

# Tamalpais Union High School District

## Recipe Nutrient Composition - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals <sup>1</sup> (kcal)	Saturated Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
990042 Apple Frudel IW	Serving	65	210.000	1.000 4.286%	250.000	10.000 19.048%	6.000 25.714%	0.000	36.000 68.571%	2.000	4.000 7.619%	*N/A*	*N/A*	*N/A*	1.440
588 Beef Patty Marinara on Rice	servings	346	474.311	7.670 14.554%	441.789	*2.988* *2.520%*	20.356 38.624%	70.874	47.340 39.923%	2.239	21.672 18.277%	611.046	52.674	5.578	3.704
241 Black Bean and Corn Salsa	cup	317	250.029	1.268 4.563%	356.967	*2.207* *3.531%*	8.920 32.108%	0.000	38.071 60.906%	7.530	7.668 12.267%	651.114	57.071	54.080	3.232
498 Bosco CheeseWG Bread Sticks 7"	Serving	188	435.000	6.000 12.414%	615.000	6.000 5.517%	12.000 24.828%	30.000	53.000 48.736%	5.000	25.000 22.989%	400.000	400.000	0.000	2.880
579 Bread Cheesy Oven Baked	Serving	170	405.102	6.797 15.101%	1005.554	*6.564* *6.481%*	15.371 34.149%	21.451	43.246 42.701%	4.040	24.409 24.102%	708.934	501.905	22.441	2.631
568 Bread Fresh Baked Roll	Loaf	170	417.782	2.984 6.429%	775.881	8.952 8.571%	5.968 12.857%	0.000	77.588 74.286%	5.968	14.921 14.286%	0.000	59.683	44.762	4.297
990055 Breaded Mozzarella Sticks	Servings	191	477.500	7.500 14.136%	662.500	5.750 4.817%	20.000 37.696%	37.500	49.250 41.257%	6.000	27.250 22.827%	0.000	545.000	0.000	2.500
142 Breakfast Bagel & Cr Chz	serving	113	306.050	5.009 14.729%	487.288	5.316 6.948%	9.343 27.475%	30.052	44.855 58.624%	3.987	10.304 13.467%	300.525	119.803	0.000	2.392
990043 Breakfast Benefit Bar	Serving	71	290.000	3.000 9.310%	240.000	22.000 30.345%	9.000 27.931%	15.000	48.000 66.207%	3.000	5.000 6.897%	0.000	20.000	0.000	1.800
61 Breakfast Burrito	serving	212	552.499	7.000 11.403%	1082.499	*0.000* *0.000%*	25.750 41.946%	300.000	55.500 40.181%	2.000	19.500 14.118%	442.001	462.000	0.000	4.775
990044 Breakfast Cinnamon Crumble IW	Serving	85	290.000	2.000 6.207%	180.000	22.000 30.345%	9.000 27.931%	35.000	47.000 64.828%	2.000	5.000 6.897%	0.000	23.000	0.000	1.000
563 Breakfast Cinnamon Roll	serving	107	318.104	1.500 4.244%	340.042	14.038 17.652%	5.000 14.146%	5.000	58.079 73.031%	2.000	8.000 10.060%	0.000	20.021	0.000	3.001
140 Breakfast Egg Cheese Muffin	serving	107	222.162	3.531 14.305%	475.948	1.441 2.595%	8.991 36.422%	127.656	24.439 44.002%	1.869	11.138 20.054%	238.711	190.887	0.000	1.406
57 Breakfast Sausage Muffin	serving	141	292.162	5.031 15.499%	715.948	1.441 1.973%	13.491 41.558%	147.656	25.439 34.828%	1.869	17.138 23.464%	238.711	190.887	0.000	1.766
493 Breakfast Yogurt Parfait	serving	212	242.542	1.021 3.789%	107.649	*21.732* *35.840%*	3.712 13.773%	6.667	46.268 76.305%	4.369	7.244 11.947%	41.300	171.006	1.190	1.334
580 Broccoli & Berry Slaw	Cup	108	82.861	0.405 4.394%	282.341	*6.581* *31.769%*	3.513 38.161%	0.000	12.495 60.316%	3.173	1.873 9.042%	687.146	38.009	64.794	0.775
146 Burger, Spicy Black Bean	Serving	138	310.000	1.500 4.355%	650.000	4.000 5.161%	9.000 26.129%	0.000	44.000 56.774%	7.000	19.000 24.516%	0.000	80.000	9.000	2.160

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Recipe No. Recipe Name	Portion Size	Weight (g)	Cals <sup>1</sup> (kcal)	Saturated Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
192 Burrito - Pinto BN, CHZ, Rice	1	296	574.603	4.287 6.715%	849.515	*0.001* *0.001%*	18.461 28.916%	15.000	84.242 58.643%	8.082	17.659 12.293%	221.394	459.659	1.683	6.197
8 Burrito Refried Bean & Cheese	Burrito	161	495.722	7.150 12.981%	891.918	*0.203* *0.164%*	22.064 40.059%	29.999	59.245 47.805%	3.166	15.109 12.192%	684.276	514.179	1.138	4.293
186 Burrito, Beef, PBN, CHZ, Rice	Servings	301	653.931	7.273 10.010%	1486.339	*0.823* *0.503%*	25.602 35.235%	39.868	79.182 48.434%	6.141	25.628 15.676%	774.119	454.823	1.562	7.864
577 Burrito, Chick, PBN, CHZ, Rice	Servings	313	654.307	5.472 7.526%	1364.167	*0.731* *0.447%*	22.921 31.528%	65.745	79.589 48.656%	6.219	32.080 19.612%	811.336	462.446	2.010	7.588
570 Burrito, Pork, PBN, CHZ, Rice	Servings	369	696.480	6.662 8.609%	1282.093	*3.097* *1.779%*	25.199 32.563%	66.599	82.316 47.275%	7.398	33.319 19.136%	1191.466	478.036	9.387	7.385
459 Caesar Salad with chicken or vegetarian	each	327	628.214	12.698 18.192%	1501.361	*7.351* *4.681%*	39.359 56.387%	73.741	37.735 24.027%	5.961	33.967 21.628%	12708.894	622.402	6.539	9.960
301 CARROTS,RAW,BABY	1/2 cup	45	15.876	0.010 0.590%	35.380	2.159 54.397%	0.059 3.345%	0.000	3.738 94.170%	1.315	0.290 7.307%	6255.034	14.515	1.179	0.404
141 Cereal Frosted Flakes	serving	57	220.000	0.000 0.000%	250.000	22.000 40.000%	0.000 0.000%	0.000	51.000 92.727%	1.000	2.000 3.636%	750.000	0.000	9.000	6.300
1072 Cereal Variety WG Gluten Free	Servings	56	216.667	0.333 1.384%	336.667	17.000 31.385%	3.500 14.538%	0.000	45.333 83.692%	3.000	4.000 7.385%	1166.667	166.667	12.000	11.400
990052 Cheetos CN 62933	Serving	25	120.000	1.000 7.500%	200.000	2.000 6.667%	4.500 33.750%	0.000	16.000 53.333%	1.000	1.000 3.333%	0.000	20.000	0.000	0.040
589 Chef Recipe #	Serving	0	0.000	0.000 *N/A*	0.000	0.000 *N/A*	0.000 *N/A*	0.000	0.000 *N/A*	0.000	0.000 *N/A*	0.000	0.000	0.000	0.000
990030 Chef Salad Entree	servings	387	549.065	4.650 7.623%	1856.636	*3.549* *2.585%*	26.846 44.005%	24.597	57.081 41.584%	*9.105*	22.740 16.566%	11134.436	307.613	8.481	2.991
990058 Chicken BBQ Sandwich	1 each	143	263.621	0.500 1.707%	390.519	9.119 13.837%	4.526 15.451%	48.300	36.252 55.006%	2.000	19.021 28.861%	36.261	44.986	12.418	2.079
990060 Chicken Burger Breaded	Serving	168	370.000	2.000 4.865%	850.000	3.000 3.243%	10.000 24.324%	50.000	47.000 50.811%	4.000	23.000 24.865%	200.000	60.000	9.000	2.520
19 Chicken Burger Spicy	Serving	148	363.276	3.039 7.529%	717.331	4.016 4.422%	13.172 32.632%	55.858	41.187 45.351%	3.016	20.234 22.279%	507.799	60.312	9.000	3.268
990051 Chicken Cilantro Rice Burrito Bowl / or no meat	Serving	566	495.850	0.895 1.624%	654.412	*0.001* *0.001%*	9.044 16.415%	42.000	75.793 61.141%	10.677	25.759 20.780%	346.219	96.080	26.765	7.450
574 Chicken Fillet on Rice	servings	311	320.100	0.085 0.238%	78.983	*0.000* *0.000%*	3.126 8.790%	64.187	42.360 52.933%	1.741	30.649 38.299%	0.000	18.480	1.185	2.633

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23 Chicken Fillet Sandwich	servings	187	343.510	1.289 3.377%	559.252	3.111 3.623%	8.978 23.522%	64.187	37.818 44.037%	5.463	32.130 37.414%	167.336	99.859	10.190	3.503
583 Chicken Pozole w/ quesadilla	Cup	410	600.290	7.879 11.812%	1206.399	*1.472* *0.981%*	25.606 38.390%	55.372	67.541 45.006%	4.238	24.106 16.063%	568.121	543.290	2.460	5.517
608 Chicken Sesame Salad /Vegan Version	Serving	436	503.197	3.427 6.130%	791.454	*10.846* *8.622%*	17.866 31.955%	63.432	58.747 46.699%	4.660	27.614 21.951%	9557.821	77.453	19.951	3.965
990057 Chicken Stir Fry	Servings	349	346.549	0.342 0.889%	285.312	*1.375* *1.587%*	5.385 13.985%	48.000	52.108 60.145%	3.128	20.490 23.650%	0.022	35.714	17.196	2.643
609 Chicken Tenderloin & Fries	Serving	223	376.447	2.000 4.782%	643.983	0.000 0.000%	12.169 29.093%	50.000	43.106 45.802%	4.477	22.954 24.390%	218.000	17.000	1.000	1.532
584 Chicken Veg Soup w/ grill chz	cups	403	640.370	9.554 13.427%	997.570	*6.539* *4.085%*	40.905 57.489%	57.028	44.514 27.805%	3.284	24.326 15.195%	4350.395	278.168	3.195	3.293
10 Chicken with Pesto and Pasta	Servings	278	886.848	9.630 9.773%	1656.391	2.204 0.994%	39.032 39.611%	82.075	87.773 39.589%	5.500	44.904 20.253%	1352.250	518.112	5.400	5.569
496 Chicken Yakasoba Stir Fry w/ vegan version	Servings	334	468.171	1.909 3.670%	834.609	16.096 13.752%	12.782 24.571%	50.746	65.810 56.228%	6.667	28.675 24.500%	1031.071	81.838	40.000	3.866
9 Chicken, Mandarin Rice Bowl	Servings	307	364.893	0.629 1.551%	309.735	*10.886* *11.933%*	4.417 10.895%	43.545	63.044 69.109%	1.741	16.949 18.580%	0.000	18.480	1.306	2.706
990049 Chickpeas	1/2 cup	120	143.004	0.144 0.906%	140.004	*N/A* *N/A%*	1.368 8.610%	0.000	27.144 75.925%	5.304	5.940 16.615%	29.004	38.004	4.596	1.620
289 Chili Hearty Vegetable	1.5 CUP	1106	533.450	1.294 2.183%	684.859	*19.221* *14.413%*	12.679 21.391%	0.000	86.245 64.670%	20.476	19.133 14.347%	4070.515	233.744	99.860	9.591
170 Coleslaw	1/2 cup	43	31.956	0.246 6.934%	70.181	*1.620* *20.278%*	1.969 55.460%	0.000	3.428 42.906%	0.821	0.410 5.132%	307.692	16.446	12.308	0.149
464 Condiment Taco Sauce	each	9	3.600	0.007 1.800%	55.530	0.159 17.667%	0.039 9.675%	0.001	0.747 83.000%	0.100	0.097 10.778%	100.800	1.516	0.810	0.072
222 Condiment, Ketchup PC	PC	9	9.090	0.001 0.129%	81.630	1.914 84.224%	0.009 0.891%	0.000	2.466 108.515%	0.027	0.094 4.136%	47.430	1.350	0.369	0.032
107 Condiment, Mayonnaise	PC	9	60.000	1.000 15.000%	60.000	1.000 6.667%	6.000 90.000%	0.000	1.000 6.667%	0.000	0.000 0.000%	0.000	0.000	2.400	0.000
118 Condiment, Mustard PC	1	6	4.583	0.000 0.000%	77.917	0.000 0.000%	0.000 0.000%	0.000	0.000 0.000%	0.000	0.000 0.000%	0.000	0.000	0.000	0.000
108 Condiment, Ranch Dressing	1	12	50.795	0.635 11.249%	105.822	0.847 6.670%	5.080 90.000%	4.233	10.159 79.999%	0.000	0.000 0.000%	0.000	0.000	0.000	0.000

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123 Condiment, Soy Sauce PC	1	9	6.262	0.000 0.000%	613.642	0.000 0.000%	0.000 0.000%	0.000	0.626 40.000%	0.000	1.252 79.974%	0.000	0.000	0.000	0.000
582 Cookie Chocolate Chip	serving	28	113.627	0.000 0.000%	74.246	8.345 29.377%	3.772 29.879%	15.775	18.747 65.996%	1.200	1.772 6.238%	28.578	5.716	0.000	0.617
271 Corn	1/2 cup	68	59.840	0.081 1.217%	2.040	1.700 11.364%	0.530 7.977%	0.000	14.083 94.136%	1.428	2.054 13.730%	132.600	2.720	4.352	0.286
330 Corn Chips or Cheetos (non grain dessert)	serving	21	121.371	1.011 7.500%	126.429	0.000 0.000%	8.091 60.000%	0.000	12.137 40.000%	0.000	1.011 3.332%	0.000	0.000	0.000	0.000
990059 Corn Dog Chicken - Nitrate Free & Potato Rounds	Serving	198	404.762	3.691 8.206%	819.048	9.000 8.894%	16.143 35.894%	40.000	49.048 48.471%	7.381	11.381 11.247%	0.000	60.000	4.286	1.440
990045 Cracker Savory Bites	Serving	45	180.000	1.000 5.000%	400.000	4.000 8.889%	6.000 30.000%	0.000	30.000 66.667%	3.000	3.000 6.667%	0.000	12.000	0.000	8.000
990046 Cracker, Goldfish	Serving	21	100.000	0.500 4.500%	170.000	0.000 0.000%	4.000 36.000%	0.000	14.000 56.000%	1.000	3.000 12.000%	0.000	20.000	0.000	0.720
990048 Edamame Soy Legume Component	1/3 cup	57	75.599	0.378 4.500%	11.340	0.756 4.000%	2.646 31.500%	0.000	6.048 32.000%	4.536	7.560 40.001%	151.197	45.359	4.536	1.361
990031 Egg Drop Vegetable Fried Rice / vegan version	Servings	400	409.712	2.538 5.575%	898.300	*14.032* *13.699**	10.136 22.266%	190.000	63.538 62.032%	5.426	15.362 14.998%	*8501.738*	107.191	*28.962*	3.212
517 Fajitas, Chicken	servings	230	522.728	1.770 3.047%	1031.872	*1.265* *0.968**	20.345 35.028%	58.800	58.080 44.444%	2.586	24.340 18.625%	64.201	306.336	2.193	4.403
990037 Fajitas, Vegan / gluten free	servings	271	530.925	1.866 3.163%	1414.476	*1.265* *0.953**	17.894 30.333%	0.000	77.952 58.729%	10.890	14.783 11.138%	69.205	348.336	3.719	6.181
213 Fruit Assorted	Servings	100	93.512	0.046 0.442%	1.703	17.915 76.632%	0.237 2.284%	0.000	24.513 104.856%	2.637	0.808 3.456%	96.498	18.389	17.678	0.263
419 Fruit Cup	1/2 cup	123	68.370	0.008 0.104%	6.768	16.742 97.949%	0.061 0.806%	0.000	18.163 106.262%	1.421	0.524 3.066%	347.975	5.512	2.656	0.401
313 Fruit Juice Break Variety	servings	120	60.000	0.000 0.000%	5.000	12.000 80.000%	0.000 0.000%	0.000	14.000 93.333%	0.000	0.000 0.000%	500.000	20.000	60.000	0.000
565 Fruit Juice Lunch Variety	servings	120	59.958	0.000 0.000%	9.989	11.991 79.996%	0.000 0.000%	0.000	14.489 96.664%	0.000	0.000 0.000%	499.646	19.986	59.958	0.000
161 Hamburger on a Bun	Serving	141	382.871	7.587 17.835%	614.618	3.000 3.134%	19.212 45.161%	70.874	29.000 30.297%	2.000	21.200 22.148%	0.000	60.250	9.000	2.898
495 Hamburger with Cheese on a Bun	Serving	155	438.558	10.119 20.765%	751.304	3.506 3.198%	23.768 48.777%	83.530	30.013 27.374%	2.000	23.731 21.645%	138.711	144.792	9.000	2.954

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990050 Hummus To-Go Plate	Serving	257	609.750	5.520 8.147%	536.300	12.046 7.902%	34.111 50.348%	0.000	65.004 42.643%	12.465	15.544 10.197%	*11721.500*	112.200	*2.210*	4.017
150 Macaroni and Cheese	servings	227	402.667	11.333 25.331%	878.667	4.000 3.974%	20.000 44.702%	62.667	36.000 35.762%	2.667	21.333 21.192%	878.667	474.667	0.000	0.000
990053 Manager's Choice Menu	none	0	0.000	0.000 *N/A*	0.000	0.000 *N/A*	0.000 *N/A*	0.000	0.000 *N/A*	0.000	0.000 *N/A*	0.000	0.000	0.000	0.000
380 Meatball Marinara Sub	Serving	199	380.215	3.932 9.308%	554.651	6.011 6.324%	15.676 37.105%	56.800	40.065 42.150%	3.498	12.445 13.093%	732.671	105.270	14.578	3.225
477 Milk 1% LF Clover	Serving	227	120.000	1.500 11.250%	160.000	15.000 50.000%	2.500 18.750%	15.000	15.000 50.000%	0.000	10.000 33.333%	150.000	380.000	0.000	0.000
494 Milk NF Chocolate Clover	Serving	227	120.000	0.000 0.000%	200.000	21.000 70.000%	0.000 0.000%	5.000	21.000 70.000%	0.000	8.000 26.667%	500.000	300.000	0.000	0.720
183 Milk Non Fat Clover	cup	227	90.000	0.000 0.000%	140.000	13.000 57.778%	0.000 0.000%	0.000	13.000 57.778%	0.000	10.000 44.444%	150.000	350.000	0.000	0.000
546 Muffin - Blueberry	Serving	89	221.268	0.893 3.632%	114.107	16.372 29.597%	5.953 24.215%	29.767	38.201 69.058%	3.274	3.870 6.996%	51.596	8.434	1.191	1.091
548 Muffin - Chocolate Chip	Serving	90	229.000	6.000 23.581%	125.000	18.500 32.314%	6.000 23.581%	30.000	40.000 69.869%	3.100	3.800 6.638%	47.000	3.500	0.200	1.000
587 Nacho, Chips, Tex Mex Beans	Servings	241	533.122	9.819 16.575%	1645.586	*0.974* *0.731*	28.686 48.427%	40.303	53.332 40.014%	7.591	18.382 13.792%	850.104	470.481	1.241	4.409
990041 Pancake IW	Pancake IW	85	220.000	1.500 6.136%	260.000	11.000 20.000%	7.000 28.636%	10.000	35.000 63.636%	2.000	4.000 7.273%	0.000	10.000	0.000	8.000
13 Pasta Alfredo	servings	216	580.000	6.000 9.310%	748.000	8.000 5.517%	10.000 15.517%	38.000	94.000 64.828%	4.000	26.000 17.931%	450.000	380.000	0.000	3.600
575 Pasta Italian w/ Cheese	Serving	293	657.431	6.072 8.312%	646.060	8.040 4.892%	16.206 22.186%	20.483	95.219 57.934%	4.996	30.633 18.638%	1933.310	485.803	11.155	4.656
14 Pasta Italian w/ Meatballs	Serving	322	689.093	4.727 6.174%	454.702	8.040 4.667%	16.922 22.101%	60.103	100.202 58.164%	5.996	23.679 13.745%	1383.398	136.693	11.155	5.749
524 Pasta Salad Vegetarian/Vegan Entree	Servings	342	655.112	2.201 3.024%	1407.578	*18.671* *11.400*	8.006 10.999%	0.000	117.998 72.047%	*11.136*	26.147 15.965%	7845.468	384.471	5.554	5.449
437 PEACHES: canned,light syrup	1/2 cup	126	67.770	0.004 0.050%	6.275	16.629 98.150%	0.038 0.501%	0.000	18.260 107.778%	1.632	0.565 3.335%	444.271	3.765	3.012	0.452
1065 PEAS GREEN,CANNED,DRAINED	1/2 cup	85	58.650	0.051 0.783%	186.150	*N/A* *N/A*	0.340 5.217%	0.000	10.710 73.043%	3.485	3.740 25.507%	652.800	17.000	7.735	0.808

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# Tamalpais Union High School District

## Recipe Nutrient Composition - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals <sup>1</sup> (kcal)	Saturated Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
607 Pesto Mediterranean Flatbread	Servings	141	426.558	6.805 14.358%	852.596	*1.085* *1.017%*	24.888 52.511%	26.451	28.527 26.751%	3.567	21.967 20.599%	1083.934	627.148	1.900	2.282
42 PICKLES,DILL	EACH	65	7.800	0.051 5.919%	525.848	0.695 35.641%	0.195 22.500%	0.000	1.567 80.333%	0.650	0.325 16.667%	81.250	37.050	1.495	0.169
7 Pinto Beans Tex Mex	1/2 cup	89	93.476	0.258 2.482%	788.163	*0.974* *4.168%*	1.428 13.753%	0.000	16.948 72.523%	4.591	4.968 21.259%	654.427	59.451	1.241	2.898
65 Pizza Big D Four Cheese	servings	147	360.000	7.000 17.500%	470.000	9.000 10.000%	16.000 40.000%	35.000	36.000 40.000%	3.000	21.000 23.333%	400.000	450.000	0.000	2.700
67 Pizza Big D Pepperoni	servings	147	370.000	7.000 17.027%	550.000	9.000 9.730%	17.000 41.351%	45.000	35.000 37.838%	3.000	21.000 22.703%	400.000	350.000	0.000	2.700
447 Pizza Big D Veggie	servings	191	379.220	7.210 17.111%	533.057	*9.576* *10.101%*	16.980 40.299%	35.000	38.591 40.706%	3.700	21.552 22.733%	496.756	461.929	15.966	3.346
497 Pizza Galaxy 78368 WG	Serving	141	310.000	6.000 17.419%	440.000	9.000 11.613%	13.000 37.742%	30.000	31.000 40.000%	3.000	16.000 20.645%	300.000	200.000	0.000	1.800
593 Pocket, Ham & Cheese	Serving	262	623.099	11.010 15.903%	1410.667	9.459 6.072%	20.509 29.623%	72.445	79.595 51.096%	5.968	32.399 20.799%	138.711	303.226	45.956	5.069
592 Pocket, Pizza	Serving	258	610.774	8.287 12.212%	1443.396	10.538 6.901%	18.347 27.035%	21.451	81.379 53.296%	6.968	31.335 20.522%	800.705	529.623	47.162	5.070
578 Pork BBQ & Rice	serving	120	176.300	2.103 10.734%	567.154	*9.000* *20.420%*	6.036 30.813%	44.000	14.324 32.499%	2.054	17.155 38.922%	371.000	37.578	5.000	0.240
573 Pork BBQ Sandwich	servings	169	320.000	2.600 7.312%	807.000	12.000 15.000%	8.000 22.500%	44.000	42.000 52.500%	4.000	22.000 27.500%	371.000	77.000	14.000	1.620
613 Pork Cilantro Lime Burrito	Servings	503	711.213	2.211 2.798%	1234.763	*0.021* *0.012%*	18.680 23.639%	56.465	103.799 58.379%	7.787	32.001 17.998%	220.337	357.129	10.953	9.306
602 Pork Korean Banh Mi Bowl	Servings	346	395.444	1.549 3.525%	805.106	*14.516* *14.683%*	9.823 22.357%	49.950	56.868 57.523%	2.529	19.916 20.145%	2960.329	73.938	12.075	3.519
598 Pork Korean Banh Mi Sandwich	Servings	263	451.790	3.275 6.524%	1241.955	*19.777* *17.510%*	14.173 28.233%	49.950	59.367 52.561%	4.036	22.969 20.336%	3330.332	68.957	35.965	3.931
611 Pork Pulled Burrito Bowl	Servings	492	448.759	1.238 2.482%	1107.813	*0.041* *0.037%*	7.017 14.073%	56.465	67.799 60.432%	10.086	29.505 26.299%	322.323	83.534	10.976	7.643
990029 Pork Turkey Cheese Cuban Panini	Serving	236	358.536	3.650 9.163%	1055.557	*3.612* *4.030%*	12.569 31.551%	69.064	33.705 37.603%	2.173	28.419 31.706%	*37.998*	*160.821*	*15.531*	*3.299*
610 Potato Fries Ovation	Servings	103	168.776	0.000 0.000%	199.463	0.000 0.000%	5.370 28.637%	0.000	26.084 61.818%	1.534	3.069 7.274%	0.000	0.000	0.000	0.552

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# Tamalpais Union High School District

## Recipe Nutrient Composition - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals <sup>1</sup> (kcal)	Saturated Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
190 Rice - Brown and White WG	1.25 cup	199	201.600	0.085 0.378%	4.921	*N/A* *N/A*	1.151 5.140%	0.000	42.360 84.048%	1.741	4.974 9.869%	0.000	18.480	0.000	1.922
1 Rice Spanish	1/4 cup	49	54.108	0.083 1.382%	17.012	*0.001* *0.007*	0.739 12.294%	0.000	10.442 77.193%	0.586	1.327 9.810%	79.393	5.663	0.579	0.750
595 Rice Sushi	1.25 cup	210	213.600	0.085 0.356%	204.921	*3.200* *5.993*	1.151 4.851%	0.000	45.560 85.318%	1.741	4.974 9.315%	0.000	18.480	0.000	1.922
990054 Rotini Mac & Cheese	Servings	220	626.060	9.629 13.842%	862.376	4.093 2.615%	16.745 24.072%	58.608	88.186 56.344%	4.000	28.652 18.306%	812.140	422.815	0.000	3.600
103 Salad To-Go	1 Serving	201	105.705	0.595 5.063%	268.990	*2.949* *11.159*	2.542 21.647%	5.000	17.900 67.737%	4.925	4.014 15.189%	14086.340	90.909	14.941	1.782
1051 SALSA:COMMODITY	1/4 cup	28	10.206	0.008 0.723%	121.903	*N/A* *N/A*	0.057 5.000%	0.000	1.985 77.778%	0.397	0.425 16.657%	155.922	3.402	1.134	0.635
24 Sandwich Caprese Panini	Serving	180	447.430	13.512 27.178%	782.040	5.055 4.519%	23.086 46.438%	60.000	39.583 35.387%	2.496	23.384 20.905%	385.950	562.770	5.660	2.300
612 Sandwich Cheese & Turkey Panini	Serving	175	350.502	4.029 10.344%	982.403	4.506 5.142%	11.048 28.369%	59.217	39.510 45.089%	2.000	28.172 32.150%	138.711	164.543	0.597	2.574
586 Sandwich Cheese Panini	Serving	104	311.373	5.062 14.632%	633.371	5.012 6.439%	11.112 32.120%	25.312	40.025 51.417%	2.000	13.062 16.780%	277.421	249.085	0.000	2.271
418 Sandwich Turkey	Serving	219	309.720	2.014 5.854%	743.802	5.407 6.983%	7.105 20.647%	40.000	42.091 54.360%	3.696	26.514 34.243%	423.560	87.240	17.984	1.982
569 Sandwich Turkey & Pepper Jack	Serving	336	607.502	8.999 13.331%	1389.683	10.359 6.821%	17.574 26.035%	60.000	79.679 52.463%	6.664	39.435 25.965%	423.560	215.923	50.746	4.479
600 Sauce Spicy Mayo	TBSP	19	51.974	0.500 8.658%	181.494	*1.701* *13.091*	4.000 69.265%	0.000	3.703 28.498%	0.000	0.000 0.000%	0.000	0.010	0.000	0.000
143 Scones	Servings	85	141.950	1.556 9.868%	96.527	10.106 28.478%	3.998 25.350%	5.912	25.417 71.623%	2.317	2.071 5.836%	77.646	57.116	0.942	0.932
990047 Taco Bean & Cheese	serving	296	477.499	3.000 5.655%	372.499	*2.000* *1.675*	8.617 16.241%	15.000	81.300 68.105%	15.733	19.233 16.111%	142.001	483.866	2.200	3.595
17 Taco Chicken / vegan version	Servings	302	537.633	4.584 7.674%	829.428	*1.730* *1.287*	13.646 22.843%	78.432	67.797 50.441%	10.619	34.650 25.780%	739.711	478.778	1.979	4.284
157 Taco Pork Carnitas	serving	340	547.499	5.400 8.877%	719.499	*4.000* *2.922*	14.617 24.028%	65.000	70.300 51.361%	11.733	31.233 22.819%	1082.000	490.866	9.100	3.845
396 Taco Salad	Serving	424	626.121	9.793 14.077%	1297.958	*3.294* *2.104*	31.032 44.607%	38.788	62.099 39.672%	13.764	26.853 17.155%	1919.211	537.696	5.973	6.168

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## Recipe Nutrient Composition - Summary

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567 Tamale Grn Chili with Side Beans	servings	153	383.815	10.250 24.035%	522.005	*2.000* *2.084%*	24.560 57.590%	36.250	30.518 31.805%	2.492	16.784 17.492%	761.833	260.961	9.000	0.156
3 Teriyaki Chicken Rice Bowl	Servings	327	394.617	1.533 3.496%	700.275	*13.259* *13.440%*	6.256 14.269%	100.513	57.867 58.656%	2.263	27.188 27.559%	680.388	29.366	21.137	3.155
566 Teriyaki Edamame Stir Fry Rice Bowl	serving	500	538.645	0.585 0.977%	1776.708	*33.642* *24.983%*	4.651 7.772%	0.000	105.329 78.218%	10.143	24.936 18.518%	200.000	102.504	33.628	4.202
990056 Teriyaki Sauce	2 Tbsp	39	36.003	0.002 0.057%	412.190	*0.005* *0.056%*	0.005 0.127%	0.000	8.514 94.597%	0.028	0.869 9.655%	0.045	7.012	0.079	0.074
69 Tuna Salad	servings	80	94.709	0.466 4.425%	345.066	*0.000* *0.000%*	3.299 31.350%	21.687	4.781 20.194%	0.320	11.774 49.727%	61.038	10.641	0.230	1.096
601 Vegetables Banh Mi Pickled	Servings	73	44.715	0.011 0.221%	420.711	*7.644* *68.380%*	0.141 2.838%	0.000	11.034 98.703%	1.520	0.756 6.763%	4810.479	49.271	19.622	0.266
990040 Waffle Maple IW	Serving	75	200.000	1.500 6.750%	220.000	10.000 20.000%	15.000 67.500%	0.000	35.000 70.000%	4.000	4.000 8.000%	0.000	260.000	0.000	3.600
990028 Walking Taco w/ vegan version	Serving	262	561.298	5.736 9.197%	1418.867	*1.914* *1.364%*	27.088 43.433%	71.006	54.044 38.514%	9.897	30.344 21.624%	756.137	207.114	1.579	5.989
597 Wrap Chicken Sesame Cold/ Vegan Version	Serving	233	432.325	2.991 6.226%	456.497	*3.715* *3.437%*	14.566 30.322%	63.432	47.850 44.272%	5.685	28.681 26.537%	4440.696	169.585	17.601	3.813
596 Wrap Chicken Sesame Hot	Serving	333	609.664	1.991 2.940%	968.183	*4.856* *3.186%*	19.527 28.826%	37.465	83.199 54.587%	4.057	25.164 16.510%	2499.046	327.440	19.503	5.252
594 Wrap Chicken Teriyaki Hot	Serving	299	463.662	1.077 2.090%	700.564	*8.624* *7.440%*	7.968 15.467%	37.465	74.337 64.130%	5.331	26.465 22.831%	532.533	151.561	17.235	3.928
137 Wrap, Chicken Caesar	Servings	251	473.558	4.841 9.200%	537.719	2.340 1.977%	19.251 36.587%	70.285	44.999 38.009%	5.480	31.385 26.510%	6240.695	252.701	2.820	3.943
132 Wrap, Chicken Chipotle / Vegan Version	servings	272	522.364	4.468 7.698%	384.370	*1.430* *1.095%*	18.360 31.633%	71.699	52.281 40.034%	14.906	36.919 28.271%	489.151	332.460	2.109	6.583

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