

Summary Ingredient List

Search By: Default
Active: Yes

Order By: Description
Report Type: Nutrient Base Weight

No.	Description [Base Weight]	Calories ¹ (kcal)	Total Fat (g)	Sat. Fat ¹ (g)	Trans Fat ² (g)	Chol (mg)	Sodium ¹ (mg)	Carbs (g)	Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)
990403	Apple Strudel Stick [76 g]	210.000	6.0000	1.0000	0.0000	0.000	250.000	36.0000	2.000	9.000	0.000	4.000	*N/A*	*N/A*	*N/A*	1.500
990394	Apple, Local Variety [182 g]	95.000	0.3000	0.0000	0.0000	0.000	2.000	25.0000	4.400	19.000	0.000	0.500	*N/A*	8.400	10.000	0.180
903339	Apples, Canned, Sliced in Water [125 g]	60.000	0.0000	0.0000	0.0000	0.000	0.000	15.0000	3.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
900475	Apples, Red Delicious [242 g]	80.000	0.0000	0.0000	0.0000	0.000	0.000	22.0000	5.000	16.000	*N/A*	0.000	100.000	4.800	20.000	0.360
900648	APPLESAUCE, UNSWTND [122 g]	50.000	0.0000	0.0000	0.0000	0.000	10.000	13.0000	2.000	9.000	*N/A*	0.000	0.000	0.000	0.000	0.000
901587	ASIAN VEGETABLES [85 g]	25.000	0.0000	0.0000	0.0000	0.000	10.000	5.0000	2.000	0.000	0.000	2.000	0.000	0.000	36.000	1.000
990447	Avocado, IW [43 g]	90.000	9.0000	1.5000	0.0000	0.000	0.000	3.0000	2.000	0.000	0.000	1.000	0.000	0.000	5.000	0.400
990391	Bagel, Mini Straw Cream Cheese [85 g]	230.000	6.0000	2.0000	0.0000	10.000	190.000	42.0000	2.000	12.000	*N/A*	6.000	*N/A*	*N/A*	30.000	1.600
900203	Bagel, Sliced WG [2 oz]	140.000	1.0000	0.0000	0.0000	0.000	180.000	29.0000	4.000	5.000	*N/A*	6.000	0.000	0.000	40.000	1.800
903350	Bagels, Mini Cinnamon Cream Cheese [85 g]	230.000	6.0000	2.0000	0.0000	10.000	190.000	42.0000	2.000	12.000	*N/A*	6.000	0.000	0.000	20.000	1.440
903344	Banana Bread, WG, Super Bakery [96 g]	260.000	8.0000	1.5000	0.0000	0.000	240.000	45.0000	2.000	24.000	*N/A*	5.000	0.000	0.000	100.000	1.080

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990466	BANANA FRESH TIP GREEN [118 g]	100.000	0.0000	0.0000	0.0000	0.000	0.000	27.0000	3.000	0.000	0.000	1.000	0.000	0.000	6.000	0.310
902980	bean vegetarian [130 g]	150.000	0.0000	0.0000	0.0000	0.000	370.000	30.0000	5.000	11.000	0.000	7.000	0.000	0.000	50.000	1.900
801	BEANS GARBANZO ,CANNED [130 g]	130.000	2.0000	0.0000	0.0000	0.000	400.000	22.0000	6.000	4.000	*N/A*	7.000	0.000	0.000	40.000	1.800
902997	BEANS, GREAT NORTHERN, CANNED [130 g]	80.000	0.0000	0.0000	0.0000	0.000	140.000	15.0000	5.000	0.000	*N/A*	6.000	0.000	0.000	0.000	1.800
990165	BEANS,KIDNEY,RE D,MATURE,CND,D RND [130 g]	110.000	0.0000	0.0000	0.0000	0.000	310.000	19.0000	6.000	2.000	*N/A*	7.000	0.000	0.000	40.000	1.800
990388	Beef Patty Charbroiled [64 g]	160.000	12.0000	5.0000	0.0000	30.000	210.000	1.0000	1.000	0.000	*N/A*	11.000	0.000	0.000	30.000	2.000
902983	Biscuit Dough WG Frozen [71 g]	210.000	9.0000	4.5000	0.0000	0.000	290.000	28.0000	2.000	2.000	*N/A*	5.000	0.000	0.000	120.000	1.600
902970	Black Beans, Fancy Canned [130 g]	120.000	0.5000	0.0000	0.0000	0.000	140.000	23.0000	6.000	1.000	*N/A*	7.000	0.000	0.000	60.000	1.800
990464	BLUEBERRY IQF [140 g]	70.000	1.0000	0.0000	0.0000	0.000	0.000	17.0000	4.000	0.000	0.000	0.000	0.000	0.000	10.000	0.300
903284	BOSCO STICK, WG [80 g]	210.000	6.0000	3.0000	0.0000	15.000	270.000	25.0000	2.000	1.000	*N/A*	12.000	0.000	0.000	211.000	2.000
903156	Bread, White Whole Grain [28 g]	70.000	0.5000	0.0000	0.0000	0.000	115.000	14.0000	1.000	1.000	*N/A*	3.000	0.000	0.000	20.000	0.720
990478	Breaded Beef Fingers [109 g]	300.000	18.0000	4.5000	0.0000	35.000	490.000	19.0000	2.000	2.000	0.000	15.000	0.000	0.000	40.000	2.700
903320	Breadstick, Garlic [1.96 oz]	170.000	6.0000	1.0000	0.0000	0.000	170.000	25.0000	2.000	2.000	*N/A*	2.000	*N/A*	*N/A*	10.000	1.440

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900442	BROCCOLI FLORETS [44 g]	15.000	0.0000	0.0000	0.0000	0.000	15.000	3.0000	1.000	0.000	*N/A*	0.000	300.000	132.000	21.000	0.320
990459	Broth, Vegetable [10 g]	20.000	0.0000	0.0000	0.0000	0.000	360.000	5.0000	0.000	0.000	0.000	1.000	0.000	0.000	0.000	0.000
903166	bun hot dog bun WG [57 g]	130.000	1.5000	0.0000	0.0000	0.000	250.000	26.0000	3.000	1.000	*N/A*	4.000	0.000	0.000	11.000	2.000
903155	Bun, Hamburger [57 g]	130.000	1.5000	0.0000	0.0000	0.000	250.000	24.0000	2.000	3.000	*N/A*	3.000	0.000	1.200	40.000	1.080
990395	Cantaloupe, Fresh, Local [552 g]	186.000	1.0000	0.3000	0.0000	0.000	88.000	45.0000	5.000	43.000	0.000	4.600	*N/A*	202.200	50.000	1.080
902944	Carrot, Sliced Cc Medium Frozen [85 g]	35.000	0.0000	0.0000	0.0000	0.000	60.000	7.0000	2.000	0.000	*N/A*	1.000	14210.000	2.500	36.000	0.440
900446	Carrots - Baby [70 g]	25.000	0.0000	0.0000	0.0000	0.000	55.000	6.0000	2.000	3.000	*N/A*	0.000	9500.000	2.400	20.000	0.720
900448	Cauliflower Florets [3 oz]	20.000	0.0000	0.0000	0.0000	0.000	25.000	4.0000	2.000	2.000	*N/A*	2.000	0.000	42.000	20.000	0.360
900441	Celery [110 g]	15.000	0.0000	0.0000	0.0000	0.000	115.000	4.0000	2.000	0.000	*N/A*	0.000	500.000	9.000	40.000	0.360
903160	Cereal Cheerios WG Bowl [28 g]	100.000	2.0000	0.5000	0.0000	0.000	140.000	20.0000	3.000	1.000	*N/A*	3.000	0.000	0.000	0.000	0.000
903124	Cereal mini wheats frosted bowl [28 g]	100.000	0.0000	0.0000	0.0000	0.000	0.000	24.0000	3.000	6.000	*N/A*	3.000	0.000	0.000	0.000	8.100
903353	Cereal, Bar, 2 oz, WG, Cinnamon Toast Crunch [70 g]	260.000	5.0000	0.5000	0.0000	0.000	200.000	52.0000	5.000	15.000	*N/A*	4.000	0.000	0.000	300.000	2.700
903354	Cereal, Bar, 2 oz, WG, Lucky Charms [70 g]	270.000	6.0000	0.5000	0.0000	0.000	170.000	51.0000	5.000	16.000	*N/A*	5.000	0.000	0.000	350.000	2.700

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903352	Cereal, Bar, 2 oz, WG, Peach Cheerios [70 g]	280.000	6.0000	0.5000	0.0000	0.000	170.000	51.0000	5.000	14.000	*N/A*	4.000	0.000	1.200	350.000	6.300
903355	Cereal, Cup, 2 oz WGR, Cinn Toast Crunch [56 g]	210.000	5.0000	0.5000	0.0000	0.000	320.000	44.0000	7.000	11.000	*N/A*	3.000	500.000	6.000	100.000	4.500
903357	Cereal, Cup, 2 oz, WG, Cinnamon Chex (gf) [56 g]	230.000	5.0000	0.5000	0.0000	0.000	320.000	46.0000	3.000	12.000	*N/A*	3.000	500.000	6.000	100.000	14.400
903359	Cereal, Cup, 2 oz, WG, Lucky Charms (gf) [56 g]	210.000	2.5000	0.0000	0.0000	0.000	360.000	46.0000	4.000	19.000	*N/A*	5.000	750.000	9.000	150.000	5.400
903356	Cereal, Cup, 2 oz, WGR, Cocoa Puffs [56 g]	220.000	2.5000	0.0000	0.0000	0.000	230.000	47.0000	3.000	15.000	*N/A*	3.000	750.000	9.000	150.000	5.400
903358	Cereal, Cup, 2 oz, WGR, Honey Cheerios (gf) [56 g]	210.000	3.0000	0.5000	0.0000	0.000	340.000	44.0000	5.000	12.000	*N/A*	6.000	750.000	9.000	150.000	5.400
990460	Cereal, Rice Chex (1 oz) [28 g]	110.000	0.5000	0.0000	0.0000	0.000	230.000	24.0000	1.000	2.000	0.000	2.000	0.000	0.000	78.000	8.100
900002	CHEESE BLEND, AMERICAN SHRD [2 oz]	140.000	8.0000	6.0000	0.0000	30.000	820.000	4.0000	0.000	2.000	*N/A*	14.000	1500.000	0.000	400.000	0.000
990420	Cheese Cheddar Cubes [30 g]	120.000	10.0000	6.0000	0.0000	30.000	200.000	0.0000	0.000	0.000	0.000	7.000	0.000	0.000	213.000	0.000
903112	Cheese pepper jack sliced [21 g]	70.000	6.0000	3.5000	0.0000	20.000	120.000	0.0000	0.000	0.000	*N/A*	5.000	200.000	0.000	150.000	0.000

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900860	CHEESE SUB,"SCHOOL CHOICE SHRED CHEDDAR CHEES [100 g]	309.000	23.0400	4.3000	0.0000	4.000	1285.000	1.2600	0.000	0.000	*N/A*	23.600	2461.000	0.000	740.000	0.620
900006	Cheese, American Shred [28 g]	100.000	8.0000	5.0000	0.0000	25.000	490.000	2.0000	0.000	0.000	*N/A*	5.000	0.000	0.000	140.000	0.100
903113	Cheese, cheddar mild sliced [21 g]	80.000	7.0000	4.0000	0.0000	20.000	135.000	0.0000	0.000	*N/A*	*N/A*	5.000	300.000	0.000	150.000	0.000
990430	Cheese, Cottage 2% [113 g]	90.000	2.5000	1.5000	0.0000	15.000	340.000	5.0000	0.000	1.000	0.000	13.000	0.000	0.000	100.000	0.000
51560	Cheese, Mozzarella, Low Moisture Part Skim, S [100 g]	321.420	25.0000	17.8570	0.0000	89.280	607.140	3.5700	0.000	3.570	*N/A*	21.420	*N/A*	*N/A*	*N/A*	*N/A*
903114	cheese, provolone sliced .75 oz [0.75 oz]	70.000	6.0000	3.5000	0.0000	15.000	180.000	0.0000	0.000	0.000	*N/A*	5.000	0.000	0.000	159.000	0.000
900372	Cheese, Sliced, American Yellow Style [28 g]	100.000	9.0000	5.0000	0.0000	25.000	500.000	2.0000	0.000	0.000	*N/A*	5.000	0.000	0.000	130.000	0.100
900016	Cheese, string 1 oz 2023 [28 g]	80.000	6.0000	3.5000	0.0000	15.000	200.000	0.0000	0.000	0.000	*N/A*	6.000	200.000	0.000	200.000	0.000
1017	CHEESE,CREAM [100 g]	350.000	34.4400	20.2130	*N/A*	101.000	314.000	5.5200	0.000	3.760	*N/A*	6.150	1111.000	0.000	97.000	0.110
900870	CHEESE,MOZZARELLA,PIZZA CHEESE [1 oz]	90.000	7.0000	4.5000	0.0000	15.000	150.000	0.0000	0.000	0.000	*N/A*	6.000	200.000	0.000	200.000	0.000
903237	CHEEZ-IT WHOLE GRAIN CRACKER [21 g]	100.000	4.0000	1.0000	0.0000	0.000	150.000	14.0000	1.000	0.000	*N/A*	2.000	500.000	0.000	100.000	0.720

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990476	Chicken Fillet, WG Spicy [113 g]	220.000	7.0000	1.0000	0.0000	50.0000	370.0000	19.0000	2.000	0.000	0.000	20.000	0.000	0.000	14.000	2.000
903271	Chicken Nugget WG [100 g]	236.000	12.4500	2.6200	0.1600	41.430	424.000	13.3700	1.950	1.080	0.940	17.870	0.000	0.000	22.900	1.740
903204	chicken patty breaded whole grain [85 g]	240.000	14.0000	2.5000	0.0000	25.0000	440.0000	16.0000	3.000	1.000	*N/A*	14.000	0.000	0.000	30.000	1.900
903203	chicken tender (strip) WG [126 g]	280.000	13.0000	2.5000	0.0000	60.0000	470.0000	16.0000	2.000	1.000	*N/A*	25.000	0.000	0.000	17.000	2.000
990445	Chicken Wings, Fully Cooked, Oven Roasted Glazed [77 g]	210.000	17.0000	4.5000	0.0000	95.0000	250.0000	1.0000	0.000	0.000	0.000	14.000	0.000	0.000	10.000	0.000
990434	Chicken, Boneless Chicken Breast Chunk [85 g]	160.000	7.0000	1.5000	0.0000	30.0000	660.0000	14.0000	0.000	1.000	1.000	12.000	0.000	0.000	9.000	0.000
990480	Chicken, Buffalo Bites [125 g]	230.000	7.0000	1.0000	0.0000	45.0000	700.0000	21.0000	0.000	0.000	0.000	19.000	0.000	0.000	18.000	2.000
51520	Chicken, Diced, Cooked, Frozen [100 g]	128.570	3.5700	0.0000	0.0000	75.0000	100.0000	0.0000	0.000	0.000	*N/A*	21.420	0.000	2.140	0.000	0.640
990438	Chicken, Drumstick Glazed Cooked [92 g]	150.000	8.0000	2.0000	0.0000	90.0000	350.0000	2.0000	0.000	1.000	1.000	17.000	0.000	0.000	0.000	0.600
990457	Chicken, Drumstick Gochujang Glazed [103 g]	200.000	11.0000	2.5000	0.0000	90.0000	450.0000	7.0000	0.000	5.000	5.000	18.000	0.000	0.000	10.000	0.800
990422	Chicken, Fry Stix [98 g]	220.000	13.0000	3.0000	0.0000	45.0000	570.0000	11.0000	0.000	0.000	0.000	14.000	0.000	0.000	15.000	2.000

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990442	Chicken, Patty Unbreaded Grilled [74 g]	160.000	11.0000	2.5000	0.0000	40.000	410.000	4.0000	0.000	0.000	0.000	12.000	0.000	0.000	51.000	1.000
990479	Chicken, Sweet & Sour w/ Sauce [100 g]	140.000	3.0000	0.5000	0.0000	40.000	200.000	18.0000	0.000	9.000	0.000	11.000	0.000	6.000	0.000	4.000
903125	Chili Powder [0.6 g]	0.000	0.0000	0.0000	0.0000	0.000	15.000	0.0000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
990461	Chip, Sunchip, Harvest Cheddar [28 g]	140.000	6.0000	0.5000	0.0000	0.000	170.000	19.0000	2.000	2.000	2.000	0.000	0.000	0.000	10.000	0.600
990427	Chocolate Chips, Mini, Semi Sweet [15 g]	70.000	4.0000	2.5000	0.0000	0.000	0.000	10.0000	1.000	9.000	9.000	1.000	0.000	0.000	0.000	1.200
990477	Cinnamon Roll, WGR [74 g]	170.000	1.0000	0.5000	0.0000	5.000	135.000	36.0000	3.000	10.000	0.000	5.000	0.000	0.000	20.000	1.500
903133	Cinnamon Spice [0.7 g]	0.000	0.0000	0.0000	0.0000	0.000	0.000	0.0000	0.000	*N/A*	*N/A*	0.000	0.000	0.000	0.000	0.000
990492	Coffee Cold Brew Concentrate [33.8 oz]	0.000	0.0000	0.0000	0.0000	0.000	0.000	0.0000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990436	Cookie Dough, Chocolate Chip [1.85 oz]	194.000	6.0000	2.0000	0.0000	15.000	169.000	33.5000	2.800	17.100	*N/A*	3.000	50.000	0.004	19.000	1.190
990468	Cookie, Oreo crumbs [27 g]	130.000	5.0000	1.5000	0.0000	0.000	90.000	20.0000	0.000	11.000	0.000	1.000	0.000	0.000	10.000	1.100
903301	Corn Dog, Mini 2023 [76 g]	180.000	8.0000	2.5000	0.0000	30.000	320.000	20.0000	1.000	4.000	*N/A*	6.000	0.000	0.000	50.000	1.500
990392	Corn Dog, WG, Chicken [4 oz]	240.000	8.0000	2.5000	0.0000	40.000	390.000	30.0000	5.000	5.000	*N/A*	9.000	0.000	0.000	80.000	1.800
900151	CORN FROZEN [93 g]	80.000	0.5000	0.0000	0.0000	0.000	0.000	19.0000	2.000	0.000	0.000	3.000	0.000	0.000	0.000	0.400

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990474	Corn on the Cob, Petite [85 g]	90.000	2.5000	0.0000	0.0000	0.000	0.000	17.0000	2.000	0.000	0.000	4.000	0.000	0.000	0.000	0.000
990473	Cornbread Poppers [43 g]	150.000	8.0000	3.5000	0.0000	10.000	200.000	19.0000	1.000	5.000	4.000	2.000	0.000	0.000	10.000	0.900
990419	Cracker Ritz Original Bulk [16 g]	80.000	4.5000	1.0000	0.0000	0.000	130.000	10.0000	0.000	1.000	0.000	0.000	0.000	0.000	20.000	0.500
900261	Cracker, Goldfish, Ind Bags WG [21 g]	100.000	3.5000	0.5000	0.0000	0.000	170.000	14.0000	1.000	0.000	*N/A*	2.000	162.000	0.000	20.000	0.700
990423	Cracker, Graham, Tiger Bites [28 g]	120.000	4.0000	1.0000	0.0000	0.000	100.000	21.0000	1.000	8.000	0.000	2.000	0.000	0.000	0.000	0.800
990408	Cracker, Pretzel, WG, Ind [21 g]	90.000	1.5000	0.0000	0.0000	0.000	200.000	16.0000	1.000	0.000	0.000	2.000	0.000	0.000	10.000	0.700
900423	Crispito, Chicken Chili [97 g]	270.000	14.0000	3.0000	0.0000	25.000	370.000	23.0000	3.000	1.000	*N/A*	12.000	750.000	0.000	40.000	1.800
903302	Croissant [62 g]	180.000	6.0000	3.0000	0.0000	0.000	170.000	26.0000	3.000	4.000	*N/A*	4.000	0.000	0.000	20.000	1.440
900451	Cucumber [99 g]	10.000	0.0000	0.0000	0.0000	0.000	0.000	2.0000	0.000	0.000	*N/A*	0.000	100.000	1.200	20.000	0.360
901196	CUMIN,GROUND [1 g]	0.000	0.0000	0.0000	0.0000	0.000	0.000	0.0000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903282	dough, pizza 16" [60.24 g]	160.000	3.5000	0.5000	0.0000	0.000	270.000	27.0000	2.000	2.000	*N/A*	5.000	0.650	0.000	9.710	0.850
990450	Dressing, Asian Sesame [32 g]	130.000	12.0000	2.0000	0.0000	0.000	450.000	6.0000	0.000	6.000	0.000	0.000	0.000	0.000	0.000	0.000
990449	Dressing, Balsamic Vinaigrette [42 g]	120.000	11.0000	1.5000	0.0000	0.000	430.000	5.0000	0.000	1.000	0.000	0.000	0.000	0.000	0.000	0.000
990451	Dressing, Caesar [43 g]	210.000	23.0000	4.0000	0.0000	0.000	400.000	1.0000	0.000	1.000	0.000	1.000	0.000	0.000	26.000	0.000

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990452	Dressing, Jalapeno Ranch [28 g]	140.000	15.0000	2.5000	0.0000	10.000	340.000	2.0000	0.000	0.000	0.000	1.000	0.000	0.000	0.000	0.000
602138	DRESSING,RANCH ,SINGLE SERVE PKT [43 g]	200.000	22.0000	3.5000	0.0000	10.000	320.000	2.0000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990443	Dumpling, Chicken & Vegetable, WGR [135 g]	240.000	7.0000	0.5000	0.0000	35.000	550.000	31.0000	2.000	3.000	1.000	17.000	0.000	0.000	35.000	3.000
903179	Edamame / Soybeans [84 g]	100.000	4.0000	0.5000	0.0000	0.000	5.000	6.0000	0.000	2.000	*N/A*	9.000	0.000	4.800	40.000	1.800
900426	Egg Patty [43 g]	70.000	5.0000	1.0000	0.0000	115.000	140.000	1.0000	0.000	1.000	*N/A*	4.000	0.000	0.000	2.000	4.000
903333	Egg, Hard Boiled whole peeled [45 g]	60.000	4.0000	1.5000	0.0000	180.000	65.000	0.0000	0.000	0.000	0.000	6.000	0.000	0.000	20.000	0.700
903206	Flatbread, WG 2023 [62 g]	180.000	5.0000	1.0000	0.0000	0.000	330.000	28.0000	3.000	2.000	*N/A*	6.000	0.000	0.000	30.000	1.500
990494	Flour, All Purpose [30 g]	110.000	0.5000	0.0000	0.0000	0.000	0.000	22.0000	0.000	0.000	0.000	3.000	0.000	0.000	0.000	1.300
990493	Flour, White Whole Wheat [30 g]	100.000	0.5000	0.0000	0.0000	0.000	0.000	21.0000	3.000	0.000	0.000	4.000	0.000	0.000	0.000	1.080
903207	French Toast Sticks-WG [42 g]	120.000	3.5000	0.5000	0.0000	5.000	130.000	19.0000	1.000	5.000	*N/A*	3.000	0.000	0.000	20.000	0.360
990399	French Toast, Mini Cinnamon Rush [93 g]	220.000	7.0000	1.0000	0.0000	0.000	200.000	37.0000	2.000	10.000	0.000	4.000	0.000	0.000	80.000	1.700
902216	fruit cocktail, in light-syrup canned [124 g]	60.000	0.0000	0.0000	0.0000	0.000	10.000	17.0000	0.000	11.000	*N/A*	0.000	200.000	1.200	0.000	0.000

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903364	Granola Bar, Oats 'n Honey (1.5 oz) [42 g]	190.000	7.0000	1.0000	0.0000	0.000	140.000	29.0000	2.000	11.000	*N/A*	3.000	0.000	0.000	0.000	1.080
990390	Granola, Bulk [58 g]	220.000	0.0000	0.0000	0.0000	0.000	95.000	48.0000	4.000	0.000	*N/A*	5.000	0.000	0.000	0.000	1.440
901298	GRAPES,CONCOR D,RAW [126 g]	90.000	0.0000	0.0000	0.0000	0.000	15.000	23.0000	1.000	20.000	*N/A*	0.000	0.000	1.200	20.000	0.000
903154	Gravy, Pepper Low Na+ [9 g]	40.000	2.0000	1.0000	0.0000	0.000	140.000	6.0000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
990446	Gravy, Poultry Mix Low Sodium [6 g]	25.000	1.0000	0.0000	0.0000	0.000	140.000	4.0000	0.000	0.000	0.000	0.000	0.000	0.000	10.000	0.000
902176	Green Beans, canned, cut [120 g]	15.000	0.0000	0.0000	0.0000	0.000	140.000	3.0000	1.000	1.000	*N/A*	1.000	*N/A*	*N/A*	29.000	1.000
900464	Green Bell Pepper [148 g]	25.000	0.0000	0.0000	0.0000	0.000	40.000	6.0000	2.000	4.000	*N/A*	1.000	200.000	114.000	20.000	0.720
900429	Ground Beef 81/19 [112 g]	350.000	21.0000	8.0000	0.0000	85.000	75.000	0.0000	0.000	0.000	*N/A*	17.000	0.000	0.000	25.000	2.000
900431	Ham, sliced, smoked [2 oz]	60.000	2.0000	1.0000	0.0000	30.000	620.000	2.0000	0.000	2.000	*N/A*	9.000	0.000	0.000	0.000	0.400
902213	hot dog, All Beef 8:1 [57 g]	170.000	15.0000	6.0000	0.0000	25.000	500.000	1.0000	0.000	0.000	*N/A*	6.000	0.000	0.000	0.000	0.720
903265	Hummus cup- Sabra brand [2 oz]	150.000	11.0000	1.5000	0.0000	0.000	250.000	9.0000	3.000	0.000	*N/A*	4.000	0.000	0.000	25.000	0.180
990439	Hushpuppy [52 g]	130.000	4.5000	0.5000	0.0000	0.000	370.000	20.0000	1.000	1.000	0.000	2.000	0.000	0.000	22.000	1.000
903361	Jicama, Fresh [120 g]	45.000	0.0000	0.0000	0.0000	0.000	5.000	11.0000	6.000	0.000	*N/A*	1.000	0.000	0.000	20.000	0.360
900395	Juice apple 4 oz. [4 oz]	60.000	0.0000	0.0000	0.0000	0.000	5.000	14.0000	0.000	12.000	*N/A*	0.000	0.000	60.000	0.000	0.000

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900394	Juice Apple 6 OZ [6 oz]	80.000	0.0000	0.0000	0.0000	0.000	15.000	20.0000	0.000	17.000	*N/A*	0.000	0.000	60.000	0.000	0.360
900401	Juice Grape 4 Oz [4 oz]	80.000	0.0000	0.0000	0.0000	0.000	20.000	19.0000	0.000	18.000	*N/A*	0.000	0.000	60.000	20.000	0.000
900400	Juice Grape 6 OZ [6 oz]	120.000	0.0000	0.0000	0.0000	0.000	20.000	28.0000	0.000	27.000	*N/A*	0.000	0.000	0.000	0.000	0.000
900398	Juice Orange 4 oz, [4 oz]	60.000	0.0000	0.0000	0.0000	0.000	0.000	13.0000	0.000	12.000	*N/A*	0.000	0.000	60.000	0.000	0.000
900397	Juice ORANGE 6 OZ [6 oz]	90.000	0.0000	0.0000	0.0000	0.000	0.000	19.0000	0.000	18.000	*N/A*	0.000	300.000	66.000	0.000	0.000
903196	Juice, Frozen Slushy Cup - Blue Rasp Lem [4.4 oz]	80.000	0.0000	0.0000	0.0000	0.000	45.000	20.0000	0.000	19.000	*N/A*	0.000	1000.000	60.000	80.000	0.360
990432	Juice, Frozen Slushy Cup - Kiwi Straw [4.4 oz]	90.000	0.0000	0.0000	0.0000	0.000	30.000	22.0000	0.000	19.000	*N/A*	0.000	1000.000	60.000	80.000	0.360
990467	Juice, Pineapple (bulk) [6 oz]	100.000	0.0000	0.0000	0.0000	0.000	0.000	24.0000	0.000	22.000	0.000	0.000	500.000	36.000	0.000	0.720
901478	KIDNEY BEANS [100 g]	83.330	0.0000	0.0000	0.0000	0.000	316.660	13.3300	4.160	*N/A*	*N/A*	5.830	0.000	0.000	50.000	1.240
990440	LETTUCE FRESH ARCADN BLEND [85 g]	13.000	0.0000	0.0000	0.0000	0.000	75.000	3.0000	0.000	0.000	0.000	1.000	*N/A*	*N/A*	56.000	1.000
901501	LIME JUICE [100 g]	29.600	0.0000	0.0000	0.0000	0.000	33.830	7.0000	0.000	0.000	*N/A*	0.400	0.000	19.170	11.100	0.630
990407	Local - Beef, Ground 81/19 [4 oz]	280.000	21.0000	8.0000	0.0000	80.000	75.000	0.0000	0.000	0.000	0.000	20.000	0.000	0.000	20.000	1.800
990421	LOCAL- CUCUMBER [99 g]	10.000	0.0000	0.0000	0.0000	0.000	0.000	2.0000	0.000	0.000	0.000	0.000	100.000	1.200	20.000	0.360

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990411	LOCAL- PEPPER, GREEN BELL [148 g]	25.000	0.0000	0.0000	0.0000	0.000	40.000	6.0000	2.000	4.000	0.000	1.000	200.000	114.000	2.000	0.720
990404	LOCAL- PEPPER, RED BELL [100 g]	27.000	0.1300	0.0000	0.0000	0.000	0.000	6.6500	1.200	0.000	0.000	0.900	0.000	142.000	6.000	0.350
990410	LOCAL- TOMATO, CHERRY [100 g]	18.000	0.0000	0.0000	0.0000	0.000	5.000	3.9200	1.200	0.000	0.000	0.900	800.000	12.600	10.000	0.180
990396	LOCAL- WATERMELON [280 g]	85.000	0.4000	0.0000	0.0000	0.000	3.000	21.0000	1.100	17.000	0.000	1.700	*N/A*	22.200	20.000	0.540
900039	MANDARIN ORANGES [140 g]	70.000	0.0000	0.0000	0.0000	0.000	10.000	17.0000	1.000	17.000	*N/A*	1.000	300.000	21.000	20.000	0.720
903105	mango frozen chunks [140 g]	90.000	0.5000	0.0000	0.0000	0.000	0.000	21.0000	2.000	0.000	0.000	1.000	0.000	0.000	0.000	0.000
900381	Margarine Solid [14 g]	100.000	11.0000	2.0000	0.0000	0.000	110.000	0.0000	0.000	0.000	*N/A*	0.800	500.000	0.000	0.000	0.000
902938	Margarine, Liquid [14 g]	100.000	11.0000	2.0000	0.0000	0.000	110.000	0.0000	0.000	0.000	*N/A*	0.000	500.000	0.000	0.000	0.000
601590	Meatball [70 g]	190.000	14.0000	6.0000	0.0000	35.000	220.000	4.0000	1.000	1.000	0.000	14.000	100.000	1.624	40.000	1.440
902949	Milk 1% Lowfat [8 oz]	100.000	2.5000	1.5000	0.0000	15.000	120.000	11.0000	0.000	11.000	*N/A*	8.000	500.000	1.200	300.000	0.000
903273	Milk Choc 1% [8 oz]	130.000	2.5000	1.5000	0.0000	10.000	130.000	20.0000	0.000	18.000	*N/A*	8.000	150.000	*N/A*	303.000	0.000
990405	MILK SOY VAN CREAMY PEARL [8 oz]	140.000	4.5000	0.5000	0.0000	0.000	110.000	17.0000	2.000	14.000	0.000	8.000	0.000	0.000	300.000	1.100
900405	Milk, Instant Dry Non-Fat [100 g]	358.190	0.7200	0.4670	*N/A*	18.300	548.700	52.1900	0.000	*N/A*	*N/A*	35.100	2370.000	5.580	1230.800	0.310
990406	Milk, Soy, Organic Pearl [8 oz]	130.000	4.5000	0.5000	0.0000	0.000	110.000	13.0000	2.000	10.000	0.000	8.000	0.000	0.000	276.000	1.100

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900491	Milk-Skim White 1/2 PT [8 oz]	80.000	0.0000	0.0000	0.0000	5.000	120.000	11.0000	0.000	11.000	*N/A*	8.000	500.000	1.200	300.000	0.000
990426	Muffin Mix WG [80 g]	320.000	6.0000	3.0000	0.0000	0.000	370.000	61.0000	3.000	31.000	0.000	5.000	0.000	0.000	70.000	1.600
903331	Muffin, Blueberry, WG 2 oz (1g/b) [57 g]	190.000	9.0000	2.0000	0.0000	30.000	130.000	30.0000	2.000	16.000	*N/A*	3.000	0.000	0.000	20.000	1.080
903101	Mushroom, White fresh [84 g]	20.000	0.0000	0.0000	0.0000	0.000	0.000	2.0000	1.000	0.000	*N/A*	3.000	0.000	1.200	0.000	0.360
88	MUSTARD ,DRY [6 g]	10.000	0.0000	0.0000	0.0000	0.000	0.000	1.0000	0.000	0.000	*N/A*	1.000	0.000	0.000	10.000	0.180
902180	Olive, Ripe Premium Sliced [8 g]	9.000	1.0000	0.0000	0.0000	0.000	72.000	1.0000	0.000	*N/A*	*N/A*	0.000	50.000	0.000	10.000	0.360
903120	onion chopped, dehydrated [14 g]	70.000	0.0000	0.0000	0.0000	0.000	20.000	20.0000	4.000	1.000	*N/A*	2.000	0.000	6.000	80.000	0.720
990346	ONION POWDER [0.24 oz]	25.000	0.0000	0.0000	0.0000	0.000	5.000	5.0000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903106	onion, red jumbo, fresh [100 g]	60.000	0.0000	0.0000	0.0000	0.000	5.000	15.0000	3.000	7.000	*N/A*	2.000	0.000	12.000	40.000	0.360
990453	Onion, Yellow Jumbo [148 g]	44.000	0.0000	0.0000	0.0000	0.000	4.000	11.0000	3.000	9.000	0.000	1.000	0.000	0.000	40.000	0.725
901575	ONIONS,RED,RAW [100 g]	40.000	0.1000	0.0420	0.0000	0.000	4.000	9.3400	1.700	*N/A*	*N/A*	1.100	2.000	7.400	23.000	0.210
990470	Pancakes, Mini, WG [85 g]	200.000	4.0000	0.0000	0.0000	5.000	200.000	38.0000	2.000	12.000	0.000	3.000	0.000	0.000	50.000	1.000
903126	Paprika [0.8 g]	0.000	0.0000	0.0000	0.0000	0.000	0.000	0.0000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903269	Pasta Elbow Macaron-NonWG [2 oz]	210.000	1.0000	0.0000	0.0000	0.000	0.000	41.0000	2.000	2.000	*N/A*	7.000	0.000	0.000	0.000	0.000

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990475	Pasta, Cavatappi [56 g]	200.000	1.0000	0.0000	0.0000	0.000	0.000	42.0000	2.000	0.000	0.000	7.000	0.000	0.000	0.000	1.800
903104	pea, green frozen [89 g]	80.000	0.0000	0.0000	0.0000	0.000	0.000	13.0000	5.000	5.000	*N/A*	5.000	0.000	0.000	20.000	1.400
902191	Peach, Sliced in Light-Syrup Canned Yellow [124 g]	60.000	0.0000	0.0000	0.0000	0.000	10.000	14.0000	1.000	11.000	*N/A*	0.000	300.000	1.200	0.000	0.000
990397	PEACHES, Local, Fresh [154 g]	70.800	0.4160	0.0000	0.0000	0.000	20.000	15.6000	2.310	12.900	0.000	1.400	37.000	6.310	6.160	0.524
902936	Pear sliced in juice [140 g]	80.000	0.0000	0.0000	0.0000	0.000	0.000	20.0000	3.000	13.000	*N/A*	0.000	0.000	0.000	14.000	0.000
990398	PEAR, Local, Fresh [140 g]	88.200	0.2240	0.0000	0.0000	0.000	0.238	21.1000	4.340	13.600	0.000	0.532	1.400	6.160	11.200	0.238
902937	Pear, raw fresh [166 g]	90.000	0.0000	0.0000	0.0000	0.000	0.000	26.0000	6.000	16.000	*N/A*	0.000	100.000	6.000	20.000	0.360
990429	Peas & Carrots [87 g]	50.000	0.0000	0.0000	0.0000	0.000	20.000	9.0000	3.000	0.000	0.000	3.000	0.000	0.000	16.000	1.000
990418	Penne Pasta [57 g]	200.000	1.0000	0.0000	0.0000	0.000	0.000	42.0000	2.000	0.000	0.000	7.000	0.000	0.000	0.000	1.800
903122	Pepper, black ground [24 oz]	15.000	0.0000	0.0000	0.0000	0.000	0.000	4.0000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
902181	Pepperoni, Sliced 14-16 ct [30 g]	140.000	13.0000	5.0000	0.0000	30.000	510.000	0.0000	0.000	*N/A*	*N/A*	6.000	100.000	0.000	0.000	0.720
900040	PINEAPPLE TIDBIT in juice [140 g]	70.000	0.0000	0.0000	0.0000	0.000	0.000	17.0000	2.000	0.000	*N/A*	1.000	0.000	0.000	10.000	0.000
990469	Pizza Bagel [3.42 oz]	225.000	6.0000	3.0000	0.0000	57.000	475.000	32.0000	3.000	3.000	2.000	12.000	0.000	0.000	129.000	2.000
900028	PIZZA, CHEESE TONY'S SMART [128 g]	280.000	11.0000	5.0000	0.0000	25.000	430.000	32.0000	4.000	2.000	*N/A*	16.000	0.000	0.000	260.000	2.200

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990463	Pizza, Dominos, Beef [153 g]	320.000	12.0000	4.0000	0.0000	35.0000	620.000	29.0000	3.000	2.000	0.000	23.000	500.000	4.800	500.000	1.800
990413	Pizza, Dominos, Cheese [135 g]	240.000	8.0000	3.5000	0.0000	15.0000	460.000	28.0000	3.000	3.000	1.000	21.000	0.000	0.000	540.000	2.000
990412	Pizza, Dominos, Pepperoni [135 g]	260.000	9.0000	4.0000	0.0000	20.0000	490.000	28.0000	3.000	3.000	1.000	20.000	0.000	0.000	479.000	2.000
990414	Pizza, Dominos, Sausage [140 g]	290.000	14.0000	5.0000	0.0000	20.0000	530.000	28.0000	3.000	3.000	1.000	19.000	0.000	0.000	416.000	2.000
990462	Pizza, Dominos, Veggie [156 g]	270.000	7.0000	2.5000	0.0000	25.0000	490.000	31.0000	4.000	3.000	0.000	20.000	500.000	12.000	500.000	1.800
900026	Pizza, Pepperoni (Pork) Tony's 4x6 WG [127 g]	280.000	11.0000	3.5000	0.0000	15.0000	640.000	33.0000	4.000	2.000	*N/A*	15.000	0.000	0.000	240.000	2.700
990015	Pizza-Brkfst Sausage [94 g]	200.000	7.0000	2.0000	0.0000	15.0000	320.000	26.0000	3.000	6.000	*N/A*	9.000	0.000	0.000	10.000	10.000
990481	pork, pulled with sauce [56 g]	140.000	7.0000	2.5000	0.0000	35.0000	200.000	9.0000	0.000	9.000	9.000	8.000	0.000	0.000	0.000	0.400
990454	Potato, Crinkle Cut Fries [85 g]	130.000	4.5000	0.5000	0.0000	0.0000	240.000	22.0000	1.000	0.000	0.000	2.000	0.000	0.000	10.000	0.400
990455	Potato, Hash Brown Rounds [72 g]	90.000	2.5000	0.0000	0.0000	0.0000	190.000	15.0000	2.000	0.000	0.000	1.000	0.000	0.000	10.000	0.000
990437	Potato, Mashed [24 g]	90.000	1.0000	0.0000	0.0000	0.0000	370.000	17.0000	1.000	0.000	0.000	2.000	0.000	0.000	10.000	0.300
990456	Potato, Seasoned Spirals [61 g]	100.000	3.0000	0.0000	0.0000	1.5000	190.000	17.0000	1.000	0.000	0.000	1.000	0.000	0.000	10.000	0.300
903346	Potato, Smiles [85 g]	160.000	6.0000	1.0000	0.0000	0.0000	230.000	25.0000	2.000	0.000	*N/A*	2.000	0.000	0.000	0.000	0.360
990401	Potato, Stuffed Hashbrown (Early Riser) [85 g]	230.000	11.0000	4.0000	0.0000	70.0000	450.000	24.0000	3.000	2.000	1.000	8.000	*N/A*	*N/A*	110.000	1.300

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903316	Pretzel Bun, WW [62 g]	160.000	2.5000	1.0000	0.0000	0.000	40.000	29.0000	3.000	2.000	*N/A*	5.000	0.000	0.000	20.000	1.800
903327	Pretzel, Twist Heartzels (ind. bags) [0.7 oz]	80.000	1.0000	0.0000	0.0000	0.000	200.000	16.0000	2.000	0.000	*N/A*	2.000	0.000	0.000	20.000	0.720
990428	Quesadilla, Chicken [141 g]	280.000	8.0000	2.0000	0.0000	15.000	660.000	38.0000	4.000	0.000	0.000	17.000	0.000	0.000	260.000	2.700
903103	Radish, fresh [58 g]	9.000	0.0000	0.0000	0.0000	0.000	23.000	2.0000	1.000	1.000	*N/A*	0.000	0.000	18.000	10.000	0.000
900605	Ranch Dressing Kraft Light Done Right [32 g]	70.000	4.5000	0.5000	0.0000	10.000	350.000	7.0000	0.000	1.000	*N/A*	0.000	0.000	0.000	0.000	0.000
902971	Red Pepper, Fresh [164 g]	45.000	0.0000	0.0000	0.0000	0.000	5.000	10.0000	3.000	0.000	0.000	2.000	0.000	0.000	11.000	0.710
900023	Refried Bean, Vegetarian [38 g]	140.000	2.5000	0.0000	0.0000	0.000	320.000	24.0000	7.000	0.000	0.000	7.000	0.000	0.000	7.000	1.100
990458	Rice, Par Boiled Brown Whole Grain [44 g]	160.000	1.5000	0.0000	0.0000	0.000	0.000	33.0000	2.000	0.000	0.000	1.000	0.000	0.000	0.000	0.000
990441	ROLL HOAGIE WG [57 g]	150.000	1.5000	0.0000	0.0000	0.000	260.000	28.0000	3.000	1.000	0.000	5.000	0.000	0.000	40.000	1.700
990433	Roll, WG (2.5 oz) [71 g]	160.000	3.0000	0.0000	0.0000	0.000	135.000	29.0000	3.000	4.000	0.000	7.000	*N/A*	0.000	10.000	1.600
990415	Romaine, Whole Head [100 g]	18.000	0.0000	0.0000	0.0000	0.000	0.000	2.3500	1.200	1.180	0.000	1.180	7647.000	4.200	24.000	1.270
903304	salsa cup [43 g]	15.000	0.0000	0.0000	0.0000	0.000	96.000	3.0000	0.000	1.000	*N/A*	0.000	0.000	0.000	0.000	0.000
900359	Salt 25# [1.42 g]	0.000	0.0000	0.0000	0.0000	0.000	590.000	0.0000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
990489	Sauce BBQ Smokey [30 g]	25.000	1.5000	0.0000	0.0000	0.000	260.000	6.0000	1.000	4.000	4.000	1.000	0.000	0.000	0.000	0.000
990484	Sauce Picante Mild [32 g]	10.000	0.0000	0.0000	0.0000	0.000	250.000	2.0000	1.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000

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990488	SAUCE TABASCO HOT [5 oz]	0.000	0.0000	0.0000	0.0000	0.000	35.000	0.0000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903338	Sauce, Alfredo, CN [1.83 oz]	92.000	6.0000	3.2000	0.0000	18.000	196.000	4.0000	0.000	3.000	*N/A*	6.000	0.000	0.000	189.000	0.000
990409	Sauce, Cheese, Yellow Pouch [62 g]	100.000	7.0000	4.5000	0.0000	20.000	290.000	3.0000	0.000	0.000	0.000	5.000	0.000	0.000	162.000	0.000
990417	Sauce, Marinara [125 g]	60.000	1.5000	0.0000	0.0000	0.000	490.000	10.0000	1.000	1.000	0.000	1.000	0.000	0.000	21.000	1.000
902179	Sauce, Pizza Tomato Midwest w/basil [61 g]	35.000	0.0000	0.0000	0.0000	0.000	280.000	7.0000	2.000	4.000	*N/A*	2.000	400.000	3.600	0.000	1.080
990444	Sauce, Teriyaki Glaze [36 g]	45.000	0.0000	0.0000	0.0000	0.000	930.000	10.0000	0.000	9.000	0.000	0.000	0.000	0.000	0.000	0.000
990400	SAUSAGE & PANCAKE WRP WHLGR CN [71 g]	140.000	5.0000	1.5000	0.0000	10.000	360.000	16.0000	2.000	6.000	*N/A*	8.000	*N/A*	*N/A*	50.000	1.000
990387	Sausage, Chicken Patty [42 g]	80.000	6.0000	1.5000	0.0000	40.000	300.000	0.0000	0.000	0.000	*N/A*	6.000	0.000	0.000	0.000	0.000
990471	Scone, WGR Cinnamon Chip [71 g]	240.000	10.0000	5.0000	0.0000	15.000	250.000	34.0000	3.000	8.000	0.000	4.000	0.000	0.000	30.000	1.400
990472	Scone, WGR Mixed Berry [71 g]	230.000	8.0000	3.5000	0.0000	15.000	250.000	37.0000	3.000	10.000	0.000	4.000	0.000	0.000	20.000	1.400
990402	Snack Bar, Cinnamon Toast [83 g]	260.000	8.0000	2.5000	0.0000	0.000	290.000	41.0000	3.000	13.000	*N/A*	6.000	*N/A*	*N/A*	30.000	1.600
990416	Spaghetti [57 g]	200.000	1.0000	0.0000	0.0000	0.000	0.000	42.0000	2.000	0.000	0.000	7.000	0.000	0.000	0.000	1.800
990487	Spice Garlic Powder [16 oz]	0.000	0.0000	0.0000	0.0000	0.000	0.000	0.0000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000

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990491	Spice Oregano [1.5 lb]	0.000	0.0000	0.0000	0.0000	0.000	0.000	0.0000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990482	SPICE RED PEPPER CRUSHED [1.8 g]	5.700	0.3000	0.1000	0.0000	0.000	0.000	0.5000	1.000	0.200	*N/A*	0.200	0.000	0.000	2.700	0.100
903107	spinach flat leaf [30 oz]	5.000	0.0000	0.0000	0.0000	0.000	25.000	1.0000	0.000	0.000	*N/A*	0.000	3000.000	9.000	40.000	0.720
902950	Strawberry frozen [140 g]	50.000	0.0000	0.0000	0.0000	0.000	0.000	13.0000	3.000	9.000	*N/A*	0.000	0.000	54.000	20.000	0.720
900194	Sugar Brown [8 g]	30.000	0.0000	0.0000	0.0000	0.000	0.000	8.0000	0.000	8.000	*N/A*	0.000	0.000	0.000	0.000	0.000
900195	Sugar Granulated [100 g]	387.000	0.0000	0.0000	*N/A*	0.000	1.000	99.9000	0.000	*N/A*	*N/A*	0.000	0.000	0.000	1.000	0.060
990483	Sugar, Powdered [30 g]	120.000	0.0000	0.0000	0.0000	0.000	0.000	30.0000	0.000	29.000	0.000	0.000	0.000	0.000	0.000	0.000
902043	SUGARS,BROWN, LIGHT [100 g]	380.000	0.0000	0.0000	*N/A*	0.000	28.000	98.0900	0.000	*N/A*	*N/A*	0.120	0.000	0.000	83.000	0.710
990485	Sunflower Seeds [34 g]	150.000	13.0000	1.0000	0.0000	0.000	0.000	5.0000	2.000	0.000	0.000	5.000	0.000	0.000	2.000	1.000
990496	Syrup Caramel Sugar Free [2 oz]	0.000	0.0000	0.0000	0.0000	0.000	0.000	0.0000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
900199	Syrup PC, Maple [43 g]	110.000	0.0000	0.0000	0.0000	0.000	25.000	28.0000	0.000	15.000	*N/A*	0.000	0.000	0.000	0.000	0.000
990495	Syrup Vanilla Sugar Free [2 oz]	0.000	0.0000	0.0000	0.0000	0.000	0.000	0.0000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903300	tator tots [82 g]	130.000	7.0000	1.0000	0.0000	0.000	360.000	16.0000	1.000	0.000	*N/A*	1.000	0.000	0.000	0.000	0.000
902947	Tomato, Paste Canned [33 g]	30.000	0.0000	0.0000	0.0000	0.000	20.000	6.0000	1.000	4.000	*N/A*	2.000	500.000	6.000	0.000	0.720
900471	Tomatoes 5x6 Layer [148 g]	25.000	1.0000	0.0000	0.0000	0.000	20.000	5.0000	1.000	3.000	*N/A*	1.000	1000.000	24.000	20.000	0.720

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900012	Tomatoes, Cherry [100 g]	18.000	0.0000	0.0000	0.0000	0.000	5.000	3.9200	1.200	*N/A*	*N/A*	0.900	800.000	12.600	10.000	0.180
903288	tortilla chips 2 oz package [28 g]	150.000	7.0000	1.0000	0.0000	0.000	115.000	18.0000	1.000	0.000	*N/A*	2.000	0.000	0.000	20.000	0.300
990435	Tortilla, Flour, 6 inch [61 g]	180.000	4.5000	1.5000	0.0000	0.000	470.000	30.0000	1.000	2.000	2.000	4.000	0.000	0.000	114.000	2.000
900009	Turkey, Breast Extra Lean Roasted, Sliced [59 g]	50.000	0.5000	0.0000	0.0000	25.000	650.000	1.0000	0.000	1.000	*N/A*	11.000	0.000	0.000	0.000	0.400
903328	Unrustable, 2.6 oz, WG (1/1) [2.6 oz]	300.000	16.0000	3.5000	0.0000	0.000	280.000	32.0000	4.000	15.000	*N/A*	9.000	0.000	0.000	40.000	1.080
900365	Vanilla, Imitation [1 g]	0.000	0.0000	0.0000	0.0000	0.000	0.000	0.0000	0.000	*N/A*	*N/A*	0.000	0.000	0.000	0.000	0.000
902131	VEGETABLE OIL [14 g]	120.000	14.0000	1.0000	0.0000	0.000	0.000	0.0000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
900014	Vegetables, California Blend [77 g]	25.000	0.0000	0.0000	0.0000	0.000	20.000	5.0000	2.000	0.000	0.000	1.000	0.000	0.000	20.000	0.300
990431	Vegetables, Italian Blend [85 g]	30.000	0.0000	0.0000	0.0000	0.000	20.000	6.0000	2.000	0.000	0.000	2.000	0.000	0.000	22.000	1.000
903349	Waffle, Mini, WG Ind. [79 g]	210.000	6.0000	1.0000	0.0000	0.000	170.000	37.0000	2.000	12.000	*N/A*	3.000	0.000	0.000	20.000	1.440
902210	Waffle, WG [37 g]	80.000	3.0000	0.0000	0.0000	4.000	105.000	12.0000	1.000	2.000	*N/A*	2.000	0.000	0.000	20.000	0.720
1	WATER,BOILING [100 g]	0.000	0.0000	0.0000	0.0000	0.000	3.000	0.0000	0.000	0.000	*N/A*	0.000	0.000	0.000	2.000	0.010
75010	WATER,COLD [100 g]	0.000	0.0000	0.0000	0.0000	0.000	3.000	0.0000	0.000	0.000	*N/A*	0.000	0.000	0.000	2.000	0.010

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No.	Description [Base Weight]	Calories ¹ (kcal)	Total Fat (g)	Sat. Fat¹ (g)	Trans Fat² (g)	Chol (mg)	Sodium¹ (mg)	Carbs (g)	Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)
75012	WATER,HOT [100 g]	0.000	0.0000	0.0000	0.0000	0.000	3.000	0.0000	0.000	0.000	*N/A*	0.000	0.000	0.000	2.000	0.010
902214	Watermelon, raw [280 g]	80.000	0.0000	0.0000	0.0000	0.000	0.000	21.0000	1.000	*N/A*	*N/A*	1.000	1500.000	15.000	20.000	0.720
990486	White Cheese Sauce [62 g]	160.000	13.0000	8.0000	0.0000	40.000	720.000	1.0000	0.000	0.000	0.000	9.000	0.000	0.000	255.000	0.000
990448	Wonton Strips [7 g]	35.000	2.0000	0.0000	0.0000	0.000	55.000	4.0000	0.000	0.000	0.000	1.000	*N/A*	*N/A*	1.000	*N/A*
900367	Yeast Instant Dry [12 g]	40.000	1.0000	0.0000	0.0000	0.000	5.000	5.0000	3.000	0.000	0.000	5.000	0.000	0.000	4.000	0.260
900612	Yogurt for parfaits (lowfat vanilla) [170 g]	140.000	2.0000	1.0000	0.0000	10.000	95.000	25.0000	0.000	18.000	*N/A*	6.000	1000.000	0.000	210.000	0.100
990424	Yogurt, Cherry [113 g]	80.000	0.5000	0.0000	0.0000	0.000	65.000	15.0000	0.000	5.000	0.000	4.000	0.000	0.000	140.000	0.000
990425	Yogurt, Raspberry [113 g]	80.000	0.5000	0.0000	0.0000	0.000	65.000	15.0000	0.000	5.000	0.000	4.000	0.000	0.000	140.000	0.000
903272	Yogurt, Strawberry & Banana [4 oz]	80.000	0.5000	0.0000	0.0000	0.000	65.000	15.0000	0.000	5.000	0.000	4.000	0.000	0.000	140.000	0.000
990465	Yogurt, Strawberry (for parfaits) [113 g]	100.000	0.5000	0.0000	0.0000	0.000	50.000	20.0000	0.000	11.000	0.000	3.000	0.000	0.000	120.000	0.000
990389	Yogurt, Vanilla Parfait Pouch [113 g]	100.000	0.5000	0.0000	0.0000	0.000	50.000	20.0000	0.000	11.000	*N/A*	3.000	0.000	0.000	120.000	0.000

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

NOTICE: The data contained within this report and the Mosaic Menu Planning software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.