

Darlington County Schools
Recipe by Name/Id - Summarized

		USDA													
		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
R-0785	Bar, Cheerios Fruity WG	150.000	0.000	105.000	3.000	9.000	1.800	200.000	100.000	4.800	2.000	30.000	3.000	0.500	0.000
	Weight/Serving: 40.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		5.333	80.000	18.000	3.000		
R-0786	Bar, Cheerios Strawberry WG	150.000	0.000	90.000	3.000	9.000	1.800	200.000	100.000	1.200	2.000	30.000	3.000	0.500	0.000
	Weight/Serving: 40.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		5.333	80.000	18.000	3.000		
R-0783	Bar, Cinnamon Toast Crunch WG	150.000	0.000	115.000	3.000	9.000	1.800	200.000	0.000		3.000	30.000	3.500	0.000	0.000
	Weight/Serving: 40.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		8.000	80.000	21.000	0.000		
R-0784	Bar, Cocoa Puffs WG	150.000	0.000	110.000	3.000	9.000	1.800	200.000	100.000	1.200	3.000	30.000	3.000	0.500	0.000
	Weight/Serving: 40.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		8.000	80.000	18.000	3.000		
R-1369	Bar, Rice Krispie Chocolate Chip WG	190.000	0.000	150.000	0.000	14.000	1.800	0.000	0.000	0.000	2.000	34.000	5.000	2.000	0.000
	Weight/Serving: 45.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		4.211	71.579	23.684	9.474		
R-1161	Bar, Rice Krispie Mini	50.000	0.000	45.000	0.000	3.000	0.360	0.000	0.000	0.000	0.000	9.000	1.000	0.000	0.000
	Weight/Serving: 12.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	72.000	18.000	0.000		
R-1486	Bar, RiceKrispConfet	170.000	0.000	120.000	0.000	13.000	1.800	0.000	*		2.000	32.000	4.000	1.000	0.000
	Weight/Serving: 42.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		4.706	75.294	21.176	5.294		
R-0782	Bar, Trix WG	150.000	0.000	100.000	2.000	9.000	1.800	200.000	100.000		2.000	30.000	3.500	0.500	0.000
	Weight/Serving: 40.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		5.333	80.000	21.000	3.000		
R-1192	Bkfst - Bar, Nutri-Grain Apple Cinnamon	160.000	135.000	30.000	14.000	2.000	1.800	200.000	750.000	0.000	*	3.000	4.000	0.500	0.000
	Weight/Serving: 44.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000*	7.500	22.500	2.813		
R-1158	Bkfst - Bar, Nutri-Grain Blueberry	160.000	0.000	135.000	3.000	14.000	1.800	200.000	750.000	0.000	2.000*	30.000	4.000	0.500	0.000
	Weight/Serving: 44.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		5.000*	75.000	22.500	2.813		
R-1193	Bkfst - Bar, Nutri-Grain Strawberry	160.000	0.000	150.000	3.000	14.000	1.800	200.000	750.000	0.000	2.000*	30.000	4.000	0.500	0.000

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		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	44.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	5.000*	75.000	22.500	2.813					
R-1215	Bkfst - Biscuit, Chicken IW WG	220.000	0.000	510.000	3.000	4.000	2.700	60.000	*		10.000*	35.000	8.000	2.500	0.000
Weight/Serving:	102.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	18.182*	63.636	32.727	10.227					
R-1487	Bkfst - Biscuit, Sausage IW	250.000	25.000	360.000	2.000	2.000	1.080	40.000	*		8.000*	21.000	15.000	6.000	0.000
Weight/Serving:	74.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	12.800*	33.600	54.000	21.600					
R-0392	Bkfst - Biscuit, Sausage LJ-62	390.011	20.002	910.022	1.000	2.000	2.520	30.000	0.000	0.000	10.000*	31.000	24.001	12.000	0.000
Weight/Serving:	99.14	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	10.256*	31.794	55.385	27.692					
R-1219	Bkfst - Biscuit, Steak IW WG	280.000	30.000	410.000	3.000	3.000	1.800	60.000	*		9.000*	26.000	16.000	7.000	0.000
Weight/Serving:	81.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	12.857*	37.143	51.429	22.500					
R-0939	Bkfst - Biscuit, WG	260.000	0.000	660.000	1.000	2.000	1.800	30.000	0.000		5.000*	30.000	13.000	8.000	0.000
Weight/Serving:	63.70	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	7.692*	46.154	45.000	27.692					
R-1295	Bkfst - Breadstick, Blueberry w/Cheese	190.000	5.000	300.000	2.000	7.000	1.080	100.000	*		7.000*	24.000	7.000	2.500	*
Weight/Serving:	65.21	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	14.737*	50.526	33.158	11.842					
R-1220	Bkfst - Breakfast Bites IW WG	180.000	25.000	280.000	3.000	4.000	1.800	20.000	0.000	0.000	6.000*	15.000	9.000	2.500	0.000
Weight/Serving:	72.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	13.333*	33.333	45.000	12.500					
R-1217	Bkfst - Bun, Turkey Ham & Cheese Hawaii IWWG	186.160	16.980	392.230	1.990	5.220	1.850	105.200	121.850	0.000	10.620*	27.210	4.250	1.370	0.000
Weight/Serving:	87.88	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	22.819*	58.466	20.547	6.623					
R-1336	Bkfst - Cereal Bag Cinnamon Bun Crunchmania	220.000	0.000	230.000	2.000	12.000	1.440	150.000	750.000	0.000	4.000*	37.000	7.000	2.000	0.000
Weight/Serving:	50.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	7.273*	67.273	28.636	8.182					
R-1338	Bkfst - Cereal Bag, Apple Jacks	110.000	0.000	160.000	2.000	8.000	4.500	0.000	500.000	15.000	2.000*	24.000	1.000	0.500	0.000
Weight/Serving:	28.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	7.273*	87.273	8.182	4.091					

		USDA													
		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
R-1339	Bkfst - Cereal Bag, Cinnamon Toast Crunch	110.000	0.000	160.000	3.000	6.000	3.600	200.000	400.000	4.800	1.000*	22.000	3.000	0.500	0.000
	Weight/Serving: 28.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		3.636*	80.000	24.545	4.091		
R-1337	Bkfst - Cereal Bag, French Toast Crunchmania	210.000	0.000	190.000	3.000	13.000	1.440	0.000	*		4.000*	38.000	7.000	2.000	0.000
	Weight/Serving: 50.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		7.619*	72.381	30.000	8.571		
R-1340	Bkfst - Cereal Bag, Froot Loop	110.000	0.000	160.000	2.000	8.000	4.500	0.000	500.000	15.000	2.000*	24.000	1.000	0.500	0.000
	Weight/Serving: 28.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		7.273*	87.273	8.182	4.091		
R-1341	Bkfst - Cereal Bag, Frosted Flakes	100.000	0.000	160.000	3.000	7.000	4.500	0.000	500.000	15.000	2.000*	24.000	0.000	0.000	0.000
	Weight/Serving: 28.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		8.000*	96.000	0.000	0.000		
R-1342	Bkfst - Cereal Bag, Golden Graham	100.000	0.000	220.000	1.000	8.000	3.600	80.000	400.000	4.800	1.000*	24.000	1.000	0.000	0.000
	Weight/Serving: 28.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		4.000*	96.000	9.000	0.000		
R-0233	Bkfst - Cereal, Ap Jacks WG	110.000	0.000	160.000	2.000	8.000	4.500	0.000	500.000	15.000	2.000*	24.000	1.000	0.500	0.000
	Weight/Serving: 28.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		7.273*	87.273	8.182	4.091		
R-0235	Bkfst - Cereal, Cheer App WG	110.000	0.000	110.000	2.000	9.000	4.500	100.000	500.000		2.000*	22.000	1.500	0.000	0.000
	Weight/Serving: 28.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		7.273*	80.000	12.273	0.000		
R-0236	Bkfst - Cereal, Cheer H Nut WG	110.000	0.000	160.000	2.000	9.000	4.500	100.000	500.000		2.000*	22.000	1.500	0.000	0.000
	Weight/Serving: 28.34	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		7.273*	80.000	12.273	0.000		
R-0485	Bkfst - Cereal, Cheer Multi WG	100.000	0.000	110.000	3.000	6.000	16.200	80.000	500.000	4.800	2.000*	23.000	1.000	0.000	0.000
	Weight/Serving: 28.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		8.000*	92.000	9.000	0.000		
R-0241	Bkfst - Cereal, Cinn. Toast WG	110.000	0.000	160.000	3.000	6.000	3.600	200.000	400.000	4.800	1.000*	22.000	3.000	0.500	0.000
	Weight/Serving: 28.35	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		3.636*	80.000	24.545	4.091		
R-1257	Bkfst - Cereal, Cocoa Puffs	110.000	0.000	120.000	2.000	8.000	4.500	100.000	400.000		2.000*	25.000	1.500	0.000	0.000
	Weight/Serving: 30.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		7.273*	90.909	12.273	0.000		

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		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
R-0244	Bkfst - Cereal, Frost Flakes WG	100.000	0.000	160.000	3.000	7.000	4.500	0.000	500.000	15.000	2.000*	24.000	0.000	0.000	0.000
	Weight/Serving: 28.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		8.000*	96.000	0.000	0.000		
R-0245	Bkfst - Cereal, Fruit Loops WG	110.000	0.000	160.000	2.000	8.000	4.500	0.000	500.000	15.000	2.000*	24.000	1.000	0.500	0.000
	Weight/Serving: 28.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		7.273*	87.273	8.182	4.091		
R-0247	Bkfst - Cereal, Trix WG	110.000	0.000	140.000	1.000	7.000	5.400	100.000	500.000	4.800	1.000*	24.000	1.000	0.000	0.000
	Weight/Serving: 28.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		3.636*	87.273	8.182	0.000		
R-0402	Bkfst - Cheese, String	80.000	15.000	200.000	0.000	0.000	0.000	150.000	300.000	0.000	7.000*	0.000	6.000	3.500	0.000
	Weight/Serving: 28.34	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		35.000*	0.000	67.500	39.375		
R-1218	Bkfst - Cinnamon Roll IW, WG	240.000	0.000	240.000	3.000	12.000	1.800	40.000	2500.000	0.000	5.000*	38.000	8.000	1.500	0.000
	Weight/Serving: 76.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		8.333*	63.333	30.000	5.625		
R-1421	Bkfst - Cinni, Minni	240.000	0.000	270.000	2.000	15.000	1.440	40.000	0.000	0.000	5.000*	39.000	7.000	2.000	0.000
	Weight/Serving: 65.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		8.333*	65.000	26.250	7.500		
R-1347	Bkfst - Crescent Chocolate WG IW	210.000	235.000	30.000	2.000	9.000	1.800	30.000	0.000	0.000	5.000*	32.000	7.000	0.000	0.000
	Weight/Serving: 65.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		9.524*	60.952	30.000	0.000		
R-1346	Bkfst - Crescent Grape WG IW	210.000	0.000	260.000	2.000	9.000	1.080	20.000	0.000	0.000	5.000*	35.000	6.000	1.000	0.000
	Weight/Serving: 65.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		9.524*	66.667	25.714	4.286		
R-1318	Bkfst - Croissant, BEC	300.000	50.000	620.000	2.000	5.000	1.800	150.000	300.000	1.200	12.000*	32.000	13.000	3.000	0.000
	Weight/Serving: 96.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		16.000*	42.667	39.000	9.000		
R-1453	Bkfst - Croissant, Ham/Cheese, IW	310.000	40.000	810.000	3.000	5.000	2.700	200.000	*		20.000*	30.000	12.000	6.000	0.000
	Weight/Serving: 130.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		25.806*	38.710	34.839	17.419		
R-0735	Bkfst - Croissants, WG	190.000	5.000	270.000	2.000	3.000	1.440	60.000	300.000	1.200	5.000*	26.000	8.000	3.500	0.000
	Weight/Serving: 62.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		10.526*	54.737	37.895	16.579		
R-1378	Bkfst - Donut Hole, Glazed	46.480	0.000	50.705	0.423	1.056	0.152	0.000	0.000	0.000	0.845*	5.071	2.535	1.056	0.000

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		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	11.62	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	7.272*	43.640	49.086	20.448					
R-0767 Bkfst - Donut, Cake WG		100.000	0.000	150.000	1.000	7.000	0.720	20.000	0.000		3.000*	17.000	2.500	0.500	0.000
Weight/Serving:	36.86	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	12.000*	68.000	22.500	4.500					
R-1456 Bkfst - Donut, Mini Chocolate		320.000	0.000	270.000	2.000	19.000	1.800	40.000	0.000	0.000	5.000*	41.000	15.000	7.000	0.000
Weight/Serving:	94.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	6.250*	51.250	42.188	19.688					
R-1435 Bkfst - Donut, Mini Powdered Sugar		270.000	0.000	230.000	2.000	21.000	0.720	60.000	*		4.000*	41.000	11.000	3.000	0.000
Weight/Serving:	85.05	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	5.926*	60.741	36.667	10.000					
R-1500 Bkfst - Dunkin Stick IW		300.000	0.000	310.000	3.000	23.000	1.800	40.000	*		5.000*	48.000	10.000	4.000	0.000
Weight/Serving:	91.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	6.667*	64.000	30.000	12.000					
R-1106 Bkfst - Dutch Waffle LJ-73		310.122	20.000	350.005	3.026	14.418	1.804	40.493	0.145	0.002	4.002*	45.540	13.001	3.000	0.000
Weight/Serving:	83.35	Fat Change %:		Moisture Change %:		% of Calories:	5.162*	58.738	37.730	8.706					
R-1457 Bkfst - French Toast Choc. Chip		210.000	0.000	260.000	4.000	11.000	3.600	200.000	1000.000		5.000*	35.000	6.000	1.500	0.000
Weight/Serving:	86.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	9.524*	66.667	25.714	6.429					
R-1214 Bkfst - French Toast IW WG		200.000	0.000	240.000	3.000	13.000	3.600	200.000	1000.000		4.000*	37.000	5.000	1.500	0.000
Weight/Serving:	86.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	8.000*	74.000	22.500	6.750					
R-0511 Bkfst - French Toast Sticks, WG		260.000	0.000	300.000	3.000	9.000	1.820	34.000	22.000	0.000	6.000*	38.000	10.000	2.000	0.000
Weight/Serving:	91.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	9.231*	58.462	34.615	6.923					
R-1130 Bkfst - Goody Bun		240.000	0.000	250.000	3.000	9.000	1.800	40.000	0.000	0.000	5.000*	34.000	10.000	3.500	0.000
Weight/Serving:	78.00	Fat Change %:		Moisture Change %:		% of Calories:	8.333*	56.667	37.500	13.125					
R-0776 Bkfst - Grits, WG		415.800	0.000	37.800	0.000	0.000			0.000		7.560*	86.940	3.780	0.000	0.000
Weight/Serving:	113.40	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	7.273*	83.636	8.182	0.000					
R-0874 Bkfst - Jelly, Asst. PC		35.000	0.000	5.000	0.000	6.000	0.000	0.000	0.000	0.000	0.000*	9.000	0.000	0.000	0.000

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		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	14.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	0.000*	102.857	0.000	102.857	0.000	0.000			
R-0736	Bkfst - Jelly, Grape PC	35.000	0.000	10.000	0.000	7.000	0.000	0.000	0.000	0.000	0.000*	9.000	0.000	0.000	0.000
Weight/Serving:	14.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	0.000*	102.857	0.000	102.857	0.000	0.000			
R-1458	Bkfst - Muffin Top, Blueberry	240.000	25.000	220.000	2.000	17.000	1.800	20.000	*		4.000*	42.000	7.000	0.500	0.000
Weight/Serving:	91.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	6.667*	70.000	26.250	1.875					
R-1459	Bkfst - Muffin Top, Chocolate Chip	260.000	20.000	250.000	2.000	20.000	2.700	20.000	*		4.000*	41.000	9.000	2.000	0.000
Weight/Serving:	91.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	6.154*	63.077	31.154	6.923					
R-1258	Bkfst - Pancake Bites, IW WG	180.000	25.000	280.000	3.000	4.000	1.800	20.000	0.000	0.000	6.000*	15.000	9.000	2.500	0.000
Weight/Serving:	72.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	13.333*	33.333	45.000	12.500					
R-1221	Bkfst - Pancake on Stick IW WG	200.000	25.000	310.000	3.000	4.000	1.800	20.000	*		7.000*	17.000	10.000	2.500	0.000
Weight/Serving:	80.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	14.000*	34.000	45.000	11.250					
R-0810	Bkfst - Pancake on Stick, Sausage	200.000	20.000	380.000	1.000	7.000	1.080	20.000	0.000	0.000	6.000*	19.000	11.000	3.000	0.000
Weight/Serving:	71.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	12.000*	38.000	49.500	13.500					
R-1212	Bkfst - Pancake, Blueberry IW WG	200.000	5.000	230.000	4.000	13.000	0.720	60.000	0.000		5.000*	36.000	4.500	0.500	0.000
Weight/Serving:	85.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	10.000*	72.000	20.250	2.250					
R-1211	Bkfst - Pancake, Confetti IW WG	220.000	5.000	190.000	3.000	13.000	1.800	40.000	0.000		5.000*	37.000	5.000	0.000	0.000
Weight/Serving:	85.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	9.091*	67.273	20.455	0.000					
R-1445	Bkfst - Pizza, Brk Red Sauce	180.000	10.000	270.000	2.000	3.000	1.080	150.000	300.000	3.600	9.000*	17.000	6.000	2.000	0.000
Weight/Serving:	79.10	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	20.000*	37.778	30.000	10.000					
R-0204	Bkfst - Pizza, Brk. Sausage WG	189.975	4.999	439.943	3.000	2.000	1.440	149.981	399.948	0.000	7.999*	21.997	6.999	1.500	0.000
Weight/Serving:	75.40	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	16.842*	46.316	33.158	7.106					

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		USDA													
		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
R-1444	Bkfst - Pizza, Brk. Sausage/Gravy IW	190.000	20.000	220.000	1.000	1.000	1.080	100.000	*		9.000*	18.000	7.000	3.500	0.000
	Weight/Serving: 79.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	18.947*	37.895	33.158	16.579					
R-1352	Bkfst - Poptart, Blueberry Single WG	180.000	0.000	180.000	3.000	15.000	1.800	100.000	500.000	0.000	2.000*	38.000	2.500	1.000	0.000
	Weight/Serving: 50.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	4.444*	84.444	12.500	5.000					
R-1350	Bkfst - Poptart, Blueberry WG	360.000	0.000	360.000	6.000	30.000	3.600	200.000	1000.000	0.000	4.000*	76.000	5.000	2.000	0.000
	Weight/Serving: 100.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	4.444*	84.444	12.500	5.000					
R-1351	Bkfst - Poptart, Cinnamon Single WG	190.000	0.000	200.000	3.000	16.000	1.800	100.000	500.000	0.000	2.000*	38.000	3.000	1.000	0.000
	Weight/Serving: 50.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	4.211*	80.000	14.211	4.737					
R-1348	Bkfst - Poptart, Cinnamon WG	370.000	0.000	380.000	6.000	31.000	3.600	200.000	1000.000	0.000	5.000*	75.000	5.000	2.000	0.000
	Weight/Serving: 100.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	5.405*	81.081	12.162	4.865					
R-1349	Bkfst - Poptart, Fudge WG	360.000	0.000	390.000	6.000	33.000	3.600	200.000	1000.000	0.000	5.000*	76.000	6.000	2.000	0.000
	Weight/Serving: 100.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	5.556*	84.444	15.000	5.000					
R-0280	Bkfst - Poptart, Strawberry WG	360.000	0.000	370.000	6.000	30.000	3.600	200.000	1000.000	0.000	4.000*	76.000	5.000	2.000	0.000
	Weight/Serving: 100.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	4.444*	84.444	12.500	5.000					
R-1082	Bkfst - Poptart, Strawberry-Single WG	180.000	0.000	190.000	3.000	15.000	1.800	100.000	500.000	0.000	2.000*	38.000	2.500	1.000	0.000
	Weight/Serving: 50.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	4.444*	84.444	12.500	5.000					
R-1422	Bkfst - Sandwich, Grilled Cheese IW, WG	208.880	15.190	386.740	3.000	4.480	1.610	253.800	303.920	0.000	11.570*	29.560	5.630	2.860	0.000
	Weight/Serving: 90.43	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	22.156*	56.607	24.258	12.323					
R-0210	Bkfst - Sausage Patty	130.011	20.002	250.022	0.000	0.000	0.720	0.000	0.000	0.000	5.000*	1.000	11.001	4.000	0.000
	Weight/Serving: 35.44	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	15.383*	3.077	76.154	27.690					
R-1345	Bkfst - Strudel, Apple IW	210.000	0.000	260.000	2.000	11.000	1.080	0.000	*		5.000*	36.000	6.000	1.000	0.000

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		USDA													
		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	65.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	9.524*	68.571	25.714	4.286					
R-1460	Bkfst - Strudel, Strawboli, IW	240.000	0.000	270.000	0.000	14.000	1.080	20.000	*		5.000*	41.000	5.000	2.500	0.000
Weight/Serving:	92.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	8.333*	68.333	18.750	9.375					
R-1461	Bkfst - Strudel, SweetBoli IW	210.000	0.000	190.000	0.000	10.000	1.080	20.000	*		5.000*	38.000	4.000	2.000	0.000
Weight/Serving:	82.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	9.524*	72.381	17.143	8.571					
R-1370	Bkfst - Super Donut, WG IW	150.000	0.000	190.000	1.000	12.000	6.300	200.000	2500.000	30.000	4.000	23.000	5.000	1.500	0.000
Weight/Serving:	54.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	10.667	61.333	30.000	9.000					
R-0393	Bkfst - Toast, Breakfast (1) LJ-63a	113.749	0.000	197.124	2.000	1.000	0.000*	0.000*	253.121	0.000*	4.000	15.000	5.212	1.519	0.000*
Weight/Serving:	32.72	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	14.066	52.748	41.238	12.019					
R-0734	Bkfst - Toast, Breakfast (2) LJ-63b	227.499	0.000	394.249	4.000	2.000	0.000*	0.000*	506.241	0.000*	8.000	30.000	10.425	3.037	0.000*
Weight/Serving:	65.45	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	14.066	52.747	41.242	12.015					
R-1462	Bkfst - Waffle, Mini Blueberry	200.000	0.000	170.000	3.000	10.000	1.080*	40.000*	*	*	4.000	35.000	6.000	1.000	0.000
Weight/Serving:	70.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	8.000	70.000	27.000	4.500					
R-0307	Bkfst - Yogurt, Strawberry	70.000	5.000	60.000	0.000	10.000	0.000*	150.000*	0.000	*	4.000	14.000	0.000	0.000	0.000
Weight/Serving:	113.40	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	22.857	80.000	0.000	0.000					
R-0308	Bkfst - Yogurt, Vanilla	80.000	4.900	60.000	0.000	13.000	0.000*	150.000*	0.000	0.000*	4.000	16.000	0.000	0.000	0.000
Weight/Serving:	113.40	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	20.000	80.000	0.000	0.000					
R-0940	Brd - Biscuit, WG	260.000	0.000	660.000	1.000	2.000	1.800	30.000	0.000	*	5.000	30.000	13.000	8.000	0.000
Weight/Serving:	63.70	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	7.692	46.154	45.000	27.692					
R-0231	Brd - Breadstick WG	110.000	0.000	210.000	3.000	4.000	1.080	20.000	0.000	15.000*	4.000	21.000	1.000	0.000	0.000
Weight/Serving:	42.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	14.545	76.364	8.182	0.000					
R-0938	Brd - Croissant, WG	190.000	5.000	270.000	2.000	3.000	1.440	60.000	300.000	1.200*	5.000	26.000	8.000	3.500	0.000

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		USDA													
		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	62.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	10.526	54.737	37.895	16.579					
R-1316	Brd - Egg Roll, Chicken	160.000	30.000	390.000	3.000	2.000	1.800	40.000	400.000	4.800*	9.000	20.000	5.000	1.500	0.000
Weight/Serving:	85.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	22.500	50.000	28.125	8.438					
R-1250	Brd - Mac&Cheese, Side LB-65 NEW	245.902	29.690	404.045	0.920	4.740*	0.921	264.820	535.422*	0.000*	12.018	24.339	12.027	6.777	0.000*
Weight/Serving:	330.38	Fat Change %:		Moisture Change %:		% of Calories:	19.549	39.591	44.019	24.804					
R-1479	BRD-Hushpuppy	140.000	0.000	190.000	1.000	5.000	0.360	0.000	100.000	1.200*	2.000	20.000	6.000	1.000	0.000
Weight/Serving:	52.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	5.714	57.143	38.571	6.429					
R-1521	Breadstick, Blueberry Cheese WG	190.000	5.000	300.000	2.000	7.000	1.080	100.000	*	*	7.000	24.000	7.000	2.500	*
Weight/Serving:	65.21	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	14.737	50.526	33.158	11.842					
R-1372	Bun, Brioche Hamburger WG	160.000	0.000	270.000	2.000	5.000	0.257	481.400	0.000	0.000	6.000	30.000	2.500	0.500	0.000
Weight/Serving:	60.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	15.000	75.000	14.063	2.813					
R-1246	Cereal Bar, Soft CP	250.000	4.000	310.000	3.000	15.000	2.700	40.000	0.000	0.000	7.000	43.000	7.000	2.000	0.000
Weight/Serving:	68.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	11.200	68.800	25.200	7.200					
R-1245	Cereal Bar, Soft CTC	250.000	5.000	280.000	2.000	14.000	1.440	20.000	100.000	0.000	6.000	40.000	8.000	2.500	0.000
Weight/Serving:	66.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	9.600	64.000	28.800	9.000					
R-1334	Cereal, Bag Cinn Bun	220.000	0.000	230.000	2.000	12.000	1.440	150.000	750.000	0.000	4.000	37.000	7.000	2.000	0.000
Weight/Serving:	50.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	7.273	67.273	28.636	8.182					
R-1335	Cereal, Bag FrenchTs	210.000	0.000	190.000	3.000	13.000	1.440	0.000	*		4.000	38.000	7.000	2.000	0.000
Weight/Serving:	50.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	7.619	72.381	30.000	8.571					
R-1452	Cheese, Cheddar Port	90.000	20.000	190.000	0.000	0.000	0.000	150.000	300.000	*	7.000	0.000	7.000	4.500	0.000
Weight/Serving:	28.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	31.111	0.000	70.000	45.000					
R-1483	Cheese, Chedr Cup	190.000	30.000	570.000	0.000	10.000	*	250.000	*	*	10.000	14.000	10.000	6.000	0.000

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		USDA													
		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	85.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	21.053	29.474	47.368	28.421					
R-0363	Chili, Hot Dog LF-67a	34.460	11.250	26.678	0.050	0.185*	0.386	3.854	10.304	0.370	3.550	0.434	1.877	0.750	0.062*
Weight/Serving:	20.72	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	41.207	5.038	49.022	19.588					
R-1360	Chips, Cheetos Baked	120.000	0.000	200.000	1.000	1.000	0.360	0.000	*	*	2.000	16.000	4.500	1.000	0.000
Weight/Serving:	24.80	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	6.667	53.333	33.750	7.500					
R-1361	Chips, Cheetos Fantastix Chili Cheese	130.000	0.000	200.000	2.000	1.000	0.720	0.000	*	*	2.000	19.000	5.000	1.000	0.000
Weight/Serving:	28.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	6.154	58.462	34.615	6.923					
R-1362	Chips, Doritos Flamas	130.000	0.000	200.000	2.000	0.000	0.000	20.000	*	*	2.000	20.000	5.000	0.500	0.000
Weight/Serving:	28.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	6.154	61.538	34.615	3.462					
R-0759	Chips, Doritos RF Cool Ranch WG	130.000	0.000	150.000	2.000	0.000	0.360	20.000	0.000	*	2.000	20.000	5.000	0.500	0.000
Weight/Serving:	28.30	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	6.154	61.538	34.615	3.462					
R-0760	Chips, Doritos RF Spicy Sweet WG	130.000	0.000	200.000	2.000	1.000		20.000	0.000	*	2.000	20.000	5.000	0.500	0.000
Weight/Serving:	28.30	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	6.154	61.538	34.615	3.462					
R-0557	Chips, Doritos RF WG	130.000	0.000	200.000	2.000	0.000	0.000	20.000	0.000	*	2.000	20.000	5.000	1.000	0.000
Weight/Serving:	28.30	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	6.154	61.538	34.615	6.923					
R-1241	Chips, Doritos RF White Nacho WG	130.002	0.000	170.003	2.000	1.000	0.300	20.000	*	*	2.000	20.000	5.000	1.000	0.000
Weight/Serving:	28.35	Fat Change %:		Moisture Change %:		% of Calories:	6.154	61.538	34.615	6.923					
R-1365	Chips, Funyuns	100.000	0.000	125.000	0.000	0.000	0.000	20.000	*	*	2.000	14.000	3.500	0.500	0.000
Weight/Serving:	21.20	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	8.000	56.000	31.500	4.500					
R-1366	Chips, Kettle Salt & Vinegar	180.000	0.000	180.000	2.000	3.000	0.720	0.000	*	6.000	3.000	28.000	7.000	1.000	0.000
Weight/Serving:	38.90	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	6.667	62.222	35.000	5.000					
R-1363	Chips, Potato Baked BBQ	140.000	0.000	180.000	2.000	3.000	0.000	0.000	*		2.000	24.000	3.500	0.500	0.000

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		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	31.80	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	5.714	68.571	22.500	3.214					
R-1364	Chips, Potato Baked Sour Cream & Onion	140.000	0.000	190.000	2.000	3.000	0.000	0.000	*	2.000	24.000	3.500	0.500	0.000	
Weight/Serving:	38.90	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	5.714	68.571	22.500	3.214					
R-0252	Chips, Potato Bkd	140.000	0.000	180.000	2.000	3.000	0.360	10.000	0.000	2.000	24.000	4.000	0.500	0.000	
Weight/Serving:	32.04	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	5.714	68.571	25.714	3.214					
R-0229	Cnd, Applesauce	53.043	0.000	4.420	1.768	10.609	0.000	0.000	0.000	2.122	0.000	13.261	0.000	0.000	0.000
Weight/Serving:	122.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	0.000	100.002	0.000	0.000	0.000				
R-0756	Cnd, Beans, Black	110.000	0.000	490.000	5.000	1.000	1.980	40.000	0.000	*	6.000	20.000	0.500	0.000	0.000
Weight/Serving:	124.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	21.818	72.727	4.091	0.000					
R-0749	Cnd, Beans, Garbanzo	29.986	0.000	81.780	1.363	0.818	0.196	16.356	0.000	0.000*	1.636	4.907	0.545	0.136	0.000
Weight/Serving:	35.44	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	21.824	65.457	16.358	4.082					
R-0260	Cnd, Fruit Cocktail	60.000	0.000	10.000	1.000	13.000	0.000	0.000	200.000	1.200	0.000	14.000	0.000	0.000	0.000
Weight/Serving:	126.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	0.000	93.333	0.000	0.000					
R-0805	Cnd, Orange, Mandarin	90.004	0.000	10.000	0.000	19.001	0.360	20.001	400.018	18.001	1.000	20.001	0.000	0.000	0.000
Weight/Serving:	113.39	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	4.444	88.889	0.000	0.000					
R-0279	Cnd, Peach Slices	70.000	0.000	10.000	1.000	16.000	0.000	0.000	300.000	1.200	0.000	17.000	0.000	0.000	0.000
Weight/Serving:	124.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	0.000	97.143	0.000	0.000					
R-0635	Cnd, Pear Halves	74.100	0.000	6.500	2.080	15.730	0.365	6.500	0.000	0.913	0.260	19.721	0.039	0.003	0.000
Weight/Serving:	130.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	1.404	106.456	0.474	0.036					
R-0405	Cnd, Pears Sliced	80.000	0.000	4.000	1.000	21.000	0.360	0.000	0.000	0.000	0.000	21.000	0.000	0.000	0.000
Weight/Serving:	130.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	0.000	105.000	0.000	0.000					
R-0407	Cnd, Pineapple, Tidbits	70.000	0.000	0.000	1.000	15.000	0.360	0.000	0.000	9.000	0.000	18.000	0.000	0.000	0.000
Weight/Serving:	140.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	0.000	102.857	0.000	0.000					

Darlington County Schools
Recipe by Name/Id - Summarized

		USDA													
		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
R-0650	Cnd, Sauce, Cranberry	22.275	0.000	2.025	0.000	4.252	0.000	0.000	0.000	0.000	0.000	5.062	0.000	0.000	0.000
	Weight/Serving: 14.17	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	90.900	0.000	0.000		
R-0555	Cookie Dough, Brownie WG	150.000	10.000	115.000	2.000	12.000	3.600	20.000	500.000	0.000	2.000	26.000	4.500	1.500	0.000
	Weight/Serving: 42.53	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		5.333	69.333	27.000	9.000		
R-0253	Cookie Dough, CC WG	160.000	10.000	105.000	2.000	13.000	1.440	0.000	0.000	0.000	2.000	27.000	5.000	1.500	0.000
	Weight/Serving: 40.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		5.000	67.500	28.125	8.438		
R-1495	Cookie, Choc Chip IW	200.000	10.000	170.000	1.000	15.000	1.440	20.000	*		3.000	30.000	7.000	2.000	0.000
	Weight/Serving: 44.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		6.000	60.000	31.500	9.000		
R-1410	Cookie, Dough Carnival WG	170.000	10.000	130.000	2.000	13.000	1.080	0.000	0.000	0.000	2.000	27.000	6.000	1.500	0.000
	Weight/Serving: 41.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		4.706	63.529	31.765	7.941		
R-1411	Cookie, Dough Sugar WG	160.000	15.000	115.000	2.000	13.000	0.720	0.000	100.000	0.000	2.000	27.000	5.000	1.500	0.000
	Weight/Serving: 41.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		5.000	67.500	28.125	8.438		
R-0311	Cookie, Oatmeal Raisin LC-10	187.961	12.690	105.391	1.070	12.488*	0.709*	7.089*	227.510	0.004*	2.389	19.503	9.838	2.284	0.000*
	Weight/Serving: 49.66	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		5.084	41.504	47.107	10.936		
R-0598	Cookie, Oatmeal Raisin WG	160.000	10.000	125.000	2.000	14.000	3.600	20.000	750.000	0.000	2.000	27.000	5.000	1.500	0.000
	Weight/Serving: 40.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		5.000	67.500	28.125	8.438		
R-1504	Cookie, Trip Choc IW	200.000	5.000	135.000	3.000	15.000	1.800	20.000	*		3.000	31.000	7.000	2.000	0.000
	Weight/Serving: 44.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		6.000	62.000	31.500	9.000		
R-0775	Cookie, WW Choc Chip LG-62	106.845	11.913	58.482	0.707	11.204*	0.278	15.629	323.184	0.041*	1.428	11.731	4.349	1.833	0.000*
	Weight/Serving: 35.39	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		5.346	43.918	36.633	15.440		
R-0876	Cookies, Animal	120.000	0.000	115.000	2.000	8.000	0.720	0.000	0.000	*	2.000	22.000	3.500	1.000	0.000
	Weight/Serving: 29.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		6.667	73.333	26.250	7.500		
R-0255	Cookies, Teddy Shape WG	110.000	0.000	95.000	2.000	6.000	1.800	20.000	300.000	3.600	2.000	20.000	3.500	0.500	0.000
	Weight/Serving: 23.85	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		7.273	72.727	28.636	4.091		

		USDA													
		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
R-0450	Corn, Canned LI-76	96.396	0.000	552.141	2.425	4.808*	0.011	5.892	0.000	4.344*	2.412	20.489	1.204	0.000	0.000*
	Weight/Serving:	340.25		Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	10.009	85.020	11.241	0.000			
R-1496	Cracker, Chat Snax	120.000	0.000	105.000	1.000	8.000	0.720	0.000	*	*	2.000	21.000	4.000	0.000	0.000
	Weight/Serving:	28.00		Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	6.667	70.000	30.000	0.000			
R-1367	Cracker, Cheez-Its	100.000	4.000	150.000	1.000	0.000	0.720	100.000	500.000	0.000	2.000	14.000	3.500	1.000	0.000
	Weight/Serving:	21.00		Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	8.000	56.000	31.500	9.000			
R-1356	Cracker, Goldfish Giant Chocolate WG	110.000	0.000	140.000	2.000	4.000	1.440	100.000	0.000	0.000	2.000	19.000	3.500	1.000	0.000
	Weight/Serving:	26.00		Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	7.273	69.091	28.636	8.182			
R-1132	Cracker, Goldfish Giant Cinn, WG	120.000	0.000	140.000	1.000	7.000	1.800	80.000	200.000	*	1.000	19.000	4.000	1.000	0.000
	Weight/Serving:	26.00		Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	3.333	63.333	30.000	7.500			
R-1357	Cracker, Goldfish Giant Honey Oat WG	120.000	0.000	70.000	1.000	5.000	1.440	100.000	0.000	1.200	2.000	19.000	4.000	1.000	0.000
	Weight/Serving:	26.00		Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	6.667	63.333	30.000	7.500			
R-1358	Cracker, Goldfish Giant Vanilla WG	120.000	0.000	95.000	1.000	6.000	1.440	100.000	200.000	2.400	2.000	19.000	4.000	1.000	0.000
	Weight/Serving:	26.00		Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	6.667	63.333	30.000	7.500			
R-1494	Cracker, Graham Tiger Chocolate	120.000	0.000	105.000	1.000	8.000	0.720	0.000	*	*	2.000	21.000	4.000	1.000	0.000
	Weight/Serving:	28.00		Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	6.667	70.000	30.000	7.500			
R-1493	Cracker, Graham Tiger Cinnamon	120.000	0.000	105.000	1.000	8.000	0.720	0.000	*	*	2.000	21.000	4.000	1.000	0.000
	Weight/Serving:	28.00		Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	6.667	70.000	30.000	7.500			
R-1492	Cracker, Graham Tiger Original	120.000	0.000	105.000	1.000	8.000	0.720	0.000	*	*	2.000	21.000	4.000	1.000	0.000
	Weight/Serving:	28.00		Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	6.667	70.000	30.000	7.500			
R-0873	Cracker, Honey Graham	90.000	0.000	95.000	1.000	5.000	0.720	100.000	500.000	0.000	2.000	17.000	2.500	0.000	0.000

		USDA													
		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	28.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		8.889	75.556	25.000	0.000		
R-1359	Cracker, Saltine Mini WG IW	50.000	0.000	60.000	0.000	0.000	0.360	20.000	500.000	0.000	1.000	7.000	1.500	0.000	0.000
Weight/Serving:	11.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		8.000	56.000	27.000	0.000		
R-0257	Crackers, Gold Fish WG	100.000	0.000	170.000	1.000	0.000	0.720	20.000	0.000	0.000	2.000	14.000	4.000	0.500	0.000
Weight/Serving:	21.35	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		8.000	56.000	36.000	4.500		
R-0817	Crackers, Saltine	94.286	0.000	282.857	1.571	0.000	0.566	0.000	0.000	*	1.571	15.714	2.357	0.000	0.000
Weight/Serving:	22.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		6.665	66.665	22.499	0.000		
R-1328	Craisins, Blueberry	110.000	*	0.000	3.000	24.000	*	*	*	*	0.000	28.000	0.000	0.000	0.000
Weight/Serving:	32.90	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	101.818	0.000	0.000		
R-0777	Craisins, Cherry Ind	110.000	*	0.000	3.000	24.000	*	*	*	*	0.000	28.000	0.000	0.000	0.000
Weight/Serving:	32.89	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	101.818	0.000	0.000		
R-1329	Craisins, Strawberry	110.000	*	0.000	3.000	24.000	*	*	*	*	0.000	28.000	0.000	0.000	0.000
Weight/Serving:	32.90	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	101.818	0.000	0.000		
R-0694	Cup, Applesauce	60.000	0.000*	0.000	1.000	0.000	*	*	0.000	*	0.000	14.000	0.000	0.000	0.000
Weight/Serving:	111.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	93.333	0.000	0.000		
R-1327	Cup, Applesauce Strawberry	50.000	*	0.000	1.000	11.000	*	*	*	6.000*	0.000	13.000	0.000		*
Weight/Serving:	111.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	104.000	0.000	0.000		
R-0523	Cup, Broccoli w/Dip LE-76	30.795	0.000	90.478	0.826	1.000*	0.232	14.923	197.812	28.322	0.895	6.108	0.117	0.012	0.000*
Weight/Serving:	43.75	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		11.625	79.338	3.419	0.351		
R-0742	Cup, Broccoli-Cauliflower w/Dip LE-78	31.635	0.000	92.723	1.037	1.000*	0.226	12.950	102.149	25.737	0.942	6.376	0.084	0.010	0.000*
Weight/Serving:	52.82	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		11.911	80.620	2.390	0.284		
R-0524	Cup, Carrot w/Dip LE-74	45.401	0.000	136.608	2.105	1.000*	0.646	23.224	1008.062	1.887	0.464	9.980	0.094	0.017	0.000*
Weight/Serving:	84.57	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		4.088	87.928	1.863	0.337		

		USDA													
		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
R-0350	Cup, Carrot/Celery Cup w/Dip LE-67	37.963	0.000	134.612	1.578	1.000*	0.389	24.766	5151.687	1.962	0.459	7.967	0.103	0.021	0.000*
	Weight/Serving:	81.17	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	4.836	83.945	2.442	0.498				
R-0521	Cup, Celery w/Dip LE-71	30.523	0.000	132.617	1.052	1.000*	0.132	26.308	295.311	2.039	0.454	5.953	0.112	0.026	0.000*
	Weight/Serving:	77.77	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	5.950	78.013	3.302	0.767				
R-0519	Cup, Celery-Cucumber w/Dip LE-73	30.705	0.000	107.034	0.707	1.000*	0.168	18.960	185.758	2.035	0.463	6.294	0.096	0.026	0.000*
	Weight/Serving:	81.17	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	6.032	81.993	2.814	0.762				
R-0522	Cup, Cucumber w/Dip LE-72	30.886	0.000	81.451	0.363	1.000*	0.203	11.612	76.204	2.032	0.472	6.634	0.080	0.027	0.000*
	Weight/Serving:	84.57	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	6.113	85.916	2.331	0.787				
R-0520	Cup, Fresh Pepper Cup w/Dip LE-70	35.241	0.000	86.509	1.080	1.000*	0.253	9.685	1093.044	54.708	0.762	6.969	0.154	0.015	0.000*
	Weight/Serving:	59.63	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	8.649	79.101	3.933	0.383				
R-0278	Cup, Peach	70.000	0.000	10.000	1.000	16.000	*	10.000	200.000	*	1.000	18.000	0.000	0.000	0.000
	Weight/Serving:	133.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	5.714	102.857	0.000	0.000				
R-1353	Cup, Salsa	25.000	0.000	195.000	1.000	3.000	0.720	20.000	*	*	1.000	5.000	0.000	0.000	0.000
	Weight/Serving:	85.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	16.000	80.000	0.000	0.000				
R-0671	Cup, Strawberry USDA	122.000	0.000	4.000	2.400	30.610	0.750	14.000	31.000	52.800	0.680	33.050	0.170	0.010	0.000
	Weight/Serving:	128.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	2.230	108.361	1.254	0.074				
R-0778	Cup, Tomato & Cucumber w/Dip LE-80	32.383	0.000	82.654	0.644	1.000*	0.206	9.662	359.268	5.913	0.575	6.828	0.117	0.025	0.000*
	Weight/Serving:	86.84	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	7.102	84.341	3.252	0.695				
R-0525	Cup, Tomato w/Dip LE-75	33.880	0.000	83.856	0.925	1.000*	0.208	7.711	642.332	9.793	0.679	7.023	0.154	0.023	0.000*
	Weight/Serving:	89.11	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	8.017	82.916	4.091	0.611				
R-0466	Dess - Cake, Chocolate (Local) LC-08	205.333	23.958	175.208	1.824	19.887*	0.205	41.410	63.300	0.106*	3.440	11.385	8.909	3.742	0.300*

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		USDA													
		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	78.93	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	6.701	22.179	39.049	16.402					
R-0467	Dess - Cake, Chocoleana (Local) LC-31	175.787	0.517	173.247	2.148	17.736*	0.175	41.188	38.227	0.279*	4.117	14.083	5.533	0.701	0.000*
Weight/Serving:	79.82	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	9.368	32.046	28.328	3.589					
R-0468	Dess - Cake, Frosting Brownie LC-22	51.874	0.100	14.827	0.340	8.240	0.000	3.000	96.123	0.024*	0.420	9.541	1.531	0.562	0.000
Weight/Serving:	14.67	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	3.239	73.571	26.562	9.751					
R-0469	Dess - Cake, Frosting Vanilla LC-18	97.523	0.076	56.592	0.000	17.582*	0.000	4.607	189.823	0.018*	0.121	18.182	2.673	1.093	0.000*
Weight/Serving:	24.19	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	0.496	74.575	24.668	10.087					
R-0312	Dess - Cake, Royal Brownie LC-21	144.687	42.300	88.936	0.982	16.061*	0.536	11.050	48.700	0.212*	2.903	9.138	4.861	0.817	0.000*
Weight/Serving:	59.83	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	8.026	25.263	30.237	5.082					
R-0423	Dess - Cake, Yellow (Local) LC-20	226.718	38.849	132.480	0.560	18.047*	0.873	46.438	74.681	0.073*	3.871	13.116	10.482	1.634	0.000*
Weight/Serving:	84.79	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	6.830	23.141	41.610	6.486					
R-0470	Dess - Cinnamon Roll LB-08	210.967	0.403	237.393	3.797	11.490*	0.784	42.765	58.648	0.140*	5.989	30.805	5.624	0.758	0.000*
Weight/Serving:	103.23	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	11.355	58.407	23.992	3.234					
R-0500	Dressing, 1000 PC	60.000	0.000	400.000	0.000	11.000	0.000	0.000	0.000	0.000	0.000	15.000	0.000	0.000	0.000
Weight/Serving:	42.50	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	0.000	100.000	0.000	0.000					
R-0498	Dressing, French PC	40.005	0.000	330.044	0.000	7.001	0.360	0.000	100.013	0.000	0.000	10.001	0.000	0.000	0.000
Weight/Serving:	42.53	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	0.000	99.998	0.000	0.000					
R-0499	Dressing, Rnch Lt PC	35.000	0.000	440.000	0.000	4.000	0.000	20.000	0.000	0.000	1.000	6.000	0.000	0.000	0.000
Weight/Serving:	43.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	11.429	68.571	0.000	0.000					
R-0409	Dried - Raisins, Ind.	130.092	0.000	0.000	2.001	25.018	0.721	20.014	0.000	1.201	1.001	34.024	0.000	*	0.000
Weight/Serving:	42.53	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	3.078	104.615	0.000	0.000*					

		USDA													
		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
R-1162	Eggs, Boiled	62.920	186.120	61.600	0.000	*	0.805	23.320	214.280	0.000	5.535	0.339	4.374	1.364	*
	Weight/Serving: 44.00	Fat Change %:			Moisture Change %:			% of Calories:		35.188	2.155	62.565	19.510		
R-1430	ELEM - BBQ Beef Bake LD-97E	432.064	96.299	985.897	1.240	9.998*	2.887	194.407	242.996	0.432*	29.699	30.061	20.494	9.660	0.400*
	Weight/Serving: 292.91	Fat Change %:			Moisture Change %:			% of Calories:		27.495	27.830	42.690	20.122		
R-0789	ELEM - Beef & Gravy, LD-74E	169.862	39.040	232.557	0.136	0.288	1.850	13.670	0.020*	0.030*	16.837	4.562	8.800	3.400	0.000
	Weight/Serving: 127.58	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		39.649	10.743	46.626	18.015		
R-0527	ELEM - Beef Teriyaki Dipper	162.000	40.500	445.500	1.013	4.050	1.458	20.250	0.000	0.000*	14.175	6.075	8.100	3.544	0.506
	Weight/Serving: 79.38	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		35.000	15.000	45.000	19.689		
R-0686	ELEM - Beef-a-Roni LD-72E	359.759	78.206	783.345	2.433	4.438*	3.141	151.857	683.081	3.052*	26.419	25.882	15.744	7.482	0.340*
	Weight/Serving: 419.45	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		29.374	28.777	39.386	18.718		
R-0769	ELEM - Breadstick, Cheese	240.000	10.000	360.000	3.000	3.000	1.800	250.000	200.000	0.000	12.000	30.000	8.000	4.000	0.000
	Weight/Serving: 59.50	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		20.000	50.000	30.000	15.000		
R-0755	ELEM - Chicken & Gravy, LD-73E	135.717	57.769	257.752	0.160	0.420	1.070*	9.628*	40.652*	1.070*	18.260	7.805	3.435	1.070	0.000
	Weight/Serving: 171.17	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		53.818	23.004	22.779	7.096		
R-1477	ELEM - Chicken 'n Waffles LD-101E	600.000	85.000	850.000	5.000	13.000	3.600*	60.000*	0.000	0.000*	22.000	63.000	29.000	5.500	0.000
	Weight/Serving: 208.80	Fat Change %:			Moisture Change %:			% of Calories:		14.667	42.000	43.500	8.250		
R-0629	ELEM - Chicken and Noodles LD-17E	253.291	42.879	188.391	1.732	5.941*	1.561*	122.113*	303.316	0.466*	20.423	23.436	12.553	9.704	0.000*
	Weight/Serving: 251.69	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		32.252	37.010	44.604	34.480		
R-1116	ELEM - Chicken Bog LD-80E	246.823	48.635	362.770	0.137	0.098*	1.390*	17.615*	1855.817	0.915*	14.520	21.843	11.411	3.927	0.000*
	Weight/Serving: 184.45	Fat Change %:			Moisture Change %:			% of Calories:		23.531	35.399	41.608	14.319		
R-0536	ELEM - Chicken Nuggets	160.000	25.000	380.000	1.000	1.000	1.800*	60.000*	100.000	0.000*	14.000	13.000	6.000	1.500	0.000
	Weight/Serving: 84.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		35.000	32.500	33.750	8.438		

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		USDA													
		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
R-0791	ELEM - Chicken Parmesan LD-75E	445.684	67.594	1150.123	9.206	10.453	3.758*	119.977*	604.114	0.000*	31.315	58.161	12.006	2.772	0.000
	Weight/Serving: 320.89	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		28.105	52.199	24.245	5.598		
R-0699	ELEM - Chicken Tenders	660.000	195.000	1380.000	6.000	0.000	5.400*	60.000*	90.000	0.000*	66.000	42.000	21.000	4.500	0.000
	Weight/Serving: 384.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		40.000	25.455	28.636	6.136		
R-1392	ELEM - Chicken Wing, Teriyaki LD-92E	294.657	143.750	1710.403	0.000	8.931	0.900*	0.000*	*	*	25.992	9.924	16.250	5.000	0.000
	Weight/Serving: 154.19	Fat Change %:		Moisture Change %:			% of Calories:		35.284	13.472	49.634	15.272			
R-1376	ELEM - Chicken Wings, BBQ LD-91E	326.545	143.750	1331.820	0.000	15.309	0.900*	0.000*	0.000*	*	25.000	18.711	16.250	5.000	0.000
	Weight/Serving: 169.78	Fat Change %:		Moisture Change %:			% of Calories:		30.624	22.920	44.787	13.781			
R-1391	ELEM - Chicken Wings, Lemon Pepper LD-93E	250.000	143.750	1627.500	0.000	0.000	0.900*	0.000*	0.000*	0.000*	25.000	0.000	16.250	5.000	0.000
	Weight/Serving: 121.75	Fat Change %:		Moisture Change %:			% of Calories:		40.000	0.000	58.500	18.000			
R-1377	ELEM - Chicken Wings, Oven Roasted	200.000	115.000	630.000	0.000	0.000	0.720*	*	*	*	20.000	0.000	13.000	4.000	0.000
	Weight/Serving: 95.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		40.000	0.000	58.500	18.000		
R-1393	ELEM - Chicken Wings, Teriyaki LD-92E	294.657	143.750	1710.403	0.000	8.931	0.900*	0.000*	*	*	25.992	9.924	16.250	5.000	0.000
	Weight/Serving: 154.19	Fat Change %:		Moisture Change %:			% of Calories:		35.284	13.472	49.634	15.272			
R-1394	ELEM - Chicken Wings, Thai Chili LD-94E	355.000	143.750	1147.500	1.500	22.500	0.900*	0.000*	450.000*	0.000*	25.000	22.500	17.750	5.750	0.000*
	Weight/Serving: 166.75	Fat Change %:		Moisture Change %:			% of Calories:		28.169	25.352	45.000	14.577			
R-1497	ELEM - Chicken, 8-Cut Breaded	210.000	50.000	420.000	0.000	0.000	1.080*	10.000*	*	*	14.000	4.000	15.000	3.500	0.000
	Weight/Serving: 85.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		26.667	7.619	64.286	15.000		
R-1085	ELEM - Chicken, Alfredo LD-78E	249.183	47.252	281.180	4.845	1.836	1.440*	70.668*	23.556*	0.000*	18.012	33.961	6.650	3.160	0.000
	Weight/Serving: 127.10	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		28.914	54.516	24.018	11.413		

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		USDA														
		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat	
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	
R-1509	ELEM - Chicken, Alfredo Ravioli LD-27E	273.852	92.342	861.663	1.047	3.098	1.547*	255.084*	283.728*	0.778*	25.902	19.564	10.532	5.252	0.000	
	Weight/Serving: 172.05	Fat Change %:		Moisture Change %:			% of Calories:			37.834	28.576	34.613	17.260			
R-0627	ELEM - Chicken, Baked LD-61E	110.839	85.000	288.024	0.074	0.000	0.401*	0.751*	0.000	0.060*	16.029	0.195	6.006	1.502	0.000*	
	Weight/Serving: 84.85	Fat Change %:		0.00	Moisture Change %:			0.00	% of Calories:			57.846	0.704	48.768	12.196	
R-0644	ELEM - Chicken, Chinese	150.000	40.000	280.000	0.000	10.000	0.720*	10.000*	6.000	1.200*	11.000	19.000	3.000	0.500	0.000	
	Weight/Serving: 100.00	Fat Change %:		0.00	Moisture Change %:			0.00	% of Calories:			29.333	50.667	18.000	3.000	
R-1291	ELEM - Chicken, Chinese BBQ Teriyaki	115.000	70.000	330.000	0.000	6.000	0.720*	0.000*	0.000	*	15.000	6.000	3.500	1.000	0.000	
	Weight/Serving: 56.70	Fat Change %:		0.00	Moisture Change %:			0.00	% of Calories:			52.174	20.870	27.391	7.826	
R-1288	ELEM - Chicken, Chinese General Tso's	170.000	40.000	361.000	0.000	13.000	0.720*	0.000*	0.000	1.200*	11.000	23.000	3.000	0.500	0.000	
	Weight/Serving: 70.88	Fat Change %:		0.00	Moisture Change %:			0.00	% of Calories:			25.882	54.118	15.882	2.647	
R-1285	ELEM - Chicken, Chinese Sweet & Sour	140.000	40.000	200.000	0.000	9.000	0.720*	*	0.000	3.600*	11.000	18.000	3.000	0.500	0.000	
	Weight/Serving: 70.88	Fat Change %:		0.00	Moisture Change %:			0.00	% of Calories:			31.429	51.429	19.286	3.214	
R-1499	ELEM - Chicken, Drumstick Breaded	220.000	60.000	530.000	1.000	19.000	1.080*	10.000*	*	*		6.000	13.000	3.000	0.000	
	Weight/Serving: 94.00	Fat Change %:		0.00	Moisture Change %:			0.00	% of Calories:			0.000	10.909	53.182	12.273	
R-0533	ELEM - Chicken, Easy BBQ LD-64a	142.333	85.000	294.921	0.000	6.467	0.360*	0.000*	0.000	0.000*	16.000	7.904	6.000	1.500	0.000	
	Weight/Serving: 105.56	Fat Change %:		0.00	Moisture Change %:			0.00	% of Calories:			44.965	22.213	37.939	9.485	
R-1146	ELEM - Chicken, Oriental LD-82E	307.384	93.462	405.000	0.000	26.169	1.122*	0.000*	0.000	0.000*	18.692	34.062	10.385	2.077	0.000	
	Weight/Serving: 191.91	Fat Change %:		0.00	Moisture Change %:			0.00	% of Calories:			24.324	44.325	30.407	6.081	
R-1186	ELEM - Chicken, Oven Fried LD-90E	215.000	41.000	382.000	1.000	0.000	*	12.000*	78.000	1.000*	12.000	11.000	13.000	3.000	0.000	
	Weight/Serving: 194.40	Fat Change %:		Moisture Change %:			% of Calories:			22.326	20.465	54.419	12.558			

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		USDA													
		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
R-1449	ELEM - Chicken, Popcorn	190.000	60.000	470.000	1.000	0.000	1.080*	20.000*	*	0.000*	20.000	13.000	7.000	1.000	0.000
	Weight/Serving: 113.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		42.105	27.368	33.158	4.737		
R-1206	ELEM - Chili w/Beans LD-93E	199.348	50.399	265.677	2.800	2.888*	2.638*	44.255*	516.094	6.425*	18.084	10.667	8.566	3.367	0.280*
	Weight/Serving: 196.61	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		36.286	21.404	38.673	15.201		
R-0702	ELEM - Corndog	240.000	40.000	390.000	5.000	5.000	1.800*	80.000*	*	*	9.000	30.000	8.000	2.500	0.000
	Weight/Serving: 113.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		15.000	50.000	30.000	9.375		
R-1322	ELEM - Corndog Nuggets	225.000	37.500	400.000	3.750	5.000	1.800*	125.000*	0.000	*	8.750	25.000	10.000	3.125	0.000
	Weight/Serving: 95.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		15.556	44.444	40.000	12.500		
R-0651	ELEM - Dressing, Turkey WG LD-38E	158.642	0.958	129.237	1.640	0.520*	0.714*	5.867*	405.227	0.483*	2.959	24.172	8.249	3.116	0.000*
	Weight/Serving: 85.06	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		7.461	60.947	46.798	17.678		
R-1515	ELEM - Eggs, Scrambled LD-29E	91.123	192.372	263.246	0.000	0.000	0.000*	40.499*	*	*	6.075	2.025	6.075	2.025	0.000
	Weight/Serving: 56.70	Fat Change %:			Moisture Change %:			% of Calories:		26.667	8.889	60.001	20.000		
R-0718	ELEM - Fish Nuggets	230.000	50.000	290.000	2.000	1.000	1.440*	20.000*	0.000	*	15.000	23.000	8.000	1.500	0.000
	Weight/Serving: 112.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		26.087	40.000	31.304	5.870		
R-0724	ELEM - Ham Quiche with Crust LD-32aE	264.584	225.986	787.225	0.889	10.007*	0.894*	386.344*	785.774	1.347*	22.349	17.744	11.878	5.908	0.010*
	Weight/Serving: 137.99	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		33.787	26.826	40.404	20.096		
R-1485	ELEM - Lasagna LD-25E	300.084	50.129	353.541	4.081	5.419*	1.847*	252.411*	1001.515	3.860*	19.728	25.390	13.744	7.291	0.130*
	Weight/Serving: 210.10	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		26.297	33.844	41.220	21.867		
R-1427	ELEM - Meatloaf, Homemade LD-96E	245.602	85.109	622.192	0.342	8.893*	1.986*	47.627*	58.090*	0.432*	19.411	17.193	10.331	4.117	0.300*
	Weight/Serving: 133.58	Fat Change %:			Moisture Change %:			% of Calories:		31.614	28.001	37.858	15.087		
R-0603	ELEM - Nachos w/Chili & Cheese LD-28E	387.841	69.215	277.316	2.155	3.717*	2.710*	34.818*	79.376*	0.000*	25.507	26.392	19.217	6.545	0.350*

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		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	156.96	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		26.307	27.219	44.594	15.188		
R-1296	ELEM - Pizza, Cheese 4x6	290.000	20.000	310.000	4.000	7.000	15.000*	30.000*	300.000	9.000*	22.000	30.000	9.000	3.000	0.000
Weight/Serving:	138.90	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		30.345	41.379	27.931	9.310		
R-1297	ELEM - Pizza, Pepperoni 4x6	300.000	25.000	410.000	4.000	7.000	20.000*	25.000*	250.000	9.000*	22.000	30.000	11.000	3.000	0.000
Weight/Serving:	140.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		29.333	40.000	33.000	9.000		
R-1235	ELEM - Pizza, Ranchero	320.000	35.000	540.000	4.000	7.000	3.600	250.000	500.000	9.000	20.000	30.000	14.000	7.000	0.000
Weight/Serving:	147.00	Fat Change %:			Moisture Change %:			% of Calories:		25.000	37.500	39.375	19.688		
R-1118	ELEM - Pork & Rice LD-81E	265.935	76.428	418.616	0.137	0.098*	0.799*	3.966*	0.071*	0.324*	18.859	20.002	8.483	3.040	1.519*
Weight/Serving:	198.03	Fat Change %:			Moisture Change %:			% of Calories:		28.366	30.086	28.709	10.288		
R-1512	ELEM - Potsticker, Sweet & Sour LD-28E	611.996	31.499	1226.990	1.575	67.575	2.835*	31.499*	*	*	17.325	117.074	7.087	0.000	0.000
Weight/Serving:	321.75	Fat Change %:			Moisture Change %:			% of Calories:		11.324	76.519	10.422	0.000		
R-0681	ELEM - Quiche with Crust LD-32E	255.141	214.684	453.241	0.889	8.727*	0.894*	438.730*	864.747	1.347*	18.169	16.087	13.287	7.168	0.000*
Weight/Serving:	108.64	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		28.485	25.221	46.869	25.285		
R-1254	ELEM - Rib, BBQ Spare	551.124	153.090	1061.424	0.000	*	3.797*	123.901*	365.783	5.225*	40.824	20.412	32.659	12.247	0.000
Weight/Serving:	204.12	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		29.630	14.815	53.333	20.000		
R-1199	ELEM - Rolls, Yeast WG	80.014	0.000	135.024	1.000	3.001	0.720	20.004	0.000	3.601	3.001	15.003	1.000	0.000	0.000
Weight/Serving:	31.19	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		15.002	75.002	11.248	0.000		
R-0751	ELEM - Salad, Chef LE-61E	409.770	151.582	1539.956	4.272	20.864*	2.928	199.255	357.729*	16.990*	25.692	39.177	16.496	6.272	0.000*
Weight/Serving:	439.78	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		25.079	38.243	36.231	13.776		
R-0685	ELEM - Salad, Chicken (Cnd/Frz) LE-05E	298.383	25.535	696.440	2.620	2.380*	1.622	6.164	53.462	0.652*	16.441	28.218	16.767	8.980	0.000*
Weight/Serving:	127.94	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		22.040	37.828	50.574	27.086		
R-0793	ELEM - Salad, Crispy Chicken LE-60E	466.260	60.000	1369.499	6.643	20.164*	3.634	97.280	3194.782	16.990*	25.957	64.992	11.272	1.054	0.000*

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		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	450.16	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	22.268	55.756	21.758	2.034					
R-1121	ELEM - Salad, Grilled Chicken LE-80E	361.267	46.551	1077.608	5.643	20.164*	2.554	77.280	194.782*	16.990*	18.101	51.992	8.320	2.078	0.000*
Weight/Serving:	408.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	20.042	57.566	20.727	5.177					
R-0679	ELEM - Salad, Meat - Turkey LE-69E	249.844	54.531	586.520	1.834	2.380*	1.650	20.622	53.462	0.652*	18.652	20.361	9.488	0.954	0.000*
Weight/Serving:	116.94	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	29.862	32.598	34.178	3.437					
R-1144	ELEM - Sandwich, Bacon Cheeseburger LF-87E	387.100	56.495	729.147	3.030	4.510	3.650	288.670	150.020	0.030*	30.562	32.100	16.637	5.150	0.000
Weight/Serving:	152.21	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	31.580	33.170	38.681	11.974					
R-0687	ELEM - Sandwich, BBQ (Chicken) LF-80E	284.399	35.522	582.736	3.000	13.798*	2.280	205.953	21.750	0.000*	18.423	42.975	5.032	0.833	0.000*
Weight/Serving:	129.35	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	25.911	60.443	15.924	2.636					
R-0531	ELEM - Sandwich, BBQ (Purchased) LF-73E	384.229	77.025	530.352	3.000	4.000*	3.084	223.792	47.413	0.582*	26.684	32.712	16.549	5.135	0.000
Weight/Serving:	142.58	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	27.779	34.055	38.764	12.028					
R-0672	ELEM - Sandwich, BBQ (Unit Made) LF-77E	316.789	37.800	572.165	3.000	13.798	1.873	256.000	210.000	0.084*	17.640	42.975	8.986	2.566	0.000
Weight/Serving:	129.35	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	22.274	54.263	25.529	7.290					
R-1099	ELEM - Sandwich, Bird Dog LF-85E	312.925	41.365	594.462	5.886	4.506	1.877	124.795	256.791	0.000*	20.280	35.708	9.631	2.436	0.000
Weight/Serving:	144.95	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	25.923	45.644	27.700	7.006					
R-0606	ELEM - Sandwich, Cheeseburger LF-61E	347.280	46.540	540.000	3.030	4.510	3.650	288.670	150.020	0.030*	26.580	32.100	13.650	5.150	0.000
Weight/Serving:	142.05	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	30.615	36.973	35.375	13.347					
R-1202	ELEM - Sandwich, Chicken Fillet Dill LF-91E	390.000	70.000	640.000	4.000	6.000	3.600	240.000	100.000	0.000*	30.000	46.000	11.000	1.500	0.000
Weight/Serving:	170.00	Fat Change %:		Moisture Change %:		% of Calories:	30.769	47.179	25.385	3.462					

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		USDA													
		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
R-0559	ELEM - Sandwich, Chicken Fillet LF-63E	350.000	60.000	670.000	4.000	4.000	2.880	220.000	0.000	0.000*	27.000	44.000	9.000	1.000	0.000
	Weight/Serving: 170.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		30.857	50.286	23.143	2.571		
R-1160	ELEM - Sandwich, Chicken Parmesan LF-90E	374.745	47.852	826.488	7.533	8.114	2.470	250.424	789.138	0.000*	24.737	38.512	13.273	5.111	0.000
	Weight/Serving: 217.90	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		26.404	41.107	31.877	12.275		
R-0708	ELEM - Sandwich, Chicken Salad Croissant LF-82E	315.919	54.615	674.148	2.263	5.380*	2.218	72.670	380.933	2.575*	16.691	31.370	14.426	4.229	0.000*
	Weight/Serving: 156.94	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		21.133	39.719	41.097	12.048		
R-0366	ELEM - Sandwich, Deli (Cold) LF-69E	320.031	62.514	880.140	3.000	4.500	3.060	325.013	200.013	1.800*	22.503	33.000	13.002	3.751	0.000
	Weight/Serving: 147.45	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		28.126	41.246	36.565	10.549		
R-0725	ELEM - Sandwich, Egg Salad Croissant LF-83E	282.972	217.479	472.115	2.959	3.000*	2.501	97.299	637.179	3.384*	11.707	31.571	13.125	5.076	0.000*
	Weight/Serving: 157.68	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		16.549	44.628	41.744	16.144		
R-0597	ELEM - Sandwich, Fish LF-78E	350.000	50.000	430.000	4.000	5.000	2.880	220.000	0.000	0.000*	22.000	47.000	9.000	1.000	0.000
	Weight/Serving: 158.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		25.143	53.714	23.143	2.571		
R-0621	ELEM - Sandwich, Grilled Cheese LF-07E	264.300	15.000	626.730	4.000	3.000	0.000	150.000	482.247	0.000*	15.000	32.000	11.673	4.593	0.000*
	Weight/Serving: 87.74	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		22.701	48.430	39.749	15.640		
R-0548	ELEM - Sandwich, Grilled Chicken LF-62E	270.000	10.000	610.000	3.000	4.000	2.520	200.000	0.000	0.000*	20.000	31.000	8.000	0.000	0.000
	Weight/Serving: 136.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		29.630	45.926	26.667	0.000		
R-0549	ELEM - Sandwich, Hamburger LF-60E	307.280	39.040	400.000	3.030	4.010	3.650	213.670	0.020	0.030*	23.080	31.100	10.650	3.400	0.000
	Weight/Serving: 127.88	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		30.044	40.484	31.193	9.958		
R-0362	ELEM - Sandwich, Hot Dog on Bun LF-67E	250.000	35.000	755.000	5.000	5.000	1.080	80.000	0.000	0.000*	12.000	29.000	11.000	3.000	0.000
	Weight/Serving: 113.69	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		19.200	46.400	39.600	10.800		

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		USDA													
		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
R-0364	ELEM - Sandwich, Meatball Sub LF-68E	285.800	32.000	652.200	7.240	6.960	2.898	65.600	144.000	0.000*	15.860	32.080	11.680	3.700	0.000*
	Weight/Serving: 173.70	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		22.197	44.899	36.781	11.652		
R-1414	ELEM - Sandwich, Peanut Butter & Jelly 2.6oz.	300.000	0.000	280.000	4.000	14.000	1.440	20.000	*	*	9.000	32.000	17.000	3.000	0.000
	Weight/Serving: 76.00	Fat Change %:		Moisture Change %:		% of Calories:		12.000	42.667	51.000	9.000				
R-0587	ELEM - Sandwich, Sloppy Joe LF-05E	378.040	62.099	400.159	4.037	10.867*	3.939	216.200	244.318	0.155*	26.856	40.047	12.353	4.141	0.345*
	Weight/Serving: 182.62	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		28.416	42.373	29.409	9.858		
R-0787	ELEM - Sandwich, Spicy Chicken LF-81E	350.000	55.000	580.000	5.000	5.000	3.600	200.000	50.000	0.000*	26.000	49.000	8.000	1.000	0.000
	Weight/Serving: 170.40	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		29.714	56.000	20.571	2.571		
R-0360	ELEM - Sandwich, Turkey-Cheese (Cold) LF-65E	254.987	29.995	509.960	3.000	4.500	1.980	275.000	150.000	0.000*	18.998	32.000	7.249	2.500	0.000
	Weight/Serving: 113.68	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		29.802	50.199	25.586	8.824		
R-1415	ELEM - Sausage, Smoked	235.000	39.000	468.000	0.000	0.000	0.000	20.000	1400.000	0.000	7.000	3.000	21.000	8.000	0.000
	Weight/Serving: 56.70	Fat Change %:		Moisture Change %:		% of Calories:		11.915	5.106	80.426	30.638				
R-0562	ELEM - Spaghetti, Baked LD-63E	321.417	73.592	329.760	3.173	2.803*	2.632	184.103	354.569	1.294	23.484	20.727	15.995	8.041	0.278*
	Weight/Serving: 337.19	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		29.226	25.795	44.788	22.516		
R-1156	ELEM - Taco, Chicken LF-89E	267.160	46.757	499.803	3.066	2.000	1.547	40.000	51.880*	0.000	16.234	29.222	9.741	4.699	0.000
	Weight/Serving: 124.75	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		24.306	43.752	32.815	15.830		
R-0589	ELEM - Taco, Mexican Hard LD-13Ea	341.649	56.249	70.440	2.583	0.975*	2.079	33.819	153.883	0.155	19.803	24.076	17.391	4.751	0.312*
	Weight/Serving: 129.72	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		23.185	28.188	45.813	12.515		
R-1397	ELEM - Taco, Soft LD-13Eb	341.649	56.249	220.440	3.583	2.975*	3.519	53.819	153.883	0.155	21.803	31.076	13.891	6.251	0.312*
	Weight/Serving: 145.72	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		25.527	36.384	36.593	16.467		
R-1507	ELEM - Taco, Walking LD-26E	384.445	62.999	362.298	2.792	1.326*	2.729	55.794	209.282*	0.212	23.013	30.823	17.521	5.201	0.350*

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		USDA													
		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	151.50	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	23.944	32.070	41.017	12.176					
R-0655	ELEM - Turkey & Noodles LD-70E	234.538	58.282	483.012	1.732	5.941*	0.908	122.113	303.316	0.466	16.583	23.436	6.898	1.823	0.000*
Weight/Serving:	250.52	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	28.282	39.970	26.470	6.995					
R-0457	ELEM - Turkey, Roast LD-67E	101.248	37.968	466.850	0.000	0.000*	0.081	0.056	0.000	0.000	12.656	0.000	4.151	1.367	0.000*
Weight/Serving:	73.17	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	50.000	0.000	36.899	12.151					
R-0601	ELEM - Wrap, Chicken Fajita LF-72E	223.333	34.667	454.000	3.000	2.533	1.824	50.667	0.000	0.640	13.600	30.067	5.833	3.033	0.000
Weight/Serving:	96.36	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	24.358	53.851	23.506	12.223					
R-0368	ELEM - Wrap, Chicken LF-70E	360.000	60.000	620.000	4.000	2.000	2.520	60.000	0.000	0.000	24.000	42.000	11.500	3.500	0.000
Weight/Serving:	164.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	26.667	46.667	28.750	8.750					
R-1145	ELEM - Wrap, Grilled Chicken LF-88E	255.382	46.757	328.896	3.000	2.000	1.440	40.000	0.000*	0.000	16.197	29.000	8.566	4.533	0.000
Weight/Serving:	122.15	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	25.369	45.422	30.188	15.975					
R-0400	Fresh, Apple	71.760	0.000	1.380	3.312	*	0.166	8.280	74.520	6.348	0.359	19.058	0.235	0.041	*
Weight/Serving:	138.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	2.001	106.232	2.947	0.514					
R-0752	Fresh, Apples, Sliced	28.600	0.000	0.550	1.320	*	0.066	3.300	29.700	2.530	0.143	7.595	0.094	0.016	*
Weight/Serving:	55.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	2.000	106.224	2.958	0.503					
R-0401	Fresh, Banana	105.020	0.000	1.180	3.068	*	0.307	5.900	75.520	10.266	1.286	26.951	0.389	0.130	*
Weight/Serving:	118.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	4.898	102.651	3.334	1.114					
R-0413	Fresh, Cantaloupe	26.520	0.000	12.480	0.702	*	0.164	7.020	2637.960	28.626	0.655	6.365	0.148	0.040	*
Weight/Serving:	78.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	9.879	96.003	5.023	1.357					
R-0414	Fresh, Grapes	22.512	0.000	0.672	0.302	*	0.097	4.704	33.600	1.344	0.212	5.762	0.118	0.038	*
Weight/Serving:	33.60	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	3.767	102.381	4.717	1.519					
R-0415	Fresh, Orange	61.570	0.000	0.000	3.144	*	0.131	52.400	294.750	69.692	1.231	15.392	0.157	0.026	*

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		USDA													
		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	131.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		7.997	99.997	2.295	0.380		
R-0416	Fresh, Pear	85.840	0.000	1.480	4.588	*	0.252	13.320	34.040	6.216	0.562	22.881	0.178	0.015	*
Weight/Serving:	148.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		2.619	106.622	1.866	0.157		
R-0412	Fresh, Watermelon	22.800	0.000	0.760	0.304	*	0.182	5.320	432.440	6.156	0.464	5.738	0.114	0.012	*
Weight/Serving:	76.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		8.140	100.667	4.500	0.474		
R-1398	Froot Jooce, Black Cherry	90.000	0.000	0.000	0.000	22.000	0.360	20.000	*	60.000	0.000	22.000	0.000	0.000	0.000
Weight/Serving:	124.74	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	97.778	0.000	0.000		
R-1402	Froot Jooce, Fruit Punch	90.000	0.000	0.000	0.000	22.000	0.360	20.000	*	60.000	0.000	22.000	0.000	0.000	0.000
Weight/Serving:	124.74	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	97.778	0.000	0.000		
R-1399	Froot Jooce, Mango	90.000	0.000	0.000	0.000	22.000	0.360	20.000	*	60.000	0.000	23.000	0.000	0.000	0.000
Weight/Serving:	124.74	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	102.222	0.000	0.000		
R-1400	Froot Jooce, Strawberry	90.000	0.000	0.000	0.000	22.000	0.360	20.000	*	60.000	0.000	22.000	0.000	0.000	0.000
Weight/Serving:	124.74	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	97.778	0.000	0.000		
R-1401	Froot Jooce, Tangerine	90.000	0.000	0.000	0.000	22.000	0.360	20.000	*	60.000	0.000	22.000	0.000	0.000	0.000
Weight/Serving:	124.74	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	97.778	0.000	0.000		
R-1491	Froot Jooce, Watermelon	90.000	0.000	0.000	0.000	22.000	0.360	20.000	*	60.000	0.000	22.000	0.000	0.000	0.000
Weight/Serving:	124.74	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	97.778	0.000	0.000		
R-0462	Gravy, Low-Fat LG-61	13.867	0.374	28.729	0.094	0.374*	0.118	1.776	0.000	0.000*	0.375	2.661	0.244	0.000	0.000*
Weight/Serving:	65.86	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		10.817	76.758	15.836	0.000		
R-1432	HIGH - BBQ Beef Bake LD-97H	432.064	96.299	985.897	1.240	9.998*	2.887	194.407	242.996	0.432*	29.699	30.061	20.494	9.660	0.400*
Weight/Serving:	292.91	Fat Change %:			Moisture Change %:			% of Calories:		27.495	27.830	42.690	20.122		
R-0790	HIGH - Beef & Gravy, LD-74H	169.862	39.040	232.557	0.136	0.288	1.850	13.670	0.020*	0.030*	16.837	4.562	8.800	3.400	0.000
Weight/Serving:	127.58	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		39.649	10.743	46.626	18.015		
R-0199	HIGH - Beef Teriyaki Dipper	162.000	40.500	445.500	1.013	4.050	1.458	20.250	0.000	0.000*	14.175	6.075	8.100	3.544	0.506

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		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	79.38	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		35.000	15.000	45.000	19.689		
R-0693	HIGH - Beef-a-Roni LD-72H	359.759	78.206	783.345	2.433	4.438*	3.141	151.857	683.081	3.052*	26.419	25.882	15.744	7.482	0.340*
Weight/Serving:	419.45	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		29.374	28.777	39.386	18.718		
R-1237	HIGH - Breadstick, Cheese	240.000	10.000	360.000	3.000	3.000	1.800	250.000	200.000	0.000	12.000	30.000	8.000	4.000	0.000
Weight/Serving:	59.50	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		20.000	50.000	30.000	15.000		
R-1256	HIGH - Buffalo Chicken Mac & Cheese LD-95-H	317.797	66.431	803.177	1.309	4.763	1.555	270.943	561.277	0.680*	22.971	25.836	14.060	7.457	0.000
Weight/Serving:	400.17	Fat Change %:			Moisture Change %:			% of Calories:		28.913	32.519	39.818	21.118		
R-1442	HIGH - Cheeseburger Macaroni LD-100H	558.103	133.519	719.193	1.117	1.077	3.531	473.702	550.616*	0.040*	39.753	26.058	31.641	17.429	0.400*
Weight/Serving:	219.60	Fat Change %:			Moisture Change %:			% of Calories:		28.492	18.676	51.024	28.106		
R-0753	HIGH - Chicken & Gravy, LD-73H	135.717	57.769	257.752	0.160	0.420	1.070	9.628	40.652*	1.070*	18.260	7.805	3.435	1.070	0.000
Weight/Serving:	171.17	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		53.818	23.004	22.779	7.096		
R-1476	HIGH - Chicken 'n Waffles LD-101H	600.000	85.000	850.000	5.000	13.000	3.600	60.000	0.000	0.000*	22.000	63.000	29.000	5.500	0.000
Weight/Serving:	208.80	Fat Change %:			Moisture Change %:			% of Calories:		14.667	42.000	43.500	8.250		
R-0326	HIGH - Chicken and Noodles LD-17H	253.291	42.879	188.391	1.732	5.941*	1.561	122.113	303.316	0.466*	20.423	23.436	12.553	9.704	0.000*
Weight/Serving:	251.69	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		32.252	37.010	44.604	34.480		
R-1114	HIGH - Chicken Bog LD-80H	493.647	97.269	725.538	0.275	0.197*	2.781	35.228	3711.634	1.829*	29.039	43.683	22.823	7.855	0.000*
Weight/Serving:	368.90	Fat Change %:			Moisture Change %:			% of Calories:		23.530	35.396	41.610	14.321		
R-0201	HIGH - Chicken Nuggets	160.000	25.000	380.000	1.000	1.000	1.800	60.000	100.000	0.000*	14.000	13.000	6.000	1.500	0.000
Weight/Serving:	84.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		35.000	32.500	33.750	8.438		
R-0797	HIGH - Chicken Parmesan LD-75H	445.684	67.594	1150.123	9.206	10.453	3.758	119.977	604.114	0.000*	31.315	58.161	12.006	2.772	0.000
Weight/Serving:	320.89	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		28.105	52.199	24.245	5.598		

		USDA														
		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat	
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	
R-1436	HIGH - Chicken Pot Pie LD-99H	483.161	62.506	1383.231	3.328	3.725	2.509	278.718	148.101*	0.709*	25.363	40.457	23.608	14.162	0.000	
	Weight/Serving: 248.87	Fat Change %:		Moisture Change %:			% of Calories:			20.998	33.494	43.975	26.380			
R-0701	HIGH - Chicken Tenders	660.000	195.000	1380.000	6.000	0.000	5.400	60.000	90.000	0.000*	66.000	42.000	21.000	4.500	0.000	
	Weight/Serving: 384.00	Fat Change %:		0.00	Moisture Change %:			0.00	% of Calories:			40.000	25.455	28.636	6.136	
R-1374	HIGH - Chicken Wings, BBQ LD-91H	326.545	143.750	1331.820	0.000	15.309	0.900	0.000	0.000*	*	25.000	18.711	16.250	5.000	0.000	
	Weight/Serving: 169.78	Fat Change %:		Moisture Change %:			% of Calories:			30.624	22.920	44.787	13.781			
R-1383	HIGH - Chicken Wings, Lemon Pepper LD-93H	250.000	143.750	1627.500	0.000	0.000	0.900	0.000	0.000*	0.000*	25.000	0.000	16.250	5.000	0.000	
	Weight/Serving: 121.75	Fat Change %:		Moisture Change %:			% of Calories:			40.000	0.000	58.500	18.000			
R-1375	HIGH - Chicken Wings, Oven Roasted	200.000	115.000	630.000	0.000	0.000	0.720		*	*	20.000	0.000	13.000	4.000	0.000	
	Weight/Serving: 95.00	Fat Change %:		0.00	Moisture Change %:			0.00	% of Calories:			40.000	0.000	58.500	18.000	
R-1382	HIGH - Chicken Wings, Teriyaki LD-92H	294.657	143.750	1710.403	0.000	8.931	0.900	0.000	*	*	25.992	9.924	16.250	5.000	0.000	
	Weight/Serving: 154.19	Fat Change %:		Moisture Change %:			% of Calories:			35.284	13.472	49.634	15.272			
R-1395	HIGH - Chicken Wings, Thai Chili LD-94H	355.000	143.750	1147.500	1.500	22.500	0.900	0.000	450.000*	0.000*	25.000	22.500	17.750	5.750	0.000*	
	Weight/Serving: 166.75	Fat Change %:		Moisture Change %:			% of Calories:			28.169	25.352	45.000	14.577			
R-1503	HIGH - Chicken, 8-Cut Breaded	210.000	50.000	420.000	0.000	0.000	1.080	10.000	*	*	14.000	4.000	15.000	3.500	0.000	
	Weight/Serving: 85.00	Fat Change %:		0.00	Moisture Change %:			0.00	% of Calories:			26.667	7.619	64.286	15.000	
R-1087	HIGH - Chicken, Alfredo LD-78H	249.183	47.252	281.180	4.845	1.836	1.440	70.668	23.556*	0.000*	18.012	33.961	6.650	3.160	0.000	
	Weight/Serving: 127.10	Fat Change %:		0.00	Moisture Change %:			0.00	% of Calories:			28.914	54.516	24.018	11.413	
R-1511	HIGH - Chicken, Alfredo Ravioli LD-27H	273.852	92.342	861.663	1.047	3.098	1.547	255.084	283.728*	0.778*	25.902	19.564	10.532	5.252	0.000	
	Weight/Serving: 172.05	Fat Change %:		Moisture Change %:			% of Calories:			37.834	28.576	34.613	17.260			
R-0335	HIGH - Chicken, Baked LD-61H	181.439	63.000	281.824	0.074	0.000	0.797	9.991	117.600	1.406*	15.653	0.195	12.656	3.622	0.076*	

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		USDA													
		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	84.85	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	34.509	0.430	62.778	17.966					
R-0337	HIGH - Chicken, Barbecued-Easy LD-64	212.933	63.000	288.721	0.000	6.467	0.756	9.240	117.600	1.346*	15.624	7.904	12.650	3.620	0.076
Weight/Serving:	105.56	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	29.350	14.848	53.468	15.301					
R-1293	HIGH - Chicken, Chinese BBQ Teriyaki	115.000	70.000	330.000	0.000	6.000	0.720	0.000	0.000	*	15.000	6.000	3.500	1.000	0.000
Weight/Serving:	56.70	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	52.174	20.870	27.391	7.826					
R-1290	HIGH - Chicken, Chinese General Tso's	170.000	40.000	361.000	0.000	13.000	0.720	0.000	0.000	1.200*	11.000	23.000	3.000	0.500	0.000
Weight/Serving:	70.88	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	25.882	54.118	15.882	2.647					
R-0646	HIGH - Chicken, Chinese Mandarin Orange	150.000	40.000	280.000	0.000	10.000	0.720	10.000	6.000	1.200*	11.000	19.000	3.000	0.500	0.000
Weight/Serving:	100.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	29.333	50.667	18.000	3.000					
R-1287	HIGH - Chicken, Chinese Sweet & Sour	140.000	40.000	200.000	0.000	9.000	0.720	0.000	0.000	3.600*	11.000	18.000	3.000	0.500	0.000
Weight/Serving:	70.88	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	31.429	51.429	19.286	3.214					
R-1242	HIGH - Chicken, Hot Chinese LD-94H	151.873	40.000	324.952	0.000	10.000	0.720	10.000	6.000	1.200*	11.000	19.375	3.000	0.500	0.000
Weight/Serving:	101.77	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	28.972	51.029	17.778	2.963					
R-0640	HIGH - Chicken, Oven Crispy LD-69H	279.500	63.986	82.749	0.228	2.367	0.978	68.404	255.895	1.583*	17.887	6.227	19.791	4.634	0.076
Weight/Serving:	105.95	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	25.599	8.912	63.728	14.922					
R-1188	HIGH - Chicken, Oven Fried LD-90H	215.000	41.000	382.000	1.000	0.000	0.000	12.000	78.000	1.000*	12.000	11.000	13.000	3.000	0.000
Weight/Serving:	194.40	Fat Change %:		Moisture Change %:		% of Calories:	22.326	20.465	54.419	12.558					
R-1443	HIGH - Chicken, Pancake Dipper	300.000	65.000	500.000	2.000	1.000	1.800	20.000	0.000	0.000*	18.000	20.000	16.000	2.500	0.000
Weight/Serving:	128.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	24.000	26.667	48.000	7.500					
R-1448	HIGH - Chicken, Popcorn	190.000	60.000	470.000	1.000	0.000	1.080	20.000	*	0.000*	20.000	13.000	7.000	1.000	0.000

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		USDA													
		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	113.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	42.105	27.368	33.158	4.737					
R-1501	HIGH - Chicken, Wing Rotisserie	190.000	85.000	370.000	0.000	0.000	0.000	10.000	*	*	14.000	1.000	14.000	3.500	0.000
Weight/Serving:	85.05	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	29.474	2.105	66.316	16.579					
R-1208	HIGH - Chili w/Beans LD-93H	199.348	50.399	265.677	2.800	2.888*	2.638	44.255	516.094	6.425*	18.084	10.667	8.566	3.367	0.280*
Weight/Serving:	196.61	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	36.286	21.404	38.673	15.201					
R-1439	HIGH - Coffee, Iced Caramel	1.719*	0.156*	2.031*	0.000	* 0.188*	0.000*	4.688*	*	*	0.125*	0.262*	0.039*	0.023*	0.000*
Weight/Serving:	340.20	Fat Change %:		Moisture Change %:		% of Calories:	29.087*	60.966*	20.419*	12.042*					
R-1440	HIGH - Coffee, Iced Vanilla	1.719*	0.156*	2.031*	0.000	* 0.188*	0.000*	4.688*	*	*	0.125*	0.262*	0.039*	0.023*	0.000*
Weight/Serving:	340.20	Fat Change %:		Moisture Change %:		% of Calories:	29.087*	60.966*	20.419*	12.042*					
R-0228	HIGH - Corndog	240.000	40.000	390.000	5.000	5.000	1.800	80.000	*	*	9.000	30.000	8.000	2.500	0.000
Weight/Serving:	113.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	15.000	50.000	30.000	9.375					
R-1320	HIGH - Corndog Nuggets	270.000	45.000	480.000	4.500	6.000	2.160	150.000	0.000	*	10.500	30.000	12.000	3.750	0.000
Weight/Serving:	114.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	15.556	44.444	40.000	12.500					
R-0332	HIGH - Dressing, Turkey WG LD-38H	158.642	0.958	129.237	1.640	0.520*	0.714	5.867	405.227	0.483*	2.959	24.172	8.249	3.116	0.000*
Weight/Serving:	85.06	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	7.461	60.947	46.798	17.678					
R-1517	HIGH - Eggs, Scrambled LD-29H	91.123	192.372	263.246	0.000	0.000	0.000	40.499	*	*	6.075	2.025	6.075	2.025	0.000
Weight/Serving:	56.70	Fat Change %:		Moisture Change %:		% of Calories:	26.667	8.889	60.001	20.000					
R-0720	HIGH - Fish Nuggets	230.000	50.000	290.000	2.000	1.000	1.440	20.000	0.000	*	15.000	23.000	8.000	1.500	0.000
Weight/Serving:	112.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	26.087	40.000	31.304	5.870					
R-0729	HIGH - Ham Quiche with Crust LD-32aH	264.584	225.986	787.225	0.889	10.007*	0.894	386.344	785.774	1.347*	22.349	17.744	11.878	5.908	0.010*
Weight/Serving:	137.99	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	33.787	26.826	40.404	20.096					
R-0329	High - Lasagna LD-25	300.084	50.129	353.541	4.081	5.419*	1.847	252.411	1001.515	3.860*	19.728	25.390	13.744	7.291	0.130*

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		USDA													
		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	210.10	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		26.297	33.844	41.220	21.867		
R-1434	HIGH - Macaroni & Cheese, Entree LD-98H	491.803	59.379	808.089	1.840	9.480*	1.843	529.640	070.846*	0.000*	24.037	48.681	24.054	13.554	0.000*
Weight/Serving:	660.77	Fat Change %:			Moisture Change %:			% of Calories:		19.550	39.594	44.019	24.804		
R-1429	HIGH - Meatloaf, Homemade LD-96H	245.602	85.109	622.192	0.342	8.893*	1.986	47.627	58.090*	0.432*	19.411	17.193	10.331	4.117	0.300*
Weight/Serving:	133.58	Fat Change %:			Moisture Change %:			% of Calories:		31.614	28.001	37.858	15.087		
R-0602	HIGH - Nachos w/Chili & Cheese LD-28H	529.588	69.215	393.751	4.180	3.717*	3.075	55.067	79.376*	0.000*	27.532	46.641	25.292	7.558	0.350*
Weight/Serving:	185.31	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		20.795	35.228	42.982	12.844		
R-1094	HIGH - Pizza, Buffalo Chicken	320.000	40.000	570.000	2.000	4.000	1.980	10.000	400.000	*	19.000	25.000	16.000	8.000	0.000
Weight/Serving:	148.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		23.750	31.250	45.000	22.500		
R-1446	HIGH - Pizza, Cheese Bites	280.000	20.000	540.000	4.000	0.000	1.440	240.000	400.000	0.000*	16.000	28.000	12.000	4.000	0.000
Weight/Serving:	112.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		22.857	40.000	38.571	12.857		
R-1447	HIGH - Pizza, Cheese Bites, Jalapeno	280.000	20.000	540.000	4.000	0.000	1.440	240.000	400.000	0.000*	16.000	28.000	12.000	4.000	0.000
Weight/Serving:	112.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		22.857	40.000	38.571	12.857		
R-1299	HIGH - Pizza, Pepperoni Stuff Crust	320.000	35.000	760.000	4.000	5.000	2.700	250.000	500.000	*	17.000	36.000	12.000	6.000	0.000
Weight/Serving:	140.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		21.250	45.000	33.750	16.875		
R-0208	HIGH - Pizza, Pepperoni Wedge WG	300.000	15.000	640.000	4.000	13.000	2.700	200.000	400.000	0.000*	15.000	36.000	11.000	4.500	0.000
Weight/Serving:	127.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		20.000	48.000	33.000	13.500		
R-1303	HIGH - Pizza, Personal Pan Cheese	320.000	30.000	380.000	3.000	7.000	3.000	432.000	0.000	12.000*	22.000	31.000	12.000	6.000	0.000
Weight/Serving:	153.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		27.500	38.750	33.750	16.875		
R-1306	HIGH - Pizza, Personal Pan Pepperoni	310.000	35.000	570.000	3.000	7.000	15.000	35.000	500.000	12.000*	23.000	31.000	11.000	5.000	0.000

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		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	153.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	29.677	40.000	31.935	14.516					
R-1307	HIGH - Pizza, Personal Pan Supreme	380.000	45.000	660.000	4.000	7.000	3.000	290.000	400.000	18.000*	22.000	31.000	18.000	7.000	0.000
Weight/Serving:	180.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	23.158	32.632	42.632	16.579					
R-1223	HIGH - Pizza, Ranchero Beef	320.000	35.000	540.000	4.000	7.000	3.600	250.000	500.000	9.000	20.000	30.000	14.000	7.000	0.000
Weight/Serving:	147.00	Fat Change %:		Moisture Change %:		% of Calories:	25.000	37.500	39.375	19.688					
R-1311	HIGH - Pizza, Whole Buffalo Chicken	448.000	38.000	838.000	5.000	4.000	4.140	240.000	400.000	*	21.000	46.000	21.000	11.000	0.000
Weight/Serving:	148.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	18.750	41.071	42.188	22.098					
R-1315	HIGH - Pizza, Whole Four Meat	532.000	55.000	1138.000	6.000	5.000	3.060	310.000	400.000	*	25.000	48.000	26.000	13.000	0.000
Weight/Serving:	150.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	18.797	36.090	43.985	21.992					
R-1309	HIGH - Pizza, Whole Pepperoni	196.000	40.000		* 5.000	5.000	25.000	35.000	400.000	9.000	25.000	51.000	16.000	7.000	0.000
Weight/Serving:	196.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	51.020	104.082	73.469	32.143					
R-1313	HIGH - Pizza, Whole Pepperoni Four Cheese	360.000	45.000	580.000*	3.000	9.000	1.800	300.000	500.000	0.000	21.000	33.000	17.000	7.000	0.000
Weight/Serving:	147.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	23.333	36.667	42.500	17.500					
R-1119	HIGH - Pork & Rice LD-81H	358.735	76.920	471.218*	0.275	0.197*	1.600	7.931	0.142*	0.648	21.012	40.002	9.373	3.044	1.519*
Weight/Serving:	311.02	Fat Change %:		Moisture Change %:		% of Calories:	23.429	44.603	23.515	7.637					
R-1514	HIGH - Potsticker, Sweet & Sour LD-28H	611.996	31.499	1226.990*	1.575	67.575	2.835	31.499	*		17.325	117.074	7.087	0.000	0.000
Weight/Serving:	321.75	Fat Change %:		Moisture Change %:		% of Calories:	11.324	76.519	10.422	0.000					
R-0578	HIGH - Quiche with Crust LD-32H	255.141	214.684	453.241*	0.889	8.727*	0.894	438.730	864.747	1.347	18.169	16.087	13.287	7.168	0.000*
Weight/Serving:	108.64	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	28.485	25.221	46.869	25.285					
R-1248	HIGH - Rib, BBQ Spare	551.124	153.090	1061.424*	0.000	*	3.797	123.901	365.783	5.225	40.824	20.412	32.659	12.247	0.000
Weight/Serving:	204.12	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	29.630	14.815	53.333	20.000					

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		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
R-1201	HIGH - Roll, Yeast WG	160.028	0.000	270.048	2.000	6.001	1.440	40.007	0.000	7.201	6.001	30.005	2.000	0.000	0.000
	Weight/Serving: 62.38	Fat Change %:			Moisture Change %:			% of Calories:		15.000	74.999	11.248	0.000		
R-0461	HIGH - Rolls, Wheat WG LB-62	123.785	0.403	236.560	1.575	4.467*	0.456	31.403	55.303	0.097	3.704	13.895	4.822	0.712	0.000*
	Weight/Serving: 63.65	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		11.969	44.900	35.059	5.177		
R-1386	HIGH - Salad Bar	548.908	94.397	1737.562	6.175	5.654*	5.289	393.525	895.717*	35.070*	28.511	53.580	22.456	8.063	0.000*
	Weight/Serving: 535.33	Fat Change %:			Moisture Change %:			% of Calories:		20.777	39.045	36.819	13.220		
R-0540	HIGH - Salad, Chef LE-61H	454.451	144.040	1201.239	4.631	5.792*	4.112	273.138	1686.402	15.838*	24.172	48.225	16.816	4.870	0.000*
	Weight/Serving: 348.48	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		21.276	42.447	33.303	9.645		
R-0541	HIGH - Salad, Chicken (Cnd/Frz) LE-05a	345.525	25.535	837.868	3.406	2.380*	1.904	6.164	53.462	0.652*	17.227	36.076	17.945	8.980	0.000*
	Weight/Serving: 138.94	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		19.943	41.764	46.742	23.390		
R-0343	HIGH - Salad, Crispy Chicken LE-60H	446.185	60.000	1501.325	6.469	4.800*	3.917	97.280	1906.705	15.838*	26.743	56.525	12.451	1.054	0.000*
	Weight/Serving: 342.09	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		23.975	50.674	25.115	2.126		
R-1123	HIGH - Salad, Grilled Chicken LE-80H	663.501	175.638	2142.188	5.669	5.500*	4.673	259.055	564.652*	15.838*	34.685	67.354	26.316	7.546	0.000*
	Weight/Serving: 414.93	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		20.910	40.605	35.696	10.236		
R-0475	HIGH - Salad, Meat - Chicken (Fresh) LE-05Ha	274.336	53.418	586.021	1.834	2.380*	1.135	12.447	133.430	1.567*	12.319	20.361	15.216	2.468	0.051*
	Weight/Serving: 116.23	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		17.962	29.688	49.918	8.097		
R-0456	HIGH - Salad, Meat - Turkey LE-69H	344.129	54.531	869.377	3.406	2.380*	2.215	20.622	53.462	0.652*	20.224	36.076	11.845	0.954	0.000*
	Weight/Serving: 138.94	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		23.507	41.933	30.978	2.495		
R-1124	HIGH - Sandwich, Bacon Cheeseburger LF-87H	387.100	56.495	799.147	2.030	5.510	2.107	570.070	150.020	0.030*	29.562	31.100	17.137	5.650	0.000
	Weight/Serving: 155.21	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		30.547	32.136	39.843	13.136		
R-0689	HIGH - Sandwich, BBQ (Chicken) LF-80H	284.399	35.522	582.736	3.000	13.798*	2.280	205.953	21.750	0.000*	18.423	42.975	5.032	0.833	0.000*

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		USDA													
		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	129.35	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		25.911	60.443	15.924	2.636		
R-0542	HIGH - Sandwich, BBQ (Purchased) LF-73H	457.103	102.058	637.717	3.000	4.000*	3.501	231.525	62.823	0.771*	33.082	33.268	21.278	6.804	0.000
Weight/Serving:	170.40	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		28.949	29.112	41.895	13.397		
R-0476	HIGH - Sandwich, BBQ (Unit Made) LF-77H	389.561	56.160	728.877	3.000	17.880	1.908	283.200	312.000	0.125*	22.808	47.965	12.379	3.813	0.000
Weight/Serving:	162.23	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		23.419	49.250	28.599	8.809		
R-1092	HIGH - Sandwich, Bird Dog LF-85H	312.925	41.365	784.462	5.886	4.506	1.877	124.795	456.791	0.000*	20.280	35.708	9.631	2.436	0.000
Weight/Serving:	151.95	Fat Change %:			Moisture Change %:			% of Calories:		25.923	45.644	27.700	7.006		
R-0356	HIGH - Sandwich, Cheeseburger LF-61H	347.280	46.540	610.000	2.030	5.510	2.107	570.070	150.020	0.030*	25.580	31.100	14.150	5.650	0.000
Weight/Serving:	145.05	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		29.463	35.821	36.671	14.642		
R-1441	HIGH - Sandwich, Chicken Club LF-95H	429.820	77.455	1069.147	3.000	5.500	1.337	576.400	150.000	0.000*	33.482	44.000	15.487	3.250	0.000
Weight/Serving:	197.33	Fat Change %:			Moisture Change %:			% of Calories:		31.159	40.947	32.428	6.805		
R-0572	HIGH - Sandwich, Chicken Fillet LF-63H	390.000	70.000	710.000	3.000	7.000	2.057	521.400	100.000	0.000*	29.000	45.000	11.500	2.000	0.000
Weight/Serving:	173.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		29.744	46.154	26.538	4.615		
R-1151	HIGH - Sandwich, Chicken Parmesan Melt LF-90H	423.472	62.248	928.370	7.976	8.114	2.869	254.854	795.783	0.000*	29.610	41.612	14.823	5.444	0.000
Weight/Serving:	246.25	Fat Change %:			Moisture Change %:			% of Calories:		27.969	39.306	31.503	11.570		
R-0697	HIGH - Sandwich, Chicken Salad Croissant LF-82H	346.954	30.535	542.154	2.263	5.380*	2.213	66.164	353.462	1.852*	19.084	30.647	21.231	12.480	0.000*
Weight/Serving:	156.94	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		22.002	35.333	55.073	32.373		
R-0574	HIGH - Sandwich, Deli (Cold) LF-69H	281.508	58.607	871.783	3.000	2.500	2.611	161.462	196.461	2.873*	19.651	27.929	11.434	3.608	0.000
Weight/Serving:	141.73	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		27.922	39.685	36.555	11.535		

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		USDA													
		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
R-1433	HIGH - Sandwich, Double Cheeseburger LF-94H	494.560	85.580	810.000	2.060	5.520	3.957	583.740	150.040	0.060*	41.660	31.200	22.800	9.050	0.000
	Weight/Serving: 215.93	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		33.695	25.235	41.491	16.469		
R-0727	HIGH - Sandwich, Egg Salad Croissant LF-83H	282.972	217.479	472.115	2.959	3.000*	2.501	97.299	637.179	3.384*	11.707	31.571	13.125	5.076	0.000*
	Weight/Serving: 157.68	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		16.549	44.628	41.744	16.144		
R-0600	HIGH - Sandwich, Fish LF-78H	350.000	50.000	430.000	4.000	5.000	2.880	220.000	0.000	0.000*	22.000	47.000	9.000	1.000	0.000
	Weight/Serving: 158.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		25.143	53.714	23.143	2.571		
R-0354	HIGH - Sandwich, Grilled Cheese (Lunch) LF-07H	344.300	30.000	906.730	4.000	4.000	0.000	300.000	782.247	0.000*	22.000	34.000	17.673	8.093	0.000*
	Weight/Serving: 116.08	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		25.559	39.500	46.197	21.155		
R-0357	HIGH - Sandwich, Grilled Chicken LF-62H	270.000	10.000	610.000	3.000	4.000	2.520	200.000	0.000	0.000*	20.000	31.000	8.000	0.000	0.000
	Weight/Serving: 136.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		29.630	45.926	26.667	0.000		
R-0355	HIGH - Sandwich, Hamburger LF-60H	307.280	39.040	400.000	3.030	4.010	3.650	213.670	0.020	0.030*	23.080	31.100	10.650	3.400	0.000
	Weight/Serving: 127.88	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		30.044	40.484	31.193	9.958		
R-0564	HIGH - Sandwich, Hot Dog LF-67H	250.000	35.000	755.000	5.000	5.000	1.080	80.000	0.000	0.000*	12.000	29.000	11.000	3.000	0.000
	Weight/Serving: 113.69	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		19.200	46.400	39.600	10.800		
R-0571	HIGH - Sandwich, Meatball Sub LF-68H	412.802	64.000	1049.204	6.040	6.560	4.558	81.601	144.000	1.200*	25.760	34.880	19.880	7.400	0.000*
	Weight/Serving: 230.10	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		24.961	33.798	43.343	16.134		
R-1412	HIGH - Sandwich, Peanut Butter & Jelly, 5.3 oz	600.000	0.000	540.000	7.000	29.000	2.700	60.000	*	*	18.000	64.000	34.000	6.000	0.000
	Weight/Serving: 150.00	Fat Change %:			Moisture Change %:			% of Calories:		12.000	42.667	51.000	9.000		
R-0575	HIGH - Sandwich, Sloppy Joe LF-05H	378.040	62.099	400.159	4.037	10.867*	3.939	216.200	244.318	0.155*	26.856	40.047	12.353	4.141	0.345*
	Weight/Serving: 182.62	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		28.416	42.373	29.409	9.858		

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		USDA													
		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
R-0695	HIGH - Sandwich, Spicy Chicken LF-81H	350.000	55.000	580.000	5.000	5.000	3.600	200.000	50.000	0.000*	26.000	49.000	8.000	1.000	0.000
Weight/Serving:	170.40	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		29.714	56.000	20.571	2.571		
R-0532	HIGH - Sandwich, Turkey & Cheese (Cold) LF-65H	254.987	29.995	579.960	2.000	5.500	0.437	556.400	150.000	0.000*	17.998	31.000	7.749	3.000	0.000
Weight/Serving:	116.68	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		28.234	48.630	27.351	10.589		
R-1417	HIGH - Sausage, Smoked	235.000	39.000	468.000	0.000	0.000	0.000	20.000	1400.000	0.000	7.000	3.000	21.000	8.000	0.000
Weight/Serving:	56.70	Fat Change %:		Moisture Change %:		% of Calories:		11.915		5.106	80.426	30.638			
R-0577	HIGH - Spaghetti, Baked LD-63H	402.519	91.259	408.971	3.942	4.476*	3.264	228.319	439.710	1.604	29.131	25.775	19.834	9.972	0.345*
Weight/Serving:	419.31	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		28.949	25.614	44.347	22.297		
R-1149	HIGH - Taco, Chicken LF-89H	267.160	46.757	499.803	3.066	2.000	1.547	40.000	51.880*	0.000	16.234	29.222	9.741	4.699	0.000
Weight/Serving:	124.75	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		24.306	43.752	32.815	15.830		
R-0325	HIGH - Taco, Mexican LD-13H	364.445	62.999	82.298	2.792	1.326*	2.369	35.794	209.282	0.212	22.013	24.823	18.521	5.201	0.350*
Weight/Serving:	146.81	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		24.161	27.245	45.738	12.844		
R-1505	HIGH - Taco, Walking LD-26H	384.445	62.999	362.298	2.792	1.326*	2.729	55.794	209.282*	0.212	23.013	30.823	17.521	5.201	0.350*
Weight/Serving:	151.50	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		23.944	32.070	41.017	12.176		
R-1519	HIGH - Tenders, Nashville Hot	368.606	88.465	914.143	2.949	2.949	1.592	0.000	*		29.488	23.591	16.219	2.949	0.000
Weight/Serving:	130.00	Fat Change %:		Moisture Change %:		% of Calories:		31.999		25.600	39.601	7.200			
R-0653	HIGH - Turkey & Noodles LD-70H	234.538	58.282	483.012	1.732	5.941*	0.908	122.113	303.316	0.466	16.583	23.436	6.898	1.823	0.000*
Weight/Serving:	250.52	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		28.282	39.970	26.470	6.995		
R-0634	HIGH - Turkey, Roast LD-67H	101.248	37.968	466.850	0.000	0.000*	0.081	0.056	0.000	0.000	12.656	0.000	4.151	1.367	0.000*
Weight/Serving:	73.17	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		50.000	0.000	36.899	12.151		
R-0421	HIGH - Wrap, Chicken Fajita LF-72H	253.333	54.167	625.000	3.000	2.833	2.040	56.667	0.000	1.000	19.000	30.667	6.583	3.333	0.000

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		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	121.87	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	30.000	48.422	23.387	11.841					
R-0795	HIGH - Wrap, Chicken LF-70H	360.000	60.000	620.000	4.000	2.000	2.520	60.000	0.000	0.000	24.000	42.000	11.500	3.500	0.000
Weight/Serving:	164.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	26.667	46.667	28.750	8.750					
R-1125	HIGH - Wrap, Chicken Ranch LF-88H	401.755	77.131	961.268	3.000	6.000	1.440	261.484	303.745*	0.000	23.272	36.012	17.678	10.608	0.000
Weight/Serving:	193.50	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	23.170	35.855	39.602	23.764					
R-1380	HIGH - Wrap, Spicy Chicken LF-92H	360.000	55.000	530.000	5.000	3.000	3.240	40.000	50.000	0.000	23.000	47.000	10.500	3.500	0.000
Weight/Serving:	164.40	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	25.556	52.222	26.250	8.750					
R-1481	Ice Cream, XFrostCho	100.000	5.000	85.000	0.000	14.000	0.000	200.000	*	*	10.000	17.000	1.000	0.500	0.000
Weight/Serving:	102.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	40.000	68.000	9.000	4.500					
R-1482	Ice Cream, XFrostStr	100.000	5.000	85.000	0.000	14.000	0.000	200.000	*	*	10.000	17.000	1.000	0.500	0.000
Weight/Serving:	102.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	40.000	68.000	9.000	4.500					
R-0218	Juice, Apple 4	50.000	0.000	10.000	0.000	12.000	0.000	0.000	0.000	1.200	0.000	13.000	0.000	0.000	0.000
Weight/Serving:	113.39	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	0.000	104.000	0.000	0.000					
R-0496	Juice, Apple 6	80.000	0.000	15.000	0.000	17.000	0.000	0.000	1.000	0.000	0.000	20.000	0.000	0.000	0.000
Weight/Serving:	170.09	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	0.000	100.000	0.000	0.000					
R-0517	Juice, Apple Cherry 4	60.000	0.000	0.000	0.000	12.000	0.180	10.000	0.000	1.200	0.000	15.000	0.000	0.000	0.000
Weight/Serving:	113.40	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	0.000	100.000	0.000	0.000					
R-0220	Juice, Fruit Blend 6	90.000	0.000	10.000	0.000	18.000	0.000	0.000	0.000	0.000	0.000	21.000	0.000	0.000	0.000
Weight/Serving:	170.09	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	0.000	93.333	0.000	0.000					
R-0221	Juice, Grape 4	80.000	0.000	20.000	0.000	18.000	0.360	20.000	0.000	1.200	0.000	19.000	0.000	0.000	0.000
Weight/Serving:	113.40	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	0.000	95.000	0.000	0.000					
R-0263	Juice, Grape 6	120.000	0.000	30.000	0.000	27.000	0.720	40.000	0.000	60.000	0.000	29.000	0.000	0.000	0.000

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		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	170.10	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	96.667	0.000	0.000		
R-0264	Juice, Orange 4	60.000	0.000	0.000	0.000	12.000	0.000	0.000	187.500	42.000	0.000	13.000	0.000	0.000	0.000
Weight/Serving:	113.40	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	86.667	0.000	0.000		
R-0265	Juice, Orange 6	90.000	0.000	0.000	0.000	18.000	0.000	0.000	200.000		0.000	19.000	0.000	0.000	0.000
Weight/Serving:	170.09	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	84.444	0.000	0.000		
R-0266	Juice, Orng Pnpl 4	60.000	0.000	0.000	0.000	12.000	0.000	0.000	0.000		0.000	14.000	0.000	0.000	0.000
Weight/Serving:	113.39	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	93.333	0.000	0.000		
R-1508	Ketchup, Cup PC	25.000	0.000	75.000	*	6.000	0.000	0.000	*	*	0.000	6.000	0.000	0.000	0.000
Weight/Serving:	28.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	96.000	0.000	0.000		
R-0267	Ketchup, PC	10.000	0.000	25.000	0.000	* 2.000	0.000	0.000	0.000	*	0.000	2.000	0.000	0.000	0.000
Weight/Serving:	9.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	80.000	0.000	0.000		
R-1355	Ketchup, Sriracha PC	10.000		75.000	*	2.000			0.000	0.000*	0.000	2.000	0.000		*
Weight/Serving:	8.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	80.000	0.000	0.000		
R-0442	Lemonade LG-60	35.463	0.000	31.258	0.000	* 8.866*	0.000	44.556	0.000	0.000*	0.000	8.866	0.000	0.000	0.000*
Weight/Serving:	312.86	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	100.003	0.000	0.000		
R-0271	Margarine, Cup PC	20.000	0.000	30.000	0.000	* 0.000	0.000	0.000	300.000	0.000*	0.000	0.000	2.500	0.500	0.000
Weight/Serving:	5.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	0.000	112.500	22.500		
R-0272	Mayonnaise, FF PC	10.000	0.000	95.000	0.000	* 1.000	0.000	0.000	0.000	0.000*	0.000	2.000	0.000	0.000	0.000
Weight/Serving:	12.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	80.000	0.000	0.000		
R-1431	MIDDLE - BBQ Beef Bake LD-97M	432.064	96.299	985.897	1.240	9.998*	2.887	194.407	242.996	0.432*	29.699	30.061	20.494	9.660	0.400*
Weight/Serving:	292.91	Fat Change %:			Moisture Change %:			% of Calories:		27.495	27.830	42.690	20.122		
R-0788	MIDDLE - Beef & Gravy, LD-74M	169.862	39.040	232.557	0.136	0.288	1.850	13.670	0.020*	0.030*	16.837	4.562	8.800	3.400	0.000

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		USDA													
		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	127.58	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		39.649	10.743	46.626	18.015		
R-0544	MIDDLE - Beef Teriyaki Dippers	162.000	40.500	445.500	1.013	4.050	1.458	20.250	0.000	0.000*	14.175	6.075	8.100	3.544	0.506
Weight/Serving:	79.38	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		35.000	15.000	45.000	19.689		
R-0692	MIDDLE - Beef-a-Roni LD-72M	359.759	78.206	783.345	2.433	4.438*	3.141	151.857	683.081	3.052*	26.419	25.882	15.744	7.482	0.340*
Weight/Serving:	419.45	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		29.374	28.777	39.386	18.718		
R-1236	MIDDLE - Breadstick, Cheese	240.000	10.000	360.000	3.000	3.000	1.800	250.000	200.000	0.000	12.000	30.000	8.000	4.000	0.000
Weight/Serving:	59.50	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		20.000	50.000	30.000	15.000		
R-1255	MIDDLE - Buffalo Chick Mac & Cheese LD-95M	317.797	66.431	803.177	1.309	4.763	1.555	270.943	561.277	0.680*	22.971	25.836	14.060	7.457	0.000
Weight/Serving:	400.17	Fat Change %:			Moisture Change %:			% of Calories:		28.913	32.519	39.818	21.118		
R-0754	MIDDLE - Chicken & Gravy, LD-73M	135.717	57.769	257.752	0.160	0.420	1.070	9.628	40.652*	1.070*	18.260	7.805	3.435	1.070	0.000
Weight/Serving:	171.17	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		53.818	23.004	22.779	7.096		
R-1478	MIDDLE - Chicken 'n Waffles LD-101M	600.000	85.000	850.000	5.000	13.000	3.600	60.000	0.000	0.000*	22.000	63.000	29.000	5.500	0.000
Weight/Serving:	208.80	Fat Change %:			Moisture Change %:			% of Calories:		14.667	42.000	43.500	8.250		
R-1147	MIDDLE - Chicken ,Oriental LD-82M	307.384	93.462	405.000	0.000	26.169	1.122	0.000	0.000	0.000*	18.692	34.062	10.385	2.077	0.000
Weight/Serving:	191.91	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		24.324	44.325	30.407	6.081		
R-0630	MIDDLE - Chicken and Noodles LD-17M	253.291	42.879	188.391	1.732	5.941*	1.561	122.113	303.316	0.466*	20.423	23.436	12.553	9.704	0.000*
Weight/Serving:	251.69	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		32.252	37.010	44.604	34.480		
R-1115	MIDDLE - Chicken Bog LD-80M	493.647	97.269	725.538	0.275	0.197*	2.781	35.228	3711.634	1.829*	29.039	43.683	22.823	7.855	0.000*
Weight/Serving:	368.90	Fat Change %:			Moisture Change %:			% of Calories:		23.530	35.396	41.610	14.321		
R-0796	MIDDLE - Chicken Parmesan LD-75M	445.684	67.594	1150.123	9.206	10.453	3.758	119.977	604.114	0.000*	31.315	58.161	12.006	2.772	0.000

		USDA													
		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	320.89	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		28.105	52.199	24.245	5.598		
R-0700	MIDDLE - Chicken Tenders	660.000	195.000	1380.000	6.000	0.000	5.400	60.000	90.000	0.000*	66.000	42.000	21.000	4.500	0.000
Weight/Serving:	384.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		40.000	25.455	28.636	6.136		
R-1385	MIDDLE - Chicken Wings, Lemon Pepper LD-93M	250.000	143.750	1627.500	0.000	0.000	0.900	0.000	0.000*	0.000*	25.000	0.000	16.250	5.000	0.000
Weight/Serving:	121.75	Fat Change %:			Moisture Change %:			% of Calories:		40.000	0.000	58.500	18.000		
R-1294	MIDDLE - Chicken Wings, Oven Roasted	200.000	115.000	630.000	0.000	0.000	0.720		*	*	20.000	0.000	13.000	4.000	0.000
Weight/Serving:	95.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		40.000	0.000	58.500	18.000		
R-1384	MIDDLE - Chicken Wings, Teriyaki LD-92M	294.657	143.750	1710.403	0.000	8.931	0.900	0.000	*	*	25.992	9.924	16.250	5.000	0.000
Weight/Serving:	154.19	Fat Change %:			Moisture Change %:			% of Calories:		35.284	13.472	49.634	15.272		
R-1396	MIDDLE - Chicken Wings, Thai Chile LD-94M	355.000	143.750	1147.500	1.500	22.500	0.900	0.000	450.000*	0.000*	25.000	22.500	17.750	5.750	0.000*
Weight/Serving:	166.75	Fat Change %:			Moisture Change %:			% of Calories:		28.169	25.352	45.000	14.577		
R-1373	MIDDLE - Chicken Wings, BBQ LD-91M	326.545	143.750	1331.820	0.000	15.309	0.900	0.000	0.000*	*	25.000	18.711	16.250	5.000	0.000
Weight/Serving:	169.78	Fat Change %:			Moisture Change %:			% of Calories:		30.624	22.920	44.787	13.781		
R-1502	MIDDLE - Chicken, 8-Cut Breaded	210.000	50.000	420.000	0.000	0.000	1.080	10.000	*	*	14.000	4.000	15.000	3.500	0.000
Weight/Serving:	85.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		26.667	7.619	64.286	15.000		
R-1086	MIDDLE - Chicken, Alfredo LD-78M	249.183	47.252	281.180	4.845	1.836	1.440	70.668	23.556*	0.000*	18.012	33.961	6.650	3.160	0.000
Weight/Serving:	127.10	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		28.914	54.516	24.018	11.413		
R-1510	MIDDLE - Chicken, Alfredo Ravioli LD-27M	273.852	92.342	861.663	1.047	3.098	1.547	255.084	283.728*	0.778*	25.902	19.564	10.532	5.252	0.000
Weight/Serving:	172.05	Fat Change %:			Moisture Change %:			% of Calories:		37.834	28.576	34.613	17.260		
R-0628	MIDDLE - Chicken, Baked LD-61M	110.839	85.000	288.024	0.074	0.000	0.401	0.751	0.000	0.060*	16.029	0.195	6.006	1.502	0.000*

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		USDA													
		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	84.85	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	57.846	0.704	48.768	12.196					
R-0645	MIDDLE - Chicken, Chinese	150.000	40.000	280.000	0.000	10.000	0.720	10.000	6.000	1.200*	11.000	19.000	3.000	0.500	0.000
Weight/Serving:	100.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	29.333	50.667	18.000	3.000					
R-1292	MIDDLE - Chicken, Chinese BBQ Teriyaki	115.000	70.000	330.000	0.000	6.000	0.720	0.000	0.000	*	15.000	6.000	3.500	1.000	0.000
Weight/Serving:	56.70	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	52.174	20.870	27.391	7.826					
R-1289	MIDDLE - Chicken, Chinese General Tso's	170.000	40.000	361.000	0.000	13.000	0.720	0.000	0.000	1.200*	11.000	23.000	3.000	0.500	0.000
Weight/Serving:	70.88	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	25.882	54.118	15.882	2.647					
R-1286	MIDDLE - Chicken, Chinese Sweet & Sour	140.000	40.000	200.000	0.000	9.000	0.720	0.000	0.000	3.600*	11.000	18.000	3.000	0.500	0.000
Weight/Serving:	70.88	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	31.429	51.429	19.286	3.214					
R-0543	MIDDLE - Chicken, Easy BBQ LD-64a	142.333	85.000	294.921	0.000	6.467	0.360	0.000	0.000	0.000*	16.000	7.904	6.000	1.500	0.000
Weight/Serving:	105.56	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	44.965	22.213	37.939	9.485					
R-1187	MIDDLE - Chicken, Oven Fried LD-90M	215.000	41.000	382.000	1.000	0.000		12.000	78.000	1.000*	12.000	11.000	13.000	3.000	0.000
Weight/Serving:	194.40	Fat Change %:		Moisture Change %:		% of Calories:	22.326	20.465	54.419	12.558					
R-1450	MIDDLE - Chicken, Popcorn	190.000	60.000	470.000	1.000	0.000	1.080	20.000	*	0.000*	20.000	13.000	7.000	1.000	0.000
Weight/Serving:	113.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	42.105	27.368	33.158	4.737					
R-1498	MIDDLE - Chicken, Wing Rotisserie	190.000	85.000	370.000	0.000	0.000	0.000	10.000	*	*	14.000	1.000	14.000	3.500	0.000
Weight/Serving:	85.05	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	29.474	2.105	66.316	16.579					
R-1207	MIDDLE - Chili w/Beans LD-93M	199.348	50.399	265.677	2.800	2.888*	2.638	44.255	516.094	6.425*	18.084	10.667	8.566	3.367	0.280*
Weight/Serving:	196.61	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	36.286	21.404	38.673	15.201					
R-0592	MIDDLE - Corndog	240.000	40.000	390.000	5.000	5.000	1.800	80.000	*	*	9.000	30.000	8.000	2.500	0.000

		USDA													
		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	113.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	15.000	50.000	30.000	9.375					
R-1321	MIDDLE - Corndog Nuggets	225.000	37.500	400.000	3.750	5.000	1.800	125.000	0.000	*	8.750	25.000	10.000	3.125	0.000
Weight/Serving:	95.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	15.556	44.444	40.000	12.500					
R-0652	MIDDLE - Dressing, Turkey WG LD-38M	158.642	0.958	129.237	1.640	0.520*	0.714	5.867	405.227	0.483*	2.959	24.172	8.249	3.116	0.000*
Weight/Serving:	85.06	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	7.461	60.947	46.798	17.678					
R-1516	MIDDLE - Eggs, Scrambled LD-29M	91.123	192.372	263.246	0.000	0.000	0.000	40.499	*	*	6.075	2.025	6.075	2.025	0.000
Weight/Serving:	56.70	Fat Change %:		Moisture Change %:		% of Calories:	26.667	8.889	60.001	20.000					
R-0719	MIDDLE - Fish Nuggets	230.000	50.000	290.000	2.000	1.000	1.440	20.000	0.000	*	15.000	23.000	8.000	1.500	0.000
Weight/Serving:	112.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	26.087	40.000	31.304	5.870					
R-0728	MIDDLE - Ham Quiche with Crust LD-32aM	264.584	225.986	787.225	0.889	10.007*	0.894	386.344	785.774	1.347*	22.349	17.744	11.878	5.908	0.010*
Weight/Serving:	137.99	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	33.787	26.826	40.404	20.096					
R-1484	MIDDLE - Lasagna LD-25M	300.084	50.129	353.541	4.081	5.419*	1.847	252.411	1001.515	3.860*	19.728	25.390	13.744	7.291	0.130*
Weight/Serving:	210.10	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	26.297	33.844	41.220	21.867					
R-1428	MIDDLE - Meatloaf, Homemade LD-96M	245.602	85.109	622.192	0.342	8.893*	1.986	47.627	58.090*	0.432*	19.411	17.193	10.331	4.117	0.300*
Weight/Serving:	133.58	Fat Change %:		Moisture Change %:		% of Calories:	31.614	28.001	37.858	15.087					
R-0330	MIDDLE - Nachos w/Chili & Cheese LD-28M	387.841	69.215	277.316	2.155	3.717*	2.710	34.818	79.376*	0.000*	25.507	26.392	19.217	6.545	0.350*
Weight/Serving:	156.96	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	26.307	27.219	44.594	15.188					
R-1093	MIDDLE - Pizza, Buffalo Chicken	320.000	40.000	570.000	2.000	4.000	1.980	10.000	400.000	*	19.000	25.000	16.000	8.000	0.000
Weight/Serving:	148.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	23.750	31.250	45.000	22.500					
R-1298	MIDDLE - Pizza, Pepperoni Stuff Crust	320.000	35.000	760.000	4.000	5.000	2.700	250.000	500.000	*	17.000	36.000	12.000	6.000	0.000

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		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	140.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	21.250	45.000	33.750	16.875					
R-0207	MIDDLE - Pizza, Pepperoni Wedge WG	300.000	15.000	640.000	4.000	13.000	2.700	200.000	400.000	0.000*	15.000	36.000	11.000	4.500	0.000
Weight/Serving:	127.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	20.000	48.000	33.000	13.500					
R-1302	MIDDLE - Pizza, Personal Pan Cheese	320.000	30.000	380.000	3.000	7.000	3.000	432.000	0.000	12.000*	22.000	31.000	12.000	6.000	0.000
Weight/Serving:	153.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	27.500	38.750	33.750	16.875					
R-1304	MIDDLE - Pizza, Personal Pan Pepperoni	310.000	35.000	570.000	3.000	7.000	15.000	35.000	500.000	12.000*	23.000	31.000	11.000	5.000	0.000
Weight/Serving:	153.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	29.677	40.000	31.935	14.516					
R-1305	MIDDLE - Pizza, Personal Pan Supreme	380.000	45.000	660.000	4.000	7.000	3.000	290.000	400.000	18.000*	22.000	31.000	18.000	7.000	0.000
Weight/Serving:	180.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	23.158	32.632	42.632	16.579					
R-1222	MIDDLE - Pizza, Ranchero Beef	320.000	35.000	540.000	4.000	7.000	3.600	250.000	500.000	9.000	20.000	30.000	14.000	7.000	0.000
Weight/Serving:	147.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	25.000	37.500	39.375	19.688					
R-1310	MIDDLE - Pizza, Whole Buffalo Chicken	448.000	38.000	838.000	5.000	4.000	4.140	240.000	400.000	*	21.000	46.000	21.000	11.000	0.000
Weight/Serving:	148.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	18.750	41.071	42.188	22.098					
R-1314	MIDDLE - Pizza, Whole Four Meat	532.000	55.000	1138.000	6.000	5.000	3.060	310.000	400.000	*	25.000	48.000	26.000	13.000	0.000
Weight/Serving:	150.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	18.797	36.090	43.985	21.992					
R-1308	MIDDLE - Pizza, Whole Pepperoni	196.000	40.000	* 5.000	5.000	25.000	35.000	400.000	9.000	25.000	51.000	16.000	7.000	0.000	
Weight/Serving:	196.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	51.020	104.082	73.469	32.143					
R-1312	MIDDLE - Pizza, Whole Pepperoni Four Cheese	360.000	45.000	580.000*	3.000	9.000	1.800	300.000	500.000	0.000	21.000	33.000	17.000	7.000	0.000
Weight/Serving:	147.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	23.333	36.667	42.500	17.500					
R-1120	MIDDLE - Pork & Rice LD-81M	358.735	76.920	471.218*	0.275	0.197*	1.600	7.931	0.142*	0.648	21.012	40.002	9.373	3.044	1.519*

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		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	311.02	Fat Change %:		Moisture Change %:		% of Calories:		23.429	44.603	23.515	7.637				
R-1513	MIDDLE - Potsticker, Sweet & Sour LD-28M	611.996	31.499	1226.990*	1.575	67.575	2.835	31.499	*		17.325	117.074	7.087	0.000	0.000
Weight/Serving:	321.75	Fat Change %:		Moisture Change %:		% of Calories:		11.324	76.519	10.422	0.000				
R-0570	MIDDLE - Quiche with Crust LD-32M	255.141	214.684	453.241*	0.889	8.727*	0.894	438.730	864.747	1.347	18.169	16.087	13.287	7.168	0.000*
Weight/Serving:	108.64	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		28.485	25.221	46.869	25.285		
R-1247	MIDDLE - Rib, BBQ Spare	551.124	153.090	1061.424*	0.000	*	3.797	123.901	365.783	5.225	40.824	20.412	32.659	12.247	0.000
Weight/Serving:	204.12	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		29.630	14.815	53.333	20.000		
R-1200	MIDDLE - Roll, Yeast WG	80.014	0.000	135.024	1.000	3.001	0.720	20.004	0.000	3.601	3.001	15.003	1.000	0.000	0.000
Weight/Serving:	31.19	Fat Change %:		Moisture Change %:		% of Calories:		15.002	75.002	11.248	0.000				
R-0545	MIDDLE - Rolls, Wheat LB-62M	81.191	0.269	156.239	1.050	2.978*	0.304	20.935	26.869	0.064	2.469	9.263	3.067	0.414	0.000*
Weight/Serving:	42.25	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		12.164	45.636	33.998	4.589		
R-1387	MIDDLE - Salad Bar	548.908	94.397	1737.562	6.175	5.654*	5.289	393.525	895.717*	35.070*	28.511	53.580	22.456	8.063	0.000*
Weight/Serving:	535.33	Fat Change %:		Moisture Change %:		% of Calories:		20.777	39.045	36.819	13.220				
R-0750	MIDDLE - Salad, Chef LE-61M	433.862	144.040	1415.481	6.788	5.592*	3.665	211.135	3186.402	15.838*	23.128	48.993	15.451	4.870	0.000*
Weight/Serving:	345.64	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		21.323	45.169	32.051	10.102		
R-0338	MIDDLE - Salad, Chicken (Cnd/Frz) LE-05M	298.383	25.535	696.440	2.620	2.380*	1.622	6.164	53.462	0.652*	16.441	28.218	16.767	8.980	0.000*
Weight/Serving:	127.94	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		22.040	37.828	50.574	27.086		
R-0792	MIDDLE - Salad, Crispy Chicken LE-60M	446.185	60.000	1501.325	6.469	4.800*	3.917	97.280	7906.705	15.838*	26.743	56.525	12.451	1.054	0.000*
Weight/Serving:	342.09	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		23.975	50.674	25.115	2.126		
R-1122	MIDDLE - Salad, Grilled Chicken LE-80M	341.192	46.551	1209.434	5.469	4.800*	2.837	77.280	906.705*	15.838*	18.887	43.525	9.499	2.078	0.000*
Weight/Serving:	299.93	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		22.142	51.027	25.057	5.481		

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		USDA													
		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
R-0680	MIDDLE - Salad, Meat - Turkey LE-69M	296.987	54.531	727.949	2.620	2.380*	1.933	20.622	53.462	0.652*	19.438	28.218	10.667	0.954	0.000*
	Weight/Serving: 127.94	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		26.180	38.006	32.326	2.891		
R-1143	MIDDLE - Sandwich, Bacon Cheeseburger LF-87M	387.100	56.495	799.147	2.030	5.510	2.107	570.070	150.020	0.030*	29.562	31.100	17.137	5.650	0.000
	Weight/Serving: 155.21	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		30.547	32.136	39.843	13.136		
R-0688	MIDDLE - Sandwich, BBQ (Chicken) LF-80M	284.399	35.522	582.736	3.000	13.798*	2.280	205.953	21.750	0.000*	18.423	42.975	5.032	0.833	0.000*
	Weight/Serving: 129.35	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		25.911	60.443	15.924	2.636		
R-0370	MIDDLE - Sandwich, BBQ (Purchased) LF-73M	384.229	77.025	600.352	2.000	5.000*	1.541	505.192	47.413	0.582*	25.684	31.712	17.049	5.635	0.000
	Weight/Serving: 145.58	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		26.738	33.014	39.935	13.199		
R-0673	MIDDLE - Sandwich, BBQ (Unit Made) LF-77M	316.789	37.800	572.165	3.000	13.798	1.873	256.000	210.000	0.084*	17.640	42.975	8.986	2.566	0.000
	Weight/Serving: 129.35	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		22.274	54.263	25.529	7.290		
R-1091	MIDDLE - Sandwich, Bird Dog LF-85M	312.925	41.365	784.462	5.886	4.506	1.877	124.795	456.791	0.000*	20.280	35.708	9.631	2.436	0.000
	Weight/Serving: 151.95	Fat Change %:		Moisture Change %:			% of Calories:		25.923	45.644	27.700	7.006			
R-0595	MIDDLE - Sandwich, Cheeseburger LF-61M	347.280	46.540	540.000	3.030	4.510	3.650	288.670	150.020	0.030*	26.580	32.100	13.650	5.150	0.000
	Weight/Serving: 142.05	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		30.615	36.973	35.375	13.347		
R-0566	MIDDLE - Sandwich, Chicken Fillet LF-63M	390.000	70.000	640.000	4.000	6.000	3.600	240.000	100.000	0.000*	30.000	46.000	11.000	1.500	0.000
	Weight/Serving: 170.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		30.769	47.179	25.385	3.462		
R-1152	MIDDLE - Sandwich, Chicken Parmesan LF-90M	374.745	47.852	826.488	7.533	8.114	2.470	250.424	789.138	0.000*	24.737	38.512	13.273	5.111	0.000
	Weight/Serving: 217.90	Fat Change %:		Moisture Change %:			% of Calories:		26.404	41.107	31.877	12.275			
R-0698	MIDDLE - Sandwich, Chicken Salad Croissant LF-82M	346.954	30.535	542.154	2.263	5.380*	2.213	66.164	353.462	1.852*	19.084	30.647	21.231	12.480	0.000*

		USDA													
		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	156.94	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		22.002	35.333	55.073	32.373		
R-0567	MIDDLE - Sandwich, Deli (Cold) LF-69M	281.508	58.607	871.783	3.000	2.500	2.611	161.462	196.461	2.873*	19.651	27.929	11.434	3.608	0.000
Weight/Serving:	141.73	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		27.922	39.685	36.555	11.535		
R-0726	MIDDLE - Sandwich, Egg Salad Croissant LF-83M	282.972	217.479	472.115	2.959	3.000*	2.501	97.299	637.179	3.384*	11.707	31.571	13.125	5.076	0.000*
Weight/Serving:	157.68	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		16.549	44.628	41.744	16.144		
R-0599	MIDDLE - Sandwich, Fish LF-78M	350.000	50.000	430.000	4.000	5.000	2.880	220.000	0.000	0.000*	22.000	47.000	9.000	1.000	0.000
Weight/Serving:	158.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		25.143	53.714	23.143	2.571		
R-0622	MIDDLE - Sandwich, Grilled Cheese LF-07M	264.300	15.000	626.730	4.000	3.000	0.000	150.000	482.247	0.000*	15.000	32.000	11.673	4.593	0.000*
Weight/Serving:	87.74	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		22.701	48.430	39.749	15.640		
R-0551	MIDDLE - Sandwich, Grilled Chicken LF-62M	270.000	10.000	610.000	3.000	4.000	2.520	200.000	0.000	0.000*	20.000	31.000	8.000	0.000	0.000
Weight/Serving:	136.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		29.630	45.926	26.667	0.000		
R-0552	MIDDLE - Sandwich, Hamburger LF-60M	307.280	39.040	400.000	3.030	4.010	3.650	213.670	0.020	0.030*	23.080	31.100	10.650	3.400	0.000
Weight/Serving:	127.88	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		30.044	40.484	31.193	9.958		
R-0563	MIDDLE - Sandwich, Hot Dog LF-67M	250.000	35.000	755.000	5.000	5.000	1.080	80.000	0.000	0.000*	12.000	29.000	11.000	3.000	0.000
Weight/Serving:	113.69	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		19.200	46.400	39.600	10.800		
R-0565	MIDDLE - Sandwich, Meatball Sub LF-68M	285.802	32.000	757.204	5.240	5.960	3.258	65.601	144.000	1.200*	15.860	33.080	10.680	3.700	0.000*
Weight/Serving:	173.40	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		22.197	46.298	33.632	11.651		
R-1413	MIDDLE - Sandwich, Peanut Butter & Jelly, 5.3	600.000	0.000	540.000	7.000	29.000	2.700	60.000	*	*	18.000	64.000	34.000	6.000	0.000
Weight/Serving:	150.00	Fat Change %:			Moisture Change %:			% of Calories:		12.000	42.667	51.000	9.000		

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		USDA													
		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
R-0353	MIDDLE - Sandwich, Sloppy Joe LF-05M	378.040	62.099	400.159	4.037	10.867*	3.939	216.200	244.318	0.155*	26.856	40.047	12.353	4.141	0.345*
	Weight/Serving: 182.62	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		28.416	42.373	29.409	9.858		
R-0696	MIDDLE - Sandwich, Spicy Chicken LF-81M	350.000	55.000	650.000	4.000	6.000	2.057	481.400	50.000	0.000*	25.000	48.000	8.500	1.500	0.000
	Weight/Serving: 173.40	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		28.571	54.857	21.857	3.857		
R-0553	MIDDLE - Sandwich, Turkey-Cheese (Cold) LF-65M	224.989	29.995	539.964	3.000	2.500	1.620	115.001	150.000	1.200*	16.998	27.000	6.249	2.500	0.000
	Weight/Serving: 113.38	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		30.220	48.002	24.997	10.000		
R-1416	MIDDLE - Sausage, Smoked	235.000	39.000	468.000	0.000	0.000	0.000	20.000	1400.000	0.000	7.000	3.000	21.000	8.000	0.000
	Weight/Serving: 56.70	Fat Change %:		Moisture Change %:			% of Calories:				11.915	5.106	80.426	30.638	
R-0503	MIDDLE - Spaghetti, Baked LD-63M	398.555	91.254	408.903	3.934	3.476*	3.264	228.288	439.664	1.604	29.122	25.699	19.832	9.971	0.345*
	Weight/Serving: 418.11	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		29.228	25.792	44.784	22.516		
R-1150	MIDDLE - Taco, Chicken LF-89M	267.160	46.757	499.803	3.066	2.000	1.547*	40.000*	51.880*	0.000*	16.234	29.222	9.741	4.699	0.000
	Weight/Serving: 124.75	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		24.306	43.752	32.815	15.830		
R-0590	MIDDLE - Taco, Mexican Hard LD-13Ma	341.649	56.249	72.942	2.583	0.975*	2.079*	33.819	153.883	0.155*	19.803	24.076	17.391	4.751	0.312*
	Weight/Serving: 129.82	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		23.185	28.188	45.813	12.515		
R-1506	MIDDLE - Taco, Walking LD-26M	384.445	62.999	362.298	2.792	1.326*	2.729*	55.794	209.282*	0.212*	23.013	30.823	17.521	5.201	0.350*
	Weight/Serving: 151.50	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		23.944	32.070	41.017	12.176		
R-1424	MIDDLE - Tatchos LD-95M	300.651	68.199	364.576	2.112	0.000*	2.714*	66.568	105.376	0.000*	22.205	15.058	15.921	5.370	0.350*
	Weight/Serving: 189.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		29.543	20.034	47.660	16.075		
R-1518	MIDDLE - Tenders, Nashville Hot	368.606	88.465	914.143	2.949	2.949	1.592*	0.000	*	*	29.488	23.591	16.219	2.949	0.000
	Weight/Serving: 130.00	Fat Change %:		Moisture Change %:			% of Calories:				31.999	25.600	39.601	7.200	

		USDA													
		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
R-0654	MIDDLE - Turkey & Noodles LD-70M	234.538	58.282	483.012	1.732	5.941*	0.908*	122.113	303.316	0.466*	16.583	23.436	6.898	1.823	0.000*
	Weight/Serving: 250.52	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		28.282	39.970	26.470	6.995		
R-0633	MIDDLE - Turkey, Roast LD-67M	101.248	37.968	466.850	0.000	0.000*	0.081*	0.056	0.000	0.000*	12.656	0.000	4.151	1.367	0.000*
	Weight/Serving: 73.17	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		50.000	0.000	36.899	12.151		
R-0591	MIDDLE - Wrap, Chicken Fajita LF-72M	253.333	54.167	625.000	3.000	2.833	2.040	56.667	0.000	1.000	19.000	30.667	6.583	3.333	0.000
	Weight/Serving: 121.87	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		30.000	48.422	23.387	11.841		
R-0794	MIDDLE - Wrap, Chicken LF-70M	360.000	60.000	620.000	4.000	2.000	2.520	60.000	0.000	0.000	24.000	42.000	11.500	3.500	0.000
	Weight/Serving: 164.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		26.667	46.667	28.750	8.750		
R-1379	MIDDLE - Wrap, Chicken Ranch LF-88M	401.755	77.131	961.268	3.000	6.000	1.440	261.484	303.745*	0.000	23.272	36.012	17.678	10.608	0.000
	Weight/Serving: 193.50	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		23.170	35.855	39.602	23.764		
R-1141	MIDDLE - Wrap, Grilled Chicken LF-88M	255.382	46.757	328.896	3.000	2.000	1.440	40.000	0.000*	0.000	16.197	29.000	8.566	4.533	0.000
	Weight/Serving: 122.15	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		25.369	45.422	30.188	15.975		
R-1381	MIDDLE - Wrap, Spicy Chicken LF-92M	360.000	55.000	530.000	5.000	3.000	3.240	40.000	50.000	0.000	23.000	47.000	10.500	3.500	0.000
	Weight/Serving: 164.40	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		25.556	52.222	26.250	8.750		
R-0492	Milk, Choc. Skim	110.002	5.000	180.003	0.000	18.000	0.000	300.005	500.008	2.400	8.000	19.000	0.000	0.000	0.000
	Weight/Serving: 226.80	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		29.090	69.090	0.000	0.000		
R-0495	Milk, Strawberry	110.002	5.000	100.002	0.000	18.000	0.000	300.005	500.008	2.400	8.000	18.000	0.000	0.000	0.000
	Weight/Serving: 226.80	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		29.090	65.453	0.000	0.000		
R-0494	Milk, Van Red Sugar	110.002	5.000	100.002	0.000	18.000	0.000	300.005	500.008	2.400	8.000	19.000	0.000	0.000	0.000
	Weight/Serving: 226.80	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		29.090	69.090	0.000	0.000		
R-0491	Milk, White 1%	100.002	10.000	125.002	0.000	12.000	0.000	300.005	500.008	2.400	8.000	12.000	2.500	1.500	0.000

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		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	226.80	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	31.999	47.999	22.500	13.500					
R-0459	Misc - Tea, Adult LG-61A	140.555	0.000	10.736	0.000	37.471*	0.000	10.648	0.000	0.000	0.000	0.018	0.000	0.000	0.000*
Weight/Serving:	396.38	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	0.000	0.051	0.000	0.000	0.000	0.000	0.000	0.000	0.000
R-0768	Misc - Tea, Student LG-61S	44.152	0.000	8.989	0.000	11.765*	0.000	8.915	0.000	0.000	0.000	0.015	0.000	0.000	0.000*
Weight/Serving:	321.15	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	0.000	0.136	0.000	0.000	0.000	0.000	0.000	0.000	0.000
R-0276	Mustard, PC	5.000	0.000	85.000	0.000	0.000	0.000	0.000	0.000	0.000	1.000	1.000	0.000	0.000	0.000
Weight/Serving:	5.50	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	80.000	80.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
R-1464	No Nut Butter Cup	180.000	0.000	100.000	0.000	8.000	1.080	0.000	*	0.000	0.000	13.000	12.000	2.000	0.000
Weight/Serving:	30.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	0.000	28.889	60.000	10.000	0.000	0.000	0.000	0.000	0.000
R-1520	Okra, Breaded	180.000	0.000	220.000	4.000	2.000	1.080	40.000	0.000	1.200	3.000	24.000	7.000	1.000	0.000
Weight/Serving:	91.00	Fat Change %:		Moisture Change %:		% of Calories:	6.667	53.333	35.000	5.000	0.000	0.000	0.000	0.000	0.000
R-1197	Pickle, Dill Chips	0.000	0.000	144.002	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Weight/Serving:	11.34	Fat Change %:		Moisture Change %:		% of Calories:	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
R-0281	Potato, 1/2 Crinkle	90.000	0.000	20.000	2.000	0.000	0.180	0.000	0.000	3.600	1.000	13.000	2.000	0.000	0.000
Weight/Serving:	84.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	4.444	57.778	20.000	0.000	0.000	0.000	0.000	0.000	0.000
R-0433	Potato, Baked	164.010	0.000	12.780	4.686	*	1.661	25.560	4.260	41.961	4.303	37.211	0.192	0.055	*
Weight/Serving:	213.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	10.494	90.753	1.054	0.302	0.000	0.000	0.000	0.000	0.000
R-1323	Potato, Emoticon	140.000	0.000	95.000	2.000	0.000	0.720	0.000	0.000	0.000	2.000	23.000	5.000	1.000	0.000
Weight/Serving:	85.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	5.714	65.714	32.143	6.429	0.000	0.000	0.000	0.000	0.000
R-1252	Potato, Hash Brown Starz	150.371	0.000	280.693	2.005	0.000	1.083	0.000	*	0.000	2.005	17.042	8.020	1.002	0.000
Weight/Serving:	71.18	Fat Change %:		Moisture Change %:		% of Calories:	5.333	45.333	48.001	5.997	0.000	0.000	0.000	0.000	0.000
R-1253	Potato, Roasted Seasoned	101.149	0.000	116.322	2.023	0.000	0.728	0.000	0.000	4.855	3.034	19.218	2.023	0.000	0.000
Weight/Serving:	88.00	Fat Change %:		Moisture Change %:		% of Calories:	11.998	75.999	18.000	0.000	0.000	0.000	0.000	0.000	0.000
R-0282	Potato, Rounds	90.000	0.000	170.000	2.000	0.000	0.360	0.000	0.000	0.000	1.000	14.000	3.500	0.000	0.000

Darlington County Schools
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		USDA													
		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	71.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	4.444	62.222	35.000	0.000					
R-1324	Potato, Season Spiral	140.000	0.000	220.000	2.000	0.000	0.000	0.000	0.000	0.000	2.000	24.000	4.000	0.500	0.000
Weight/Serving:	85.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	5.714	68.571	25.714	3.214					
R-0620	Potato, Season Stix	120.000	0.000	135.000	2.000	0.000	0.360	0.000	0.000	2.400	1.000	20.000	4.000	0.500	0.000
Weight/Serving:	68.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	3.333	66.667	30.000	3.750					
R-1326	Potato, Sweet Waffle Cut	180.000	0.000	230.000	2.000	7.000	0.360	20.000	0.000	0.000	1.000	24.000	9.000	1.500	0.000
Weight/Serving:	85.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	2.222	53.333	45.000	7.500					
R-1325	Potato, Waffle Cut	160.000	0.000	320.000	1.000	0.000	0.360	0.000	0.000	0.000	2.000	19.000	10.000	1.500	0.000
Weight/Serving:	85.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	5.000	47.500	56.250	8.438					
R-1490	Power Pack - Friday	679.689	35.000*	1113.451	10.289	53.000*	1.729*	456.287*	537.596*	2.948*	18.726	111.344	18.647	8.026	0.000*
Weight/Serving:	414.00	Fat Change %:		Moisture Change %:		% of Calories:	11.020	65.526	24.691	10.628					
R-1388	Power Pack - Monday	569.689	24.000*	678.451	9.289	44.000*	3.529*	636.287*	537.596*	2.948*	15.726	99.344	13.147	5.026	0.000*
Weight/Serving:	361.04	Fat Change %:		Moisture Change %:		% of Calories:	11.042	69.753	20.770	7.940					
R-1488	Power Pack - PB&J (Elem & Middle)	589.689	0.000*	648.451	11.289	40.000*	2.809*	56.287*	537.596*	2.948*	11.726	89.344	21.647	4.026	0.000*
Weight/Serving:	259.09	Fat Change %:		Moisture Change %:		% of Calories:	7.954	60.604	33.038	6.145					
R-1389	Power Pack - PB&J (High)	889.689	0.000*	908.451	14.289	55.000*	4.069*	96.287*	537.596*	2.948*	20.726	121.344	38.647	7.026	0.000*
Weight/Serving:	333.09	Fat Change %:		Moisture Change %:		% of Calories:	9.318	54.556	39.095	7.107					
R-1489	Power Pack - Wednesday	649.689	15.000*	753.451	8.289	41.000*	3.529*	306.287*	437.596*	2.948*	11.726	89.344	25.647	7.026	0.000*
Weight/Serving:	265.99	Fat Change %:		Moisture Change %:		% of Calories:	7.219	55.007	35.528	9.733					
R-1249	Pudding, Banana LC-71	304.762	0.000	293.238	2.454	23.608*	0.327	76.488	60.416*	8.213*	2.606	58.946	7.076	1.578	0.000*
Weight/Serving:	236.72	Fat Change %:		Moisture Change %:		% of Calories:	3.420	77.367	20.896	4.660					
R-0314	Recipe - Applesauce, Rosey LC-61	56.122	0.000	9.343	1.697	11.404	0.000	0.000	0.000	2.037*	0.060	13.950	0.000	0.000	0.000*

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		USDA													
		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	118.76	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	0.428	99.426	0.000	0.000					
R-0746	Recipe - Banana-Berry LC-66	170.854	0.000	1.573	3.879	17.034*	0.615	5.216	66.769	32.255*	1.137	43.567	0.344	0.115	0.000*
Weight/Serving:	191.54	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	2.662	101.998	1.812	0.606					
R-0372	Recipe - Beans, Baked LI-06	140.000	0.000	400.000	6.000	8.000	1.800	80.000	0.000	0.000	7.000	29.000	0.500	0.000	0.000
Weight/Serving:	130.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	20.000	82.857	3.214	0.000					
R-0375	Recipe - Beans, Butter LI-61	148.431	0.000	127.609	5.993	2.387*	1.733	48.281	126.358	10.763	7.172	23.938	1.855	0.759	0.000*
Weight/Serving:	102.74	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	19.327	64.509	11.248	4.602					
R-0374	Recipe - Beans, Green LI-60	20.591	0.150	514.054	1.992	0.030*	0.936	44.170	249.996	0.996	0.996	4.056	0.030	0.000	0.000*
Weight/Serving:	126.28	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	19.348	78.792	1.311	0.000					
R-0454	Recipe - Beans, Pinto LI-78	100.000	0.000	140.000	9.000	0.000	1.980	60.000	0.000	0.000	5.000	17.000	0.500	0.000	0.000
Weight/Serving:	130.35	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	20.000	68.000	4.500	0.000					
R-0593	Recipe - Beans, Refried LI-87	144.978	0.000	647.111	7.235	1.198	2.156	23.958	0.000	0.000	7.235	23.704	2.396	0.000	0.000
Weight/Serving:	137.02	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	19.962	65.400	14.874	0.000					
R-0377	Recipe - Broccoli and Cheese LI-62	83.439	6.216	88.676	2.462	4.517	0.432	24.002	0.000*		6.259	9.915	2.859	1.333	0.000
Weight/Serving:	119.02	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	30.005	47.532	30.838	14.378					
R-0378	Recipe - Cabbage, Steamed LI-63	18.424	0.000	51.941	1.839	0.000*	0.355	30.985	71.123	26.582	0.939	4.274	0.075	0.026	0.000*
Weight/Serving:	129.60	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	20.386	92.792	3.664	1.270					
R-0389	Recipe - Carrots, Glazed LI-73	77.839	0.000	116.952	5.329	9.245	0.656	72.880	5450.913	0.000	1.779	14.589	1.782	0.729	0.000
Weight/Serving:	86.45	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	9.142	74.970	20.604	8.429					
R-0741	Recipe - Cauliflower, Steamed LI-83	27.727	0.000	31.074	1.822	0.000*	0.322	16.029	9.435	33.680	1.441	3.881	1.178	0.169	0.000*
Weight/Serving:	73.83	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	20.788	55.989	38.237	5.486					
R-0534	Recipe - Collards, Confetti LI-80	82.258	1.536	60.471	2.781	0.807*	0.236	91.609	1491.074	50.026	1.793	6.759	5.359	0.719	0.000*

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		USDA													
		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	252.59	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	8.719	32.867	58.634	7.867					
R-1105	Recipe - Corn on Cob LI-91	196.200	0.000	17.820	4.000	6.000	0.000	0.000	121.498*	0.000	4.000	38.000	3.782	0.729	0.000*
Weight/Serving:	172.27	Fat Change %:		Moisture Change %:		% of Calories:	8.155	77.472	17.349	3.344					
R-0380	Recipe - Corn, Frozen LI-65	112.511	0.000	82.354	1.839	2.722*	0.341	7.070	424.433	6.007	2.732	19.116	4.473	1.459	0.000*
Weight/Serving:	322.77	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	9.713	67.961	35.781	11.671					
R-0757	Recipe - Corn, Mexicali LI-85	81.328	0.000	26.196	1.672	2.041*	0.349	2.337	442.974	14.433	2.208	15.483	2.499	0.736	0.000*
Weight/Serving:	86.75	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	10.860	76.151	27.655	8.145					
R-0315	Recipe - Cup, Fruit LC-62	96.089	0.000	7.745	2.202	11.115*	0.121	3.175	178.566	5.059	0.455	23.251	0.159	0.047	0.000*
Weight/Serving:	153.65	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	1.894	96.789	1.489	0.440					
R-0316	Recipe - Jell-O with Fruit LC-63	161.058	0.000	106.762	1.431	36.865*	0.000	1.137	286.190	1.717	1.074	38.296	0.000	0.000	0.000*
Weight/Serving:	238.60	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	2.667	95.111	0.000	0.000					
R-0507	Recipe - Jell-O with Pears LC-63a	233.987	0.000	190.220	1.045	58.467*	0.376	3.410	0.000	0.000	2.149	58.467	0.000	0.000	0.000*
Weight/Serving:	290.31	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	3.674	99.949	0.000	0.000					
R-1095	Recipe - Mandarin Fruit Cup LC-67	74.581	0.000	11.105	0.845	16.026	0.095	5.300	275.104	5.785	0.265	17.137	0.000	0.000	0.000
Weight/Serving:	136.58	Fat Change %:		Moisture Change %:		% of Calories:	1.421	91.911	0.000	0.000					
R-1096	Recipe - Pear Salad LC-68	114.860	10.984	85.503	1.664	15.419	0.292	55.571	75.936	0.730	1.727	19.204	3.665	1.521	0.000
Weight/Serving:	122.92	Fat Change %:		Moisture Change %:		% of Calories:	6.014	66.878	28.718	11.918					
R-0406	Recipe - Peas, Black-Eyed LI-79	162.430	0.000	763.420	6.497	0.000	2.339	32.486	162.430	0.000*	8.121	30.862	0.000	0.000	0.000
Weight/Serving:	163.09	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	19.999	76.001	0.000	0.000					
R-0382	Recipe - Peas, Green Sweet Garden LI-67	70.000	0.000	140.000	3.000	6.000	1.440	30.000	*	*	4.000	12.000	0.500	0.000	0.000
Weight/Serving:	125.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	22.857	68.571	6.429	0.000					

		USDA													
		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
R-0745	Recipe - Pineapple & Bananas LC-65	99.347	0.000	0.272	1.781	16.098*	0.457	1.361	17.418	12.027	0.297	25.534	0.090	0.030	0.000*
	Weight/Serving: 177.47	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		1.196	102.807	0.815	0.272		
R-0474	Recipe - Potato, Sweet Cut LI-13	189.121	0.000	25.543	4.636	31.370*	0.065	30.249	1895.056	0.007*	0.017	45.171	1.784	0.730	0.000*
	Weight/Serving: 199.87	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.036	95.539	8.490	3.474		
R-1198	Recipe - Potato, Sweet Patty LI-92	237.252	0.000	260.071	2.204	19.871	0.257	30.232	1735.678	4.886*	1.103	34.712	10.720	4.382	0.000*
	Weight/Serving: 111.15	Fat Change %:		Moisture Change %:			% of Calories:			1.860	58.523	40.666	16.623		
R-0387	Recipe - Potato, Sweet Potato Souffle LI-71	240.047	2.157	94.161	3.880	39.052*	0.055	155.108	1436.757	0.525*	3.466	42.576	3.566	1.459	0.000*
	Weight/Serving: 199.91	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		5.776	70.946	13.370	5.470		
R-0812	Recipe - Potato, Sweet, Whole LI-89	131.800	0.000	101.500	3.900	0.000*	0.793	39.000	1743.100	3.120*	2.041	26.156	2.565	0.523	0.000*
	Weight/Serving: 135.27	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		6.194	79.381	17.515	3.571		
R-0432	Recipe - Potatoes, Mashed LI-05	87.478	0.000	428.667	1.250	0.000*	0.450	16.271	0.000	0.000*	2.499	17.496	1.250	0.000	0.000*
	Weight/Serving: 150.61	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		11.427	80.002	12.860	0.000		
R-0383	Recipe - Potatoes, Parsley LI-68	91.416	0.000	437.515	1.885	1.338	0.970	52.311	242.996	10.182*	1.611	13.266	3.712	1.485	0.000*
	Weight/Serving: 138.89	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		7.049	58.047	36.545	14.620		
R-0339	Recipe - Slaw, Cabbage LI-06	68.834	11.392	212.654	1.864	1.000*	0.334	29.007	1209.368	24.888*	0.919	5.671	4.640	0.026	0.000*
	Weight/Serving: 92.26	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		5.340	32.955	60.668	0.340		
R-0371	Recipe - Soup, Vegetable Beef LH-60	170.348	35.999	553.227	1.616	6.971*	2.157	72.659	679.519	6.138*	13.218	14.416	6.115	2.402	0.200*
	Weight/Serving: 320.80	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		31.038	33.851	32.307	12.690		
R-0811	Recipe - Squash, Butternut, Roasted LI-88	44.211	0.000	18.529	1.147	0.000*	0.444	21.272	1033.435	9.307*	0.725	6.552	2.071	0.302	0.000*
	Weight/Serving: 77.69	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		6.559	59.279	42.159	6.148		

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		USDA													
		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
R-0317	Recipe - Strawberry-Banana Cup LC-64	155.612	0.000	0.544	2.251	17.349*	0.443	2.722	34.836	24.795	0.593	31.871	3.739	3.619	0.000*
	Weight/Serving: 132.17	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		1.524	81.924	21.625	20.931		
R-0318	Recipe - Strawberry-Peach Cup LC-64a	157.582	0.000	7.202	1.556	28.872	0.301	0.000	216.058	20.923	0.000	31.682	3.559	3.559	0.000
	Weight/Serving: 167.04	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	80.420	20.327	20.327		
R-0453	Recipe - Succotash LI-77	107.008	0.000	102.880	4.294	4.269*	0.782	7.070	0.000	6.424	4.279	21.411	0.536	0.001	0.000*
	Weight/Serving: 318.14	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		15.995	80.035	4.508	0.008		
R-0684	Recipe - Tomatoes, Stewed LI-82	32.961	0.000	297.047	1.075	3.226	0.774	86.034	852.131	9.679	1.075	5.377	0.668	0.273	0.000
	Weight/Serving: 130.98	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		13.046	65.253	18.240	7.454		
R-0561	Recipe - Turnip Greens LI-81	24.849	0.599	29.018	2.551	0.120*	1.541	120.429	311.284	27.352	2.521	3.986	0.436	0.075	0.000*
	Weight/Serving: 102.78	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		40.581	64.164	15.791	2.716		
R-0385	Recipe - Vegetable Oriental LI-86	12.000	0.000	41.168	0.800	0.800	0.144	12.000	119.998		0.400	2.400	0.000	0.000	0.000
	Weight/Serving: 90.81	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		13.333	80.000	0.000	0.000		
R-0386	Recipe - Vegetables, Mixed LI-70	78.964	0.000	49.553	1.552	3.104*	0.279	17.795	1019.082	3.725	1.552	7.761	3.564	1.458	0.000*
	Weight/Serving: 198.25	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		7.862	39.314	40.621	16.618		
R-1420	Recipe- Fried Rice LI-93	128.231	19.958	321.982	0.851	1.041*	0.991	17.017	262.648*	2.179	3.504	24.829	2.203	0.339	0.000*
	Weight/Serving: 137.76	Fat Change %:		Moisture Change %:		% of Calories:		10.930		77.451	15.462	2.379			
R-1425	Recipe-Cobbler, Blueberry w/poured crust	170.696	1.042	89.508	2.344	21.837*	0.448	30.399	213.787	1.894*	1.616	15.075	3.242	1.198	0.000*
	Weight/Serving: 123.77	Fat Change %:		Moisture Change %:		% of Calories:		3.787		35.326	17.094	6.316			
R-1113	Rice Pilaf WG LB-64	170.515	1.742	294.916	0.131	0.348*	1.063	4.361	276.287	0.572*	2.994	28.328	5.497	1.660	0.000*
	Weight/Serving: 142.84	Fat Change %:		Moisture Change %:		% of Calories:		7.023		66.453	29.014	8.762			
R-0438	Rice, Brown WG LB-61	101.998	0.000	76.042	0.000	0.000*	0.864	1.705	0.000	0.000*	2.400	22.200	0.900	0.000	0.000*

		USDA													
		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	91.04	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		9.412	87.061	7.941	0.000		
R-1371	Rice, Vegetable Fried WG	135.000	0.000	220.000	2.000	1.500	0.360	0.000	*	*	3.000	27.000	1.250	0.000	0.000
Weight/Serving:	83.50	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		8.889	80.000	8.333	0.000		
R-0345	Salad, Carrot-Raisin LE-62	171.484	16.274	267.936	2.461	16.667*	0.156*	17.214*	3769.143	3.078*	1.485	29.291	6.802	0.021	0.000
Weight/Serving:	103.49	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		3.464	68.324	35.699	0.110		
R-0346	Salad, Garden Side LE-63	29.659	0.000	84.945	0.574	1.000*	0.174*	8.570*	1203.315	4.516*	0.421	6.198	0.090	0.018	0.000*
Weight/Serving:	63.88	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		5.678	83.590	2.731	0.546		
R-0347	Salad, Lettuce, Tomato & Cheese LE-64	70.338	15.187	102.196	1.061	0.000*	0.283*	112.127*	783.567	8.090*	3.822	3.672	4.713	3.060	0.000*
Weight/Serving:	102.63	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		21.735	20.882	60.305	39.154		
R-0539	Salad, Marinated Black Bean - LE-21	195.321	0.000	480.768	6.224	3.741*	2.164*	49.026*	675.248	30.970*	7.575	36.362	3.204	0.294	0.000*
Weight/Serving:	240.51	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		15.513	74.466	14.763	1.355		
R-0341	Salad, Potato LE-09	101.439	60.525	473.958	1.439	1.752*	0.870*	44.560*	104.344	7.054*	2.648	11.299	5.215	0.396	0.000*
Weight/Serving:	128.42	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		10.442	44.555	46.269	3.513		
R-0526	Salad, Spinach LE-77	29.495	0.000	88.598	0.575	1.000*	0.235*	10.912*	1531.552	4.486*	0.463	6.112	0.090	0.018	0.000*
Weight/Serving:	59.34	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		6.279	82.889	2.746	0.549		
R-0809	Salsa	4.999	0.000	34.996	0.000	0.333	0.000	6.666	66.659	0.600	0.000	1.000	0.000	0.000	0.000
Weight/Serving:	14.18	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	80.016	0.000	0.000		
R-0349	Sandwich Toppings LE-66	29.166	0.000	223.465	1.678	0.000*	0.359	19.731	632.421	10.775	1.184	6.555	0.193	0.038	0.000*
Weight/Serving:	141.75	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		16.238	89.899	5.956	1.173		
R-0286	Sauce, BBQ PC	15.000	0.000	160.000	0.000	0.000	0.000	0.000	0.000	2.400	0.000	4.000	0.000	0.000	0.000
Weight/Serving:	12.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	106.667	0.000	0.000		
R-0716	Sauce, Honey Must PC	20.000	0.000	80.000	0.000	2.000	0.000	0.000	0.000	0.000	0.000	2.000	0.000	0.000	0.000

		USDA													
		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
R-0514	Switch, Orange Tang	14.458	0.000	0.602	0.000	3.494		*	120.482	7.229	0.000	3.614	0.000	0.000	0.000
	Weight/Serving: 28.35	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	99.986	0.000	0.000		
R-0670	Switch, Straw-Waterm	119.999	0.000	5.000	0.000	28.000		*	0.000	60.000	0.000	29.000	0.000	0.000	0.000
	Weight/Serving: 235.30	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	96.667	0.000	0.000		
R-0937	Syrup, Maple PC	130.000	0.000	10.000	0.000	22.000	0.000	0.000	0.000	0.000	0.000	32.000	0.000	0.000	0.000
	Weight/Serving: 56.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	98.462	0.000	0.000		

Note: * means nutrient data is missing or not available.