



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 |

* 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 |
| 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 |
| | 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.

| (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.



| (\$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 |

* Total includes one or more missing nutrient data.

| (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.

| (\$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 |
| 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 |
| | 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 | (High School Lunch 21/22) |
| Nutrients | (Calories, Total Carbohydrate, Cholesterol, Total Fat, Protein, Sugars, Sodium, Trans Fat, Saturated Fat, Dietary Fiber) |