

	Calories	Chol	Sodium	Fiber	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat	Sugars
	cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
Apple, Fresh	71.76	0.00	1.38	3.31	0.17	8.28	74.52	6.35	0.36	19.06	0.24	0.04		
Applesauce	73.94	0.00	12.32	0.82	1.48	0.00	0.00	1.97	0.82	18.90	0.00	0.00	0.00	14.79
Applesauce, Cup	50.00	0.00	0.00	1.00	0.00	0.00	0.00	12.00	0.00	12.00	0.00	0.00	0.00	11.00
Applesauce, Rosey LC-61	81.58	0.00	17.83	0.85	1.53	0.00	0.00	2.94	0.91	20.74	0.00	0.00	0.00	16.50
Baked Apples and Sweet Potatoes LI-07	141.47	0.00	41.04	1.53	1.52	9.73	4622.45	9.26	2.01	29.70	2.23	1.01	0.00	18.76
Baked Beans using USDA LI-06a	159.21	0.00	476.32	4.87	4.18	89.97	844.02	3.13	7.00	34.33	0.53	0.00	0.00	8.33
Banana, Fresh	105.02	0.00	1.18	3.07	0.31	5.90	75.52	10.27	1.29	26.95	0.39	0.13		
Beans, Baked LI-06	184.40	0.00	505.63	6.72	0.20	90.30	84.34	1.00	7.73	40.39	0.51	0.00	0.00	14.45
Beans, Green LI-60	37.23	0.00	618.12	2.86	0.00	28.92	286.34	5.15	1.53	5.82	0.10	0.00	0.00	2.86
Beans, Lima LI-61	129.05	0.00	396.16	4.78	1.29	24.16	84.24	2.87	7.16	23.87	1.85	0.84	0.00	1.19
Beans, Pinto LI-78	106.30	0.00	436.81	3.87	1.04	19.33	0.00	0.00	4.83	19.33	0.48	0.00	0.00	0.97
Beans, Refried	103.19	0.00	509.17	5.78	1.89	37.42	0.00	6.80	6.12	17.31	1.33	0.44	0.02	0.52
Biscuit, Chicken LJ-61	273.00	15.56	836.75	3.04	2.57	60.75	103.75	0.00	12.30	31.26	10.08	5.52	0.00	2.00
Biscuit, Egg LJ-71	258.03	127.56	786.06	3.28	1.69	65.51	170.08	0.00	5.28	92.03	13.10	6.28	0.00	2.00
Biscuit, Egg, Cheese and Ham LJ-73	357.28	157.44	1723.55	3.28	1.94	103.01	245.08	0.00	13.95	97.01	18.05	8.54	0.00	5.38
Biscuit, Egg/Cheese LJ-72	300.01	187.52	1040.02	2.00	1.67	135.20	410.04	0.00	11.50	25.50	16.00	9.00	0.00	2.00
Biscuit, Ham (USDA Ham) LJ-64a	243.65	26.82	1199.88	2.00	1.42	40.00	0.00	0.00	14.06	24.67	9.01	5.34	0.01	2.00
Biscuit, Ham LJ-64	264.25	23.63	1459.99	2.00	1.32	40.00	0.00	0.00	11.43	28.73	10.70	6.01	0.00	5.38
Biscuit, Ham/Cheese LJ-65	289.25	29.88	1587.49	2.00	1.32	77.50	75.00	0.00	12.68	28.98	12.95	7.26	0.00	5.38
Biscuit, Sausage LJ-62	274.86	17.47	824.70	2.50	1.62	59.97	49.92	0.00	9.99	24.50	14.49	7.25	0.00	2.00
Biscuits, Unit Made LB-04	246.48	5.98	309.05	1.28	1.18	54.41	37.88	0.09	6.42	36.96	7.60	3.39	0.28	1.54
Breadstick WW	110.00	0.00	220.00	1.00	1.08	20.00	0.00	15.00	4.00	21.00	1.00	0.00	0.00	4.00
Breakfast - Max Cheese Breadstick	150.02	5.00	390.04	2.00	0.72	150.02	0.00	0.00	7.00	16.00	7.00	2.50	0.00	1.00
Broccoli and Cheese LI-62	136.52	0.00	927.06	2.21	0.40	83.38	553.16	33.19	4.94	23.48	2.72	2.72	0.00	6.55
Broccoli Cup w/Dip LE-76	20.80	0.00	135.48	0.83	0.23	34.92	197.81	28.32	0.90	5.11	0.12	0.01	0.00	1.00
Cabbage, Steamed LI-63	18.14	0.00	237.78	1.81	0.34	30.74	71.12	26.56	0.93	4.21	0.07	0.03	0.00	0.00
Cake, Applesauce (Local) LC-03	296.63	25.76	203.21	1.34	1.40	47.72	59.17	0.38	5.57	49.47	9.13	4.03	0.32	23.91
Cake, Chocolate (Local) LC-08	246.91	23.96	239.30	1.28	0.89	39.36	63.30	0.11	4.70	38.40	8.74	3.77	0.30	20.17
Cake, Chocoleana (Local) LC-31	218.41	0.52	239.66	1.42	1.11	38.95	38.23	0.27	5.69	40.16	4.77	0.65	0.00	18.42
Cake, Frosting Brownie LC-22	52.55	0.10	14.06	0.34	0.00	3.00	65.75	0.02	0.42	9.55	1.53	0.62	0.00	8.24
Cake, Frosting Vanilla LC-18	97.81	0.08	55.27	0.00	0.00	4.61	129.07	0.02	0.12	18.18	2.67	1.22	0.00	17.58
Cake, Royal Brownie LC-21	170.77	42.30	100.52	0.93	0.37	10.24	48.70	0.20	3.45	29.97	4.57	0.78	0.00	16.61
Cake, Yellow (Local) LC-20	266.11	38.85	174.07	0.64	0.23	42.78	74.68	0.07	4.81	40.97	9.27	1.48	0.00	18.33
Cantaloupe, Fresh	26.52	0.00	12.48	0.70	0.16	7.02	2637.96	28.63	0.66	6.37	0.15	0.04		
Carrot Cup w/Dip LE-74	35.40	0.00	181.61	2.11	0.65	43.22	10008.06	1.89	0.46	8.98	0.09	0.02	0.00	1.00
Carrots, Glazed LI-73	40.07	0.00	235.64	0.21	0.09	3.55	1748.14	0.38	0.09	1.89	3.59	1.63	0.00	1.10
Celery Cup w/Dip LE-71	20.52	0.00	177.62	1.05	0.13	46.31	295.31	2.04	0.45	4.95	0.11	0.03	0.00	1.00
Cereal, Ap Jacks	70.72	0.00	106.08	0.22	2.39	0.00	265.20	7.96	0.88	15.91	0.00	0.00	0.00	5.30
Cereal, Cheer App	102.50	0.00	107.63	1.03	3.69	82.00	410.00	4.92	2.05	22.55	1.54	0.00	0.00	11.28
Cereal, Cheer H Nut	111.34	0.00	161.94	2.02	4.56	101.21	506.07	6.07	2.02	22.27	1.52	0.00	0.00	9.11
Cereal, Cheer Multi	70.00	0.00	75.00	2.00	4.50	60.00	300.00	3.60	1.00	15.00	1.00	0.00	0.00	4.00
Cereal, Cheerios	70.00	0.00	75.00	2.00	4.50	60.00	300.00	3.60	1.00	15.00	1.00	0.00	0.00	4.00
Cereal, Choc. Frost	100.00	0.00	105.00	3.00	8.10	0.00	0.00	0.00	3.00	23.00	1.00	0.00	0.00	6.00
Cereal, Cinn. Bun	85.07	0.00	75.62		1.36	9.45	378.10	11.34	0.95	17.01	1.89	0.00		8.51
Cereal, Cinn. Toast	111.38	0.00	202.50	3.04	3.65	202.50	405.00	4.86	1.01	22.28	3.04	0.51	0.00	6.08
Cereal, Cocoa Krisp	129.55	0.00	199.31	0.75	4.49	39.86	498.28	14.95	1.00	27.90	1.00	0.50	0.00	14.95
Cereal, Frost Flakes	100.00	0.00	160.00	0.00	4.50	0.00	500.00	6.00	2.00	25.00	0.00	0.00	0.00	7.00
Cereal, Fruit Loops	70.00	0.00	105.00	0.50	2.70	0.00	200.00	9.00	1.00	16.00	0.50	0.00	0.00	6.00
Cereal, Rice Krispie	70.00	0.00	170.00	0.00	4.50	0.00	200.00	2.40	1.00	16.00	0.00	0.00	0.00	2.00
Cereal, Trix	80.00	0.00	110.00	1.00	3.60	80.00	300.00	3.60	1.00	18.00	1.00	0.00	0.00	5.00
Cheese, String	60.73	10.12	232.79	0.00	0.00	202.43	303.64	0.00	6.07	1.01	2.53	1.52	0.00	0.00
Chicken Teriyaki	129.99	35.00	559.94	0.00	1.08	20.00	99.99	1.20	15.00	8.00	4.50	1.00	0.00	6.00
Chicken, Wings (MP Item #10265) LD-65	428.57	85.92	2485.70	6.05	5.73	95.46	2730.01	251.64	23.02	11.88	33.20	6.79	0.00	1.91

	Calories	Chol	Sodium	Fiber	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat	Sugars
	cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
Chili, Hot Dog LF-67a	40.46	10.06	119.21	0.25	0.34	6.50	22.57	0.17	2.57	1.18	2.84	1.09	0.17	0.20
Chips, Cheese Its RF	180.00	0.00	520.00	1.25	2.70	60.00	100.00	0.00	5.00	28.00	5.00	1.50	0.00	0.00
Chips, Cheetos Bkd	120.00	0.00	210.00	0.00	0.72	100.00	0.00	0.00	2.00	17.00	5.00	1.00	0.00	0.00
Chips, Doritos Baked	89.99	0.00	169.98	1.00	0.36	20.00	0.00	0.00	2.00	16.00	3.00	0.50	0.00	1.00
Chips, Potato Bkd	106.76	0.00	160.14	1.78		17.79	0.00	2.14	1.78	20.46	1.78	0.00	0.00	1.78
Chips, Pretzel	110.00	0.00	450.00	1.00	1.08	0.00	0.00	0.00	2.00	23.00	1.00	0.00	0.00	1.00
Chips, SpecK Cheddar	90.00	0.00	190.00	2.00	0.36	0.00	0.00	0.00	2.00	18.00	2.00	0.00	0.00	1.00
Chips, SpecK SeaSalt	90.00	0.00	190.00	3.00	0.36	0.00	0.00	0.00	2.00	19.00	2.00	0.00	0.00	0.00
Chips, SpecK Sr&Onio	90.00	0.00	190.00	2.00	0.36	0.00	0.00	0.00	2.00	19.00	2.00	0.00	0.00	1.00
Chips, SpecK SW Ranc	90.00	0.00	190.00	2.00	0.36	0.00	0.00	0.00	2.00	19.00	2.00	0.00	0.00	1.00
Chips, Sun Original	138.52	0.00	118.73	2.97	0.36	0.00	0.00	0.00	1.98	18.80	5.94	0.99	0.00	1.98
Cinnamon Roll LB-08	306.01	0.40	238.03	2.24	1.62	28.24	50.30	3.79	8.82	59.23	4.69	0.72	0.00	12.24
Cinnamon Rolls, WW	180.00	0.00	250.00	3.00	1.44	40.00	0.00	0.00	6.00	31.00	4.50	1.00	0.00	8.00
Cobbler, Apple LC-01	340.65	9.60	79.59	1.75	1.92	0.33	0.00	0.96	5.18	51.82	12.68	5.78	0.48	20.03
Cobbler, Peach LC-13	347.41	9.60	82.99	0.96	0.77	0.84	206.67	0.83	4.39	52.34	12.68	5.78	0.48	17.41
Collards, Confetti LI-80	70.56	0.00	380.71	2.76	0.24	91.61	4491.07	50.03	1.77	7.08	4.66	0.64	0.00	0.50
Cookie Dough, Brownie	150.02	10.00	150.02	2.00	1.08	20.00	100.01	0.00	2.00	27.00	5.00	1.50	0.00	13.00
Cookie Dough, CC	319.55	14.98	469.34	1.00	1.44	59.92	748.94	0.00	3.00	39.94	16.98	4.99	0.00	20.97
Cookie, Oatmeal Raisin	170.00	10.00	105.00	2.00	3.60	0.00	500.00	0.00	2.00	28.00	6.00	1.50	0.00	13.00
Cookie, Peanut Butter LC-69	283.42	25.69	325.92	0.61	0.23	15.23	263.92	0.00	3.37	47.67	8.96	2.88	0.00	32.37
Cookie, Sugar LC-67	151.43	12.78	128.51	0.22	0.08	8.75	261.24	0.00	1.52	24.08	5.66	2.54	0.00	15.69
Cookies, Teddy Shape	104.60	0.00	86.55	1.19	1.84	11.49	270.55	3.25	1.45	18.06	3.04	0.47	0.16	6.51
Corn, Canned LI-76	96.16	0.00	564.16	2.40	0.22	17.70	0.00	4.33	2.40	20.44	1.20	0.00	0.00	4.81
Corn, Cob LI-64	196.20	0.00	131.93	2.00	0.00	3.41	81.00	7.20	6.00	38.00	3.78	0.81	0.00	10.00
Corn, Frozen LI-65	90.46	0.00	457.08	1.54	0.37	10.45	220.96	4.99	1.81	13.98	4.02	1.68	0.00	2.57
Cornbread (from mix) LB-60	87.65	0.00	253.93	0.97	0.70	59.15	0.00	0.00	0.97	15.58	2.44	0.97	0.00	3.90
Cracker, Animal	120.00	0.00	85.00	0.00	0.72	0.00	0.00	0.00	2.00	23.00	2.00	0.00	0.00	6.00
Crackers, Gold Fish	100.41	4.02	180.74	0.00	0.36	20.08	0.00	0.00	2.01	14.06	3.51	1.00	0.00	0.00
Cucumber Cup w/Dip LE-72	20.89	0.00	126.45	0.36	0.20	31.61	76.20	2.03	0.47	5.63	0.08	0.03	0.00	1.00
Cup, Fruit LC-62	110.40	0.00	7.75	2.92	0.12	3.18	178.57	5.06	0.46	26.83	0.16	0.05	0.00	11.12
Dressing, 1000 PC	49.42	0.00	375.58	0.99	0.00	0.00	0.00	0.00	0.00	11.86	0.00	0.00	0.00	10.87
Dressing, French PC	45.01	0.00	440.06	1.00	0.00	0.00	0.00	0.00	0.00	12.00	0.00	0.00	0.00	8.00
Dressing, Rnch Lt PC	60.01	0.00	360.05	1.00	0.00	0.00	0.00	0.00	0.50	9.00	3.00	0.50	0.00	6.00
Egg, Patty	68.03	127.56	136.06	1.28	0.61	25.51	170.08	0.00	1.28	68.03	5.10	1.28	0.00	0.00
Eggs, Scrambled (Fresh) LJ-69	101.02	212.71	165.48	0.00	0.92	99.23	415.34	0.29	8.23	3.29	6.08	2.06	0.00	2.91
Eggs, Scrambled (Liq. Carton) LJ-67	99.64	190.47	202.38	0.00	0.65	44.29	419.38	0.09	6.21	1.46	7.46	2.74	0.00	0.00
Eggs, Scrambled (Processed) LJ-68	84.25	176.00	131.72	0.00	0.64	40.00	365.25	0.00	6.40	1.60	6.23	2.61	0.00	0.00
ELEM - Beef Taco Bake LD-72E	352.85	63.15	786.35	3.33	3.52	89.84	756.21	6.73	21.05	25.24	18.79	7.31	0.95	5.09
ELEM - Beef Teriyaki Dipper	113.04	26.38	324.05	0.00	1.36	15.07	75.36	0.00	9.04	4.52	6.03	2.64	0.00	3.01
ELEM - Catfish USDA	254.00	46.00	494.00	4.00	1.20	0.00	0.00	0.00	16.00	14.60	16.00	3.40	1.40	1.40
ELEM - Chicken and Noodles LD-17E	255.28	38.77	709.00	0.49	1.45	113.64	262.82	0.44	20.49	24.19	12.34	10.18	0.00	5.21
ELEM - Chicken and Rice (Bog) LD-62E	239.83	15.53	452.99	1.24	1.19	2.84	162.00	0.00	16.96	20.91	14.06	10.94	0.00	0.00
ELEM - Chicken Nuggets	209.66	24.19	435.46	1.61	2.18	32.26	0.00	0.00	13.71	12.10	11.29	2.02	0.00	0.00
ELEM - Chicken Rings	86.13	25.12	258.40	0.72	0.78	14.36	0.00	0.00	7.18	8.61	2.87	0.72	0.00	0.00
ELEM - Chicken Tenders	150.00	30.00	340.01	1.00	2.70	60.00	100.00	0.00	16.00	13.00	3.50	1.00	0.00	0.00
ELEM - Chicken, Baked LD-61E	220.95	91.55	296.25	0.00	1.32	109.86	793.46	2.93	19.53	0.00	15.87	4.88	0.00	0.00
ELEM - Chicken, Chinese	240.01	55.00	200.00	0.00	1.44	20.00	100.00	1.20	12.00	32.00	7.00	2.00	0.00	15.00
ELEM - Chicken, Easy BBQ LD-64a	222.19	91.55	88.12	0.03	1.32	109.86	793.46	2.93	19.56	0.00	15.87	4.88	0.00	0.00
ELEM - Chicken, Honey Lemon LD-44E	178.36	55.98	550.45	0.00	0.67	19.23	0.00	1.15	17.73	6.64	4.67	1.40	0.00	12.11
ELEM - Chicken, Oven Crispy LD-69E	324.72	92.54	97.27	0.18	1.33	169.03	892.07	3.17	22.02	9.43	22.49	5.83	0.00	2.46
ELEM - Chicken, Roasted USDA	110.00	51.00	169.00	0.00	1.00	7.00	70.00	0.00	11.00	1.00	6.00	2.00	0.00	1.00
ELEM - Chicken, Sweet & Sour USDA	230.00	50.00	240.00	0.00	0.72	0.00	0.00	0.00	12.00	27.00	8.00	1.00	0.00	17.00
ELEM - Corn Dog Nuggets	169.74	8.93	419.89	0.89	2.41				7.15	20.55	6.25	0.89	0.00	5.36

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	cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
ELEM - Corndog	242.14	20.18	595.27	5.05	2.72	151.34			9.08	33.30	8.07	2.02	0.00	9.08
ELEM - Dressing, Turkey LD-38E	154.04	0.00	487.27	1.72	1.78	83.88	284.15	1.19	2.08	19.55	8.02	3.36	0.00	3.99
ELEM - Fish Nuggets	240.00	26.67	306.67	1.33	1.44	0.00	0.00	0.00	14.67	22.67	9.33	0.67	0.00	0.00
ELEM - Fish Strips, USDA	150.00		270.00	0.00					9.00	15.00	6.00	1.00	0.00	1.00
ELEM - Fish, Pollock USDA	170.00	55.00	390.00	1.00	1.08	40.00	0.00	0.00	14.00	14.00	6.00	0.00	0.00	0.00
ELEM - Macaroni and Cheese LD-26E	234.87	18.64	228.74	1.70	1.15	333.51	675.63	0.87	13.57	24.88	8.91	4.12	0.00	9.58
ELEM - Nachos w/Chili & Cheese LD-28E	305.66	45.20	311.48	0.91	2.61	198.30	271.21	0.29	14.28	18.58	19.04	7.45	0.50	2.91
ELEM - Pizza, Sausage	290.01	20.00	650.02	3.00	2.70	200.01	200.01	0.00	15.00	36.00	10.00	3.00	0.00	13.00
ELEM - Pork, Roast LD-68E	154.00	54.00	103.69	0.00	0.10	80.00	300.00	0.12	15.20	0.00	9.98	3.67	0.00	0.00
ELEM - Quiche with Crust LD-32E	226.48	199.93	360.15	0.54	1.33	340.83	717.16	1.35	16.51	20.33	8.75	3.75	0.00	8.93
ELEM - Salad, Chicken (Cnd/Frz) LE-05E	291.28	19.89	423.31	21.41	1.86	8.95	54.10	0.37	17.17	28.66	15.45	9.47	0.00	3.32
ELEM - Salad, Meat - Turkey LE-69E	244.88	48.89	374.81	14.41	1.81	23.41	54.10	0.37	19.17	20.66	8.35	1.45	0.00	3.32
ELEM - Sandwich, BBQ (Chicken) LF-80E	227.29	35.52	356.91	3.04	2.28	105.95	21.75	0.00	17.47	26.00	5.53	1.33	0.00	2.00
ELEM - Sandwich, BBQ (Unit Made) LF-77E	259.68	37.80	346.34	3.04	1.87	156.00	210.00	0.08	16.68	26.00	9.49	3.07	0.00	2.00
ELEM - Sandwich, Cheeseburger LF-61E	320.00	52.50	675.00	4.00	3.60	195.00	150.00	0.00	21.50	27.50	15.00	6.50	0.00	2.00
ELEM - Sandwich, Chicken Fillet LF-63E	390.00	25.00	820.00	5.00	3.24	140.00	0.00	0.00	22.00	41.00	15.50	3.00	0.00	2.00
ELEM - Sandwich, Chicken Salad Croissant LF-82E	346.28	24.89	453.31	2.41	2.22	68.95	354.10	1.57	19.17	30.66	20.45	12.97	0.00	6.32
ELEM - Sandwich, Deli (Cold) LF-69E	341.64	79.16	1396.53	3.00	3.00	224.99	150.00	1.00	18.50	29.00	17.00	6.33	0.00	2.00
ELEM - Sandwich, Fish & Cheese LF-79E	310.00	0.00	530.00	3.00	1.80	100.00	0.00	0.00	20.00	41.00	8.50	2.00	0.00	2.00
ELEM - Sandwich, Fish LF-78E	404.00	46.00	794.00	7.00	3.00	100.00	0.00	0.00	22.00	40.60	18.50	3.90	1.40	3.40
ELEM - Sandwich, Grilled Cheese LF-07E	244.30	25.00	765.52	4.00	3.60	270.00	421.50	7.20	13.00	25.00	13.67	6.22	0.00	2.00
ELEM - Sandwich, Grilled Chicken LF-62E	289.96	55.98	701.21	3.00	2.47	118.66	0.00	0.00	23.73	28.80	7.17	1.90	0.00	3.87
ELEM - Sandwich, Grilled Ham & Cheese LJ-66E	286.94	29.09	1121.83	4.00	3.77	195.00	474.00	7.20	15.71	27.82	15.52	6.45	0.00	4.37
ELEM - Sandwich, Ham & Cheese (Cold) LF-64E	216.78	27.38	995.29	4.00	3.75	195.00	150.00	7.20	15.18	27.48	8.20	3.14	0.00	4.13
ELEM - Sandwich, Hamburger LF-60E	270.00	40.00	420.00	4.00	3.60	120.00	0.00	0.00	19.00	27.00	10.50	4.00	0.00	2.00
ELEM - Sandwich, Hot Dog on Bun LF-67E	329.97	34.99	889.91	3.00	2.52	100.00	0.00	0.00	12.00	29.00	18.50	6.50	0.00	4.00
ELEM - Sandwich, Meatball Sub LF-68E	340.80	20.25	817.95	5.79	3.29	150.10	144.00	2.88	16.41	34.46	15.33	5.23	0.00	6.52
ELEM - Sandwich, Peanut Butter & Jelly LF-71E	484.81	0.00	400.10	5.42	4.11	120.00	0.00	7.20	10.84	55.42	24.68	2.84	0.00	25.84
ELEM - Sandwich, Rib LF-76E	312.01	30.38	694.90	4.01	2.89	140.50	101.26	1.22	18.15	34.10	12.63	4.04	0.00	7.06
ELEM - Sandwich, Turkey-Cheese (Cold) LF-65E	215.54	21.18	561.86	3.00	1.83	189.00	150.00	0.00	12.00	26.50	7.14	3.00	0.00	2.00
ELEM - Soup, Vegetable Beef LH-60E	192.05	32.21	652.15	2.89	1.84	50.57	519.41	8.90	10.46	16.69	9.31	3.49	0.56	6.48
ELEM - Spaghetti w/Meat Sauce LD-71E	267.36	44.80	411.16	4.15	3.09	37.49	477.94	11.16	14.98	25.37	13.06	4.84	0.78	4.19
ELEM - Spaghetti, Easy w/Meat LD-63E	256.92	44.80	376.01	3.78	2.34	30.55	170.74	7.25	14.56	21.99	13.02	4.84	0.78	3.08
ELEM - Taco, Mexican LD-13E	345.59	37.69	98.66	1.52	2.34	84.87	165.03	1.08	12.01	27.37	19.66	8.33	0.52	0.56
ELEM - Turkey & Noodles LD-70E	236.53	54.17	1003.62	0.49	0.79	113.64	262.82	0.44	16.65	24.19	6.68	2.30	0.00	5.21
ELEM - Turkey, Roast LD-67E	81.00	30.37	373.48	0.00	0.07	0.04	0.00	0.00	10.13	0.00	3.32	1.09	0.00	0.00
ELEM - Turkey, Whole LD-66E	149.33	63.99	205.12	0.00	0.00	0.04	0.00	0.00	21.33	0.00	7.46	2.13	0.00	0.00
ELEM - Wrap, Chicken Fajita LF-72E	198.67	29.33	660.67	2.53	1.82	110.67	0.00	0.64	15.20	25.60	3.53	1.00	0.00	2.53
ELEM-Max Pizza Quesadilla	320.00	20.00	770.00	4.00	2.70	200.00	300.00	0.00	18.00	38.00	11.00	2.50	0.00	5.00
ELEM-Rolls, Wheat LB-62E	115.18	0.27	156.53	0.80	0.47	16.67	26.87	2.53	3.40	19.11	2.75	0.39	0.00	3.24
ELEM-Salad, Chef LE-61E	383.57	22.92	1327.89	18.31	3.43	133.43	10890.35	25.29	13.54	52.84	11.15	2.53	0.00	20.45
ELEM-Sandwich, BBQ (Purchased) LF-73E	209.75	18.34	436.41	3.43	2.42	117.27	46.52	0.93	13.21	28.48	4.73	1.25	0.00	3.65
ELEM-Sandwich, Sloppy Joe LF-05E	387.95	55.55	509.09	3.61	3.69	116.69	244.67	2.93	20.51	35.57	18.15	6.50	0.96	7.59
French Toast Mini IW	190.40	5.01	370.78	2.00	1.08	40.08	0.00	0.00	3.01	34.07	5.01	1.00	0.00	10.02
French Toast Sticks USDA	190.00	130.00	330.00	3.00	2.00	93.20	200.00	0.00	10.00	28.00	4.50	1.00	0.00	
French Toast,Cinn IW WG USDA	230.00	130.00	330.00	3.00	2.07	95.30	220.00	0.00	10.00	32.00	8.00	2.00	0.00	
Fresh Celery/Cucumber Cup LE-73	20.71	0.00	152.03	0.71	0.17	38.96	185.76	2.04	0.46	5.29	0.10	0.03	0.00	1.00
Fresh Pepper Strips & Broccoli Cup LE-70	25.24	0.00	131.51	1.08	0.25	29.69	1093.04	54.71	0.76	5.97	0.15	0.02	0.00	1.00
Fresh Veggie Cup LE-67	27.96	0.00	179.61	1.58	0.39	44.77	5151.69	1.96	0.46	6.97	0.10	0.02	0.00	1.00
Fruit Cocktail	80.00	0.00	10.00	2.00	0.00	0.00	200.00	1.20	0.00	19.00	0.00	0.00	0.00	13.00
Fruit Mix, Tropical	81.00	0.00	12.15	0.81	0.29	16.20	0.00	7.29	0.00	19.44	0.00	0.00	0.00	14.58
Gingerbread (Local) LC-23	291.56	0.00	249.58	1.01	1.86	51.07	0.63	0.04	4.97	51.83	7.56	1.07	0.00	7.44
Grapes, Fresh	22.51	0.00	0.67	0.30	0.10	4.70	33.60	1.34	0.21	5.76	0.12	0.04		

	Calories	Chol	Sodium	Fiber	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat	Sugars
	cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
Gravy, Low-Fat LG-61	22.21	0.00	179.30	0.11	0.01	1.78	0.00	0.00	0.68	4.24	0.19	0.00	0.00	0.05
Grits LJ-70	146.88	0.00	526.54	1.66	1.36	4.55	324.00	0.00	1.85	17.44	7.94	3.35	0.00	0.02
Grits, Cheese LJ-70a	217.28	19.20	641.74	1.66	1.36	132.55	516.00	0.00	6.33	17.44	13.70	6.55	0.00	0.02
HIGH - Beef Taco Bake LD-72H	352.85	63.15	786.35	3.33	3.52	89.84	756.21	6.73	21.05	25.24	18.79	7.31	0.95	5.09
HIGH - Beef Teriyaki Dipper	150.72	35.17	432.07	0.00	1.81	20.10	100.48	0.00	12.06	6.03	8.04	3.52	0.00	4.02
HIGH - Catfish Strip, USDA	254.00	46.00	494.00	4.00	1.20	0.00	0.00	0.00	16.00	14.60	16.00	3.40	1.40	1.40
HIGH - Chicken and Noodles LD-17H	255.28	38.77	709.00	0.49	1.45	113.64	262.82	0.44	20.49	24.19	12.34	10.18	0.00	5.21
HIGH - Chicken and Rice (Bog) LD-62H	239.83	15.53	452.99	1.24	1.19	2.84	162.00	0.00	16.96	20.91	14.06	10.94	0.00	0.00
HIGH - Chicken Rings	107.67	31.40	323.00	0.90	0.97	17.95	0.00	0.00	8.97	10.77	3.59	0.90	0.00	0.00
HIGH - Chicken Tenders	150.00	30.00	340.01	1.00	2.70	60.00	100.00	0.00	16.00	13.00	3.50	1.00	0.00	0.00
HIGH - Chicken, Baked LD-61H	180.60	63.00	281.81	0.00	0.76	9.24	117.60	1.35	15.62	0.00	12.65	3.62	0.08	0.00
HIGH - Chicken, Barbecued-Easy LD-64	181.84	63.00	73.68	0.03	0.76	9.24	117.60	1.35	15.65	0.00	12.65	3.62	0.08	0.00
HIGH - Chicken, Chinese	240.01	55.00	200.00	0.00	1.44	20.00	100.00	1.20	12.00	32.00	7.00	2.00	0.00	15.00
HIGH - Chicken, Honey Lemon LD-44H	178.36	55.98	550.45	0.00	0.67	19.23	0.00	1.15	17.73	6.64	4.67	1.40	0.00	12.11
HIGH - Chicken, Oven Crispy LD-69H	284.37	63.99	82.83	0.18	0.77	68.40	216.21	1.58	18.11	9.43	19.28	4.57	0.08	2.46
HIGH - Chicken, Roasted USDA	110.00	51.00	169.00	0.00	1.00	7.00	70.00	0.00	11.00	1.00	6.00	2.00	0.00	1.00
HIGH - Chicken, Sweet & Sour USDA	230.00	50.00	240.00	0.00	0.72	0.00	0.00	0.00	12.00	27.00	8.00	1.00	0.00	17.00
HIGH - Corndog	242.14	20.18	595.27	5.05	2.72	151.34			9.08	33.30	8.07	2.02	0.00	9.08
HIGH - Dressing, Turkey LD-38H	154.04	0.00	487.27	1.72	1.78	83.88	284.15	1.19	2.08	19.55	8.02	3.36	0.00	3.99
HIGH - Fish Nuggets	240.00	26.67	306.67	1.33	1.44	0.00	0.00	0.00	14.67	22.67	9.33	0.67	0.00	0.00
HIGH - Fish Strips, USDA	150.00		270.00	0.00					9.00	15.00	6.00	1.00	0.00	1.00
HIGH - Fish, Pollock USDA	170.00	55.00	390.00	1.00	1.08	40.00	0.00	0.00	14.00	14.00	6.00	0.00	0.00	0.00
HIGH - Macaroni and Cheese LD-26H	289.87	33.64	318.74	1.70	1.15	433.51	825.63	0.87	17.07	24.88	13.41	6.62	0.00	9.58
HIGH - Max BBQ Chick Calzone	270.00	15.00	570.00	4.00					16.00	36.00	7.00	2.00	0.00	
HIGH - Max Pizza Quesadilla	320.00	20.00	770.00	4.00	2.70	200.00	300.00	0.00	18.00	38.00	11.00	2.50	0.00	5.00
HIGH - Nachos w/Chili & Cheese LD-28H	305.66	45.20	311.48	0.91	2.61	198.30	271.21	0.29	14.28	18.58	19.04	7.45	0.50	2.91
HIGH - Pizza, Pepp. 4x6	320.01	20.00	750.03	2.00	2.70	250.01	300.01	0.00	16.00	36.00	13.00	4.50	0.00	14.00
HIGH - Pork, Roast LD-68	154.00	54.00	103.69	0.00	0.10	80.00	300.00	0.12	15.20	0.00	9.98	3.67	0.00	0.00
HIGH - Quiche with Crust LD-32H	226.48	199.93	360.15	0.54	1.33	340.83	717.16	1.35	16.51	20.33	8.75	3.75	0.00	8.93
HIGH - Salad, Chef LE-61H	500.39	128.67	1889.89	29.85	8.68	214.04	12868.76	45.54	22.14	64.00	16.31	3.45	0.00	10.47
HIGH - Salad, Chicken (Cnd/Frz) LE-05a	336.28	19.89	503.31	28.41	2.22	8.95	54.10	0.37	18.17	36.66	16.45	9.47	0.00	3.32
HIGH - Salad, Meat - Chicken (Fresh) LE-05Ha	279.37	47.78	574.32	0.41	1.30	15.23	134.07	1.28	12.83	22.66	14.08	2.96	0.05	3.32
HIGH - Salad, Meat - Turkey LE-69H	334.88	48.89	534.81	28.41	2.53	23.41	54.10	0.37	21.17	36.66	10.35	1.45	0.00	3.32
HIGH - Sandwich, BBQ (Chicken) LF-80H	227.29	35.52	356.91	3.04	2.28	105.95	21.75	0.00	17.47	26.00	5.53	1.33	0.00	2.00
HIGH - Sandwich, BBQ (Purchased) LF-73H	249.59	30.56	527.35	3.72	2.83	128.78	77.53	1.56	18.01	30.13	6.22	1.75	0.00	4.75
HIGH - Sandwich, BBQ (Unit Made) LF-77H	312.63	56.16	364.94	3.06	1.91	183.20	312.00	0.13	21.86	26.00	12.88	4.31	0.00	2.00
HIGH - Sandwich, Cheeseburger LF-61H	320.00	52.50	675.00	4.00	3.60	195.00	150.00	0.00	21.50	27.50	15.00	6.50	0.00	2.00
HIGH - Sandwich, Chicken Fillet LF-63H	390.00	25.00	820.00	5.00	3.24	140.00	0.00	0.00	22.00	41.00	15.50	3.00	0.00	2.00
HIGH - Sandwich, Chicken Salad Croissant LF-82H	346.28	24.89	453.31	2.41	2.22	68.95	354.10	1.57	19.17	30.66	20.45	12.97	0.00	6.32
HIGH - Sandwich, Deli (Cold) LF-69H	341.64	79.16	1396.53	3.00	3.00	224.99	150.00	1.00	18.50	29.00	17.00	6.33	0.00	2.00
HIGH - Sandwich, Fish & Cheese LF-79H	310.00	0.00	530.00	3.00	1.80	100.00	0.00	0.00	20.00	41.00	8.50	2.00	0.00	2.00
HIGH - Sandwich, Fish LF-78H	404.00	46.00	794.00	7.00	3.00	100.00	0.00	0.00	22.00	40.60	18.50	3.90	1.40	3.40
HIGH - Sandwich, Grilled Cheese (Lunch) LF-07H	344.30	50.00	1275.52	4.00	3.60	420.00	721.50	7.20	18.00	26.00	22.67	11.22	0.00	2.00
HIGH - Sandwich, Grilled Chicken LF-62H	289.96	55.98	701.21	3.00	2.47	118.66	0.00	0.00	23.73	28.80	7.17	1.90	0.00	3.87
HIGH - Sandwich, Grilled Ham & Cheese LJ-66H	311.75	36.13	1365.86	4.00	3.84	195.00	487.49	7.20	17.93	29.23	16.63	6.89	0.00	5.38
HIGH - Sandwich, Ham & Cheese (Cold) LF-64H	244.25	36.13	1294.99	4.00	3.84	195.00	150.00	7.20	17.93	29.23	9.20	3.51	0.00	5.38
HIGH - Sandwich, Hamburger LF-60H	270.00	40.00	420.00	4.00	3.60	120.00	0.00	0.00	19.00	27.00	10.50	4.00	0.00	2.00
HIGH - Sandwich, Hot Dog LF-67H	329.97	34.99	889.91	3.00	2.52	100.00	0.00	0.00	12.00	29.00	18.50	6.50	0.00	4.00
HIGH - Sandwich, Meatball Sub LF-68H	421.80	30.38	983.33	6.47	3.78	170.35	144.00	2.88	21.14	35.81	21.74	7.59	0.00	6.85
HIGH - Sandwich, Peanut Butter & Jelly LF-71H	484.81	0.00	400.10	5.42	4.11	120.00	0.00	7.20	10.84	55.42	24.68	2.84	0.00	25.84
HIGH - Sandwich, Rib LF-76H	312.01	30.38	694.90	4.01	2.89	140.50	101.26	1.22	18.15	34.10	12.63	4.04	0.00	7.06
HIGH - Sandwich, Sloppy Joe LF-05H	387.95	55.55	509.09	3.61	3.69	116.69	244.67	2.93	20.51	35.57	18.15	6.50	0.96	7.59
High - Sandwich, Spicy Chicken LF-81H	370.00	50.00	950.01	3.00	2.80	121.00	50.00	1.00	26.00	42.00	10.50	2.50	0.00	2.00

	Calories	Chol	Sodium	Fiber	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat	Sugars
	cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
HIGH - Sandwich, Turkey & Cheese (Cold) LF-65H	215.54	21.18	561.86	3.00	1.83	189.00	150.00	0.00	12.00	26.50	7.14	3.00	0.00	2.00
HIGH - Soup, Vegetable Beef LH-60H	192.05	32.21	652.15	2.89	1.84	50.57	519.41	8.90	10.46	16.69	9.31	3.49	0.56	6.48
HIGH - Spaghetti w/Meat Sauce LD-71H	331.52	55.55	509.84	5.15	3.84	46.49	592.65	13.84	18.58	31.46	16.19	6.01	0.96	5.19
HIGH - Spaghetti, Easy w/Meat LD-63H	318.58	55.55	466.25	4.69	2.91	37.88	211.71	8.99	18.06	27.27	16.14	6.00	0.96	3.82
HIGH - Taco, Mexican LD-13H	386.87	48.56	117.98	1.61	2.69	88.27	197.44	1.47	14.79	28.07	22.72	9.50	0.71	0.76
HIGH - Turkey & Noodles LD-70H	236.53	54.17	1003.62	0.49	0.79	113.64	262.82	0.44	16.65	24.19	6.68	2.30	0.00	5.21
HIGH - Turkey, Roast LD-67H	81.00	30.37	373.48	0.00	0.07	0.04	0.00	0.00	10.13	0.00	3.32	1.09	0.00	0.00
HIGH - Turkey, Whole LD-66H	201.59	86.39	257.38	0.00	0.00	0.04	0.00	0.00	28.80	0.00	10.08	2.88	0.00	0.00
HIGH - Wrap, Chicken Fajita LF-72H	231.67	45.83	891.67	2.83	2.04	116.67	0.00	1.00	21.50	26.50	3.83	1.00	0.00	2.83
HIGH-Beef Ziti USDA	345.00	56.00	563.00	3.00	3.00	136.00	922.00	9.00	18.00	30.00	17.00	7.40	0.90	5.00
HIGH-Chicken Nuggets	262.08	30.24	544.32	2.02	2.72	40.32	0.00	0.00	17.14	15.12	14.11	2.52	0.00	0.00
HIGH-Rolls, Wheat LB-62	174.77	0.40	236.90	1.21	0.71	25.01	50.30	3.79	5.10	28.66	4.34	0.69	0.00	4.86
Ice Cream, Vanilla C	130.55	30.13	45.19	0.00	0.00	80.34	200.85	0.00	2.01	15.06	7.03	4.52	0.00	11.05
Jell-O with Fruit LC-63	278.65	0.00	106.76	2.86	0.00	1.14	286.19	17.83	1.07	52.57	7.12	7.12	0.00	43.98
Jell-O with Pears LC-63a	336.39	0.00	186.04	3.23	0.00	3.41	0.00	36.11	2.15	67.36	7.12	7.12	0.00	57.66
Juice, Apple 4	57.00	0.00	1.00	0.00	0.00	109.99	0.00	60.00	0.00	14.00	0.00	0.00		0.00
Juice, Apple 6	82.30	0.00	1.83	0.00	0.91	9.15		82.30	0.00	20.12	0.00	0.00		19.20
Juice, Apple Cherry	60.00	0.00	0.00	0.00	0.18	10.00	0.00	1.20	0.00	15.00	0.00	0.00	0.00	12.00
Juice, Fruit Blend 4	66.03		1.10		0.30	13.71	0.60	9.70	0.30	17.11	0.00			
Juice, Fruit Blend 6	90.00	0.00	1.80	0.00	0.80	11.00	0.00	7.00	0.27	21.00	0.00	0.00	0.00	19.50
Juice, Grape 4	77.00	0.00	0.00	0.00	0.00	0.00	0.00	60.00	0.00	19.00	0.00	0.00	0.00	0.00
Juice, Grape 6	99.00	0.00	2.00	0.00	0.00	10.00	0.00	15.00	0.00	26.00	0.00	0.00	0.00	0.00
Juice, Orange 4	55.03	0.00		0.00	0.20	10.21	187.50	62.53	0.10	14.41	0.10	0.00		19.00
Juice, Orange 6	90.00	0.00	3.00	0.00	0.00	21.00	511.98	45.00	0.00	22.00	0.00	0.00		21.00
Juice, Orng Pnpl 4	59.03		0.70	0.00	0.10	15.01	93.49	35.02	0.60	15.51	0.20	0.00		
Ketchup, PC	10.00	0.00	100.00	0.00	0.00	0.00	100.00	0.00	0.00	3.00	0.00	0.00	0.00	2.00
Lemonade LG-60	30.00	0.00	22.10	0.00	0.00	7.10	0.00	60.00	0.00	7.00	0.00	0.00	0.00	7.00
Loaf, Apple Cinn.	179.97	10.00	179.97	2.00	1.44	0.00	0.00	0.00	3.00	29.00	6.00	1.00	0.00	16.00
Loaf, Banana	180.00	10.00	170.00	2.00	1.44	0.00	0.00	0.00	3.00	30.00	6.00	1.00	0.00	17.00
Loaf, Blueberry	169.97	10.00	179.97	2.00	1.44	0.00	0.00	0.00	3.00	29.00	6.00	1.00	0.00	16.00
Margarine, Cup PC	56.00	0.00	98.00	0.00	0.00	0.00	560.00	0.00	0.00	0.00	7.00	1.40	0.00	0.00
Max Cheese Breadstick	150.02	5.00	390.04	2.00	0.72	150.02	0.00	0.00	7.00	16.00	7.00	2.50	0.00	1.00
Mayonnaise, FF PC	0.00	0.00	130.00	1.00					0.00	1.00	0.00	0.00		
Meatloaf	189.98	35.00	619.94	0.00	1.80	20.00	399.96	3.60	12.00	9.00	12.00	4.50	0.50	4.00
MIDDLE - Beef Dippers	113.04	26.38	324.05	0.00	1.36	15.07	75.36	0.00	9.04	4.52	6.03	2.64	0.00	3.01
MIDDLE - Beef Taco Bake LD-72M	352.85	63.15	786.35	3.33	3.52	89.84	756.21	6.73	21.05	25.24	18.79	7.31	0.95	5.09
MIDDLE - Beef Ziti USDA	345.00	56.00	563.00	3.00	3.00	136.00	922.00	9.00	18.00	30.00	17.00	7.40	0.90	5.00
MIDDLE - Catfish USDA	254.00	46.00	494.00	4.00	1.20	0.00	0.00	0.00	16.00	14.60	16.00	3.40	1.40	1.40
MIDDLE - Chicken and Noodles LD-17M	255.28	38.77	709.00	0.49	1.45	113.64	262.82	0.44	20.49	24.19	12.34	10.18	0.00	5.21
MIDDLE - Chicken and Rice (Bog) LD-62M	239.83	15.53	452.99	1.24	1.19	2.84	162.00	0.00	16.96	20.91	14.06	10.94	0.00	0.00
MIDDLE - Chicken Nuggets	209.66	24.19	435.46	1.61	2.18	32.26	0.00	0.00	13.71	12.10	11.29	2.02	0.00	0.00
MIDDLE - Chicken Rings	86.13	25.12	258.40	0.72	0.78	14.36	0.00	0.00	7.18	8.61	2.87	0.72	0.00	0.00
MIDDLE - Chicken Tenders	150.00	30.00	340.01	1.00	2.70	60.00	100.00	0.00	16.00	13.00	3.50	1.00	0.00	0.00
MIDDLE - Chicken, Baked LD-61M	220.95	91.55	296.25	0.00	1.32	109.86	793.46	2.93	19.53	0.00	15.87	4.88	0.00	0.00
MIDDLE - Chicken, Chinese	240.01	55.00	200.00	0.00	1.44	20.00	100.00	1.20	12.00	32.00	7.00	2.00	0.00	15.00
MIDDLE - Chicken, Easy BBQ LD-64a	222.19	91.55	88.12	0.03	1.32	109.86	793.46	2.93	19.56	0.00	15.87	4.88	0.00	0.00
MIDDLE - Chicken, Oven Crispy LD-69M	324.72	92.54	97.27	0.18	1.33	169.03	892.07	3.17	22.02	9.43	22.49	5.83	0.00	2.46
MIDDLE - Chicken, Roasted USDA	110.00	51.00	169.00	0.00	1.00	7.00	70.00	0.00	11.00	1.00	6.00	2.00	0.00	1.00
MIDDLE - Chicken, Sweet & Sour USDA	230.00	50.00	240.00	0.00	0.72	0.00	0.00	0.00	12.00	27.00	8.00	1.00	0.00	17.00
MIDDLE - Corndog	242.14	20.18	595.27	5.05	2.72	151.34			9.08	33.30	8.07	2.02	0.00	9.08
MIDDLE - Dressing, Turkey LD-38M	154.04	0.00	487.27	1.72	1.78	83.88	284.15	1.19	2.08	19.55	8.02	3.36	0.00	3.99
MIDDLE - Fish Nuggets	240.00	26.67	306.67	1.33	1.44	0.00	0.00	0.00	14.67	22.67	9.33	0.67	0.00	0.00
MIDDLE - Fish Strip, USDA	150.00		270.00	0.00					9.00	15.00	6.00	1.00	0.00	1.00

	Calories	Chol	Sodium	Fiber	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat	Sugars
	cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
MIDDLE - Fish, Pollock USDA	170.00	55.00	390.00	1.00	1.08	40.00	0.00	0.00	14.00	14.00	6.00	0.00	0.00	0.00
MIDDLE - Macaroni and Cheese LD-26M	289.87	33.64	318.74	1.70	1.15	433.51	825.63	0.87	17.07	24.88	13.41	6.62	0.00	9.58
MIDDLE - Max BBQ Chicken Calzone	270.00	15.00	570.00	4.00					16.00	36.00	7.00	2.00	0.00	0.00
MIDDLE - Max Pizza Quesadilla	320.00	20.00	770.00	4.00	2.70	200.00	300.00	0.00	18.00	38.00	11.00	2.50	0.00	5.00
MIDDLE - Nachos w/Chili & Cheese LD-28M	305.66	45.20	311.48	0.91	2.61	198.30	271.21	0.29	14.28	18.58	19.04	7.45	0.50	2.91
MIDDLE - Pizza, Pepp. Wedge	350.00	30.00	790.00	3.00	2.70	250.00	400.00	0.00	20.00	39.00	13.00	5.00	0.00	13.00
MIDDLE - Pork, Roast LD-68M	154.00	54.00	103.69	0.00	0.10	80.00	300.00	0.12	15.20	0.00	9.98	3.67	0.00	0.00
MIDDLE - Quiche with Crust LD-32M	226.48	199.93	360.15	0.54	1.33	340.83	717.16	1.35	16.51	20.33	8.75	3.75	0.00	8.93
MIDDLE - Rolls, Wheat LB-62M	115.18	0.27	156.53	0.80	0.47	16.67	26.87	2.53	3.40	19.11	2.75	0.39	0.00	3.24
MIDDLE - Salad, Meat - Turkey LE-69M	289.88	48.89	454.81	21.41	2.17	23.41	54.10	0.37	20.17	28.66	9.35	1.45	0.00	3.32
MIDDLE - Sandwich, BBQ (Chicken) LF-80M	227.29	35.52	356.91	3.04	2.28	105.95	21.75	0.00	17.47	26.00	5.53	1.33	0.00	2.00
MIDDLE - Sandwich, BBQ (Purchased) LF-73M	209.75	18.34	436.41	3.43	2.42	117.27	46.52	0.93	13.21	28.48	4.73	1.25	0.00	3.65
MIDDLE - Sandwich, BBQ (Unit Made) LF-77M	259.68	37.80	346.34	3.04	1.87	156.00	210.00	0.08	16.68	26.00	9.49	3.07	0.00	2.00
MIDDLE - Sandwich, Cheeseburger LF-61M	320.00	52.50	675.00	4.00	3.60	195.00	150.00	0.00	21.50	27.50	15.00	6.50	0.00	2.00
MIDDLE - Sandwich, Chicken Fillet LF-63M	390.00	25.00	820.00	5.00	3.24	140.00	0.00	0.00	22.00	41.00	15.50	3.00	0.00	2.00
MIDDLE - Sandwich, Chicken Salad Croissant LF-82M	346.28	24.89	453.31	2.41	2.22	68.95	354.10	1.57	19.17	30.66	20.45	12.97	0.00	6.32
MIDDLE - Sandwich, Deli (Cold) LF-69M	341.64	79.16	1396.53	3.00	3.00	224.99	150.00	1.00	18.50	29.00	17.00	6.33	0.00	2.00
MIDDLE - Sandwich, Fish & Cheese LF-79M	310.00	0.00	530.00	3.00	1.80	100.00	0.00	0.00	20.00	41.00	8.50	2.00	0.00	2.00
MIDDLE - Sandwich, Fish LF-78M	404.00	46.00	794.00	7.00	3.00	100.00	0.00	0.00	22.00	40.60	18.50	3.90	1.40	3.40
MIDDLE - Sandwich, Grilled Cheese LF-07M	244.30	25.00	765.52	4.00	3.60	270.00	421.50	7.20	13.00	25.00	13.67	6.22	0.00	2.00
MIDDLE - Sandwich, Grilled Chicken LF-62M	289.96	55.98	701.21	3.00	2.47	118.66	0.00	0.00	23.73	28.80	7.17	1.90	0.00	3.87
MIDDLE - Sandwich, Grilled Ham & Cheese LJ-66M	285.39	27.74	1078.37	4.00	3.76	195.00	487.49	7.20	15.29	27.55	15.67	6.53	0.00	4.18
MIDDLE - Sandwich, Ham & Cheese (Cold) LF-64M	216.78	27.38	995.29	4.00	3.75	195.00	150.00	7.20	15.18	27.48	8.20	3.14	0.00	4.13
MIDDLE - Sandwich, Hamburger LF-60M	270.00	40.00	420.00	4.00	3.60	120.00	0.00	0.00	19.00	27.00	10.50	4.00	0.00	2.00
MIDDLE - Sandwich, Hot Dog LF-67M	329.97	34.99	889.91	3.00	2.52	100.00	0.00	0.00	12.00	29.00	18.50	6.50	0.00	4.00
MIDDLE - Sandwich, Meatball Sub LF-68M	340.80	20.25	817.95	5.79	3.29	150.10	144.00	2.88	16.41	34.46	15.33	5.23	0.00	6.52
MIDDLE - Sandwich, Peanut Butter & Jelly LF-71M	484.81	0.00	400.10	5.42	4.11	120.00	0.00	7.20	10.84	55.42	24.68	2.84	0.00	25.84
MIDDLE - Sandwich, Rib LF-76M	312.01	30.38	694.90	4.01	2.89	140.50	101.26	1.22	18.15	34.10	12.63	4.04	0.00	7.06
MIDDLE - Sandwich, Sloppy Joe LF-05M	387.95	55.55	509.09	3.61	3.69	116.69	244.67	2.93	20.51	35.57	18.15	6.50	0.96	7.59
MIDDLE - Sandwich, Spicy Chicken LF-81M	370.00	50.00	950.01	3.00	2.80	121.00	50.00	1.00	26.00	42.00	10.50	2.50	0.00	2.00
MIDDLE - Sandwich, Turkey-Cheese (Cold) LF-65M	220.72	24.07	564.15	3.00	1.83	193.67	150.00	0.00	13.17	26.50	7.19	3.00	0.00	2.00
MIDDLE - Soup, Vegetable Beef LH-60M	192.05	32.21	652.15	2.89	1.84	50.57	519.41	8.90	10.46	16.69	9.31	3.49	0.56	6.48
MIDDLE - Spaghetti w/Meat Sauce LD-71M	331.52	55.55	509.84	5.15	3.84	46.49	592.65	13.84	18.58	31.46	16.19	6.01	0.96	5.19
MIDDLE - Spaghetti, Easy w/Meat LD-63M	318.58	55.55	466.25	4.69	2.91	37.88	211.71	8.99	18.06	27.27	16.14	6.00	0.96	3.82
MIDDLE - Taco, Mexican LD-13M	345.59	37.69	98.66	1.52	2.34	84.87	165.03	1.08	12.01	27.37	19.66	8.33	0.52	0.56
MIDDLE - Turkey & Noodles LD-70M	236.53	54.17	1003.62	0.49	0.79	113.64	262.82	0.44	16.65	24.19	6.68	2.30	0.00	5.21
MIDDLE - Turkey, Roast LD-67M	81.00	30.37	373.48	0.00	0.07	0.04	0.00	0.00	10.13	0.00	3.32	1.09	0.00	0.00
MIDDLE - Turkey, Whole LD-66M	149.33	63.99	205.12	0.00	0.00	0.04	0.00	0.00	21.33	0.00	7.46	2.13	0.00	0.00
MIDDLE - Wrap, Chicken Fajita LF-72M	198.67	29.33	660.67	2.53	1.82	110.67	0.00	0.64	15.20	25.60	3.53	1.00	0.00	2.53
MIDDLE-Chicken, Honey Lemon LD-44M	178.36	55.98	550.45	0.00	0.67	19.23	0.00	1.15	17.73	6.64	4.67	1.40	0.00	12.11
MIDDLE-Salad, Chef LE-61M	500.39	128.67	1889.89	29.85	8.68	214.04	12868.76	45.54	22.14	64.00	16.31	3.45	0.00	10.47
MIDDLE-Salad, Chicken (Cnd/Frz) LE-05M	291.28	19.89	423.31	21.41	1.86	8.95	54.10	0.37	17.17	28.66	15.45	9.47	0.00	3.32
Milk, Choc. Skim	130.00	5.00	200.00	0.00	0.36	300.01	500.01	1.20	8.00	24.00	0.00	0.00	0.00	22.00
Milk, Strawberry	130.00	5.00	125.00	0.00	0.00	300.01	500.01	1.20	8.00	23.00	0.00	0.00	0.00	22.00
Milk, Van Red Sugar	130.00	5.00	125.00	0.00	0.00	300.01	500.01	1.20	8.00	23.00	0.00	0.00	0.00	22.00
Milk, White 1%	110.00	10.00	130.00	0.00	0.00	300.01	500.01	2.40	8.00	13.00	2.50	1.50	0.00	12.00
Mini-Cinnis	240.29	0.00	300.37	2.00	1.44	20.03	0.00	0.00	5.01	40.05	7.01	2.00	0.00	15.02
Muffin, Apple Cinn.	170.00	30.00	160.00	1.00	5.40	40.00	1250.00	15.00	3.00	27.00	5.00	1.00	0.00	15.00
Muffin, Banana	170.00	30.00	180.00	1.00	5.40	40.00	1250.00	15.00	3.00	28.00	5.00	1.00	0.00	15.00
Muffin, Blueberry	179.90	29.98	189.89	1.00	1.08	19.99	99.94	0.00	2.00	21.99	9.99	1.50	0.00	10.99
Muffin, Choc. Chip	169.90	29.98	159.91	1.00	5.40	39.98	1249.29	14.99	3.00	27.98	6.00	2.00	0.00	14.99
Mustard, PC	4.09	0.00	69.55	0.00	0.00	0.00	0.00	0.00	0.82	0.82	0.00	0.00	0.00	0.00
Nathan's Mini Hot Dogs	434.09	50.00	1229.55	0.00	0.00	0.00	100.00	0.00	16.82	37.82	25.00	9.00	0.00	6.00

	Calories	Chol	Sodium	Fiber	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat	Sugars
	cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
Orange, Fresh	61.57	0.00	0.00	3.14	0.13	52.40	294.75	69.69	1.23	15.39	0.16	0.03		
Pancake, IW Blueberr	190.00	10.00	270.01	2.00	1.44	100.00	0.00	0.00	4.00	35.00	4.00	1.00	0.00	11.00
Pancakes	70.12	2.92	113.94	0.88	0.42	11.69	0.00	0.00	1.46	11.98	1.75	0.29	0.00	2.92
Pancakes, Straw IW	170.00	5.00	200.00	2.00	0.72	40.00	0.00	0.00	4.00	29.00	5.00	0.50	0.00	10.00
Peach Cup	90.00	0.00	15.00	0.00	0.00	0.00	300.00	1.20	0.00	23.00	0.00	0.00	0.00	20.00
Peach, Slices	68.89	0.00	9.84	0.00	0.00	0.00	295.24	1.18	0.00	16.73	0.00	0.00	0.00	12.79
Pear, Fresh	85.84	0.00	1.48	4.59	0.25	13.32	34.04	6.22	0.56	22.88	0.18	0.02		
Pear, Halves	80.00	0.00	5.00	2.00	0.36	0.00	0.00	1.20	0.00	20.00	0.00	0.00	0.00	14.00
Pears, Diced	92.86	0.00	0.00	3.10	0.00	0.00	0.00	3.71	0.00	22.70	0.00	0.00	0.00	13.41
Peas, and Carrots	60.00	0.00	330.00	4.00	1.44	20.00	4000.00	6.00	3.00	160.00	0.00	0.00	0.00	4.00
Peas, Black-Eyed LI-79	154.70	0.00	618.05	6.45	2.32	51.57	128.91	1.55	11.60	25.78	0.65	0.00	0.00	0.00
Peas, Field LI-66	227.21	0.00	243.81	7.49	2.70	59.94	311.85	0.00	14.99	31.47	4.31	1.62	0.00	0.00
Peas, Green Sweet Garden LI-67	127.96	0.00	484.78	5.95	1.84	32.46	2765.62	17.67	5.77	17.58	4.11	1.71	0.00	5.77
Pineapple, Tidbits	76.00	0.00	9.50	0.95	0.00	0.00	0.00	8.55	0.00	19.00	0.00	0.00	0.00	15.20
Pizza Bagel	180.00	15.00	460.01	1.00	1.44	200.00	100.00	0.00	10.00	20.00	7.00	3.00	0.00	3.00
Pizza, Brk. Sausage	220.00	10.00	570.01	1.00	1.80	150.00	300.01	0.00	9.00	24.00	10.00	4.00	0.00	4.00
Pizza, SM Cheese	460.00	25.00	850.00	6.00	4.50	250.00	750.00	2.40	22.00	71.00	12.00	6.00	0.00	2.00
Pizza, SM Pepperoni	500.00	35.00	1040.00	5.00	4.50	200.00	750.00	1.20	23.00	66.00	17.00	8.00	0.00	2.00
Pizza, SM Works	500.00	35.00	1040.00	5.00	4.50	200.00	750.00	1.20	23.00	66.00	17.00	8.00	0.00	2.00
Poptart, Strawberry	407.61	0.00	336.28	1.27	3.67	0.00	1019.03	0.00	4.08	74.39	10.19	3.57	0.00	34.65
Potato, 3/8 Crinkle	92.05	0.00	30.68	1.53	0.55	0.00	0.00	2.76	1.53	14.58	3.07	0.77	0.00	0.00
Potato, Baked LI-74	164.01	0.00	124.29	4.69	1.66	25.56	4.26	41.96	4.30	37.21	0.19	0.06	0.00	0.00
Potato, Curlie Fry	173.32	0.00	20.00	1.33	0.96	0.00	0.00	6.40	2.67	25.33	6.67	2.00	0.00	0.00
Potato, Mini Pancake	160.00	450.00	220.00	2.00	0.72	0.00	0.00	6.00	2.00	18.00	10.00	1.50	0.00	0.00
Potato, Oven Roaster	140.00	0.00	160.00	2.00					2.00	25.00	3.50	0.50	0.00	0.00
Potato, Rounds	186.64	0.00	413.27	2.67		0.00	0.00	1.60	2.67	22.66	9.33	1.33	0.00	0.00
Potato, Season Stix	120.00	0.00	135.00	2.00	0.36	0.00	0.00	2.40	1.00	20.00	4.00	0.50	0.00	0.00
Potato, Shoe String	199.99	0.00	26.67	2.67	0.96	0.00	0.00	8.00	2.67	29.33	8.00	2.00	0.00	0.00
Potato, Smiles	106.72	0.00	153.41	1.33	0.00	0.00	0.00	2.40	1.33	16.01	4.00	0.67	0.00	0.00
Potato, Sweet Coins	110.00	0.00	95.00	3.00					1.00	18.00	4.00	0.50	0.00	9.00
Potato, Sweet Cut LI-13	337.44	0.00	147.13	2.58	1.85	25.76	12719.84	23.18	3.86	59.69	10.69	4.86	0.00	30.69
Potato, Sweet Fries	138.27	0.00	108.64	2.96	0.36	19.75	3456.85	5.93	0.99	21.73	4.45	0.00	0.00	6.91
Potato, Sweet Potato Souffle LI-71	268.67	2.16	156.68	1.89	1.37	148.97	9355.20	17.53	6.29	53.64	3.56	1.62	0.00	34.45
Potato, Wedge	110.00	0.00	260.00	2.00	0.72	0.00	0.00	6.00	2.00	14.00	5.00	1.50	0.00	
Potatoes, Mashed LI-05	66.15	0.00	304.19	0.74	0.27	2.84	0.00	6.62	1.47	12.50	1.10	0.00	0.00	0.52
Potatoes, Parsley LI-68	111.54	0.00	706.06	2.32	0.68	48.91	190.77	13.78	1.18	15.82	3.58	1.62	0.00	1.14
Pretzel, Soft	70.00	0.00	65.00	1.00	0.72	0.00	0.00	0.00	2.00	14.00	0.50	0.00	0.00	0.00
Raisins, Ind.	127.52	0.00	4.50	1.50	0.00	20.00	0.00	0.00	1.50	34.01	0.25	0.00	0.00	25.00
Rice LB-61	123.71	0.00	76.04	1.55	0.56	1.71	0.00	0.00	3.09	25.52	1.16	0.00	0.00	0.00
Salad Toppings LE-66	15.06	0.00	8.62	1.20	0.37	15.79	591.03	5.49	0.89	3.22	0.16	0.02		
Salad, Black Bean for Chef Salads LE-21a	97.37	0.00	377.49	3.81	2.82	28.30	347.75	15.79	4.45	17.33	1.37	0.14	0.00	2.31
Salad, Broccoli LE-17	165.84	6.11	158.98	1.75	0.24	28.78	200.27	28.56	1.84	31.39	4.51	0.63	0.00	23.69
Salad, Carrot-Raisin LE-62	167.14	7.60	295.60	2.46	0.16	30.55	8769.14	3.08	1.49	29.18	5.61	0.78	0.00	18.19
Salad, Garden Side LE-63	24.33	0.00	132.15	1.15	0.44	37.65	2800.19	11.12	0.76	6.10	0.17	0.03	0.00	1.00
Salad, Lettuce & Tomato (Taco/Fajita) LE-64	26.08	0.00	14.18	2.04	0.62	26.08	1041.56	10.38	1.52	5.59	0.27	0.04		
Salad, Marinated Black Bean - LE-21	194.74	0.00	754.97	7.63	5.64	56.59	695.50	31.57	8.91	34.66	2.74	0.28	0.00	4.62
Salad, Meat - Tuna LE-68	117.77	50.84	357.96	0.41	0.06	8.95	54.10	0.37	13.47	5.68	3.48	0.50	0.00	3.32
Salad, Pasta LE-08	97.31	0.00	406.11	1.30	0.63	16.45	435.53	6.01	2.92	15.55	2.63	0.32	0.00	2.29
Salad, Potato LE-09	99.54	55.32	482.15	1.32	0.44	33.16	104.34	7.15	2.17	10.22	4.40	0.83	0.00	2.36
Salad, Spinach LE-76	24.46	0.00	151.66	1.07	0.88	54.30	3552.85	11.17	1.14	5.85	0.18	0.03	0.00	1.00
Salad, Taco LE-10	320.03	48.86	372.49	1.88	3.33	91.38	517.69	4.55	14.60	19.83	20.37	7.57	0.71	0.75
Saltines	0.50	0.00	1.80	0.00	0.00	0.00	0.00	0.00	0.01	0.09	0.01	0.00	0.00	0.00
Sandwich, Egg/Cheese LJ-72a	260.01	187.52	690.02	3.00	2.39	195.20	410.04	0.00	13.50	27.50	10.50	4.50	0.00	2.00

	Calories	Chol	Sodium	Fiber	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat	Sugars
	cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
Sandwich, Grilled Cheese (Breakfast) LF-07	244.30	25.00	765.52	4.00	3.60	270.00	421.50	7.20	13.00	25.00	13.67	6.22	0.00	2.00
Sandwich, Grilled Ham & Cheese LJ-66	361.75	48.63	1620.86	4.00	3.84	270.00	637.49	7.20	20.43	29.73	21.13	9.39	0.00	5.38
Sauce, BBQ PC	15.00	0.00	85.00	0.00	0.36	0.00	0.00	1.20	0.00	4.00	0.00	0.00	0.00	4.00
Sauce, Cheese Mix (Dry) LG-60	47.75	0.00	396.90	0.00	0.00	26.86	0.00	0.00	1.19	8.36	1.19	1.19	0.00	2.39
Sauce, Chili Hot Dog	16.47	0.00	148.24	0.00	0.00	0.00	0.00	0.00	0.00	4.12	0.00	0.00	0.00	2.47
Sauce, Cranberry	21.40	0.00	4.11	0.14	0.03	0.57	5.95	0.28	0.03	5.51	0.02	0.00	0.00	5.37
Sauce, Honey Must PC	15.00	0.00	65.00	0.00	0.00	0.00	0.00	0.00	0.00	4.00	0.00	0.00	0.00	2.00
Sauce, Hot PC	0.00	0.00	120.00	0.00	0.00	0.00	57.14	0.00	0.00	0.00	0.00	0.00		0.00
Sauce, Swt/Sour PC	56.68	0.00	108.64	0.00	0.00	0.00	0.00	1.13	0.00	13.23	0.00	0.00	0.00	11.34
Sauce, Taco PC	5.00	0.00	80.00	0.00	0.00	0.00	0.00	0.00	0.00	1.00	0.00	0.00	0.00	0.00
Sauce, Tartar PC	35.00	5.00	110.00	0.00	0.00	0.00	0.00	0.00	0.00	2.00	3.50	0.50	0.00	1.00
Sausage Griddler LJ-60	231.47	25.47	381.30	0.50	1.50	59.95	49.92	0.00	7.99	25.16	11.15	3.25	0.67	8.66
Sausage Patty	84.86	17.47	174.70	0.50	0.54	19.97	49.92	0.00	5.99	0.50	6.49	2.25	0.00	0.00
Sausage Roll, IW	130.00	20.00	410.00	1.00	1.80	60.00	400.00	1.20	7.00	17.00	4.50	1.00	0.00	4.00
Sausage, Link	178.98	30.34	354.93	0.00	0.82	15.17	75.84	0.00	6.07	3.03	16.69	6.07	0.00	0.00
Shortcake, Strawberry LC-70	374.58	38.85	174.07	1.64	0.41	52.78	74.68	24.07	4.81	62.25	11.55	3.76	0.00	38.11
Slaw, Cabbage LE-06	65.92	5.32	234.34	1.86	0.34	29.02	1209.37	24.89	0.92	6.60	3.80	0.56	0.00	2.06
Smoothie, Blue Rasp.	90.00	0.00	50.00	0.00	0.36	90.00	1100.05	60.00	0.00	22.00	0.00	0.00		22.00
Smoothie, Lem Lime	90.00	0.00	50.00	0.00	0.36	90.00	1100.05	60.00	0.00	22.00	0.00	0.00		22.00
Smoothie, Sour Apple	90.00	0.00	50.00	0.00	0.36	90.00	1100.05	60.00	0.00	22.00	0.00	0.00		22.00
Smoothie, Strawberry	90.00	0.00	50.00	0.00	0.36	90.00	1100.05	60.00	0.00	22.00	0.00	0.00		22.00
Sour Cream, PC	56.68	18.89	68.02	0.00	0.00	37.79	188.93	0.00	0.95	1.89	4.72	3.31	0.00	0.95
Strawberry, Cup USDA	122.00	0.00	4.00	2.40	0.75	14.00	31.00	52.80	0.68	33.05	0.17	0.01	0.00	30.61
Strawberry-Banana Fruit Cup LC-64	165.50	0.00	0.54	2.32	0.31	11.79	34.84	26.51	0.59	33.23	3.74	3.62	0.00	19.44
Strawberry-Peach Fruit Cup LC-64a	166.67	0.00	7.09	0.91	0.16	9.07	212.63	22.62	0.00	32.85	3.56	3.56	0.00	28.65
Strudel, Apple	210.26	0.00	270.33	2.00	1.08	0.00	0.00	0.00	5.01	36.04	6.01	1.50	0.00	11.01
Strudel, Strawberry	210.26	0.00	280.34	2.00	1.08	0.00	0.00	0.00	5.01	36.04	6.01	1.50	0.00	11.01
Succotash LI-77	106.73	0.00	325.89	4.27	0.77	6.82	0.00	6.40	4.27	21.35	0.53	0.00	0.00	4.27
Sugar, PC	10.71	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	3.21	0.00	0.00	0.00	3.21
Switch, Apple	120.00		7.00		0.00		0.00	60.00		29.00				28.00
Switch, Black Cherry	120.00		5.00		0.00		0.00	60.00		30.00				29.00
Switch, Fruit Punch	120.00		5.00		0.00		0.00	60.00		30.00				28.00
Switch, Grape	120.00		5.00		0.00		0.00	60.00		30.00				28.00
Switch, Kiwi Berry	14.46		0.60		0.00		0.00	7.23		3.61				3.49
Switch, Lemon Lime	120.00		5.00		0.00		0.00	60.00		29.00				28.00
Switch, Orange Tang	14.46		0.60		0.00		120.48	7.23		3.61				3.49
Switch, Straw-Waterm	120.00		5.00		0.00		0.00	60.00		29.00				28.00
Syrup, Maple PC	121.51	0.00	34.18	0.00	0.00	0.00	0.00	0.00	0.00	23.54	0.00	0.00	0.00	12.15
Tangerine, Fresh	46.64	0.00	1.76	1.58	0.13	32.56	599.28	23.50	0.71	11.74	0.27	0.03		
Tea LG-61	145.01	0.00	11.02	0.00	0.02	11.02	0.00	0.00	0.00	37.46	0.00	0.00	0.00	37.40
Toast, Breakfast LJ-63	187.50	0.00	300.87	4.00	3.60	120.00	337.49	7.20	8.00	24.00	9.43	3.38	0.00	2.00
Tomato Cup w/Dip LE-75	23.88	0.00	128.86	0.93	0.21	27.71	642.33	9.79	0.68	6.02	0.15	0.02	0.00	1.00
Tomatoes, Stewed LI-82	28.20	0.00	257.51	1.30	1.26	40.34	182.62	12.10	1.04	5.21	0.84	0.32	0.00	3.10
Turkey Sliced, USDA	92.00	37.40	1127.21	0.00	0.40	7.10	0.00	0.90	18.41	2.53	0.89	0.28	0.03	
Turkey, Variety USDA	352.11	158.71	2237.07	0.00	3.30	127.70	133.60	4.60	34.32	4.38	23.37	6.21	0.46	
Turnip Greens LI-81	23.65	0.00	110.48	2.55	1.54	120.43	6311.28	27.35	2.52	3.87	0.38	0.08	0.00	0.00
Vegetable Oriental LI-69a	30.24	0.00	466.18	2.02	0.36	20.16	302.40	12.10	1.01	5.04	0.00	0.00	0.00	3.02
Vegetable Steam Blend LI-69	64.42	0.00	512.06	2.14	0.00	21.35	695.64	22.41	1.07	4.27	3.56	1.62	0.00	2.14
Vegetables, Mixed LI-70	114.68	0.00	548.14	4.11	0.49	29.70	2218.99	4.94	4.11	15.09	4.25	1.62	0.00	5.49
Waffle Sticks	198.45	23.63	292.95	0.95	1.36	56.70	189.00	0.00	2.84	28.35	9.45	1.42	0.00	8.51
Waffles	149.60	3.94	417.30	0.79	6.38	62.99	0.00	0.00	3.15	24.41	4.72	0.79	0.00	3.15
Waffles, Blueberry IW	190.00	10.00	200.00	2.00	0.36	20.00	0.00	0.00	3.00	32.00	6.00	1.00	0.00	14.00
Watermelon	22.80	0.00	0.76	0.30	0.18	5.32	432.44	6.16	0.46	5.74	0.11	0.01		

	Calories	Chol	Sodium	Fiber	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat	Sugars
	cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
Yogurt, Straw-Banana	80.00	5.00	65.00	0.00	0.00	150.00	0.00	0.00	4.00	16.00	0.00	0.00	0.00	13.00
Yogurt, Strawberry	110.00	5.00	80.00	0.00	0.00	150.00	0.00	0.00	5.00	19.00	1.50	1.00	0.00	17.00
Yogurt, Vanilla	80.00	5.00	60.00	0.00	0.00	150.00	0.00	0.00	4.00	16.00	0.00	0.00	0.00	13.00
													updated 3/5/14	