

Recipe	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Dietary Fiber(g)	Sugars (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)
-	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*

A LA CARTE

Recipe	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Dietary Fiber(g)	Sugars (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)
000569 - BAR, OATMEAL, CHOCOLA	140	4.50	1.00	75.00	23.00	1.00	9.00	2.00	0.00	0.00	11.00
000508 - BAR, OATMEAL, STRAWBE	140	4.50	1.50	80.00	23.00	1.00	10.00	2.00	0.00	6.00	0.00
000394 - BEEF, STICK, JERKEY	30	1.00	0.00	100.00	1.00	0.00	1.00	4.00	0.00	0.00	0.00
000381 - CHEX, SIMPLY, CHEDDAR	110	2.50	0.50	135.00	20.00	2.00	4.00	2.00	0.00	0.00	0.00
000383 - CHEX, SIMPLY, COCO. CA	121	3.52	0.50	50.34	22.15	2.01	6.04	2.01	0.00	0.00	0.00
000380 - CHEX, SIMPLY, STRAW. Y	120	3.00	1.00	55.00	23.00	2.00	6.00	2.00	0.00	0.00	0.00
000391 - CHIPS, BAKED ORIGINAL	120	2.00	0.00	135.00	23.00	2.00	2.00	2.00	0.00	2.40	0.00
000395 - CHIPS, BARBECUE, BAKED	110	3.00	0.00	140.00	19.00	1.00	3.00	2.00	0.00	0.00	0.00
000387 - CHIPS, CHEETOS, CRUNC	120	4.50	1.00	200.00	17.00	1.00	1.00	2.00	0.00	0.00	0.00
000389 - CHIPS, CHEETOS, HOT, BA	120	4.50	0.50	200.00	17.00	1.00	1.00	2.00	0.00	0.00	100.00
000386 - CHIPS, DORITOS, COOL R	130	5.00	1.00	160.00	19.00	2.00	1.00	2.00	100.00	0.00	40.00
000305 - CHIPS, DORITOS, NACHO	130	5.01	1.00	160.28	19.03	2.00	1.00	2.00	0.00	0.00	40.07
000398 - CHIPS, SUNCHIPS, CHEDD	140	6.00	0.50	200.00	19.00	2.00	2.00	2.00	0.00	0.00	0.00
000385 - CHIPS, CHILI CHEESE, FAN	130	5.01	1.00	200.35	19.03	2.00	1.00	2.00	500.87	0.00	0.00
000376 - COOKIES, CHOCOLATE C	130	6.00	0.00	90.00	19.00	1.00	8.00	2.00	0.00	0.00	3.00
000366 - COOKIES, OREO, THIN CRI	100	2.00	0.00	150.00	19.00	1.00	8.00	1.00	0.00	0.00	0.00
000393 - CRACKERS, CHEEZ-IT, AT	100	3.50	1.00	200.00	14.00	1.00	0.00	2.00	500.00	0.00	80.00
000392 - CRACKERS, CHEEZ-IT, OR	100	3.50	1.00	150.00	14.00	1.00	0.00	3.00	500.00	0.00	80.00
000568 - CRACKERS, GOLDFISH	100	3.50	0.50	180.00	14.00	1.00	0.00	2.00	0.00	0.00	20.00
000375 - FRUIT ROLL UP	50	1.00	0.00	55.00	12.00	0.00	7.00	0.00	0.00	6.00	0.00
000581 - GRAHAMS, BUG BITES	120	3.50	1.00	115.00	21.00	1.00	8.00	2.00	500.00	0.00	100.00
000564 - GRAHAMS, CHOCOLATE	120	4.00	1.00	125.00	20.00	2.00	7.00	2.00	500.00	0.00	100.00
000445 - GRAHAMS, CINNMOM, DIS	140	5.00	1.50	115.00	23.00	2.00	8.00	2.00	0.00	0.00	0.00
000520 - GRAHAMS, HONEY HONEY GRAHAMS	110	3.00	0.00	140.00	20.00	2.00	7.00	2.00	300.00	3.60	0.00
000566 - GRAHAMS, VANILLA, DINO DINO BITES	110	3.50	1.00	95.00	20.00	2.00	7.00	2.00	300.00	3.60	20.00
000403 - GRAHAMS, ELF, CHOCOLA	121	4.05	1.01	126.56	20.25	2.03	7.09	2.03	506.24	0.00	101.25
000372 - GRIPZ, CHOCOLATE CHIP	120	3.50	1.50	80.00	20.00	3.00	6.00	2.00	500.00	0.00	100.00
000565 - RICE KRISPIE TREAT, CHO	190	5.00	2.00	150.00	34.00	0.00	14.00	2.00	0.00	0.00	0.00
000408 - RICE KRISPIE TREAT, MINI	50	1.00	0.00	45.00	9.00	0.00	3.00	0.00	0.00	0.00	0.00
000462 - RICE KRISPIE TREAT, WG	160	4.00	1.00	140.00	30.00	0.00	11.00	2.00	0.00	0.00	0.00
000401 - SNACK MIX, MUNCHIE	110	3.50	0.00	160.00	17.00	2.00	2.00	3.00	10.00	0.00	20.00

CONDIMENT

Recipe	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Dietary Fiber(g)	Sugars (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)
000073 - GRAVY, BROWN BROWN GRAVY	10	0.46	0.00	319.23	3.83	0.05	0.91	0.94	0.26	0.01	19.68

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000014 - JELLY, PACKET, ASSOR. F JELLY	35	0.00	0.00	0.00	9.00	0.00	7.00	0.00	0.00	0.00	0.00
000112 - KETCHUP, PACKET KETCHUP	30	0.00	0.00	255.00	9.00	0.00	6.00	0.00	0.00	0.00	0.00
000111 - MAYONNAISE,PACKET MAYONNAISE	50	4.50	0.50	70.00	2.00	0.00	0.00	0.00	0.00	0.00	0.00
000113 - MUSTARD, YELLOW, PACK MUSTARD	5	0.00	0.00	25.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
000243 - PEPPERS, JALAPENO JALEPENO PEPPERS	3	0.20	0.00	227.57	0.19	0.00	0.00	0.08	0.00	0.00	0.00
000103 - SALAD DRESSING, RANCH RANCH DRESSING	10	0.49	0.23	156.56	0.87	0.00	0.84	0.51	32.00	0.08	19.20
000214 - SAUCE, BBQ DIPPING BBQ SAUCE	34	0.00	0.00	443.99	7.68	0.00	5.12	0.00	170.76	1.02	0.00
000510 - SAUCE, TARTAR TARTAR SAUCE	65	6.21	1.24	125.15	1.93	0.10	0.29	0.08	3.64	0.31	3.34
000003 - SYRUP,E-Z PEEL MAPLE SYRUP	109	0.00	0.00	9.89	26.70	0.00	17.80	0.00	0.00	0.00	0.00

DAIRY

Recipe	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Dietary Fiber(g)	Sugars (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)
000215 - CHEESE, MOZZARELLA ST MOZZARELLA STRING CHEESE	80	6.00	4.00	200.00	2.00	0.00	1.00	6.00	0.00	0.00	150.00
000142 - CHEESE, QUESO, JALEPE QUESO	155	11.05	6.63	629.73	5.52	0.00	0.00	7.73	0.00	0.00	220.96
000302 - CHEESE, QUESO, JALEPE NACHO CHEESE SAUCE	93	6.67	4.00	380.22	3.34	0.00	0.00	4.67	0.00	0.00	133.41
000171 - CHEESE, SHREDDED CHE CHEESE CUP	107	8.75	5.83	184.68	0.97	0.00	0.00	5.83	0.00	0.00	145.80
000020 - MILK, FF CHOCOLATE	120	0.00	0.00	180.00	20.00	1.00	18.00	8.00	1250.00	2.40	300.00
000021 - MILK, FF STRAWBERRY	110	0.00	0.00	125.00	19.00	0.00	18.00	8.00	2500.00	0.00	250.00
000230 - MILK,1% LF WHITE	110	2.50	1.50	130.00	13.00	0.00	12.00	8.00	500.00	2.40	300.00
000578 - PARFAIT, F&Y, BLUE PEAC BLUEBERRY PEACH PARFAIT	276	5.65	1.75	166.93	49.66	3.16	29.41	5.98	248.26	2.99	144.73
000577 - PARFAIT, F&Y, BLUE PINE BLUEBERRY PINEAPPLE PARF	276	5.65	1.75	164.46	51.11	3.16	31.36	5.98	99.91	10.67	134.83
000579 - PARFAIT, F&Y, BLUE STRA BLUE & STRAW PARFAIT	269	5.65	1.75	164.46	49.00	3.98	26.66	5.98	99.91	1.80	143.74
000337 - PARFAIT, F&Y, PINEAPPLE PINEAPPLE PARFAIT	293	5.48	1.75	164.46	56.09	2.97	36.69	5.98	99.91	18.89	134.83
000197 - PARFAIT,F&Y, BLUEBERRY BLUEBERRY PARFAIT	258	5.82	1.75	164.46	46.09	3.34	25.99	5.98	99.91	2.41	134.83
000491 - PARFAIT,F&Y, ORANGE MANDARIN ORANGE PARFAIT	352	5.48	1.75	164.46	71.40	3.47	51.51	5.98	99.91	10.07	134.83

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000192 - PARFAIT,F&Y, PEACH PEACH PARFAIT	294	5.48	1.75	169.40	53.23	2.98	32.83	5.98	396.62	3.57	154.62
000348 - PARFAIT,F&Y, STRBERRY STRAWBERRY PARFAIT	257	5.48	1.75	164.46	46.14	3.31	24.64	5.98	99.91	1.20	143.74
000575 - SMOOTHIE, BLUEBERRY B BLUEBERRY BANANA SMOOTH	177	2.17	1.25	74.93	36.84	2.17	27.00	4.00	149.91	6.30	124.89
000573 - SMOOTHIE, BLUEBERRY P PEACHY BLUE SMOOTHIE	151	2.17	1.25	77.40	28.27	1.17	22.94	3.50	248.26	2.99	134.78
000516 - SMOOTHIE, BLUEBERRY P BLUE PINE SMOOTHIE	151	2.17	1.25	74.93	29.72	1.17	24.89	3.50	99.91	10.67	124.89
000574 - SMOOTHIE, BLUEBERRY S	144	2.17	1.25	74.93	27.61	1.99	20.20	3.50	99.91	1.80	133.79
000519 - SMOOTHIE, PEACH PEACH SMOOTHIE	169	2.00	1.25	79.88	31.84	0.99	26.37	3.50	396.62	3.57	144.67
000518 - SMOOTHIE, PINEAPPLE PINEAPPLE SMOOTHIE	169	2.00	1.25	74.93	34.71	0.98	30.23	3.50	99.91	18.89	124.89
000576 - SMOOTHIE, PINEAPPLE BA BANANA PINEAPPLE SMOOTH	194	2.00	1.25	74.93	41.87	1.99	32.38	4.00	149.91	14.57	124.89
000517 - SMOOTHIE, STRAWBERRY STRAWBERRY SMOOTHIE	134	2.00	1.25	74.93	25.10	1.40	18.34	3.50	99.91	1.20	134.32
000572 - SMOOTHIE, STRAWBERRY STRAWBERRY BANANA SMOOTH	176	2.00	1.25	74.93	36.87	2.16	26.33	4.00	149.91	5.70	129.34
000467 - SOUR CREAM	16	1.63	0.95	12.25	0.54	0.00	0.00	0.00	54.43	0.00	10.89
000476 - YOGURT, STRAWBERRY	70	0.00	0.00	60.21	14.05	0.00	10.04	4.01	0.00	0.00	150.53
000545 - YOGURT, VANILLA VANILLA YOGURT CUP	80	0.00	0.00	60.00	16.00	0.00	13.00	4.00	0.00	0.00	150.00

DESSERTS

Recipe	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Dietary Fiber(g)	Sugars (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)
000354 - BROWNIE, WG BROWNIE	235	9.79	1.71	72.28	32.09	0.76	24.56	3.49	86.68	0.00	17.00
000482 - CAKE, KING CAKE KING CAKE	208	5.53	1.76	194.48	35.87	2.32	13.44	4.59	247.32	0.02	36.06
000521 - CAKE, STRAWBERRY SHO STRAWBERRY SHORTCAKE	268	8.95	4.93	293.72	44.21	3.78	26.68	3.60	485.59	0.00	42.87
000483 - COBBLER, PEACH PEACH COBBLE	328	14.09	3.18	287.91	46.09	2.37	30.81	3.77	636.84	2.41	49.32
000495 - COOKIE, CHOC CHIP, WG CHOCOLATE CHIP COOKIE	153	7.35	3.24	129.57	19.43	1.11	11.38	2.38	417.56	0.00	17.93
000133 - COOKIE, SUGAR, WG SUGAR COOKIE	194	6.71	2.70	165.10	29.51	1.26	17.33	3.46	474.48	0.01	18.61
000584 - ICE CREAM, SEASONAL SPOOKY SUNDAE	80	1.00	0.00	60.00	16.00	0.00	11.00	2.00	100.00	0.00	0.00
000120 - JELL-O, ANY FLAVOR	47	0.00	0.00	189.60	0.00	0.00	0.00	9.30	0.00	0.00	3.56

ENTREE

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000503 - CORN DOG	240	8.00	2.50	390.00	30.00	5.00	5.00	9.00	0.00	0.00	80.00
000242 - GUMBO, CHICKEN & SAUS CHN & SAUSAGE GUMBO WITHOUT RICE	258	14.88	3.30	811.82	13.25	0.90	0.74	19.69	103.39	1.11	21.24
000039 - JAMBALAYA (K-8) JAMBALAYA K-8 GRADE SERVING	223	6.01	1.76	734.27	23.62	1.61	0.27	19.83	13.74	0.03	17.99
000175 - JAMBALAYA (9-12) JAMBALAYA 9-12 GRADE SERVING	280	7.09	2.01	761.68	33.48	2.18	0.50	21.87	13.74	0.03	18.70
000123 - MACARONI & CHEESE	329	18.24	9.22	577.61	26.99	1.14	5.55	13.78	424.71	0.29	281.79
000236 - PASTALAYA	237	5.66	1.76	734.06	26.55	1.52	1.50	21.22	13.74	0.03	17.99
000580 - PASTALAYA (9-12)	240	6.29	2.01	760.34	25.22	1.45	1.43	21.87	13.74	0.03	18.70
000017 - PIZZA, BREAKFAST BREAKFAST PIZZA	210	6.99	2.00	349.39	26.95	2.99	4.99	8.98	0.00	0.00	99.83
000117 - PIZZA, BUFFALO CHICKEN BUFFALO CHICKEN PIZZA	390	19.00	7.00	750.00	35.00	3.00	8.00	20.00	400.00	0.00	250.00
000203 - PIZZA, CHEESE, DELIVERY CHEESE PIZZA	290	9.00	3.00	650.00	28.00	3.00	3.00	20.00	500.00	3.60	350.00
000338 - PIZZA, FLATBREAD CHEESE CHEESE PIZZA	401	15.03	7.01	821.47	47.08	2.00	2.00	22.04	500.90	4.81	450.81
000504 - PIZZA, FLATBREAD PEPPE PEPPERONI PIZZA	380	18.00	8.00	770.00	33.00	3.00	3.00	22.00	750.00	6.00	450.00
000204 - PIZZA, PEPPERONI, DELIV PEPPERONI PIZZA	290	9.00	4.00	650.00	29.00	3.00	3.00	20.00	500.00	3.60	300.00
000309 - PIZZA, PEPPERONI, SELFI PERSONAL PAN PIZZA	292	12.08	6.04	523.51	29.20	3.02	9.06	16.11	302.02	0.00	251.69
000560 - PIZZA, SAUSAGE, DELIVER SAUSAGE PIZZA	300	9.00	4.00	650.00	29.00	3.00	3.00	20.00	500.00	3.60	300.00
000137 - RED BEANS WITH SAUSA RED BEANS & SAUSAGE WITHOUT RICE	157	2.00	0.74	415.71	24.57	6.07	0.82	11.11	3.21	1.97	41.08
000550 - SANDWICH, BUN, TURKEY	310	11.00	4.50	750.00	32.00	3.00	6.00	21.00	200.00	0.00	300.00
000537 - SANDWICH, PANCAKE & S PANCAKE&SAUSAGE GRIDDLE	150	3.00	0.00	300.00	19.00	1.00	5.00	6.00	0.00	0.00	200.00
000523 - SANDWICH, SOYBUTTER, WOW BUTTER & JELLY	290	16.00	3.00	220.00	28.00	4.00	11.00	9.00	0.00	0.00	80.00
000304 - SANDWICH, TURKEY HAM HAM SANDWICH ON WG BREAD	193	3.39	0.80	511.73	28.53	2.00	2.00	13.97	10.00	0.64	40.00
000551 - SANDWICH,CRSNT,TURKE	350	15.00	7.00	780.00	33.00	3.00	4.00	21.00	400.00	0.00	300.00
000570 - SANDWICH,HOAGIE, TURK	330	14.00	6.00	1080.00	32.00	3.00	6.00	21.00	200.00	0.00	350.00
000183 - SPAGHETTI SAUCE WITH SPAGHETTI MEAT SAUCE WITHOUT PASTA	187	11.38	4.55	606.85	9.44	1.61	6.09	10.26	390.94	4.68	25.83

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000536 - STEW, CHICKEN CHICKEN STEW WITHOUT RICE	187	4.54	0.93	1254.41	19.35	2.21	3.87	16.90	1924.27	0.02	70.32
000141 - SUB, HAM & CHEESE HAM & CHEESE POBOY WITH BUN	236	7.80	3.28	681.43	27.00	3.00	2.51	15.01	0.00	1.80	125.90
000212 - SUB, MEATBALL MEATBALL SUB WITH BUN	341	13.96	5.96	768.47	32.33	4.14	5.39	22.70	3201.22	20.54	720.20
000140 - SUB, ROAST BEEF & CHEE ROAST BEEF & CHEESE SUB WITH BUN	231	4.85	2.43	831.41	27.82	3.00	2.81	19.38	1475.19	1.30	657.61
000340 - SUB, SHRIMP SHRIMP POBOY	362	12.08	1.51	733.43	48.15	6.02	3.01	17.08	100.69	1.20	60.14
000343 - SUB, TURKEY & CHEESE TURKEY & CHEESE POBOY WITH BUN	279	8.90	3.93	754.47	28.96	3.00	3.94	21.97	312.42	1.20	1036.28
000509 - TACO, BREAKFAST ZESTY BREAKFAST TACO	252	12.85	5.19	450.87	16.68	1.00	0.91	16.77	0.00	0.00	153.00

FRUIT

Recipe	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Dietary Fiber(g)	Sugars (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)
000182 - APPLE, GOLDEN DELICIOU	86	0.00	0.00	0.00	22.56	3.32	16.59	0.66	66.35	3.18	13.27
000004 - APPLE, RED	86	0.00	0.00	0.00	22.56	3.32	16.59	0.66	66.35	3.18	13.27
000235 - APPLES, JAZZY JAZZY APPLES	110	0.27	0.04	106.98	22.17	3.85	16.68	5.69	86.70	7.39	9.63
000239 - APPLESAUCE	53	0.00	0.00	15.82	13.71	2.11	11.60	0.00	0.00	0.00	0.00
000502 - APPLESAUCE, CUP APPLESAUCE	90	0.00	0.00	0.00	23.00	1.00	21.00	0.00	0.00	0.00	0.00
000527 - APPLESAUCE, ROSY	63	0.00	0.00	57.51	13.71	2.11	11.60	2.08	0.00	0.00	0.00
000501 - APPLESAUCE, STRAWBER STRAWBERRY APPLESAUCE	60	0.00	0.00	0.00	15.00	1.00	13.00	0.00	0.00	18.00	0.00
000068 - BANANA	147	0.00	0.00	0.00	40.18	4.02	25.44	1.34	133.92	12.05	0.00
000532 - CRAISINS, BLUEBERRY	110	0.00	0.00	0.00	28.00	3.00	24.00	0.00	0.00	0.00	0.00
000531 - CRAISINS, ORIGINAL	110	0.00	0.00	0.00	28.00	3.00	24.00	0.00	0.00	0.00	0.00
000530 - CRAISINS, STRAWBERRY	110	0.00	0.00	0.00	28.00	3.00	24.00	0.00	0.00	0.00	0.00
000332 - CRANBERRY SAUCE	48	0.04	0.00	9.19	12.33	0.32	*N/A*	0.06	0.46	0.64	1.38
000110 - FRUIT COCKTAIL	61	0.00	0.00	5.12	15.36	1.02	12.28	1.02	204.74	2.46	0.00
000306 - FRUIT CUP, CANDY CORN CANDY CORN FRUIT CUP	132	2.27	2.27	0.00	29.61	1.48	28.13	0.00	11.34	17.73	0.00
000554 - FRUIT, CANNED CHOICE	45	0.00	0.00	5.02	10.79	1.00	8.78	0.00	125.51	1.50	10.00
000555 - FRUIT, FRESH FRUIT CUP FRESH FRUIT CUP	56	0.06	0.00	0.16	14.66	1.42	12.57	0.11	14.92	3.72	3.37
000481 - FRUIT, SEASONAL DOD	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000238 - GRAPES, RED, SEEDLESS	56	0.00	0.00	9.26	14.20	0.62	12.35	0.00	0.00	0.74	12.35

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Recipe	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Dietary Fiber(g)	Sugars (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)
000534 - JUICE RUSH, BLUE RASPB FROZEN FRUIT CUP	140	0.00	0.00	80.00	27.00	0.00	24.00	0.00	0.00	0.00	0.00
000562 - JUICE RUSH, STRAWBERR FROZEN FRUIT CUP	140	0.00	0.00	80.00	27.00	0.00	24.00	0.00	0.00	0.00	0.00
000015 - ORANGE ORANGE WEDGES	84	0.00	0.00	0.00	20.04	3.16	14.76	1.05	105.45	82.25	63.27
000342 - ORANGES, MANDARIN MANDARIN ORANGE SLICES	118	0.00	0.00	0.00	31.04	1.48	29.56	0.00	0.00	8.87	0.00
000104 - PEACHES, CANNED PEACHES	59	0.00	0.00	4.94	12.84	0.99	10.87	0.00	296.37	2.37	19.76
000561 - PEACHES, DICED, BARREL DICED PEACHES	80	0.00	0.00	0.00	18.00	0.00	17.00	0.00	0.00	30.00	0.00
000106 - PEARS, CANNED PEARS	61	0.00	0.00	5.04	16.14	2.02	11.10	0.00	0.00	2.42	20.17
000105 - PINEAPPLE, TIDBITS PINEAPPLE TIDBITS	59	0.00	0.00	0.00	15.73	0.98	14.75	0.00	0.00	17.70	0.00
000172 - RAISINS, BOXED	127	0.00	0.00	4.68	33.65	1.57	25.16	1.30	0.00	0.98	21.25
000471 - STRAWBERRIES, DICED, C DICED STRAWBERRIES	80	0.00	0.00	0.00	21.00	2.00	16.00	0.00	0.00	48.00	20.00
000099 - STRAWBERRIES, FRESH	56	2.29	2.29	0.00	8.92	1.73	6.50	0.60	11.34	82.91	17.27

GRAIN

Recipe	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Dietary Fiber(g)	Sugars (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)
000473 - BAR, BeneFIT BANANA CH	280	8.00	3.00	220.00	48.00	3.00	23.00	5.00	0.00	0.00	20.00
000480 - BAR, BeneFIT CHOCOLATE	290	9.00	3.00	240.00	47.00	3.00	22.00	5.00	0.00	0.00	20.00
000460 - BAR, CEREAL, COCOA PU COCOA PUFFS CEREAL BAR	151	3.02	0.00	100.64	30.19	3.02	9.06	3.02	100.64	1.21	201.28
000461 - BAR, CEREAL, TRIX TRIX CEREAL BAR	151	3.52	0.00	100.64	30.19	2.01	9.06	2.01	100.64	1.21	201.28
000459 - BAR, CEREAL, CINNAMON CINNAMON TOAST CRUNCH CEREAL BAR	151	3.52	0.00	115.74	30.19	3.02	9.06	2.01	0.00	0.00	201.28
000463 - BAR, GRANOLA, BERRY	140	3.00	0.50	105.00	27.00	3.00	9.00	2.00	500.00	0.00	100.00
000464 - BAR, GRANOLA, CHOCOLA	150	4.50	1.00	140.00	27.00	3.00	10.00	2.00	500.00	0.00	100.00
000415 - BAR, NUTRI GRAIN, BLUEB	160	4.00	0.50	135.00	30.00	3.00	14.00	2.00	750.00	0.00	200.00
000416 - BAR, NUTRI GRAIN, STRA	160	4.00	0.50	150.00	30.00	3.00	14.00	2.00	750.00	0.00	200.00
000472 - BISCUIT, READY TO BAKE	180	8.00	6.00	580.00	24.00	1.00	2.00	4.00	0.00	0.00	0.00
000057 - BUN, HAMBURGER HAMBURGER BUN	150	2.00	0.00	280.00	29.00	3.00	5.00	5.00	0.00	0.00	100.00
000434 - BUN, HOT DOG HOT DOG BUN	130	1.50	0.00	230.00	26.00	3.00	3.00	4.00	0.00	1.20	60.00
000540 - CEREAL, VARIETY, BOWLP	110	1.50	0.08	157.00	23.55	1.84	8.69	1.67	*400.00*	*4.80*	*108.33*
000147 - CHIPS, TORTILLA	283	14.17	6.07	30.37	34.42	2.02	0.00	4.05	0.00	2.43	0.00
000475 - CINI MINIS	240	6.99	1.50	269.67	38.95	2.00	14.98	4.99	0.00	0.00	39.95

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Recipe	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Dietary Fiber(g)	Sugars (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)
000109 - CINNAMON SWIRL	313	8.29	2.64	291.73	53.81	3.49	20.15	6.89	370.98	0.02	54.11
000198 - CORNBREAD	226	5.76	1.32	275.28	37.20	1.26	8.85	5.43	147.12	0.18	48.16
000249 - CRACKERS, WHEAT CRACKERS	70	2.00	0.00	120.00	10.00	0.00	0.00	0.00	0.00	0.00	0.00
000541 - CRESCENT, CHOCOLATE	230	7.99	1.50	269.67	36.95	2.00	9.99	5.99	0.00	0.00	19.98
000358 - DONUTS, GLAZED BITES GLAZED BREAKFAST BITES	260	10.00	4.50	190.00	38.00	3.00	14.00	5.00	0.00	1.20	80.00
000188 - DONUTS, POWDERED SU MINI POWDERED DONUTS	310	11.00	5.00	250.00	52.00	2.00	29.00	3.00	0.00	0.00	40.00
000313 - DRESSING, CORNBREAD	390	16.35	5.16	732.10	43.43	2.37	10.42	17.84	635.16	0.23	75.57
000497 - FRENCH TOAST MINI, CHO MINI FRENCH TOAST CCHIP	210	6.00	1.50	260.00	35.00	4.00	11.00	5.00	1000.00	0.00	200.00
000115 - FRENCH TOAST STICKS	270	8.00	1.00	290.00	43.00	2.00	11.00	7.00	0.00	0.00	60.00
000515 - FRUDEL, STRUDEL, APPLE	210	7.00	1.00	260.00	36.00	2.00	11.00	5.00	0.00	0.00	0.00
000013 - GRITS	112	3.87	1.46	39.51	17.78	1.23	0.00	1.84	243.00	0.00	3.41
000450 - PANCAKE ON A STICK	201	9.70	2.90	421.00	21.60	1.70	7.80	7.70	750.00	0.00	21.00
000002 - PANCAKES, BLUEBERRY, MINI BLUEBERRY PANCAKES	210	6.00	1.00	310.00	35.00	4.00	11.00	4.00	500.00	0.00	60.00
000024 - PANCAKES, BUTTERMILK BUTTERMILK PANCAKES	160	3.00	0.00	190.00	30.00	0.00	10.00	4.00	0.00	0.00	80.00
000544 - PANCAKES, CONFETTI, MI MINI CONFETTI PANCAKES	220	7.00	1.00	300.00	36.00	4.00	11.00	4.00	1000.00	0.00	40.00
000062 - PASTA, SPAGHETTI	104	0.52	0.00	0.00	21.42	1.04	1.04	3.66	0.00	0.00	0.00
000456 - POP TART, FUDGE, WG FUDGE POP TART	370	6.00	2.00	390.00	76.00	6.00	30.00	5.00	1000.00	0.00	200.00
000559 - POP TART, BLUEBERRY, BLUEBERRY POP TART	360	5.00	2.00	360.00	76.00	6.00	30.00	4.00	1000.00	0.00	200.00
000455 - POP TART, STRAWBERRY, STRAWBERRY POP TART	360	4.50	2.00	360.00	75.00	6.00	29.00	4.00	1000.00	0.00	200.00
000134 - RICE, BROWN, PARBOILE	91	0.85	0.00	218.67	18.71	1.13	0.00	2.27	0.00	0.00	1.71
000127 - RICE, VEGETABLE	150	4.32	0.68	163.68	23.34	1.98	0.92	4.81	0.08	0.01	13.18
000102 - ROLL, YEAST ROLL	163	4.00	0.58	165.29	28.83	2.26	6.25	4.71	0.54	0.00	37.74
000539 - ROLL, YEAST, GARLIC GARLIC ROLL	176	5.19	1.06	177.22	29.12	2.34	6.25	4.77	81.82	0.02	38.46
000494 - TACO SHELL TACO SHELL	170	4.00	2.00	0.00	23.00	2.00	1.00	2.00	0.00	0.00	20.00
000011 - TOAST, WG TOAST	71	0.51	0.00	116.44	14.17	1.01	1.01	3.04	0.00	0.00	20.25
000081 - TORTILLA, FLOUR FLOUR TORTILLA	180	4.00	2.00	440.00	30.00	2.00	0.00	6.00	0.00	0.00	120.00
000350 - WAFFLE, DUTCH DUTCH WAFFLE	318	13.00	3.00	350.00	47.53	3.00	16.40	4.00	0.00	0.00	40.05
000168 - WAFFLES, BUTTERMILK BUTTERMILK WAFFLES	139	4.98	0.00	189.25	21.91	0.00	1.99	3.98	0.00	0.00	0.00
000327 - WAFFLES, CINNAMON, MI MINI CINNAMON WAFFLES	200	5.00	1.50	260.00	35.00	4.00	10.00	4.00	1000.00	0.00	200.00

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JUICE

Recipe	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Dietary Fiber(g)	Sugars (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)
000005 - JUICE, APPLE	60	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00
000556 - JUICE, APPLE, 4.23OZ	60	0.00	0.00	5.00	14.00	12.00	0.00	0.00	500.00	60.00	20.00
000410 - JUICE, CAPRI SUN, ALL FL	60	0.00	0.00	15.00	17.00	0.00	16.00	0.00	0.00	0.00	0.00
000470 - JUICE, FRUIT PUNCH	60	0.00	0.00	5.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00
000567 - JUICE, FRUIT PUNCH, 4.23	60	0.00	0.00	15.00	15.00	0.00	13.00	0.00	500.00	60.00	20.00
000009 - JUICE, GRAPE	80	0.00	0.00	0.00	19.00	0.00	18.00	0.00	0.00	0.00	0.00
000496 - JUICE, ORANGE JUICE BL	60	0.00	0.00	5.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00
000500 - JUICE, POWER PUNCH	90	0.00	0.00	20.00	22.00	0.00	19.00	0.00	500.00	60.00	0.00
000400 - JUICE, SWITCH, ALL FLAV	120	0.00	0.00	5.00	30.00	0.00	29.00	0.00	0.00	60.00	0.00
000571 - JUICE, TROPICAL TWIST	90	0.00	0.00	20.00	22.00	0.00	19.00	0.00	500.00	60.00	0.00
000499 - JUICE, TROPICAL TWIST	90	0.00	0.00	20.00	22.00	0.00	19.00	0.00	500.00	60.00	0.00

MEAL KIT

Recipe	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Dietary Fiber(g)	Sugars (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)
000558 - MEAL KIT, BBQ CKN, ES F	577	18.87	2.62	539.82	78.61	8.39	44.02	20.97	665.61	69.18	84.91
000528 - MEAL KIT, CHEESE STICK	507	28.00	7.50	655.00	53.00	5.00	34.00	12.00	1100.00	129.60	270.00
000557 - MEAL KIT, PB&J, ES FOOD	610	31.00	4.50	435.00	66.00	9.00	35.00	16.00	500.00	60.00	61.00
000552 - MEAL KIT, PIZZA	370	15.00	5.00	910.00	42.00	4.00	9.00	23.00	500.00	15.00	450.00
000514 - MEAL KIT, QUESO	585	36.50	13.50	1095.00	47.00	5.00	28.00	17.00	2850.00	132.00	590.00
000547 - MEAL KIT, SANDWICH	410	10.00	4.00	1160.00	67.00	5.00	26.00	16.00	1500.00	61.20	300.00
000526 - MEAL KIT, SUNBUTTER	623	31.00	5.00	370.00	68.00	10.00	39.00	19.00	800.00	130.80	170.00
000553 - MEAL KIT, TURKEY & CHE	250	9.00	4.00	780.00	27.00	2.00	8.00	15.00	400.00	0.00	200.00
000549 - MEAL KIT, TURKEY & CHE	400	7.00	3.50	1260.00	68.00	5.00	28.00	19.00	1500.00	60.00	250.00
000548 - MEAL KIT, WRAP, ITALIAN	388	19.50	9.00	1232.00	37.00	4.00	19.00	17.00	700.00	66.00	160.00

MISCELLANEOUS

Recipe	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Dietary Fiber(g)	Sugars (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)
000533 - HALF-DAY: NO SERVICE	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000145 - NO SCHOOL TODAY	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

MEAT/MEAT ALT

Recipe	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Dietary Fiber(g)	Sugars (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)
000441 - BEEF, CHILI HOT DOG CHILI	114	6.90	2.34	166.63	8.76	1.93	4.70	6.71	501.37	6.12	53.01
000202 - BEEF, HAMBURGER WITH C CHEESEBURGER PATTIE NO BUN	173	10.60	4.70	340.98	3.40	1.10	1.90	16.70	200.71	0.00	536.50

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Recipe	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Dietary Fiber(g)	Sugars (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)
000095 - BEEF, HAMBURGER HAMBURGER PATTIE NO BUN	133	8.10	3.20	190.98	2.40	1.10	0.90	13.70	40.00	0.00	24.00
000136 - BEEF, SALISBURY STEAK SALISBURY STEAK	163	11.75	4.60	606.45	6.93	0.70	3.11	11.31	45.99	0.00	33.14
000492 - BEEF, TACO MEAT TACO MEAT TACO PORTION	157	11.37	4.55	333.05	2.60	0.00	0.00	9.67	0.00	0.00	11.37
000184 - BEEF, TACO MEAT TACO MEAT NACHO PORTION	80	5.69	2.27	192.55	1.53	0.00	0.00	4.83	0.00	0.00	5.69
000170 - CHICKEN, BREAST CHICKEN BREAST	290	18.00	5.00	75.00	0.00	0.00	1.00	32.00	0.00	0.00	0.00
000185 - CHICKEN, FAJITA CHICKEN FAJITA MEAT K-8 GRADE SERVING	107	3.04	0.94	532.19	3.55	0.24	0.00	16.69	16.16	0.02	16.49
000079 - CHICKEN, FAJITA (9-12) CHICKEN FAJITA MEAT 9-12 GRADE SERVING	217	6.19	1.91	1084.84	7.23	0.49	0.01	34.01	32.95	0.04	33.61
000148 - CHICKEN, NUGGETS, BRE CHICKEN NUGGETS	244	14.24	2.54	477.94	16.27	3.05	1.02	13.22	101.69	0.00	40.68
000125 - CHICKEN, ORANGE WITH ORANGE CHICKEN	176	3.52	0.59	328.85	22.32	0.00	11.74	12.92	0.00	1.41	0.00
000048 - CHICKEN, PATTIE, BREAD BREADED CHICKEN PATTIE	270	15.00	2.50	400.00	16.00	3.00	1.00	16.00	100.00	0.00	40.00
000199 - CHICKEN, PATTIE, BREAD SPICY CHICKEN PATTIE	273	15.16	3.03	404.34	17.18	3.03	1.01	15.16	101.08	0.00	40.43
000187 - CHICKEN, PATTIE_BFAST BREADED CHICKEN PATTIE	95	4.50	1.00	215.00	6.00	1.50	0.00	7.00	0.00	0.00	20.00
000546 - CHICKEN, POPCORN POPCORN CHICKEN	257	14.50	2.79	390.52	15.62	3.35	1.12	15.62	111.58	0.00	0.00
000071 - CHICKEN, TENDERS CHICKEN TENDERS	263	15.17	2.53	394.54	16.19	3.03	1.01	15.17	101.16	0.00	40.46
000116 - EGG, BACON & CHEESE E BACON & CHEESE EGGSTRAVA	120	9.00	3.00	280.00	1.00	0.00	1.00	8.00	300.00	0.00	60.00
000047 - EGG, FRITTATA SKILLET FRITTATA	210	8.00	3.00	300.00	2.00	0.00	0.00	8.00	300.00	0.00	60.00
000507 - EGG, OMELET, CHEESE EGG & CHEESE OMELET	110	8.00	3.00	210.00	1.00	0.00	0.00	8.00	400.00	0.00	80.00
000016 - EGG, PATTIE EGG PATTIE	51	3.04	1.01	121.50	1.01	0.00	0.00	3.04	101.25	0.00	20.25
000107 - EGG, SCRAMBLED SCRAMBLED EGG	69	4.12	1.37	208.76	1.37	0.00	0.91	5.94	0.00	0.00	27.43
000511 - FISH, PORTION BREADED	192	8.56	2.01	513.77	12.12	1.01	2.01	16.14	160.72	0.00	532.71
000505 - FISH, PORTION, BREADED	152	6.06	0.51	363.77	11.12	1.01	1.01	13.14	0.00	0.00	20.21
000320 - HAM, SMOKED	87	3.74	1.25	697.83	1.25	0.00	1.25	11.21	0.00	0.00	0.00

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Recipe	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Dietary Fiber(g)	Sugars (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)
000135 - PORK, BREADED PORK C PORK CHOP	280	15.00	3.00	200.00	19.00	4.00	1.00	17.00	100.00	1.20	60.00
000449 - PORK, CARNITA STYLE BBQ PULLED PORK	139	5.06	1.90	265.78	8.86	0.00	7.59	11.39	126.56	4.56	25.31
000563 - PORK, CARNITA STYLE BBQ PULLED PORK PORK NACHO SERVING	139	5.06	1.90	265.78	8.86	0.00	7.59	11.39	126.56	4.56	25.31
000538 - PORK, SAUSAGE PATTIE PORK BREAKFAST SAUSAGE	80	6.00	2.00	240.00	1.00	0.00	0.00	6.00	0.00	0.00	20.00
000121 - SHRIMP POPPERS	232	11.08	1.51	503.43	22.15	3.02	1.01	12.08	100.69	0.00	20.14
000582 - SUNFLOWER SEEDS, HON SUNFLOWER SEEDS, HR	170	14.00	1.50	110.00	6.00	2.00	3.00	5.00	0.00	0.00	20.00
000583 - SUNFLOWER SEEDS, ROA SUNFLOWER SEEDS	170	16.00	1.50	110.00	4.00	2.00	1.00	6.00	0.00	0.00	20.00
000328 - TURKEY, CANADIAN BACO CANADIAN BACON	70	3.49	1.00	259.17	0.00	0.00	0.00	7.97	0.00	1.20	0.00
000440 - TURKEY, FRANK HOT DOG	110	9.00	2.50	300.00	2.00	0.00	1.00	7.00	0.00	0.00	20.00
000314 - TURKEY, ROASTED ROASTED TURKEY BREAST	161	6.00	2.00	947.58	1.45	0.04	0.00	29.36	0.16	0.00	0.33
000506 - TURKEY, SAUSAGE LINK TURKEY BREAKFAST SAUSAGE	60	4.00	1.00	100.00	0.00	0.00	0.00	6.00	0.00	0.00	20.00
000001 - TURKEY, SAUSAGE PATTY TURKEY BREAKFAST SAUSAGE	60	4.00	1.00	100.00	0.00	0.00	0.00	6.00	0.00	0.00	20.00

VEGETABLE

Recipe	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Dietary Fiber(g)	Sugars (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)
000143 - BEANS, BAKED BAKED BEANS	176	1.02	0.00	1120.00	36.60	5.11	15.08	7.11	235.44	0.81	78.04
000075 - BEANS, GREEN GREEN BEANS	53	2.63	1.07	286.52	4.79	1.22	1.10	1.16	179.40	0.00	23.28
000069 - BEANS, NAVY NAVY BEANS	130	0.43	0.00	281.44	23.63	9.49	1.69	8.61	0.83	3.04	5.63
000493 - BEANS, REFRIED REFRIED BEANS	160	4.53	1.68	562.74	21.94	7.11	0.00	7.46	0.00	1.07	44.35
000237 - BROCCOLI & CHEESE	128	8.94	4.22	463.87	7.32	3.06	1.85	5.86	367.11	0.04	126.18
000128 - BROCCOLI, STEAMED STEAMED BROCCOLI	57	3.54	1.45	274.09	4.87	2.88	0.94	2.84	242.61	0.00	53.74
000022 - CARROT STICKS (K-8) CARROT CUP K-8 GRADE SERVING	12	0.05	0.01	27.60	2.92	1.03	1.68	0.23	4878.93	0.92	11.32
000151 - CARROT, STICKS CARROT CUP	16	0.00	0.00	0.00	3.72	1.24	1.86	0.62	6325.58	2.23	12.40
000317 - CARROTS, STEAMED STEAMED CARROTS	85	5.23	2.14	129.25	7.56	3.78	3.78	1.26	4766.78	0.00	25.20

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Recipe	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Dietary Fiber(g)	Sugars (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)
000093 - CORN, WHOLE KERNEL STEAMED CORN	113	3.48	1.01	466.35	18.09	2.03	4.01	3.01	169.29	0.00	0.44
000241 - GREENS, MUSTARD MUSTARD GREENS	17	0.00	0.00	179.33	2.75	2.35	0.41	0.00	0.00	0.00	62.57
000311 - MARINATED CUCUMBER & CUCUMBER & TOMATOES	25	0.16	0.00	164.21	1.89	0.29	1.09	0.14	190.35	3.01	3.37
000138 - PEAS, BLACK EYED BLACK EYE PEAS	117	0.82	0.00	223.74	21.06	4.30	0.00	7.41	1.55	0.00	19.26
000066 - PEAS, SWEET GREEN PEAS	143	3.87	1.33	307.25	20.19	7.57	5.04	5.04	724.83	0.00	25.55
000124 - PICKLE, DILL DILL PICKLE	5	0.08	0.00	1526.82	2.43	0.00	0.00	0.00	0.00	0.00	0.00
000301 - POTATO, BAKED BAKED POTATO	190	2.28	0.32	61.22	37.18	4.07	2.00	5.03	11.55	21.00	41.26
000061 - POTATO, CRINKLE CUT FR FRENCH FRIES	150	5.25	1.50	360.04	25.50	3.00	0.00	3.00	0.00	0.00	0.00
000193 - POTATO, SEASONED, FRI SEASONED FRIES	184	10.06	2.51	418.96	25.14	1.68	0.00	1.68	0.00	0.00	0.00
000072 - POTATOES, MASHED MASHED POTATOES	117	4.01	1.26	321.70	17.83	1.14	1.08	2.90	211.13	1.43	39.25
000131 - POTATOES, SWEET SWEET POTATOES	205	2.90	0.72	28.97	44.35	4.58	20.30	1.14	10940.79	1.37	96.62
000155 - RELISH CUP, SANDWICH RELISH CUP	8	0.09	0.01	144.72	2.77	0.56	1.11	0.42	326.33	4.28	6.29
000152 - RELISH CUP, TACO TACO SALAD CUP	8	0.08	0.01	3.35	1.65	0.56	1.11	0.42	326.33	4.28	6.29
000269 - SALAD, POTATO (9-12) POTATO SALAD 9-12 GRADE SERVING	151	6.04	1.43	245.16	20.02	1.70	0.37	3.59	0.52	7.06	24.32
000266 - SALAD, POTATO (K-8) POTATO SALAD K-8 GRADE SERVING	75	3.02	0.72	122.58	10.01	0.85	0.19	1.80	0.26	3.53	12.16
000150 - SALAD, SPINACH SPINACH SALAD NO DRESSING	13	0.38	0.25	24.23	1.41	0.25	0.50	1.01	1054.51	5.17	83.71
000139 - SALAD,GARDEN GARDEN SALAD NO DRESSING	11	0.00	0.00	0.48	2.48	0.48	1.59	0.38	1431.10	4.57	12.53
000114 - SALSA, TOMATO SALSA	20	0.00	0.00	142.97	4.09	0.00	2.04	0.00	1021.19	12.25	40.85
000158 - SAUCE,MARINARA MARINARA SAUCE	22	0.87	0.12	34.73	3.72	0.50	2.48	0.50	1240.29	14.88	4.96

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