

Humboldt Unified School District

902897 - ALFREDO SAUCE TUF DRY MIX

SOUP - SOUP & GRAVY

Source: Local
Manufacturer: TUF
Product No.: 8589511

Measurement
LB..... 16.00 O
BAG..... 532.00 G

Nutrients: Per 100 GRAMS

Calories	451.128 kcal	Cholesterol	37.594 mg	Protein	7.519 g	Calcium	300.752 mg
Total Fat	18.797 g	Sodium	2857.143 mg	Sugars	*N/A* g	Iron	*N/A* mg
Saturated Fat	15.038 g	Carbohydrate	52.632 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
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Nutrients: Per 13.3 G

Calories	60.000 kcal	Cholesterol	5.000 mg	Protein	1.000 g	Calcium	40.000 mg
Total Fat	2.500 g	Sodium	380.000 mg	Sugars	*N/A* g	Iron	*N/A* mg
Saturated Fat	2.000 g	Carbohydrate	7.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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902994 - APPLE FRUDEL

BRKFT - BREAKFAST

Source: Local
Manufacturer:
Product No.: 2555101

Measurement
LB..... 16.00 O
FRUDEL(S)..... 65.00 G

Nutrients: Per 100 GRAMS

Calories	323.077 kcal	Cholesterol	0.000 mg	Protein	7.692 g	Calcium	*N/A* mg
Total Fat	9.231 g	Sodium	430.769 mg	Sugars	16.923 g	Iron	1.662 mg
Saturated Fat	2.308 g	Carbohydrate	55.385 g	Vitamin A	84.615 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.077 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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Nutrients: Per 65 G

Calories	210.000 kcal	Cholesterol	0.000 mg	Protein	5.000 g	Calcium	*N/A* mg
Total Fat	6.000 g	Sodium	280.000 mg	Sugars	11.000 g	Iron	1.080 mg
Saturated Fat	1.500 g	Carbohydrate	36.000 g	Vitamin A	55.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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902836 - APPLES FRESH W/SKIN

FRUIT - FRUIT & FRUIT JUICE

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O extra small (2-1/4") 101.00 G
CUP, qtr or chop 125.00 G NLEA serving..... 242.00 G
CUP, slices..... 109.00 G small (4 per LB).. 106.00 G
large (3-1/4 dia)" 223.00 G CUP, sliced..... 3.88 O
medium (3 dia)".. 182.00 G CUP, chopped.... 4.41 O

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small (2-3/4 dia)" 149.00 G large (2/lb)..... 7.48 O

Nutrients: Per 100 GRAMS

Calories	52.000 kcal	Cholesterol	0.000 mg	Protein	0.260 g	Calcium	6.000 mg
Total Fat	0.170 g	Sodium	0.000 mg	Sugars	*N/A* g	Iron	0.120 mg
Saturated Fat	0.030 g	Carbohydrate	13.810 g	Vitamin A	54.000 IU	Water ¹	85.560 g
Trans. Fat ²	0.000 g	Dietary Fiber	2.400 g	Vitamin C	4.600 mg	Ash ¹	0.190 g

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009003 - APPLES,FRESH,W/SKIN

FRUIT - FRUIT & FRUIT JUICE

Source: USDA
Manufacturer:
Product No.:

Measurement			
LB.....	16.00	O	extra small (2-1/ 101.00 G
CUP, qtr or chop	125.00	G	NLEA serving..... 242.00 G
CUP, slices.....	109.00	G	small (4 per LB).. 106.00 G
large (3-1/4 dia)"	223.00	G	CUP, sliced..... 3.88 O
medium (3 dia)"..	182.00	G	CUP, chopped.... 4.41 O
small (2-3/4 dia)"	149.00	G	large (2/lb)..... 7.48 O

Nutrients: Per 100 GRAMS

Calories	52.000	kcal	Cholesterol	0.000	mg	Protein	0.260	g	Calcium	6.000	mg
Total Fat	0.170	g	Sodium	1.000	mg	Sugars	10.390	g	Iron	0.120	mg
Saturated Fat	0.028	g	Carbohydrate	13.810	g	Vitamin A	54.000	IU	Water ¹	85.560	g
Trans. Fat ²	0.000	g	Dietary Fiber	2.400	g	Vitamin C	4.600	mg	Ash ¹	0.190	g

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902839 - APPLESAUCE STWB SWEETENED

FRUIT - FRUIT & FRUIT JUICE

Source: Local
Manufacturer: INDEPT. MARKETING ALLIANCE/BO
Product No.: 1927351

Measurement		
LB.....	16.00	O
#10 CAN.....	108.00	O
SERVING (1/2 C	126.00	G

Nutrients: Per 100 GRAMS

Calories	71.429	kcal	Cholesterol	0.000	mg	Protein	0.000	g	Calcium	0.000	mg
Total Fat	0.000	g	Sodium	15.873	mg	Sugars	*N/A*	g	Iron	0.000	mg
Saturated Fat	0.000	g	Carbohydrate	17.460	g	Vitamin A	0.000	IU	Water ¹	*N/A*	g
Trans. Fat ²	0.000	g	Dietary Fiber	1.587	g	Vitamin C	0.000	mg	Ash ¹	*N/A*	g

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Nutrients: Per 126 G

Calories	90.000	kcal	Cholesterol	0.000	mg	Protein	0.000	g	Calcium	0.000	mg
Total Fat	0.000	g	Sodium	20.000	mg	Sugars	*N/A*	g	Iron	0.000	mg
Saturated Fat	0.000	g	Carbohydrate	22.000	g	Vitamin A	0.000	IU	Water ¹	*N/A*	g
Trans. Fat ²	0.000	g	Dietary Fiber	2.000	g	Vitamin C	0.000	mg	Ash ¹	*N/A*	g

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900173 - APPLESAUCE, SWEETENED, BOUNTIFUL HARVEST

FRUIT - FRUIT & FRUIT JUICE

Source: Local
Manufacturer: INDEPT. MARKETING ALLIANCE/BO
Product No.: 1927351

Measurement		
LB.....	16.00	O
#10 CAN.....	108.00	O
SERVING (1/2 C	126.00	G

Nutrients: Per 100 GRAMS

Calories	71.429	kcal	Cholesterol	0.000	mg	Protein	0.000	g	Calcium	0.000	mg
Total Fat	0.000	g	Sodium	15.873	mg	Sugars	*N/A*	g	Iron	0.000	mg
Saturated Fat	0.000	g	Carbohydrate	17.460	g	Vitamin A	0.000	IU	Water ¹	*N/A*	g
Trans. Fat ²	0.000	g	Dietary Fiber	1.587	g	Vitamin C	0.000	mg	Ash ¹	*N/A*	g

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Nutrients: Per 126 G

Calories	90.000 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	0.000 mg
Total Fat	0.000 g	Sodium	20.000 mg	Sugars	*N/A* g	Iron	0.000 mg
Saturated Fat	0.000 g	Carbohydrate	22.000 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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900396 - APPLESAUCE,CANNED,UNSWTND,WO/+VIT C

FRUIT - FRUIT & FRUIT JUICE

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
CUP..... 244.00 G
CUP, sauce..... 244.00 G
#10 CAN..... 108.00 O

Nutrients: Per 100 GRAMS

Calories	42.000 kcal	Cholesterol	0.000 mg	Protein	0.170 g	Calcium	4.000 mg
Total Fat	0.100 g	Sodium	2.000 mg	Sugars	*N/A* g	Iron	0.230 mg
Saturated Fat	0.008 g	Carbohydrate	11.270 g	Vitamin A	29.000 IU	Water ¹	88.220 g
Trans. Fat ²	*N/A* g	Dietary Fiber	1.100 g	Vitamin C	1.000 mg	Ash ¹	0.240 g

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903443 - BACON ROUND HORMEL

PORK - PORK PRODUCTS

Source: Local
Manufacturer:
Product No.: 1940411

Measurement
LB..... 16.00 O
BACON ROUND 10.00 G

Nutrients: Per 100 GRAMS

Calories	450.000 kcal	Cholesterol	150.000 mg	Protein	30.000 g	Calcium	0.000 mg
Total Fat	35.000 g	Sodium	1600.000 mg	Sugars	0.000 g	Iron	0.000 mg
Saturated Fat	15.000 g	Carbohydrate	0.000 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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Nutrients: Per 10 G

Calories	45.000 kcal	Cholesterol	15.000 mg	Protein	3.000 g	Calcium	0.000 mg
Total Fat	3.500 g	Sodium	160.000 mg	Sugars	0.000 g	Iron	0.000 mg
Saturated Fat	1.500 g	Carbohydrate	0.000 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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902935 - BAGEL BREAKFAST PIZZA GHMS

BRKFT - BREAKFAST

Source: Local
Manufacturer:
Product No.: 1945481

Measurement
LB..... 16.00 O
BAGEL PIZZA.... 74.00 G

Nutrients: Per 100 GRAMS

Calories	243.243 kcal	Cholesterol	20.270 mg	Protein	12.162 g	Calcium	270.270 mg
Total Fat	9.459 g	Sodium	635.135 mg	Sugars	*N/A* g	Iron	1.946 mg
Saturated Fat	3.378 g	Carbohydrate	25.676 g	Vitamin A	135.135 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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Nutrients: Per 74 G

Calories	180.000 kcal	Cholesterol	15.000 mg	Protein	9.000 g	Calcium	200.000 mg
Total Fat	7.000 g	Sodium	470.000 mg	Sugars	*N/A* g	Iron	1.440 mg
Saturated Fat	2.500 g	Carbohydrate	19.000 g	Vitamin A	100.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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902737 - BAGEL LENDERS 3 OZ PLAIN

BAKE - BAKERY PRODUCTS

Source: Local
Manufacturer: LENDERS
Product No.: 1974891

Measurement
LB..... 16.00 O
1 BAGEL..... 85.00 G

Nutrients: Per 100 GRAMS

Calories	270.588 kcal	Cholesterol	0.000 mg	Protein	9.412 g	Calcium	47.059 mg
Total Fat	2.353 g	Sodium	458.824 mg	Sugars	*N/A* g	Iron	0.847 mg
Saturated Fat	0.000 g	Carbohydrate	51.765 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.353 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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Nutrients: Per 85 G

Calories	230.000 kcal	Cholesterol	0.000 mg	Protein	8.000 g	Calcium	40.000 mg
Total Fat	2.000 g	Sodium	390.000 mg	Sugars	*N/A* g	Iron	0.720 mg
Saturated Fat	0.000 g	Carbohydrate	44.000 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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900002 - BAGEL WHITE WHEAT, LENDERS 2OZ

GRAIN - FLOUR/GRAINS/MACARONI/RICES

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
72/CASE..... 165.60 O
1 BAGEL..... 2.00 O

Nutrients: Per 100 GRAMS

Calories	246.918 kcal	Cholesterol	0.000 mg	Protein	10.582 g	Calcium	70.548 mg
Total Fat	1.764 g	Sodium	317.466 mg	Sugars	8.818 g	Iron	3.175 mg
Saturated Fat	0.000 g	Carbohydrate	51.147 g	Vitamin A	176.370 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	7.055 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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Nutrients: Per 2 OZ

Calories	140.000 kcal	Cholesterol	0.000 mg	Protein	6.000 g	Calcium	40.000 mg
Total Fat	1.000 g	Sodium	180.000 mg	Sugars	5.000 g	Iron	1.800 mg
Saturated Fat	0.000 g	Carbohydrate	29.000 g	Vitamin A	100.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	4.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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903453 - BAGELS MINI STWB CREAMY CHEESE PILLSBUR

BRKFT - BREAKFAST

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
PACKAGE (S).... 69.00 G

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Nutrients: Per 100 GRAMS

Calories	333.333 kcal	Cholesterol	14.493 mg	Protein	8.696 g	Calcium	28.986 mg
Total Fat	8.696 g	Sodium	260.870 mg	Sugars	18.841 g	Iron	1.565 mg
Saturated Fat	3.623 g	Carbohydrate	59.420 g	Vitamin A	144.928 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.899 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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Nutrients: Per 69 G

Calories	230.000 kcal	Cholesterol	10.000 mg	Protein	6.000 g	Calcium	20.000 mg
Total Fat	6.000 g	Sodium	180.000 mg	Sugars	13.000 g	Iron	1.080 mg
Saturated Fat	2.500 g	Carbohydrate	41.000 g	Vitamin A	100.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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903472 - BAKING SODA

SPICE - SPICES

Source: Local
Manufacturer:
Product No.:

Measurement	
LB.....	16.00 O
TSP.....	4.60 G
.5 TSP.....	2.30 G
CUP.....	7.79 O

Nutrients: Per 100 GRAMS

Calories	0.000 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	0.000 mg
Total Fat	0.000 g	Sodium	30850.000 mg	Sugars	0.000 g	Iron	0.000 mg
Saturated Fat	0.000 g	Carbohydrate	0.000 g	Vitamin A	0.000 IU	Water ¹	5.000 g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	922.500 g

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Nutrients: Per 4 G

Calories	0.000 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	0.000 mg
Total Fat	0.000 g	Sodium	1234.000 mg	Sugars	0.000 g	Iron	0.000 mg
Saturated Fat	0.000 g	Carbohydrate	0.000 g	Vitamin A	0.000 IU	Water ¹	0.200 g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	36.900 g

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902835 - BANANAS RAW

FRUIT - FRUIT & FRUIT JUICE

Source: Local
Manufacturer:
Product No.:

Measurement			
LB.....	16.00 O	large (8" to 8-7/8	136.00 G
CUP, mashed.....	225.00 G	XL (9" or longer).	152.00 G
CUP, sliced.....	150.00 G	NLEA serving.....	126.00 G
x-small (< 6" lon	81.00 G	EACH.....	3.56 O
small (6" to 6-7/8	101.00 G	med(7"to7-7/8")..	4.16 O
medium (7" to 7-	118.00 G	small.....	3.56 O

Nutrients: Per 100 GRAMS

Calories	89.000 kcal	Cholesterol	0.000 mg	Protein	1.090 g	Calcium	5.000 mg
Total Fat	0.330 g	Sodium	0.000 mg	Sugars	*N/A* g	Iron	0.260 mg
Saturated Fat	0.112 g	Carbohydrate	22.840 g	Vitamin A	64.000 IU	Water ¹	74.910 g
Trans. Fat ²	0.000 g	Dietary Fiber	2.600 g	Vitamin C	8.700 mg	Ash ¹	0.820 g

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009040 - BANANAS,RAW

FRUIT - FRUIT & FRUIT JUICE

Source: USDA
Manufacturer:
Product No.:

Measurement			
LB.....	16.00 O	large (8" to 8-7/8	136.00 G
CUP, mashed.....	225.00 G	XL (9" or longer).	152.00 G
CUP, sliced.....	150.00 G	NLEA serving.....	126.00 G
x-small (< 6" lon	81.00 G	EACH.....	3.56 O
small (6" to 6-7/8	101.00 G	med(7"to7-7/8")..	4.16 O
medium (7" to 7-	118.00 G	small.....	3.56 O

Nutrients: Per 100 GRAMS

Calories	89.000 kcal	Cholesterol	0.000 mg	Protein	1.090 g	Calcium	5.000 mg
Total Fat	0.330 g	Sodium	1.000 mg	Sugars	12.230 g	Iron	0.260 mg
Saturated Fat	0.112 g	Carbohydrate	22.840 g	Vitamin A	64.000 IU	Water ¹	74.910 g
Trans. Fat ²	0.000 g	Dietary Fiber	2.600 g	Vitamin C	8.700 mg	Ash ¹	0.820 g

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Currently in use by recipe -
Detailed Ingredient List

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900083 - BARBEQUE SAUCE, KATY'S KITCHEN

COND - CONDIMENTS

Source: Local
Manufacturer: KATY'S KITCHEN
Product No.: 2895231

Measurement
LB..... 16.00 O
SERVING (2 TB 34.00 G
GALLON..... 82.00 O

Nutrients: Per 100 GRAMS

Calories	117.647 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	0.000 mg
Total Fat	0.000 g	Sodium	1176.471 mg	Sugars	14.706 g	Iron	0.000 mg
Saturated Fat	0.000 g	Carbohydrate	26.471 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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Nutrients: Per 34 G

Calories	40.000 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	0.000 mg
Total Fat	0.000 g	Sodium	400.000 mg	Sugars	5.000 g	Iron	0.000 mg
Saturated Fat	0.000 g	Carbohydrate	9.000 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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902902 - BASIL GROUND

SPICE - SPICES

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
tbsp, leaves..... 2.10 G
tsp, ground..... 1.40 G
tbsp, ground..... 4.50 G
tsp, leaves..... 0.70 G
CUP..... 2.54 O

Nutrients: Per 100 GRAMS

Calories	233.000 kcal	Cholesterol	0.000 mg	Protein	22.980 g	Calcium	2240.000 mg
Total Fat	4.070 g	Sodium	76.000 mg	Sugars	*N/A* g	Iron	89.800 mg
Saturated Fat	2.150 g	Carbohydrate	47.750 g	Vitamin A	744.000 IU	Water ¹	10.350 g
Trans. Fat ²	0.000 g	Dietary Fiber	37.700 g	Vitamin C	0.800 mg	Ash ¹	14.850 g

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902901 - BAY LEAF CRUMBLLED

SPICE - SPICES

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
tbsp, crumbled... 1.80 G
tsp, crumbled.... 0.60 G
LEAF(s)..... 1.00 G

Nutrients: Per 100 GRAMS

Calories	313.000 kcal	Cholesterol	0.000 mg	Protein	7.610 g	Calcium	834.000 mg
Total Fat	8.360 g	Sodium	23.000 mg	Sugars	0.000 g	Iron	43.000 mg
Saturated Fat	2.280 g	Carbohydrate	74.970 g	Vitamin A	6185.000 IU	Water ¹	5.440 g
Trans. Fat ²	0.000 g	Dietary Fiber	26.300 g	Vitamin C	46.500 mg	Ash ¹	3.620 g

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903460 - BBQ SAUCE GLUTEN FREE

COND - CONDIMENTS

Source: Local
Manufacturer: KATY'S KITCHEN
Product No.:

Measurement
LB..... 16.00 O
2 TABLESPOO 34.00 G
GALLON..... 4352.00 G
CUP(S)..... 272.00 G

Nutrients: Per 100 GRAMS

Calories	117.647 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	0.000 mg
Total Fat	0.000 g	Sodium	1176.471 mg	Sugars	*N/A* g	Iron	0.000 mg
Saturated Fat	0.000 g	Carbohydrate	26.471 g	Vitamin A	588.235 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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Nutrients: Per 34 G

Calories	40.000 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	0.000 mg
Total Fat	0.000 g	Sodium	400.000 mg	Sugars	*N/A* g	Iron	0.000 mg
Saturated Fat	0.000 g	Carbohydrate	9.000 g	Vitamin A	200.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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902881 - BBQ SAUCE INDIVIDUAL PACKET

COND - CONDIMENTS

Source: Local
Manufacturer:
Product No.: 2290161

Measurement
LB..... 16.00 O
PACKET..... 12.00 G

Nutrients: Per 100 GRAMS

Calories	125.000 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	*N/A* mg
Total Fat	0.000 g	Sodium	708.333 mg	Sugars	*N/A* g	Iron	*N/A* mg
Saturated Fat	0.000 g	Carbohydrate	33.333 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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Nutrients: Per 12 G

Calories	15.000 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	*N/A* mg
Total Fat	0.000 g	Sodium	85.000 mg	Sugars	*N/A* g	Iron	*N/A* mg
Saturated Fat	0.000 g	Carbohydrate	4.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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900135 - BBQ SAUCE, KATY'S KITCHEN

COND - CONDIMENTS

Source: Local
Manufacturer: KATY'S KITCHEN
Product No.:

Measurement
LB..... 16.00 O
2 TABLESPOO 34.00 G
GALLON..... 4352.00 G
CUP(S)..... 272.00 G

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Nutrients: Per 100 GRAMS

Calories	117.647	kcal	Cholesterol	0.000	mg	Protein	0.000	g	Calcium	0.000	mg
Total Fat	0.000	g	Sodium	1176.471	mg	Sugars	*N/A*	g	Iron	0.000	mg
Saturated Fat	0.000	g	Carbohydrate	26.471	g	Vitamin A	588.235	IU	Water ¹	*N/A*	g
Trans. Fat ²	0.000	g	Dietary Fiber	0.000	g	Vitamin C	0.000	mg	Ash ¹	*N/A*	g

(*N/A* - denotes missing nutrient values)

(¹ - denotes optional nutrient values.)

(² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.)

Nutrients: Per 34 G

Calories	40.000	kcal	Cholesterol	0.000	mg	Protein	0.000	g	Calcium	0.000	mg
Total Fat	0.000	g	Sodium	400.000	mg	Sugars	*N/A*	g	Iron	0.000	mg
Saturated Fat	0.000	g	Carbohydrate	9.000	g	Vitamin A	200.000	IU	Water ¹	*N/A*	g
Trans. Fat ²	0.000	g	Dietary Fiber	0.000	g	Vitamin C	0.000	mg	Ash ¹	*N/A*	g

(*N/A* - denotes missing nutrient values)

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Humboldt Unified School District

903546 - BBQ SAUCE, VENTURA

COND - CONDIMENTS

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
GALLON..... 4352.00 G
2 TABLESPOO 34.00 G

Nutrients: Per 100 GRAMS

Calories	117.647 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	0.000 mg
Total Fat	0.000 g	Sodium	1176.471 mg	Sugars	26.471 g	Iron	0.000 mg
Saturated Fat	0.000 g	Carbohydrate	26.471 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
(¹ - denotes optional nutrient values.)
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Nutrients: Per 34 G

Calories	40.000 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	0.000 mg
Total Fat	0.000 g	Sodium	400.000 mg	Sugars	9.000 g	Iron	0.000 mg
Saturated Fat	0.000 g	Carbohydrate	9.000 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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902626 - BEANS BLACK TURTLE CANNED SOLIDS AND LIQU

VEG - VEGETABLES

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
CUP..... 240.00 G

Nutrients: Per 100 GRAMS

Calories	90.830 kcal	Cholesterol	0.000 mg	Protein	6.030 g	Calcium	35.000 mg
Total Fat	0.290 g	Sodium	384.170 mg	Sugars	*N/A* g	Iron	1.900 mg
Saturated Fat	0.080 g	Carbohydrate	16.560 g	Vitamin A	4.170 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	6.920 g	Vitamin C	2.670 mg	Ash ¹	*N/A* g

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902791 - BEANS GARBANZO (CHICKPEAS) CND LOW-SODI

COND - CONDIMENTS

Source: Local
Manufacturer: USDA
Product No.:

Measurement
LB..... 16.00 O #10 CAN DRAIN 68.40 O
.5 CUP..... 120.00 G
.25 CUP..... 60.00 G
CUP..... 240.00 G
TABLESPOON.. 1.00 O
1 SERVING (8T 8.00 O

Nutrients: Per 100 GRAMS

Calories	139.167 kcal	Cholesterol	0.000 mg	Protein	7.050 g	Calcium	45.000 mg
Total Fat	2.767 g	Sodium	116.667 mg	Sugars	*N/A* g	Iron	1.067 mg
Saturated Fat	0.214 g	Carbohydrate	22.533 g	Vitamin A	24.167 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.833 mg	Ash ¹	*N/A* g

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Nutrients: Per 120 G

Calories	167.000 kcal	Cholesterol	0.000 mg	Protein	8.460 g	Calcium	54.000 mg
Total Fat	3.320 g	Sodium	140.000 mg	Sugars	*N/A* g	Iron	1.280 mg
Saturated Fat	0.257 g	Carbohydrate	27.040 g	Vitamin A	29.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	1.000 mg	Ash ¹	*N/A* g

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902873 - BEANS REFRIED SANTIAGO

BEANS - BEANS

Source: Local
Manufacturer: santiago
Product No.:

Measurement
LB..... 16.00 O
serving..... 39.00 G
pouch..... 28.10 O

Nutrients: Per 100 GRAMS

Calories	358.974 kcal	Cholesterol	0.000 mg	Protein	20.513 g	Calcium	*N/A* mg
Total Fat	3.846 g	Sodium	1358.974 mg	Sugars	*N/A* g	Iron	*N/A* mg
Saturated Fat	1.282 g	Carbohydrate	64.103 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	20.513 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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Nutrients: Per 39 G

Calories	140.000 kcal	Cholesterol	0.000 mg	Protein	8.000 g	Calcium	*N/A* mg
Total Fat	1.500 g	Sodium	530.000 mg	Sugars	*N/A* g	Iron	*N/A* mg
Saturated Fat	0.500 g	Carbohydrate	25.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	8.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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050554 - BEANS, CANNED, BLACK-EYED PEA, LOW-SODIUM

COND - CONDIMENTS

Source: USDA
Manufacturer: COMMODITY
Product No.: A084

Measurement
LB..... 16.00 O
.25 CUP..... 60.00 G
.5 CUP..... 120.00 G
CUP..... 240.00 G
#10 CAN..... 108.00 O

Nutrients: Per 100 GRAMS

Calories	76.670 kcal	Cholesterol	0.000 mg	Protein	4.740 g	Calcium	20.000 mg
Total Fat	0.550 g	Sodium	116.670 mg	Sugars	*N/A* g	Iron	0.970 mg
Saturated Fat	0.140 g	Carbohydrate	13.630 g	Vitamin A	13.330 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.330 g	Vitamin C	2.670 mg	Ash ¹	*N/A* g

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050552 - BEANS, CANNED, GARBANZO (CHICKPEAS), LOW-SODI

COND - CONDIMENTS

Source: USDA
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
.5 CUP..... 120.00 G
.25 CUP..... 60.00 G
CUP..... 240.00 G

Nutrients: Per 100 GRAMS

Calories	119.170 kcal	Cholesterol	0.000 mg	Protein	4.950 g	Calcium	31.670 mg
Total Fat	1.140 g	Sodium	116.670 mg	Sugars	*N/A* g	Iron	1.350 mg
Saturated Fat	0.120 g	Carbohydrate	22.620 g	Vitamin A	24.170 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	4.420 g	Vitamin C	3.830 mg	Ash ¹	*N/A* g

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Humboldt Unified School District

050548 - BEANS, CANNED, KIDNEY, LOW-SODIUM

COND - CONDIMENTS

Source: USDA
Manufacturer:
Product No.:

Measurement	
LB.....	16.00 O
.25 CUP.....	64.00 G
.5 CUP.....	128.00 G
CUP.....	256.00 G
#10 CAN.....	106.00 O

Nutrients: Per 100 GRAMS

Calories	85.160 kcal	Cholesterol	0.000 mg	Protein	5.250 g	Calcium	24.220 mg
Total Fat	0.340 g	Sodium	109.380 mg	Sugars	*N/A* g	Iron	1.260 mg
Saturated Fat	0.050 g	Carbohydrate	15.590 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	6.410 g	Vitamin C	1.090 mg	Ash ¹	*N/A* g

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902620 - BEANS, CANNED, REFRIED, LOW SODIUM

COMMO - COMMODITY

Source: Local
Manufacturer: USDA
Product No.: 100362

Measurement	
LB.....	16.00 O
1/4 CUP.....	63.00 G
#10 CAN.....	115.00 O

Nutrients: Per 100 GRAMS

Calories	90.476 kcal	Cholesterol	0.000 mg	Protein	*N/A* g	Calcium	33.333 mg
Total Fat	1.175 g	Sodium	111.111 mg	Sugars	*N/A* g	Iron	1.667 mg
Saturated Fat	0.390 g	Carbohydrate	15.254 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	5.079 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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Nutrients: Per 63 G

Calories	57.000 kcal	Cholesterol	0.000 mg	Protein	*N/A* g	Calcium	21.000 mg
Total Fat	0.740 g	Sodium	70.000 mg	Sugars	*N/A* g	Iron	1.050 mg
Saturated Fat	0.246 g	Carbohydrate	9.610 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.200 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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902630 - BEANS, GREEN, CANNED, WHOLE, DRAINED SOLIDS

MISC - MISCELLANEOUS

Source: Local
Manufacturer:
Product No.:

Measurement	
LB.....	16.00 O
CUP.....	136.00 G

Nutrients: Per 100 GRAMS

Calories	20.590 kcal	Cholesterol	0.000 mg	Protein	1.150 g	Calcium	26.470 mg
Total Fat	0.100 g	Sodium	1.000 mg	Sugars	*N/A* g	Iron	0.900 mg
Saturated Fat	0.030 g	Carbohydrate	4.470 g	Vitamin A	432.350 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	1.910 g	Vitamin C	4.710 mg	Ash ¹	*N/A* g

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Humboldt Unified School District

903276 - BEANS,PINTO,MATURE,CND,DRND

VEG - VEGETABLES

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
#10 can-drained. 92.00 O
CUP..... 9.39 O

Nutrients: Per 100 GRAMS

Calories	88.000 kcal	Cholesterol	0.000 mg	Protein	6.100 g	Calcium	50.000 mg
Total Fat	0.500 g	Sodium	420.000 mg	Sugars	*N/A* g	Iron	1.870 mg
Saturated Fat	0.110 g	Carbohydrate	15.400 g	Vitamin A	2.000 IU	Water ¹	76.400 g
Trans. Fat ²	0.000 g	Dietary Fiber	3.500 g	Vitamin C	0.600 mg	Ash ¹	1.760 g

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900098 - BEEF CRUMBLES INTEGRATED

BEEF - BEEF PRODUCTS

Source: Local
Manufacturer: Jones Dairy Farm
Product No.: 018787

Measurement
1 LB..... 16.00 O
OZ..... 28.33 G

Nutrients: Per 100 GRAMS

Calories	199.295 kcal	Cholesterol	48.785 mg	Protein	22.652 g	Calcium	62.706 mg
Total Fat	10.801 g	Sodium	313.529 mg	Sugars	*N/A* g	Iron	2.822 mg
Saturated Fat	4.170 g	Carbohydrate	1.850 g	Vitamin A	156.764 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.658 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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Nutrients: Per 63.79 G

Calories	127.130 kcal	Cholesterol	31.120 mg	Protein	14.450 g	Calcium	40.000 mg
Total Fat	6.890 g	Sodium	200.000 mg	Sugars	*N/A* g	Iron	1.800 mg
Saturated Fat	2.660 g	Carbohydrate	1.180 g	Vitamin A	100.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.420 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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(¹ - denotes optional nutrient values.)
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902755 - BEEF CRUMBLES USDA

BEEF - BEEF PRODUCTS

Source: Local
Manufacturer: USDA
Product No.: 315124

Measurement
10 LB Case..... 10.00 LB
OZ..... 28.35 G

Nutrients: Per 100 GRAMS

Calories	210.000 kcal	Cholesterol	70.000 mg	Protein	23.000 g	Calcium	40.000 mg
Total Fat	12.000 g	Sodium	210.000 mg	Sugars	1.000 g	Iron	2.700 mg
Saturated Fat	5.000 g	Carbohydrate	5.000 g	Vitamin A	52.900 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.000 g	Vitamin C	1.200 mg	Ash ¹	*N/A* g

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Humboldt Unified School District

000711 - BEEF GROUND ,80/20 Raw-to Cook & Drain

BEEF - BEEF PRODUCTS

Source: Local
Manufacturer:
Product No.:

Measurement
LB,raw weight.... 9.28 O
LB,cooked wgt... 16.00 O

Nutrients: Per 100 GRAMS

Calories	280.000 kcal	Cholesterol	101.000 mg	Protein	28.200 g	Calcium	12.000 mg
Total Fat	17.640 g	Sodium	89.000 mg	Sugars	0.000 g	Iron	2.450 mg
Saturated Fat	6.930 g	Carbohydrate	0.000 g	Vitamin A	0.000 IU	Water ¹	52.860 g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	1.300 g

(*N/A* - denotes missing nutrient values)
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902790 - BEEF PATTY 100% Beef Burger - Integrated

BEEF - BEEF PRODUCTS

Source: Local
Manufacturer: INTEGRATED
Product No.:

Measurement
LB..... 16.00 O
1 PATTY..... 2.25 O

Nutrients: Per 100 GRAMS

Calories	230.457 kcal	Cholesterol	61.142 mg	Protein	25.084 g	Calcium	21.431 mg
Total Fat	13.326 g	Sodium	313.547 mg	Sugars	0.000 g	Iron	2.900 mg
Saturated Fat	5.487 g	Carbohydrate	0.000 g	Vitamin A	0.031 IU	Water ¹	0.000 g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.047 mg	Ash ¹	0.000 g

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Nutrients: Per 2.25 OZ

Calories	147.000 kcal	Cholesterol	39.000 mg	Protein	16.000 g	Calcium	13.670 mg
Total Fat	8.500 g	Sodium	200.000 mg	Sugars	0.000 g	Iron	1.850 mg
Saturated Fat	3.500 g	Carbohydrate	0.000 g	Vitamin A	0.020 IU	Water ¹	0.000 g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.030 mg	Ash ¹	0.000 g

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902789 - BEEF PATTY 2.6 OZ INTEGRATED H.S.

BEEF - BEEF PRODUCTS

Source: Local
Manufacturer: INTEGRATED
Product No.:

Measurement
LB..... 16.00 O
1 PATTY..... 2.60 O

Nutrients: Per 100 GRAMS

Calories	233.080 kcal	Cholesterol	79.841 mg	Protein	24.353 g	Calcium	24.705 mg
Total Fat	14.517 g	Sodium	474.571 mg	Sugars	*N/A* g	Iron	2.591 mg
Saturated Fat	5.237 g	Carbohydrate	1.899 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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Nutrients: Per 2.6 OZ

Calories	171.800 kcal	Cholesterol	58.850 mg	Protein	17.950 g	Calcium	18.210 mg
Total Fat	10.700 g	Sodium	349.800 mg	Sugars	*N/A* g	Iron	1.910 mg
Saturated Fat	3.860 g	Carbohydrate	1.400 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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Humboldt Unified School District

902916 - BEEF PATTY SLIDER INTEGRATED 1.2 oz

BEEF - BEEF PRODUCTS

Source: Local
Manufacturer: INTEGRATED
Product No.: COMMODITY

Measurement
LB..... 16.00 O
PATTY..... 1.20 O
PATTY (2)..... 2.40 O

Nutrients: Per 100 GRAMS

Calories	199.298 kcal	Cholesterol	48.796 mg	Protein	22.634 g	Calcium	27.132 mg
Total Fat	10.788 g	Sodium	316.672 mg	Sugars	*N/A* g	Iron	2.675 mg
Saturated Fat	4.203 g	Carbohydrate	1.852 g	Vitamin A	1.205 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.647 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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Nutrients: Per 1.2 OZ

Calories	67.800 kcal	Cholesterol	16.600 mg	Protein	7.700 g	Calcium	9.230 mg
Total Fat	3.670 g	Sodium	107.730 mg	Sugars	*N/A* g	Iron	0.910 mg
Saturated Fat	1.430 g	Carbohydrate	0.630 g	Vitamin A	0.410 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.220 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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000082 - BEEF STOCK

SOUP - SOUP & GRAVY

Source: Local
Manufacturer:
Product No.: 1978111

Measurement
LB..... 16.00 O
CUP..... 8.60 O

Nutrients: Per 100 GRAMS

Calories	330.000 kcal	Cholesterol	0.000 mg	Protein	16.000 g	Calcium	0.000 mg
Total Fat	12.000 g	Sodium	2960.000 mg	Sugars	*N/A* g	Iron	0.000 mg
Saturated Fat	5.000 g	Carbohydrate	34.000 g	Vitamin A	0.000 IU	Water ¹	0.000 g
Trans. Fat ²	0.000 g	Dietary Fiber	1.000 g	Vitamin C	0.000 mg	Ash ¹	0.000 g

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900169 - BEETS CANNED

VEG - VEGETABLES

Source: Local
Manufacturer: BOUNTIFUL HARVEST
Product No.:

Measurement
LB..... 16.00 O
#10 CAN..... 1972.00 G
SERVING, 4 SLI 29.00 G
SERVING (1/2 C 29.00 G

Nutrients: Per 100 GRAMS

Calories	68.966 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	0.000 mg
Total Fat	0.000 g	Sodium	6.897 mg	Sugars	*N/A* g	Iron	0.000 mg
Saturated Fat	0.000 g	Carbohydrate	13.793 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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Nutrients: Per 29 G

Calories	20.000 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	0.000 mg
Total Fat	0.000 g	Sodium	2.000 mg	Sugars	*N/A* g	Iron	0.000 mg
Saturated Fat	0.000 g	Carbohydrate	4.000 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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902922 - BISCUIT CONESTOGA

BAKE - BAKERY PRODUCTS

Source: Local
Manufacturer:
Product No.: 3264731

Measurement
LB..... 16.00 O
BISCUIT..... 57.00 G

Nutrients: Per 100 GRAMS

Calories	315.789 kcal	Cholesterol	0.000 mg	Protein	7.018 g	Calcium	70.175 mg
Total Fat	12.281 g	Sodium	578.947 mg	Sugars	5.263 g	Iron	2.526 mg
Saturated Fat	3.509 g	Carbohydrate	45.614 g	Vitamin A	1754.386 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.509 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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Nutrients: Per 57 G

Calories	180.000 kcal	Cholesterol	0.000 mg	Protein	4.000 g	Calcium	40.000 mg
Total Fat	7.000 g	Sodium	330.000 mg	Sugars	3.000 g	Iron	1.440 mg
Saturated Fat	2.000 g	Carbohydrate	26.000 g	Vitamin A	1000.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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902829 - BLUEBERRIES FRZ UNSWTND

FRUIT - FRUIT & FRUIT JUICE

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
CUP, unthawed.. 155.00 G
Pkg (20 oz)..... 567.00 G
CUP..... 5.47 O

Nutrients: Per 100 GRAMS

Calories	51.282 kcal	Cholesterol	0.000 mg	Protein	0.538 g	Calcium	10.256 mg
Total Fat	0.641 g	Sodium	1.282 mg	Sugars	8.462 g	Iron	0.231 mg
Saturated Fat	0.051 g	Carbohydrate	12.051 g	Vitamin A	58.974 IU	Water ¹	111.013 g
Trans. Fat ²	0.000 g	Dietary Fiber	2.821 g	Vitamin C	3.205 mg	Ash ¹	0.231 g

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Nutrients: Per 78 G

Calories	40.000 kcal	Cholesterol	0.000 mg	Protein	0.420 g	Calcium	8.000 mg
Total Fat	0.500 g	Sodium	1.000 mg	Sugars	6.600 g	Iron	0.180 mg
Saturated Fat	0.040 g	Carbohydrate	9.400 g	Vitamin A	46.000 IU	Water ¹	86.590 g
Trans. Fat ²	0.000 g	Dietary Fiber	2.200 g	Vitamin C	2.500 mg	Ash ¹	0.180 g

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051370 - BLUEBERRIES, FROZEN, WILD, IQF

FRUIT - FRUIT & FRUIT JUICE

Source: USDA
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
.5 CUP..... 78.00 G
.25 CUP..... 39.00 G
CUP..... 156.00 G

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Nutrients: Per 100 GRAMS

Calories	43.590 kcal	Cholesterol	0.000 mg	Protein	0.690 g	Calcium	15.380 mg
Total Fat	0.000 g	Sodium	0.000 mg	Sugars	*N/A* g	Iron	1.100 mg
Saturated Fat	0.000 g	Carbohydrate	10.410 g	Vitamin A	164.100 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.560 g	Vitamin C	2.310 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)

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009054 - BLUEBERRIES,FRZ,UNSWTND

FRUIT - FRUIT & FRUIT JUICE

Source: USDA
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
CUP, unthawed.. 155.00 G
Pkg (20 oz)..... 567.00 G
CUP..... 5.47 O

Nutrients: Per 100 GRAMS

Calories	51.000 kcal	Cholesterol	0.000 mg	Protein	0.420 g	Calcium	8.000 mg
Total Fat	0.640 g	Sodium	1.000 mg	Sugars	8.450 g	Iron	0.180 mg
Saturated Fat	0.053 g	Carbohydrate	12.170 g	Vitamin A	46.000 IU	Water ¹	86.590 g
Trans. Fat ²	0.000 g	Dietary Fiber	2.700 g	Vitamin C	2.500 mg	Ash ¹	0.180 g

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902833 - BOSCO STICK WG 7 INCH

BAKE - BAKERY PRODUCTS

Source: Local
Manufacturer: BOSCO'S
Product No.: 2904941

Measurement
LB..... 16.00 O
STICK (ONE)..... 2.86 O

Nutrients: Per 100 GRAMS

Calories	259.005 kcal	Cholesterol	18.500 mg	Protein	14.800 g	Calcium	246.671 mg
Total Fat	7.400 g	Sodium	333.006 mg	Sugars	2.467 g	Iron	2.220 mg
Saturated Fat	3.700 g	Carbohydrate	30.834 g	Vitamin A	246.671 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.467 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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Nutrients: Per 2.86 OZ

Calories	210.000 kcal	Cholesterol	15.000 mg	Protein	12.000 g	Calcium	200.000 mg
Total Fat	6.000 g	Sodium	270.000 mg	Sugars	2.000 g	Iron	1.800 mg
Saturated Fat	3.000 g	Carbohydrate	25.000 g	Vitamin A	200.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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902959 - BREAD BOWL ULTRA

BAKE - BAKERY PRODUCTS

Source: Local
Manufacturer:
Product No.: 3165131

Measurement
LB..... 16.00 O
BOWL..... 2.00 O

Nutrients: Per 100 GRAMS

Calories	282.192 kcal	Cholesterol	26.455 mg	Protein	8.818 g	Calcium	70.548 mg
Total Fat	7.055 g	Sodium	220.462 mg	Sugars	*N/A* g	Iron	4.762 mg
Saturated Fat	0.882 g	Carbohydrate	49.384 g	Vitamin A	352.740 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	5.291 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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Nutrients: Per 2 OZ

Calories	160.000 kcal	Cholesterol	15.000 mg	Protein	5.000 g	Calcium	40.000 mg
Total Fat	4.000 g	Sodium	125.000 mg	Sugars	*N/A* g	Iron	2.700 mg
Saturated Fat	0.500 g	Carbohydrate	28.000 g	Vitamin A	200.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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902692 - BREAD STICK WHOLE GRAIN 7" BAKE CRAFTERS

BAKE - BAKERY PRODUCTS

Measurement
LB..... 16.00 O
1 BREAD STICK 1.80 O

Source: Local
Manufacturer: BAKE CRAFTERS FOOD COMPANY
Product No.: 2735141

Nutrients: Per 100 GRAMS

Calories	215.563 kcal	Cholesterol	0.000 mg	Protein	7.839 g	Calcium	*N/A* mg
Total Fat	0.980 g	Sodium	352.740 mg	Sugars	3.919 g	Iron	*N/A* mg
Saturated Fat	0.000 g	Carbohydrate	45.072 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.919 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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Nutrients: Per 1.8 OZ

Calories	110.000 kcal	Cholesterol	0.000 mg	Protein	4.000 g	Calcium	*N/A* mg
Total Fat	0.500 g	Sodium	180.000 mg	Sugars	2.000 g	Iron	*N/A* mg
Saturated Fat	0.000 g	Carbohydrate	23.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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902965 - BREAD UDI'S GLUTEN FREE

BAKE - BAKERY PRODUCTS

Measurement
LB..... 16.00 O
(TWO SLICES).. 49.00 G

Source: Local
Manufacturer:
Product No.: 3126371

Nutrients: Per 100 GRAMS

Calories	265.306 kcal	Cholesterol	0.000 mg	Protein	8.163 g	Calcium	40.816 mg
Total Fat	8.163 g	Sodium	530.612 mg	Sugars	*N/A* g	Iron	0.735 mg
Saturated Fat	0.000 g	Carbohydrate	44.898 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	4.082 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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Nutrients: Per 49 G

Calories	130.000 kcal	Cholesterol	0.000 mg	Protein	4.000 g	Calcium	20.000 mg
Total Fat	4.000 g	Sodium	260.000 mg	Sugars	*N/A* g	Iron	0.360 mg
Saturated Fat	0.000 g	Carbohydrate	22.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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902960 - BREADSTICK 5.5" WHITE WHOLE WHEAT

GRAIN - FLOUR/GRAINS/MACARONI/RICES

Measurement
LB..... 16.00 O
BREAD STICK(37.00 G

Source: Local
Manufacturer:
Product No.: 3297041

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Nutrients: Per 100 GRAMS

Calories	324.324 kcal	Cholesterol	0.000 mg	Protein	10.811 g	Calcium	0.000 mg
Total Fat	5.405 g	Sodium	513.514 mg	Sugars	5.405 g	Iron	2.919 mg
Saturated Fat	0.000 g	Carbohydrate	62.162 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	8.108 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)

(¹ - denotes optional nutrient values.)

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Nutrients: Per 37 G

Calories	120.000 kcal	Cholesterol	0.000 mg	Protein	4.000 g	Calcium	0.000 mg
Total Fat	2.000 g	Sodium	190.000 mg	Sugars	2.000 g	Iron	1.080 mg
Saturated Fat	0.000 g	Carbohydrate	23.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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900115 - BREAKFAST PIZZA, SAUSAGE, TONY'S, whole grain

BRKRC - BREAKFAST RECIPES

Source: Local
Manufacturer: TONY'S
Product No.: 3103871

Measurement
LB..... 16.00 O
SLICE..... 94.00 G

Nutrients: Per 100 GRAMS

Calories	223.404 kcal	Cholesterol	15.957 mg	Protein	9.574 g	Calcium	159.574 mg
Total Fat	7.447 g	Sodium	372.340 mg	Sugars	5.319 g	Iron	1.915 mg
Saturated Fat	2.128 g	Carbohydrate	28.723 g	Vitamin A	319.149 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.191 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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Nutrients: Per 94 G

Calories	210.000 kcal	Cholesterol	15.000 mg	Protein	9.000 g	Calcium	150.000 mg
Total Fat	7.000 g	Sodium	350.000 mg	Sugars	5.000 g	Iron	1.800 mg
Saturated Fat	2.000 g	Carbohydrate	27.000 g	Vitamin A	300.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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902844 - BROCCOLI FRESH RAW

VEG - VEGETABLES

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O NLEA serving..... 148.00 G
bunch..... 608.00 G CUP, chopped/di 88.00 G
spear (about 5" l 31.00 G CUP, flowerets... 2.50 O
stalk..... 151.00 G
.5 CUP, chopped 44.00 G
CUP, chopped.... 91.00 G

Nutrients: Per 100 GRAMS

Calories	34.000 kcal	Cholesterol	0.000 mg	Protein	2.820 g	Calcium	47.000 mg
Total Fat	0.370 g	Sodium	0.000 mg	Sugars	*N/A* g	Iron	0.730 mg
Saturated Fat	0.039 g	Carbohydrate	6.640 g	Vitamin A	623.000 IU	Water ¹	89.300 g
Trans. Fat ²	0.000 g	Dietary Fiber	2.600 g	Vitamin C	89.200 mg	Ash ¹	0.870 g

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902877 - BROCCOLI,BOILED,DRAINED

VEG - VEGETABLES

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O CUP, chopped.... 156.00 G
stalk, large(11"-1 280.00 G
stalk, med (7.5" - 180.00 G
stalk, small (5".. 140.00 G
spear (about 5" l 37.00 G
.5 CUP, chopped 78.00 G

Nutrients: Per 100 GRAMS

Calories	35.000 kcal	Cholesterol	0.000 mg	Protein	2.380 g	Calcium	40.000 mg
Total Fat	0.410 g	Sodium	41.000 mg	Sugars	*N/A* g	Iron	0.670 mg
Saturated Fat	0.079 g	Carbohydrate	7.180 g	Vitamin A	1548.000 IU	Water ¹	89.250 g
Trans. Fat ²	0.000 g	Dietary Fiber	3.300 g	Vitamin C	64.900 mg	Ash ¹	0.770 g

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Currently in use by recipe -
Detailed Ingredient List

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011090 - BROCCOLI,FRESH,RAW

VEG - VEGETABLES

Source: USDA
Manufacturer:
Product No.:

Measurement

LB.....	16.00	O	NLEA serving.....	148.00	G
bunch.....	608.00	G	CUP, chopped/di	88.00	G
spear (about 5" l	31.00	G	CUP, flowerets...	2.50	O
stalk.....	151.00	G			
.5 CUP, chopped	44.00	G			
CUP, chopped...	91.00	G			

Nutrients: Per 100 GRAMS

Calories	34.000	kcal	Cholesterol	0.000	mg	Protein	2.820	g	Calcium	47.000	mg
Total Fat	0.370	g	Sodium	33.000	mg	Sugars	1.700	g	Iron	0.730	mg
Saturated Fat	0.039	g	Carbohydrate	6.640	g	Vitamin A	623.000	IU	Water ¹	89.300	g
Trans. Fat ²	0.000	g	Dietary Fiber	2.600	g	Vitamin C	89.200	mg	Ash ¹	0.870	g

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903454 - BUN BURGER SLIDER 2.6"

BAKE - BAKERY PRODUCTS

Source: Local
Manufacturer:
Product No.:

Measurement

LB.....	16.00	O
SERVING (2 RO	56.70	G

Nutrients: Per 100 GRAMS

Calories	246.914	kcal	Cholesterol	0.000	mg	Protein	8.818	g	Calcium	*N/A*	mg
Total Fat	2.646	g	Sodium	440.917	mg	Sugars	5.291	g	Iron	260.952	mg
Saturated Fat	0.000	g	Carbohydrate	45.855	g	Vitamin A	26.455	IU	Water ¹	*N/A*	g
Trans. Fat ²	0.000	g	Dietary Fiber	1.764	g	Vitamin C	*N/A*	mg	Ash ¹	*N/A*	g

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Nutrients: Per 56.7 G

Calories	140.000	kcal	Cholesterol	0.000	mg	Protein	5.000	g	Calcium	*N/A*	mg
Total Fat	1.500	g	Sodium	250.000	mg	Sugars	3.000	g	Iron	147.960	mg
Saturated Fat	0.000	g	Carbohydrate	26.000	g	Vitamin A	15.000	IU	Water ¹	*N/A*	g
Trans. Fat ²	0.000	g	Dietary Fiber	1.000	g	Vitamin C	*N/A*	mg	Ash ¹	*N/A*	g

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902840 - BURRITO BEAN & CHEESE AZ GOLD

MEALS - MEALS, ENTREES, AND SIDEDISHES

Source: Local
Manufacturer: AZ GOLD
Product No.: 3273821

Measurement

LB.....	16.00	O
1 BURRITO.....	5.75	O

Nutrients: Per 100 GRAMS

Calories	233.129	kcal	Cholesterol	6.135	mg	Protein	9.816	g	Calcium	184.049	mg
Total Fat	9.816	g	Sodium	478.528	mg	Sugars	1.840	g	Iron	1.840	mg
Saturated Fat	3.681	g	Carbohydrate	28.221	g	Vitamin A	122.699	IU	Water ¹	*N/A*	g
Trans. Fat ²	0.000	g	Dietary Fiber	2.454	g	Vitamin C	2.209	mg	Ash ¹	*N/A*	g

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Nutrients: Per 163 G

Calories	380.000 kcal	Cholesterol	10.000 mg	Protein	16.000 g	Calcium	300.000 mg
Total Fat	16.000 g	Sodium	780.000 mg	Sugars	3.000 g	Iron	3.000 mg
Saturated Fat	6.000 g	Carbohydrate	46.000 g	Vitamin A	200.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	4.000 g	Vitamin C	3.600 mg	Ash ¹	*N/A* g

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902858 - BURRITO BRK EGG CHEESE SAUS AZGOLD

BRKFT - BREAKFAST

Source: Local
Manufacturer: AZ GOLD
Product No.: 3002521

Measurement
LB..... 16.00 O
BURRITO..... 3.15 O

Nutrients: Per 100 GRAMS

Calories	279.952 kcal	Cholesterol	106.382 mg	Protein	11.198 g	Calcium	12.094 mg
Total Fat	7.839 g	Sodium	378.496 mg	Sugars	*N/A* g	Iron	2.217 mg
Saturated Fat	2.240 g	Carbohydrate	31.355 g	Vitamin A	335.943 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.240 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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Nutrients: Per 3.15 OZ

Calories	250.000 kcal	Cholesterol	95.000 mg	Protein	10.000 g	Calcium	10.800 mg
Total Fat	7.000 g	Sodium	338.000 mg	Sugars	*N/A* g	Iron	1.980 mg
Saturated Fat	2.000 g	Carbohydrate	28.000 g	Vitamin A	300.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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903509 - BURRITO EGG CHEESE BEEF CHORIZO AZ GOLD

BRKFT - BREAKFAST

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
BURRITO..... 3.20 O

Nutrients: Per 100 GRAMS

Calories	231.486 kcal	Cholesterol	44.092 mg	Protein	11.023 g	Calcium	165.347 mg
Total Fat	9.921 g	Sodium	374.786 mg	Sugars	2.205 g	Iron	1.984 mg
Saturated Fat	3.307 g	Carbohydrate	24.251 g	Vitamin A	551.156 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.307 g	Vitamin C	1.323 mg	Ash ¹	*N/A* g

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Nutrients: Per 3.2 OZ

Calories	210.000 kcal	Cholesterol	40.000 mg	Protein	10.000 g	Calcium	150.000 mg
Total Fat	9.000 g	Sodium	340.000 mg	Sugars	2.000 g	Iron	1.800 mg
Saturated Fat	3.000 g	Carbohydrate	22.000 g	Vitamin A	500.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.000 g	Vitamin C	1.200 mg	Ash ¹	*N/A* g

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001002 - BUTTER,WHIPPED,WITH SALT

DAIRY - DAIRY PRODUCTS

Source: USDA
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
pat(s)..... 3.80 G
TBSP..... 9.40 G
CUP..... 151.00 G
stick..... 76.00 G

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Nutrients: Per 100 GRAMS

Calories	718.000 kcal	Cholesterol	225.000 mg	Protein	0.490 g	Calcium	23.000 mg
Total Fat	78.300 g	Sodium	583.000 mg	Sugars	0.060 g	Iron	0.050 mg
Saturated Fat	45.390 g	Carbohydrate	2.870 g	Vitamin A	2468.000 IU	Water ¹	16.720 g
Trans. Fat ²	2.669 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	1.620 g

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902808 - BUTTERMILK BREAKFAST BAR

BRKFT - BREAKFAST

Source: Local
Manufacturer: DAVES
Product No.: 3089841

Measurement
LB..... 16.00 O
LOAF..... 2.70 O

Nutrients: Per 100 GRAMS

Calories	352.740 kcal	Cholesterol	19.597 mg	Protein	3.919 g	Calcium	*N/A* mg
Total Fat	8.492 g	Sodium	261.289 mg	Sugars	22.210 g	Iron	1.960 mg
Saturated Fat	2.613 g	Carbohydrate	58.790 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.266 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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Nutrients: Per 2.7 OZ

Calories	270.000 kcal	Cholesterol	15.000 mg	Protein	3.000 g	Calcium	*N/A* mg
Total Fat	6.500 g	Sodium	200.000 mg	Sugars	17.000 g	Iron	1.500 mg
Saturated Fat	2.000 g	Carbohydrate	45.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.500 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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903468 - CANDY CORN

DESRT - DESSERTS

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
19 PIECES..... 11.00 O
1 PIECE..... 0.57 O

Nutrients: Per 100 GRAMS

Calories	44.894 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	*N/A* mg
Total Fat	0.000 g	Sodium	54.514 mg	Sugars	8.979 g	Iron	*N/A* mg
Saturated Fat	0.000 g	Carbohydrate	10.262 g	Vitamin A	44.894 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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Nutrients: Per 11 OZ

Calories	140.000 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	*N/A* mg
Total Fat	0.000 g	Sodium	170.000 mg	Sugars	28.000 g	Iron	*N/A* mg
Saturated Fat	0.000 g	Carbohydrate	32.000 g	Vitamin A	140.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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903469 - CARROT CAKE WITH CREAM CHEESE ICING

DESRT - DESSERTS

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
SLICE..... 53.00 G

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Nutrients: Per 100 GRAMS

Calories	452.830 kcal	Cholesterol	66.038 mg	Protein	3.774 g	Calcium	0.000 mg
Total Fat	15.094 g	Sodium	433.962 mg	Sugars	49.057 g	Iron	1.358 mg
Saturated Fat	7.547 g	Carbohydrate	75.472 g	Vitamin A	2358.491 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	1.887 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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Nutrients: Per 53 G

Calories	240.000 kcal	Cholesterol	35.000 mg	Protein	2.000 g	Calcium	0.000 mg
Total Fat	8.000 g	Sodium	230.000 mg	Sugars	26.000 g	Iron	0.720 mg
Saturated Fat	4.000 g	Carbohydrate	40.000 g	Vitamin A	1250.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	1.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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902807 - CARROT CAKE. DAVES

BRKFT - BREAKFAST

Source: Local
Manufacturer: DAVES
Product No.: 3098421

Measurement
LB..... 16.00 O
1 LOAF..... 3.00 O

Nutrients: Per 100 GRAMS

Calories	323.345 kcal	Cholesterol	16.461 mg	Protein	3.292 g	Calcium	17.637 mg
Total Fat	9.994 g	Sodium	205.765 mg	Sugars	18.813 g	Iron	9.406 mg
Saturated Fat	2.234 g	Carbohydrate	54.087 g	Vitamin A	1140.526 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.292 g	Vitamin C	39.977 mg	Ash ¹	*N/A* g

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Nutrients: Per 3 OZ

Calories	275.000 kcal	Cholesterol	14.000 mg	Protein	2.800 g	Calcium	15.000 mg
Total Fat	8.500 g	Sodium	175.000 mg	Sugars	16.000 g	Iron	8.000 mg
Saturated Fat	1.900 g	Carbohydrate	46.000 g	Vitamin A	970.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.800 g	Vitamin C	34.000 mg	Ash ¹	*N/A* g

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902846 - CARROTS RAW BABY

VEG - VEGETABLES

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O CUP..... 4.00 O
large..... 15.00 G
medium..... 10.00 G
NLEA serving..... 85.00 G
SERVING..... 2.10 O
3/4 CUP..... 3.20 O

Nutrients: Per 100 GRAMS

Calories	35.000 kcal	Cholesterol	0.000 mg	Protein	0.640 g	Calcium	32.000 mg
Total Fat	0.130 g	Sodium	0.000 mg	Sugars	*N/A* g	Iron	0.890 mg
Saturated Fat	0.023 g	Carbohydrate	8.240 g	Vitamin A	13790.000 IU	Water ¹	90.350 g
Trans. Fat ²	0.000 g	Dietary Fiber	2.900 g	Vitamin C	2.600 mg	Ash ¹	0.630 g

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902849 - CAULIFLOWER FRESH RAW

VEG - VEGETABLES

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
CUP, chopped 1/..... 107.00 G
CUP..... 100.00 G
CUP, 1" pieces... 3.53 O
SERVING..... 1.80 O

Nutrients: Per 100 GRAMS

Calories	25.000 kcal	Cholesterol	0.000 mg	Protein	1.920 g	Calcium	22.000 mg
Total Fat	0.280 g	Sodium	0.000 mg	Sugars	*N/A* g	Iron	0.420 mg
Saturated Fat	0.064 g	Carbohydrate	4.970 g	Vitamin A	10.000 IU	Water ¹	92.070 g
Trans. Fat ²	0.000 g	Dietary Fiber	2.000 g	Vitamin C	48.200 mg	Ash ¹	0.760 g

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902850 - CELERY FRESH RAW

VEG - VEGETABLES

Source: Local
Manufacturer:
Product No.:

Measurement

LB.....	16.00	O	stalk, small (5" lo	17.00	G
CUP, chopped.....	101.00	G	strip (4" long).....	4.00	G
NLEA serving.....	110.00	G	CUP, sticks.....	5.24	O
TBSP.....	7.50	G	cup, chopped.....	3.56	O
stalk large (11"-1	64.00	G	CUP, diced.....	4.23	O
stalk, med (7.5"-	40.00	G	CUP.....	4.23	O

Nutrients: Per 100 GRAMS

Calories	16.000	kcal	Cholesterol	0.000	mg	Protein	0.690	g	Calcium	40.000	mg
Total Fat	0.170	g	Sodium	80.000	mg	Sugars	*N/A*	g	Iron	0.200	mg
Saturated Fat	0.042	g	Carbohydrate	2.970	g	Vitamin A	449.000	IU	Water ¹	95.430	g
Trans. Fat ²	0.000	g	Dietary Fiber	1.600	g	Vitamin C	3.100	mg	Ash ¹	0.750	g

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902937 - CEREAL APPLE CINN CHEERIOS BOWL WG

CER - CEREAL

Source: Local
Manufacturer:
Product No.: 3336301

Measurement

LB.....	16.00	O
BOWL.....	28.00	G

Nutrients: Per 100 GRAMS

Calories	392.857	kcal	Cholesterol	0.000	mg	Protein	7.143	g	Calcium	357.143	mg
Total Fat	5.357	g	Sodium	392.857	mg	Sugars	35.714	g	Iron	12.857	mg
Saturated Fat	0.000	g	Carbohydrate	78.571	g	Vitamin A	1785.714	IU	Water ¹	0.000	g
Trans. Fat ²	0.000	g	Dietary Fiber	7.143	g	Vitamin C	21.429	mg	Ash ¹	0.000	g

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Nutrients: Per 28 G

Calories	110.000	kcal	Cholesterol	0.000	mg	Protein	2.000	g	Calcium	100.000	mg
Total Fat	1.500	g	Sodium	110.000	mg	Sugars	10.000	g	Iron	3.600	mg
Saturated Fat	0.000	g	Carbohydrate	22.000	g	Vitamin A	500.000	IU	Water ¹	0.000	g
Trans. Fat ²	0.000	g	Dietary Fiber	2.000	g	Vitamin C	6.000	mg	Ash ¹	0.000	g

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902938 - CEREAL APPLE JACKS TALL BOWL WG

CER - CEREAL

Source: Local
Manufacturer:
Product No.: 3343421

Measurement

LB.....	16.00	O
BOWL.....	1.00	O

Nutrients: Per 100 GRAMS

Calories	388.014	kcal	Cholesterol	0.000	mg	Protein	7.055	g	Calcium	*N/A*	mg
Total Fat	3.527	g	Sodium	564.384	mg	Sugars	*N/A*	g	Iron	12.346	mg
Saturated Fat	1.764	g	Carbohydrate	84.658	g	Vitamin A	282.192	IU	Water ¹	*N/A*	g
Trans. Fat ²	0.000	g	Dietary Fiber	10.582	g	Vitamin C	42.329	mg	Ash ¹	*N/A*	g

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Nutrients: Per 1 OZ

Calories	110.000 kcal	Cholesterol	0.000 mg	Protein	2.000 g	Calcium	*N/A* mg
Total Fat	1.000 g	Sodium	160.000 mg	Sugars	*N/A* g	Iron	3.500 mg
Saturated Fat	0.500 g	Carbohydrate	24.000 g	Vitamin A	80.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.000 g	Vitamin C	12.000 mg	Ash ¹	*N/A* g

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903528 - CEREAL CHEERIOS BULK

CER - CEREAL

Source: Local
Manufacturer:
Product No.:

Measurement	
LB.....	16.00 O
1 CUP.....	28.00 G
1 BAG.....	29.00 O
CONTAINER 4/2	116.00 O
1/2 CUP.....	14.00 G

Nutrients: Per 100 GRAMS

Calories	357.143 kcal	Cholesterol	0.000 mg	Protein	10.714 g	Calcium	357.143 mg
Total Fat	7.143 g	Sodium	500.000 mg	Sugars	3.571 g	Iron	28.929 mg
Saturated Fat	1.786 g	Carbohydrate	71.429 g	Vitamin A	1785.714 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	10.714 g	Vitamin C	21.429 mg	Ash ¹	*N/A* g

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Nutrients: Per 28 G

Calories	100.000 kcal	Cholesterol	0.000 mg	Protein	3.000 g	Calcium	100.000 mg
Total Fat	2.000 g	Sodium	140.000 mg	Sugars	1.000 g	Iron	8.100 mg
Saturated Fat	0.500 g	Carbohydrate	20.000 g	Vitamin A	500.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.000 g	Vitamin C	6.000 mg	Ash ¹	*N/A* g

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902945 - CEREAL CHEERIOS TALL BOWL WG

CER - CEREAL

Source: Local
Manufacturer:
Product No.:

Measurement	
LB.....	16.00 O
BOWL.....	28.00 G

Nutrients: Per 100 GRAMS

Calories	357.143 kcal	Cholesterol	0.000 mg	Protein	10.714 g	Calcium	357.143 mg
Total Fat	7.143 g	Sodium	500.000 mg	Sugars	3.571 g	Iron	28.929 mg
Saturated Fat	1.786 g	Carbohydrate	71.429 g	Vitamin A	1785.714 IU	Water ¹	0.000 g
Trans. Fat ²	0.000 g	Dietary Fiber	10.714 g	Vitamin C	21.429 mg	Ash ¹	0.000 g

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Nutrients: Per 28 G

Calories	100.000 kcal	Cholesterol	0.000 mg	Protein	3.000 g	Calcium	100.000 mg
Total Fat	2.000 g	Sodium	140.000 mg	Sugars	1.000 g	Iron	8.100 mg
Saturated Fat	0.500 g	Carbohydrate	20.000 g	Vitamin A	500.000 IU	Water ¹	0.000 g
Trans. Fat ²	0.000 g	Dietary Fiber	3.000 g	Vitamin C	6.000 mg	Ash ¹	0.000 g

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903519 - CEREAL CHEX HONEY NUT

CER - CEREAL

Source: Local
Manufacturer:
Product No.:

Measurement	
LB.....	16.00 O
BOWL.....	31.00 G

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Humboldt Unified School District

Nutrients: Per 100 GRAMS

Calories	387.097 kcal	Cholesterol	0.000 mg	Protein	6.452 g	Calcium	322.581 mg
Total Fat	1.613 g	Sodium	612.903 mg	Sugars	29.032 g	Iron	14.516 mg
Saturated Fat	0.000 g	Carbohydrate	87.097 g	Vitamin A	1612.903 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.226 g	Vitamin C	19.355 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)

(¹ - denotes optional nutrient values.)

(² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.)

Nutrients: Per 31 G

Calories	120.000 kcal	Cholesterol	0.000 mg	Protein	2.000 g	Calcium	100.000 mg
Total Fat	0.500 g	Sodium	190.000 mg	Sugars	9.000 g	Iron	4.500 mg
Saturated Fat	0.000 g	Carbohydrate	27.000 g	Vitamin A	500.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	1.000 g	Vitamin C	6.000 mg	Ash ¹	*N/A* g

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(¹ - denotes optional nutrient values.)

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Humboldt Unified School District

903503 - CEREAL CHEX RICE

CER - CEREAL

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
BOWL..... 28.00 G

Nutrients: Per 100 GRAMS

Calories	357.143	kcal	Cholesterol	0.000	mg	Protein	7.143	g	Calcium	285.714	mg
Total Fat	1.786	g	Sodium	714.286	mg	Sugars	10.714	g	Iron	25.714	mg
Saturated Fat	0.000	g	Carbohydrate	85.714	g	Vitamin A	1785.714	IU	Water ¹	0.000	g
Trans. Fat ²	0.000	g	Dietary Fiber	3.571	g	Vitamin C	17.143	mg	Ash ¹	0.000	g

(*N/A* - denotes missing nutrient values)
(¹ - denotes optional nutrient values.)
(² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.)

Nutrients: Per 28 G

Calories	100.000	kcal	Cholesterol	0.000	mg	Protein	2.000	g	Calcium	80.000	mg
Total Fat	0.500	g	Sodium	200.000	mg	Sugars	3.000	g	Iron	7.200	mg
Saturated Fat	0.000	g	Carbohydrate	24.000	g	Vitamin A	500.000	IU	Water ¹	0.000	g
Trans. Fat ²	0.000	g	Dietary Fiber	1.000	g	Vitamin C	4.800	mg	Ash ¹	0.000	g

(*N/A* - denotes missing nutrient values)
(¹ - denotes optional nutrient values.)
(² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.)

902817 - CEREAL CINNAMON TOAST CRUNCH SINGLEPAK

CER - CEREAL

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
BOWL..... 28.00 G

Nutrients: Per 100 GRAMS

Calories	392.857	kcal	Cholesterol	0.000	mg	Protein	3.571	g	Calcium	714.286	mg
Total Fat	10.714	g	Sodium	571.429	mg	Sugars	21.429	g	Iron	12.857	mg
Saturated Fat	1.786	g	Carbohydrate	78.571	g	Vitamin A	1428.571	IU	Water ¹	0.000	g
Trans. Fat ²	0.000	g	Dietary Fiber	10.714	g	Vitamin C	17.143	mg	Ash ¹	0.000	g

(*N/A* - denotes missing nutrient values)
(¹ - denotes optional nutrient values.)
(² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.)

Nutrients: Per 28 G

Calories	110.000	kcal	Cholesterol	0.000	mg	Protein	1.000	g	Calcium	200.000	mg
Total Fat	3.000	g	Sodium	160.000	mg	Sugars	6.000	g	Iron	3.600	mg
Saturated Fat	0.500	g	Carbohydrate	22.000	g	Vitamin A	400.000	IU	Water ¹	0.000	g
Trans. Fat ²	0.000	g	Dietary Fiber	3.000	g	Vitamin C	4.800	mg	Ash ¹	0.000	g

(*N/A* - denotes missing nutrient values)
(¹ - denotes optional nutrient values.)
(² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.)

902939 - CEREAL COCOA PUFFS TALL BOWL WG

BRKFT - BREAKFAST

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
BOWL..... 30.00 G

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Humboldt Unified School District

Nutrients: Per 100 GRAMS

Calories	366.667 kcal	Cholesterol	0.000 mg	Protein	6.667 g	Calcium	333.333 mg
Total Fat	5.000 g	Sodium	400.000 mg	Sugars	26.667 g	Iron	15.000 mg
Saturated Fat	0.000 g	Carbohydrate	83.333 g	Vitamin A	1666.667 IU	Water ¹	0.000 g
Trans. Fat ²	0.000 g	Dietary Fiber	6.667 g	Vitamin C	20.000 mg	Ash ¹	0.000 g

(*N/A* - denotes missing nutrient values)

(¹ - denotes optional nutrient values.)

(² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.)

Nutrients: Per 30 G

Calories	110.000 kcal	Cholesterol	0.000 mg	Protein	2.000 g	Calcium	100.000 mg
Total Fat	1.500 g	Sodium	120.000 mg	Sugars	8.000 g	Iron	4.500 mg
Saturated Fat	0.000 g	Carbohydrate	25.000 g	Vitamin A	500.000 IU	Water ¹	0.000 g
Trans. Fat ²	0.000 g	Dietary Fiber	2.000 g	Vitamin C	6.000 mg	Ash ¹	0.000 g

(*N/A* - denotes missing nutrient values)

(¹ - denotes optional nutrient values.)

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Humboldt Unified School District

903524 - CEREAL CORN CHEX

CER - CEREAL

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
BOWL..... 28.00 G

Nutrients: Per 100 GRAMS

Calories	357.143 kcal	Cholesterol	0.000 mg	Protein	7.143 g	Calcium	285.714 mg
Total Fat	1.786 g	Sodium	714.286 mg	Sugars	10.714 g	Iron	25.714 mg
Saturated Fat	0.000 g	Carbohydrate	85.714 g	Vitamin A	1785.714 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.571 g	Vitamin C	17.143 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
(¹ - denotes optional nutrient values.)
(² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.)

Nutrients: Per 28 G

Calories	100.000 kcal	Cholesterol	0.000 mg	Protein	2.000 g	Calcium	80.000 mg
Total Fat	0.500 g	Sodium	200.000 mg	Sugars	3.000 g	Iron	7.200 mg
Saturated Fat	0.000 g	Carbohydrate	24.000 g	Vitamin A	500.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	1.000 g	Vitamin C	4.800 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
(¹ - denotes optional nutrient values.)
(² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.)

902940 - CEREAL FROOT LOOPS

CER - CEREAL

Source: Local
Manufacturer:
Product No.: 3343441

Measurement
LB..... 16.00 O
BOWL..... 28.00 G

Nutrients: Per 100 GRAMS

Calories	392.857 kcal	Cholesterol	0.000 mg	Protein	7.143 g	Calcium	714.286 mg
Total Fat	3.571 g	Sodium	607.143 mg	Sugars	*N/A* g	Iron	12.857 mg
Saturated Fat	1.786 g	Carbohydrate	85.714 g	Vitamin A	1428.571 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	10.714 g	Vitamin C	42.857 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
(¹ - denotes optional nutrient values.)
(² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.)

Nutrients: Per 28 G

Calories	110.000 kcal	Cholesterol	0.000 mg	Protein	2.000 g	Calcium	200.000 mg
Total Fat	1.000 g	Sodium	170.000 mg	Sugars	*N/A* g	Iron	3.600 mg
Saturated Fat	0.500 g	Carbohydrate	24.000 g	Vitamin A	400.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.000 g	Vitamin C	12.000 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
(¹ - denotes optional nutrient values.)
(² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.)

902941 - CEREAL FRUITY CHEERIOS TALL BOWL WG

CER - CEREAL

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
BOWL..... 31.00 G

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Humboldt Unified School District

Nutrients: Per 100 GRAMS

Calories	387.097 kcal	Cholesterol	0.000 mg	Protein	6.452 g	Calcium	322.581 mg
Total Fat	4.839 g	Sodium	451.613 mg	Sugars	29.032 g	Iron	14.516 mg
Saturated Fat	0.000 g	Carbohydrate	80.645 g	Vitamin A	1612.903 IU	Water ¹	0.000 g
Trans. Fat ²	0.000 g	Dietary Fiber	6.452 g	Vitamin C	19.355 mg	Ash ¹	0.000 g

(*N/A* - denotes missing nutrient values)

(¹ - denotes optional nutrient values.)

(² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.)

Nutrients: Per 31 G

Calories	120.000 kcal	Cholesterol	0.000 mg	Protein	2.000 g	Calcium	100.000 mg
Total Fat	1.500 g	Sodium	140.000 mg	Sugars	9.000 g	Iron	4.500 mg
Saturated Fat	0.000 g	Carbohydrate	25.000 g	Vitamin A	500.000 IU	Water ¹	0.000 g
Trans. Fat ²	0.000 g	Dietary Fiber	2.000 g	Vitamin C	6.000 mg	Ash ¹	0.000 g

(*N/A* - denotes missing nutrient values)

(¹ - denotes optional nutrient values.)

(² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.)

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Humboldt Unified School District

902815 - CEREAL GOLDEN GRAHAMS SINGLEPAK

CER - CEREAL

Source: Local
Manufacturer:
Product No.:

Measurement

LB..... 16.00 O
BOWL..... 28.00 G

Nutrients: Per 100 GRAMS

Calories	357.143 kcal	Cholesterol	0.000 mg	Protein	3.571 g	Calcium	285.714 mg
Total Fat	3.571 g	Sodium	785.714 mg	Sugars	28.571 g	Iron	12.857 mg
Saturated Fat	0.000 g	Carbohydrate	85.714 g	Vitamin A	1428.571 IU	Water ¹	0.000 g
Trans. Fat ²	0.000 g	Dietary Fiber	3.571 g	Vitamin C	17.143 mg	Ash ¹	0.000 g

(*N/A* - denotes missing nutrient values)
(¹ - denotes optional nutrient values.)
(² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.)

Nutrients: Per 28 G

Calories	100.000 kcal	Cholesterol	0.000 mg	Protein	1.000 g	Calcium	80.000 mg
Total Fat	1.000 g	Sodium	220.000 mg	Sugars	8.000 g	Iron	3.600 mg
Saturated Fat	0.000 g	Carbohydrate	24.000 g	Vitamin A	400.000 IU	Water ¹	0.000 g
Trans. Fat ²	0.000 g	Dietary Fiber	1.000 g	Vitamin C	4.800 mg	Ash ¹	0.000 g

(*N/A* - denotes missing nutrient values)
(¹ - denotes optional nutrient values.)
(² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.)

902814 - CEREAL HONEY NUT CHEERIOS BOWLPAK

CER - CEREAL

Source: Local
Manufacturer:
Product No.:

Measurement

LB..... 16.00 O
BOWL..... 28.00 G

Nutrients: Per 100 GRAMS

Calories	392.857 kcal	Cholesterol	0.000 mg	Protein	7.143 g	Calcium	357.143 mg
Total Fat	5.357 g	Sodium	571.429 mg	Sugars	32.143 g	Iron	16.071 mg
Saturated Fat	0.000 g	Carbohydrate	78.571 g	Vitamin A	1785.714 IU	Water ¹	0.000 g
Trans. Fat ²	0.000 g	Dietary Fiber	7.143 g	Vitamin C	21.429 mg	Ash ¹	0.000 g

(*N/A* - denotes missing nutrient values)
(¹ - denotes optional nutrient values.)
(² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.)

Nutrients: Per 28 G

Calories	110.000 kcal	Cholesterol	0.000 mg	Protein	2.000 g	Calcium	100.000 mg
Total Fat	1.500 g	Sodium	160.000 mg	Sugars	9.000 g	Iron	4.500 mg
Saturated Fat	0.000 g	Carbohydrate	22.000 g	Vitamin A	500.000 IU	Water ¹	0.000 g
Trans. Fat ²	0.000 g	Dietary Fiber	2.000 g	Vitamin C	6.000 mg	Ash ¹	0.000 g

(*N/A* - denotes missing nutrient values)
(¹ - denotes optional nutrient values.)
(² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.)

902816 - CEREAL HONEY NUT CHEX GLUTEN FREE SINGLEPAK

CER - CEREAL

Source: Local
Manufacturer:
Product No.: 1702151

Measurement

LB..... 16.00 O
BOWL..... 31.00 G

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Humboldt Unified School District

Nutrients: Per 100 GRAMS

Calories	387.097 kcal	Cholesterol	0.000 mg	Protein	6.452 g	Calcium	322.581 mg
Total Fat	3.226 g	Sodium	612.903 mg	Sugars	*N/A* g	Iron	14.516 mg
Saturated Fat	0.000 g	Carbohydrate	87.097 g	Vitamin A	1612.903 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.226 g	Vitamin C	19.355 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)

(¹ - denotes optional nutrient values.)

(² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.)

Nutrients: Per 31 G

Calories	120.000 kcal	Cholesterol	0.000 mg	Protein	2.000 g	Calcium	100.000 mg
Total Fat	1.000 g	Sodium	190.000 mg	Sugars	*N/A* g	Iron	4.500 mg
Saturated Fat	0.000 g	Carbohydrate	27.000 g	Vitamin A	500.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	1.000 g	Vitamin C	6.000 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)

(¹ - denotes optional nutrient values.)

(² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.)

Humboldt Unified School District

902942 - CEREAL LUCKY CHARMS

CER - CEREAL

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
BOWL..... 28.00 G

Nutrients: Per 100 GRAMS

Calories	392.857 kcal	Cholesterol	0.000 mg	Protein	7.143 g	Calcium	357.143 mg
Total Fat	3.571 g	Sodium	642.857 mg	Sugars	35.714 g	Iron	16.071 mg
Saturated Fat	0.000 g	Carbohydrate	82.143 g	Vitamin A	1785.714 IU	Water ¹	0.000 g
Trans. Fat ²	0.000 g	Dietary Fiber	7.143 g	Vitamin C	21.429 mg	Ash ¹	0.000 g

(*N/A* - denotes missing nutrient values)
(¹ - denotes optional nutrient values.)
(² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.)

Nutrients: Per 28 G

Calories	110.000 kcal	Cholesterol	0.000 mg	Protein	2.000 g	Calcium	100.000 mg
Total Fat	1.000 g	Sodium	180.000 mg	Sugars	10.000 g	Iron	4.500 mg
Saturated Fat	0.000 g	Carbohydrate	23.000 g	Vitamin A	500.000 IU	Water ¹	0.000 g
Trans. Fat ²	0.000 g	Dietary Fiber	2.000 g	Vitamin C	6.000 mg	Ash ¹	0.000 g

(*N/A* - denotes missing nutrient values)
(¹ - denotes optional nutrient values.)
(² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.)

902923 - CEREAL PACK CINN TST CRUNCH

BRKFT - BREAKFAST

Source: Local
Manufacturer:
Product No.: 2933531

Measurement
LB..... 16.00 O
pack..... 5.90 O

Nutrients: Per 100 GRAMS

Calories	173.381 kcal	Cholesterol	0.000 mg	Protein	1.196 g	Calcium	1.794 mg
Total Fat	4.185 g	Sodium	191.317 mg	Sugars	*N/A* g	Iron	2.583 mg
Saturated Fat	0.897 g	Carbohydrate	33.480 g	Vitamin A	239.146 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.391 g	Vitamin C	38.742 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
(¹ - denotes optional nutrient values.)
(² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.)

Nutrients: Per 5.9 OZ

Calories	290.000 kcal	Cholesterol	0.000 mg	Protein	2.000 g	Calcium	3.000 mg
Total Fat	7.000 g	Sodium	320.000 mg	Sugars	*N/A* g	Iron	4.320 mg
Saturated Fat	1.500 g	Carbohydrate	56.000 g	Vitamin A	400.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	4.000 g	Vitamin C	64.800 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
(¹ - denotes optional nutrient values.)
(² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.)

902924 - CEREAL PACK FRUITY CHEERIOS

BRKFT - BREAKFAST

Source: Local
Manufacturer:
Product No.: 2651331

Measurement
LB..... 16.00 O
PACK..... 6.00 O

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Humboldt Unified School District

Nutrients: Per 100 GRAMS

Calories	176.370 kcal	Cholesterol	0.000 mg	Protein	1.764 g	Calcium	117.580 mg
Total Fat	3.233 g	Sodium	15.873 mg	Sugars	*N/A* g	Iron	3.069 mg
Saturated Fat	0.588 g	Carbohydrate	35.274 g	Vitamin A	293.950 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	1.764 g	Vitamin C	45.856 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)

(¹ - denotes optional nutrient values.)

(² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.)

Nutrients: Per 6 OZ

Calories	300.000 kcal	Cholesterol	0.000 mg	Protein	3.000 g	Calcium	200.000 mg
Total Fat	5.500 g	Sodium	27.000 mg	Sugars	*N/A* g	Iron	5.220 mg
Saturated Fat	1.000 g	Carbohydrate	60.000 g	Vitamin A	500.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.000 g	Vitamin C	78.000 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)

(¹ - denotes optional nutrient values.)

(² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.)

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Humboldt Unified School District

902925 - CEREAL PACK GOLDEN GRAHAMS

BRKFT - BREAKFAST

Source: Local
Manufacturer:
Product No.: 2933521

Measurement
LB..... 16.00 O
PACK..... 6.25 O

Nutrients: Per 100 GRAMS

Calories	174.959 kcal	Cholesterol	0.000 mg	Protein	2.258 g	Calcium	45.151 mg
Total Fat	2.822 g	Sodium	208.822 mg	Sugars	*N/A* g	Iron	2.641 mg
Saturated Fat	0.282 g	Carbohydrate	36.121 g	Vitamin A	282.192 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.258 g	Vitamin C	37.249 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
(¹ - denotes optional nutrient values.)
(² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.)

Nutrients: Per 6.25 OZ

Calories	310.000 kcal	Cholesterol	0.000 mg	Protein	4.000 g	Calcium	80.000 mg
Total Fat	5.000 g	Sodium	370.000 mg	Sugars	*N/A* g	Iron	4.680 mg
Saturated Fat	0.500 g	Carbohydrate	64.000 g	Vitamin A	500.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	4.000 g	Vitamin C	66.000 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
(¹ - denotes optional nutrient values.)
(² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.)

902926 - CEREAL PACK TRIX

BRKFT - BREAKFAST

Source: Local
Manufacturer:
Product No.: 2651281

Measurement
LB..... 16.00 O
PACK..... 5.90 O

Nutrients: Per 100 GRAMS

Calories	161.423 kcal	Cholesterol	0.000 mg	Protein	1.196 g	Calcium	71.744 mg
Total Fat	2.690 g	Sodium	173.381 mg	Sugars	*N/A* g	Iron	3.767 mg
Saturated Fat	0.598 g	Carbohydrate	33.480 g	Vitamin A	418.505 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	1.196 g	Vitamin C	24.393 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
(¹ - denotes optional nutrient values.)
(² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.)

Nutrients: Per 5.9 OZ

Calories	270.000 kcal	Cholesterol	0.000 mg	Protein	2.000 g	Calcium	120.000 mg
Total Fat	4.500 g	Sodium	290.000 mg	Sugars	*N/A* g	Iron	6.300 mg
Saturated Fat	1.000 g	Carbohydrate	56.000 g	Vitamin A	700.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.000 g	Vitamin C	40.800 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
(¹ - denotes optional nutrient values.)
(² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.)

902936 - CEREAL REESES PUFFS BOWL WG

CER - CEREAL

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
BOWL..... 28.00 G

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Humboldt Unified School District

Nutrients: Per 100 GRAMS

Calories	428.571 kcal	Cholesterol	0.000 mg	Protein	7.143 g	Calcium	357.143 mg
Total Fat	10.714 g	Sodium	571.429 mg	Sugars	32.143 g	Iron	16.071 mg
Saturated Fat	1.786 g	Carbohydrate	75.000 g	Vitamin A	1785.714 IU	Water ¹	0.000 g
Trans. Fat ²	0.000 g	Dietary Fiber	3.571 g	Vitamin C	21.429 mg	Ash ¹	0.000 g

(*N/A* - denotes missing nutrient values)

(¹ - denotes optional nutrient values.)

(² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.)

Nutrients: Per 28 G

Calories	120.000 kcal	Cholesterol	0.000 mg	Protein	2.000 g	Calcium	100.000 mg
Total Fat	3.000 g	Sodium	160.000 mg	Sugars	9.000 g	Iron	4.500 mg
Saturated Fat	0.500 g	Carbohydrate	21.000 g	Vitamin A	500.000 IU	Water ¹	0.000 g
Trans. Fat ²	0.000 g	Dietary Fiber	1.000 g	Vitamin C	6.000 mg	Ash ¹	0.000 g

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Humboldt Unified School District

902946 - CEREAL RICE CHEX

CER - CEREAL

Source: Local
Manufacturer:
Product No.: 3336331

Measurement
LB..... 16.00 O
BOWL..... 28.00 G

Nutrients: Per 100 GRAMS

Calories	357.143 kcal	Cholesterol	0.000 mg	Protein	7.143 g	Calcium	357.143 mg
Total Fat	1.786 g	Sodium	892.857 mg	Sugars	7.143 g	Iron	32.143 mg
Saturated Fat	0.000 g	Carbohydrate	85.714 g	Vitamin A	1785.714 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.571 g	Vitamin C	21.429 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
(¹ - denotes optional nutrient values.)
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Nutrients: Per 28 G

Calories	100.000 kcal	Cholesterol	0.000 mg	Protein	2.000 g	Calcium	100.000 mg
Total Fat	0.500 g	Sodium	250.000 mg	Sugars	2.000 g	Iron	9.000 mg
Saturated Fat	0.000 g	Carbohydrate	24.000 g	Vitamin A	500.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	1.000 g	Vitamin C	6.000 mg	Ash ¹	*N/A* g

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902943 - CEREAL RICE KRISPIES

CER - CEREAL

Source: Local
Manufacturer:
Product No.: 3343451

Measurement
LB..... 16.00 O
BOWL..... 28.00 G

Nutrients: Per 100 GRAMS

Calories	357.143 kcal	Cholesterol	0.000 mg	Protein	7.143 g	Calcium	1607.143 mg
Total Fat	1.786 g	Sodium	607.143 mg	Sugars	3.571 g	Iron	28.929 mg
Saturated Fat	0.000 g	Carbohydrate	82.143 g	Vitamin A	3571.429 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	42.857 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
(¹ - denotes optional nutrient values.)
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Nutrients: Per 28 G

Calories	100.000 kcal	Cholesterol	0.000 mg	Protein	2.000 g	Calcium	450.000 mg
Total Fat	0.500 g	Sodium	170.000 mg	Sugars	1.000 g	Iron	8.100 mg
Saturated Fat	0.000 g	Carbohydrate	23.000 g	Vitamin A	1000.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	12.000 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
(¹ - denotes optional nutrient values.)
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902944 - CEREAL TRIX TALL BOWL WG

CER - CEREAL

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
BOWL..... 28.00 G

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Humboldt Unified School District

Nutrients: Per 100 GRAMS

Calories	392.857 kcal	Cholesterol	0.000 mg	Protein	3.571 g	Calcium	285.714 mg
Total Fat	5.357 g	Sodium	500.000 mg	Sugars	25.000 g	Iron	16.071 mg
Saturated Fat	0.000 g	Carbohydrate	85.714 g	Vitamin A	1428.571 IU	Water ¹	0.000 g
Trans. Fat ²	0.000 g	Dietary Fiber	3.571 g	Vitamin C	17.143 mg	Ash ¹	0.000 g

(*N/A* - denotes missing nutrient values)

(¹ - denotes optional nutrient values.)

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Nutrients: Per 28 G

Calories	110.000 kcal	Cholesterol	0.000 mg	Protein	1.000 g	Calcium	80.000 mg
Total Fat	1.500 g	Sodium	140.000 mg	Sugars	7.000 g	Iron	4.500 mg
Saturated Fat	0.000 g	Carbohydrate	24.000 g	Vitamin A	400.000 IU	Water ¹	0.000 g
Trans. Fat ²	0.000 g	Dietary Fiber	1.000 g	Vitamin C	4.800 mg	Ash ¹	0.000 g

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Humboldt Unified School District

902777 - CHEESE AMERICAN BLEND 0.5 OZ SLICE

DAIRY - DAIRY PRODUCTS

Source: Local
Manufacturer:
Product No.:

Measurement			
CUP, diced.....	140.00 G	slice (1 oz).....	28.00 G
CUP, melted.....	244.00 G	LB.....	16.00 O
CUP, shredded..	113.00 G	slice (1/2 oz).....	0.50 O
OZ.....	28.35 G	CUP.....	3.67 O
cubic inch.....	18.00 G	slice.....	1.00 O
slice (3/4 oz).....	21.00 G	OZ. SHREDED	1.00 O

Nutrients: Per 100 GRAMS

Calories	264.555 kcal	Cholesterol	52.911 mg	Protein	21.164 g	Calcium	529.110 mg
Total Fat	15.873 g	Sodium	1022.946 mg	Sugars	0.000 g	Iron	6.349 mg
Saturated Fat	8.818 g	Carbohydrate	7.055 g	Vitamin A	317.466 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
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Nutrients: Per 0.5 OZ

Calories	37.500 kcal	Cholesterol	7.500 mg	Protein	3.000 g	Calcium	75.000 mg
Total Fat	2.250 g	Sodium	145.000 mg	Sugars	0.000 g	Iron	0.900 mg
Saturated Fat	1.250 g	Carbohydrate	1.000 g	Vitamin A	45.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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902751 - CHEESE AMERICAN SHREDED FTNR

DAIRY - DAIRY PRODUCTS

Source: Local
Manufacturer: SHAMROCK
Product No.: 2499111

Measurement	
LB.....	16.00 O
1/4 CUP.....	28.00 G

Nutrients: Per 100 GRAMS

Calories	357.143 kcal	Cholesterol	89.286 mg	Protein	21.429 g	Calcium	535.714 mg
Total Fat	32.143 g	Sodium	1750.000 mg	Sugars	0.000 g	Iron	0.000 mg
Saturated Fat	21.429 g	Carbohydrate	0.000 g	Vitamin A	1785.714 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
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Nutrients: Per 28 G

Calories	100.000 kcal	Cholesterol	25.000 mg	Protein	6.000 g	Calcium	150.000 mg
Total Fat	9.000 g	Sodium	490.000 mg	Sugars	0.000 g	Iron	0.000 mg
Saturated Fat	6.000 g	Carbohydrate	0.000 g	Vitamin A	500.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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900022 - CHEESE AMERICAN SLICED COBBLESTREET MARKET

DAIRY - DAIRY PRODUCTS

Source: Local
Manufacturer: commodity
Product No.: B119

Measurement	
LB.....	16.00 O
CASE/ 6 LOAVE	30.00 LB
5 LB LOAF/80 S	80.00 O
1 slice (0.5 oz)....	0.50 O

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Nutrients: Per 100 GRAMS

Calories	317.466 kcal	Cholesterol	88.185 mg	Protein	14.110 g	Calcium	282.192 mg
Total Fat	28.219 g	Sodium	1587.330 mg	Sugars	3.527 g	Iron	0.635 mg
Saturated Fat	15.873 g	Carbohydrate	7.055 g	Vitamin A	959.453 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)

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Nutrients: Per 1 OZ

Calories	90.000 kcal	Cholesterol	25.000 mg	Protein	4.000 g	Calcium	80.000 mg
Total Fat	8.000 g	Sodium	450.000 mg	Sugars	1.000 g	Iron	0.180 mg
Saturated Fat	4.500 g	Carbohydrate	2.000 g	Vitamin A	272.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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Humboldt Unified School District

902906 - CHEESE CHEDDAR AMERICAN

DAIRY - DAIRY PRODUCTS

Source: Local
Manufacturer:
Product No.:

Measurement			
CUP, diced.....	132.00 G	LB.....	16.00 O
CUP, melted.....	244.00 G		
CUP, shredded..	113.00 G		
OZ.....	28.35 G		
cubic inch.....	17.00 G		
slice (1 oz).....	28.00 G		

Nutrients: Per 100 GRAMS

Calories	403.000 kcal	Cholesterol	105.000 mg	Protein	24.900 g	Calcium	721.000 mg
Total Fat	33.140 g	Sodium	621.000 mg	Sugars	*N/A* g	Iron	0.680 mg
Saturated Fat	21.090 g	Carbohydrate	1.280 g	Vitamin A	1002.000 IU	Water ¹	36.750 g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	3.930 g

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902711 - CHEESE CHEDDAR FEATHER FANCY

DAIRY - DAIRY PRODUCTS

Source: Local
Manufacturer: DAVISCO
Product No.: 2238621

Measurement	
LB.....	16.00 O
1 SERVING.....	28.00 G
CUP.....	8.00 O

Nutrients: Per 100 GRAMS

Calories	392.857 kcal	Cholesterol	107.143 mg	Protein	25.000 g	Calcium	714.286 mg
Total Fat	32.143 g	Sodium	642.857 mg	Sugars	0.000 g	Iron	*N/A* mg
Saturated Fat	17.857 g	Carbohydrate	1.786 g	Vitamin A	1071.429 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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Nutrients: Per 28 G

Calories	110.000 kcal	Cholesterol	30.000 mg	Protein	7.000 g	Calcium	200.000 mg
Total Fat	9.000 g	Sodium	180.000 mg	Sugars	0.000 g	Iron	*N/A* mg
Saturated Fat	5.000 g	Carbohydrate	0.500 g	Vitamin A	300.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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902868 - CHEESE CHEDDAR FEATHER SHREDDED

DAIRY - DAIRY PRODUCTS

Source: Local
Manufacturer:
Product No.:

Measurement	
LB.....	16.00 O
CUP.....	90.00 G

Nutrients: Per 100 GRAMS

Calories	381.000 kcal	Cholesterol	99.000 mg	Protein	23.450 g	Calcium	712.000 mg
Total Fat	31.050 g	Sodium	639.000 mg	Sugars	*N/A* g	Iron	0.330 mg
Saturated Fat	19.550 g	Carbohydrate	1.990 g	Vitamin A	1218.000 IU	Water ¹	38.000 g
Trans. Fat ²	0.000 g	Dietary Fiber	0.100 g	Vitamin C	0.000 mg	Ash ¹	5.510 g

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Currently in use by recipe -
Detailed Ingredient List

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(*N/A* - denotes missing nutrient values) (¹ - denotes optional nutrient values.) (² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.)

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Humboldt Unified School District

902621 - CHEESE CHEDDAR REDUCED FAT YELLOW SHREDDED

COMMO - COMMODITY

Measurement

Source: Local
Manufacturer: USDA
Product No.: 100012

LB..... 16.00 O
1 SERVING..... 1.00 O

Nutrients: Per 100 GRAMS

Calories	282.143 kcal	Cholesterol	21.429 mg	Protein	25.000 g	Calcium	*N/A* mg
Total Fat	21.429 g	Sodium	725.000 mg	Sugars	*N/A* g	Iron	0.429 mg
Saturated Fat	13.393 g	Carbohydrate	1.786 g	Vitamin A	207.143 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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Nutrients: Per 28 G

Calories	79.000 kcal	Cholesterol	6.000 mg	Protein	7.000 g	Calcium	*N/A* mg
Total Fat	6.000 g	Sodium	203.000 mg	Sugars	*N/A* g	Iron	0.120 mg
Saturated Fat	3.750 g	Carbohydrate	0.500 g	Vitamin A	58.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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902898 - CHEESE COTTAGE 1% FAT

DAIRY - DAIRY PRODUCTS

Measurement

Source: Local
Manufacturer:
Product No.:

CUP, (not packe 226.00 G CUP, not packed 7.97 O
4 OZ..... 113.00 G
OZ..... 28.25 G
CUP (not packe 226.00 G
LB..... 15.94 O
CUP..... 7.97 O

Nutrients: Per 100 GRAMS

Calories	72.000 kcal	Cholesterol	4.000 mg	Protein	12.390 g	Calcium	61.000 mg
Total Fat	1.020 g	Sodium	406.000 mg	Sugars	3.500 g	Iron	0.140 mg
Saturated Fat	0.645 g	Carbohydrate	2.720 g	Vitamin A	41.000 IU	Water ¹	82.480 g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	1.390 g

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900802 - CHEESE MOZZARELLA

DAIRY - DAIRY PRODUCTS

Measurement

Source: Local
Manufacturer: COMMODITY
Product No.: 100021

LB..... 16.00 O
1/2 CUP SHRED 2.00 O

Nutrients: Per 100 GRAMS

Calories	299.829 kcal	Cholesterol	52.911 mg	Protein	13.404 g	Calcium	730.172 mg
Total Fat	21.164 g	Sodium	557.329 mg	Sugars	0.000 g	Iron	4.445 mg
Saturated Fat	14.110 g	Carbohydrate	2.646 g	Vitamin A	606.713 IU	Water ¹	193.654 g
Trans. Fat ²	0.000 g	Dietary Fiber	0.459 g	Vitamin C	0.000 mg	Ash ¹	13.051 g

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Nutrients: Per 1 OZ

Calories	85.000 kcal	Cholesterol	15.000 mg	Protein	3.800 g	Calcium	207.000 mg
Total Fat	6.000 g	Sodium	158.000 mg	Sugars	0.000 g	Iron	1.260 mg
Saturated Fat	4.000 g	Carbohydrate	0.750 g	Vitamin A	172.000 IU	Water ¹	54.900 g
Trans. Fat ²	0.000 g	Dietary Fiber	0.130 g	Vitamin C	0.000 mg	Ash ¹	3.700 g

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Humboldt Unified School District

902899 - CHEESE PROVOLONE RED FAT

DAIRY - DAIRY PRODUCTS

Source: Local
Manufacturer:
Product No.:

Measurement	
LB.....	16.00 O
CUP, shredded..	113.00 G
CUP, diced.....	132.00 G
cubic inch.....	17.00 G
slice.....	28.00 G
Pkg (6 oz).....	170.00 G

Nutrients: Per 100 GRAMS

Calories	274.000 kcal	Cholesterol	55.000 mg	Protein	24.700 g	Calcium	756.000 mg
Total Fat	17.600 g	Sodium	876.000 mg	Sugars	0.000 g	Iron	0.520 mg
Saturated Fat	11.300 g	Carbohydrate	3.500 g	Vitamin A	532.000 IU	Water ¹	50.600 g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	3.600 g

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902699 - CHEESE SAUCE CHEDDAR AMPI

DAIRY - DAIRY PRODUCTS

Source: Local
Manufacturer: AMPI PRODUCT
Product No.: 2164561

Measurement	
LB.....	16.00 O
1 SERVING.....	57.00 G

Nutrients: Per 100 GRAMS

Calories	105.263 kcal	Cholesterol	8.772 mg	Protein	3.509 g	Calcium	*N/A* mg
Total Fat	6.140 g	Sodium	666.667 mg	Sugars	*N/A* g	Iron	*N/A* mg
Saturated Fat	1.754 g	Carbohydrate	10.526 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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Nutrients: Per 57 G

Calories	60.000 kcal	Cholesterol	5.000 mg	Protein	2.000 g	Calcium	*N/A* mg
Total Fat	3.500 g	Sodium	380.000 mg	Sugars	*N/A* g	Iron	*N/A* mg
Saturated Fat	1.000 g	Carbohydrate	6.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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903449 - CHEESE STICK COMMODITY

DAIRY - DAIRY PRODUCTS

Source: Local
Manufacturer:
Product No.:

Measurement	
LB.....	16.00 O
STICK.....	1.00 O

Nutrients: Per 100 GRAMS

Calories	317.466 kcal	Cholesterol	70.548 mg	Protein	24.692 g	Calcium	705.480 mg
Total Fat	24.692 g	Sodium	705.480 mg	Sugars	0.000 g	Iron	*N/A* mg
Saturated Fat	17.637 g	Carbohydrate	0.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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Humboldt Unified School District

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Nutrients: Per 1 OZ

Calories	90.000 kcal	Cholesterol	20.000 mg	Protein	7.000 g	Calcium	200.000 mg
Total Fat	7.000 g	Sodium	200.000 mg	Sugars	0.000 g	Iron	*N/A* mg
Saturated Fat	5.000 g	Carbohydrate	0.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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Humboldt Unified School District

903407 - CHEESE SUB,"SCHOOL CHOICE SHRED CHEDDAR CHEES

DAIRY - DAIRY PRODUCTS

Measurement

Source: Local
Manufacturer:
Product No.:

LB..... 16.00 O
CUP..... 3.17 O

Nutrients: Per 100 GRAMS

Calories	309.000 kcal	Cholesterol	4.000 mg	Protein	23.600 g	Calcium	740.000 mg
Total Fat	23.040 g	Sodium	1285.000 mg	Sugars	*N/A* g	Iron	0.620 mg
Saturated Fat	4.300 g	Carbohydrate	1.260 g	Vitamin A	2461.000 IU	Water ¹	46.850 g
Trans. Fat ²	*N/A* g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	5.140 g

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902716 - Cheese Swiss

DAIRY - DAIRY PRODUCTS

Measurement

Source: Local
Manufacturer: alpine lace/shamrock
Product No.: 3147021

LB..... 16.00 O
1 SERVING..... 28.00 G

Nutrients: Per 100 GRAMS

Calories	321.429 kcal	Cholesterol	71.429 mg	Protein	28.571 g	Calcium	892.857 mg
Total Fat	21.429 g	Sodium	410.714 mg	Sugars	0.000 g	Iron	0.000 mg
Saturated Fat	12.500 g	Carbohydrate	3.571 g	Vitamin A	714.286 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
(¹ - denotes optional nutrient values.)
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Nutrients: Per 28 G

Calories	90.000 kcal	Cholesterol	20.000 mg	Protein	8.000 g	Calcium	250.000 mg
Total Fat	6.000 g	Sodium	115.000 mg	Sugars	0.000 g	Iron	0.000 mg
Saturated Fat	3.500 g	Carbohydrate	1.000 g	Vitamin A	200.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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050343 - CHEESE, CHEDDAR, YELLOW, REDUCED FAT, SHREDDE

DAIRY - DAIRY PRODUCTS

Measurement

Source: USDA
Manufacturer:
Product No.:

OZ..... 28.35 G

Nutrients: Per 100 GRAMS

Calories	282.190 kcal	Cholesterol	56.440 mg	Protein	27.200 g	Calcium	906.530 mg
Total Fat	18.310 g	Sodium	726.630 mg	Sugars	*N/A* g	Iron	0.140 mg
Saturated Fat	11.600 g	Carbohydrate	2.010 g	Vitamin A	631.390 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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900791 - Cheese, Mozzarella, lowfat

DAIRY - DAIRY PRODUCTS

Source: Local
Manufacturer:
Product No.:

Measurement
CUP, diced..... 132.00 G
CUP, shredded.. 113.00 G
1/4 CUP..... 28.00 G

LB..... 16.00 O

Nutrients: Per 100 GRAMS

Calories	321.429 kcal	Cholesterol	89.286 mg	Protein	21.429 g	Calcium	714.286 mg
Total Fat	17.857 g	Sodium	607.143 mg	Sugars	0.000 g	Iron	0.000 mg
Saturated Fat	12.500 g	Carbohydrate	3.571 g	Vitamin A	714.286 IU	Water ¹	165.929 g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	13.286 g

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Nutrients: Per 28 G

Calories	90.000 kcal	Cholesterol	25.000 mg	Protein	6.000 g	Calcium	200.000 mg
Total Fat	5.000 g	Sodium	170.000 mg	Sugars	0.000 g	Iron	0.000 mg
Saturated Fat	3.500 g	Carbohydrate	1.000 g	Vitamin A	200.000 IU	Water ¹	46.460 g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	3.720 g

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900793 - Cheese, Mozzarella, pizza cheese

DAIRY - DAIRY PRODUCTS

Source: Local
Manufacturer:
Product No.:

Measurement
CUP, diced..... 132.00 G
CUP, shredded.. 113.00 G
OZ..... 28.35 G

LB..... 16.00 O

Nutrients: Per 100 GRAMS

Calories	302.000 kcal	Cholesterol	54.000 mg	Protein	25.960 g	Calcium	731.000 mg
Total Fat	20.030 g	Sodium	528.000 mg	Sugars	*N/A* g	Iron	0.250 mg
Saturated Fat	12.670 g	Carbohydrate	3.830 g	Vitamin A	517.000 IU	Water ¹	46.460 g
Trans. Fat ²	*N/A* g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	3.720 g

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001016 - CHEESE,COTTAGE,1% FAT

DAIRY - DAIRY PRODUCTS

Source: USDA
Manufacturer:
Product No.:

Measurement
4 OZ..... 113.00 G CUP, not packed 7.97 O
CUP, (not packe 226.00 G
OZ..... 28.25 G
CUP (not packe 226.00 G
LB..... 15.94 O
CUP..... 7.97 O

Nutrients: Per 100 GRAMS

Calories	72.000 kcal	Cholesterol	4.000 mg	Protein	12.390 g	Calcium	61.000 mg
Total Fat	1.020 g	Sodium	406.000 mg	Sugars	2.720 g	Iron	0.140 mg
Saturated Fat	0.645 g	Carbohydrate	2.720 g	Vitamin A	41.000 IU	Water ¹	82.480 g
Trans. Fat ²	*N/A* g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	1.390 g

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902750 - CHEESE, PARMESAN, GRATED

DAIRY - DAIRY PRODUCTS

Source: Local
Manufacturer: SHAMROCK
Product No.: 1209513

Measurement
CUP..... 100.00 G
TBSP..... 5.00 G
OZ..... 28.35 G
LB..... 16.00 O

Nutrients: Per 100 GRAMS

Calories	110.000 kcal	Cholesterol	25.000 mg	Protein	9.000 g	Calcium	335.000 mg
Total Fat	8.000 g	Sodium	300.000 mg	Sugars	0.000 g	Iron	0.900 mg
Saturated Fat	6.000 g	Carbohydrate	0.000 g	Vitamin A	350.000 IU	Water ¹	20.840 g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	8.030 g

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001208 - CHEESE, PROVOLONE, RED FAT

DAIRY - DAIRY PRODUCTS

Source: USDA
Manufacturer:
Product No.:

Measurement
OZ..... 28.35 G LB..... 16.00 O
CUP, diced..... 132.00 G
CUP, shredded.. 113.00 G
cubic inch..... 14.30 G
slice (1 oz)..... 28.00 G
Pkg (6 oz)..... 170.00 G

Nutrients: Per 100 GRAMS

Calories	274.000 kcal	Cholesterol	55.000 mg	Protein	24.700 g	Calcium	756.000 mg
Total Fat	17.600 g	Sodium	615.000 mg	Sugars	0.550 g	Iron	0.520 mg
Saturated Fat	11.300 g	Carbohydrate	3.500 g	Vitamin A	532.000 IU	Water ¹	50.600 g
Trans. Fat ²	*N/A* g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	3.600 g

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001040 - CHEESE, SWISS

DAIRY - DAIRY PRODUCTS

Source: USDA
Manufacturer:
Product No.:

Measurement
CUP, diced..... 132.00 G LB..... 16.00 O
CUP, melted..... 244.00 G
CUP, shredded.. 108.00 G
OZ..... 28.35 G
cubic inch..... 15.00 G
slice (1 oz)..... 28.00 G

Nutrients: Per 100 GRAMS

Calories	393.000 kcal	Cholesterol	93.000 mg	Protein	26.960 g	Calcium	890.000 mg
Total Fat	30.990 g	Sodium	187.000 mg	Sugars	0.000 g	Iron	0.130 mg
Saturated Fat	18.227 g	Carbohydrate	1.440 g	Vitamin A	1047.000 IU	Water ¹	37.630 g
Trans. Fat ²	0.987 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	2.970 g

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902977 - CHEETOS FANTASTIX CHILI CHEESE

SNACK - SNACKS/MISC

Source: Local
Manufacturer: 2531661
Product No.:

Measurement
LB..... 16.00 O
BAG..... 1.00 O

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Nutrients: Per 100 GRAMS

Calories	458.562 kcal	Cholesterol	0.000 mg	Protein	7.055 g	Calcium	*N/A* mg
Total Fat	17.637 g	Sodium	705.480 mg	Sugars	*N/A* g	Iron	2.540 mg
Saturated Fat	3.527 g	Carbohydrate	67.021 g	Vitamin A	1763.700 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	7.055 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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Nutrients: Per 1 OZ

Calories	130.000 kcal	Cholesterol	0.000 mg	Protein	2.000 g	Calcium	*N/A* mg
Total Fat	5.000 g	Sodium	200.000 mg	Sugars	*N/A* g	Iron	0.720 mg
Saturated Fat	1.000 g	Carbohydrate	19.000 g	Vitamin A	500.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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902979 - CHEETOS PUFFS FLAMING HOT

SNACK - SNACKS/MISC

Source: Local
Manufacturer: 3366961
Product No.:

Measurement
LB..... 16.00 O
BAG..... 0.70 O

Nutrients: Per 100 GRAMS

Calories	453.523 kcal	Cholesterol	0.000 mg	Protein	10.078 g	Calcium	403.131 mg
Total Fat	17.637 g	Sodium	680.284 mg	Sugars	*N/A* g	Iron	3.628 mg
Saturated Fat	0.000 g	Carbohydrate	70.548 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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Nutrients: Per 0.7 OZ

Calories	90.000 kcal	Cholesterol	0.000 mg	Protein	2.000 g	Calcium	80.000 mg
Total Fat	3.500 g	Sodium	135.000 mg	Sugars	*N/A* g	Iron	0.720 mg
Saturated Fat	0.000 g	Carbohydrate	14.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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900071 - CHERIES, RED TART DRIED

FRUIT - FRUIT & FRUIT JUICE

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
1/4 CUP..... 35.00 G
CUP..... 140.00 G

Nutrients: Per 100 GRAMS

Calories	340.000 kcal	Cholesterol	0.000 mg	Protein	2.857 g	Calcium	45.714 mg
Total Fat	0.000 g	Sodium	2.857 mg	Sugars	*N/A* g	Iron	1.143 mg
Saturated Fat	0.000 g	Carbohydrate	80.000 g	Vitamin A	5957.143 IU	Water ¹	0.000 g
Trans. Fat ²	*N/A* g	Dietary Fiber	2.857 g	Vitamin C	0.000 mg	Ash ¹	0.000 g

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Nutrients: Per 35 G

Calories	119.000 kcal	Cholesterol	0.000 mg	Protein	1.000 g	Calcium	16.000 mg
Total Fat	0.000 g	Sodium	1.000 mg	Sugars	*N/A* g	Iron	0.400 mg
Saturated Fat	0.000 g	Carbohydrate	28.000 g	Vitamin A	2085.000 IU	Water ¹	0.000 g
Trans. Fat ²	*N/A* g	Dietary Fiber	1.000 g	Vitamin C	0.000 mg	Ash ¹	0.000 g

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900899 - CHICK,DICED,CKD,FRZ-COMMOD

PLTRY - CHICKEN & TURKEY

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
GRAM..... 1.00 G
SERVING (2 OZ) 2.00 O

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Nutrients: Per 100 GRAMS

Calories	190.000 kcal	Cholesterol	89.500 mg	Protein	28.780 g	Calcium	15.000 mg
Total Fat	7.640 g	Sodium	86.600 mg	Sugars	*N/A* g	Iron	1.210 mg
Saturated Fat	2.100 g	Carbohydrate	0.000 g	Vitamin A	54.800 IU	Water ¹	62.560 g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	1.020 g

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000065 - CHICKEN BASE DRY

SOUP - SOUP & GRAVY

Source: Local
Manufacturer: CULINARY SECRETS
Product No.: 2367423

Measurement
LB..... 16.00 O
1/3 CUP..... 3.00 O
2-1/2 TBSP..... 1.50 O
2/3 CUP..... 6.00 O

Nutrients: Per 100 GRAMS

Calories	283.333 kcal	Cholesterol	83.333 mg	Protein	16.667 g	Calcium	0.000 mg
Total Fat	16.667 g	Sodium	14666.667 mg	Sugars	*N/A* g	Iron	0.000 mg
Saturated Fat	0.000 g	Carbohydrate	16.667 g	Vitamin A	0.000 IU	Water ¹	0.000 g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	0.000 g

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Nutrients: Per 6 G

Calories	17.000 kcal	Cholesterol	5.000 mg	Protein	1.000 g	Calcium	0.000 mg
Total Fat	1.000 g	Sodium	880.000 mg	Sugars	*N/A* g	Iron	0.000 mg
Saturated Fat	0.000 g	Carbohydrate	1.000 g	Vitamin A	0.000 IU	Water ¹	0.000 g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	0.000 g

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900318 - Chicken Breakfast Patty

BRKFT - BREAKFAST

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
ONE PATTY..... 40.50 G
SERVING (2 PA 81.00 G

Nutrients: Per 100 GRAMS

Calories	209.877 kcal	Cholesterol	30.864 mg	Protein	16.049 g	Calcium	49.383 mg
Total Fat	9.877 g	Sodium	481.481 mg	Sugars	2.469 g	Iron	1.778 mg
Saturated Fat	1.852 g	Carbohydrate	13.580 g	Vitamin A	12.346 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.469 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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Nutrients: Per 81 G

Calories	170.000 kcal	Cholesterol	25.000 mg	Protein	13.000 g	Calcium	40.000 mg
Total Fat	8.000 g	Sodium	390.000 mg	Sugars	2.000 g	Iron	1.440 mg
Saturated Fat	1.500 g	Carbohydrate	11.000 g	Vitamin A	10.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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902915 - CHICKEN CANNED WO/BROTH

PLTRY - CHICKEN & TURKEY

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
CUP..... 205.00 G
can(5 oz)yields... 125.00 G

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Nutrients: Per 100 GRAMS

Calories	185.000 kcal	Cholesterol	50.000 mg	Protein	25.300 g	Calcium	14.000 mg
Total Fat	8.100 g	Sodium	482.000 mg	Sugars	*N/A* g	Iron	1.300 mg
Saturated Fat	2.250 g	Carbohydrate	0.900 g	Vitamin A	177.000 IU	Water ¹	64.900 g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	0.800 g

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900187 - CHICKEN FAJITA STRIPS, FULLY COOKED, FROZEN

COMMO - COMMODITY

Source: Local
Manufacturer: USDA COMMOD.
Product No.: 2411721

Measurement
LB..... 16.00 O
CASE/133/3.6 O 30.00 LB
SERVING..... 2.05 O
1 OZ PORTION. 28.00 G

Nutrients: Per 100 GRAMS

Calories	127.882 kcal	Cholesterol	74.598 mg	Protein	19.182 g	Calcium	3.197 mg
Total Fat	3.730 g	Sodium	511.526 mg	Sugars	1.066 g	Iron	0.320 mg
Saturated Fat	1.066 g	Carbohydrate	2.131 g	Vitamin A	18.969 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.213 mg	Ash ¹	*N/A* g

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Nutrients: Per 3.31 OZ

Calories	120.000 kcal	Cholesterol	70.000 mg	Protein	18.000 g	Calcium	3.000 mg
Total Fat	3.500 g	Sodium	480.000 mg	Sugars	1.000 g	Iron	0.300 mg
Saturated Fat	1.000 g	Carbohydrate	2.000 g	Vitamin A	17.800 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.200 mg	Ash ¹	*N/A* g

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902723 - CHICKEN HOMESTYLE BREADED OVEN EASY 8 PIECE

PLTRY - CHICKEN & TURKEY

Source: Local
Manufacturer: TYSON
Product No.: 2198251

Measurement
LB..... 16.00 O
1 BREAST/1DR 3.00 O

Nutrients: Per 100 GRAMS

Calories	258.676 kcal	Cholesterol	76.427 mg	Protein	19.989 g	Calcium	*N/A* mg
Total Fat	16.461 g	Sodium	446.804 mg	Sugars	*N/A* g	Iron	1.270 mg
Saturated Fat	4.703 g	Carbohydrate	8.231 g	Vitamin A	117.580 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	1.411 mg	Ash ¹	*N/A* g

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Nutrients: Per 3 OZ

Calories	220.000 kcal	Cholesterol	65.000 mg	Protein	17.000 g	Calcium	*N/A* mg
Total Fat	14.000 g	Sodium	380.000 mg	Sugars	*N/A* g	Iron	1.080 mg
Saturated Fat	4.000 g	Carbohydrate	7.000 g	Vitamin A	100.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	1.200 mg	Ash ¹	*N/A* g

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902998 - CHICKEN NUGGETS TYSON

PLTRY - CHICKEN & TURKEY

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
SERVING (5 NU 97.50 G
4 Nuggets..... 78.00 G
Serving (6 Nugg 117.00 G

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Nutrients: Per 100 GRAMS

Calories	269.231 kcal	Cholesterol	25.641 mg	Protein	16.667 g	Calcium	25.641 mg
Total Fat	15.385 g	Sodium	410.256 mg	Sugars	1.282 g	Iron	2.308 mg
Saturated Fat	2.564 g	Carbohydrate	16.667 g	Vitamin A	128.205 IU	Water ¹	0.000 g
Trans. Fat ²	0.000 g	Dietary Fiber	2.564 g	Vitamin C	0.000 mg	Ash ¹	0.000 g

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Nutrients: Per 78 G

Calories	210.000 kcal	Cholesterol	20.000 mg	Protein	13.000 g	Calcium	20.000 mg
Total Fat	12.000 g	Sodium	320.000 mg	Sugars	1.000 g	Iron	1.800 mg
Saturated Fat	2.000 g	Carbohydrate	13.000 g	Vitamin A	100.000 IU	Water ¹	0.000 g
Trans. Fat ²	0.000 g	Dietary Fiber	2.000 g	Vitamin C	0.000 mg	Ash ¹	0.000 g

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902724 - CHICKEN OVEN ROASTED 8 PIECE COOKED

PLTRY - CHICKEN & TURKEY

Source: Local
Manufacturer: TYSON
Product No.: 2213121

Measurement

LB..... 16.00 O ONE DRMSTK 5.61 O
1 BREAST/1THI 3.00 O
ONE BREAST.... 5.69 O
ONE DRUMSTI 2.24 O
ONE THIGH..... 3.54 O
ONE WING..... 2.07 O

Nutrients: Per 100 GRAMS

Calories	188.128 kcal	Cholesterol	111.701 mg	Protein	21.164 g	Calcium	23.516 mg
Total Fat	10.582 g	Sodium	176.370 mg	Sugars	*N/A* g	Iron	0.847 mg
Saturated Fat	3.527 g	Carbohydrate	0.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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Nutrients: Per 3 OZ

Calories	160.000 kcal	Cholesterol	95.000 mg	Protein	18.000 g	Calcium	20.000 mg
Total Fat	9.000 g	Sodium	150.000 mg	Sugars	*N/A* g	Iron	0.720 mg
Saturated Fat	3.000 g	Carbohydrate	0.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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900930 - CHICKEN PATTIE,LT&DK MEAT,BRD,HTD-COMMOD

PLTRY - CHICKEN & TURKEY

Source: Local
Manufacturer:
Product No.:

Measurement

LB..... 16.00 O
GRAM..... 1.00 G
Patty (3oz)..... 3.00 O

Nutrients: Per 100 GRAMS

Calories	275.000 kcal	Cholesterol	44.680 mg	Protein	12.600 g	Calcium	10.400 mg
Total Fat	19.480 g	Sodium	489.600 mg	Sugars	*N/A* g	Iron	0.760 mg
Saturated Fat	4.700 g	Carbohydrate	12.050 g	Vitamin A	75.360 IU	Water ¹	53.970 g
Trans. Fat ²	0.000 g	Dietary Fiber	1.100 g	Vitamin C	50.000 mg	Ash ¹	1.870 g

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900188 - CHICKEN PATTIES, ORIG/SPICY TYSON WG

COMMO - COMMODITY

Source: Local
Manufacturer: USDA COMMOD.
Product No.: 3303221 2902251

Measurement

LB..... 16.00 O
CASE/120 PATT 30.00 LB
PATTY..... 4.00 O

Nutrients: Per 100 GRAMS

Calories	176.370 kcal	Cholesterol	48.502 mg	Protein	13.228 g	Calcium	17.637 mg
Total Fat	9.700 g	Sodium	405.651 mg	Sugars	0.000 g	Iron	1.587 mg
Saturated Fat	2.205 g	Carbohydrate	10.582 g	Vitamin A	440.925 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.882 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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Nutrients: Per 4 OZ

Calories	200.000 kcal	Cholesterol	55.000 mg	Protein	15.000 g	Calcium	20.000 mg
Total Fat	11.000 g	Sodium	460.000 mg	Sugars	0.000 g	Iron	1.800 mg
Saturated Fat	2.500 g	Carbohydrate	12.000 g	Vitamin A	500.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	1.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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902963 - CHICKEN PATTY BREAKFAST TYSON COMMODITY ONLY

PLTRY - CHICKEN & TURKEY

Measurement

Source: Local
Manufacturer: TYSON
Product No.: COMMODITY ONLY

LB..... 16.00 O
1 PATTY..... 40.50 G
2 PATTIES..... 81.00 G

Nutrients: Per 100 GRAMS

Calories	209.877 kcal	Cholesterol	30.864 mg	Protein	16.049 g	Calcium	49.383 mg
Total Fat	9.877 g	Sodium	481.481 mg	Sugars	*N/A* g	Iron	1.778 mg
Saturated Fat	1.852 g	Carbohydrate	13.580 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.469 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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Nutrients: Per 81 G

Calories	170.000 kcal	Cholesterol	25.000 mg	Protein	13.000 g	Calcium	40.000 mg
Total Fat	8.000 g	Sodium	390.000 mg	Sugars	*N/A* g	Iron	1.440 mg
Saturated Fat	1.500 g	Carbohydrate	11.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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902717 - CHICKEN POPCORN LARGE

PLTRY - CHICKEN & TURKEY

Measurement

Source: Local
Manufacturer: GOLD KIST
Product No.: 2678101

LB..... 16.00 O
10 PIECES..... 4.30 O
SERVING (15 Pi) 3.85 O

Nutrients: Per 100 GRAMS

Calories	270.588 kcal	Cholesterol	23.529 mg	Protein	16.471 g	Calcium	18.824 mg
Total Fat	15.294 g	Sodium	400.000 mg	Sugars	1.176 g	Iron	1.176 mg
Saturated Fat	2.941 g	Carbohydrate	16.471 g	Vitamin A	69.412 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.353 g	Vitamin C	1.176 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
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Nutrients: Per 85 G

Calories	230.000 kcal	Cholesterol	20.000 mg	Protein	14.000 g	Calcium	16.000 mg
Total Fat	13.000 g	Sodium	340.000 mg	Sugars	1.000 g	Iron	1.000 mg
Saturated Fat	2.500 g	Carbohydrate	14.000 g	Vitamin A	59.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.000 g	Vitamin C	1.000 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
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902966 - CHICKEN POPCORN TYSON WG

PLTRY - CHICKEN & TURKEY

Measurement

Source: Local
Manufacturer:
Product No.: 1317941 OR COMM

LB..... 16.00 O
12 PIECE..... 3.24 O
8 PIECES..... 2.14 O
9 PIECES..... 2.43 O

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Nutrients: Per 100 GRAMS

Calories	270.588 kcal	Cholesterol	23.529 mg	Protein	16.471 g	Calcium	47.059 mg
Total Fat	15.294 g	Sodium	400.000 mg	Sugars	1.176 g	Iron	2.118 mg
Saturated Fat	2.941 g	Carbohydrate	16.471 g	Vitamin A	117.647 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.353 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)

(¹ - denotes optional nutrient values.)

(² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.)

Nutrients: Per 85 G

Calories	230.000 kcal	Cholesterol	20.000 mg	Protein	14.000 g	Calcium	40.000 mg
Total Fat	13.000 g	Sodium	340.000 mg	Sugars	1.000 g	Iron	1.800 mg
Saturated Fat	2.500 g	Carbohydrate	14.000 g	Vitamin A	100.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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(¹ - denotes optional nutrient values.)

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903562 - CHICKEN STRIPS UNSEASONED

PLTRY - CHICKEN & TURKEY

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
1.5 (OZ)..... 35.00 G
8 OZ..... 8.00 O

Nutrients: Per 100 GRAMS

Calories	214.286 kcal	Cholesterol	108.571 mg	Protein	20.000 g	Calcium	*N/A* mg
Total Fat	11.429 g	Sodium	494.286 mg	Sugars	0.000 g	Iron	*N/A* mg
Saturated Fat	2.857 g	Carbohydrate	8.571 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
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Nutrients: Per 35 G

Calories	75.000 kcal	Cholesterol	38.000 mg	Protein	7.000 g	Calcium	*N/A* mg
Total Fat	4.000 g	Sodium	173.000 mg	Sugars	0.000 g	Iron	*N/A* mg
Saturated Fat	1.000 g	Carbohydrate	3.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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903568 - Chicken Strips, Unseasoned

PLTRY - CHICKEN & TURKEY

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
1.5 ounces..... 35.00 G
CASE..... 480.00 O

Nutrients: Per 100 GRAMS

Calories	214.286 kcal	Cholesterol	108.571 mg	Protein	20.000 g	Calcium	*N/A* mg
Total Fat	11.429 g	Sodium	494.286 mg	Sugars	0.000 g	Iron	*N/A* mg
Saturated Fat	2.857 g	Carbohydrate	8.571 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
(¹ - denotes optional nutrient values.)
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Nutrients: Per 35 G

Calories	75.000 kcal	Cholesterol	38.000 mg	Protein	7.000 g	Calcium	*N/A* mg
Total Fat	4.000 g	Sodium	173.000 mg	Sugars	0.000 g	Iron	*N/A* mg
Saturated Fat	1.000 g	Carbohydrate	3.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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902865 - CHILI POWDER

SPICE - SPICES

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
TBSP..... 7.50 G
TSP..... 2.60 G
CUP..... 4.40 O

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Nutrients: Per 100 GRAMS

Calories	282.000 kcal	Cholesterol	0.000 mg	Protein	13.460 g	Calcium	330.000 mg
Total Fat	14.280 g	Sodium	1640.000 mg	Sugars	*N/A* g	Iron	17.300 mg
Saturated Fat	2.460 g	Carbohydrate	49.700 g	Vitamin A	29650.000 IU	Water ¹	10.750 g
Trans. Fat ²	0.000 g	Dietary Fiber	34.800 g	Vitamin C	0.700 mg	Ash ¹	11.810 g

(*N/A* - denotes missing nutrient values)

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900152 - CHILIES, GREEN, SHAMROCK

VEG - VEGETABLES

Source: Local
Manufacturer: BRUCE FOODS CORPORATION, FIE
Product No.: 2097621

Measurement
LB..... 16.00 O
Serving..... 30.00 G
CAN (27OZ)..... 27.00 O
10 CAN..... 99.00 O

Nutrients: Per 100 GRAMS

Calories	11.905 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	238.095 mg
Total Fat	0.000 g	Sodium	261.905 mg	Sugars	0.000 g	Iron	0.000 mg
Saturated Fat	0.000 g	Carbohydrate	4.762 g	Vitamin A	238.095 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	28.571 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
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Nutrients: Per 42 G

Calories	5.000 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	100.000 mg
Total Fat	0.000 g	Sodium	110.000 mg	Sugars	0.000 g	Iron	0.000 mg
Saturated Fat	0.000 g	Carbohydrate	2.000 g	Vitamin A	100.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	12.000 mg	Ash ¹	*N/A* g

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902603 - CHOW MEIN NOODLES LA CHOY

GRAIN - FLOUR/GRAINS/MACARONI/RICES

Source: Local
Manufacturer: LA CHOY
Product No.: 1924771

Measurement
LB..... 16.00 O
1/2 CUP..... 28.00 G
1/4 CUP..... 14.00 G

Nutrients: Per 100 GRAMS

Calories	428.571 kcal	Cholesterol	0.000 mg	Protein	10.714 g	Calcium	0.000 mg
Total Fat	12.500 g	Sodium	1035.714 mg	Sugars	*N/A* g	Iron	0.000 mg
Saturated Fat	1.786 g	Carbohydrate	71.429 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	7.143 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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Nutrients: Per 28 G

Calories	120.000 kcal	Cholesterol	0.000 mg	Protein	3.000 g	Calcium	0.000 mg
Total Fat	3.500 g	Sodium	290.000 mg	Sugars	*N/A* g	Iron	0.000 mg
Saturated Fat	0.500 g	Carbohydrate	20.000 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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799968 - CILANTRO

SPICE - SPICES

Source: LBS
Manufacturer: TONE BROTHERS, INC.
Product No.: UPC041351918552

Measurement
LB..... 16.00 O
.25 TSP..... 0.20 G
TSP..... 0.80 G
TSP, MINCED.... 0.80 G

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Currently in use by recipe -
Detailed Ingredient List

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Nutrients: Per 100 GRAMS

Calories	0.000 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	1250.000 mg
Total Fat	0.000 g	Sodium	0.000 mg	Sugars	*N/A* g	Iron	0.000 mg
Saturated Fat	0.000 g	Carbohydrate	0.000 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	*N/A* g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)

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903224 - CILANTRO,RAW

VEG - VEGETABLES

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
CUP..... 1.00 O

Nutrients: Per 100 GRAMS

Calories	24.000 kcal	Cholesterol	0.000 mg	Protein	2.020 g	Calcium	67.000 mg
Total Fat	0.480 g	Sodium	0.000 mg	Sugars	*N/A* g	Iron	1.680 mg
Saturated Fat	0.010 g	Carbohydrate	4.340 g	Vitamin A	6130.000 IU	Water ¹	91.780 g
Trans. Fat ²	0.000 g	Dietary Fiber	2.810 g	Vitamin C	35.300 mg	Ash ¹	1.380 g

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902710 - CINNAMON BUN-FORTIFIED DAVES BAKING CO.

BRKFT - BREAKFAST

Source: Local
Manufacturer: DAVES BAKING COMPANY
Product No.: 3230131

Measurement
LB..... 16.00 O
1 BUN..... 75.50 G

Nutrients: Per 100 GRAMS

Calories	290.066 kcal	Cholesterol	17.219 mg	Protein	3.179 g	Calcium	222.517 mg
Total Fat	10.066 g	Sodium	185.430 mg	Sugars	17.219 g	Iron	8.079 mg
Saturated Fat	1.987 g	Carbohydrate	47.152 g	Vitamin A	1880.795 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.311 g	Vitamin C	34.437 mg	Ash ¹	*N/A* g

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Nutrients: Per 75.5 G

Calories	219.000 kcal	Cholesterol	13.000 mg	Protein	2.400 g	Calcium	168.000 mg
Total Fat	7.600 g	Sodium	140.000 mg	Sugars	13.000 g	Iron	6.100 mg
Saturated Fat	1.500 g	Carbohydrate	35.600 g	Vitamin A	1420.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.500 g	Vitamin C	26.000 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
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902830 - CINNAMON ROLL DOUGH RICH'S 2.6 oz

BAKE - BAKERY PRODUCTS

Source: Local
Manufacturer: rich's
Product No.:

Measurement
LB..... 16.00 O
ROLL..... 2.60 O

Nutrients: Per 100 GRAMS

Calories	244.205 kcal	Cholesterol	6.783 mg	Protein	6.783 g	Calcium	14.395 mg
Total Fat	1.357 g	Sodium	189.937 mg	Sugars	13.567 g	Iron	1.058 mg
Saturated Fat	0.678 g	Carbohydrate	50.198 g	Vitamin A	249.414 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	4.070 g	Vitamin C	0.244 mg	Ash ¹	*N/A* g

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Nutrients: Per 2.6 OZ

Calories	180.000 kcal	Cholesterol	5.000 mg	Protein	5.000 g	Calcium	10.610 mg
Total Fat	1.000 g	Sodium	140.000 mg	Sugars	10.000 g	Iron	0.780 mg
Saturated Fat	0.500 g	Carbohydrate	37.000 g	Vitamin A	183.840 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.000 g	Vitamin C	0.180 mg	Ash ¹	*N/A* g

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901016 - CINNAMON, GROUND

SPICE - SPICES

Measurement
LB..... 16.00 O
TSP..... 2.80 G

Source: Local
Manufacturer: TONE BROTHERS, INC.
Product No.: UPC041351915209

Nutrients: Per 100 GRAMS

Calories	0.000 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	0.000 mg
Total Fat	0.000 g	Sodium	0.000 mg	Sugars	*N/A* g	Iron	0.000 mg
Saturated Fat	0.000 g	Carbohydrate	0.000 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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902742 - COATING VEGALENE GARLIC FLAVOR PAN COATING

FATS - MARGARINE/OIL/SHORT/SAL.DRESS

Measurement
LB..... 16.00 O
1/3 SECOND SP 0.25 G

Source: Local
Manufacturer: VEGALENE
Product No.: 1972601

Nutrients: Per 100 GRAMS

Calories	0.000 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	*N/A* mg
Total Fat	0.000 g	Sodium	0.000 mg	Sugars	*N/A* g	Iron	*N/A* mg
Saturated Fat	0.000 g	Carbohydrate	0.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
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Nutrients: Per 0.25 G

Calories	0.000 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	*N/A* mg
Total Fat	0.000 g	Sodium	0.000 mg	Sugars	*N/A* g	Iron	*N/A* mg
Saturated Fat	0.000 g	Carbohydrate	0.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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903550 - COFFEE CAKE

BRKFT - BREAKFAST

Measurement
LB..... 16.00 O
ONE SERVING.. 4.00 O

Source: Local
Manufacturer:
Product No.:

Nutrients: Per 100 GRAMS

Calories	299.829 kcal	Cholesterol	44.092 mg	Protein	5.291 g	Calcium	70.548 mg
Total Fat	11.464 g	Sodium	308.647 mg	Sugars	22.046 g	Iron	1.587 mg
Saturated Fat	1.323 g	Carbohydrate	46.738 g	Vitamin A	88.185 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.646 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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Nutrients: Per 4 OZ

Calories	340.000 kcal	Cholesterol	50.000 mg	Protein	6.000 g	Calcium	80.000 mg
Total Fat	13.000 g	Sodium	350.000 mg	Sugars	25.000 g	Iron	1.800 mg
Saturated Fat	1.500 g	Carbohydrate	53.000 g	Vitamin A	100.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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903565 - COLE SLAW MIX

VEG - VEGETABLES

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
FIVE POUND B 5.00 LB
2 CUPS..... 2.00 O

Nutrients: Per 100 GRAMS

Calories	35.274 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	564.384 mg
Total Fat	0.000 g	Sodium	0.000 mg	Sugars	0.000 g	Iron	8.095 mg
Saturated Fat	0.000 g	Carbohydrate	7.055 g	Vitamin A	3571.492 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.646 g	Vitamin C	28.043 mg	Ash ¹	*N/A* g

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Nutrients: Per 4 OZ

Calories	40.000 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	640.000 mg
Total Fat	0.000 g	Sodium	0.000 mg	Sugars	0.000 g	Iron	9.180 mg
Saturated Fat	0.000 g	Carbohydrate	8.000 g	Vitamin A	4050.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.000 g	Vitamin C	31.800 mg	Ash ¹	*N/A* g

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903438 - COLESLAW CABBAGE KIT

VEG - VEGETABLES

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
7 POUND BAG.. 7.00 LB

Nutrients: Per 100 GRAMS

Calories	140.000 kcal	Cholesterol	5.000 mg	Protein	1.000 g	Calcium	40.000 mg
Total Fat	9.000 g	Sodium	150.000 mg	Sugars	11.000 g	Iron	0.360 mg
Saturated Fat	1.000 g	Carbohydrate	14.000 g	Vitamin A	1250.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.000 g	Vitamin C	7.800 mg	Ash ¹	*N/A* g

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902772 - COOKIE BONZERS CARNIVAL

DESRT - DESSERTS

Source: Local
Manufacturer: BONZERS
Product No.: 2803207

Measurement
LB..... 16.00 O
1 COOKIE..... 1.50 O

Nutrients: Per 100 GRAMS

Calories	399.772 kcal	Cholesterol	16.461 mg	Protein	7.055 g	Calcium	*N/A* mg
Total Fat	13.169 g	Sodium	388.014 mg	Sugars	*N/A* g	Iron	0.847 mg
Saturated Fat	4.233 g	Carbohydrate	63.493 g	Vitamin A	235.160 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.527 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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Nutrients: Per 1.5 OZ

Calories	170.000 kcal	Cholesterol	7.000 mg	Protein	3.000 g	Calcium	*N/A* mg
Total Fat	5.600 g	Sodium	165.000 mg	Sugars	*N/A* g	Iron	0.360 mg
Saturated Fat	1.800 g	Carbohydrate	27.000 g	Vitamin A	100.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	1.500 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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902774 - COOKIE BONZERS CHOCOLATE CHIP

DESRT - DESSERTS

Source: Local
Manufacturer: BONZERS
Product No.: 2801691

Measurement
LB..... 16.00 O
1 COOKIE..... 1.50 O

Nutrients: Per 100 GRAMS

Calories	399.772 kcal	Cholesterol	16.461 mg	Protein	7.055 g	Calcium	*N/A* mg
Total Fat	13.169 g	Sodium	388.014 mg	Sugars	*N/A* g	Iron	0.847 mg
Saturated Fat	4.233 g	Carbohydrate	63.493 g	Vitamin A	235.160 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.527 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
(¹ - denotes optional nutrient values.)
(² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.)

Nutrients: Per 1.5 OZ

Calories	170.000 kcal	Cholesterol	7.000 mg	Protein	3.000 g	Calcium	*N/A* mg
Total Fat	5.600 g	Sodium	165.000 mg	Sugars	*N/A* g	Iron	0.360 mg
Saturated Fat	1.800 g	Carbohydrate	27.000 g	Vitamin A	100.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	1.500 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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902773 - COOKIE BONZERS OATMELA RAISIN

DESRT - DESSERTS

Source: Local
Manufacturer: BONZERS
Product No.: 2801681

Measurement
LB..... 16.00 O
1 COOKIE..... 1.50 O

Nutrients: Per 100 GRAMS

Calories	388.014 kcal	Cholesterol	16.461 mg	Protein	7.055 g	Calcium	*N/A* mg
Total Fat	11.053 g	Sodium	388.014 mg	Sugars	*N/A* g	Iron	0.847 mg
Saturated Fat	3.527 g	Carbohydrate	65.845 g	Vitamin A	235.160 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.527 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
(¹ - denotes optional nutrient values.)
(² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.)

Nutrients: Per 1.5 OZ

Calories	165.000 kcal	Cholesterol	7.000 mg	Protein	3.000 g	Calcium	*N/A* mg
Total Fat	4.700 g	Sodium	165.000 mg	Sugars	*N/A* g	Iron	0.360 mg
Saturated Fat	1.500 g	Carbohydrate	28.000 g	Vitamin A	100.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	1.500 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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902771 - COOKIE BONZERS VANILLA SUGAR

DESRT - DESSERTS

Source: Local
Manufacturer: BONZERS
Product No.: 2801701

Measurement
LB..... 16.00 O
1 COOKIE..... 1.50 O

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Nutrients: Per 100 GRAMS

Calories	388.014 kcal	Cholesterol	16.461 mg	Protein	7.055 g	Calcium	*N/A* mg
Total Fat	11.053 g	Sodium	388.014 mg	Sugars	*N/A* g	Iron	0.847 mg
Saturated Fat	3.527 g	Carbohydrate	65.845 g	Vitamin A	235.160 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.527 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)

(¹ - denotes optional nutrient values.)

(² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.)

Nutrients: Per 1.5 OZ

Calories	165.000 kcal	Cholesterol	7.000 mg	Protein	3.000 g	Calcium	*N/A* mg
Total Fat	4.700 g	Sodium	165.000 mg	Sugars	*N/A* g	Iron	0.360 mg
Saturated Fat	1.500 g	Carbohydrate	28.000 g	Vitamin A	100.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	1.500 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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902775 - COOKIE BONZERS WHITE CHOCOLATE CHIP

DESRT - DESSERTS

Source: Local
Manufacturer: BONZERS
Product No.: 2801671

Measurement
LB..... 16.00 O
1 COOKIE..... 1.50 O

Nutrients: Per 100 GRAMS

Calories	406.827 kcal	Cholesterol	16.461 mg	Protein	7.055 g	Calcium	*N/A* mg
Total Fat	13.169 g	Sodium	388.014 mg	Sugars	*N/A* g	Iron	0.847 mg
Saturated Fat	4.233 g	Carbohydrate	63.493 g	Vitamin A	235.160 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	7.055 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
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Nutrients: Per 1.5 OZ

Calories	173.000 kcal	Cholesterol	7.000 mg	Protein	3.000 g	Calcium	*N/A* mg
Total Fat	5.600 g	Sodium	165.000 mg	Sugars	*N/A* g	Iron	0.360 mg
Saturated Fat	1.800 g	Carbohydrate	27.000 g	Vitamin A	100.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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903558 - CORN CHIPS, FRITO'S

SNACK - SNACKS/MISC

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
(ONE SERVING 2.00 O
(HALF SERVING 1.00 O

Nutrients: Per 100 GRAMS

Calories	246.918 kcal	Cholesterol	0.000 mg	Protein	3.527 g	Calcium	*N/A* mg
Total Fat	10.582 g	Sodium	299.829 mg	Sugars	0.000 g	Iron	*N/A* mg
Saturated Fat	1.764 g	Carbohydrate	35.274 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.527 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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Nutrients: Per 2 OZ

Calories	140.000 kcal	Cholesterol	0.000 mg	Protein	2.000 g	Calcium	*N/A* mg
Total Fat	6.000 g	Sodium	170.000 mg	Sugars	0.000 g	Iron	*N/A* mg
Saturated Fat	1.000 g	Carbohydrate	20.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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902970 - CORN DOG CHICKEN WHOLE GRAIN FOSTER FARMS

PLTRY - CHICKEN & TURKEY

Source: Local
Manufacturer:
Product No.: 2345531

Measurement
LB..... 16.00 O
CORNDOG..... 112.00 G

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Nutrients: Per 100 GRAMS

Calories	214.286 kcal	Cholesterol	35.714 mg	Protein	8.036 g	Calcium	71.429 mg
Total Fat	7.143 g	Sodium	348.214 mg	Sugars	0.893 g	Iron	1.607 mg
Saturated Fat	2.232 g	Carbohydrate	26.786 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	4.464 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)

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Nutrients: Per 112 G

Calories	240.000 kcal	Cholesterol	40.000 mg	Protein	9.000 g	Calcium	80.000 mg
Total Fat	8.000 g	Sodium	390.000 mg	Sugars	1.000 g	Iron	1.800 mg
Saturated Fat	2.500 g	Carbohydrate	30.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	5.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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902682 - CORN WHOLE KERNAL

VEG - VEGETABLES

Source: Local
Manufacturer: USDA
Product No.: 100313

Measurement
LB..... 16.00 O
1/2 CUP..... 125.00 G
1/4 cup..... 62.50 G
CAN(S)..... 3000.00 G
CUP(S)..... 250.00 G

Nutrients: Per 100 GRAMS

Calories	64.000 kcal	Cholesterol	0.000 mg	Protein	1.600 g	Calcium	0.000 mg
Total Fat	0.800 g	Sodium	112.000 mg	Sugars	4.000 g	Iron	0.288 mg
Saturated Fat	0.000 g	Carbohydrate	13.600 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	1.600 g	Vitamin C	0.960 mg	Ash ¹	*N/A* g

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Nutrients: Per 125 G

Calories	80.000 kcal	Cholesterol	0.000 mg	Protein	2.000 g	Calcium	0.000 mg
Total Fat	1.000 g	Sodium	140.000 mg	Sugars	5.000 g	Iron	0.360 mg
Saturated Fat	0.000 g	Carbohydrate	17.000 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.000 g	Vitamin C	1.200 mg	Ash ¹	*N/A* g

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(¹ - denotes optional nutrient values.)
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902705 - CORN WHOLE KERNAL NAS #10 CAN USDA

VEG - VEGETABLES

Source: Local
Manufacturer: USDA
Product No.: 100313

Measurement
LB..... 16.00 O
1 SERVING..... 82.00 G
1/2 SERVING..... 41.00 G

Nutrients: Per 100 GRAMS

Calories	95.122 kcal	Cholesterol	0.000 mg	Protein	3.049 g	Calcium	7.317 mg
Total Fat	1.195 g	Sodium	1.220 mg	Sugars	*N/A* g	Iron	0.561 mg
Saturated Fat	0.120 g	Carbohydrate	21.634 g	Vitamin A	53.659 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.439 g	Vitamin C	4.146 mg	Ash ¹	*N/A* g

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Nutrients: Per 82 G

Calories	78.000 kcal	Cholesterol	0.000 mg	Protein	2.500 g	Calcium	6.000 mg
Total Fat	0.980 g	Sodium	1.000 mg	Sugars	*N/A* g	Iron	0.460 mg
Saturated Fat	0.098 g	Carbohydrate	17.740 g	Vitamin A	44.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.000 g	Vitamin C	3.400 mg	Ash ¹	*N/A* g

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799954 - CORN, CANNED, WHOLE KERNEL (LIQUID PACK), LOW

MISC - MISCELLANEOUS

Source: LBS
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
.5 CUP..... 82.00 G
.25 CUP..... 41.00 G
CUP..... 164.00 G
#10 CAN, drained 54.00 O

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Currently in use by recipe -
Detailed Ingredient List

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Nutrients: Per 100 GRAMS

Calories	80.490 kcal	Cholesterol	0.000 mg	Protein	2.620 g	Calcium	4.880 mg
Total Fat	1.000 g	Sodium	170.730 mg	Sugars	*N/A* g	Iron	0.870 mg
Saturated Fat	0.160 g	Carbohydrate	18.590 g	Vitamin A	80.490 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	1.950 g	Vitamin C	8.540 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)

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903488 - CORNBREAD MIX_PIONEER

BAKE - BAKERY PRODUCTS

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
PIECE..... 68.00 G
Bag..... 5.00 LB

Nutrients: Per 100 GRAMS

Calories	391.304 kcal	Cholesterol	0.000 mg	Protein	4.348 g	Calcium	260.870 mg
Total Fat	10.870 g	Sodium	1130.435 mg	Sugars	17.391 g	Iron	3.130 mg
Saturated Fat	4.348 g	Carbohydrate	69.565 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	4.348 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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Nutrients: Per 23 G

Calories	90.000 kcal	Cholesterol	0.000 mg	Protein	1.000 g	Calcium	60.000 mg
Total Fat	2.500 g	Sodium	260.000 mg	Sugars	4.000 g	Iron	0.720 mg
Saturated Fat	1.000 g	Carbohydrate	16.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	1.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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903569 - CRANBERRIES, DRIED

FRUIT - FRUIT & FRUIT JUICE

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
PACKAGE (1.16) 1.16 O

Nutrients: Per 100 GRAMS

Calories	334.495 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	0.000 mg
Total Fat	0.000 g	Sodium	0.000 mg	Sugars	72.981 g	Iron	0.000 mg
Saturated Fat	0.000 g	Carbohydrate	85.144 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	9.123 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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Nutrients: Per 1.16 OZ

Calories	110.000 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	0.000 mg
Total Fat	0.000 g	Sodium	0.000 mg	Sugars	24.000 g	Iron	0.000 mg
Saturated Fat	0.000 g	Carbohydrate	28.000 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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902984 - CREAM CHEESE STRAWBERRY 0.75 OZ CUPS

DAIRY - DAIRY PRODUCTS

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
CONTAINER..... 0.75 O

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Nutrients: Per 100 GRAMS

Calories	329.224 kcal	Cholesterol	94.064 mg	Protein	4.703 g	Calcium	*N/A* mg
Total Fat	28.219 g	Sodium	258.676 mg	Sugars	*N/A* g	Iron	*N/A* mg
Saturated Fat	18.813 g	Carbohydrate	18.813 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)

(¹ - denotes optional nutrient values.)

(² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.)

Nutrients: Per 0.75 OZ

Calories	70.000 kcal	Cholesterol	20.000 mg	Protein	1.000 g	Calcium	*N/A* mg
Total Fat	6.000 g	Sodium	55.000 mg	Sugars	*N/A* g	Iron	*N/A* mg
Saturated Fat	4.000 g	Carbohydrate	4.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)

(¹ - denotes optional nutrient values.)

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900144 - CREAM CHEESE, LOW FAT, INDIVIDUAL

FATS - MARGARINE/OIL/SHORT/SAL.DRESS

Source: Local
Manufacturer: SHAMROCK
Product No.: 1922611

Measurement
LB..... 16.00 O
CONTAINER..... 21.30 G

Nutrients: Per 100 GRAMS

Calories	211.268 kcal	Cholesterol	70.423 mg	Protein	9.390 g	Calcium	93.897 mg
Total Fat	18.779 g	Sodium	446.009 mg	Sugars	*N/A* g	Iron	0.000 mg
Saturated Fat	11.737 g	Carbohydrate	4.695 g	Vitamin A	1408.451 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
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Nutrients: Per 21.3 G

Calories	45.000 kcal	Cholesterol	15.000 mg	Protein	2.000 g	Calcium	20.000 mg
Total Fat	4.000 g	Sodium	95.000 mg	Sugars	*N/A* g	Iron	0.000 mg
Saturated Fat	2.500 g	Carbohydrate	1.000 g	Vitamin A	300.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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903517 - CROISSANT WG CHEF PIERRE

BAKE - BAKERY PRODUCTS

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
CROISSANT..... 67.00 G

Nutrients: Per 100 GRAMS

Calories	328.358 kcal	Cholesterol	7.463 mg	Protein	8.955 g	Calcium	29.851 mg
Total Fat	13.433 g	Sodium	447.761 mg	Sugars	7.463 g	Iron	2.687 mg
Saturated Fat	5.224 g	Carbohydrate	44.776 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.985 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
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Nutrients: Per 67 G

Calories	220.000 kcal	Cholesterol	5.000 mg	Protein	6.000 g	Calcium	20.000 mg
Total Fat	9.000 g	Sodium	300.000 mg	Sugars	5.000 g	Iron	1.800 mg
Saturated Fat	3.500 g	Carbohydrate	30.000 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
(¹ - denotes optional nutrient values.)
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903512 - CROUTON CHSE & GARLIC IW WG

MISC - MISCELLANEOUS

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
PACKET..... 14.00 G

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Nutrients: Per 100 GRAMS

Calories	357.143 kcal	Cholesterol	0.000 mg	Protein	14.286 g	Calcium	*N/A* mg
Total Fat	14.286 g	Sodium	964.286 mg	Sugars	7.143 g	Iron	*N/A* mg
Saturated Fat	0.000 g	Carbohydrate	50.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	7.143 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)

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Nutrients: Per 14 G

Calories	50.000 kcal	Cholesterol	0.000 mg	Protein	2.000 g	Calcium	*N/A* mg
Total Fat	2.000 g	Sodium	135.000 mg	Sugars	1.000 g	Iron	*N/A* mg
Saturated Fat	0.000 g	Carbohydrate	7.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	1.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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902851 - CUCUMBER RAW PEELED

VEG - VEGETABLES

Source: Local
Manufacturer:
Product No.:

Measurement

LB.....	16.00	O	small (6-3/8" lon	158.00	G
CUP, chopped....	133.00	G	stick (4" long).....	9.00	G
CUP, sliced.....	119.00	G	CUP,pared,chpp	4.69	O
large (8-1/4" long	280.00	G			
medium.....	201.00	G			
slice.....	7.00	G			

Nutrients: Per 100 GRAMS

Calories	12.000	kcal	Cholesterol	0.000	mg	Protein	0.590	g	Calcium	14.000	mg
Total Fat	0.160	g	Sodium	0.000	mg	Sugars	*N/A*	g	Iron	0.220	mg
Saturated Fat	0.013	g	Carbohydrate	2.160	g	Vitamin A	72.000	IU	Water ¹	96.730	g
Trans. Fat ²	0.000	g	Dietary Fiber	0.700	g	Vitamin C	3.200	mg	Ash ¹	0.360	g

(*N/A* - denotes missing nutrient values)

(¹ - denotes optional nutrient values.)

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011205 - CUCUMBER,WITH PEEL,RAW

VEG - VEGETABLES

Source: USDA
Manufacturer:
Product No.:

Measurement

LB.....	16.00	O
.5 CUP, slices....	52.00	G
each (8-1/4").....	301.00	G
CUP, slices.....	104.00	G

Nutrients: Per 100 GRAMS

Calories	15.000	kcal	Cholesterol	0.000	mg	Protein	0.650	g	Calcium	16.000	mg
Total Fat	0.110	g	Sodium	2.000	mg	Sugars	1.670	g	Iron	0.280	mg
Saturated Fat	0.037	g	Carbohydrate	3.630	g	Vitamin A	105.000	IU	Water ¹	95.230	g
Trans. Fat ²	0.000	g	Dietary Fiber	0.500	g	Vitamin C	2.800	mg	Ash ¹	0.380	g

(*N/A* - denotes missing nutrient values)

(¹ - denotes optional nutrient values.)

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901259 - Cumin ground

SPICE - SPICES

Source: Local
Manufacturer:
Product No.:

Measurement

LB.....	16.00	O
TBSP, whole.....	6.00	G
TSP.....	2.10	G
CUP.....	3.56	O

Nutrients: Per 100 GRAMS

Calories	375.000	kcal	Cholesterol	0.000	mg	Protein	17.810	g	Calcium	931.000	mg
Total Fat	22.270	g	Sodium	168.000	mg	Sugars	*N/A*	g	Iron	66.360	mg
Saturated Fat	1.535	g	Carbohydrate	44.240	g	Vitamin A	1270.000	IU	Water ¹	8.060	g
Trans. Fat ²	0.000	g	Dietary Fiber	10.500	g	Vitamin C	7.700	mg	Ash ¹	7.620	g

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902876 - DILL WEED,DRIED

SPICE - SPICES

Source: Local
Manufacturer:
Product No.:

Measurement

LB.....	16.00	O
TBSP.....	3.10	G
TSP.....	1.00	G
CUP.....	1.69	O

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Currently in use by recipe -
Detailed Ingredient List

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Nutrients: Per 100 GRAMS

Calories	253.000 kcal	Cholesterol	0.000 mg	Protein	19.960 g	Calcium	1784.000 mg
Total Fat	4.360 g	Sodium	208.000 mg	Sugars	*N/A* g	Iron	48.780 mg
Saturated Fat	0.234 g	Carbohydrate	55.820 g	Vitamin A	5850.000 IU	Water ¹	7.300 g
Trans. Fat ²	0.000 g	Dietary Fiber	13.600 g	Vitamin C	50.000 mg	Ash ¹	12.560 g

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902614 - Dinner Roll K-12

BAKE - BAKERY PRODUCTS

Source: Local
Manufacturer: Holsum Bakery (ASPIN)
Product No.: 10022940

Measurement
LB..... 16.00 O
ROLL(S) (1.2 oz) 31.00 G

Nutrients: Per 100 GRAMS

Calories	258.065 kcal	Cholesterol	0.000 mg	Protein	9.677 g	Calcium	0.000 mg
Total Fat	3.226 g	Sodium	387.097 mg	Sugars	6.452 g	Iron	2.323 mg
Saturated Fat	0.000 g	Carbohydrate	48.387 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.226 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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Nutrients: Per 31 G

Calories	80.000 kcal	Cholesterol	0.000 mg	Protein	3.000 g	Calcium	0.000 mg
Total Fat	1.000 g	Sodium	120.000 mg	Sugars	2.000 g	Iron	0.720 mg
Saturated Fat	0.000 g	Carbohydrate	15.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	1.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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902978 - DORITOS NACHO CHEESE TORTILLA CHIPS

SNACK - SNACKS/MISC

Source: Local
Manufacturer: 2448781
Product No.:

Measurement
LB..... 16.00 O
BAG..... 1.00 O

Nutrients: Per 100 GRAMS

Calories	458.562 kcal	Cholesterol	0.000 mg	Protein	7.055 g	Calcium	*N/A* mg
Total Fat	17.637 g	Sodium	705.480 mg	Sugars	*N/A* g	Iron	1.270 mg
Saturated Fat	1.764 g	Carbohydrate	70.548 g	Vitamin A	352.740 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	7.055 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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Nutrients: Per 1 OZ

Calories	130.000 kcal	Cholesterol	0.000 mg	Protein	2.000 g	Calcium	*N/A* mg
Total Fat	5.000 g	Sodium	200.000 mg	Sugars	*N/A* g	Iron	0.360 mg
Saturated Fat	0.500 g	Carbohydrate	20.000 g	Vitamin A	100.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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902764 - DRESSING 1000 ISLAND

COND - CONDIMENTS

Source: Local
Manufacturer: VENTURA
Product No.: 2620821

Measurement
LB..... 16.00 O
serving (2 tbsp).. 30.00 G
TBSP..... 16.00 G
CUP..... 250.00 G

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Nutrients: Per 100 GRAMS

Calories	466.667 kcal	Cholesterol	33.333 mg	Protein	3.633 g	Calcium	0.000 mg
Total Fat	40.000 g	Sodium	900.000 mg	Sugars	*N/A* g	Iron	0.000 mg
Saturated Fat	6.667 g	Carbohydrate	23.333 g	Vitamin A	0.000 IU	Water ¹	0.000 g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	0.000 g

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(¹ - denotes optional nutrient values.)

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Nutrients: Per 30 G

Calories	140.000 kcal	Cholesterol	10.000 mg	Protein	1.090 g	Calcium	0.000 mg
Total Fat	12.000 g	Sodium	270.000 mg	Sugars	*N/A* g	Iron	0.000 mg
Saturated Fat	2.000 g	Carbohydrate	7.000 g	Vitamin A	0.000 IU	Water ¹	0.000 g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	0.000 g

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902729 - DRESSING ASIAN SESAME MARZETTI

FATS - MARGARINE/OIL/SHORT/SAL.DRESS

Source: Local
Manufacturer: MARZETTI
Product No.: 3210391 0287533

Measurement
LB..... 16.00 O
1 SERVING (2T) 32.00 G

Nutrients: Per 100 GRAMS

Calories	437.500 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	*N/A* mg
Total Fat	37.500 g	Sodium	1375.000 mg	Sugars	*N/A* g	Iron	*N/A* mg
Saturated Fat	0.000 g	Carbohydrate	18.750 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
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Nutrients: Per 32 G

Calories	140.000 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	*N/A* mg
Total Fat	12.000 g	Sodium	440.000 mg	Sugars	*N/A* g	Iron	*N/A* mg
Saturated Fat	0.000 g	Carbohydrate	6.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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903511 - DRESSING RANCH CUP 1.5 OZ KENS

COND - CONDIMENTS

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
INDIVIDUAL CU 1.50 O

Nutrients: Per 100 GRAMS

Calories	352.740 kcal	Cholesterol	35.274 mg	Protein	2.352 g	Calcium	*N/A* mg
Total Fat	37.626 g	Sodium	870.092 mg	Sugars	2.352 g	Iron	*N/A* mg
Saturated Fat	5.879 g	Carbohydrate	2.352 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
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Nutrients: Per 1.5 OZ

Calories	150.000 kcal	Cholesterol	15.000 mg	Protein	1.000 g	Calcium	*N/A* mg
Total Fat	16.000 g	Sodium	370.000 mg	Sugars	1.000 g	Iron	*N/A* mg
Saturated Fat	2.500 g	Carbohydrate	1.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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902769 - DRESSING RANCH LITE

COND - CONDIMENTS

Source: Local
Manufacturer:
Product No.: 1943261

Measurement
LB..... 16.00 O
2 Tablespoons... 30.00 G
1 GALLON..... 4096.00 G
1 QUART..... 1024.00 G
CUP..... 8.00 O

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Nutrients: Per 100 GRAMS

Calories	266.667 kcal	Cholesterol	16.667 mg	Protein	3.333 g	Calcium	*N/A* mg
Total Fat	26.667 g	Sodium	866.667 mg	Sugars	*N/A* g	Iron	*N/A* mg
Saturated Fat	5.000 g	Carbohydrate	6.667 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)

(¹ - denotes optional nutrient values.)

(² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.)

Nutrients: Per 30 G

Calories	80.000 kcal	Cholesterol	5.000 mg	Protein	1.000 g	Calcium	*N/A* mg
Total Fat	8.000 g	Sodium	260.000 mg	Sugars	*N/A* g	Iron	*N/A* mg
Saturated Fat	1.500 g	Carbohydrate	2.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)

(¹ - denotes optional nutrient values.)

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900059 - DRIED FRUIT & NUT MIX, SUN TREE

SNACK - SNACKS/MISC

Source: Local
Manufacturer: SUNTREE
Product No.:

Measurement
LB..... 16.00 O
PACKAGE..... 5.00 LB
SERVING (1/4 C) 40.00 G

Nutrients: Per 100 GRAMS

Calories	295.000 kcal	Cholesterol	0.000 mg	Protein	6.250 g	Calcium	150.000 mg
Total Fat	10.000 g	Sodium	0.000 mg	Sugars	*N/A* g	Iron	2.700 mg
Saturated Fat	0.500 g	Carbohydrate	45.000 g	Vitamin A	625.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	6.750 g	Vitamin C	3.000 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
(¹ - denotes optional nutrient values.)
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Nutrients: Per 40 G

Calories	118.000 kcal	Cholesterol	0.000 mg	Protein	2.500 g	Calcium	60.000 mg
Total Fat	4.000 g	Sodium	0.000 mg	Sugars	*N/A* g	Iron	1.080 mg
Saturated Fat	0.200 g	Carbohydrate	18.000 g	Vitamin A	250.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.700 g	Vitamin C	1.200 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
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903554 - DUTCH WAFFLE

BRKFT - BREAKFAST

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
ONE WAFFLE... 83.00 G

Nutrients: Per 100 GRAMS

Calories	361.446 kcal	Cholesterol	24.096 mg	Protein	4.819 g	Calcium	48.193 mg
Total Fat	15.663 g	Sodium	421.687 mg	Sugars	14.458 g	Iron	2.169 mg
Saturated Fat	3.614 g	Carbohydrate	51.807 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.614 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
(¹ - denotes optional nutrient values.)
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Nutrients: Per 83 G

Calories	300.000 kcal	Cholesterol	20.000 mg	Protein	4.000 g	Calcium	40.000 mg
Total Fat	13.000 g	Sodium	350.000 mg	Sugars	12.000 g	Iron	1.800 mg
Saturated Fat	3.000 g	Carbohydrate	43.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
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900079 - EGG PATTIES, GRILLED, SUNNYFRESH

BRKFT - BREAKFAST

Source: Local
Manufacturer: SUNNYFRESH
Product No.: 3518281

Measurement
LB..... 16.00 O
CASE..... 23.44 LB
PATTY..... 1.25 O

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Nutrients: Per 100 GRAMS

Calories	169.315 kcal	Cholesterol	268.082 mg	Protein	8.466 g	Calcium	56.438 mg
Total Fat	11.288 g	Sodium	310.411 mg	Sugars	0.000 g	Iron	1.016 mg
Saturated Fat	2.822 g	Carbohydrate	2.822 g	Vitamin A	282.192 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)

(¹ - denotes optional nutrient values.)

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Nutrients: Per 1.25 OZ

Calories	60.000 kcal	Cholesterol	95.000 mg	Protein	3.000 g	Calcium	20.000 mg
Total Fat	4.000 g	Sodium	110.000 mg	Sugars	0.000 g	Iron	0.360 mg
Saturated Fat	1.000 g	Carbohydrate	1.000 g	Vitamin A	100.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)

(¹ - denotes optional nutrient values.)

(² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.)

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903557 - Egg Patty

BRKFT - BREAKFAST

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
Patty..... 35.00 G

Nutrients: Per 100 GRAMS

Calories	171.429 kcal	Cholesterol	271.429 mg	Protein	8.571 g	Calcium	57.143 mg
Total Fat	11.429 g	Sodium	314.286 mg	Sugars	0.000 g	Iron	1.029 mg
Saturated Fat	2.857 g	Carbohydrate	2.857 g	Vitamin A	285.714 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
(¹ - denotes optional nutrient values.)
(² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.)

Nutrients: Per 35 G

Calories	60.000 kcal	Cholesterol	95.000 mg	Protein	3.000 g	Calcium	20.000 mg
Total Fat	4.000 g	Sodium	110.000 mg	Sugars	0.000 g	Iron	0.360 mg
Saturated Fat	1.000 g	Carbohydrate	1.000 g	Vitamin A	100.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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902779 - EGG_ LIQUID SILVERBROOK

FROZ - FROZEN ITEM

Source: Local
Manufacturer: SILVERBROOK
Product No.: 2553281

Measurement
LB..... 16.00 O
TABLESPOON.. 50.00 G
1 SERVING (1/4 70.00 G
CUP..... 280.00 G
CARTON..... 482.00 O

Nutrients: Per 100 GRAMS

Calories	140.000 kcal	Cholesterol	420.000 mg	Protein	12.000 g	Calcium	*N/A* mg
Total Fat	10.000 g	Sodium	140.000 mg	Sugars	0.000 g	Iron	*N/A* mg
Saturated Fat	3.000 g	Carbohydrate	0.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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Nutrients: Per 50 G

Calories	70.000 kcal	Cholesterol	210.000 mg	Protein	6.000 g	Calcium	*N/A* mg
Total Fat	5.000 g	Sodium	70.000 mg	Sugars	0.000 g	Iron	*N/A* mg
Saturated Fat	1.500 g	Carbohydrate	0.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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902762 - Eggs Scrambled Pre Cooked Sunny Fresh

BRKFT - BREAKFAST

Source: Local
Manufacturer: Sunny Fresh
Product No.: 2151621

Measurement
LB..... 16.00 O
1 Serving..... 2.00 O

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Nutrients: Per 100 GRAMS

Calories	158.733 kcal	Cholesterol	388.014 mg	Protein	10.582 g	Calcium	70.548 mg
Total Fat	10.582 g	Sodium	440.925 mg	Sugars	*N/A* g	Iron	1.270 mg
Saturated Fat	3.527 g	Carbohydrate	3.527 g	Vitamin A	705.480 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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Nutrients: Per 1 OZ

Calories	45.000 kcal	Cholesterol	110.000 mg	Protein	3.000 g	Calcium	20.000 mg
Total Fat	3.000 g	Sodium	125.000 mg	Sugars	*N/A* g	Iron	0.360 mg
Saturated Fat	1.000 g	Carbohydrate	1.000 g	Vitamin A	200.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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900089 - ENCHILADA SAUCE, GREEN, LAS PALMAS

COND - CONDIMENTS

Source: Local
Manufacturer: LAS PALMAS
Product No.: 1911891

Measurement	
LB.....	16.00 O
CAN(S).....	28.00 O
SERVING (1/4 C	60.00 G
CASE (12/28OZ	336.00 O
CUP.....	8.00 O

Nutrients: Per 100 GRAMS

Calories	41.667 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	0.000 mg
Total Fat	2.500 g	Sodium	566.667 mg	Sugars	*N/A* g	Iron	0.000 mg
Saturated Fat	0.000 g	Carbohydrate	5.000 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	6.000 mg	Ash ¹	*N/A* g

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Nutrients: Per 60 G

Calories	25.000 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	0.000 mg
Total Fat	1.500 g	Sodium	340.000 mg	Sugars	*N/A* g	Iron	0.000 mg
Saturated Fat	0.000 g	Carbohydrate	3.000 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	3.600 mg	Ash ¹	*N/A* g

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900153 - ENCHILADA SAUCE, RED, ROSARITA

COND - CONDIMENTS

Source: Local
Manufacturer: ROSARITA
Product No.: 1918021

Measurement	
LB.....	16.00 O
CAN.....	186.00 O
SERVING (1/4 C	61.00 G
CUP.....	244.00 G

Nutrients: Per 100 GRAMS

Calories	32.787 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	0.000 mg
Total Fat	1.639 g	Sodium	606.557 mg	Sugars	*N/A* g	Iron	0.000 mg
Saturated Fat	0.000 g	Carbohydrate	4.918 g	Vitamin A	1229.508 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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Nutrients: Per 61 G

Calories	20.000 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	0.000 mg
Total Fat	1.000 g	Sodium	370.000 mg	Sugars	*N/A* g	Iron	0.000 mg
Saturated Fat	0.000 g	Carbohydrate	3.000 g	Vitamin A	750.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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902958 - ENGLISH MUFFIN 100% WHOLE WHEAT

BABY - BABYFOODS

Source: Local
Manufacturer:
Product No.: 10043506

Measurement	
LB.....	16.00 O
MUFFIN.....	2.00 O

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Nutrients: Per 100 GRAMS

Calories	229.281 kcal	Cholesterol	0.000 mg	Protein	12.346 g	Calcium	141.096 mg
Total Fat	2.646 g	Sodium	405.651 mg	Sugars	3.527 g	Iron	2.540 mg
Saturated Fat	0.882 g	Carbohydrate	45.856 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	7.055 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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Nutrients: Per 2 OZ

Calories	130.000 kcal	Cholesterol	0.000 mg	Protein	7.000 g	Calcium	80.000 mg
Total Fat	1.500 g	Sodium	230.000 mg	Sugars	2.000 g	Iron	1.440 mg
Saturated Fat	0.500 g	Carbohydrate	26.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	4.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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903183 - FIG NUGGETS

FRUIT - FRUIT & FRUIT JUICE

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
CUP..... 5.36 O

Nutrients: Per 100 GRAMS

Calories	322.000 kcal	Cholesterol	0.000 mg	Protein	2.400 g	Calcium	121.000 mg
Total Fat	4.500 g	Sodium	15.000 mg	Sugars	*N/A* g	Iron	1.540 mg
Saturated Fat	0.830 g	Carbohydrate	74.300 g	Vitamin A	0.000 IU	Water ¹	17.000 g
Trans. Fat ²	0.000 g	Dietary Fiber	5.900 g	Vitamin C	4.000 mg	Ash ¹	1.320 g

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903441 - FISH NUGGETS WG CRUNCHY

FISH - FISH/SEAFOOD

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
SERVING (4 PIE 4.00 O

Nutrients: Per 100 GRAMS

Calories	194.007 kcal	Cholesterol	44.092 mg	Protein	12.346 g	Calcium	17.637 mg
Total Fat	7.937 g	Sodium	264.555 mg	Sugars	0.882 g	Iron	0.952 mg
Saturated Fat	1.764 g	Carbohydrate	17.637 g	Vitamin A	88.185 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	1.764 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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Nutrients: Per 4 OZ

Calories	220.000 kcal	Cholesterol	50.000 mg	Protein	14.000 g	Calcium	20.000 mg
Total Fat	9.000 g	Sodium	300.000 mg	Sugars	1.000 g	Iron	1.080 mg
Saturated Fat	2.000 g	Carbohydrate	20.000 g	Vitamin A	100.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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903516 - FISH STICKS ALASKA POLLOCK COMMODITY

FISH - FISH/SEAFOOD

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
FOUR STICKS... 4.00 O
TWO STICKS.... 2.00 O

Nutrients: Per 100 GRAMS

Calories	176.370 kcal	Cholesterol	35.274 mg	Protein	12.346 g	Calcium	17.637 mg
Total Fat	7.937 g	Sodium	273.373 mg	Sugars	0.000 g	Iron	0.635 mg
Saturated Fat	1.323 g	Carbohydrate	14.991 g	Vitamin A	88.185 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.882 g	Vitamin C	2.116 mg	Ash ¹	*N/A* g

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Nutrients: Per 4 OZ

Calories	200.000 kcal	Cholesterol	40.000 mg	Protein	14.000 g	Calcium	20.000 mg
Total Fat	9.000 g	Sodium	310.000 mg	Sugars	0.000 g	Iron	0.720 mg
Saturated Fat	1.500 g	Carbohydrate	17.000 g	Vitamin A	100.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	1.000 g	Vitamin C	2.400 mg	Ash ¹	*N/A* g

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900213 - FISH, SURFBURGER

FISH - FISH/SEAFOOD

Source: Local
Manufacturer: ICELANDIC USA INC.
Product No.: 1907131

Measurement
LB..... 16.00 O
1 SERVING..... 84.00 G

Nutrients: Per 100 GRAMS

Calories	202.381 kcal	Cholesterol	53.571 mg	Protein	10.714 g	Calcium	0.000 mg
Total Fat	9.524 g	Sodium	476.190 mg	Sugars	*N/A* g	Iron	0.857 mg
Saturated Fat	2.381 g	Carbohydrate	17.857 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.381 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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Nutrients: Per 84 G

Calories	170.000 kcal	Cholesterol	45.000 mg	Protein	9.000 g	Calcium	0.000 mg
Total Fat	8.000 g	Sodium	400.000 mg	Sugars	*N/A* g	Iron	0.720 mg
Saturated Fat	2.000 g	Carbohydrate	15.000 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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903559 - Flauta

PLTRY - CHICKEN & TURKEY

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
(2 Flautas) = 1 s 156.00 G
1 Fauta..... 78.00 G

Nutrients: Per 100 GRAMS

Calories	179.487 kcal	Cholesterol	19.231 mg	Protein	10.256 g	Calcium	76.923 mg
Total Fat	7.692 g	Sodium	512.821 mg	Sugars	1.282 g	Iron	1.385 mg
Saturated Fat	1.923 g	Carbohydrate	19.231 g	Vitamin A	128.205 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.564 g	Vitamin C	3.077 mg	Ash ¹	*N/A* g

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Nutrients: Per 78 G

Calories	140.000 kcal	Cholesterol	15.000 mg	Protein	8.000 g	Calcium	60.000 mg
Total Fat	6.000 g	Sodium	400.000 mg	Sugars	1.000 g	Iron	1.080 mg
Saturated Fat	1.500 g	Carbohydrate	15.000 g	Vitamin A	100.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.000 g	Vitamin C	2.400 mg	Ash ¹	*N/A* g

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902913 - FLOUR ALL PURPOSE WHITE ENRICHED, BLEACHED

GRAIN - FLOUR/GRAINS/MACARONI/RICES

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
CUP..... 125.00 G

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Nutrients: Per 100 GRAMS

Calories	364.000 kcal	Cholesterol	0.000 mg	Protein	10.330 g	Calcium	15.000 mg
Total Fat	0.980 g	Sodium	2.000 mg	Sugars	*N/A* g	Iron	4.640 mg
Saturated Fat	0.160 g	Carbohydrate	76.310 g	Vitamin A	0.000 IU	Water ¹	11.920 g
Trans. Fat ²	0.000 g	Dietary Fiber	2.700 g	Vitamin C	0.000 mg	Ash ¹	0.470 g

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903530 - FLOUR ALL TRUMPS HIGH GLUTEN UNBLEACHED UNBRO

BAKE - BAKERY PRODUCTS

Measurement
LB..... 16.00 O
100 GRAM SER 100.00 G

Source: Local
Manufacturer:
Product No.:

Nutrients: Per 100 GRAMS

Calories	349.100 kcal	Cholesterol	0.000 mg	Protein	14.200 g	Calcium	*N/A* mg
Total Fat	1.100 g	Sodium	1.000 mg	Sugars	1.300 g	Iron	*N/A* mg
Saturated Fat	0.200 g	Carbohydrate	70.600 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.900 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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903531 - FLOUR GOLD MEDAL STONE GROUND WHITE WHOLE WHE

BAKE - BAKERY PRODUCTS

Measurement
LB..... 16.00 O
30 G..... 30.00 G

Source: Local
Manufacturer:
Product No.:

Nutrients: Per 100 GRAMS

Calories	366.667 kcal	Cholesterol	0.000 mg	Protein	13.333 g	Calcium	0.000 mg
Total Fat	1.667 g	Sodium	0.000 mg	Sugars	0.000 g	Iron	3.600 mg
Saturated Fat	0.000 g	Carbohydrate	70.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	10.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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Nutrients: Per 30 G

Calories	110.000 kcal	Cholesterol	0.000 mg	Protein	4.000 g	Calcium	0.000 mg
Total Fat	0.500 g	Sodium	0.000 mg	Sugars	0.000 g	Iron	1.080 mg
Saturated Fat	0.000 g	Carbohydrate	21.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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902822 - FLOUR WHOLE WHEAT

BAKE - BAKERY PRODUCTS

Measurement
LB..... 16.00 O
CUP..... 120.00 G
1/4 CUP..... 30.00 G

Source: Local
Manufacturer:
Product No.: COMMODITY

Nutrients: Per 100 GRAMS

Calories	347.000 kcal	Cholesterol	0.000 mg	Protein	11.700 g	Calcium	15.000 mg
Total Fat	0.500 g	Sodium	0.000 mg	Sugars	*N/A* g	Iron	4.410 mg
Saturated Fat	0.000 g	Carbohydrate	73.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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050400 - FLOUR, WHOLE WHEAT

GRAIN - FLOUR/GRAINS/MACARONI/RICES	Measurement		
	LB.....	16.00	O
Source: USDA	.25 CUP.....	30.00	G
Manufacturer:	CUP.....	120.00	G
Product No.:			

Nutrients: Per 100 GRAMS

Calories	339.170	kcal	Cholesterol	0.000	mg	Protein	13.700	g	Calcium	34.170	mg
Total Fat	1.870	g	Sodium	5.000	mg	Sugars	*N/A*	g	Iron	3.880	mg
Saturated Fat	0.330	g	Carbohydrate	72.570	g	Vitamin A	9.170	IU	Water ¹	*N/A*	g
Trans. Fat ²	0.000	g	Dietary Fiber	12.170	g	Vitamin C	0.000	mg	Ash ¹	*N/A*	g

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020081 - FLOUR, ALL PURPOSE WHITE, ENRICHED, BLEACHED

GRAIN - FLOUR/GRAINS/MACARONI/RICES	Measurement		
	LB.....	16.00	O
Source: USDA	CUP.....	125.00	G
Manufacturer:			
Product No.:			

Nutrients: Per 100 GRAMS

Calories	364.000	kcal	Cholesterol	0.000	mg	Protein	10.330	g	Calcium	15.000	mg
Total Fat	0.980	g	Sodium	2.000	mg	Sugars	0.270	g	Iron	4.640	mg
Saturated Fat	0.155	g	Carbohydrate	76.310	g	Vitamin A	0.000	IU	Water ¹	11.920	g
Trans. Fat ²	*N/A*	g	Dietary Fiber	2.700	g	Vitamin C	0.000	mg	Ash ¹	0.470	g

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020080 - FLOUR, WHOLE WHEAT

GRAIN - FLOUR/GRAINS/MACARONI/RICES	Measurement		
	LB.....	16.00	O
Source: USDA	CUP.....	120.00	G
Manufacturer:			
Product No.:			

Nutrients: Per 100 GRAMS

Calories	340.000	kcal	Cholesterol	0.000	mg	Protein	13.210	g	Calcium	34.000	mg
Total Fat	2.500	g	Sodium	2.000	mg	Sugars	0.410	g	Iron	3.600	mg
Saturated Fat	0.430	g	Carbohydrate	71.970	g	Vitamin A	9.000	IU	Water ¹	10.740	g
Trans. Fat ²	*N/A*	g	Dietary Fiber	10.700	g	Vitamin C	0.000	mg	Ash ¹	1.580	g

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900162 - FRENCH FRIES

VEG - VEGETABLES	Measurement		
	LB.....	16.00	O
Source: Local	CUP.....	3.94	O
Manufacturer: LAMB WESTON	SERVING (1 CU	3.94	O
Product No.: 0561751			
	SERVING (1/2 C	1.97	O

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Nutrients: Per 100 GRAMS

Calories	188.128 kcal	Cholesterol	0.000 mg	Protein	2.352 g	Calcium	0.000 mg
Total Fat	8.231 g	Sodium	423.288 mg	Sugars	0.000 g	Iron	1.270 mg
Saturated Fat	1.176 g	Carbohydrate	25.868 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.352 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)

(¹ - denotes optional nutrient values.)

(² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.)

Nutrients: Per 3 OZ

Calories	160.000 kcal	Cholesterol	0.000 mg	Protein	2.000 g	Calcium	0.000 mg
Total Fat	7.000 g	Sodium	360.000 mg	Sugars	0.000 g	Iron	1.080 mg
Saturated Fat	1.000 g	Carbohydrate	22.000 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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903533 - FRENCH TOAST BAKE CRAFTERS

BRKFT - BREAKFAST

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
(2) STICKS..... 85.00 G
(1) PACKAGE.... 85.00 G

Nutrients: Per 100 GRAMS

Calories	282.353 kcal	Cholesterol	11.765 mg	Protein	7.059 g	Calcium	24.706 mg
Total Fat	8.235 g	Sodium	305.882 mg	Sugars	14.118 g	Iron	0.847 mg
Saturated Fat	1.176 g	Carbohydrate	44.706 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.353 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
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Nutrients: Per 85 G

Calories	240.000 kcal	Cholesterol	10.000 mg	Protein	6.000 g	Calcium	21.000 mg
Total Fat	7.000 g	Sodium	260.000 mg	Sugars	12.000 g	Iron	0.720 mg
Saturated Fat	1.000 g	Carbohydrate	38.000 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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903505 - FRENCH TOAST STICKS MAPLE MICHAEL FOODS

BAKE - BAKERY PRODUCTS

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
3 STICKS..... 82.00 G
6 STICKS..... 164.00 G
4 STICKS..... 109.00 G

Nutrients: Per 100 GRAMS

Calories	268.293 kcal	Cholesterol	134.146 mg	Protein	9.756 g	Calcium	48.780 mg
Total Fat	10.976 g	Sodium	341.463 mg	Sugars	14.634 g	Iron	1.317 mg
Saturated Fat	2.439 g	Carbohydrate	32.927 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.439 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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(¹ - denotes optional nutrient values.)
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Nutrients: Per 82 G

Calories	220.000 kcal	Cholesterol	110.000 mg	Protein	8.000 g	Calcium	40.000 mg
Total Fat	9.000 g	Sodium	280.000 mg	Sugars	12.000 g	Iron	1.080 mg
Saturated Fat	2.000 g	Carbohydrate	27.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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(¹ - denotes optional nutrient values.)
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902714 - FRENCH TOAST STICKS WG AUNT JEMIMA

BRKFT - BREAKFAST

Source: Local
Manufacturer: PINNACLE FOOD SERVICE
Product No.: 2920401

Measurement
LB..... 16.00 O
1 PIECE..... 24.00 G
4 PIECES..... 96.00 G
5 PIECES..... 120.00 G

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Nutrients: Per 100 GRAMS

Calories	312.500 kcal	Cholesterol	0.000 mg	Protein	6.250 g	Calcium	62.500 mg
Total Fat	13.542 g	Sodium	416.667 mg	Sugars	*N/A* g	Iron	1.500 mg
Saturated Fat	3.125 g	Carbohydrate	44.792 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.125 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)

(¹ - denotes optional nutrient values.)

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Nutrients: Per 96 G

Calories	300.000 kcal	Cholesterol	0.000 mg	Protein	6.000 g	Calcium	60.000 mg
Total Fat	13.000 g	Sodium	400.000 mg	Sugars	*N/A* g	Iron	1.440 mg
Saturated Fat	3.000 g	Carbohydrate	43.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)

(¹ - denotes optional nutrient values.)

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902996 - FRUDEL, APPLE, PILLSBURY

BRKFT - BREAKFAST

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
PACKAGE(S)..... 65.00 G

Nutrients: Per 100 GRAMS

Calories	323.077 kcal	Cholesterol	0.000 mg	Protein	7.692 g	Calcium	*N/A* mg
Total Fat	9.231 g	Sodium	430.769 mg	Sugars	16.923 g	Iron	1.662 mg
Saturated Fat	2.308 g	Carbohydrate	55.385 g	Vitamin A	84.615 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.077 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
(¹ - denotes optional nutrient values.)
(² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.)

Nutrients: Per 65 G

Calories	210.000 kcal	Cholesterol	0.000 mg	Protein	5.000 g	Calcium	*N/A* mg
Total Fat	6.000 g	Sodium	280.000 mg	Sugars	11.000 g	Iron	1.080 mg
Saturated Fat	1.500 g	Carbohydrate	36.000 g	Vitamin A	55.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
(¹ - denotes optional nutrient values.)
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902997 - FRUDEL, CHERRY, PILLSBURY

BRKFT - BREAKFAST

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
PACKAGE(S)..... 65.00 G

Nutrients: Per 100 GRAMS

Calories	323.077 kcal	Cholesterol	0.000 mg	Protein	7.692 g	Calcium	*N/A* mg
Total Fat	9.231 g	Sodium	446.154 mg	Sugars	16.923 g	Iron	1.662 mg
Saturated Fat	2.308 g	Carbohydrate	56.923 g	Vitamin A	84.615 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.077 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
(¹ - denotes optional nutrient values.)
(² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.)

Nutrients: Per 65 G

Calories	210.000 kcal	Cholesterol	0.000 mg	Protein	5.000 g	Calcium	*N/A* mg
Total Fat	6.000 g	Sodium	290.000 mg	Sugars	11.000 g	Iron	1.080 mg
Saturated Fat	1.500 g	Carbohydrate	37.000 g	Vitamin A	55.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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902842 - FRUIT COCKTAIL CANNED LIGHT SYRUP

FRUIT - FRUIT & FRUIT JUICE

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
CUP..... 242.00 G
#10 CAN..... 106.00 O

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Currently in use by recipe -
Detailed Ingredient List

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Nutrients: Per 100 GRAMS

Calories	57.000 kcal	Cholesterol	0.000 mg	Protein	0.400 g	Calcium	6.000 mg
Total Fat	0.070 g	Sodium	0.000 mg	Sugars	*N/A* g	Iron	0.290 mg
Saturated Fat	0.010 g	Carbohydrate	14.930 g	Vitamin A	205.000 IU	Water ¹	84.370 g
Trans. Fat ²	0.000 g	Dietary Fiber	1.000 g	Vitamin C	1.900 mg	Ash ¹	0.230 g

(*N/A* - denotes missing nutrient values)

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903451 - FRUIT POCKET- APPLE

BRKFT - BREAKFAST

Source: Local
Manufacturer:
Product No.: 3377411

Measurement
LB..... 16.00 O
POCKET(S)..... 3.95 O

Nutrients: Per 100 GRAMS

Calories	276.834 kcal	Cholesterol	0.000 mg	Protein	3.572 g	Calcium	*N/A* mg
Total Fat	7.144 g	Sodium	258.974 mg	Sugars	19.646 g	Iron	*N/A* mg
Saturated Fat	2.679 g	Carbohydrate	48.223 g	Vitamin A	98.231 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	5.358 g	Vitamin C	42.865 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
(¹ - denotes optional nutrient values.)
(² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.)

Nutrients: Per 3.95 OZ

Calories	310.000 kcal	Cholesterol	0.000 mg	Protein	4.000 g	Calcium	*N/A* mg
Total Fat	8.000 g	Sodium	290.000 mg	Sugars	22.000 g	Iron	*N/A* mg
Saturated Fat	3.000 g	Carbohydrate	54.000 g	Vitamin A	110.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	6.000 g	Vitamin C	48.000 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
(¹ - denotes optional nutrient values.)
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903452 - FRUIT POCKET_CHERRY

BRKFT - BREAKFAST

Source: Local
Manufacturer:
Product No.: 3377401

Measurement
LB..... 16.00 O
POCKET(S)..... 3.95 O

Nutrients: Per 100 GRAMS

Calories	276.834 kcal	Cholesterol	0.000 mg	Protein	3.572 g	Calcium	*N/A* mg
Total Fat	7.144 g	Sodium	178.602 mg	Sugars	19.646 g	Iron	*N/A* mg
Saturated Fat	2.679 g	Carbohydrate	48.223 g	Vitamin A	89.301 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	7.144 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
(¹ - denotes optional nutrient values.)
(² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.)

Nutrients: Per 3.95 OZ

Calories	310.000 kcal	Cholesterol	0.000 mg	Protein	4.000 g	Calcium	*N/A* mg
Total Fat	8.000 g	Sodium	200.000 mg	Sugars	22.000 g	Iron	*N/A* mg
Saturated Fat	3.000 g	Carbohydrate	54.000 g	Vitamin A	100.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	8.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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902855 - FRUIT VARIETY FRESH

FRUIT - FRUIT & FRUIT JUICE

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
CUP..... 4.00 O

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Nutrients: Per 100 GRAMS

Calories	70.548 kcal	Cholesterol	0.000 mg	Protein	1.176 g	Calcium	*N/A* mg
Total Fat	0.000 g	Sodium	0.000 mg	Sugars	*N/A* g	Iron	*N/A* mg
Saturated Fat	0.000 g	Carbohydrate	17.637 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.527 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)

(¹ - denotes optional nutrient values.)

(² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.)

Nutrients: Per 3 OZ

Calories	60.000 kcal	Cholesterol	0.000 mg	Protein	1.000 g	Calcium	*N/A* mg
Total Fat	0.000 g	Sodium	0.000 mg	Sugars	*N/A* g	Iron	*N/A* mg
Saturated Fat	0.000 g	Carbohydrate	15.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)

(¹ - denotes optional nutrient values.)

(² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.)

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902875 - GARLIC POWDER

SPICE - SPICES

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
TBSP..... 9.70 G
TSP..... 3.10 G
CUP..... 4.74 O

Nutrients: Per 100 GRAMS

Calories	331.000 kcal	Cholesterol	0.000 mg	Protein	16.550 g	Calcium	79.000 mg
Total Fat	0.730 g	Sodium	60.000 mg	Sugars	0.000 g	Iron	5.650 mg
Saturated Fat	0.249 g	Carbohydrate	72.730 g	Vitamin A	0.000 IU	Water ¹	6.450 g
Trans. Fat ²	0.000 g	Dietary Fiber	9.000 g	Vitamin C	1.200 mg	Ash ¹	3.540 g

(*N/A* - denotes missing nutrient values)
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901390 - Garlic, granulated

SPICE - SPICES

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
TBSP..... 8.40 G
TSP..... 2.80 G
CUP..... 4.74 O

Nutrients: Per 100 GRAMS

Calories	332.000 kcal	Cholesterol	0.000 mg	Protein	16.800 g	Calcium	80.000 mg
Total Fat	0.760 g	Sodium	26.000 mg	Sugars	0.000 g	Iron	2.750 mg
Saturated Fat	0.135 g	Carbohydrate	72.710 g	Vitamin A	0.000 IU	Water ¹	6.450 g
Trans. Fat ²	0.000 g	Dietary Fiber	9.900 g	Vitamin C	18.000 mg	Ash ¹	3.290 g

(*N/A* - denotes missing nutrient values)
(¹ - denotes optional nutrient values.)
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902793 - GARLIC,FRESH, CRUSHED

VEG - VEGETABLES

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O clove(s)..... 3.00 G
CUP..... 136.00 G
TSP..... 2.80 G
clove..... 3.00 G
3 cloves..... 9.00 G
cloves..... 3.00 G

Nutrients: Per 100 GRAMS

Calories	149.000 kcal	Cholesterol	0.000 mg	Protein	6.360 g	Calcium	181.000 mg
Total Fat	0.500 g	Sodium	17.000 mg	Sugars	0.000 g	Iron	1.700 mg
Saturated Fat	0.089 g	Carbohydrate	33.060 g	Vitamin A	9.000 IU	Water ¹	58.580 g
Trans. Fat ²	0.000 g	Dietary Fiber	2.100 g	Vitamin C	31.200 mg	Ash ¹	1.500 g

(*N/A* - denotes missing nutrient values)
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903482 - GARLIC,FRESH, MINCED

VEG - VEGETABLES

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O clove(s)..... 3.00 G
CUP..... 136.00 G
TSP..... 2.80 G
clove..... 3.00 G
3 cloves..... 9.00 G

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cloves..... 3.00 G

Nutrients: Per 100 GRAMS

Calories	149.000 kcal	Cholesterol	0.000 mg	Protein	6.360 g	Calcium	181.000 mg
Total Fat	0.500 g	Sodium	17.000 mg	Sugars	*N/A* g	Iron	1.700 mg
Saturated Fat	0.089 g	Carbohydrate	33.060 g	Vitamin A	9.000 IU	Water ¹	58.580 g
Trans. Fat ²	0.000 g	Dietary Fiber	2.100 g	Vitamin C	31.200 mg	Ash ¹	1.500 g

(*N/A* - denotes missing nutrient values)

(¹ - denotes optional nutrient values.)

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903521 - GENERAL TSO SAUCE

COND - CONDIMENTS

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
(2 TBSP) SERVI 37.00 G
1/2 GALLON..... 64.00 O

Nutrients: Per 100 GRAMS

Calories	186.280 kcal	Cholesterol	0.150 mg	Protein	1.460 g	Calcium	10.000 mg
Total Fat	0.160 g	Sodium	1399.120 mg	Sugars	36.330 g	Iron	0.200 mg
Saturated Fat	0.030 g	Carbohydrate	43.850 g	Vitamin A	250.000 IU	Water ¹	0.000 g
Trans. Fat ²	0.000 g	Dietary Fiber	0.370 g	Vitamin C	0.500 mg	Ash ¹	0.000 g

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902961 - GOLD FISH GIANT VANILLA

BAKE - BAKERY PRODUCTS

Source: Local
Manufacturer:
Product No.: 2920791

Measurement
LB..... 16.00 O
PACKAGE(S)..... 0.90 O

Nutrients: Per 100 GRAMS

Calories	470.320 kcal	Cholesterol	0.000 mg	Protein	3.919 g	Calcium	391.933 mg
Total Fat	15.677 g	Sodium	431.127 mg	Sugars	*N/A* g	Iron	5.644 mg
Saturated Fat	3.919 g	Carbohydrate	74.467 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	7.839 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
(¹ - denotes optional nutrient values.)
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Nutrients: Per 0.9 OZ

Calories	120.000 kcal	Cholesterol	0.000 mg	Protein	1.000 g	Calcium	100.000 mg
Total Fat	4.000 g	Sodium	110.000 mg	Sugars	*N/A* g	Iron	1.440 mg
Saturated Fat	1.000 g	Carbohydrate	19.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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903522 - GOLDFISH CHEDDAR CRACKERS

GRAIN - FLOUR/GRAINS/MACARONI/RICES

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
BAG(S)..... 0.75 O

Nutrients: Per 100 GRAMS

Calories	470.320 kcal	Cholesterol	23.516 mg	Protein	14.110 g	Calcium	94.064 mg
Total Fat	16.461 g	Sodium	799.544 mg	Sugars	0.000 g	Iron	1.693 mg
Saturated Fat	4.703 g	Carbohydrate	65.845 g	Vitamin A	0.000 IU	Water ¹	0.000 g
Trans. Fat ²	0.000 g	Dietary Fiber	4.703 g	Vitamin C	0.000 mg	Ash ¹	0.000 g

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 (1 - denotes optional nutrient values.)
 (2 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.)

Nutrients: Per 0.75 OZ

Calories	100.000 kcal	Cholesterol	5.000 mg	Protein	3.000 g	Calcium	20.000 mg
Total Fat	3.500 g	Sodium	170.000 mg	Sugars	0.000 g	Iron	0.360 mg
Saturated Fat	1.000 g	Carbohydrate	14.000 g	Vitamin A	0.000 IU	Water ¹	0.000 g
Trans. Fat ²	0.000 g	Dietary Fiber	1.000 g	Vitamin C	0.000 mg	Ash ¹	0.000 g

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902986 - GOLDFISH WG 0.75 OZ

SNACK - SNACKS/MISC

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
PACKAGE..... 0.75 O

Nutrients: Per 100 GRAMS

Calories	470.320 kcal	Cholesterol	18.813 mg	Protein	14.110 g	Calcium	*N/A* mg
Total Fat	16.461 g	Sodium	799.544 mg	Sugars	*N/A* g	Iron	*N/A* mg
Saturated Fat	4.703 g	Carbohydrate	65.845 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	4.703 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
(¹ - denotes optional nutrient values.)
(² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.)

Nutrients: Per 0.75 OZ

Calories	100.000 kcal	Cholesterol	4.000 mg	Protein	3.000 g	Calcium	*N/A* mg
Total Fat	3.500 g	Sodium	170.000 mg	Sugars	*N/A* g	Iron	*N/A* mg
Saturated Fat	1.000 g	Carbohydrate	14.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	1.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
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902951 - GORDITA BREAD 6" ULTRA LOCO

BAKE - BAKERY PRODUCTS

Source: Local
Manufacturer:
Product No.: 2438281

Measurement
LB..... 16.00 O
SERVING..... 56.00 G

Nutrients: Per 100 GRAMS

Calories	232.143 kcal	Cholesterol	0.000 mg	Protein	7.143 g	Calcium	142.857 mg
Total Fat	1.786 g	Sodium	250.000 mg	Sugars	*N/A* g	Iron	1.929 mg
Saturated Fat	0.000 g	Carbohydrate	46.429 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	5.357 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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Nutrients: Per 56 G

Calories	130.000 kcal	Cholesterol	0.000 mg	Protein	4.000 g	Calcium	80.000 mg
Total Fat	1.000 g	Sodium	140.000 mg	Sugars	*N/A* g	Iron	1.080 mg
Saturated Fat	0.000 g	Carbohydrate	26.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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902818 - GRAHAM CARCKER STICKS SCOOPY DOO

BAKE - BAKERY PRODUCTS

Source: Local
Manufacturer:
Product No.: 2662531

Measurement
LB..... 16.00 O
1 PACKAGE..... 28.00 G

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Nutrients: Per 100 GRAMS

Calories	428.571 kcal	Cholesterol	0.000 mg	Protein	7.143 g	Calcium	357.143 mg
Total Fat	12.500 g	Sodium	410.714 mg	Sugars	*N/A* g	Iron	2.571 mg
Saturated Fat	3.571 g	Carbohydrate	75.000 g	Vitamin A	1785.714 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.571 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)

(¹ - denotes optional nutrient values.)

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Nutrients: Per 28 G

Calories	120.000 kcal	Cholesterol	0.000 mg	Protein	2.000 g	Calcium	100.000 mg
Total Fat	3.500 g	Sodium	115.000 mg	Sugars	*N/A* g	Iron	0.720 mg
Saturated Fat	1.000 g	Carbohydrate	21.000 g	Vitamin A	500.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	1.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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902726 - GRAHAM CRACHERS KEEBLER HONEY W/FIBER

BAKE - BAKERY PRODUCTS

Source: Local
Manufacturer: KEEBLER
Product No.: 1924291

Measurement
LB..... 16.00 O
1 PACKAGE..... 23.00 G

Nutrients: Per 100 GRAMS

Calories	391.304 kcal	Cholesterol	0.000 mg	Protein	4.348 g	Calcium	434.783 mg
Total Fat	13.043 g	Sodium	434.783 mg	Sugars	*N/A* g	Iron	3.130 mg
Saturated Fat	0.000 g	Carbohydrate	73.913 g	Vitamin A	2173.913 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	13.043 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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Nutrients: Per 23 G

Calories	90.000 kcal	Cholesterol	0.000 mg	Protein	1.000 g	Calcium	100.000 mg
Total Fat	3.000 g	Sodium	100.000 mg	Sugars	*N/A* g	Iron	0.720 mg
Saturated Fat	0.000 g	Carbohydrate	17.000 g	Vitamin A	500.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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902819 - GRAHAM CRACKERS BUG BITES

BAKE - BAKERY PRODUCTS

Source: Local
Manufacturer:
Product No.: 3065831

Measurement
LB..... 16.00 O
1 PACKAGE..... 28.00 G

Nutrients: Per 100 GRAMS

Calories	428.571 kcal	Cholesterol	0.000 mg	Protein	7.143 g	Calcium	357.143 mg
Total Fat	12.500 g	Sodium	410.714 mg	Sugars	*N/A* g	Iron	2.571 mg
Saturated Fat	3.571 g	Carbohydrate	75.000 g	Vitamin A	1785.714 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.571 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
(¹ - denotes optional nutrient values.)
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Nutrients: Per 28 G

Calories	120.000 kcal	Cholesterol	0.000 mg	Protein	2.000 g	Calcium	100.000 mg
Total Fat	3.500 g	Sodium	115.000 mg	Sugars	*N/A* g	Iron	0.720 mg
Saturated Fat	1.000 g	Carbohydrate	21.000 g	Vitamin A	500.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	1.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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902921 - GRAHAM CRACKERS HONEY W/CALCIUM

GRAIN - FLOUR/GRAINS/MACARONI/RICES

Source: Local
Manufacturer:
Product No.: 3343541

Measurement
LB..... 16.00 O
PACKAGE..... 22.00 O

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Nutrients: Per 100 GRAMS

Calories	14.430 kcal	Cholesterol	0.000 mg	Protein	0.321 g	Calcium	16.034 mg
Total Fat	0.401 g	Sodium	15.232 mg	Sugars	0.802 g	Iron	0.115 mg
Saturated Fat	0.000 g	Carbohydrate	2.726 g	Vitamin A	80.168 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.160 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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Nutrients: Per 22 OZ

Calories	90.000 kcal	Cholesterol	0.000 mg	Protein	2.000 g	Calcium	100.000 mg
Total Fat	2.500 g	Sodium	95.000 mg	Sugars	5.000 g	Iron	0.720 mg
Saturated Fat	0.000 g	Carbohydrate	17.000 g	Vitamin A	500.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	1.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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900095 - GRANOLA, 100% NATURAL OATS & HONEY, QUAKER

CER - CEREAL

Source: Local
Manufacturer: QUAKER FOODS
Product No.: 4005641

Measurement
LB..... 16.00 O
SERVING..... 1.00 O
1/2 CUP..... 48.00 G
BAG..... 28.00 O
CASE..... 336.00 O
1/4 CUP..... 24.00 G

Nutrients: Per 100 GRAMS

Calories	416.667 kcal	Cholesterol	0.000 mg	Protein	10.417 g	Calcium	83.333 mg
Total Fat	12.500 g	Sodium	52.083 mg	Sugars	20.833 g	Iron	2.250 mg
Saturated Fat	1.042 g	Carbohydrate	72.917 g	Vitamin A	104.167 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	10.417 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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Nutrients: Per 48 G

Calories	200.000 kcal	Cholesterol	0.000 mg	Protein	5.000 g	Calcium	40.000 mg
Total Fat	6.000 g	Sodium	25.000 mg	Sugars	10.000 g	Iron	1.080 mg
Saturated Fat	0.500 g	Carbohydrate	35.000 g	Vitamin A	50.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	5.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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902838 - GRAPES FRESH

FRUIT - FRUIT & FRUIT JUICE

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
CUP..... 92.00 G
grape..... 2.40 G
SERVING..... 3.00 O

Nutrients: Per 100 GRAMS

Calories	67.000 kcal	Cholesterol	0.000 mg	Protein	0.630 g	Calcium	14.000 mg
Total Fat	0.350 g	Sodium	2.000 mg	Sugars	*N/A* g	Iron	0.290 mg
Saturated Fat	0.114 g	Carbohydrate	17.150 g	Vitamin A	100.000 IU	Water ¹	81.300 g
Trans. Fat ²	*N/A* g	Dietary Fiber	0.900 g	Vitamin C	4.000 mg	Ash ¹	0.570 g

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009131 - GRAPES,FRESH

FRUIT - FRUIT & FRUIT JUICE

Source: USDA
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
CUP..... 92.00 G
grape..... 2.40 G
SERVING..... 3.00 O

Nutrients: Per 100 GRAMS

Calories	67.000 kcal	Cholesterol	0.000 mg	Protein	0.630 g	Calcium	14.000 mg
Total Fat	0.350 g	Sodium	2.000 mg	Sugars	16.250 g	Iron	0.290 mg
Saturated Fat	0.114 g	Carbohydrate	17.150 g	Vitamin A	100.000 IU	Water ¹	81.300 g
Trans. Fat ²	0.000 g	Dietary Fiber	0.900 g	Vitamin C	4.000 mg	Ash ¹	0.570 g

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Currently in use by recipe -
Detailed Ingredient List

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902831 - Gravy Country Katy's

SOUP - SOUP & GRAVY

Source: Local
Manufacturer: Katy's
Product No.: 3204631

Measurement
LB..... 16.00 O
Serving (1/4 cup) 4.00 O
PACKAGE (24) 24.00 O

Nutrients: Per 100 GRAMS

Calories	44.092 kcal	Cholesterol	0.000 mg	Protein	0.882 g	Calcium	*N/A* mg
Total Fat	2.646 g	Sodium	202.825 mg	Sugars	0.882 g	Iron	*N/A* mg
Saturated Fat	1.764 g	Carbohydrate	4.409 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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Nutrients: Per 4 OZ

Calories	50.000 kcal	Cholesterol	0.000 mg	Protein	1.000 g	Calcium	*N/A* mg
Total Fat	3.000 g	Sodium	230.000 mg	Sugars	1.000 g	Iron	*N/A* mg
Saturated Fat	2.000 g	Carbohydrate	5.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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900196 - GRAVY MIX Chicken, KATY'S KITCHEN

SOUP - SOUP & GRAVY

Source: Local
Manufacturer: IMA/KATY'S KITCHEN
Product No.: 2367371

Measurement
LB..... 16.00 O
4 TSP..... 9.40 G
SERVING/4 OZ 8.00 G
BAG(S)..... 1.00 LB
2 oz LADLE..... 2.00 G
50 SERVINGS (700.00 G

Nutrients: Per 100 GRAMS

Calories	357.143 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	0.000 mg
Total Fat	0.000 g	Sodium	5714.286 mg	Sugars	14.286 g	Iron	0.000 mg
Saturated Fat	0.000 g	Carbohydrate	57.143 g	Vitamin A	71.429 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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Nutrients: Per 7 G

Calories	25.000 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	0.000 mg
Total Fat	0.000 g	Sodium	400.000 mg	Sugars	1.000 g	Iron	0.000 mg
Saturated Fat	0.000 g	Carbohydrate	4.000 g	Vitamin A	5.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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903548 - GRAVY MIX COUNTRY STYLE POWDER

MISC - MISCELLANEOUS

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
ONE TABLESP 9.00 G
ONE (22 oz) bag 22.00 O
ONE CASE (8/2) 176.00 O

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Nutrients: Per 100 GRAMS

Calories	388.889 kcal	Cholesterol	0.000 mg	Protein	11.111 g	Calcium	*N/A* mg
Total Fat	5.556 g	Sodium	2000.000 mg	Sugars	22.222 g	Iron	*N/A* mg
Saturated Fat	0.000 g	Carbohydrate	77.778 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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Nutrients: Per 9 G

Calories	35.000 kcal	Cholesterol	0.000 mg	Protein	1.000 g	Calcium	*N/A* mg
Total Fat	0.500 g	Sodium	180.000 mg	Sugars	2.000 g	Iron	*N/A* mg
Saturated Fat	0.000 g	Carbohydrate	7.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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903518 - GRILLED CHEESE SANDWICH

SAND - SANDWICH RECIPES

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
SANDWICH..... 4.19 O

Nutrients: Per 100 GRAMS

Calories	235.721 kcal	Cholesterol	26.940 mg	Protein	15.574 g	Calcium	392.307 mg
Total Fat	8.419 g	Sodium	489.121 mg	Sugars	4.630 g	Iron	1.381 mg
Saturated Fat	4.630 g	Carbohydrate	26.098 g	Vitamin A	22056.767 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.526 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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Nutrients: Per 4.19 OZ

Calories	280.000 kcal	Cholesterol	32.000 mg	Protein	18.500 g	Calcium	466.000 mg
Total Fat	10.000 g	Sodium	581.000 mg	Sugars	5.500 g	Iron	1.640 mg
Saturated Fat	5.500 g	Carbohydrate	31.000 g	Vitamin A	26200.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
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902804 - HALF & HALF FAT FREE SHAMROCK

DAIRY - DAIRY PRODUCTS

Source: Local
Manufacturer: SHAMROCK
Product No.: 3234731

Measurement
LB..... 16.00 O
CUP..... 242.00 G
TBSP..... 15.00 G
FL OZ..... 30.20 G

Nutrients: Per 100 GRAMS

Calories	66.667 kcal	Cholesterol	0.000 mg	Protein	3.333 g	Calcium	350.000 mg
Total Fat	0.000 g	Sodium	83.333 mg	Sugars	*N/A* g	Iron	0.233 mg
Saturated Fat	0.000 g	Carbohydrate	10.000 g	Vitamin A	1180.000 IU	Water ¹	268.567 g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	3.000 mg	Ash ¹	2.233 g

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(¹ - denotes optional nutrient values.)
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Nutrients: Per 30 G

Calories	20.000 kcal	Cholesterol	0.000 mg	Protein	1.000 g	Calcium	105.000 mg
Total Fat	0.000 g	Sodium	25.000 mg	Sugars	*N/A* g	Iron	0.070 mg
Saturated Fat	0.000 g	Carbohydrate	3.000 g	Vitamin A	354.000 IU	Water ¹	80.570 g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.900 mg	Ash ¹	0.670 g

(*N/A* - denotes missing nutrient values)
(¹ - denotes optional nutrient values.)
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902605 - HAM, FULLY COOKED, DICED, A727

LMEAT - LUNCH MEATS

Source: Local
Manufacturer: USDA FOODS
Product No.: A727

Measurement
LB..... 16.00 O

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Nutrients: Per 100 GRAMS

Calories	119.718 kcal	Cholesterol	49.296 mg	Protein	15.859 g	Calcium	0.000 mg
Total Fat	3.000 g	Sodium	1150.704 mg	Sugars	*N/A* g	Iron	0.000 mg
Saturated Fat	0.986 g	Carbohydrate	5.944 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)

(¹ - denotes optional nutrient values.)

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Nutrients: Per 71 G

Calories	85.000 kcal	Cholesterol	35.000 mg	Protein	11.260 g	Calcium	0.000 mg
Total Fat	2.130 g	Sodium	817.000 mg	Sugars	*N/A* g	Iron	0.000 mg
Saturated Fat	0.700 g	Carbohydrate	4.220 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)

(¹ - denotes optional nutrient values.)

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900090 - HAM, WATER ADDED, FLY CKD, SLICED, 5 LB

COMMO - COMMODITY

Source: Local
Manufacturer: USDA COMMODITY
Product No.: A726

Measurement
LB..... 16.00 O
CASE..... 40.00 LB
HAM (1)..... 5.00 LB
SLICE..... 1.22 O
1 SERVING..... 2.44 O

Nutrients: Per 100 GRAMS

Calories	114.640 kcal	Cholesterol	52.911 mg	Protein	16.461 g	Calcium	8.818 mg
Total Fat	2.939 g	Sodium	881.850 mg	Sugars	3.527 g	Iron	3.821 mg
Saturated Fat	1.146 g	Carbohydrate	4.674 g	Vitamin A	44.092 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
(¹ - denotes optional nutrient values.)
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Nutrients: Per 1.2 OZ

Calories	39.000 kcal	Cholesterol	18.000 mg	Protein	5.600 g	Calcium	3.000 mg
Total Fat	1.000 g	Sodium	300.000 mg	Sugars	1.200 g	Iron	1.300 mg
Saturated Fat	0.390 g	Carbohydrate	1.590 g	Vitamin A	15.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
(¹ - denotes optional nutrient values.)
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360901 - HAM,CKD,FROZEN,95% FAT FREE-COMMODITY

PORK - PORK PRODUCTS

Source: Local
Manufacturer: USDA COMMODITY
Product No.: A693

Measurement
LB..... 16.00 O

Nutrients: Per 100 GRAMS

Calories	102.295 kcal	Cholesterol	45.856 mg	Protein	14.110 g	Calcium	3.527 mg
Total Fat	3.527 g	Sodium	1213.425 mg	Sugars	*N/A* g	Iron	1.411 mg
Saturated Fat	0.705 g	Carbohydrate	0.000 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	*N/A* g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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Nutrients: Per 1 OZ

Calories	29.000 kcal	Cholesterol	13.000 mg	Protein	4.000 g	Calcium	1.000 mg
Total Fat	1.000 g	Sodium	344.000 mg	Sugars	*N/A* g	Iron	0.400 mg
Saturated Fat	0.200 g	Carbohydrate	0.000 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	*N/A* g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
(¹ - denotes optional nutrient values.)
(² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.)

902689 - HAMBURGER BUN 4" K-12 Spec

BAKE - BAKERY PRODUCTS

Source: Local
Manufacturer: HOLSUM = 2GRAIN
Product No.: 10023720

Measurement
LB..... 16.00 O
1 BUN..... 2.00 O

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Nutrients: Per 100 GRAMS

Calories	240.504 kcal	Cholesterol	0.000 mg	Protein	11.224 g	Calcium	80.168 mg
Total Fat	2.405 g	Sodium	384.807 mg	Sugars	6.413 g	Iron	2.886 mg
Saturated Fat	0.000 g	Carbohydrate	48.101 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.207 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)

(¹ - denotes optional nutrient values.)

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Nutrients: Per 2.2 OZ

Calories	150.000 kcal	Cholesterol	0.000 mg	Protein	7.000 g	Calcium	50.000 mg
Total Fat	1.500 g	Sodium	240.000 mg	Sugars	4.000 g	Iron	1.800 mg
Saturated Fat	0.000 g	Carbohydrate	30.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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903538 - HARD BOILED EGG

BRKFT - BREAKFAST

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
EGG..... 45.00 G

Nutrients: Per 100 GRAMS

Calories	155.556 kcal	Cholesterol	377.778 mg	Protein	13.333 g	Calcium	44.444 mg
Total Fat	11.111 g	Sodium	122.222 mg	Sugars	2.222 g	Iron	0.800 mg
Saturated Fat	3.333 g	Carbohydrate	2.222 g	Vitamin A	666.667 IU	Water ¹	0.000 g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	0.000 g

(*N/A* - denotes missing nutrient values)
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Nutrients: Per 45 G

Calories	70.000 kcal	Cholesterol	170.000 mg	Protein	6.000 g	Calcium	20.000 mg
Total Fat	5.000 g	Sodium	55.000 mg	Sugars	1.000 g	Iron	0.360 mg
Saturated Fat	1.500 g	Carbohydrate	1.000 g	Vitamin A	300.000 IU	Water ¹	0.000 g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	0.000 g

(*N/A* - denotes missing nutrient values)
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(² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.)

903534 - Hard Boiled Egg Sunny Fresh

BRKFT - BREAKFAST

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
EGG..... 45.00 G

Nutrients: Per 100 GRAMS

Calories	155.556 kcal	Cholesterol	377.778 mg	Protein	13.333 g	Calcium	44.444 mg
Total Fat	11.111 g	Sodium	122.222 mg	Sugars	2.222 g	Iron	0.800 mg
Saturated Fat	3.333 g	Carbohydrate	2.222 g	Vitamin A	666.667 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
(¹ - denotes optional nutrient values.)
(² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.)

Nutrients: Per 45 G

Calories	70.000 kcal	Cholesterol	170.000 mg	Protein	6.000 g	Calcium	20.000 mg
Total Fat	5.000 g	Sodium	55.000 mg	Sugars	1.000 g	Iron	0.360 mg
Saturated Fat	1.500 g	Carbohydrate	1.000 g	Vitamin A	300.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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902985 - HEARTZELS PRETZELS

SNACK - SNACKS/MISC

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
PACKAGE..... 0.70 O

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Nutrients: Per 100 GRAMS

Calories	403.131 kcal	Cholesterol	0.000 mg	Protein	10.078 g	Calcium	*N/A* mg
Total Fat	7.559 g	Sodium	1007.828 mg	Sugars	*N/A* g	Iron	*N/A* mg
Saturated Fat	0.000 g	Carbohydrate	75.587 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	10.078 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)

(¹ - denotes optional nutrient values.)

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Nutrients: Per 0.7 OZ

Calories	80.000 kcal	Cholesterol	0.000 mg	Protein	2.000 g	Calcium	*N/A* mg
Total Fat	1.500 g	Sodium	200.000 mg	Sugars	*N/A* g	Iron	*N/A* mg
Saturated Fat	0.000 g	Carbohydrate	15.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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(¹ - denotes optional nutrient values.)

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903567 - HOAGIE ROLL

GRAIN - FLOUR/GRAINS/MACARONI/RICES

Measurement

Source: Local
Manufacturer: HOLSUM
Product No.: 306

LB..... 16.00 O
ROLL(S)..... 89.00 G

Nutrients: Per 100 GRAMS

Calories	213.483 kcal	Cholesterol	0.000 mg	Protein	7.865 g	Calcium	89.888 mg
Total Fat	2.247 g	Sodium	471.910 mg	Sugars	1.124 g	Iron	2.022 mg
Saturated Fat	0.000 g	Carbohydrate	39.326 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	2.247 g	Dietary Fiber	1.124 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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Nutrients: Per 89 G

Calories	190.000 kcal	Cholesterol	0.000 mg	Protein	7.000 g	Calcium	80.000 mg
Total Fat	2.000 g	Sodium	420.000 mg	Sugars	1.000 g	Iron	1.800 mg
Saturated Fat	0.000 g	Carbohydrate	35.000 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	2.000 g	Dietary Fiber	1.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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900126 - HOAGIE ROLL, 100% WHOLE WHEAT, HOLSUM

GRAIN - FLOUR/GRAINS/MACARONI/RICES

Measurement

Source: Local
Manufacturer: HOLSUM
Product No.: 306

LB..... 16.00 O
ROLL(S)..... 89.00 G
PACK- 12 ROLL 1068.00 G

Nutrients: Per 100 GRAMS

Calories	224.719 kcal	Cholesterol	0.000 mg	Protein	10.112 g	Calcium	112.360 mg
Total Fat	3.371 g	Sodium	550.562 mg	Sugars	*N/A* g	Iron	2.022 mg
Saturated Fat	0.000 g	Carbohydrate	40.449 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	5.618 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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Nutrients: Per 89 G

Calories	200.000 kcal	Cholesterol	0.000 mg	Protein	9.000 g	Calcium	100.000 mg
Total Fat	3.000 g	Sodium	490.000 mg	Sugars	*N/A* g	Iron	1.800 mg
Saturated Fat	0.000 g	Carbohydrate	36.000 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	5.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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903475 - HOLIDAY COOKIE

DESERT - DESSERTS

Measurement

Source: Local
Manufacturer:
Product No.:

LB..... 16.00 O
COOKIE (1)..... 1.20 O

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Nutrients: Per 100 GRAMS

Calories	470.320 kcal	Cholesterol	44.092 mg	Protein	5.879 g	Calcium	0.000 mg
Total Fat	26.455 g	Sodium	235.160 mg	Sugars	20.576 g	Iron	2.116 mg
Saturated Fat	13.228 g	Carbohydrate	52.911 g	Vitamin A	293.950 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.939 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)

(¹ - denotes optional nutrient values.)

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Nutrients: Per 1.2 OZ

Calories	160.000 kcal	Cholesterol	15.000 mg	Protein	2.000 g	Calcium	0.000 mg
Total Fat	9.000 g	Sodium	80.000 mg	Sugars	7.000 g	Iron	0.720 mg
Saturated Fat	4.500 g	Carbohydrate	18.000 g	Vitamin A	100.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	1.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)

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903497 - Honey raw

MISC - MISCELLANEOUS

Source: Local
Manufacturer:
Product No.: 2634963

Measurement
LB..... 16.00 O
CUP..... 339.00 G
TBSP..... 21.00 G

Nutrients: Per 100 GRAMS

Calories	304.000 kcal	Cholesterol	0.000 mg	Protein	0.300 g	Calcium	6.000 mg
Total Fat	0.000 g	Sodium	4.000 mg	Sugars	*N/A* g	Iron	0.420 mg
Saturated Fat	0.000 g	Carbohydrate	82.400 g	Vitamin A	0.000 IU	Water ¹	17.100 g
Trans. Fat ²	0.000 g	Dietary Fiber	0.200 g	Vitamin C	0.500 mg	Ash ¹	0.200 g

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000701 - HOTDOG ROLLS/BUNS, 12 CT, HOLSUM

BAKE - BAKERY PRODUCTS

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
ROLL(s)..... 1.76 O
CASE/12 BUNS. 21.00 O
1 ROLL..... 50.00 G

Nutrients: Per 100 GRAMS

Calories	220.000 kcal	Cholesterol	0.000 mg	Protein	10.000 g	Calcium	200.000 mg
Total Fat	3.000 g	Sodium	540.000 mg	Sugars	*N/A* g	Iron	2.160 mg
Saturated Fat	0.000 g	Carbohydrate	40.000 g	Vitamin A	0.000 IU	Water ¹	0.000 g
Trans. Fat ²	0.000 g	Dietary Fiber	6.000 g	Vitamin C	0.000 mg	Ash ¹	0.000 g

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Nutrients: Per 50 G

Calories	110.000 kcal	Cholesterol	0.000 mg	Protein	5.000 g	Calcium	100.000 mg
Total Fat	1.500 g	Sodium	270.000 mg	Sugars	*N/A* g	Iron	1.080 mg
Saturated Fat	0.000 g	Carbohydrate	20.000 g	Vitamin A	0.000 IU	Water ¹	0.000 g
Trans. Fat ²	0.000 g	Dietary Fiber	3.000 g	Vitamin C	0.000 mg	Ash ¹	0.000 g

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902967 - ICE CREAM SANDWICH

DESRT - DESSERTS

Source: Local
Manufacturer:
Product No.: 1951031

Measurement
LB..... 16.00 O
SANDWICH..... 4.00 O

Nutrients: Per 100 GRAMS

Calories	185.188 kcal	Cholesterol	22.046 mg	Protein	3.527 g	Calcium	70.548 mg
Total Fat	7.055 g	Sodium	158.733 mg	Sugars	*N/A* g	Iron	*N/A* mg
Saturated Fat	4.409 g	Carbohydrate	26.455 g	Vitamin A	176.370 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.882 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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 (1 - denotes optional nutrient values.)
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Nutrients: Per 4 OZ

Calories	210.000 kcal	Cholesterol	25.000 mg	Protein	4.000 g	Calcium	80.000 mg
Total Fat	8.000 g	Sodium	180.000 mg	Sugars	*N/A* g	Iron	*N/A* mg
Saturated Fat	5.000 g	Carbohydrate	30.000 g	Vitamin A	200.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	1.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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902908 - ICING RICH'S FOR CINNAMON ROLL

BAKE - BAKERY PRODUCTS

Source: Local
Manufacturer:
Product No.: 3121521

Measurement
LB..... 16.00 O
1 1/2 TABLESP 35.00 G

Nutrients: Per 100 GRAMS

Calories	357.143 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	*N/A* mg
Total Fat	4.762 g	Sodium	0.000 mg	Sugars	78.571 g	Iron	*N/A* mg
Saturated Fat	2.381 g	Carbohydrate	80.952 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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Nutrients: Per 42 G

Calories	150.000 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	*N/A* mg
Total Fat	2.000 g	Sodium	0.000 mg	Sugars	33.000 g	Iron	*N/A* mg
Saturated Fat	1.000 g	Carbohydrate	34.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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902604 - ITALIAN DRESSING KATY'S REDUCED CAL

COND - CONDIMENTS

Source: Local
Manufacturer: KATY'S KITCHEN
Product No.: 2567031

Measurement
LB..... 16.00 O
2 TBSP..... 31.00 G
TBSP..... 15.50 G
CUP..... 8.00 O

Nutrients: Per 100 GRAMS

Calories	64.516 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	0.000 mg
Total Fat	3.226 g	Sodium	1709.677 mg	Sugars	*N/A* g	Iron	0.000 mg
Saturated Fat	0.000 g	Carbohydrate	9.677 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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Nutrients: Per 31 G

Calories	20.000 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	0.000 mg
Total Fat	1.000 g	Sodium	530.000 mg	Sugars	*N/A* g	Iron	0.000 mg
Saturated Fat	0.000 g	Carbohydrate	3.000 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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900073 - ITALIAN DRESSING, TUSCAN GOLD

SALAD - SALAD AND DRESSING RECIPES

Source: Local
Manufacturer: VENTURA FOODS, TUSCAN GOLD
Product No.: 2587121

Measurement
LB..... 16.00 O
GALLON..... 3840.00 G
SERVING (2 TB 30.00 G
CUP..... 240.00 G

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Nutrients: Per 100 GRAMS

Calories	400.000 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	0.000 mg
Total Fat	43.333 g	Sodium	1233.333 mg	Sugars	*N/A* g	Iron	0.000 mg
Saturated Fat	6.667 g	Carbohydrate	6.667 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)

(¹ - denotes optional nutrient values.)

(² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.)

Nutrients: Per 30 G

Calories	120.000 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	0.000 mg
Total Fat	13.000 g	Sodium	370.000 mg	Sugars	*N/A* g	Iron	0.000 mg
Saturated Fat	2.000 g	Carbohydrate	2.000 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)

(¹ - denotes optional nutrient values.)

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902862 - Italian seasoning mix

USDA - USDA Standardized Recipes

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
2 TBSP..... 5.00 G
TBSP..... 2.50 G
CUP..... 1.41 O

Nutrients: Per 100 GRAMS

Calories	280.000 kcal	Cholesterol	0.000 mg	Protein	12.600 g	Calcium	1940.000 mg
Total Fat	7.400 g	Sodium	20.000 mg	Sugars	*N/A* g	Iron	60.000 mg
Saturated Fat	1.400 g	Carbohydrate	64.200 g	Vitamin A	7900.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	42.000 g	Vitamin C	56.000 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
(¹ - denotes optional nutrient values.)
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903479 - JALAPENO RAW, NO SEEDS

VEG - VEGETABLES

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
CUP, sliced..... 90.00 G
pepper..... 14.00 G
TABLESPOON - 14.00 G

Nutrients: Per 100 GRAMS

Calories	29.000 kcal	Cholesterol	0.000 mg	Protein	0.910 g	Calcium	12.000 mg
Total Fat	0.370 g	Sodium	0.000 mg	Sugars	4.120 g	Iron	0.250 mg
Saturated Fat	0.092 g	Carbohydrate	6.500 g	Vitamin A	1078.000 IU	Water ¹	91.690 g
Trans. Fat ²	0.000 g	Dietary Fiber	2.800 g	Vitamin C	118.600 mg	Ash ¹	0.530 g

(*N/A* - denotes missing nutrient values)
(¹ - denotes optional nutrient values.)
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900316 - JELLY GRAPE 2 TABLESPOONS KATY'S

COND - CONDIMENTS

Source: Local
Manufacturer: LYONS, KATYS
Product No.: 2322871

Measurement
LB..... 16.00 O
SERVING..... 20.00 G

Nutrients: Per 100 GRAMS

Calories	252.600 kcal	Cholesterol	0.000 mg	Protein	0.240 g	Calcium	4.086 mg
Total Fat	0.034 g	Sodium	11.300 mg	Sugars	58.000 g	Iron	0.131 mg
Saturated Fat	0.011 g	Carbohydrate	64.000 g	Vitamin A	12.900 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.305 g	Vitamin C	46.800 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
(¹ - denotes optional nutrient values.)
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902719 - JUICE APPLE 4 OZ SUN CUP

FRUIT - FRUIT & FRUIT JUICE

Source: Local
Manufacturer: SUN CUP
Product No.: 2280961

Measurement
LB..... 16.00 O
1 SERVING..... 4.00 O

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Nutrients: Per 100 GRAMS

Calories	50.265 kcal	Cholesterol	0.000 mg	Protein	*N/A* g	Calcium	9.700 mg
Total Fat	0.000 g	Sodium	8.818 mg	Sugars	*N/A* g	Iron	*N/A* mg
Saturated Fat	0.000 g	Carbohydrate	13.228 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	52.911 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)

(¹ - denotes optional nutrient values.)

(² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.)

Nutrients: Per 4 OZ

Calories	57.000 kcal	Cholesterol	0.000 mg	Protein	*N/A* g	Calcium	11.000 mg
Total Fat	0.000 g	Sodium	10.000 mg	Sugars	*N/A* g	Iron	*N/A* mg
Saturated Fat	0.000 g	Carbohydrate	15.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	60.000 mg	Ash ¹	*N/A* g

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902720 - JUICE FRUIT PUNCH 4 OZ SUN CUP

FRUIT - FRUIT & FRUIT JUICE

Source: Local
Manufacturer: SUN CUP
Product No.: 2281241

Measurement
LB..... 16.00 O
1 SERVING..... 4.00 O

Nutrients: Per 100 GRAMS

Calories	52.911 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	12.346 mg
Total Fat	0.000 g	Sodium	8.818 mg	Sugars	*N/A* g	Iron	*N/A* mg
Saturated Fat	0.000 g	Carbohydrate	13.228 g	Vitamin A	0.529 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
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Nutrients: Per 4 OZ

Calories	60.000 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	14.000 mg
Total Fat	0.000 g	Sodium	10.000 mg	Sugars	*N/A* g	Iron	*N/A* mg
Saturated Fat	0.000 g	Carbohydrate	15.000 g	Vitamin A	0.600 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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902721 - JUICE GRAPE 4 OZ SUN CUP

FRUIT - FRUIT & FRUIT JUICE

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
1 SERVING..... 4.00 O

Nutrients: Per 100 GRAMS

Calories	79.366 kcal	Cholesterol	0.000 mg	Protein	*N/A* g	Calcium	8.818 mg
Total Fat	0.000 g	Sodium	8.818 mg	Sugars	*N/A* g	Iron	0.317 mg
Saturated Fat	0.000 g	Carbohydrate	19.401 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	52.911 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
(¹ - denotes optional nutrient values.)
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Nutrients: Per 4 OZ

Calories	90.000 kcal	Cholesterol	0.000 mg	Protein	*N/A* g	Calcium	10.000 mg
Total Fat	0.000 g	Sodium	10.000 mg	Sugars	*N/A* g	Iron	0.360 mg
Saturated Fat	0.000 g	Carbohydrate	22.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	60.000 mg	Ash ¹	*N/A* g

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902718 - JUICE ORANGE 4 OZ SUNCUP

FRUIT - FRUIT & FRUIT JUICE

Source: Local
Manufacturer: SUN CUP
Product No.: 2280981

Measurement
LB..... 16.00 O
1 SERVING..... 4.00 O
CUP..... 4.00 O

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Nutrients: Per 100 GRAMS

Calories	52.911 kcal	Cholesterol	0.000 mg	Protein	0.882 g	Calcium	8.818 mg
Total Fat	0.000 g	Sodium	4.409 mg	Sugars	*N/A* g	Iron	*N/A* mg
Saturated Fat	0.000 g	Carbohydrate	12.346 g	Vitamin A	165.347 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	31.747 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)

(¹ - denotes optional nutrient values.)

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Nutrients: Per 4 OZ

Calories	60.000 kcal	Cholesterol	0.000 mg	Protein	1.000 g	Calcium	10.000 mg
Total Fat	0.000 g	Sodium	5.000 mg	Sugars	*N/A* g	Iron	*N/A* mg
Saturated Fat	0.000 g	Carbohydrate	14.000 g	Vitamin A	187.500 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	36.000 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)

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902880 - Ketchup 100% NATRL No High Fructose Corn Syru

COND - CONDIMENTS

Source: Local
Manufacturer:
Product No.: 1918391

Measurement
LB..... 16.00 O
PACKET..... 9.00 G

Nutrients: Per 100 GRAMS

Calories	111.111 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	*N/A* mg
Total Fat	0.000 g	Sodium	277.778 mg	Sugars	22.222 g	Iron	*N/A* mg
Saturated Fat	0.000 g	Carbohydrate	22.222 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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Nutrients: Per 9 G

Calories	10.000 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	*N/A* mg
Total Fat	0.000 g	Sodium	25.000 mg	Sugars	2.000 g	Iron	*N/A* mg
Saturated Fat	0.000 g	Carbohydrate	2.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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902856 - KIWI FRUIT FRSH RAW

FRUIT - FRUIT & FRUIT JUICE

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
CUP, sliced..... 180.00 G
CUP..... 177.00 G
med w/o skin..... 76.00 G

Nutrients: Per 100 GRAMS

Calories	61.000 kcal	Cholesterol	0.000 mg	Protein	1.140 g	Calcium	34.000 mg
Total Fat	0.520 g	Sodium	0.000 mg	Sugars	*N/A* g	Iron	0.310 mg
Saturated Fat	0.029 g	Carbohydrate	14.660 g	Vitamin A	87.000 IU	Water ¹	83.070 g
Trans. Fat ²	0.000 g	Dietary Fiber	3.000 g	Vitamin C	92.700 mg	Ash ¹	0.610 g

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009148 - KIWI FRUIT,(CHINESE GOOSEBERRIES),FRSH,RAW

FRUIT - FRUIT & FRUIT JUICE

Source: USDA
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
CUP, sliced..... 180.00 G
fruit (2" dia)..... 69.00 G
NLEA serving..... 148.00 G
CUP..... 177.00 G
med w/o skin..... 76.00 G

Nutrients: Per 100 GRAMS

Calories	61.000 kcal	Cholesterol	0.000 mg	Protein	1.140 g	Calcium	34.000 mg
Total Fat	0.520 g	Sodium	3.000 mg	Sugars	8.990 g	Iron	0.310 mg
Saturated Fat	0.029 g	Carbohydrate	14.660 g	Vitamin A	87.000 IU	Water ¹	83.070 g
Trans. Fat ²	0.000 g	Dietary Fiber	3.000 g	Vitamin C	92.700 mg	Ash ¹	0.610 g

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902859 - LETTUCE COS OR ROMAINE RAW

VEG - VEGETABLES

Source: Local
Manufacturer:
Product No.:

Measurement	
LB.....	16.00 O
CUP, shredded..	47.00 G
leaf inner.....	6.00 G
leaf outer.....	28.00 G
head.....	626.00 G
NLEA serving.....	85.00 G

Nutrients: Per 100 GRAMS

Calories	17.000 kcal	Cholesterol	0.000 mg	Protein	1.230 g	Calcium	33.000 mg
Total Fat	0.000 g	Sodium	0.000 mg	Sugars	*N/A* g	Iron	0.970 mg
Saturated Fat	0.000 g	Carbohydrate	3.290 g	Vitamin A	8710.000 IU	Water ¹	94.610 g
Trans. Fat ²	0.000 g	Dietary Fiber	2.100 g	Vitamin C	4.000 mg	Ash ¹	0.580 g

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902853 - LETTUCE ICEBERG FRESH

VEG - VEGETABLES

Source: Local
Manufacturer:
Product No.:

Measurement			
LB.....	16.00 O	head, small.....	324.00 G
NLEA serving.....	89.00 G	head, large.....	755.00 G
CUP, shredded..	72.00 G	leaf, small.....	5.00 G
cup, chop(1/2"pc	57.00 G	leaf, medium.....	8.00 G
leaf, large.....	15.00 G	CUP.....	1.98 O
head, med(6" dia	539.00 G	leaf(s).....	0.71 O

Nutrients: Per 100 GRAMS

Calories	14.000 kcal	Cholesterol	0.000 mg	Protein	0.900 g	Calcium	18.000 mg
Total Fat	0.140 g	Sodium	0.000 mg	Sugars	*N/A* g	Iron	0.410 mg
Saturated Fat	0.018 g	Carbohydrate	2.970 g	Vitamin A	502.000 IU	Water ¹	95.640 g
Trans. Fat ²	0.000 g	Dietary Fiber	1.200 g	Vitamin C	2.800 mg	Ash ¹	0.360 g

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902860 - LETTUCE ICEBERG FRESH

VEG - VEGETABLES

Source: Local
Manufacturer:
Product No.:

Measurement			
LB.....	16.00 O	head, small.....	324.00 G
NLEA serving.....	89.00 G	head, large.....	755.00 G
CUP, shredded..	72.00 G	leaf, small.....	5.00 G
cup, chop(1/2"pc	57.00 G	leaf, medium.....	8.00 G
leaf, large.....	15.00 G	CUP.....	1.98 O
head, med(6" dia	539.00 G	leaf(s).....	0.71 O

Nutrients: Per 100 GRAMS

Calories	14.000 kcal	Cholesterol	0.000 mg	Protein	0.900 g	Calcium	18.000 mg
Total Fat	0.000 g	Sodium	0.000 mg	Sugars	*N/A* g	Iron	0.410 mg
Saturated Fat	0.000 g	Carbohydrate	2.970 g	Vitamin A	502.000 IU	Water ¹	95.640 g
Trans. Fat ²	0.000 g	Dietary Fiber	1.200 g	Vitamin C	2.800 mg	Ash ¹	0.360 g

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902845 - LETTUCE ROMAINE,RAW

VEG - VEGETABLES

Source: Local
Manufacturer:
Product No.:

Measurement	
LB.....	16.00 O
CUP, shredded..	47.00 G
leaf inner.....	6.00 G
leaf outer.....	28.00 G
head.....	626.00 G

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NLEA serving..... 85.00 G

Nutrients: Per 100 GRAMS

Calories	17.000 kcal	Cholesterol	0.000 mg	Protein	1.230 g	Calcium	33.000 mg
Total Fat	0.300 g	Sodium	0.000 mg	Sugars	*N/A* g	Iron	0.970 mg
Saturated Fat	0.039 g	Carbohydrate	3.290 g	Vitamin A	8710.000 IU	Water ¹	94.610 g
Trans. Fat ²	0.000 g	Dietary Fiber	2.100 g	Vitamin C	4.000 mg	Ash ¹	0.580 g

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Humboldt Unified School District

902676 - LETTUCE, ICEBERG ROMAINE 80/20

VEG - VEGETABLES

Source: Local
Manufacturer: MARKON TAYLOR FARMS (shamrock)
Product No.: 1906803

Measurement
LB..... 16.00 O
1 serving (1 cup) 85.00 G

Nutrients: Per 100 GRAMS

Calories	23.529 kcal	Cholesterol	0.000 mg	Protein	*N/A* g	Calcium	23.529 mg
Total Fat	0.588 g	Sodium	0.000 mg	Sugars	*N/A* g	Iron	0.424 mg
Saturated Fat	0.000 g	Carbohydrate	3.529 g	Vitamin A	1176.471 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	1.176 g	Vitamin C	2.824 mg	Ash ¹	*N/A* g

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Nutrients: Per 85 G

Calories	20.000 kcal	Cholesterol	0.000 mg	Protein	*N/A* g	Calcium	20.000 mg
Total Fat	0.500 g	Sodium	0.000 mg	Sugars	*N/A* g	Iron	0.360 mg
Saturated Fat	0.000 g	Carbohydrate	3.000 g	Vitamin A	1000.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	1.000 g	Vitamin C	2.400 mg	Ash ¹	*N/A* g

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011252 - LETTUCE,ICEBERG,FRESH

VEG - VEGETABLES

Source: USDA
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O head, small..... 324.00 G
NLEA serving..... 89.00 G head, large..... 755.00 G
CUP, shredded.. 72.00 G leaf, small..... 5.00 G
cup,chop(1/2"pc 57.00 G leaf, medium..... 8.00 G
leaf, large..... 15.00 G CUP..... 1.98 O
head, med(6" dia 539.00 G leaf(s)..... 0.71 O

Nutrients: Per 100 GRAMS

Calories	14.000 kcal	Cholesterol	0.000 mg	Protein	0.900 g	Calcium	18.000 mg
Total Fat	0.140 g	Sodium	10.000 mg	Sugars	1.970 g	Iron	0.410 mg
Saturated Fat	0.018 g	Carbohydrate	2.970 g	Vitamin A	502.000 IU	Water ¹	95.640 g
Trans. Fat ²	0.000 g	Dietary Fiber	1.200 g	Vitamin C	2.800 mg	Ash ¹	0.360 g

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902888 - LIME JUC,CND OR BTLD,UNSWTND

FRUIT - FRUIT & FRUIT JUICE

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
CUP..... 246.00 G
FL OZ..... 30.80 G

Nutrients: Per 100 GRAMS

Calories	21.000 kcal	Cholesterol	0.000 mg	Protein	0.250 g	Calcium	12.000 mg
Total Fat	0.230 g	Sodium	16.000 mg	Sugars	*N/A* g	Iron	0.230 mg
Saturated Fat	0.026 g	Carbohydrate	6.690 g	Vitamin A	16.000 IU	Water ¹	92.520 g
Trans. Fat ²	0.000 g	Dietary Fiber	0.400 g	Vitamin C	6.400 mg	Ash ¹	0.310 g

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903478 - LIMES RAW

FRUIT - FRUIT & FRUIT JUICE

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
fruit (2" dia)..... 67.00 G
NLEA serving..... 67.00 G
fruit (2" dia) quar 67.00 G

Nutrients: Per 100 GRAMS

Calories	30.000 kcal	Cholesterol	0.000 mg	Protein	0.700 g	Calcium	33.000 mg
Total Fat	0.200 g	Sodium	2.000 mg	Sugars	*N/A* g	Iron	0.600 mg
Saturated Fat	0.022 g	Carbohydrate	10.540 g	Vitamin A	50.000 IU	Water ¹	88.260 g
Trans. Fat ²	0.000 g	Dietary Fiber	2.800 g	Vitamin C	29.100 mg	Ash ¹	0.300 g

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903200 - MANDARIN ORANGES,CND,LT SYRUP,DRND

FRUIT - FRUIT & FRUIT JUICE

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
#10 CAN..... 106.00 O
1/3 CUP..... 138.00 G
1/2 cup..... 3.00 O

Nutrients: Per 100 GRAMS

Calories	63.000 kcal	Cholesterol	0.000 mg	Protein	0.540 g	Calcium	8.000 mg
Total Fat	0.140 g	Sodium	6.000 mg	Sugars	*N/A* g	Iron	0.370 mg
Saturated Fat	0.010 g	Carbohydrate	16.060 g	Vitamin A	1294.000 IU	Water ¹	83.060 g
Trans. Fat ²	0.000 g	Dietary Fiber	1.200 g	Vitamin C	19.600 mg	Ash ¹	0.200 g

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902952 - MARINARA SAUCE 2.5 OZ RED GOLD

COND - CONDIMENTS

Source: Local
Manufacturer:
Product No.: 3536971

Measurement
LB..... 16.00 O
SERVING..... 71.00 G

Nutrients: Per 100 GRAMS

Calories	56.338 kcal	Cholesterol	0.000 mg	Protein	1.408 g	Calcium	28.169 mg
Total Fat	0.000 g	Sodium	0.000 mg	Sugars	*N/A* g	Iron	0.507 mg
Saturated Fat	0.000 g	Carbohydrate	11.268 g	Vitamin A	281.690 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	1.408 g	Vitamin C	4.225 mg	Ash ¹	*N/A* g

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Nutrients: Per 71 G

Calories	40.000 kcal	Cholesterol	0.000 mg	Protein	1.000 g	Calcium	20.000 mg
Total Fat	0.000 g	Sodium	0.000 mg	Sugars	*N/A* g	Iron	0.360 mg
Saturated Fat	0.000 g	Carbohydrate	8.000 g	Vitamin A	200.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	1.000 g	Vitamin C	3.000 mg	Ash ¹	*N/A* g

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902883 - MAYO INDIVIDUAL PACKET

COND - CONDIMENTS

Source: Local
Manufacturer:
Product No.: 2289951

Measurement
LB..... 16.00 O
PACKET..... 12.00 G

Nutrients: Per 100 GRAMS

Calories	750.000 kcal	Cholesterol	41.667 mg	Protein	0.000 g	Calcium	*N/A* mg
Total Fat	75.000 g	Sodium	583.333 mg	Sugars	*N/A* g	Iron	*N/A* mg
Saturated Fat	12.500 g	Carbohydrate	8.333 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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Nutrients: Per 12 G

Calories	90.000 kcal	Cholesterol	5.000 mg	Protein	0.000 g	Calcium	*N/A* mg
Total Fat	9.000 g	Sodium	70.000 mg	Sugars	*N/A* g	Iron	*N/A* mg
Saturated Fat	1.500 g	Carbohydrate	1.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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004026 - MAYONNAISE

FATS - MARGARINE/OIL/SHORT/SAL.DRESS

Source: USDA
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
TBSP..... 13.80 G
CUP..... 220.00 G
Pkt 7g..... 7.00 G

Nutrients: Per 100 GRAMS

Calories	717.000 kcal	Cholesterol	59.000 mg	Protein	1.100 g	Calcium	18.000 mg
Total Fat	79.400 g	Sodium	568.000 mg	Sugars	0.480 g	Iron	0.500 mg
Saturated Fat	8.600 g	Carbohydrate	2.700 g	Vitamin A	280.000 IU	Water ¹	15.300 g
Trans. Fat ²	*N/A* g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	1.500 g

(*N/A* - denotes missing nutrient values)
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903566 - MAYONNAISE, HEAVY DUTY

COND - CONDIMENTS

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
ONE CUP..... 224.00 G
ONE TABLESP 14.00 G

Nutrients: Per 100 GRAMS

Calories	714.286 kcal	Cholesterol	35.714 mg	Protein	0.000 g	Calcium	*N/A* mg
Total Fat	71.429 g	Sodium	500.000 mg	Sugars	0.000 g	Iron	*N/A* mg
Saturated Fat	10.714 g	Carbohydrate	7.143 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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Nutrients: Per 14 G

Calories	100.000	kcal	Cholesterol	5.000	mg	Protein	0.000	g	Calcium	*N/A*	mg
Total Fat	10.000	g	Sodium	70.000	mg	Sugars	0.000	g	Iron	*N/A*	mg
Saturated Fat	1.500	g	Carbohydrate	1.000	g	Vitamin A	*N/A*	IU	Water ¹	*N/A*	g
Trans. Fat ²	0.000	g	Dietary Fiber	0.000	g	Vitamin C	*N/A*	mg	Ash ¹	*N/A*	g

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075003 - MAYONNAISE, LIGHT, KRAFT

COND - CONDIMENTS

Source: Local
Manufacturer: KRAFT
Product No.: 1969931

Measurement	
LB.....	16.00 O
GALLON.....	3840.00 G
TBS.....	15.00 G
CASE (4/1G).....	15360.0 G
CUP.....	240.00 G

Nutrients: Per 100 GRAMS

Calories	300.000 kcal	Cholesterol	33.333 mg	Protein	0.000 g	Calcium	0.000 mg
Total Fat	33.333 g	Sodium	666.667 mg	Sugars	*N/A* g	Iron	0.000 mg
Saturated Fat	3.333 g	Carbohydrate	6.667 g	Vitamin A	0.000 IU	Water ¹	0.000 g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	0.000 g

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Nutrients: Per 15 G

Calories	45.000 kcal	Cholesterol	5.000 mg	Protein	0.000 g	Calcium	0.000 mg
Total Fat	5.000 g	Sodium	100.000 mg	Sugars	*N/A* g	Iron	0.000 mg
Saturated Fat	0.500 g	Carbohydrate	1.000 g	Vitamin A	0.000 IU	Water ¹	0.000 g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	0.000 g

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902701 - MEATBALLS BEEF TYSON .5oz COOKED

BEEF - BEEF PRODUCTS

Source: Local
Manufacturer: TYSON
Product No.: 2726061

Measurement	
LB.....	16.00 O
1 MEATBALL.....	14.00 G
6 MEATBALLS...	84.00 G

Nutrients: Per 100 GRAMS

Calories	202.381 kcal	Cholesterol	41.667 mg	Protein	19.048 g	Calcium	71.429 mg
Total Fat	10.714 g	Sodium	535.714 mg	Sugars	*N/A* g	Iron	3.214 mg
Saturated Fat	3.571 g	Carbohydrate	4.762 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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Nutrients: Per 84 G

Calories	170.000 kcal	Cholesterol	35.000 mg	Protein	16.000 g	Calcium	60.000 mg
Total Fat	9.000 g	Sodium	450.000 mg	Sugars	*N/A* g	Iron	2.700 mg
Saturated Fat	3.000 g	Carbohydrate	4.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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902766 - Meatballs CKD Integrated Commodity

BEEF - BEEF PRODUCTS

Source: Local
Manufacturer: Integrated or shamrock
Product No.: 2033991

Measurement	
LB.....	16.00 O
5 meatballs.....	2.50 O
1 meatball.....	0.50 O

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Nutrients: Per 100 GRAMS

Calories	177.781 kcal	Cholesterol	49.384 mg	Protein	15.521 g	Calcium	22.533 mg
Total Fat	9.058 g	Sodium	270.904 mg	Sugars	0.691 g	Iron	1.834 mg
Saturated Fat	3.499 g	Carbohydrate	6.476 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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Nutrients: Per 2.5 OZ

Calories	126.000 kcal	Cholesterol	35.000 mg	Protein	11.000 g	Calcium	15.970 mg
Total Fat	6.420 g	Sodium	192.000 mg	Sugars	0.490 g	Iron	1.300 mg
Saturated Fat	2.480 g	Carbohydrate	4.590 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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900023 - MEATBALLS, CKD, 0.5 OZ MEATBALLS, HS

USDA - USDA Standardized Recipes

Source: Local
Manufacturer: KING'S COMMAND FOODS, INC.
Product No.: 2033991

Measurement	
LB.....	16.00 O
2 meatballs.....	1.00 O
SERV./5 MEATB	2.50 O
CASE/64 SERV.	10.00 LB
1 meatball.....	0.50 O

Nutrients: Per 100 GRAMS

Calories	289.000 kcal	Cholesterol	56.430 mg	Protein	21.860 g	Calcium	42.300 mg
Total Fat	19.750 g	Sodium	352.700 mg	Sugars	*N/A* g	Iron	3.530 mg
Saturated Fat	8.460 g	Carbohydrate	7.050 g	Vitamin A	155.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.700 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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903527 - MEATLOAF

BEEF - BEEF PRODUCTS

Source: Local
Manufacturer:
Product No.:

Measurement	
LB.....	16.00 O
3 OZ SERVING..	3.00 O
2.25 OZ SERVI	2.25 O

Nutrients: Per 100 GRAMS

Calories	211.644 kcal	Cholesterol	41.153 mg	Protein	14.110 g	Calcium	23.516 mg
Total Fat	12.934 g	Sodium	670.206 mg	Sugars	5.879 g	Iron	2.116 mg
Saturated Fat	5.291 g	Carbohydrate	9.406 g	Vitamin A	235.160 IU	Water ¹	*N/A* g
Trans. Fat ²	0.588 g	Dietary Fiber	1.176 g	Vitamin C	4.233 mg	Ash ¹	*N/A* g

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Nutrients: Per 3 OZ

Calories	180.000 kcal	Cholesterol	35.000 mg	Protein	12.000 g	Calcium	20.000 mg
Total Fat	11.000 g	Sodium	570.000 mg	Sugars	5.000 g	Iron	1.800 mg
Saturated Fat	4.500 g	Carbohydrate	8.000 g	Vitamin A	200.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.500 g	Dietary Fiber	1.000 g	Vitamin C	3.600 mg	Ash ¹	*N/A* g

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009181 - MELONS,CANTALOUPE,RAW

FRUIT - FRUIT & FRUIT JUICE

Source: USDA
Manufacturer:
Product No.:

Measurement			
LB.....	16.00 O	melon,med (5"di	552.00 G
CUP, balls.....	177.00 G	wedge,medium...	69.00 G
CUP, cubes.....	160.00 G	melon,small(4.25	441.00 G
CUP, diced.....	156.00 G	wedge,small.....	55.00 G
melon,large(6.5"	814.00 G	10 cantaloupe b	138.00 G
wedge,large.....	102.00 G	NLEA serving....	134.00 G

Nutrients: Per 100 GRAMS

Calories	34.000 kcal	Cholesterol	0.000 mg	Protein	0.840 g	Calcium	9.000 mg
Total Fat	0.190 g	Sodium	16.000 mg	Sugars	7.860 g	Iron	0.210 mg
Saturated Fat	0.051 g	Carbohydrate	8.160 g	Vitamin A	3382.000 IU	Water ¹	90.150 g
Trans. Fat ²	0.000 g	Dietary Fiber	0.900 g	Vitamin C	36.700 mg	Ash ¹	0.650 g

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009184 - MELONS,HONEYDEW,RAW

FRUIT - FRUIT & FRUIT JUICE

Source: USDA
Manufacturer:
Product No.:

		Measurement	
LB.....	16.00	O	wedge (1/8 of 6"- 160.00 G
CUP, diced.....	170.00	G	10 honeydew bal 138.00 G
CUP, balls.....	177.00	G	NLEA serving..... 134.00 G
melon (5-1/4" dia	1000.00	G	honeydew balls.. 13.80 G
melon (6" - 7" dia	1280.00	G	CUP, cubes..... 6.00 O
wedge (1/8 of 5.	125.00	G	SERVING (1/2 C 85.00 G

Nutrients: Per 100 GRAMS

Calories	36.000	kcal	Cholesterol	0.000	mg	Protein	0.540	g	Calcium	6.000	mg
Total Fat	0.140	g	Sodium	18.000	mg	Sugars	8.120	g	Iron	0.170	mg
Saturated Fat	0.038	g	Carbohydrate	9.090	g	Vitamin A	50.000	IU	Water ¹	89.820	g
Trans. Fat ²	0.000	g	Dietary Fiber	0.800	g	Vitamin C	18.000	mg	Ash ¹	0.410	g

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902759 - MILK 1% LOWFAT

DAIRY - DAIRY PRODUCTS

Source: Local
Manufacturer:
Product No.:

		Measurement	
LB.....	16.00	O	
CUP.....	244.00	G	
FL OZ.....	30.50	G	
QT.....	976.00	G	
1 serving.....	8.00	O	

Nutrients: Per 100 GRAMS

Calories	42.000	kcal	Cholesterol	5.000	mg	Protein	3.370	g	Calcium	125.000	mg
Total Fat	0.970	g	Sodium	44.000	mg	Sugars	12.000	g	Iron	0.030	mg
Saturated Fat	0.633	g	Carbohydrate	4.990	g	Vitamin A	196.000	IU	Water ¹	89.920	g
Trans. Fat ²	0.000	g	Dietary Fiber	0.000	g	Vitamin C	0.000	mg	Ash ¹	0.750	g

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902827 - MILK 2% LOWFAT

DAIRY - DAIRY PRODUCTS

Source: Local
Manufacturer:
Product No.:

		Measurement	
LB.....	16.00	O	
CUP.....	244.00	G	
FL OZ.....	30.50	G	
QT.....	976.00	G	

Nutrients: Per 100 GRAMS

Calories	50.000	kcal	Cholesterol	8.000	mg	Protein	3.300	g	Calcium	120.000	mg
Total Fat	1.980	g	Sodium	47.000	mg	Sugars	*N/A*	g	Iron	0.020	mg
Saturated Fat	1.257	g	Carbohydrate	4.800	g	Vitamin A	190.000	IU	Water ¹	89.210	g
Trans. Fat ²	0.000	g	Dietary Fiber	0.000	g	Vitamin C	0.200	mg	Ash ¹	0.710	g

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902981 - MILK CHOCOLATE FAT FREE

DAIRY - DAIRY PRODUCTS

Source: Local
Manufacturer:
Product No.:

		Measurement	
LB.....	16.00	O	
CARTON.....	8.00	O	

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Nutrients: Per 100 GRAMS

Calories	61.729 kcal	Cholesterol	1.764 mg	Protein	3.527 g	Calcium	132.277 mg
Total Fat	0.000 g	Sodium	88.185 mg	Sugars	*N/A* g	Iron	*N/A* mg
Saturated Fat	0.000 g	Carbohydrate	11.464 g	Vitamin A	220.462 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	1.058 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)

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Nutrients: Per 8 OZ

Calories	140.000 kcal	Cholesterol	4.000 mg	Protein	8.000 g	Calcium	300.000 mg
Total Fat	0.000 g	Sodium	200.000 mg	Sugars	*N/A* g	Iron	*N/A* mg
Saturated Fat	0.000 g	Carbohydrate	26.000 g	Vitamin A	500.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	2.400 mg	Ash ¹	*N/A* g

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902982 - MILK FAT FREE

DAIRY - DAIRY PRODUCTS

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
CARTON..... 8.00 O

Nutrients: Per 100 GRAMS

Calories	39.683 kcal	Cholesterol	1.764 mg	Protein	3.527 g	Calcium	132.277 mg
Total Fat	0.000 g	Sodium	55.116 mg	Sugars	*N/A* g	Iron	*N/A* mg
Saturated Fat	0.000 g	Carbohydrate	5.291 g	Vitamin A	220.462 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	1.058 mg	Ash ¹	*N/A* g

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Nutrients: Per 8 OZ

Calories	90.000 kcal	Cholesterol	4.000 mg	Protein	8.000 g	Calcium	300.000 mg
Total Fat	0.000 g	Sodium	125.000 mg	Sugars	*N/A* g	Iron	*N/A* mg
Saturated Fat	0.000 g	Carbohydrate	12.000 g	Vitamin A	500.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	2.400 mg	Ash ¹	*N/A* g

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900309 - MILK FF STRAWBERRY SHAMROCK

DAIRY - DAIRY PRODUCTS

Source: Local
Manufacturer: SHAMROCK FARMS
Product No.: 2382221

Measurement
LB..... 16.00 O
1/2 PINT..... 8.00 O
12Z BOTTLE..... 12.00 O
CASE (70/8Z)..... 560.00 O
1 Serving..... 8.00 O

Nutrients: Per 100 GRAMS

Calories	74.957 kcal	Cholesterol	6.614 mg	Protein	3.968 g	Calcium	132.277 mg
Total Fat	1.102 g	Sodium	57.320 mg	Sugars	*N/A* g	Iron	0.000 mg
Saturated Fat	0.661 g	Carbohydrate	12.346 g	Vitamin A	220.462 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	1.058 mg	Ash ¹	*N/A* g

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Nutrients: Per 8 OZ

Calories	170.000 kcal	Cholesterol	15.000 mg	Protein	9.000 g	Calcium	300.000 mg
Total Fat	2.500 g	Sodium	130.000 mg	Sugars	*N/A* g	Iron	0.000 mg
Saturated Fat	1.500 g	Carbohydrate	28.000 g	Vitamin A	500.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	2.400 mg	Ash ¹	*N/A* g

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902760 - MILK SKIM

DAIRY - DAIRY PRODUCTS

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
CUP..... 245.00 G
FL OZ..... 30.60 G
QT..... 980.00 G
1 serving..... 8.00 O

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Nutrients: Per 100 GRAMS

Calories	34.000 kcal	Cholesterol	2.000 mg	Protein	3.370 g	Calcium	122.000 mg
Total Fat	0.080 g	Sodium	42.000 mg	Sugars	5.000 g	Iron	0.030 mg
Saturated Fat	0.056 g	Carbohydrate	4.960 g	Vitamin A	204.000 IU	Water ¹	90.840 g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	0.750 g

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902601 - MILK, FAT-FREE, CHOCOLATE, SHAMROCK

DAIRY - DAIRY PRODUCTS

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
CUP..... 8.00 O
1 serving..... 8.00 O

Nutrients: Per 100 GRAMS

Calories	57.320 kcal	Cholesterol	1.764 mg	Protein	3.527 g	Calcium	132.277 mg
Total Fat	0.000 g	Sodium	97.003 mg	Sugars	*N/A* g	Iron	0.159 mg
Saturated Fat	0.000 g	Carbohydrate	10.582 g	Vitamin A	220.462 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	1.058 mg	Ash ¹	*N/A* g

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Nutrients: Per 8 OZ

Calories	130.000 kcal	Cholesterol	4.000 mg	Protein	8.000 g	Calcium	300.000 mg
Total Fat	0.000 g	Sodium	220.000 mg	Sugars	*N/A* g	Iron	0.360 mg
Saturated Fat	0.000 g	Carbohydrate	24.000 g	Vitamin A	500.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	2.400 mg	Ash ¹	*N/A* g

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903459 - MINI CHICKEN TACOS

PLTRY - CHICKEN & TURKEY

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
(THREE) TACO 128.00 G
(TWO) TACOS.. 85.33 G

Nutrients: Per 100 GRAMS

Calories	250.000 kcal	Cholesterol	42.969 mg	Protein	13.281 g	Calcium	156.250 mg
Total Fat	10.938 g	Sodium	375.000 mg	Sugars	0.000 g	Iron	2.813 mg
Saturated Fat	3.906 g	Carbohydrate	24.219 g	Vitamin A	312.500 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.125 g	Vitamin C	1.875 mg	Ash ¹	*N/A* g

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Nutrients: Per 128 G

Calories	320.000 kcal	Cholesterol	55.000 mg	Protein	17.000 g	Calcium	200.000 mg
Total Fat	14.000 g	Sodium	480.000 mg	Sugars	0.000 g	Iron	3.600 mg
Saturated Fat	5.000 g	Carbohydrate	31.000 g	Vitamin A	400.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	4.000 g	Vitamin C	2.400 mg	Ash ¹	*N/A* g

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903551 - MINI CORNDOGS

FROZ - FROZEN ITEM

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
(6) MINI CORND 4.02 O

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Nutrients: Per 100 GRAMS

Calories	234.282 kcal	Cholesterol	29.834 mg	Protein	7.897 g	Calcium	57.913 mg
Total Fat	9.652 g	Sodium	320.274 mg	Sugars	10.530 g	Iron	0.877 mg
Saturated Fat	1.667 g	Carbohydrate	28.956 g	Vitamin A	100.031 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.632 g	Vitamin C	44.751 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)

(¹ - denotes optional nutrient values.)

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Nutrients: Per 4.02 OZ

Calories	267.000 kcal	Cholesterol	34.000 mg	Protein	9.000 g	Calcium	66.000 mg
Total Fat	11.000 g	Sodium	365.000 mg	Sugars	12.000 g	Iron	1.000 mg
Saturated Fat	1.900 g	Carbohydrate	33.000 g	Vitamin A	114.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.000 g	Vitamin C	51.000 mg	Ash ¹	*N/A* g

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Humboldt Unified School District

902810 - MOTZ CHEESE STICK 1oz LITE

DAIRY - DAIRY PRODUCTS

Source: Local
Manufacturer: LAND O LAKES
Product No.: 2970051

Measurement
LB..... 16.00 O
1 STICK..... 1.00 O

Nutrients: Per 100 GRAMS

Calories	211.644 kcal	Cholesterol	35.274 mg	Protein	28.219 g	Calcium	705.480 mg
Total Fat	8.818 g	Sodium	740.754 mg	Sugars	*N/A* g	Iron	*N/A* mg
Saturated Fat	7.055 g	Carbohydrate	3.527 g	Vitamin A	352.740 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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Nutrients: Per 1 OZ

Calories	60.000 kcal	Cholesterol	10.000 mg	Protein	8.000 g	Calcium	200.000 mg
Total Fat	2.500 g	Sodium	210.000 mg	Sugars	*N/A* g	Iron	*N/A* mg
Saturated Fat	2.000 g	Carbohydrate	1.000 g	Vitamin A	100.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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903506 - MUFFIN BANANA NUT DAVE'S 3.6 OZ WG

BRKFT - BREAKFAST

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
MUFFIN..... 3.60 O

Nutrients: Per 100 GRAMS

Calories	268.474 kcal	Cholesterol	0.000 mg	Protein	4.409 g	Calcium	7.839 mg
Total Fat	7.349 g	Sodium	137.177 mg	Sugars	22.536 g	Iron	1.372 mg
Saturated Fat	1.078 g	Carbohydrate	46.052 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.919 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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Nutrients: Per 3.6 OZ

Calories	274.000 kcal	Cholesterol	0.000 mg	Protein	4.500 g	Calcium	8.000 mg
Total Fat	7.500 g	Sodium	140.000 mg	Sugars	23.000 g	Iron	1.400 mg
Saturated Fat	1.100 g	Carbohydrate	47.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	4.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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903507 - MUFFIN BLUEBERRY DAVES 3.6 OZ WG

BRKFT - BREAKFAST

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
MUFFIN..... 3.60 O

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Nutrients: Per 100 GRAMS

Calories	262.595 kcal	Cholesterol	33.314 mg	Protein	4.409 g	Calcium	8.818 mg
Total Fat	7.349 g	Sodium	137.177 mg	Sugars	20.576 g	Iron	1.372 mg
Saturated Fat	1.078 g	Carbohydrate	44.582 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.723 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)

(¹ - denotes optional nutrient values.)

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Nutrients: Per 3.6 OZ

Calories	268.000 kcal	Cholesterol	34.000 mg	Protein	4.500 g	Calcium	9.000 mg
Total Fat	7.500 g	Sodium	140.000 mg	Sugars	21.000 g	Iron	1.400 mg
Saturated Fat	1.100 g	Carbohydrate	45.500 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.800 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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903508 - MUFFIN CHOC CHIP DAVES 3.6 OZ WG

BRKFT - BREAKFAST

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
MUFFIN..... 3.60 O

Nutrients: Per 100 GRAMS

Calories	266.515 kcal	Cholesterol	33.314 mg	Protein	4.409 g	Calcium	4.899 mg
Total Fat	7.349 g	Sodium	137.177 mg	Sugars	21.556 g	Iron	1.176 mg
Saturated Fat	1.078 g	Carbohydrate	45.562 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.527 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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Nutrients: Per 3.6 OZ

Calories	272.000 kcal	Cholesterol	34.000 mg	Protein	4.500 g	Calcium	5.000 mg
Total Fat	7.500 g	Sodium	140.000 mg	Sugars	22.000 g	Iron	1.200 mg
Saturated Fat	1.100 g	Carbohydrate	46.500 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.600 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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902854 - MUSHROOMS CANNED DRAINED

VEG - VEGETABLES

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O 10 slices..... 40.00 G
CUP..... 156.00 G 8 caps..... 47.00 G
can..... 132.00 G slices..... 4.00 G
large..... 16.00 G caps..... 5.88 G
medium..... 12.00 G CUP, pieces..... 156.00 G
small..... 7.00 G #10 CAN..... 68.00 O

Nutrients: Per 100 GRAMS

Calories	25.000 kcal	Cholesterol	0.000 mg	Protein	1.870 g	Calcium	11.000 mg
Total Fat	0.290 g	Sodium	0.000 mg	Sugars	*N/A* g	Iron	0.790 mg
Saturated Fat	0.038 g	Carbohydrate	5.090 g	Vitamin A	0.000 IU	Water ¹	91.080 g
Trans. Fat ²	0.000 g	Dietary Fiber	2.400 g	Vitamin C	0.000 mg	Ash ¹	1.670 g

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011260 - MUSHROOMS,FRESH

VEG - VEGETABLES

Source: USDA
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O small..... 10.00 G
CUP, pieces..... 70.00 G .5 CUP, pieces... 35.00 G
CUP, whole..... 96.00 G
large..... 23.00 G
medium..... 18.00 G
slice..... 6.00 G

Nutrients: Per 100 GRAMS

Calories	22.000 kcal	Cholesterol	0.000 mg	Protein	3.090 g	Calcium	3.000 mg
Total Fat	0.340 g	Sodium	5.000 mg	Sugars	1.980 g	Iron	0.500 mg
Saturated Fat	0.050 g	Carbohydrate	3.260 g	Vitamin A	0.000 IU	Water ¹	92.450 g
Trans. Fat ²	0.000 g	Dietary Fiber	1.000 g	Vitamin C	2.100 mg	Ash ¹	0.850 g

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083730 - MUSTARD YELLOW PREPARED

COND - CONDIMENTS

Source: Local
Manufacturer: SHAMROCK
Product No.: 1915011

Measurement
LB..... 16.00 O
TBSP..... 0.53 O
packet(s)..... 4.50 G
1 TEASPOON.... 5.00 G
TBS..... 15.00 G

Nutrients: Per 100 GRAMS

Calories	100.000 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	0.000 mg
Total Fat	0.000 g	Sodium	1300.000 mg	Sugars	*N/A* g	Iron	0.000 mg
Saturated Fat	0.000 g	Carbohydrate	20.000 g	Vitamin A	0.000 IU	Water ¹	0.000 g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	86.000 g

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Nutrients: Per 5 G

Calories	5.000 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	0.000 mg
Total Fat	0.000 g	Sodium	65.000 mg	Sugars	*N/A* g	Iron	0.000 mg
Saturated Fat	0.000 g	Carbohydrate	1.000 g	Vitamin A	0.000 IU	Water ¹	0.000 g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	4.300 g

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902882 - MUSTARD INDIVIDUAL PACKET

COND - CONDIMENTS

Source: Local
Manufacturer:
Product No.: 1678061

Measurement
LB..... 16.00 O
PACKET..... 6.00 G

Nutrients: Per 100 GRAMS

Calories	83.333 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	*N/A* mg
Total Fat	0.000 g	Sodium	833.333 mg	Sugars	*N/A* g	Iron	*N/A* mg
Saturated Fat	0.000 g	Carbohydrate	16.667 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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Nutrients: Per 6 G

Calories	5.000 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	*N/A* mg
Total Fat	0.000 g	Sodium	50.000 mg	Sugars	*N/A* g	Iron	*N/A* mg
Saturated Fat	0.000 g	Carbohydrate	1.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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903474 - NACHO LIL BITES

FROZ - FROZEN ITEM

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
(8) PIECES..... 113.00 G
CASE..... 8136.00 G
(6) PIECES..... 84.75 G

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Nutrients: Per 100 GRAMS

Calories	238.938 kcal	Cholesterol	13.274 mg	Protein	9.735 g	Calcium	132.743 mg
Total Fat	8.850 g	Sodium	389.381 mg	Sugars	0.885 g	Iron	1.274 mg
Saturated Fat	3.540 g	Carbohydrate	28.319 g	Vitamin A	442.478 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.655 g	Vitamin C	2.124 mg	Ash ¹	*N/A* g

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Nutrients: Per 113 G

Calories	270.000 kcal	Cholesterol	15.000 mg	Protein	11.000 g	Calcium	150.000 mg
Total Fat	10.000 g	Sodium	440.000 mg	Sugars	1.000 g	Iron	1.440 mg
Saturated Fat	4.000 g	Carbohydrate	32.000 g	Vitamin A	500.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.000 g	Vitamin C	2.400 mg	Ash ¹	*N/A* g

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009191 - NECTARINES,FRESH

FRUIT - FRUIT & FRUIT JUICE

Source: USDA
Manufacturer:
Product No.:

Measurement			
LB.....	16.00	O	medium..... 4.80 O
CUP, slices.....	143.00	G	
small (2-1/3" dia)	129.00	G	
medium (2-1/2" d	142.00	G	
large (2-3/4" dia)	156.00	G	
NLEA serving.....	140.00	G	

Nutrients: Per 100 GRAMS

Calories	44.000	kcal	Cholesterol	0.000	mg	Protein	1.060	g	Calcium	6.000	mg
Total Fat	0.320	g	Sodium	0.000	mg	Sugars	7.890	g	Iron	0.280	mg
Saturated Fat	0.025	g	Carbohydrate	10.550	g	Vitamin A	332.000	IU	Water ¹	87.590	g
Trans. Fat ²	0.000	g	Dietary Fiber	1.700	g	Vitamin C	5.400	mg	Ash ¹	0.480	g

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900082 - NOODLES, BROAD EGG, ZEREGA

GRAIN - FLOUR/GRAINS/MACARONI/RICES

Source: Local
Manufacturer: ZEREGA
Product No.: 2078331

Measurement	
LB.....	16.00 O
CASE.....	10.00 LB
1 serving.....	1.25 O

Nutrients: Per 100 GRAMS

Calories	379.000	kcal	Cholesterol	118.000	mg	Protein	13.800	g	Calcium	30.000	mg
Total Fat	4.800	g	Sodium	14.000	mg	Sugars	*N/A*	g	Iron	3.680	mg
Saturated Fat	1.300	g	Carbohydrate	70.000	g	Vitamin A	*N/A*	IU	Water ¹	*N/A*	g
Trans. Fat ²	0.000	g	Dietary Fiber	2.800	g	Vitamin C	0.000	mg	Ash ¹	1.020	g

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020113 - NOODLES,CHINESE,CHOW MEIN

GRAIN - FLOUR/GRAINS/MACARONI/RICES

Source: USDA
Manufacturer:
Product No.:

Measurement	
0.5 cup dry.....	28.00 G
1.5 oz.....	43.00 G
cup dry.....	56.00 G
oz.....	28.67 G
CUP.....	45.00 G
LB.....	16.18 O

Nutrients: Per 100 GRAMS

Calories	475.000	kcal	Cholesterol	0.000	mg	Protein	8.110	g	Calcium	20.000	mg
Total Fat	15.430	g	Sodium	1174.000	mg	Sugars	5.710	g	Iron	4.730	mg
Saturated Fat	2.229	g	Carbohydrate	72.800	g	Vitamin A	0.000	IU	Water ¹	1.180	g
Trans. Fat ²	0.800	g	Dietary Fiber	3.700	g	Vitamin C	0.000	mg	Ash ¹	2.600	g

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900189 - OATMEAL - ROLLED OATS

COMMO - COMMODITY

Source: Local
Manufacturer: USDA COMMOD.
Product No.:

Measurement	
LB.....	16.00 O
SERV/ 1 CUP C	1.34 O
1/2 CUP.....	0.67 O
1 CUP.....	1.34 O

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Nutrients: Per 100 GRAMS

Calories	384.329 kcal	Cholesterol	0.000 mg	Protein	15.794 g	Calcium	47.383 mg
Total Fat	6.318 g	Sodium	5.265 mg	Sugars	*N/A* g	Iron	4.212 mg
Saturated Fat	0.000 g	Carbohydrate	63.177 g	Vitamin A	26.324 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	10.530 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)

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Nutrients: Per 0.67 OZ

Calories	73.000 kcal	Cholesterol	0.000 mg	Protein	3.000 g	Calcium	9.000 mg
Total Fat	1.200 g	Sodium	1.000 mg	Sugars	*N/A* g	Iron	0.800 mg
Saturated Fat	0.000 g	Carbohydrate	12.000 g	Vitamin A	5.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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902736 - OATMEAL TO GO OATMEAL RAISIN BAR QUAKER

BAKE - BAKERY PRODUCTS

Source: Local
Manufacturer: QUAKER
Product No.: 2335631

Measurement
LB..... 16.00 O
1 BAR..... 40.00 G

Nutrients: Per 100 GRAMS

Calories	375.000 kcal	Cholesterol	25.000 mg	Protein	7.500 g	Calcium	500.000 mg
Total Fat	6.250 g	Sodium	375.000 mg	Sugars	*N/A* g	Iron	9.000 mg
Saturated Fat	1.250 g	Carbohydrate	72.500 g	Vitamin A	2500.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	7.500 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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Nutrients: Per 40 G

Calories	150.000 kcal	Cholesterol	10.000 mg	Protein	3.000 g	Calcium	200.000 mg
Total Fat	2.500 g	Sodium	150.000 mg	Sugars	*N/A* g	Iron	3.600 mg
Saturated Fat	0.500 g	Carbohydrate	29.000 g	Vitamin A	1000.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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900076 - OATMEAL, BUCKEYE OLD FASH, QUAKER, 50 LB

CER - CEREAL

Source: Local
Manufacturer: QUAKER
Product No.: 1968181

Measurement
LB..... 16.00 O
BAG..... 50.00 LB
1/2 CUP..... 40.00 G
CUP..... 80.00 G
SERVING..... 28.00 G
GALLON (32 CU 1280.00 G

Nutrients: Per 100 GRAMS

Calories	375.000 kcal	Cholesterol	0.000 mg	Protein	12.500 g	Calcium	0.000 mg
Total Fat	7.500 g	Sodium	0.000 mg	Sugars	1.000 g	Iron	0.450 mg
Saturated Fat	1.250 g	Carbohydrate	67.500 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	10.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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Nutrients: Per 40 G

Calories	150.000 kcal	Cholesterol	0.000 mg	Protein	5.000 g	Calcium	0.000 mg
Total Fat	3.000 g	Sodium	0.000 mg	Sugars	0.400 g	Iron	0.180 mg
Saturated Fat	0.500 g	Carbohydrate	27.000 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	4.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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903496 - OIL OLIVE

FATS - MARGARINE/OIL/SHORT/SAL.DRESS

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
TBSP..... 13.50 G
CUP..... 216.00 G
TSP..... 4.50 G

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Nutrients: Per 100 GRAMS

Calories	884.000 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	1.000 mg
Total Fat	100.000 g	Sodium	2.000 mg	Sugars	0.000 g	Iron	0.560 mg
Saturated Fat	13.808 g	Carbohydrate	0.000 g	Vitamin A	0.000 IU	Water ¹	0.000 g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	0.000 g

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902824 - OIL OLIVE

FATS - MARGARINE/OIL/SHORT/SAL.DRESS

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
TBSP..... 13.50 G
CUP..... 216.00 G
TSP..... 4.50 G
TSP..... 4.50 G

Nutrients: Per 100 GRAMS

Calories	884.000 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	1.000 mg
Total Fat	100.000 g	Sodium	2.000 mg	Sugars	*N/A* g	Iron	0.560 mg
Saturated Fat	13.808 g	Carbohydrate	0.000 g	Vitamin A	0.000 IU	Water ¹	0.000 g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	0.000 g

(*N/A* - denotes missing nutrient values)
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004582 - OIL,CANOLA

FATS - MARGARINE/OIL/SHORT/SAL.DRESS

Source: USDA
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
TBSP..... 14.00 G
CUP..... 218.00 G
TSP..... 4.50 G

Nutrients: Per 100 GRAMS

Calories	884.000 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	0.000 mg
Total Fat	100.000 g	Sodium	0.000 mg	Sugars	0.000 g	Iron	0.000 mg
Saturated Fat	7.365 g	Carbohydrate	0.000 g	Vitamin A	0.000 IU	Water ¹	0.000 g
Trans. Fat ²	0.395 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	0.000 g

(*N/A* - denotes missing nutrient values)
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901764 - OIL,VEG,TYPE A-COMMOD

FATS - MARGARINE/OIL/SHORT/SAL.DRESS

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
CUP..... 218.00 G

Nutrients: Per 100 GRAMS

Calories	884.000 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	0.000 mg
Total Fat	100.000 g	Sodium	0.000 mg	Sugars	*N/A* g	Iron	0.000 mg
Saturated Fat	13.180 g	Carbohydrate	0.000 g	Vitamin A	0.000 IU	Water ¹	0.000 g
Trans. Fat ²	*N/A* g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	0.000 g

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903485 - OLIVES RIPE CND (SMALL-EXTRA LRG)

FRUIT - FRUIT & FRUIT JUICE

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
TBSP..... 8.40 G
large..... 4.40 G
small..... 3.20 G
LB, SLICED..... 16.00 O

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Nutrients: Per 100 GRAMS

Calories	115.000 kcal	Cholesterol	0.000 mg	Protein	0.840 g	Calcium	88.000 mg
Total Fat	10.680 g	Sodium	735.000 mg	Sugars	*N/A* g	Iron	3.300 mg
Saturated Fat	1.415 g	Carbohydrate	6.260 g	Vitamin A	403.000 IU	Water ¹	79.990 g
Trans. Fat ²	0.000 g	Dietary Fiber	3.200 g	Vitamin C	0.900 mg	Ash ¹	2.230 g

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902706 - OMELET WITH CHEESE CARGILL KITCHEN SOULUTINS

BRKFT - BREAKFAST

Source: Local
Manufacturer: CARGILL SOULTIONS (SUNNY FRES)
Product No.: 100008161

Measurement
LB..... 16.00 O
1 OMELET..... 2.10 O

Nutrients: Per 100 GRAMS

Calories	184.769 kcal	Cholesterol	327.544 mg	Protein	13.438 g	Calcium	134.377 mg
Total Fat	13.438 g	Sodium	352.740 mg	Sugars	*N/A* g	Iron	1.209 mg
Saturated Fat	5.039 g	Carbohydrate	1.680 g	Vitamin A	671.886 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
(¹ - denotes optional nutrient values.)
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Nutrients: Per 2.1 OZ

Calories	110.000 kcal	Cholesterol	195.000 mg	Protein	8.000 g	Calcium	80.000 mg
Total Fat	8.000 g	Sodium	210.000 mg	Sugars	*N/A* g	Iron	0.720 mg
Saturated Fat	3.000 g	Carbohydrate	1.000 g	Vitamin A	400.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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900209 - OMELET, COLBY CHEESE, SKILLET, SUNNYFRESH

BRKFT - BREAKFAST

Source: Local
Manufacturer: SUNNY FRESH
Product No.: 2609871

Measurement
LB..... 16.00 O
1 SERVING..... 2.10 O
CASE..... 29.53 LB

Nutrients: Per 100 GRAMS

Calories	184.769 kcal	Cholesterol	327.544 mg	Protein	13.438 g	Calcium	134.377 mg
Total Fat	13.438 g	Sodium	352.740 mg	Sugars	*N/A* g	Iron	1.209 mg
Saturated Fat	5.039 g	Carbohydrate	1.680 g	Vitamin A	671.886 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
(¹ - denotes optional nutrient values.)
(² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.)

Nutrients: Per 2.1 OZ

Calories	110.000 kcal	Cholesterol	195.000 mg	Protein	8.000 g	Calcium	80.000 mg
Total Fat	8.000 g	Sodium	210.000 mg	Sugars	*N/A* g	Iron	0.720 mg
Saturated Fat	3.000 g	Carbohydrate	1.000 g	Vitamin A	400.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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902872 - ONION POWDER

SPICE - SPICES

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
TBSP..... 6.90 G
TSP..... 2.40 G
CUP..... 4.06 O

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Nutrients: Per 100 GRAMS

Calories	341.000 kcal	Cholesterol	0.000 mg	Protein	10.410 g	Calcium	384.000 mg
Total Fat	1.040 g	Sodium	73.000 mg	Sugars	0.000 g	Iron	3.900 mg
Saturated Fat	0.219 g	Carbohydrate	79.120 g	Vitamin A	0.000 IU	Water ¹	5.390 g
Trans. Fat ²	0.000 g	Dietary Fiber	15.200 g	Vitamin C	23.400 mg	Ash ¹	4.040 g

(*N/A* - denotes missing nutrient values)

(¹ - denotes optional nutrient values.)

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902870 - ONIONS DEHYDRATED FLAKES

VEG - VEGETABLES

	Measurement	
Source: Local	LB.....	16.00 O
Manufacturer:	TBSP.....	5.00 G
Product No.:	.25 CUP.....	14.00 G
	CUP.....	56.00 G

Nutrients: Per 100 GRAMS

Calories	349.000 kcal	Cholesterol	0.000 mg	Protein	8.950 g	Calcium	257.000 mg
Total Fat	0.460 g	Sodium	21.000 mg	Sugars	*N/A* g	Iron	1.550 mg
Saturated Fat	0.078 g	Carbohydrate	83.280 g	Vitamin A	18.000 IU	Water ¹	3.930 g
Trans. Fat ²	0.000 g	Dietary Fiber	9.200 g	Vitamin C	75.000 mg	Ash ¹	3.380 g

(*N/A* - denotes missing nutrient values)
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902863 - ONIONS FRESH CHOPPED

VEG - VEGETABLES

	Measurement		
Source: Local	LB.....	16.00 O	medium (2-1/2" d 110.00 G
Manufacturer:	CUP, chopped....	160.00 G	slice, med(1/8" t 14.00 G
Product No.:	CUP, sliced.....	115.00 G	small..... 70.00 G
	tbsp, chopped....	10.00 G	slice, thin..... 9.00 G
	large.....	150.00 G	10 rings..... 60.00 G
	slice, large(1/4" t	38.00 G	rings..... 6.00 G

Nutrients: Per 100 GRAMS

Calories	40.000 kcal	Cholesterol	0.000 mg	Protein	1.100 g	Calcium	23.000 mg
Total Fat	0.100 g	Sodium	0.000 mg	Sugars	0.000 g	Iron	0.210 mg
Saturated Fat	0.042 g	Carbohydrate	9.340 g	Vitamin A	2.000 IU	Water ¹	89.110 g
Trans. Fat ²	0.000 g	Dietary Fiber	1.700 g	Vitamin C	7.400 mg	Ash ¹	0.350 g

(*N/A* - denotes missing nutrient values)
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901783 - Onions, red, raw

VEG - VEGETABLES

	Measurement	
Source: Local	LB.....	16.00 O
Manufacturer:	CUP, chopped....	160.00 G
Product No.:	CUP, sliced.....	115.00 G
	tbsp, chopped....	10.00 G
	LB, raw wgt.....	14.67 O
	medium 2.5"dia..	3.88 O

Nutrients: Per 100 GRAMS

Calories	40.000 kcal	Cholesterol	0.000 mg	Protein	1.100 g	Calcium	23.000 mg
Total Fat	0.100 g	Sodium	4.000 mg	Sugars	*N/A* g	Iron	0.210 mg
Saturated Fat	0.042 g	Carbohydrate	9.340 g	Vitamin A	2.000 IU	Water ¹	89.110 g
Trans. Fat ²	0.000 g	Dietary Fiber	1.700 g	Vitamin C	7.400 mg	Ash ¹	0.350 g

(*N/A* - denotes missing nutrient values)
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900096 - ORANGE SAUCE, ZESTY, MINOR'S 1/2 GALLON

COND - CONDIMENTS

	Measurement	
Source: Local	LB.....	16.00 O
Manufacturer: MINORS	1/2 GALLON CO	2048.00 G
Product No.:	CASE.....	2432.00 O
	SERVING.....	38.00 G

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Nutrients: Per 100 GRAMS

Calories	236.842 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	0.000 mg
Total Fat	0.000 g	Sodium	394.737 mg	Sugars	39.474 g	Iron	0.000 mg
Saturated Fat	0.000 g	Carbohydrate	55.263 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)

(¹ - denotes optional nutrient values.)

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Nutrients: Per 38 G

Calories	90.000 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	0.000 mg
Total Fat	0.000 g	Sodium	150.000 mg	Sugars	15.000 g	Iron	0.000 mg
Saturated Fat	0.000 g	Carbohydrate	21.000 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)

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902841 - ORANGES FRESH

FRUIT - FRUIT & FRUIT JUICE

Source: Local
Manufacturer:
Product No.:

		Measurement	
LB.....	16.00 O	LB, a/p.....	11.85 O
CUP, sections....	180.00 G	CUP.....	6.35 O
large (3-1/16" dia	184.00 G	small,2-5/8"dia...	3.39 O
small (2-3/8" dia)	96.00 G	SERVING (1/2 C	5.50 O
fruit (2-5/8" dia)..	131.00 G		
each,2-5/8"dia....	3.39 O		

Nutrients: Per 100 GRAMS

Calories	47.000 kcal	Cholesterol	0.000 mg	Protein	0.940 g	Calcium	40.000 mg
Total Fat	0.120 g	Sodium	0.000 mg	Sugars	*N/A* g	Iron	0.100 mg
Saturated Fat	0.020 g	Carbohydrate	11.750 g	Vitamin A	225.000 IU	Water ¹	86.750 g
Trans. Fat ²	0.000 g	Dietary Fiber	2.400 g	Vitamin C	53.200 mg	Ash ¹	0.440 g

(*N/A* - denotes missing nutrient values)

(¹ - denotes optional nutrient values.)

(² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.)

009200 - ORANGES,FRESH

FRUIT - FRUIT & FRUIT JUICE

Source: USDA
Manufacturer:
Product No.:

		Measurement	
LB.....	16.00 O	LB, a/p.....	11.85 O
CUP, sections....	180.00 G	CUP.....	6.35 O
large (3-1/16" dia	184.00 G	small,2-5/8"dia...	3.39 O
small (2-3/8" dia)	96.00 G	SERVING (1/2 C	5.50 O
fruit (2-5/8" dia)..	131.00 G		
each,2-5/8"dia....	3.39 O		

Nutrients: Per 100 GRAMS

Calories	47.000 kcal	Cholesterol	0.000 mg	Protein	0.940 g	Calcium	40.000 mg
Total Fat	0.120 g	Sodium	0.000 mg	Sugars	9.350 g	Iron	0.100 mg
Saturated Fat	0.015 g	Carbohydrate	11.750 g	Vitamin A	225.000 IU	Water ¹	86.750 g
Trans. Fat ²	0.000 g	Dietary Fiber	2.400 g	Vitamin C	53.200 mg	Ash ¹	0.440 g

(*N/A* - denotes missing nutrient values)

(¹ - denotes optional nutrient values.)

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901793 - Oregano leaves;dried

SPICE - SPICES

Source: Local
Manufacturer:
Product No.:

		Measurement	
LB.....	16.00 O		
tsp, leaves.....	1.00 G		
tsp, ground.....	1.80 G		
CUP.....	2.54 O		

Nutrients: Per 100 GRAMS

Calories	306.000 kcal	Cholesterol	0.000 mg	Protein	11.000 g	Calcium	1576.000 mg
Total Fat	10.250 g	Sodium	15.000 mg	Sugars	0.000 g	Iron	44.000 mg
Saturated Fat	2.660 g	Carbohydrate	64.430 g	Vitamin A	6903.000 IU	Water ¹	7.160 g
Trans. Fat ²	0.000 g	Dietary Fiber	42.800 g	Vitamin C	50.000 mg	Ash ¹	7.150 g

(*N/A* - denotes missing nutrient values)

(¹ - denotes optional nutrient values.)

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900200 - OVEN FRIED CHICKEN

PLTRY - CHICKEN & TURKEY

Source: Local
Manufacturer:
Product No.:

		Measurement	
LB.....	16.00 O		
1 SERVING/1 B	142.00 G		

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Nutrients: Per 100 GRAMS

Calories	264.085 kcal	Cholesterol	85.563 mg	Protein	23.373 g	Calcium	18.310 mg
Total Fat	14.493 g	Sodium	271.831 mg	Sugars	*N/A* g	Iron	1.303 mg
Saturated Fat	3.838 g	Carbohydrate	8.627 g	Vitamin A	76.761 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.282 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)

(¹ - denotes optional nutrient values.)

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Nutrients: Per 142 G

Calories	375.000 kcal	Cholesterol	121.500 mg	Protein	33.190 g	Calcium	26.000 mg
Total Fat	20.580 g	Sodium	386.000 mg	Sugars	*N/A* g	Iron	1.850 mg
Saturated Fat	5.450 g	Carbohydrate	12.250 g	Vitamin A	109.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.400 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)

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903552 - PANCAKE BOWL PEACH

BRKFT - BREAKFAST

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
ONE BOWL..... 3.80 O

Nutrients: Per 100 GRAMS

Calories	213.500 kcal	Cholesterol	32.489 mg	Protein	4.641 g	Calcium	*N/A* mg
Total Fat	4.177 g	Sodium	306.327 mg	Sugars	13.924 g	Iron	*N/A* mg
Saturated Fat	2.321 g	Carbohydrate	38.059 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	1.857 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
(¹ - denotes optional nutrient values.)
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Nutrients: Per 3.8 OZ

Calories	230.000 kcal	Cholesterol	35.000 mg	Protein	5.000 g	Calcium	*N/A* mg
Total Fat	4.500 g	Sodium	330.000 mg	Sugars	15.000 g	Iron	*N/A* mg
Saturated Fat	2.500 g	Carbohydrate	41.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
(¹ - denotes optional nutrient values.)
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900046 - PANCAKE WRAP, WG, TURK, FOSTER FARM

BRKFT - BREAKFAST

Source: Local
Manufacturer: FOSTER FARMS
Product No.: 3098411

Measurement
LB..... 16.00 O
WRAP..... 80.00 G
CASE/56 WRAP 10.00 LB

Nutrients: Per 100 GRAMS

Calories	212.500 kcal	Cholesterol	18.750 mg	Protein	11.250 g	Calcium	0.000 mg
Total Fat	7.500 g	Sodium	637.500 mg	Sugars	10.000 g	Iron	1.800 mg
Saturated Fat	1.875 g	Carbohydrate	26.250 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.750 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
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Nutrients: Per 80 G

Calories	170.000 kcal	Cholesterol	15.000 mg	Protein	9.000 g	Calcium	0.000 mg
Total Fat	6.000 g	Sodium	510.000 mg	Sugars	8.000 g	Iron	1.440 mg
Saturated Fat	1.500 g	Carbohydrate	21.000 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
(¹ - denotes optional nutrient values.)
(² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.)

900216 - PANCAKES AUNT JEMIMA

BRKFT - BREAKFAST

Source: Local
Manufacturer: COMMODITY
Product No.: B151 (100937)

Measurement
LB..... 16.00 O
PANCAKE..... 32.00 G
SERVING/2 PA 64.66 G

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Nutrients: Per 100 GRAMS

Calories	237.113 kcal	Cholesterol	10.309 mg	Protein	5.155 g	Calcium	0.000 mg
Total Fat	6.186 g	Sodium	340.206 mg	Sugars	5.155 g	Iron	1.856 mg
Saturated Fat	1.031 g	Carbohydrate	42.268 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.093 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)

(¹ - denotes optional nutrient values.)

(² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.)

Nutrients: Per 97 G

Calories	230.000 kcal	Cholesterol	10.000 mg	Protein	5.000 g	Calcium	0.000 mg
Total Fat	6.000 g	Sodium	330.000 mg	Sugars	5.000 g	Iron	1.800 mg
Saturated Fat	1.000 g	Carbohydrate	41.000 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)

(¹ - denotes optional nutrient values.)

(² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.)

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902954 - PANCAKES MINI MAPLE PILLSBURY

BRKFT - BREAKFAST

Source: Local
Manufacturer:
Product No.: 3336441

Measurement
LB..... 16.00 O
POUCH..... 100.00 G

Nutrients: Per 100 GRAMS

Calories	230.000 kcal	Cholesterol	10.000 mg	Protein	5.000 g	Calcium	60.000 mg
Total Fat	7.000 g	Sodium	270.000 mg	Sugars	14.000 g	Iron	0.720 mg
Saturated Fat	1.000 g	Carbohydrate	40.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
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(² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.)

902947 - PANCAKES MINI STWB PILLSBURY

BRKFT - BREAKFAST

Source: Local
Manufacturer:
Product No.: 3336461

Measurement
LB..... 16.00 O
POUCH..... 3.53 O

Nutrients: Per 100 GRAMS

Calories	244.804 kcal	Cholesterol	0.000 mg	Protein	4.451 g	Calcium	22.255 mg
Total Fat	6.676 g	Sodium	144.657 mg	Sugars	15.578 g	Iron	0.801 mg
Saturated Fat	0.556 g	Carbohydrate	44.510 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.338 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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Nutrients: Per 3.17 OZ

Calories	220.000 kcal	Cholesterol	0.000 mg	Protein	4.000 g	Calcium	20.000 mg
Total Fat	6.000 g	Sodium	130.000 mg	Sugars	14.000 g	Iron	0.720 mg
Saturated Fat	0.500 g	Carbohydrate	40.000 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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902795 - PAPRIKA

SPICE - SPICES

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
TBSP..... 6.90 G
TSP..... 2.10 G
CUP..... 3.56 O

Nutrients: Per 100 GRAMS

Calories	282.000 kcal	Cholesterol	0.000 mg	Protein	14.140 g	Calcium	229.000 mg
Total Fat	12.890 g	Sodium	68.000 mg	Sugars	*N/A* g	Iron	21.140 mg
Saturated Fat	2.140 g	Carbohydrate	41.000 g	Vitamin A	49254.000 IU	Water ¹	11.240 g
Trans. Fat ²	0.000 g	Dietary Fiber	34.900 g	Vitamin C	0.900 mg	Ash ¹	7.740 g

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902796 - PARSLEY, DRIED

SPICE - SPICES

Source: Local
Manufacturer:
Product No.:

Measurement

LB..... 16.00 O
TSP..... 0.50 G
TBSP..... 1.60 G
CUP..... 0.51 O

Nutrients: Per 100 GRAMS

Calories	292.000 kcal	Cholesterol	0.000 mg	Protein	26.630 g	Calcium	1140.000 mg
Total Fat	5.480 g	Sodium	452.000 mg	Sugars	0.000 g	Iron	22.040 mg
Saturated Fat	1.370 g	Carbohydrate	50.640 g	Vitamin A	1939.000 IU	Water ¹	5.890 g
Trans. Fat ²	0.000 g	Dietary Fiber	26.700 g	Vitamin C	125.000 mg	Ash ¹	11.360 g

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011297 - PARSLEY, RAW

VEG - VEGETABLES

Source: USDA
Manufacturer:
Product No.:

Measurement

LB..... 16.00 O
CUP, chopped.... 60.00 G
TBSP..... 3.80 G
10 sprigs..... 10.00 G
sprigs..... 1.00 G
CUP..... 60.00 G

Nutrients: Per 100 GRAMS

Calories	36.000 kcal	Cholesterol	0.000 mg	Protein	2.970 g	Calcium	138.000 mg
Total Fat	0.790 g	Sodium	56.000 mg	Sugars	0.850 g	Iron	6.200 mg
Saturated Fat	0.132 g	Carbohydrate	6.330 g	Vitamin A	8424.000 IU	Water ¹	87.710 g
Trans. Fat ²	0.000 g	Dietary Fiber	3.300 g	Vitamin C	133.000 mg	Ash ¹	2.200 g

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902983 - PASTA LASAGNA WHOLE GRAIN

GRAIN - FLOUR/GRAINS/MACARONI/RICES

Source: Local
Manufacturer:
Product No.: 3488381

Measurement

LB..... 16.00 O
2 PIECES..... 50.00 G

Nutrients: Per 100 GRAMS

Calories	360.000 kcal	Cholesterol	0.000 mg	Protein	12.000 g	Calcium	*N/A* mg
Total Fat	2.000 g	Sodium	0.000 mg	Sugars	4.000 g	Iron	3.600 mg
Saturated Fat	0.000 g	Carbohydrate	74.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	6.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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Nutrients: Per 50 G

Calories	180.000 kcal	Cholesterol	0.000 mg	Protein	6.000 g	Calcium	*N/A* mg
Total Fat	1.000 g	Sodium	0.000 mg	Sugars	2.000 g	Iron	1.800 mg
Saturated Fat	0.000 g	Carbohydrate	37.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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902973 - PASTA LINGUINE WG BARILLA

GRAIN - FLOUR/GRAINS/MACARONI/RICES

Measurement
LB..... 16.00 O
20.625 POUND 330.00 O

Source: Local
Manufacturer:
Product No.: 3164221

Nutrients: Per 100 GRAMS

Calories	370.000 kcal	Cholesterol	0.000 mg	Protein	13.000 g	Calcium	*N/A* mg
Total Fat	2.500 g	Sodium	15.000 mg	Sugars	*N/A* g	Iron	3.600 mg
Saturated Fat	0.500 g	Carbohydrate	73.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	10.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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900211 - PASTA, ROTINI/PENNE, WHOLE GRAIN,

COMMO - COMMODITY

Measurement
LB..... 16.00 O
1/2 CUP DRY..... 42.00 G
1/2 CUP CKD..... 67.00 G
50 SERV./ 1/2 C 2.50 LB
16.9 1/2 CUP SE 1.00 LB

Source: Local
Manufacturer: COMMODITY/SHAMROCK
Product No.: B428 /2939681

Nutrients: Per 100 GRAMS

Calories	333.333 kcal	Cholesterol	0.000 mg	Protein	14.048 g	Calcium	0.000 mg
Total Fat	2.619 g	Sodium	0.000 mg	Sugars	*N/A* g	Iron	3.310 mg
Saturated Fat	0.000 g	Carbohydrate	70.238 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	8.810 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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Nutrients: Per 42 G

Calories	140.000 kcal	Cholesterol	0.000 mg	Protein	5.900 g	Calcium	0.000 mg
Total Fat	1.100 g	Sodium	0.000 mg	Sugars	*N/A* g	Iron	1.390 mg
Saturated Fat	0.000 g	Carbohydrate	29.500 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.700 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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900212 - PASTA, SPAGHETTI, WHOLE GRAIN,

GRAIN - FLOUR/GRAINS/MACARONI/RICES

Measurement
LB..... 16.00 O
SERVING..... 1.00 O

Source: Local
Manufacturer: SHAMROCK
Product No.: 3110841

Nutrients: Per 100 GRAMS

Calories	357.143 kcal	Cholesterol	0.000 mg	Protein	14.286 g	Calcium	0.000 mg
Total Fat	1.786 g	Sodium	0.000 mg	Sugars	3.571 g	Iron	3.214 mg
Saturated Fat	0.000 g	Carbohydrate	71.429 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	8.929 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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Nutrients: Per 56 G

Calories	200.000	kcal	Cholesterol	0.000	mg	Protein	8.000	g	Calcium	0.000	mg
Total Fat	1.000	g	Sodium	0.000	mg	Sugars	2.000	g	Iron	1.800	mg
Saturated Fat	0.000	g	Carbohydrate	40.000	g	Vitamin A	0.000	IU	Water ¹	*N/A*	g
Trans. Fat ²	0.000	g	Dietary Fiber	5.000	g	Vitamin C	0.000	mg	Ash ¹	*N/A*	g

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902715 - PASTRAMI TURKEY JENNIO-O

LMEAT - LUNCH MEATS

Source: Local
Manufacturer: JENNIE-O
Product No.: 2705101

Measurement
LB..... 16.00 O
1 SERVING..... 3.01 O

Nutrients: Per 100 GRAMS

Calories	128.908 kcal	Cholesterol	76.173 mg	Protein	16.407 g	Calcium	46.876 mg
Total Fat	5.859 g	Sodium	878.920 mg	Sugars	*N/A* g	Iron	1.266 mg
Saturated Fat	1.758 g	Carbohydrate	2.344 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	1.406 mg	Ash ¹	*N/A* g

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Nutrients: Per 3.01 OZ

Calories	110.000 kcal	Cholesterol	65.000 mg	Protein	14.000 g	Calcium	40.000 mg
Total Fat	5.000 g	Sodium	750.000 mg	Sugars	*N/A* g	Iron	1.080 mg
Saturated Fat	1.500 g	Carbohydrate	2.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	1.200 mg	Ash ¹	*N/A* g

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900167 - PEACHES SLICED CND LITE SYRUP-HUSD

FRUIT - FRUIT & FRUIT JUICE

Source: Local
Manufacturer: NATURE'S ORCHARD
Product No.:

Measurement
LB..... 16.00 O
#10 CAN..... 3024.00 G
1/2 CUP..... 126.00 G
1 cup..... 252.00 G

Nutrients: Per 100 GRAMS

Calories	42.063 kcal	Cholesterol	0.000 mg	Protein	0.397 g	Calcium	0.000 mg
Total Fat	0.103 g	Sodium	4.762 mg	Sugars	10.071 g	Iron	0.000 mg
Saturated Fat	0.000 g	Carbohydrate	11.103 g	Vitamin A	238.095 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	1.032 g	Vitamin C	0.952 mg	Ash ¹	*N/A* g

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Nutrients: Per 126 G

Calories	53.000 kcal	Cholesterol	0.000 mg	Protein	0.500 g	Calcium	0.000 mg
Total Fat	0.130 g	Sodium	6.000 mg	Sugars	12.690 g	Iron	0.000 mg
Saturated Fat	0.000 g	Carbohydrate	13.990 g	Vitamin A	300.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	1.300 g	Vitamin C	1.200 mg	Ash ¹	*N/A* g

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009240 - PEACHES,CANNED,LIGHT SYRUP

FRUIT - FRUIT & FRUIT JUICE

Source: USDA
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
CUP,slice/half.... 251.00 G
half w/liquid..... 98.00 G
CUP..... 8.85 O
CUP, slices..... 8.85 O

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#10 CAN..... 106.00 O

Nutrients: Per 100 GRAMS

Calories	54.000 kcal	Cholesterol	0.000 mg	Protein	0.450 g	Calcium	3.000 mg
Total Fat	0.030 g	Sodium	5.000 mg	Sugars	13.250 g	Iron	0.360 mg
Saturated Fat	0.003 g	Carbohydrate	14.550 g	Vitamin A	354.000 IU	Water ¹	84.720 g
Trans. Fat ²	0.000 g	Dietary Fiber	1.300 g	Vitamin C	2.400 mg	Ash ¹	0.250 g

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902956 - PEANUT BUTTER & GRAPE JELLY ON GRAHAM WAFERS

BRKFT - BREAKFAST

Source: Local
Manufacturer:
Product No.: 3085761

Measurement
LB..... 16.00 O
BAR..... 2.20 O

Nutrients: Per 100 GRAMS

Calories	464.975 kcal	Cholesterol	0.000 mg	Protein	12.827 g	Calcium	32.067 mg
Total Fat	27.257 g	Sodium	352.740 mg	Sugars	*N/A* g	Iron	2.886 mg
Saturated Fat	4.810 g	Carbohydrate	48.101 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	6.413 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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Nutrients: Per 2.2 OZ

Calories	290.000 kcal	Cholesterol	0.000 mg	Protein	8.000 g	Calcium	20.000 mg
Total Fat	17.000 g	Sodium	220.000 mg	Sugars	*N/A* g	Iron	1.800 mg
Saturated Fat	3.000 g	Carbohydrate	30.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	4.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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360905 - PEANUT BUTTER,SMOOTH,REGULAR-COMMODITY

NUTS - NUTS/SEEDS

Source: Local
Manufacturer: COMMODITY FOOD DISTRIBUTION F
Product No.: A-25

Measurement
LB..... 16.00 O
TBSP..... 0.55 O
2 TBSP SERVING 1.11 O

Nutrients: Per 100 GRAMS

Calories	583.077 kcal	Cholesterol	0.000 mg	Protein	21.538 g	Calcium	53.846 mg
Total Fat	33.769 g	Sodium	472.308 mg	Sugars	6.446 g	Iron	2.138 mg
Saturated Fat	9.446 g	Carbohydrate	23.800 g	Vitamin A	0.000 IU	Water ¹	0.000 g
Trans. Fat ²	0.000 g	Dietary Fiber	5.692 g	Vitamin C	0.000 mg	Ash ¹	0.000 g

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Nutrients: Per 65 G

Calories	379.000 kcal	Cholesterol	0.000 mg	Protein	14.000 g	Calcium	35.000 mg
Total Fat	21.950 g	Sodium	307.000 mg	Sugars	4.190 g	Iron	1.390 mg
Saturated Fat	6.140 g	Carbohydrate	15.470 g	Vitamin A	0.000 IU	Water ¹	0.000 g
Trans. Fat ²	0.000 g	Dietary Fiber	3.700 g	Vitamin C	0.000 mg	Ash ¹	0.000 g

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903540 - PEARS CANNED

FRUIT - FRUIT & FRUIT JUICE

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
1/2 CUP..... 124.00 G

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Nutrients: Per 100 GRAMS

Calories	48.387 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	*N/A* mg
Total Fat	0.000 g	Sodium	4.032 mg	Sugars	9.677 g	Iron	*N/A* mg
Saturated Fat	0.000 g	Carbohydrate	12.903 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	1.613 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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Nutrients: Per 124 G

Calories	60.000 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	*N/A* mg
Total Fat	0.000 g	Sodium	5.000 mg	Sugars	12.000 g	Iron	*N/A* mg
Saturated Fat	0.000 g	Carbohydrate	16.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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051382 - PEARS, CANNED, BARTLETT, EXTRA LIGHT SUCROSE

FRUIT - FRUIT & FRUIT JUICE

Measurement

Source: USDA
Manufacturer:
Product No.:

LB..... 16.00 O
.25 CUP..... 62.00 G
.5 CUP..... 124.00 G
CUP..... 248.00 G

Nutrients: Per 100 GRAMS

Calories	46.770 kcal	Cholesterol	0.000 mg	Protein	0.310 g	Calcium	6.450 mg
Total Fat	0.100 g	Sodium	1.610 mg	Sugars	*N/A* g	Iron	0.190 mg
Saturated Fat	0.000 g	Carbohydrate	12.190 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	1.610 g	Vitamin C	2.020 mg	Ash ¹	*N/A* g

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009256 - PEARS,CANNED,LIGHT SYRUP

FRUIT - FRUIT & FRUIT JUICE

Measurement

Source: USDA
Manufacturer:
Product No.:

LB..... 16.00 O
CUP, halves..... 251.00 G
half w/liquid..... 76.00 G
#10 CAN..... 106.00 O

Nutrients: Per 100 GRAMS

Calories	57.000 kcal	Cholesterol	0.000 mg	Protein	0.190 g	Calcium	5.000 mg
Total Fat	0.030 g	Sodium	5.000 mg	Sugars	12.100 g	Iron	0.280 mg
Saturated Fat	0.002 g	Carbohydrate	15.170 g	Vitamin A	0.000 IU	Water ¹	84.460 g
Trans. Fat ²	0.000 g	Dietary Fiber	1.600 g	Vitamin C	0.700 mg	Ash ¹	0.140 g

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902740 - PEAS FROZEN USDA OR SHAMROCK

VEG - VEGETABLES

Measurement

Source: Local
Manufacturer: USDA * SHAMROCK
Product No.: 100350*2230991

LB..... 16.00 O
1/2 CUP..... 80.00 G

Nutrients: Per 100 GRAMS

Calories	77.500 kcal	Cholesterol	0.000 mg	Protein	5.000 g	Calcium	23.750 mg
Total Fat	0.000 g	Sodium	0.000 mg	Sugars	*N/A* g	Iron	1.538 mg
Saturated Fat	0.000 g	Carbohydrate	13.750 g	Vitamin A	2100.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	5.000 g	Vitamin C	9.875 mg	Ash ¹	*N/A* g

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Nutrients: Per 80 G

Calories	62.000 kcal	Cholesterol	0.000 mg	Protein	4.000 g	Calcium	19.000 mg
Total Fat	0.000 g	Sodium	0.000 mg	Sugars	*N/A* g	Iron	1.230 mg
Saturated Fat	0.000 g	Carbohydrate	11.000 g	Vitamin A	1680.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	4.000 g	Vitamin C	7.900 mg	Ash ¹	*N/A* g

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902972 - PENNE PASTA WHOLE GRAIN

GRAIN - FLOUR/GRAINS/MACARONI/RICES

Source: Local
Manufacturer:
Product No.: 2333171

Measurement
LB..... 16.00 O
2 OZ DRY PAST 2.00 O
12.5 POUNDS... 200.00 O

Nutrients: Per 100 GRAMS

Calories	364.000 kcal	Cholesterol	0.000 mg	Protein	14.000 g	Calcium	29.000 mg
Total Fat	2.000 g	Sodium	7.600 mg	Sugars	3.300 g	Iron	3.540 mg
Saturated Fat	0.000 g	Carbohydrate	73.000 g	Vitamin A	0.000 IU	Water ¹	0.000 g
Trans. Fat ²	0.000 g	Dietary Fiber	6.000 g	Vitamin C	0.000 mg	Ash ¹	0.000 g

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902826 - PEPPER BLACK

SPICE - SPICES

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O TSP..... 2.10 G
tbsp, ground..... 6.90 G CUP..... 3.56 O
tsp, ground..... 2.30 G
dash..... 0.10 G
tsp, whole..... 2.90 G
TBSP..... 6.40 G

Nutrients: Per 100 GRAMS

Calories	251.000 kcal	Cholesterol	0.000 mg	Protein	10.390 g	Calcium	443.000 mg
Total Fat	3.260 g	Sodium	20.000 mg	Sugars	*N/A* g	Iron	9.710 mg
Saturated Fat	1.390 g	Carbohydrate	63.950 g	Vitamin A	547.000 IU	Water ¹	12.460 g
Trans. Fat ²	0.000 g	Dietary Fiber	25.300 g	Vitamin C	0.000 mg	Ash ¹	4.490 g

(*N/A* - denotes missing nutrient values)
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902894 - PEPPER RED/CAYENNE

SPICE - SPICES

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
TBSP..... 5.30 G
TSP..... 1.80 G
CUP..... 3.05 O

Nutrients: Per 100 GRAMS

Calories	318.000 kcal	Cholesterol	0.000 mg	Protein	12.010 g	Calcium	148.000 mg
Total Fat	17.270 g	Sodium	30.000 mg	Sugars	*N/A* g	Iron	7.800 mg
Saturated Fat	3.260 g	Carbohydrate	56.630 g	Vitamin A	41610.000 IU	Water ¹	8.050 g
Trans. Fat ²	0.000 g	Dietary Fiber	27.200 g	Vitamin C	76.400 mg	Ash ¹	6.040 g

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002030 - PEPPER, BLACK

SPICE - SPICES

Source: USDA
Manufacturer:
Product No.:

Measurement
tsp, ground..... 2.30 G TSP..... 2.10 G
tbsp, ground..... 6.90 G CUP..... 3.56 O
tsp, whole..... 2.90 G
dash..... 0.10 G
LB..... 16.00 O

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TBSP..... 6.40 G

Nutrients: Per 100 GRAMS

Calories	251.000 kcal	Cholesterol	0.000 mg	Protein	10.390 g	Calcium	443.000 mg
Total Fat	3.260 g	Sodium	20.000 mg	Sugars	0.640 g	Iron	9.710 mg
Saturated Fat	1.392 g	Carbohydrate	63.950 g	Vitamin A	547.000 IU	Water ¹	12.460 g
Trans. Fat ²	0.000 g	Dietary Fiber	25.300 g	Vitamin C	0.000 mg	Ash ¹	4.490 g

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903444 - PEPPERONCINI SLICED

COND - CONDIMENTS

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
SERVING (1/4 C) 25.00 G

Nutrients: Per 100 GRAMS

Calories	20.000 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	*N/A* mg
Total Fat	0.000 g	Sodium	1600.000 mg	Sugars	0.000 g	Iron	*N/A* mg
Saturated Fat	0.000 g	Carbohydrate	8.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	4.800 mg	Ash ¹	*N/A* g

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Nutrients: Per 25 G

Calories	5.000 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	*N/A* mg
Total Fat	0.000 g	Sodium	400.000 mg	Sugars	0.000 g	Iron	*N/A* mg
Saturated Fat	0.000 g	Carbohydrate	2.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	1.200 mg	Ash ¹	*N/A* g

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900037 - PEPPERONI, SLICED, BONICI

PORK - PORK PRODUCTS

Source: Local
Manufacturer: TYSON
Product No.: 2961281

Measurement
LB..... 16.00 O
OZ =16 SLICES. 1.00 O
SLICES..... 0.06 O

Nutrients: Per 100 GRAMS

Calories	493.836 kcal	Cholesterol	105.822 mg	Protein	21.164 g	Calcium	70.548 mg
Total Fat	42.329 g	Sodium	1904.795 mg	Sugars	*N/A* g	Iron	1.270 mg
Saturated Fat	17.637 g	Carbohydrate	0.000 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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Nutrients: Per 1 OZ

Calories	140.000 kcal	Cholesterol	30.000 mg	Protein	6.000 g	Calcium	20.000 mg
Total Fat	12.000 g	Sodium	540.000 mg	Sugars	*N/A* g	Iron	0.360 mg
Saturated Fat	5.000 g	Carbohydrate	0.000 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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902896 - PEPPERS JALAPENO CND SOL & LIQUIDS

VEG - VEGETABLES

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
CUP, chopped.... 136.00 G
CUP, sliced..... 104.00 G
pepper..... 22.00 G

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Nutrients: Per 100 GRAMS

Calories	27.000 kcal	Cholesterol	0.000 mg	Protein	0.920 g	Calcium	23.000 mg
Total Fat	0.940 g	Sodium	1671.000 mg	Sugars	*N/A* g	Iron	1.880 mg
Saturated Fat	0.097 g	Carbohydrate	4.740 g	Vitamin A	1700.000 IU	Water ¹	88.890 g
Trans. Fat ²	0.000 g	Dietary Fiber	2.600 g	Vitamin C	10.000 mg	Ash ¹	4.510 g

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902852 - PEPPERS SWT GREEN RAW

VEG - VEGETABLES

Source: Local
Manufacturer:
Product No.:

		Measurement	
LB.....	16.00	O	rings (3" dia x 1/
CUP, chopped....	149.00	G	small.....
CUP, sliced.....	92.00	G	10 strips.....
TBSP.....	9.30	G	strips.....
large,2-1/4 per L	164.00	G	large (2.25/lb).....
medium (2-3/4" x	119.00	G	CUP.....

Nutrients: Per 100 GRAMS

Calories	20.000	kcal	Cholesterol	0.000	mg	Protein	0.860	g	Calcium	10.000	mg
Total Fat	0.170	g	Sodium	0.000	mg	Sugars	*N/A*	g	Iron	0.340	mg
Saturated Fat	0.058	g	Carbohydrate	4.640	g	Vitamin A	370.000	IU	Water ¹	93.890	g
Trans. Fat ²	0.000	g	Dietary Fiber	1.700	g	Vitamin C	80.400	mg	Ash ¹	0.430	g

(*N/A* - denotes missing nutrient values)

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902847 - PEPPERS SWT RED RAW

VEG - VEGETABLES

Source: Local
Manufacturer:
Product No.:

		Measurement	
LB.....	16.00	O	small.....
CUP, chopped....	149.00	G	rings (3" dia x 1/
CUP, sliced.....	92.00	G	large (2.25/lb).....
TBSP.....	9.30	G	CUP.....
large,2-1/4 per L	164.00	G	med 2.75"long....
medium (2-3/4" x	119.00	G	SERVING (1/2 C

Nutrients: Per 100 GRAMS

Calories	31.000	kcal	Cholesterol	0.000	mg	Protein	0.990	g	Calcium	7.000	mg
Total Fat	0.300	g	Sodium	0.000	mg	Sugars	*N/A*	g	Iron	0.430	mg
Saturated Fat	0.027	g	Carbohydrate	6.030	g	Vitamin A	3131.000	IU	Water ¹	92.210	g
Trans. Fat ²	0.000	g	Dietary Fiber	2.100	g	Vitamin C	127.700	mg	Ash ¹	0.470	g

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799934 - PEPPERS, JALEPENO, CND, DRND

VEG - VEGETABLES

Source: LBS
Manufacturer:
Product No.:

		Measurement	
GRAM.....	1.00	G	
LB.....	16.00	O	
g.....	1.00	G	

Nutrients: Per 100 GRAMS

Calories	37.000	kcal	Cholesterol	0.000	mg	Protein	1.070	g	Calcium	35.000	mg
Total Fat	0.970	g	Sodium	1478.000	mg	Sugars	*N/A*	g	Iron	3.250	mg
Saturated Fat	0.080	g	Carbohydrate	7.490	g	Vitamin A	2754.000	IU	Water ¹	87.200	g
Trans. Fat ²	*N/A*	g	Dietary Fiber	2.940	g	Vitamin C	12.100	mg	Ash ¹	3.270	g

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903501 - PINEAPPLE TERIYAKI GLAZE

COND - CONDIMENTS

Source: Local
Manufacturer:
Product No.:

		Measurement	
LB.....	16.00	O	
TABLESPOON..	17.00	G	
CUP.....	272.00	G	
GALLON.....	4352.00	G	

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Nutrients: Per 100 GRAMS

Calories	130.000 kcal	Cholesterol	0.000 mg	Protein	1.000 g	Calcium	*N/A* mg
Total Fat	0.000 g	Sodium	850.000 mg	Sugars	25.000 g	Iron	*N/A* mg
Saturated Fat	0.000 g	Carbohydrate	31.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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902661 - PINEAPPLE, CANNED, TIDBITS, SOLIDS AND LIQUID

FRUIT - FRUIT & FRUIT JUICE

Measurement

Source: Local
Manufacturer:
Product No.:

LB..... 16.00 O
CUP..... 256.00 G

Nutrients: Per 100 GRAMS

Calories	51.560 kcal	Cholesterol	0.000 mg	Protein	0.350 g	Calcium	14.060 mg
Total Fat	0.120 g	Sodium	0.780 mg	Sugars	*N/A* g	Iron	0.380 mg
Saturated Fat	0.010 g	Carbohydrate	13.240 g	Vitamin A	37.500 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.780 g	Vitamin C	7.340 mg	Ash ¹	*N/A* g

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900171 - PINEAPPLE, CHUNKS IN UNSW JUICE, HAW. GOLD

FRUIT - FRUIT & FRUIT JUICE

Measurement

Source: Local
Manufacturer: HAWAIIAN GOLD
Product No.:

LB..... 16.00 O
#10 CAN..... 108.90 O
1/2 CUP..... 122.00 G

Nutrients: Per 100 GRAMS

Calories	57.377 kcal	Cholesterol	0.000 mg	Protein	0.820 g	Calcium	0.000 mg
Total Fat	0.000 g	Sodium	8.197 mg	Sugars	*N/A* g	Iron	0.295 mg
Saturated Fat	0.000 g	Carbohydrate	13.934 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.820 g	Vitamin C	9.836 mg	Ash ¹	*N/A* g

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Nutrients: Per 122 G

Calories	70.000 kcal	Cholesterol	0.000 mg	Protein	1.000 g	Calcium	0.000 mg
Total Fat	0.000 g	Sodium	10.000 mg	Sugars	*N/A* g	Iron	0.360 mg
Saturated Fat	0.000 g	Carbohydrate	17.000 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	1.000 g	Vitamin C	12.000 mg	Ash ¹	*N/A* g

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009266 - PINEAPPLE,RAW

FRUIT - FRUIT & FRUIT JUICE

Measurement

Source: USDA
Manufacturer:
Product No.:

LB..... 16.00 O
CUP, diced..... 155.00 G
CUP, chunks..... 165.00 G
SERVING (1/2 C) 5.00 O
fruit..... 905.00 G
slice,4.67dia x 3/ 166.00 G
slice,3.5"dia x 3/ 84.00 G
slice,thin(3.5"x1/ 56.00 G

Nutrients: Per 100 GRAMS

Calories	50.000 kcal	Cholesterol	0.000 mg	Protein	0.540 g	Calcium	13.000 mg
Total Fat	0.120 g	Sodium	1.000 mg	Sugars	9.850 g	Iron	0.290 mg
Saturated Fat	0.009 g	Carbohydrate	13.120 g	Vitamin A	58.000 IU	Water ¹	86.000 g
Trans. Fat ²	0.000 g	Dietary Fiber	1.400 g	Vitamin C	47.800 mg	Ash ¹	0.220 g

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903445 - PIZZA CHEESE TONY'S SMART PIZZA

PIZZA - PIZZA ITEMS

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
SLICE..... 127.00 G

Nutrients: Per 100 GRAMS

Calories	236.220 kcal	Cholesterol	19.685 mg	Protein	12.598 g	Calcium	196.850 mg
Total Fat	8.661 g	Sodium	456.693 mg	Sugars	11.024 g	Iron	1.417 mg
Saturated Fat	3.937 g	Carbohydrate	27.559 g	Vitamin A	236.220 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.150 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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Nutrients: Per 127 G

Calories	300.000 kcal	Cholesterol	25.000 mg	Protein	16.000 g	Calcium	250.000 mg
Total Fat	11.000 g	Sodium	580.000 mg	Sugars	14.000 g	Iron	1.800 mg
Saturated Fat	5.000 g	Carbohydrate	35.000 g	Vitamin A	300.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	4.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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903458 - PIZZA CRUST 14" PAR BAKED RICH'S WHITE WHEAT

BAKE - BAKERY PRODUCTS

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
ONE CRUST..... 510.30 G
ONE SLICE 1/8 63.78 G

Nutrients: Per 100 GRAMS

Calories	282.187 kcal	Cholesterol	0.000 mg	Protein	8.818 g	Calcium	*N/A* mg
Total Fat	5.291 g	Sodium	476.190 mg	Sugars	3.527 g	Iron	*N/A* mg
Saturated Fat	0.000 g	Carbohydrate	47.619 g	Vitamin A	17.637 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.527 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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Nutrients: Per 56.7 G

Calories	160.000 kcal	Cholesterol	0.000 mg	Protein	5.000 g	Calcium	*N/A* mg
Total Fat	3.000 g	Sodium	270.000 mg	Sugars	2.000 g	Iron	*N/A* mg
Saturated Fat	0.000 g	Carbohydrate	27.000 g	Vitamin A	10.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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903494 - PIZZA CRUST 16" 51% WG RICH'S

PIZZA - PIZZA ITEMS

Source: Local
Manufacturer: RICH'S
Product No.: 3241351

Measurement
LB..... 16.00 O
1/8 CRUST..... 2.88 O
CASE/12 CRUS 276.00 O
CRUST..... 23.00 O

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Nutrients: Per 100 GRAMS

Calories	277.778 kcal	Cholesterol	0.000 mg	Protein	7.407 g	Calcium	0.000 mg
Total Fat	5.556 g	Sodium	481.481 mg	Sugars	3.704 g	Iron	0.000 mg
Saturated Fat	0.000 g	Carbohydrate	48.148 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.704 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)

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Nutrients: Per 54 G

Calories	150.000 kcal	Cholesterol	0.000 mg	Protein	4.000 g	Calcium	0.000 mg
Total Fat	3.000 g	Sodium	260.000 mg	Sugars	2.000 g	Iron	0.000 mg
Saturated Fat	0.000 g	Carbohydrate	26.000 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)

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903560 - PIZZA POCKET (CALZONE)

BAKE - BAKERY PRODUCTS

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
CALZONE..... 133.00 G

Nutrients: Per 100 GRAMS

Calories	187.970 kcal	Cholesterol	11.278 mg	Protein	13.534 g	Calcium	225.564 mg
Total Fat	4.511 g	Sodium	360.902 mg	Sugars	3.008 g	Iron	*N/A* mg
Saturated Fat	1.504 g	Carbohydrate	24.812 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.008 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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Nutrients: Per 133 G

Calories	250.000 kcal	Cholesterol	15.000 mg	Protein	18.000 g	Calcium	300.000 mg
Total Fat	6.000 g	Sodium	480.000 mg	Sugars	4.000 g	Iron	*N/A* mg
Saturated Fat	2.000 g	Carbohydrate	33.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	4.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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900097 - POPCORN CHICKEN, TYSON, GOLD KIST

PLTRY - CHICKEN & TURKEY

Source: Local
Manufacturer: TYSON'S / GOLD KIST
Product No.: 2678101

Measurement
LB..... 16.00 O
CASE..... 10.00 LB
CONTAINER..... 5.00 LB
10-12 pieces..... 3.08 O
13-15 pieces..... 3.85 O
6-8 PIECES..... 2.05 O

Nutrients: Per 100 GRAMS

Calories	229.052 kcal	Cholesterol	45.810 mg	Protein	18.324 g	Calcium	68.716 mg
Total Fat	14.888 g	Sodium	721.513 mg	Sugars	*N/A* g	Iron	0.412 mg
Saturated Fat	2.863 g	Carbohydrate	14.888 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.291 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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Nutrients: Per 3.08 OZ

Calories	200.000 kcal	Cholesterol	40.000 mg	Protein	16.000 g	Calcium	60.000 mg
Total Fat	13.000 g	Sodium	630.000 mg	Sugars	*N/A* g	Iron	0.360 mg
Saturated Fat	2.500 g	Carbohydrate	13.000 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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903523 - PORK PULLED COOKED USDA

PORK - PORK PRODUCTS

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
5 POUND PACK 5.00 LB
30 POUNDS..... 30.00 LB
15 pounds..... 15.00 LB

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Nutrients: Per 100 GRAMS

Calories	125.000 kcal	Cholesterol	62.500 mg	Protein	18.750 g	Calcium	0.000 mg
Total Fat	6.250 g	Sodium	350.000 mg	Sugars	0.000 g	Iron	1.125 mg
Saturated Fat	1.250 g	Carbohydrate	0.000 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)

(¹ - denotes optional nutrient values.)

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Nutrients: Per 80 G

Calories	100.000 kcal	Cholesterol	50.000 mg	Protein	15.000 g	Calcium	0.000 mg
Total Fat	5.000 g	Sodium	280.000 mg	Sugars	0.000 g	Iron	0.900 mg
Saturated Fat	1.000 g	Carbohydrate	0.000 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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Humboldt Unified School District

902767 - PORK, SAUSAGE PATTIES 1 oz Jimmy Dean

PORK - PORK PRODUCTS

Source: Local
Manufacturer: Jimy dean
Product No.: 8621851

Measurement
LB..... 16.00 O
1 patty..... 25.50 G

Nutrients: Per 100 GRAMS

Calories	473.684 kcal	Cholesterol	78.947 mg	Protein	12.281 g	Calcium	0.000 mg
Total Fat	45.614 g	Sodium	912.281 mg	Sugars	0.000 g	Iron	0.632 mg
Saturated Fat	15.789 g	Carbohydrate	1.754 g	Vitamin A	175.439 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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Nutrients: Per 28.5 G

Calories	135.000 kcal	Cholesterol	22.500 mg	Protein	3.500 g	Calcium	0.000 mg
Total Fat	13.000 g	Sodium	260.000 mg	Sugars	0.000 g	Iron	0.180 mg
Saturated Fat	4.500 g	Carbohydrate	0.500 g	Vitamin A	50.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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900111 - Potato Triangle Simplot

VEG - VEGETABLES

Source: Local
Manufacturer:
Product No.: 0941391

Measurement
LB..... 16.00 O
Serving..... 56.00 G

Nutrients: Per 100 GRAMS

Calories	178.571 kcal	Cholesterol	0.000 mg	Protein	1.786 g	Calcium	0.000 mg
Total Fat	7.143 g	Sodium	500.000 mg	Sugars	1.786 g	Iron	0.000 mg
Saturated Fat	0.893 g	Carbohydrate	25.000 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	1.786 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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Nutrients: Per 56 G

Calories	100.000 kcal	Cholesterol	0.000 mg	Protein	1.000 g	Calcium	0.000 mg
Total Fat	4.000 g	Sodium	280.000 mg	Sugars	1.000 g	Iron	0.000 mg
Saturated Fat	0.500 g	Carbohydrate	14.000 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	1.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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903401 - POTATOES, INSTANT/DRY, PEALRS, EXCEL, HUSD

VEG - VEGETABLES

Source: Local
Manufacturer: BASIC AMERICAN FOODS- SHAMRO
Product No.: 1931031

Measurement
LB..... 16.00 O
BAG (28oz)..... 28.00 O
CARTON..... 3.55 LB
1/2 CUP PREPA 4.00 O

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Nutrients: Per 100 GRAMS

Calories	70.175 kcal	Cholesterol	0.000 mg	Protein	1.754 g	Calcium	0.000 mg
Total Fat	0.877 g	Sodium	254.386 mg	Sugars	0.000 g	Iron	0.158 mg
Saturated Fat	0.000 g	Carbohydrate	14.035 g	Vitamin A	0.000 IU	Water ¹	0.000 g
Trans. Fat ²	0.000 g	Dietary Fiber	0.877 g	Vitamin C	3.158 mg	Ash ¹	0.000 g

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Nutrients: Per 114 G

Calories	80.000 kcal	Cholesterol	0.000 mg	Protein	2.000 g	Calcium	0.000 mg
Total Fat	1.000 g	Sodium	290.000 mg	Sugars	0.000 g	Iron	0.180 mg
Saturated Fat	0.000 g	Carbohydrate	16.000 g	Vitamin A	0.000 IU	Water ¹	0.000 g
Trans. Fat ²	0.000 g	Dietary Fiber	1.000 g	Vitamin C	3.600 mg	Ash ¹	0.000 g

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903480 - PRETZEL ROLL WG

BAKE - BAKERY PRODUCTS

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
ROLL..... 2.20 O
CASE..... 264.00 O

Nutrients: Per 100 GRAMS

Calories	256.538 kcal	Cholesterol	0.000 mg	Protein	8.017 g	Calcium	32.067 mg
Total Fat	4.008 g	Sodium	0.000 mg	Sugars	3.207 g	Iron	2.886 mg
Saturated Fat	1.603 g	Carbohydrate	46.498 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	4.810 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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Nutrients: Per 2.2 OZ

Calories	160.000 kcal	Cholesterol	0.000 mg	Protein	5.000 g	Calcium	20.000 mg
Total Fat	2.500 g	Sodium	0.000 mg	Sugars	2.000 g	Iron	1.800 mg
Saturated Fat	1.000 g	Carbohydrate	29.000 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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903489 - PUMPKIN BREAD WG SLICED

BAKE - BAKERY PRODUCTS

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
SLICE..... 3.40 O

Nutrients: Per 100 GRAMS

Calories	280.117 kcal	Cholesterol	0.000 mg	Protein	6.225 g	Calcium	103.747 mg
Total Fat	10.375 g	Sodium	228.243 mg	Sugars	24.899 g	Iron	1.494 mg
Saturated Fat	2.075 g	Carbohydrate	44.611 g	Vitamin A	1037.470 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.075 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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Nutrients: Per 3.4 OZ

Calories	270.000 kcal	Cholesterol	0.000 mg	Protein	6.000 g	Calcium	100.000 mg
Total Fat	10.000 g	Sodium	220.000 mg	Sugars	24.000 g	Iron	1.440 mg
Saturated Fat	2.000 g	Carbohydrate	43.000 g	Vitamin A	1000.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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902904 - PUMPKIN CANNED WITH SALT

VEG - VEGETABLES

Source: Local
Manufacturer: SHAMROCK
Product No.: 1167071

Measurement
LB..... 16.00 O
CUP..... 245.00 G
#10 CAN..... 106.00 O

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Nutrients: Per 100 GRAMS

Calories	34.000 kcal	Cholesterol	0.000 mg	Protein	1.100 g	Calcium	26.000 mg
Total Fat	0.280 g	Sodium	241.000 mg	Sugars	*N/A* g	Iron	1.390 mg
Saturated Fat	0.146 g	Carbohydrate	8.090 g	Vitamin A	15563.000 IU	Water ¹	89.970 g
Trans. Fat ²	0.000 g	Dietary Fiber	2.900 g	Vitamin C	4.200 mg	Ash ¹	0.560 g

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903470 - PUMPLIN PIE 10"

DESRT - DESSERTS

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
SLICE..... 122.00 G

Nutrients: Per 100 GRAMS

Calories	245.902 kcal	Cholesterol	36.885 mg	Protein	4.098 g	Calcium	0.000 mg
Total Fat	9.016 g	Sodium	311.475 mg	Sugars	16.393 g	Iron	0.000 mg
Saturated Fat	4.098 g	Carbohydrate	37.705 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.820 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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Nutrients: Per 122 G

Calories	300.000 kcal	Cholesterol	45.000 mg	Protein	5.000 g	Calcium	0.000 mg
Total Fat	11.000 g	Sodium	380.000 mg	Sugars	20.000 g	Iron	0.000 mg
Saturated Fat	5.000 g	Carbohydrate	46.000 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	1.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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903570 - RAISINS

FRUIT - FRUIT & FRUIT JUICE

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
PACKAGE (1.33) 1.33 O

Nutrients: Per 100 GRAMS

Calories	318.262 kcal	Cholesterol	0.000 mg	Protein	2.652 g	Calcium	0.000 mg
Total Fat	0.000 g	Sodium	13.261 mg	Sugars	71.609 g	Iron	0.000 mg
Saturated Fat	0.000 g	Carbohydrate	76.913 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	5.304 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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Nutrients: Per 1.33 OZ

Calories	120.000 kcal	Cholesterol	0.000 mg	Protein	1.000 g	Calcium	0.000 mg
Total Fat	0.000 g	Sodium	5.000 mg	Sugars	27.000 g	Iron	0.000 mg
Saturated Fat	0.000 g	Carbohydrate	29.000 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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902837 - RAISINS SEEDLESS REGULAR MOISTURE

FRUIT - FRUIT & FRUIT JUICE

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
PACKAGE..... 38.00 G

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Nutrients: Per 100 GRAMS

Calories	297.370 kcal	Cholesterol	0.000 mg	Protein	3.050 g	Calcium	50.000 mg
Total Fat	0.450 g	Sodium	10.530 mg	Sugars	29.000 g	Iron	1.870 mg
Saturated Fat	0.110 g	Carbohydrate	78.890 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.680 g	Vitamin C	2.290 mg	Ash ¹	*N/A* g

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900070 - RANCH DRESSING, NATURALLY FRESH

SALAD - SALAD AND DRESSING RECIPES

Source: Local
Manufacturer: NATURALLY FRESH
Product No.: 1943261

Measurement
LB..... 16.00 O
GALLON..... 3840.00 G
SERVING..... 30.00 G
CUP..... 8.00 O

Nutrients: Per 100 GRAMS

Calories	266.667 kcal	Cholesterol	16.667 mg	Protein	3.333 g	Calcium	*N/A* mg
Total Fat	26.667 g	Sodium	866.667 mg	Sugars	*N/A* g	Iron	*N/A* mg
Saturated Fat	5.000 g	Carbohydrate	6.667 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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Nutrients: Per 30 G

Calories	80.000 kcal	Cholesterol	5.000 mg	Protein	1.000 g	Calcium	*N/A* mg
Total Fat	8.000 g	Sodium	260.000 mg	Sugars	*N/A* g	Iron	*N/A* mg
Saturated Fat	1.500 g	Carbohydrate	2.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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903456 - RAVIOLI WHOLE GRAIN JUMBO

PIZZA - PIZZA ITEMS

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
SERVING (3 RA) 3.78 O
SERVING (4 RA) 5.04 O

Nutrients: Per 100 GRAMS

Calories	186.635 kcal	Cholesterol	46.659 mg	Protein	13.064 g	Calcium	186.635 mg
Total Fat	4.666 g	Sodium	429.260 mg	Sugars	1.866 g	Iron	1.008 mg
Saturated Fat	2.800 g	Carbohydrate	23.329 g	Vitamin A	279.952 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	1.866 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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Nutrients: Per 3.78 OZ

Calories	200.000 kcal	Cholesterol	50.000 mg	Protein	14.000 g	Calcium	200.000 mg
Total Fat	5.000 g	Sodium	460.000 mg	Sugars	2.000 g	Iron	1.080 mg
Saturated Fat	3.000 g	Carbohydrate	25.000 g	Vitamin A	300.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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903450 - RED DEVIL HOT SAUCE

COND - CONDIMENTS

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
TSP..... 5.00 G

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Nutrients: Per 100 GRAMS

Calories	0.000 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	0.000 mg
Total Fat	0.000 g	Sodium	3000.000 mg	Sugars	0.000 g	Iron	0.000 mg
Saturated Fat	0.000 g	Carbohydrate	0.000 g	Vitamin A	0.000 IU	Water ¹	0.000 g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	0.000 g

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Nutrients: Per 5 G

Calories	0.000 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	0.000 mg
Total Fat	0.000 g	Sodium	150.000 mg	Sugars	0.000 g	Iron	0.000 mg
Saturated Fat	0.000 g	Carbohydrate	0.000 g	Vitamin A	0.000 IU	Water ¹	0.000 g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	0.000 g

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902884 - RELISH INDIVIDUAL PACKET

COND - CONDIMENTS

Source: Local
Manufacturer:
Product No.: 2289971

Measurement
LB..... 16.00 O
PACKET..... 9.00 G

Nutrients: Per 100 GRAMS

Calories	111.111 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	*N/A* mg
Total Fat	0.000 g	Sodium	611.111 mg	Sugars	*N/A* g	Iron	*N/A* mg
Saturated Fat	0.000 g	Carbohydrate	22.222 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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Nutrients: Per 9 G

Calories	10.000 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	*N/A* mg
Total Fat	0.000 g	Sodium	55.000 mg	Sugars	*N/A* g	Iron	*N/A* mg
Saturated Fat	0.000 g	Carbohydrate	2.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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902869 - RIB BBQ BEEF PATTY WITH SAUCE

BEEF - BEEF PRODUCTS

Source: Local
Manufacturer: INTEGRATED
Product No.: 3009381

Measurement
LB..... 16.00 O
BBQ PATTY..... 3.00 O

Nutrients: Per 100 GRAMS

Calories	223.402 kcal	Cholesterol	41.153 mg	Protein	16.461 g	Calcium	47.032 mg
Total Fat	14.110 g	Sodium	552.626 mg	Sugars	7.055 g	Iron	1.693 mg
Saturated Fat	4.703 g	Carbohydrate	10.582 g	Vitamin A	117.580 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	1.176 g	Vitamin C	1.411 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
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Nutrients: Per 3 OZ

Calories	190.000 kcal	Cholesterol	35.000 mg	Protein	14.000 g	Calcium	40.000 mg
Total Fat	12.000 g	Sodium	470.000 mg	Sugars	6.000 g	Iron	1.440 mg
Saturated Fat	4.000 g	Carbohydrate	9.000 g	Vitamin A	100.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	1.000 g	Vitamin C	1.200 mg	Ash ¹	*N/A* g

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900208 - RICE CRISPY TREAT MINI, KELLOGGS

DESRT - DESSERTS

Source: Local
Manufacturer: KELLOGGS
Product No.: 2660511

Measurement
LB..... 16.00 O
1 SERVING..... 0.39 O

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Nutrients: Per 100 GRAMS

Calories	407.008 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	0.000 mg
Total Fat	9.045 g	Sodium	479.364 mg	Sugars	*N/A* g	Iron	0.000 mg
Saturated Fat	0.000 g	Carbohydrate	81.402 g	Vitamin A	0.000 IU	Water ¹	0.000 g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	0.000 g

(*N/A* - denotes missing nutrient values)

(¹ - denotes optional nutrient values.)

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Nutrients: Per 0.39 OZ

Calories	45.000 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	0.000 mg
Total Fat	1.000 g	Sodium	53.000 mg	Sugars	*N/A* g	Iron	0.000 mg
Saturated Fat	0.000 g	Carbohydrate	9.000 g	Vitamin A	0.000 IU	Water ¹	0.000 g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	0.000 g

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903476 - RICE LONG GRAIN UNCOOKED

GRAIN - FLOUR/GRAINS/MACARONI/RICES

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
.5 CUP..... 98.00 G
CUP..... 196.00 G

Nutrients: Per 100 GRAMS

Calories	371.739 kcal	Cholesterol	0.000 mg	Protein	8.696 g	Calcium	23.913 mg
Total Fat	2.935 g	Sodium	6.522 mg	Sugars	0.000 g	Iron	1.478 mg
Saturated Fat	0.000 g	Carbohydrate	78.261 g	Vitamin A	0.000 IU	Water ¹	0.000 g
Trans. Fat ²	0.000 g	Dietary Fiber	4.348 g	Vitamin C	0.000 mg	Ash ¹	0.000 g

(*N/A* - denotes missing nutrient values)
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Nutrients: Per 46 G

Calories	171.000 kcal	Cholesterol	0.000 mg	Protein	4.000 g	Calcium	11.000 mg
Total Fat	1.350 g	Sodium	3.000 mg	Sugars	0.000 g	Iron	0.680 mg
Saturated Fat	0.000 g	Carbohydrate	36.000 g	Vitamin A	0.000 IU	Water ¹	0.000 g
Trans. Fat ²	0.000 g	Dietary Fiber	2.000 g	Vitamin C	0.000 mg	Ash ¹	0.000 g

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050451 - RICE, LONG GRAIN, BROWN, COOKED, WITHOUT SALT

GRAIN - FLOUR/GRAINS/MACARONI/RICES

Source: USDA
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
.5 CUP..... 98.00 G
CUP..... 196.00 G

Nutrients: Per 100 GRAMS

Calories	110.200 kcal	Cholesterol	0.000 mg	Protein	2.570 g	Calcium	10.200 mg
Total Fat	0.900 g	Sodium	5.100 mg	Sugars	*N/A* g	Iron	0.420 mg
Saturated Fat	0.180 g	Carbohydrate	22.850 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	1.840 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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050452 - RICE, LONG GRAIN, BROWN, DRY

GRAIN - FLOUR/GRAINS/MACARONI/RICES

Source: USDA
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
.25 CUP..... 46.00 G
CUP..... 184.00 G

Nutrients: Per 100 GRAMS

Calories	371.740 kcal	Cholesterol	0.000 mg	Protein	7.980 g	Calcium	23.910 mg
Total Fat	2.930 g	Sodium	6.520 mg	Sugars	*N/A* g	Iron	1.480 mg
Saturated Fat	0.590 g	Carbohydrate	77.650 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.480 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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020037 - RICE,BROWN,LONG,COOKED

GRAIN - FLOUR/GRAINS/MACARONI/RICES

Source: USDA
Manufacturer:
Product No.:

Measurement
CUP..... 202.00 G
LB..... 16.00 O
LB,cooked wgt... 16.00 O

Nutrients: Per 100 GRAMS

Calories	123.000 kcal	Cholesterol	0.000 mg	Protein	2.740 g	Calcium	3.000 mg
Total Fat	0.970 g	Sodium	4.000 mg	Sugars	0.240 g	Iron	0.560 mg
Saturated Fat	0.260 g	Carbohydrate	25.580 g	Vitamin A	0.000 IU	Water ¹	70.270 g
Trans. Fat ²	0.000 g	Dietary Fiber	1.600 g	Vitamin C	0.000 mg	Ash ¹	0.440 g

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020041 - RICE,BROWN,MEDIUM,COOKED

GRAIN - FLOUR/GRAINS/MACARONI/RICES

Source: USDA
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
CUP..... 195.00 G
LB,dry wgt..... 57.00 O

Nutrients: Per 100 GRAMS

Calories	112.000 kcal	Cholesterol	0.000 mg	Protein	2.320 g	Calcium	10.000 mg
Total Fat	0.830 g	Sodium	1.000 mg	Sugars	*N/A* g	Iron	0.530 mg
Saturated Fat	0.165 g	Carbohydrate	23.510 g	Vitamin A	0.000 IU	Water ¹	72.960 g
Trans. Fat ²	*N/A* g	Dietary Fiber	1.800 g	Vitamin C	0.000 mg	Ash ¹	0.390 g

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903498 - RIPS SLUSH 100% Juice

DESRT - DESSERTS

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
Package..... 4.00 O

Nutrients: Per 100 GRAMS

Calories	52.911 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	*N/A* mg
Total Fat	0.000 g	Sodium	13.228 mg	Sugars	10.582 g	Iron	*N/A* mg
Saturated Fat	0.000 g	Carbohydrate	13.228 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	52.911 mg	Ash ¹	*N/A* g

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Nutrients: Per 4 OZ

Calories	60.000 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	*N/A* mg
Total Fat	0.000 g	Sodium	15.000 mg	Sugars	12.000 g	Iron	*N/A* mg
Saturated Fat	0.000 g	Carbohydrate	15.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	60.000 mg	Ash ¹	*N/A* g

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Humboldt Unified School District

900128 - ROLL, SOFT WHEAT, HUSD

BAKE - BAKERY PRODUCTS

Source: Local
Manufacturer: HOLSUM BAKERY INC
Product No.: 1273

Measurement
LB..... 16.00 O
1 ROLL..... 33.00 G
24 PACK..... 792.00 G

Nutrients: Per 100 GRAMS

Calories	272.727 kcal	Cholesterol	0.000 mg	Protein	9.091 g	Calcium	60.606 mg
Total Fat	4.545 g	Sodium	575.758 mg	Sugars	*N/A* g	Iron	2.182 mg
Saturated Fat	0.000 g	Carbohydrate	45.455 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.030 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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Nutrients: Per 33 G

Calories	90.000 kcal	Cholesterol	0.000 mg	Protein	3.000 g	Calcium	20.000 mg
Total Fat	1.500 g	Sodium	190.000 mg	Sugars	*N/A* g	Iron	0.720 mg
Saturated Fat	0.000 g	Carbohydrate	15.000 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	1.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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902903 - ROSEMARY GROUND

SPICE - SPICES

Source: Local
Manufacturer: TONE BROTHERS, INC.
Product No.: UPC041351914264

Measurement
LB..... 16.00 O
.25 TSP..... 0.30 G
TSP..... 1.20 G

Nutrients: Per 100 GRAMS

Calories	0.000 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	0.000 mg
Total Fat	0.000 g	Sodium	0.000 mg	Sugars	*N/A* g	Iron	0.000 mg
Saturated Fat	0.000 g	Carbohydrate	0.000 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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902803 - ROTINI WHOLE GRAIN DRY BARILLA

GRAIN - FLOUR/GRAINS/MACARONI/RICES

Source: Local
Manufacturer: BARILLA
Product No.: 2636861

Measurement
2 OZ..... 56.00 G
OZ..... 25.00 G

Nutrients: Per 100 GRAMS

Calories	357.143 kcal	Cholesterol	0.000 mg	Protein	12.500 g	Calcium	72.429 mg
Total Fat	1.786 g	Sodium	0.000 mg	Sugars	*N/A* g	Iron	3.214 mg
Saturated Fat	0.000 g	Carbohydrate	75.000 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.571 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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Nutrients: Per 56 G

Calories	200.000 kcal	Cholesterol	0.000 mg	Protein	7.000 g	Calcium	40.560 mg
Total Fat	1.000 g	Sodium	0.000 mg	Sugars	*N/A* g	Iron	1.800 mg
Saturated Fat	0.000 g	Carbohydrate	42.000 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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Humboldt Unified School District

004016 - SALAD DRNG,SESAME SD

FATS - MARGARINE/OIL/SHORT/SAL.DRESS

Source: USDA
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
TBSP..... 15.00 G
CUP..... 245.00 G

Nutrients: Per 100 GRAMS

Calories	443.000 kcal	Cholesterol	0.000 mg	Protein	3.100 g	Calcium	19.000 mg
Total Fat	45.200 g	Sodium	1000.000 mg	Sugars	8.320 g	Iron	0.600 mg
Saturated Fat	6.200 g	Carbohydrate	8.600 g	Vitamin A	36.000 IU	Water ¹	39.200 g
Trans. Fat ²	*N/A* g	Dietary Fiber	1.000 g	Vitamin C	0.000 mg	Ash ¹	3.900 g

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902702 - SALSA MILD RED GOLD / salsa del sol

COND - CONDIMENTS

Source: Local
Manufacturer: RED GOLD
Product No.: 2395461

Measurement
LB..... 16.00 O
2 T..... 29.00 G
1 #10 CAN..... 103.00 O

Nutrients: Per 100 GRAMS

Calories	34.483 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	68.966 mg
Total Fat	0.000 g	Sodium	241.379 mg	Sugars	*N/A* g	Iron	1.241 mg
Saturated Fat	0.000 g	Carbohydrate	6.897 g	Vitamin A	1724.138 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.448 g	Vitamin C	20.690 mg	Ash ¹	*N/A* g

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Nutrients: Per 29 G

Calories	10.000 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	20.000 mg
Total Fat	0.000 g	Sodium	70.000 mg	Sugars	*N/A* g	Iron	0.360 mg
Saturated Fat	0.000 g	Carbohydrate	2.000 g	Vitamin A	500.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	1.000 g	Vitamin C	6.000 mg	Ash ¹	*N/A* g

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903525 - SALSA PICANTE LA VICTORIA

COND - CONDIMENTS

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
PACKET..... 14.00 G

Nutrients: Per 100 GRAMS

Calories	35.714 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	*N/A* mg
Total Fat	0.000 g	Sodium	928.571 mg	Sugars	0.000 g	Iron	*N/A* mg
Saturated Fat	0.000 g	Carbohydrate	7.143 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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Nutrients: Per 14 G

Calories	5.000 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	*N/A* mg
Total Fat	0.000 g	Sodium	130.000 mg	Sugars	0.000 g	Iron	*N/A* mg
Saturated Fat	0.000 g	Carbohydrate	1.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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050540 - SALSA, LOW-SODIUM, CANNED

MISC - MISCELLANEOUS

Source: USDA
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
.25 CUP..... 62.00 G
.5 CUP..... 125.00 G
CUP..... 248.00 G

Nutrients: Per 100 GRAMS

Calories	36.000 kcal	Cholesterol	0.000 mg	Protein	1.500 g	Calcium	12.000 mg
Total Fat	0.200 g	Sodium	112.000 mg	Sugars	*N/A* g	Iron	2.230 mg
Saturated Fat	0.030 g	Carbohydrate	6.980 g	Vitamin A	548.800 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	1.360 g	Vitamin C	4.000 mg	Ash ¹	*N/A* g

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900134 - Salsa-USDA (HUSD)

COND - CONDIMENTS

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
2 TBSP..... 30.00 G

Nutrients: Per 100 GRAMS

Calories	16.667 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	0.000 mg
Total Fat	0.000 g	Sodium	800.000 mg	Sugars	*N/A* g	Iron	0.000 mg
Saturated Fat	0.000 g	Carbohydrate	3.333 g	Vitamin A	666.667 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	30.000 mg	Ash ¹	*N/A* g

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Nutrients: Per 30 G

Calories	5.000 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	0.000 mg
Total Fat	0.000 g	Sodium	240.000 mg	Sugars	*N/A* g	Iron	0.000 mg
Saturated Fat	0.000 g	Carbohydrate	1.000 g	Vitamin A	200.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	9.000 mg	Ash ¹	*N/A* g

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902825 - SALT TABLE

SPICE - SPICES

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
CUP..... 292.00 G
TBSP..... 18.00 G
TSP..... 6.00 G
dash..... 0.40 G

Nutrients: Per 100 GRAMS

Calories	0.000 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	24.000 mg
Total Fat	0.000 g	Sodium	38758.000 mg	Sugars	*N/A* g	Iron	0.330 mg
Saturated Fat	0.000 g	Carbohydrate	0.000 g	Vitamin A	0.000 IU	Water ¹	0.200 g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	99.800 g

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002047 - SALT, TABLE

SPICE - SPICES

Source: USDA
Manufacturer:
Product No.:

Measurement
tsp..... 6.00 G
Tbsp..... 18.00 G
cup..... 292.00 G
dash..... 0.40 G
LB..... 16.00 O

Nutrients: Per 100 GRAMS

Calories	0.000 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	24.000 mg
Total Fat	0.000 g	Sodium	38758.000 mg	Sugars	0.000 g	Iron	0.330 mg
Saturated Fat	0.000 g	Carbohydrate	0.000 g	Vitamin A	0.000 IU	Water ¹	0.200 g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	99.800 g

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903487 - SALTINE WG

MISC - MISCELLANEOUS

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
PACKAGE(S)..... 11.00 G

Nutrients: Per 100 GRAMS

Calories	454.545 kcal	Cholesterol	0.000 mg	Protein	9.091 g	Calcium	*N/A* mg
Total Fat	13.636 g	Sodium	545.455 mg	Sugars	0.000 g	Iron	*N/A* mg
Saturated Fat	0.000 g	Carbohydrate	63.636 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	9.091 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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Nutrients: Per 11 G

Calories	50.000 kcal	Cholesterol	0.000 mg	Protein	1.000 g	Calcium	*N/A* mg
Total Fat	1.500 g	Sodium	60.000 mg	Sugars	0.000 g	Iron	*N/A* mg
Saturated Fat	0.000 g	Carbohydrate	7.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	1.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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902828 - SANDWICH BREAD K-12 SPEC

BAKE - BAKERY PRODUCTS

Source: Local
Manufacturer:
Product No.: 49002586

Measurement
LB..... 16.00 O
1 SLICE..... 31.00 G

Nutrients: Per 100 GRAMS

Calories	225.806 kcal	Cholesterol	0.000 mg	Protein	9.677 g	Calcium	9.677 mg
Total Fat	3.226 g	Sodium	387.097 mg	Sugars	3.226 g	Iron	1.161 mg
Saturated Fat	0.000 g	Carbohydrate	45.161 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	6.452 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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Nutrients: Per 31 G

Calories	70.000 kcal	Cholesterol	0.000 mg	Protein	3.000 g	Calcium	3.000 mg
Total Fat	1.000 g	Sodium	120.000 mg	Sugars	1.000 g	Iron	0.360 mg
Saturated Fat	0.000 g	Carbohydrate	14.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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903561 - SAUCE ALFREDO TODD'S

SOUP - SOUP & GRAVY

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
1/4 CUP..... 60.00 G
1 CUP..... 240.00 G

Nutrients: Per 100 GRAMS

Calories	183.333 kcal	Cholesterol	58.333 mg	Protein	3.333 g	Calcium	100.000 mg
Total Fat	16.667 g	Sodium	583.333 mg	Sugars	1.667 g	Iron	*N/A* mg
Saturated Fat	10.000 g	Carbohydrate	5.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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Nutrients: Per 60 G

Calories	110.000 kcal	Cholesterol	35.000 mg	Protein	2.000 g	Calcium	60.000 mg
Total Fat	10.000 g	Sodium	350.000 mg	Sugars	1.000 g	Iron	*N/A* mg
Saturated Fat	6.000 g	Carbohydrate	3.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
(¹ - denotes optional nutrient values.)
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903502 - SAUCE CHEDDAR CHEESE

DAIRY - DAIRY PRODUCTS

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
1/2 CUP SERVI 4.00 O
30 LB CASE..... 30.00 LB

Nutrients: Per 100 GRAMS

Calories	209.318 kcal	Cholesterol	54.268 mg	Protein	13.567 g	Calcium	3934.407 mg
Total Fat	15.505 g	Sodium	765.562 mg	Sugars	1.938 g	Iron	0.000 mg
Saturated Fat	8.915 g	Carbohydrate	3.876 g	Vitamin A	37696.655 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
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Nutrients: Per 1.82 OZ

Calories	108.000 kcal	Cholesterol	28.000 mg	Protein	7.000 g	Calcium	2030.000 mg
Total Fat	8.000 g	Sodium	395.000 mg	Sugars	1.000 g	Iron	0.000 mg
Saturated Fat	4.600 g	Carbohydrate	2.000 g	Vitamin A	19450.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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902907 - SAUCE ENCHILADA RED ROSARITA

MISC - MISCELLANEOUS

Source: Local
Manufacturer:
Product No.: 1918021

Measurement
LB..... 16.00 O
1/4 CUP..... 61.00 G
1 CAN..... 2989.00 G
CUP(S)..... 244.00 G

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Nutrients: Per 100 GRAMS

Calories	32.787	kcal	Cholesterol	0.000	mg	Protein	0.000	g	Calcium	*N/A*	mg
Total Fat	1.639	g	Sodium	606.557	mg	Sugars	3.279	g	Iron	*N/A*	mg
Saturated Fat	0.000	g	Carbohydrate	4.918	g	Vitamin A	1229.508	IU	Water ¹	*N/A*	g
Trans. Fat ²	0.000	g	Dietary Fiber	0.000	g	Vitamin C	1.967	mg	Ash ¹	*N/A*	g

(*N/A* - denotes missing nutrient values)

(¹ - denotes optional nutrient values.)

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Nutrients: Per 61 G

Calories	20.000	kcal	Cholesterol	0.000	mg	Protein	0.000	g	Calcium	*N/A*	mg
Total Fat	1.000	g	Sodium	370.000	mg	Sugars	2.000	g	Iron	*N/A*	mg
Saturated Fat	0.000	g	Carbohydrate	3.000	g	Vitamin A	750.000	IU	Water ¹	*N/A*	g
Trans. Fat ²	0.000	g	Dietary Fiber	0.000	g	Vitamin C	1.200	mg	Ash ¹	*N/A*	g

(*N/A* - denotes missing nutrient values)

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900125 - SAUCE NACHO CHEESE

DAIRY - DAIRY PRODUCTS

Source: Local
Manufacturer:
Product No.: 3324301

Measurement
LB..... 16.00 O
SERVING (1/4 C 57.00 G
#10 CAN..... 3021.00 G

Nutrients: Per 100 GRAMS

Calories	96.774 kcal	Cholesterol	6.452 mg	Protein	3.226 g	Calcium	96.774 mg
Total Fat	6.452 g	Sodium	790.323 mg	Sugars	*N/A* g	Iron	0.290 mg
Saturated Fat	2.419 g	Carbohydrate	9.677 g	Vitamin A	80.645 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	1.935 mg	Ash ¹	*N/A* g

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Nutrients: Per 62 G

Calories	60.000 kcal	Cholesterol	4.000 mg	Protein	2.000 g	Calcium	60.000 mg
Total Fat	4.000 g	Sodium	490.000 mg	Sugars	*N/A* g	Iron	0.180 mg
Saturated Fat	1.500 g	Carbohydrate	6.000 g	Vitamin A	50.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	1.200 mg	Ash ¹	*N/A* g

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903563 - SAUCE SPAGHETTI COMMODITY

VEG - VEGETABLES

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
1/2 Cup..... 125.00 G
Pouch/Can..... 106.00 O
1 CUP..... 250.00 G

Nutrients: Per 100 GRAMS

Calories	40.000 kcal	Cholesterol	0.000 mg	Protein	1.600 g	Calcium	*N/A* mg
Total Fat	0.000 g	Sodium	112.000 mg	Sugars	4.800 g	Iron	*N/A* mg
Saturated Fat	0.000 g	Carbohydrate	8.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	1.600 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
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Nutrients: Per 125 G

Calories	50.000 kcal	Cholesterol	0.000 mg	Protein	2.000 g	Calcium	*N/A* mg
Total Fat	0.000 g	Sodium	140.000 mg	Sugars	6.000 g	Iron	*N/A* mg
Saturated Fat	0.000 g	Carbohydrate	10.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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(¹ - denotes optional nutrient values.)
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903526 - SAUCE TACO

COND - CONDIMENTS

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
PACKET..... 9.00 G

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Nutrients: Per 100 GRAMS

Calories	55.556 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	0.000 mg
Total Fat	0.000 g	Sodium	1055.556 mg	Sugars	0.000 g	Iron	0.000 mg
Saturated Fat	0.000 g	Carbohydrate	11.111 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)

(¹ - denotes optional nutrient values.)

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Nutrients: Per 9 G

Calories	5.000 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	0.000 mg
Total Fat	0.000 g	Sodium	95.000 mg	Sugars	0.000 g	Iron	0.000 mg
Saturated Fat	0.000 g	Carbohydrate	1.000 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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900199 - SAUCE, ENCHILADA, GREEN

MISC - MISCELLANEOUS

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
SERVING/ 1/4 C 60.00 G
CUPS..... 8.00 O

Nutrients: Per 100 GRAMS

Calories	41.667 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	0.000 mg
Total Fat	2.500 g	Sodium	566.667 mg	Sugars	*N/A* g	Iron	0.000 mg
Saturated Fat	0.000 g	Carbohydrate	5.000 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	6.000 mg	Ash ¹	*N/A* g

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Nutrients: Per 60 G

Calories	25.000 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	0.000 mg
Total Fat	1.500 g	Sodium	340.000 mg	Sugars	*N/A* g	Iron	0.000 mg
Saturated Fat	0.000 g	Carbohydrate	3.000 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	3.600 mg	Ash ¹	*N/A* g

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903556 - SAUSAGE ITALIAN COOKED MILD PIZZA TOPPING

PIZZA - PIZZA ITEMS

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
CASE..... 5.00 LB
TWO OUNCES.. 2.00 O
(EIGHT OUNCE 8.00 O

Nutrients: Per 100 GRAMS

Calories	338.560 kcal	Cholesterol	62.576 mg	Protein	14.956 g	Calcium	35.274 mg
Total Fat	29.630 g	Sodium	788.691 mg	Sugars	1.235 g	Iron	1.905 mg
Saturated Fat	10.759 g	Carbohydrate	2.434 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	1.164 g	Vitamin C	2.116 mg	Ash ¹	*N/A* g

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Nutrients: Per 2 OZ

Calories	191.960 kcal	Cholesterol	35.480 mg	Protein	8.480 g	Calcium	20.000 mg
Total Fat	16.800 g	Sodium	447.180 mg	Sugars	0.700 g	Iron	1.080 mg
Saturated Fat	6.100 g	Carbohydrate	1.380 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.660 g	Vitamin C	1.200 mg	Ash ¹	*N/A* g

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902780 - SAUSAGE JIMMY DEAN 1oz PATTY

PORK - PORK PRODUCTS

Source: Local
Manufacturer: JIMMY DEAN
Product No.: 8621851

Measurement
LB..... 16.00 O
1 PATTY..... 28.50 G

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Nutrients: Per 100 GRAMS

Calories	421.053 kcal	Cholesterol	78.947 mg	Protein	10.526 g	Calcium	35.088 mg
Total Fat	40.351 g	Sodium	526.316 mg	Sugars	0.000 g	Iron	0.316 mg
Saturated Fat	14.035 g	Carbohydrate	1.754 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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Nutrients: Per 57 G

Calories	240.000 kcal	Cholesterol	45.000 mg	Protein	6.000 g	Calcium	20.000 mg
Total Fat	23.000 g	Sodium	300.000 mg	Sugars	0.000 g	Iron	0.180 mg
Saturated Fat	8.000 g	Carbohydrate	1.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)

(¹ - denotes optional nutrient values.)

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900065 - SAUSAGE, FULLY CKD PATTY, JIMMY DEAN 2 OZ

BRKFT - BREAKFAST

Source: Local
Manufacturer: JIMMY DEAN
Product No.: 8621851

Measurement
LB..... 16.00 O
CASE..... 10.00 LB
PATTY..... 1.00 O

Nutrients: Per 100 GRAMS

Calories	423.288 kcal	Cholesterol	61.729 mg	Protein	12.346 g	Calcium	35.274 mg
Total Fat	42.329 g	Sodium	740.754 mg	Sugars	*N/A* g	Iron	1.270 mg
Saturated Fat	15.873 g	Carbohydrate	1.764 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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Nutrients: Per 2 OZ

Calories	240.000 kcal	Cholesterol	35.000 mg	Protein	7.000 g	Calcium	20.000 mg
Total Fat	24.000 g	Sodium	420.000 mg	Sugars	*N/A* g	Iron	0.720 mg
Saturated Fat	9.000 g	Carbohydrate	1.000 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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903564 - SEASONING PIZZA

SPICE - SPICES

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
1/2 TEASPOON. 2.50 G
TEASPOON..... 4.00 G
TABLESPOON.. 16.00 G
1/3 CUP..... 68.00 G
1/4 CUP..... 2.00 O

Nutrients: Per 100 GRAMS

Calories	400.000 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	*N/A* mg
Total Fat	0.000 g	Sodium	3400.000 mg	Sugars	0.000 g	Iron	*N/A* mg
Saturated Fat	0.000 g	Carbohydrate	40.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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Nutrients: Per 2.5 G

Calories	10.000 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	*N/A* mg
Total Fat	0.000 g	Sodium	85.000 mg	Sugars	0.000 g	Iron	*N/A* mg
Saturated Fat	0.000 g	Carbohydrate	1.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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902704 - SEASONING TACO LAWRYS

SPICE - SPICES

Source: Local
Manufacturer: lawrys
Product No.: 1930731

Measurement
LB..... 16.00 O
2 tsp..... 5.00 G
PACKAGE (9 oz 9.00 O

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Nutrients: Per 100 GRAMS

Calories	300.000 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	*N/A* mg
Total Fat	0.000 g	Sodium	6800.000 mg	Sugars	*N/A* g	Iron	7.200 mg
Saturated Fat	0.000 g	Carbohydrate	60.000 g	Vitamin A	8000.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	20.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)

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Nutrients: Per 5 G

Calories	15.000 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	*N/A* mg
Total Fat	0.000 g	Sodium	340.000 mg	Sugars	*N/A* g	Iron	0.360 mg
Saturated Fat	0.000 g	Carbohydrate	3.000 g	Vitamin A	400.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	1.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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902976 - Sherbet Orange

DESRT - DESSERTS

Source: Local
Manufacturer:
Product No.: 2864311

Measurement
LB..... 16.00 O
container..... 4.00 O

Nutrients: Per 100 GRAMS

Calories	105.822 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	17.637 mg
Total Fat	0.882 g	Sodium	30.865 mg	Sugars	*N/A* g	Iron	*N/A* mg
Saturated Fat	0.441 g	Carbohydrate	23.810 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
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Nutrients: Per 4 OZ

Calories	120.000 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	20.000 mg
Total Fat	1.000 g	Sodium	35.000 mg	Sugars	*N/A* g	Iron	*N/A* mg
Saturated Fat	0.500 g	Carbohydrate	27.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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900175 - SHRIMP POPPERS WG, SEAPACK, 5/2 LB BAGS

FISH - FISH/SEAFOOD

Source: Local
Manufacturer: SEAPACK SHRIMP CO
Product No.: 3124171

Measurement
LB..... 16.00 O
1 SERVING-20 84.00 G
BAG..... 2.00 LB
1 serving - 14 P 2.10 O

Nutrients: Per 100 GRAMS

Calories	273.810 kcal	Cholesterol	71.429 mg	Protein	14.286 g	Calcium	42.857 mg
Total Fat	14.762 g	Sodium	583.333 mg	Sugars	*N/A* g	Iron	3.095 mg
Saturated Fat	1.786 g	Carbohydrate	26.190 g	Vitamin A	153.571 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.571 g	Vitamin C	1.429 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
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Nutrients: Per 84 G

Calories	230.000 kcal	Cholesterol	60.000 mg	Protein	12.000 g	Calcium	36.000 mg
Total Fat	12.400 g	Sodium	490.000 mg	Sugars	*N/A* g	Iron	2.600 mg
Saturated Fat	1.500 g	Carbohydrate	22.000 g	Vitamin A	129.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.000 g	Vitamin C	1.200 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
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902917 - SLIDER BUNS

BAKE - BAKERY PRODUCTS

Source: Local
Manufacturer: ALPHA BAKING CO
Product No.: 2571961

Measurement
LB..... 16.00 O
BUN..... 1.00 O
BUNS (2)..... 2.00 O

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Nutrients: Per 100 GRAMS

Calories	246.918 kcal	Cholesterol	0.000 mg	Protein	7.055 g	Calcium	141.096 mg
Total Fat	3.527 g	Sodium	529.110 mg	Sugars	7.055 g	Iron	2.540 mg
Saturated Fat	0.000 g	Carbohydrate	49.384 g	Vitamin A	35.274 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.527 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)

(¹ - denotes optional nutrient values.)

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Nutrients: Per 1 OZ

Calories	70.000 kcal	Cholesterol	0.000 mg	Protein	2.000 g	Calcium	40.000 mg
Total Fat	1.000 g	Sodium	150.000 mg	Sugars	2.000 g	Iron	0.720 mg
Saturated Fat	0.000 g	Carbohydrate	14.000 g	Vitamin A	10.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	1.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)

(¹ - denotes optional nutrient values.)

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903440 - SNO' JOE SWEET APPLE ICE

DESRT - DESSERTS

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
SERVING..... 4.00 O

Nutrients: Per 100 GRAMS

Calories	87.303 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	0.000 mg
Total Fat	0.000 g	Sodium	13.228 mg	Sugars	22.046 g	Iron	0.000 mg
Saturated Fat	0.000 g	Carbohydrate	22.046 g	Vitamin A	110.231 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	10.582 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
(¹ - denotes optional nutrient values.)
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Nutrients: Per 4 OZ

Calories	99.000 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	0.000 mg
Total Fat	0.000 g	Sodium	15.000 mg	Sugars	25.000 g	Iron	0.000 mg
Saturated Fat	0.000 g	Carbohydrate	25.000 g	Vitamin A	125.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	12.000 mg	Ash ¹	*N/A* g

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(¹ - denotes optional nutrient values.)
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903492 - SOUP TOMATO Mixed with water

MISC - MISCELLANEOUS

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
CUP..... 148.00 G
can..... 294.00 G
SIX Ounce Servi 3.00 O

Nutrients: Per 100 GRAMS

Calories	70.548 kcal	Cholesterol	0.000 mg	Protein	0.882 g	Calcium	0.000 mg
Total Fat	0.882 g	Sodium	361.558 mg	Sugars	8.818 g	Iron	0.317 mg
Saturated Fat	0.441 g	Carbohydrate	14.110 g	Vitamin A	352.740 IU	Water ¹	71.245 g
Trans. Fat ²	0.000 g	Dietary Fiber	0.882 g	Vitamin C	5.291 mg	Ash ¹	1.843 g

(*N/A* - denotes missing nutrient values)
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Nutrients: Per 4 OZ

Calories	80.000 kcal	Cholesterol	0.000 mg	Protein	1.000 g	Calcium	0.000 mg
Total Fat	1.000 g	Sodium	410.000 mg	Sugars	10.000 g	Iron	0.360 mg
Saturated Fat	0.500 g	Carbohydrate	16.000 g	Vitamin A	400.000 IU	Water ¹	80.790 g
Trans. Fat ²	0.000 g	Dietary Fiber	1.000 g	Vitamin C	6.000 mg	Ash ¹	2.090 g

(*N/A* - denotes missing nutrient values)
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903081 - SOY SAUCE

SOUP - SOUP & GRAVY

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
CUP..... 10.16 O

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Nutrients: Per 100 GRAMS

Calories	53.000 kcal	Cholesterol	0.000 mg	Protein	5.170 g	Calcium	17.000 mg
Total Fat	0.080 g	Sodium	5715.000 mg	Sugars	*N/A* g	Iron	2.020 mg
Saturated Fat	0.010 g	Carbohydrate	8.510 g	Vitamin A	0.000 IU	Water ¹	71.090 g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	15.150 g

(*N/A* - denotes missing nutrient values)

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903537 - SPAGHETTI SAUCE MEATLESS LOW-SODIUM CANNED

MISC - MISCELLANEOUS

Source: Local
Manufacturer:
Product No.:

Measurement	
LB.....	16.00 O
.5 CUP.....	125.00 G
.25 CUP.....	62.00 G
CUP.....	250.00 G
1 #10 CAN.....	106.00 O

Nutrients: Per 100 GRAMS

Calories	48.000 kcal	Cholesterol	0.000 mg	Protein	1.200 g	Calcium	20.000 mg
Total Fat	0.900 g	Sodium	112.000 mg	Sugars	5.000 g	Iron	0.900 mg
Saturated Fat	0.160 g	Carbohydrate	8.700 g	Vitamin A	335.200 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	3.920 mg	Ash ¹	*N/A* g

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902722 - SPAGHETTI SAUCE RED GOLD

VEG - VEGETABLES

Source: Local
Manufacturer: RED GOLD
Product No.: 2967551

Measurement	
LB.....	16.00 O
1 SERVING (1/2)	125.00 G
1 # 10 CAN.....	106.00 O
1/4 CUP.....	62.50 G

Nutrients: Per 100 GRAMS

Calories	48.000 kcal	Cholesterol	0.000 mg	Protein	1.600 g	Calcium	16.000 mg
Total Fat	0.800 g	Sodium	112.000 mg	Sugars	5.600 g	Iron	0.864 mg
Saturated Fat	0.000 g	Carbohydrate	9.600 g	Vitamin A	4000.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	1.600 g	Vitamin C	48.000 mg	Ash ¹	*N/A* g

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Nutrients: Per 125 G

Calories	60.000 kcal	Cholesterol	0.000 mg	Protein	2.000 g	Calcium	20.000 mg
Total Fat	1.000 g	Sodium	140.000 mg	Sugars	7.000 g	Iron	1.080 mg
Saturated Fat	0.000 g	Carbohydrate	12.000 g	Vitamin A	5000.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.000 g	Vitamin C	60.000 mg	Ash ¹	*N/A* g

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050543 - SPAGHETTI SAUCE, MEATLESS, LOW-SODIUM, CANNED

MISC - MISCELLANEOUS

Source: USDA
Manufacturer:
Product No.:

Measurement	
LB.....	16.00 O
.5 CUP.....	125.00 G
.25 CUP.....	62.00 G
CUP.....	250.00 G
1 #10 CAN.....	106.00 O

Nutrients: Per 100 GRAMS

Calories	48.000 kcal	Cholesterol	0.000 mg	Protein	1.200 g	Calcium	20.000 mg
Total Fat	0.900 g	Sodium	112.000 mg	Sugars	*N/A* g	Iron	0.900 mg
Saturated Fat	0.160 g	Carbohydrate	8.700 g	Vitamin A	335.200 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	3.920 mg	Ash ¹	*N/A* g

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902843 - SPINACH FRESH

VEG - VEGETABLES

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
CUP..... 30.00 G
bunch..... 340.00 G
leaf..... 10.00 G
Pkg (10 oz)..... 284.00 G

Nutrients: Per 100 GRAMS

Calories	23.000 kcal	Cholesterol	0.000 mg	Protein	2.860 g	Calcium	99.000 mg
Total Fat	0.390 g	Sodium	79.000 mg	Sugars	0.000 g	Iron	2.710 mg
Saturated Fat	0.063 g	Carbohydrate	3.630 g	Vitamin A	9377.000 IU	Water ¹	91.400 g
Trans. Fat ²	0.000 g	Dietary Fiber	2.200 g	Vitamin C	28.100 mg	Ash ¹	1.720 g

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902861 - SPINACH FRESH

VEG - VEGETABLES

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
CUP..... 30.00 G
bunch..... 340.00 G
leaf..... 10.00 G
Pkg (10 oz)..... 284.00 G

Nutrients: Per 100 GRAMS

Calories	23.000 kcal	Cholesterol	0.000 mg	Protein	2.860 g	Calcium	99.000 mg
Total Fat	0.000 g	Sodium	0.000 mg	Sugars	*N/A* g	Iron	2.710 mg
Saturated Fat	0.000 g	Carbohydrate	3.630 g	Vitamin A	9377.000 IU	Water ¹	91.400 g
Trans. Fat ²	0.000 g	Dietary Fiber	2.200 g	Vitamin C	28.100 mg	Ash ¹	1.720 g

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903493 - Sriracha Hot Chili Sauce

COND - CONDIMENTS

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
PACKET..... 7.00 G

Nutrients: Per 100 GRAMS

Calories	100.000 kcal	Cholesterol	0.000 mg	Protein	*N/A* g	Calcium	*N/A* mg
Total Fat	0.000 g	Sodium	1600.000 mg	Sugars	20.000 g	Iron	*N/A* mg
Saturated Fat	0.000 g	Carbohydrate	20.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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Nutrients: Per 5 G

Calories	5.000 kcal	Cholesterol	0.000 mg	Protein	*N/A* g	Calcium	*N/A* mg
Total Fat	0.000 g	Sodium	80.000 mg	Sugars	1.000 g	Iron	*N/A* mg
Saturated Fat	0.000 g	Carbohydrate	1.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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902801 - SRIRACHA HOT CHILI SAUCE KETCHUP

COND - CONDIMENTS

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
1 teaspoon..... 0.52 O
2 Teaspoons..... 1.04 O
PACKET..... 7.00 G

Nutrients: Per 100 GRAMS

Calories	142.857 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	*N/A* mg
Total Fat	0.000 g	Sodium	1642.857 mg	Sugars	14.286 g	Iron	*N/A* mg
Saturated Fat	0.000 g	Carbohydrate	28.571 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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Nutrients: Per 7 G

Calories	10.000 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	*N/A* mg
Total Fat	0.000 g	Sodium	115.000 mg	Sugars	1.000 g	Iron	*N/A* mg
Saturated Fat	0.000 g	Carbohydrate	2.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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902909 - STRAWBERRIES FRZ SWTND SLICED

FRUIT - FRUIT & FRUIT JUICE

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
CUP, thawed..... 255.00 G
Pkg (10 oz)..... 284.00 G
CUP..... 8.99 O

Nutrients: Per 100 GRAMS

Calories	96.000 kcal	Cholesterol	0.000 mg	Protein	0.530 g	Calcium	11.000 mg
Total Fat	0.130 g	Sodium	3.000 mg	Sugars	*N/A* g	Iron	0.590 mg
Saturated Fat	0.007 g	Carbohydrate	25.920 g	Vitamin A	24.000 IU	Water ¹	73.180 g
Trans. Fat ²	0.000 g	Dietary Fiber	1.900 g	Vitamin C	41.400 mg	Ash ¹	0.240 g

(*N/A* - denotes missing nutrient values)
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902990 - STRAWBERRIES, IQF, THAWED, WHOLE, UNSWEETENED

FRUIT - FRUIT & FRUIT JUICE

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
.5 CUP..... 110.00 G
CUP..... 220.00 G

Nutrients: Per 100 GRAMS

Calories	35.455 kcal	Cholesterol	0.000 mg	Protein	0.436 g	Calcium	14.873 mg
Total Fat	0.109 g	Sodium	1.818 mg	Sugars	4.564 g	Iron	0.682 mg
Saturated Fat	0.009 g	Carbohydrate	9.173 g	Vitamin A	41.318 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.091 g	Vitamin C	37.600 mg	Ash ¹	*N/A* g

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Nutrients: Per 110 G

Calories	39.000 kcal	Cholesterol	0.000 mg	Protein	0.480 g	Calcium	16.360 mg
Total Fat	0.120 g	Sodium	2.000 mg	Sugars	5.020 g	Iron	0.750 mg
Saturated Fat	0.010 g	Carbohydrate	10.090 g	Vitamin A	45.450 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.300 g	Vitamin C	41.360 mg	Ash ¹	*N/A* g

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902929 - SUGAR BROWN

SNACK - SNACKS/MISC

Source: Local
Manufacturer:
Product No.:

Measurement			
LB.....	16.00	O	tsp brownulated.. 3.20 G
CUP, packed.....	220.00	G	tsp packed..... 4.60 G
CUP, unpacked..	145.00	G	tsp unpacked..... 3.00 G
tsp, brownulated.	3.20	G	tsp,brownulated.. 3.20 G
tsp, packed.....	4.60	G	TSP..... 4.60 G
tsp, unpacked....	3.00	G	

Nutrients: Per 100 GRAMS

Calories	380.000	kcal	Cholesterol	0.000	mg	Protein	0.120	g	Calcium	83.000	mg
Total Fat	0.000	g	Sodium	28.000	mg	Sugars	100.000	g	Iron	0.710	mg
Saturated Fat	0.000	g	Carbohydrate	98.090	g	Vitamin A	0.000	IU	Water ¹	1.340	g
Trans. Fat ²	0.000	g	Dietary Fiber	0.000	g	Vitamin C	0.000	mg	Ash ¹	0.450	g

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903495 - SUGAR BROWN

SNACK - SNACKS/MISC

Source: Local
Manufacturer:
Product No.:

Measurement			
LB.....	16.00	O	tsp brownulated.. 3.20 G
tsp, unpacked....	3.00	G	tsp packed..... 4.60 G
CUP, packed.....	220.00	G	tsp unpacked..... 3.00 G
CUP, unpacked..	145.00	G	tsp,brownulated.. 3.20 G
tsp, packed.....	4.60	G	TSP..... 4.60 G
tsp, brownulated.	3.20	G	

Nutrients: Per 100 GRAMS

Calories	380.000	kcal	Cholesterol	0.000	mg	Protein	0.120	g	Calcium	83.000	mg
Total Fat	0.000	g	Sodium	28.000	mg	Sugars	97.020	g	Iron	0.710	mg
Saturated Fat	0.000	g	Carbohydrate	98.090	g	Vitamin A	0.000	IU	Water ¹	1.340	g
Trans. Fat ²	0.000	g	Dietary Fiber	0.000	g	Vitamin C	0.000	mg	Ash ¹	0.450	g

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903555 - SUGAR POWDERED

SNACK - SNACKS/MISC

Source: Local
Manufacturer:
Product No.:

Measurement			
LB.....	16.00	O	
CUP, unsifted....	120.00	G	
CUP, sifted.....	100.00	G	
tbsp, unsifted....	8.00	G	
TSP.....	2.50	G	
CUP.....	4.23	O	

Nutrients: Per 100 GRAMS

Calories	389.000	kcal	Cholesterol	0.000	mg	Protein	0.000	g	Calcium	1.000	mg
Total Fat	0.000	g	Sodium	2.000	mg	Sugars	97.810	g	Iron	0.060	mg
Saturated Fat	0.000	g	Carbohydrate	99.770	g	Vitamin A	0.000	IU	Water ¹	0.230	g
Trans. Fat ²	0.000	g	Dietary Fiber	0.000	g	Vitamin C	0.000	mg	Ash ¹	0.010	g

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902878 - SUGAR, GRANULATED

SNACK - SNACKS/MISC

Source: Local
Manufacturer:
Product No.:

Measurement			
LB.....	16.00	O	
serving packet....	2.80	G	
TSP.....	4.20	G	
CUP.....	200.00	G	
serving 1 cube....	2.30	G	

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Nutrients: Per 100 GRAMS

Calories	387.000 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	1.000 mg
Total Fat	0.000 g	Sodium	1.000 mg	Sugars	*N/A* g	Iron	0.050 mg
Saturated Fat	0.000 g	Carbohydrate	99.980 g	Vitamin A	0.000 IU	Water ¹	0.020 g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	0.010 g

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019335 - SUGAR, GRANULATED

SNACK - SNACKS/MISC

Source: USDA
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
serving packet.... 2.80 G
TSP..... 4.20 G
CUP..... 200.00 G
serving 1 cube.... 2.30 G

Nutrients: Per 100 GRAMS

Calories	387.000 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	1.000 mg
Total Fat	0.000 g	Sodium	1.000 mg	Sugars	99.800 g	Iron	0.050 mg
Saturated Fat	0.000 g	Carbohydrate	99.980 g	Vitamin A	0.000 IU	Water ¹	0.020 g
Trans. Fat ²	*N/A* g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	0.010 g

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903442 - SUNFLOWER SD KRNL, DRY RSTD, WO/SALT

NUTS - NUTS/SEEDS

Source: Local
Manufacturer:
Product No.:

Measurement
CUP..... 128.00 G
OZ..... 28.35 G
CUP, hulled..... 128.00 G
LB..... 16.00 O

Nutrients: Per 100 GRAMS

Calories	582.000 kcal	Cholesterol	0.000 mg	Protein	19.330 g	Calcium	70.000 mg
Total Fat	49.800 g	Sodium	3.000 mg	Sugars	2.730 g	Iron	3.800 mg
Saturated Fat	5.210 g	Carbohydrate	24.070 g	Vitamin A	9.000 IU	Water ¹	1.200 g
Trans. Fat ²	0.000 g	Dietary Fiber	11.100 g	Vitamin C	1.400 mg	Ash ¹	5.600 g

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903457 - SUNFLOWER SEEDS

SNACK - SNACKS/MISC

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
PACKAGE..... 28.00 G

Nutrients: Per 100 GRAMS

Calories	607.143 kcal	Cholesterol	0.000 mg	Protein	17.857 g	Calcium	71.429 mg
Total Fat	53.571 g	Sodium	500.000 mg	Sugars	3.571 g	Iron	*N/A* mg
Saturated Fat	5.357 g	Carbohydrate	17.857 g	Vitamin A	17.857 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	7.143 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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Nutrients: Per 28 G

Calories	170.000 kcal	Cholesterol	0.000 mg	Protein	5.000 g	Calcium	20.000 mg
Total Fat	15.000 g	Sodium	140.000 mg	Sugars	1.000 g	Iron	*N/A* mg
Saturated Fat	1.500 g	Carbohydrate	5.000 g	Vitamin A	5.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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902707 - SWEET AND SOUR SAUCE KIKKOMAN

COND - CONDIMENTS

Source: Local
Manufacturer: kikkoman
Product No.: 1942311

Measurement
LB..... 16.00 O
1 serving..... 26.00 G

Nutrients: Per 100 GRAMS

Calories	118.000 kcal	Cholesterol	0.000 mg	Protein	1.480 g	Calcium	18.500 mg
Total Fat	0.000 g	Sodium	564.000 mg	Sugars	*N/A* g	Iron	0.449 mg
Saturated Fat	0.000 g	Carbohydrate	27.900 g	Vitamin A	55.800 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.600 g	Vitamin C	3.230 mg	Ash ¹	*N/A* g

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902691 - Sweet Potato Fries McCain Thin Stix 5/16"

VEG - VEGETABLES

Source: Local
Manufacturer:
Product No.: 2203821

Measurement
LB..... 16.00 O
SERVING (1/2 c) 3.00 O

Nutrients: Per 100 GRAMS

Calories	152.854 kcal	Cholesterol	0.000 mg	Protein	0.588 g	Calcium	23.516 mg
Total Fat	5.879 g	Sodium	211.644 mg	Sugars	8.231 g	Iron	0.847 mg
Saturated Fat	1.176 g	Carbohydrate	24.692 g	Vitamin A	5878.998 IU	Water ¹	0.000 g
Trans. Fat ²	0.000 g	Dietary Fiber	4.703 g	Vitamin C	4.233 mg	Ash ¹	0.000 g

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Nutrients: Per 3 OZ

Calories	130.000 kcal	Cholesterol	0.000 mg	Protein	0.500 g	Calcium	20.000 mg
Total Fat	5.000 g	Sodium	180.000 mg	Sugars	7.000 g	Iron	0.720 mg
Saturated Fat	1.000 g	Carbohydrate	21.000 g	Vitamin A	5000.000 IU	Water ¹	0.000 g
Trans. Fat ²	0.000 g	Dietary Fiber	4.000 g	Vitamin C	3.600 mg	Ash ¹	0.000 g

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902930 - SYRUP PANCAKE

SNACK - SNACKS/MISC

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
CUP..... 314.00 G
TBSP..... 20.00 G
FL OZ..... 40.00 G

Nutrients: Per 100 GRAMS

Calories	234.000 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	3.000 mg
Total Fat	0.000 g	Sodium	82.000 mg	Sugars	65.000 g	Iron	0.030 mg
Saturated Fat	0.000 g	Carbohydrate	61.470 g	Vitamin A	0.000 IU	Water ¹	37.980 g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	0.200 g

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902748 - SYRUP PANCAKE AMERICAN 1.5OZ CUPS

COND - CONDIMENTS

Source: Local
Manufacturer: SHAMROCK
Product No.: 2444971

Measurement
LB..... 16.00 O
1 SERVING..... 1.50 O

Nutrients: Per 100 GRAMS

Calories	279.070 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	*N/A* mg
Total Fat	0.000 g	Sodium	0.000 mg	Sugars	44.186 g	Iron	*N/A* mg
Saturated Fat	0.000 g	Carbohydrate	72.093 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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Nutrients: Per 43 G

Calories	120.000 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	*N/A* mg
Total Fat	0.000 g	Sodium	0.000 mg	Sugars	19.000 g	Iron	*N/A* mg
Saturated Fat	0.000 g	Carbohydrate	31.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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903041 - TACO SEASONING MIX,MILD

SPICE - SPICES

Source: Local
Manufacturer: SAN PABLO
Product No.: 2149801

Measurement
LB..... 16.00 O
2 TSP..... 6.00 G
POUCH (60 serv) 9.00 O

Nutrients: Per 100 GRAMS

Calories	333.333 kcal	Cholesterol	0.000 mg	Protein	16.667 g	Calcium	0.000 mg
Total Fat	0.000 g	Sodium	6000.000 mg	Sugars	*N/A* g	Iron	0.000 mg
Saturated Fat	0.000 g	Carbohydrate	50.000 g	Vitamin A	51500.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	16.667 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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Nutrients: Per 6 G

Calories	20.000 kcal	Cholesterol	0.000 mg	Protein	1.000 g	Calcium	0.000 mg
Total Fat	0.000 g	Sodium	360.000 mg	Sugars	*N/A* g	Iron	0.000 mg
Saturated Fat	0.000 g	Carbohydrate	3.000 g	Vitamin A	3090.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	1.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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900088 - TACO SHELLS, 5" YELLOW, 8/25 CT, SAN PABLO

GRAIN - FLOUR/GRAINS/MACARONI/RICES

Source: Local
Manufacturer: SAN PABLO-MISSION
Product No.: 2128591

Measurement
LB..... 16.00 O
SERVING (3 SH) 32.00 G
CASE (200CT)... 4.70 LB
SHELL..... 10.60 G

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Nutrients: Per 100 GRAMS

Calories	468.750 kcal	Cholesterol	0.000 mg	Protein	6.250 g	Calcium	62.500 mg
Total Fat	18.750 g	Sodium	0.000 mg	Sugars	*N/A* g	Iron	2.250 mg
Saturated Fat	4.688 g	Carbohydrate	65.625 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	6.250 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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Nutrients: Per 32 G

Calories	150.000 kcal	Cholesterol	0.000 mg	Protein	2.000 g	Calcium	20.000 mg
Total Fat	6.000 g	Sodium	0.000 mg	Sugars	*N/A* g	Iron	0.720 mg
Saturated Fat	1.500 g	Carbohydrate	21.000 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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903553 - TAQUITOS, CHICKEN

PLTRY - CHICKEN & TURKEY

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
(4)TAQUITOS.... 6.96 O
(3) TAQHITOS... 5.22 O
(2) TAQUITOS... 3.48 O
CASE..... 6860.00 G

Nutrients: Per 100 GRAMS

Calories	202.724 kcal	Cholesterol	20.272 mg	Protein	10.136 g	Calcium	*N/A* mg
Total Fat	9.123 g	Sodium	263.541 mg	Sugars	1.014 g	Iron	*N/A* mg
Saturated Fat	2.534 g	Carbohydrate	26.354 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.041 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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Nutrients: Per 6.96 OZ

Calories	400.000 kcal	Cholesterol	40.000 mg	Protein	20.000 g	Calcium	*N/A* mg
Total Fat	18.000 g	Sodium	520.000 mg	Sugars	2.000 g	Iron	*N/A* mg
Saturated Fat	5.000 g	Carbohydrate	52.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	6.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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902879 - TARRAGON, GROUND

SPICE - SPICES

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
tsp, leaves..... 0.60 G
tbsp, leaves..... 1.80 G
tsp, ground..... 1.60 G
tbsp, ground..... 4.80 G

Nutrients: Per 100 GRAMS

Calories	295.000 kcal	Cholesterol	0.000 mg	Protein	22.770 g	Calcium	1139.000 mg
Total Fat	7.240 g	Sodium	62.000 mg	Sugars	*N/A* g	Iron	32.300 mg
Saturated Fat	1.881 g	Carbohydrate	50.220 g	Vitamin A	4200.000 IU	Water ¹	7.740 g
Trans. Fat ²	0.000 g	Dietary Fiber	7.400 g	Vitamin C	50.000 mg	Ash ¹	12.030 g

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902874 - Tartar Sauce

USDA - USDA Standardized Recipes

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
2 TBSP..... 29.00 G
TBSP..... 14.50 G
CUP..... 8.18 O

Nutrients: Per 100 GRAMS

Calories	217.240 kcal	Cholesterol	27.580 mg	Protein	0.790 g	Calcium	17.240 mg
Total Fat	12.370 g	Sodium	848.270 mg	Sugars	*N/A* g	Iron	1.240 mg
Saturated Fat	2.000 g	Carbohydrate	27.370 g	Vitamin A	217.240 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	1.370 g	Vitamin C	1.370 mg	Ash ¹	*N/A* g

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902730 - TATOR TOTS OREIDA

VEG - VEGETABLES

Source: Local
Manufacturer: OREIDA
Product No.: 0099771

Measurement
LB..... 16.00 O
8 PIECES..... 71.00 G
1/2 CUP SERVI 2.52 O
1 Cup Serving.... 5.04 O

Nutrients: Per 100 GRAMS

Calories	183.099 kcal	Cholesterol	0.000 mg	Protein	2.817 g	Calcium	0.000 mg
Total Fat	8.451 g	Sodium	436.620 mg	Sugars	0.000 g	Iron	0.000 mg
Saturated Fat	1.408 g	Carbohydrate	22.535 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.817 g	Vitamin C	5.070 mg	Ash ¹	*N/A* g

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Nutrients: Per 71 G

Calories	130.000 kcal	Cholesterol	0.000 mg	Protein	2.000 g	Calcium	0.000 mg
Total Fat	6.000 g	Sodium	310.000 mg	Sugars	0.000 g	Iron	0.000 mg
Saturated Fat	1.000 g	Carbohydrate	16.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.000 g	Vitamin C	3.600 mg	Ash ¹	*N/A* g

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903535 - TOMATO PASTE LOW-SODIUM CANNED

MISC - MISCELLANEOUS

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
.5 CUP..... 131.00 G
TBSP..... 16.00 G
CUP..... 262.00 G

Nutrients: Per 100 GRAMS

Calories	81.680 kcal	Cholesterol	0.000 mg	Protein	4.320 g	Calcium	35.880 mg
Total Fat	0.470 g	Sodium	97.710 mg	Sugars	1.000 g	Iron	2.980 mg
Saturated Fat	0.100 g	Carbohydrate	18.910 g	Vitamin A	1525.190 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	4.120 g	Vitamin C	21.910 mg	Ash ¹	*N/A* g

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902685 - TOMATO PASTE NO SALT ADDED USDA

COMMO - COMMODITY

Source: Local
Manufacturer: usda
Product No.: 100327

Measurement
LB..... 16.00 O
1 # 10 CAN..... 111.00 O
1 Tbsp..... 16.00 G
1/3 Cup..... 131.00 G

Nutrients: Per 100 GRAMS

Calories	81.679 kcal	Cholesterol	0.000 mg	Protein	4.321 g	Calcium	35.878 mg
Total Fat	0.473 g	Sodium	58.779 mg	Sugars	*N/A* g	Iron	2.977 mg
Saturated Fat	0.099 g	Carbohydrate	18.908 g	Vitamin A	1525.191 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	4.122 g	Vitamin C	21.908 mg	Ash ¹	*N/A* g

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Nutrients: Per 131 G

Calories	107.000 kcal	Cholesterol	0.000 mg	Protein	5.660 g	Calcium	47.000 mg
Total Fat	0.620 g	Sodium	77.000 mg	Sugars	*N/A* g	Iron	3.900 mg
Saturated Fat	0.130 g	Carbohydrate	24.770 g	Vitamin A	1998.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	5.400 g	Vitamin C	28.700 mg	Ash ¹	*N/A* g

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050544 - TOMATO PASTE, LOW-SODIUM, CANNED

MISC - MISCELLANEOUS

Source: USDA
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
.5 CUP..... 131.00 G
TBSP..... 16.00 G
CUP..... 262.00 G

Nutrients: Per 100 GRAMS

Calories	81.680 kcal	Cholesterol	0.000 mg	Protein	4.320 g	Calcium	35.880 mg
Total Fat	0.470 g	Sodium	97.710 mg	Sugars	*N/A* g	Iron	2.980 mg
Saturated Fat	0.100 g	Carbohydrate	18.910 g	Vitamin A	1525.190 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	4.120 g	Vitamin C	21.910 mg	Ash ¹	*N/A* g

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903536 - TOMATO SAUCE LOW-SODIUM CANNED

MISC - MISCELLANEOUS

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
.5 CUP..... 122.00 G
.25 CUP..... 61.00 G
CUP..... 244.00 G
10 can..... 106.00 O

Nutrients: Per 100 GRAMS

Calories	32.790 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	0.000 mg
Total Fat	0.000 g	Sodium	114.750 mg	Sugars	1.500 g	Iron	1.180 mg
Saturated Fat	0.000 g	Carbohydrate	8.200 g	Vitamin A	819.670 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	1.640 g	Vitamin C	3.930 mg	Ash ¹	*N/A* g

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050541 - TOMATO SAUCE, LOW-SODIUM, CANNED

MISC - MISCELLANEOUS

Source: USDA
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
.5 CUP..... 122.00 G
.25 CUP..... 61.00 G
CUP..... 244.00 G
10 can..... 106.00 O

Nutrients: Per 100 GRAMS

Calories	32.790 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	0.000 mg
Total Fat	0.000 g	Sodium	114.750 mg	Sugars	*N/A* g	Iron	1.180 mg
Saturated Fat	0.000 g	Carbohydrate	8.200 g	Vitamin A	819.670 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	1.640 g	Vitamin C	3.930 mg	Ash ¹	*N/A* g

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902895 - TOMATO SAUCE,CANNED

VEG - VEGETABLES

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
CUP..... 245.00 G
#10 CAN..... 103.00 O

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Nutrients: Per 100 GRAMS

Calories	24.000 kcal	Cholesterol	0.000 mg	Protein	1.320 g	Calcium	13.000 mg
Total Fat	0.180 g	Sodium	524.000 mg	Sugars	*N/A* g	Iron	1.020 mg
Saturated Fat	0.030 g	Carbohydrate	5.380 g	Vitamin A	433.000 IU	Water ¹	91.120 g
Trans. Fat ²	0.000 g	Dietary Fiber	1.500 g	Vitamin C	7.000 mg	Ash ¹	2.000 g

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902848 - TOMATOES FRESH RED RIPE

VEG - VEGETABLES

Source: Local
Manufacturer:
Product No.:

Measurement

LB.....	16.00	O	medium whole (2	123.00	G
CUP, cherry tom	149.00	G	slice, med (1/4" t	20.00	G
CUP, chopped o	180.00	G	plum tomato.....	62.00	G
italian tomato.....	62.00	G	small whole (2-2/	91.00	G
cherry.....	17.00	G	slice, large(1/2" t	27.00	G
large whole (3" d	182.00	G	wedge (1/4).....	31.00	G

Nutrients: Per 100 GRAMS

Calories	18.000	kcal	Cholesterol	0.000	mg	Protein	0.880	g	Calcium	10.000	mg
Total Fat	0.200	g	Sodium	0.000	mg	Sugars	*N/A*	g	Iron	0.270	mg
Saturated Fat	0.030	g	Carbohydrate	3.890	g	Vitamin A	833.000	IU	Water ¹	94.520	g
Trans. Fat ²	0.000	g	Dietary Fiber	1.200	g	Vitamin C	13.700	mg	Ash ¹	0.500	g

(*N/A* - denotes missing nutrient values)

(¹ - denotes optional nutrient values.)

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902871 - TOMATOES RED CANNED WHOLE,REG PK

VEG - VEGETABLES

Source: Local
Manufacturer:
Product No.:

Measurement

LB.....	16.00	O	small.....	82.00	G
CUP.....	240.00	G	#10 CAN.....	66.00	O
TBSP.....	15.00	G			
can.....	190.00	G			
large.....	164.00	G			
medium.....	111.00	G			

Nutrients: Per 100 GRAMS

Calories	17.000	kcal	Cholesterol	0.000	mg	Protein	0.780	g	Calcium	31.000	mg
Total Fat	0.130	g	Sodium	143.000	mg	Sugars	*N/A*	g	Iron	0.970	mg
Saturated Fat	0.020	g	Carbohydrate	4.000	g	Vitamin A	117.000	IU	Water ¹	94.280	g
Trans. Fat ²	0.000	g	Dietary Fiber	1.000	g	Vitamin C	9.300	mg	Ash ¹	0.810	g

(*N/A* - denotes missing nutrient values)

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902671 - TOMATOES, CANNED, DICED

MISC - MISCELLANEOUS

Source: Local
Manufacturer:
Product No.:

Measurement

LB.....	16.00	O			
CUP.....	242.00	G			
#10 CAN.....	102.00	O			

Nutrients: Per 100 GRAMS

Calories	20.660	kcal	Cholesterol	0.000	mg	Protein	0.830	g	Calcium	33.060	mg
Total Fat	0.000	g	Sodium	181.820	mg	Sugars	*N/A*	g	Iron	0.600	mg
Saturated Fat	0.000	g	Carbohydrate	4.130	g	Vitamin A	619.830	IU	Water ¹	*N/A*	g
Trans. Fat ²	0.000	g	Dietary Fiber	0.830	g	Vitamin C	9.920	mg	Ash ¹	*N/A*	g

(*N/A* - denotes missing nutrient values)

(¹ - denotes optional nutrient values.)

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900151 - TOMATOES, DICED, CND, PKD IN JUICE, BOU. HARV

VEG - VEGETABLES

Source: Local
Manufacturer:
Product No.:

Measurement

LB.....	16.00	O			
1/2 CUP.....	121.00	G			
#10 CAN.....	103.70	O			

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Nutrients: Per 100 GRAMS

Calories	20.661 kcal	Cholesterol	0.000 mg	Protein	0.826 g	Calcium	16.529 mg
Total Fat	0.000 g	Sodium	181.818 mg	Sugars	*N/A* g	Iron	0.595 mg
Saturated Fat	0.000 g	Carbohydrate	3.306 g	Vitamin A	413.223 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.826 g	Vitamin C	9.917 mg	Ash ¹	*N/A* g

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Nutrients: Per 121 G

Calories	25.000 kcal	Cholesterol	0.000 mg	Protein	1.000 g	Calcium	20.000 mg
Total Fat	0.000 g	Sodium	220.000 mg	Sugars	*N/A* g	Iron	0.720 mg
Saturated Fat	0.000 g	Carbohydrate	4.000 g	Vitamin A	500.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	1.000 g	Vitamin C	12.000 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)

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050542 - TOMATOES, DICED, LOW-SODIUM, CANNED

MISC - MISCELLANEOUS

Source: USDA
Manufacturer:
Product No.:

Measurement		
LB.....	16.00	O
.5 CUP.....	121.00	G
.25 CUP.....	60.00	G
CUP.....	242.00	G
#10 CAN.....	102.00	O

Nutrients: Per 100 GRAMS

Calories	20.660	kcal	Cholesterol	0.000	mg	Protein	0.830	g	Calcium	33.060	mg
Total Fat	0.000	g	Sodium	115.700	mg	Sugars	*N/A*	g	Iron	0.600	mg
Saturated Fat	0.000	g	Carbohydrate	4.130	g	Vitamin A	619.830	IU	Water ¹	*N/A*	g
Trans. Fat ²	0.000	g	Dietary Fiber	0.830	g	Vitamin C	9.920	mg	Ash ¹	*N/A*	g

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902758 - TOMATOES,FRESH,RED RIPE

VEG - VEGETABLES

Source: Local
Manufacturer:
Product No.:

Measurement			
LB.....	16.00	O	medium whole (2 123.00 G
CUP, cherry tom	149.00	G	slice, med (1/4" t 20.00 G
CUP, chopped o	180.00	G	plum tomato..... 62.00 G
italian tomato.....	62.00	G	small whole (2-2/ 91.00 G
cherry.....	17.00	G	slice, large(1/2" t 27.00 G
large whole (3" d	182.00	G	wedge (1/4)..... 31.00 G

Nutrients: Per 100 GRAMS

Calories	18.000	kcal	Cholesterol	0.000	mg	Protein	0.880	g	Calcium	10.000	mg
Total Fat	0.200	g	Sodium	5.000	mg	Sugars	*N/A*	g	Iron	0.270	mg
Saturated Fat	0.030	g	Carbohydrate	3.890	g	Vitamin A	833.000	IU	Water ¹	94.520	g
Trans. Fat ²	0.000	g	Dietary Fiber	1.200	g	Vitamin C	13.700	mg	Ash ¹	0.500	g

(*N/A* - denotes missing nutrient values)
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011529 - TOMATOES,FRESH,RED RIPE

VEG - VEGETABLES

Source: USDA
Manufacturer:
Product No.:

Measurement			
cup cherry tomat	149.00	G	slice, medium (1/ 20.00 G
cup, chopped or	180.00	G	plum tomato..... 62.00 G
Italian tomato.....	62.00	G	small whole (2-2/ 91.00 G
cherry.....	17.00	G	slice, thick/large 27.00 G
large whole (3" d	182.00	G	wedge (1/4 of m 31.00 G
medium whole (2	123.00	G	slice, thin/small... 15.00 G

Nutrients: Per 100 GRAMS

Calories	18.000	kcal	Cholesterol	0.000	mg	Protein	0.880	g	Calcium	10.000	mg
Total Fat	0.200	g	Sodium	5.000	mg	Sugars	2.630	g	Iron	0.270	mg
Saturated Fat	0.028	g	Carbohydrate	3.890	g	Vitamin A	833.000	IU	Water ¹	94.520	g
Trans. Fat ²	0.000	g	Dietary Fiber	1.200	g	Vitamin C	13.700	mg	Ash ¹	0.500	g

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902971 - TORTILLA 10" WHITE_WHEAT LA CANASTA

GRAIN - FLOUR/GRAINS/MACARONI/RICES

Source: Local
Manufacturer:
Product No.: 3425811

Measurement		
LB.....	16.00	O
TORTILLA (S)....	57.00	G

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Nutrients: Per 100 GRAMS

Calories	258.065 kcal	Cholesterol	0.000 mg	Protein	6.452 g	Calcium	96.774 mg
Total Fat	8.065 g	Sodium	419.355 mg	Sugars	0.000 g	Iron	3.226 mg
Saturated Fat	0.000 g	Carbohydrate	43.548 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	4.839 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)

(¹ - denotes optional nutrient values.)

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Nutrients: Per 62 G

Calories	160.000 kcal	Cholesterol	0.000 mg	Protein	4.000 g	Calcium	60.000 mg
Total Fat	5.000 g	Sodium	260.000 mg	Sugars	0.000 g	Iron	2.000 mg
Saturated Fat	0.000 g	Carbohydrate	27.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)

(¹ - denotes optional nutrient values.)

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902885 - TORTILLA 6" WHITE CORN

GRAIN - FLOUR/GRAINS/MACARONI/RICES

Measurement
LB..... 16.00 O
TORTILLA..... 28.00 G

Source: Local
Manufacturer:
Product No.:

Nutrients: Per 100 GRAMS

Calories	214.286 kcal	Cholesterol	0.000 mg	Protein	3.571 g	Calcium	*N/A* mg
Total Fat	3.571 g	Sodium	0.000 mg	Sugars	*N/A* g	Iron	2.571 mg
Saturated Fat	0.000 g	Carbohydrate	42.857 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.571 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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Nutrients: Per 28 G

Calories	60.000 kcal	Cholesterol	0.000 mg	Protein	1.000 g	Calcium	*N/A* mg
Total Fat	1.000 g	Sodium	0.000 mg	Sugars	*N/A* g	Iron	0.720 mg
Saturated Fat	0.000 g	Carbohydrate	12.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	1.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
(¹ - denotes optional nutrient values.)
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903539 - TORTILLA 6" WHITE_WHEAT LA CANASTA

GRAIN - FLOUR/GRAINS/MACARONI/RICES

Measurement
LB..... 16.00 O
TORTILLA (S).... 28.00 G

Source: Local
Manufacturer:
Product No.: 3425811

Nutrients: Per 100 GRAMS

Calories	263.158 kcal	Cholesterol	0.000 mg	Protein	7.018 g	Calcium	105.263 mg
Total Fat	7.895 g	Sodium	421.053 mg	Sugars	1.754 g	Iron	1.263 mg
Saturated Fat	0.000 g	Carbohydrate	42.105 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.509 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
(¹ - denotes optional nutrient values.)
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Nutrients: Per 57 G

Calories	150.000 kcal	Cholesterol	0.000 mg	Protein	4.000 g	Calcium	60.000 mg
Total Fat	4.500 g	Sodium	240.000 mg	Sugars	1.000 g	Iron	0.720 mg
Saturated Fat	0.000 g	Carbohydrate	24.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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902980 - TORTILLA 8" LA CANASTA WHITE WHEAT

GRAIN - FLOUR/GRAINS/MACARONI/RICES

Measurement
LB..... 16.00 O
TORTILLA..... 46.00 G

Source: Local
Manufacturer:
Product No.:

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Nutrients: Per 100 GRAMS

Calories	260.870 kcal	Cholesterol	0.000 mg	Protein	6.522 g	Calcium	217.391 mg
Total Fat	7.609 g	Sodium	380.435 mg	Sugars	2.174 g	Iron	3.913 mg
Saturated Fat	0.000 g	Carbohydrate	41.304 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	4.348 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)

(¹ - denotes optional nutrient values.)

(² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.)

Nutrients: Per 46 G

Calories	120.000 kcal	Cholesterol	0.000 mg	Protein	3.000 g	Calcium	100.000 mg
Total Fat	3.500 g	Sodium	175.000 mg	Sugars	1.000 g	Iron	1.800 mg
Saturated Fat	0.000 g	Carbohydrate	19.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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902743 - TORTILLA CHIPS YELLOW OR WHITE

SNACK - SNACKS/MISC

Source: Local
Manufacturer: SAN PABLO
Product No.: 2106001*2105991

Measurement
LB..... 16.00 O
OZ..... 28.00 G
SERVING (2 OZ) 56.00 G

Nutrients: Per 100 GRAMS

Calories	451.613 kcal	Cholesterol	0.000 mg	Protein	6.452 g	Calcium	64.516 mg
Total Fat	22.581 g	Sodium	193.548 mg	Sugars	0.000 g	Iron	0.000 mg
Saturated Fat	3.226 g	Carbohydrate	58.065 g	Vitamin A	0.000 IU	Water ¹	0.000 g
Trans. Fat ²	0.000 g	Dietary Fiber	6.452 g	Vitamin C	0.000 mg	Ash ¹	0.000 g

(*N/A* - denotes missing nutrient values)
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Nutrients: Per 31 G

Calories	140.000 kcal	Cholesterol	0.000 mg	Protein	2.000 g	Calcium	20.000 mg
Total Fat	7.000 g	Sodium	60.000 mg	Sugars	0.000 g	Iron	0.000 mg
Saturated Fat	1.000 g	Carbohydrate	18.000 g	Vitamin A	0.000 IU	Water ¹	0.000 g
Trans. Fat ²	0.000 g	Dietary Fiber	2.000 g	Vitamin C	0.000 mg	Ash ¹	0.000 g

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903500 - TORTILLA CHIPS BARREL O'FUN

GRAIN - FLOUR/GRAINS/MACARONI/RICES

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
BAG..... 43.00 G

Nutrients: Per 100 GRAMS

Calories	465.116 kcal	Cholesterol	0.000 mg	Protein	6.977 g	Calcium	139.535 mg
Total Fat	20.930 g	Sodium	697.674 mg	Sugars	2.326 g	Iron	1.674 mg
Saturated Fat	3.488 g	Carbohydrate	65.116 g	Vitamin A	232.558 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	6.977 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
(¹ - denotes optional nutrient values.)
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Nutrients: Per 43 G

Calories	200.000 kcal	Cholesterol	0.000 mg	Protein	3.000 g	Calcium	60.000 mg
Total Fat	9.000 g	Sodium	300.000 mg	Sugars	1.000 g	Iron	0.720 mg
Saturated Fat	1.500 g	Carbohydrate	28.000 g	Vitamin A	100.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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900078 - TORTILLA, CORN YELLOW, 6", SAN PABLO

GRAIN - FLOUR/GRAINS/MACARONI/RICES

Source: Local
Manufacturer: SAN PABLO
Product No.: 2105971

Measurement
LB..... 16.00 O
TORTILLA..... 57.00 G
BAG..... 3420.00 G
CASE..... 41040.0 G

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Nutrients: Per 100 GRAMS

Calories	210.526 kcal	Cholesterol	0.000 mg	Protein	5.263 g	Calcium	0.000 mg
Total Fat	2.632 g	Sodium	8.772 mg	Sugars	*N/A* g	Iron	6.316 mg
Saturated Fat	0.000 g	Carbohydrate	50.877 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.509 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)

(¹ - denotes optional nutrient values.)

(² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.)

Nutrients: Per 57 G

Calories	120.000 kcal	Cholesterol	0.000 mg	Protein	3.000 g	Calcium	0.000 mg
Total Fat	1.500 g	Sodium	5.000 mg	Sugars	*N/A* g	Iron	3.600 mg
Saturated Fat	0.000 g	Carbohydrate	29.000 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)

(¹ - denotes optional nutrient values.)

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902857 - TOSTADA SHELL PANCHO VILLA 5.5"

GRAIN - FLOUR/GRAINS/MACARONI/RICES	Measurement		
Source: Local	LB.....	16.00	O
Manufacturer: PANCHO VILLA	2 SHELL.....	22.00	G
Product No.: 155961	SHELL.....	11.00	G
	3 SHELL.....	33.00	G

Nutrients: Per 100 GRAMS

Calories	484.848	kcal	Cholesterol	0.000	mg	Protein	6.061	g	Calcium	*N/A*	mg
Total Fat	21.212	g	Sodium	0.000	mg	Sugars	*N/A*	g	Iron	*N/A*	mg
Saturated Fat	6.061	g	Carbohydrate	60.606	g	Vitamin A	*N/A*	IU	Water ¹	*N/A*	g
Trans. Fat ²	0.000	g	Dietary Fiber	6.061	g	Vitamin C	*N/A*	mg	Ash ¹	*N/A*	g

(*N/A* - denotes missing nutrient values)
 (1 - denotes optional nutrient values.)
 (2 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.)

Nutrients: Per 33 G

Calories	160.000	kcal	Cholesterol	0.000	mg	Protein	2.000	g	Calcium	*N/A*	mg
Total Fat	7.000	g	Sodium	0.000	mg	Sugars	*N/A*	g	Iron	*N/A*	mg
Saturated Fat	2.000	g	Carbohydrate	20.000	g	Vitamin A	*N/A*	IU	Water ¹	*N/A*	g
Trans. Fat ²	0.000	g	Dietary Fiber	2.000	g	Vitamin C	*N/A*	mg	Ash ¹	*N/A*	g

(*N/A* - denotes missing nutrient values)
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902752 - TOSTITOS SCOOPS BAKED (16 OZ BAG)

GRAIN - FLOUR/GRAINS/MACARONI/RICES	Measurement		
Source: Local	LB.....	16.00	O
Manufacturer: SHAMROCK	14 CHIPS.....	1.00	O
Product No.: 2802831	28 CHIPS.....	2.00	O
	BAGS.....	16.00	O

Nutrients: Per 100 GRAMS

Calories	423.288	kcal	Cholesterol	0.000	mg	Protein	7.055	g	Calcium	70.548	mg
Total Fat	10.582	g	Sodium	493.836	mg	Sugars	*N/A*	g	Iron	1.270	mg
Saturated Fat	1.764	g	Carbohydrate	77.603	g	Vitamin A	*N/A*	IU	Water ¹	*N/A*	g
Trans. Fat ²	0.000	g	Dietary Fiber	7.055	g	Vitamin C	*N/A*	mg	Ash ¹	*N/A*	g

(*N/A* - denotes missing nutrient values)
 (1 - denotes optional nutrient values.)
 (2 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.)

Nutrients: Per 1 OZ

Calories	120.000	kcal	Cholesterol	0.000	mg	Protein	2.000	g	Calcium	20.000	mg
Total Fat	3.000	g	Sodium	140.000	mg	Sugars	*N/A*	g	Iron	0.360	mg
Saturated Fat	0.500	g	Carbohydrate	22.000	g	Vitamin A	*N/A*	IU	Water ¹	*N/A*	g
Trans. Fat ²	0.000	g	Dietary Fiber	2.000	g	Vitamin C	*N/A*	mg	Ash ¹	*N/A*	g

(*N/A* - denotes missing nutrient values)
 (1 - denotes optional nutrient values.)
 (2 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.)

902993 - TURKEY BREAKFAST BAGEL

PIZZA - PIZZA ITEMS	Measurement		
Source: Local	LB.....	16.00	O
Manufacturer:	BAGEL(S).....	75.00	G
Product No.: 3175291			

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Nutrients: Per 100 GRAMS

Calories	213.333 kcal	Cholesterol	13.333 mg	Protein	13.333 g	Calcium	200.000 mg
Total Fat	5.333 g	Sodium	573.333 mg	Sugars	5.333 g	Iron	1.440 mg
Saturated Fat	2.000 g	Carbohydrate	29.333 g	Vitamin A	133.333 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.667 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)

(¹ - denotes optional nutrient values.)

(² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.)

Nutrients: Per 75 G

Calories	160.000 kcal	Cholesterol	10.000 mg	Protein	10.000 g	Calcium	150.000 mg
Total Fat	4.000 g	Sodium	430.000 mg	Sugars	4.000 g	Iron	1.080 mg
Saturated Fat	1.500 g	Carbohydrate	22.000 g	Vitamin A	100.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)

(¹ - denotes optional nutrient values.)

(² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.)

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902622 - TURKEY BREAST COOKED DELI COMMODITY

LMEAT - LUNCH MEATS

Source: Local
Manufacturer: USDA
Product No.: 100121

Measurement
LB..... 16.00 O
SERVING..... 1.60 O

Nutrients: Per 100 GRAMS

Calories	123.459 kcal	Cholesterol	52.911 mg	Protein	15.432 g	Calcium	17.637 mg
Total Fat	4.409 g	Sodium	546.747 mg	Sugars	*N/A* g	Iron	0.353 mg
Saturated Fat	0.000 g	Carbohydrate	0.000 g	Vitamin A	33.069 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	5.732 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
(¹ - denotes optional nutrient values.)
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Nutrients: Per 1.6 OZ

Calories	56.000 kcal	Cholesterol	24.000 mg	Protein	7.000 g	Calcium	8.000 mg
Total Fat	2.000 g	Sodium	248.000 mg	Sugars	*N/A* g	Iron	0.160 mg
Saturated Fat	0.000 g	Carbohydrate	0.000 g	Vitamin A	15.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	2.600 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
(¹ - denotes optional nutrient values.)
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900195 - TURKEY GRAVY, MIX

SOUP - SOUP & GRAVY

Source: Local
Manufacturer: PIONEER
Product No.: 4332681

Measurement
LB..... 16.00 O
SERVING..... 6.60 G
PACKAGE..... 165.00 G
1/4 CUP (1TBS) 5.00 G

Nutrients: Per 100 GRAMS

Calories	200.000 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	0.000 mg
Total Fat	0.000 g	Sodium	7200.000 mg	Sugars	0.000 g	Iron	0.000 mg
Saturated Fat	0.000 g	Carbohydrate	60.000 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
(¹ - denotes optional nutrient values.)
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Nutrients: Per 5 G

Calories	10.000 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	0.000 mg
Total Fat	0.000 g	Sodium	360.000 mg	Sugars	0.000 g	Iron	0.000 mg
Saturated Fat	0.000 g	Carbohydrate	3.000 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
(¹ - denotes optional nutrient values.)
(² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.)

900146 - TURKEY HOT DOG

PLTRY - CHICKEN & TURKEY

Source: Local
Manufacturer: PERDUE FARMS INC.
Product No.: 1957801

Measurement
LB..... 16.00 O
HOT DOG..... 56.00 G
CASE/80 DOGS 10.00 LB

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Nutrients: Per 100 GRAMS

Calories	196.429 kcal	Cholesterol	89.286 mg	Protein	12.500 g	Calcium	142.857 mg
Total Fat	14.286 g	Sodium	1107.143 mg	Sugars	*N/A* g	Iron	1.929 mg
Saturated Fat	4.464 g	Carbohydrate	1.786 g	Vitamin A	0.000 IU	Water ¹	0.000 g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	0.000 g

(*N/A* - denotes missing nutrient values)

(¹ - denotes optional nutrient values.)

(² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.)

Nutrients: Per 56 G

Calories	110.000 kcal	Cholesterol	50.000 mg	Protein	7.000 g	Calcium	80.000 mg
Total Fat	8.000 g	Sodium	620.000 mg	Sugars	*N/A* g	Iron	1.080 mg
Saturated Fat	2.500 g	Carbohydrate	1.000 g	Vitamin A	0.000 IU	Water ¹	0.000 g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	0.000 g

(*N/A* - denotes missing nutrient values)

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Humboldt Unified School District

900223 - TURKEY ROAST, BONELS, LT & DK MT RSTD, 8-12 #

PLTRY - CHICKEN & TURKEY

Source: Local
Manufacturer: COMM_SHAMROCK
Product No.: 2609051

Measurement			
CUP, chop/dice..	4.76	O	3.29 OZ SERVI 3.29 O
LB.....	16.00	O	
box (1.72 lb).....	27.58	O	
1/4 box(.43 oz)...	27.65	O	
2 oz serving.....	2.00	O	
slice.....	0.99	O	

Nutrients: Per 100 GRAMS

Calories	141.096 kcal	Cholesterol	70.548 mg	Protein	26.455 g	Calcium	0.000 mg
Total Fat	5.291 g	Sodium	987.672 mg	Sugars	*N/A* g	Iron	1.270 mg
Saturated Fat	1.764 g	Carbohydrate	1.764 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	2.116 mg	Ash ¹	*N/A* g

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Nutrients: Per 2 OZ

Calories	80.000 kcal	Cholesterol	40.000 mg	Protein	15.000 g	Calcium	0.000 mg
Total Fat	3.000 g	Sodium	560.000 mg	Sugars	*N/A* g	Iron	0.720 mg
Saturated Fat	1.000 g	Carbohydrate	1.000 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	1.200 mg	Ash ¹	*N/A* g

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902688 - TURKEY SKINLESS OVEN ROASTED JENNIE-O

PLTRY - CHICKEN & TURKEY

Source: Local
Manufacturer: jennie-o
Product No.: 2609051

Measurement	
LB.....	16.00 O
1 SERVING.....	3.29 O

Nutrients: Per 100 GRAMS

Calories	94.064 kcal	Cholesterol	47.032 mg	Protein	17.637 g	Calcium	5.409 mg
Total Fat	3.527 g	Sodium	658.448 mg	Sugars	1.176 g	Iron	0.470 mg
Saturated Fat	1.176 g	Carbohydrate	1.176 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.705 mg	Ash ¹	*N/A* g

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Nutrients: Per 3 OZ

Calories	80.000 kcal	Cholesterol	40.000 mg	Protein	15.000 g	Calcium	4.600 mg
Total Fat	3.000 g	Sodium	560.000 mg	Sugars	1.000 g	Iron	0.400 mg
Saturated Fat	1.000 g	Carbohydrate	1.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.600 mg	Ash ¹	*N/A* g

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900214 - TURKEY TACO MEAT, FILLING, CKD, FROZEN

COMMO - COMMODITY

Source: Local
Manufacturer: USDA
Product No.: 100119

Measurement			
LB.....	16.00	O	Two Meat Equ 3. 3.30 O
CASE.....	45.40	LB	
SERVING/ 1 OZ	1.95	O	
SERVING.....	1.95	O	
30# CASE.....	480.00	O	

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One Meat Equ 1. 1.65 O

Nutrients: Per 100 GRAMS

Calories	132.743 kcal	Cholesterol	44.248 mg	Protein	15.044 g	Calcium	53.097 mg
Total Fat	7.080 g	Sodium	300.885 mg	Sugars	*N/A* g	Iron	1.593 mg
Saturated Fat	2.212 g	Carbohydrate	3.540 g	Vitamin A	884.956 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.885 g	Vitamin C	0.354 mg	Ash ¹	*N/A* g

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Nutrients: Per 113 G

Calories	150.000 kcal	Cholesterol	50.000 mg	Protein	17.000 g	Calcium	60.000 mg
Total Fat	8.000 g	Sodium	340.000 mg	Sugars	*N/A* g	Iron	1.800 mg
Saturated Fat	2.500 g	Carbohydrate	4.000 g	Vitamin A	1000.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	1.000 g	Vitamin C	0.400 mg	Ash ¹	*N/A* g

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900329 - ULTIMATE BREAKFAST ROUND

BRKRC - BREAKFAST RECIPES

Source: Local
Manufacturer: RICH PRODUCTS CORP
Product No.: 3041351

Measurement
LB..... 16.00 O
BREAKFAST R 2.20 O
ROUND..... 62.30 G

Nutrients: Per 100 GRAMS

Calories	433.387 kcal	Cholesterol	8.026 mg	Protein	8.026 g	Calcium	64.205 mg
Total Fat	12.841 g	Sodium	337.079 mg	Sugars	28.892 g	Iron	2.889 mg
Saturated Fat	4.815 g	Carbohydrate	69.021 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	9.631 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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Nutrients: Per 62.3 G

Calories	270.000 kcal	Cholesterol	5.000 mg	Protein	5.000 g	Calcium	40.000 mg
Total Fat	8.000 g	Sodium	210.000 mg	Sugars	18.000 g	Iron	1.800 mg
Saturated Fat	3.000 g	Carbohydrate	43.000 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	6.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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002050 - VANILLA EXTRACT

SPICE - SPICES

Source: USDA
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
TSP..... 4.20 G
TBSP..... 13.00 G
CUP..... 208.00 G

Nutrients: Per 100 GRAMS

Calories	288.000 kcal	Cholesterol	0.000 mg	Protein	0.060 g	Calcium	11.000 mg
Total Fat	0.060 g	Sodium	9.000 mg	Sugars	12.650 g	Iron	0.120 mg
Saturated Fat	0.010 g	Carbohydrate	12.650 g	Vitamin A	0.000 IU	Water ¹	52.580 g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	0.260 g

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002048 - VINEGAR,CIDER

SPICE - SPICES

Source: USDA
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
TBSP..... 14.90 G
CUP..... 239.00 G
TSP..... 5.00 G

Nutrients: Per 100 GRAMS

Calories	21.000 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	7.000 mg
Total Fat	0.000 g	Sodium	5.000 mg	Sugars	0.400 g	Iron	0.200 mg
Saturated Fat	0.000 g	Carbohydrate	0.930 g	Vitamin A	0.000 IU	Water ¹	93.810 g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	0.170 g

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002053 - VINEGAR, DISTILLED

COND - CONDIMENTS

Source: USDA
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
TSP..... 5.00 G
TBSP..... 14.90 G
CUP..... 238.00 G

Nutrients: Per 100 GRAMS

Calories	18.000 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	6.000 mg
Total Fat	0.000 g	Sodium	2.000 mg	Sugars	0.040 g	Iron	0.030 mg
Saturated Fat	0.000 g	Carbohydrate	0.040 g	Vitamin A	0.000 IU	Water ¹	94.780 g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	0.020 g

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903532 - WAFFLE BAKE CRAFTERS

BRKFT - BREAKFAST

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
WAFFLE..... 1.30 O
WAFFLES (2).... 2.60 O

Nutrients: Per 100 GRAMS

Calories	189.937 kcal	Cholesterol	10.854 mg	Protein	5.427 g	Calcium	0.000 mg
Total Fat	6.783 g	Sodium	257.771 mg	Sugars	2.713 g	Iron	0.977 mg
Saturated Fat	0.000 g	Carbohydrate	29.847 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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Nutrients: Per 1.3 OZ

Calories	70.000 kcal	Cholesterol	4.000 mg	Protein	2.000 g	Calcium	0.000 mg
Total Fat	2.500 g	Sodium	95.000 mg	Sugars	1.000 g	Iron	0.360 mg
Saturated Fat	0.000 g	Carbohydrate	11.000 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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903514 - WAFFLE BLUEBERRY PILLSBURY

BRKFT - BREAKFAST

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
PACKAGE..... 2.47 O

Nutrients: Per 100 GRAMS

Calories	299.900 kcal	Cholesterol	0.000 mg	Protein	5.712 g	Calcium	28.562 mg
Total Fat	8.569 g	Sodium	242.776 mg	Sugars	17.137 g	Iron	1.028 mg
Saturated Fat	1.428 g	Carbohydrate	52.840 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	4.284 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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Nutrients: Per 2.47 OZ

Calories	210.000 kcal	Cholesterol	0.000 mg	Protein	4.000 g	Calcium	20.000 mg
Total Fat	6.000 g	Sodium	170.000 mg	Sugars	12.000 g	Iron	0.720 mg
Saturated Fat	1.000 g	Carbohydrate	37.000 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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903515 - WAFFLE MAPLE PILLSBURY

BRKFT - BREAKFAST

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
PACKAGE..... 2.47 O

Nutrients: Per 100 GRAMS

Calories	299.900 kcal	Cholesterol	0.000 mg	Protein	5.712 g	Calcium	28.562 mg
Total Fat	8.569 g	Sodium	242.776 mg	Sugars	18.565 g	Iron	1.028 mg
Saturated Fat	1.428 g	Carbohydrate	54.268 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	4.284 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
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Nutrients: Per 2.47 OZ

Calories	210.000 kcal	Cholesterol	0.000 mg	Protein	4.000 g	Calcium	20.000 mg
Total Fat	6.000 g	Sodium	170.000 mg	Sugars	13.000 g	Iron	0.720 mg
Saturated Fat	1.000 g	Carbohydrate	38.000 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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900120 - WAFFLES, AUNT JEMIMA, WG

BRKFT - BREAKFAST

Source: Local
Manufacturer: AUNT JEMIMA
Product No.: 1943541

Measurement
LB..... 16.00 O
SERVING (2 W 79.00 G
CASE..... 7.83 LB

Nutrients: Per 100 GRAMS

Calories	270.270 kcal	Cholesterol	5.405 mg	Protein	6.757 g	Calcium	472.973 mg
Total Fat	8.108 g	Sodium	648.649 mg	Sugars	*N/A* g	Iron	12.162 mg
Saturated Fat	1.351 g	Carbohydrate	43.243 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	4.054 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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Nutrients: Per 74 G

Calories	200.000 kcal	Cholesterol	4.000 mg	Protein	5.000 g	Calcium	350.000 mg
Total Fat	6.000 g	Sodium	480.000 mg	Sugars	*N/A* g	Iron	9.000 mg
Saturated Fat	1.000 g	Carbohydrate	32.000 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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014429 - WATER

DRINK - FLAVORED DRINKS

Source: USDA
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O CUP..... 8.36 O
FL OZ..... 29.60 G AS NEEDED..... 1.00 G
cup 8 fl oz..... 237.00 G
LITER..... 1000.00 G
3 ice cube..... 64.00 G

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ice cube..... 21.33 G

Nutrients: Per 100 GRAMS

Calories	0.000 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	3.000 mg
Total Fat	0.000 g	Sodium	3.000 mg	Sugars	0.000 g	Iron	0.000 mg
Saturated Fat	0.000 g	Carbohydrate	0.000 g	Vitamin A	0.000 IU	Water ¹	99.900 g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	0.100 g

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902866 - water

DRINK - FLAVORED DRINKS

Source: Local
Manufacturer:
Product No.:

Measurement

LB..... 16.00 O CUP..... 8.36 O
 FL OZ..... 29.60 G AS NEEDED..... 1.00 G
 cup 8 fl oz..... 237.00 G
 LITER..... 1000.00 G
 3 ice cube..... 64.00 G
 ice cube..... 21.33 G

Nutrients: Per 100 GRAMS

Calories	0.000 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	3.000 mg
Total Fat	0.000 g	Sodium	0.000 mg	Sugars	0.000 g	Iron	0.000 mg
Saturated Fat	0.000 g	Carbohydrate	0.000 g	Vitamin A	0.000 IU	Water ¹	99.900 g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	0.100 g

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902823 - WATER

MISC - MISCELLANEOUS

Source: Local
Manufacturer:
Product No.:

Measurement

LB..... 16.00 O CUP..... 8.36 O
 FL OZ..... 29.60 G AS NEEDED..... 1.00 G
 cup 8 fl oz..... 237.00 G
 LITER..... 1000.00 G
 3 ice cube..... 64.00 G
 ice cube..... 21.33 G

Nutrients: Per 100 GRAMS

Calories	0.000 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	3.000 mg
Total Fat	0.000 g	Sodium	3.000 mg	Sugars	0.000 g	Iron	0.000 mg
Saturated Fat	0.000 g	Carbohydrate	0.000 g	Vitamin A	0.000 IU	Water ¹	99.900 g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	0.100 g

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000001 - WATER, BOILING

DRINK - FLAVORED DRINKS

Source: Local
Manufacturer:
Product No.:

Measurement

LB..... 16.00 O
 CUP..... 8.47 O
 AS NEEDED..... 1.00 G

Nutrients: Per 100 GRAMS

Calories	0.000 kcal	Cholesterol	0.000 mg	Protein	0.000 g	Calcium	2.000 mg
Total Fat	0.000 g	Sodium	3.000 mg	Sugars	*N/A* g	Iron	0.010 mg
Saturated Fat	0.000 g	Carbohydrate	0.000 g	Vitamin A	0.000 IU	Water ¹	99.900 g
Trans. Fat ²	*N/A* g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	0.100 g

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903471 - WHIPPED TOPPING, FRZ, LOFAT

DAIRY - DAIRY PRODUCTS

Source: Local
Manufacturer:
Product No.:

Measurement

LB..... 16.00 O
 CUP..... 75.00 G

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Nutrients: Per 100 GRAMS

Calories	224.000 kcal	Cholesterol	2.000 mg	Protein	3.000 g	Calcium	71.000 mg
Total Fat	13.100 g	Sodium	72.000 mg	Sugars	23.600 g	Iron	0.100 mg
Saturated Fat	11.273 g	Carbohydrate	23.600 g	Vitamin A	74.000 IU	Water ¹	59.700 g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.000 mg	Ash ¹	0.600 g

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903520 - YAKISOBA NOODLES

GRAIN - FLOUR/GRAINS/MACARONI/RICES

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
1/2 CUP SERVI 2.46 O

Nutrients: Per 100 GRAMS

Calories	124.749 kcal	Cholesterol	0.000 mg	Protein	5.305 g	Calcium	14.339 mg
Total Fat	0.000 g	Sodium	2.868 mg	Sugars	0.803 g	Iron	1.032 mg
Saturated Fat	0.000 g	Carbohydrate	26.671 g	Vitamin A	0.000 IU	Water ¹	0.000 g
Trans. Fat ²	0.000 g	Dietary Fiber	4.302 g	Vitamin C	0.000 mg	Ash ¹	0.000 g

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Nutrients: Per 2.46 OZ

Calories	87.000 kcal	Cholesterol	0.000 mg	Protein	3.700 g	Calcium	10.000 mg
Total Fat	0.000 g	Sodium	2.000 mg	Sugars	0.560 g	Iron	0.720 mg
Saturated Fat	0.000 g	Carbohydrate	18.600 g	Vitamin A	0.000 IU	Water ¹	0.000 g
Trans. Fat ²	0.000 g	Dietary Fiber	3.000 g	Vitamin C	0.000 mg	Ash ¹	0.000 g

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902914 - YEAST BAKER'S ACTIVE DRY

SPICE - SPICES

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
TSP..... 4.00 G
TBSP..... 12.00 G
CUP..... 6.77 O

Nutrients: Per 100 GRAMS

Calories	325.000 kcal	Cholesterol	0.000 mg	Protein	40.440 g	Calcium	30.000 mg
Total Fat	7.610 g	Sodium	51.000 mg	Sugars	*N/A* g	Iron	2.170 mg
Saturated Fat	1.001 g	Carbohydrate	41.220 g	Vitamin A	0.000 IU	Water ¹	5.080 g
Trans. Fat ²	0.000 g	Dietary Fiber	26.900 g	Vitamin C	0.300 mg	Ash ¹	5.650 g

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018375 - YEAST, BAKER'S, ACTIVE DRY

SPICE - SPICES

Source: USDA
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
TSP..... 4.00 G
TBSP..... 12.00 G
packet..... 7.20 G
CUP..... 6.77 O

Nutrients: Per 100 GRAMS

Calories	325.000 kcal	Cholesterol	0.000 mg	Protein	40.440 g	Calcium	30.000 mg
Total Fat	7.610 g	Sodium	51.000 mg	Sugars	0.000 g	Iron	2.170 mg
Saturated Fat	1.001 g	Carbohydrate	41.220 g	Vitamin A	0.000 IU	Water ¹	5.080 g
Trans. Fat ²	*N/A* g	Dietary Fiber	26.900 g	Vitamin C	0.300 mg	Ash ¹	5.650 g

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Currently in use by recipe -
Detailed Ingredient List

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(*N/A* - denotes missing nutrient values) (¹ - denotes optional nutrient values.) (² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.)

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902809 - YOGURT STWB OR STWB BANANA 4oz CONTAINER

DAIRY - DAIRY PRODUCTS

Source: Local
Manufacturer: UPSTATE FARMS
Product No.: 2406851.2391961

Measurement
LB..... 16.00 O
1 SERVING..... 4.00 O

Nutrients: Per 100 GRAMS

Calories	79.366 kcal	Cholesterol	0.000 mg	Protein	2.646 g	Calcium	264.555 mg
Total Fat	0.000 g	Sodium	66.139 mg	Sugars	*N/A* g	Iron	*N/A* mg
Saturated Fat	0.000 g	Carbohydrate	16.755 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	1.058 mg	Ash ¹	*N/A* g

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Nutrients: Per 4 OZ

Calories	90.000 kcal	Cholesterol	0.000 mg	Protein	3.000 g	Calcium	300.000 mg
Total Fat	0.000 g	Sodium	75.000 mg	Sugars	*N/A* g	Iron	*N/A* mg
Saturated Fat	0.000 g	Carbohydrate	19.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	1.200 mg	Ash ¹	*N/A* g

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900094 - YOGURT, VANILLA, UPSTATE FARMS 5LB

DAIRY - DAIRY PRODUCTS

Source: Local
Manufacturer: UPSTATE FARMS
Product No.: 2951351

Measurement
LB..... 16.00 O
SERVING (4 OZ) 4.00 O
TUB..... 5.00 LB
CASE..... 20.00 LB
CUP..... 8.00 O

Nutrients: Per 100 GRAMS

Calories	79.366 kcal	Cholesterol	2.205 mg	Protein	2.646 g	Calcium	264.555 mg
Total Fat	0.000 g	Sodium	66.139 mg	Sugars	13.228 g	Iron	0.000 mg
Saturated Fat	0.000 g	Carbohydrate	16.755 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	0.529 mg	Ash ¹	*N/A* g

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Nutrients: Per 8 OZ

Calories	180.000 kcal	Cholesterol	5.000 mg	Protein	6.000 g	Calcium	600.000 mg
Total Fat	0.000 g	Sodium	150.000 mg	Sugars	30.000 g	Iron	0.000 mg
Saturated Fat	0.000 g	Carbohydrate	38.000 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	0.000 g	Vitamin C	1.200 mg	Ash ¹	*N/A* g

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902607 - ZITI, DRY PASTA

GRAIN - FLOUR/GRAINS/MACARONI/RICES

Source: Local
Manufacturer: SHAMROCK
Product No.:

Measurement
LB..... 16.00 O
OUNCE..... 28.00 G
2 OUNCE DRY 56.00 G

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Nutrients: Per 100 GRAMS

Calories	375.000 kcal	Cholesterol	0.000 mg	Protein	12.500 g	Calcium	0.000 mg
Total Fat	1.786 g	Sodium	0.000 mg	Sugars	*N/A* g	Iron	3.214 mg
Saturated Fat	0.000 g	Carbohydrate	75.000 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	3.571 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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Nutrients: Per 56 G

Calories	210.000 kcal	Cholesterol	0.000 mg	Protein	7.000 g	Calcium	0.000 mg
Total Fat	1.000 g	Sodium	0.000 mg	Sugars	*N/A* g	Iron	1.800 mg
Saturated Fat	0.000 g	Carbohydrate	42.000 g	Vitamin A	0.000 IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.000 g	Vitamin C	0.000 mg	Ash ¹	*N/A* g

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903549 - ZUCCHINI BREAD

BAKE - BAKERY PRODUCTS

Source: Local
Manufacturer:
Product No.:

Measurement
LB..... 16.00 O
ONE SLICE..... 96.00 G

Nutrients: Per 100 GRAMS

Calories	270.833 kcal	Cholesterol	0.000 mg	Protein	5.208 g	Calcium	104.167 mg
Total Fat	8.333 g	Sodium	250.000 mg	Sugars	23.958 g	Iron	1.125 mg
Saturated Fat	1.563 g	Carbohydrate	45.833 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.083 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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Nutrients: Per 96 G

Calories	260.000 kcal	Cholesterol	0.000 mg	Protein	5.000 g	Calcium	100.000 mg
Total Fat	8.000 g	Sodium	240.000 mg	Sugars	23.000 g	Iron	1.080 mg
Saturated Fat	1.500 g	Carbohydrate	44.000 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g
Trans. Fat ²	0.000 g	Dietary Fiber	2.000 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g

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