

Menu Item Nutrient Details

Item Name	Serving Size	FE (Kcal)	Fat (g)	Sfat (g)	Tfat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugar (g)	Pro (g)	Fe (mg)	Ca (mg)	A,RE	A,IU	VitC (mg)	Mois (g)
Condiments																	
BBQ Sauce	1 ea.	40.000	0.000	0.000	0.000	0.000	210.000	10.000	0.000	0	0.000	0.360	0.000	0.000	0.000	0.000	0
Cream Cheese	1 ea.	30.000	0.000	0.000	0.000	1.000	160.000	3.000	0.000	0	4.000	0.000	60.000	80.000	400.000	0.000	0
Cream Cheese	1 ea.	30.000	0.000	0.000	0.000	1.000	160.000	3.000	0.000	0	4.000	0.000	60.000	80.000	400.000	0.000	0
Cream Cheese, Strawberry	2 ea.	140.000	12.000	8.000	0.000	40.000	110.000	6.000	0.000	0	2.000	0.000	0.000	80.000	400.000	0.000	0
Jelly, Apple	1 ea.	35.000	0.000	0.000	0.000	0.000	0.000	9.000	0.000	0	0.000	0.000	0.000	0.000	0.000	0.000	0
Jelly, Grape	1 ea.	35.000	0.000	0.000	0.000	0.000	0.000	9.000	0.000	0	0.000	0.000	0.000	0.000	0.000	0.000	0
Ketchup	2 ea.	20.000	0.000	0.000	0.000	0.000	200.000	4.000	0.000	0	0.000	0.000	0.000	0.000	0.000	0.000	0
Margarine Pat	1 ea.	35.000	4.000	1.000	0	0.000	40.000	0.000	0.000	0	0.000	0.000	0.000	40.000	200.000	0.000	0
Mayonnaise	1 ea.	25.000	2.500	0.000	0.000	0.000	105.000	2.000	0.000	0	0.000	0.000	0.000	0.000	0.000	0.000	0
Mustard	1 ea.	5.000	0.000	0.000	0.000	0.000	50.000	0.500	0.000	0	0.700	0.000	0.000	0.000	0.000	0.000	0
Pancake Syrup	1 ea.	120.000	0.000	0.000	0.000	0.000	25.000	31.000	0.000	0	0.000	0.000	0.000	0.000	0.000	0.000	0
PC BBQ Sauce, 144/1.5 oz from NS	1 ea.	52.113	0.002	0.000	0.000(M)	0.000	462.737	13.419	0.123	0	0.122	0.171	9.235	0.000	0.067	0.279	0.015(M)
PC Crackers, Saltines 500/2 ct	1 ea.	14.400	0.270	0.000	0.000	0.000	48.600	2.340	0.180	0	0.360	0.130	3.600	0.000	0.000	0.000	0
PC Marinara cup	1 ea.	40.000	0.000	0.000	0.000	0.000	260.000	6.000	0.000	0	1.140	0.000	0.000	0.000	0.000	7.200	0
PC Marinara Sauce, Heinz, 60/2oz/CS	1 ea.	49.328	1.525	0.396	0.000	1.134	232.466	7.802	1.474	0	1.009	0.408	12.474	21.546	426.376	1.134	45.365
PC Marinara Sauce, Hellmanns 100/1.5oz	1 ea.	50.000	1.500	0.000	0.000	0.000	450.000	9.000	0.000	5.000	0.700	1.000	0.000	80.000	400.000	4.000	0
PC Pride Buttery Spread Cup, 600/0.5oz/cs	1 ea.	20.000	2.500	0.000	0.000	0.000	45.000	0.000	0.000	0.000	0.000	0.000	0.000	40.000	200.000	0.000	0
PC Ranch Dressing 1.5 oz CK	1 ea.	137.972	13.623	1.970	0.000(M)	19.615	405.623	2.207	0.000	0	0.185	0.003	6.642	0.447	1.452	0.056	10.433(M)
PC Salsa, mild, cup, 60/2oz 09	1 ea.	20.000	0.000	0.000	0.000	0.000	440.000	4.000	1.000	0	1.000	0.360	0.000	40.000	200.000	1.200	0
PC Taco Sauce, 1000/cs	1 ea.	5.000	0.000	0.000	0.000	0.000	95.000	1.000	0.000	0	0.000	0.000	0.000	0.000	0.000	0.000	0
PC Taco Sauce, 500/cs	1 ea.	5.000	0.000	0.000	0.000	0.000	95.000	1.000	0.000	0	0.000	0.000	0.000	0.000	0.000	0.000	0
Ranch Dressing	2 ea.	140.000	14.000	2.000	0.000	10.000	200.000	2.000	0.000	0	0.000	0.000	0.000	0.000	0.000	0.000	0

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Salsa, #10 can	2 fl. oz.	10.000	0.000	0.000	0.000	0.000	320.000	2.000	0.000	0	0.000	0.000	0.000	40.000	200.000	7.200	0
Sauce, Marinara 2 oz	1 ea.	22.680	0.454	0.000	0.000(M)	0.000	217.728	4.082	0.907	0	0.907	0.454	18.144	27.216	136.080	5.443	0.000(M)
Sweet & Sour Sauce	1 ea.	30.000	0.000	0.000	0	0.000	90.000	8.000	0.000	0	0.000	0.000	0.000	0.000	0.000	0.000	0
Tartar Sauce	2 ea.	70.000	7.000	1.000	0.000	10.000	220.000	4.000	0.000	0	0.000	0.000	0.000	0.000	0.000	0.000	0
Entree																	
Bean Burrito	1 ea.	276.020	9.540	4.359	0.000(M)	15.190(M)	658.724	36.548	4.423	0.667(M)	10.254	3.054	68.022	118.594(M)	592.970	3.080	57.849(M)
Beef Fingers, Sec 4ea	4 ea.	350.000	24.000	9.000	0.000	45.000	840.000	18.000	2.000	0	14.000	2.700	40.000	20.000	100.000	1.200	0
Beef Nachos	1 ea.	538.658	28.787	4.183	2.694(M)	17.250	635.445	60.467	5.197	0	10.898	1.735	145.281	66.396	332.164	5.807	5.380(M)
Beef Taco Snack, 96/cs	1 ea.	400.000	18.000	9.500	0	50.000	1030.000	34.000	2.000	0	18.000	3.700	190.000	221.400	1107.000	10.000	0
Cheese Bread	1 ea.	413.671	13.443	8.181	0.163(M)	30.364	783.186	46.906	1.765(M)	0.000(M)	22.379	4.026	434.323	50.797	253.995	0.016	40.232(M)
Cheese Quesadilla	1 ea.	179.070	8.990	4.460	0.000	18.840	379.130	16.650	1.530	0	9.780	0.178	153.760	30.678	153.390	0.000	0
Cheeseburger, sec	1 ea.	302.000	15.300	6.700	0.000(M)	43.930	782.700	23.100	1.110	0(M)	18.600	1.381	265.500	502.800	2514.000	0.510	0(M)
Chicken & Gravy, 1/2 gal, 20 sv	1 #10 scoop	120.655	3.641	1.047	0.000(M)	44.088	959.201	6.515	0.109	0	13.853	0.418	61.429	20.692	69.768	0.806	36.686(M)
Chicken Nuggets, Secondary	5 ea.	220.001	13.000	3.500	0.000	85.000	440.002	11.000	1.000	0(M)	13.000	1.800	40.000	40.000	200.001	1.200	0(M)
Chicken Patty on Bun, plain, sec	1 ea.	220.000	4.500	0.000	0.000(M)	40.000	660.000	22.000	0.000	0	20.000	2.880	20.000	0.000(M)	0.000(M)	0.000(M)	0(M)
Chicken Patty on Bun, Spicy, Sec	1 ea.	326.000	12.300	2.200	0.000(M)	36.200	897.300	34.600	1.340	0	19.100	2.640	43.900	20.500	102.500	0.110	0(M)
Chicken, Popcorn, sec	5 oz.	255.938	12.797	2.461	0.000	44.297	285.469	18.703	0.984	0	16.734	1.772	19.688	19.688	98.438	0.000	0
Chicken, Strips, sec	4 ea.	293.333	17.333	4.000	0.000	53.333	720.000	16.000	0.000	0	18.667	5.333	0.000	26.667	133.333	0.000	0
Chili	1 c.	224.980	4.671	1.710	0.272(M)	15.672	707.454	31.328	6.280	3.138(M)	13.287	2.755	55.949	201.754	1008.894	16.355	0(M)
Chili Bread Bowl	1 ea.	775.122	21.061	7.931	3.397(M)	31.566(M)	1646.989	114.006	7.588	13.975(M)	27.875	7.150	114.304	250.768	1018.248	16.414	51.150(M)
Combo Burrito	1 ea.	367.054	16.664	7.046	0.448(M)	40.981(M)	784.183	37.075	4.221	0.667(M)	16.239	3.848	74.027	159.952(M)	799.820	6.286	42.427(M)
Corn Dog Mini Nuggets, Sec	5 ea.	275.000	16.250	4.375	0.000	31.250	637.500	23.750	1.250	0	8.750	2.250	125.000	0.000	0.000	0.000	0
Corn Dog on Stick, Unwrapped, Sec	2 ea.	540.000	30.000	8.000	0	100.000	1460.000	44.000	2.000	0	20.000	5.400	120.000	0.000	0.000	0.000	0
Corn Dog, State Fair, IW, Sec	2 ea.	560.000	28.000	9.000	0.000	100.000	1140.000	64.000	2.000	0	20.000	3.600	160.000	0.000	0.000	2.400	0

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Corn Dog, w/o stick, elem	1 ea.	270.000	15.000	4.000	0	50.000	730.000	22.000	1.000	0	10.000	2.700	60.000	0.000	0.000	0.000	0
DELI Chicken Caesar Salad	1 ea.	803.478	56.901	12.716	0.000(M)	142.377	2060.662	32.456	4.517(M)	0(M)	34.307	5.409(M)	272.644(M)	264.894(M)	8433.776(M)	28.343(M)	116.820(M)
DELI Chop Chop Salad	1 ea.	420.885	30.922	15.070	0.000(M)	88.350	2568.277	10.204	3.472	0(M)	29.774	1.146(M)	593.678(M)	192.994(M)	4707.429(M)	23.588(M)	91.402(M)
DELI Salad, Chef Lg	1 ea.	401.115	26.016	7.809	0.023(M)	193.136	1566.887	18.173	2.734	0(M)	23.245	1.724(M)	72.206(M)	103.034(M)	1145.804(M)	7.695(M)	196.865(M)
Deli Salad, Chef, Small	1 ea.	312.951	22.710	6.583	0.011(M)	114.200	1073.268	12.317	1.534	0(M)	13.848	0.958(M)	47.700(M)	52.106(M)	574.852(M)	3.875(M)	103.770(M)
Deli Salad, Chicken Caesar, Small	1 ea.	330.640	22.967	4.695	0.000(M)	55.897	1181.843	16.061	2.048	0(M)	15.201	0.811(M)	132.320(M)	132.027(M)	4215.556(M)	13.108(M)	58.259(M)
DELI Soy & Sesame Noodle Salad	1 ea.	1253.747	88.453	12.634	0.000(M)	0.000	473.073	76.051	14.038	0.000(M)	26.664	5.125	126.547	173.839(M)	1078.344(M)	3.699	137.520(M)
DELI, Egg Salad on WW	1 ea.	367.588	16.224	3.687	0.000(M)	363.111	628.748	38.121	2.457	0(M)	18.594	4.229	151.072	153.374	2400.632	4.434	91.378(M)
DELI, Fresh Fruit & Yogurt Plate	1 ea.	297.084	1.976	1.142	0.000(M)	5.000	99.343	64.825	6.399	0(M)	6.330	0.465	66.117	33.180	301.202	55.083	149.015(M)
DELI, Ham & Swiss on Whole Wheat Bun	1 ea.	374.620	13.558	6.508	0.045(M)	70.000	1811.480	34.481	2.366	0(M)	26.750	3.352	303.980	68.000	889.200	3.980	24.577(M)
DELI, Hummus on Focaccia Bread	1 ea.	653.127	32.980	12.681	0.000(M)	51.261(M)	1708.451	62.510	11.482	0(M)	26.257	3.905	500.238	160.242(M)	971.382(M)	15.354(M)	129.257(M)
Deli, Hummus with Fattoush	1 ea.	392.959	15.946	2.162	0.000(M)	0.000	684.253	53.083	8.952	0(M)	10.360	2.701	120.556	1361.858	8355.675	21.092	152.482(M)
DELI, International Sub Sandwich	1 ea.	417.051	20.580	6.750	0.000(M)	60.000	2104.705	35.955	1.000	0	22.500	2.880	260.000	20.000(M)	100.000(M)	3.000(M)	0.000(M)
DELI, Sub Sandwich	1 ea.	434.000	21.346	7.264	0.015(M)	62.500	1833.220	36.846	1.672	0(M)	25.090	2.627(M)	189.140(M)	65.000(M)	2031.100(M)	14.130(M)	51.167(M)
DELI, Tuna Salad on Whole Wheat Bun	1 ea.	625.404	35.997	7.028	0.000(M)	86.145(M)	1345.256	40.294	2.920	0(M)	30.414	3.882	232.828	75.387	2106.151	5.515	114.782(M)
DELI, Turkey & Ham Wrap	1 ea.	418.583	22.850	13.608	0.023(M)	99.250	1546.167	18.167	0.667	0(M)	32.925	1.770(M)	120.500(M)	80.243(M)	401.215(M)	0.000(M)	0(M)
DELI, Turkey Italiano on Wheat Bun	1 ea.	363.220	13.848	5.764	0.000(M)	55.000	1602.480	35.265	2.606	0(M)	25.426	2.866(M)	120.980(M)	42.000(M)	863.800(M)	6.520(M)	43.477(M)
DELI, Vegetarian Sub Sandwich	1 ea.	365.960	16.677	7.522	0.000(M)	37.500	1120.500	37.120	2.180	0(M)	17.082	2.355	381.700	152.560	4028.460	13.346	101.068(M)
Double Decker Taco	1 ea.	366.347	18.423	6.985	0.448(M)	40.985(M)	521.362	34.499	1.762	0(M)	14.843	3.787	67.459	44.410(M)	252.441(M)	6.202	31.753(M)
Eggroll, Chicken	1 ea.	160.000	6.000	1.500	0.000	35.000	420.000	20.000	2.000	0	10.000	1.800	40.000	100.000	500.000	3.600	0
Eggroll, Pork	1 ea.	300.000	15.000	5.000	0.000	105.000	670.000	27.000	3.000	0	15.000	2.700	60.000	80.000	400.000	4.800	0

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Fish Patty on Bun, Sec	1 ea.	295.000	9.500	2.000	0.000(M)	42.500	585.000	35.000	1.000	0.000(M)	17.500	1.620	80.000	30.000	150.000	0.000	0(M)
Fish Treasures, sec	4 ea.	220.000	8.000	0.000	0.000	55.000	340.000	20.000	1.000	0	15.000	1.080	20.000	20.000	100.000	0.000	0
GF Cheese Sandwich & Vegetable	1 ea.	318.799	15.000	5.000	0.000(M)	25.000	867.998	32.080	7.360	0	12.200	2.347	55.000	68.800	343.999	5.040	0.000(M)
GF Chips & Hot Vegetables	1 ea.	325.200	10.676	0.709	0.000(M)	0.000	307.090	52.278	7.336	0	7.336	1.860	73.360	0.000	0.000	0.000	0.000(M)
GF Diced Chicken & Vegetables	1 ea.	246.880	9.331	2.666	0.000	99.975	144.775	6.720	1.120	0	31.006	0.681	0.000	112.000	560.000	2.688	0.000(M)
GF SoyNut Butter & Grape Jelly Sandwich	1 ea.	552.200	26.790	0.000	0.000(M)	0.000(M)	518.390	59.334	5.890	0	17.120	1.440(M)	40.000(M)	0.000(M)	0.000(M)	0.000(M)	0.000(M)
GF Sweet & Sour Chicken with Vegetables	1 ea.	191.426	2.237	0.324	0.000(M)	12.000	71.203	37.328	1.677	0	5.492	0.635	12.142	20.689(M)	104.325(M)	18.895	67.999(M)
Hamburger Bun	1 Bun	110.000	1.500	0.000	0	0.000	220.000	21.000	0.000	0	3.000	1.080	20.000	0.000	0.000	0.000	0
Hard Beef Taco	1 ea.	279.407	16.943	6.831	0.448(M)	40.985	254.443	19.504	0.334	0(M)	12.180	0.959	22.605	44.410	252.441	3.631	12.470(M)
Hard Chicken Taco	1 ea.	195.827	8.631	3.583	0.000(M)	45.195	578.890	12.886	0.108	0(M)	17.388	0.037(M)	11.740(M)	3.031(M)	45.484(M)	0.252(M)	8.608(M)
HP BBQ Meatballs & Peas	1 ea.	287.438	12.001	4.500	0.000(M)	50.535	701.542	24.554	3.892	0	19.339	3.167	31.358	67.200	336.042	5.220	25.647(M)
HP BBQ Pork Bites & Tater Tots	1 ea.	331.067	19.937	6.084	0.000(M)	37.991	869.149	24.377	3.268	0(M)	14.865	1.980	37.991	29.433	147.163	5.083	0.000(M)
HP Bean & Cheese Burrito, IW	1 ea.	310.000	10.000	3.000	0.000	10.000	640.000	44.000	5.000	0(M)	11.000	0(M)	0(M)	0(M)	0(M)	0(M)	0(M)
HP Beef & Chili Bean Burrito	1 ea.	350.000	13.000	4.740	0(M)	25.000	665.000	42.000	3.000	0(M)	14.000	4.000	61.000	164.400	822.000	1.000	0(M)
HP Beef Taco Snack, IW	1 ea.	400.000	18.000	9.500	0(M)	50.000	1030.000	34.000	2.000	0	18.000	3.700	190.000	221.400	1107.000	10.000	0(M)
HP Belgian Waffle Sticks & Sausage Links	1 ea.	395.000	17.900	6.500	0.000(M)	80.310	1064.500	29.200	1.000	0(M)	27.900	3.150	108.800	5.820	29.100	0.540	0.000(M)
HP Breakfast Buffet	1 ea.	149.768	7.622	3.115	0.125(M)	118.460	334.782	12.412	0.632	1.000(M)	8.445	1.014	93.690	49.420	247.098	0.000	0(M)
HP Cheese Quesadilla's	1 ea.	358.140	17.980	8.920	0.000	37.680	758.260	33.300	3.060	0	19.560	0.356	307.520	61.356	306.780	0.000	0(M)
HP Cheeseburger & Baked Beans	1 ea.	470.000	17.000	6.500	0.000(M)	62.500	1275.000	53.000	6.000	0.000(M)	27.000	4.680	107.500	20.800	104.000	0.000	0.000(M)
HP Cheeseburger & Corn on the Cob	1 ea.	399.994	16.995	6.500	0.000(M)	62.500	884.996	40.995	0.995	0.000(M)	23.992	2.948	47.500	20.800	104.000	2.015	0.000(M)
HP Cheeseburger & Whole Kernel Corn	1 ea.	385.429	16.364	6.500	0.000(M)	62.500	874.998	36.813	1.454	0.000(M)	23.181	3.142	47.500	20.800	104.000	3.490	0.000(M)
HP Chicken & Bean Burrito	1 ea.	356.046	10.187	2.166	0.001	56.003	533.784	49.387	4.665	0	16.504	4.044	116.340	3.481	263.104	2.057	0(M)
HP Chicken Egg Roll with Peas & Carrots	1 ea.	197.550	6.000	1.500	0.000(M)	35.000	480.079	26.759	4.253	0	12.253	2.070	55.020	475.499	2377.494	8.106	0.000(M)
HP Chicken Nuggets & Baked Beans	1 ea.	332.500	13.750	3.500	0.000(M)	85.000	740.000	33.500	5.500	0(M)	17.500	3.150	85.000	40.000	200.000	1.200	0.000(M)

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HP Chicken Nuggets & Green Beans	1 ea.	235.000	13.000	3.500	0.000(M)	85.000	710.000	14.000	2.500	0(M)	13.750	4.800	55.000	85.000	425.000	3.000	0.000(M)
HP Chicken Nuggets & Mixed Vegetables	1 ea.	253.600	13.000	3.500	0.000	85.000	484.800	17.720	2.120	0(M)	14.680	2.002	40.000	152.000	760.000	3.888	0.000(M)
HP Chicken Nuggets & Whole Kernel Corn	1 ea.	285.429	13.364	3.500	0.000	85.000	439.999	24.813	2.454	0	15.181	2.062	40.000	40.000	199.999	4.690	0.000(M)
HP Chicken Patty & Corn on the Cob	1 ea.	369.994	9.495	1.500	0.000(M)	25.000	479.996	51.995	3.995	0	21.992	2.948	60.000	0.000	0.000	2.015	0.000(M)
HP Chicken Patty on Bun & Mixed Vegetables	1 ea.	323.600	8.500	1.500	0.000(M)	25.000	514.800	40.720	4.120	0	20.680	3.082	60.000	112.000	560.000	2.688	0.000(M)
HP Chicken Patty on Bun & whole kernel corn	1 ea.	380.000	9.000	1.500	0.000(M)	25.000	470.000	53.000	5.000	0	22.000	3.240	60.000	0.000	0.000	4.800	0.000(M)
HP Chicken Strips & Baked Beans	1 ea.	3.324	0.138	0.030	0.000(M)	0.400	8.398	0.345	0.045	0	0.185	0.054	0.450	0.200	1.000	0.000	0.000(M)
HP Chicken, Gravy over Mashed Potato & Green	1 ea.	214.310	4.998	1.355	0.000(M)	44.088	1432.427	23.883	2.714	0	15.708	3.420	79.127	78.031	356.467	2.606	123.253(M)
HP CHILI & CHEESE	1 ea.	267.753	9.117(M)	6.078(M)	0.000(M)	30.390(M)	912.189	33.286	6.673	0(M)	15.617	2.296	73.843	214.486	1072.556	17.377	0.000(M)
HP Cinn Glazed Toast & Sausage Links	1 ea.	475.000	22.900	7.500	0.500	215.310	1044.500	32.200	0.000	0	33.900	3.650	46.800	46.620	233.100	0.540	0.000(M)
HP Cinn Glazed Toast & Sausage Patty	1 ea.	446.000	25.000	7.500	0.500(M)	195.000	750.000	33.000	0.000	0	21.000	3.020	58.000	40.800	204.000	0.000	0.000(M)
HP Cinn Glazed Toast, Egg Patty & Cheese	1 ea.	315.000	15.000	5.000	0.500	262.500	617.000	32.000	0.000	0(M)	15.000	2.700	45.500	76.600	383.000	0.000	0.000(M)
HP Cinn Glazed Toast, Sausage Patty & Egg	1 ea.	393.180	20.602	5.562	0.500(M)	272.970	599.560	33.770	0.000(M)	0(M)	18.540	3.170	59.240	69.120	345.600	0.000	0.000(M)
HP COOKS CHOICE!	1 ea.	385.396	9.147	1.100	0.000(M)	38.085	1078.353	50.789	5.169	0	24.043	4.108	76.937	10.246(M)	51.231(M)	0.055(M)	0.000(M)
HP Fish Patty on Bun	1 ea.	295.000	9.500	2.000	0.000(M)	42.500	585.000	35.000	1.000	0.000(M)	17.500	1.620	80.000	30.000	150.000	0.000	0(M)
HP Fish Patty on Bun & Mixed Vegetables	1 ea.	328.570	9.500	2.000	0.000(M)	42.500	629.760	41.714	2.119	0.000(M)	19.178	1.822	80.000	141.900	709.500	2.686	0.000(M)
HP Fish Treasures & Corn on the Cob	1 ea.	299.994	8.995	0.000	0.000(M)	55.000	349.996	37.995	1.995	0	17.992	1.148	20.000	20.000	100.000	2.015	0.000(M)
HP Fish Treasures & MIXED Vegetables	1 ea.	230.215	6.666	0.334	0.000	50.828	321.400	25.378	2.286	0.000(M)	15.844	1.222	23.330	121.900	609.500	2.686	0.000(M)
HP French Toast Sticks & Apple Struesel	1 ea.	364.361	11.366	3.475	0.000(M)	11.276	347.392	61.158	2.908	20.220(M)	4.964	2.018	46.050	39.591	131.588	0.007	30.679(M)
HP French Toast Sticks & Sausage Links	1 ea.	450.000	22.650	6.750	0.000	80.310	1002.000	31.200	2.250	0(M)	28.650	2.700	58.800	5.820	29.100	0.540	0.000(M)
HP Hot Pocket, Egg & Cheese IW	1 ea.	240.000	9.000	3.000	0(M)	120.000	480.000	30.000	2.000	8.000	12.000	2.160	120.000	40.000	200.000	0.000	0(M)
HP Italian Dunker Sauce & Peas	1 ea.	239.674	10.099	4.466	0.335(M)	35.332	656.934	19.972	4.359	2.087(M)	16.480	3.517	156.378	267.695	1338.630	22.964	14.248(M)
HP Italian Dunkers	1 ea.	351.584	12.630	5.007	0.335(M)	36.784(M)	870.512	42.770	2.002	6.122(M)	17.481	4.405	187.307	222.812	1114.226	17.930	35.705(M)
HP Lasagna Casserole & Green Peas	1 ea.	284.676	9.611	4.641	0.220(M)	33.768	423.327	31.363	4.260	0.172(M)	16.845	6.295	107.006	126.034	634.238	11.409	52.988(M)

Menu Item Nutrient Details

HP Macaroni & Cheese	1 ea.	368.222	18.816	10.653	0.000(M)	55.606	581.034	31.445	1.300	0	18.226	0.936	199.868	61.753(M)	308.878(M)	0.012(M)	73.762(M)
HP Mini Corn Dog Nuggets & Baked Beans	1 ea.	387.500	17.000	4.375	0.000(M)	31.250	937.500	46.250	5.750	0(M)	13.250	3.600	170.000	0.000	0.000	0.000	0.000(M)
HP Mini Corn Dog Nuggets & Tater Tots	1 ea.	416.780	24.590	6.460	0.000(M)	31.250	921.060	39.596	2.918	0(M)	10.418	2.550	125.000	0.000	0.000	4.003	0.000(M)
HP Mozzarella Cheese Sticks & Green Peas	1 ea.	394.799	18.900	7.350	0.000(M)	21.000	755.999	37.380	3.360	0.000(M)	18.900	2.419	314.999	151.200	755.999	5.040	0.000(M)
HP Omelet, Colby Cheese IW	1 ea.	220.000	16.000	6.000	0.000	390.000	420.000	2.000	0.000	0(M)	16.000	1.200	170.000	150.000	750.000	0.000	0(M)
HP Pancakes & Apple Struesel	1 ea.	316.101	6.950	3.058	0.000(M)	27.951	433.422	59.172	1.992	20.220(M)	5.216	1.868	42.730	39.591	131.588	0.007	30.679(M)
HP Pancakes & Sausage Patty	1 ea.	372.740	20.335	6.334	0.000(M)	76.675	793.530	30.014	1.334	0(M)	16.002	1.921	66.680	0.000	0.000	0.000	0.000(M)
HP Pizza, 5" Round Pepperoni	1 ea.	350.000	16.000	7.000	0.000	25.000	840.000	34.000	3.000	0(M)	15.000	3.000	200.000	40.000	200.000	0.000	0(M)
HP Popcorn Chicken & Baked Beans	1 ea.	266.160	8.433	1.478	0.000(M)	26.595	471.390	33.729	5.091	0(M)	14.547	2.414	56.820	11.820	59.100	0.000	0.000(M)
HP Popcorn Chicken & Green Beans	1 ea.	168.660	7.683	1.478	0.000(M)	26.595	441.390	14.229	2.091	0(M)	10.797	4.064	26.820	56.820	284.100	1.800	0.000(M)
HP Popcorn Chicken & Peas & Carrots	1 ea.	181.810	7.683	1.478	0.000(M)	26.595	216.430	16.296	2.280	0(M)	11.736	1.266	23.080	293.320	1466.600	3.378	0.000(M)
HP Pork Egg Roll & Asian Seasoned Rice	1 ea.	383.852	15.756	5.000	0.000(M)	105.412	862.504	44.599	3.953	0	17.649	3.127(M)	63.263(M)	87.431(M)	437.203(M)	5.540(M)	33.000(M)
HP Pork Egg Roll & Green Beans	1 ea.	315.000	15.000	5.000	0.000(M)	105.000	940.000	30.000	4.500	0(M)	15.750	5.700	75.000	125.000	625.000	6.600	0.000(M)
HP Pork Egg Roll with Peas & Carrots	1 ea.	337.549	15.000	5.000	0.000(M)	105.000	730.079	33.759	5.253	0(M)	17.253	2.970	75.020	455.499	2277.496	9.306	0.000(M)
HP Sloppy Joe & Tater Tots	1 ea.	475.321	23.333	7.094	0.729(M)	52.201	971.735	48.324	1.933	0(M)	18.432	3.131	36.131	33.454	167.867	7.245	28.963(M)
HP Sloppy Joe on Bun & Baked Beans	1 ea.	337.892	8.958	2.352	0.290(M)	28.388	700.775	48.860	4.746	0	15.670	3.627	74.689	44.149	222.839	4.018	20.448(M)
HP Spaghetti & Meat Sauce	1 ea.	305.047	11.026	3.719	0.503(M)	40.685	806.606	35.016	2.811	0.000(M)	16.872	4.890	101.698	278.417	1392.315	27.279	102.645(M)
HP Stuff Crust Cheese Pizza	1 ea.	240.000	7.000	4.000	0.000	20.000	550.000	28.000	3.000	0	17.000	2.700	300.000	80.000	400.000	0.000	0.000(M)
HP Sub Sandwich	1 ea.	322.500	10.125	4.625	0.023	50.000	1440.000	35.500	3.000	0	21.750	2.070(M)	107.500(M)	0.800(M)	4.000(M)	0.000(M)	0.000(M)
HP Super Beef Nachos	1 ea.	455.196	27.463	9.210	0.550(M)	56.281	475.854	36.466	4.570	0(M)	18.349	2.056	66.197	39.166	195.953	1.725	1.833(M)
HP SW Turkey Burrito & Baked Beans	1 ea.	483.527	16.195	6.850	0.000(M)	78.078	941.377	50.352	7.511	0.000(M)	33.008	3.314	235.614	74.443	372.215	6.381	18.941(M)
HP SW Turkey Burrito & Refried Beans	1 ea.	501.687	21.499	10.261	0.000(M)	93.258	1114.957	41.352	6.761	0.000(M)	36.550	3.314	230.734	74.504	372.519	6.381	18.941(M)
HP SW Turkey Burrito & Whole Kernel Corn	1 ea.	436.456	15.809	6.850	0.000(M)	78.078	641.376	41.665	4.465	0.000(M)	30.689	2.226	190.614	74.443	372.214	9.871	18.941(M)
HP Swedish Meatballs Over Noodles	1 ea.	451.927	17.000	6.053	0.046(M)	102.292	488.078	51.212	2.420	0	22.852	4.352	59.564	33.173	151.467	0.000	182.082(M)

Menu Item Nutrient Details

HP Tac-Go Egg/Ch/Turkey sausage	1 ea.	380.000	18.000	7.000	1.000	400.000	1020.000	34.000	0.000	0(M)	20.000	4.400	152.000	144.000	720.000	0.000	0(M)
HP Teriyaki Beef Bites & Asian Seasoned Rice	1 ea.	295.962	12.526	4.750	0.000(M)	52.104	794.583	23.656	2.121	0	22.781	0.857(M)	350.310(M)	637.651(M)	3188.293(M)	0.660(M)	28.420(M)
HP Tony's Cheese Pizza	1 ea.	301.740	13.160	5.040	0.000(M)	15.360	888.550	28.040	0.290	0	18.680	1.960	416.230	110.322	551.610	0.650	0.000(M)
HP Tuna Salad on Bun	1 ea.	418.470	25.137	5.513	0.000(M)	61.931	929.177	25.339	0.076	0	19.425	1.697	128.486	24.208	171.319	0.066	44.560(M)
Lasagna Casserole	1 #6 scoop	228.762	9.602	4.794	0.221(M)	32.167	239.300	21.237	0.871	0.172(M)	12.627	5.470	105.236	51.786	259.544	6.324	52.983(M)
Lasagna with Meat Sauce	6 oz.	172.890	6.461	3.693	0.089(M)	19.395	517.964	16.377	1.017	0.000(M)	11.119	1.208	360.366	98.764	492.250	6.544	85.281(M)
Macaroni & Cheese	4 oz.	241.467	12.544	6.701	0.000(M)	37.071	495.743	21.365	0.866	0	11.347	0.624	185.431	65.207(M)	326.107(M)	0.008(M)	49.174(M)
Mozzarella Cheese Sticks, Sec	5 sticks	400.000	22.500	8.750	0.000	25.000	700.000	32.500	0.000	0.000	17.500	1.800	375.000	100.000	500.000	0.000	0
Noodles, spagh, cooked	4 oz.	115.345	0.549	0.000	0.000	0.000	361.982	23.069	1.099	0.000(M)	3.845	0.794	12.875	0.000	0.000	0.000	81.319(M)
PB & Honey Uncrustable, 72/cs	1 ea.	319.370	16.400	3.120	0.000	0.000	325.920	33.790	2.610	0	9.200	1.570	28.820	0.002	0.010	0.050	0
PB & J Uncrustable	1 ea.	320.000	16.000	3.000	0.000	0.000	350.000	33.000	3.000	0	9.000	1.440	20.000	0.000	0.000	0.000	0
Pizza, Big Daddy Cheese, Sec	1 slice	400.000	13.000	4.500	0.000	35.000	760.000	47.000	3.000	0	23.000	3.600	350.000	80.000	400.000	0.000	0
Pizza, Big Daddy Pepperoni, sec	1 slice	410.000	14.000	4.500	0.000	35.000	850.000	47.000	3.000	0	23.000	3.600	350.000	80.000	400.000	0.000	0
Quesadilla, Cheese	2 ea.	482.860	25.234	13.156	0.000	60.780	824.680	42.000	2.000	0(M)	20.182	5.400	120.520	0.244(M)	1.216(M)	4.800	0(M)
Sandwich, Toasted Cheese	1 ea.	158.190	5.820	2.890	0.000	15.210	556.700	16.940	0.000	0	9.500	9.000	219.370	115.672	578.360	0.000	0
Sloppy Joe	3 oz.	223.541	13.493	5.009	0.728(M)	52.201	468.175	11.478	0.265	0	13.764	1.751	16.131	33.454	167.867	3.242	28.963(M)
Soft Beef Taco	1 ea.	289.409	15.443	6.333	0.448(M)	40.985	484.443	23.505	1.334	0(M)	13.181	3.659	62.605	44.410(M)	252.441(M)	6.031	12.470(M)
Soft Chicken Taco	1 ea.	260.290	9.401	3.538	0.000(M)	45.195	808.890	24.602	1.108	0(M)	19.296	2.737(M)	51.740(M)	3.031(M)	45.484(M)	2.652(M)	8.608(M)
South of the Border Entrees, Variety	1 ea.	290.382	12.106	4.722	0.111(M)	33.618(M)	683.334	30.315	1.984	0	14.137	3.182(M)	60.036(M)	94.125(M)	492.401(M)	4.998(M)	25.803(M)
Southwest Turkey Burrito	1 ea.	328.363	12.440	4.967	0.000(M)	69.362	554.215	27.852	3.011	0.000(M)	25.002	1.870	90.452	59.611	298.053	6.381	18.941(M)
Spaghetti Sauce	4 oz.	126.489	6.985	2.479	0.335(M)	27.123	296.483	7.969	1.142	0.000(M)	8.686	2.731	59.218	185.611	928.210	18.186	14.232(M)
Sub Sandwich	1 ea.	323.100	10.179	4.655	0.023	52.680	1412.700	36.006	3.000	0	21.280	2.070(M)	175.900(M)	30.360(M)	151.800(M)	0.000(M)	0(M)
Teriyaki Beef Bites, Sec	6 ea.	268.500	14.250	5.700	0.000	62.100	754.560	10.200	1.560	0	24.600	0.586	417.000	757.500	3787.500	0.027	0

Menu Item Nutrient Details

Tuna Salad Sandwich	1 sandwich	0	0	0	0(M)	0	0	0	0	0	0	0	0	0	0	0	0(M)
Turkey Frank on Bun, Sec	1 ea.	249.970	12.862	3.970	0.000(M)	50.000	775.970	23.264	0.903	1.000(M)	10.085	2.148	119.340	0.000	0.000	3.600	14.921(M)
WHS Yogurt Plate	1 ea.	458.055	8.314	2.601	0.000(M)	6.452(M)	512.772	88.184	8.346	4.035(M)	11.242	2.048	77.539	77.702	469.779	38.006	159.641(M)
Milk																	
Milk, 2% UHT 27/cs	1 ea.	130.000	5.000	3.000	0.000	18.000	100.000	11.000	0.000	0	8.000	0.000	220.000	2.600	1500.000	1.000	0
Milk, Chocolate FF	1 ea.	140.000	0.000	0.000	0.000	5.000	180.000	27.000	0.000	0	9.000	0.000	300.000	100.000	500.000	1.200	0
Milk, White 1%	1 ea.	110.000	2.500	1.500	0.000	15.000	130.000	13.000	0.000	0	8.000	0.000	300.000	100.000	500.000	1.200	0
Milk, White UHT 2% USDA	1 ea.	130.000	5.000	3.000	0	18.000	100.000	11.000	0.000	0	8.000	0.000	220.000	2.600	1500.000	1.000	0
Sides																	
Almond Fruit Mix Muffin	3 oz.	200.178	10.043	1.915	0.000(M)	27.306	146.398	22.948	0.612	0	3.125	0.793	27.289	0.426	4.569	1.080	27.184(M)
Almond Poppyseed muffin	3 oz.	294.804	16.301	3.250	0.000(M)	48.583	276.228	34.080	0.050	19.433(M)	4.904	0.608	36.923	0.000	0.000	0.003	27.518(M)
Apple Crisp, 25 svg	1 #8 scoop	139.829	2.227	1.180	0.000(M)	4.876	25.779	29.699	0.815	22.145(M)	0.537	0.469	18.211	17.148	57.214	0.007	38.874(M)
Apple Spice Muffin	3 oz.	343.593	16.024	2.560	0.000(M)	37.565	220.958	46.063	0.718	15.026(M)	4.465	1.524	70.188	0.083	0.691	0.141	21.636(M)
Applesauce	1 #10 scoop	45.000	0.000	0.000	0.000	0.000	11.250	12.000	0.750	0	0.000	1.080	0.000	0.000	0.000	1.800	0
Asian Seasoned Rice	2 oz.	72.243	0.651	0.000	0.000(M)	0.355	165.854	15.163	0.822	0.000(M)	2.282	0.368(M)	2.812(M)	6.403(M)	32.052(M)	0.638(M)	28.432(M)
Bagel, Plain	1 ea.	230.000	1.000	0.000	0	0.000	390.000	47.000	2.000	0	8.000	1.800	150.000	0.000	0.000	0.000	0
Bageler, Apple Cinnamon	1 ea.	190.000	3.000	1.500	0.000	5.000	200.000	37.000	3.000	0	6.000	1.080	20.000	0.000	0.000	0.000	0
Bageler, Plain Cream Cheese	1 ea.	180.000	3.000	1.500	0.000	5.000	210.000	35.000	3.000	0	6.000	1.080	0.000	0.000	0.000	0.000	0
Bageler, Strawberry	1 ea.	180.000	3.000	1.500	0.000	5.000	210.000	35.000	3.000	0	6.000	1.080	0.000	0.000	0.000	0.000	0
Baked Beans	1 #10 scoop	112.500	0.750	0.000	0	0.000	300.000	22.500	4.500	0	4.500	1.350	45.000	0.000	0.000	0.000	0
Banana Muffin	3 oz.	343.005	16.185	2.594	0.000(M)	37.985	222.669	45.437	0.730	15.194(M)	4.504	1.452	69.235	0.528	4.381	0.531	26.037(M)
Blueberry Muffin	3 oz.	247.992	13.427	2.661	0.000	39.917	226.875	30.004	0.485	15.967(M)	4.113	0.523	29.715	2.426	12.128	0.437	22.597(M)
Blueberry-Lemon Muffin	3 oz.	270.600	14.814	2.949	0.000(M)	44.241	251.452	32.111	0.269	17.696(M)	4.491	0.555	31.590	1.344	6.721	0.242	25.045(M)
Breakfast Cookie with Almonds	3 oz.	331.072	14.225	3.053	0.000(M)	76.867	399.599	44.315	2.059	12.872(M)	6.603	2.669	68.011	114.328	571.699	0.006	5.267(M)

Menu Item Nutrient Details

Breakfast Muffin, Blackberry-Lemon	1 ea.	273.242	14.864	2.966	0.000(M)	44.470	252.849	32.590	0.466	17.788(M)	4.557	0.608	33.107	1.026	10.629	0.289	32.840(M)
Breakfast Muffin, Peach-Lemon	3 oz.	270.843	14.762	2.952	0.000(M)	44.274	252.167	32.395	0.125	17.710(M)	4.471	0.566	30.582	3.342	33.787	0.291	33.372(M)
Broccoli, 3# Bag	3 oz.	30.018	0.000	0.000	0.000	0.000	40.024	5.003	2.001	0	2.001	0.360	40.024	60.035	300.176	60.035	0
Broccoli, 3# bag, USDA	3 oz.	30.018	0.000	0.000	0.000	0.000	40.024	5.003	2.001	0	2.001	0.360	40.024	60.035	300.176	60.035	0
Broccoli, fresh	3 oz.	30.018	0.000	0.000	0.000	0.000	40.024	5.003	2.001	0	2.001	0.360	40.024	60.035	300.176	60.035	0
Broccoli, Steamed	3 oz.	30.018	0.000	0.000	0.000	0.000	40.024	5.003	2.001	0	2.001	0.360	40.024	60.035	300.176	60.035	0
Brownie, Choc Chip Healthy	1 ea.	240.641	5.628	2.344	6.098	0.383	261.998	42.062	2.518	27.713	4.746	2.200	7.209	1.195	5.975	0.000	5.736(M)
Brownie, M&M Healthy	1 ea.	232.981	4.917	1.906	6.330(M)	0.000	272.188	41.696	2.869	27.382	4.904	2.100(M)	5.311(M)	0.000(M)	0.000(M)	0.000(M)	5.962(M)
Cake, White with Frosting	1 ea.	238.588	6.021	1.644	0.477(M)	53.242(M)	244.564	43.243	0.000	32.732(M)	3.322	0.559	20.736	33.370	166.851	0.090	12.630(M)
Canned Tropical Fruit	1 #10 scoop	97.500	0.000	0.000	0.000	0.000	9.750	23.250	3.000	0	0.000	0.270	15.000	0.000	0.000	9.900	0
Carrot Raisin Muffin	1 ea.	280.242	14.234	2.844	0.000(M)	42.578	246.612	36.316	0.426	17.031(M)	4.526	0.699	34.514	72.508	665.438	0.303	29.655(M)
Carrot, 2# Bag	3 oz.	34.870	0.204	0.034	0.000	0.000	58.684	8.148	2.381	0	0.791	0.255	28.066	2392.456	14297.756	5.018	75.091
Carrot-Pineapple Muffin	3 oz.	239.975	12.836	2.567	0.000(M)	38.491	223.423	29.179	0.252	15.396(M)	3.877	0.546	27.711	65.479(M)	601.565(M)	1.989	25.731(M)
Carrots, 2# Baby USDA	3 oz.	34.870	0.204	0.034	0.000	0.000	58.684	8.148	2.381	0	0.791	0.255	28.066	2392.456	14297.756	5.018	75.091
Cauliflower, raw 3# bag	3 oz.	21.262	0.085	0.013	0	0.000	25.515	4.508	2.126	0	1.684	0.374	18.711	1.701	11.056	39.463	78.169
Celery Sticks, 5# Bag	3 oz.	13.608	0.145	0.036	0	0.000	68.040	2.526	1.361	0	0.587	0.170	34.020	11.056	381.874	2.637	81.163
Cereal Raspberry Fruit Bar	1 ea.	285.100	8.240	2.360	0	9.390	124.830	49.680	0	0	4.260	1.260	18.610	1.804	9.020	0.510	0
Cereal, Cheerios 48	1 ea.	140.000	2.500	0.500	0.000	0.000	260.000	29.000	3.000	0	4.000	10.800	100.000	150.000	500.000	6.000	0
Cereal, Cheerios 96	1 ea.	70.000	1.000	0.000	0.000	0.000	130.000	14.000	2.000	0	2.000	5.400	60.000	60.000	300.000	3.600	0
Cereal, Cinnamon Toasters 96 ct	1 ea.	120.000	3.500	0.500	0.000	0.000	130.000	22.000	1.000	0	1.000	9.000	100.000	100.000	500.000	6.000	0
Cereal, Frosted Flakes 96	1 ea.	96.023	0.000	0.000	0.000	0.000	144.035	22.405	0.800	0	1.600	3.601	0.000	120.029	600.146	12.003	0
Cereal, Frosted Mini Spooners	1 ea.	190.000	1.000	0.000	0.000	0.000	10.000	45.000	6.000	0	5.000	16.200	0.000	0.000	0.000	0.000	0
Cereal, Honey Graham Squares 48/2oz/cs	1 ea.	240.000	6.000	0.500	0.500	0.000	500.000	48.000	2.000	0	2.000	16.200	200.000	200.000	1000.000	12.000	0
Cereal, Honey Graham Squares 96	1 ea.	120.000	3.000	0.000	0.000	0.000	250.000	24.000	1.000	0	1.000	9.000	100.000	100.000	500.000	6.000	0

Menu Item Nutrient Details

Cereal, Honey Nut Cheerios 96	1 ea.	110.000	1.500	0.000	0.000	0.000	190.000	22.000	2.000	0	3.000	4.500	100.000	100.000	500.000	6.000	0
Cereal, Honey Nut Scooters 48	1 ea.	181.911	2.481	0.000	0.000	0.000	347.284	39.690	3.307	0	3.307	14.884	165.373	165.373	826.866	9.922	0
Cereal, Kelloggs Wellness Assortment Pack	1 ea.	215.002	0.750	0.000	0.000	0.000	345.003	45.500	2.500	0	6.500	18.000	0.000	250.002	1250.011	22.500	0(M)
Cereal, Raisin Bran 48/cs	1 ea.	220.000	1.500	0.000	0.000	0.000	340.000	48.000	6.000	0	5.000	9.000	20.000	100.000	500.000	0.000	0
Cereal, Rice Krispie 96/cs	1 ea.	69.998	0.000	0.000	0	0.000	173.999	15.998	0.000	0	0.999	0.999	2.999	55.600	277.999	3.499	0.540
Cereal, Toasty O's	1 ea.	140.000	2.500	0.000	0.000	0.000	360.000	28.000	4.000	0	4.000	10.800	100.000	100.000	500.000	6.000	0
Cereal, Tootie Fruitie 96	1 ea.	90.000	0.500	0.000	0.000	0.000	100.000	19.000	1.000	0	1.000	5.400	60.000	60.000	300.000	3.600	0
Cheese Stick, Cheddar, 168/1 oz/cs	2 ea.	160.000	18.000	12.000	0.000	60.000	360.000	0.000	0.000	0.000	14.000	0.000	400.000	120.000	600.000	0.000	0
Cheese Stick, Co-Jack, 168/1 oz/cs	2 ea.	160.000	18.000	10.000	0.000	60.000	360.000	0.000	0.000	0.000	14.000	0.000	400.000	120.000	600.000	0.000	0
Cheese Stick, Lite String Mozzarella, 168/1oz/cs	2 ea.	120.000	6.000	3.000	0.000	20.000	360.000	0.000	0.000	0.000	14.000	0.000	400.000	120.000	600.000	0.000	0
Cherry Fruit Bites	1 ea.	70.000	0.000	0.000	0.000	0.000	50.000	18.000	1.000	0	0.100	0.000	0.000	0.000	0.000	36.000	0
Chips, Baked Nacho Cheese, 64/cs	1 ea.	120.000	3.500	0.500	0.000	0.000	220.000	21.000	2.000	0	2.000	0.360	40.000	20.000	100.000	0.000	0
Chips, Sour Cream & Cheddar 64 ct	1 ea.	140.000	4.000	1.000	0.000	0.000	240.000	24.000	2.000	0	2.000	0.360	20.000	0.000	0.000	1.200	0
Chocolate Graham Bear	1 ea.	102.610	2.760	0.680	0.740	0.000	90.750	18.360	0.530	0	1.560	1.980	10.000	50.000	250.000	3.000	0
Cinnamon Goldfish Graham	1 ea.	120.000	4.500	1.000	0	0.000	105.000	19.000	1.000	0	1.000	0.720	0.000	0.000	0.000	0.000	0
Cinnamon roll	3 oz.	309.397	12.918	2.500	1.597(M)	2.562(M)	232.458	45.870	1.841(M)	0.000(M)	3.769	1.832	42.996	33.231	154.238	0.324	19.878(M)
Citrus Fruit Bites	1 ea.	70.000	0.000	0.000	0.000	0.000	50.000	18.000	1.000	0	0.100	0.000	0.000	0.000	0.000	36.000	0
Cookie, Holiday	1 ea.	173.839	10.378	6.339	0.000(M)	48.080	76.607	17.924	0.054	0	2.493	0.778	8.542	95.416	325.226	0.000	3.981(M)
Cookie, Oatmeal Raisin	1 ea.	182.710	8.694	2.186	1.221(M)	22.680(M)	137.123	23.492	0.870(M)	0	2.572	1.080	24.531	33.821	168.903	0.134	1.995(M)
Corn on the Cob	1 ea.	79.994	0.995	0.000	0(M)	0.000	9.996	17.995	0.995	0	2.992	0.068	0.000	0.000	0.000	2.015	0(M)
Cornmeal Muffin	3 oz.	243.880	6.796	0.437	0.000(M)	51.165	449.361	41.111	0.745	0	5.651	1.461	70.286	18.898	94.492	0.000	24.618(M)
CP Apple Crisp & Dinner Roll	1 ea.	340.071	7.147	3.266	0.000(M)	12.728(M)	421.469	64.036	1.661	24.255(M)	6.415	2.463	46.979	61.908	243.182	0.013	52.136(M)
CP Apple Crisp & Veggie Sticks	1 ea.	199.226	4.689	2.738	0.000(M)	11.276	97.478	37.500	2.970	20.220(M)	2.245	1.293	47.554	910.698	8050.718	21.521	81.907(M)
CP Applesauce & Blackberry-Lemon	1 ea.	326.995	13.305	3.072	0.000(M)	39.471(M)	258.440	50.612	1.137	14.769(M)	3.794	1.586	27.952	9.790	38.448	2.040	28.120(M)

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CP Applesauce & Pasta Salad	1 ea.	168.224	1.064	0.039	0.000(M)	0.343(M)	205.954	35.760	2.112	0.000(M)	4.246	6.196	8.543	222.216	1316.154	8.219	23.918(M)
CP Applesauce & Pumpkin Fluff	1 ea.	202.404	8.468	6.114	0.000(M)	0.000	116.430	35.077	3.364	0(M)	1.270	1.094	39.334	0.043	0.488	1.807	0.017(M)
CP Applesauce & Tossed Salad	1 ea.	50.950	0.060	0.008	0.000(M)	0.000	15.500	13.262	1.260	0(M)	0.383	1.254	7.650	14.025	213.350	2.990	40.647(M)
CP Applesauce & Veggie Sticks	1 ea.	74.883	0.074	0.013	0.000(M)	0.000	68.870	18.346	3.063	0	1.031	1.705	31.523	871.619	7923.785	23.327	51.258(M)
CP Canned Lite Pears & Carrot-Pineapple	1 ea.	244.098	2.366	1.019	0.014(M)	10.961	277.350	55.037	1.889	0	2.389	1.302	14.499	136.433(M)	950.698(M)	4.044	103.882(M)
CP Dunker Stick IW Each	1 ea.	170.710	2.531	0.541	0.000(M)	1.452(M)	381.577	32.878	1.003	4.035(M)	5.201	1.795	30.929	22.317	111.594	0.006	21.457(M)
CP Fresh Apple & Pumpkin Raisin Panbread	1 ea.	329.101	10.604	0.885	0.000(M)	30.623(M)	273.444	58.412	3.550	13.286(M)	3.457	1.102	18.998	20.767	118.030	4.842	90.898(M)
CP Fruit Cocktail & Apple-Spice Raisin Panbread	1 ea.	280.966	3.699	1.799	0.017(M)	15.365(M)	363.890	60.876	1.529	0	2.349	1.182	21.336	10.118	35.845	0.146	22.525(M)
CP Fruit Cocktail & Dirt Worm Pudding	1 ea.	250.938	3.120	0.628	0.000(M)	1.619(M)	244.877	52.764	1.266	0(M)	4.590	0.724	170.645	63.864	212.727	0.503(M)	88.455(M)
CP Fruit Cocktail & Orange Pineapple Panbread	1 ea.	249.845	2.397	1.046	0.015(M)	11.272	289.045	55.693	1.366	0	2.001	0.981	16.627	1.308(M)	8.365(M)	2.424	22.820(M)
CP Fruit Cocktail & Peach-Lemon Panbread 09	1 ea.	263.815	2.673	1.166	0.017(M)	12.567	320.151	58.399	1.380	0	2.251	1.077	17.484	3.881	33.622	0.195	30.372(M)
CP Fruit Cocktail & Pudding	1 ea.	148.910	0.065	0.042	0.000(M)	1.619	167.615	35.050	0.750	0(M)	3.157	0.028	166.778	63.864	212.727	0.503	88.455(M)
CP Fruit Cocktail & Tossed Salad	1 ea.	76.074	0.063	0.008	0.000(M)	0.000	18.744	19.281	1.493	0	0.371	0.161	14.134	14.541	214.783	1.676	40.629(M)
CP Grapes & Veggie Sticks	1 ea.	67.854	0.272	0.078	0.000(M)	0.000	58.720	16.066	2.823	0(M)	1.388	0.789	39.442	876.777	7975.830	23.782	97.326(M)
CP Kiwi & Holiday Cookie	1 ea.	234.587	10.378	6.339	0.000(M)	48.080	90.782	33.312	1.670	0(M)	2.493	0.920	16.639	111.615	406.222	19.437	3.981(M)
CP Mandarin Oranges & Almond-Fruit Panbread	1 ea.	290.482	3.539	1.235	0.016(M)	12.311	309.711	62.074	1.117	0	2.557	1.432	19.920	1.499	9.884	16.815	24.971(M)
CP Mandarin Oranges & Banana Panbread	1 ea.	286.998	3.742	1.820	0.017(M)	15.517(M)	363.088	61.058	0.795	0	2.369	1.384	14.837	10.607	39.709	16.287	26.937(M)
CP Mandarin Oranges & Veggie Sticks	1 ea.	89.883	0.074	0.013	0.000(M)	0.000	65.120	20.596	2.313	0	1.031	0.895	31.523	871.619	7923.785	37.277	51.258(M)
CP Orange Smiles & Carrot-Pineapple	1 ea.	285.461	11.745	2.757	0.000(M)	34.646(M)	223.244	43.442	1.782	12.854(M)	3.862	0.522	49.792	77.228(M)	678.782(M)	36.506	79.145(M)
CP Orange Smiles & Dinner Roll	1 ea.	201.495	2.610	0.554	0.000(M)	1.452(M)	381.577	40.574	2.575	4.035(M)	5.817	1.861	57.129	36.072	258.969	34.852	78.278(M)
CP Orange Smiles & Holiday Cookie	1 ea.	204.624	10.457	6.352	0.000(M)	48.080	76.607	25.620	1.626	0(M)	3.109	0.844	34.742	109.171	472.601	34.846	60.802(M)
CP Orange Smiles & Potato Salad	1 ea.	139.630	6.156	0.891	0.000(M)	8.511(M)	176.185	19.926	2.758	0.000(M)	1.819	0.572	35.089	15.670	213.720	40.432	62.416(M)
CP Orange Smiles & Tossed Salad	1 ea.	37.029	0.144	0.022	0.000(M)	0.000	3.586	9.018	2.068	0(M)	0.988	0.222	33.054	29.515	376.599	36.901	97.470
CP Patriotic Jello & Potato Salad	1 ea.	243.254	8.102	1.169	0.000(M)	11.346(M)	346.407	40.218	1.653(M)	0	2.989	0.694(M)	14.431(M)	4.439(M)	107.507(M)	7.577(M)	92.601(M)

Menu Item Nutrient Details

CP Peaches & Almond Nut Fruit Panbread	1 ea.	292.234	4.555	1.855	0.016(M)	14.930(M)	345.597	62.361	2.361	0	3.006	1.510	23.232	43.927	377.574	3.358	103.942(M)
CP Peaches & Almond Poppyseed Panbread	1 ea.	286.048	4.013	1.899	0.019(M)	16.345(M)	380.698	61.378	1.860	0	2.910	1.516	19.489	43.536	373.384	2.296	104.608(M)
CP Peaches & Blueberry-Lemon Panbread	1 ea.	332.482	13.357	3.071	0.000(M)	39.471(M)	251.882	52.233	1.464	14.769(M)	4.187	0.807	29.691	43.450	372.948	2.492	102.579(M)
CP Peaches & Carrot-Raisin Panbread	1 ea.	191.953	5.272	1.463	0.000(M)	15.329(M)	118.603	36.658	1.571	0.000(M)	1.823	0.597	17.325	106.369	955.813	2.461	107.190(M)
CP Peaches & Dirt Pudding with Gummy Worm	1 ea.	207.527	1.867	0.381	0.000(M)	1.536(M)	198.426	45.745	1.523	0	4.379	0.770	158.322	93.525	534.940	2.735(M)	163.644(M)
CP Peaches & Healthy Brownie	1 ea.	432.959	10.660	4.193	8.032(M)	114.005	422.238	73.266	5.115	38.092(M)	11.143	3.890	31.274	62.278	482.156	2.290	88.375(M)
CP Peaches & Pumpkin-Raisin Panbread	1 ea.	328.097	10.461	0.855	0.000(M)	30.623(M)	277.204	58.345	2.366	13.286(M)	3.623	1.324	15.800	49.107	401.206	2.486	85.305(M)
CP Peaches & Tossed Salad	1 ea.	57.466	0.088	0.008	0.000(M)	0.000	9.020	15.143	1.750	0(M)	0.812	0.518	10.512	47.415	551.066	3.480	121.470
CP Peaches & Veggie Sticks	1 ea.	80.679	0.102	0.013	0.000(M)	0.000	62.291	20.034	3.535	0(M)	1.454	0.964	34.327	904.042	8252.244	23.772	130.950(M)
CP Pears & Almond-Nut Fruit Panbread	1 ea.	292.234	4.555	1.855	0.016(M)	14.930(M)	345.597	62.361	2.361	0	3.006	1.510	23.232	43.927	377.574	3.358	103.942(M)
CP Pears & Cornmeal Bread	1 ea.	294.695	6.824	0.437	0.000(M)	51.165	454.066	54.803	1.968	17.419(M)	6.074	1.800	73.109	51.833	427.606	2.258	104.340(M)
CP Pears & Dinner Roll	1 ea.	221.524	2.559	0.541	0.000(M)	1.452(M)	386.282	46.570	2.226	4.035(M)	5.624	2.134	33.752	55.252	444.708	2.264	101.179(M)
CP Pears & Holiday Cookie	1 ea.	225.355	10.407	6.339	0.000(M)	48.080	81.377	31.805	1.294	0(M)	2.922	1.121	11.404	128.806	662.942	2.290	84.804(M)
CP Pears & Jello	1 ea.	201.921	0.029	0.000	0.000(M)	0.000(M)	183.487	50.408	1.240(M)	0.000(M)	2.578	0.343(M)	9.688(M)	33.390(M)	337.716(M)	2.290(M)	308.116(M)
CP Pears & Lemon Poppyseed Panbread	1 ea.	291.365	4.272	1.948	0.019(M)	16.528(M)	384.649	62.116	1.964	0	3.022	1.576	26.852	43.769	374.174	2.302	104.857(M)
CP Pears & Three Bean Salad	1 ea.	113.413	0.673	0.098	0.000(M)	0.000(M)	302.293	25.023	4.258	0	3.418	1.542	23.551	45.254	397.789	2.967	79.732(M)
CP Pears & Tossed Salad	1 ea.	56.888	0.091	0.008	0.000(M)	0.000	8.449	14.972	1.717	0	0.795	0.500	9.957	47.476	547.897	3.935	120.351
CP Pears & Veggie Sticks	1 ea.	81.399	0.103	0.013	0.000(M)	0.000	62.390	20.227	3.553	0	1.461	0.969	34.385	905.009	8261.501	23.816	132.081(M)
CP Pineapple & Veggie Sticks	1 ea.	74.883	0.074	0.013	0.000(M)	0.000	65.120	17.596	3.063	0	1.031	0.895	31.523	871.619(M)	7923.785(M)	32.777	51.258(M)
CP Pineapple Tidbits & Bavarian Pumpkin Fluff	1 ea.	202.404	8.468	6.114	0.000(M)	0.000	112.680	34.327	3.364	0(M)	1.270	0.284	39.334	0.043(M)	0.488(M)	11.257	0.017(M)
CP Pineapple Tidbits & Cake	1 ea.	283.588	6.021	1.644	0.477(M)	53.242(M)	252.064	54.493	0.750	32.732(M)	3.322	0.829	20.736	33.370(M)	166.851(M)	11.340	12.630(M)
CP Pineapple Tidbits & Mixed Berry Lemon	1 ea.	265.918	3.638	1.777	0.017(M)	15.132(M)	353.555	56.499	1.492	0	2.281	1.379	13.461	10.042(M)	35.143(M)	12.222	21.756(M)
CP Pineapple Tidbits & Oatmeal Choc Chip	1 ea.	363.542	8.421	1.640	0.004(M)	47.401(M)	379.052	66.462	2.326	0	5.721	1.926	48.248	20.222(M)	86.403(M)	11.452(M)	18.745(M)

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CP Pineapple Tidbits & Pasta Salad	1 ea.	199.299	1.117	0.009	0.000(M)	0.000(M)	234.607	41.783	2.193	0	5.142	6.985	12.030	291.810(M)	1774.082(M)	20.116	39.162(M)
CP Pineapple Tidbits and Dinner Roll	1 ea.	215.710	2.531	0.541	0.000(M)	1.452(M)	389.077	44.128	1.753	4.035(M)	5.201	2.065	30.929	22.317(M)	111.594(M)	11.256	21.457(M)
CP Pumpkin Cookie & Baby Carrots	1 ea.	203.624	10.489	6.359	0.000(M)	48.080	142.985	24.936	2.522	0(M)	3.038	1.535	35.774	1372.767	12060.516	2.213	80.869(M)
CP Shape Up Juice Cup & Carrot-Raisin Panbread	1 ea.	379.397	13.518	3.118	0.000(M)	40.156(M)	279.517	62.156	0.331	15.046(M)	3.877	0.552	91.014	132.979	918.097	60.171	26.367(M)
CP Tropical Fruit & Blackberry-Lemon	1 ea.	379.495	13.305	3.072	0.000(M)	39.471(M)	256.940	61.862	3.387	14.769(M)	3.794	0.776	42.952	9.790	38.448	10.140	28.120(M)
CP Tropical Fruit & Corn Muffin	1 ea.	341.381	6.796	0.437	0.000(M)	51.165	459.111	64.361	3.745	0(M)	5.651	1.731	85.286	18.898	94.492	9.900	24.618(M)
CP Tropical Fruit & Dinner Roll	1 ea.	268.210	2.531	0.541	0.000(M)	1.452(M)	391.327	56.128	4.003	4.035(M)	5.201	2.065	45.929	22.317	111.594	9.906	21.457(M)
CP Tropical Fruit and Veggie Sticks	1 ea.	127.365	0.074	0.013	0.000(M)	0.000	67.336	29.592	5.312	0(M)	1.031	0.895	46.504	871.107	7919.130	31.414	51.228(M)
Cracker, Cinnamon Bun, 1.76oz/100/cs	1 ea.	230.000	8.000	2.000	0.000	0.000	210.000	36.000	1.000	0	3.000	1.440	100.000	0.000	0.000	0.000	0
Cracker, Goldfish Chocolate Graham	1 ea.	120.000	3.500	1.000	0.000	0.000	105.000	19.000	1.000	0	2.000	1.440	0.000	0.000	0.000	0.000	0
Cracker, Honey Graham Square	1 ea.	90.000	2.000	0.000	0.000	0.000	125.000	17.000	0.000	0	1.000	0.540	0.000	0.000	0.000	0.000	0
Cracker, Vanilla Goldfish 300/cs	1 ea.	120.000	4.000	1.000	0.000	0.000	105.000	19.000	1.000	0	2.000	3.600	0.000	20.000	100.000	2.400	0
Cucumber, Raw, EACH	1 medium	24.120	0.322	0.026	0	0.000	4.020	4.342	1.407	0	1.186	0.442	28.140	14.070	144.720	6.432	194.427
Dinner Salad, small	1 ea.	14.520	0.152	0.020	0(M)	0.000	8.340	3.074	1.153	0(M)	0.865	0.365	15.940	36.650	533.080	4.780	94.532
Dirt Pudding with Gummy Worm	1 #10 scoop	137.558	1.826	0.373	0.000(M)	1.214(M)	162.649	27.772	0.300	0(M)	3.328	0.426	123.396	47.898	159.545	0.377(M)	66.341(M)
Focaccia bread	1 ea.	254.031	5.570	1.042	0.000(M)	1.200	420.967	42.772	4.979	0	8.751	2.826	45.424	5.835(M)	29.284(M)	0.342(M)	43.692(M)
Fresh Fruit	1 ea.	78.470	0.233	0.050	0(M)	0.000	1.260	20.653	3.423	0(M)	0.611	0.214	8.770	5.630	55.447	6.706	104.017
Fruit Cocktail, Canned	1 #10 scoop	52.500	0.000	0.000	0.000	0.000	11.250	13.500	0.750	0	0.000	0.000	5.250	0.000	0.000	0.000	0
Fruit Gelatin	1 #8 scoop	132.077	0.000	0.000	0.000	0.000(M)	98.950	32.888	0.812(M)	0.000(M)	1.074	0.000(M)	6.504(M)	0.000(M)	0.000(M)	0.000(M)	27.189(M)
Fruit, Apple, 163 ct	1 ea.	52.520	0.172	0.030	0	0.000	1.010	13.948	2.424	0	0.263	0.121	6.060	5.050	54.540	4.646	86.416
Fruit, Apple, Elem 198 ct USDA	1 small (2-3/4 dia)"	77.480	0.253	0.045	0	0.000	1.490	20.577	3.576	0	0.387	0.179	8.940	7.450	80.460	6.854	127.484
Fruit, Apple, Raw with Skin, 125 ct	1 medium (3 dia)"	94.640	0.309	0.055	0	0.000	1.820	25.134	4.368	0	0.473	0.218	10.920	9.100	98.280	8.372	155.719
Fruit, Apples 198 ct Elem	1 ea.	52.520	0.172	0.030	0	0.000	1.010	13.948	2.424	0	0.263	0.121	6.060	5.050	54.540	4.646	86.416

Menu Item Nutrient Details

Fruit, Apples, raw, 125 ct USDA, Sec	1 medium (3 dia)"	94.640	0.309	0.055	0	0.000	1.820	25.134	4.368	0	0.473	0.218	10.920	9.100	98.280	8.372	155.719
Fruit, Applesauce Cup, 72/4oz	1 ea.	80.000	0.000	0.000	0	0	0.000	21.000	0	0	0.000	0	0.000	0	0	60.000	0
Fruit, Applesauce cup, 96/4oz	1 ea.	120.000	0.000	0.000	0.000	0.000	15.000	30.000	2.000	0	0.000	0.000	0.000	0.000	0.000	0.000	0
Fruit, Banana	1 ea.	89.890	0.333	0.113	0	0.000	1.010	23.068	2.626	0	1.101	0.263	5.050	8.080	64.640	8.787	75.659
Fruit, Grapes, 150/2 oz pk/cs	1 Pack	37.988	0.198	0.065	0	0.000	1.134	9.724	0.510	0	0.357	0.164	7.938	5.670	56.699	2.268	46.096
Fruit, Grapes, 2 # USDA	1 #10 scoop	23.115	0.121	0.039	0	0.000	0.690	5.917	0.310	0	0.217	0.100	4.830	3.450	34.500	1.380	28.048
Fruit, Grapes, 2# bag	2 oz.	37.989	0.198	0.065	0	0.000	1.134	9.724	0.510	0	0.357	0.164	7.938	5.670	56.700	2.268	46.097
Fruit, Kiwi	1 ea.	60.747	0.000	0.000	0	0.000	14.175	15.388	1.616	0	0.000	0.142	8.097	16.199	80.995	19.436	0
Fruit, Mandarin Oranges, Canned	1 #8 scoop	80.000	0.000	0.000	0.000	0.000	10.000	19.000	0.000	0	0.000	0.360	0.000	0.000	0.000	21.000	0
Fruit, Orange Smiles	1 ea.	30.785	0.079	0.013	0(M)	0.000	0.000	7.696	1.572	0(M)	0.616	0.066	26.200	13.755	147.375	34.846	56.821
Fruit, Orange, 113 ct USDA	1 ea.	61.570	0.157	0.026	0	0.000	0.000	15.392	3.144	0	1.231	0.131	52.400	27.510	294.750	69.692	113.642
Fruit, Oranges, 88 ct	1 ea.	86.480	0.221	0.037	0	0.000	0.000	21.620	4.416	0	1.730	0.184	73.600	38.640	414.000	97.888	159.620
Fruit, Oranges, 88 ct USDA	1 ea.	86.480	0.221	0.037	0	0.000	0.000	21.620	4.416	0	1.730	0.184	73.600	38.640	414.000	97.888	159.620
Fruit, Oranges, raw, variety(113)	1 ea.	61.570	0.157	0.026	0	0.000	0.000	15.392	3.144	0	1.231	0.131	52.400	27.510	294.750	69.692	113.642
Fruit, Peaches, Canned	3/8 CUP, halves or slices	51.505	0.029	0.000	0	0.000	4.769	13.878	1.240	0	0.429	0.343	2.861	33.383	337.645	2.289	80.806
Fruit, Pears, Canned	3/8 cup, diced	51.505	0.029	0.000	0	0.000	4.769	13.878	1.240	0	0.429	0.343	2.861	33.383	337.645	2.289	80.806
Fruit, Pears, raw 135 ct	1 ea.	85.840	0.178	0.015	0	0.000	1.480	22.881	4.588	0	0.562	0.252	13.320	2.960	34.040	6.216	123.891
Fruit, Pears, raw 135 ct USDA	1 small	85.840	0.178	0.015	0	0.000	1.480	22.881	4.588	0	0.562	0.252	13.320	2.960	34.040	6.216	123.891
Fruit, Pineapple Tidbits, Canned	1 #10 scoop	45.000	0.000	0.000	0.000	0.000	7.500	11.250	0.750	0	0.000	0.270	0.000	0	0	11.250	0
Fruit, Strawberry Cup	1 ea.	122.000	0.170	0.010	0.000	0.000	4.000	33.050	2.400	0	0.680	0.135	140.000	310.000	1550.000	31.680	0
Gelatin, Assorted Flavors	1/2 c.	150.405	0.000	0.000	0.000	0.000(M)	178.717	36.527	0.000(M)	0.000(M)	2.149	0.000(M)	6.826(M)	0.000(M)	0.000(M)	0.000(M)	227.292(M)
Granola Energy Bar	1 ea.	497.933(M)	26.197(M)	9.633(M)	0.000(M)	32.508(M)	114.262(M)	64.207(M)	9.387(M)	0	10.140(M)	4.763(M)	105.704(M)	116.646(M)	403.480(M)	0.878(M)	10.971(M)
Granola Energy Bar with Choc Glaze, 25/cs	1 ea.	307.470(M)	13.702(M)	5.664(M)	0.000(M)	18.962(M)	98.397(M)	46.794(M)	5.761(M)	0	5.579(M)	3.011(M)	53.082(M)	97.426(M)	379.884(M)	0.568(M)	8.206(M)

Menu Item Nutrient Details

Green Beans	1 #10 scoop	15.000	0.000	0.000	0	0.000	270.000	3.000	1.500	0	0.750	3.000	15.000	45.000	225.000	1.800	0
Green Peas	1 #10 scoop	58.822	0.000	0.000	0	0.000	168.064	10.084	3.361	0	4.202	0.908	0.000	67.226	336.128	5.042	0
Juice, Apple 4oz	1 ea.	60.000	0.000	0.000	0	0	10.000	14.000	0	0	0.000	0	0	0	0	60.000	0
Juice, OJ 70/4 oz/cs	1 ea.	50.000	0.000	0.000	0	0	0.000	13.000	0	0	0.000	0	0	0	0	60.000	0
Juice, OJ Tree Top, Canned 5.5 oz	1 ea.	80.000	0.000	0.000	0.000	0.000	10.000	20.000	0.000	0	1.000	0.000	0.000	0.000	0.000	60.000	0
Juice, Orange 4 oz, 96 CT	1 ea.	50.000	0.000	0.000	0	0	0.000	13.000	0	0	0.000	0	0	0	0	60.000	0
Juice, Tree Top Apple 48/5.5oz/cs	1 ea.	80.000	0.000	0.000	0.000	0.000	15.000	20.000	0.000	0	0.000	0.360	0.000	0.000	0.000	0.000	0
Lemon Dinosaur Graham Cracker	1 ea.	104.890	3.000	0.470	0.050	0.000	85.450	17.930	0.170	0	1.390	1.620	10.000	50.000	250.000	3.600	0
Lemon Goldfish Grahams	1 ea.	120.000	4.000	1.000	0.000	0.000	105.000	19.000	1.000	0	2.000	3.600	0.000	20.000	100.000	2.400	0
Lemon-Poppyseed Muffin	3 oz.	299.186	16.634	3.294	0.000(M)	48.832	277.770	34.424	0.167	19.533(M)	5.038	0.670	45.737	0.000	0.000	0.009	27.695(M)
Lettuce, Romaine, raw leaf, 2#	2 oz.	9.639	0.170	0.022	0	0.000	4.536	1.865	1.191	0	0.697	0.550	18.711	147.420	4938.570	13.608	53.644
Lettuce, Salad Mix 5# bag	2 oz.	7.938	0.079	0.010	0	0.000	5.670	1.684	0.680	0	0.510	0.232	10.206	18.711	284.634	1.588	54.228
Mixed Berry Muffin	3 oz.	271.850	14.791	2.958	0.000(M)	44.372	252.195	32.223	0.258	17.749(M)	4.502	0.602	31.628	0.000	0.000	1.163	25.119(M)
Oatmeal Raisin Muffin	3 oz.	289.972	7.430	0.412	0.098(M)	26.852	245.608	50.610	2.091	12.820(M)	4.557	2.111	78.003	7.560	37.606	0.372	15.989(M)
Oatmeal-Raisin to Go Bar	1 ea.	150.000	2.500	0.500	0.000	10.000	150.000	29.000	3.000	0	3.000	3.600	200.000	200.000	1000.000	0.000	0
Orange-Pineapple Muffin	3 oz.	246.900	13.242	2.648	0.000(M)	39.720	227.045	29.949	0.172	15.888(M)	3.989	0.525	27.870	0.375(M)	4.019(M)	2.886	24.035(M)
Panbread, Almond Fruit Mix	3 oz.	155.855	5.985	1.524	0.000(M)	14.840(M)	107.673	24.874	0.600	0	1.625	0.282	17.426	9.414	34.298	1.060	23.025(M)
Panbread, Almond Poppyseed	3 oz.	300.617	14.540	3.316	0.000(M)	43.009(M)	267.287	39.928	0.042	16.185(M)	4.095	0.507	31.215	8.931	29.599	0.002	23.772(M)
Panbread, Apple Spice-Raisin	3 oz.	140.785	5.230	1.460	0.000(M)	15.308(M)	110.866	22.936	0.241	0.000(M)	1.365	0.264	13.081	8.977	30.167	0.141	22.485(M)
Panbread, Banana	3 oz.	288.767	13.647	3.148	0.000(M)	40.530(M)	253.178	39.646	0.251	15.194(M)	3.881	0.487	28.515	9.453	33.961	0.531	26.890(M)
Panbread, Blackberry-Lemon	1 ea.	281.995	13.305	3.072	0.000(M)	39.471(M)	247.190	38.612	0.387	14.769(M)	3.794	0.506	27.952	9.790	38.448	0.240	28.120(M)
Panbread, Blueberry	3 oz.	261.560	12.153	2.824	0.000(M)	35.813(M)	226.186	36.499	0.404	13.312(M)	3.439	0.437	25.236	10.908	39.559	0.364	19.688(M)
Panbread, Blueberry-Lemon	3 oz.	280.448	13.303	3.065	0.000(M)	39.398(M)	246.656	38.281	0.224	14.742(M)	3.751	0.463	26.779	10.041	35.167	0.202	21.716(M)
Panbread, Carrot-Pineapple	3 oz.	254.752	11.670	2.744	0.000(M)	34.656(M)	223.309	35.756	0.210	12.857(M)	3.248	0.457	23.599	63.492(M)	531.565(M)	1.661	22.330(M)

Menu Item Nutrient Details

Panbread, Carrot-Raisin	1 ea.	289.397	13.518	3.118	0.000(M)	40.156(M)	254.517	40.156	0.331	15.046(M)	3.877	0.552	31.014	72.979	618.097	0.171	26.367(M)
Panbread, Cornmeal	1 ea.	243.880	6.796	0.437	0.000	51.165	449.361	41.111	0.745	17.419(M)	5.651	1.461	70.286	18.898	94.492	0.000	24.618(M)
Panbread, Double Choc Chip	3 oz.	264.696	8.373	1.862	0.213(M)	51.835(M)	207.735	43.656	1.339	16.074(M)	4.717	1.385	33.928	22.463	97.148	0.199	13.861(M)
Panbread, Lemon-Poppyseed	3 oz.	304.357	14.785	3.353	0.000(M)	43.117(M)	268.408	40.317	0.139	16.210(M)	4.191	0.557	38.429	9.089	30.123	0.007	23.852(M)
Panbread, Mixed Berry-Lemon	3 oz.	281.514	13.280	3.072	0.000(M)	39.495(M)	247.264	38.390	0.215	14.778(M)	3.758	0.502	26.799	8.943	29.641	0.968	21.769(M)
Panbread, Oatmeal Choc Chip	3 oz.	278.514	6.995	1.732	0.006(M)	40.950(M)	320.122	49.141	0.884	19.381(M)	5.099	1.471	44.785	17.772	76.297	0.009	17.907(M)
Panbread, Oatmeal Raisin	3 oz.	235.806	4.895	0.966	0.098(M)	29.394(M)	276.076	44.827	1.612	12.820(M)	3.936	1.148	37.337	16.473	67.146	0.372	16.840(M)
Panbread, Orange-Pineapple	3 oz.	260.745	11.990	2.815	0.000(M)	35.620(M)	226.323	36.499	0.143	13.228(M)	3.331	0.438	23.668	9.259(M)	32.999(M)	2.402	20.865(M)
Panbread, Peach-Ginger	1 ea.	281.776	13.288	3.075	0.000(M)	39.471(M)	247.585	38.722	0.133	14.769(M)	3.760	0.500	26.219	11.755	58.114	0.207	28.513(M)
Panbread, Peach-Lemon	3 oz.	280.815	13.250	3.065	0.000(M)	39.398(M)	247.053	38.484	0.103	14.742(M)	3.731	0.472	25.898	11.699	57.661	0.190	28.439(M)
Panbread, Pumpkin-Raisin	3 oz.	276.637	10.434	0.855	0.000(M)	30.629(M)	272.489	44.473	1.126	13.288(M)	3.195	0.981	12.941	15.720	63.503	0.196	4.483(M)
Panbread, Variety	3 oz.	241.127	8.931	2.118	0.023(M)	30.900(M)	238.585	38.144	0.573	6.970(M)	3.216	0.721	24.570	15.587(M)	79.640(M)	0.554(M)	20.357(M)
Pasta Salad	1 #8 scoop	164.272	1.419	0.052	0.000(M)	0.458(M)	259.563	31.675	1.815	0.000(M)	5.660	6.820	11.389	296.240	1754.591	8.558	31.885(M)
Patriotic Jello	1 #10 scoop	74.662	0.001	0.000	0.000(M)	0.000(M)	84.845	18.191	0.053(M)	0	1.053	0.015(M)	1.964(M)	1.434(M)	14.503(M)	0.098(M)	64.762(M)
Peach Cup	1 ea.	118.000	0.160	0.010	0.000	0.000	8.000	29.980	2.200	0	0.790	0.460	4.000	71.000	355.000	117.800	0
Potato Gems	1 #10 scoop	141.748	8.338	2.085	0	0.000	283.496	15.842	1.668	0	1.668	0.300	0.000	0.000	0.000	4.002	0
Potato Salad	1 #8 scoop	145.104	8.101	1.169	0.000(M)	11.346(M)	234.876	16.304	1.582	0.000(M)	1.604	0.675	11.850	2.553	88.446	7.448	7.457(M)
Potato Wedges, Fiesta, sec	2 1/2 oz.	125.000	5.833	1.667	2.500	0.000	216.667	15.000	2.500	0	1.667	0.600	0.000	0.000	0.000	3.333	0
Potato Wedges, Red Skin, sec	2 1/2 oz.	66.667	1.250	0.000	0.000	0.000	25.000	12.500	1.667	0	1.667	0	0	0	0	2.000	0
Potato Wedges, Savory, Sec	2 1/2 oz.	116.667	5.833	1.250	0	0.000	216.667	15.000	2.500	0	1.667	0.600	0.000	0.000	0.000	2.000	0
Potato, Crinkle Fries, sec	2 1/2 oz.	133.333	4.167	0.417	0.000	0.000	191.667	20.833	1.417	0	1.417	3.333	1.667	0.000	0.000	8.333	0
Potato, Curly Fries	2 1/2 oz.	116.620	4.998	1.250	1.666	0.000	291.550	16.660	2.499	0	1.666	0.600	0.000	0.000	0.000	0.000	0(M)
Potato, Mashed	1 #8 scoop	369.231	0.000	0.000	0.000	0.000	153.846	80.000	6.154	0	6.154	0.000	0.000	0.000	0.000	0.000	0
Potato, Straight 3/8" Fries, sec	2 1/2 oz.	116.667	4.167	1.250	1.667	0.000	316.667	16.667	1.667	0	1.667	3.333	0.000	0.000	0.000	3.333	0

Menu Item Nutrient Details

Pudding, Chocolate	1 #8 scoop	96.410	0.065	0.042	0(M)	1.619	156.365	21.550	0.000	0	3.157	0.028	161.528	63.864	212.727	0.503	88.455(M)
Pumpkin Bavarian Fluff	1 #10 scoop	118.034	6.350	4.584	0.000(M)	0.000	78.872	17.305	1.960	0(M)	0.952	0.010	29.496	0.032	0.366	0.005	0.013(M)
Pumpkin Raisin Muffin	3 oz.	266.054	11.367	0.298	0.000(M)	33.706	282.434	39.558	1.351	15.944(M)	3.821	1.176	14.972	8.183	40.801	0.235	4.359(M)
Radishes, 1#	1 small	0.320	0.002	0.001	0	0.000	0.780	0.068	0.032	0	0.014	0.007	0.500	0.020	0.140	0.296	1.905
Raisin Snack box	1 small box (1.5 oz)	128.570	0.198	0.026	0	0.000	4.730	34.047	1.591	0	1.320	0.808	21.500	0.430	0.000	0.989	6.635
Roll, Dinner	1 ea.	170.710	2.531	0.541	0.000(M)	1.452(M)	381.577	32.878	1.003	4.035(M)	5.201	1.795	30.929	22.317	111.594	0.006	21.457(M)
Shape Up Cup	1 ea.	90.000	0.000	0.000	0	0.000	25.000	22.000	0.000	0	0.000	0.000	60.000	60.000	300.000	60.000	0
Soup, Chili 6oz	6 fl. oz.	168.735	3.503	1.283	0.204(M)	11.754	530.590	23.496	4.710	2.354(M)	9.965	2.067	41.961	151.316	756.670	12.266	0(M)
Soup, Minestrone	1 c.	138.075	2.456	0.355	0.000(M)	3.831(M)	1003.188	23.887	6.839	0.000(M)	6.744	1.381	69.763	311.011	2635.582	5.938	231.613(M)
Soup, Tomato	1 c.	117.386	0.664	0.398	0.000	3.985	702.461	22.066	0.980	8.816(M)	4.084	0.705	81.508	104.933	524.667	47.339	60.190(M)
Soup, Turkey Chowder 6 oz	6 fl. oz.	76.794	2.399	0.269	0.000(M)	10.820(M)	421.828	8.963	0.652	0.000(M)	4.723	0.286	47.201	160.668	938.417	2.785	114.155(M)
Three Bean Salad	1 #8 scoop	163.445	1.417	0.289	0.000(M)	0.000(M)	720.243	28.784	8.852	3.655(M)	8.815	3.495	57.582	35.599	181.066	1.639	0.011(M)
Tomato, Cherry 1 pint	3 oz.	15.309	0.170	0.026	0	0.000	4.252	3.334	1.021	0	0.748	0.230	8.505	52.731	708.466	10.801	80.372
Tomato, Cherry 1 pint, USDA	3 oz.	15.309	0.170	0.026	0	0.000	4.252	3.334	1.021	0	0.748	0.230	8.505	52.731	708.466	10.801	80.372
Tri Tater Bar	1 ea.	89.998	4.500	1.000	0	0.000	199.996	12.000	1.000	0	1.000	0.360	0.000	0.000	0.000	2.400	0
Turnover, Apple (650719)	1 ea.	274.000	8.800	2.400	0.000	0.100	356.000	47.700	3.100	14.000	3.000	1.700	24.200	1.920	9.600	1.400	0
Turnover, Apple (660126)	1 ea.	274.000	8.800	2.400	0.000	0.100	356.000	47.700	3.100	14.000	3.000	1.700	24.200	1.920	9.600	1.400	0
Turnover, Cherry (650700)	1 ea.	285.000	8.600	2.400	0.000	0.100	320.000	50.800	3.100	13.000	3.100	1.800	26.100	36.280	181.400	1.400	0
Turnover, Cherry (660125)	1 ea.	285.000	8.600	2.400	0.000	0.100	320.000	50.800	3.100	13.000	3.100	1.800	26.100	36.280	181.400	1.400	0
Vanilla Graham Bear	1 ea.	106.290	3.000	0.470	0.050	0.000	85.350	18.310	0.170	0	1.390	1.620	10.000	50.000	250.000	3.000	0
Veggie Sticks, ELEM	3 oz.	29.865	0.074	0.013	0.000(M)	0.000	57.586	6.342	2.312	0	1.031	0.625	31.504	871.107	7919.130	21.514	51.228(M)
VEGGIE STICKS, SEC	3 oz.	21.908	0.126	0.021	0.000(M)	0.000	25.282	4.584	1.598	0	1.031	0.430	28.548	424.944	2708.340	17.887	65.976(M)
Vinegar	1 gal.	691.200	0.000	0.000	0.000	0.000	76.800	1.536	0.000	0	0.000	1.152	230.400	0.000	0.000	0.000	3639.552
Whole Fruit Juice Bar, Cherry	1 ea.	40.000	0.000	0.000	0.000	0.000	5.000	9.000	2.000	7.000	0.000	0.000	60.000	152.100	500.000	60.000	0

Menu Item Nutrient Details

Whole Fruit Juice Bar, Orange	1 ea.	40.000	0.000	0.000	0.000	0.000	5.000	10.000	2.000	7.000	0.000	0.000	60.000	350.000	1750.000	60.000	0
Whole Fruit Juice Bar, Sour Apple	1 ea.	40.000	0.000	0.000	0.000	0.000	5.000	10.000	2.000	7.000	0.000	0.000	60.000	0.000	0.000	60.000	0
Whole Fruit Juice Bar, Very Berry	1 ea.	40.000	0.000	0.000	0.000	0.000	5.000	10.000	2.000	7.000	0.000	0.000	60.000	100.000	500.000	60.000	0
Yogurt, 4 oz Assorted flavors	1 ea.	155.000	1.500	1.000	0.000	5.000	90.000	30.000	3.000	0	5.000	0.000	20.000	0.200	1.000	7.000	0(M)

Ash (g)
0
0
0
0
0
0
0
0
0
0
0
0.013(M)
0
0
1.140
0
0
0.055(M)
0
0
0
0

Legend: (M) - Missing Nutrient Values

0
0.000(M)
0
0
0
0.057(M)
0
0.401(M)
0
1.644(M)
0
0(M)
0.328(M)
0(M)
0(M)
0(M)
0
0
0.426(M)
2.398(M)
0.606(M)
0
0
0

Legend: (M) - Missing Nutrient Values

0
1.776(M)
0.521(M)
1.221(M)
0.765(M)
0.729(M)
0.564(M)
0.338(M)
0.935(M)
0.135(M)
1.854(M)
2.073(M)
0.000(M)
0.299(M)
1.745(M)
0(M)
0.235(M)
0.548(M)
0.620(M)
0
0

Legend: (M) - Missing Nutrient Values

0 (M)
0
0.000 (M)
0.000 (M)
0.000 (M)
0.000 (M)
0.000 (M)
0.085 (M)
0
0.601 (M)
0.032 (M)
0.034 (M)
0.000 (M)
0 (M)
0 (M)
0 (M)
0.000 (M)
0 (M)
0 (M)
0.000 (M)
0.000 (M)
0.000 (M)
0 (M)
0.000 (M)
0.000 (M)

Legend: (M) - Missing Nutrient Values

0.000(M)
0.000(M)
0.000(M)
0.000(M)
0.000(M)
0.000(M)
0.000(M)
0.825(M)
0.180(M)
0.000(M)
0.000(M)
0.000(M)
0.000(M)
0.000(M)
0(M)
0.000(M)
0.000(M)
0.000(M)
0.210(M)
0.000(M)
0(M)
0.640(M)
1.562(M)
0.242(M)

Legend: (M) - Missing Nutrient Values

0.077(M)
0.000(M)
0.000(M)
0.000(M)
0(M)
0.210(M)
0.000(M)
0(M)
0.000(M)
0.000(M)
0.000(M)
0.000(M)
0.041(M)
0.000(M)
0.000(M)
0.568(M)
0.328(M)
2.254(M)
0.000(M)
0.000(M)
0.418(M)
0.019(M)
0.019(M)
0.019(M)
0.923(M)

Legend: (M) - Missing Nutrient Values

0(M)
0.036(M)
0.000(M)
0.931(M)
0.231(M)
0.900(M)
0.051(M)
0
1.321(M)
0
0
0
0
0(M)
0
0.568(M)
0.601(M)
0.032(M)
0.268(M)
0.019(M)
0.622(M)
0(M)
0

0(M)
0.869(M)
1.600(M)
0
0
0
0
0.034(M)
0.044(M)
0.120(M)
0.157(M)
0
0.036(M)
0
0
0
0
0
0.164(M)
0.023(M)
0.025(M)
0.767(M)

0.073(M)
0.050(M)
0
0
0
0
0.006(M)
0.006(M)
0.050(M)
0
0.197(M)
0.825
0.049(M)
0.825
0.604
0.638
0
0
0
0
0
0
0
0
0

Legend: (M) - Missing Nutrient Values

0
0
0(M)
0
0.270
0
0
0
0
0
0
0
0
0
0
0
0
1.072(M)
0
0.348(M)
0.447(M)
0(M)
1.059(M)
1.132(M)
0.567(M)
0.089(M)

Legend: (M) - Missing Nutrient Values

0.221(M)
0.007(M)
0.153(M)
0.357(M)
1.334(M)
0.922(M)
0.920(M)
1.319(M)
1.082(M)
1.100(M)
1.239(M)
0.811(M)
0.160(M)
0.680(M)
0.348(M)
1.203(M)
1.338(M)
0.357(M)
0.357(M)
1.210(M)
0.636(M)
1.230(M)
0.453
1.348(M)

Legend: (M) - Missing Nutrient Values

1.471 (M)
1.615 (M)
0.288 (M)
0.365 (M)
1.162 (M)
0.247 (M)
0.967 (M)
0.392
0.592 (M)
1.471 (M)
1.294 (M)
1.157 (M)
0.587 (M)
0.467 (M)
1.659 (M)
0.256 (M)
0.395
0.596 (M)
0.357 (M)
0.007 (M)
0.050 (M)
1.245 (M)
0.938 (M)

0.333(M)
0.922(M)
0.884(M)
0.126(M)
0.089(M)
1.059(M)
0.922(M)
0.357(M)
0
0
0
0
0.724
0.384
0.766(M)
1.322(M)
0.479
0
0.027(M)
0.192
0.283
0.346
0.192

0.346
0
0
0.828
0.323
0.197
0.323
0
0
0.288
0.576
0.810
0.810
0.576
0.238
0.238
0.488
0.488
0
0
0.228(M)
2.163(M)
1.546(M)

0
0
0
0
0
0
0
0
0
0
0.082 (M)
0.329
0.204
0.025 (M)
0.894 (M)
0
0.030 (M)
0.057 (M)
0.065 (M)
0.099 (M)
0.105 (M)
0.088 (M)
0.047 (M)
0.049 (M)
0.069 (M)

Legend: (M) - Missing Nutrient Values

0.126(M)
1.059(M)
0.579(M)
0.097(M)
0.049(M)
0.841(M)
0.836(M)
0.053(M)
0.080(M)
0.069(M)
0.728(M)
0.408(M)
0.294(M)
0.072(M)
0
0
1.255(M)
0
0
0
0
0
0(M)
0
0

Legend: (M) - Missing Nutrient Values

0.810(M)
0.004(M)
0.840(M)
0.011
0.796
0.922(M)
0
0.320(M)
0.547(M)
0.060(M)
0.659(M)
0.021(M)
0.425
0.425
0
0
0
0
0
0
0
0.357(M)
0.453(M)
0.000
0

Legend: (M) - Missing Nutrient Values

0
0
0
0(M)