	59.9912	0	0	0	0	0	0	0	0	4.9972	4.9972	14.9916	14.9916	1.9964	1.9964	11.9908	11.9908	0	0

* Total includes one or more missing nutrient data.

(40056) Corn Dog	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
Corn Dog, IW, Chicken	240	240	8	8	2.5	2.5	0	0	40	40	390	390	30	30	5	5	5	5	9	9
	240	240	8	8	2.5	2.5	0	0	40	40	390	390	30	30	5	5	5	5	9	9

* 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.

(\$100) Fiesta Beef Nachos (Ele) 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
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
Cheese, Shredded, Cheddar USDA	6479.7885	80.9974	485.797	6.0725	323.9781	4.0497	0	0	1619.777	20.2472	16199.5847	202.4948	80.9662	1.0121	0	0	0	0	566.99	7.0874
	39663.1498	495.7894	2024.7717	25.3096	769.4692	9.6184	0	0	4738.2248	59.2278	47607.9651	595.0996	3643.7858	45.5473	566.2074	7.0776	100.6903	1.2586	1741.472	21.7684

* 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.

(50050) Frozen Mixed Berry Cup	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
Fruit Cup, Frozen, Mixed Berry, USDA	90	90	0	0	0	0	0	0	0	0	0	0	20	20	2	2	16	16	0	0
	90	90	0	0	0	0	0	0	0	0	0	0	20	20	2	2	16	16	0	0

* Total includes one or more missing nutrient data.

(40106) Grilled Cheese 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	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Sandwich, Grilled Cheese IW	280.32	280.32	9.9101	9.9101	5.56	5.56	0	0	31.85	31.85	580.79	580.79	30.96	30.96	3	3	5.65	5.65	18.55	18.55
	280.32	280.32	9.9101	9.9101	5.56	5.56	0	0	31.85	31.85	580.79	580.79	30.96	30.96	3	3	5.65	5.65	18.55	18.55

* 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.

(sys-370) Loco Garlic Breadsticks & Dip	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, Spaghetti USDA	1200	50	0	0	0	0	0	0	0	0	3360	140	240	10	48	2	144	6	0	0
Cheese, Shredded, Mozzarella, Lite USDA	1457.9742	60.7489	72.8988	3.0374	48.5994	2.025	0	0	242.9958	10.1248	4130.9274	172.122	24.2994	1.0125	0	0	0	0	170.097	7.0874
Breadstick, Garlic, Bake Crafters, Ele	4320.0003	180	143.9995	6	0	0	0	0	0	0	4560.0006	190	719.9992	30	48.0004	2	48.0004	2	143.9995	6
Beef Crumble, USDA	1899.3728	79.1405	113.3981	4.7249	56.699	2.3625	0	0	623.6896	25.9871	3090.0529	128.7522	56.699	2.3625	28.3042	1.1793	0	0	170.0972	7.0874
	8877.3473	369.8895	330.2964	13.7624	105.2985	4.3874	0	0	866.6854	36.1119	15140.9809	630.8742	1040.9977	43.3749	124.3045	5.1794	192.0004	8	484.1937	20.1747

* Total includes one or more missing nutrient data.

(40057) Mini Corn Dogs	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 (6 each)	Recipe	Serving (6 each)	Recipe	Serving (6 each)	Recipe	Serving (6 each)	Recipe	Serving (6 each)	Recipe	Serving (6 each)	Recipe	Serving (6 each)	Recipe	Serving (6 each)	Recipe	Serving (6 each)	Recipe	Serving (6 each)
Com Dog, Mini, Chicken	270	270	12	12	3.5	3.5	0	0	40	40	410	410	30	30	5	5	5	5	10	10
	270	270	12	12	3.5	3.5	0	0	40	40	410	410	30	30	5	5	5	5	10	10

* 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.

(\$53) Orange Chicken Rice Bowl (Ele)	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	108.0553	108.0553	1.0061	1.0061	0.0004	0.0004	0	0	0.0001	0.0001	6.8231	6.8231	22.0001	22.0001	2	2	0	0	3	3
Chicken, Mandarin Orange, Yangs	149.9998	149.9998	3	3	0.5	0.5	0	0	40	40	279.9997	279.9997	19	19	0	0	10	10	11	11
	258.0551	258.0551	4.0061	4.0061	0.5004	0.5004	0	0	40	40	286.8228	286.8228	41	41	2	2	10	10	14	14

* Total includes one or more missing nutrient data.

(40167) PB&J Grape Uncrustable (Ele)	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, PB&J 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
	300	300	17	17	3	3	0	0	0	0	280	280	32	32	4	4	14	14	9	9

* 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
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
	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.

(40085) Pepperoni Pizza Stick	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, 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
	240	240	9	9	4.5	4.5	0	0	25	25	500	500	29	29	3	3	3	3	11	11

* Total includes one or more missing nutrient data.



(40098) Pepperoni Pizza Wedge	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, Wedge IW	350	350	17	17	8	8	0	0	35	35	590.0001	590.0001	31	31	4	4	4	4	18.0001	18.0001
	350	350	17	17	8	8	0	0	35	35	590.0001	590.0001	31	31	4	4	4	4	18.0001	18.0001

* 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	29.7642	29.7642	29.7642	0.9916	0.9916	0.9916	21.8273	21.8273	21.8273	0.9916	0.9916	0.9916
	112.1191	112.1191	112.1191	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	29.7642	29.7642	29.7642	0.9916	0.9916	0.9916	21.8273	21.8273	21.8273	0.9916	0.9916	0.9916

* 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.

(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.

(\$97) Strawberry Yogurt & Mini Banana Muffin & 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
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
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
Muffin, Banana, Mini IW	120	120	3.3	3.3	0.5	0.5	0	0	18	18	74	74	20	20	1.8	1.8	8	8	2.4	2.4
	250	250	6.3	6.3	2.5	2.5	0	0	33	33	333.9999	333.9999	35	35	1.8	1.8	19	19	13.4	13.4

* 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.

(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.

(sys-275) Teriyaki Chicken Bowl (Ele)	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	3781.9357	108.0553	35.2141	1.0061	0.0154	0.0004	0.0002	0	0.0025	0.0001	238.8069	6.8231	770.0019	22.0001	69.9994	2	0	0	104.9992	3
Sauce, Teriyaki	1799.9995	51.4286	0	0	0	0	0	0	0	0	9000.0003	257.1429	431.9996	12.3428	0	0	395.9996	11.3143	18.0006	0.5143
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
	9905.1244	283.0036	176.7349	5.0496	70.7758	2.0222	0.0002	0	2622.2201	74.9206	30713.5724	877.5306	1272.7619	36.3646	69.9994	2	466.76	13.336	760.8642	21.739

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